

## QUANTUM BIOFEEDBACK STRESS REDUCTION

Take Care of Your Health with  
Proactive Stress Management.

Relieve stress caused by:

- ◇ Chronic Fatigue
- ◇ Illness & Infection
- ◇ Insomnia
- ◇ Toxins
- ◇ Back Pain
- ◇ Post-Op Recovery
- ◇ Injuries & inflammation
- ◇ Work Pressure
- ◇ Study Stress
- ◇ Anti-Aging
- ◇ Menopause
- ◇ Migraine headaches
- ◇ Emotional Stress
- ◇ Nervous System ailments
- ◇ Depression
- ◇ Intensive training &  
Competition

Lisa Williams PhD  
Quantum Biofeedback Stress  
Reduction Specialist



**INDIGO - Stress Reduction  
Technology**

*Disclaimer: The Indigo system is a biofeedback device designed for stress reduction, muscle re-education & pain management. It does not diagnose any condition, disease or disorder. Only a licensed medical practitioner can diagnose a patient.*

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Promote Your Health  
with  
State of the Art  
Stress Reduction

# INDIGO: Quantum Biofeedback System

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## What is Quantum Biofeedback and How Can it Help Me?

The INDIGO builds on major developments in fields of bioenergetics, voltametrics, quantum physics, homeopathy and more. It utilizes similar technology to the MRI, CT scan, EEG, ECG – all of which measure electrical activity to provide information on your health.

The iNDIGO is unique in the field of biofeedback due to its proprietary algorithmic formulas & VARHOPE measurements, shown in clinical studies to improve upon the body's ability to adapt to certain forms of stress.

### Benefits include:

- ◆ Ability to relax more quickly;
- ◆ Improved sleep;
- ◆ Reduced stress, tension, nervousness, anxiety;
- ◆ Improved general health & wellbeing; More energy
- ◆ Heightened muscle mobility & flexibility;
- ◆ Enhanced mental clarity, memory, attention, focus
- ◆ Decreased pain/headaches

The iNDIGO helps manage & retrain stress patterns; educates on crucial information about stress; empowering you to make lifestyle changes to support your overall health and wellbeing.

## Impacts of Stress

Do you have Stress??

Do you know why???

Do you simply "Put Up With It"?

Did you know that stress is harmful to the body?

Stress is created by any upset to our body's equilibrium. Sources include pressure, deadlines, emotional trauma, pathogens, toxins, lack of sleep, illness & infection and more. Effects of stress can accumulate in the body. NIH research suggests stress plays a role in at least 87% of illness.

Emotional stress is also "recorded" in the muscles & tissues. There are many ways to release this stress & enhance all levels of wellbeing. If it's not released, the body tries to cope.

Alarm

Adaptation

Exhaustion

Early stress responses constitute alarm reactions - our bodies attempt to avert or remove the stress. Continuing stress & we adapt to adjust to this new reality. Chronic stress hormone secretion can result & begin to lead to bodily dysfunctions. Overt symptoms may be gone.

Continued exposure to stress can lead to even adaptive measures breaking down, with the start of disease symptoms. Stress hormone responses become severely challenged, particularly the adrenal glands.

Many epidemic disorders such as diabetes, hypertension, obesity, cancer, endocrine disturbances & various mental health disorders have strong correlations to unmanaged or prolonged stress.

## How the System Works:

The INDIGO system utilizes 5 comfortable straps with sensors that measure the Skin Response on the wrists, ankles and forehead. It is accurate and sensitive enough to measure stress reactions to >10,000 different Trivector signatures, which commonly interact with the human body. These signatures appear in the matrix of the iNDIGO software, giving the practitioner a profile of stress factors relating to your lifestyle & wellness.

Specifically tailored re-training programmes are then used to release stress in the body, addressing aberrant stressful reactions, thus helping you create more cohesive and coherent patterns. Thus, promoting balance, relaxation, healing and general wellbeing. Subtle changes in the human energy field affect physical, mental, emotional and spiritual wellbeing leaving you feeling revitalized, balanced and with more energy.

Biofeedback sessions are relaxing, completely confidential and combine well with other natural or medical healing modalities.

Indigo Session (2h)      \$160

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