

## Biofeedback Prince George

Biofeedback Prince George - Biofeedback is a vast topic which has been utilized ever since the 1950s. Biofeedback is a training method that comprises monitoring some life signs like for example heart rate, blood pressure, muscle activity and EEG as a guide. The technique is meant to facilitate greater control over one's body. As a person's physiological condition is often connected to one's state of mind, having immediate knowledge of certain indicators could offer insight to let someone know more about what their thought processes are.

With biofeedback there are two major methods. The most common is a type of empowerment training. It is utilized as a means to becoming a much better person with much more self control. The second technique is as a kind of therapy for overcoming certain sicknesses or health problems. The same with all subjects of self-help, biofeedback has its quirks. There are several aspects of body functioning that we could not manipulate with conscious control, even if the realm of functions which we could manipulate is broader than what the majority of people realize.

Among the more surprising findings about biofeedback was discovered by Dr. James S. Gordon, who was a Yale psychologist and neuroscientist. It was found that several aspects of the autonomic nervous system are amendable to conscious control. He experimented with rats and was able to get them to change several nervous functions from brainwaves to heart rate by rewarding them selectively with direct stimulation to their pleasure centers.

There are a variety of conditions that biofeedback has been scientifically proven helpful. It can seriously help with problems like for instance incontinence, spinal cord and stroke rehabilitation, pain and stress management amongst others. Biofeedback tools can be found in the form of bathroom mirrors and scales, and could be more common than you might imagine. These tools are kinds of biofeedback that convey to us information about our look and our weight. In this sense, we all utilize biofeedback.

In the future, individuals are hopeful that biofeedback may be able to treat anxiety, drug addictions, headaches, depression and other common issues. There are some who believe that biofeedback tools would progress enough in the future to be able to control bodily functions. It has been suggested that real time MRI brain scans would enable us the possibility to instantly know when we are feeling angry or confused. This particular information would make us more inclined to think about how our disposition have an effect on our thoughts or decisions.