

## Introducing Biofeedback Therapy

Do you suffer from stress at times? Often, it may seem as though these stresses are impossible to control. You may experience heart rate increases, tense muscles or a rising blood pressure. None of these conditions are healthy. They all affect your body in a negative fashion. You probably feel like you are aging faster. You probably have thought that these automatic body responses were impossible to control. Through developments in biofeedback therapy, this may become possible for you. Biofeedback therapy measures how the body responds to stress using electronic impulses and other equipment. The information gathered can tell us how your body responds to these stresses. Some of the responses measured are heart rate changes and body temperature changes. Based on the results, a therapist can help you reverse a particular reaction by focusing on that specific area. Biofeedback therapy takes a different and innovative approach to relieving targeted stresses. In the past, efforts have been fixated whole body relaxation. With biofeedback therapy, the specific areas affected by stress can now be directly focused upon for improvements. The biofeedback therapy may be targeted at these areas of tension, so that these negative stresses can be relieved. There is no need to concentrate on areas where there is no problem. Biofeedback therapy is a noninvasive procedure, so therefore, it is certainly preferred over many other monitoring procedures. This is an important therapeutic option that many people can feel comfortable with. Techniques such as progressive muscle relaxation or imagery are used to reduce the affects of stress to relax ones body both after and even during stressful situations. Some other conditions that biofeedback therapy has been helpful in treating are diabetes, epilepsy, incontinence, and hyperactivity disorders.

## About the Author

News. The World Congress in Barcelona has extended the Early Registration rate until 16th March for people wishing to benefit from the reduced.

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