



Case Report

**Case Study Shows Brain Tap Boosts Regulatory Systems of the Body by
27.5 Percent in Just One Session**

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From June 1, 2015 to July 31, 2015, a case study of 50 people between the ages of 35 and 65 was conducted at Solantis Light Spa in New Bern, North Carolina. The study team used measurements of heart rate variability pre and posts a 20-minute session with Brain Tap Technologies' Brain Tap headset. The headset uses light and sound frequencies for brain wave entrainment and simulates the brain states of both light and deep meditation. Participants were first time users of the headset and were not previously trained in or skilled at meditation. Overall, the group saw a 27.5 percent improvement in regulatory system function after a single Brain Tap session as shown.

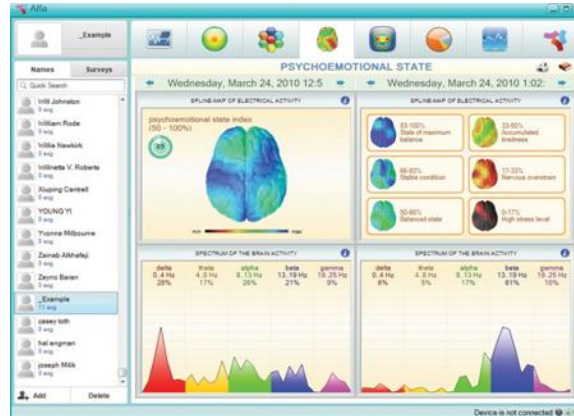


MEASUREMNT	POST-SESSIONIMPROVEMENT
Stress Index How hard the body is working to maintain balance	36%
Autonomic Nervous System How well the autonomic nervous system is regulating the body's physiology	31%
Vital Force The power of the electrical activity of the heart	33%
Neuro-Hormonal Regulation How all hormonal systems are coordinating to get her in synchronization like a symphony orchestra	16%
Psycho-Emotional State The brain's state so f arousal such as seen in an EEG representing the electrical activity of the brain at a specific frequency spectrum	17%
Biorhythm Coherence This is a combination of all the systems and how well they correlate with each other	33%
Average	27.5%

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Researchers also saw an average 20.20% increase in gamma brain wave activity, even though gamma frequencies were not generated with the headset. This result seems to correlate to a 2005 study conducted at the University of Wisconsin with Buddhist Monks, which showed significant gamma waves in lifelong meditators versus volunteer students. Gamma is associated with a heightened state of focus, along with a sense of well-being, love, and empathy.

About Alfa Scan



Alfa Scan

The measurement device used in the study is called Alfa Scan, which measures the beat to beat changes from an ECG reading. Classic heart rate variability is a reflection of the autonomic nervous system and how well it is adapting to internal and external stressors. Alfa Scan reveals more than the classic HRV in that Russian scientists figured out how to extract valuable information from the heart signal about the electrical activity of the brain by using complex algorithms that tell us about Delta, Theta, Alpha, Beta, and Gamma brainwaves.

Note: Alfa Scan does not diagnose or treat any disease. It is designed to educate practitioners and their clients about the effect of internal and external influences on the body.