

What to Expect in Your Functional Neurology Appointment



Welcome

Hi and welcome to *Integrate Functional Health*!

I wanted to give you a quick overview of what functional neurology is, how it works, and what you can expect from your sessions with me.

The Nervous System ‘Bucket’ Theory

Think of your nervous system like a bucket. Over time, that bucket fills up — sometimes from big, obvious events like concussion, surgery, or trauma. Other times, it’s the smaller things that quietly add up: stress, poor sleep, ongoing pain, childhood experiences, falls, inflammation, emotional suppression, or illness.

When that bucket overflows — when your nervous system reaches its limit — symptoms begin to show up:

Pain. Anxiety. Exhaustion. Brain fog. Migraines. Gut issues. Behavioural challenges in children. A sense that your system is just not coping.

Here’s the fascinating part: when the brain becomes overwhelmed, it often reverts to old, automatic patterns — including reactivating primitive reflexes that should have integrated in early development.

What Are Primitive Reflexes—and Why Do They Matter?

Primitive reflexes are automatic movement patterns designed to help us survive and develop as infants. As the brain matures, these reflexes are meant to switch off (or integrate).

When they remain active — or become reactivated later in life — they can create a surprising range of challenges, physically, mentally, and emotionally.

For example:

- **Moro Reflex:** Easily startled, hyper-vigilant, difficulty calming down
- **ATNR or STNR:** Poor coordination, neck or back pain, handwriting struggles
- **TLR:** Poor balance, motion sickness, fear of falling
- **Palmar / Plantar Reflexes:** Chronic tension in hands, feet, or jaw

During your session, we start by assessing these reflexes along with your cranial nerves to see how your brain and body are communicating. Using gentle, targeted corrections, we begin to reintegrate and reset these patterns so your system can return to balance.

Your First Appointment

Your initial session includes:

- A detailed discussion about your history — every detail matters
- Primitive reflex and cranial nerve assessment
- Gentle corrections to begin regulating your nervous system

This session focuses on understanding *why* your system is behaving the way it is, so we can address the root cause rather than just the symptoms.

Your Second Appointment

In your second session, we dive deeper into your **visual and eye movement systems**, exploring how your brain processes information and movement in your environment.

We may assess:

- Eye tracking
- Convergence and divergence (near/far focus)
- Saccades (quick eye movements)
- Optokinetics (how your brain perceives motion)

These findings show how much effort your brain is using just to get through the day — often explaining fatigue, headaches, or focus difficulties.

Ongoing Sessions

As your system begins to regulate and you feel more balanced, we may explore deeper areas such as:

- Emotional processing and stored trauma (including the heart wall)
- Underlying infections, inflammation, or toxic load
- Organ and gland imbalances, including adrenal function
- Intrinsic core function — often linked to chronic back and neck pain
- Acquired immune infections

Everything connects through your brain-body feedback loop, and together we'll work to strengthen it for lasting change.

Common Reasons Clients Seek Support

Many people come to me with:

- Pain that doesn't respond to regular treatment
- Persistent tightness in the neck, shoulders, or hips
- Fatigue that feels like "running on empty"
- Brain fog or difficulty concentrating
- Kids struggling with focus, behaviour, or learning
- Anxiety that won't shift no matter what they've tried

If any of that sounds familiar, you're not alone — and meaningful change *is* possible when we address the nervous system itself.

A Final Note

Functional Neurology looks beyond symptoms to find the root cause. It's gentle, non-invasive, and often life-changing for clients of all ages.

Every nervous system is unique, which is why each session is tailored specifically to you.

Thank you for trusting *Integrate Functional Health* with your care. I look forward to helping you (or your child) reset, reconnect, and feel better from the inside out.

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