

**Holistic Biofeedback Treatment for Dysautonomia / Postural Orthostatic Tachycardia Syndrome associated with Chronic Fatigue Immune Deficiency Syndrome
A Successful Treatment Case Report¹**

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“I am under water; sounds are muffled, my vision blurred; I hear my speech become slurred. My head and eyes are heavy and full of pressure. Thoughts seem stuck in molasses. I feel sweat pouring down my face and body, my heart racing, a high pitched ringing in my ears. Nausea... I am scared... I peer out at the world as if from the bottom of a deep underwater cave, and hear distant and worried voices. I am separate and alone. Darkness takes over. I am blind. I feel my body fall to the ground.”

-Client at the beginning of biofeedback training

Autoimmune related neurological disease, such as Chronic Fatigue Immune Deficiency Syndrome (CFIDS) and Postural Orthostatic Tachycardia Syndrome (POTS) are increasing and curative treatments have not yet been developed. According to the CDC, 80% of sufferers do not experience improvement in symptoms and live with life-long disability and disease. This case report describes a successful holistic biofeedback treatment intervention for a client with CFIDS and POTS.

Client: A 28 year old female, who has suffered from autonomic dysautonomia since early childhood such as asthma, gastrointestinal dysfunction (atypical Gastrointestinal Reflux Disease), neurologically mediated hypotension, and three major concussions. In November 2009, she was diagnosed with Chronic Fatigue Immune Deficiency Syndrome (CFIDS), and affiliated Postural Orthostatic Tachycardia Syndrome (POTS). Test results indicated that she had viral reactivation of the Epstein-Barr Virus (EBV) at a high viral load, as well as Coxsackie virus at a lower viral load. Symptoms prior to training included; dizziness and lightheadedness when changing position, standing, or engaging in physical activity as well as episodes of fainting, tachycardia, and constant muffled hearing and eye dilation. She was incapacitated and could not work.

Procedure: Holistic biofeedback training embedded within an evolutionary developmental perspective consisted of 14 one-hour session spread out over an eight month period and consisted of breathing retraining, biofeedback modulated symptom prescription (changing body patterns to evoke the symptom and reversing the evoked symptoms), inhibiting the automatic embedded startle patterns that were evoked during activity, interrupting dysfunctional breathing patterns with effortless breathing during daily activities, dynamic SEMG monitoring from the cervical region of the neck while standing and sitting, optimizing postural movement patterns, reconceptualizing the illness and healing processes from a structural to a functional perspective, and nutritional guidelines. The major focus included transferring the office learned skills into daily life

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Results: At the end of training the client could sit and stand, walk and do activities without dizziness or fainting. At one year follow-up the client is successfully employed with a half time job and continues to improve. She can now do mild physical activity such as walking, biking, and Pilates.

“The world is sharp and clear as if it has been put into focus. My eyes are soft and light, and I move fluidly and openly. I can think. Thoughts and ideas emerge freely and I communicate them succinctly. I am acutely aware of all that is around me— colors, sounds, textures, and how they evolve and change. I am apart of the interconnected fabric of the world. I am not alone. There is no tension, pressure, dizziness or pain. My belly moves in and out slowly in tandem with the beating of my heart. I feel the rhythm of my being. I am safe. I stand and remain standing.”

-Client at the end of biofeedback training program

Keywords

Postural Orthostatic Tachycardia Syndrome
Chronic Fatigue Immune Deficiency Syndrome
Respiration
Electromyography