

# What Can Biofeedback Do For You!



“Have you ever wished you could simply will your symptoms to disappear? With biofeedback you may be able to.” —MAYO CLINIC

Biofeedback is cutting edge technology that can dramatically impact your life and help relieve symptoms of emotional and physical health problems. The Treatment technique teaches you to improve your own health

by using signals from your own body.

Even if you don't have a specific condition, biofeedback may help your overall health and sense of well-being. Biofeedback is also designed to assist you in improving your critical performance, in your job, in sports, and in school. According to the Association for Applied Psychophysiology and the Mayo Clinic, biofeedback has shown to be helpful in treating about 150 medical conditions.



## Solutions 2 Wellbeing

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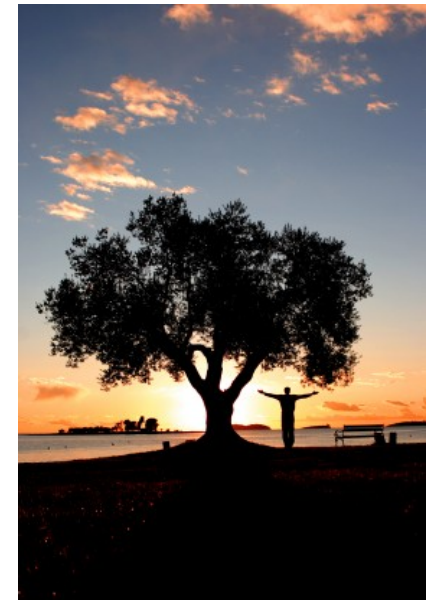


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# Solutions 2 Wellbeing

An Integrative Approach to your Health

## BIOFEEDBACK



# Biofeedback is state-of-the-art healing technology

## Biofeedback Helps 2 Treat



**Do you have emotional or physical factors creating obstacles to your well-being?**

Symptoms of :

Anxiety

Arthritis

Asthma

**ADHD** - Attention Deficit Disorder

Chronic Pain

Epilepsy

Depression

Fibromyalgia

Headaches

High Blood Pressure

Hot Flashes

Hypertension

Insomnia

Irregular Heartbeat

Irritable Bowel Syndrome

Nausea and vomiting related to chemotherapy

Post Traumatic Stress

Stress

Stroke

Substance Abuse/Alcoholism

Tinnitus

## Dramatically Impacts Life

Biofeedback is an integrative approach to health that is a complement to conventional medicine. **Biofeedback is FDA regulated** and is considered to be a very safe and effective procedure that has no reported side effects.

Biofeedback is cutting edge technology that impacts your life by helping to relieve symptoms related to your emotional and physical health. Biofeedback is a non-invasive technology that energetically scans and harmonizes the body's imbalances, and in doing so helps your body return back to a more healthy state by reducing the stressors that cause disease.

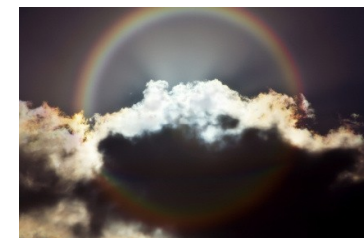
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Biofeedback has been around for over thirty years. To date, studies indicate that **biofeedback** is an effective therapy that is **supported by the National Institutes of Health (NIH)**. With biofeedback you can now take more control over your life, and overall well-being!

## You + Biofeedback =

What this means to you, is that biofeedback helps you strengthen the communication between your mind and body. And, according to the Mayo Clinic, the pros of biofeedback may appeal to you for several reasons:

- **It can reduce or even eliminate your need for medication.**
- **It has the potential to help conditions that have not responded to medication.**
- **It helps put you in charge of your own healing by providing measurable feedback, allowing you to monitor your progress and learning.**
- **It can decrease your medical cost.**



**Expect a miracle... call  
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And visit us at  
[solutions2wellbeing.com](http://solutions2wellbeing.com)**