

# Let go of stress with Biofeedback



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Practitioner

You truly don't know how stressed you are until you're NOT!

Feeling a sense of sweet peace inside and a quiet calmness is how we are meant to go through life, not stressed and scattered with so many 'shoulds' on our mind.

Maybe you are like I used to be, and have never known or felt a real deep sense of calm inside, so you don't know what you have been missing. When I was an insurance adjuster years ago, I didn't know I was missing out on most of 'me' in my busy, doing, doing, doing life. It was crazy how I used to stand at my desk to work for years because of low back pain (sitting caused pain). I never thought of quitting which is what my body was screaming at me to do. Needless to say I crashed as I wouldn't STOP.

If I only had known then what I know now - that Biofeedback could have easily helped me reduce stress, be more present, minimized or resolved my back pain and so much more.

Although it is called EPR Biofeedback Stress Management and Muscle Re-education, it is SO much more. It was used daily on the athletes at the Olympics to balance their stress both physically and emotionally, plus tone their muscles, their 'attitudes' and alleviate pain.

Technically, Biofeedback works through 16 electrical factors of the body, calculates combined impedance, amperage

and voltage, capacitance, inductance and resistance (called the Xxroid process). The body is indeed electric therefore reactivity (stressors) are measured on the skin, without your feeling uncomfortable or pained in any way.

A biofeedback session involves you relaxing in a reclining chair, with comfortable sensor bands on your forehead, wrists and ankles connecting you to a computer which is sending the needed frequencies to your whole being via those bands. It reads the stress reactivity on an individual basis and then does the balancing work. You just relax.

Biofeedback identifies where the stress reactivity is happening on all levels inside (emotional, physical, mental or spiritual) on an individual basis. It uses the 16 electrical factors of the body to send up to 11,000 different frequency signatures to all levels of our being and then uses the same factors to send balancing frequencies, plus trains the body to handle stress differently when it occurs.

Biofeedback is quantum technology. It balances what is up for you, plus what is happening stress-wise underneath that is cellular or at a quantum level.

Each one of us has stress of some kind. It has many forms - your job, relationships, raising children, physical challenges like pain, family illness, grief or emotional triggers from the past (such as not feeling good enough, perfectionism, anger, anxiety, depression, fear, indecision, impatience, worry, inadequacy and many more.) All these stress reactions can be balanced.

Stress deeply affects our whole being. It accumulates inside. It piles up quietly for a while, then the body starts talking back or screaming by giving you a signal or a symptom or two to get your attention (like the back pain



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I had.) Stress can also be the underlying cause for tightness anywhere in the body, adrenal fatigue, lack of energy, chronic tiredness, pain or increased pain, headaches, weakened immunity such as colds or flu, circulation problems, lack of breathing and so much more.

Claudine is a 47-year-old woman who has been a client of mine for six years now. She says about Biofeedback: "I'm not sure how it works but whenever there is something up for me it works to eliminate it very well - be it emotional or physical stress. I call it 'magic' to friends and co-workers! I had abdominal pain a few months ago and Biofeedback resolved it, plus made me aware the pain was caused by stress. Then, about a month ago, I suffered for two weeks from chronic aching in both knees. I was frustrated and at my wits end. I reached Norma through Facebook and did Biofeedback. I didn't notice a change during the virtual session but that evening when I went to bed I realized the pain was totally gone and it hasn't come back at all."

Because she was so impressed with the results, Claudine also brought her 12-year-old son, Ezio, for Biofeedback. She said: "There's nothing worse than seeing your child in pain. Biofeedback helped my son totally resolve severe abdominal pain due to constipation and to understand how his body was sending him messages about how his diet was really hurting him. Hearing it from Norma and seeing the stress information report that Biofeedback produces really hit home like nothing I, as his mother, could ever have said to him! After the session, I overheard him telling a friend that eating meat and potatoes together may not be a good thing and he was going to start eating more veggies cause that pain was nasty. Thank you Norma!"

I am also a Certified Colon Hydrotherapist so I know that physically it is chronic stress felt inside that causes challenges in the digestive system such as constipation, diarrhea, acid reflux, indigestion or even pain in the abdomen area. It is the body screaming for you to STOP - pay attention. Recent medical studies clearly name stress as being the underlying cause of 97% of all diseases or illness.

Biofeedback balances stress in any form, emotionally or physically. It educates - it doesn't judge. Awareness makes us winners. For me it feels like a friend I can count on to have my back when I get a little crazy emotionally or physically or to help me name what's up for me and then gets me 'back to me'.

Another client, Jonathan, is a 28-year-old man. He has been a colon hydrotherapy client for five years, doing regular maintenance for his health. It was ongoing anxiety which mainly caused his colon difficulties, on and off. The Biofeedback session, however, identified a trauma at three-years-old involving mom, dad and the self.

The Biofeedback Therapy frequencies did balance the 'trauma at three-years-old' for Jonathan without knowing what the 'trauma at three-years-old' was. He emailed several days later though saying his mom told him what happened as he had blocked it out.

His mom said his sister (five-years-old) and himself (three-years-old) got up early on a Saturday morning as their

parents slept in. They decided to make 'toy car soup'. They put toy cars in a plastic pail. Jonathan now remembers climbing on and off the kitchen counter, putting the pail on the element and turning it on like his sister told him to do. He then went off to play. The result was a terrible fire that was very traumatic for everyone.

Jonathan still does Biofeedback once a month. He likes the idea of regular maintenance instead of stress piling up. He feels so different now - no mind chatter and he has a calmness about him that wasn't there before. Anxiety isn't running his life anymore.

Biofeedback Therapy also does muscle re-education, pain relief plus programs on other levels in addition to stress reduction such as: stimulate creativity, dissipate karma, stimulate emotional growth, stimulate lucid dreaming, stimulate memory, stimulate insight, higher purpose alignment, balance spiritual oppression and at least 850 more screens to choose from.

Biofeedback really 'fits' with the other therapies I've also done with clients like Claudine, Jonathan and others for years. It will identify what is happening inside and what you need. And who wouldn't want to feel that sweet calmness more often.

*Norma Hope is a Certified Colon Hydrotherapist, Lymph Therapist, Biofeedback Practitioner, NeuroAcoustic Sound Therapist, Microcurrent Therapist, Thought Field Therapist and more... Call 780-477-1100 or go to [www.lifesynergyinc.com](http://www.lifesynergyinc.com)*

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