

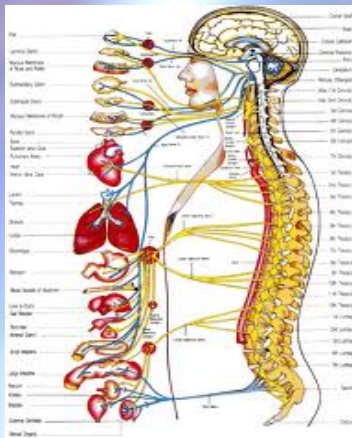
Heart Rate Variability Analysis

What is it?

Heart rate variability, or HRV, is an unfamiliar term for many. HRV analysis is an objective, accurate, reliable and simple procedure that measures the variation in the beat-to-beat intervals between heartbeats. In the last 10 years, over 2000 published articles have been written about HRV. Many experts believe HRV testing will become as common as blood pressure, temperature and pulse for obtaining patient data in the future.

Why should I get tested?

Our *autonomic nervous system* controls most of the important functions in the body and HRV testing can screen for stresses in this system.



The term *variability* is key with HRV analysis, as 'high variability' score suggests generally good health and vitality, while a low score is shown in studies to correlate with 'all-cause mortality'. Not to be substituted for electrocardiograms (EKG), the HRV analysis provides an objective tool for monitoring the effectiveness of ANY nutritional or lifestyle program. Many doctors believe that HRV testing is the Gold Standard for nutritional & energetic testing due to its objectivity, accuracy and core-level health information it provides. In fact, HRV has been widely studied with Cardiovascular Disease, Diabetes, Fatigue, Aging, Cancer and

many other conditions.

Can it diagnose a condition?

No. However HRV can be used as a singular device to monitor overall health & vitality whether using conventional medicine or natural therapies. Many use it for basic health & wellness screening. Used in conjunction with medical history, cell membrane health analysis, energetic biofeedback screening using the Asyra, and blood chemistry screening (all used in our **VitalityChek™**), we feel it's one of the most important health and wellness screening technologies available.

References:

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