

Biofeedback Saskatoon

Biofeedback Saskatoon - Biofeedback is a vast field which has been utilized ever since the 1950s. Biofeedback is a training method that includes monitoring some life signs such as EEG, heart rate, blood pressure and muscle activity as a guide. The method is intended to facilitate greater control over one's body. As an individual's physiological condition is normally associated to one's state of mind, having immediate knowledge of specific indicators can give insight to let someone know more about what their thought processes are.

With biofeedback there are two main methods. The more popular is a type of empowerment training. It is utilized as a means to becoming a better person with much more self control. The second technique is as a kind of therapy utilized for overcoming particular sicknesses or health problems. Similar to all fields of self-help, biofeedback has its quirks. There are many aspects of body functioning which we are unable to manipulate with conscious control, even though the realm of functions which we could manipulate is broader than what nearly all individuals realize.

Among the more surprising 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 modify 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 a variety of concerns for the reason that it can help with cases of stroke and spinal cord 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 forms of biofeedback which convey to us information concerning our weight and our appearance. Therefore, we all use biofeedback.

In the future, individuals are hopeful that biofeedback could treat anxiety, drug addictions, headaches, depression and different common problems. There are individuals who believe that biofeedback tools would develop enough in the future to be able to control bodily functions. It has been recommended that real time MRI brain scans will allow us the chance to instantly see 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.