



## EASING ANXIETY with **INDIGO Biofeedback**

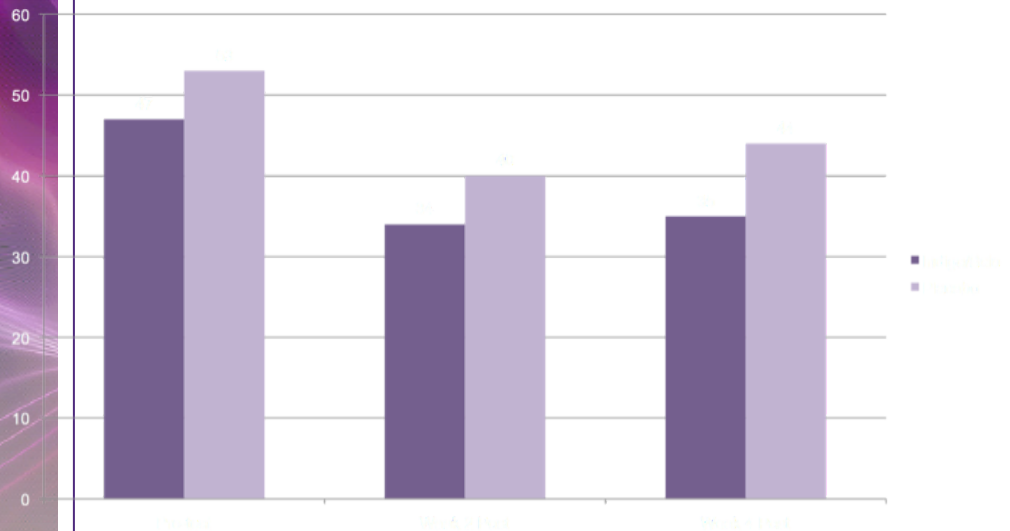
One of the most common yet often crippling mental health challenges is anxiety.

### Anxiety Disorders

Anxiety disorders include panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, generalized anxiety disorder, and phobias (social phobia, agoraphobia, and specific phobia).

- Approximately 40 million American adults ages 18 and older, or about 18.1 percent of people in this age group in a given year, have an anxiety disorder.<sup>1,2</sup>
  - Anxiety disorders frequently co-occur with depressive disorders or substance abuse.<sup>1</sup>
  - Most people with one anxiety disorder also have another anxiety disorder. Nearly three-quarters of those with an anxiety disorder will have their first episode by age 21.5<sup>5</sup>
- <http://www.nimh.nih.gov/health>

People suffering from a broad array of anxiety disorders experience painful shyness, insecurity, heart palpitations, episodes of rapid shallow breathing, muscle tension, and can be paralyzed by fears. The physiological effects of anxiety attacks include a redirection of blood flow and vital energies away from important functions like immunity, circulation, reproduction, digestion and more. These changes can compromise health and well being as well as create corresponding biochemical imbalances in the body.

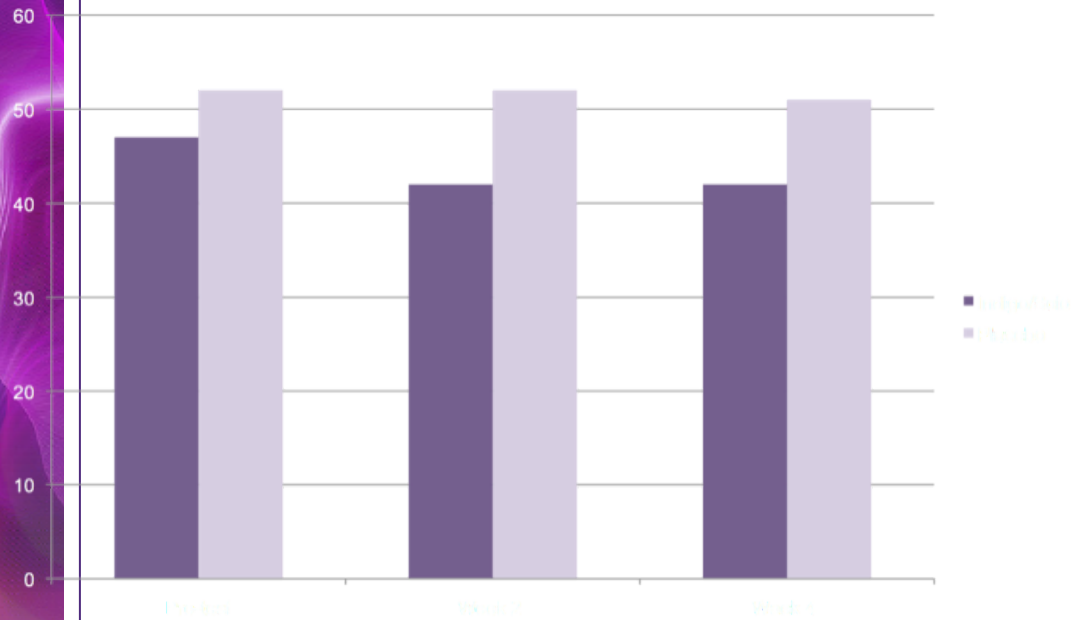


Dark purple=Active INDIGO  
Light purple= placebo



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Randomized, double blind and placebo controlled studies clinical studies have shown that the INDIGO is highly effective in facilitating the management of stress and anxiety. One of the most common standardized surveys utilized in mental health studies for measuring anxiety is the STAI, State Trait Anxiety Inventory. INDIGO efficacy studies show a significant drop in anxiety at the week two interval over baseline, as well as a mean reduction in STATE anxiety levels of 10.76 points over a four week period. This means that the degree of current/ acute or situational anxiety is significantly reduced as an outcome of a 45 minute INDIGO biofeedback session.



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The INDIGO also shows a significant reduction in the TRAIT anxiety measure, which reflects anxiety that is more organic or constitutional in nature. The mean reduction of 6.34 in TRAIT anxiety over just 4 sessions indicates that anxiety as a personality trait may also be better managed or improved with INDIGO BIOFEEDBACK.

The INDIGO takes electrical measurements of the body/mind reveals information about how stress may be affecting different aspects of the body. Research on INDIGO reveals a significant improvement of between 8 -15 points in AMPERAGE, which is sometimes associated with life force, the emotions of love in the body after each session! This correlation in the body electric is verified by the STAI efficacy measures! INDIGO exhibits a sustained improvement in Amperage of over 15 points from four weeks post intervention; and as much as 38 points greater improvement as compared with the placebo group.

For more information about how to find an INDIGO practitioner to help you, your loved ones, employees or clients better manage stress and anxiety; or to receive information about how to purchase an INDIGO for home, work or professional use please contact us: