



## Chronic Fatigue INDIGO Biofeedback

Chronic Fatigue Syndrome (CFS), is characterized by the sudden onset of several of the following symptoms: random intermittent fevers, feeling stiff, sore and exhausted, sore throats, cough, night sweats, unsatisfying sleep, photophobia, joint and muscle pain and post-exertion malaise. Often it is concomitantly found with illnesses such as fibromyalgia, irritable bowel syndrome (IBS), depression and headaches.

The Center for Disease Control estimates that as many as one million Americans suffer from CFS; which can be debilitating. It often means a financially burdensome period of unemployment or several months or even years of not getting enough rest and sleep. For decades, doctors have had little understanding of CFS, and still science does not have treatments to alleviate or "cure" it. Recent discoveries in the field of Neurobiology, however, do show brain abnormalities in patients diagnosed with CFS. (Prog Neuropsychopharmacol Biol Psychiatry, 1996)

Studies show that perpetuating factors, stress being a common denominator, along with over-exertion, and depression can limit or delay recovery. (Houdenhove, Luyten, 2009) One of the things that has also been revealed through Neuroendocrine and Neuropsychological studies of CFS patients is that successful treatments tend to be highly individualized. (Am Fam Physician, 2002) These two facts about CFS indicate, that INDIGO biofeedback may provide relief.

INDIGO biofeedback can help identify and retrain reactions to stress and other perpetuating factors and concomitant illnesses. Its sophisticated auto-focus and client choice programming also make it one of the most uniquely individualized biofeedback treatment protocols available for managing pain, balancing brain waves and heart rhythms and facilitating greater ease, and relaxation.

Another case study found that biofeedback showed positive improvements in cognitive abilities, functional skill level, and quality of life for patients with CFS, as measured on the Wechsler scale." (Behav Med,1996)

Discover for yourself how INDIGO biofeedback can improve your quality of life, and help you develop improved energy and sense of well being.