**Biofeedback Graph Interpretation Guide**

**Purpose**: This guide will teach you how to interpret biofeedback graphs, focusing on identifying functional imbalances, pinpointing affected body systems, and understanding energy levels.

**Step 1: Identify the Lines and Colors**

* **Red Line**: Represents *hyperfunction*, or overactivity, of organs and tissues. Look for where the red line is significantly higher than the blue line, as this indicates stress or chronic imbalance.
* **Blue Line**: Represents *hypofunction*, or underactivity, which generally points to areas with low energy or reduced function. These areas are often easier to support back to balance than hyperactive regions.

**Tip**: **Red** line above **blue** indicates an overactive or stressed area, while blue below red shows underactivity or reduced function.

**Step 2: Examine the Vertical Axis (Energy Levels)**

* The vertical axis measures energy, ranging from **1 (lowest energy)** to **7 (highest energy)**.
* **Ideal Range**: Both **red** and **blue** lines should align between **5-7** for optimal health, showing stable, well-functioning systems.
* **Interpretation of High and Low Ranges**:
	+ **Above 7**: Significantly elevated activity could mean chronic stress or a potential imbalance.
	+ **Below 5**: Indicates low energy or under functioning, requiring support to improve energy levels.

**Step 3: Identify Each System by Its Position on the Horizontal Axis**

* Each section on the horizontal axis corresponds to a specific organ system, tissue type, or body part.
* Familiarize yourself with the key intervals to quickly locate different body systems:
	+ **1.8** – Skeletal system (Osteo/Core Systems)
	+ **2.6** – Connective tissues, nerves, cardiac structures (Cardio/Core Systems)
	+ **3.4** – Unstriated muscle tissue (organs) (Core/Osteo Systems)
	+ **4.2** – Digestive tract lining (Digestive/Core Systems)
	+ **4.9** – Liver, kidneys, reproductive organs (Urogential/Core Systems)
	+ **5.8** – Respiratory tract, lymphatic system (Respiratory/Blood and Lymph – DO NOT include blood in meta correction therapy)
	+ **6.6** – Peripheral nervous system, adrenals, thyroid (Nervous/Endocrine Systems)
	+ **7.4** – Brain structures, lungs (Nervous/Core Systems)
	+ **8.2** – Retina, optic nerve, cerebral cortex (Core/Sensory Systems)

**Tip**: Memorizing these will make interpreting each section faster and more accurate.

**Step 4: Observe Patterns in Line Positions and Identify Imbalances**

* **Aligned Red and Blue Lines in the 5-7 Range**: A sign of balance. This indicates that the energy levels for the system are stable.
* **Red Line Above Blue**: Hyperfunction (Inflammation/Imbalance). Systems showing a red line significantly above the blue line suggest overactivity and chronic stress.
* **Blue Line Below Red**: Hypofunction. A blue line below the red line implies low energy or underactivity, often easier to balance through targeted support.

**Step 5: Note Deviations and Apply Interpretation Based on Context**

* Deviations, either above or below the ideal 5-7 range, indicate systems needing attention. For example:
	+ If the **digestive tract lining** (4.2) shows **red** significantly above **blue**, it suggests digestive stress or chronic imbalance, prompting a focus on supporting gut health.
* Evaluate these variations in context. For instance, clients undergoing detox may temporarily exhibit fluctuations in energy levels as their body rebalances.

**Step 6: Consider Influencing Factors**

* **Stress and External Factors**: High stress or external influences, like recent illness, can affect energy levels. When interpreting graphs, consider these factors as they might explain temporary shifts in hyper- or hypofunction.
* **Client History and Symptoms**: If the client has a known history of imbalances (e.g., adrenal fatigue or digestive issues), watch these areas closely for consistency with symptom history.

**Step 7: Assess for Progress and Adjust Recommendations**

* **Track Changes Over Time**: By comparing graphs across multiple sessions, you can gauge progress. Look for a steady alignment of red and blue lines within the 5-7 range.
* **Plan Adjustments Based on Patterns**: Consistent improvements or declines should guide adjustments in biofeedback recommendations, dietary support, or lifestyle changes.

**Quick Checklist for Interpretation**:

1. **Identify red and blue lines** and their meaning.
2. **Check energy levels** on the vertical axis (1-7 scale).
3. **Locate body systems** on the horizontal axis.
4. **Look for imbalances** (**red** above **blue** or **blue** below **red**).
5. **Interpret deviations** with context (stress, client history).
6. **Evaluate changes over time** to guide recommendations.

**Example Scenarios**

**Scenario 1: Chronic Condition Read Across Multiple Points**

* **Graph Read**:
	+ **Vertical Axis**: **Red** line is between **5-6** and **blue** line is between **3-4**.
	+ **Horizontal Points**: The intersection occurs consistently at **2.6, 4.9, and 6.6**, showing imbalances across **connective tissues, liver/biliary system, and adrenals**.
* **Interpretation**:
	+ The **red** line between **5-6** and **blue** line between **3-4** suggests significant hyperfunction across multiple systems. This pattern indicates chronic imbalances likely affecting connective tissues, the liver, and adrenal glands. Due to the distribution of hyperfunction across these points, the client may be dealing with systemic stress affecting multiple body systems.
* **Explanation**: This graph suggests an underlying chronic stress or inflammatory response within these three critical body systems, prompting a focus on adrenal and liver support, as well as reducing systemic stressors.
* **Creating a Protocol**:
	+ **Preset Group Setup:** Setting up a preset for the points on the graph that are intersecting **red** over **blue**: Create a group present for 2.6 (Cardiovascular System), 4.9 (Urogenital System), and 6.6 (Nervous System)

**Scenario 2: Hypofunction Across a Single System with Mild Imbalance**

* **Graph Read:**
	+ **Vertical Axis:** **Red** line is between 3-4 and **blue** line is between 2-3.
	+ **Horizontal Point:** Intersection is around 4.2, indicating the digestive tract.
* **Interpretation:**
	+ With a lower range of both lines, there is a mild hypofunction in the digestive system, possibly signaling mild digestive inefficiencies, which could be related to stress or nutrient absorption issues.
* **Explanation:**
	+ Hypofunction suggests that this area may benefit from light intervention, focusing on optimizing digestive function and absorption. Mild issues here typically respond well to dietary adjustments and general support.
* **Creating a Protocol:**
	+ **Preset Group Setup:** Establish a single-system support protocol for 4.2 (Digestive System) to optimize function in the digestive tract.

**Scenario 3: Potential Cancer Indicator**

* **Graph Read:**
	+ **Vertical Axis:** **Red** line between 5-6, **blue** line between 3-4.
	+ **Horizontal Point:** Intersection is around 6.6, covering the peripheral nervous system and endocrine system.
* **Interpretation:**
	+ With the **red** line between 5-6 and the **blue** line lower at 3-4 in the 6.6 range, this suggests a notable hyperfunction, potentially chronic, in the peripheral nervous system or adrenal glands. The significant energy gap indicates tissue stress that may be monitored closely for any underlying pathology and could signal a potential for cancer if observed repeatedly in this pattern across multiple sessions.
* **Explanation for Trainee:**
	+ This pattern necessitates continuous monitoring for sustained changes. Further inquiry into symptoms or environmental factors affecting these areas could reveal stressors. **Note:** Cancer indicators require additional testing for confirmation. Trainees should refer to the V-Test cancer screening process on Oberon’s training platform before discussing such concerns with a client.
* **Creating a Protocol:**
	+ **Preset Group Setup:** Develop a targeted protocol for 6.6 (Nervous and Endocrine Systems) to monitor hyperfunction and systemic responses.

**Scenario 4: Systemic Hyperfunction in Cardiovascular and Muscular Systems**

* **Graph Read:**
	+ **Vertical Axis:** **Red** line between 6-7, **blue** line between 5-6.
	+ **Horizontal Points:** Intersection points at 2.6 and 3.4, indicating cardiovascular, striated muscular, and cardiac muscle systems.
* **Interpretation:**
	+ Elevated **red** and **blue** lines in these ranges suggest high energy output in the cardiovascular and muscular systems. This pattern might be associated with high activity or systemic pressure on these systems, potentially due to stress or an intense physical regimen.
* **Explanation for Trainee:**
	+ When both lines show a high reading close together, the focus is often on supporting these systems to handle ongoing physical demands. Recommendations might include cardiovascular and muscular recovery support.
* **Creating a Protocol:**
	+ **Preset Group Setup:** Establish a protocol for 2.6 (Cardiovascular System) and 3.4 (Osteo/Muscular/Core Systems) to balance systemic hyperfunction across these areas.

**Exercises for Practice**

**Below are a series of Examples to complete:**

**Exercise 1:** Chronic Imbalance in Skeletal and Connective Tissues

* **Graph Read:**
	+ **Vertical Axis:** **Red** line is between 5-6, **blue** line between 3-4.
	+ **Horizontal Points:** 2.6 and 4.2, targeting the skeletal system and connective tissues.
* **Interpretation:**
* **Creating a Protocol:**
	+ **Preset Group Setup:**

**Exercise 2:** Digestive and Respiratory System Hypofunction

* **Graph Read:**
	+ **Vertical Axis:** **Red** line is between 3-4, **blue** line between 2-3.
	+ **Horizontal Points:** 4.2 and 5.8, covering the digestive tract and upper respiratory tract.
* **Interpretation:**
* **Creating a Protocol:**
	+ **Preset Group Setup:**

**Exercise 3:** Hyperfunction in Peripheral Nervous and Muscular Systems

* **Graph Read:**
	+ **Vertical Axis:** **Red** line is between 6-7, **blue** line between 4-5.
	+ **Horizontal Points:** 3.4 and 6.6, targeting unstriated muscular tissue and the peripheral nervous system.
* **Interpretation:**
* **Creating a Protocol:**
	+ **Preset Group Setup:**

**Answer Key**

**Exercise 1 Answer Key:** Adrenal Hyperfunction with Digestive and Connective Tissue Hypofunction

* **Graph Read:**
	+ **Vertical Axis:** **Red** line is between 5-6, **blue** line between 3-4.
	+ **Horizontal Points:** 2.6 (connective tissues), 4.2 (digestive tract), and 6.6 (adrenal glands).
* **Interpretation:**
	+ The **red** line is significantly elevated above the **blue** line, especially in the adrenal area (6.6), showing hyperfunction. This indicates a heightened stress response or increased adrenal activity.
	+ Hypofunction in the digestive (4.2) and connective tissues (2.6) suggests these areas may be affected by lower energy availability or nutrient insufficiency, possibly due to the body’s stress response diverting resources.
* **Explanation:** The graph highlights stress-induced hyperfunction in the adrenal glands, with concurrent low function in the digestive and connective tissues. This pattern may suggest that the client’s adrenals are under strain, possibly leading to energy depletion in the digestive and connective tissue areas. Supportive protocols should focus on managing stress and fortifying digestive and connective tissue health.
* **Creating a Protocol:**
	+ **Preset Group Setup:** Create a group preset for: 2.6 (connective tissues), 4.2 (digestive tract), and 6.6 (endocrine and peripheral nervous systems).

**Exercise 2 Answer Key:** Digestive and Respiratory System Hypofunction

* **Graph Read:**
	+ **Vertical Axis:** **Red** line is between 3-4, **blue** line between 2-3.
	+ **Horizontal Points:** 4.2 (digestive tract) and 5.8 (upper respiratory tract).
* **Interpretation:**
	+ The **blue** line lower on the vertical axis suggests hypofunction in both the digestive and upper respiratory systems, which may indicate lower energy levels and possible insufficiencies in these areas.
	+ This pattern could reflect decreased resilience in the digestive and respiratory systems, possibly linked to nutritional, immune, or inflammatory factors affecting function.
* **Explanation:** This graph indicates potential digestive insufficiency or respiratory stress, which may be linked to immune challenges or nutritional imbalances. The client might benefit from targeted support to these areas to enhance their functionality.
* **Creating a Protocol:**
	+ **Preset Group Setup:** Create a group preset for: 4.2 (digestive tract) and 5.8 (upper respiratory tract and lymphatic systems) (Do not include Blood).

**Exercise 3 Answer Key:** Hyperfunction in Peripheral Nervous and Muscular Systems

* **Graph Read:**
	+ **Vertical Axis:** **Red** line is between 6-7, **blue** line between 4-5.
	+ **Horizontal Points:** 3.4 (unstriated muscular tissue) and 6.6 (peripheral nervous system).
* **Interpretation:**
	+ The **red** line’s high position compared to the **blue** line suggests hyperfunction, which may indicate chronic or intense demand within the muscular and nervous systems.
	+ This could reflect a heightened stress response in these areas, possibly associated with overactivity, inflammation, or continuous stress affecting muscle and nerve health.
* **Explanation:** The hyperfunction observed here suggests significant activity in the muscular and nervous systems. The client may benefit from relaxation techniques and potential support for inflammation or stress reduction to help balance these systems.
* **Creating a Protocol:**
	+ **Preset Group Setup:** Create a group preset for: 3.4 (muscular tissue/Osteo, and Core systems) and 6.6 (endocrine and peripheral nervous systems).