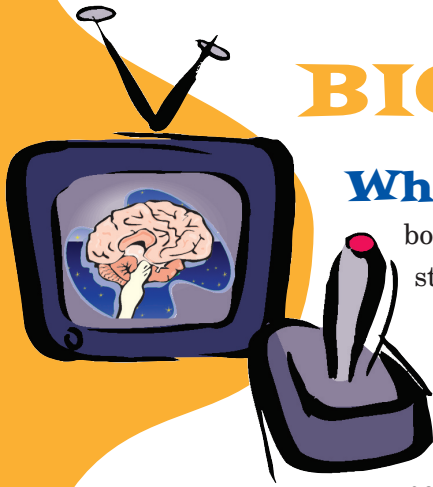


Ways to Wellness™

Integrative Medicine for Kids



BIOFEEDBACK

What's it about? Say you're petting a kitten right now. As you feel its body relax, you might notice the same thing happening to your own. Your breathing starts slowing down, your face relaxes, and you might even feel a little sleepy.

Now let's say you hear a loud bang in the night. What happens? Your muscles twitch. Your breathing speeds up. Your heart starts beating fast and hard.

Okay, none of us actually think about our bodies when we pet kittens or hear noises. (Have you ever said, "Gee, my muscles are relaxed!") But if you did start noticing how and when your body felt good and bad, you'd be just a short step away from being able to control those feelings all by yourself.

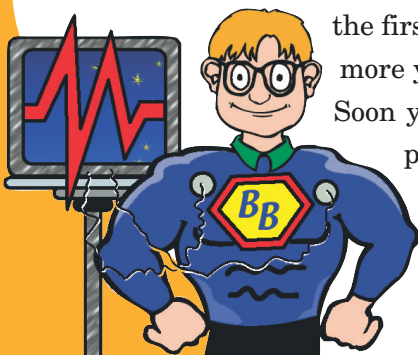
That's what Biofeedback is all about. It's a technique you learn to help you make your body feel good whenever you want. Whether you have headaches, pain, stomachaches, trouble falling asleep, nervous feelings or problems at school, you'll find that Biofeedback can help. When you learn to make your body feel better, you make you feel better.

How's it work? Here's the secret about Biofeedback: It's fun. In fact, it's a lot like playing a video game — using your body to control what happens on the screen.

As you sit in front of a Biofeedback computer, you'll first notice how the lines on the screen show you what's happening with your breathing, muscle tightness and finger temperature. If the lines show that you're tense, you'll work at changing those lines with simple exercises, such as imagining petting a kitten. You'll soon see that the more you can make your body relax, the more you can control your "score" and the quicker you can make your body feel better.

Boss your body! Of course, you can't expect to be a Biofeedback expert the first time you try it. (Remember how long it took you to learn to ride a bike?) But the more you work at Biofeedback, the better you'll get at becoming the "boss of your body." Soon you may find that you get fewer headaches and stomachaches, and that you can pay more attention in school or stay calm in situations that used to make you scared or angry.

You'll probably find Biofeedback easy and fun. And here's another secret: Most kids are better at it than adults are!



For more information call 612-813-7888
INTEGRATIVE MEDICINE CLINIC
Minneapolis and St. Paul, Minnesota

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