

## HeartMath's Stress Relief Program

### **Introduction**

If you're like most people, you've heard and read a lot about stress. If that doesn't make you an expert, what probably does is the fact that you're experiencing more than ever before, and if you looked up "stress" in the dictionary, you'd probably see your picture next to it.

Stress is a term used to describe the wear and tear the body experiences in reaction to everyday challenges, tensions and pressures. The American Institute of Stress claims 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 cancer. Chronic stress can contribute to heart disease, high blood pressure, stroke, depression, and sleep disorders. The price tag to American businesses alone is at least \$200 billion a year.

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

Created by Doc Childre—an author, researcher, and consultant to leaders in business, science, medicine, and education—the HeartMath® System is an innovative approach to stress relief based on the fact that we can't just *think* our way there. The mind on its own is not enough. It requires something more. It takes heart.

The HeartMath System is unique in that it is grounded in science and takes the "heart" out of respected but conceptual confines of philosophy and spirituality and puts it into a practical, common-sense understanding useful in everyday life. It's also designed to be easy to learn. Thousands of people around the world use the HeartMath System to reduce their stress, improve performance in business and sports, increase awareness and intelligence, create better relationships and learn how to ride the waves of change with more poise and grace.

But don't take our word for it. See for yourself just how a change of heart changes everything!

Enjoy!

Your Licensed HeartMath Provider