

Biofeedback Matters®



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EMG Biofeedback is Powerful, So Use It

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Why do people buy something and not really use it? Maybe they think it is difficult to use. Maybe they get distracted with something else. Or maybe they forgot why it was important to buy it in the first place. I have noticed that some of the people who

bought biofeedback systems that include surface EMG don't seem to use that modality much. Some people have fallen in love

with Heart Rate Variability because of its popularity or skin conductance or skin temperature because of simplicity. Others have almost totally focused on EEG/Neurofeedback because they believe that it replaced all other

biofeedback modalities. I have even heard some biofeedback practitioners say that they don't use EMG so that they don't have to touch their clients as much.

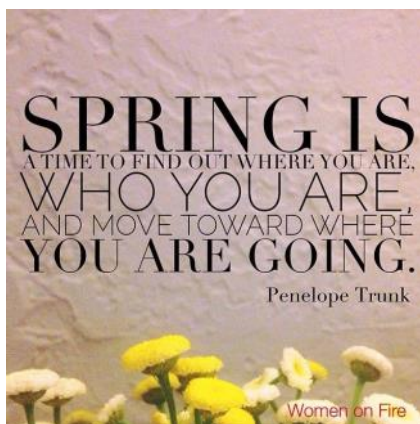
None of these are good reasons. Each modality has its place and specific applications. We should not



assume that if one modality is going in the desired direction that the others would follow so there is no need to record and give feedback on them. Here are some reasons that I use and suggest that others use EMG.

EMG tends to be the easiest modality for a client to learn some level of control of the fastest. Skin Conductance and Temperature sensors may be simpler to apply but may be much more difficult for a client to learn to control. Temperature may go down the first few times a person tries to increase it. Once Skin Conductance goes up it may go up further as a response to seeing the increase making it more difficult to bring it down.

It is relatively easy to demonstrate the concept of biofeedback in general using EMG because people have more direct voluntary control over it. Even if a person's baseline muscle tension is relatively high, you can still ask them to tense and relax the muscle being recorded to show them the relationship between what they are do-



CBD, Healthier Coffee, and Essential Oils

Featured Products:



Thieves® essential oil blend is a powerful combination of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary essential oils that fills any space with a rich, spicy aroma. As one of YL's most popular products, it's no wonder that Thieves is included in so many of YL's home cleaning and personal care products. It is a key ingredient in Thieves Cleaner, Thieves Waterless Hand Purifier, Thieves Wipes, and Thieves Foaming Hand Soap. Thieves blend is your go-to for an invigoratingly clean and spicy scent that smells more like fall baking than harsh cleaning formulas.

PRODUCT BACKGROUND

In France during the 15th century, thieves would sneak into graveyards to rob from the dead and dying. Legend says they protected themselves by creating a special aromatic combination composed of clove, rosemary, and other botanicals. Today Thieves essential oil blend is inspired by those tales of old. Combining Clove, Cinnamon Bark, Lemon oil, Eucalyptus Radiata, and Rosemary essential oils, this blend is one of YL's most popular products. Use it with household cleaning products or diffuse it to freshen up a room.

Item #3423 15 ml bottle \$45.72

Many people who are using Thieves believe that they are much less likely to get colds, the flu, or other illnesses as often as before they began using it. I use it personally and it does seem to have that effect on me.

If you are interested in Thieves or other oils like Peppermint, Lavender, and Lemon at wholesale prices and to provide them to your clients please contact us about becoming a wholesale customer or distributor.



2 Count Sleep Support Spray

OXZGEN Sleep Support Spray promotes calmness & relaxation with Hemp-Derived Isolate Cannabidiol (CBD) to help

you fall & stay asleep. Sprayed inside your cheek or under your tongue, this fast-acting mist of Hemp-Derived Isolate Cannabidiol (CBD) is quickly absorbed.

Each bottle contains 60 mg of Hemp-Derived Isolate Cannabidiol (CBD) equivalent to 6 mg per serving.

Packaged in 2.8 ml trial sized bottles that are perfect for sampling and sharing.

The Hemp-Derived CBD in this product is US Grown and contains <0.3% THC and D9 THC.

This product is manufactured in a registered FDA, OTC approved/compliant facility.

SKU: 114T

Your Price: \$49.95



OXZGEN 600 MG nano CBD Tincture Spray offers up to 5 to 10 times more efficient absorption and greater bioavailability than ordinary tinctures of the same concentration. With Nanotechnology, the Hemp-Derived Isolate Cannabidiol (CBD) is broken down into microscopic droplets through our patented, triple-emulsion diamond mess pressure process. This reduces the size of the CBD to nanometers and enables it to be water-dispersible and therefore delivered in a spray format instead of a dropper.

OXZGEN nano CBD Tincture Spray boosts the Endocannabinoid System which modulates various functions in our body. It enhances the immune system, reduces stress & tension, helps maintain joint flexibility and promotes an overall healthier body.

Spray it directly in your mouth or into a glass of water for a refreshing new way to get your daily CBD. Each bottle contains 600 mg of nano emulsified Hemp-Derived Isolate Cannabidiol (CBD).

600 mg NANO CBD Tincture Spray

SKU: 204N Your Price: \$89.95

Colombian CBD Coffee



SKU: 701M

Your Price: \$39.95

OXZGEN Colombian CBD Coffee is a medium roast blend with notes of lemon and caramel. Our signature blend of Colombian and Costa Rican beans is infused with MCT Oil, Ramón Seeds, and Hemp-Derived Isolate Cannabidiol (CBD). Each 10 oz bag contains 300 mg of Hemp-Derived Isolate Cannabidiol (CBD) equivalent to 15 mg per serving. You can also order the Oxzgen products or become a wholesale customer or distributor if you give us a call. Try something new and think multiple streams of income.



EMG Biofeedback is Powerful, So Use It, continued

ing and what is seen on the instrument display.

This can help clients to understand the concept of biofeed-

back in general. It becomes easier for

them to transfer that understanding to other peripheral modalities as well as EEG/

Neurofeedback. It is common for clients to have difficulty understanding the connection between what they are seeing on a neurofeedback screen and what their brain is doing. If they have had some experience with EMG then it is easier for them to understand the connection.

EMG biofeedback is a very useful way to help clients learn to reduce physical tension. This can be a primer for reducing autonomic stress reactions.

If you work with clients who have anger issues, EMG biofeedback can help improve body awareness and the connection between anger emotions and muscle tension. It is difficult if not impossible to really experience the emotion of anger without having increased muscle tension. This is something I learned from Val Brown, Ph.D. While talking

about things that make the client angry you can give the client feedback on their level of muscle tension using your EMG biofeedback instrument.

You can also give clients feedback about excess muscle tension while they are doing tasks like typing, texting, or doing repetitive work movements like factory work or running a checkout register at a store. You can use EMG to increase awareness about excess muscle tension during sports activities, playing a musical instrument, or even driving. The possibilities are almost endless.

Erik Peper, Ph.D. is one of the people that I have learned a great deal from about simple uses of surface EMG. He has used it for reducing upper body effort during diaphragmatic breathing as well as working at the computer in an office situation. Now since many people are working from home he has made a generous offer of giving away digital copies of his book that goes into detail about using surface EMG biofeedback for people working at computers.

Get a free copy of Erik Peper's book *Muscle Biofeedback at the Computer*

here: <http://bfe.org/helping-clients-who-are-working-from-home/>

For more advanced applications of EMG biofeedback for diagnosis and treatment of clinical issues as well as forensic, ergonomic and peak performance applications I suggest reading the article in Biofeedback Magazine entitled *Surface EMG (sEMG): A Synopsis*, Gabriel E. Sella, MD, Biofeedback, Volume 47, Issue 2, pp 36-43. This article describes The Sella Protocol for static and dynamic muscle assessment. It will be great if you get that interested and enthusiastic about using sEMG biofeedback. Even if you don't, there is a lot of good you can do for your clients with even the most basic uses of EMG biofeedback. Start out thinking of it as an educational tool. I'm sure you will continue to find more effective uses for it. Please register for our *EMG Biofeedback Basics Webinar* to learn more about how you can make better use of your EMG biofeedback instrument.

Register here: <https://biofeedbackinternational.com/webinars/>



Biofeedback/Neurofeedback

Seminar Schedule

BCIA Certification

Biofeedback

June 26-28, 2020 – Elmsford, NY
Aug. 28-30, 2020—Elmsford, NY
Oct 9-11, 2020 – Hawthorne, NY

February 17-19, 2021-Miami, FL
Fees: \$1,195

Neurofeedback

April 17-19, 2020, – Hawthorne, NY

August 14-16, 2020,
Hawthorne, NY

November 6-8, 2020,
Hawthorne, NY

February 20-22, 2021 –Miami, FL
- Fees: \$995

Health Training Seminars is approved by the American Psychological Association to offer continuing education for psychologists and maintains responsibility for the program.





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Connect with us on Social Media: @biofeedbackman on Twitter, and Biofeedback Resources International on Facebook and YouTube channel for more updates and information

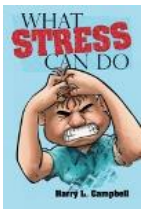


FRIDAYS

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Low Cost Learning Webinars



ORDER AT:

AMAZON.COM OR
CALL MY OFFICE FOR
QUANTITY ORDERS.

Harry L. Campbell



Got 90 minutes and \$35? Take advantage of the opportunity to learn about a subject that you are interested in. We are offering webinars on various topics. Visit our website to view upcoming webinar sessions as well as prerecorded programs. Our recent ***How to Use Biograph Software, A 3-Part Series*** was popular and well received. The recorded series is available for purchase on our website if you missed it. The 3 sessions were -

Basic:

- Main Screen overview
- Setting preferences
- Running a session using defaults
- Adjusting Thresholds
- Adjusting Amplitude Scales
- Saving data
- Reviewing Data



Intermediate:

- Changing Audio
- CD feedback
- Changing Animations
- DVD feedback

- Streaming Video
- Video from Hard Drive
- Pacer Settings
- Hiding Instruments
- Editing Instrument Settings

Advanced:

- Editing Screens
- Creating Screens
- Basic Channel Editing
- Script Editor
- Favorites/Quick Start Editor

If you own or are thinking of owning Biograph software this webinar series will be well worth your time and money.

Sign up here: <https://biofeedbackinternational.com/webinars/>

