

## Biofeedback Winnipeg

Biofeedback Winnipeg - The subject of biofeedback is really broad and has been present since the 1950's. Training method utilizing biofeedback tests involve monitoring vital signs like for example heart rate, blood pressure, muscle activity and EEG as a guide. The method is meant to facilitate greater control over anyone's body. As an individual's physiological state is usually related to one's state of mind, having immediate knowledge of certain signs can offer insight to let someone know a lot more about what their thought processes are.

With biofeedback there are two main techniques. The more common is a kind of empowerment training. It is utilized as a way to becoming a much better person with much more self control. The second approach is as a type of therapy for overcoming certain illnesses or health conditions. Just like all topics of self-help, biofeedback has its quirks. There are various aspects of body functioning which we are unable to manipulate with conscious control, even though the realm of functions which we can manipulate is broader than what most individuals realize.

One of the more surprising findings regarding 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 adaptable to conscious control. 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 conditions which biofeedback has been scientifically proven helpful. It could seriously help with problems like for instance spinal cord and stroke rehabilitation, pain and stress management, incontinence amongst others. Biofeedback tools can be found in the form of bathroom mirrors and scales, and could be more common than you might think. These tools are types of biofeedback which convey to us information concerning our appearance and our weight. In this sense, we all utilize biofeedback.

In the future, people are hopeful that biofeedback can treat drug addiction, headaches, depression, anxiety and different common problems. There are people who think 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 will allow us the opportunity to instantly know when we are feeling angry or confused. This information would make us more inclined to think about how our moods have an effect on our thoughts or decisions.