

## Biofeedback Owen Sound

Biofeedback Owen Sound - Biofeedback is a vast subject which has been used ever since the 1950s. Biofeedback is a training method that includes monitoring certain life signs like for instance blood pressure, muscle activity, EEG and heart rate as a guide. The technique is meant to facilitate greater control over one's body. For the reason that an individual's physiological state is usually associated to one's state of mind, having immediate information about certain indicators could offer insight to let somebody know a lot more concerning what their thought processes are.

There are two main biofeedback methods with the most common consisting of empowerment training. It is utilized as a way to become more self aware with better self control. The second approach is as a kind of therapy meant for overcoming certain disorders or health concerns. The same with all topics of self-help, biofeedback has its quirks. There are many aspects of body functioning that we are unable to manipulate with conscious control, though the realm of functions which we can manipulate is broader than what nearly all individuals realize.

Amongst the more remarkable 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 alter several 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 issues because it can 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 mirrors and scales, and may be more common than you might imagine. These tools are types of biofeedback which convey to us information about our weight and our look. Thus, we all utilize biofeedback.

In the future, people are optimistic that biofeedback can treat headaches, depression, anxiety, drug addiction and different common concerns. There are people who believe that biofeedback devices will develop enough in the future to be able to control bodily functions. It has been recommended that real time MRI brain scans will enable us the opportunity to instantly notice when we are feeling confused or angry. This particular information will make us more inclined to think about how our moods affect our decisions or thoughts.