

MHtts EC/EO HBL - Interpretation

EC= eyes closed

EO= eyes open

All post EEG's were done immediately after a session.

Look at pgs 16 or 17, Z score relative and z score absolute. The graphics are distributed from Delta 1-4 hrz

Theta 4-7 hrz

Alpha 8-12 hrz

Low Beta 13-19 hrz

High Beta 20-30 hrz

Absolute is the total power of the brain and relative is the distribution of 100% of the absolute power.

Coherence is the communication between parts of the brain. In this particular person, coherence improved but not sure how statistically significant it is. Prefrontal left area low beta improved and Theta (deep meditative state increased throughout).