

BIOFEEDBACK FOR STRESS MANAGEMENT



What is it? Generally speaking biofeedback is a technique used to make people more aware of how their bodies and minds are connected so that they can live healthier and happier lives. At The Healing Sanctuary we offer a form of biofeedback technology called HeartMath. It is a software program that monitors the subtle changes in a person's heart rate. This heart rate variability is considered the goal standard for evaluating physical stress in the body. By learning techniques to optimize heart rate variability, **stress in the body is reduced and better health results.**

What is it used for? More and more mainstream medicine is acknowledging the connection between the mind and the body, and stress with disease. Biofeedback improves overall health because it teaches self-regulations skills that reduce stress and anxiety and help manage difficult emotions. It has been used to treat **chronic pain, depression, anxiety, insomnia, high blood pressure, chronic fatigue, low immune functioning, chronic and frequent infections, migraines, abdominal pain, and for weight loss** to name a few. The use of biofeedback technology can also facilitate a connection to intuitive intelligence. This has been shown to lead to more fulfilling life decisions, improving work satisfaction and performance, fostering creativity and fuel personal growth and behavior change, and enhancing athletic performance. It is also used to teach and improve the effectiveness of meditation.

Who uses it? HeartMath biofeedback technology has been **used in over 100 countries by over 25,000 health care professionals.** It is used by Stanford School of Medicine, Cleveland Clinic, Walter Reed, Mayo Clinic, Cedars-Sinai, Kaiser Permanente, the Veterans Administration Hospitals, NASA, Motorola, Hewlett-Packard and many more.

Is it effective? Yes! HeartMath biofeedback technology and techniques are research based. There are **over 50 studies** published in peer-reviewed medical and psychological journals supporting its effectiveness.

How can I get the benefits of biofeedback?

Make an appointment with Dr. Bender at The Healing Sanctuary. She will teach you how to use HeartMath biofeedback technology during your visit and you will have the opportunity to practice its use in office. It is recommended that you come in every 1-2 weeks for a 20-30 minute visit for 3-4 sessions. Home practice of the technique, at least 10 minutes daily between visits, is critical to getting the maximum benefit of the in-office biofeedback sessions.