

## Sutter Lakeside Wellness Center opens self-guided biofeedback lab

Contributed by Editor  
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LAKEPORT &ndash; You probably don't give much thought to whether your muscles are tense, how fast you're breathing or the number of times your heart beats in a minute. These things occur whether you're aware of them or not. They're beyond your control. Or, are they?

Biofeedback can help you to use your mind to manage certain medical conditions, like stress. Sutter Lakeside Hospital and Center for Health's Wellness Center invites community members to experience this non-invasive and relaxing treatment by visiting their new biofeedback lab.

The lab is open to the public, by appointment only, without the need for a physician referral.

The biofeedback program that the lab utilizes is designed to enable participants &ndash; in mind-over-matter fashion &ndash; to use their thoughts and will to control their bodies.

Biofeedback is based on the idea, confirmed by scientific studies, that people have the innate potential to influence with their minds many of the automatic, involuntary functions of their bodies.

It uses electronic equipment to monitor your internal physiological states, e.g., heart rate, breath rate, skin temperature and sweat response, etc., and to provide &ldquo;feedback,&rdquo; typically visually, that helps the user to learn how to control these states.

For more information or to make an appointment to visit the Sutter Wellness Center Biofeedback Lab, call 262-5171.

Lab sessions are self-guided; an orientation to the equipment and the program is given prior to the first session.

The lab is located in the Integrative Healing House on the Sutter Lakeside Campus in Lakeport.

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