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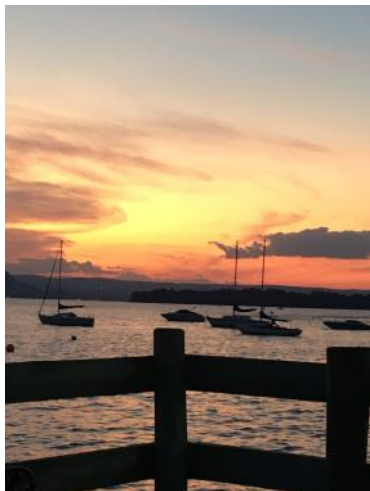
Volume 8, Issue 3



Hypertension Protocols

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According to the American Heart Association web site statistics, almost half of the adult population in the United States of America can be considered to have high

blood pressure. A hard to believe 45 percent of those who have hypertension do not have it adequately controlled. That sounds pretty terrible to me. Even with all of the medications that are prescribed, such a low percentage of people have their blood pressure under control. Many people are even prescribed 2 or 3 or even more blood pressure medications to attempt to bring the levels to an

acceptable range. This tells me that it is not a simple problem. Medication alone may not be enough to normal-



ize blood pressure. Even when medication does

normalize blood pressure it may not be the best long term solution. There are many things that can elevate blood pressure that should be addressed in order to help normalize blood pressure.

Here is a link to a PDF file that lists and discusses things that could increase blood pressure: [Blood Pressure Raisers. Learn what could raise your blood pressure.](#)

It mentions things like

sodium, caffeine, alcohol, antidepressants, decongestants, amphetamines, and corticosteroids.

You could also add smoking, obesity, and a sedentary lifestyle to the list.

There are many applications that biofeedback and neurofeedback are used for. Effectiveness varies for different conditions. There is a document titled Evidenced Based Practice in Biofeedback and Neurofeedback which is available from the Association of Applied Psychophysiology and Biofeedback (AAPB). The latest edition is 2016. There are 2004 and 2008 editions floating around on the internet in PDF format. You can purchase the latest 2016 edition at aapb.org. It rates biofeedback efficacy on a scale of 1—5, 1 being the least effective and 5 being the most effective. Biofeedback for hyperten-

Introducing The DeStress Solution

Featured Products:



The DeStress Solution is the latest Thought Technology software product, as well as the first time the BioGraph Infiniti software functions with the TPS sensor. The DeStress Solution is intended for health care practitioners who want a tool to evaluate stress markers, teach stress management, and enhance resilience via biofeedback self-regulation. The software offers a complete toolkit of sessions for assessing and reporting stress, self-regulation (biofeedback) training screens and relaxation therapy exercises, based on the modalities on-hand. This product is intentionally positioning itself as a cost-effective and sleek solution for clinicians.

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The package will undoubtedly also appeal to practitioners already in the field and familiar with stress metrics, since this tool provides access to the robust BioGraph Infiniti software (whether as a researcher or clinician) using an unobtrusive, low-cost sensor. Previous purchasers of the TPS (alone) will also probably be enticed.

The use of the "DeStress Solution" name in conversation refers to both the TPS sensor for data collection and the Biograph Infiniti software with suite.

Features

- Low cost, high-value solution compared to equivalent clinical systems on the market.
- The Stress Test, learning control sessions, and relaxation exercises are launched with Quick Starts, making it easy for the clinician to know what to do.

- The Stress Test includes a self-interpreting Excel report, with clinician and client-focused components.
- Learning Control sessions designed to mostly be automated.
- Self-regulation training includes games (whether game-like screens or Zukor Interactive production)
- Software is fully compatible with 1 or 2-monitor setups.
- A detailed reference manual is included.

System Requirements

- This package is only available for use with the TPS sensor. It cannot function with any other encoder, and the TPS sensor will not function with any other encoder.
- The required version of BioGraph Infiniti for the software is 6.6 or higher. Release of Biograph 6.6 will coincide with the release of the DeStress Solution.
- The PC requires a Bluetooth-enabled capability to connect with the TPS sensor, whether built-in or provided via a dongle.
- Microsoft Excel is required for use of the Stress Test Report.
- 2 monitors are required to take advantage of the 2-monitor setup.

DeStress Solution System — T4509

\$1,595.00



Whether you were a fan of Wilde Devine or not I think you will enjoy the new Unyte hardware and software products. The hardware is simplified. The software and graphics are improved and the new company behind it all is committed to continuing to improve and support the product. Try it today. Hardware and software kit for only \$349

HRV Biofeedback100 reviews Biofeedback Concepts, Psychophysiology, HRV, Stress, Relaxation, Autonomic Nervous System, Central Nervous System, Cardiovascular System, Electrodermal System. **\$125**

HRV Biofeedback Tutor is a multimedia tutorial that is designed to prepare providers and students for BCIA's Certificate of Completion and Certification in HRV Biofeedback. **\$125**



Hypertension Protocols

sion has a rating of 4 which is a very good rating, up there with tension and migraine headaches and ADHD.

With such a high rating biofeedback should be used for helping people with hypertension. As a middle aged African American man with both parents having hypertension, I am in a high risk population for hypertension myself and have a great interest in the area.

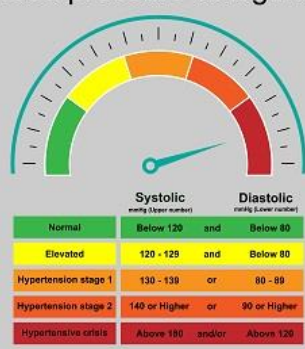
Biofeedback for hypertension is not new, I think it is just not talked about much and underutilized. Let's look at some history.

A Menninger Foundation study that used sEMG and skin temperature biofeedback with breathing training and relaxation, resulted in 65% of subjects completely discontinued medication while reducing their blood pressure 15/10 mmHg to an average value of 128/80. Another 24% of the subjects reduced their medication by one-half while reducing pressure 17/12 mmHg.

The biofeedback portion of this simply involves teaching a person to re-

lax their muscles thus decreasing their sEMG levels and increasing their skin temperature which goes along with dilation of peripheral blood vessels in the hands and feet. Larger openings for blood to

Blood pressure categories



pass through results in a decrease in blood pressure or resistance.

This research was in 1986. There has been additional work with hypertension since then. One of the newer protocols uses HRV or Heart Rate Variability biofeedback. With HRV biofeedback paced breathing, preferably at a person's resonance frequency or ideal breathing rate is used to cause the Barro reflex to decrease blood pressure.

There are several measures of HRV that can be fed back including RSA (respiratory sinus arrhythmia), HR Max-Min, coherence, smoothness, or simply increasing LF (Low Frequency) power depending on which device and software you

are working with.

The RESPeRATE device which provides a form of guided breathing exercises has also been shown to lower blood pressure. The results from 13 clinical trials, with over 600 people with hypertension, found that using the RESPeRATE device for 8 to 9 weeks reduced blood pressure by an average of 13/7mmHg.

The other suggestion for a neurofeedback protocol to reduce blood pressure is training to increase alpha in the parietal or occipital areas.

Increased alpha tends to go along with brain quietness. This is similar to what we expect during meditation. When we close our eyes visual input stops so our brain does not have to process the information it does when our eyes are open. It should be in a more relaxed state because it isn't working as hard. If a person is still thinking a lot with their eyes closed then their alpha doesn't increase as much because their brain is not really resting.

Training to increase alpha can help the brain become relaxed which also helps to relax the body. Research has shown that regular meditation can decrease blood pressure. Alpha training should do the same.



**Biofeedback/
Neurofeedback**

Seminar Schedule

BCIA Certification

Biofeedback

Oct 9-11, 2020 – Hawthorne, NY

February 17-19, 2021-Miami, FL

Fees: \$1,195

Neurofeedback

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



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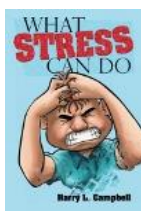
Twitter



Increase Your Visibility

How would you like to increase your visibility while helping potential clients find the services they need more efficiently?

We will be launching a provid-



ORDER AT:

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QUANTITY ORDERS.

Harry L. Campbell



ers link page on our website
biofeedbackinternational.com

Over the years we have had hundreds of people contact our office looking for a biofeedback or neurofeedback provider in their area. We search our database and give information as much as we

can to help. It would be much easier to point them to our provider database web page. Here, all of your contact information, information on services, your credentials, and qualifications can be listed and easily accessed by potential clients. This listing will also help to improve your internet search engine ranking because it will include a link to your website.

Call our office at 877-669-6463 to let us know that you are interested in adding your listing.

Bronze Listing including contact information, credentials, services listings \$55

Silver Listing adds a YouTube video interview to your listing \$75

Gold Listing adds access to you of our webinar library archive \$125

Listing is renewable annually

Back to work

It has been a very interesting and trying year dealing with the COVID-19 pandemic. First of all I hope you, your family, and your team at work are healthy.

Next, I hope that you have been able to make the required adjustments in your business to allow you to continue or resume your work with clients. Some providers are doing biofeedback sessions virtually using relatively low cost biofeedback devices and online screen sharing services like Skype, Zoom, or GoToMeeting. Others have resumes face to face sessions using proper precautions like face masks and shields, gloves, and extra cleaning procedures for equipment, cables, and work area. Let us know if we can help.

