

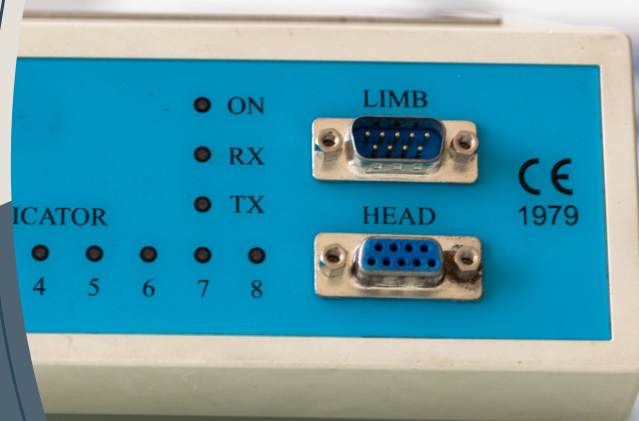


HEALTHING LIVING WITH
GALYNA VLASOV, ND

QUANTUM INDIGO BIOFEEDBACK

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The **Indigo biofeedback** was created through years of research into the fields of bioenergetics, and utilizes similar scientific theories and technological knowledge as devices like the EEG, EKG, EMG, GSR, TVEP all of which measure the body electric in order to provide information about the state of your health. The Indigo, however, is gentler and less invasive to the body. It is the **most accurate and sensitive technology** of its kind for identifying stress reactions to over 10,000 trivector, voltammetric algorithmic signatures stored in its database, such as those taken from nutritional items, emotional imponderable formulas, allergens, toxins and more. The sophisticated wave-form generator also works to **re-train harmony to the physical and emotional state** by addressing aberrant stressful reactions to help you create more cohesive and coherent patterns. Indigo allows the practitioner to have greater access into the profile of stress; it is a powerful tool for stress reduction and restoration of vibrant wellness. Indigo assists you in reconnecting yourself to your own inner knowing; revealing your innate wisdom to assist in identifying where to make lifestyle change and which specific stress reactions to manage.

The human body does not come with an instruction's manual. However, Indigo can provide the clues necessary to create self-directed control, vitality and thriving.

IMPACTS OF STRESS

Stress is created by any upset to our body's equilibrium. It can come from a wide variety of sources including: deadlines, pressures, excess stimulation, lack of sleep, exercise and good nutrition, emotional trauma, physical injuries, illness, infections, and much more.

NIH research indicates that stress plays a role in at least 87% of all illnesses. Over a prolonged period, stress can complicate such complex mental and physiological conditions as:

- Depression
- Anxiety
- Mood swings
- Increased BP
- Hormonal imbalance
- Shortness of breath
- Muscle tension
- Excess perspiration
- Elevated heart rate
- Chronic fatigue/pain

Many epidemic disorders have strong correlations to unmanaged or prolonged stress: diabetes, hypertension, obesity, cancer, endocrine disturbances, and a variety of mental health disorders. The INDIGO™ Biofeedback System builds upon major developments in the fields of bioenergetics, voltametrics, quantum physics, homeopathy and more. The INDIGO™ is unique in the field of biofeedback because of its proprietary algorithmic formulas and VARHOPE measurements, which have been shown in clinical studies to be strongly correlated with the body's improved ability to adapt to various forms of stress. The sophisticated waveform

generator also works to re-train harmony to the physical and emotional bodies by addressing aberrant stressful reactions to help you create more cohesive and coherent patterns.

HOW DOES THE INDIGO™ BIOFEEDBACK SYSTEM WORK?



The INDIGO™ System utilizes five comfortable, conductive straps with sensors that measure Electro-Dermal Response on the wrists, ankles and forehead. It is accurate and sensitive enough to measure the EDR and electro-physiological reactivity of stress reactions to over 11,000 different trivector signatures which commonly interact with the human body. The results, which appear in the matrix of the INDIGO™ software interface, allow the practitioner to have greater access into the profile of stress factors pertinent to lifestyle and wellness.

WHAT RESULTS CAN ANYONE EXPECT?

Biofeedback is a relaxing, soothing and beneficial experience. Medical research shows that the benefits of biofeedback may include the following:

- Ability to relax more quickly and easily
- Improved sleep
- Reduction of stress, tension and nervousness
- Improved general health and sense of well-being
- Reduction of anger, fear, gloominess and apprehension

- Heightened muscle mobility, flexibility and sport performance
- Enhanced mental clarity, memory and attention
- Decreased pain, fatigue, headaches

The biofeedback helps to manage and retrain stress patterns and educates you on crucial information about stress; empowering you to make lifestyle changes to support overall health and well-being. The INDIGO is an excellent device used for prevention, balancing, and harmonizing the body. There are over 3500 programs, some examples: anti-aging, reduction of appetite, addictions, stimulating the immune system, improving digestion, stimulating memory, concentration, increasing metabolism, skin rejuvenation, Neuro Linguistic Program, emotional state, neurotransmitters, vitamin profile, cellular and metabolic age, overall body and spirit wellness and much more.

FAQ

[What is the science behind the INDIGO \(Quantum Biofeedback\)?](#)

The accuracy and reliability of the INDIGO System is based on decades of research conducted in the field of bio-energetic and bio-response. Science has shown us that the body is indeed electric; therefore electrical reactivity in the body can be measured via responses to impedance, amperage, voltage, capacitance, inductance and measures sixteen electrical parameters of the body. Tri-vector resonant frequencies (a mathematical calculation of the relationship between voltage, amperage and resistance) of substances are compared to the trivector resonant frequencies of humans.

[What is INDIGO Quantum Biofeedback all about?](#)

It is a revolutionary computerized biofeedback system that is highly sensitive. It is capable of calculating over 65,000,000 bits of bio-energetic data from the client to help detect stressors in the body within 3,5 minutes. There are over 3500 energetic modalities offered by the INDIGO Quantum Biofeedback System. This system gives you very fast insight into what is causing you distress. That is why it is nicknamed “Quick – See” because of its ability to very quickly see what is affecting you within your body and your environment. It measures the bio-energetic balance and overall stress reactions of the body making it the best energetic biological analysis possible. Excess stress is one of the pathways to disease and the INDIGO QUANTUM BIOFEEDBACK harmonizes and reduces the stressors that can create disease.

[How does the INDIGO device work?](#)

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

Quantum Biofeedback is totally noninvasive. A quick three-minute test is performed energetically and the results are fed into the computer software. This provides the Practitioner with information about the state of the energy and stress(es) 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 then, that Quantum Biofeedback can be applied in order to help you correct and reduce the stressors energetically.

[How the INDIGO Quantum Biofeedback was developed in NASA?](#)

The basic foundations of the highly advanced and sophisticated INDIGO Quantum Biofeedback System evolved from some well known inventors who initially were studying the basics of energetic biology and quantum biophysics – such as Volta, Ampere, Ohm, Einstein, Becker, Priori, Beardall and others.

By adapting their work Dr. William Nelson and a team of scientists in the 1980's for the use in space where cosmonauts would treat themselves in orbit without the need to take medication since there are no hospitals or pharmacies in space. The project called SCENAR (Self Controlled Energetic Neuro Adaptive Regulation) came into existence. It works by stimulating the brain with a constantly varying signal that causes it to instruct the nervous system to generate neuropeptides, the key biochemicals needed for the body to balance itself.

Neuropeptides may be considered as our biological internal pharmacy and thus the INDIGO Quantum Biofeedback was born.

When Albert Einstein laid down the equivalence of matter and energy in his famous formula $E=mc^2$ it opened up the parameters to see the human system in a new dimension –as an electromagnetic field. This was an important step toward energetic biology and the physics of the human body (bio-physics).

Based on the principles of quantum energy, it harmonizes the human energy field through new information that the body looks for to balance itself.

With INDIGO Quantum Biofeedback, the body is able to exchange information with the instrument. It sends electromagnetic signals to the resonant device which absorbs them, harmonizes the body's oscillations and sends them back to the body.

For the first time, the human organism with its thousands of different oscillations was able to harmonize the frequencies of specific cells. The harmonization is accomplished through biophysics and the sending receiving of oscillations from the instrument. There is a blue print for perfect health which quantum bio-resonance is able to address and balance. This fine tuning of oscillations also slows the process of aging.

The scientific theories behind this device are contained in the 1250 pages of the PROMORPHEUS written in 1982. The device has had over 300 research articles written on it in medical journals. The device has been taught worldwide in medical schools since 1995. Many health professionals of all specialties use INDIGO around the world.

What does the INDIGO device scan?

It can scan everything from vitamin levels, amino acids, nutrients, pH, cellular age, metabolic age, nutrients, food substances, minerals, fatty acids, enzymes, toxins, viruses, deficiencies, weaknesses, food sensitivities hormones, fungus, muscle tone, worms, bacteria, disease, balance of internal organs, emotions (emotional chart), neurotransmitters, psychological factors, frequency, amperage, voltage, inductance, capacitance, oxygenation, hydration and much more. The list is endless.

The information provided by the INDIGO device is fundamentally different from x-rays, blood tests, etc because it tells us about the energetic state of one's body and the direction in which the body focuses its energy to balance and harmonize itself. In simple words, it will tell you what your body wants and needs – nutritionally, mentally and emotionally.

How can the INDIGO device help?

The INDIGO device has a special program called NLP (Neuro Lingual Programming) for harmonizing and balancing the mind-body connection. This is a very powerful technique for psychological conditions such as allergies, migraines, gastro-intestinal problems, impotence, depression, anxiety, insomnia, trauma, phobias, addictions, panic attacks, eating disorders, stress, concentration, learning disorders, weight loss, stress management, pain management, self-esteem, sports enhancement, performance anxiety and much more. It is also used to stimulate immune function, destroy pathogens, detoxify free radicals, reverse disease, anti-aging and rejuvenation. It offers many ways to lengthen your life and to strengthen its quality. It is also helpful in other health conditions such as menopause, diabetes, back pain, chronic fatigue, metabolism, dissolves adipose tissue, oxygenation, injuries, digestive problems, high blood pressure and skin disorders. It is also used to energetically balance various systems in the body such as nervous system, endocrine/hormonal system, digestive, musculo-skeletal system, etc.

Who is using Quantum Biofeedback and INDIGO?

Currently, there are thousands of health care practitioners using the INDIGO on every continent throughout the world including Medical Doctors, Veterinarians, Chiropractors, Psychologists, Hypnotherapists, Dentists, Modular Biologists, Nutritionists, Acupuncturists, Naturopaths, Homeopaths, Research Institutes, as well as anyone who wants to incorporate personal relaxation for stress and pain management.

How is the INDIGO Quantum Biofeedback set up?

This device is a computerized system and is connected to the client via a comfortable headband, wrist and ankle straps which contain sensors that send cellular level electromagnetic signals into the body. It is comfortable and very safe. The client does not feel anything because

it is set at biological levels and there are no side effects. It is relaxing, reduces stress and balances the body.

What does the INDIGO Quantum Biofeedback not do?

The INDIGO QUANTUM BIOFEEDBACK picks up and scans only tendencies rather than disease as only the doctors can diagnose disease. The INDIGO tells us about the energetic state of your body and the direction in which your body is focusing its energy. The facts are neither the INDIGO QUANTUM BIOFEEDBACK nor therapist can diagnose anything at all, only a trained and licensed M.D. can. Yet the device is especially helpful to assessing, analyzing health situations as well as reducing stress and revitalizing, harmonizing the body. The device does not magically cure disease. In reality the INDIGO Quantum Biofeedback is an effective stress reduction tool and a powerful preventative tool. It is safe, gentle, non-invasive and natural to enhance your body's wellness.

So in summary what is Quantum Biofeedback all about?

It is about functioning well and feeling good. Quantum energy is a new field – like nothing you have experienced before. We explore your energy field with a new highly sophisticated process called Quantum Resonance. It comes from the word resonance. To resonate. To be in tune, to be in sync. Life itself is about energy flow because everyone runs on electrical energy. How can your system get out of resonance? Because you live in a very fast moving electrical world. Microwaves, cellular phones, TVs, computer monitors, electronic air waves. All this “electro-smog” in your world throws off your highly calibrated and complex internal electrical system. Protect yourself from electromagnetic radiation. So the Quantum Biofeedback rebalances your energy field through bio-physics instead of biochemistry which is the traditional old way and helps smooth out your energy flow.

What does Quantum Biofeedback feel like?

Most individuals feel nothing at all, while others can experience a state of deep relaxation and a general sense of well-being or some even feel energized immediately following a session.

Who could benefit from the INDIGO?

Anybody and everybody. From infant to senior, and including animals!

Quantum Biofeedback's communication with the client is independent of, and not reliant on language, verbal, visual, or conscious thought processes.

How many sessions do I need?

Biofeedback is an entrainment process. Entrainment is a well-studied phenomenon within physics, by which two separate systems, operating at varying frequencies, will settle into a common frequency when situated within one's field of influence. It may take the body multiple

sessions to entrain or “relearn” healthier patterns. Some people respond very quickly, especially those whose lifestyle choices are already aligned with good health.

Others may need more education, training and support around improving nutrition, exercise and / or sleep patterns, or avoiding addictive substances etc. Generally speaking, the longer anybody has held certain stress patterns which are causing them pain or illness, the more sessions they may need to begin re-balancing or retraining those patterns and reactions.

Generally, it recommended to have 5-6 sessions in order to truly see and feel the results.

[Are there any contraindications to using the INDIGO™ biofeedback system?](#)

If you are pregnant, have a history of seizures, or are wearing a pacemaker, you are advised to have a wireless session with the INDIGO™ biofeedback system, rather than be connected with the straps and accessories.