



Welcome to NeuroActive Health Hub

your destination for holistic, evidence-based healthcare.



Our Vision

To bring hope, healing, and connection to every family, beginning with the brain. We envision a world where children and adults thrive together through care that unites science, compassion, and integrity.

As the leading centre for neurodevelopmental and integrative healthcare in the UAE, **NeuroActive Health Hub** is dedicated to transforming lives, one family, one brain, one story at a time.

Our Mission

At NeuroActive Health Hub, our mission is to help families reconnect, rebuild, and rediscover hope through brain-based healing.

Inspired by **Dr. Nageena's** life journey, our approach goes beyond treating symptoms, we restore harmony where the brain and body meet. We combine advanced neuroscience with heart-centred care, offering:

- **Chiropractic Neurorehabilitation** – restoring balance through movement and alignment
- **Primitive Reflex Integration & Balance Therapy** – supporting developmental milestones
- **Behavioural & Developmental Therapy** – strengthening learning, focus, and connection
- **qEEG Brain Mapping & Neurofeedback** – retraining the brain for optimal function
- **Neurophysiotherapy**
- **Functional Medicine** – Holistic care and Lab tests

Our Values

Our multidisciplinary team works hand-in-hand with each family, creating personalized care plans that support growth at every stage. Because when one child grows, the **whole family transforms. Your family's breakthrough begins with a single call.**

Compassion – We listen, we care, and we treat each person with empathy and understanding.

Excellence – We deliver the highest standard of care, backed by evidence-based methods and clinical expertise.

Patient Centered Approach – Every patient is unique. Our treatments are customized to your individual journey.

Innovation – We use the latest in neurodevelopmental therapies, including primitive reflex integration and neurofeedback, to bring lasting change.

Integrity – We are transparent, ethical, and honest, always acting in the best interests of our patients.

Collaboration – Our multidisciplinary team works together to provide a complete, connected approach to healthcare.

Global Impact – We're building a model of care that can benefit families not only in the UAE, but around the world.



The Brain Development

There is a specific progression in the development of the brain and nervous system, which is tied to motor and other developmental milestones. Our Operating System We are all born with a basic “operating system” in our brain and nervous system, enabling us to walk, talk, think, eat and so on. Though we are born with this basic software, it does not mean anything until we interact with and calibrate our nervous system to the world around us. What initiates this process is movement and active sensing of our world. However, when a baby is first born, its brain is very immature as most human brain development happens outside of the womb. In other words, our motor cortex is not yet developed and we cannot voluntarily control movement but we need to move to build our brain. Primitive Reflexes Humans are born with basic motor and sensory reflexes known as primitive reflexes, allowing us to move and actively sense and engage with the world around us. Sensory stimulation — like sound, smell, light, touch and movement then flows back toward the brainstem and brain. The process activates genes that stimulate the cells in the nervous system to grow and form new connections with other brain cells. Mostly present at birth or even before, these motor sensory reflexes hold names like:

Asymmetric tonic neck reflex

Symmetric tonic neck reflex

Moro reflex

Palmer grasp reflex

Babinski reflex

Tonic labyrinthine reflex

Rooting, sucking and snout reflex

How Our Brains Work

The Basics The brain is built from the bottom up, starting in the lower brainstem the medulla. It initially controls basic functions like breathing, heart rate, digestion and temperature regulation. As a child moves and interacts with the world, it stimulates growth in a higher level of the brainstem known as the pons, releasing new reflexes that allow for more sophisticated movement. This, in turn, allows the child to engage with the world around them in more active, stimulating ways, causing areas of the brain to grow. This process continues up the brainstem into the cortex, leading to growth and maturity of the brain particularly in the prefrontal cortex, the brain's most complex and developed area. When this process is completed, it's known as bottom-up completion. The next step is top-down control, where the brain takes control of the entire brainstem, regulating everything in the body including the cardiovascular, immune, digestive, hormone, and muscle and sensory processing systems. This development is known as vertical integration. The brain's right hemisphere is more active in the womb and for the first three years of life, whereas the left becomes more active for the following three years. As the brain matures, the hemispheres conduct different functions. At times, they will work together and in others, one will take the lead and suppress interference from the other. Over time, they become more integrated and synchronized in a process called horizontal integration.



The Result

If anything interferes with vertical or horizontal integration, it affects the functioning of the whole body and brain, known as bottom-up interference and functional disconnection which we believe are the foundation of all child and adult neurological conditions and symptoms.



Functional Disconnection

Our team examines and treats the imbalance that affects the two brain hemispheres. When the development of certain areas is slowed on one side of the brain, it may lead to acceleration in other areas. In most people, strengths outweigh the weaknesses but in a developing brain, the weakness may be too great, or the strong side of the brain may overpower the weak. This developmental imbalance results in a disability that may be combined with unusual gifts.



Who We Help

What happens in the first six years of life will determine the fate of the adult brain. The brain is still developing until at least our 40s, so new developmental symptoms may not emerge until we are 20, 30, 40 or even older. Through the years, We has seen many children and adults with a broad spectrum of disorders and conditions, including but not limited to:

Attention deficit
hyperactivity
disorder (ADHD)

Pediatric Acute-onset
Neuropsychiatric
Syndrome (PANS)

Other mental,
attention, behavioral
and learning disorders

Other musculoskeletal,
physical and
nutritional issues

Autism spectrum
disorders, including
non-verbal

Some neurodegenerative
disorders

Traumatic brain
injury

Tourette
syndrome

Dyslexia

Obsessive-compulsive
disorder



Your Personalized Treatment Plan

We use cutting-edge tools with the goal of changing the brain and optimizing all related functions. Treatment will vary for each person based on their needs; however, the overall procedure will be similar. We offer both in-person and virtual treatment options. Our treatments are progressive, directed by specific goals that are generally set by the objective functional tests that provided data for that function based on your age. Our first goal is to restore functions to the optimal levels. Once within the normal range, we believe we have corrected the root cause and restored optimal function. When this occurs, symptoms will likely disappear but our primary goal remains restoring function, not eliminating symptoms. Whatever your treatment plan, there are different levels of frequency, intensity and duration, and multiple levels designed to continually push you to new functional levels in each area until your goal is reached.

Our treatments involve multiple modalities that include:



**Primitive reflex
integration**



**Motor
training**



**Core stability,
coordination
and endurance**

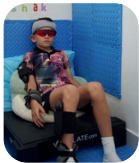


**Sensory stimulation
with light, sound,
eye movements,
smell, tactile and
proprioception**



**Vestibular
stimulation**

We also use other stimulating modalities such as:



**Transcutaneous
Electrical Nerve
Stimulation
(TENS)**



**Transcranial
Direct Current
Stimulation
(tDCS)**



**Laser therapy
(Photobiomodulation)**



Neurofeedback



**Interactive
Metronome/
gait training**



**VR training/
vestibular training**

Diet, Nutrition & Supplements

With every patient, we assess and address specific diet, nutritional and supplemental needs, all of which play a role in your treatment plan. Our perspective is that most nutritional deficiencies or needs are secondary to the imbalance in the nervous system, so our focus remains on addressing physical and neurological imbalances. In working with developmental issues, we want to stimulate growth in the body, brain and nervous system. The brain and muscles use most of the body's calories, so in the beginning, we avoid elimination diets, instead planning for the patient to eat the calories they need. Elimination diets may be used as treatment progresses. Based on our experience, once we establish balance in the nervous system, you can return to eating whatever you wish (healthy foods, of course!).



After You Leave The Center

Home Program Home therapy is a core part of every patient's treatment plan, and we will provide you with video and written instructions to start a program at home. We will also supply you with the appropriate equipment, showing you how to operate it, where to place it and the frequency, duration and intensity at which you should use it. As our programs are progressive and goal-directed, you will reach different levels of functions and exercises. If you're the parent of a young patient, we will work with you to provide the information and training you need to coordinate the most effective home treatments to complement your child's treatment at the center.

Re-evaluations & Progress Reports

In our experience, regular communication makes all the difference in the program's outcome. Since we focus on functions and not just symptoms, we will periodically complete reevaluations and follow-up testing to measure improvements, as well as when your treatment is complete and your goal has been reached. For most patients, we reevaluate every 6 weeks; if you are traveling long distances, we recommend every six months. Based on objective changes, we can estimate how long it will take to reach your goal. Most patients will be expected to fill out forms that document any at-home activities. For virtual patients or those who have returned home, we will conduct monthly follow-up calls to answer questions or outline any changes to the program. Our team typically reviews dozens of functional measurements based on accepted objective tests in areas like vision and visual processing, hearing and auditory processing, balance and inner ear function, tactile and touch, proprioception, smell and cognitive functions.





**NeuroActive
Health Hub**



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Book An Appointment



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