

CARDIAC COHERENCE 365

- 3 TIMES A DAY
- 6 BREATHS PER MINUTES
- 5 MINUTES LONG

IMMEDIATE & RESIDUAL EFFECTS

- Decrease in cortisol level
- DHEA increase in youth hormone
- Strengthening of the immune system
- Oxytocin increase (love hormone)
- Blood pressure regulation
- Alpha waves increase
- Improves neurotransmitter functions
- Reduction of stress perception
- General sensation of calmness

LONG TERM EFFECTS

- Lowers high blood pressure
- Lowers risks of heart disease
- Lowers anxiety and tension
- Regulation of blood sugar level
- Strengthening/toning of the core
- Better effort recovery
- Increased memorization/concentration
- Better pain tolerance
- Reduction of Attention deficit & hyperactivity disorder
- Reduction of asthmatic disorders
- Reduction of pathological inflammation

Source: David O'Hare, Cardiac Coherence 365

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