

HOME PROGRAM INFORMATION PACKET

Mind ~ Body ~ Soul Connection

Listen to the CD at least once a day to achieve permanent results.

BiofeedbackUSA (Medical Biofeedback & Pain Control Center) was established by Dr. Mary Z. Kyprianou to assist patients in the effective use of relaxation techniques to reduce pain, relieve muscle tension and stress. Dr. Kyprianou's weight loss program has been proven to be highly effective.

The goal of the mind-body-soul connection CDs is to help modify inappropriate responses and regulate physiological processes in order to achieve homeostasis. It simply is counter-productive to brace muscles, accelerate heart rate and raise blood pressure in the presence of an unchangeable stressor.

The following are some medical conditions that respond to biofeedback:

- Headaches: Cluster, Migraine or Tension
- Anxiety-Depression
- Cervicalgia (Neck Pain) Generalized
- Acute Stress Reaction
- Low Back Pain Syndrome
- Agoraphobia
- Essential Hypertension (High Blood Pressure)
- Myofacial Pain/TMJ
- Raynaud's Disease
- Colitis
- Duodenal Ulcer (without obstruction)
- Irritable Bowel Syndrome
- Dermatitis
- Asthma/Respiratory Distress
- Diabetes
- Insomnia (Non-organic origin)

- Attention Deficit Disorder (ADD)
- Trigeminal Neuralgia

Instructions for use of CD:

- Find a quiet place.
- Lay down.
- Close your eyes.
- Focus on Diaphragmatic Breathing.*
- Follow instructions on CD.
- Upon completion of CD, change to a sitting position for 2 minutes.
- Resume your day feeling great!
- In order to achieve effective results, this CD should be used at least once a day.

*Diaphragmatic Breathing:

Place your right hand on your chest and your left hand on your stomach. With each deep breath, your left hand (stomach/diaphragm) should rise, while keeping your right hand still. Inhale and exhale through your nose. Breathe in deep breaths and expand your stomach—hold it for a moment. Breathe out slowly as you count backwards from ten to one. Focus on your breath the entire time you practice your Diaphragmatic Breathing.

In order to achieve effective results, this CD should be used at least once a day.

Pain Control CD:

The Pain Control CD's have been highly effective in providing pain relief for patients suffering from tension headaches, neck pain and low back pain by targeting the problems which cause the pain. By totally relaxing the nervous system, through the steps of deep relaxation, imagery, and positive reinforcement. The brain enhances the release of endorphins, the natural pain killers that block the pathway of pain to the brain.

Through repetition and daily practice you can train your brain to work for you instead of against you.

Highly Effective in Controlling:

- Tension Headaches
- Low Back Pain Syndrome
- Cervicalgia (Neck Pain) Generalized
- TMJ
- Spasmodic Torticollis
- Disorders of Tourette's Disease/Stuttering
- Respiratory Distress
- Arthritis

Stress Relief CD:

The Stress Relief CD will help you learn to control the effect of stress on your body. Through repetition and daily practice you can train your body to work for you instead of against you. It can also reduce the need for medication. By changing the external factors that can be changed and then modifying inappropriate responses to those that remain, we are doing most of what can be done with a stressed individual.

Through repetition and daily practice you can train your brain to work for you instead of against you.

Highly Effective in Relieving:

- Depression
- Anxiety Attacks
- Migraines Headaches
- High Blood Pressure
- Insomnia
- Fibromyalgia

o Raynaud's Disease

Weight Control CD:

By listening to the Weight Control CD, the patient is able to develop will power and self-control that become second nature to his/her personality to help lose the weight and keep it off. The stress management aspect of this program enhances weight loss by inhibiting those stress chemicals that can also be responsible for the weight gain.

Through repetition and daily practice you can train your brain to work for you instead of against you.

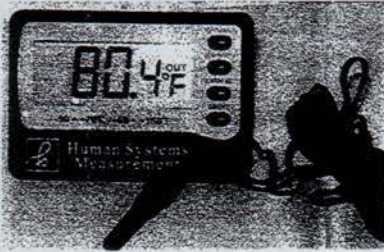
Highly Effective in:

- Motivation
- Changing lifestyle
- Changing Eating Habits
- Developing Will Power
- Developing Self Control

Training Recommendations:

When measuring hand temperature, the following items should be considered:

1. Attach the probe to the middle finger of your dominant hand.
2. The probe should be attached to the fleshy underside of your finger.
3. Always record temperature from the same place of your finger.
4. Use scotch tape with perforations, or cloth medical tape, so that the finger perspires as little as possible.
5. Do not adhere the tape too tight, or circulation will be inhibited.
6. Temperature readings should be taken when the ambient temperature is between 69° - 73°F degrees (Room Temperature).
7. Avoid areas where fans, air conditioners, heaters, drafts and breezes are present.
8. Avoid other contact with warm or cold objects, such as drinks or outdoor exposure.



Instructions:

Installation:

- Pull down the battery cover and pull out the insulation strip in the battery compartment.

°C / °F Select:

- Press [°C / °F] to select the temperature unit.

Room / Hand Held Sensor Temperature Select

- Press [IN / OUT] button to select room or hand held sensor temperature. The IN symbol indicates that the reading is for room temperature and the OUT symbol indicates that the temperature reading is from the hand held sensor.

Maximum & Minimum Temperature Memory Display

- Press [MAX/MIN] to display maximum temperature memory (MAX symbol will be displayed).
- Press [MAX/MIN] again to display minimum temperature memory (MIN symbol will be displayed).
- Press [MAX/MIN] again to take instant temperature reading.
- Holding [MAX/MIN] one second will reset minimum and maximum temperature memory.

Display Back Light

- Press [LIGHT] button to turn on the display back light.

High/Low Temperature Alarm Setting (for Hand Held Sensor only)

- Press & hold [ALARM SET] button until the HIGH/OUT icon is flashing.
- Use [°C/°F] button on the back of the unit to set the desired alarm high limit.
- During the limit setting, holding the [C/°F] button will advance the value automatically.
- Press [ALARM SET] button once more and the LOW/OUT icon will be flashing.
- Use [°C/°F] button on the back of the unit to set the desired alarm low limit.
- During the limit setting, holding the [C/°F] button will advance the value automatically.
- Press [SET] again to finish the setting.

High/Low Temperature Alarm

- If the temperature value is out of the set limit, then the alarm will sound.
- Press any button will stop the alarm sound.