

# emwave™

personal stress reliever™

Media contact: Gabriella “Gaby” Boehmer  
(831) 338-8710 or [gboehmer@heartmath.com](mailto:gboehmer@heartmath.com)

## ***emWave Personal Stress Reliever:*** **an innovative handheld technology to prevent and quickly recover from stress**

Quantum Intech, Inc., recently introduced their new product, ***emWave™ Personal Stress Reliever™*** ([www.emwave.com](http://www.emwave.com)), which is available through its subsidiary HeartMath® LLC. *emWave Personal Stress Reliever* represents a breakthrough in personal stress reduction technology. *emWave* is a handheld interactive device, small enough to fit in your purse or pocket. Weighing just 2.2 ounces, *emWave* is a discreet and effective solution for reducing stress anytime, anywhere.

*emWave Personal Stress Reliever* helps you build a buffer against stress by learning to access a high-performance state called coherence. The term coherence refers to a mental and emotional state that people experience when they are in-sync — when the heart, brain, and nervous, hormonal, and immune systems work with more harmony and efficiency. Simply stated, more coherence equals improved energy and less stress.



Operating an *emWave* is easy. You simply hold it in your hand with your thumb placed on the sensor button (or by attaching an ear sensor). The sensor detects your pulse and converts it into real-time displays of coherence levels through two colorful light panels. *emWave* includes techniques to help the user increase coherence levels and sharpen their ability to transform stress on-demand.

HeartMath stress experts say that *emWave* is a great tool to prepare for daily stress triggers like meetings, deadlines, phone calls and travel. Howard Martin, Executive Vice President of HeartMath, says: “Constantly having to move from one task to another can exhaust our emotional nature. By midday our patience has run out, our nerves are frayed and we’re more vulnerable to overreacting and getting short-tempered. *emWave* helps create a cushion between you and stress and it’s a fun and effective way to reset your inner balance between tasks.”

HeartMath says customers are reporting that *emWave* is especially helping them recoup and rebalance their mind and emotions following stressful situations.

Jennie Chin Hansen, RN, MS, FAAN, Senior Fellow, University of California, Center for the Health Professions, says: “I love the ease, size and sheer physical feel of *emWave*. It’s so easy to use and what a great way to have heart and mind come together regardless of where

you happen to be—before meetings, handling an unexpected event, and just to get a clear focus on whatever you’re doing.”

Charles B. Inlander, President of the People’s Medical Society, is recommending the *Personal Stress Reliever* to his friends: “Racing through airports, coping with the daily barrage of phone calls and emails, and dealing with short-tempered people, it’s easy for me to lose control of my emotions. I find the *emWave* as my reconnection to reality! I recommend the *emWave* for anyone who wants to reduce stress and take charge of their emotional well-being.”

HeartMath experts say to gain maximum benefit from this stress reliever, start with two to three sessions throughout the day for two to three minutes at a time. They also add that each person will find their own rhythm. Different situations may require more frequent use. As you use *emWave* you’ll find what works best for you.

*emWave* is one of many components that comprise the HeartMath® System. The System includes programs, tools and technologies that are based on over 15 years of scientific research on the relationship between stress and emotions. HeartMath has earned a global reputation for their innovative research and is acknowledged world-wide as a pioneer in the science of cardiac coherence. Their solutions for relieving stress and improving performance are helping hundreds of thousands of people in more than 50 countries. HeartMath’s research has been published in numerous peer-reviewed journals such as *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology*, *Journal of the American College of Cardiology*, *Integrative Physiological and Behavioral Science* and *Alternative Therapies in Health and Medicine*.

### **Quantum Intech, Inc.**

Quantum Intech researches, develops and licenses emotion-interactive technology to reduce stress and anxiety, improve health and wellness and increase performance. Quantum Intech’s first patented product, the Freeze-Framer®, monitors and provides real-time feedback on coherence levels. Quantum Intech has the exclusive worldwide licensing rights to intellectual property developed by the nonprofit Institute of HeartMath.

### **HeartMath®**

HeartMath LLC ([www.heartmath.com](http://www.heartmath.com)), a wholly-owned subsidiary of Quantum Intech, is a cutting edge performance company providing a range of unique services, products, and technology to improve health and well-being, while dramatically reducing stress and boosting performance and productivity. HeartMath clinical studies have demonstrated the critical link between emotions, heart function, and cognitive performance. HeartMath’s compelling solutions for stress relief have been published in numerous peer-reviewed journals. HeartMath’s organizational clients include NASA, BP, Duke University Health System, Kaiser Permanente, Stanford Business School, Unilever, and Cisco Systems, as well as dozens of school systems and thousands of health professionals in the US, Australia, and Europe.

###