

Biofeedback

Monitor Your "Inner Energy"

- Listen To Your Brain
- Discover Your Inner Consciousness
- Monitor Activity Below Levels of Normal Awareness

Today's world greets mankind with a barrage of environmental stimuli. It's a fast-paced maze of events with the constant demand that we respond or adapt in some way. We do, indeed, react . . . unfortunately, our responses often are not the most physiologically desirable ones! Moreover, our constant adaptation causes us to lose touch with our inner selves. We become smothered in environmental static which diminishes our sensitivity, awareness and potential.

Biofeedback allows us to gain an immediate and objective means of reflecting our internal indicators of state, such as brainwaves, muscle activity and temper-

ature. By monitoring these "inner energy" signals, we can once again become more sensitive to ourselves.

Consider yourself for a moment. In what ways is your body reacting to the environment? How do you react to stress? Are you *really* relaxed? Why do Zen & Yoga meditators seem to emit higher concentrations of "alpha" brainwaves? We invite you to monitor your release of "inner energy"—you may be surprised at what you find.

Biofeedback techniques, when used in a clinical setting under the guidance of a biofeedback professional, can be useful as a therapeutic tool to deal with hypertension, muscular rehabilitation, stress and other disorders. Some scientists believe that, by monitoring internal signals, we can become aware of inappropriate responses and learn to control body functions and problems. Research is currently being conducted on at least four basic types of biofeedback: brain wave (EEG), muscle activity (EMG), galvanic skin response (GSR) and temperature (i.e., blood flow).

Our biofeedback instruments are completely safe. They allow you to monitor conditions associated with relaxation, stress, creativity and emotion. By translating your body's internal activity into readily observable signals, usually an audible tone or flashing light, these instruments will enable you to explore this fascinating and expanding science.

(A) Listen To Your Body Relax With The Myosone Muscle Monitor

Monitoring key muscle areas is the latest development in the growing field of biofeedback techniques. The Myosone's integrated circuitry provides accurate & reliable discrimination of minute muscular signals & potentials. Suitable for clinical as well as home use, it may be used to monitor tension headaches, backaches & other anxiety-related muscular activity far below normal levels of awareness. A wide dynamic range (1 to 500 uV), proportional EMG and threshold audio feedback modes provide accuracy & flexibility for reliable muscle discrimination. The Myosone features a switch-selectable 60 Hz line reject filter, calibrated meter in 4 ranges (0-10, 0-50, 0-100, 0-500 uV), calibrated sensitivity & threshold controls, 18 db/oct. filter, built-in test signal, earphone jack, electrodes, outputs for coupling

& further monitoring capability. Uses two 9 V batteries (not incl.). The perfect companion instrument for Biosone III! 9 1/4 x 5 1/4 x 4 1/4". No. 1680 \$224.95

Caution: If AC powered recording devices are used, the Safety Interface Coupler (No. 42,416) below is required for user safety.

(B) Safety Interface Biofeedback Coupler Eliminates Shock Hazards

2 channel coupler specifically designed to interface biofeedback instruments (No. 1680 & 1668, pg. 50) with outside recording devices such as strip chart recorders, oscilloscopes, etc. Optical isolation insures no direct AC connection to the subject. Channel 1 provides linear coupling from 0.5 Hz to 1 KHz (± 3 V max.). Channel 2 couples logic signals (compatible w/TTL & CMOS logic). 4 x 5 x 1 3/4". No. 42,416 \$72.95

(C) Biofeedback Percentage Time Monitor

This is an accessory instrument only; it cannot be used alone. It requires a biofeedback instrument (e.g., Biosone II or Myosone) to generate a logic signal output. 2 modes automatically calculate & display percent of time a given variable exceeds a preselected threshold over time period (8 sec.-30 min.). Provides an ongoing cumulative readout of percent of time subject produces specific response. Threshold control setting 0-100%, hi/lo logic signals from 0-5 V nominal (10 V max.). 8 bit time resolution (0.4%). 9 V batt. (not incl.) No. 1686 \$179.95

(D) The Biosone II Professional Quality Alpha/Theta Monitor

The Biosone II is designed for professional clinical use as well as for advanced home study. Similar to an electroencephalograph (EEG), it is a biofeedback sensor that lets you identify the electrochemical activity within your brain. In doing so, for example, you are able to correlate brainwave states with feelings of relaxation and creativity.

Conveniently portable, the Biosone II is engineered for simplicity of operation. It features a switch-selectable alpha/theta filter, internal self-test generator, calibrated sensitivity control (5 to 100 uV), 2 audio feedback modes (frequency modulated tone & threshold tone) and an LED that glows when the signal level rises above



Portable!
ONLY
69.95

Build
Your
Own!
ONLY 39.95

Only
169.95

How Do You React To Stress? Are You Really Relaxed?

threshold sensitivity level. It also includes an earphone jack for private use and outputs for external recording or monitoring of unfiltered & filtered EEG signals. Housed in a simulated walnut case, it comes complete with instructions, input electrodes & electrode cream. Uses two 9 V batteries (not incl.). 9 1/2 x 5 1/2 x 4 1/4".

No. 1688 \$169.95

(E) Biosone I Portable Alpha/Theta Monitor

The Biosone I represents a price breakthrough in this developing science. It's a complete, portable instrument with accessories that produces a variable frequency tone indicating type of brainwave produced. Includes a sensitivity & volume control, switch-selectable filter, low noise amplifier w/5 uV sensitivity & rejection of distracting eye-blink interference, earphone, headband w/electrodes, neckstrap, electrode cream, aluminum case & instructions. Uses 9 V batt. (not incl.)

No. 71,809 \$69.95

(F) Build Your Own Alpha Monitor

For Only \$39.95

If you have a basic knowledge of electronics & enjoy building kits, this sensitive, solid-state unit is for you! Designed for the biofeedback beginner, kit includes stethoscopic earphones, electrode headband, solid-state IC circuitry (5 mV sensitivity), narrow band pass filters, high gain/low noise amplifier (eliminates eye-blink interference), instructions & operator's manual. Uses 9 V batt. (not incl.). Finished size: 5 1/2 x 2 3/4 x 1 1/2".

No. 61,069 \$39.95

(G) LD-101 Light Bar Display

Adds an additional visual feedback modality to the Myosone and Biosone II and provides a quantitative measure of physiologic activity in bar graph form. Two separate readouts are possible: a 10 segment LED displays proportional activity, while two LEDs indicate threshold goals. This battery-operated accessory may be used at a location remote to the biofeedback instrument, allowing the operator to vary instrument controls.

No. 61,248 \$84.95

(H) Test Yourself With Our New GSR Monitor

• Used Widely by Biofeedback Clinicians & Psychologists

• Measures Skin Resistance & Skin Temperature

The GSR Monitor features precise solid-state sensitivity which meets laboratory standards. It provides both audio & visual feedback with a wide range of sensitivity. It includes velcro fastener finger electrodes for skin resistance & thermistor electrodes for skin temperature biofeedback. Use it as an emotion meter, relaxation meter, plant response meter or as a sensitivity training aid. The GSR Monitor registers $\pm 1\%$ skin resistance change & skin temperature changes of $\pm 0.2^\circ\text{F}$. Controls include: a variable sensitivity, null balance, polarity reversal & self-test. 3" meter, tape recorder jack, terminals for oscilloscopes & strip chart recorder, ear-

phone, electrodes, electrode cream & instructions. 9 1/2 x 5 1/2 x 4 1/4". Uses 9 V batt. (not incl.)

No. 72,415 \$159.95

The Executive GSR Monitor

The Executive Galvanic Skin Response Monitor is an attractive, effective, yet inexpensive instrument for people seeking to learn more about tension reduction techniques. It is conveniently pocket-sized (4 x 2 1/4 x 1") with solid-state electronics. The skin resistance range is 5K ohm to 2M ohm; skin resistance change indicates 40% of initial resistance; sensitivity, 3% of initial resistance. Includes 9 V battery, cassette training tape, GSR & stress plus user exercises & 10 pg. manual.

No. 42,393 \$69.95

(I) GSR Meter . . . An ESC Surplus Value!

The Galvanic Skin Resistance Meter is a transistorized electronic device that monitors changes in body resistance by using 2 sensitive sensors. Intended for entertainment purposes, it's a simple, inexpensive monitor (it is not a polygraph). Discover hidden numbers . . . play amateur detective games . . . become aware of your emotions!

No. 72,457 \$10.95

(J) GSR/Temp 2 Biofeedback Relaxation System

• Helps You Monitor Stress & Strain

This galvanic skin response & temperature monitor uses solid-state electronics to detect & amplify internal body activities that change with your state of mind, muscle tension & emotional level. System includes thermistor (remote control temp.), thermometer for starting temp., elastic strap to keep hand in constant contact with unit, 20 minute cassette, earphone, battery, instruction manual & high impact case.

No. 42,637 \$89.95

(K) Success Cassettes

Loaded with proven ideas for success in management and personal development!

Psycho-Cybernetics by Maxwell Maltz, M.D. The power of self-image psychology. No. 42,484 \$9.95

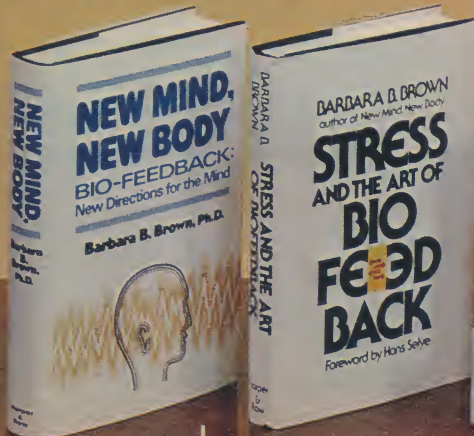
I'm OK—You're OK by Thomas A. Harris, M.D. Understand yourself better & enjoy vastly improved relationship with others. No. 42,485 \$9.95

Memory Magic by William Hayes. Make your memory an obedient servant. No. 42,486 \$9.95

(L) Dr. Barbara B. Brown On Biofeedback

"New Mind, New Body"—Barbara Brown's Classic! This 478 page hardcover book is often referred to as the "Bible of Biofeedback". Dr. Brown is the physiologist-psychologist-pharmacologist who coined the term "biofeedback". No. 9525 \$12.50

"Stress And The Art Of Biofeedback". Dr. Brown's new book is the first comprehensive formulation of how to use biofeedback to treat a variety of illnesses, especially those related to stress. 300 pg. of documented research. No. 9547 \$12.50



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Ideas
For
Success!