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# NEUROLOGICAL STRESS REDUCTION THERAPY:

THE BIONETIC PROCESS AND THE EFFECTS OF STRESS



Chi Gong and Tai Chi master Ken Cohen defines stress as a maladaptive response to change in the environment. Psychophysiology techniques employed through various biofeedback systems are being used with great success in determining the current stress status of the individual and in selecting the best modes of therapy for the elimination of the stressors.

Emotional stress is an all too common and too often ignored state that causes perceptible and measurable changes in physiology. This can be harmful enough, but a potentially greater threat can come from the imperceptible changes that occur. These changes often remain unresolved, and unresolved stress is a major cause of illness and disease. Norman Cousins in his book *Head First* reports the findings of Aaron Frederick Rasmussen Jr., immunologist at the UCLA School of Medicine, who explained the relationship between stress and susceptibility to viral infection...and found that stress "diminished the size of the immune organs and number of immune cells and increased the severity of illness reactions to viral exposure."

Ideally, the effects of stress on the human body are best addressed before physiological or psychological symptoms occur. It is estimated that as many as 82% of all doctors' visits are a consequence of a somatic response caused by some underlying emotional or psychological distress. Learning how to identify and manage stress, supporting the immune system and developing successful lifestyle and coping strategies are the most critical areas to address as we seek to return to a state of balance.

Solutions to reducing the stressors are available through bionetic biofeedback equipment, such as the BAX systems. Stress profiling processes allow the body to identify its own sources of stress and the profiling aids both the practitioner and patient in addressing the stresses before they become unmanageable - in many cases even before they have come to your physical awareness. In essence, biometrics embraces a multi-disciplinary approach to balance the internal or stress blueprint of the human body.

## HOW TO MEASURE STRESS

Biofeedback is a modality that uses non-invasive methods to measure various bioelectric aspects of the body, the most common being galvanic skin response. Information from real-time responses is fed back through a device that records the reactions. The information can be presented a number of different ways, either as a real time signal for relaxation entrainment, or in the form of interpretive data that can best used to identify and isolate specific stress signals to the organism. Biofeedback is a significant, underused modality that is perfectly suited to influencing or modifying the body's response to stress conditions in a way that will increase vitality and balance within the organism. The latest advancement in stress management is Neurological

Stress Reduction Therapy or NSRT<sup>SM</sup> by BioVeda. This technique combines elements of bionetics, acupuncture, homeopathy and applied kinesiology. It is a fully automated, safe and painless system which combines meridian energy stress assessment to determine which substances are causing a person stress and then uses low level light therapy to reduce or eliminate the stress response related to specific environmental, chemical and food substances. It is a complete therapeutic system which helps the body detoxify, boosts the immune system, and bring the body back to balance. Best of all, therapy is safe, painless and quick.

According to biofeedback pioneers, Elmer and Alyce Green in *Beyond Biofeedback*, biofeedback has had impacts on conditions involving involuntary behaviors such as heart rate, epilepsy, blood pressure, cerebral palsy, migraine and tension headaches, gastrointestinal disorders, asthma and neuromuscular disorders. Coupled with sophisticated computer technology and stress management capacity to heal, its future as a window into the body's energy system is unlimited. Researcher George D Fuller, Ph.D. says, "The underlying philosophy of biofeedback is basically a return of responsibility for one's health to the individual."

## RECLAIMING OUR HEALTH

The basis for bionetics feedback can be found in the origin of the word itself. Webster's Dictionary defines the prefix bio simply as coming from the Greek for life. Net is derived from the Old English words for weaving together. Bionetics, based on biofeedback, is a complex bioelectric body communication system combining many of the life sciences. Using the concepts of bioenergy, it was developed for measuring stress through non-cognitive biofeedback and integrates advanced computer technology with holism. Because bionetics consists of computerized noncognitive biofeedback stress profiling, practitioners may employ many supportive modalities, such as Low Level Light Therapy, homeopathy, music, diet and nutrition, relaxation techniques, lifestyle changes, and identifying environmental stressors.

The study of bionetics basically incorporates all aspects and functions of the human body/mind system. It measures stress signals, creates a stress map and incorporates a stress evaluation based on all levels of human experience: physical, mental and emotional. Bionetics goes beyond the boundaries of Newton's mechanical laws to look at the unlimited potential and innate ability of the human body to communicate its needs to aid in self-healing. Dr. Barbara Brown, an early pioneer in biofeedback, calls this unique phenomenon skin talk. This potential, present throughout the body on a cellular level, is revealed through electrodermal screening (EDS) biofeedback systems. BAX Systems now enable signals to be read or scanned. These signals uncover the body's encrypted messages and provide practitioners the information they need to provide the next generation of patient care.