

## **What Is Biofeedback?**

Biofeedback is a type of therapy that uses sensors attached to your body to measure key body functions. Biofeedback is intended to help you learn more about how your body works. This information may help you to develop better control over certain body functions and address health concerns.

Biofeedback is built on the concept of “mind over matter.” The idea is that, with proper techniques, you can change your health by being mindful of how your body responds to stressors and other stimuli.

Chronic stress can have dramatic effects on your body. This may include elevated blood pressure, increased body temperature, and disruption of brain function. By promoting a more effective mental and physical response to stress, biofeedback aims to help you control body processes like your heart rate and blood pressure. These body processes were once thought to be completely involuntary.

## **The Purpose of Biofeedback**

Biofeedback is aimed at combating stress through relaxation techniques. You consciously manipulate your breathing, heart rate, and other usually “involuntary” functions to override your body’s response to stressful situations.

Biofeedback appears to be most effective for conditions that are heavily influenced by stress. Some examples include: learning disorders, eating disorders, bedwetting, and muscles spasms.

Biofeedback may be used to treat numerous physical and mental health issues, including:

- asthma
- incontinence
- constipation
- irritable bowel syndrome
- high blood pressure
- chronic pain
- stress or anxiety

Some people prefer biofeedback as a form of treatment for these conditions because it's noninvasive and doesn't rely on medications. Other people pair biofeedback with more traditional treatment options to improve overall wellness.