

Just Say KnowTM

by Dr. Sheila Blume

- **Know yourself - Evaluate your own drinking and use of mood-changing chemicals.**
- **Know your weaknesses - Identify high risk patterns of alcohol and other chemical use.**
- **Know your strengths - Learn to relax without chemicals using relaxation tapes or tapes with biofeedback.**
- **Know your limits - For some people one drink is impossible.**



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CAUTION

If you are suffering from alcoholism or other chemical dependency, or think you may be, it is important that you are seen by a physician.

Chemical dependency is often associated with medical complications. The digestive system, the nervous system and other parts of the body may be involved, and there may be significant nutritional deficiencies. Restoration of physical health is important to recovery and good medical care is essential. Emotional states of tension and anxiety, loneliness, resentment, confusion and anger have all served as signals for people who suffer from chemical dependency to feel the need for a drink or drug. These feelings and others may trigger the craving for alcohol in the recovering alcoholic, and therefore may provoke relapse. Thus, learning new positive ways to handle tension and other uncomfortable feelings can be a major factor in preventing relapse. It is also important to note, however, that in some cases chemical dependency is preceded or accompanied by serious emotional disorders which require specialized treatment (along with treatment for the chemical dependency) for recovery to occur. In such cases the relaxation exercises provided by "Just Say Know" will not be sufficient to relieve negative states.

It is importantly to note that symptoms such as tremor, agitation and insomnia that are associated with acute alcohol or drug withdrawal (cessation of drinking or drug use after prolonged heavy intake) require professional evaluation and treatment. This program is designed for use during the rehabilitation phase of your treatment after alcohol/drug

withdrawal has been completed. Thus this program should be used in conjunction with your treatment and regular attendance at A.A. or other support group.

FOREWORD

The "Just Say Know" program was written by Sheila B. Blume, M.D., C.A. C., Medical Director of Alcoholism, Chemical Dependency and Compulsive Gambling Programs at South Oaks Hospital, Amityville, N.Y. And Clinical Professor of Psychiatry at the State University of New York at Stony Brook.

Dr. Blume has helped hundreds of men; women and teenagers develop new attitudes, new ways of living and satisfying lives free of alcohol and other dependence-producing drugs. This is what is meant by sobriety. This program is NOT meant to be a substitute for professional treatment or for membership in a self-help fellowship such as Alcoholics Anonymous. It is meant as a way to evaluate your chemical use and as an adjunct in attitude and life change. It is meant to help you find satisfactory ways to relieve tension without the use of alcohol or drugs of abuse.

INTRODUCTION

This program has 3 components:

Part I Evaluating your own drinking and/or use of mood-changing chemicals.

- Learning the key questions to ask
- Charting your own chemical use
- Identifying high risk patterns and circumstances
- Spotting the beginnings of a problem
- Steps to avoid chemical dependency

Part II Learning to relax without the use of chemicals:

- Control of stress through relaxation
- Charting your own patterns of tension
- Using a relaxation audio program with or without biofeedback
- Integrating relaxation into your daily life

Part III

If you have a chemical dependency problem and are receiving help, learning to relax as an adjunct to recovery

- Relaxation as an aid in recovery
- Charting your patterns of tension
- Using a relaxation audio program, with or without biofeedback
- Relaxing with thoughts helpful in early recovery
- Relaxing with thoughts helpful in continuing recovery

HOW TO USE THIS PROGRAM

If you have acquired "Just Say Know" you are already concerned about:

- Preventing chemical dependency; if possible
- Recognizing and correcting unhealthful patterns of alcohol/drug use
- Identifying a chemical dependency if one exists and
- Obtaining appropriate help

The program will address these concerns and do more. It will offer you instruction in relaxation, either with the relaxation audio tracks alone or with the audio plus biofeedback. It will help you integrate regular relaxation into your normal pattern of activities, instead of using alcohol or other chemicals. Furthermore, you find that you do have a problem with chemical dependency and enter treatment; this program will help you learn to relax as an adjunct to your program of recovery. First of all, begin to observe yourself, your pattern of behavior and your use of alcohol and/or other mood- changing drugs.

Listen to CD 1, track 1 & 2. Introduction & Upper Brain – Lower Brain.

The track(s) helps you understand the reasons for taking stock of your use of mood-altering chemicals (alcohol and other drugs). It defines terms and describes patterns of use and of problems that characterize the development of chemical dependency.

PART I: WHAT IS SAFE DRINKING AND SAFE DRUG USE?

1. **Prescribed mood altering drugs** (for example: sleeping pills, tranquilizers, pain killers, sedatives), **these medicines should be taken only as prescribed:**

- These medicines should not be kept in the home medicine cabinet to be used "as needed"
- These medicines should never be shared with a person other than the one for whom the prescription is written.
- Consult your physician if you feel you no longer need the prescribed medication. Some prescribed drugs must be discontinued gradually, while others can be stopped abruptly without risk. Some medications are most effective when continued for a period after the symptoms of illness have been relieved. Others may be stopped when the symptoms are no longer present. Many sleeping medications lose their ability to induce sleep after a few weeks and are therefore prescribed only for short periods.
- Do not increase your dosage of these medicines on your own. If you find you have been taking extra doses, consult your physician
- Many of these medicines interact with alcohol. Do not drink when you are taking them.

2. Alcohol: the most commonly used and abused mood-altering drug.

a) Many people choose not to drink:

- Because of participation in athletics
- On moral or religious grounds
- Because they come from families affected by alcoholism or other chemical dependency
- Because they are taking other medications that may interact with alcohol
- Because they must drive a vehicle, fly an airplane or be on call for an occupation requiring full concentration, reaction time and motor skill
- Because they are in recovery from chemical dependency
- Because they react adversely to alcohol, often with a facial flush, headache and nausea
- Because they suffer from hypertension (high blood pressure), liver disease or other illness made worse by alcohol
- Because they are allergic to one or more ingredients of alcoholic beverages
- Because they are below the legal age for purchasing or consuming alcohol.

b) Any woman who is pregnant or planning pregnancy should avoid all alcohol use up to and including the period of breast feeding.

c) Although there is no absolutely safe level of drinking that would apply to everyone (for example: **people suffering from alcoholism or other drug dependency cannot safely use alcohol at all**), there are some general guidelines for safety:

- Alcohol is metabolized (detoxified) by the human liver.
- The average person metabolizes (detoxifies) about one standard drink per hour, once the alcohol is absorbed into the bloodstream.
- A standard drink means a drink containing approximately 1/2 ounce (about 13 grams) of pure alcohol (see Table 1).
- Alcohol consumed is absorbed into the bloodstream and enters the body's water, both inside and outside every cell in the body. The level of alcohol content in the blood determines the level of intoxication and impairment of functioning. Therefore people who are smaller and weigh less will become more intoxicated than larger people consuming the same amount. Women, because their bodies have less water per pound than men, and because their bodies absorb more of the alcohol they drink, will also become more intoxicated than men on equal doses of alcohol.
- Moderate drinking is generally defined as an intake of no more than 2 drinks on any one day for a male of average size. For women this intake would be less. The "up to 2 drinks" level is based on the fact that the risk for various health problems begin to increase at a level of more than 2 drinks daily.

- Before driving, operating potentially hazardous machinery or doing similar tasks, allow at least one hour for every standard drink consumed, and allow an additional 1/2 hour for absorption of the drink.

d) In order to limit alcohol intake, consider trying the alcohol-free beers and wines now available, or order an ordinary soft drink after an alcoholic beverage. Club soda with a twist of lime is a good, low calorie alternative.

3. Over-the-counter Drugs

- Antihistamines and other preparations used for the common cold can produce drowsiness and/or mood and feeling changes in some people. If you are using a medicine that has this effect, consult your physician about finding a different preparation, and do not drive or operate machinery while taking the medicine.
- Antihistamines may interact with alcohol to produce increased drowsiness. Do not mix these medicines with alcohol.
- Over-the-counter sleeping pills usually contain these antihistamines. Use them with great care if at all.
- "Stay-awake" pills usually contain caffeine, the active ingredient in coffee and cola. Caffeine can produce tolerance, dependence and withdrawal symptoms (feeling sluggish, headaches), and should not be used to excess.

4. Illicit Drugs

No illicit drug use is acceptable. The purchaser and users are breaking the law.

- Even the so-called "recreational user" is, by using these drugs, supporting national and international criminal activity that has progressively undermined our social structure.
- Remember that for underage boys and girls, alcohol is an illegal drug. Adults who provide alcohol to minors are breaking the law and may be held liable for death, injury or property damage that results from such drinking.

Now review Table 2, for a summary of the more common signs and symptom of chemical dependency and Table 3, for a listing of high risk patterns of use.

CHART YOUR CHEMICAL USE

After listening to the audio tracks and reviewing the previous material, begin a record of your chemical use, using the Daily Chemical Intake Chart. Make copies of the chart and use one page each day. Continue recording for as many weeks as you need to get a fair sample of your chemical use. If you anticipate any events that may involve larger amounts of alcohol intake than usual, be sure to chart all of the days before and after the event as well as the event itself.

At the end of each week of this baseline period review the daily charts and prepare the Weekly Summary. Make copies of this chart for your use each week. The weekly summary will give you a chance to obtain a broader picture of your chemical use.

To Use The Charts:

1. Daily intake

- Record each drink and dose of mood-altering chemical. This may be done at the end of the day before retiring.
- Next to the type of drink or chemical, report the quantity.
- If you can, convert alcohol intake into "standard drinks," using Table 1.
- Record a few words to remind you of the situation (for example: "lunch with customer" or "home alone).

Weekly Summary: Chemical Intake

Week # _____ Month _____

Alcohol Use	Mon.	Tues.	Wed.	Thur.	Fri.	Sat	Sun.
# of standard drinks							
More or less than last week?							
Any drinking alone?							
Any drinking to relieve tension?							
Other Chemicals							
Type # of doses							
Type # of doses							
Type # of doses							
More or less than last week?							
Patterns of concern							
Comments							

Ask yourself why you used the chemical and record it under “purposes.”

- Add any comments of interest. Were you urged to drink when you didn't want to? Did you go out of your way to get a drink?

2. Weekly summary:

- Use this chart to evaluate your chemical intake.
- Look for patterns of concern to you. Are you using alcohol or other chemicals in a high risk pattern?
- Look for indications that chemicals are being used to relieve the tensions of everyday life. If so you may decide to learn to relax without chemicals.
- After reviewing your use pattern ask yourself if you wish to change them. If you think you may be chemically dependent, consult your nearest Council on Alcoholism or another professional source of help. (See Resource List at the end of the manual).

If you wish to reduce you're drinking to moderate levels, while you learn to relax, continue recording your drinking but use the Chemical Use and Relaxation Charts described in the next section.

If you plan to make an exception to the "no more than 2 drinks a day" limit for a special occasion, continue to record and examine your patterns. How often you make exceptions? Once or twice a year? Once or twice a month?

PART II: LEARNING TO RELAX WITHOUT THE USE OF CHEMICALS

Now that you have reviewed your own personal patterns of chemical use and had an opportunity to learn about safe use patterns, high risk patterns and chemical dependency symptoms, you are in a position to make changes in the way you use chemicals. Learning to relax without the use of alcohol (or other drugs) will help you to cut down your use to safe levels and to avoid high risk patterns of use.

First, you will be asked to chart your tension levels and chemical use together, for as many weeks as you feel you need, to understand your own personal pattern. Of course, not all tension is negative and undesirable. Mild levels of tension are helpful and even necessary for alertness and energy when performing certain tasks. Excessive tension, on the other hand, can interfere with your ability to function. In charting your tension levels, distinguish between comfortable, helpful levels of tension and excessive tension or tension that persists beyond the period in which it is useful for action or concentration. Observe whether or not you have trouble "unwinding" after the day's activities.

Chart Your Tension Levels

Following your last week of charting chemical intake and examining your weekly pattern, switch to the Daily Tension/Relaxation and Chemical Use Chart.

Daily Tension/Relaxation and Chemical Use Chart

Date _____ Day of Week _____ Week # _____ Month _____

	Time	Tension Level	Comment	Practice Session	Time Spent	Tension Level After	Comment
MORNING							
	CHEMICAL USE						
AFTERNOON							
	CHEMICAL USE						
EVENING							
	CHEMICAL USE						

Weekly Summary: Relaxation/Chemical Use

Week # _____ Month _____

Average Tension	Mon.	Tues.	Wed.	Thur.	Fri.	Sat	Sun.
Morning							
Afternoon							
Evening							
Practice sessions							
Number							
Effectiveness							
Chemical Intake							
# of Standard Drinks							
More or less than last week?							
Any Drinking Alone?							
Any Drinking to Release Tension?							
Other Chemicals							

- Make copies of the chart and fill out one each day.
- Record your levels of tension during the morning, afternoon and evening hours on a scale of 0 to 4:
 - 0 = very relaxed
 - 1 = relaxed
 - 2 = slightly to moderately tense; comfortable
 - 3 = slightly to moderately tense: uncomfortable
 - 4 = extremely tense
- Record your chemical use on the same page. Look for relationships between the two.
- Review Table 3, High Risk Chemical Use Patterns.
- Begin to practice relaxation, either with the audio program alone, or using it with the GSR2 Biofeedback Relaxation System.
- Record your practice session and their results on the same chart, along with your chemical use.
- Monitor your progress on the Weekly Summary: Relaxation and Chemical Use.
- Continue to use the charts until you feel you have established a stable pattern of relaxation and have limited your use of chemicals appropriately. If you are unable to accomplish your goal after an adequate trial, seek professional help.

LEARNING TO RELAX

Situations that we experience as stressful or tense cause both obvious effects, (for example, a feeling of discomfort or an increase in heart rate), and less obvious changes in our bodies. The less obvious changes involve the endocrine system (including the pituitary and adrenal glands), the nervous system and the cardiovascular system, among others. Some changes are short term and temporary, lasting only during the period of acute stress. Others, however, may persist and give rise to stress-related medical disorders.

Although most of the body systems affected by stress and tension are not under your conscious control, by learning to relax your muscles and reach a relaxed mental state, you can influence these systems. By doing so you reduce both short term and long term effects of stress on the body. In addition, by learning to relax at will rather than depending upon a drink or two to "unwind" you can avoid high risk drinking patterns.

You can learn to relax by two related methods. The first employs this relaxation audio program. The second enhances the effectiveness of this program by utilizing biofeedback to help you monitor your degree of relaxation.

If you choose to use the biofeedback method, review the Instruction Manual that is included with your GSR2 Biofeedback Relaxation System. It will explain the very simple principle by which changes in the galvanic skin resistance (GSR) of your fingers, a reflection of the activity of your body's sympathetic nervous system, acts as a

measure of your degree of tension/relaxation. It explains that the GSR2 converts this resistance into a tone you can hear. As your physical and mental state relax, the tone drops, allowing you to monitor your level of tension and to discover your own unique patterns of internal processes which can help you relax quickly in stressful situations. Use the GSR2 along with the relaxation tracks provided in this program for relaxation training.

Practicing Relaxation

Set aside at least one period of 15-20 minutes daily to practice relaxing with the relaxation program and GSR2. You will soon find these sessions so valuable that you will be tempted to practice (with the audio program) more than once a day. Practice as often as you wish. In addition, once you have learned to relax at will, you will take time out throughout the day to relax for 2 or 3 minutes without the audio, repeating to yourself the exercise on the program and using your newly developed skills to handle stressful situations. Applying this technique to relieve your everyday stresses will improve your ability to master the challenges of your life and to avoid high risk drinking.

Practice relaxing in a quiet, comfortable place. Sitting in a soft chair works well, or you may lie down on a couch or bed. Loosen tight clothing.

Allow your eyes to close. You will hear the sound of the ocean on the audio program as you begin to relax. Relaxation begins with slow deep breathing.

Breathing is a function which is involuntary (breathing while sleeping) and voluntary (taking a deep breath before diving). Unless you consciously control your breathing, it will reflect your unconscious emotions. Exercising voluntary control over your breathing is an important step in learning to master relaxation techniques.

To begin the breathing cycle, first you must exhale completely. Initially, for the first few minutes, to learn this technique, you may wish to make a sound as you exhale whispering "Haaah" very softly. Allow your chest to fall, expelling the air. **Continue the exhalation by contacting your stomach in, expelling the remainder of the air in your lungs. At this point let the air flow back into your lungs allowing your abdomen to relax and widen.** (It looks like you are filling your abdomen with air, but in fact, it is your lungs). Continue to inhale allowing your chest to expand slightly. Then repeat the exhalation cycle by allowing the chest to fall gently, feeling the air flowing out.

If you are lying down, your chest and abdomen will fall naturally because of gravity and you will not have to pull your stomach in. However, as you begin your inhalation **you should expand your abdomen voluntarily allowing the air to flow in.**

Breathe through your nose, **if it feels comfortable. Allow your jaw to relax.** Practice deep rhythmic breathing for a few minutes before listening to the audio program.



Listen to the audio program and follow the suggestions. When the program has ended, you may repeat the exercise with the audio program. After some practice, you may follow the audio program exercise by repeating the steps to yourself. **DO NOT LISTEN TO THE RELAXATION PROGRAM WHILE DRIVING A CAR** or while vigilance is necessary.

When you have begun to master the technique of relaxing at will by following the exercise on the audio program, choose convenient times during the day to sit down (for example, at your desk or workplace) and take a few minutes to relax by repeating what you have learned in your mind. Relax to prepare yourself for situations that may be stressful, to "unwind" when tense, and to feel renewed energy. You will find the times in your day when relaxation is most helpful. Record these practice sessions and their effects on your Daily Tension/Relaxation Chart to monitor your progress over time.

Continue to practice relaxing regularly with the audio program as you learn to apply relaxation to your daily life. For some, this practice will be needed more frequently than for others. Continue to chart your progress until you have reached a stable pattern of relaxation and either abstinence or a low-risk pattern of drinking. If you find you are having difficulty relaxing during a particularly stressful period, return to more frequent use of the audio program and to recording your tension levels and practice sessions, until you have resumed control of your tensions.

PART III: LEARNING TO RELAX AS AN ADJUNCT TO CHEMICAL DEPENDENCY TREATMENT

First listen to CD 1, tracks 1 and 2. This explains the usefulness of learning to relax if you are now receiving help for a chemical dependency problem.

Chart your tension levels on the Daily Tension/Relaxation and Chemical Use Chart.

Make copies of this chart and fill one out at the end of each day, as outlined. Record your tension levels on a scale of 0 to 4. Record any use of mood-changing chemicals. Your goal should be complete abstinence from all but prescribed medicines. Your physician or dentist prescribing this medication should be aware that you are chemically dependent and in recovery.

Practice relaxation, as described Part III of this program.

Record your relaxation practice session, using either the audio tracks alone or using them with the GSR2 Biofeedback as described.

During the first 3 to 6 months of recovery you may find the thoughts on tracks 1 and 2 more helpful. After that time

tracks 3-5, or all the tracks to practice your relaxation.

Monitor your progress, using the Weekly summary: Relaxation and Chemical Use. If you find you cannot reach your goals of abstinence and relaxation, seek further professional help.

Continue recording your progress until you have reached a stable pattern of relaxation and abstinence.

Continue to use the audio program for relaxation sessions to reinforce your new patterns of tension relief at regular intervals, at least weekly for the first year and at regular intervals thereafter.

Continue to relax regularly several times a day to renew your energy and relieve the tensions of everyday life.

Table I

“ONE STANDARD DRINK EQUALS”

- One 1 1/2 oz "shot" or "jigger" of 80 proof liquor
- One 12 oz can of ordinary beer (so-called "lite" beers have variable amounts of alcohol, some containing as much as some regular beers. Labeling laws vary in the U.S.A. and Canada, and elsewhere)
- One 12 oz serving of wine cooler
- One 5 oz serving of table wine
- One 3 oz serving of fortified wine (such as sherry, port or Madeira)
- One 1 oz serving of high-proof liqueurs

NOTE:

Cocktails containing more than 1 1/2 oz of liquor (for example: the martini) should be counted as 2 or more standard drinks according to size.

NOTE:

Alcohol content can be calculated more precisely for those beverages labeled as "proof". The term "proof" translates to roughly twice the alcohol content of the beverage. (Example: 80 proof liquor contains about 40% alcohol).

Table 2

POSSIBLE INDICATIONS OF CHEMICAL DEPENDENCY

Early Indications

- drinking (or using) more frequently
- drinking (or using) more at one time
- needing more of the alcohol (or drug) to produce a desired result
- using alcohol (or drug) to relieve life problems, unpleasant feelings or tensions
- taking an extra drink where others cannot see or "tossing down" a drink
- drinking alone
- being unable to recall things that happen while drinking ("blackout")
- feeling the "need" for a drink (or drug)
- building more of life's activities around drinking (or using)
- participating less in activities not associated with drinking (or drugs)
- being able to drink more than others without showing it
- Switching to another type of alcoholic beverage, or substituting a drug or medicine for a drink
- Sometimes driving after drinking (or using drugs)
- Personality change when drinking (or using drugs)

Later Indications

- spending more time in drinking (or using drugs)
- giving up friends who don't drink (or drug) the same way you do
- Giving up hobbies and interests that don't involve drinking
- making sure alcohol will be available before planning to go somewhere
- Not liking others to talk about your drinking (or drug use)
- Feeling vaguely guilty about drinking (or drug use)
- Increasing number of blackouts
- Needing a morning drink or other drug to get going
- Trouble controlling alcohol or drug use
- Drinking more than you planned
- Repeatedly cutting down and finding your use slowly returning to previous levels (or higher)
- Promising yourself to drink (or use) less or to stop
- Problems with family members due to drinking or drug use
- Problems on the job
- Problems with health
- Accidents and injuries
- Problems with money
- Problems with friends
- Problems with the law

- Continuing to use alcohol (or drugs) in spite of these problems
- Prolonged periods of heavy drinking or drugging (binges)
- Withdrawal symptoms when alcohol (or drug) use is cut down or stopped suddenly

Table 3

HIGH RISK PATTERNS OF ALCOHOL (OR OTHER CHEMICAL USE)

- Using alcohol (or non-prescribed drugs) to relieve stress or tension.
- Using alcohol (or non-prescribed drugs) to counteract unpleasant emotional states (e.g. boredom, anxiety, resentment, depression, stage fright)
- Using alcohol (or non-prescribed drugs) to help face stressful situations
- Using alcohol (or non-prescribed drugs) to improve ability to cope or self esteem
- Drinking (or using drugs) to intoxication
- Drinking oneself to sleep at night
- Drinking (or using non-prescribed drugs) while pregnant, before driving or performing other tasks requiring concentration and motor skills, or any of the other situations list.

RESOURCE LIST

National Council on Alcoholism and Drug dependence
Inc.
12 West 21st Street
New York N.Y. 10010
(212) 206-770

Children of Alcoholics Foundation
200 Park Avenue (31st Floor.)
New York, N.Y. 10166
(212) 351-2680

National Clearinghouse for Alcohol and Drug
Information (A service of the Alcohol, Drug Abuse
and Mental Health Administration)
5600 Fishers lane
Rockville MD. 20852
(301) 443-3783

Al-Anon Family Group Headquarters
P.O. Box 862
Midtown Station
New York, N.Y. 10018-0862
(Note: Al-Anon is listed in nearly every telephone
directory)

Narcotics Anonymous World Service Office
16155 Wyandotte Street,
Van Nuys CA. 91406
(Note: N.A. is listed in many telephone directories)

Addiction Research Foundation
33 Russell Street
Toronto, Ontario Canada, M5S 2S1
(416) 595-6000

Alcoholics Anonymous
General Service Office
P.O. Box 459
Grand Central Station
New York, N.Y. 10163-1100
(Note: A.A. is listed in nearly every telephone
directory)

Canadian Center on Substance Abuse
3 Spark St. Suite 607,
Ottawa, Ontario, Canada, K1R 7S8
(613) 235-4048

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Behavioral Management Programs

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- Breathing for Health with Biofeedback
by Dr. Erik Peper
- Just Say Know
by Dr. Sheila Blume
- Mind Over Muscle
by Major (Ret'd) Nory Laderoute
- Sex Tune Up with Biofeedback
Dr. Michael Spevack

Biofeedback Monitors

- Heart Rate
- Blood Volume Pulse (BVP)
- Muscle Tension (EMG)
- Temperature
- Skin Conductance(SC)
- Electrocardiography (EKG)
- Electroencephalography (EEG)
- Respiration

For more information contact your local distributor or write

Thought Technology Ltd.
2180 Belgrave Ave.
Montreal, Canada H4A 2L8
or call

(514) 489-8251

In the USA call
1-800-361-3651




LEARNING STRESS CONTROL and Relaxation Techniques can be a Valuable Tool...

The Just Say Know program was written by Dr. Sheila Blume, Medical Director of Alcoholism, Chemical Dependency and Compulsive Gambling programs at South Oaks Hospital, Amityville N.Y. and clinical professor of Psychiatry at the State University of New York at Stony Brook.

This program is not meant to be a substitute for professional treatment or for membership in a self-help fellowship such as Alcoholics Anonymous. It is meant as a way to evaluate your chemical use, and as an adjunct in attitude and life change. It is meant to help you find satisfactory ways to relieve tension without alcohol or drug abuse.

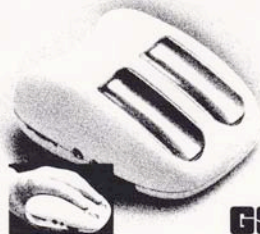
This program may be used in conjunction with Thought Technology's GSR 2 biofeedback monitor and as an aid in learning to relax. The GSR 2 measures changes in skin pore size, an instant and accurate indication of changes in stress.

 Thought
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Printed in Canada

The hand-held GSR 2 turns itself on automatically at the touch of your fingertips and emits a tone. Tension raises the tone, relaxation lowers it and you quickly learn to relax deeply.

Just Say Know by Dr. Sheila Blume is a product of Thought Technology Ltd., leaders in the development of stress control products and programs used by medical, business, educational and sports professionals worldwide.



GSR2™