

DISCLAIMER

The information contained within this document does not constitute medical advice or diagnosis and is intended for education and information purposes only. It was current at the time of publication and every effort is made to keep the document up to date.

The information contained herein includes both psychological and non psychological interventions. The delivery of psychological services requires a medical referral whilst non psychological services do not.

Each person is an individual and has a unique psychological profile, biochemistry, developmental and social history. As such, advice will not be given over the internet and recommendations and interventions within this website cannot be taken as a substitute for a thorough medical or allied health professional assessment or diagnosis.

HeartMath

Hearth Rate Variability Training

Formally known as Freeze-Framer, the emWave PC Stress Relief System will help you transform stress and anxiety into vibrant energy. This revolutionary technology guides you on how to achieve higher, more creative energy levels, less stress, and optimal health.

HeartMath research has shown that emotions are reflected in our heart rhythm patterns. The analysis of Heart Rate Variability (HRV), or heart rhythms, is recognized as a powerful, non-invasive measure that reflects heart-brain interactions and autonomic nervous system dynamics, which are particularly sensitive to changes in the emotional state.

emWave PC is a software and hardware program which collects pulse data through a finger or ear sensor which plugs into your computer.

- Watch your heart rhythms in real time with easy to use software
- See how emotions affect your heart rhythms and achieve new levels of health, performance and well-being
- Discover which emotions you can activate to more effectively manage stress and boost vitality
- Reverse the negative effects of stress, anxiety, fatigue, depression and more
- Benefit by gaining clarity, calmness and control. The effects are both immediate and long lasting

Build a buffer against stress by accessing a high performance state called "coherence." Coherence is a mental and emotional state that people experience when they are "in-sync" or in the "zone"--when the heart, brain and nervous system are working in harmony. Simply stated, more coherence equals more energy and less wear and tear from stress.

FURTHER READING SUGGESTIONS

- HeartMath Hearth Rate Variability Training

For a complete list of products or to order the HeartMath products please or for more information or to make an appointment please contact us on (02) 9637 9998 during business hours.

emWave® PC Stress Relief System
(formerly known as Freeze-Framer®)



emWave Personal Stress Reliever®

