



## HeartMath™ ...

## Advanced Stress Reduction Technology

## For Health Professionals



**Add Advanced Stress Reduction Technology to Your Practice** with HeartMath®'s Freeze-Framer® Interactive Learning System with Patented Heart Rhythm Monitor.

For use with patients, athletes, executives, performers, students and anyone seeking to improve themselves and their health. The system will provide:

- stress reduction and self-regulation skills
- simply, easy-to-use programs with fun games
- stress reduction benefits for ADD/ADHD, anger, anxiety, depression, chronic pain, heart problems, hypertension

Stress is the wear and tear the body experiences in reaction to everyday challenges, tensions and pressures. The American Institute of Stress claim that up to 90% of all health problems are related to stress. Too much stress wears down the immune system, increasing the risk of everything from colds to hypertension. Chronic stress can contribute to heart disease, high blood pressure, stroke, depression and sleep disorders.

The fact is you can't eliminate stress from your life, but you can learn how to manage it and reverse the damage it can cause.

In today's world, it's important for people to learn stress reduction and emotional management skills. As a health professional, you can help your clients take an active role in preventing stress, managing the emotions associated with stress and creating better health.

### **How the Freeze-Framer Technology Can Help**

You can use the Freeze-Framer technology with your clients to help them learn internal awareness, self-regulation, and emotional management skills. They can learn to prevent stress by becoming aware of when the stress response starts and stopping it in the moment.

The Freeze-Framer technology is an easy-to-use software program with a heart rhythm monitor. The system is an innovative approach to stress relief based on learning to change the heart rhythm pattern and create physiological coherence in the body.



With the program clients can see how their thoughts and emotions affect the heart and nervous system. When stressed, the client's heart rhythm has an irregular, jagged, incoherent pattern. When the client shifts to a more positive emotional state, the heart rhythm pattern changes to a smoother, wave-like, coherent pattern. By seeing the visual changes on the screen and associating it with a more peaceful, calm internal state, the clients learn to manage stress and maintain a state of physiological coherence and balance.

The Freeze-Framer technology is a complete learning system including tutorial. Thousands of people around the world are using the Freeze-Framer system to reduce their stress, improve performance in business and sports, increase awareness and intelligence, and create better relationships.

The system is simple, effective, easy-to-use, affordable, and patients like to use it. It feels good to use it, both for the patient and the practitioner. Help your clients make life-style changes and healthy choices.

**Benefits of using the Freeze-Framer Interactive Learning System with your clients:**

- prevent stress before it occurs
- manage emotional that accompany stress
- easy-to-use with both children and adults
- has a positive focus, feels good to use
- has a high compliance rate
- combines well with other therapies

By also providing the Freeze-Framer technology to your clients (by rent or sale), they can practice at work or at home to reduce stress and improve their health.

**Many clinics find the HeartMath Sensor and software kit to be an essential tool putting an expected value on an instrument of this kind with such application and features at more than two thousand dollars. *Yet this hardware, software kit is available for only a few hundred dollars!***

**For information on our volume discount schedule, in Aust/NZ/Asia call: 618 9430 7777 or 0500 567 500.** Support materials are also available, including a Client Education brochure and a Health Professional Guide for Using the Freeze-Framer Technology with your clients.

*"I've used the Freeze-Framer program with several hundred patients in my rehab psychology practice, and found it extremely useful for quieting autonomic system response problems such as anxiety and chronic pain."*

A.M. Ricci Ph.D., ABPP  
Rehabilitation Psychologist

*In Aust/NZ we invite you to apply for our Health Professional Program offered. Similar to the US offering, the Accreditation course has proven to be popular with more than 400 combined attendees over the last 6 years. Contact [info@int-a1.com](mailto:info@int-a1.com) or call +61 500 567 500 (International) or 08 9430 7777 (Australia) for more information.*

For Information

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## Health Professionals

### Using emWave Personal Stress Reliever with your Clients

Today's health professional needs a variety of stress management methods for helping clients reduce stress, create emotional balance and improve overall health. Many are using the emWave Personal Stress Reliever to help their clients take an active role in stress management and dealing with emotions associated with stress to improve health and wellness.

The emWave Personal Stress Reliever is an innovative approach to stress management based on learning to change the heart rhythm pattern and create physiological coherence in the body.



Stress relief when you need it  
where you need it.

As a health professional, you can use this stress management technology with clients to help them learn internal awareness, self-regulation and emotional management skills. They can learn to reduce stress and increase health and wellness by becoming aware of when the stress response starts and by stopping it in the moment.

By using the emWave Personal Stress Reliever and practicing the Quick Coherence® technique (included in package contents) a client can experience a more balanced internal state.

As a health professional you can help your clients take a more proactive role in their healing process and assist them in making life-style changes and healthy choices. It is handheld, easy to use, portable and has a high rate of client compliance. emWave Personal Stress Reliever combines well with various stress management therapies and personal care procedures, and practice often results in positive and enduring personal changes.



HeartMath Provides an Array of Technology, Training Programmes, Books and CDs for the Health Professional



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