

## Biofeedback Brandon

Biofeedback Brandon - The subject of biofeedback is really broad and has been present since the 1950's. Training technique making use of biofeedback tests comprise 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 anyone's body. As a person's physiological state is normally connected to one's state of mind, having immediate knowledge of certain indicators could give insight to let somebody know a lot more about what their thought processes are.

With biofeedback there are two main techniques. The more common is a type of empowerment training. It is used as a means to becoming a better individual with much more self control. The second technique is as a kind of therapy for overcoming certain sicknesses or health concerns. Just like all fields of self-help, biofeedback has its quirks. There are several aspects of body functioning which we are unable to manipulate with conscious control, even though the realm of functions that we can manipulate is broader than what the majority of individuals realize.

Amongst the most remarkable findings concerning biofeedback is that various aspects of the autonomic nervous system are amendable to conscious control. This discovery was found by Dr. James S. Gordon, a well-known Yale neuroscientist and psychologist. 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 various conditions because it could help with cases of pain and stress management, incontinence, stroke and spinal cord rehabilitation among others. Biofeedback devices could be found in the form of bathroom mirrors and scales, and could be more common than you might imagine. These apparatus are types of biofeedback that convey to us information concerning our look and our weight. Therefore, we all utilize biofeedback.

In the future, people are hopeful that biofeedback can treat anxiety, drug addictions, headaches, depression and other common concerns. There are individuals who think 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 would allow us the opportunity to instantly know when we are feeling confused or angry. This information would make us more inclined to think about how our disposition affect our thoughts or decisions.