

### What is it?

*emWave™ Personal Stress Reliever™* represents a breakthrough in personal stress reduction technology. *emWave* is a handheld interactive device, small enough to fit in your purse or pocket. Weighing just 2.2 ounces, *emWave* is a discreet and effective solution for reducing stress anytime, anywhere.



### How does it work?

*emWave Personal Stress Reliever* helps to build a cushion between you and day-to-day stress by teaching you how to achieve a high-performance mental and physiological state called “coherence” using HeartMath’s Quick Coherence® technique.

The scientific term “coherence” refers to a mental and emotional state that you experience when you are “in sync” — when your heart, brain and nervous system work more efficiently and harmoniously. Studies show that when your body is in a coherent state, your emotional and mental state is revitalized, and your body starts to mend frayed nerves and improve its immune and hormonal balance. Simply stated, more coherence equals more energy and less stress.

### When do I use it?

- To prepare for or recover from the triggers of daily stress such as meetings, deadlines, phone calls, travel, family interactions, unexpected changes, etc.
- Anytime you want to renew or refresh your energy
- To boost performance and enhance creativity

### emWave helps you to:

- Re-energize throughout the day
- Gain a new sense of inner control
- Restore patience and emotional balance
- Shift from one task to another with more ease
- Improve mental clarity, health and sense of well being
- Quickly recoup from stressful events preventing energy drain



### emWave and the HeartMath® System:

*emWave* is one of many components that comprise the HeartMath® System. The System includes programs, tools, and technologies that are based on over 15 years of scientific research on the relationship between stress and emotions. HeartMath has earned a global reputation for their innovative research and is acknowledged world-wide as a pioneer in the science of cardiac coherence. Their solutions for relieving stress and improving performance are helping hundreds of thousands of people in more than 50 countries. HeartMath’s research has been published in numerous peer-reviewed journals such as *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*.