



INNER BALANCE™ TRAINER

An innovative self-monitoring and training system for iPhone, iPad and iTouch

\$129

Inner Balance Sensor for iOS Original / Lightning Connector
(Inner Balance Sensor for iOS)

EMWAVE2®

Simple-to-use mobile technology helps you achieve personal coherence

\$199

EMWAVE® PRO

Multi-user desktop stress relief system, ideal for health professionals and families

\$299



Visualizers

- My Inspiration
- 2 Breath Pacers



Charts

- Coherence level
- Pulse
- HRV
- Power spectrum



Users

- Single user



Games

- Not at this time



Sessions

- Limited by system storage

- My Inspiration
- Breath Pacer
- Coherence Coach
- 3 games
- 4 visualizers

- Coherence level
- Pulse
- HRV

- **Single user**

- DualDrive
- Tropical Heat
- (Games sold separately)

- 18 hours of local storage on handheld device
- Database limited by system storage

- My Inspiration
- Breath Pacer
- Coherence Coach
- 3 games
- 4 visualizers

- Coherence level
- Pulse
- HRV
- **Power spectrum**

- **Multi user**

- DualDrive
- Tropical Heat
- (Games sold separately)

- 25 profiles per database
- Database limited by system storage

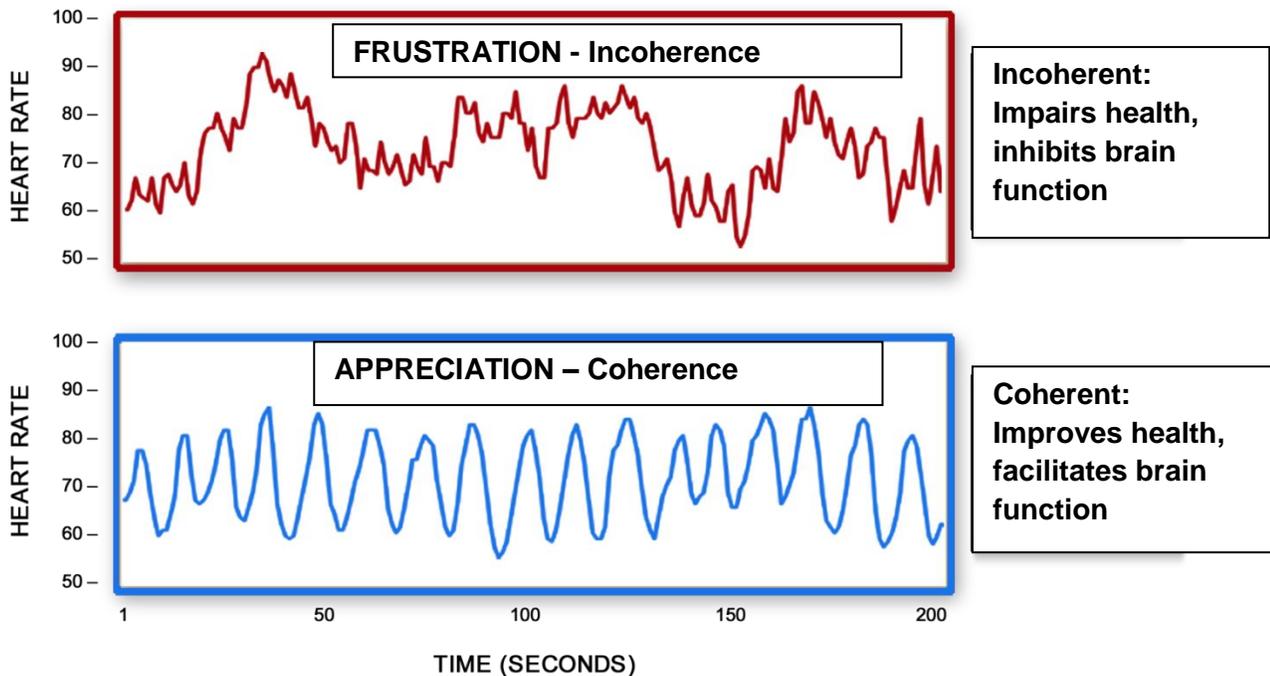
Are you looking for simple, effective tools to help your pain patients with stress, anxiety and pain control? Fortunately, new research is showing that we can stop the momentum of stress and literally re-train the body and brain to respond differently to it.

The emWave® and Inner Balance™ stress relief systems by HeartMath® are being used by thousands of health professionals to help their clients learn stress reduction and emotional management skills. The emWave and Inner Balance technologies display the heart rhythm pattern in real time on the computer or Apple product screen allowing your clients to see how their thoughts and emotions affect their heart and nervous system. By seeing the pattern on the screen and using the techniques taught with the programs your clients can quickly learn to self-regulate. Through techniques, interactive exercises and games built in to the programs, they can have fun while learning to calm themselves and build resilience. They learn they can learn to manage pain, anger, anxiety, depression and other stress related states and make positive changes in a short amount of time.

How does it work?

The heart's rhythm is called Heart Rate Variability (HRV). Scientific research over the last 25 years has identified HRV as a major indicator of overall health in the human system as well as a major predictor of future health challenges.

The stress state is reflected in the heart rhythm. When we are stressed the heart rhythm appears on the screen as chaotic and erratic (top graph). An erratic heart rhythm is called an *incoherent* rhythm. When you're poised and emotionally balanced the heart rhythm appears smooth and rhythmical. This rhythm is called a *coherent* rhythm (bottom graph) and promotes overall health and well-being in the human system. The heart rhythm changes quickly and visibly on the screen corresponding to changes in our emotional state. The HRV rhythm can therefore be used as a signal to help people learn self-awareness, self-regulation and emotional management skills.



Coherence has been shown in numerous studies to improve mental clarity, creativity and problem-solving abilities. The emWave and Inner Balance products are designed to help people achieve coherence through easy-to-learn exercises and games. Using a pulse sensor plugged into your USB port, the emWave and Inner Balance products collect and translate HRV (heart rate variability) data into user-friendly graphics. Through coherence techniques, interactive exercises and games built in to the programs, they help you create and sustain mental clarity, emotional balance and well-being.

We think you will enjoy using the emWave and Inner Balance systems with your clients.

Click the links to learn more.



[emWave Pro](#) – Professional version computer-based program. The program includes booklets on Sleep, Emotional Eating, Meditation, and Brain Fitness. Also included are the Practitioners Guide, Trauma Manual, and Couples Manual.



[emWave2](#) – Hand held portable home trainer for clients. Also comes with a software program for real time viewing.



[Inner Balance](#) App and Sensor – Provides the stress relief system for the iPhone, iPad, and iPod. Download the app for free, then plug in the sensor and you're ready to go. Available for 3rd, 4th, and 5th generation iOS products.

Benefits include:

- Improved positive outlook – feels good to use
- Improved sleep quality
- Reduced pain levels
- Improved emotional balance and mental clarity
-

What Health Professionals are saying...

“I have been using the HeartMath emWave clinically with my clients for the past 8 years. I have had a great deal of success helping clients to down-regulate anxiety and anger using the emWave. About 25% of my clients have a sleep disorder that is greatly improved using the emWave. It really helps with clients who are easily emotionally flooded. I recommend this device to you without any reservations.”

- John Gottman, PhD, The Gottman Institute; voted one of the Top 10 Most Influential Therapists of the past quarter-century by the *Psychotherapy Networker*

“In over 25 years of clinical practice I have studied many treatment modalities and like you, have taught my clients skills that help them to heal and grow. Without exception, the HeartMath tools are the most utilized tools I teach. The immediate and ongoing benefits my clients obtain through the use of these tools have been wonderful to watch.”

- Sara G. Gilman, MFT, Past President, EMDRIA, Fellow, American Academy of Experts in Traumatic Stress

“Throughout my last 10 years of intensive trauma and attachment focused clinical interventions the science of HeartMath has proven to be one of my most effective tools when used in combination with other advanced clinical interventions. This is based in the evidence from hundreds of interventions that I have both supervised and performed. The state of high coherence makes all forms of clinical intervention easier to implement and helps produce a long lasting effect.”

- Steve Sawyer, LCSW, CSAC, Clinical Director/co-Owner, Dynamic Interventions & New Vision Wilderness Program

"I've been using HeartMath software products in my clinical practice since the late 90s, and have always found them to be highly beneficial in my treatment of anxiety disorders in general. The emWave device added significantly to the utility of HRV training, providing my patients with the opportunity to practice at home or on the street."

- Dr. Jonathan Douglas, Ph.D., Clinical Psychologist, Barrie, Ontario

What patients are saying...

"My 12-year-old daughter suffers from migraines that do not respond to medication. She was hospitalized twice last year in the best children's hospital in the country and pumped full of meds that did not work. Her pain on a scale of 1-10 was a 9-10. I searched everywhere for a solution to end her pain. After three weeks of practicing with the emWave my daughter was migraine free. My daughter can take the emWave to school. A three minute session in the morning, one at recess, one after school and one in the evening means that she can have a life again. The emWave is being marketed for simple stress reduction, but for my daughter the emWave has given her back her life."

- A happy parent (and child!)

"My family & I became tremendously worried, my father is 67 years old, and his health was waning rapidly and his blood pressure issue was only getting worse. He purchased an emWave and began his HRV training. Two weeks later, he had reduced the amount of this sedative he was taking back down to one a night. Two months later he was cutting them in half. I visited him earlier this week and I'm happy to say his blood pressure has normalized, and he's completely independent of this sedative and any other prescriptions he had been taking. The only variable that had changed was the emWave. I'd like to give my warmest thanks to the HeartMath Institute for this. Your work gave my father back his life, and has made me a better person."

- A grateful son

Free training available at:

Free emWave and Inner Balance Training

<http://www.heartmath.com/heartmath-technology-free-training/>

Free Health Professional Resources

<http://www.heartmath.com/health-professionals/health-professional-resources/>