



Nikkoly Stanley

B.A. Education

Certified Biofeedback Specialist (CBS)
Certified Stress Management Specialist (CSMS)
and Certified Mind NRG Spiritual Coach (CMSC)
doTERRA Wellness Advocate

<http://www.reallylivewellness.com>

reallylivewellness@protonmail.com

Phone: (509) 881-4152

Welcome to Really Live Wellness!

Welcome to a whole different approach to taking care of the body. Biofeedback is not a reductionist approach of the simplifications model of healthcare. We do not look at the body in terms of diagnosis, but imbalances which impede the body's ability to recover from stress. We do not seek to prescribe, but to encourage balance in the ways the body reveals are necessary for proper functionality. The body electric is a complex design and absolutely nothing within it works in isolation. One imbalance will lead to another, and so one system will entwine with another. Biofeedback entrains these systems to work harmoniously and can be a fabulous adjunct towards your wellness goals.

Biofeedback is the response of a living system to a physical stimulus. Positive biofeedback provides a mechanism to reinforce a desired action. Negative biofeedback elicits a change in behavior or stops a behavior by providing a punishment whenever that behavioral pattern is attempted, thus discouraging the repetition of the activity. This Biofeedback device provides an accurate measurement in a double blind process-neither the client nor the technician knows what is being tested and therefore the results are not influenced. The multi-channel approach allows bioresonance testing of thousands of substances (body tissues, vertebrae, acupuncture points, organ tissues, hormones, nutrients, herbs, homeopathics, microorganisms, etc.). The computer presents the results by ranking the body's reactions from the most to the least. Autofocus technology allows the equipment to deliver electronic versions of trainings and automatically change the delivered training based upon the body's responses. It can notify the technician when the training is too strong or too quick so that it becomes a source of stress to the client. This training can then be stopped so the client has time to assimilate the changes.

This device is not designed to find the disease or put a label on the symptoms. It simply measures the physiological and energetic reaction to the thousands of items tested, and rank them from the most reactive to the least. Every client reacts to all items. This does not mean they will get or actually have every disease or that they need every nutrient or training. In order to determine the significance of any item, even of the highest reacting one, a longer test needs to be done to determine the resonance of the energetic stimulus. Even if there is a high resonance, the information cannot be interpreted as a diagnosis or prescription, because there are many reasons the reaction may have occurred and all possibilities would need to be evaluated. Consequently, interpretation of the data is important and can possibly be more easily done by looking for systemic patterns-that is, multiple pointers to one system being more out of balance than any others. Then the session can be focused on balancing the various aspects of wellness for that system.

The beauty of the Quantum Biofeedback is it is designed to find the many underlying stresses in the internal milieu that set individuals up to be susceptible to the complaints they come in with. If people come in for wellness checks or preventative maintenance, then imbalances, found in their energy fields before they manifest in the physical body, can be balanced, and the physical ailment may possibly be prevented entirely.

Here is to Really Living!!!

Nikkoly Stanley, CBT