

Why choose EPR Biofeedback?

With the ability to provide virtually instant information through a comfortable and relaxing non-invasive process, biofeedback professionals are able to address their clients' stress in a sophisticated and finely tuned way.

What does EPR Biofeedback feel like?

Most individuals feel nothing at all. Some experience a state of deep relaxation and a general sense of well-being. Others feel energized immediately following a session.

Who can benefit from EPR Biofeedback?

Everyone from infants to seniors, and even animals! EPR Biofeedback's communication with the client is not reliant on language, verbal, visual, or conscious thought processes.

What are the possible (health) benefits of EPR Biofeedback?

Biofeedback has been scientifically proven to help reduce stress that may be related to illness, injury or emotional trauma. It can result in an overall improved sense of well-being, greater mental clarity, pain reduction and improved physical performance.

Schedule Your Appointment Today!



Call Beatriz Cymberknopf
Certified Holistic Health Practitioner

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*Call for a FREE
30 minute phone
consultation to discover
what EPR Biofeedback
can do for you!*

EPR Biofeedback Stress Reduction



EPR Biofeedback promises to play a significant role in the future by increasing health through stress and pain management.

What is EPR Biofeedback?

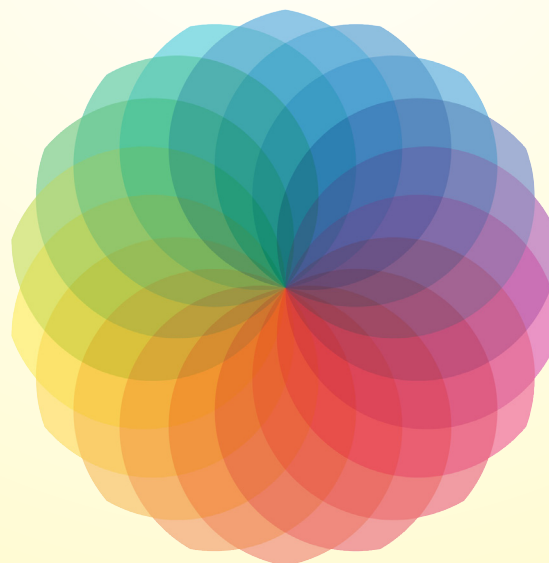
EPR (Electro-Physiological Reactivity) Biofeedback Devices measures and tests your body's reactivity to many of the physiological, psychological, emotional and energetic stressors that are interfering and blocking the healing process in your body. The results provide insight into an individual's overall stress profile which can be very educational to the client. Stress can come from many different sources, such as toxicity, trauma, pathogens, mental factors, allergies, heredity, habits, nutritional deficiencies, etc.

EPR Biofeedback is a technique in which people are trained to improve their health by using signals from their own body. Basically, it outlines what is affecting the health and wellness of the client.

EPR Biofeedback is applied through the use of an EPR Biofeedback Device that communicates with the body using GSR (Galvanic Skin Response); a very accurate system based on the science of Quantum Physics. It is an emerging technology that reads the body at biological speeds, providing results within minutes as opposed to days or weeks.



*Reduce Stress
Improve Performance
Enhance Recovery*



How does it work?

The easiest way to really understand what EPR Biofeedback can do is to think in terms of stresses or stressors – all those things we're born with, that happen to us, and that get into the body from our environment that may cause disease, disorder, or discomfort.

EPR Biofeedback is totally non-invasive. The EPR Biofeedback Device requires only five comfortable electrodes that wrap around your wrists, ankles and forehead. A test is performed, and the results are shown in the computer software. This provides the practitioner with information about the state of the energy and stressors most prevalent in the body at that time.

After gathering test results, the data offers an understanding of your potential needs. It can reveal the specific stressors which could be the underlying issues surrounding your body's ability to heal. It is at this point that EPR Biofeedback can be applied in order to help you correct and reduce the stressors.