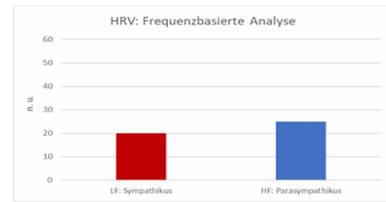
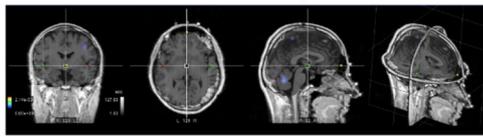
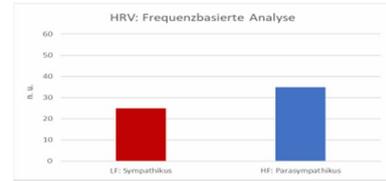
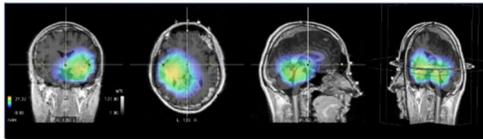


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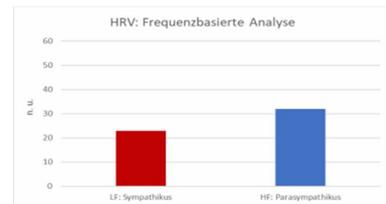
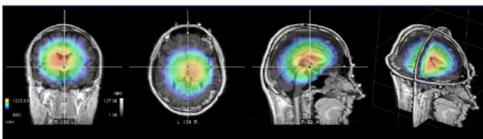
Ruhemessung



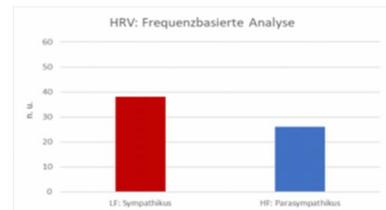
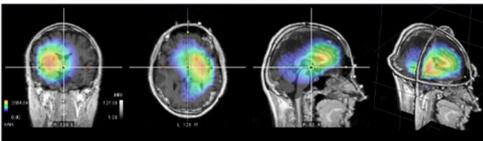
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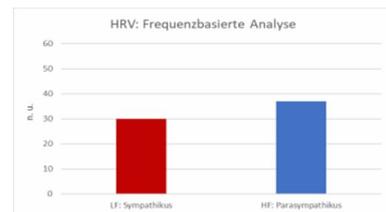
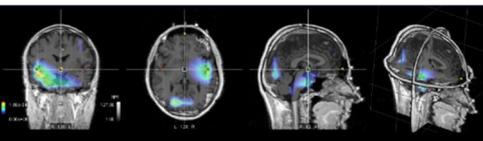
Healthy Rhythm



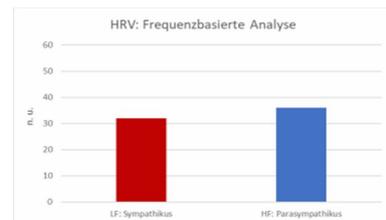
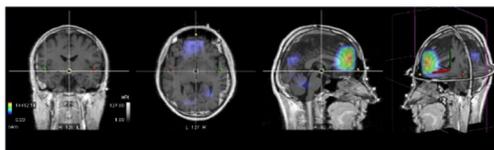
Belohnung  
Gratifikation



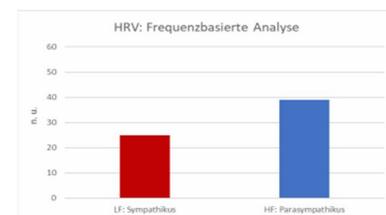
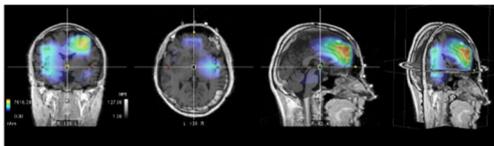
Relaxation



Mental Strength  
Mentale Stärke



Quick Recovery



### Description

The left side shows the affected areas of the brain, where the individual chips start to work. This was measured with one of the most modern EEGs with 124 channels. At the same time the heart rate variability was measured. Both measurement methods are recognized by orthodox medicine and show the efficiency of the individual chips.

## **Worth knowing**

Electroencephalography (EEG) is a method of medical diagnostics and neurological research to measure the total electrical activity of the brain by recording the voltage fluctuations on the surface of the head. The electroencephalogram (also abbreviated to EEG) is the graphic representation of these fluctuations. Besides electroneurography (ENG) and electromyography (EMG), the EEG is a standard examination method in neurology. (Excerpt from Wikipedia)

## **What is heart rate variability?**

HRV describes the change in the intervals between 2 heartbeats. It is measured in milliseconds (the thousandth of a second). The greater the variability (i.e. the more different the individual distances from each other are), the better. Why is greater variability better?

One would actually assume that it is healthy if the heart beats as evenly as possible. In fact, exactly the opposite is the case - but why?

Every human being has a large number of measuring receptors in his body that provide important feedback information for controlling the heart in order to optimally supply the entire body with blood. The heart rate is controlled in its sequence by the autonomic nervous system, i.e. the interplay between sympathetic and parasympathetic. If this influence works well, a strong variation of the heartbeat intervals develops and indicates an optimal adaptation and thus has a relieving effect on the entire organism. Heart rate variability (HRV) shows how adaptable an organism is. Thus it represents a meaningful and hardly influenceable measure for health. A variable heartbeat indicates a good state of health, whereas a constant to rigid pulse is to be regarded as a warning sign.

## **How should HRV be interpreted?**

The recording of HRV enables the quantitative representation of the parasympathetic and sympathetic modulation of the heart rate. The determination of HRV via the derivation of the electrocardiogram is a non-invasive examination method. The behaviour of HRV under stress can provide information about the balance of the autonomic nervous system. Pathological HRV has been demonstrated in connection with various diseases such as depression or coronary heart disease. The autonomic nervous system is responsible for many functions that we cannot deliberately influence such as heart activity, blood pressure, breathing depth, thermoregulation, digestion, gastro-intestinal motor function, bladder emptying, etc. The autonomic nervous system is responsible for many of these functions. In addition, the ANS is also significantly influenced by the limbic system, the seat of our feelings and emotions. This in turn also determines the hormone system. This is the reason why chronic stress, but also mental stress, can make you ill, because emotions and bodily functions are inseparably linked!

The parasympathetic modulation is reduced in comparison to a healthy person, but the sympathetic activity is increased.

- HRV thus reflects the organism's ability to adapt to its environment.
- HRV can also be used as a precaution to determine a person's resilience and stress management,

In chronic stress, the sympathetic nervous system predominates and dominates the parasympathetic nervous system. The balance between sympathetic nervous system and parasympathetic nervous system is disturbed. High HRV is an expression of well-being and sympathovagal balance. The sympathetic nervous system can be compared to an accelerator pedal - the parasympathetic nervous system is the brake.