



## Heart Science & Self-Healing Facts

- The heart has its own intrinsic nervous system, or 'heart brain'.
- There's more neurological flow from heart to brain than from the brain to heart.
- The heart is an organ of perception and intuition that informs your brain.
- The heart produces hormones, like oxytocin, and neurotransmitters.
- The heart produces a torus information field that can be measured at 5 feet from the body.
- The field that's pulsed with each heartbeat carries information to your cells. This information is frequency based, much like an internally generated homeopathic remedy.
- The heart is 50 times stronger electrically and 5,000 times stronger magnetically than you brain.
- Heart rate variability (HRV) reflects the state of the autonomic nervous system.
- Higher HRV reflects a more balanced and stress free state, while a lower HRV reflects the opposite. HRV reflects autonomic balance.
- Both slow breathing and experiencing positive emotion increase HRV.
- Lower HRV inhibits higher cortical function (clarity of thought).
- Positive emotions enhances HRV, while the resistance to negative emotions lowers HRV.
  
- **Benefits associated with cultivating a higher HRV include:**
  - Enhanced cognitive ability, memory & Intuition
  - Better problem solving and increased attention
  - Enhanced decision making and behavioral control
  - Reduced impulsivity and compulsivity
  - Enhanced physical coordination
  - Increases emotional stability
  - Decreased anxiety, depression, and anger ... mood stabilization
  - More positive patterns of gene expression.
  - Higher adrenal DHEA levels and more balanced cortisol levels
  - Vagus nerve stimulation: better organ function, lowered inflammatory signaling
  
- **Additional Self-Healing Information**
  - 85% of all illness is stress-induced (NIH: Segerstrom & Miller 2004)
  - 95% of chronic back pain has no physical cause even in the presence of structural abnormalities (e.g. protruding discs) and is best treated by resolving stressful emotions (Sarno, NYU).
  - Placebo research validates the healing influence of the mind and epigenetic signaling.
  - The brain and body have a self-regulating and self-healing capacity that is triggered by the non-judgmental awareness of felt experience.