

# **JIM C – HEALTH TERMS**

## **MONDAY - 02/16/2009**

**If you have ever taken your temperature or stepped on a scale, you used biofeedback to gain information about your body's condition.**

**HOW DID THE TERM “*BIOFEEDBACK*” ORIGINATE?**

***Wordsmyth:* A method for self-regulation of involuntary bodily functions, such as heartbeat rate, with the aid of electronic monitors that display visual representations of such functions.**

***Origin:* First efforts in biofeedback (feedback of biological processes) go back to at least 1926. In a 1969 meeting of scientists in Santa Monica, California, the term was finally adopted to mean biological reactions can be voluntarily influenced by feedback.**

***Theory:* Many scientists thought that a) we could "will" ourselves to be more creative by changing the patterns of our brainwaves, and b) biofeedback would one day make it possible to do away with drug treatments that often cause uncomfortable side effects in patients with high blood pressure and other serious conditions.**

**Interest in biofeedback has waxed and waned since its inception, but it is now undergoing a renaissance to help a) stroke victims regain movement in paralyzed muscles, b) tense and anxious clients learn to relax, and c) patients better cope with pain.**

***C W:* Biofeedback = Conscious control of inner bodily processes**

***M of Z:* Biofeedback may prove to be much more than expected**