



Media contact: Gabriella "Gaby" Boehmer
(831) 338-8710 or gboehmer@heartmath.com

**Quantum Intech, Inc. introduces
emWave™ Personal Stress Reliever™
A sleek, compact portable device for reducing stress anytime, anywhere**

Quantum Intech, Inc., introduces their new product, ***emWave™ Personal Stress Reliever™***, (www.emwave.com) which becomes available through its subsidiary HeartMath® LLC on June 27, 2006. *emWave* is an entertaining mobile handheld device the size of a cell phone. At only 2.2 ounces, it's the smallest, lightest personal stress reliever on the market today. *emWave* users learn how to easily reduce stress -- such as anger, frustration, worry, and anxiety -- in real-time. HeartMath has earned a global reputation for their 15 years of innovative research on the relationship between stress and emotions. *emWave* represents a breakthrough in personal stress reduction technology.

emWave is unique in that it's a fun and engaging stress relief tool. *emWave* provides real-time displays that show users when they have shifted out of mental and emotional stress and into a high performance state called *coherence*. Coherence helps the heart, brain, and nervous, hormonal, and immune systems work with more harmony and efficiency. Coherence is the state people feel when they are in-sync. Simply stated, more coherence equals less stress.

emWave incorporates the same patented technology found in HeartMath's award-winning PC-based product, *Freeze-Framer® Interactive Learning System* (www.freezeframer.com). *emWave* shows coherence scoring in a hand-held device. HeartMath is the world leader in consumer-oriented coherence technology.



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.

This pocket-sized stress reliever retails for \$199.99. Its features include four challenge levels, brightness control, audio feedback, coherence scoring and feedback, ear sensor, an advanced user mode, rechargeable lithium battery with charger, carrying case, Quick Start Guide, and complete owner's manual. Additionally, *emWave* includes the Coherence Coach™ CD, an entertaining software application that teaches HeartMath's scientifically-validated Quick Coherence™ technique. Through narration, flash animations, and music, the Coherence Coach (for both Windows and Mac OS X users) teaches you how to apply the stress relief technique to increase coherence levels while using *emWave*.



“Creating a small, portable device for stress relief that reliably indicates heart rhythm coherence was no small feat,” said Howard Martin, Executive Vice President of HeartMath. “We wanted to create a stress reliever that was both scientifically sophisticated and fun for the user. We wanted it to have a sleek, modern look, but especially to be effective in helping people reduce stress. I’m confident that we have achieved these goals and we are thrilled that we can now offer *emWave Personal Stress Reliever* worldwide.”

HeartMath’s scientifically-validated personal care products provide stress relief solutions that are helping hundreds of thousands of people in more than 50 countries improve health, performance, and quality of life. Their research has been published in numerous peer-reviewed journals such as *Journal of Advancement in Medicine*, *American Journal of Cardiology*, *Stress Medicine*, *Journal of Innovative Management* and *Harvard Business Review*.

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), 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.