

biofeedback each. 200  
Biofeedback is a process that allows people with stress related illnesses such as high blood pressure to monitor and improve their health by learning to relax. In biofeedback, devices that monitor skin temperature are attached to a patient's arm, leg or forehead. Then the person tries to relax. As he or she relaxes completely, the temperature of the area under the device rises because more blood reaches the area. When a machine that is attached to the devices detects 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 encouragements.

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 be an outstanding medical tool.

# Biofeedback : Excellent Medical Tool

Biofeedback, a procedure that keeps people relax in stress. In. biofeedback, a device is attached to body which tries to relax him, when it does, the temperature of body rises, buzzer's sound starts and gave inspiration. Moreover, it teaches to relax without the observing tool. The feelings of process, tries to keep him relax all day. 75% illnesses caused by stress; However, biofeedback is a good medical tool.

Total words :

words in Passage : 200

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