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# A New Approach To Stress Reduction - INDIGO Biofeedback

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- Certified Practitioner since 2006.
- Registered Biofeedback Specialist since 2006 through The Board of Advanced Natural Health Services
- My focus is to support my clients on their health journey, through a drugless approach. While providing up to date information, body re-education & training

- Understanding Stress
  - 2 Types of Stressors
  - How our Body Responds to Stress
  - Stress Reactions
- Holistic Medicine Vs. Conventional Medicine
- Drugless Healthcare Solutions
- What Clients Want
- How INDIGO Biofeedback Can Help
  - During a Session
  - How Many Sessions are Needed
  - Phase Plan Program
  - Biofeedback Programs
  - Proven Benefits of Biofeedback

# Understanding Stress

“Prolonged stress, or rather the responses it engenders, are known to have deleterious effects on a number of biological systems and to give rise to a number of illnesses. “ (Robert Evans, 1994)

## ▣ What is stress?

Stress can be defined as the brain's response to any demand. Many things can trigger this response. Including change which can be positive or negative, real or perceived.

The stressor may be recurring, short-term, or long-term.

# Two Types of Stressors:

## Acute Stress

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Commonly recognized as the **Flight or Fight** response.

This is your bodies immediate reaction to:

- Threat
- Challenge
- Scare
- Fear

## Chronic Stress

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Is resulted from **Long Term Exposure** to acute stress.

Problems occur when:

- Stress response goes on for along period of time
- Source of stress is constant and reoccurring
- Response continues after danger has subsided



**chronic stress** follows the same response process however life-saving chemicals that are usually released in short bursts are detrimental when prolonged and tend to suppress functions that aren't needed for immediate survival such as your:

- Immune system
- Digestive system
- Reproductive systems

The same stress mechanism that was designed to preserve life, can actually harm you.



# Common Results from The Body's Stress Reactions

- Increased heart rate – which can lead or contribute to heart conditions
- Hormonal fluctuations – which can lead or contribute to endocrine, reproductive and digestive disorders, obesity, diabetes and mental disorders
- Constriction of muscles and blood vessels – which can lead or contribute to pain, tension, circulatory issues, cardio-pulmonary issues and asthma.
- The suppression of non-essential life processes – which affects reproductions, higher execution, brain function, digestion and immunity.

# You Have Options. Which approach Will YOU Choose?

	Holistic Medicine	Conventional Medicine
<b>Philosophy</b>	Based on the integration of allopathic (MD), osteopathic (DO), naturopathic (ND), energy, and ethno-medicine.	Based on allopathic medicine.
<b>Primary Method of Care</b>	Empower patients to heal themselves by addressing the causes of their disease and facilitating lifestyle changes through health promotion.	Focus on the elimination of physical symptoms
<b>Diagnosis</b>	Evaluate the whole person through holistic medical history, holistic health score sheet, physical exam, lab data	Evaluate the body with history, physical exam, lab data
<b>Primary Care and Treatment Options</b>	Love applied to body, mind, and spirit with: diet, exercise, environmental measures, attitudinal and behavioral modifications, relationship and spiritual counseling, bioenergy enhancement.	Drugs and surgery
<b>Secondary Care Treatment Options</b>	Botanical (herbal) medicine, homeopathy, acupuncture, manual medicine, biomolecular therapies, physical therapy, drugs, and surgery.	Diet, exercise, physical therapy, and stress management.
<b>Weakness</b>	Shortage of holistic physicians and training programs; time-intensive, requiring a commitment to a healing process, not a quick-fix.	Ineffective in preventing and curing chronic disease; expensive.
<b>Strengths</b>	Teaches patients to take responsibility for their own health, and in so doing is: cost-effective in treating both acute and chronic illness; therapeutic in preventing and treating chronic disease; essential in creating optimal health.	Highly therapeutic in treating both acute and life-threatening illness and injuries.

# Drugless Solutions

- If you are tired of prescriptions for symptoms, and prefer drugless solutions to treat problems in stead of symptoms then you could consider biofeedback
- Research shows that biofeedback and in combination with other behavioral therapies, is effective for treating a variety of medical and psychological disorders.
- In 1987, it was found that biofeedback is effective in reducing physician visits, medication usage, duration and frequency of hospital stays, reducing mortality and enhancing quality of life.

# Clients Increased Demands For:

Gentle, less toxic  
and less invasive  
first line  
interventions

More integrative  
and alternative  
therapeutic options

More information  
and choice in  
making the best  
decision possible for  
their care

More participation  
and involvement in  
their therapy plan

# How Can INDIGO Biofeedback help?

- Biofeedback measures the body's muscle activity, skin temperature, gland activity, respiration, heart rate, blood pressure, brains activity & blood flow.
- This technology is able to capture the bodies electrical signatures and able to translate those signals into meaningful information through the complex software.
- With the expertise of the Biofeedback Specialist they can then decipher a design program specifically designed for YOU.
- The device emits frequencies to your body through specific therapies which Increase the vibrations or frequency in our cells providing the body the energy it needs to reduce our body's stress reactions.
- A 25 page report will be provided to client which shares the body's response to different signatures measured in the spine, digestive, nutritional, hormonal, food & environment, toxins and emotional stressors.

# During A Biofeedback Session

The client wears wrist and ankles bracelets and a head harness which have sensors inside that detect the electrical impulses from the body and sends the information to the computer software.



In approximately five minutes, the INDIGO biofeedback system detects and records information about the clients stress reactions for over 11,000 different frequencies.



The specialist can then educate the client on the information provided through the device to better understand your body's response to stress including the report.

The session will continue for an hour utilizing different programs the INDIGO device offers. These programs assist your body in managing the body's stressors.

# How Many Sessions Are Needed?

It may take the body multiple sessions to entrain or relearn healthier patterns. Some may respond very quickly especially those who lifestyle choices are already aligned with good health

Other may need more education, training and support around improving, nutrition, exercise, sleep patterns and/or avoiding addictive substances.

The longer the client has held onto a stressor that is causing pain or illness, more sessions may be required as the need the healing process begins with re-balancing the body then re-training those stress patterns.

- Generally we recommend clients make a commitment to their health by investing in multiple session in order to truly see and feel the results.

Example: Successful smoking cessation programs administered in private clinics or hospital require 8 sessions

- 7 Phase PURE ENERGY Plan to assist client in achieving long term goals

## □ Phase I - Initial Assessment

*“Assessment is an ongoing process of gathering, analyzing and reflecting on data to make informed decisions.”*

- Engage in initial biofeedback session
- Generate biofeedback reactivity report
- Relax and enjoy your first biofeedback session
- Discuss achievable goals & expectations for your PURE ENERGY Plan

## □ Phase II - Client Evaluation

*“Tell me I forget. Teach me I remember. Involve me I learn.”*

- Discuss the reactivity report and stress responses
- Development of your personalized program
- Determine body's adaption to session rest, repair and rejuvenation phases
- Select target biofeedback sessions addressing your body's stress responses
- Set achievable goals & expectations for PURE ENERGY Plan

## □ Phase III - Take Action

*“Personal power is the ability to take action”*

- Biofeedback session supporting your health goals
- Set clear expectations on your PURE ENERGY plan
- Discuss process, next phase

# INDIGO Biofeedback Programs

## **Auto Frequency/ Training Program**

*Performs a baseline measurement of stress related imbalances in the polarity of the organ systems, and facilitates retraining for those stress patterns.*

## **Auto Trivector Training Program**

*Retrains stress patterns in three primary waveforms found in healthy tissues: capacitance, inductance and conductance.*

## **Super Learning Training Program**

*Re-educates the brain to function for optimal learning.*

## **Autonomic Nervous Training Program**

*Allows for retraining stress patterns in the sympathetic, parasympathetic and vagus nervous systems.*

## **Spinal Muscular Re-education**

*Re-educates the muscles and nerves associated with and supporting the spine.*

## **Muscular Re-education for Athletes**

*Allows for re-education and stress reduction programs specific to performance enhancement.*

## **Nutrition and Homeopathy Feedback Training Program**

*Sends homeopathic and nutritional signatures for stress reduction.*

## **Stress and Cortisol Rebalancing Training Program**

*Helps clients redevelop healthy adrenal patterns in relation to stress responses.*

## **NLP- Neuro Linguistic Program Stress Reduction Programs**

*Re-educates neuro-transmitter reactions and retrains a clients reactions to emotional and mental health factors.*

## **Spiritual Resonance Training Program**

*Strengthens the clients innate healing abilities, encourages the ability to tolerate higher vibrations and*

People suffering from the following conditions often respond well to stress reduction with the **INDIGO:**

- ❑ Organ Sarcode Signatures
- ❑ Digestive Stress
- ❑ Nutritional Absorption Stress
- ❑ Endocrine /Hormonal Stress
- ❑ Environmental Stress
- ❑ Emotional Stress
- ❑ Circulatory Stress
- ❑ Mind Body Connection
- ❑ Peak Brain Performance
- ❑ Weight Loss Stress
- ❑ Degenerative Stress
- ❑ Accident/ Injury/ Pain
- ❑ Sleeping Problems
- ❑ Nervous System Stress
- ❑ Aging Stress

# Proven Benefits of Biofeedback

“Everyone can benefit from Biofeedback. Most people report biofeedback sessions to be relaxing, soothing and beneficial. “

Illness	Empirically Not Supported	Possibly Efficacious	Probably Efficacious	Efficacious	Efficacious and Specific
Alcoholism			x		
Anxiety				x	
Arthritis			x		
Asthma		x			
ADHD				x	
Autism		x			
Bell's Palsy		x			
Cerebral Palsy		x			
COPD		x			
Chronic Pain				x	
Coronary Artery Disease		x			
Cystic Fibrosis		x			
Depressive Disorders		x			
Diabetes			x		
Eating Disorders	x				
Epilepsy				x	
Erectile Dysfunction		x			
Fecal Disorders			x		
Constipation				x	
Fibromyalgia/ Chronic Fatigue			x		
Headache				x	
Hypertension				x	
Immune Function	x				
Insomnia			x		
IBS		x			
Motion Sickness				x	
PTSD		x			
Raynauds Disease				x	
RSI		x			
Stroke		x			
Syncope	x				
TMD				x	
Tinnitus		x			
Traumatic Brain Injury			x		
Urinary Incontinence					x
Vulvodynia				x	

Published article “ Evidence based Practice in Biofeedback and Neurofeedback” In the Journal of Applied Psychophysiology and Biofeedback.

This summarized the most current and complete medical research based on scientific rigor and consistency of outcome on biofeedback benefits and efficacy with the following health related issues:

## References

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