

## Biofeedback Kingston

Biofeedback Kingston - The field of biofeedback is really broad and has been existing ever since the 1950's. Training method using biofeedback tests include monitoring vital signs like blood pressure, muscle activity, EEG and blood pressure as a guide. The technique is meant to facilitate greater control over anyone's body. As an individual's physiological condition is often related to one's state of mind, having immediate information regarding particular indicators can offer insight to let someone know much more concerning what their thought processes are.

With biofeedback there are two major methods. The most 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 meant for overcoming certain sicknesses or health issues. Just like all subjects of self-help, biofeedback has its quirks. There are many aspects of body functioning which we are unable to manipulate with conscious control, although the realm of functions which we can manipulate is broader than what the majority of individuals realize.

Amongst the most extraordinary findings about biofeedback is that some aspects of the autonomic nervous system are amendable to conscious control. This discovery was found by Dr. James S. Gordon, a famous Yale psychologist and neuroscientist. He experimented with rats and was able to get them to change 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 various problems as it is able to help with cases of incontinence, stroke and spinal cord rehabilitation, pain and stress management amongst others. Biofeedback devices can be found in the form of bathroom mirrors and scales, and can be more common than you might imagine. These apparatus are kinds of biofeedback which convey to us information about our appearance and our weight. In this sense, we all utilize biofeedback.

Individuals are hopeful that in the future, biofeedback would be effective for treating drug addiction, headaches, depression, anxiety and other common issues. There are also individuals who want to make use of biofeedback devices to be able to ascend to yogi-like control over their bodily functions. It has been recommended that real time MRI brain scans will enable us the chance to immediately see when we are feeling confused or angry. This particular information would make us more inclined to think about how our disposition affect our decisions or thoughts.