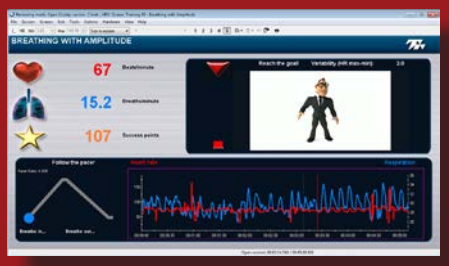
Get to the **HEART** of your client's cardiovascular health.

HEART RATE VARIABILITY SUITE
FOR PROCOMP2 SYSTEM



Everything you ever wanted to know about HRV but never dared to ask. The HRV suite is an easy solution for clinicians who want to add classical biofeedback techniques to their practice without overwhelming their budget.

Benefits of HRV Biofeedback?

- Broadens the range of physiological adaptability
- Teaches a powerful relaxation method
- Helps normalize your client's breathing
- Decreases your client's susceptibility to stress

A SIMPLE SOLUTION TO A COMPLEX ISSUE

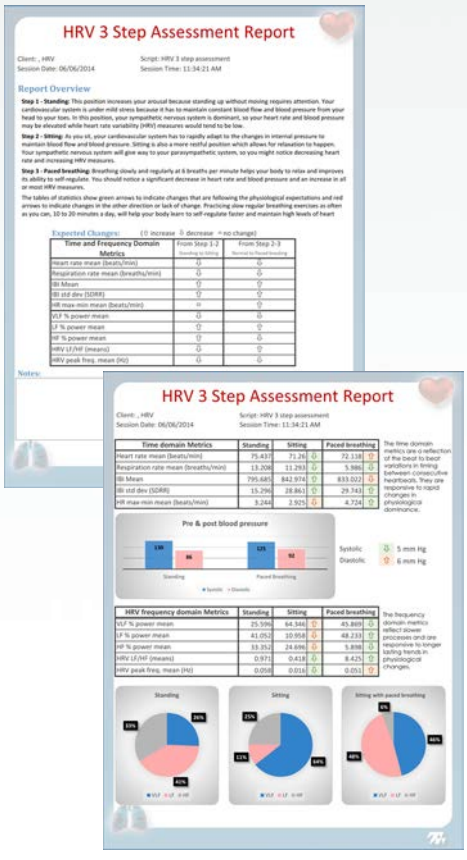
Many physiological factors influence the timing of heart beats, including respiration, blood pressure changes and the interplay between the sympathetic and parasympathetic nervous systems. HRV is an important physiological measure because the loss of variability can be an indicator of serious cardio-vascular health problems. HRV biofeedback is a powerful tool for monitoring changes in the timing between heartbeats and exercising the cardiovascular system to maximize variability.

AS EASY AS 1, 2, 3:

- Assess and document your client's baseline HRV levels by running the 3 step HRV assessment.
- Teach your clients awareness and control of breathing patterns and how breathing influences heart rate.
- Train your clients to use breath control to entrain deep and effective relaxation.

NO STRAIN SOLUTION:

- Easy tool lets you add HRV biofeedback techniques to your practice.
- Concrete physiological measures help validate your assessments.
- Encourages client commitment with simple reporting.
- Facilitates behavioral change with engaging biofeedback.



The HRV suite works with the ProComp 2, a medical grade physiological monitoring device, and easy to fasten finger pulse and respiration sensors which are essential to effective HRV training.

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