

## HEARTMATH INSTITUTE



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### **HeartMath Institute**

Adding heart translates into increased care and genuine connection with others and harmonizes the resistance between our own mind and heart. Adding heart is especially about practicing kindness and compassion, along with forgiveness and latitude in our interactions. Adding heart increases the love flowing through our system, which can play a large part in solving the collective challenges of

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### **HeartMath**

Studies conducted with over 11,500 \* people have shown improvements in mental & emotional well-being in just 6-9 weeks using HeartMath training and technology: 24% improvement in the ability to focus 30% improvement in sleep 38% improvement in calmness 46% drop in anxiety

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### **HeartMath Science HeartMath Institute**

Scientific Foundation of the HeartMath System. HeartMath learning programs and the emWave and Inner Balance self-regulation technology are based on over 28 years of scientific research on the psychophysiology of stress, resilience, and the interactions between the heart and brain.

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### **The Science of HeartMath**

HeartMath products, tools and techniques are based on over 25 years of scientific research conducted at the HeartMath Institute on the psychophysiology of stress, emotions, and the interactions between the heart and brain.

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### **The HeartMath Solution The Institute of HeartMath's**

The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence [Doc Lew Childre, Howard Martin, Donna Beech] on Amazon.com. \*FREE\* shipping on qualifying offers. The Intelligent Heart Access the power of your heart's intelligence to improve your focus and creativity

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### **Heartmath Benelux Home**

\*De resultaten betreffen verschillende studies met in totaal meer dan 11.500 mensen die gedurende 6 tot 9 weken geoefend hebben met technieken en apparatuur van HeartMath.

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