

Biofeedback Timmins

Biofeedback Timmins - Biofeedback is a vast topic which has been utilized since the 1950s. Biofeedback is a training method which involves monitoring some life signs such as EEG, heart rate, blood pressure and muscle activity as a guide. The technique is meant to facilitate greater control over anyone's body. Since an individual's physiological condition is normally associated to one's state of mind, having immediate knowledge of specific indicators can offer insight to let someone know a lot more about what their thought processes are.

With biofeedback there are two main approaches. The more popular is a kind of empowerment training. It is used as a way to becoming a much better person with much more self control. The second technique is as a kind of therapy for overcoming particular illnesses or health concerns. The same with all fields of self-help, biofeedback has its quirks. There are many aspects of body functioning which we could not manipulate with conscious control, though the realm of functions that we can manipulate is broader than what nearly all people realize.

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

Biofeedback has seen positive benefits for different conditions as 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 think. These apparatus are kinds of biofeedback that convey to us information concerning our look and our weight. Therefore, we all utilize biofeedback.

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