

Biofeedback St. John's

Biofeedback St. John's - The field of biofeedback is really broad and has been present since the 1950's. Training method using biofeedback tests consist of monitoring vital signs like for example muscle activity, EEG, heart rate and blood pressure as a guide. The method is intended to facilitate greater control over one's body. As an individual's physiological condition is often associated to one's state of mind, having immediate information concerning particular signs could provide insight to let somebody know much more about what their thought processes are.

There are two major biofeedback techniques with the more common comprising empowerment training. It is used as a means to become more self aware with better self control. The second method is as a type of therapy intended for overcoming particular disorders or health problems. The same with all topics of self-help, biofeedback has its quirks. There are several aspects of body functioning that we could not manipulate with conscious control, although the realm of functions which we can manipulate is broader than what most individuals realize.

Amongst the most surprising findings regarding biofeedback is that some aspects of the autonomic nervous system are amendable to conscious control. This discovery was found by Dr. James S. Gordon, a famous Yale psychologist and neuroscientist. He experimented with rats and was able to get them to change 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 a variety of problems in view of the fact that it could help with cases of pain and stress management, incontinence, stroke and spinal cord rehabilitation amongst others. Biofeedback devices could be found in the form of bathroom scales and mirrors, and can be more common than you might imagine. These apparatus are forms of biofeedback that convey to us information regarding our appearance and our weight. Hence, we all utilize biofeedback.

Individuals are optimistic that in the future, biofeedback will be helpful for treating depression, anxiety, drug addiction, headaches and various common issues. There are even people who like to use biofeedback devices in order to ascend to yogi-like control over their bodily functions. It has been suggested that real time MRI brain scans will enable us the chance to immediately see when we are feeling confused or angry. This particular information would make us more inclined to think about how our moods have an effect on our thoughts or decisions.