

The Power of the Heart

Stress poisons us. Every stressful event floods us with stress hormones, as harmful to our bodies as rivers of acid. The more stress we have, the more difficult it is for our cardiovascular system, our immune system and even our brains to function well. Chronic stress ages us long before our time, and if left unchecked, can kill us.

Researcher, author and consultant Doc Childre has devoted more than 30 years to understanding stress and developing ways that we—unable to escape from stress in our modern world—can learn to transform its effects. During those decades of research, he discovered something remarkable, and remarkably simple. He found that a positive attitude creates stress relief, but only temporarily. However, by also engaging the heart, positive feelings create stress relief that not only lasts but also actually reverses the physical damage of stress.

When we consciously shift to appreciation, compassion or another positive, loving emotion, our heart rhythms immediately shift. This electrical shift in the heart creates a favorable cascade of neural, hormonal and biochemical events that benefit the entire body. Blood pressure drops. Stress hormones plummet. The immune system pumps up. Anti-aging hormones increase. We gain clarity, calmness, control. And effects are both immediate and long lasting.

“Some say that HeartMath is the frontier of body/mind science..”

—Colleen O'Connor, Business 2.0

Based on years of validated results, Doc Childre developed HeartMath. HeartMath is a system of powerful, easy-to-learn, easy-to-use tools and technology to prevent, manage and reverse the effects of stress. As a result, we can meet life's inevitable challenges with poise and resiliency. Our bodies and minds are nourished for optimal health and performance. And we convert “stress lockdown” into free-flowing energy for fueling creativity, productivity and personal fulfillment.

A change of heart changes everything.

Contact your Licensed HeartMath® Provider for more information.



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