

# The Mysteries of the Heart

A Tidbit

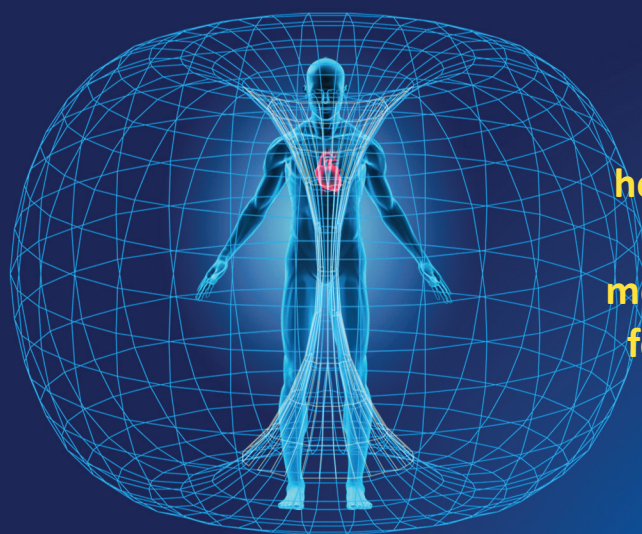
Research explains how the physical and energetic heart plays an extraordinary role in our lives!



Our heart rhythms affect the brain's ability to process information. The heart has 40,000 sensory neurons involved in relaying ascending information to the brain.

Another Tidbit

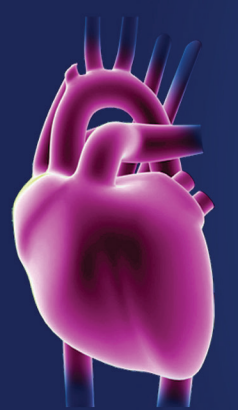
## Did you know?



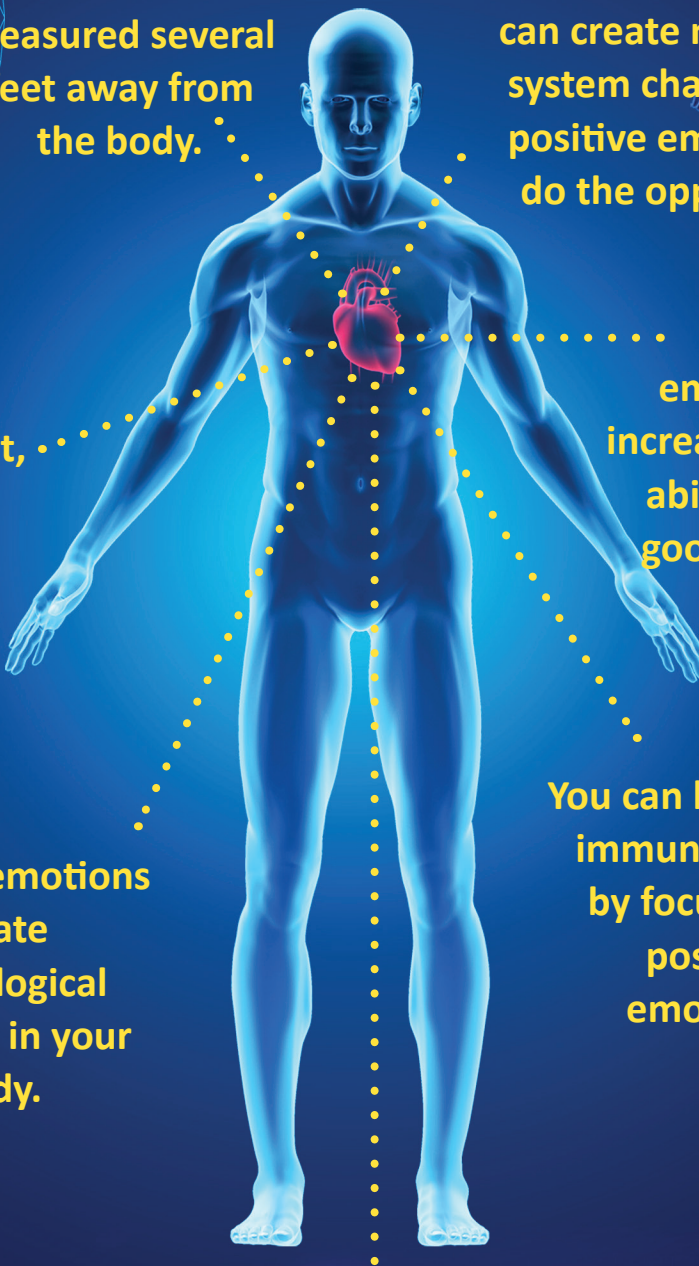
The human heart's magnetic field can be measured several feet away from the body.



Negative emotions can create nervous system chaos, but positive emotions do the opposite.



In fetal development, the heart forms and starts beating before the brain begins to develop.



Positive emotions can increase the brain's ability to make good decisions.

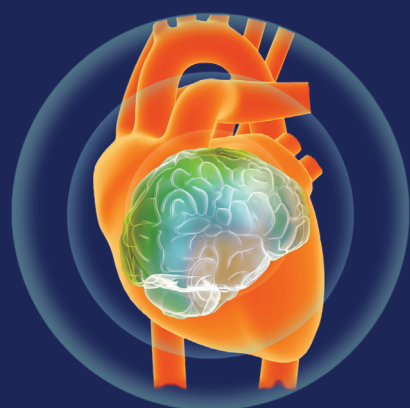


Positive emotions create physiological benefits in your body.

You can boost your immune system by focusing on positive emotions.



A mother's brainwaves can synchronize to her baby's heartbeats even when they are a few feet apart.

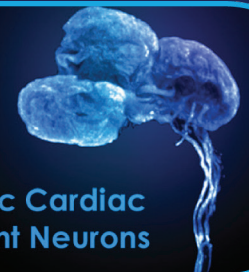


Did you know the heart has a brain of its own?

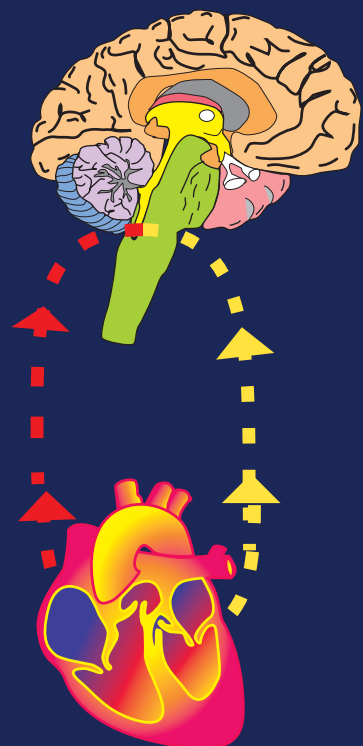


Dr. J. Andrew Armour introduced the term, "heart brain," in 1991. Armour showed that the heart's complex nervous system qualified it as a "little brain."

The heart brain, like the brain proper, has an intricate network of neurons, neurotransmitters, proteins and support cells. It can act independently of the cranial brain and has extensive sensory capacities.



Scientists at the Institute of HeartMath have conducted research on emotional energetics, coherence, heart-brain connection, heart intelligence and practical intuition.

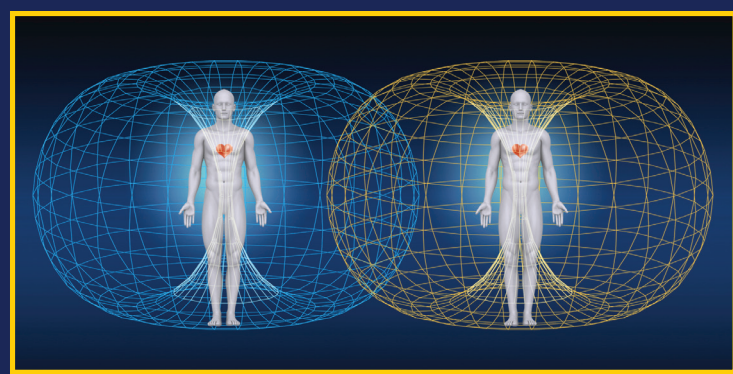


The heart sends signals to the brain that can influence:

- ▶ perception
- ▶ emotional experience
- ▶ higher mental processes



## Did you know?



Your heart emits an electromagnetic field that changes according to your emotions.

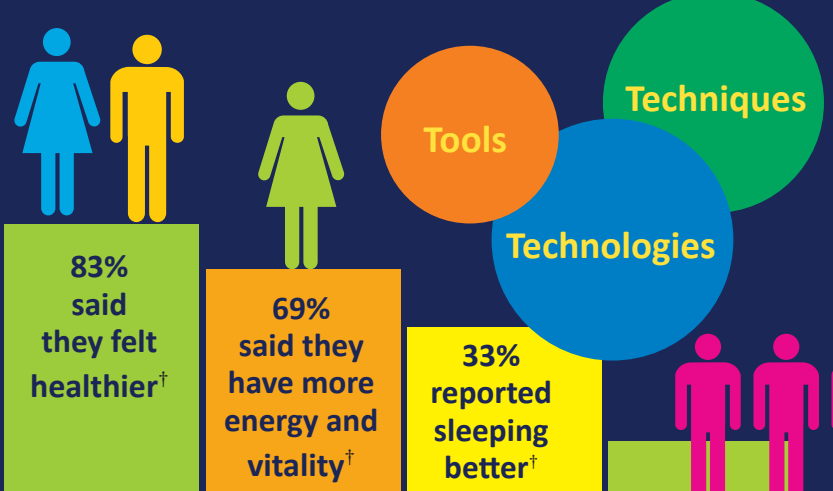
Others can pick up the quality of your emotions through the electromagnetic energy radiating from your heart.

## Heart-Brain Factoids



- The heart has a system of neurons that have both short- and long-term memory, and the signals they send to the brain can affect our emotional experiences.
- The heart sends more information to the brain than the brain sends to the heart.
- Coherent heart rhythms help the brain in creativity and innovative problem-solving.

The Institute of HeartMath's applied research is solution oriented.



75% of adults experience moderate to high levels of stress.



— Stress Facts, Global Organization for Stress.



† These percentages are based on 5,000 assessments of individuals who used HeartMath techniques and the emWave® technology.

These facts are brought to you by the Institute of HeartMath Research Center, where ongoing research is being conducted to help explain the connection and role of the heart in our emotion-based experiences.

Help support our continuing research. Donate to IHM's Research Fund. Go to: <http://store.heartmath.org/IHM-Research-Projects.html>