

What is the Significance of Biofeedback by Means of Skin Temperature Measurement?

Skin temperature-biofeedback implies the measurement, display and training of skin temperature via modern computer-hardware and software. The Mindfield skin temperature sensor is a highly sensitive sensor which is easily connected to your PC via USB. A modern and clearly laid out software displays the measured temperature in various ways and provides the user with a training that can change his skin temperature for the long-term.

What are the Areas of Application and Objectives of Skin Temperature-Biofeedback?

Skin temperature-biofeedback induces a recreative effect for the body and thereby offers many opportunities for application in modern medicine. These are amongst others:

- ➔ Hypertension
- ➔ Migrem
- ➔ Fluctuation of blood pressure
- ➔ Morbus Raynaud
- ➔ Chronic stress
- ➔ Cold hands and feet
- ➔ Relaxation-aid
- ➔ Meditation

During most cases a special training for hand warmth is executed which is comparable to the methods of autogenic training. But the training with skin temperature-biofeedback is much more effective.



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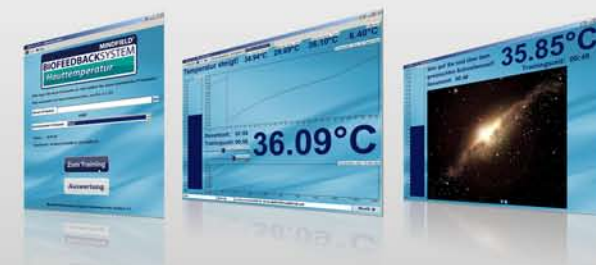
www.mindfield.de

Our online-shop at www.mindfield.de gives you the opportunity to order a skin temperature-biofeedback system, many accessories and consumable items for a low price guaranteed.

Your personal contact person:



www.mindfield.de



**PRODUCT INFORMATION AND
BASIC INFORMATION ON
TEMPERATURE-BIOFEEDBACK**



A Better State of Mind



A Better State of Mind



Mindfield Skin Temperature Sensor - Biofeedback on a Modern Level!

The Mindfield skin temperature-biofeedback system is a combination of a PC-supported, precise temperature sensor and an attractive software for Microsoft Windows. This system provides a goal-oriented temperature-biofeedback, whereupon the skin temperature of the user is measured by the sensor and reported back to him in various ways through the software (feedback). The handling is clearly laid out and flexible for the therapist. The user is provided with varied and clear feedback. Skin temperature-biofeedback is an easily used method which is scientifically approved and suitable for versatile application in a practice or at home.

The system can be entirely used by one single person and offers the following features:

- ➔ Highly precise temperature sensor with minimal latency (20ms)
- ➔ Resolution of 0,01 ° C
- ➔ Comfortable attachment to hands or feet with provided materials
- ➔ USB-connection to your PC, no driver installation needed, real Plug & Play
- ➔ Software directly accessible through USB-stick
- ➔ Storage of all of the data on the USB-stick

What Kind of Physiological Parameter is the Skin Temperature?

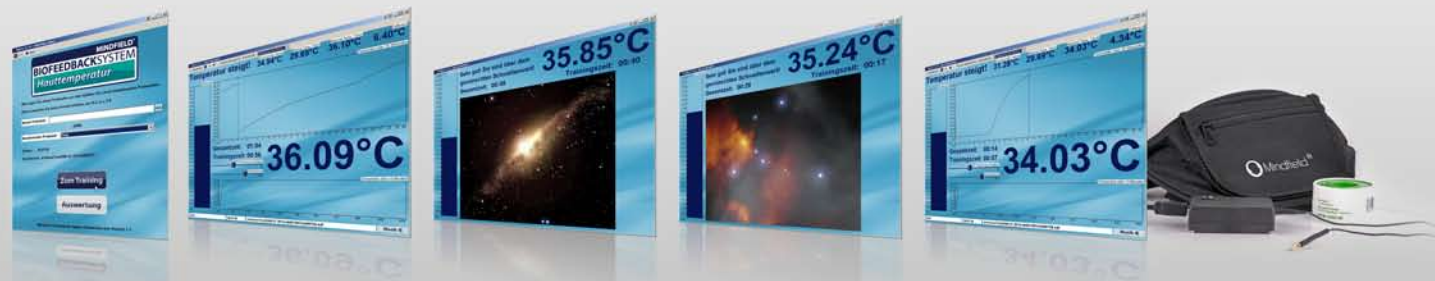
The temperature at the surface of the skin changes accordingly to the circulation of blood through body tissue. The arterioles which cross through the tissue, are surrounded by fibres of smooth muscles and are controlled by the sympathetic nervous system.

During a state of increased exertion, excitement and stress, the muscles are forced to contract, causing a stenosis of vasculature. This leads to a reduction of skin temperature, since the blood circulation of the tissue is reduced. In contrast, during a state of relaxation, the musculature is also bound to relax, causing the vasculature to expand and the skin temperature rises.

When we become ill we often feel cold in the beginning. The act of shivering as a harbinger of fever reveals the fact that the body regulates its temperature through contractions of musculature. Many people suffer from imbalances or disruptions regarding this subject. They have cold hands and feet and feel ill, up to that point, where real diseases such as migrem, morbus raynaud or circulatory disorders manifest.

Who can Execute a Skin Temperature-Biofeedback?

Normally a training of skin temperature is executed by an experienced therapist together with other forms of biofeedback therapy. The user can also execute his own sessions at home with a PC though, after receiving a proper instruction.



For more information please visit our website www.mindfield.com

What are the Possibilities of the Software Regarding the Mindfield Skin Temperature-Biofeedback System?

- ➔ Creation and administration of unlimited user profiles
- ➔ Display in the form of two windows: a control-screen and a training-screen (ideally you are equipped with two monitors)
- ➔ Various forms of temperature display (illumetric display, bar graph, oscilloscope)
- ➔ Various animations for reporting feedback
- ➔ Always adjustable threshold value for the training
- ➔ Comprehensive features for evaluation including print-outs and screenshots
- ➔ Recording of every training session with EDF+ format offers further processing in other programs
- ➔ Export function for Microsoft Excel for further analysis
- ➔ Compatible with Windows XP Home or Professional with Service Pack 3, Windows VISTA (32bit & 64bit) and Windows 7 (32bit & 64bit)