

Biofeedback Matters



109 Croton Ave.
2nd Floor, Suite #240
Ossining, NY 10562
Web:

Phone: 877-669-6463/914-762-4646

Fax: 914-762-2281

E-mail: info@biofeedbackinternational.com

October 2015

Volume 3, Issue 3



Special points of interest:

- **A Time Of Year To Give Thanks**
- **Gambling, Gambling, & More Gambling**
- **Smart Phone Addiction**
- **I,000 Book Project**

Inside this issue:

- | | |
|-------------------------------------|---|
| A Time Of Year To Give Thanks | 1 |
| Gambling, Gambling, & More Gambling | 2 |
| Smart Phone Addiction | 3 |
| I,000 Book Project | 4 |

A Time Of Year To Give Thanks

It is autumn. The hot summer is over. The temperature is cooling. The green leaves are changing into a variety of orange, red, yellow, and brown. The kids are back in school. We are now in the final quarter of the year. Where has the year gone? What have we accomplished? What else will we be able to get done before the end of the year? What will we plan for next year. Lots of questions. This is a good time to set aside some time to reflect on the year so far and to plan for the rest of this year and for 2016.

Instead of just thinking about what didn't go right or what we didn't accomplish that we planned for the year, we should spend some time giving thanks for what did go right and what we did accomplish. We can be grateful for the people who have been kind to us and have helped us. We can be grateful for our

families, friends, neighbors, and work teammates who have played a part in whatever we have done this year so far. This is not just a good thing to do, it is good for our health. As most of you already know and as organizations like the Heartmath Institute, promoters of the emWave and Inner Balance Heart Rate Variability devices

suggest, positive emotions including gratitude improve our Heart Rate Variability levels and are beneficial to

our health. I read an article in the October 17, 2015 Huff-Post Healthy Living titled 10 Reasons Why Gratitude is Healthy. Here is the list they came up with:

- 1) It's good for teen's mental health.
- 2) Boosts well being
- 3) It's been linked with better grades.
- 4) It makes you a better

friend to others

- 5) It helps you sleep better
- 6) It can strengthen your relationship
- 7) It benefits the heart
- 8) It's good for team morale
- 9) It's been linked to a better immune system.
- 10) It protects you from negative emotions that come with extreme loss.

You can check out the rest of the article which I shared on our Biofeedback Resources International Corp Facebook company page. Please like it if you haven't already.

I would like to take this time to tell everyone reading this that I am grateful for you for supporting my business and or just sharing my interests. This is a great community to be a part of made up of many wonderful people who make it their business to help others live a better quality of life. I really am very thankful to be a part of it.



Featured

Product:



**Makes HRV
Assessment and
Training Much
Easier with
Simple Training
Screens and
Reports
Regularly \$225
Only \$200 with
order placed by
11/30/15**



Gambling, Gambling, & More Gambling

Gambling used to be run by criminals - numbers runners and bookies. Then you had Las Vegas and Atlantic City. You also had the state lotteries. The tax revenues from the lotteries are supposed to help fund the educational system we were told. I'm not sure how well that is working because we keep hearing about how the schools need more money. I often see lines of people at the lottery spots on payday buying up to two hundred dollars worth of lottery tickets.

From my home in Ossining, NY, the closest casino was in Atlantic City, New Jersey. It took between two and three hours to drive there. The assortment of huge, extravagant buildings that housed these casinos were impressive inside and out. After such a long drive it usually only took about five to ten minutes to blow the \$10 to \$20 that I was willing to risk in the slot machines. How to pass the rest of the time and stomach the constant ding, ding, ding sounds coming from the hundreds of machines was my biggest challenge. I usually would wander away from the group that I came with and make my way to the boardwalk for a while or find a TV where I could watch a sporting event. I still remember a stranger walking up to me asking for money for bus fare to get back home because they had lost all of their money. ATMs, loan windows, and check cashing services were conveniently placed throughout the casinos.

The drive home always seemed even longer.

Later new casinos were built in Connecticut closer to home, between one and a half or two hours. Since then, a casino was built on the grounds of Yonkers Raceway which is less than thirty minutes from home. There are other casinos in Queens, NY, Monticello, NY, Philadelphia, PA, and Wilmington, Delaware with even more being planned. In New Jersey they now have online slots available. People can play virtual slots for real money from their computer, smart phone, or tablet. I don't even know how this works. I guess you deposit money using your credit or debit card and then play from that. Unbelievable.

The latest entry into legalized gambling that I have seen is fantasy league betting. For years now I have seen the building hobby of fantasy leagues. I never really got why people enjoyed this activity so much. I suppose that the privately run leagues were paying out money.

Now every time I watch any sports on TV I see many commercials by companies advertising their fantasy leagues. They feature "real people" who are bragging about how much money they have won playing fantasy football. What we are not hearing reports about is how much money people are losing. Gambling addiction has a higher suicide rate per capita than any other known addictive disorder. According to the National Council on Problem Gambling, it is

estimated that 80% of people with gambling addiction contemplate committing suicide.



20% actually attempt it. This is about twice the rate of most other addictions. Like other forms of addiction, problem gambling can also lead to many withdrawal symptoms and psychological problems, including:

- Anxiety
- Depression
- Stress
- Irritability and Mood Swings
- Restlessness
- Thoughts of Suicide
- Compulsive gamblers commonly suffer from ADHD, depression or bipolar disorder.

Here are some gambling statistics I found on addictions.com

The likelihood of developing a gambling addiction increases 23-fold for people affected by alcohol use disorders

Over 80 percent of American adults gamble on a yearly basis

Three to five gamblers out of every hundred struggles with a gambling problem

As many as 750,000 young people, ages 14 to 21 has a gambling addiction

According to Georgia State University, rates of gambling addiction for criminal offenders far exceed rates found among non-offenders. On average, an estimated 50 percent of those

affected by gambling problems commit crimes in order to support their addiction.

Gambling addiction statistics show people between the ages 20 and 30 have the highest rates of problem gambling. According to the University of North Carolina at Wilmington:

75 percent of college students report having gambled during the past year

The risk of developing a gambling addiction more than doubles for young adults in college settings

An estimated six percent of American college students struggles with gambling problems



People affected by post-traumatic stress disorder or PTSD live with high levels of stress and anxiety on a daily basis. Gambling addiction statistics show high rates of gambling addiction among PTSD sufferers.

PTSD symptoms affect anywhere from 12.5 to 29 percent of problem gamblers

34 percent of those who seek treatment for gambling addiction exhibit symptoms of PTSD

As addictions in general alter brain chemical functions in destructive ways, people struggling with gambling addiction

have a higher likelihood of developing mental disorders. According to the University of North Carolina at Greensboro, gambling addiction statistics show a high incidence of certain types of mental illness, some of which include:

Depression disorders

Anxiety disorders

Substance abuse disorders

Anti-social personality disorder

As with any other type of addiction, a gambling addiction can only get worse when left untreated.

I'm not sure what is going to happen with all of this gambling available. It doesn't seem like it is slowing down. It seems that the state governments are giving in to the developers because of the temptation of the hundreds of millions of dollars in tax revenues that gambling brings. What I do see are some really big potential problems. There may be a growing number of people with gambling problems that may lead to other problems that individuals, families, and the communities they live in will have to deal with later. Don't be surprised if you start seeing more people with gambling problems in your practice if you haven't already.



You have probably seen people walking and using their cell phones walking into things or almost getting hit by cars.

Maybe you saw that YouTube video of the lady falling into a fountain because she was lost in her phone. I just read an article in the Huffpost Science by Carolyn Gregoire that says that computer scientists and psychologists from Bournemouth University in the United Kingdom are pushing for warnings to be placed on smartphones and tablets about the risks of excessive use.

Some of the problems being associated with excessive use include reduction in creativity, depression, and disconnection from reality. Research is starting to accumulate suggesting that these devices, the internet, and social media are potentially addictive. It is easy to lose track of how much time you spend on them. If you added up the time you spend do you think that you would be surprised? At first I thought that the idea of warning labels sounds kind of silly and probably wouldn't be effective. As I read the rest of the article it mentioned that on a smart device the warnings could go beyond a sticker on the device like it would be on a pack of cigarettes. These could be interactive including timers showing usage time, number of times you unlocked a screen or used an app, etc. That might be a little more effective if people can't just disable them.



Mention Coupon Code

V3I3 and save \$25 off

any purchase of at least

\$100 at regular price.

Through November 30, 2015

\$100 Reward for your referral who attends one of our live training programs or orders a professional bio-feedback system.



Biofeedback Resources International

109 Croton Ave.
2nd Floor, Suite #240
Ossining, NY 10562
Web:

www.biofeedbackinternational.com

Phone: 877-669-6463/914-762-4646

Fax: 914-762-2281

E-mail:

info@biofeedbackinternational.com

Like us on Facebook, follow Harry @biofeedbackman on Twitter, and subscribe to our Biofeedback Resources International YouTube channel



TEXT
BIOFEEDBACK
TO 55469
FOR FREE
OFFERS AND
DISCOUNTS

Harry L. Campbell



You See This Book?



I know that I have been talking a lot about my book *What Stress Can Do*. I'm just really excited about it. I want it to help as many people as possible. I appreciate all of the support that I have already received from many of you. If any of you have not ordered a copy yet I'm asking you to do me a favor and get at least one copy. You can give it to someone if you don't read it yourself. I am confident that it will be helpful. I have another big reason that I am asking for support for this

book. I am using some of the revenue from sales of *What Stress Can Do* to fund a youth stress management and self regulation project that I have been dreaming about starting for years. I

have already identified a physical space for the program. The first thing I need to do is fund covering rent for the space for the first year. I have calculated that when I receive new orders for 1,000 copies of the book I will be able to meet this initial goal.

This book is a great tool for promoting your practice and services. It educates potential and existing clients about the problem of stress and why they should do something to address it to improve their health, wellness, and performance. If you have already

purchased one copy I thank you and I ask you to consider placing an order for additional copies. This can serve multiple purposes. 1) You can order them at a quantity discount and make a profit on reselling them to your clients.

- 2) You will be promoting your services.
- 3) You will be supporting a very worthy cause which will result in many young people being able to learn stress management and self-regulation skills at an early enough time in their lives to give them a better chance at wellness.

Order at:

Createspace.com/3839220 or

Amazon.com. Call my office for quantity orders.

