

## Biofeedback Kitchener

Biofeedback Kitchener - The topic of biofeedback is very broad and has been existing since the 1950's. Training method utilizing biofeedback tests consist of monitoring vital signs like for instance EEG, heart rate, blood pressure and muscle activity as a guide. The method is intended to facilitate greater control over one's body. As an individual's physiological state is normally related to one's state of mind, having immediate information concerning certain indicators can offer insight to let somebody know more concerning what their thought processes are.

With biofeedback there are two major techniques. The more popular is a type of empowerment training. It is used as a way to becoming a much better person with much more self control. The second method is as a type of therapy used for overcoming some illnesses or health problems. Just like all topics of self-help, biofeedback has its quirks. There are numerous aspects of body functioning which we could not manipulate with conscious control, though the realm of functions which we can manipulate is broader than what most people realize.

Among the most extraordinary findings concerning biofeedback is that various aspects of the autonomic nervous system are modifiable to conscious control. This discovery was found by Dr. James S. Gordon, a prominent Yale neuroscientist and psychologist. He experimented with rats and was able to get them to alter various nervous functions from brainwaves to heart rate by rewarding them selectively with direct stimulation to their pleasure centers.

Biofeedback has seen positive benefits for various issues as it is able to help with cases of incontinence, stroke and spinal cord rehabilitation, pain and stress management amongst others. Biofeedback devices could be found in the form of bathroom mirrors and scales, and could be more common than you might think. These apparatus are forms of biofeedback which convey to us information concerning our appearance and our weight. Hence, we all make use of biofeedback.

In the future, individuals are optimistic that biofeedback could treat depression, anxiety, drug addiction, headaches and various common problems. There are people who believe that biofeedback devices will progress enough in the future to be able to control bodily functions. It has been recommended that real time MRI brain scans will enable us the chance to immediately see when we are feeling angry or confused. This particular information will make us more inclined to think about how our disposition have an effect on our decisions or thoughts.