



The emWave® Approach to Better Relationships

Use in your relationship practice to help couples:

- self-soothe by learning to detect when they are stressed and to calm themselves
- address the over-arousal that many couples display when they get into conflict
- value the power of their emotions to facilitate communication and connection
- create positive feelings and positive affective interactions





A Guide for Couples Therapists

Welcome to an easy, practical approach to utilizing a promising technology that helps you in assisting your couples with their relationship goals. This booklet will provide you with the necessary information to begin your use of the emWave2® and the emWave Pro in your relationship practice. The emWave Approach will enable you to (1) learn how to use the emWave2 and emWave Pro, (2) acquire the basic skills to teach physiological coherence (a physiological state associated with a sine wave-like pattern in the heart rhythms and increased heart rate variability), and (3) integrate the emWave technology into your couples sessions.

The emWave Approach

The emWave Approach to Better Relationships will provide you with the knowledge to help couples to (1) self-soothe by learning to detect when they are stressed, and to calm themselves, (2) value the power of their emotions, and (3) create positive feelings and positive affective interactions. This system can help your couples create new mental and emotional rhythms to reduce the stress they accumulate during the day that they bring into their relationship. It addresses the over-arousal that many couples display when they get into conflict with each other. The emWave Approach emphasizes the importance of emotions and their effects on the heart and mind. It encourages couples to listen to their feelings and to shift into a neutral or positive feeling as soon as possible in order to facilitate communication and connection.

The emWave Approach facilitates a mind-body state that is akin to being “in the zone” or “peak performance” state. In this way it is different from meditation and relaxation training which are associated with primarily an inactive state of calmness and quiet of going within. The emWave Approach utilizes emWave technology and “physiological coherence” to encourage an active participatory, calm, focused, and connected state of being.

The emWave technology has been developed by HeartMath®, a respected company in improving relationships, health and performance, while reducing stress. A combination of HeartMath techniques and the emWave technology can help your couples improve their communication and problem solving skills, deepen their connection and friendship with each other, while also helping them to feel more heartfelt within themselves and about their partner. It can be a useful adjunct to couples in therapy for down-regulating both anger and anxiety.

The research on the stress response and its effects on the human body and performance suggest that as the stress response intensifies, the body may enter into the fight or flight mode with eventual reduction in performance. Dr. John Gottman’s research into DPA (diffused physiological arousal) with couples in conflict suggests significant changes in the body and brain that inhibited the couples’ ability to listen, take in new information and change old thinking, responding and behaving patterns. Over-arousal supports attack, defend and withdraw



reactions when couples hold different positions that lead to conflict. Repeated failure to communicate effectively about important issues in the relationship, coupled with active or passive hostility, leads to disconnection and a negative view of the partner and the relationship. Continual negative feelings and beliefs undermine the health, happiness and stability of the couple and opens the door to verbal, emotional and physical abuse. In such an environment, affairs and divorce are likely.

The ability to calm down when in DPA is absolutely critical for couples. Healthy, happy and stable relationships are created in a field of positive emotions and interactions. The leading research in marriage and relationship supports this important reality in couple interactions. The Institute of HeartMath's seventeen years of thorough research into the power of positive emotions not only supports the work of Dr. John Gottman, Dr. Sue Johnson, Dr. Harville Hendrix, Terry Real and other leading researchers in this field, it delivers to you and your couples a promising technology for achieving inner calm and positive affect.

The emWave Approach to Better Relationships can help you teach your couples to manage their destructive psychophysiological over-arousal during times of conflict, use their negative emotions as information, shift from a negative emotional state to a positive one and open their hearts and minds to their partner. Integrating the emWave Approach within the relationship model that you use in your practice, can assist you in helping your couples achieve a more loving, appreciative, compassionate and fun relationship.

Using Your emWave Technology

The emWave Approach to Better Relationships guides you quickly through what you need to know to begin using this technology with your couples. The emWave2 and the emWave Pro give real-time feedback on the incoherence or coherence of the heart rhythm pattern which has direct influence on all the rest of the body's functions.

In *The emWave Approach to Better Relationships* you have the opportunity to learn HeartMath techniques along with the emWave technology to improve the quality and coherence of the heart rhythms of your couples. Improving heart coherence can reduce stress and reset the physiology of your clients for better communication and problem solving. As the heart rhythms become more coherent (smooth and ordered), the brain and nervous system may synchronize to the heart's coherent rhythm, and this can help release the emotional stress, which often results in DPA.



The emWave technology can help in calming the minds and emotions of your couples and help them deal more effectively with achieving their relationship goals.

The emWave Basic Four Step Program

You may find that the following steps in the Basic Four Step Program are all you will need to begin integrating the emWave technology into your relationship practice.

Step 1 – Obtaining and Learning to Operate the emWave2 and emWave Pro

In order to use this program, it is recommended that you first purchase two of the emWave2s and one emWave Pro. The emWave2s will be the primary instruments you will use during couples therapy, and the emWave Pro will be used for educational and individual training. Secondly, you need to become familiar with how to operate these devices.

emWave2 : Starting with the emWave2, remove the contents from the box. Charge the emWave2 for two hours before use.

Review the 7 Easy Steps Card which will show you how to operate the emWave2 in its most basic mode. However, in order to really understand how it works, the various features it offers, and the science behind it, you will need to read the Quick Start Guide and manual. Take the short e-training program that is very informative and entertaining at www.emwave.com/emwave_online_training.html. Also attend the one-hour Telephone Orientation Class offered each week at www.emwave.com/emwave_psr_orientation_class.html.

Using the owner's manual guidelines, experiment with the emWave2 and get comfortable using it. Become familiar with adjusting the brightness and sound levels. Use it with the ear sensor or simply placing your thumb on the sensor button. The ear sensor is recommended for use with your couples during the therapy sessions.

emWave Pro: Remove the contents from the box. Before attempting to install the software and hardware, first read the owner's manual that comes with it. The manual is not intended to cover all the topics or the full functionality of the emWave Pro. For more extensive information access the Help menu, Tutorial and Quick Start Guide within the software or visit HeartMath's online support center at www.support.emwave.com. You can also attend the one-hour free Telephone Orientation Class offered each week at www.emwavepc.com/emwave_pc_orientation_class.html.

Once you have installed the emWave Pro software and hardware, become comfortable using it. Use it with yourself and later with family, friends and colleagues before introducing it to your couples.



Step 2 – Learn the Quick Coherence® Technique

The first technique you will learn and teach to your couples with the emWave is the Quick Coherence Technique. You can learn this simple and highly effective technique in three ways:

1. Read about it in the Quick Start Guide or in the owner's manual.
2. Load the Coherence Coach CD that came with the emWave2 in your computer and use this instructional guide to learn the technique. When using the emWave Pro, click on the Coherence Coach or review the steps in the Tutorial located on the main menu.
3. Take the emWave e-training program at www.emwave.com/emwave_online_training.html.

Step 3 – Practice the Quick Coherence technique while using the emWave2 and emWave Pro

Once you have learned the technique, you are ready to use it along with the emWave2 and emWave Pro. The goal in using the Quick Coherence technique with the emWave2 is to get the light at the top of the emWave2 to turn from red (low coherence) which is normal, to blue (medium coherence) which is much improved, to green (high coherence) which is the optimal state. The emWave Pro displays a heart rhythm pattern and three coherence bars that show percentage of time in red, blue and green.

Turn on the emWave2 or emWave Pro and make sure you are in **Challenge Level 1**

Heart Focus and Heart Breathing: Focus your attention in the area of your heart and then breathe deeply. Breathe silently in and slowly out. Synchronize your breathing, either with the moving blue lights on the emWave2 or with the moving ball on the Coherence Coach on the emWave Pro. Inhale as the lights or ball rise and exhale as they fall.

Heart Feeling: Once you have found a smooth easy breathing rhythm, attempt to feel a positive emotion, like appreciation for the good things in your life, or the love and care you feel for someone (child, spouse, pet) or something (a beautiful sunset, a fun vacation, a hobby, etc.).

Watch the top light on the emWave2 change from red to blue to green, or watch the heart rhythm pattern on the emWave Pro in the top part of the screen and the three coherence bars in the lower right hand corner of the screen. Sustain blue or green for as long as you can. Make it a gentle process and feel the appreciation.

If you do the technique with your eyes closed, which can be helpful when you are first learning, you will be able to tell when you have shifted into medium or high coherence through listening to the change in tones on both the emWave2 and the emWave Pro.

Step 4 – Integrating the emWave Approach into your relationship practice

You are now ready to introduce the emWave Approach into your relationship practice. The following Four Session Protocol provides an easy and effective model.

Session 1 - Introducing the emWave2 to your couples

The emWave Approach is an adjunct to couples therapy and it is recommended that it is introduced to your couples in their first session with you. An effective way to do that is by adding a paragraph or two in your consent form about the negative effects of stress and over-arousal and their harmful effects on relationships along with a brief description of the emWave technology. In your office, you can display the two emWave2s that you will be using with your couples, by placing them on a table near your couple, attaching them to the couch or chairs, attaching them to microphone stands or attaching them to a wall. By doing this, you are making the emWave2s visible to your couple when they first come into your office since you will be using them in your first session. In this way the couple has an opportunity to ask you about the emWaves, and if they do not, then you can bring their attention to them later in the session.

About two-thirds into the session is an opportune time to direct your couple to the emWaves and how you use them within couples' therapy. With their consent, attach the ear clips to each of them and activate the emWave2s. Make sure that the instruments are in Basic Mode, set at level one and that the tone feedback is on. Have the couple focus their attention on the blue breathing lights on their emWave2, while you coach them to inhale as the lights move up and exhale as the lights move down. As they watch the top light go from red to blue to green and receive tone feedback, validate their success. Positive reinforcement through giving encouraging comments when your couple produces blue or green lights, not only makes the experience pleasant, it increases their success.

Briefly introduce the Quick Coherence technique by guiding them through the exercise. Ask them to focus on their relationship goals and the feeling that they would have when they have achieved the goals. Give positive reinforcement when you see or hear them move into coherence.

End the session by disconnecting the ear clips, turning off the emWave2s and getting feedback from your couple. Inform them that at the beginning of the next session, you will provide them with an experience of working for the first time with the emWave Pro. Tell them that this will provide them with more interesting information about themselves and answer some of the questions that they may have about their heart rate variability (HRV).

Provide them with the HeartMath Coherence Coach CD with written instructions for installing it on their computer (just print the read me file from the CD). Ask them to practice with the Coherence Coach CD once a day until their next session. Encourage them to use the Quick Coherence technique whenever they become stressed or need to take a time out when their conflicts become heated. Offer them the HeartMath brochure called The emWave Approach to Creating Relationships That Work.

Session 2 - Introducing the emWave Pro to your couples

Early in the second session, ask your couple about their daily practice with the Coherence Coach CD. Were they able to utilize the Heart Focus Breathing and Heart Focus Feeling when stressed or during a conflict? Would they like to continue learning more about their heart and nervous system behavior with the emWave technology?

Before you begin the emWave Pro training with your couple, you can briefly discuss with them the importance and role of negative, distressing emotions. Share with them how negative emotions are valuable for the information they contain about what is taking place in their lives. Negative emotions give information about what is not wanted and can be used to know where to place their focus and energy. Going from what they do not want to what they want is an important step in creating success in their life and relationships. Negative emotions are highly effective in getting attention, and can be destructive when they are acted out or repressed. Once they receive the information, it is important to calm themselves and release the negative emotions. Directing their attention to what they want and empowering them with a positive feeling not only feels better, it supports getting what they want and need.

Now attach the ear clip sensor of the emWave Pro to the partner that shows the most enthusiasm and volunteers to go first while the other observes.

Begin by entering their name into their file and selecting the Coherence Coach. Once you start the session, be sure to check accuracy of the wave form signal coming from their ear.

Next take a two-minute baseline reading with them in a resting state. Click on the Coherence Coach and drag it to the lower left corner of the screen so that you can view the HRV wave form and the three coherence bars at the same time. Instruct them to breathe with the ball moving on the Coherence Coach like they have been doing at home. As the HRV wave form becomes coherent and the blue and green bars rise, validate with positive reinforcement. This is a good time to briefly explain how their slow rhythmic breathing balances their autonomic nervous system and creates a coherent heart pattern.

Now have them focus on their heart and feel the positive feelings that they have been working with during the week. Give positive feedback for any and all patterns of coherence that they produce.

Now switch to the other partner and repeat the above protocol.

Take a few minutes to discuss the saved data with your couple. Be sure to point out the patterns of coherence that each displayed during this training. Emphasize that they need to continue their practice of the Quick Coherence technique in order to train their heart and nervous system to go into coherence when they are experiencing the stress response. Ask them to practice this skill for ten to fifteen minutes, twice a day for the next week and to especially use it when a conflict begins to heat up.

Session -3- Using the emWave2 to facilitate effective communication

Check in with your couple about their week and their use of the Quick Coherence technique. Briefly answer any questions that they may have.

Inform them that today they will have an opportunity to use their skills of self-calming while engaged in a discussion about one of their areas of disagreement. The purpose of this activity is to effectively communicate their positions about a topic that they perceive differently, while they experience being heard and understood, and while they stay calm. Assure them that you will assist them and that they will have the emWave2 for feedback.

Once a mildly charged topic has been selected, attach the ear clips to each of them and turn the sound off on the emWave2s.

Have them each begin by doing the Quick Coherence technique and focusing on the positive feeling that they have when they imagine themselves being heard and understood by their partner. Remind them that the communication exercise they are engaged in is an effective way of connecting with their partner and keeping their hearts open.

The couple will take turns being both the speaker and the listener. The speaker's goal is to present what they have to say in a way that the listener can receive it. The use of "I" statements, their own feelings, a description of what happened from their point of view, and asking for what they want, are to be used during the exercise. The listener's goal is to stay calm, open and receptive to the information that the speaker is giving and regulate their breathing to produce a blue or green light on their emWave2.

Have the couple keep using the Quick Coherence technique – heart focus; heart breathing; heart feeling- stay in the green and blue – speak from the heart – and listen from their heart. Have the couple attempt to determine what feelings are behind the words, and appreciate and have caring compassion for the speaker while listening for the essence of what is being said behind the words. The listener periodically expresses understanding of the speaker's position with very short recaps of what the speaker has communicated and getting confirmation from the speaker that the listener has heard and understood.

Both the emWave Pro and the emWave2 are positioned so that you and your couple can view them simultaneously and use their feedback to modify over-arousal. With this setup, you can coach your couple in learning this valuable communication skill with the information that you receive from their interactions and from their emWave2. By keeping your feedback statements to them short, clear and concise, you will keep the focus on their process and not on you. In this way, your feedback is a lot like that of the emWave2. It assists your couple in developing effective communication skills without being overly invasive.

Allow each partner about 10 to 15 minutes to be both the speaker and the listener.

Ask your couple to practice this communication exercise at least two times at home to facilitate each of them being heard and understood while staying calm. Remind them to take a break should either of them become over aroused.

Session -4- Using the emWave2 at the beginning of each session and during therapy

Check in with the home progress that your couple has experienced using the emWave Approach. Evaluate their in-session activities and their self reports to determine how you will move forward with your couple's therapeutic goals and if you will continue working with their self-calming and listening skills.

You may want to begin each session by attaching each of them to the emWave2 and guiding them into coherence by using their breathing and an appreciative feeling as the primary driver for achieving this optimal psychophysiological state. Once this initial coherence is attained, you can have them imagine themselves successfully experiencing the skill you will engage them in and the feelings that go with this image. Alternative images that they may focus on are: characteristics that they appreciate in their partner, what they enjoy about their relationship, realization of the goals that they have for their relationship, being able to hold onto themselves in conflict, reach win/win solutions, etc.

The emWave Approach can help connect your couples to their hearts and the power that positive emotions play in their lives and relationships. It helps you integrate into your relationship practice the scientific research of eminent psychologists, cardiologists, universities, research institutes, and knowledge from the past. Your couples will have the direct experience of learning to calm themselves when in the stress response, and accurate feedback when they have created coherence. They may be able to significantly reduce the toxic effects of conflicts in their relationship and be in a more receptive state for benefiting from the relationship therapy that you offer them.



Summary of The emWave Approach to Better Relationships

This booklet provides you with simple, easy to implement, cost effective HRV coherence devices and protocols for teaching your couples to move from the over-arousal of the stress response to the inner peace, clarity and openness of self-calming. Your couples can learn to effectively manage their physiological and emotional reactions when they are in conflict and learn to connect to their hearts and each other. The emWave Approach provides you with the tools you need to manage the anger, hostility and disconnection that distressed couples bring to your office.

Basic Four Step Program

1. Learn how to operate your emWave2 and emWave Pro. Read the Quick Start Guide, and the manual, or take the simple e-training or telephone training program to become familiar with the devices.
2. Learn the Quick Coherence technique and practice it with the emWave2. Study the steps found in the Quick Start Guide or manual or use the Coherence Coach to master this simple technique.
3. Practice the Quick Coherence technique while using your emWave Pro or emWave2 until you can get the light at the top on the emWave2 to turn green and the green coherence bar graph on the emWave Pro to increase, indicating you are in high coherence.
4. Integrate the emWave Approach into your relationship practice by following the four session protocol:

Session -1- Introduce the emWave2 to your couples.

Session -2- Introduce the emWave Pro to your couples.

Session -3- Use the emWave2 to facilitate effective communication.

Session -4- Use the emWave2 at the beginning of each session and during therapy.

Brief cases of couples who benefited from the emWave Approach

The case of the angry professionals

This case involves a professional couple who were separated, angry, hostile and defensive. One of them wanted to get back together and the other was relieved to be separated. They had a great deal of pain between them resulting from numerous betrayals. Guilt and children brought them into therapy. Introducing them to the emWave2 at the end of the first session was necessary to calm them down, let them know that their anger and stress would be effectively addressed, and teach them the skills of self-soothing. The second session on the emWave Pro revealed a significantly incoherent HRV pattern in one of them, moderately improved with coaching. This was also the partner with the acting out behavior in the relationship and who was the most distressed about the separation.

The result of using the emWave Approach during many of the subsequent sessions provided enough calming and heart connection for both of them to reach an agreement about the separation that they could accept and live with.

The case of the disconnected couple

This couple presented themselves as calm, agreeable and with no overt fighting in their relationship. They came to therapy because they found it extremely hard to talk about the many issues that they personally encountered in their marriage but did not talk about. Their stress appeared in the form of anxiety in one of them and physical illness in the other.

Using the emWave Approach with emotional coaching helped them to achieve enough inner calm and personal courage to risk letting the other know what was happening within each of them. This level of trust and connection enabled them to move forward on their relationship journey.

The case of sexual performance anxiety

This is a married couple experiencing sexual problems due to his fear of initiating sex and her feeling depressed and angry. His anxiety of not being able to perform consistently when they engage in sexual activity resulted in his avoidance of all sexual contact with his wife. She became depressed and hopeless about their sex life and was considering leaving the relationship.

Integrating the emWave Approach into the therapy sessions assisted them in being able to talk about their issues openly and honestly by reducing their anxiety and helping them to access



their heartfelt emotions. The skills that they learned in the sessions were transferred to their bedroom.

For additional information on the emWave Approach, research on the emWave technologies and purchasing of the emWave2 and emWave Pro, please go to www.heartmath.com.

Ray Varlinsky, MFT, BCIA is a licensed California Marriage and Family Therapist with over 12 years experience working with couples and individuals in his private practice. Ray is a certified Gottman Method Therapist and Gottman Couples ASL Workshop Leader and a frequent presenter at the Annual Gottman Conferences. He is BCIA biofeedback and neurofeedback certified with 28 years of experience using biofeedback in medical institutions. Ray has taught for 26 years in the psychology department at Butte College in Montana. He has been using HeartMath's technologies and HRV instruments in his private practice, workshops and conferences for the last 10 years. He has facilitated the emWave technologies into the Gottman Institute and recently successfully introduced the emWave into the Boystown and Girlstown orphanages in South Korea. Ray has developed the emWave Approach to Better Relationships and continues his work with couples in his private practice and teaching and presenting at workshops and conferences.

Deborah Rozman, Ph.D., President and co-CEO of Quantum Intech Inc., parent company of HeartMath LLC. Deborah has worked with HeartMath founder Doc Childre since 1987. Dr. Rozman has twenty years of experience as a psychologist, educator, author, editor and business executive. At HeartMath she has been overseeing strategic implementation to achieve business goals. Prior to her work at HeartMath she was EVP of a biotech firm, from 1981 to 1987 and managed 90 employees through the company's rapid growth, going from \$3 million in sales to \$17 million in 9 months. She is also a psychologist and co-author with Doc Childre of HeartMath's Transforming Series: Transforming Stress, Transforming Anxiety, Transforming Anger and Transforming Depression. Dr. Rozman is a key spokesperson on HRV, stress, education and performance.

Disclaimer

Use the emWave Pro, the emWave2 and the exercises contained in the products as tools for individual balance, optimal performance and growth. Although these products and included exercises are believed to be very safe and have potentially great benefit, no medical benefits or cures are expressed or implied. These programs and exercises are not to be used as, or used in lieu of, any course of medical or psychological treatment, but for research and educational purposes only.

None of the feedback or summary data provided by the products is to be interpreted as medically or psychologically diagnostic.

Finally, heart rate variability patterns differ widely from one person to another. There are no "right" or "wrong" patterns. The coherence scores displayed by the products are especially useful for comparing one's own progress in increasing the ability to maintain a physiologically coherent state with practice; they should not be compared between one individual and another.

Individuals with heart rhythm irregularities, such as atrial fibrillation or flutter or intense clusters of premature atrial contractions and children who are unable to sit still may be unable to use the emWave products successfully.

Additional Resources

emWave2[®]

In just a matter of minutes, using emWave2, you can begin to experience less stress, better health, more energy and improved mental and emotional clarity.

emWave is a mobile stress relief system (no computer necessary) that is effective and entertaining and helps you balance emotions, mind and body.

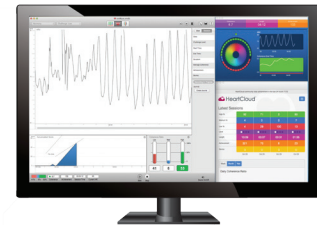


emWave[®] Pro

The emWave Pro with patented Heart Rhythm Monitor will help you transform stress and anxiety into vibrant energy. Much more than a heart monitor this revolutionary technology guides you on how to achieve higher, more creative energy levels, less stress, and optimal health.

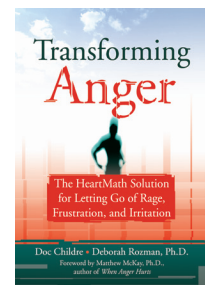
emWave Pro is an easy-to-use software and hardware program which collects pulse data through a finger or ear sensor that plugs into your computer. The program translates the information from your heart rhythms into user friendly graphics displayed on your computer screen.

- Watch your heart rhythms in real time.
- See how emotions affect your heart rhythms.
- Discover which emotions you can activate to more effectively manage stress and boost vitality.



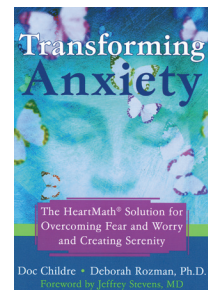
Transforming Anger: The HeartMath Solution for Letting Go of Rage, Frustration and Irritation, by Doc Childre and Deborah Rozman

If you are dealing with anger you can't quite seem to manage, this book can give you hope, as well as practical tools to successfully handle this emotion. You'll learn how to: better understand how and why anger occurs in your daily life; understand how your body triggers anger and responds to anger; use fast-acting tools and techniques to get in sync and release anger; find and act on new solutions for situations involving anger.



Transforming Anxiety: The HeartMath Solution for Overcoming Fear and Worry and Creating Serenity by Doc Childre and Deborah Rozman, Ph.D.

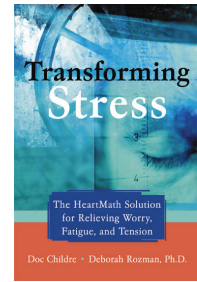
Anxiety has become rampant in today's fast-paced society. Why this is occurring and what individuals can do to overcome fear and worry and create more serenity, especially during uncertain times, is the important subject matter of this book. The HeartMath solution for addressing anxiety differs in important ways from the usual interventions for anxiety. The HeartMath solution is based on new research on how the heart and brain communicate and how people can harness the power of their physiology to regulate their own emotions to expand intuitive perception.





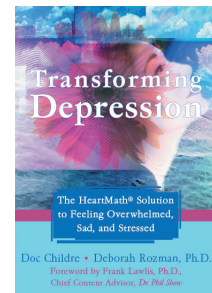
Transforming Stress: The HeartMath Solution For Relieving Worry, Fatigue, And Tension by Doc Childre and Deborah Rozman, Ph.D.

STRESS-It's the quintessential buzz word of modern life. It hangs on everyone's lips from the first miles of the morning commute until the screeching alarm clock starts yet another day. Countless articles and studies tell the same story: lives controlled by unmanaged stress end early and none too well. This book describes a simple, straightforward method readers can learn and practice to literally transform stress by shifting the heart's own rhythms. Changes brought about through this method are fast-acting and long-lasting.



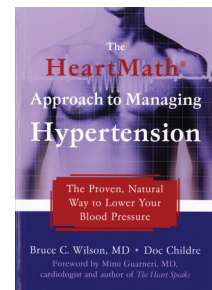
Transforming Depression: The HeartMath® Solution to Feeling Overwhelmed, Sad, and Stressed by Doc Childre and Deborah Rozman, Ph.D

Could your life be any crazier and more overwhelming? You're bombarded all day, every day by deadlines, demands, and news, much of it bad, from across the street and around the world. After awhile, this constant sense of being overwhelmed, fatigued, and stretched to the limit can leave you feeling hopeless and uninterested in things that you used to enjoy. In other words, you have become depressed. By using the HeartMath techniques in this book, you'll learn how to tap into new resources of energy and creativity and find new ways to connect with the people in your life. In no time, your feelings of depression will lessen and dramatic changes will take place in your mind and body that will result in better health and greater



The HeartMath Approach to Managing Hypertension: The Proven, Natural Way to Lower Your Blood Pressure by Bruce C. Wilson, MD and Doc Childre

High blood pressure is a national epidemic. It's a condition that affects one in four Americans, most of whom have no idea they are at higher risk for heart disease, stroke, and other life threatening problems. Learn a safe, drug free, effective and clinically validated approach to reduce the stress that can cause high blood pressure.



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