

BIOFEEDBACK – A Great Way to Relax and Heal

Biofeedback is like striking a tuning fork. It reminds the body-mind system what being healthy feels like. Using this technology wakes up the body and stimulates its innate ability to heal. Biofeedback aids and entrains the body to heal itself. It's an active process, but the activity takes place at an unconscious level, so it feels like you are simply resting and relaxing during the process, not making any effort. In fact, many people drift off to sleep or slip into a meditative state during the session! Receiving a session is very relaxing.

Biofeedback has been scientifically proven to reduce stress, and the L.I.F.E. System, registered with the F.D.A., is known as the industry leader in Biofeedback. It is respected worldwide as an innovator in stress reduction. The body has a memory of the stressors it has been exposed to, whether acute or chronic. True health includes dissipating or counteracting the residue of lingering stress that contributes to illness.

Biofeedback gives the energy of your body a way to make itself visible. In a sense, it gives your body a voice.

WHO WOULD BENEFIT?

Biofeedback can support almost anyone with almost anything. It can help to:

- Support you in changing habits
- Cope with emotional challenges
- Relieve or reduce pain
- Prepare for and recover from surgery
- Heal more deeply after injury or trauma
- Support your body in detoxifying
- Enhance the efficacy of other medical treatments or therapies
- Keep and improve the health you have

The only contra-indications are for pregnant women and people with pacemakers.

HOW THE L.I.F.E. SYSTEM WORKS

Each healthy cell has its own unique signature vibration, while that same cell will vibrate at a different speed when stressed. Think of it this way: when you are healthy and in tune, your cells and organs strike a certain chord. When some part or parts move out of balance, the chord is off key.

Drawing on many different fields of knowledge and collaborating with many experts, the L.I.F.E. System's inventor, Chris Keser, spent 40 years researching the unique energy signatures that are contained in the machine. Programmed with thousands of files of information, the L.I.F.E. System includes not just the energy patterns of particular cells, genes, organs, hormones, and other aspects of the human body; it also contains the signatures of thousands of pathogens, toxins, remedies, emotions, processes, and much more. Once the Biofeedback system feeds your body the healthy signature, like

resonating with a tuning fork, your body begins the healing process, whether that involves letting go of toxins, renewing cells, working through stagnation, or some other process that is called for in the stressed system. The L.I.F.E. System aids the intelligence of your body to identify its top stressors and to specify which programs will be most beneficial at this time. So your own unconscious wisdom interacts with the machine to choose and implement your own healing program.

There are a number of ways the system can identify stress and activate a balancing response, starting with the foundational Reactivity program, which allows your unconscious to select the top acute and chronic stressors and to choose one of 6 major programs for feedback. You can get a fantastic healing "tune-up" using just these tools. However, the system has so much more, with over 32 stand-alone programs. Your practitioner can choose feedback programs to support the brain, spine, nervous system, chromosomes and genes, hormones, detoxification, and so on. There are programs for psychological and emotional support, including processes like "finding solutions," "reducing anxiety," and "behavior change." There are energy signatures to help with addiction, nicotine withdrawal, weight control, the effects of aging, and so much more. Plus, we have a search box to address specific symptoms, concerns, or diagnoses you might bring to the session. Think about how powerful this technology can be when combined with hypnosis or other healing modalities or in conjunction with your doctor's input.

For example, if someone says their doctor has diagnosed them with COPD or breast cancer or hypothyroid, we can search those terms and give feedback to support those areas that show up as most stressed in that individual. We can search terms like smoking, blood sugar, pain, and so many others, and then we can give feedback to the specific areas that are relevant to the individual client, guided by their own unconscious mind and physiology.

I hope you can begin to see the benefit of using L.I.F.E. System Biofeedback, whether on its own or in conjunction with other healing approaches. Call now for more information or to schedule your personalized tune-up with the L.I.F.E. System. If this sounds like something you would like to experience, but you are unable to travel, feel free to contact me to arrange for a long-distance consultation.

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