

Biofeedback Therapy

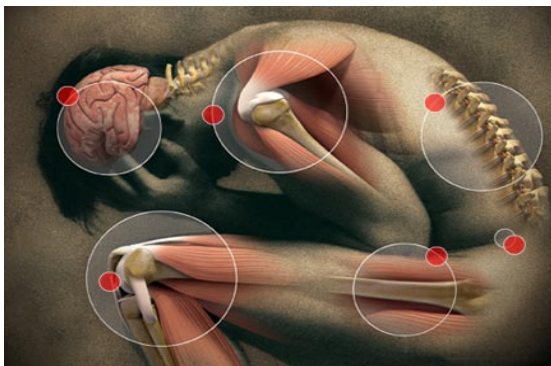
What is Biofeedback?

Biofeedback is a treatment technique that trains you how to improve your health by using your own body. Biofeedback can help reduce tension and stress by teaching you effective relaxation techniques.

Using modern technology, sensors are placed on the body to record your stress levels. Our biofeedback specialists will teach you several relaxation approaches aimed to improve your health. You will acquire skills that will have a positive effect on your heart rate, muscle tension, breathing rate, and other physiological responses within the body.

If you suffer from any of the following conditions, you may benefit from Biofeedback...

- Chronic Pain
- Tension
- Sleep Disorders
- Hypertension
- Anxiety
- Headaches
- Stress
- Irritable Bowel Syndrome



The MidAmerican Psychological Institute offers several forms of biofeedback therapy to help clients understand and gain control of their own personal well-being.

If you are interested in benefiting from biofeedback therapy, please contact the MidAmerican Psychological Institute for a consultation.

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