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**Tis the Season to be Stressed Out?
emWave™ Personal Stress Reliever®:
Helps You Take Control of Your Stress Response**

The holidays are just around the corner and, for many of us, so is stress. The demands of gift buying, parties, and family gatherings can create feelings of overwhelm. This holiday season arm yourself with *emWave™ Personal Stress Reliever®*, a new solution from the HeartMath® System. *emWave* (www.emwave.com) represents a breakthrough in personal stress reduction technology and has earned the seal of approval from the American Institute of Stress. With *emWave* you can transform stress into productive energy and quickly recoup from stressful events – during the holidays or at any time.

emWave, developed by Quantum Intech, Inc., is a handheld interactive device, small enough to fit in your purse or pocket. Use *emWave* to reset your inner balance before important communications, meetings, between tasks, and to rebalance your mind and emotions following stressful situations.



Howard Martin, Executive Vice President of HeartMath, says: “During the holidays especially, we’re constantly moving from one task to another, which can exhaust our emotional nature. This leaves our nerves feeling frayed and we’re more vulnerable to overreacting and getting short-tempered. *emWave* gives you the power you need to take control of your stress response.”

emWave is one of many components that comprise the HeartMath System (www.heartmath.com) of scientifically-validated stress solutions. HeartMath has earned a global reputation for their 15 years of innovative research on stress and the science of cardiac coherence.

emWave Personal Stress Reliever helps to build a cushion between you and stress by teaching you to access a high-performance state called coherence. The term coherence refers to a mental and emotional state people experience when they’re in-sync – when the heart, brain, and nervous system work with more harmony and efficiency. Simply stated, more coherence equals improved energy and less stress.

Over a dozen independent studies utilizing the *emWave* technology and HeartMath System are underway or in preparation. Respected organizations such as Kaiser Permanente, Veterans Administration, and University of North Carolina are exploring the benefits of *emWave Personal Stress Reliever* with various health challenges including:

- Anxiety
- Stress
- Pain management
- Hypertension
- PTSD

- Recovery for cancer patients
- ADHD

HeartMath's solutions for relieving stress and improving performance are helping hundreds of thousands of people in over 50 countries. Their research has been published in peer-reviewed journals including *American Journal of Cardiology*, *Stress Medicine*, *Preventive Cardiology*, and *Journal of the American College of Cardiology*.

This holiday season give yourself a gift that can improve your life: *emWave Personal Stress Reliever*.

Quantum Intech, Inc.

Quantum Intech (www.quantumintech.com) 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®, 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, reduce stress and boost performance and productivity. HeartMath clinical studies demonstrate 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.

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