



BIONETICS. THE STUDY OF LIFE.

# THE BIONETIC PROCESS — THE EFFECTS OF STRESS

## STRESS & HEALING

*The BodyScan 2010 has been the answer I was searching for. It encompasses the techniques I use, including chiropractic, homeopathy, nutrition and neuroemotional techniques.*

*The BodyScan has enabled me to take better care of my patients — to find and address the cause of the patient's problem and be very specific with my remedies. I see a multitude of different patients, the hard cases, where the patients have gone everywhere and done everything and turn to me as a last resort. We currently have a waiting list of 1-1/2 to 2 months for initial visit and daily referrals.*

— Dr. Walter Jaakkola  
BodyScan Practitioner

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 *"explored 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 80% 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 in our lives.

Solutions to reducing the stressors are available through bionetic biofeedback equipment. 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, bionetics embraces a multi-disciplinary approach to balance the *internet* or stress blueprint of the human body.

## HOW TO MEASURE STRESS

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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 be 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.

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.

Much remains to be learned about biofeedback applications. 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.*"

## BIONETIC FEEDBACK: RECLAIMING OUR HEALTH

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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 non-cognitive biofeedback stress profiling, practitioners may employ many supportive modalities, such as herbology, homeopathy, music, diet and nutrition, relaxation techniques, lifestyle changes, restructuring of belief and thought patterns, 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, emotional and spiritual. 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. Sophisticated computers now enable signals to be read or scanned. These signals uncover the body's encrypted messages.

