

Coherence



Cardiac

**Breathing in unison
with the heart**



EFFECTS BENEFITS

It brings balance to the primary functions of our body, maintaining a precise relationship between breathing and heartbeats.



STRESS

SLEEP

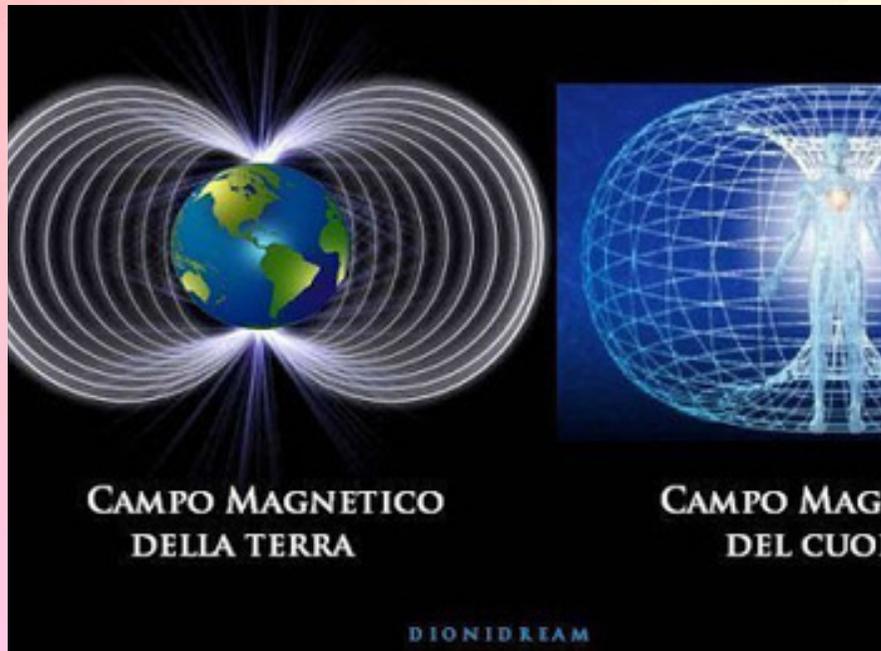
COGNITIVE
ABILITIES

APPETITE

HEART
PROBLEMS

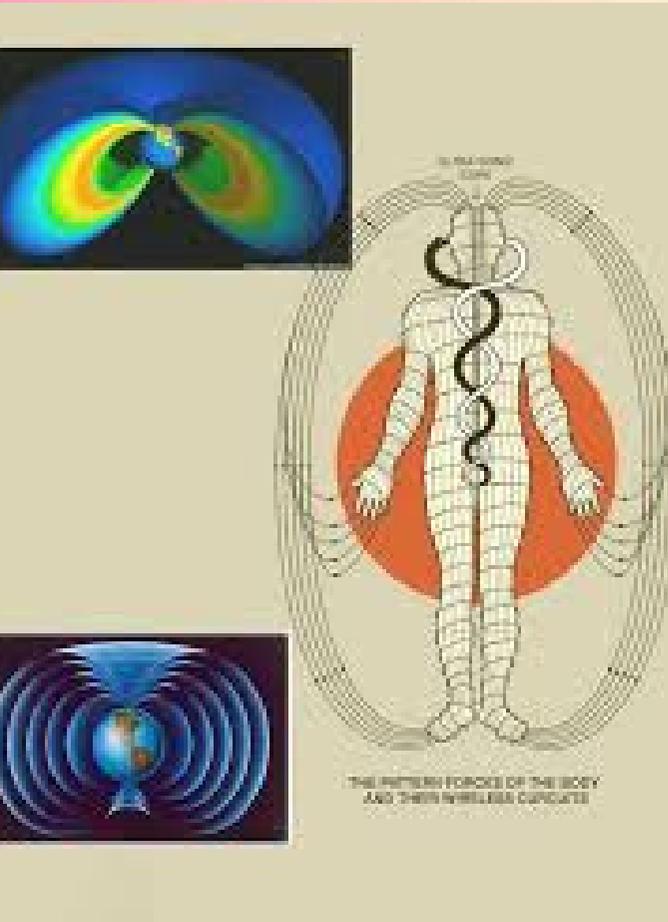
**Cardiac coherence is A
FUNCTIONAL SYNCHRONY
between the body's organ
systems.**

THE ROLE OF THE HEART



WHAT HAS ALWAYS UNITED THE STUDIES CONCERNING THE HEART IS THE FUNCTION OF ACTIVE VECTOR OF INFORMATION BETWEEN SYSTEMS THAT ARE INTERACTING

INTERACTIONS BETWEEN SYSTEMS



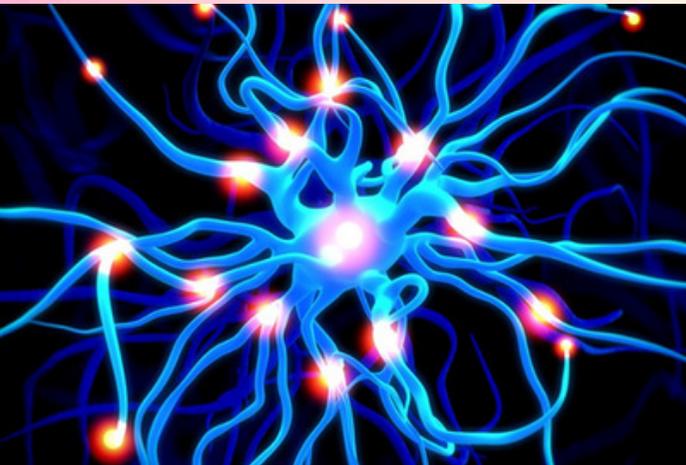
- In the Ayurvedic tradition the heart is the most important organ, considered as the beam for a house is depicted empty in the center as the guardian of the soul, to be kept in harmony, among the Pranayama techniques we find in particular Nadi Shuddhi which is a practice of breathing with alternating nostrils designed to cleanse all energy and physical channels, thanks to the effect of rhythmic breathing on the heart which then unravels emotions to the chackra by means of the intellect, modulating their energy.
- There are now studies that show that there is an "emotional vulnerability" of the immune system, mediated by the nervous system. A demonstration is given by the parasympathetic nervous system, during the anti-inflammatory action, when ACTH is secreted, TNF cytokines are suppressed. (see CAP « Colinergeric Anti-inflammatory Pathway by Tracey, 2002) *

** The autonomic nervous system (sympathetic and parasympathetic) has the function of keeping the internal environment stable*

THE NERVOUS SYSTEM

CENTRAL
NERVOUS
SYSTEM

PERIPHERAL
NERVOUS
SYSTEM



AUTONOMIC :
controls
internal organs
and glands

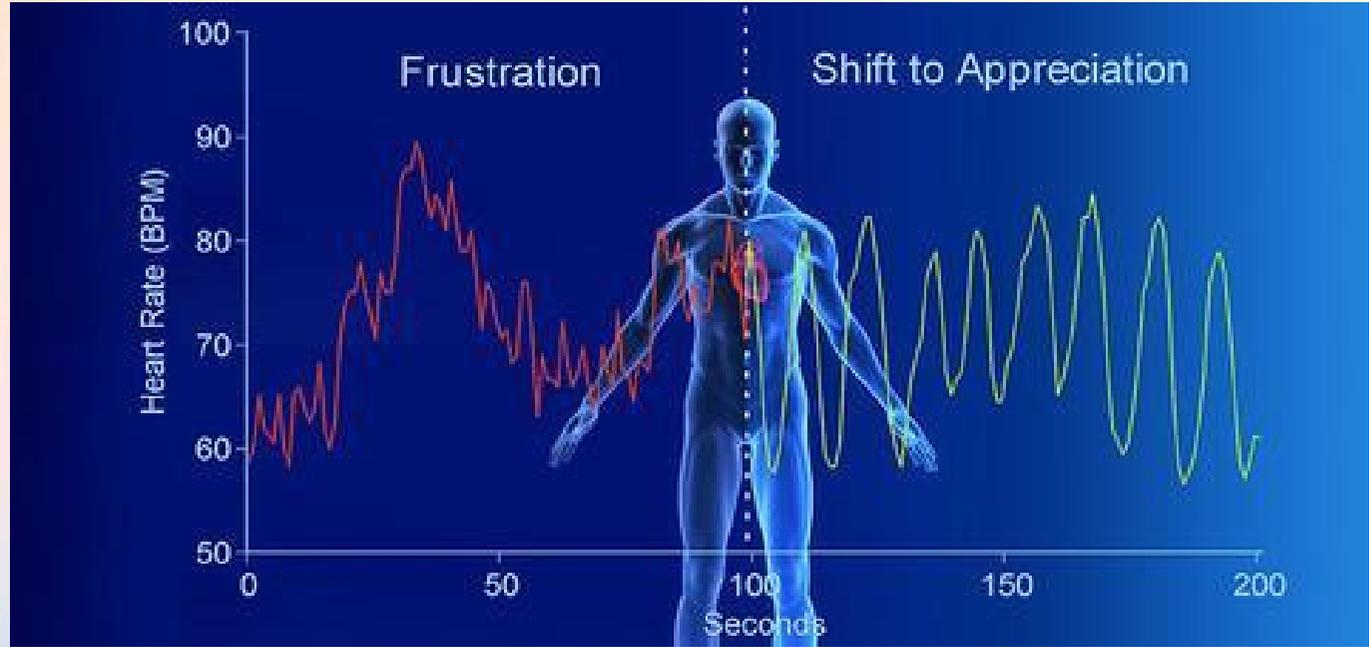
SOMATIC:
controls sense
organs and
voluntary
muscles

ORTHOSYMPATHETIC: Excitators, Emergency, Attack, Escape

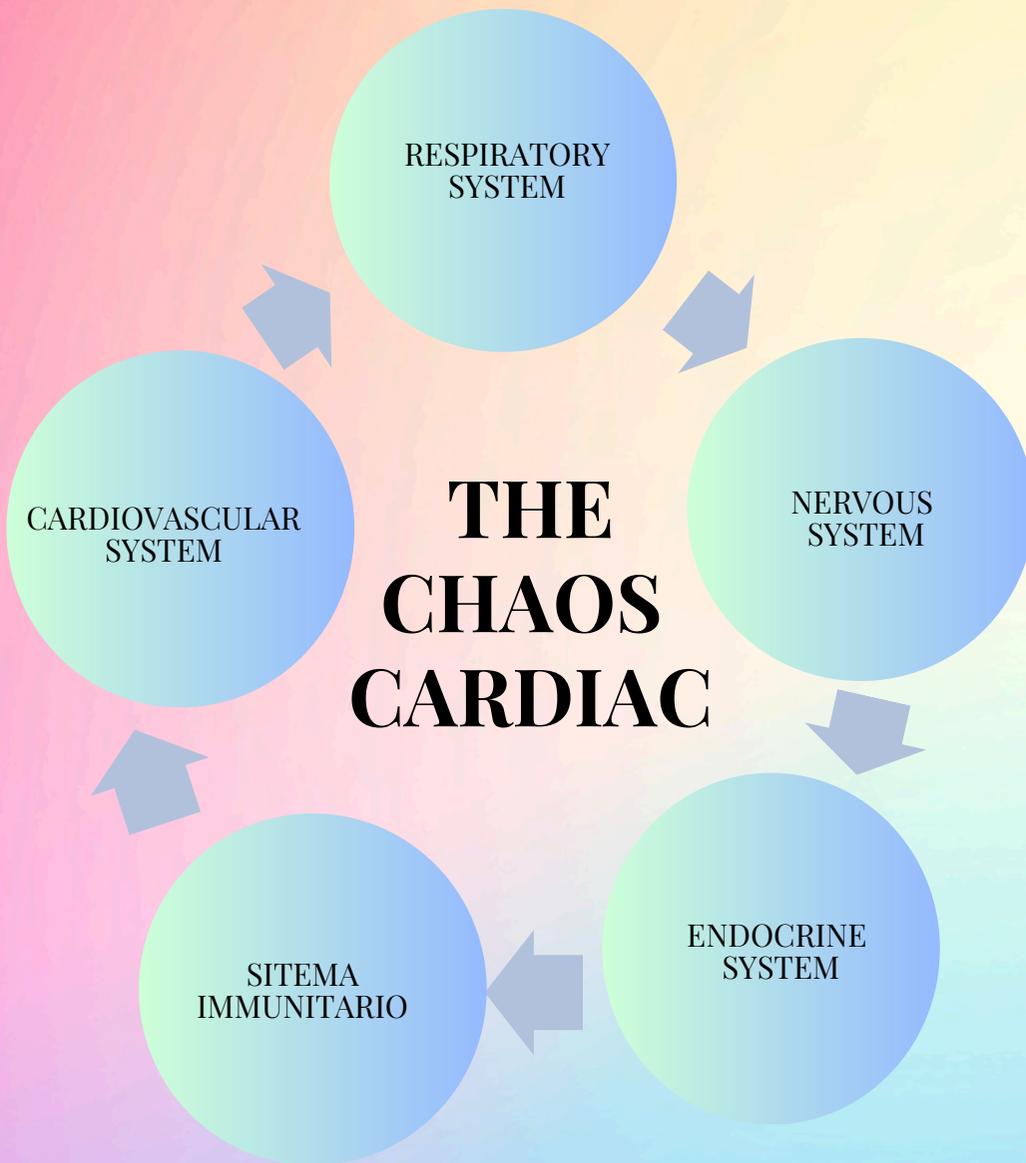
PARASYMPATHETIC:
Quiet Relaxation, Rest

THE CARDIAC VARIABILITY

"The greater the amplitude, the better the ability to adapt to the stimuli of the environment, i.e. the ability to maintain health."



FREQUENCY IS THE DISTANCE BETWEEN TWO PEAKS WITHIN A GIVEN TIME
THE AMPLITUDE IS THE DISTANCE BETWEEN THE HIGHEST AND LOWEST PEAK OF THE VARIABILITY CURVE



The heart today we know is an involuntary but striated muscle, transceiver of impulses of the nervous system. This gives the organ the ability to receive information from voluntary and involuntary districts, including the changes induced by the emotions we feel, serenity, anger, love, sadness, etc.

The irregular wave created by the peaks of the beats in the ECG is called **CARDIAC CHAOS**, a demonstration of the function of immediate adaptation to environmental stimuli (climate, feelings and environment).

There are also physiological movements that affect frequency, such as Mayer waves are cyclical changes in blood pressure induced by oscillations in the baroreceptor and chemoreceptor control systems.

Observing with ECG they are seen at a frequency of 0.1 Hz in the blood pressure curves.

LA COERENZA CARDIACA

Inspiro 5
sec

Espiro 5
sec

RESPIRO 10 sec

The unit of measurement of frequency is Hertz, so 1 event per second is 1 Hertz therefore 1 every 10 seconds is 0.1 Hz.

1 BREATHING EVERY 10 SECONDS induces biorhythms at a frequency of 0.1Hz. (6 breaths per minute)

Many other physiological functions respond to this frequency of resonance, even the sympathetic-vagal nervous system reaches balance

Thanks to breathing, it is as if one of the systems voluntarily induces the frequency by activating the rest of the body by resonance

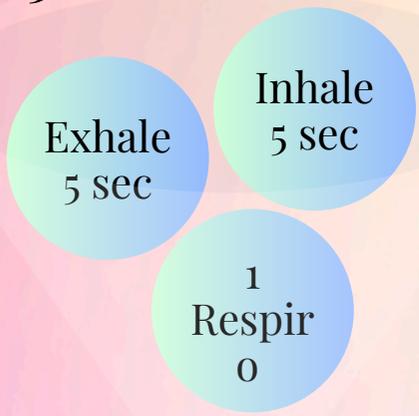
There are many practices to induce it and I chose Dr. David O'Hare's 3 - 6 - 5

3 . 6 . 5

**3 times a day
6 times per
min.
5 minutes**

It can be consciously induced with a rhythmic breathing practice.
IT WOULD BE IDEAL TO MAKE IT A HABIT.

- MORNING
- AFTERNOON
- EVENING



1 BREATH 10 sec.



10 SECONDS 1 BREATH (5s INHALE, 5s EXHALE)

30 CONSECUTIVE BREATHS

5 MINUTES 1 SESSION

***DOTT.
DAVID
O' HARE***

SMILE

"A smile is a message of welcome, openness and pleasure addressed to others. The smile is also a message picked up by the brain.

When you smile intentionally, your brain doesn't pick up on the difference, but it understands the message as a sign of pleasure, comfort, and well-being.

I encourage you to practice breathing exercises with a smile.

This will strengthen the signal.

Perfect the smile of the heart."



***DOCTOR
DAVID
O'HARE***

***THANK YOU FOR YOUR
ATTENTION***