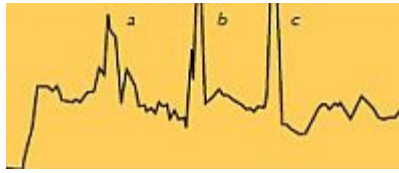


Heart Rhythm Stress



The graph above shows low Heart Rate Variability. Stress can cause this irregular rhythm which then affects your whole being.

Low HRV is also associated with poor breathing and many people do not know how to [breathe properly](#).

Heart Rhythm Coherence



The 2nd graph shows HRV in a person experiencing Heart Coherence or Positive Heart Rate Variability. There are many **health benefits for the heart, mind and body**:

- Your nervous system becomes more balanced and you feel less stress.
- Heart rate slows and becomes more regular. This can eliminate arrhythmia or irregular heartbeats in some cases.
- Blood pressure decreases.
- Mental clarity and focus increases.
- You feel more energetic and balanced.