

Answers To The Questions Patients Ask About Quantum Biofeedback.

BIOFEEDBACK WORKS BECAUSE YOU ARE SELF HEALING

How Does Biofeedback Work?

Biofeedback refers to training or coaching process in which technology is used to help a person (or animal) to receive more information about his body than the normal senses provide.

Utilizing your bodies self healing techniques through various methods which people are taught how to improve their health or performance by using physiological signals from their own body. Thousands of times a second your brain communicates back and forth to every organ and tissue, Are you getting the signal?

Communication with your body more effectively alleviates general stressors otherwise which block vital inner energy flows from restoring one health to balance.

The information is used to raise the level of awareness about the function and eventually, to increase voluntary self control over the function-- such as heart rate, muscle tension, stomach acidity, skin conductance, respiratory patterns or rate, , body position or joint angle, skin temperature **or brain electrical or blood flow activity.**

How do I know I have too much stress?

So much we worry about stress, speculate about stress, and wish it would go away. Seldom do we stop to ask what it is. Little wonder. For stress is a complicated thing to define. The word originates from the language of engineering explaining "any force that causes an object to change." In engineering the specific change caused by stress is known as strain, and there are four possible kinds - torsion, tensile, compression, and shearing. In human terms the strain is your body's response to physical, chemical, emotional, or spiritual forces, asking in some way that you adapt to them. Not all stress is bad; some define you, and make you stronger. But within the world today there are so many unknown stressors afflicting our body we have no chance of adapting quickly enough, especially when we feel our health is compromised through daily activities. Stop and listen to your stress and help your body overcome what ails you.

How does Quantum Biofeedback Work?

Quantum Biofeedback works by integrating highly sophisticated, very sensitive, computerized biofeedback instruments. These systems are multifunctional, and are able to communicate with speeds in excess of 1/100 sec. This high rate of communication enables the equipment to electronically survey your bodies fight or flight reaction to over 10 000 substances:

What kind of substances does this equipment test for?

These systems are able to test for food sensitivities and allergies, provide a complete vitamin and mineral status, and pinpoint blockages and weakness of internal organs and systems early in the chance of rectifying behavior to help revive these functions before more serious ailments develop. Emotions, allergens, flower essences, herbs, fungi, bacteria, parasites, toxins, worms, viruses all have their own specific effects on health which can be dealt with properly after detection and awareness.

How does the system test for these substances?

A Trivector electronic signal for the 10 000 substances are stored with in the system. These substances have been collected and analyzed over the 25 years of working history and development of this equipment. All Frequencies are stored in multiple chips sets contained within the type II medical device. The evoked biofeedback device then delivers the signal to the client provoking a fight or flight response which is recorded and is later tabulated on our health matrix software for future viewing. The testing of your body electric to the 10 000 substances is called the Xrroid test.

How does the system attach and communicate to the client?

A Quantum Biofeedback device consist of software, a interface module and four straps for ankles and wrists and also a headband, which when connected communicates with 54 different electrical pathways that run within your body. **Galvanic Skin Response** is the method in which the interface develops a cybernetic loop between the client and device. This enables a double blind approach to the clients testing process facilitating a non bias outcome.

What is Galvanic Skin Response?

GSR is conducted by attaching sensors to the skin, and acquiring a base measurements and calibration. Then, as the activity being studied is performed, recordings are made from the leads. There are two ways to perform a GSR - in active GSR, low current stimuli is passed through the body, with the resistance measured. In passive GSR, current generated by the body itself is measured.

What does the system use GSR to measure?

Easily measured and relatively reliable, GSR has been used as an index for those who need some measurable parameter of a person's internal "state". The GSR reflects sweat gland activity and changes in the sympathetic nervous system and measurement variables. The trivector system then measures the voltage, amperage, and resistance to calculate inductance, capacitance, resonance, and conductance during the xrrroid test. The activity of the sweat glands in response to sympathetic nervous stimulation (Increased sympathetic activation) results in an increase in the level of conductance.

Is GSR and Quantum Biofeedback Xrroid Testing Safe?

Biofeedback is considered a safe technique. It is noninvasive and requires little effort. It does, however, require a trained and certified professional to control the monitoring equipment and interpret the changes. Many internists, psychologists, psychiatrists, nurses, and physical therapists are trained in biofeedback technique. Your doctor may refer you, or you can seek out a practitioner on your own. Look for someone who is certified by a Biofeedback Certification Institute.

Can biofeedback help me reduce my intake of medications?

A startling fact reported by the Institute of Medicine, (the IOM is medical wing of the National Academy of Science) is that each year between 44,000 to 98,000 persons die from side effects of properly prescribed medications in the United States. That is 1 in 5 people in hospital care. It is disturbing to realize that the most prevalent approach to medical care places heaviest emphasis on expensive and side effect laden surgical and pharmacological treatments that often devalue prevention, self-care, and rational disease management, and this routinely provided care, even appropriately used, is itself the fourth leading cause of death in the United States.

It is very common for biofeedback patients to require smaller dosages of their medications as their biofeedback treatment progresses. Since high medication dosage levels are often accompanied by unpleasant and unwanted side-effects reduced medication dosage levels (and reduced side effects) are often much wanted benefits. This is not a risk of biofeedback. It is a benefit. Only inexperienced or inadequately trained therapists or physicians will fail to spot such problems. Most biofeedback clinicians work with patients of, and often receive referrals by the patient's own physicians. Many physicians begin to refer patients for neurofeedback or biofeedback after one or more of their patients shows marked improvement on a combined medication-biofeedback regimen, or when a patient cannot tolerate medication side-effects for a condition they have been attempting to treat.

When biofeedback is used in combination with medication, It is necessary to remain alert to the fact that often a reduction in dosage levels of medication dosages becomes necessary for prescribed medications as a patient's health improves when a pharmacologic (medication) treatment regimen is augmented with biofeedback. Such medication changes must be coordinated with the treating physician.

Are all clients' therapy sessions the same?

No. Each clients testing and balancing therapy are specifically geared to the outcome of the Xrroid testing. Upon completion of the test, the systems software highlights the risk profiles and recommends therapies and procedures to be implemented during the stress reduction and pain control session.

What therapies are included in a stress reduction session?

Situations involve job- or study-related physical and psychological problems, as well as those cases where a person wishes to learn to relax more. In all these cases, structured stress and anxiety reducing interventions using biofeedback has proven to be effective.

The following therapies are facilitated by our trained professionals:

Electro Acupuncture, Cranio Sacral, Iridology, Brain Wave Balancing, Allergen De-sensitization, TMJ stabilization, Rife, NLP Emotional Growth.

Focused therapies include: Degeneration, Injury, Pain relief, Neurological stabilization. Sleep & relaxation training. Balancing vital digestion functions.

Sports therapies include: Oxygenation, muscle Building, Flexibility, Co-ordination, Anti Inflammation, Parasympathetic-Sympathetic & Autonomic nervous system stabilization.

Anti-Aging Therapies include: Adipose Tissue Dissolve, Hydration, Detoxification, Stop Smoking Program, Metabolic, Hormonal and immune stimulation.

Mind, Body & Spirit Therapies include: Chakra Balancing, Mind- Body focus, Emotional & biological flow, Mental Visual imagery, Stress Reduction.