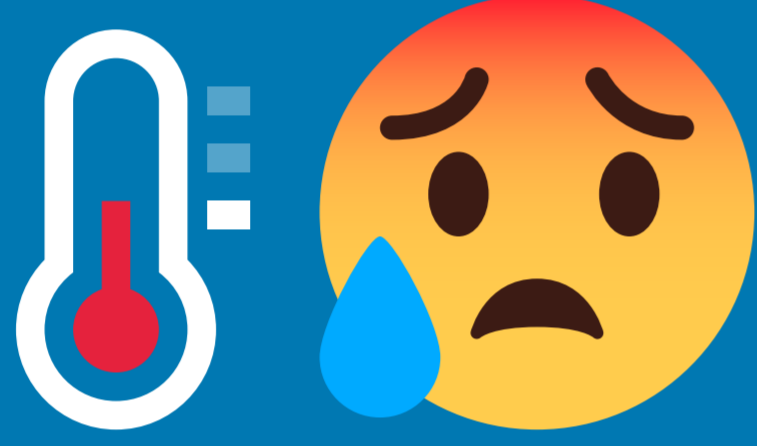


ON HAND WARMING

FIGHT OR FLIGHT

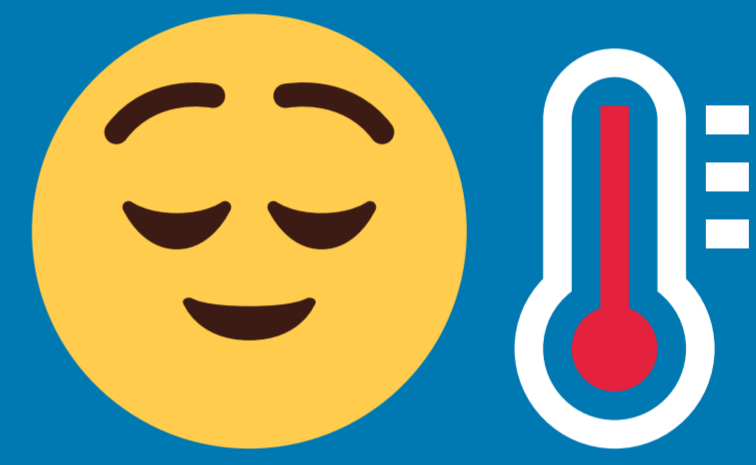
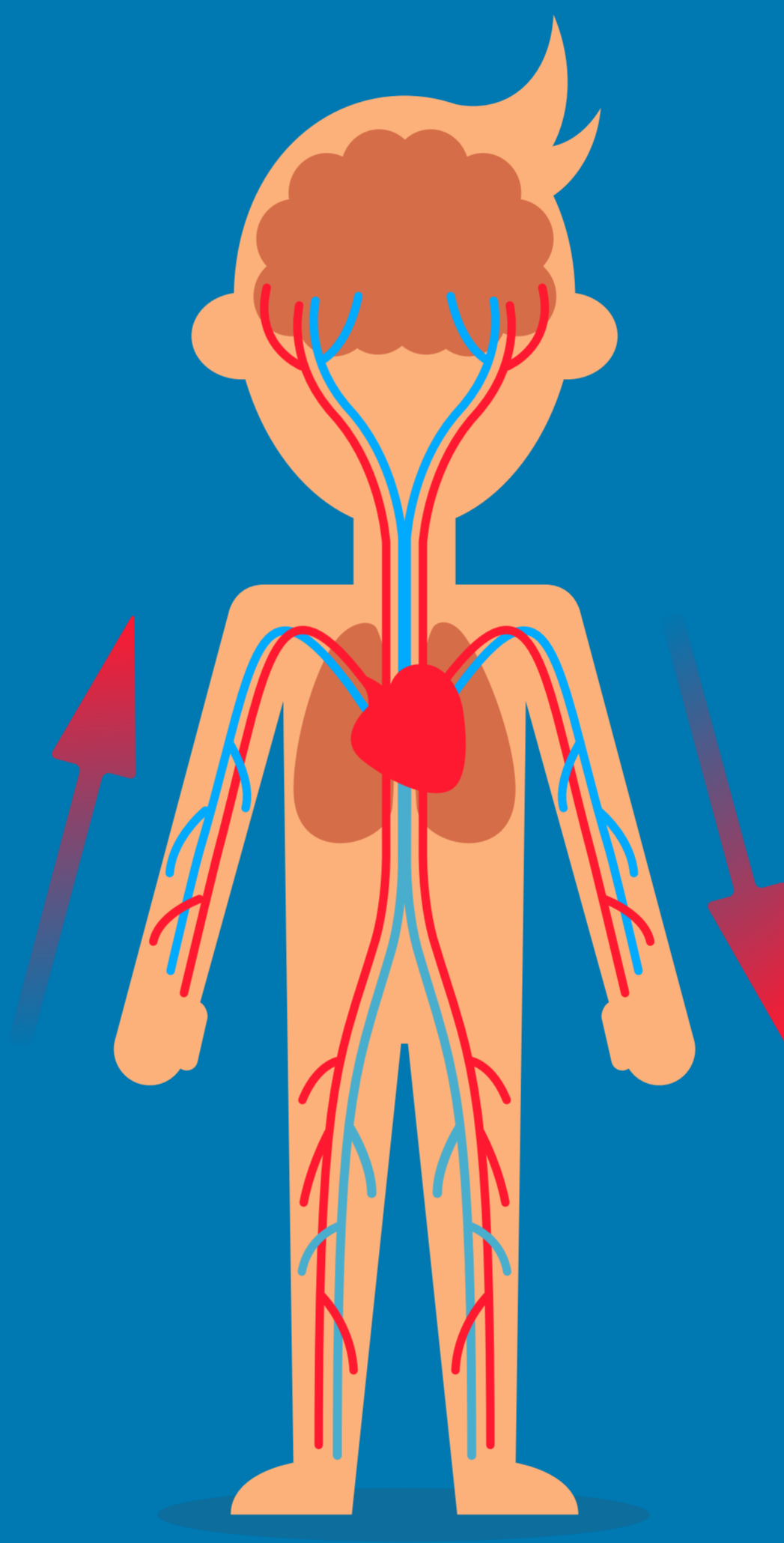
A long time ago, when ancient humans were faced with many dangers in everyday life, they developed the fight-or-flight response to help them survive.

In modern time, this response often works against us and creates unneeded stress in our bodies.



WHEN YOU'RE STRESSED

Blood flows away from your hands, to more vital parts of your body, like your brain, heart, and muscles.



WHEN YOU'RE RELAXED

Blood flow is redirected back into your skin and extremities, increasing their temperature.

HOW CAN BIOFEEDBACK HELP?

It's sometimes hard to tell what's happening with your body's automatic reactions to stress.

Being able to easily read your responses to stress will help you learn to control that stress.

A biofeedback temperature monitor lets you watch your temperature go up as you relax and blood circulation in your hands increases.



Seeing your exact hand temperature change in real-time, you'll be able to tell just how effective your relaxation exercises are.

With practice, you'll develop the ability to recognize the subtle changes in your hand temperature and stress level without the help of a temperature monitor.



TRY THE STRESS THERMOMETER

- Great for learning hand warming relaxation techniques
- See your stress response; train yourself to relax
- Measure relaxation effectiveness with quantitative data
- Cold hands are tense, warm hands are relaxed

AVAILABLE NOW AT bio-medical.com