

Kristi Knight of Brain Fitness to be Featured on CUTV News Radio

FISHERS, INDIANA, UNITED STATES, May 31, 2018 /EINPresswire.com/ -- The brain's ability to learn from experience and environment is called Neuroplasticity. This process influences change in our thinking, emotions and behavior. Research has confirmed that our brains have neuroplasticity our entire life. When we're able to train our brains and improve its self-regulating functions, it becomes a lot easier to address the physical, mental, and emotional concerns of daily life.

Kristi Knight is the founder of Brain Fitness, where she specializes in EEG Neurofeedback training, an advanced brain training technology.

"Neurofeedback training is a great tool to help facilitate the healing process," says Knight. "It guides the brain to be more focused and relaxed, more flexible and resilient."



According to Knight, it's almost impossible to make conscious changes, especially under stress. Change is best achieved on the unconscious or subconscious level. Neurofeedback training works on areas in the brain that correspond to our stress response system and help us return to homeostasis.

"We live in a very stressful environment. Our lives are very different than the lives of people 100 years ago. Our stresses and our environment impact how we function on a daily basis," says Knight.

"Neurofeedback helps individuals achieve peak performance. When our central nervous system is settled down and not as stressed and anxious as it was before, people are able to find that next step."

Knight says in 18 months, she's seen much greater awareness of neurofeedback across a wide variety of physicians and mental health professionals looking for an alternative approach to managing health.

Knight has worked with children as young as four and adults as old as 94. In addition to neurofeedback, Knight also offers health and wellness coaching as well as holistic nutrition coaching, educating her clients on everything from nutrition and exercise to sleep hygiene.

"People who come to me are looking for help. They've tried everything and don't know what else to do

or where else to turn,” says Knight. “So I’m really trying to arm myself with all the tools I need to empower people through these stages of change and what’s important for optimal brain health and brain fitness. Every single person who walks through the door of our center is different. We can educate people and tailor a program that really supports them while they receive neurofeedback training.”

CUTV News Radio will feature Kristi Knight in an interview with Jim Masters on June 4th at 12pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Brain Fitness, visit www.tnfbcenter.com.

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