

You Experience the World By How You Feel!



https://www.youtube.com/watch?v=rrKOGJqBD_I

- What is your filter/emotional soundtrack?
- You can rewire your brain by listening to your heart.

Your Autonomic Nervous System (ANS): Releases 1,400 hormones based on how you perceive a situation.

Consists of Two Sub-Systems:

Sympathetic (Fight or Flight):

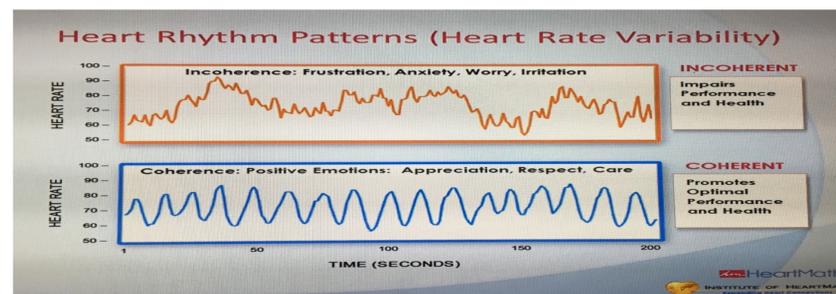
- Speeds things up/creates stress producing hormones like: Cortisol, Adrenaline, Epinephrine and Norepinephrine.
- Releases 1,400 stress producing hormones whether it's a full-on crisis or just a mild irritation.
- Occurs again when you tell someone about it later because the brain can't tell if you are still in the situation or not.

Parasympathetic (Rest & Digest):

- Slows things down/releases stress relieving hormones such as: DHEA, Dopamine, Serotonin, and Oxytocin.
- Release 1,400 stress relieving hormones when you are happy or grateful.
- Visualization technique or just imagining good times causes this release because the brain doesn't know the difference as to whether you are there or not and releases the chemicals as if you actually were.

Heart Rate Variability (HRV):

- ❖ Regulated by the sympathetic and parasympathetic branches of the ANS.
- ❖ It is the measured variation in the time interval between heartbeats.
- ❖ Looks at the space between the beat-to-beat interval. The wider the distance indicates less stress (parasympathetic system is in control) & the closer the distance indicates more stress (sympathetic system is in control).



Heart Focused or Intentional Breathing:

- Creates good heart rate variability.
- Assists with accessing your parasympathetic system which releases 1,400 stress relieving hormones.

Technique:

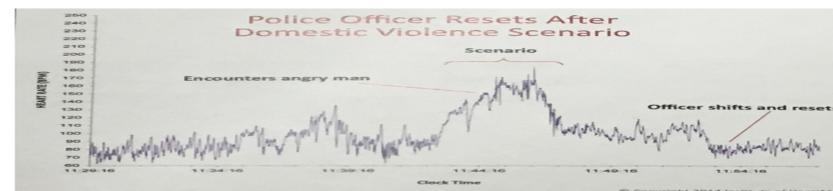
Focus your attention in the area of your heart. (You can place your hand on your heart).

Imagine your breath is flowing in & out through your heart.

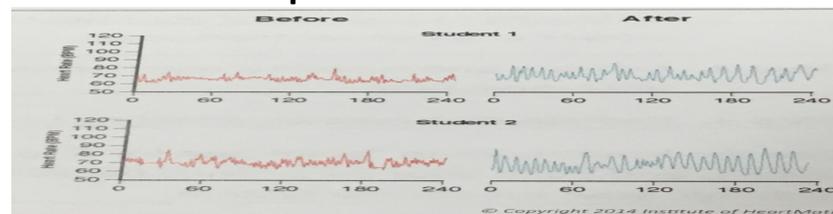
Breathe a little slower and deeper than usual. (Inhale for 5 seconds and exhale for 5 seconds).

Breathe in love & gratitude/breathe out love & gratitude.

Heartrate Variability Training/Using HeartMath Technologies Enables The Ability To Reset Faster



Heartrate Variability Training/Using HeartMath Technologies Helps Create A New Baseline.



Case Study #1:

50+ year old male with a complicated month long hospitalization for meningoencephalitis which caused numerous acute lacunar infarcts & mitral valve vegetation leading to mitral valve replacement surgery. Initially when working with therapy pt would hyperventilate with out-of-bed activity. His pulse would elevate to >100 bpm, O2 SATs would decrease to <90%, BP would increase, & he would become diaphoretic. His coherence at the outset of his first HRV training using HeartMath technologies was 0%. S/p tx his HRV was 100%. With 3 tx sessions he no longer experienced difficulty with vitals or anxiety with treatment and eventually safely discharged home alone.

Case Study #2:

65+ year old male with medical history of, CAD s/p stents, lung CA s/p lobectomy, COPD with emphysema and fibrosis, chronic hypoxemia (4L O2), & pulmonary HTN. He had been hospitalized 4 times for respiratory failure in 3 months time. At the onset of pt's initial HRV training using HeartMath technologies pt's pulse was 120 bpm & O2 SATs were 87% on 4L of O2 at rest. S/p HRV training his pulse decreased to 96 bpm and O2 SATs increased to 96%. After d/c from therapy pt had no further re-hospitalizations for a month & half when he was d/c'd to a SNF nearer home.