

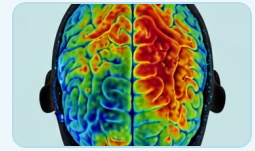


RELIFE REGENERATIVE

Brain Mapping

A concise overview to help you have an informed conversation with our medical team.

Brain mapping is a broad term. It often refers to quantitative electroencephalography (qEEG), which records electrical activity through sensors on the scalp and uses computer analysis to summarize brainwave patterns as visual maps. It records signals; it does not read thoughts or show brain structure.



Why people ask about it

People may explore brain mapping when they have concerns or goals involving:

- focus, attention, or mental clarity
- memory or cognitive performance
- symptoms after a concussion or head injury
- tracking patterns as part of a broader evaluation

These concerns can have many causes. A brain map alone does not establish a diagnosis.

What a ReLife consultation covers

A clinician reviews your symptoms, health history, medications, prior injuries, sleep, and goals before recommending appropriate next steps.

ReLife describes a comprehensive evaluation that may consider cognitive function along with metabolic, hormonal, inflammatory, vascular, sleep, and other factors that can influence brain health.

The consultation also confirms which tests are available, how findings would be interpreted, and any related preparation or cost.

What the evidence and safety guidance say

qEEG can add detail to an EEG recording, but its value depends on the clinical question, recording quality, and expert interpretation. Professional guidance supports advanced qEEG techniques as an adjunct to traditional EEG interpretation in selected situations, not as a stand-alone answer for every symptom or condition.

Routine scalp EEG recording is noninvasive and generally safe. The electrodes record brain activity rather than sending electricity into the brain. If a test includes flashing lights, deep breathing, sleep deprivation, or another activation step, the clinician should explain the purpose and any individual risks beforehand.

Could brain mapping fit your goals?

ReLife's public Brain & Cognitive Wellness page describes advanced diagnostics and comprehensive testing, but it does not specify a qEEG protocol or equipment. A consultation is the best way to confirm whether brain mapping is available and appropriate for your situation.

Reply to this email with the best phone number and time to reach you, and our team can help arrange a consultation.

ReLife Regenerative

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Important: This information is educational and is not a diagnosis or a substitute for medical advice. Seek prompt medical care for new, severe, or rapidly worsening neurological symptoms.

Sources: ReLife Brain & Cognitive Wellness; Nuwer MR et al. *Assessment of digital EEG, quantitative EEG, and EEG brain mapping.* PubMed PMID 9222209.

Mayo Clinic. EEG (electroencephalogram).