



INSTITUTE OF HEARTMATH®

Connecting Hearts and Minds

Media contact: Gabriella "Gaby" Boehmer
(831) 338-8710 or gboehmer@heartmath.org

Celebrity Auction to Benefit Troops, Families

Boulder Creek, Calif. – Feb. 1, 2011 – A group of celebrities recently autographed items currently being auctioned online to help U.S. service members and their families deal with the many mental, emotional and physical problems that can arise from military service to the nation.

The Institute of HeartMath, www.heartmath.org, a nonprofit research and education organization, saw celebrities from the hit TV shows *Glee*, *Nip/Tuck*, *Dancing With the Stars*, *Jersey Shore*, *Modern Family* and *Castle*, among other stars in the TV, film and music industries, turn out at a recent charity event in West Hollywood, Calif. where they autographed a highly valued snowboard and surfboard for the auction.

Bidding is open for the autographed boards until Feb. 10 on the charitybuzz.com auction site at <http://bit.ly/MSAF-Auctions>. Proceeds from the auction will benefit the institute's [Military Service Appreciation Fund](#) (MSAF) and provide many troops with stress-reduction and emotion-regulation programs and technology.

The MSAF assists active-duty military personnel and veterans who have experienced stress, trauma, post-traumatic stress disorder and other stress-related conditions. It also provides programs and services to military families and health professionals who work with active-duty personnel and veterans.

"The troops do so much for us. It's great to give back to them," said one of the celebrities, Samantha Harris, who co-hosted *Dancing with the Stars*.

Among other celebrities who attended the event and autographed the auction items were Mark Salling, who stars as Noah "Puck" Puckerman on the 2011 Golden Globe-winning *Glee* TV series, and Annalynne McCord from *Nip/Tuck*.

Air Force veteran Jon Huertas, who plays a detective in a lead role on ABC's *Castle*, also showed up to support the troops. Huertas' eight years of service included participating in operations Just Cause in Panama and Desert Storm during the Persian Gulf War.

"It's tremendous seeing these stars lend their generous support and celebrity status for a significant cause," retired Army Maj. Bob Bradley said. "The MSAF is really important because it helps troops who face multiple deployments to combat zones as well as many other stressors they endure. These brave men, women and their families are not immune to high levels of stress and this fund helps provide them with tools for better lives."

Besides supporting the troops through this auction, the Institute of HeartMath is offering its free e-book, *De-Stress Kit for the Changing Times*, by HeartMath founder Doc Childre. IHM officials said the book provides simple practices for managing stress that can greatly benefit service members. It can be downloaded at <http://www.heartmath.org/destresskit-free>.

Bradley said he believes the auction will help the MSAF reach out to more service members and their families who are in need and offer them hope during challenging times.

One of the greatest challenges in military ranks today, particularly in the Army, is the rate of suicides, especially among the nation's combat veterans.

The Army recently announced that suicide rates among troops increased in 2010 and doubled among reserve troops. Army Vice Chief of Staff Gen. Peter Chiarelli, in a Pentagon briefing following the announcement, cited the stresses of multiple deployments, relationship problems and substance abuse as possible reasons for the increases.

HeartMath is utilizing its two decades of research and its training programs and technology to help service members cope with the mental and emotional stresses they will experience during deployment and when they return home.

These programs and technology have been shown to reduce many symptoms of stress experienced by the military, including sleep disorders, fatigue, depression and other debilitating conditions. Studies published in 2010 in *Alternative Therapies in Health and Medicine*, a peer-reviewed scientific journal, showed HeartMath tools improved cognitive functions of troops with post-traumatic stress disorder.

The celebrity-autographed items being auctioned at <http://bit.ly/MSAF-Auctions> to support American troops through HeartMath's Military Service Appreciation Fund are a White Collection snowboard from Burton Snowboards in Burlington, Vt. and a twin-fin Surf Through Life surfboard from the Bird Rock Surf Shop in La Jolla, Calif.

Detailed descriptions of these items and a complete list of the celebrities who autographed them can be viewed at <http://www.charitybuzz.com>. Read more about the Military Service Appreciation Fund and the Institute of HeartMath www.heartmath.org.

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About the Institute of HeartMath:

The Institute of HeartMath, www.heartmath.org, is a 501(c)(3) nonprofit research and education organization dedicated to teaching the principles of heart-based living around the world and promoting global coherence by inspiring people to connect with the intelligence and guidance of their hearts. IHM has been conducting scientific research on the physiology of emotions and the science of the heart for two decades. IHM, a world leader in stress reduction and emotion-management research, was founded in 1991 by Doc Childre. Through its research and education divisions, the institute has developed practical tools, education programs and services – collectively known as the HeartMath System – for the mental, emotional and physical benefit of children through seniors without regard to their social, economic or cultural status. IHM's research has been published in numerous peer-reviewed journals, including *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology*, *Journal of the American College of Cardiology*, *Integrative Physiological and Behavioral Science* and *Alternative Therapies in Health and Medicine*. For more information about IHM's education and professional development programs, visit www.heartmath.org/education. You can learn more about IHM's latest available resources by joining its social networking pages on [Facebook](#) and [Twitter](#) and its [YouTube](#) channel. IHM's [HeartMath My Kids!](#) resource page is dedicated to providing all caretakers of children with practical information.