

BioDézyne HRV

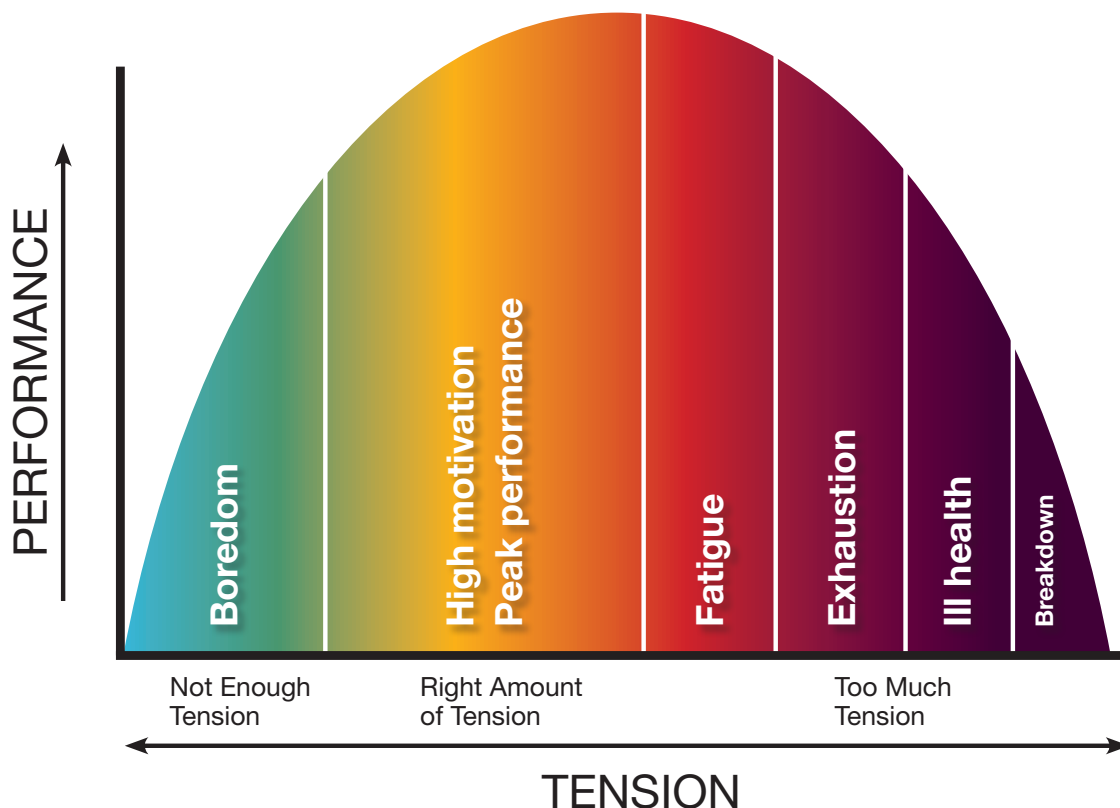
What Is HRV?

Everything in life affects the body. This is especially true of stress. Everything you are going through on an emotional level is registered immediately at a cellular level. This communication between thought and/or emotion is transported both electrically through your nervous system and chemically in your cells. The *BioDézyne HRV* biofeedback software is a way of looking at this communication. This information reveals something that takes place in your body and will show us how hard it is for your body to stay in balance given whatever your stresses, problems, or difficulties are. When your body is in homeostasis, you are in balance. This is due to the Autonomic Nervous System (ANS), one of the body's master switches

that oversees the function – *and dysfunction* – of the various organs in the body.

Heart Rate Variability (HRV) is a well-researched tool that provides a quick and easy assessment of the Autonomic Nervous System function. This data is an extremely accurate indicator of wellbeing. HRV is known as the degree of fluctuation between heartbeats. The less of a regularity there is, the higher the HRV is, and vice versa. The higher the HRV, the less physiologically stressed

We believe the HRV to be one of the most reliable prognostic indicators of a variety of chronic disease conditions, providing insight on the aging process relative to inner balance and optimum performance.



Why Are You Being Tested?

Often we are able to handle stress in our lives. But when that stress is prolonged, we will begin to see these issues take the form of various health conditions. The data collected by the *BioDézyne HRV* is vital for an effective health and wellness program, including:

- Autonomic Nervous System balance
- Stress Management
- Weight Management
- Pain Management
- Anti-Aging
- Cardiovascular Health Management

What Is on Your Report?

Your *BioDézyne Equilibrium Report* will allow us to quickly and easily see where you are in regards to:

AUTONOMIC BALANCE

Shows how stressed your nervous system is. The Sympathetic Nervous System (SNS) is sometimes referred to the “fight or flight” response, and the Parasympathetic Nervous System (PNS) is sometimes called the “rest and digest” response. The SNS and PNS always work opposite one another.

- Our goal is balance. A score of -25 to +25 would indicate PNS/SNS balance.
- A score higher than +25 is a sympathetic dominant response or an agitated nervous system that causes an overproduction of cortisol. You may feel restless, anxious, and experience tension.
- A score lower than -25 is a parasympathetic dominant response or a “faint or freeze.” You may feel depression, dizziness, low blood pressure, fatigue, etc.

HEART RATE

Also known as pulse or HR, this is the number of times your heart beats per minute. Learning to breathe in sync with your heart rate can help create an important buffer that you will need in order to deal with stress, withstand trauma, and manage daily life.

- Because the heart rate is so variable, it is important to measure it regularly. If you are sitting or lying down and you are calm, relaxed, and not ill, your heart rate is normally between 50 and 80 beats per minute (BPM).
- You are at optimal function when your heart rate is in line with your respiration rate. Ask your practitioner about breathing techniques and RSA Training to improve your HR scores.

TENSION INDEX

Also known as TI, this measurement tells us how tense the body is, or how hard your body is having to work to stay in balance. The lower the number, the more adaptable you are to the things that stress you.

- A score of zero to 150 is considered normal. However, because a very elevated number may indicate cardiovascular difficulty, you will want to make sure that this number is as low as you can possibly get it.
- Your practitioner can supply you with a program helping your body become more efficient at handling stressors and lowering your score.

SDNN INDEX

Represents the total variability and reflects the total resilience of your HRV activity over time. The higher the number, the better resilience, and vice versa.

- A score of 30+ is considered normal.
- Ask your practitioner what you can do to increase your resilience!

Copyright © Transformation Enzyme Corporation • Learn more at www.Stress2Rest.com