

# Cardiac Coherence

**Ion Tiginyanu, Victor Sontea, Serghei Railean**

*SUMMARY - Heart Coherence 365: A Guide To Long Lasting Heart Coherence By David O'Hare*  
Shortcut Edition, 2021-06-22 \* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how to develop your business by creating powerful digital content. You will also learn : to master the basics of digital marketing in a few minutes; to optimize what you already have in place with the help of a few fundamentals; to better target your content, so that your offer is more visible and more consulted; to convince a prospect who visits your site to go further; what really works in terms of audience; tips on how to move up in Google search results easily; what are the essential tools that experts in the digital sector believe you need to know. Every entrepreneur knows that just because an idea is good or a product is successful, it doesn't sell. Large corporations have entire marketing teams to communicate and promote their brand. However, their strategies are based on simple principles and accessible tools. Andy Crestodina, Marketing Director of Orbit Media Studios, a web design and consulting agency, has been conducting research for decades on the precise characteristics of content that engage users. Whether you manage a company, a team or projects, you too can now learn what really makes a difference. What do you have to lose? \*Buy now the summary of this book for the modest price of a cup of coffee!

**Heart Rate Variability, Health and Well-being: A Systems Perspective** Robert Drury, J. P. Ginsberg, Stephen W. Porges, Julian F. Thayer, 2020-01-09 The development of a new tool, analytic device, or approach frequently facilitates rapid growth in scientific understanding, although the process is seldom linear. The study of heart rate variability (HRV) defined as the extent to which beat-to-beat variation in heart rate varies, is a rapidly maturing paradigm that integrates health and wellness observations across a wide variety of biomedical and psychosocial phenomena and illustrates this nonlinear path of development. The utility of HRV as an analytic and interventive technique goes far beyond its original application as a robust predictor of sudden cardiac death. This Research Topic aims to provide a conceptual framework to use in exploring the utility of HRV as a robust parameter of health status, using a broad and inclusive definition of 'health' and 'well-being'. From the broadest perspective, current biomedical science emerged from shamanistic and religious healing practices and empirically observed interventions made as humans emerged from other hominins. The exponential growth of physics, chemistry and biology provided scientific support for the model emphasizing pathology and disorders. Even before the momentous discovery of germ theory, sanitation and other preventive strategies brought about great declines in mortality and morbidity. The revolution that is currently expanding the biomedical model is an integrative approach that includes the wide variety of non-physio/chemical factors that contribute to health. In the integrative approach, health is understood to be more than the absence of disease and emphasis is placed on optimal overall functioning, within the ecological niche occupied by the organism. This approach also includes not just interventive techniques and procedures, but also those social and cultural structures that provide access to safe and effective caring for sufferers. Beyond the typical drug and surgical interventions - which many identify with the Western biomedical model that currently enjoys an unstable hegemony - such factors also include cognitive-behavioral, social and cultural practices such as have been shown to be major contributors to the prevention and treatment of disease and the promotion of health and optimal functioning. This Integrative Model of Health and Well-being also derives additional conceptual power by recognizing the role played by evolutionary processes in which conserved, adaptive human traits and response tendencies are not congruent with current industrial and postindustrial global environmental demands and characteristics. This mismatch contributes to an increasing incidence of chronic conditions related to lifestyle and health behavior. Such a comprehensive model will make possible a truly personalized approach to health and well-being, including and going far beyond the current emphasis on genomic analysis, which has promised more than it has currently delivered. HRV offers an inexpensive and easily obtained measure of neurovisceral functioning which has been found to relate to the occurrence and severity of numerous physical disease states, as well as many cognitive-behavioral health disorders. This use

of the term neurovisceral refers to the relationships between the nervous system and the viscera, providing a more focused and specific conceptual alternative to the now nearly archaic “mind-body” distinction. This awareness has led to the recent and growing use of HRV as a health biomarker or health status measure of neurovisceral functioning. It facilitates studying the complex two way interaction between the central nervous system and other key systems such as the cardiac, gastroenterological, pulmonary and immune systems. The utility of HRV as a broad spectrum health indicator with possible application both clinically and to population health has only begun to be explored. Interventions based on HRV have been demonstrated to be effective evidence-based interventions, with HRV biofeedback treatment for PTSD representing an empirically supported modality for this complex and highly visible affliction. As an integral measure of stress, HRV can be used to objectively assess the functioning of the central, enteric and cardiac nervous systems, all of which are largely mediated by the vagal nervous complex. HRV has also been found to be a measure of central neurobiological concepts such as executive functioning and cognitive load. The relatively simple and inexpensive acquisition of HRV data and its ease of network transmission and analysis make possible a promising digital epidemiology which can facilitate objective population health studies, as well as web based clinical applications. An intriguing example is the use of HRV data obtained at motor vehicle crash sites in decision support regarding life flight evacuations to improve triage to critical care facilities. This Research Topic critically addresses the issues of appropriate scientific and analytic methods to capture the concept of the Integrative Health and Well-being Model. The true nature of this approach can be appreciated only by using both traditional linear quantitative statistics and nonlinear systems dynamics metrics, which tend to be qualitative. The Research Topic also provides support for further development of new and robust methods for evaluating the safety and effectiveness of interventions and practices, going beyond the sometimes tepid and misleading “gold standard” randomized controlled clinical trial.

Boost your Heart Energy Nathalie Campeau, Your heart is a source of energyDid you know that your heart, not your brain, is the organ of your body that produces most energy?As measured by an EKG, the electrical current which it produces is 50 times stronger than that of the brain.This electromagnetic field can be detected up to 15 feet away from the body. Consequently, our inner cardiac energy can influence others: parents holding a baby in their arms will surround this baby with their loving energy. So will embraced lovers.Moreover, people at small distance will affect each other's field and influence the conversation's tone.Beyond its fundamental importance in culture as well as literature, your heart is much more than a pump that produces blood circulation. It has many complex functions, as it acts as:an endocrine gland that produces hormones,a sophisticated nervous system,an electricity generator.Indeed, we can talk about a little brain in your chest that gathers information, communicates and has its own intelligence. That from your brain is different from that of your heart and plays a different role.Recent research in the field of neuro-cardiology has improved our understanding of the respective roles of both organs. Specialists have long recognized that one has the power to influence the other. Researchers have now proved that the heart has the power to modulate brain activity and to optimize its function.Scientists describe a state of well-being, called cardiac coherence, obtained by synchronizing both, which yields remarkable benefits in the areas of health, personal energy and relationships.How can you tap into the powerful energy of your own heart? An easy way to access your energy is to trigger a state of cardiac coherence. I have developed a simple technique called Heart-Smiling that allows you to better use the energy of your heart and can restore your personal energy at will.Heart-Smiling is a groundbreaking easy to learn technique that allows you to tap into the dynamism of your cardiac organ's superior and positive emotions, like appreciation, gratitude, compassion, generosity, understanding and love.These feelings, when felt and experienced, release hormones into your blood stream that make you feel good and energized. Heart-Smiling is a practical tool that has the power to change your inner state and improve your relationship to yourself and to your world.According to Pierre Teilhard de Chardin, love is the most astounding cosmic energy. We have access to this amazing force and can use it in our daily lives. It resides in our chest and we can tap into it at will to recharge our batteries and transmit it to those

we love. So... Let us replenish ourselves with this vitality and love force and share a Better Heart Energy to those we cherish and love! What are the benefits to using your heart energy on a daily basis? Research in the area of heart energy and cardiac coherence indicate definite benefits in: stress management, physical and emotional health, improved mental capacities and smoother interpersonal relationships at home and at work. Smiling practitioners report feeling at once calmer and energized. Smilers feel it easier to stop wasting their precious energy and time on energy sappers. They feel unconstrained and free to spend their energy on what matters to them. Learn to use the Energy of your Heart to transform your life for the better, at home and at work. We hope that this practical book will help you throughout the way a better life and well-being! Sincerely, Nathalie Campeau

*Transforming Stress* Doc Childre, Deborah Rozman, 2005-03-02 It's the quintessential buzz word of modern life. It hangs on everyone's lips from the first miles of the morning commute until the screeching alarm clock starts yet another day. Countless articles and studies tell the same story: lives controlled by unmanaged stress end early and none too well. This book describes a simple, straightforward method readers can learn and practice to literally transform stress by shifting the heart's own rhythms. At the core of the HeartMath method of emotional regulation is the idea that, by focusing on positive feelings such as appreciation, care, or compassion, anyone can create dramatic changes in his or her heart rhythms. These changes precipitate a series of neural, hormonal, and biochemical events that dissipate stress and anger and lead to greater well-being. The benefits from using this system are remarkable and far-reaching: blood pressure drops, stress hormone levels fall, immune system activity increases, and anti-aging hormone levels rise. Through its interactive learning system, this book teaches readers to use the HeartMath method, enabling them to see and experience in real time how thoughts and emotions affect their heart rhythms. It teaches them how to engage their hearts to bring emotion, body, and mind into balance, and helps them stay in a zone of focused clarity, optimal health, and high performance. Changes brought about through this method are fast-acting and long-lasting, the perfect antidote to our chaotic and fast-paced lives. HeartMath is a registered trademark of the Institute of HeartMath.

Heart Intelligence: Connecting with the Intuitive Guidance of the Heart Doc Childre, Howard Martin, Deborah Rozman, Rollin McCraty, 2017-07-25 Doc Childre's writing is eloquent, his wisdom is profound, and his easy way of communicating makes this book a treasure. His colleagues present the energy of the heart in the safety of a scientific context that invites us again and again to move beyond it. -- Gary Zukav, author *The Seat of the Soul* and *The Dancing Wu Li Masters* *Heart Intelligence, Connecting with the Intuitive Guidance of the Heart* provides readers with a new, high definition picture of the energetic heart as a unifying, creative, intuitive intelligence that we can learn to draw on for moment to moment guidance. *Heart Intelligence* links the physical heart to the spiritual (energetic) heart. Through its extensive communication with the brain and body, the heart is intimately involved in how we think, feel, and respond to the world. Expanding on their breakthrough book, *The HeartMath Solution*, the authors offer heart-based techniques and guidelines for living from the heart, which connects the puzzle pieces of our purpose and fulfillment. The book provides information and simple practices for accessing our heart's intuitive guidance to connect with our highest choices for better outcomes. Our choices are especially important through these changing times because they constantly create or disrupt our peace, happiness and self-security. Our thoughts and feelings influence the chemistry that regulates much of our health -- how we feel, for better or worse. Our thoughts, feelings, emotions and attitudes are just frequencies that we can learn to change -- once we put our heart into our intention. *Heart Intelligence* provides practices to replace fear with the attitude of intelligent concern (managed concern) which leaves us in charge and more attuned to intuitive direction. We learn the benefits of practicing simple coherence techniques a few times a day for boosting resilience and emotional balance; making appropriate choices; and clearing our mind from anxiety or overwhelm when needed. It is through deepening our heart intelligence, coherence and connection that humanity will be able to shift from separation to cooperation resulting in higher solutions to our personal and global problems

**Science of the Heart - Exploring the Role of the Heart in Human Performance** Rollin McCraty, 2015

**Optical Coherence Tomography in Cardiovascular Research** Evelyn Regar, A.M.G.J. van Leeuwen, Patrick W. Serruys, 2007-03-06 Given that for centuries, the standard tool to understand diseases in tissues was the microscope and that its major limitation was that only excised tissue could be used, recent technology now permits the examination of diseased tissue in vivo. Optical coherence tomography (OCT) has promising potential when applied to coronary artery disease. OCT h

**The HeartMath Solution** Doc Childre, Howard Martin, 2011-02-15 The Intelligent Heart Access the power of your heart's intelligence to improve your focus and creativity, elevate your emotional clarity, lower your stress and anxiety levels, strengthen your immune system, promote your body's optimal performance, and slow the aging process.

The Heartmath Approach to Managing Hypertension Bruce C. Wilson, Doc Childre, 2007 A Powerful, Drug-Free Approach to High Blood Pressure High blood pressure is a national epidemic. It's a condition that affects one in four Americans, most of whom have no idea they are at higher risk for heart disease, stroke, and other life-threatening problems. Conventional treatments for hypertension involve drugs, and these can have considerable side effects and may not ultimately succeed in getting those numbers down. Fortunately, the Institute of HeartMath has researched techniques for managing stress and hypertension for more than fifteen years. Now, at last, their highly effective strategies for regulating blood pressure safely and effectively are available to you. Using a series of unique techniques like the Freeze-Frame ® and the Heart Lock-In ®, this book will help you literally regulate your blood pressure at the source-the heart level-and reduce the stress that causes high blood pressure. In as little as ninety days, you can 'reset' your baroreceptor systems and lower your blood pressure. The approach is drug-free, safe, effective, and clinically validated.

**Granny Greeny Says Listen Louder** Ina Albert, 2014-10-14 The greatest gift we can another person is to listen to them. Granny Greeny Says Listen Louder playfully teaches young and old alike to Listen Louder by inviting us to stop tweeting and texting and connect face-to-face and heart-to-heart. We dedicate our work to the power of human connection that makes us visible to one another, to the children who need to be heard, and to the elders who listen to them with hearts filled with love. May we all learn to Listen Louder.

**Transforming Anxiety** Doc Childre, Deborah Rozman, 2006-05-03 The Perfect Antidote to Anxiety Feelings of anxiety can sap your energy, joy, and vitality. But now the scientists at the Institute of HeartMath® have adapted their revolutionary techniques into a fast and simple program that you can use to break free from anxiety once and for all. At the core of the HeartMath method is the idea that our thoughts and emotions affect our heart rhythms. By focusing on positive feelings such as appreciation, care, or compassion, you can create coherence in these rhythms-with amazing results. Using the HeartMath method, you'll learn to engage your heart to bring your emotions, body, and mind into balance. Relief from anxiety, optimal health, and high performance all day long will follow. (HeartMath® is a registered trademark of the Institute of HeartMath.)

Cardiovascular OCT Imaging Ik-Kyung Jang, 2014-11-15 OCT is rapidly being adopted in cardiology practice. However, gap exists between the speed of technology development and the knowledge of cardiologists. Many cardiologists are not familiar with image interpretation and don't have enough background/knowledge to use the information in clinical practice. This book will be designed for busy interventional cardiologists to become quickly familiar with this emerging technology so that they can take advantage of its power improve patient care and outcome.

Dysregulation of Autonomic Cardiac Control by Traumatic Stress and Anxiety J. P. Ginsberg, 2016-08-05 Current understanding of the interplay between sympathetic and parasympathetic influences on cardiac response to environmental stimuli and subsequent response selection (e.g. maintenance of resting homeostasis, mobilization of defensive response, task performance, tonic immobilization, and/or affiliation) will be explored. Reference will be made to how these processes conjoin with proposed polyvagal theory. Cardiac adjustments to environmental

stimuli affect the internal physiological state of the organism as well as the quality of information processing that the individual can perform during the stimulus appraisal stage of the orienting response. Bradyrdia is adaptive in early stages of orientation to novel or potential threat, while greater HRV power serves to facilitate self-regulation, stimulus information processing and appraisal, and appropriate response selection. This issue is devoted to current research findings on how normal patterns of cardiac autonomic regulation of HRV are disrupted in PTSD, impairing sustained attention to the environment and increasing the rate of inappropriate responding to stimuli. Origins of our current state of understanding in the 'intake-rejection' hypothesis will be considered, and how the intake-rejection hypothesis has morphed into present-day Optimal Performance practice. Additionally, empirical data where available will be presented on how dysregulation of the normal pattern of cardiac autonomic regulation by PTSD impairs sustained attention to the environment, and increases the rate of inappropriate responding to stimuli through disinhibition, poor impulse control, emotional withdrawal, over-arousal, and attentional bias. Current research findings are sought that address in controlled, experimental and clinical trials the restorative effects of HRV biofeedback on HRV power, and how increases in HRV power relate to improved attention / immediate memory and self-regulation of affect using outcome measures of cognition, symptoms of PTSD and depression, stress perception, and level of adaptive function.

The Healing Power of the Breath Richard Brown, Patricia L. Gerbarg, MD, 2012-06-12 A drug-free, side effect-free solution to common stress and mood problems—developed by two physicians. The audio exercises included with this book can be accessed online at [www.shambhala.com/healingpowerofthebreath](http://www.shambhala.com/healingpowerofthebreath). Access instructions are also provided within the book. Millions of Americans suffer from mood problems and stress-related issues like anxiety, depression, insomnia, and PTSD. Far too many of them are taking medications that have troublesome side effects, withdrawal symptoms, and disappointing success rates. In *The Healing Power of the Breath*, Dr. Richard P. Brown and Dr. Patricia L. Gerbarg provide a different way to treat stress: breathing. Drawn from yoga, Buddhist meditation, the Chinese practice of qigong, and other sources, their science-backed methods activate communication pathways between the mind and body to positively impact the brain and calm the stress response. Their anecdotes and easy-to-follow exercises will show you how to apply breathing techniques to help relieve:

- Anxiety and depression
- Trauma-related emotions and behaviors
- Post-traumatic stress disorder
- Insomnia
- Addiction-related behaviors

Complete with an audio download, this book gives you the coping tools you need to lead a calmer, more stress-free life.

*Neurocardiology* J. Andrew Armour, Jeffrey L. Ardell, 1994 New ideas about intrinsic and extrinsic cardiac intrathoracic neurons, the role of spinal cord and medullary and higher center neurons are presented. The final chapters focus on the role that autonomic neurons play in the maintenance of cardiac function in the conscious state as well as in two major clinical conditions, dysrhythmias and heart failure.

**4th International Conference on Nanotechnologies and Biomedical Engineering** Ion Tiginyanu, Victor Sontea, Serghei Railean, 2019-09-17 This book gathers the proceedings of the 4th International Conference on Nanotechnologies and Biomedical Engineering, held on September 18-21, 2019, in Chisinau, Republic of Moldova. It continues the tradition of the previous conference proceedings, thus reporting on both fundamental and applied research at the interface between nanotechnologies and biomedical engineering. Topics include: developments in bio-micro/nanotechnologies and devices; biomedical signal processing; biomedical imaging; biomaterials for biomedical applications; biomimetics; bioinformatics and e-health, and advances in a number of related areas. The book offers a timely snapshot of cutting-edge, multidisciplinary research and developments in the field of biomedical and nano-engineering.

*The HeartMath Solution* Doc Lew Childre, Howard Martin, 2011-10-01 Breakthrough scientific research proves that the heart is the control centre of the body's systems and overall health. Pioneers of this research - based at the prestigious Institute of Heartmath - have developed an effective programme to harness the power of the heart. These life-altering techniques show you how

to deepen the qualities long associated with the heart - wisdom, compassion, courage, love, strength and joy. Discover how to channel your heart's intelligence to: \* Reduce stress immediately \* Make better decisions \* Lower high blood pressure \* Achieve peak mental and intuitive performance \* Enhance your creativity \* Raise DHEA hormone levels to slow down the signs of ageing \* Live a healthier, happier life \* And much more

**The Energizing Heart** Nathalie Campeau, 2005-02-01 THE HEART: OUR NEWEST FRONTIER Recent researches in the field of neuro-cardiology have improved our understanding of the respective roles of the brain and the heart. Scientists have long recognized that the brain has the power to influence the heart: watching a horror movie accelerates heartbeats. Researchers now show that the heart also has the power to modulate brain activity and to optimize its functioning. Scientists describe a state of well-being, called cardiac coherence, created by synchronizing the brain and the heart. Heart-Smiling, an easy to learn technique described in this book, gives instantaneous access to this energizing state. The recently revealed roles of the heart can profitably be taken advantage of to increase physical and mental energy. By harnessing the energies of the heart, people can improve their energy levels and thus their quality of life. Heart-Smiling practitioners report feeling more energized, more alert and more able to deal with stressful situations at home and at work.

**Cardiovascular Thrombus** On Topaz, 2018-08-18 Cardiovascular Thrombus: From Pathology and Clinical Presentations to Imaging, Pharmacotherapy and Interventions provides a comprehensive, up-to-date presentation of the research and clinical practices as related to the contemporary aspects of the diagnosis and management of cardiovascular thrombosis. The formation, identification and management of cardiovascular thrombus is of paramount importance for researchers and practicing physicians, yet it remains one of the most challenging diagnostic and clinical scenarios. This important reference connects between research, up-to-date clinical knowledge, and the technological tools available for diagnosis and management of thrombus in cardiovascular medicine. The book includes comprehensive descriptions and review of pathology, clinical presentations, diagnosis, pharmacotherapy, interventions and future trends. It is the perfect reference for basic science students and researchers in general and interventional cardiology, general and interventional radiology, vascular medicine specialists, and vascular, general and cardiac surgeons. Provides comprehensive presentation of the pathophysiology, clinical presentations and diagnosis of cardiovascular thrombosis Includes the most up-to-date information on the practical management of patients with thrombus related conditions Written by the leading experts in the field Describes the current and upcoming pharmacotherapy and technology available for thrombus research and treatment

**Heart: A History** Sandeep Jauhar, 2018-09-18 The bestselling author of Intern and Doctored tells the story of the thing that makes us tick For centuries, the human heart seemed beyond our understanding: an inscrutable shuddering mass that was somehow the driver of emotion and the seat of the soul. As the cardiologist and bestselling author Sandeep Jauhar shows in Heart: A History, it was only recently that we demolished age-old taboos and devised the transformative procedures that have changed the way we live. Deftly alternating between key historical episodes and his own work, Jauhar tells the colorful and little-known story of the doctors who risked their careers and the patients who risked their lives to know and heal our most vital organ. He introduces us to Daniel Hale Williams, the African American doctor who performed the world's first open heart surgery in Gilded Age Chicago. We meet C. Walton Lillehei, who connected a patient's circulatory system to a healthy donor's, paving the way for the heart-lung machine. And we encounter Wilson Greatbatch, who saved millions by inventing the pacemaker—by accident. Jauhar deftly braids these tales of discovery, hubris, and sorrow with moving accounts of his family's history of heart ailments and the patients he's treated over many years. He also confronts the limits of medical technology, arguing that future progress will depend more on how we choose to live than on the devices we invent. Affecting, engaging, and beautifully written, Heart: A History takes the full measure of the only organ that can move itself.

## Unveiling the Magic of Words: A Review of "**Cardiac Coherence**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Cardiac Coherence**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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## Cardiac Coherence Introduction

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