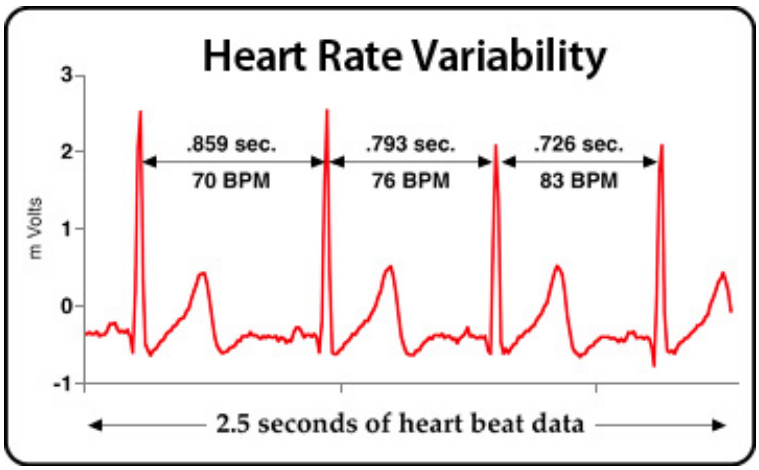
From: **HeartMath** info@heartmath.com
Subject: New Article Explains the Importance of Heart Rate Variability
Date: February 4, 2015 at 6:17 PM
To: tobgy@hotmail.com

## New Article Explains the Importance of Heart Rate Variability for Your Health

It has only been five decades since scientists began to alter their long-held belief that the human body's cells, tissues and organs, particularly the heart, strive to maintain a constant static or steady state.

"We now know that the normal resting rhythm of the heart is highly variable rather than being monotonously regular, which was the widespread notion for many years," write the authors of a new article slated to appear in the January issue of ***Global Advances in Health and Medicine*** (GAHM), a professional journal.

Variability in heart rhythms, which is gaining scientists' attention around the world today, is the subject of their article, ***Heart Rate Variability: New Perspectives on the Physiological Mechanisms, and Assessment of Self-Regulatory Capacity and Health Risk***. To view the article, **click here** to register and activate your free online GAHM subscription. The authors are Institute of HeartMath (IHM) Director of Research Dr. Rollin McCraty and Dr. Fred Shaffer of the Center for Applied Psychophysiology, Truman State University, Kirksville, Mo.




Heart rate variability, the change in the time intervals between adjacent heartbeats, is directly related to the body's interdependent regulatory systems

and ultimately, their efficiency and health. "An optimal level of HRV within an organism reflects healthy function and an inherent self-regulatory capacity, adaptability, or resilience," McCraty and Shaffer write.

Although generally the greater the HRV, the better, they note that too much variability, or instability "such as arrhythmias or nervous system chaos is detrimental to efficient physiological functioning and energy utilization. … "Too little variation indicates age-related system depletion, chronic stress, pathology, or inadequate functioning in various levels of self-regulatory control systems."

The GAHM article cites much of the pivotal heart rate variability research since 1965, when HRV began to be recognized for its importance in indicating or predicting various risk factors. Among these are fetal distress, autonomic nervous system dysfunction, heart disease, anxiety, depression and asthma among other health conditions.

**HeartMath is offering a complimentary one-year online subscriptions to *Global Advances in Health and Medicine* …** where you can continue reading the complete article on heart rate variability. GAHM is an international multimedia communications platform and indexed scientific medical journal featuring current and archived articles, essays, study reviews and other website content. The authors are scientists, researchers and professionals from many fields and organizations, including the Institute of HeartMath and the Global Coherence Initiative, which contribute periodically. **Click here** to register and activate your free online GAHM subscription.

With Care,
HeartMath