Neuro Performance Report™

By Axon EEG Solutions

Copyright © 2025 Healthy Paths, Inc. All rights reserved

CLIENT

Patient Name: Patient Sample
Birthdate: 06/04/2007
Sex at Birth: Male
Gender Identity: Male
Presenting concerns: Focus
Present Medications: denies
Date: 05/14/2025

EEG Acquisition and Methodology

The electroencephalograph (EEG) was digitally recorded utilizing 19 electrodes following the International 10-20 System of electrode placement. The recording was conducted under eyes-closed and eyes-open resting conditions, following standard protocols. The EEG data has been visually inspected for quality and cleaned using EEG DataHub™'s artifact reduction system, which includes Independent Component Analysis (ICA) and its proprietary Components Artifactual Rejection System (CARS). Visual inspection was used alongside these tools to identify and reduce noise from movement, blinking, muscle activity, and other potential contaminants. While every effort has been made to ensure clean data, some residual artifact may remain and should be considered when interpreting findings. The EEG was evaluated across absolute and relative power bands, coherence, asymmetry, ratios, and peak frequency, and then referenced against literature-informed databases and published normative EEG patterns to identify potential markers of interest.

Interpretation and Data Reference Framework

This report was prepared using EEG DataHub™'s research-based analytic tools and normative pattern references. The comparative framework is not derived from an FDA-cleared database, nor is it intended for diagnostic use. EEG DataHub™'s analytic engine draws upon peer-reviewed literature, statistical modeling, and aggregate trends across thousands of datasets to identify potential EEG correlates. A summary of findings and interpretive commentary has been provided by Dr. Steven Rondeau, BCN (EEG), QEEG-DL. These interpretations are intended as educational resources to support collaboration between the client and their licensed healthcare providers.

Disclaimer: The interpretations and information provided in this report are based on qEEG data analysis and published EEG literature, but are not intended to replace a full medical or psychological evaluation. No content herein should be construed as medical advice or used to make treatment decisions without consultation with a licensed provider. This report does not include a clinical review for epileptiform activity or other neurological disorders. While efforts are made to identify unusual or abnormal patterns, seizure activity and other serious pathologies may go undetected without formal clinical EEG review by a board-certified neurologist. When indicated by symptoms or provider request, reports may be reviewed by a consulting neurologist through EEG DataHub™ for additional evaluation.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

qEEG : Summary of Findings

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

Eyes Closed

Theta/Beta Ratio (TBR)

You

1.5 3.0

5.52

This value is **elevated**

Alpha Asymmetries

F3 > F4	F7 > F8	P4 > P3
No	Yes	Yes

Alpha/Beta Ratio (ABR)

You

6 12

5.11

This value is **low**

Posterior Dominant Rhythm (PDR)

You

10 12

11.86

This value is **within normal limit**

Mu Rhythm

No

This rhythm does not appear

Eyes Opened

Theta/Beta Ratio (TBR)

You

1.5 3.0

6.33

This value is **higher than eyes closed**

Alpha Asymmetries

F3 > F4	F7 > F8	P4 > P3
No	No	Yes

Mu Rhythm

No

This rhythm does not appear

Scan the QR code to access our exclusive e-books, tailored to help you understand your report results and take actionable steps to improve your brain health

Copyright © 2025 Healthy Paths, Inc. All rights reserved

qEEG : Impression and Images

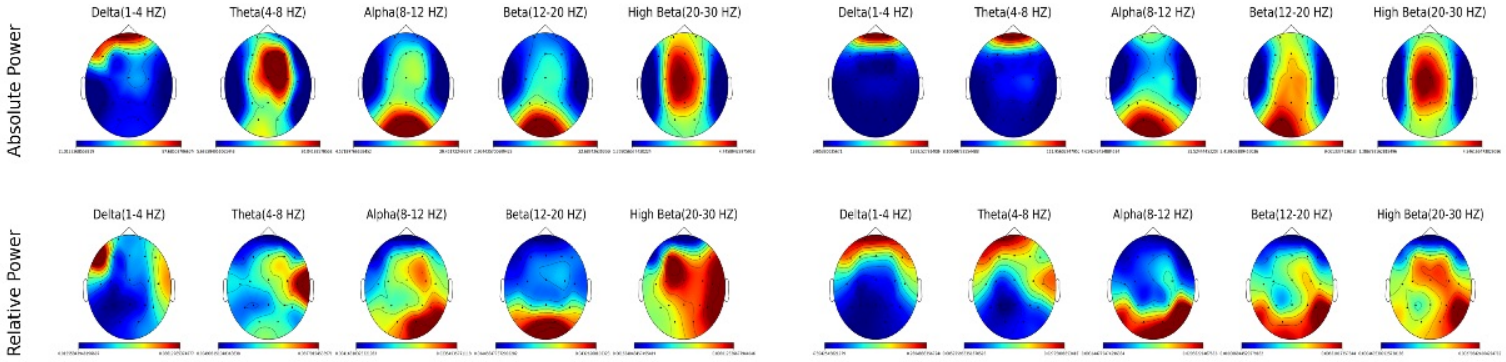
Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

Eyes Closed

These images capture your brain activity in a relaxed state, free from visual input, providing insight into baseline neural functioning and potential deviations in resting brain rhythms. These images help identify patterns in brain wave activity that can be indicative of various psychological conditions as well as strengths.

Eyes Opened

These images capture brain activity while you are visually engaged, reflecting responses to sensory input and cognitive demands. These images help identify how the brain processes external stimuli and can reveal abnormalities in electrical patterns associated with attention, perception, and cognitive function in addition to accompanying advantages.



Summary Interpretation : Results

The EEG recording was interpretable with good signal quality overall. Mild artifact was present, primarily consisting of frontal EMG and eye blink activity, particularly during eyes-open segments, but did not interfere with the interpretation of central or posterior regions. The posterior dominant rhythm (PDR) was within normal range and reactive, indicating preserved sensory-cortical rhythmicity and intact resting-state organization.

Quantitative EEG analysis revealed an elevated theta/beta ratio (TBR), with a further increase during eyes-open, consistent with demand task cognitive slowing. This pattern is often associated with mental fatigue, cognitive overload, and reduced flexibility under stress.

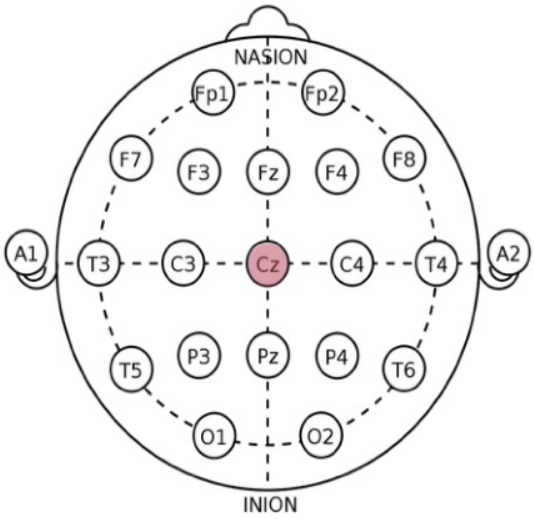
Frontal and posterior alpha asymmetry (FAA and PAA) were both present. PAA in particular, is associated with negative self-referencing, while FAA may reflect low approach motivation and affective under-engagement. The alpha/beta ratio (ABR) was low, a common feature in individuals experiencing chronic stress, hypervigilance, and poor rest-state recovery.

This qEEG profile reflects a neuroregulatory pattern dominated by emotional internalization, attentional inefficiency, and rest-state disruption, consistent with the patient's complex trauma history, persistent anxiety, and dysregulated mood. The presence of elevated TBR alongside low ABR and alpha asymmetry suggests a system under chronic tension, prone to rumination, overwhelm, and impaired recovery cycles. These findings align with the patient's struggles with sleep disruption, racing thoughts, emotional reactivity, and physiological activation, particularly when triggered by interpersonal or trauma-linked stressors. A neurotherapeutic protocol supporting cognitive pacing, emotional reintegration, and nervous system downregulation may be clinically appropriate. Follow-up qEEG is recommended post intervention to monitor regulatory changes and further guide care.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

Focused Attention Index (FAI)



The **Focused Attention Index (FAI)**, measured through the Theta-Beta Ratio (TBR), evaluates the balance between theta (associated with relaxation/daydreaming) and beta (linked to focus/alertness) brainwave activity, providing insight into an individual's natural focus levels. Typically, the FAI is assessed in an eyes-closed condition, but examining the TBR in both eyes-closed and eyes-opened states can reveal unique challenges, such as **Demand Task Cognitive Slowing**. This phenomenon occurs when the TBR increases abnormally with eyes opened, suggesting a struggle to maintain focus under cognitive demand.



5.52

This value is elevated

When Elevated

An elevated FAI, with higher theta relative to beta, generally reflects a calm or under-aroused baseline, supporting creativity and introspection but potentially leading to distractibility or lowered focus during tasks. Individuals with a high FAI may benefit from structured settings and external motivators to sustain engagement, especially in high-demand situations.

When Low

A low FAI, where beta activity is greater than theta, suggests a naturally heightened focus and attentiveness, beneficial for demanding tasks requiring concentration. While advantageous, a persistently low FAI can also indicate susceptibility to stress or over-arousal, necessitating techniques to promote balance and prevent mental fatigue.

Ratio Comparison: Eyes Opened vs Eyes Closed

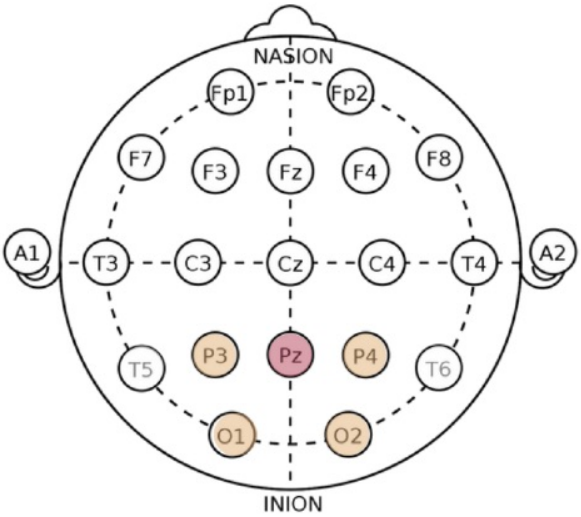
In a typical pattern, the TBR decreases or remains stable when eyes are opened, supporting alertness under task demands. However, in **Demand Task Cognitive Slowing**, the TBR abnormally increases with eyes opened, suggesting cognitive "slowdown" and an increased difficulty sustaining attention. This phenomenon may manifest as mental fatigue, distractibility, or a sense of overwhelm under real-time cognitive demands, highlighting a need for strategies to improve cognitive resilience and adaptability.

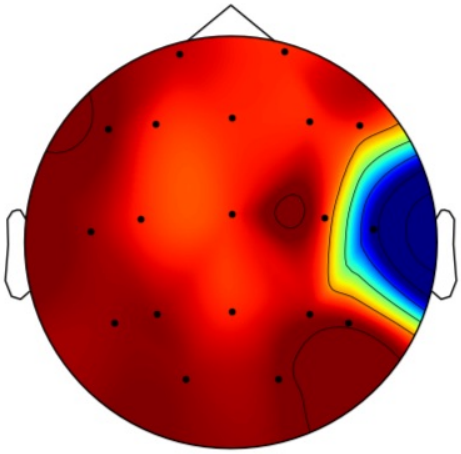
Copyright © 2025 Healthy Paths, Inc. All rights reserved

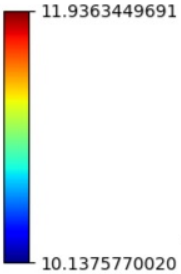
Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

Mental Readiness Index (MRI)

The **Mental Readiness Index (MRI)**, assessed in part by the Posterior Dominant Rhythm (PDR), serves as a "resting rate" for the brain, much like a resting heart rate does for physical health. The optimal PDR typically falls within an 8-12 Hz range for adults, but is lower in children, with values adjusted according to age-matched norms. This rhythm supports balanced cognitive processing and attentional readiness, with deviations from these norms indicating shifts in mental clarity, processing speed, and cognitive resilience.









This value is within normal limit

When Elevated

An elevated MRI, with PDR values above the age-appropriate range, is comparable to a rapid resting heart rate, suggesting heightened mental alertness or tension. While this can enhance quick processing in the short term, it may also lead to restlessness or difficulty relaxing, similar to feeling "wired." Persistent elevation is often linked to stress or anxiety, indicating a need for strategies that promote cognitive relaxation and flexibility.

When Low

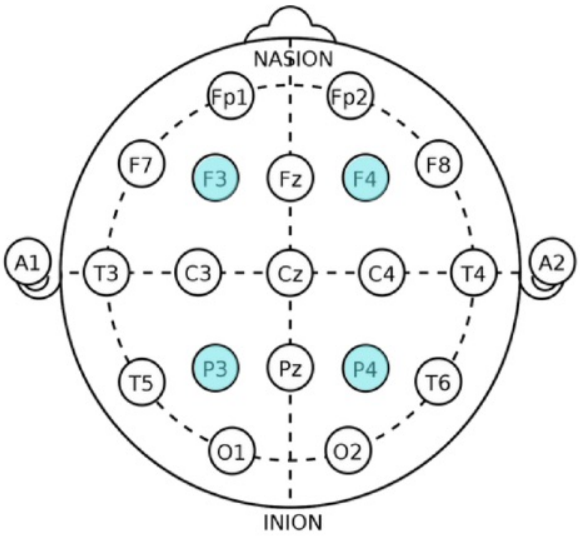
A low MRI, with PDR below age-based norms, resembles a low resting heart rate and may indicate reduced alertness or slower cognitive response. This pattern can lead to mental sluggishness, fatigue, and, importantly, a sense of overwhelm, as slower processing may make it difficult to keep up with cognitive demands. Individuals with a low MRI may benefit from interventions that "warm up" cognitive readiness, such as structured cognitive exercises and physical activity, to boost focus and support cognitive endurance.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

qEEG Findings: Mood Profile

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

Alpha Asymmetry Profile (AAP)



Alpha Asymmetry Profile (AAP) examines the balance of alpha wave activity across different brain regions, typically focusing on left and right hemispheric differences in frontal or parietal areas. Alpha asymmetries provide insights into an individual's baseline emotional and cognitive processing styles, with different patterns linked to mood regulation, stress responses, and attentional focus. Generally, balanced alpha activity across hemispheres supports emotional resilience and adaptive cognitive flexibility. However, asymmetrical patterns, such as higher alpha in one hemisphere over the other, can highlight tendencies toward certain emotional or cognitive traits, such as approach versus avoidance behaviors, or introspective versus action-oriented processing styles. By identifying and understanding these patterns, clinicians can better tailor interventions that support emotional regulation and cognitive efficiency.

*No presentation distinction between eyes opened versus eyes closed

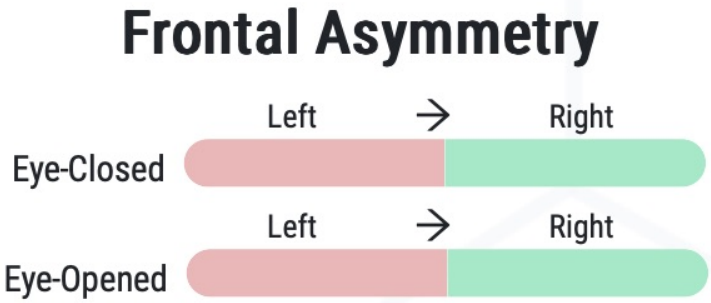
Left frontal alpha asymmetry when present:

Strengths

- Improved detail-oriented tasks
- Strong verbal and language processing
- Heightened empathy and emotional sensitivity

Challenges

- Optimism and motivation may be lower
- Difficulty with adaptability
- Lower stress resilience



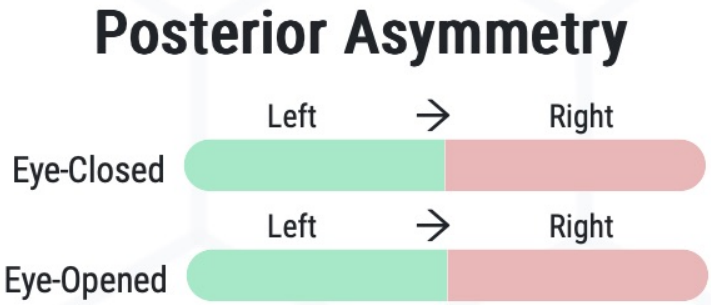
Right posterior alpha asymmetry when present:

Strengths

- Visual spacial processing
- Enhanced long-term visual memory
- Better performance in solitary tasks

Challenges

- Inward ruminative thoughts
- Negative self-evaluations
- Low motivation
- Impaired response to emotional feedback

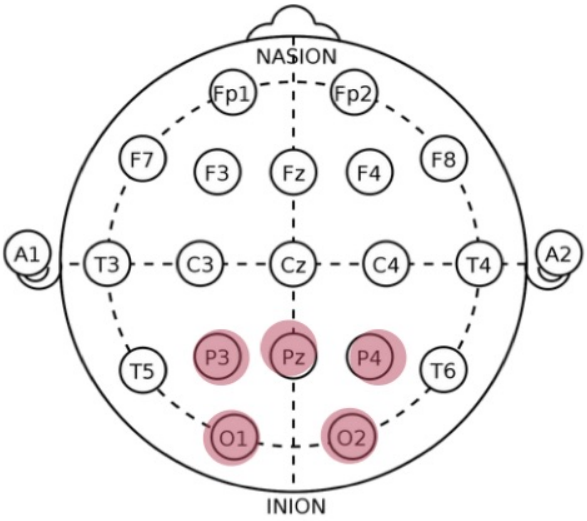


Copyright © 2025 Healthy Paths, Inc. All rights reserved

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

Cognitive Arousal Index (CAI)

The Cognitive Arousal Index (CAI), also known as the alpha-beta ratio (ABR), measures the balance between relaxed (alpha) and engaged (beta) brain states in the posterior cortex, offering a snapshot of mental alertness or calmness. This index is a valuable tool for understanding shifts in mood, cognitive focus, and stress resilience, helping to determine whether the brain leans toward relaxation or heightened activation. Monitoring changes in CAI over time can provide insight into mental health trends and adaptability.





This value is low

When Elevated

When the CAI is elevated (>12:1), the brain is generally in a more relaxed or under-aroused state. This can be beneficial in low-stress environments, supporting calmness and recovery; however, it may lead to lower focus and reduced mental engagement when alertness is required. In excess, an elevated CAI may contribute to symptoms of sluggishness, distractibility, or low motivation.

When Low

A low CAI (<6:1), suggests a heightened cognitive arousal, often associated with alertness and readiness to respond to external demands. While this can be advantageous in high-demand situations requiring focus and quick thinking, a persistently low CAI may indicate stress or over-arousal. In chronic cases, it may be linked to symptoms of anxiety, restlessness, or difficulty relaxing.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

Supplemental Educational Reference – Not a Clinical Directive

The following sections contain examples of medications, supplements, and therapeutic modalities that have been referenced in academic literature in relation to EEG profiles similar to the one observed in this report.

These are presented solely for **educational purposes** to facilitate informed discussion between clients and their licensed healthcare providers.

No part of this document is intended to diagnose, treat, cure, or prevent any medical condition. Any intervention decisions must be made exclusively by a qualified healthcare provider based on a full clinical evaluation.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

Literature-Referenced Nutritional Options

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

The following nutritional supplement considerations are noted based on EEG pattern recognition and relevant published literature. These are not intended to diagnose or treat any condition. Always consult your licensed healthcare provider before beginning any supplement regimen.

High Beta subtypes often respond well to:

GABA Plus

Darmani et al. 2016

"Our findings imply that tonic inhibition in the human cortex can be modified effectively and that this modification can be quantified with noninvasive brain stimulation methods."

Magnesium Chelate Complex

Klair Labs

"Magnesium plays a fundamental role in numerous cellular functions including energy progression."

Inositol

"The increase observed for the brain may reflect homeostatic mechanisms, possibly associated with the role of [inositol] with changes in brain metabolism." - Moore et al. 1999

Tension Ease

Vital Nutrients

"The synergistic blend of botanical ingredients supports normal physiological relaxation and promotes a balanced mood."

Ashwagandha

"EEG traces during both vehicle and TEG treatment showed clear increase in delta power, characteristic to NREM sleep." - Kaushik et al. 2017

These statements have not been evaluated by the Food and Drug Administration. The supplements and recommendations described in this report are not intended to diagnose, treat, cure, or prevent any disease.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

Literature-Referenced Nutritional Options

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

The following nutritional supplement considerations are noted based on EEG pattern recognition and relevant published literature. These are not intended to diagnose or treat any condition. Always consult your licensed healthcare provider before beginning any supplement regimen.

Overwhelm subtypes often respond well to:

- Neurothera
- Green Tea Extract
- Ashwagandha
- Bacopa

"The ingredients in NeuroTheraTM provide a coordinated, multinutrient approach to support mental clarity and function. Ingredients like acetyl-L-carnitine, L-tyrosine, and glutamine support brain neurotransmitter balance."

2014
Green tea extract enhances parieto-frontal connectivity during working memory processing - Schmidt et al. 2014

2017
An active component of ashwagandha leaves, is responsible for sleep induction - Kaushik et al. 2017

In a recent study, the active ingredient in Bacopa decreased state and trait anxiety scores as well as heart rate.

These statements have not been evaluated by the Food and Drug Administration. The supplements and recommendations described in this report are not intended to diagnose, treat, cure, or prevent any disease.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

Daily Wellness Practices

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

When given an optimal external environment and lifestyle choice, even the most aberrant brain patterns can thrive! **High beta** brains are going too fast. While this may help with productivity, it is often a hindrance to things like relaxing self-care. Integrated with accountability coaching or therapy, the following techniques can be helpful in calming the mind:

For The Focused Achiever:

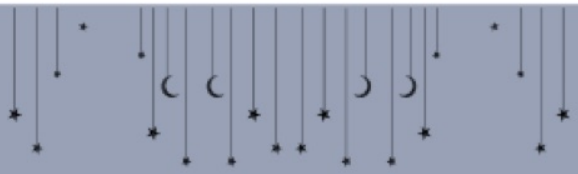
Practice diaphragmatic breathing





Stop Consuming Caffiene

Practice self-regulation and regular meditations



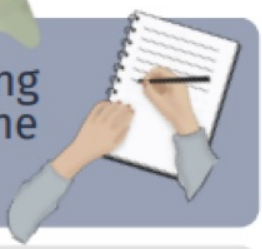
Access nature/green space or find VR green space





Implement a sleep hygiene routine

Incorporate journaling and goal setting in the morning



Combine mindfulness/yoga with nature and practice breathing techniques

The following activities are provided for general wellness support and educational purposes only. While practices such as physical activity, breathwork, cold exposure, and journaling are commonly used to promote a sense of well-being, they are not intended to diagnose, treat, or cure any medical or psychological condition.

Always consult with a qualified healthcare provider before beginning any new exercise, mindfulness, or lifestyle regimen, especially if you have an existing health condition or are taking medication.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

Daily Wellness Practices

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

With a supportive environment and intentional strategies, individuals exhibiting an **overwhelm EEG pattern** can improve their cognitive resilience and adaptability. These patterns are often associated with feelings of mental fatigue, slower processing, and challenges in sustaining attention. Evidence-based approaches, such as structured cognitive exercises, frequent breaks, and physical activity to increase alertness, combined with therapeutic support or coaching, can help individuals manage these patterns effectively, fostering greater cognitive efficiency and endurance in demanding tasks.

For The Orderly Seeker:

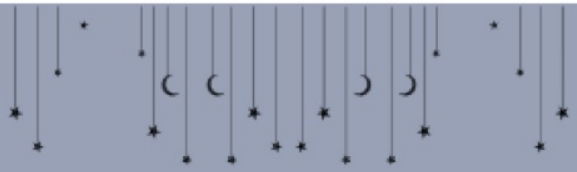
Practice Breathing Exercises to slow the heart rate and stimulate the vagus nerve





Practice short meditations throughout the day

Reduce Multitasking, limit time on apps, disable notifications, and schedule personal hours.



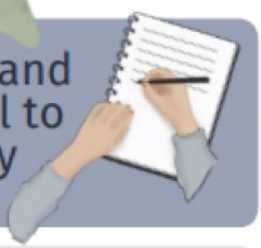
Practice nightly journaling and turn off electronics two hours before bed





Implement a sleep hygiene routine

Try an hourly planner and use a personal journal to set goals for the day



Engage in regular, scheduled activities done in a group. Find outlets like board games, puzzling, etc.

The following activities are provided for general wellness support and educational purposes only. While practices such as physical activity, breathwork, cold exposure, and journaling are commonly used to promote a sense of well-being, they are not intended to diagnose, treat, or cure any medical or psychological condition.

Always consult with a qualified healthcare provider before beginning any new exercise, mindfulness, or lifestyle regimen, especially if you have an existing health condition or are taking medication.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

Medications Referenced in EEG Studies

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

The following list includes pharmacological agents that have been referenced in peer-reviewed literature as being associated with EEG features similar to those observed in this recording. These associations are presented for **informational purposes only** and should **not be interpreted as treatment recommendations or diagnostic implications.** Any decisions regarding medication must be made exclusively by the patient's prescribing provider based on a full clinical evaluation.

The following agents have been matched to EEG findings based on peer-reviewed research describing pharmacological effects on cortical rhythms such as theta/beta ratios, alpha asymmetry, or beta power.

for your qeeg patterns, research supports:

bupropion

Why you matched

Bupropion can induce changes in parietal EEG asymmetry that have been shown in previous literature to be associated with a reduction in depressive states and traits.

Bupropion can induce changes in parietal EEG asymmetry that have been shown in previous literature to be associated with a reduction in depressive states and traits.

buspirone

Why you matched

Increases in alpha power, decreases in slower frequencies including delta, and improvement in beta profiles have been demonstrated in various populations given this medication.

Hashimoto T, Hamada C, Wada T, Fukuda N. Comparative study on the behavioral and EEG changes induced by diazepam, buspirone and a novel anxioselective anxiolytic, DN-2327, in the cat. Neuropsychobiology. 1992;26(1-2):89-99. doi: 10.1159/000118901. PMID: 1361973.

Mizuki Y, Suetsugi M, Ushijima I, Yamada M. Characteristics of the anxiolytic effects of buspirone in high- and low-anxious normal humans assessed by frontal midline theta activity. Methods Find Exp Clin Pharmacol. 1994 May;16(4):291- 300. PMID: 7519702.

desvenlafaxine

Why you matched

While less is known about this specific medication's EEG effects and more known about similar medications in its class, it has demonstrated improvements in empirical studies and clinical samples consistent trends in this report.

Leuchter AF, Cook IA, DeBrota DJ, Hunter AM, Potter WZ, McGrouther CC, Morgan ML, Abrams M, Siegman B. Changes in brain function during administration of venlafaxine or placebo to normal subjects. Clin EEG Neurosci. 2008 Oct;39(4):175-81. doi: 10.1177/155005940803900405. PMID: 19044214.

Patat A, Troy S, Burke J, Trocherie S, Danjou P, Le Coz F, Allain H, Gandon JM. Absolute bioavailability and electroencephalographic effects of conventional and extended-release formulations of venlafaxine in healthy subjects. J Clin Pharmacol. 1998 Mar;38(3):256-67. doi: 10.1002/j.1552-4604.1998.tb04423.x. PMID: 9549664.

escitalopram

Why you matched

Several studies demonstrated up to 88% accuracy in predicting response to this medication when utilizing baseline EEG. Reduction in symptoms associated with excess theta, alpha, and asymmetrical features have been noted.

Papp N, Vas S, Bogáthy E, Kátai Z, Kostyalik D, Bagdy G. Acute and chronic escitalopram alter EEG gamma oscillations differently: relevance to therapeutic effects. Eur J Pharm Sci. 2018 Aug 30;121:347-355. doi: 10.1016/j.ejps.2018.06.012. Epub 2018 Jun 14. PMID: 29908300.

van der Vinne N, Vollebregt MA, Rush AJ, Eebes M, van Putten MJAM, Arns M. EEG biomarker informed prescription of antidepressants in MDD: a feasibility trial. Eur Neuropsychopharmacol. 2021 Mar;44:14-22. doi: 10.1016/j.euroneuro.2020.12.005. Epub 2021 Jan 25. PMID: 33509659.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

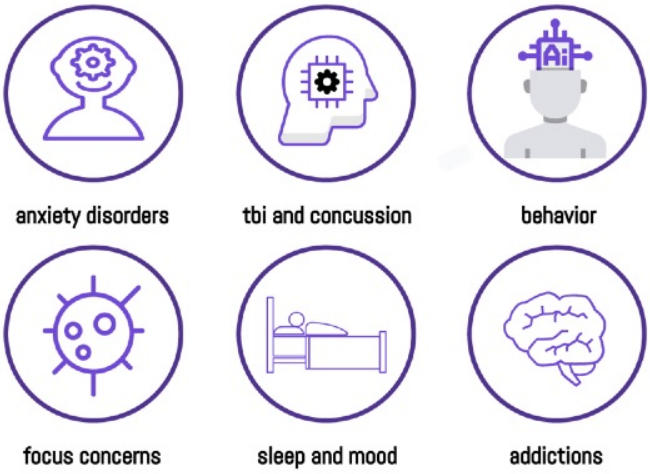
POSSIBLE TREATMENT OPTIONS

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

Based upon the clinical information presented along with the individual`s topographic maps, sLORETA images, and in consideration of database deviancies, the following recommendations are made for neurofeedback training. When qEEG guided, most individuals report changes after about 5-8 sessions and see lasting long-term results after about 40 sessions.

what is neurofeedback and how does it work?

Neurofeedback is a technology-based, non-invasive therapeutic training tool that can be used to improve a variety of mental health conditions. Neurofeedback therapy helps you control the brain waves that, when imbalanced, are associated with conditions such as depression, anxiety, ADHD, and more. During neurofeedback sessions, an individual`s brain is trained how to bring abnormally fast or slow waves to within the normal range and improve daily symptoms. You may sit back and relax while playing a game, listening to music, or watching a show while a technician monitors your brain waves.



Step 01

Pre

Take your protocols below and schedule your first 20-40 sessions of NFB

Step 02

Post

Come back for a post qEEG recording to track your progress!

based on your qeeg findings, treatment protocols may include:

Eyes Opened Condition

1. Inhibit 4-11Hz, reward 13-18Hz at F3 and F4
2. Inhibit 4-12Hz, reward 13-20Hz at C3 and C4
3. Inhibit alpha at F3-F4 (1ch sequential montage)
4. Inhibit 4-7Hz, reward 9-12Hz at Pz and Oz
5. Inhibit 6-12Hz, reward 13-81Hz at T3 and T4, T5 and T6

Eyes Closed Condition

1. Inhibit 3-8Hz, reward 14-18Hz, inhibit 25-40Hz at C3 and C4
2. Inhibit 3-8Hz, reward 15-18Hz at F3 and F4
3. Inhibit 3-9Hz, reward 13-18Hz at T3 and T4

This summary is educational in nature and should be reviewed with your qualified healthcare provider before any intervention is started.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

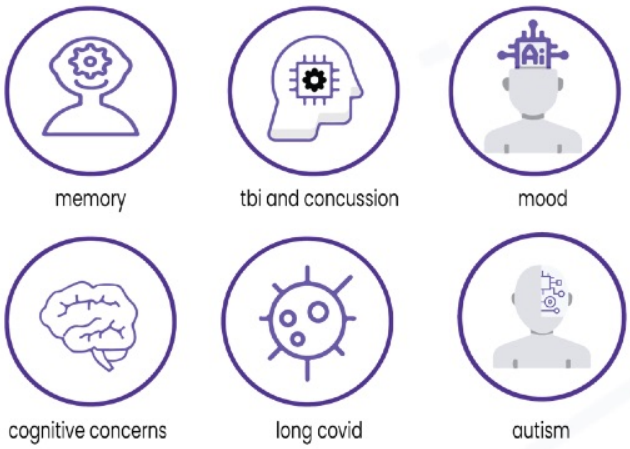
POSSIBLE TREATMENT OPTIONS

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

Based upon the clinical information presented along with the individual's topographic maps, and in consideration of database deviancies, the following recommendations are made for transcranial photobiomodulation (tPBM). When qEEG guided, most individuals report changes after about 1-3 sessions and see lasting longterm results after just a couple months of treatment.

what is photobiomodulation and how does it work?

Transcranial photobiomodulation (PBM) is also known as light therapy. It is a power therapy that involves LEDs to deliver a specific wavelength that can penetrate the bones of the skull and be absorbed by the brain's cells, much like plants do from the sun. The wavelength and frequency are based on specific conditions, organ treated, and over several thousand published studies on the utility of PBM in humans. This technology-based, non-invasive therapeutic training tool can be delivered in nearly any environment, including at home, with limited reported adverse effects. When present, tend to be minor, including temporary congestion, dizziness, headache, or fatigue.



based on your qeeg findings, treatment protocols may include:

Pulse Rate (Hz)	Intensity (%)	Location	Duration (min)
Continuous	100	all	3
10	50	post	2
12	50	post	2
14	50	post	2

This summary is educational in nature and should be reviewed with your qualified healthcare provider before any intervention is started.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

Name: Patient Sample
Age: 17
DOB: 06/04/2007
Date: 05/14/2025

THE BRAIN WAVES: PUTTING IT ALL TOGETHER

Understanding the intricate interplay of brain waves provides a window into the dynamic nature of our mental processes end overall well-being. From the restorative depths of **delta waves** during sleep to the creative flow facilitated by **theta waves**, and the focused alertness encouraged by **alpha waves**, each wave contributes uniquely to our cognitive experience. **Beta waves** energize our concentration, while **gamma waves** elevate our cognitive prowess, enabling peek mental performance and heightened perception. Together, these waves orchestrate a symphony of neural activity. shaping our perceptions, emotions, and actions.

It's important to recognize that these brainwave patterns cen be both strengths and challenges, depending on the situation and environment. For example, **theta waves** foster creativity and intuition. but excessive theta activity might lead to distractibility or impulsivity. Similarly, **gamma waves** are essential for advanced cognitive processing, but too much gamma activity cen result in hyperarousal or anxiety. Achieving harmony among these waves is essential for optimal brain function, facilitating cognitive agility, emotional stability, and overall mental health.

Take the Next Step: Maximize Your Brain's Potential with Our Exclusive E-Books

Most people who receive their reports find our e-books invaluable for understanding their results and taking actionable steps to improve their brain health. These guides ere tailored to help make the most of your brainwave analysis, offering practical tips. exercises. and insights to optimize your mental performance and well-being.

This section is for general understanding and should not be interpreted as diagnostic.

Scan the QR code below to access our exclusive e-books and start your journey toward better brain health today!

Copyright © 2025 Healthy Paths, Inc. All rights reserved

CONCLUSION

These suggestions are offered as a starting point for diagnostic support and treatments. Individual patient responses will vary. The specific treatments and the sequencing will likely require modification based on response. Suggestions may be implemented differently depending on the instrumentation used, past responses to medication, or current medication regimen. The results of this analysis should be considered together with other measures in assessing, diagnosing, and treating clients. Healthy Paths, Inc. and its affiliates assume no responsibility whatsoever for the application of any therapies or interventions based on the information contained in this report, including medication interactions. With the delivery and reading of this report, the referral requesting this service agrees with the terms and conditions and assumes all responsibility for any clinical intervention.

Dr. Steven Rondeau, BCN (EEG), qEEG-DL
Medical Director of Axon Solutions

REFERENCES

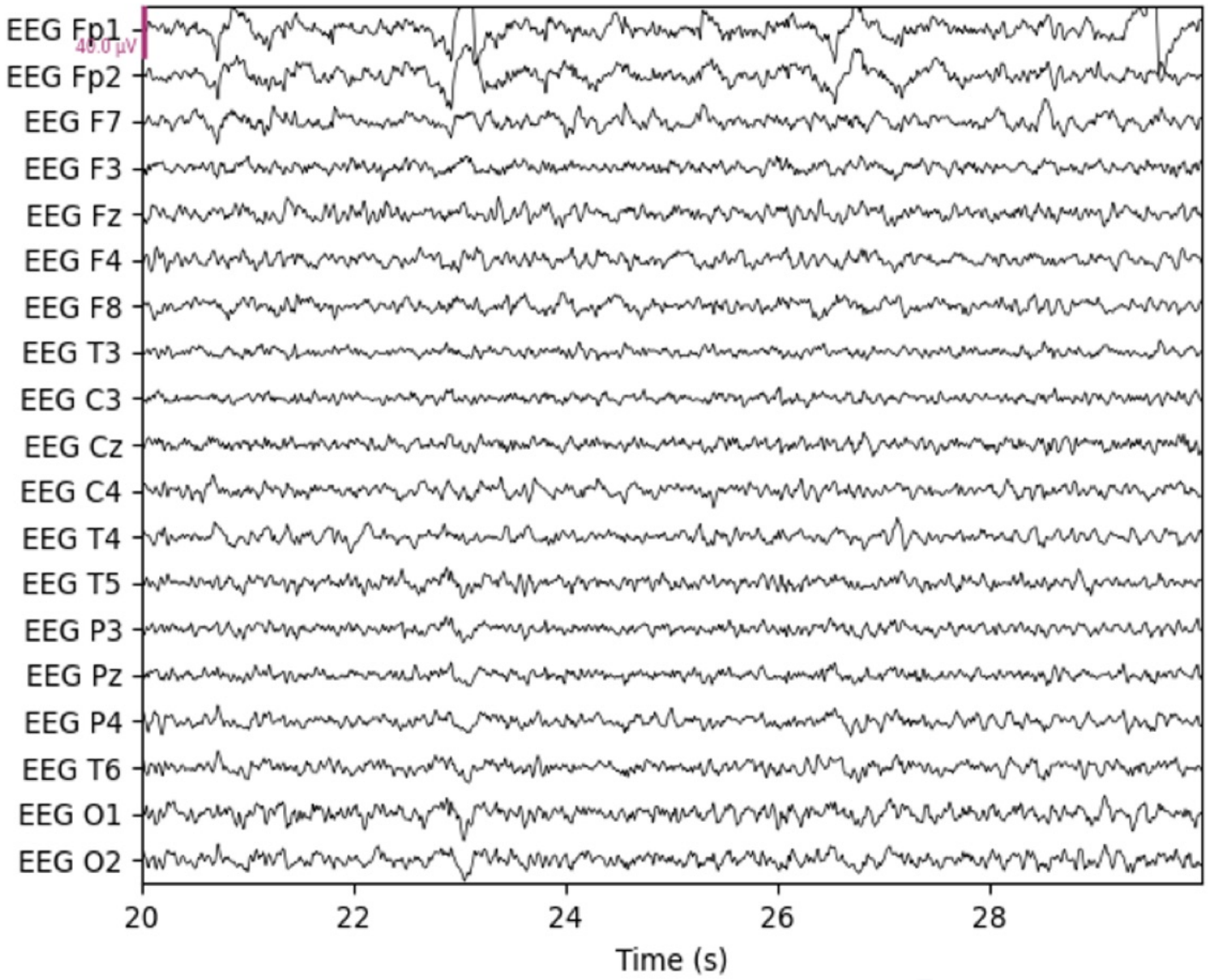
LEGAL

The information and recommendations provided by Healthy Paths Inc. dba Axon EEG Solutions ("Axon", "we," "us," or "our") in this TIEReport (the "Report") is for general informational and educational purposes and is intended to be used solely as a diagnostic aid.
While reviewing the Report it is important that you understand the following:

1. NOT MEDICAL ADVICE/CONSULT YOUR PHYSICIAN. THE REPORT DOES NOT CONTAIN MENTAL HEALTH OR MEDICAL ADVICE AND IS NOT A SUBSTITUTE FOR PROFESSIONAL THERAPY OR MEDICAL ADVICE. BEFORE TAKING ANY ACTIONS, INCLUDING ANY LIFESTYLE CHANGES OR STARTING A NEW MEDICATION (WHETHER PRESCRIPTION, OVER THE COUNTER OR NATURAL SUPPLEMENTS) BASED UPON THE REPORT, WE STRONGLY RECOMMEND THAT YOU TO CONSULT WITH THE APPROPRIATE MENTAL HEALTH AND/OR MEDICAL PROFESSIONALS, INCLUDING YOUR PRIMARY CARE PHYSICIAN. YOU SHOULD NEVER DELAY SEEKING MEDICAL TREATMENT OR DISREGARD PROFESSIONAL MEDICAL ADVICE DUE TO INFORMATION OR RECOMMENDATIONS CONTAINED IN THIS REPORT. THE USE OR RELIANCE OF ANY INFORMATION OR RECOMMENDATIONS IS SOLELY AT YOUR OWN RISK.
2. NO AXON AGENT OR EMPLOYEE SHALL PROVIDE ANY ADVICE OR SERVICES OUTSIDE THE SCOPE OF THEIR EXPERTISE OR LICENSURE.
3. NO REPRESENTATIONS OR WARRANTIES ARE MADE OR GIVEN.ALL INFORMATION AND RECOMMENDATIONS IN THE REPORT ARE PROVIDED IN GOOD FAITH BUT ARE PROVIDED "AS-IS", WITHOUT WARRANTY OF ANY KIND, WHETHER EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, OR SATISFACTORY QUALITY. WE MAKE NO REPRESENTATION OF ANY KIND, EXPRESS OR IMPLIED, REGARDING THE ACCURACY, ADEQUACY, VALIDITY, RELIABILITY, AVAILABILITY, OR COMPLETENESS OF ANY INFORMATION OR RECOMMENDATION IN THE REPORT.
4. QEEG DEVICES ARE CONSIDERED BY FDA A MEDICAL DEVICE. HOWEVER, FDA DOES NOT REGULATE THE USE OF THESE QEEG DEVICES IN THE CONTEXT OF AXON'S SERVICES.
5. NO LIABILITY. UNDER NO CIRCUMSTANCE SHALL WE HAVE ANY LIABILITY TO YOU FOR ANY LOSS OR DAMAGE OF ANY KIND INCURRED AS A RESULT OF THE USE OF THE REPORT OR RELIANCE ON ANY INFORMATION OR RECOMMENDATIONS PROVIDED IN THE REPORT. YOUR USE OF THE REPORT AND YOUR RELIANCE ON ANY INFORMATION OR RECOMMENDATIONS IS SOLELY AT YOUR OWN RISK. WE HEREBY DISCLAIM ANY AND ALL LIABILITY FOR ANY INJURY OR DAMAGE TO OR OTHER IMPACT ON YOUR HEALTH OR MEDICAL CONDITION, WHETHER OR NOT CAUSED BY OR RELATED TO (EITHER DIRECTLY OR INDIRECTLY) YOUR USE OF THE INFORMATION OR RECOMMENDATIONS CONTAINED WITHIN THE REPORT. IN NO CASE SHALL AXON'S LIABILITY, IF ANY, EXCEED THE AMOUNT YOU PAID FOR THE SERVICES PROVIDED.

Copyright © 2025 Healthy Paths, Inc. All rights reserved

The recordings were visually artifacted with noted movement and EMG artifacts removed. A fragment of EEG recorded in the eyes closed (EC) condition is presented below.

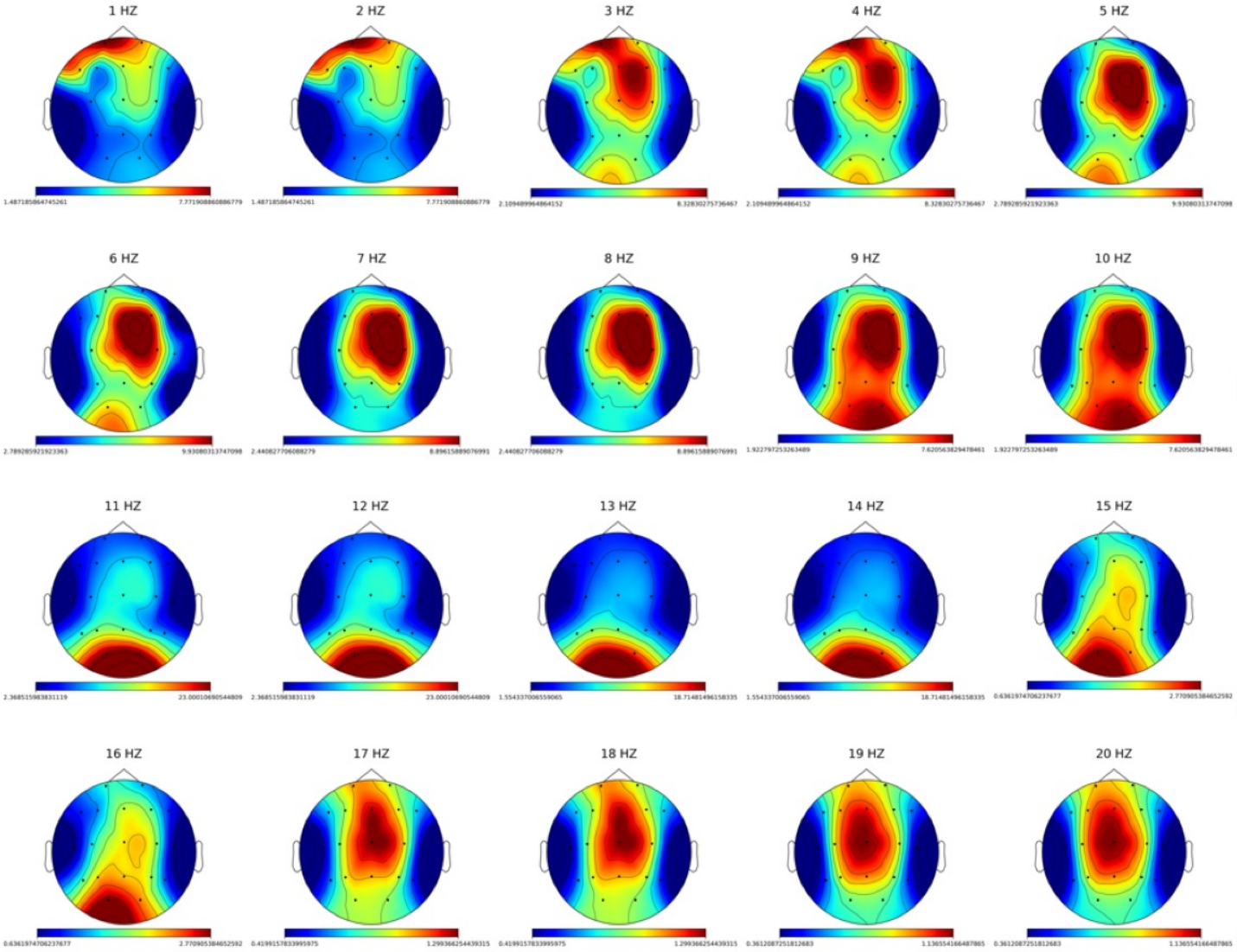


Copyright © 2025 Healthy Paths, Inc. All rights reserved

EEG ID : 2384
Test date : 05-14-2025
Age : 17
Birth gender : Male
Gender identity : Male
Condition: Eyes Closed

AXON EEG SOLUTIONS
Improving Mental Health Through Precision and Clarity

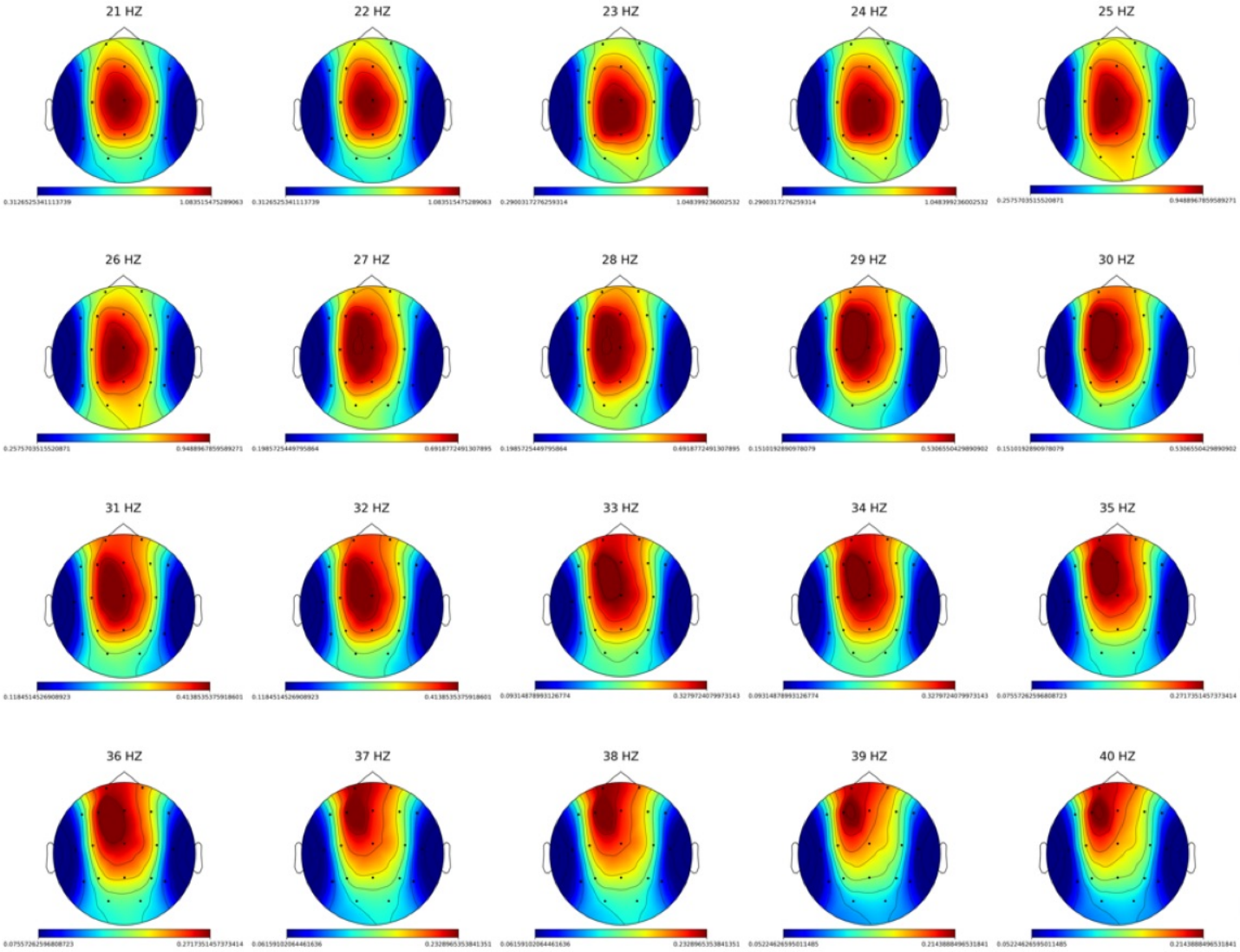
FFT Absolute Power



Copyright © 2025 Healthy Paths, Inc. All rights reserved

EEG ID : 2384
Test date : 05-14-2025
Age : 17
Birth gender : Male
Gender identity : Male
Condition: Eyes Closed

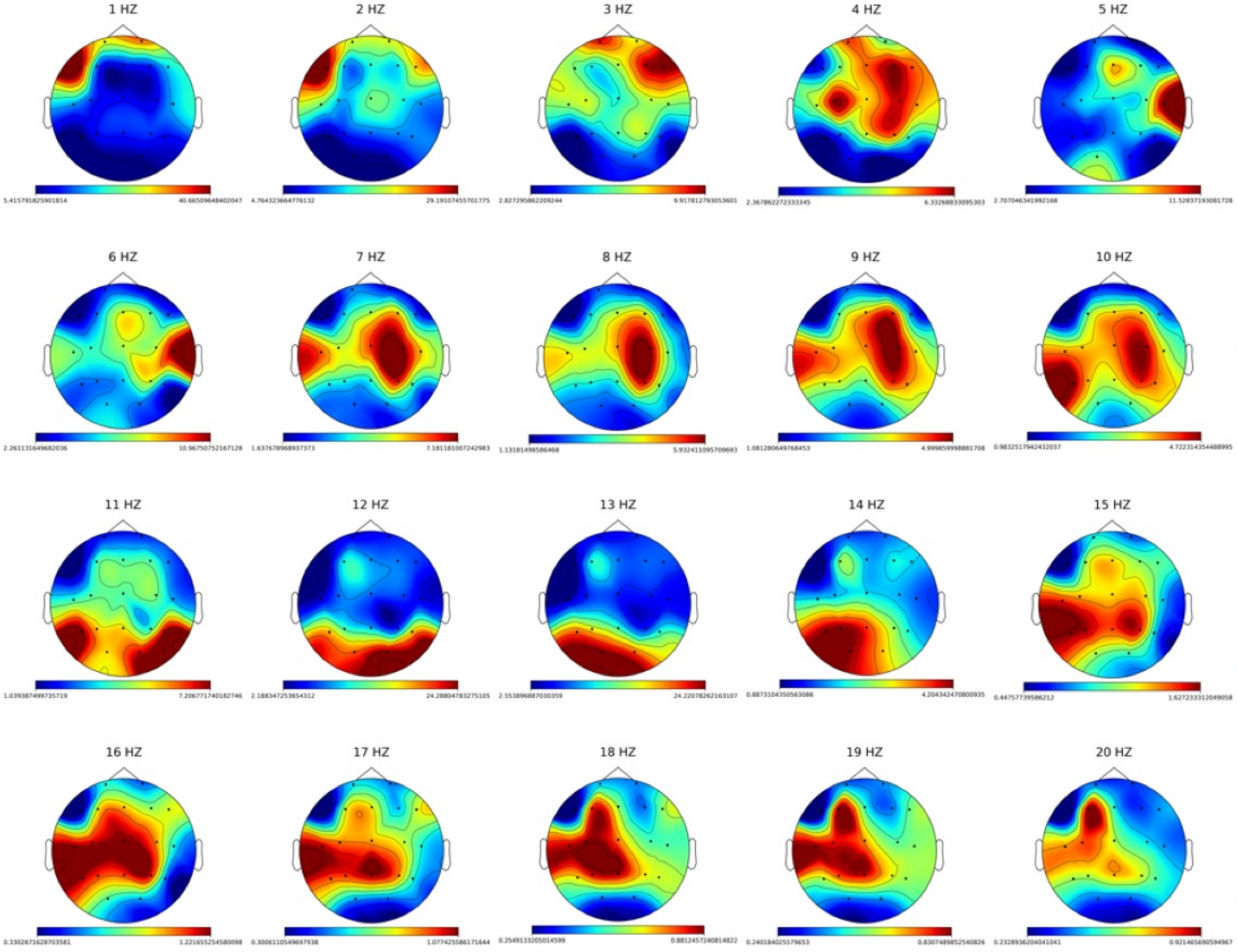
FFT Absolute Power



Copyright © 2025 Healthy Paths, Inc. All rights reserved

EEG ID : 2384
Test date : 05-14-2025
Age : 17
Birth gender : Male
Gender identity : Male
Condition: Eyes Closed

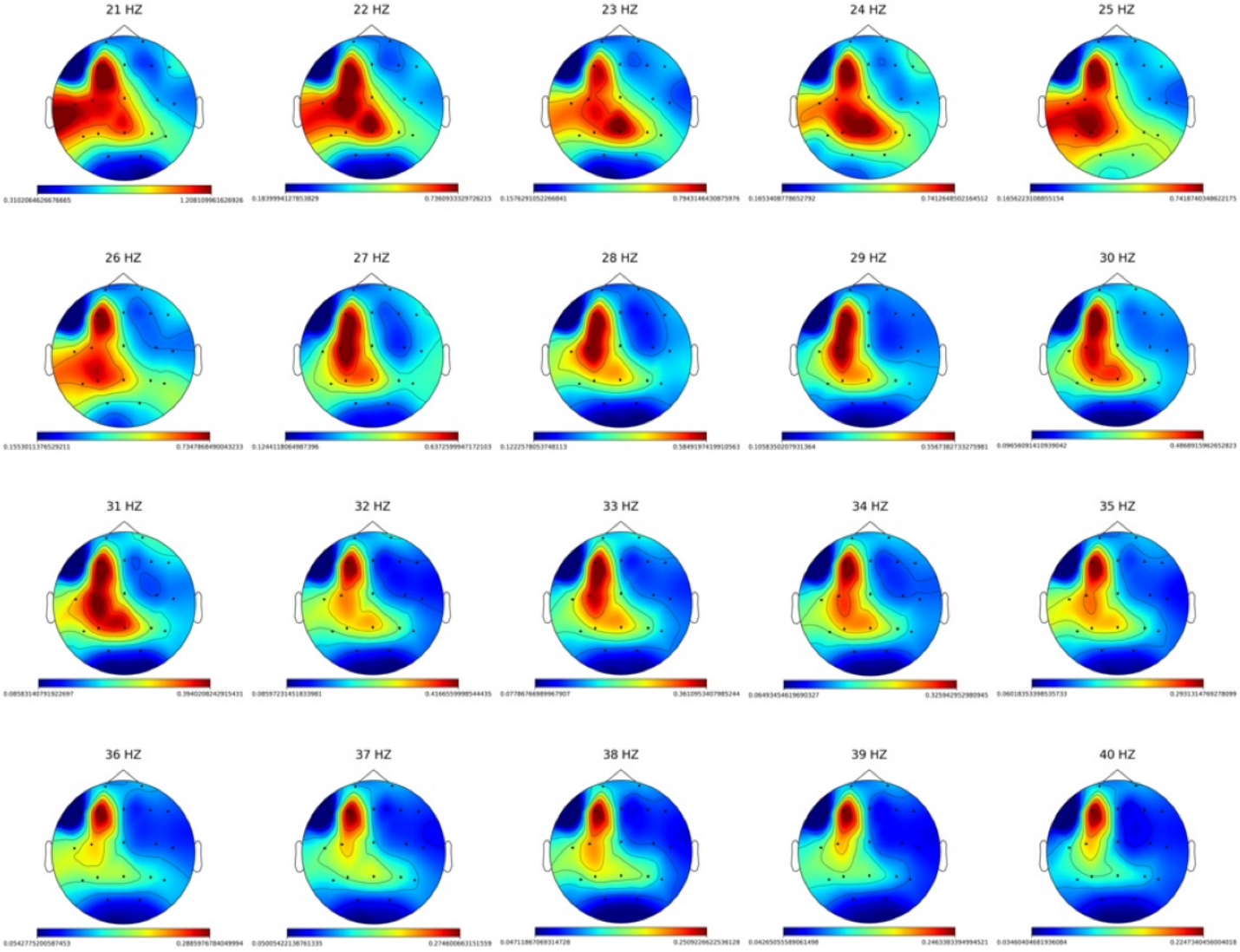
FFT Relative Power



Copyright © 2025 Healthy Paths, Inc. All rights reserved

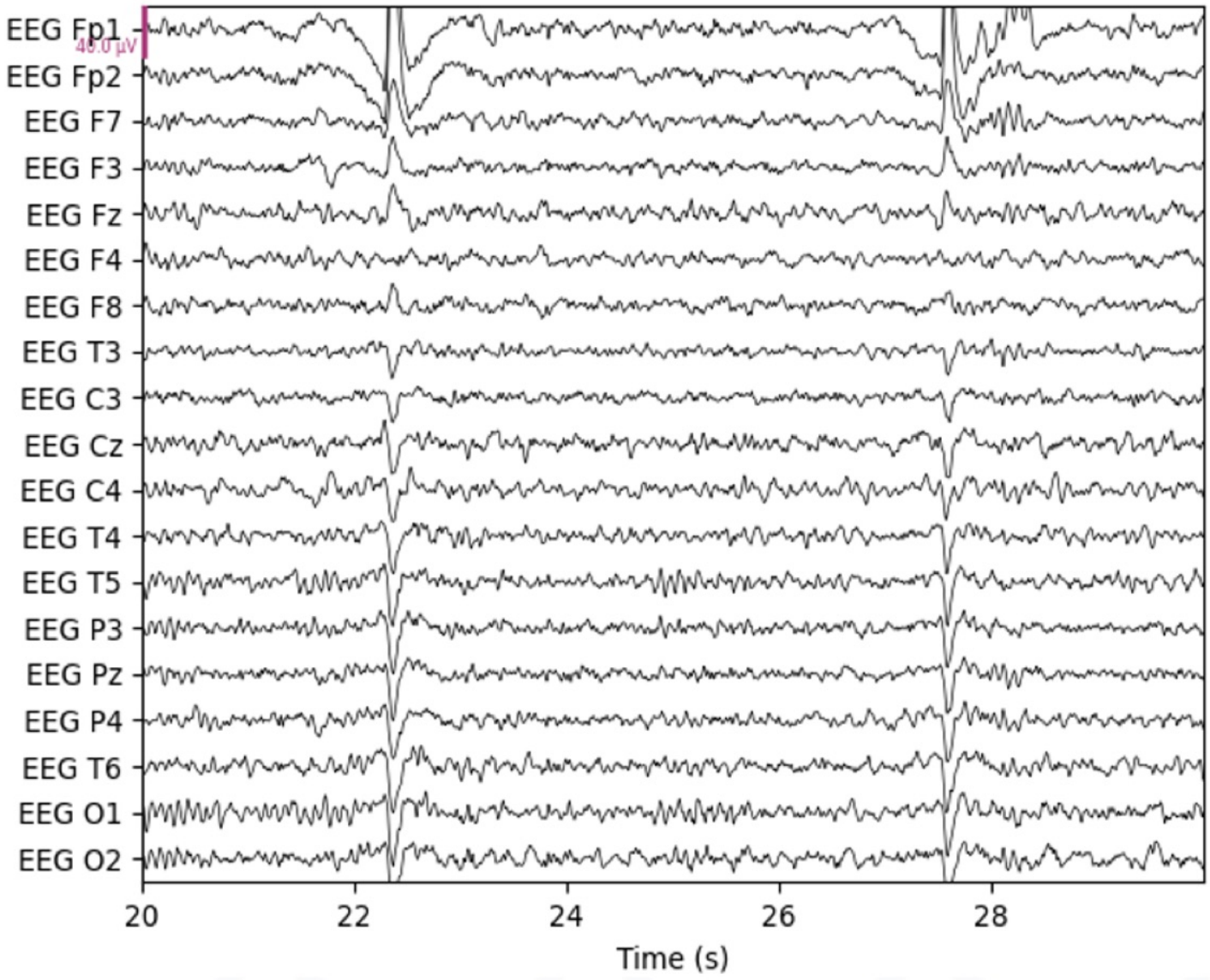
EEG ID : 2384
Test date : 05-14-2025
Age : 17
Birth gender : Male
Gender identity : Male
Condition: Eyes Closed

FFT Relative Power



Copyright © 2025 Healthy Paths, Inc. All rights reserved

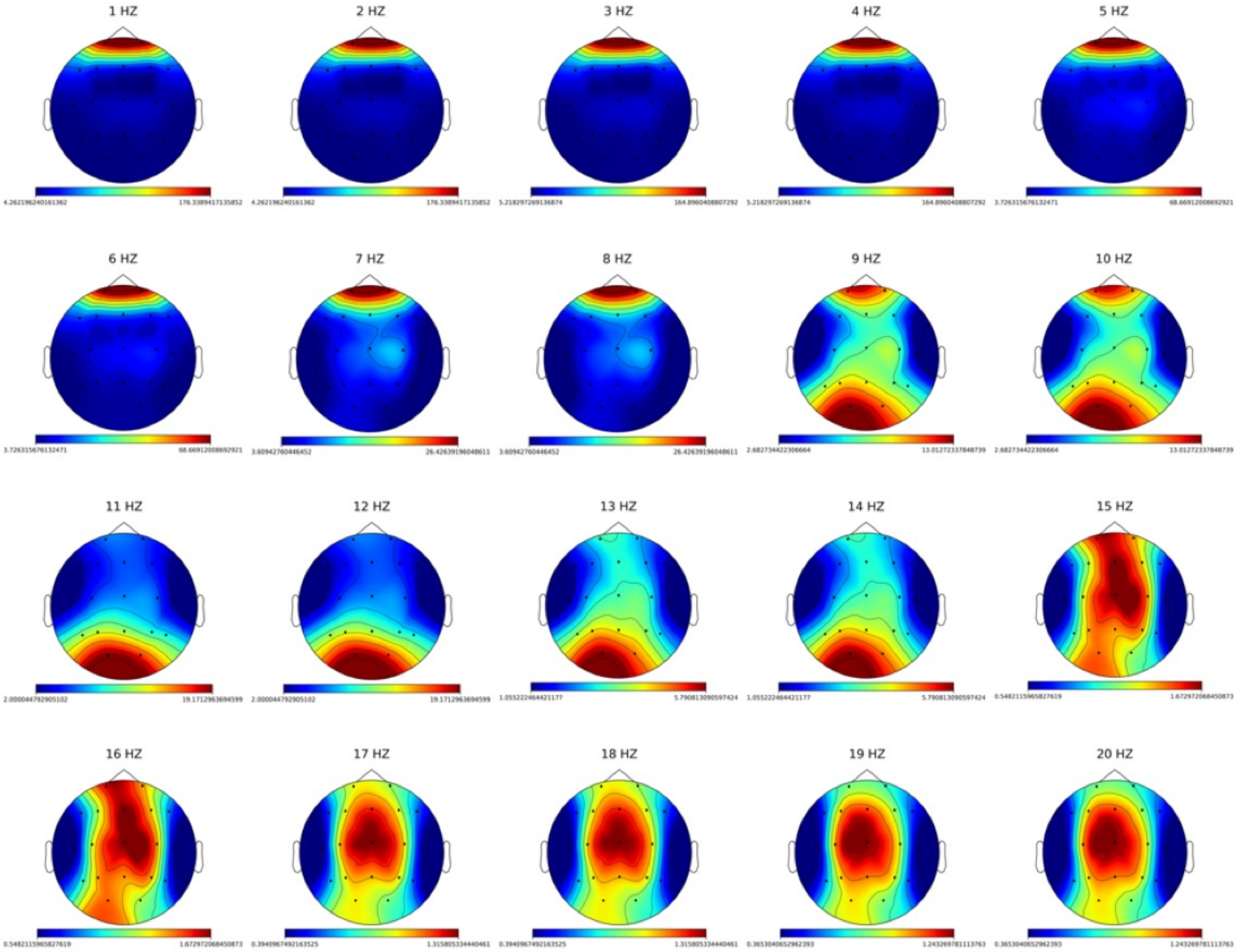
The recordings were visually artifacted with noted movement and EMG artifacts removed. A fragment of EEG recorded in the eyes opened (EO) condition is presented below.



Copyright © 2025 Healthy Paths, Inc. All rights reserved

EEG ID : 2384
Test date : 05-14-2025
Age : 17
Birth gender : Male
Gender identity : Male
Condition: Eyes Opened

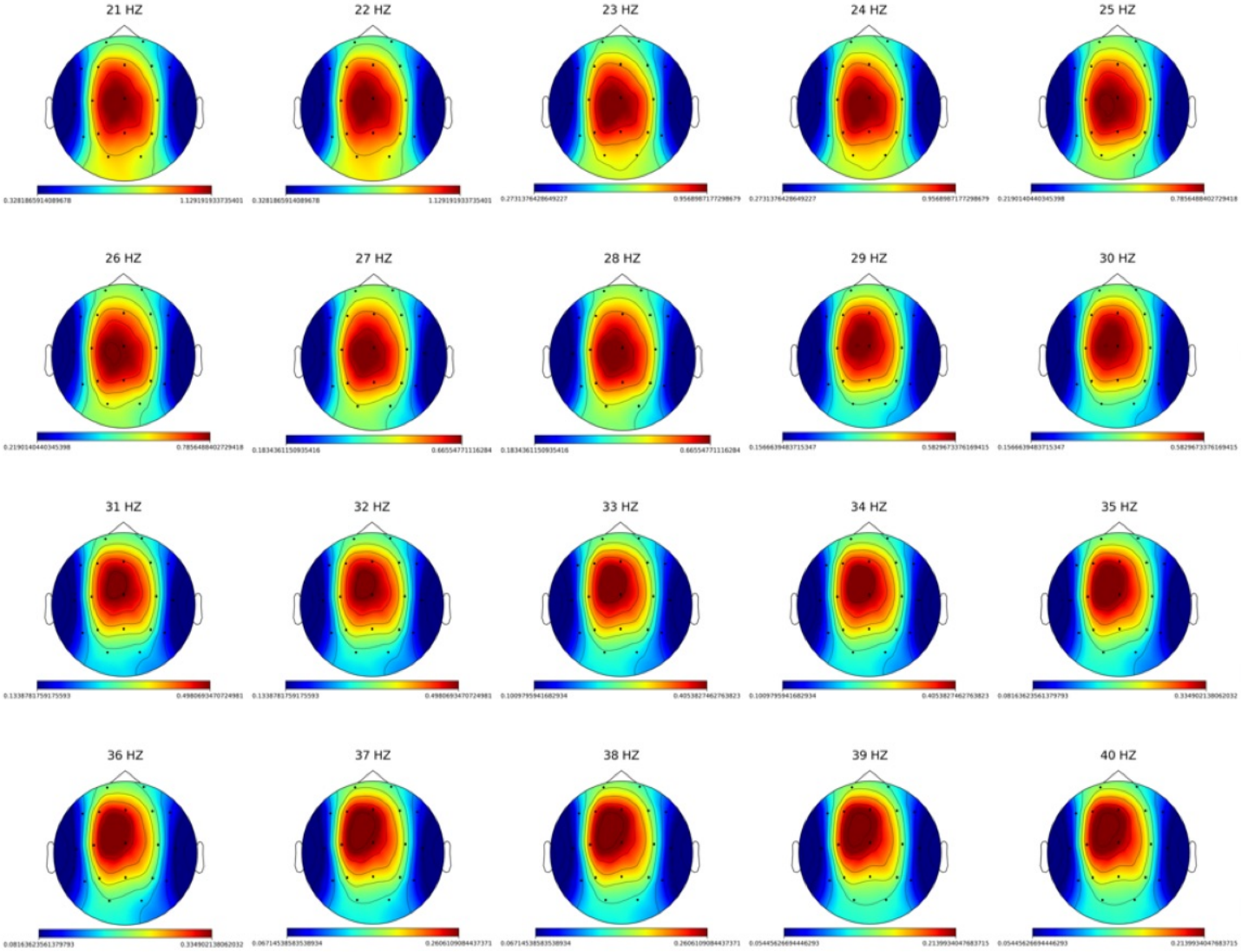
FFT Absolute Power



Copyright © 2025 Healthy Paths, Inc. All rights reserved

EEG ID : 2384
Test date : 05-14-2025
Age : 17
Birth gender : Male
Gender identity : Male
Condition: Eyes Opened

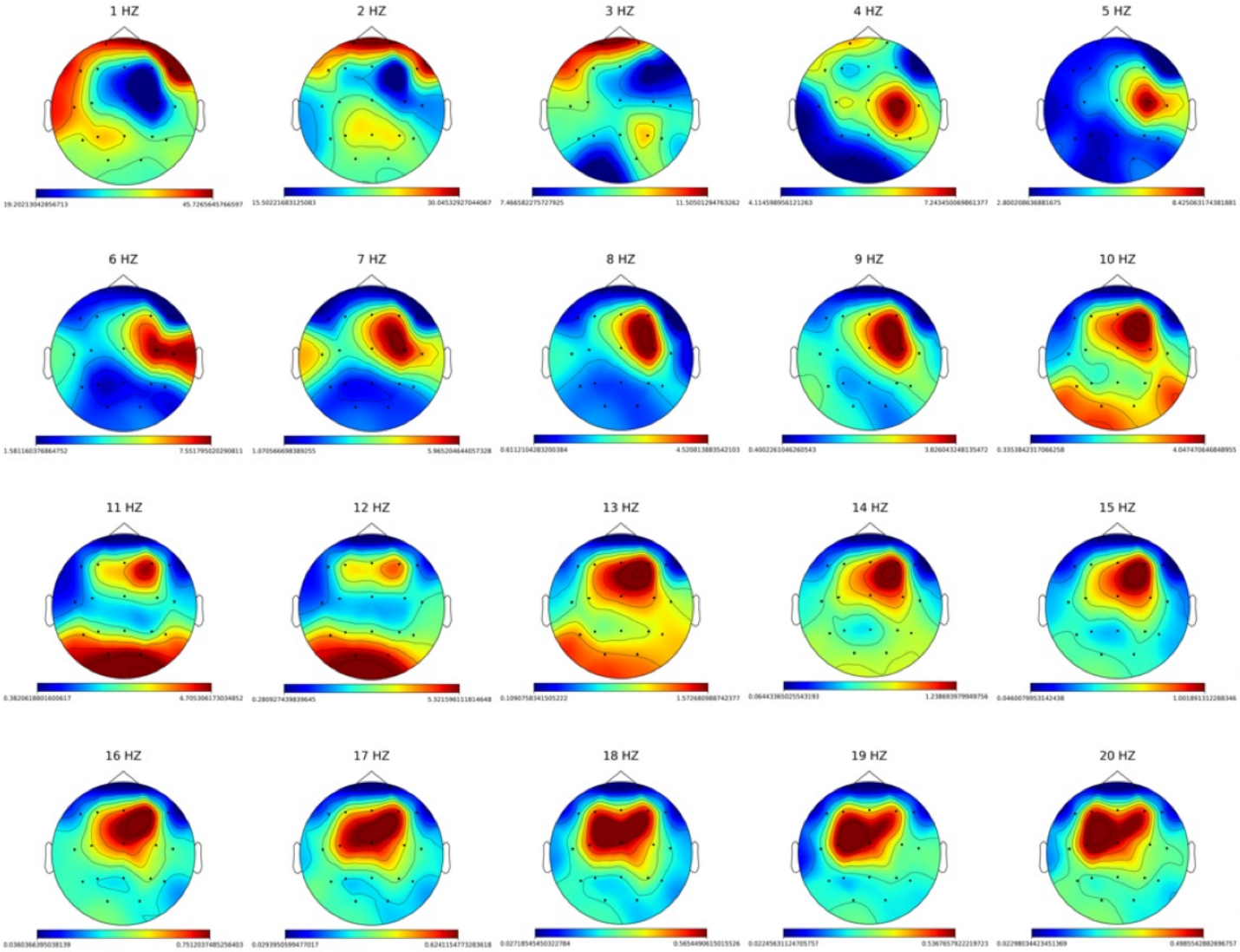
FFT Absolute Power



Copyright © 2025 Healthy Paths, Inc. All rights reserved

EEG ID : 2384
Test date : 05-14-2025
Age : 17
Birth gender : Male
Gender identity : Male
Condition: Eyes Opened

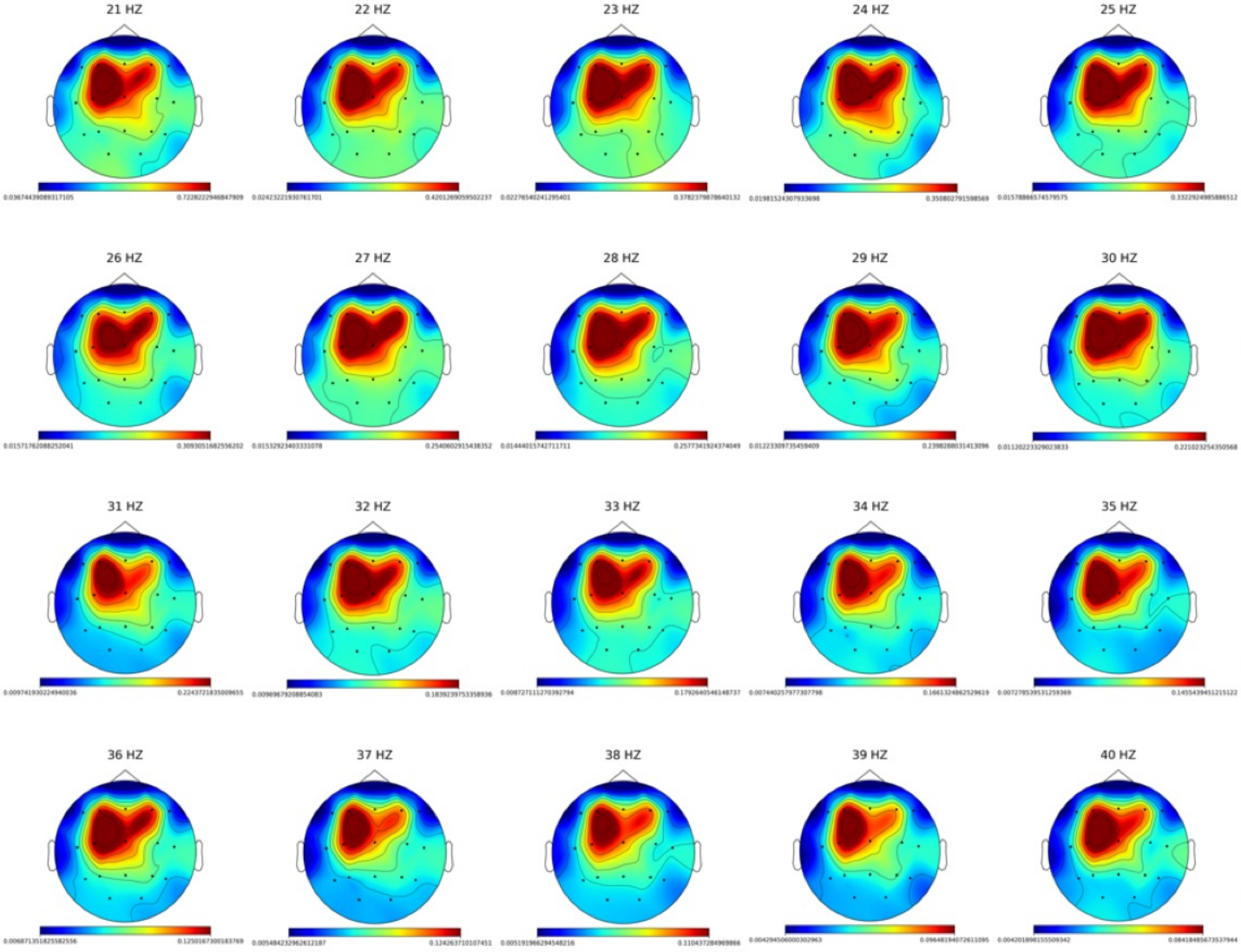
FFT Relative Power



Copyright © 2025 Healthy Paths, Inc. All rights reserved

EEG ID : 2384
Test date : 05-14-2025
Age : 17
Birth gender : Male
Gender identity : Male
Condition: Eyes Opened

FFT Relative Power



Copyright © 2025 Healthy Paths, Inc. All rights reserved