

AZChironeuro.com (480) 756-2600

Dr. Janine Crifasi, DC CCST Board Eligible Functional Neurologist



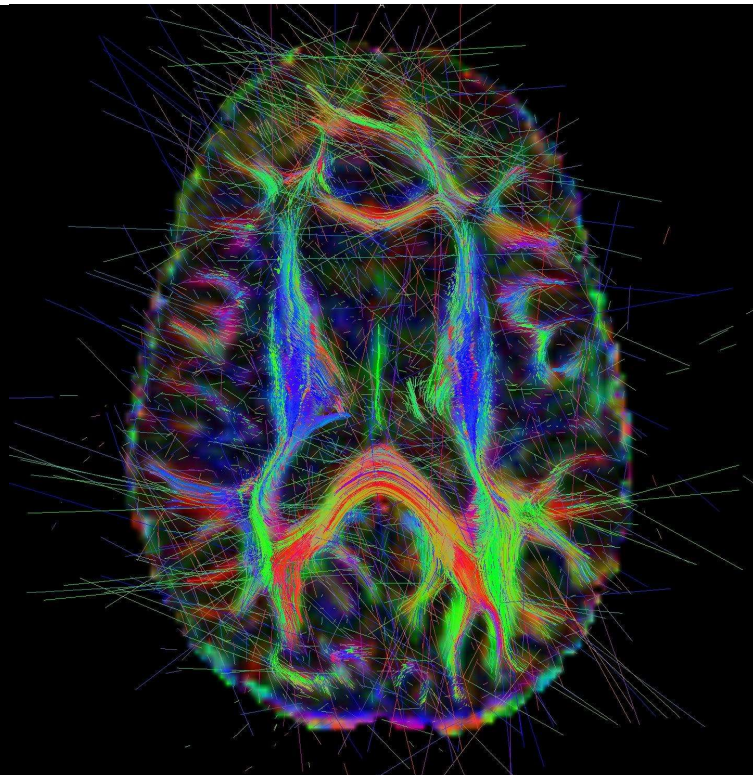
Janine

- Dr. Janine attended Life Chiropractic West Centennial Class' Most Outstanding Graduate. She has practiced in California and New England where she just relocated from after being the Delta S Performance Northeast Regional Director for several Functional Neurology Clinics.
- She is committed to educating people and empowering them to maximize their Life's potential using cutting edge researched methods of retraining their brains called neuroplasticity.
- Her gift of gab and passion for this work and ease of communicating lends itself to speaking engagements to any group large or small who will listen.
- She completed Post-Doctoral Clinical Neuroscience studies in Functional Neurology through the Carrick Institute, speciality training in Blood Chemistry, Thyroid Chemistry, brain chemistry, neuro-immune, neuro-endocrine functional medicine and low level laser



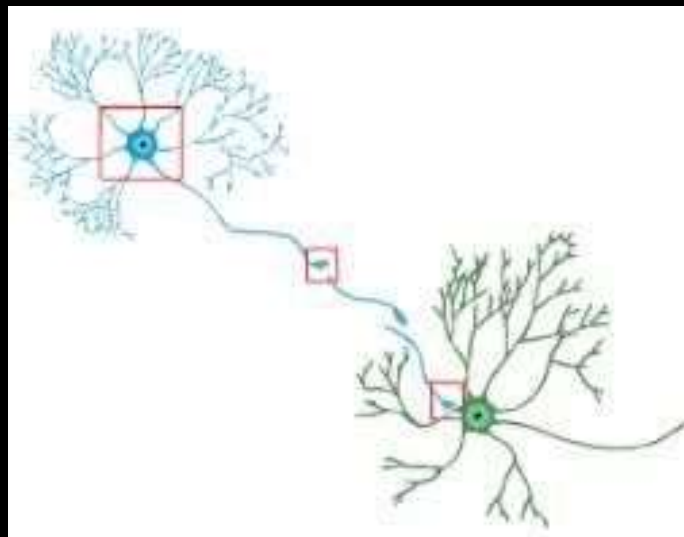


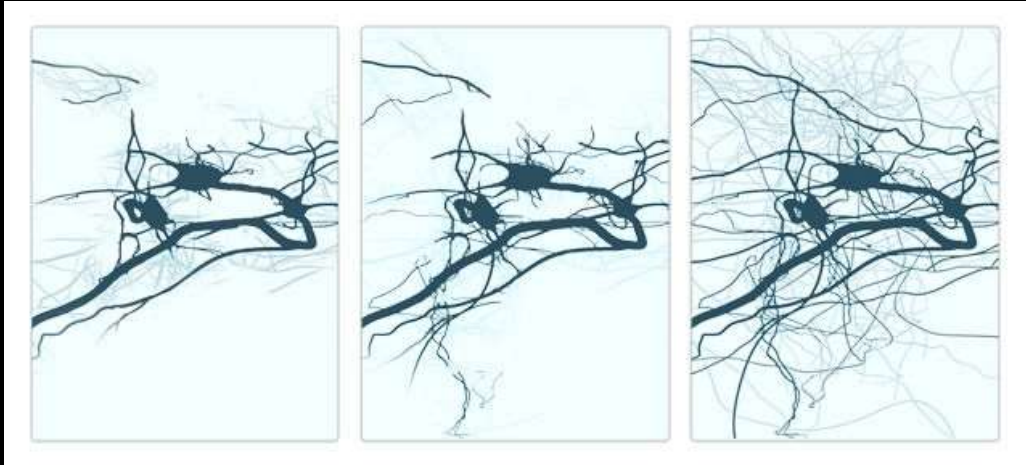
ARIZONA
CHIROPRACTIC
NEUROLOGY
CENTER



4 Pillars

- 1-Biomarkers
- 2-LLL
- 3-Biofeedback
- 4-Neuroplasticity





4 PILLARS OF CARE

- 1.NEUROELECTRIC
- 2.Biochemical
- 3.Neurofunctional
- QEEG neurocentric



Neuroplasticity

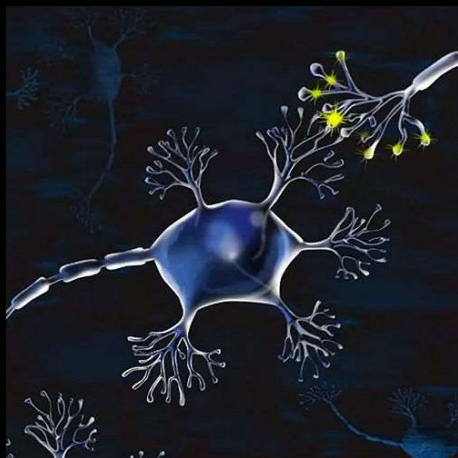
Adaptive potential of the nervous system

- Allows the brain to recover after physiological PTSD
 - Disorders or injuries
 - Reduced the effects of altered structures
 - Due to infections-viruses, Covid
 - Exposures-mold, tick borne, heavy metals
 - Pathologies-Multiple Sclerosis, Parkinson's, Cognitive deterioration
 - Dyslexia, dysgraphia, ADHD, insomnia



Neurons that Wire Together Fire Together

Dr. Donald Hebb , a Canadian Neuroscientist coined this term





Common Symptoms

- Feeling Slowed Down
- Feeling like "in a fog"
- "Don't Feel Right"
- Difficulty Concentrating
- Difficulty Remembering
- Fatigue or Low Energy
- Confusion
- Drowsiness
- More Emotional



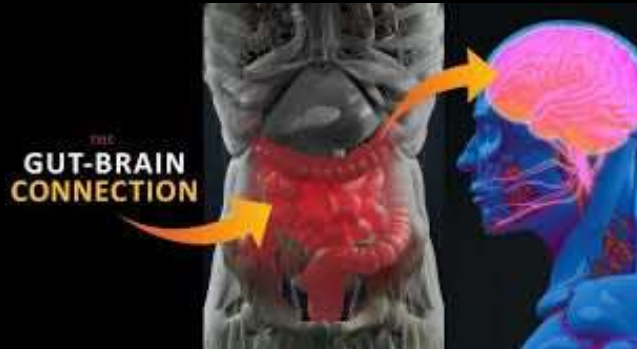
Common Causes of Brain trauma



Erchonia Fx635 Low Level Laser Red, Violet and GREEN

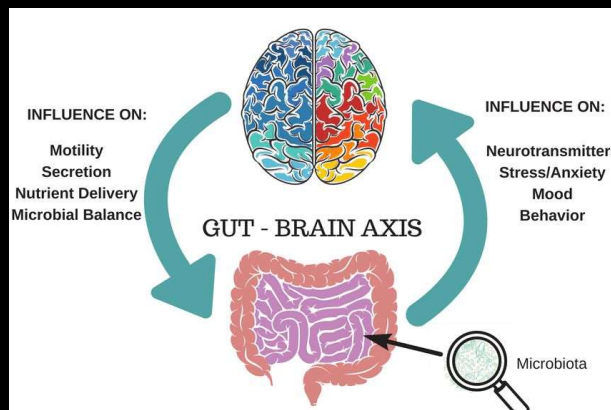


Brain Gut Connection



Brain Gut Connection

Research links Alzheimers, Parkinson, MS



Omeegas

Learn how to feed a brain This knowledge of the brain-gut axis, and the mechanisms that impact our health, allow her to provide patients with easily implemented modifications enhancing improved lifestyle and nutraceutical recommendations as needed.



Erchonia FX 635



Supplements

Bacopa

- Omegas
- Bacopa
- Gingko Balboa
- Vitamin C
- Motor Learning
- Reseveratrol



EXERCISE



MAGNESIUM THREONATE

MAGNESIUM CITRATE, MAGNESIUM GLYCINATE



GINKGO BALBOA

Antioxidants/synaptogenesis

- Vit C, E Selenium



RESVERATROL



What to avoid

- Being Sedentary
- BPA free plastics
- Diet soda, soda, Mexican sodas
- Processed foods-the middle of the grocery store
 - THE GOOD TASTY FOODS AND DRINKS



Thank you!

- For Mesa West Rotarian members present here today
 - 30 minute consultation with Dr. Janine if you call our office within two weeks to set a mutually convenient time.
 - For all rotarians I welcome you to schedule a tour at our office to learn more

