

## Biofeedback Halifax

Biofeedback Halifax - Biofeedback is a vast topic which has been used ever since the 1950s. Biofeedback is a training method which involves monitoring some life signs like for example blood pressure, muscle activity, EEG and heart rate as a guide. The method is intended to facilitate greater control over one's body. As a person's physiological state is normally connected to one's state of mind, having immediate knowledge of certain indicators could provide insight to let somebody know much more regarding what their thought processes are.

There are two main biofeedback approaches with the more common consisting of empowerment training. It is utilized as a means to become much more self aware with much better self control. The second technique is as a kind of therapy for overcoming certain disorders or health concerns. Just like all topics of self-help, biofeedback has its quirks. There are many aspects of body functioning which we are unable to manipulate with conscious control, even if the realm of functions that we can manipulate is broader than what most people realize.

One of the most surprising findings about biofeedback is that several 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 change various nervous functions from brainwaves to heart rate by rewarding them selectively with direct stimulation to their pleasure centers.

There are various concerns that biofeedback has been scientifically proven beneficial. It could seriously help with concerns like for instance pain and stress management, incontinence, spinal cord and stroke 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 tools are forms of biofeedback which convey to us information concerning our weight and our look. In this sense, we all use biofeedback.

In the future, individuals are optimistic that biofeedback may be able to treat headaches, depression, anxiety, drug addiction and various common problems. There are some who believe that biofeedback devices will 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 notice when we are feeling angry or confused. This particular information would make us more inclined to think about how our moods affect our thoughts or decisions.