Read the following passage carefully and answer the questions given at the end. Biofeedback is a process that allows people with stress-related illness such as biofeedback, devices that monitor and improve their health by learning to relax. In arm, leg, or forehead. Then the person tries to relax. As he or she relaxes completely, the temperature of the area under the devices rises because more the rise in temperature a buzzer sounds, or the reading on a dial changes. As long as the patient is relaxed, the buzzer or dial gives encouragement. The next part of the biofeedback process is learning how to relax without the monitoring devices. The patient recalls how he or she felt when the buzzer or dial indicated relaxation and then tries to imitate that feeling without having to check the biofeedback machine. After succeeding in doing so, the patient tries to maintain the relaxed feeling throughout the day. Stress may cause as much as

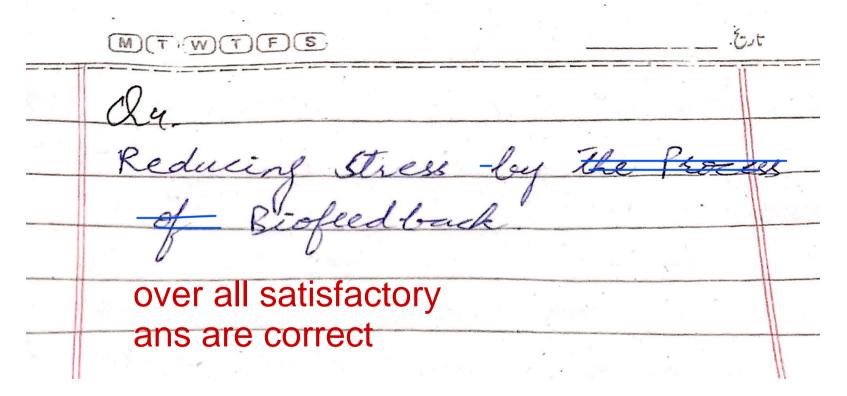
75 percent of all illness, therefore, biofeedback promises to bean outstanding medical tool.

> Questions

- 5. What is biofeedback? Describe in your own way.
- 6. Can learning to relax improve health? Explain you view point.
- 6. Can learning to relax improve health. Sometimes of stress-related illness? for the treatment of stress-related illness?
- 8. Suggest a title.

Biefeedback is a feelings of relaxa ress-related to

Yes, learning to relax imploves health. In a depressing situation a person knows lætter how a person tires to take any stress as he is much cautioned about his health Biofeelack is considered an instrument with great potential for the beatment of stress related illness. This instrument does not only monitor the tend of stress but also teaches how to relaxe Moreover ils function is long-lasting & recalls the feelings of relaxation, and lives to Feellow then



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