

Bio-Acoustical Utilisation Device (BAUD)



What is BAUD?

The BAUD – Bio-Acoustical Utilisation Device - was developed by Dr. Frank Lawlis originally to treat ADHD.

The BAUD works as a sound based modulation of brain activity utilising a direct neurological pathway from the auditory system to the Amygdala.

Within the brain, the Amygdala has many functions. Research shows that the Amygdala programs in the theta range, that is 4-8Hz. One of the functions of the Amygdala is to register any danger in our environment and to act as an early warning detection system.

What situations would the BAUD be used in?

Anxiety and PTSD

Ground breaking memory research has been ongoing over the last 15 years by many notable scientists. Their findings have resulted an understanding that the negative component of memories related to trauma are held in the amygdala. Around the world, the BAUD is now being

used to address PTSD and anxiety. When used while the memory is being replayed in the persons mind, the BAUD's signal is designed to interfere with or 'erase' the fear/anxiety component of traumatic memories. This can be quite remarkable to see in action. So far here in NZ we have seen patients who have had long term PTSD have a resolution of their symptoms.

Addictions

Many of the practitioners in the US have been using the BAUD for addiction for some time. The amygdala is very much involved in the process of addiction and so by disrupting the usual patterns run by the amygdala addiction can be addressed. This is done by having the person run the BAUD when they are feeling compelled to partake in their usual addiction (be it smoking or other substances). The programs held in the brain that maintain the addiction can then be interrupted and no longer perpetuated. The BAUD does this in effect, by helping to erase the trauma component or the addiction habit within a memory.

Pain

The amygdala can also be involved in chronic pain. Fortunately for the millions of patients who suffer from chronic pain, pioneering research is driving the development of new treatments focused on brain plasticity with the more promising developments based on modulating activity in the limbic system. Since maladaptive brain plasticity creates chronic pain, it makes sense to address this process directly. The addition of BAUD therapy can be a useful adjunct to the overall treatment regimen of people

who have experienced chronic pain caused by sensitization of the neural circuits of the amygdala.

How do I use the BAUD?

We will give you a brochure with instructions. The BAUD comes either in a handheld sound producing unit which has been used for many years and more recently an MP3 format available over the internet. So far, the results with this second delivery system seem to be comparable to the handheld unit but the settings are not able to be adjusted.

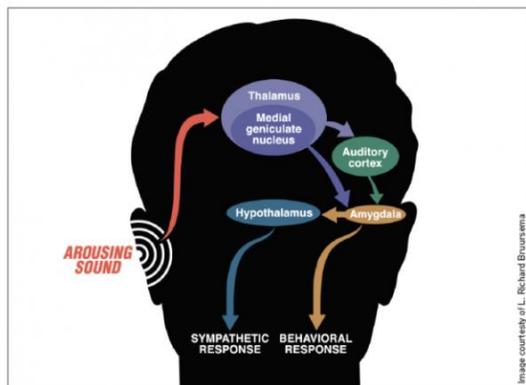
Are there any special instructions?

There are a few instructions that we give our patients when using the BAUD.

The first is to ensure that the volume is set to zero every time and to slowly increase this until the volume is the same in both ears.

There are two situations where the BAUD will need to be used with caution. The first is those who are sound sensitive as the BAUD uses sound. With these patients we start them off with just a few minutes of use to see how they respond. Secondly, for patients who have what is termed polytrauma (those who have ultiple traumatic events - Dr Harris has seen this in some of the Indigenous communities she has worked in in Australia), we encourage patients to only work on one trauma at a time. If the body releases a lot of traumas all at once it can be a stress on the system (termed a somatic release). If you feel this may be your situation, do talk to us. The BAUD is still safe to use, we would just use it in a staged way.

For further information regarding this new form of neuromodulation we would direct you to <http://www.baudtherapy.com/> especially the information on their studies page <http://www.baudtherapy.com/studies.html>.



More about Integrative Medicine

Here at the Brain Health and Biofeedback Clinic we offer you holistic care as we are an integrative medicine clinic. Integrative medicine consists of a combination of two approaches to health.

Firstly, a functional view of health in which we look at your lifestyle. While we know that diet, sleep, stress management and exercise are all critical for health, many of these areas are difficult to cover in standard care as there often just isn't the time to address lifestyle factors. One solution would be referral to a nutritionist, a psychologist or mindfulness coach and a personal trainer to separately address these areas in a patient's life. Functional practices include a lifestyle assessment and plan.

At the Brain Health and Biofeedback Clinic we provide the latest technology in stress management assessment including capnometry, galvanic skin response and heart rate variability assessments. Personalised diet, sleep and exercise support is provided.

Added to this is a systems-based approach in which we look to understand the root cause of diseases or symptoms. The person is a whole and in an integrative medicine framework, we treat the person rather than the disease. The latest advances in medical science are supporting a move towards personalized medicine. New technological developments allow us for the first time to offer individualized testing if indicated when no progress is being made with simpler approaches. Genomics (genetic testing), metabolomics (testing of individual biochemistry such as methylation capacity), autonomic assessments (the balance between the "fight and flight" and "rest and digest" systems which is often an issue in chronic disease), and microbiome studies (to identify imbalances in gut organisms which impact our health) are all now possible. Combining this with a person's envirome (their environment including lifestyle) allows for the ability to look across systems to determine an underlying cause behind an individual person's presentation.

Integrative Medicine has gained popularity. Here at the clinic we believe that personalized medicine is without a doubt, the future model of medical care.

Your Practitioner



Dr. Elizabeth Harris

MBChB, Dip Obs, Dip MSM, Cert Sports Med, FRNZCGP, FRACGP
Board Certified Neurotherapy (BCN)



Suite 4, Car Park Level One,
Meridian Mall
267 George Street
Dunedin 9058
New Zealand

03 471 9398

office@brainhealthandbiofeedback.com
www.brainhealthandbiofeedback.com

The Brain Health and Biofeedback Clinic is here to partner with you on your wellness journey. We do this by offering a range of innovative technology, diagnostic tools, and a holistic view to those who are looking to address the root cause of their problem and supplement their experience within the traditional health structure. We are more than a clinic; we are a community who are here to empower you to reach your complete and full human potential, in wellness, happiness and health.