



Obesity

INDIGO Biofeedback

Key facts

- Worldwide obesity has more than doubled since 1980.
- In 2008, 1.5 billion adults, 20 and older, were overweight. Of these over 200 million men and nearly 300 million women were obese.
- Nearly 43 million children under the age of five were overweight in 2010.
- a BMI greater than or equal to 25 is overweight, 30 is obesity

Serious Health Ramifications of Obesity

•Overweight and obesity constitute the fifth leading causes of deaths globally. At least 2.8 million adults die each year as a result of being overweight or obese. In addition, 44% of the diabetes burden, 23% of the ischaemic heart disease burden and between 7% and 41% of certain cancer burdens are attributable to overweight and obesity. (WHO, 2011)

Obesity is entirely preventable. There are many explanations for its cause, the narrowest of which are lifestyle choices which include wrong food choices and habits that are too sedentary. Other theories for why people choose to over-eat include the suppression of overwhelming emotions such as loneliness, fear, anger, depression or anxiety. Other theories mirror the theories of all addictions, a rush of “feel good” hormones and neurotransmitters enter the bloodstream after eating, encouraging the continuation of the behavior of ingesting foods without a sense of adequate control.

In other words, obese people, like drug addicts, may be trying to compensate for an abnormal response to dopamine, the neurotransmitter that mediates reward-seeking behavior.

This anomaly may cause them to douse themselves continuously with food.

(A multifaceted strategy is needed to treat addiction: Pharmaceuticals, biofeedback and group therapy all have their place. OBESITY AND ADDICTION Scientific American.

While there is a scarcity of research conducted specifically on biofeedback as it relates to obesity. Many studies on biofeedback and addictive behaviors have been completed; the outcomes of which consistently show biofeedback as able to promote an increase in internal levels of locus of control. Because of its proven ability to improve locus of control, and a sense of autonomous self-efficacy, biofeedback is very likely to provide positive outcomes for those seeking to stop over-eating and begin taking charge and properly manage a healthy weight.

In addition, several of these studies have also shown biofeedback to be effective in reducing signs of depression and anxiety concomitant with addictive disorders, like alcoholism and substance abuse, by increasing their ability to access theta and alpha brainwaves associated with feelings of well being. Logic dictates then that biofeedback would very likely benefit people who suffer from food addictions derived from “emotional eating”.

INDIGO biofeedback has been proven to reduce symptoms of pain, depression, stress and anxiety that can trigger episodes of over-eating, while at the same time improving energy and sense of well-being; two contributing factors in generating stronger locus of control in over-eating and in making healthier lifestyle choices overall. In addition, the INDIGO can help reduce hypertension which often comes hand in hand with obesity, while helping clients gain control over their responses to stress. Let INDIGO help you help yourself in living a healthier more active life.