

# Stopping Emotional Eating

The emWave® Stress and Weight Management Program



Doc Childre and Deborah Rozman, Ph.D.  
with Sheva Carr

# Stopping Emotional Eating:

## **The emWave® Stress and Weight Management Program**



14700 West Park Avenue  
Boulder Creek, CA 95006  
800-450-9111  
[www.heartmath.com](http://www.heartmath.com)

HeartMath and *Freeze-Frame* are registered trademarks of the Institute of HeartMath. *Quick Coherence* and *Attitude Breathing* are registered trademarks of Doc Childre. *emWave* and *Personal Stress Reliever* are registered trademarks of Quantum Intech, Inc.

## Introduction

In 1991, Doc Childre founded the non-profit Institute of HeartMath and began research into the underlying mechanisms of stress and behavior change. Based on this research, Doc and the HeartMath team developed user-friendly tools and technologies to transform stress and empower behavior change. These tools, some of which are offered in this book, inspire people to inspire themselves. Users progress through their own reward – you feel better using them and you see results – which builds initiative to transform more stress. You learn to manage emotional reactions and clear emotional undercurrents until you create a new baseline of emotional behavior – a neural habit change.

This booklet offers instructions on how to create a neural habit change to facilitate weight loss and a better relationship with food and eating. Here are some helpful suggestions from Doc on how to approach the *emWave Stress and Weight Management Program*:

*“Look at this booklet as a friend and a facilitator for whatever weight management process you choose. The intention of this book is not to assess or judge any process, but to help people add more of the core values of the heart to their diet adventures. Connecting more with the heart helps to bring the emotions into balance, which by now most know is a missing piece, a serious “x” factor in weight management. Eating is so strongly connected with our feelings (be they happy, sad, anxious, lonely, overloaded or depressed) that the balance between heart, mind and emotions has to be included in our diet commitments and intentions.*”

*To align with your intuitive heart intelligence is not just for dieting, but a practical way to approach life. The increase in stress, time pressures and information overload these days, can make it tough to diet or even “breathe” at times. All of the stress can't be eliminated, but approaching it through the heart can take much significance out of issues that have to be dealt with and can prevent the negative impact of stress before it accumulates. A lot of stress and stress eating can be eliminated as you learn to have compassion for yourself, increase self-acceptance and learn how to say no to “drama.” These are some of the key issues that will be addressed in this Program.”*

**—Doc Childre, HeartMath founder**

*“We are putting HeartMath directly into the center of our employee health and wellness program in addition to our corporate wellness programs. What we are finding is that if we are able to help people better control the stress in their lives, they actually get more engaged in other healthy behaviors like diet, exercise and tobacco cessation and with better outcomes. For example average per employee cost for conditions related to overweight or obese is approximately \$4300. For employees who participated in our ‘I Choose Health’ wellness program, the average cost was \$82 per employee. We feel that HeartMath's unique science-based approach to stress management is the foundation of preventative health.”*

**—Todd C Linden, CEO, Grinnell Regional Medical Center**

## Overview

Part 1 of this book covers important basics for stopping emotional eating with key strategies for success.

Part 2 of this book provides step-by-step instructions for the *emWave Stress and Weight Management Program* to be followed over the course of six weeks (or longer to suit your needs), and explains the tools in greater depth. You will gain a deeper understanding of how and why this program works along with inspiration and encouragement as you follow the Program. You can learn more about the scientific background behind the HeartMath tools and the emWave in the Appendix.

Part 3 of this book is a Quick Start Guide for those of you who want to get started right away. It includes quick start summary pages (tool cheat sheet and daily practice plan).

## **Acknowledgements**

This program has been in development over several years and many people have contributed to its success. We thank them all for their insights into the emotional side of weight management. We thank Ted Barasch for his encouragement and comments based on his many years of experience in the weight loss industry, Charles Inlander and Donna Beech for their editorial contributions, and Barbara Birsinger for her research on intuitive eating. We also thank the emWave Stress and Weight Management pilot study participants and Institute of HeartMath researchers Jackie Waterman and Mike Atkinson who conducted the pilot study. We especially thank Sheva Carr, program coordinator for the pilot study participants, who significantly contributed to the content of this book.

## Stopping Emotional Eating Beta Test Results

A pilot study of 19 participants using the *emWave Stress and Weight Management Program* showed the following results in just six weeks:

- There was a significant 5.2 lb reduction in the group average weight.
- Average waist circumference was significantly reduced by 2.1 inches
- Average hip circumference was significantly reduced by 1.78 inches
- Calmness significantly increased
- Anger, resentment and stress were all significantly lower at the post study measurement.



**Comments from emWave Stress and Weight Management Program Participants:**

“If it hadn't been for the hope this program gave me and measurements that the emWave provided, I would not be where I am today. I have lost 9 pounds and kept it off since finishing the beta test more than 6 months ago. The bonus is that my health and other aspects of my life have also improved. Losing weight was not as important as controlling the emotional chaos I was experiencing. I feel healthier, more energized and I am sleeping better. I firmly believe I am going to continue to lose weight because I am no longer compulsive eating to handle my issues.”

**April Mydske, Manager, WA**

“This is a GREAT program! You get calm and you lose weight all at the same time!”

**Colleen, Administrative Secretary, Fairfield Medical Center, OH**

“Just do it and watch the results!”

**Jim Kettering, Pilot, School administrator, CO**

“Heightened awareness from this program leads to VERY significant behavioral change.”

**Mina Ubbing, Fairfield Medical Center CEO, OH**

“This program has taught me to pay attention, to go inside myself for resources, and having the technology – the emWave – is a physical link to help you actually do that instead of just know that you should.”

**Julie Hiebert, MN**

## Foreword

I know in my heart that it is because of the HeartMath tools and using the emWave that I was able to lose 75 lbs. Before HeartMath, I had yoyo-ed in my weight, but the most I had ever lost was 15 pounds and then gained it back. Now, it has been more than 18 months since I started and I have no problem keeping the weight off.

When I decided to take my weight loss really seriously was the day I started practicing HeartMath tools. Before HeartMath, food was what I used as my comfort. Food was always available, was quiet, and did not talk back. When I felt emotionally upset, I would not limit myself in what I ate. And food is socially acceptable. Even other people use it to comfort you and nurture you.

I started to use the HeartMath tools when I felt stress instead of food, which gave me power and freedom inside the gap between cause and effect, between eating and blindly reacting. When I tried to lose weight before HeartMath, I thought the mountain was too high to climb, I thought, "I cannot do this." With HeartMath, I could take it one moment at a time, and the tools gave me the winning recipe to feel like I COULD do it. Using the emWave finally gave me the power to say to myself that this excess food is not good for me, I don't want it. It gave me a security where I could say to myself, "I can do this".

I took it one craving at a time, day in and day out. As silly as it sounds, every time I zip up my pants or get down to a smaller size, I use one of my HeartMath skills of appreciation, and I appreciate where I am, what I did, who I am now, how

I feel, what people say, the size and the clothes. I can now wear, and I just keep feeling appreciation of those things.

HeartMath taught me that appreciation is self love and care and it's healthy for me. All the time, every moment, there are opportunities to incorporate what I learned from HeartMath in to my day to day life.

Now I feel so free. I have a new life. I like myself better, I feel free from the trap of a heavy body. Society is tough on you anyway-- you cannot be too thin. So to be successful in weight loss, I needed to find a place inside me that loved me in the face of all the judgments that were around me. HeartMath and the emWave gave me that.

It's known that 98% of people who lose weight do not keep the weight off. I think that's because they don't do the psychological and emotional part of it too. For me, having HeartMath and the emWave for the psychological component has been the key to my lasting weight loss success. I really should say thank you HeartMath for the help to get a new life, I am so much happier."

**Susan Hanks Marscellas**  
**Vice President, Marketing & Public Relations**  
**Salinas Valley Memorial Healthcare System**  
**Salinas, California**

## Part 1

# Stopping Emotional Eating

Let's face it. We all know that losing weight and keeping it off is hard. That's why there are hundreds of diets available and new diet "solutions" are announced every month. We hope that maybe one of these diets or a new diet pill will do the job, but usually we end up in the same "yo-yo" syndrome. Lose a little, gain it back. Or lose a lot, gain it back. It doesn't have to be that way.

Weight loss specialists and health professionals are realizing that there is a missing "x" factor that most weight management programs have not been addressing adequately. It's called "emotional eating" or "stress eating," and also applies to weight gain related to elevated stress hormones even in the absence of overeating. Once you know how the *missing factor* applies to why you can't manage your weight, you can do something about it. The *emWave Stress and Weight Management Program* will give you the tools you need to stop stress eating and to transform your stress into increased balance, peace and creative energy at the same time.

Experts now agree that about 75% of overeating is caused by emotional eating, which means that a lot of us are using food to cope with our feelings. In today's high-stress society, many of us, adults and children, eat high fat or high sugar foods to soothe our emotions or relieve our stress and anxiety. One reason why there's more emotional eating today is that people are crunched for time and under a lot of pressure. In today's fast-paced world, most of us have

a lot of loads we carry that add "weight" to our lives. We carry emotional weight, not just physical weight, making it harder to stick to any diet. On top of that, being overweight or being unable to lose weight can be one of the biggest causes of emotional stress in its own right. Weight loss doesn't have to be stressful and that's the hope this program provides.

Maybe you look at yourself in the mirror every morning and announce to yourself, "Today is the day I am going to start losing 50 pounds!" But by midmorning the resolve is gone and you start feeling guilty when you eat that snack, which only causes you to feel helpless, maybe eat more, and get more stressed out.

We understand how challenging it can be to lose weight or to maintain your weight loss. This booklet was written from a deep understanding of human psychology and how the emotional-metabolic system works. It was also written with genuine compassion for the struggle with weight that so many people experience. We will give you new tools you can use to address the missing factor in weight management – the emotions. You will learn how to manage your emotional energies and release your stress - without depending on food to make you feel better.

This may be the only weight management program that doesn't focus on what you eat, but rather on what you feel. You won't see any food lists or exercise regimens in this program. While these are important aspects in reducing weight and improving health, this program focuses on what researchers at the Institute of HeartMath have found to be

the first and most important aspect of weight management: regulating your emotions. Learning how to recognize and shift your emotions is a key to success in weight loss and will help other areas of your life as well, including relationships, work, health and quality of life.

You do have the power to achieve and maintain your body's "best weight" goal, but you can't only consider your food diet. In order to achieve and maintain your best weight it's important to address your *emotional diet* as part of a "wholeness diet." It's your attitudes, feelings, self-image, sense of despair, and so on – that most determine your ability to stay with a diet plan and not revert to old eating habits.

To help you learn how to change your emotional diet, we created the *emWave Stress and Weight Management Program*. It focuses on the use of key HeartMath tools and the emWave Personal Stress Reliever. The HeartMath tools have been proven in hospitals and clinics to not only reduce stress and increase vitality, but to improve your ability to self-regulate and self-empower behavior change. The emWave Personal Stress Reliever is a hand-held technology that trains you to shift from stressful feelings to a balanced and dynamic emotional state called *coherence*. Coherence generates an alignment of heart, mind, body and spirit that gives you more power—heart power—to achieve the results you want. The emWave was developed from over 18 years of scientific research on the heart, brain and nervous system, conducted by Doc Childre and the Institute of HeartMath. The emWave has earned the Seal of Approval and Award for Distinction and Innovation from the American Institute of Stress.

Combining HeartMath tools with emWave technology progressively builds the heart power and heart intelligence (a combination of positive emotion and practical intuition) needed to stop emotional eating and maintain your commitments. You learn to eliminate self-defeating energy drains, build the strength to abandon old habits and get back on your feet fast if you do go back to old habits.

***Heart power is different from will power.***

Will power is a mental activity. It can give you a little momentum, but then it fizzles if there isn't enough heart and emotional commitment behind it. This is because your heart brings in the intuitive intelligence and power of your spirit, which is stronger than just trying to discipline your habits from the mind and will power.

By learning to access this untapped power that lies within your heart, which is the basis of the *emWave Stress and Weight Management Program*, you can reroute your emotions into more beneficial outcomes. Research has shown that the heart sends powerful signals to the brain and rest of the body. Once understood and accessed, these heart signals give you more ability to self-regulate your emotions and nervous system and to make changes you thought you couldn't make before. Throughout history, people have talked about the core values of the heart, which include love, care, appreciation, respect, compassion, kindness, forgiveness and non-judgment. These values and attitudes, which we call core heart feelings, generate the heart signals that bring more coherence to the body's systems. When your initial effort is "from the heart," it

brings your mind and emotions into cooperative alignment, and this gives you more intuitive clarity to clear disturbances, and more strength and energy to achieve your goals. That's why coaches say, "play from the heart" or "sing from the heart" or "put your heart into it." Putting your heart into whatever you do gives more power, enjoyment and better results. We'll explain how to do this practically and effectively in this program.

You can use the *emWave Stress and Weight Management Program* with *any other weight management or diet program you are using*. You will learn simple steps to release stress in the moment, increase coherence and harness the power of your emotional physiology. As you use the HeartMath tools provided in this program, you will start to feel better and make better choices. You will start to look better and have more energy. We will show you how to use the power and intelligence of your heart intuition to feel better about yourself, your body and your life.

### **Taming the Inner Critic**

If you are like many people struggling with weight, you are probably quite hard on yourself. You may have an inner critic that keeps you stressed with self-judgment and guilt. One of the ways that people try to buffer self-judgment is to eat. They look to food for comfort, and for a temporary physical distraction from the ongoing mental chatter of the inner critic. Of course, after the box of cookies is gone, the inner critic has new ammunition – guilt! And the cycle repeats...



What tends to happen soon after we embark on a weight management program is the heavy-handed inner critic sees a new playground for its self-defeating monologues. "Ha! You're doing this wrong. You aren't using this tool correctly. You are going to fail!" One of the best things about the *emWave Stress and Weight Management Program* is that you cannot do this program "wrong." You can drop your measuring sticks or performance anxiety about "did good" or "did bad." Just come back to the present moment and simply use one of the tools you will learn to take care of yourself emotionally right then -- whether you "do it right" or not. That's doing the program as intended. Each time you sincerely practice a tool, you are loosening the grip of the inner critic. The tools help you shift into a new attitude toward yourself that will gradually free you of your inner critic and open up new doors of possibility in everything else that you do as well.

### **Letting Go of "All or Nothing"**

Another way that the inner critic emotionally sabotages people is perfectionism. Letting go of trying to be perfect (or giving up when you feel like you're not doing something perfectly) is taking a huge emotional weight off your back. Be kind to yourself as you learn the tools. If you saw a toddler fall down while learning to walk, you wouldn't start berating or judging her. See yourself the same way as you embark on a new relationship with stress and emotions. It's okay to fall. Just get up and try again, the same way you learned to walk.

After eating one piece of cake, people tend to tell themselves, “Well, I’ve already blown it for today, so I may as well just eat the whole cake and start again tomorrow.” That’s like a toddler saying, “Well I fell down so I’ll just keep crawling and won’t try to walk again.” Through the tools in this program, you will learn to convert perfectionism and resignation into, “Well, I’ve eaten one piece of cake and enjoyed it, and that’s no big deal. Now I can start again fresh in this moment, right now. I can notice what I was feeling that drove me to eat cake so that I can deal with this emotion right now, rather than stuffing that feeling until it pops up again in another eating binge.” That’s heart intelligence.

Realize that learning these tools is an adventure between you and your own heart. It is the inner critic that pulls you out of your feelings and into your head. Come back to what you are feeling instead, and keep making choices that feel good to your heart. Free yourself from “performing” the tools to get them right. Instead, keep your attention in your heart, which is non-judgmental, compassionate and gives latitude in the learning process. Each time you let go of performance concerns, self-judgment or guilt, the energy saved will add to your heart power.

Some days you may feel right on track with using the tools, while other days you may feel that you have “fallen off the wagon.” It’s natural to have ups and downs in any learning process. Keep an eye on the temptation to give up all together on “off” days. Remember its not “all or nothing.” When there is greater resistance to following the program, those are usually the times when there is an opportunity to build more muscle, as in exercise. Bring a sense of humor

and a spirit of adventure to the process on “off” days. Do your best not to take the inner critic seriously when it uses “off” days to build a case that you are a failure. Remind yourself that ups and downs are built into any growth process in life. It's how we meet them that counts.

Releasing the habit of emotional eating is a process, not a destination. It is not something that you can do cold turkey. Results layer in little by little with new awareness, in increasing ratios of growth and continuity, until one morning you may wake up, like those who have used the HeartMath tools before you, to discover that your habits are changing. Eating emotionally no longer owns you. Just take it a moment at a time, and renew your commitment each day. If you do that, you will be creating a new habit in your relationship to your emotions and food.

It can help to know that if you make a sincere effort to follow this program at the beginning, it will get easier and easier. Researchers at NASA determined that it only takes 21-42 days (3-6 weeks) to create a new habit pattern. In the first three weeks of this program, if you make a sincere effort to practice the tools provided, even if it feels like you are pedaling uphill at times, you can know that the rest of the program can get easier. The 80/20 rule states that 80% of the effort at the beginning yields only 20% of the results. At a certain point there is an inversion and you get 80% of the results for 20% of the effort. In other words, give yourself the gift of knowing that if you continually renew your commitment for just 21 days, you've made it through the hardest phase. You are rewiring a neural habit and using the heart tools to address emotions, and eventually that will become second nature. The benefits will reinforce your new

habits in an upward-spiral, as long as you don't let yourself fall into the trap of giving up and rolling all the way down the hill when you slip. Just pick yourself back up when you fall, and renew your commitment here and now. Each time you do this, it counts towards changing your neural habits! You never know which choice will be your tipping point of change.

### **Making the Tools A Habit: The Heart as Your Default Setting**

One of the challenges with changing emotional habits is that the rational part of your brain that learns new tools gets hijacked by the emotions in a stress reaction. It can be frustrating when you have all the best intentions to make new choices and are continually hijacked by old patterns. It is important to have compassion and understanding for the fact that it is natural to default to old habits, especially under stress, and hard for your body, mind and emotions to adopt a new approach as the default setting right away. The key to making a lasting shift and a neural habit change is to apply your tools outside of a stressful context, as in your Quick Start daily practice plan, either in the morning before your day begins or at night when things have quieted down before you go to bed. If you practice the tools in a more controlled environment, they will become second nature after a time, even in the midst of daily stresses. As one participant in the program told us, she dreamed she was in a bank robbery and was teaching the bank teller hiding behind the counter how to breathe through the heart in her dream! Don't expect this "unconscious competence" right away. Just like driving a car, you will need to think about using your tools for a while, but if you commit to doing them

daily by the end of your program they will become second nature, as your default response to life.

## **Boredom and Loneliness**

People rarely think of boredom or loneliness as forms of “stress,” but they affect heart rhythms and metabolism in much the same way that anxiety, depression, and tension do. When we beta-tested this weight management program, we found that boredom and loneliness were two of the most common causes of emotional eating. Both are emotions which people don't often consider to be emotions. They also cover up or “numb” other underlying feelings. Be aware of boredom and loneliness as you track your deficit or draining experiences each day, and apply the *Notice and Ease* tool to see what the boredom or loneliness may be numbing. Loneliness is often a sign of a lack of heart connection with one's own self. This program will help you re-establish that heart connection. You will learn how you can work with any emotion or attitude that arises within you, neutralize its charge, and harness its energy to create new positive experiences in your life. You will find boredom and loneliness decrease along with the desire to eat emotionally. In the beginning, look at boredom and loneliness as flags pointing you in the right direction of untapped information about yourself and your emotional eating patterns.

## **Overcoming Insomnia**

Many people who struggle with emotional eating fall into the pattern of eating late at night (this is often when people feel lonely or bored). It is common for people under high levels of stress to have reduced serotonin (a neurotransmitter

that plays a role in sleep) and to crave carbohydrates before bed as a way to facilitate relaxation and winding down by increasing their serotonin level with food. The emWave is a wonderful way, calorie free, to help reduce stress hormones, balance the nervous system, increase precursors to serotonin, and wind down without overeating.

(If you are among the many people who struggle with late night eating due to insomnia, you may also want to download our Resolving Sleeplessness e-booklet or MP3 at <http://www.heartmath.com/personal-growth/solutions-overcoming-sleeplessness/>)

## Exercise

Often when experiencing anxiety and emotional pain, we don't have the initiative to exercise. However, exercise not only can help to increase your metabolism but also to spin off and clear mental fog and tension accumulated from anxiety, anger and worry. Exercise won't take away your reasons for getting stressed, but it strengthens your capacity to manage your stress with less energy loss, and burns calories to boot. You don't have to do a total workout to help clear your thinking and stabilize your emotions. Experiment and find what's comfortable for you, but at least try to get your heart rate up a little for a period of time. Try to be conscious not to replay negative mind loops while exercising. It helps to balance the emotions and calm the mind if you practice the *Attitude Breathing* tool while you exercise. Many who have been through this program find that they naturally gravitate to exercise the more they do heart-focused breathing, and that exercise is easier to make a part of their routine with less resistance. If you stop a binge

by exercising first, sometimes you can clear the emotional boredom or stress driving you to eat and gain release from exercise instead. Even if you still want to eat after you've exercised, you've burned some of the emotional energy and the calories in advance!

## **Appreciate Yourself: The Most Valuable Investment You can Make**

It is essential to take time to appreciate yourself and your progress every day, ideally while you are using your emWave. Just as stocks which appreciate go up in value, appreciating the progress you make and the qualities you value in yourself adds energy to accomplish more. It makes the process of emotional management more fun too. Appreciating yourself is a very effective antidote to perfectionism and the inner critic. It also helps you overcome the pitfall that many face of longing to have the body they once had. Stopping emotional eating requires activating feel-good feelings in the here and now, and appreciating what you already have. Comparing your current body to what it used to be, or to someone else's, diminishes your power to do that. When you catch yourself comparing your body image to someone else's or longing for what used to be, find something to appreciate in your life now.

*“When I turned to HeartMath to overcome my eating disorders, I had been told that if I did not get my bulimia under control I could die because of the damage it was doing to my body. I would binge eat everything in the fridge late at night and get sick the next morning, then go to the store and do it again!. Finally, as I caught my ghostly face in the bathroom mirror one morning after a binge, I realized I had hit rock bottom. I did not want to die. I got a piece of paper and a pen, and wrote a contract with myself which I actually signed and dated, in which I promised not to eat between the hours of 8:00pm and 5:00am (my vulnerable binging time). I made a commitment to myself that I would use HeartMath during that time, instead of eating. I had read somewhere that a NASA study showed it only takes 21 days to create a new habit, and break an addiction, so I wrote into the contract that I would do this for 21 days. Somehow having a discreet amount of time I was committed to, made it less daunting and more manageable, than if it was perceived as a lifelong sentence and struggle.*

*My addiction to food, which came out of post traumatic stress from living in a war zone, was so strong that I could not fall asleep at night without eating several boxes of crackers or the equivalent in some other carbohydrates. So I ended up staying up all night some nights in order to stick to my contract, just breathing in through the heart to get through the night. It took a lot of grunt work at first, a lot of heart power, to stick to it. Uncomfortable feelings that I had been using food to suppress showed up. I used the Notice and Ease tool late into the night, to allow the tears and even withdrawal symptoms like itching and heat to come and go without rushing to get rid of their sensation with eating. I found with Notice and Ease I could release the discomfort if I sat with it long enough, without reaching for food. After a week I started to feel*



better, and to have more energy during the day in spite of the disruption to my sleep. It got easier and I started relating better to the people in my life, and performing better at school, too..

Until day 18. This was the real test of my HeartMath tools.

Something happened at work that worried me deeply, and I caved in that night and had some cookies after 8:00pm. I was devastated. I felt that I had totally let myself down, and would have to go back and start the whole thing all over again. I was crushed. It was the hardest thing to face emotionally, to let myself down like that. But it was also the most important moment in the journey. My heart, as I used Notice and Ease with my sense of failure, would not allow me to maintain that "all or nothing" attitude. It had forgiveness and care for me, and appreciation for all that I had done in the 18 days I had stayed committed. This was powerful, and different from my normal reaction.

Normally, because I had a few cookies, I would have fallen off the wagon completely and eaten everything in the cupboard. Instead, my heart had me go to bed breathing forgiveness and appreciation for myself. It was as if that had been the missing link all along, and a more valuable thing to experience than sticking to it all "perfectly". Allowing myself to be "imperfect" without punishment was freeing in ways I could not have imagined..

Much to my surprise, when I woke up the next day my food cravings were gone. Gone! In only 18 days (not even 21!). And I can honestly say they have not come back in over 10 years! A lifelong struggle with food had ended in less than three weeks once I was able to forgive and love myself. Thanks to HeartMath. Eating disorders, whether anorexia, bulimia or obesity often have stress at their root. We starve, overeat or binge eat in reaction to unresolved emotional issues. Eating disorders can be a way to

*narcotize feelings you do not know how to identify, transform, and respond to in a different way. Using the emWave and the intuitive intelligence of the heart can help you identify the messages your feelings are delivering, discern which feelings are accurate and which are coming from emotional memory or “old survival software,” and respond to what you feel with clarity.”*

**~Sheva Carr, CEO of Fyera and Project Coordinator  
of the Stopping Emotional Eating Beta Test**



## Part 2

### The emWave Stress and Weight Management Program

There are five steps in this program.

**The first step** is to identify your stress triggers and stressful emotions that propel stress-related eating and weight gain.

**The second step** is to learn two simple HeartMath tools, Notice and Ease™ and the Power of Neutral to reduce emotional stress and help stop emotional eating.

**The third step** is to build internal coherence with the Quick Coherence® technique and emWave® technology to start changing your emotional diet, help sustain your commitments and make behavior changes you want to make.

**The fourth step** is learning the Freeze-Frame® and Attitude Breathing® techniques to take the drama out of emotional challenges, connect more deeply with your heart's power and intelligence, make attitude shifts and to find new perspectives.

**The fifth step** is learning to make the exciting change from emotional eating to intuitive eating, using the Freeze-Frame technique with the emWave to listen to your heart's intuitive discernment on what, when and how much to eat.

These steps are progressive. To get the most out of this Program, you'll want to answer the self-study questions, learn and practice the tools provided in each section. This Program is to empower you to instate new behaviors and habits. Go as fast or as slow as you'd like, but stay

steady with your practice for six weeks. If you slip up, have compassion for yourself, and jump right back in where you left off. After you finish the Program, it's important to keep using the tools, techniques and emWave technology for maintenance: to manage stress and to reach and maintain your optimal weight.

*So let's get started.*

## **Step 1**

### **Identify Your Stress Triggers and Stressful Emotions**

First, it is important to identify the sources of stress that may be contributing to emotional eating and weight gain. As you well know, not all stress is the same. Stress and emotional disturbance can make it difficult to stay on any diet. Some events may create stress that sets off stress eating for you and others may not, so it's important to understand the stress triggers that provoke your emotional eating.

For example, an argument may be stressful at first, but once it is resolved from the heart, you may end up feeling more at peace than before it happened. Rushing to meet a deadline can be stressful, but you may find the challenge exhilarating. Comforting a friend through a difficult time may be stressful, but leave you feeling closer and more loving. None of these stressors may trigger the desire to eat or go off your diet, because they resolved into a positive attitude and satisfying feeling.

Positive feelings make you feel more content with your life and therefore more likely to stick to your diet. Positive

emotions revitalize and renew. But some positive feelings also need balancing. Joy or over-excitement can cause an emotional energy swing where you throw care to the wind and “reward” yourself with high calorie food then feel stressed about it later.

The important thing is to recognize which kinds of situations and issues are triggers for you. Your closest friend may feel very nervous every time she has to give a speech, but you may love giving speeches. Your partner may feel uneasy about throwing a party, but you may love entertaining.

On the other hand, you may feel inexplicable anxiety about a vacation in a new locale or asking for a raise. Our emotional triggers are often as unique as our personalities. But there is undoubtedly a pattern to the kind of issues that make you prone to reach for food. Knowing what they are gives you leverage.

### **What’s Your Kind of Stress that Provokes Emotional Eating?**

Take a minute and evaluate what propels you to reach for food to comfort yourself.

### **Your Stress Eating Assessment (this form is available at [www.heartmath.com/stopemotionaleating](http://www.heartmath.com/stopemotionaleating))**

Which of these areas are likely to provoke stress and emotional eating in you?

Personal stress

- Self-image
- Self-judgment and guilt
- Relationships

- Health
- Work
- Not enough time
- Other \_\_\_\_\_

Family stress

- Lack of connection
- Communication issues
- Too many expectations
- Judgments and blame
- Other \_\_\_\_\_

Friends or Associates stress

- Communication issues
- Too many expectations
- Loneliness
- Boredom
- Other \_\_\_\_\_

Job stress

- Difficult boss and/or co workers
- Unrealistic expectations
- Perfectionism
- Feelings of overwhelm (deadlines, priorities, overload, etc.)
- Lack of control
- Judgments and blame
- Other \_\_\_\_\_

What else triggers stressful feelings that result in emotional eating for you?

---

---

---

---

## Stress and Emotions

At the core, all stress is emotional stress because it affects how people feel. Whether you experience it as mental, emotional or physical stress, if you unmask the word stress it's about how you feel inside. Stress is registered in your feelings as tension, strain, pain, overwhelm, anxiety, frustration, angst, depression or disturbing undercurrents that you can't find a name for but still sap your energy and leave you feeling washed out. As these undercurrents occupy your thoughts and feelings, they make it hard to stay with your commitments. We all experience these stressful feelings or attitudes from time to time. It's important to identify the ones you experience often. The following is a list of feelings and attitudes that create stress. Circle the ones that you experience a lot of the time.

- Angry
- Bored
- Lonely
- Deprived
- Impatient
- Irritated
- Frustrated
- Worried
- Anxious
- Depressed
- Insecure
- Perfectionism
- Being Judgmental
- Resistance
- Rebellion
- Guilt
- Blame
- Other\_\_\_\_\_

Now ask yourself how often you feel these attitudes and feelings during a day or a week? What do you do when you feel them? Do you try to shove them aside? Do you brood over them? Do you judge or blame others or yourself? Fill in the following worksheet to get a clear picture.



| Stressful emotion or Attitude | How Often? | What do you do? |
|-------------------------------|------------|-----------------|
|                               |            |                 |
|                               |            |                 |
|                               |            |                 |
|                               |            |                 |

Now ask yourself *how often* you experience positive attitudes and feelings, such as love, appreciation or gratitude, genuine care or kindness, compassion for yourself or others, forgiveness of yourself or others, joy or peace during a day or a week? What do you do when you feel these positive emotions? Do you enjoy or savor them? Do you cut them off or deny them? Do you get over-stimulated by them and reward yourself with eating? Do you direct them into creative actions? Fill in the following worksheet to get a clearer picture of your emotional landscape.

| Positive emotion or Attitude | How Often? | What do you do? |
|------------------------------|------------|-----------------|
|                              |            |                 |
|                              |            |                 |
|                              |            |                 |
|                              |            |                 |

Consider the situations, conversations, and events, you've encountered over the past few days. How much time did you spend in stressful emotions that drained your energy and how much time did you spend in positive emotions that revitalized your energy? When you allow stressful emotions and attitudes to dominate your day, or try to cover up your feelings, it becomes difficult-to-impossible to change your eating habits. No matter how good your intentions are, stressful emotions build up inside you and create emotional weight.

## Emotional Weight

A lot of weight that people carry around is subconscious emotional weight fueled by unresolved emotional issues, lack of self-worth, and underlying insecurity. The accumulation of emotional weight negates your power to lose physical weight because it saps the energy you need to sustain discipline and appropriate attitude. You try, but then go back to old eating habits and the weight that's familiar -- where you subconsciously feel comfortable. The body is designed to want to revert to what's familiar. If feeling bad is familiar to you, then in an odd way you may feel more comfortable feeling bad -- until you instate a new pattern.

For example, once insecurity sets in, it's such a strong emotion that it causes a drain on your emotional energy reserves, which causes a drop in the effective functioning of your biochemistry and metabolism, which then creates the urge to go off your diet plan. After you do that, you feel more insecure. This is because emotions, biochemistry and your nervous system are all linked together.

Your body's metabolic set point can get reset from stress eating over time. The part of your brain that signals to you that you're hungry doesn't discriminate whether your body is hungry or your emotions are hungry. It just knows you are hungry. So you crave food. The reverse can occur with anorexia. Emotional stress can shut down the brain's hunger signals, even when the body needs nourishment.

Stressful emotions, disgruntled emotional undercurrents and insecurities all release stress hormones, like cortisol, into your system that actually tell your body to go into survival mode, ultimately causing a redistribution of fat to the waist and

hips, even though you may be eating fewer calories. In fact, many people gain weight *when they aren't overeating*, due to increased cortisol levels from stress. Releasing stressful emotions is an inside job, yet the tendency is to try and do it from the outside, through burying yourself in work or projects or through habits, like emotional eating.

Emotional eating offers a biochemical band-aid effect. It changes how you feel for awhile, but it doesn't deal with the cause of your stress. Emotional issues have to be dealt with from the inside or they will run a continuous biochemical loop, causing you to continue what you don't want to do – continuously eat or be obsessed about eating or do “yo-yo” dieting.

One of the most common emotional eating patterns is “yo-yo” dieting. Losing a little and gaining it back, and then dieting some more, then gaining it back. When we bypass what's going on emotionally inside, we often end up in “yo-yo” dieting. Yo-yo dieting usually follows emotional ups and downs, which just puts further strain on the emotions and body. When we are accustomed to looking outside ourselves for stimulation or comfort or for the next quick fix diet, we aren't looking to see what's really happening inside. But the power of your heart can help change this.

## Step 2

### Reduce Emotional Stress

You have identified the stressful feelings that can trigger emotional eating for you. Now the next step of this Program is to reduce emotional stress by learning two simple tools that enable you to:

1. identify your stress triggers that cause emotional eating as they come up;
2. redirect your emotional energy;
3. increase inner security by re-aligning your heart, mind and emotions.

As you use the two tools, *Notice and Ease* and the *Power of Neutral*, you build new strength to shed emotional build up that can contribute to physical weight. Through activating your heart intelligence and changing your emotional diet (the feelings you feed inside), you can change your biochemistry and build a healthy self-security and self-esteem.

For accelerated results, start learning and using your emWave technology if you haven't done so already (see Quick Start Study Guide), and then focus on deepening your use of emWave in Weeks 3 and 4.

Many people are in denial of or simply unaware of their stress triggers or stress reactions as they are occurring. They may become aware after the fact -- after their energy drains, or after a miscommunication, or after physical aches and pains develop, or after they've unconsciously subdued the emotion through stress eating. It's important to learn

to acknowledge and *treat* (but not with food) stressful emotions as they come up. These two tools are designed to help you do this.

### **Tool #1 - Notice and Ease**

*Notice and Ease* is a simple yet effective tool for acknowledging emotions. You can learn to release many stressful feelings and stop their energy drain by doing the following simple steps.

1. Notice and admit what you are feeling
2. Try to name the feeling
3. Tell yourself to e-a-s-e - as you gently focus in your heart, relax as you breathe, and e-a-s-e the stressful feeling out.

Practice *Notice and Ease* at least 10 times a day at home, at work, talking on the phone, driving in the car, standing in the line at the store, and so on, just to learn to acknowledge whatever you are feeling. At first, you might not be able to name the feeling. You may think you are feeling nothing. Ask yourself, "Is there tension anywhere in my body?" Ask yourself, "Have I been worrying about anything that may have left a residue in my feelings?" Ask yourself, "Am I feeling peaceful and at ease?" Whatever you are feeling, try to give it a name, acknowledge that you're feeling it, and then add ease to the feeling in step 3.

Appreciate yourself whenever you can identify and admit what you are feeling. Your feelings aren't bad; they are signals that provide you with information. Stressed or over-stimulated feelings are signals that something is out of balance. Once you acknowledge and accept what you are really feeling, that helps you befriend the feeling, which

takes some of the intensity or resistance out of the emotion. As you gently focus in your heart area, relax as you breathe, and ease the stress out. This starts to bring your system back to balance.

As soon as you have thoughts about food or feel the desire to eat something, use the *Notice and Ease* tool. See if there is an underlying feeling of anxiety, sadness, loneliness or even a vague insecurity feeding those thoughts or urges. You'll start to distinguish the difference between craving foods to cover up these feelings and real hunger.

**Tip**—Always use the *Notice and Ease* tool right before you start eating a meal and even while you are eating, to help bring more balance to what you choose to eat and how much you eat. After you have practiced *Notice and Ease* 10 times a day in the above ways for three days, then add Tool #2, *Power of Neutral*.

### **Tool #2 – Power of Neutral**

The next HeartMath tool to learn is a simple yet powerful approach for neutralizing and discharging stressful emotions. It's called the *Power of Neutral*. It teaches you to use the power of your heart to bring your mind, emotions and physiology into a more neutral state. Think of Neutral as a "time-out zone" where you can step back, neutralize your emotions, and make better decisions.

#### **Here are the steps of the Neutral tool:**

1. Take a time-out, breathing slowly and deeply. Imagine the air entering and leaving through the heart area or the center of your chest.

2. Try to disengage from your stressful thoughts and feelings as you continue to breathe.
3. Continue until you have neutralized the emotional charge.

After you use *Notice and Ease*, and admitted what you are feeling, if you were unable to ease the stress out, use *Neutral* to help align your heart, mind and emotions to neutralize the stressful feeling. You take a time-out by choosing to step back from the stress feeling and release the emotional significance you are placing on the issue. Step 1 helps draw the energy out of your head, where negative thoughts and feelings get amplified. Just breathe slowly and deeply in a casual way as you imagine the air entering and leaving through the center of your chest and heart area. In step 2, just having the intent to disengage from stressful thoughts and feelings, as you continue to breathe through the heart, can help you release a lot of the emotional energy. In step 3, you continue the process until you have chilled out and neutralized the emotional charge.

Using *Neutral* doesn't mean that your frustration, worry or other stressful feeling will have totally evaporated. It just means that the charged energy has been taken out and you have stopped the stress accumulation. Even if you can't totally neutralize the stressful feeling, just the effort to shift into neutral will give you a chance to regroup your energies and refocus. As you practice *Neutral* you will build your power to tell intrusive disturbing thoughts and feelings, "Thanks for stopping by, but I'm not going to feed you," and mean it. This will start to change your emotional diet – the feelings and thoughts you keep feeding yourself. You will begin to

see more clearly what triggers your emotional eating habit and you'll build power to neutralize the emotional drive fueling your habit.

Practicing *Neutral* also helps to “rewire” the metabolic pattern of overeating in your physiology. Even if you don't feel a difference right away, making a sincere attempt to apply the steps of *Neutral* helps to balance your nervous system and hormones in ways that can reduce cravings and gradually allow your body to better metabolize food. As your metabolism and cravings change, this makes it easier to neutralize emotional stress. You start to feel better about yourself and a positive feedback loop is created whereby emotional management reinforces a physiological change, and the physiological change makes it easier to neutralize stress. Each time you go to *Neutral*, you are taking an important step to reprogram both your emotional and physical habit patterns. It helps to remember that it won't always be as difficult to go to *Neutral* as it can seem in the beginning; as you establish new neural habits, it gets easier and easier!

Practice *Neutral* at least 10 times a day for four days to really get to know this tool. Sometimes you may feel you have to use *Power of Neutral* 20 times or more a day. That's fine, because you are developing the power to manage your emotional triggers and repatterning the physical imbalances that cause cravings with this tool.



### **Practice Plan:**

- Use *Notice and Ease* at least 10 times a day for the next three days
- Then add *Power of Neutral* at least 10 times a day for four days
- Memorize *Notice and Ease* and *Power of Neutral* and use these two power tools until you know them by heart before you go onto the third step of this Program.

### **Step 3**

#### **Increasing Heart Coherence with emWave Heart Rhythm Technology**

The next step in this Program is to monitor your heart rhythms and coherence level to establish a new baseline of coherence in your mental, emotional and physical systems over the next two weeks. To do this, you use your emWave Personal Stress Reliever with the *Quick Coherence* technique. Using the emWave, you will be able to:

- a) See the level of coherence in your heart rhythms – low, medium or high
- b) Use the *Quick Coherence* technique to improve your coherence level
- c) Improve your coherence baseline to reset your stress response and attitude

The emWave measures your heart rhythm pattern (or heart rate variability – a key to self-regulation) and it measures your coherence level. It lets you know when your heart rhythms have moved into a more coherent pattern. When there is coherence in your heart rhythms, your entire body gets more in sync. As you increase your coherence

level, your nervous, cardiovascular, hormonal, metabolic and immune systems work together more efficiently and harmoniously. This helps to reset your desire to eat when you aren't hungry and to offset the effects that stress eating has had on your physiology. You may also notice a reduction in physical stress symptoms.

Through daily practice with your emWave, you will raise your *coherence baseline*. This means that you will have more heart rhythm coherence occurring naturally within your system throughout a day. This gives you more ability to manage your emotions and stop emotional eating. It also helps you sustain positive feelings and attitudes longer and have more intuitive discernment.

When you first start using your emWave, you will probably be in low coherence which is normal. The light at the top of the emWave will be red. As you practice coherence-building techniques, like the *Quick Coherence* technique, with your emWave, your coherence level will improve. The emWave displays a blue light and sounds a tone when you are in medium coherence and a green light and a lower tone when you are in high coherence the optimal state. Your goal is to get into the "green".

The emWave will help you relieve emotional stress the more you use it. It is not a magic quick fix, but it will help you accumulate coherence energy, so you stay more emotionally balanced through the flow of life. Using the emWave gives you more leverage to cushion and deflect the things that would normally cause stress and disruption.

It also helps you recoup more quickly from things that have stressed you out. As you practice with the emWave, you will increase your baseline of coherence (the amount of coherence that naturally occurs in your system when you aren't using any tool) and this helps to re-set your stress response.

There is a learning curve at the beginning, while you are adjusting to this new way to take responsibility for your emotions and attitudes. It may seem a little unusual at first to turn to a heart technology, instead of food, for emotional self-care. Stick with it! This may be one of the most important things you ever learn to do.

It's your heart coherence that makes it easier to sustain emotional commitment, reduce stress and create healthier eating habits. The emWave will help you increase your heart coherence and heart power.

*"I am now convinced that dieting does not work in most cases of overweight. The real problem is emotional overeating. I gave a lecture in Avignon last June at a symposium (350 psychiatrists) on emotions and overeating, and since then, have been overwhelmed with propositions for lectures, speeches and teaching.*

*Since I have started using emWave with overweight patients, I no longer give any dietary or nutritional information whatsoever. And yet my patients have the best results in weight loss I've seen in all my years of practice. People are losing weight just by increasing their heart coherence with the emWave and with no prescribed diet at all.*

People know what they should eat. They can find that information. It's only the emotional side of eating that stops them from eating what they should. Once they increase their heart coherence, eating in a way that's balanced and beneficial for them comes naturally."

**David O'Hare, M.D. is a psychiatrist with a specialty in Nutrition and Obesity for over forty years. In France, he is the practitioner with the most extensive experience using HeartMath's emWave technology for weight loss. He sees 10-12 patients a day, most of whom are overweight.**

"I struggled with dieting my whole life. Both my parents were obese, and I remember being self-conscious about it and putting myself on my first restricted diet when I was just four years old. By the time I was 16, I was a professional ballet dancer and so obsessed with remaining thin to look good on stage that I once went three weeks without eating anything but a muffin, while rehearsing eight hours per day. It took its toll for sure. I would have unexplained emotional outbursts, my menstrual cycle stopped and I broke an ankle with a stress fracture due to bone density loss. At age 27, I had a heart attack, which doctors attributed to the loss of muscle mass in my heart from starvation. But I would absolutely panic at the thought of gaining weight. After my heart attack, my metabolism had slowed so severely and I was under so much stress, that I began to pack on pounds no matter how little I ate. I went into a phase of binging and purging, eating out the entire refrigerator at night (probably from being so depleted for so long), and then feeling so bloated and sick the next day that I would fast for a couple of days, then start the whole cycle over again. I could not find balance and my body, my school work and my mind were paying a high price. It was a nightmare. And then I found HeartMath.

Shortly after my heart attack, I got an emWave from one of my doctors. It was amazing. I never thought there could be a real cure for anorexia, but for me the emWave was it. I would get on the emWave feeling fat and ugly, and after getting into coherence I could see my body more clearly and appreciate it. I started to feel good about how I looked, and to just plain feel good for the first time ever.

Four weeks exactly after I started using the emWave I got my period for the first time in six years. So I guess my hormones starting balancing right away. The emWave taught me how to eat in a balanced way. If I was starving myself, I could see right away the effect that it was having on my heart rhythm (not good) and sometimes with just a small snack I could bring myself into coherence. Conversely, if I went into a panic and was tempted to binge, I would get on the emWave first, and that would invariably calm me down and the cravings would subside.

I still like to spend a minute or two on the emWave before I eat anything, because it is like a mirror for whether my body really needs food, or if I am eating emotionally. I don't mind the little bit of time that it takes, because the pay-off in how I feel is tremendous. My metabolism has gone back to normal, and I eat full fabulous meals (even chocolate and desert!). I am in better shape than when I starved myself, I can think more clearly, and my body is stronger than ever before. I am so grateful to have found the emWave and hope that other people find the benefit from it as well."

**"Preferred to remain anonymous"**

## 1—Learn to Operate your emWave

Unpack the emWave from the box, charge it for at least 2 hours, and read the Quick Start Guide and Users Manual. Start by using the ear sensor and leave your hands free to learn the sensor button functions. Try adjusting the brightness and sound levels.

There is also a quick emWave e-training tutorial that is informative and entertaining at [http://www.emwave.com/emwave\\_online\\_etraining.html](http://www.emwave.com/emwave_online_etraining.html) or you can attend a 1 hour telephone emWave Orientation Class offered each week. Check the following sites for the schedule of upcoming sessions. [http://www.emwave.com/emwave\\_psr\\_orientation\\_class.html](http://www.emwave.com/emwave_psr_orientation_class.html) (or if you have an emWavePC go to [http://www.emwavepc.com/emwave\\_pc\\_orientation\\_class.html](http://www.emwavepc.com/emwave_pc_orientation_class.html)).

*If you are using the emWave PC, install the software, attach the sensor pod and review the Quick Start Guide and Tutorial included in the software program.*

## 2—Be Guided Through the Quick Coherence® Technique

Install the CD that accompanies your emWave in your computer and listen to The Coherence Coach guide you through the Quick Coherence Technique. You will do this while watching and breathing to a rhythm pacer displayed on the screen.

*If you are using the emWave PC click on Coherence Coach or review the steps in the on-board Tutorial.*

The *Quick Coherence* technique is designed to bring your heart rhythms into coherence. Using this technique with your emWave, you will learn to activate a heart-focused, positive emotional state so that coherence emerges quickly and is easy to sustain. The *Quick Coherence* technique is not a replacement for using the other tools and techniques, but used with the emWave it will help you build a new baseline of coherence for faster results.

As you practice *Quick Coherence* and the other tools with your emWave, you create a coherent alignment that invites or draws in more of your spirit and higher discernment faculties—your intuition—to facilitate clearing stress patterns and emotional disturbances. Using your emWave will train you to make quicker emotional and attitudinal shifts and help develop your intuitive self-guidance system. This creates a cushion between you and stressors that come up so they don't drain you as much, and provides you with more clarity on how to respond.

### **Tool #3—The *Quick Coherence* Technique**

#### **Heart Focus:**

- Focus your attention in the area of your heart, in the center of your chest.

*If your mind wanders, just keep shifting your attention back to the heart while you do steps 2 and 3.*

#### **Heart Breathing:**

- As you focus on the area of your heart, imagine your breath is flowing in and out through that area.

*This step helps your mind and energy to stay focused in the heart area and your respiration and heart rhythms to synchronize. Breathe slowly and gently in through your heart and out through your heart (as if your mouth were*

*in your heart). Do this until your breathing feels smooth and balanced, not forced. Continue to breathe with ease until you find a natural inner rhythm that feels good to you.*

### **Heart Feeling:**

- As you continue to breathe through the area of your heart, recall a positive feeling, a time when you felt good inside, and try to re-experience it. Once you've found it, try to sustain the positive feeling by continuing Heart Focus, Heart Breathing, and Heart Feeling.

*Heart feeling could be a feeling of appreciation or care toward a special person or a pet, a place you enjoyed, or an activity that was fun. Allow yourself to feel this good feeling of appreciation or care. If you can't feel anything, it's okay; just breathe the attitude of appreciation or care.*

Heart Feeling helps you increase coherence on the emWave without having to remain as conscious of your breathing rhythm. If it was hard for you to find a positive feeling or attitude, take a moment now to remember a couple of times when you felt calm, joyous or uplifting feelings. Write those experiences down or memorize them so they will be easy to recall the feeling when you practice Quick Coherence.



Don't worry if you also feel some discomfort while you're breathing in a positive feeling and attitude. Even a little heart feeling starts to clear subconscious emotional patterns. Just befriend any discomfort with compassion and ease. Building a new baseline of coherence is a process. Just keep up a *genuine* heart intention to hold the attitude of appreciation, care, love, compassion, or forgiveness while you practice the *Quick Coherence* technique.

### **3—Practice the *Quick Coherence* technique while using your emWave**

Once you've learned the *Quick Coherence* technique, you're ready to practice it with your emWave. Your goal is to get the light at the top of your emWave to turn from red (low coherence), to blue (medium coherence), to green (high coherence) the optimal state.

Turn on your emWave and make sure you are in challenge level 1 (see p.13 of your manual). Watch for a steadily blinking blue light at the bottom of your emWave, indicating a good connection that is sensing your pulse. Now practice the *Quick Coherence* technique with your emWave and watch the top light change from red to blue to green. Sustain blue or green as much as you can without trying too hard. Find a breathing rhythm that is natural and comfortable for you while you continue to feel a genuine positive emotion. Make it a gentle process. If you want to close your eyes, you can listen to the changing audio tones guide you into medium or high coherence. You can adjust the audio tone to low, medium, high, or off (see p. 27 in your manual) by clicking the bottom of the sensor button while

you're in a session. Use your emWave for five minutes or more each session.

The more you practice *Quick Coherence* with the emWave, the easier it gets to move from low coherence, into medium coherence and then into high coherence -- the optimal state where your heart, brain and nervous system are in sync. Observe what thoughts or feelings take you out of medium or high coherence, then use *Quick Coherence* to go deeper in the heart and shift back into coherence. This develops emotional flexibility and resilience.

Practice increasing your coherence ratio (the percentage of time you are high coherence vs. medium coherence vs. low coherence) and completing one or more reward cycles (filling up the Heart Action Strip with blue horizontal bars. See pages 19-22 of your manual). As it gets easy for you to stay in high coherence (green) at challenge level 1 for long periods, you can move to challenge level 2, by clicking the top of the sensor button once during set-up mode (within 5 seconds after you turn on your emWave.) You can learn more about the challenge levels in your manual on p. 13.

Use your emWave at least four times a day: in the morning when you first get up and before you decide what to eat for breakfast; before lunch; before dinner; and before you reach for a snack anytime. You can also use the emWave with *Power of Neutral* or the *Freeze-Frame* technique (p.56) or *Attitude Breathing* to get into coherence before potentially stressful situations, or to recoup more quickly after a stressful experience, or before bed for a more restful sleep.

*Once you make an internal shift, it can take from 1 to 10 seconds for the top light to change color, depending on where you are in the red, blue or green color threshold. If you find you aren't able to shift back into coherence easily, using the breath pacer can help you re-enter the coherence state. However, it takes feeling genuine heartfelt attitudes to sustain coherence. The emWave's breath pacer is "smart" in that once you get into high coherence (green light), the pacer will adjust its speed to help you stay "in the green." Sometimes people go into very shallow breathing when trying to activate a positive feeling. If this is your tendency, just breathe a little more deeply while generating a feeling of appreciation, gratitude, love or care and you'll move into higher coherence more easily.*

*If you are using the emWave PC, attach the finger sensor or optional ear sensor. Click Run Session. As you practice the Quick Coherence technique, watch your heart rhythm pattern in the top part of the screen become smoother, and observe the three coherence bars in the lower right hand corner of the screen. Your goal is to increase the ratio of blue and green bars.*

The more you see the real-time feedback on the emWave, the more it motivates you to improve your coherence skills. But don't expect perfection from yourself as you use the emWave. That only adds stress! Instead appreciate the progress you are making. By giving you immediate feedback, the emWave can eliminate any doubt that you are making progress.

Everyone goes through different energetic rhythms during a day, a week or a month, so there will be times when it can be harder to "stay in the green" or harder to maintain

positive feelings and focus. At these times, breathe the heart feeling of compassion for yourself and non-judgment in Step 3 of the *Quick Coherence* technique. Just staying in as much coherence as you can during each emWave session will establish a more balanced rhythm between your mind, heart and emotions, while increasing your coherence baseline over time.

It's important to have balanced expectations of yourself while you practice weight management. Your goal is not perfection, but progress. Give yourself credit for your daily successes. Appreciation is a jump starter that adds coherent energy to help sustain your practices and make the changes you want to make. Appreciate when you manage your attitudes and emotions. Appreciate when you use the emWave and the other tools, and when you have compassion and nonjudgment toward yourself. Appreciate when you make better choices on what to eat or when to exercise.

On the next page, you will find an emWave Coherence Tracker Worksheet. Some people enjoy tracking their progress, while others do not. Either way is fine. If you like to track your progress, you can make copies of the Tracker Worksheet to record the amount of time you used your emWave, the coherence ratio you achieved, tools and techniques you used that day, how often you used them, and comments on what you noticed. Only use the Tracker if it helps you. Don't fall into the trap of feeding your inner critic with the Tracker by scrutinizing or judging yourself - the most important thing is to feel good while using your emWave and that will motivate you to use it more! Make it a fun game.

## emWave Tracker Worksheet

| Date | Minutes used | # Reward Cycles | Other Tools Used- How Often | Comments-What I Noticed |
|------|--------------|-----------------|-----------------------------|-------------------------|
|      |              |                 |                             |                         |
|      |              |                 |                             |                         |
|      |              |                 |                             |                         |
|      |              |                 |                             |                         |
|      |              |                 |                             |                         |
|      |              |                 |                             |                         |

### Practice Plan—

- Use the *Quick Coherence* technique with your emWave to get into coherence at least four times each day: Before breakfast; before lunch; before dinner; before you reach for a snack.
- Other important times to use emWave: Before potentially stressful situations; to recoup more quickly after a stressful experience; before bed for a more restful sleep.
- Use your emWave for five minutes or more each time. Once a week, do a 10 minute or longer session with your emWave.
- Practice increasing your *coherence ratio* (the percentage of time you are high coherence vs. medium coherence vs. low coherence) and complete one or more reward cycles (filling up the Heart Action Strip with blue horizontal bars). The

more you stay in high coherence, the faster you complete a reward cycle. For the highest benefit, we recommend you complete at least three reward cycles per day (in multiple sessions if needed) or 21 reward cycles per week. (If you stay in high coherence through most of your session, you can complete a reward cycle in three to five minutes.)

- Use the emWave Coherence Tracker Worksheet to help you track your progress if you find that helpful.
- Continue to use *Notice and Ease* and the *Power of Neutral* as needed as you move through your day.

### Inside Tips on Using emWave

- Make a commitment to use the emWave for three to five minutes *before* you act on a craving or a binge. You can always go back to whatever you were going to eat afterwards, but sometimes just giving yourself a three minute time out on the emWave can rebalance your system and put you in touch with what your body and belly really want and need. Using the emWave this way gives you heart power where will power will not work.
- Use the emWave *after* you have fallen off the wagon into old habits to find self-forgiveness and to get back on track. Instead of using the cookies you ate as a justification to go for ice cream too, get on the emWave and get back on track!
- Using the emWave to prepare for a meeting helps activate a deeper clarity, mentally and emotionally, while increasing your capacity for intuitive listening and

speaking from the heart. This gives more substance and effectiveness to your communications.

- When you feel time deprived, anxious or overloaded during the day, use the emWave to help restore drained emotional “accumulators”. The human system accumulates or drains energy depending on how you respond emotionally to the events of your life.

Use the emWave whenever you want to center yourself and be more in the Now. The emWave helps this process by letting you know when you're really present within (high coherence), then gently reminds you to get back when you find yourself adrift (low coherence). Each moment you spend in the Now (rather than ruminating about the past or projecting about the future) saves and accumulates energy.

## **Step 4**

### **Changing Your Emotional Diet**

The third step in this Program is to identify your emotional eating habits, and then learn a powerful technique, called the *Freeze-Frame* technique, to connect with the core values of your heart to continue to change your emotional diet. The *Freeze-Frame* technique will help you to:

- a) Take the drama and significance out of emotional reactions
- b) Refocus your emotional energy and shift your emotional state to align with your core heart values
- c) Connect with your heart intelligence and intuitive discernment

## How Do You Eat Emotionally?

Identify some of the main characteristics of your emotional eating habits. Below are some common emotional eating patterns. Think back over the last week and the last month to see which ones apply to you. See if you can identify what feelings triggered the pattern and write them down.

| Eating Pattern                          | Emotional Trigger                              |
|---|--|
| You ate when you weren't hungry         | Loneliness? Boredom? Insecurity? Other?        |
| You skipped meals and binged on snacks  | Frustration? Overload? Other?                  |
| You went on an eating splurge           | Relationship stress? Disappointment?<br>Other? |
| You kept a hidden stash of food         | Insecurity? Rebellious? Other?                 |
| You sneaked food when no one was around | Tension? Embarrassment? Other?                 |
| You did "yo-yo" dieting                 | Felt imbalanced? Stress got to you?<br>Other?  |

List other emotional eating patterns or other emotional triggers that you have that are not on this list:

---



---



---



---

Now, write down any new insights you've gained from this exercise.

---



---



---



---



Next, list your favorite comfort foods. What types of feelings do eating comfort foods bring you? Right before eating them? While eating them? After eating them?

*Comfort foods I eat the most*

*Feelings they give me*

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

*Other things that give me these feelings (e.g. taking a bath, going for a walk, stretching, talking to a friend)*

|       |
|-------|
| _____ |
| _____ |
| _____ |
| _____ |

Can you see how these feelings are heart feelings? Experiment with practicing the *Quick Coherence* technique, and using your emWave to generate these feelings without the food or other activities that help you feel them.

Part of the problem with emotional eating is the speed at which it occurs. Often we aren't conscious of emotional eating or stress eating until after the fact. In five minutes we may have emptied a bag of crackers and chowed down 1,200 calories without realizing it. When we don't balance our emotions and moods in the moment, we compensate by eating snacks or comfort foods without regard to their calorie content or healthfulness, and then often feel guilty afterwards.

When we feel stressed or time crunched, we grab fast foods we know aren't good for us. Sometimes, we could

buy something healthier just as fast, but we don't. It doesn't seem as appealing. We subconsciously choose foods that alter our brain chemistry in a way that makes us feel better. Something that increases our blood sugar or releases endorphins into our brains gives us respite from the pressures or stresses we feel, even if it's temporary.

Not living up to our own expectations can become an obsession that consumes a lot of our thoughts, feelings and energy. Then the emotional diet we are feeding ourselves is full of self-judgment, self-blame, guilt, despair and shame, all of which drain our energy and make us want to comfort ourselves with pie or cake or other foods.

It's important that we acknowledge, neutralize and release the negative emotions and attitudes that we feed ourselves. It's equally important that we learn how to refocus our emotional energy and shift our emotional state to comfort ourselves from inside-out. Using the list of other activities and behaviors that bring comfort as replacements for seeking comfort in food can also help, especially while you are learning to *Freeze-Frame* and activate positive feelings from your own heart first.

The *Freeze-Frame* technique will help you change your emotional diet to include more positive feelings and attitudes, and then help you connect with your heart intelligence and intuitive discernment.

The *Freeze-Frame* technique builds on the *Power of Neutral*, *Notice and Ease*, and *Quick Coherence*, by connecting you with the intelligence of your heart and higher brain.

Noticing what you feel, easing it out through the heart, getting neutral, and then adding positive emotion in *Quick Coherence* all prep your physiology to clear static so you can hear your intuition. With the *Freeze-Frame* technique you can tap into your intuitive intelligence to select a better emotional diet and make better food choices, too. It is like “freezing the frame” on your internal camera so you can see your thoughts and feelings more clearly, then activating the core values of your heart to expand your lens of perception. This brings in new heart feelings and intuitive intelligence, which we call heart intelligence.

Have you ever felt so upset that you had to close the door to your office or bedroom or go for a walk to clear your head? You do these things so you can take a step back from the situation, calm down, regroup and find a new strategy or solution. The *Freeze-Frame* technique helps you do all this quickly, within a few minutes, on the spot wherever you are.

#### **Tool #4—The *Freeze-Frame* Technique**

1. Take a time out so that you can temporarily disengage from your thoughts and feelings--especially stressful ones.
2. Shift your focus to the area around your heart. Now, feel your breath coming in through your heart and out through your heart. *Practice this for 10 seconds or longer.*

3. Make a sincere effort to activate a positive feeling. *This can be a genuine feeling of appreciation or care for someone, some place or some thing in your life.*
4. Ask yourself what would be an efficient, effective attitude or action that would balance and de-stress your system.
5. Quietly sense any shifts in perception, attitude or feelings. *Find a less stressful perspective and stay with the shift or the change as long as you can.*

**Here's why this technique works.**

Learning to “Freeze-Frame” in the heat of the moment or after a stressful situation can save tremendous amounts of energy and prevent the consequences of emotionally charged reactions, whether stress eating or saying something that you later regret.

The *Freeze-Frame* technique helps take drama and significance out of your reactions to a situation. By taking the drama out, your wise self can talk things through with your confused or stressed self, and save you a lot of problems. That wise self is your heart intelligence.

The first two steps are similar to the *Power of Neutral* steps. The simple act of focusing on your heart combined with a deeper level of breathing draws energy away from stressful thoughts and feelings. It interrupts the body's stress response, and also starts to bring more order into your heart's rhythms. Psycho-physiologists know that as your heart's rhythmic beating pattern becomes smoother and more ordered,

then it's easier to experience a positive feeling and attitude. Ordered heart rhythms and positive attitudes also make it easier to gain intuitive clarity. This may be a new way of breathing for you so it could feel awkward at first. With a little practice it becomes smooth and steady.

The third step is to make a sincere effort to connect with the core values of your heart and activate a positive feeling, like appreciation, care, compassion or kindness. Positive feelings and attitudes increase the coherence in your heart rhythms and the signals your heart sends to your brain. While still focusing on breathing through your heart area, you now want to 'feel' a positive feeling. One of the easiest ways to do this is to remember someone, some place or something that feels good to you and that you appreciate. Examples could be a wonderful vacation, a fun time at a sports event, or the appreciation or love you feel for a close friend, family member or a pet. It could even be recalling the feeling that comes while eating your favorite comfort food. The important thing is to feel it, not just think it. You want to relive the moment and sustain that positive feeling for 20 seconds or more.

Notice how you feel after doing this step. Any stressful feelings or thoughts you had should at least be diminished.

If your emotional reaction has been so strong you had difficulty finding a positive feeling, have a genuine "I mean business" attitude to take the significance or the big deal out of the situation and really move negative emotions into a more neutral state. Even after you have made an attitude shift, there can still be emotional residue left. That's normal.

Just take the significance out of it, stay in neutral and appreciate yourself and the efforts you are making. If you hold a non-judgmental, appreciative or forgiving attitude toward yourself and others who are involved, the emotional residue often releases.

With strong emotional reactions, it also helps to add what we call *Attitude Breathing* at this point. You admit the feeling or attitude that you want to change, such as anger, anxiety, blame, sadness, self-judgment, frustration, guilt, feeling overwhelmed, etc., and then breathe a replacement attitude. You do this by selecting a positive attitude and then breathing the feeling of that new attitude in slowly and casually through your heart area. For example, if you are worried, breathe calm; but remember—this requires breathing the attitude of calm until you actually *feel more calmed*. That's when you have made the *energetic shift*. Keep breathing the feeling of the new attitude to make it more real.

Next are examples of replacement attitudes. As you breathe these replacement attitudes, tell yourself to take the significance and drama out of the situation or resistance you feel. Tell yourself, "Take the significance out." Repeat this to yourself as you breathe in the new attitude.

| Unwanted attitudes     | Replacement attitudes               |
|------------------------|-------------------------------------|
| Feeling stress         | Breathe neutral to chill out        |
| Feeling anxiety        | Breathe calm and balance            |
| Feeling overwhelmed    | Breathe ease and peace              |
| Feeling sadness        | Breathe appreciation and compassion |
| Feeling blame or guilt | Breathe compassion and nonjudgment  |

Use the attitude replacement list above and note which replacement attitudes feel the best to you. You can also look at the list you created of feelings your favorite comfort foods give you, and experiment with breathing those feelings as replacement attitudes. Breathe that feeling of comfort in through the heart, and out through the heart. What do you notice? What happens to your body? Your emotions? Your mental clarity?

As you practice *Attitude Breathing*, stay open to new replacement attitudes from your heart intuition. Being able to access feelings of comfort without food, even for just a moment, is a big step toward being free from emotional eating. A moment to shift is all you need, and that's good news because sometimes a moment is all you have.

As you continue *Attitude Breathing*, the increased coherence in your heart's rhythm reaches the brain's cognitive and emotional centers to reinforce the positive feeling or attitude shift you have made. You can do *Attitude Breathing* at any time to help you make an emotional shift and then sustain it. This increasingly creates an inner comfort and ease that helps release the craving for outer comfort or food.

Practicing steps two and three of the *Freeze-Frame* technique increases synchronization and coherence between your heart, brain and emotions, which facilitates higher cognitive functions that normally are compromised during stress. Coherence is a psycho-physiological state that aligns your heart, emotions, mind, body and spirit. Your ability to think clearly and objectively is enhanced so that you can view the issue, interaction, or decision that had been

stressing you from a broader, more balanced perspective. Coherence is a state very similar to what people call a state of “presence” or “the flow” and athletes call “the zone.”

Now in step four you can ask yourself what would be an efficient, effective attitude or action that would balance and de-stress your system. If you listen, your intuitive heart intelligence may bring you new insights and discernment.

Step five helps you listen to your heart's intelligence. Keep your focus on your heart area and quietly sense any shifts in perception, attitude or feelings. These changes can be subtle. Don't go looking for them with your intellect. Stay open to sensing them from your feelings and intuition. The ordered messages the heart is now sending to the brain can result in thoughts, attitudes or feelings that give you better discernment. You may have intuitive feelings about what to eat and what not to eat. Note any changes in perception, feeling or attitude that you experience once you do the *Freeze-Frame* steps.

Commit to any new perceptions or solutions—then act on them as soon as you can. You may want to write them down to help you remember. If a new attitude or perception starts to waiver, this is a normal occurrence. Gently bring it back to awareness and recommit until it is anchored.

Through practice of the *Freeze-Frame* technique, sensing the changes in perceptions, attitudes and feelings will become quicker and easier for you. What's most important is that you have reversed the impact that negative or stressful attitudes and feelings were having on your system just a few moments before and brought more order and coherence into your system.



## Practice Plan—

- Practice the *Freeze-Frame* technique at least three times a day for the next week and learn the steps by heart.
- Use the *Freeze-Frame* technique after strong emotional disturbances to refocus your emotional energy, shift your emotional state, and connect with your heart intelligence and intuitive discernment.
- Use *Attitude Breathing* to help sustain emotional shifts.
- Keep a written journal, if you choose, of any insights you gain from using the *Freeze-Frame* technique
- Continue to use *Notice and Ease* or *Power of Neutral* several times a day as well.

*Use this Practice Plan until you feel solid with it, then move onto Step 5: learning to make the exciting change from emotional eating to intuitive eating, using the Freeze-Frame technique to follow your heart's intuitive discernment on what, when and how much to eat.*

*"I've struggled since I started modeling at age 13 and had to always focus on how I looked. The stress of being turned away from jobs because I wasn't thin enough took a toll on me. If I was a size 6, maybe I could be a 4. If I was a 4, maybe I could be a 2.*

*I struggled with overeating at times, then restrictive diets and exercising like crazy. It's been a battle gaining then losing between 5 lbs and 30 lbs. for years. When things got overwhelming, I'd inevitably put on a little weight, and then struggle to lose it again for work. I never felt fulfilled in myself. I needed to find balance and that's when I found HeartMath.*

*Coming to my heart and using the tools to find out what my deeper truth is and reminding myself of that makes all the difference. Watching and witnessing if I'm really in my heart, wanting to reset my body's rhythms, helped me choose healthier food and not overeat.*

*When you listen to your heart, your body appetite kind of takes care of itself and you don't have to be the food police. Of course it takes practice to get there. It doesn't just happen overnight.*

*In the past I have gotten to the "right" weight many times. But it was from being focused on this exercise program and this diet, and I gave myself no room to live. I felt I couldn't express myself under these rigid conditions, so I'd eventually fall off.*

*Once you reach your weight goal and stay there by going to your heart and practicing that regularly, then it's less about making big changes and more about learning to tune to your heart to live in a more balanced way all the time.*

*When I started to practice HeartMath, little by little I witnessed myself making different choices. I noticed when I took a few minutes to be proactive to go back to the heart and use a tool, it would kind of take care of things before situations escalated to where I would want to use food or overeat to compensate. Taking that time for me to get more connected with my heart each morning eventually carried over into the days that I didn't take that time in the morning. I could see the play out of increased coherence, in that I still didn't want to eat more."*

**-- Rhonda Willoughby, fashion model, Los Angeles, California**

## **Step 5**

### **Making the Exciting Change from Emotional Eating to Intuitive Eating**

As you practice these tools and techniques and use the emWave you will begin to develop a new sensitivity to yourself. You'll increasingly recognize the stress triggers and feelings that have led to stress eating and be able to regulate them more. You'll shift to more positive and balanced emotional states and increase coherence in your system. Most importantly, you'll start to find a more balanced approach to eating, from the inside-out.

Through following Steps 1-4 of this program, you have been activating the intelligence and coherent power of your heart. This enables you to change your eating patterns and use intuitive discernment on what and when to eat. Heart intelligence unfolds practical intuition – the ability to intuitively discern a better course of action in the moment. Increasing coherence in your heart rhythms helps make that intuitive information more available to you.

Research has shown that intuitive information is registered first in the heart which then transmits the signal to the brain/mind. As you build a new coherence baseline with the emWave, you create more coherent alignment between your emotions, mind and body which is the foundation for accessing more intuitive discernment.

The following exercise helps you increase intuitive discernment and apply it to your food choices. It's recommended that you are able to stay in the green on the emWave for one reward cycle before you start this exercise.

## Intuitive Eating Exercise

In this exercise you will use a slightly modified version of the *Freeze-Frame* technique with your emWave before you decide what to eat for breakfast, lunch and dinner, and especially before you reach for a snack. It's helpful to do this exercise within a half hour before you eat.

Start your emWave and get into medium or high coherence. While in coherence use the *Freeze-Frame* technique in this adapted version.

1. Take a time out so that you can temporarily disengage from your thoughts and feelings-- especially stressful ones.
2. Shift your focus to the area around your heart. Now, feel your breath coming in through your heart and out through your heart. *Practice this for 10 seconds or longer.*
3. Make a sincere effort to activate a positive feeling. *This can be a genuine feeling of appreciation or care for someone, some place or some thing in your life.*
4. Ask yourself what would be an efficient, effective attitude to hold as you decide what to eat.
5. Quietly sense any shifts in perceptions, attitudes or feelings.
6. Listen to what your heart intelligence (your intuitive discernment) tells you to eat (or not eat).

As you practice this exercise, your intuitive heart intelligence will guide you increasingly on what to eat, when to eat and how much to eat. As you develop intuitive sensitivity to your body, you will choose foods that are more beneficial for you. A bonus: you will also find your intuitive discernment

increasing in other areas of your life. To get the most benefit from this Intuitive Eating exercise, do it daily for two weeks or more. You may want to write down insights you have each time you do the exercise to help you remember to apply them. If your heart guides you to go on a specific food plan, that's fine. Just keep using the *emWave Stress and Weight Management Program* and your heart power to carry out your intentions. Don't be afraid to make changes along the way guided by your heart's intuitive discernment. Appreciate the intuitive discernment you are developing in other areas of your life as well.

*"Your intuitive heart is the GPS for finding the shortest and most effective route between intention and its destination."*

**– Doc Childre**

Many people who practice the *Freeze-Frame* technique begin to experience their heart like an intuitive guidance system that helps them know what to eat, what diets to follow, what relationships to nurture, and what exercise is right for them. What is best for one person might not be best for another. We live in a world where there are as many diets as there are dieters. With so many weight loss programs to choose from (some of which even contradict one another), it makes a huge difference to have an inner guidance system that helps you to discern what's best for you. Your heart intelligence is tapped into what your body needs. As you learn to listen to and follow your heart's guidance, you can more easily find a course of action that is suited to your unique needs and that changes as your needs change.

*"Before I found HeartMath, dieting was a constant prison guard keeping me from feeling at ease in social situations and family functions. I wanted to take care of myself, but I also did not want to be a burden on my family and friends. My desire to stick perfectly to my diet, and at the same time be the perfect guest, made dinner parties an absolute nightmare. I tried to avoid them at all costs, so I would not have to make my special requests for low fat low carb meals and be the only one skipping the wine and the desert. Since working with the Freeze Frame technique, I have learned to follow my heart's intuition in social situations, knowing where I can share a little bit here or there in what everyone else is having, without feeling like I've blown it completely. Using Freeze Frame has also made me feel less self conscious when asking for dressing to be put on the side, or other little tricks that allow me to be in a social situation while maintaining my weight loss goal. The balance and confidence the Freeze Frame tool has given me to have everything in moderation- even my diet regime!- has led me to a place inside where I can trust myself. The heart has been a key freeing me from the jail cell of my own making, where I imprisoned myself with formulas and regimens and beat myself up if I didn't stick to them, which would make me want to hide and eat even more. As a result of trusting my heart's guidance, I have had both a physical weight loss, as well as a major emotional weight loss in my friendships and relationships too. I am so grateful for the heart's intuitive knowing."*

**Sheva Carr, CEO of Fyera and Project Coordinator of the  
Stopping Emotional Eating Beta Test**

## Practice Plan

- Use the modified version of the *Freeze-Frame* technique with your emWave within a half hour before each meal or snack to help you discern what to eat and how much to eat.
- Do this Intuitive Eating Exercise for the next two weeks to develop your intuitive discernment skills and make the exciting change from emotional eating to intuitive eating.
- Write down insights you have along the way to help you remember and apply them.
- Continue to use *Notice and Ease*, *Power of Neutral* and the *Freeze-Frame* technique as you move through your day to keep developing your stress management skills.
- Appreciate the intuitive discernment you are developing and applying in other areas of your life as well.

*"I was so humiliated when my doctor wrote "obese" on my chart. I felt, "That's not me; that's not who I am." But I was in denial. I weighed over 200 pounds. It was on a trip to Paris with some friends when I finally realized, "I'm really unhappy, unhappier than I've ever been." I tried so hard not to get my photo taken on the trip. I couldn't stand to look in the mirror and see the double chin and flabby arms. I didn't want to see me that way in a photo either. I knew I had to lose 50 to 75 pounds. A friend of mine kept telling me I had will power, but I kept getting angry with her and told her, "You don't look like this if you have will power."*

*When I signed up for HeartMath at my weight loss clinic, I had tears in my eyes because I didn't believe this would work. I followed the Program along with exercise for a week and lost 6 lbs. I took it step by step. I paralleled my experience to an alcoholic. It was one temptation at a time. I would ask myself, "Am I hungry, or what is this pull to eat about?"*

*I have found that a lot of what it was about was emotion. Food has been a silent comforting friend – it never judged me, didn't talk back, and was always available. I used the HeartMath tools and discovered my heart is more of a friend. I'm now a size 6, down from 16W-18W. Now when I feel the pull to food, I can think of HeartMath and stop myself and ask do I really want to? And I don't. That's heart power not will power. I'm more conscious now because I want to, not because I have to. If I choose to have a cookie now, it's fine, because I choose to do it. It's balanced from my heart."*

**S.M., Salinas, California**





## Part 3

### Quick Start Study Guide

This program is a caring investment in yourself—the most important investment you can make. We encourage you to follow the instructions as they are given and genuinely learn to use the simple tools provided. You can feel better and do better in all areas of your life – and lose weight at the same time.

#### **1—Learn to Operate your emWave**

Unpack the emWave PSR from the box, charge it for at least 2 hours, read the emWave Quick Start Guide and Users Manual and start playing with your emWave. (If you are using the emWave PC, install the software, attach the pulse sensor pod and review the emWave PC Quick Start Guide and Tutorial included in the software program.)

#### **2—Attend your Orientation Webinar**

Go to [www.heartmath.com/stopemotionaleating.com](http://www.heartmath.com/stopemotionaleating.com) to watch your orientation webinar (included with the program at no extra charge to you).

#### **3—Take a 1 hour Telephone Class**

It is highly recommended that you attend a 1 hour telephone emWave Class (at no charge to you) offered each week. Those who beta tested this program and participated in the Orientation Class had consistently better results than those who did not. Check the following sites for the schedule of upcoming sessions:

**For the emWave PC and PSR:**

**[www.heartmath.com/personal-growth/emwave-pc-psr-free-training-class-schedule.html](http://www.heartmath.com/personal-growth/emwave-pc-psr-free-training-class-schedule.html)**

#### **4—Schedule Time to Commit to Your Six-Week Program and Yourself**

\* 10-15 minutes every morning or evening

\* 3-5 minutes before each meal and before bed

\* 1 hour per week for reading, doing the program exercises and writing in your journal (if you choose).

Take a moment now to enter these times in your calendar for six weeks and make a non-negotiable commitment to yourself to treat this time as you would an important business or health care appointment.

#### **5—Establish Your Team**

Consider how you learn best. Are you a solo study that learns best on your own? Or a social learner who needs interaction with others to stay motivated?

Set yourself up for success, and put the pieces in place that will help you achieve your desired goal to stop emotional eating. Here are the options that HeartMath provides:

The emWave Program for Stopping Emotional Eating offers webinars and emails that offer support and encouragement as you move through this book. Each week or when you are ready, you can review the pre-recorded webinar that correlates with the section you are on in this book. You can also sign up for email reminders and encouragement. To sign up for the webinars and emails go to [HYPERLINK "http://www.heartmath.com/stopemotionaleating"](http://www.heartmath.com/stopemotionaleating) [www.heartmath.com/stopemotionaleating](http://www.heartmath.com/stopemotionaleating).

## Quick Start: Tool Cheat Sheet

### **Notice and Ease:**

1. Notice and admit what you are feeling.
2. Try to name the feeling.
3. Tell yourself to e-a-s-e, as you gently focus in your heart, relax as you breathe and e-a-s-e the stressful feeling out.

### **Power of Neutral:**

1. Take a time-out, breathing slowly and deeply.
2. Imagine the air entering and leaving through the heart area or the center of your chest.
3. Try to disengage from your stressful thoughts feelings as you continue to breathe through the heart area until you have neutralized the emotional charge.

### **Quick Coherence:**

1. Heart Focus: Focus your attention in the area of your heart, in the center of your chest.
2. Heart Breathing: As you focus on the area of your heart, imagine your breath flowing in and out through that area.
3. Heart Feeling: As you continue to breathe through the area of your heart, recall a positive feeling, a time when you felt good inside, and try to re-experience it.

### **Freeze-Frame Technique:**

1. Take a time out so that you can temporarily disengage from your thoughts and feelings—especially stressful ones.

2. Shift your focus to the area around your heart. Now, feel your breath coming in through your heart and out through your heart. *Practice this for 10 seconds or longer.*
3. Make a sincere effort to activate a positive feeling. This can be a genuine feeling of appreciation or care for someone, some place or some thing in your life.
4. Ask yourself what would be an efficient, effective attitude or action that would balance and de-stress your system.
5. Quietly sense any shifts in perception, attitude or feelings. *Find a less stressful perspective and stay with the shift or the change as long as you can.*

### **Attitude Breathing:**

1. Admit the feeling or attitude that you want to change, such as anger, anxiety, blame, sadness, self-judgment, boredom, frustration, guilt, feeling overwhelmed, etc.
2. Breathe a replacement attitude (make a list). You do this by selecting a positive attitude and then breathing the feeling of that new attitude in slowly and casually through your heart area. For example, if you are worried, breathe calm. This requires breathing the attitude of calm until you actually feel more calmed. That's when you have made the energetic shift.
3. Keep breathing the feeling of the new attitude to make it more real.

**Intuitive Eating:**

After you have learned and practiced the other tools and are able to stay in coherence on the emWave for an entire reward cycle, you will be ready to start practicing this tool. Use this slightly modified version of the *Freeze-Frame* technique with your emWave before you plan a meal or decide what to eat for breakfast, lunch and dinner, and before you reach for a snack. It's helpful to do this exercise within a half hour before you eat.

1. Start your emWave and get into medium or high coherence for one reward cycle. While in coherence use the *Freeze-Frame* technique in this adapted version.
2. Take a time out so that you can temporarily disengage from your thoughts and feelings—especially stressful ones.
3. Shift your focus to the area around your heart. Now, feel your breath coming in through your heart and out through your heart. Practice this for 10 seconds or longer.
4. Make a sincere effort to activate a positive feeling. This can be a genuine feeling of appreciation or care for someone, some place or some thing in your life.
5. Ask yourself what would be an efficient, effective attitude to hold as you decide what to eat. Quietly sense any shifts in perceptions, attitudes or feelings.
6. Listen to what your heart intelligence (your intuitive discernment) tells you to eat or not eat.

### **Quick Start: What are the differences between the tools?**

The tools are similar but there are subtle differences, which you will discover as you practice them. It's fun to learn which one's work best for you in different situations. If you find a favorite tool, it's fine to use that one more often. If you get emotionally stuck, try one of the other tools.

### ***Notice and Ease and Power of Neutral:***

Often we overeat in reaction to emotions that we are not consciously aware of. *Notice and Ease* helps you identify what you are feeling, so that you can take charge of it. *Notice and Ease* is designed to make you more aware of what your automatic or reactive feelings are. *Neutral*, on the other hand, helps you to disengage from a strong emotion once you identify it, so that you can reclaim the energy the emotion is sapping from your system by consciously neutralizing its charge instead of adding drama.

***Neutral*** is one of many attitudes you can use as a replacement to charged or stressful emotions that cause emotional eating. *Neutral* is a stepping off point to shifting to a positive attitude. *Neutral* is, in fact, a necessary step before being able to Freeze-Frame and gain new perceptions and insights.

***Notice and Ease*** allows you to become aware of attitudes and emotions that are draining your energy and triggering overeating. Overeating is in and of itself often an attempt to feel differently, or to generate a different attitude.

### ***Freeze-Frame and Attitude Breathing:***

Many people think that feelings "just happen" to them. With these power tools, you can begin to consciously choose

new feelings, thereby changing your behaviors, responses and outcomes in life.

You can use Quick Coherence as the first three steps of Freeze-Frame to get coherent and then access your heart intelligence, which is to ask your heart intuition for a perception or attitude shift about a situation in order to produce a different outcome.

**Attitude Breathing** helps you to apply replacement attitudes that are more effective for your health, well being, and eating habits. *Attitude Breathing* supports you to find comfort and attitude adjustments from the heart, without food. Use *Attitude Breathing*:

- a) When it is hard to find a positive emotion in step 3 of the Freeze Frame technique
- b) To build a list of replacement attitudes that work for you.
- b) To anchor and reinforce attitude changes your heart intuition guides you to in step 4 of the Freeze Frame technique.

**Quick Coherence:**

*Quick Coherence* helps you activate feelings that produce a physiological state called "coherence" which some athletes and performers call being "in the zone." Coherence produces an ordered pattern in your heart's rhythm that turns the light on your emWave PSR first to blue and then green. *Quick Coherence* is designed to be used with the emWave to help you get into an optimal state for resetting your body's emotional and metabolic responses, and building a new baseline of coherence.



**Neutral** is the first part of *Quick Coherence*. The *Quick Coherence* tool then adds the power of positive feeling to help you get into a coherent rhythm and release stress.

### **Quick Start: 10-15 Minute Daily Practice Plan**

The accumulation of emotional weight negates our power to lose physical weight because it saps the energy we need to maintain discipline and enjoy life. This Quick Start 10-15 Minute Daily Practice Plan is designed to empower you to recharge your own energy, to refuel without food, and plug the emotional energy drains that might cause you to reach for food for emotional comfort.

If you spend 10-15 minutes on this daily practice plan, you will develop the inner resources to respond to stress triggers with the power and perspective of your heart's intelligence, instead of with overeating. As emotional weight lifts, so will your physical weight. You can use this Quick Start plan to jump start your progress in this six week program.

- 1) Identify stressors that trigger your emotional eating. A good way to do this is to make a list at the end of each day of events, interactions with people, activities, and even inner attitudes that left you feeling out of sorts or that you reacted to by eating emotionally. This is your energy deficit list. Your deficits will begin to turn into assets (and you'll have more energy) as you use the tools in the Program. Awareness of what sets off your emotional eating is step one.

- 2) Identify assets you are building. Make a list at the end of each day of events, interactions with people, activities, and even inner attitudes that left you feeling energized and happy. This is your gratitude or energy asset list. Appreciation adds fuel to your system (without food) and opens up higher brain and perception centers to look at things that trigger your stress eating with new eyes.
  
- 3) Spend five minutes on your emWave, appreciating the things on your gratitude list as you anchor in the "green." Even if you can find one thing to appreciate each day, it will make a big difference.
  
- 4) Turn your attention back to your stress triggers, or deficit list. Use *Neutral, Notice and Ease*, and *Freeze-Frame*, to take the drama out of stressful situations, ease their emotional impact out through the heart, and receive guidance from the heart on more efficient responses. See if you can find a benefit to each deficit, turning it to something you can appreciate and add to your asset list. If you cannot do that, you can at least neutralize the emotional drain and minimize the cravings created.
  
- 5) During the day, set an alarm to go off hourly on your phone or watch, or an egg timer, or make notes in your computer calendar to remind you to practice *Quick Coherence, Notice and Ease, Neutral or Attitude Breathing* several times during the day to stay balanced in the heart.

- 6) Take a few moments to get in the green on the emWave before a meal so that balance and intuition guide your eating, and/or a few moments on the emWave after a meal to maximize metabolism and quiet whisper worries from the mind like, "Did I eat too much or the wrong thing?" Use the emWave when you feel a craving, and find comfort from the heart instead of from comfort food. Trust your heart!
  
- 7) Use your emWave before you go to sleep to clear any judgments or worries and to feel more peace. The state of heart rhythm coherence is your body's natural rhythm during deep restful sleep. This will help prevent late night binging and help you to feel more regenerated when you wake up so you won't need as much food to feel good.

## Summary

You've learned how to use the emWave along with tools and techniques that you are applying to manage and transform stress and stop emotional eating. As you practice the *emWave Stress and Weight Management Program*, you will feel the benefits—not only in weight and appearance, but in other aspects of your life.

You'll start seeing results within a short period of time. It usually takes at least six weeks to change a habit, so make a commitment to study and use the *emWave Stress and Weight Management Program* for at least six weeks. Make it a fun learning process. Look at it as an adventure that will build lasting benefits for you.

You can take control of your stress and your emotions with the HeartMath tools techniques and your emWave. You can change your emotional diet as part of a wholeness diet as you follow the Program.

Here is a summary of the *emWave Stress and Weight Management Program*:

### Week 1

- 1) Identify the sources of stress that may be contributing to your emotional eating habits. Tracking your stress signals and stress reactions helps to pinpoint where you need to manage and release stress.
- 2) Learn and practice the tool *Notice and Ease* at least 10 times a day to admit stress feelings when they come up and find more ease. Recognize disgruntled emotions and attitudes that contribute to stress

eating. It's often the feelings and attitudes running under the surface all day long that cause the most energy drain and propel emotional eating.

- 3) Learn and practice the tool *Power of Neutral* at least 10 times a day and take a time out to neutralize stress reactions. Just the effort to shift into neutral will give you a chance to regroup your energies and build your power to manage emotional triggers.

*Note: Right from the start of this Program, you can begin learning and using your emWave technology then focus on increasing coherence in Weeks 3 and 4.*

## **Week 2**

- 1) Evaluate your emotional eating habits. Once you see them, you can begin doing something about them.
- 2) Practice the *Freeze-Frame* technique to take the drama out of emotional reactions and change your emotional diet.
- 3) Practice the *Freeze-Frame* technique at least three times a day to connect with the core values of your heart and create coherence between your heart, brain and emotions.
- 4) Keep a written journal of any insights you gain from using the *Freeze-Frame* technique.
- 5) Continue to use *Notice and Ease* with *Power of Neutral* several times a day as well.

## **Weeks 3 and 4**

- 1) Learn and practice the *Quick Coherence* technique along with your emWave to get in medium or high coherence least four times a day: before breakfast, lunch, dinner and before you reach for a snack. Do

this in five minute or longer sessions each time and once a week do a 10 minute or longer session to build a new baseline of coherence.

- 2) Use your emWave to get in coherence before potentially stressful situations; to recoup more quickly after a stressful experience; and before bed for a more restful sleep.
- 3) During each session, practice increasing your coherence ratio (the percentage of time you are in high coherence vs. medium coherence vs. low coherence) and complete one or more reward cycles (filling up the Heart Action Strip with blue horizontal bars).
- 4) For the highest benefit, complete at least 3 reward cycles per day (in multiple sessions if needed) or 21 reward cycles per week.
- 5) Continue to use *Notice and Ease*, *Power of Neutral* and the *Freeze-Frame* technique as needed as you move through your day.
- 6) Use the emWave Coherence Tracker Worksheet to help you track your progress.

### **Weeks 5 and 6**

- 1) Do the Intuitive Eating exercise (adapted version of the *Freeze-Frame* technique with your emWave) within a half hour before each meal or snack to help you discern what to eat and how much to eat. Do this for two weeks.
- 2) Use the adapted version of the *Freeze-Frame* technique with your emWave to increase intuitive discernment in other areas of your life as well.

- 3) Keep a written journal of the changes you experience and insights you have along the way to help you to remember and apply them.
- 4) Continue to use *Notice and Ease*, *Power of Neutral* and the *Freeze-Frame* technique as you move through your day to keep developing your stress management skills.
- 5) Appreciate the progress you have made.

### **More Helpful Tips**

- Use your emWave to prevent or release stress build-up. Use the tools and techniques with your emWave to recoup and recover any time you fall prey to stress overload. Have realistic expectations, try to eliminate perfectionism, and appreciate your accomplishments.
- Before going into a conversation or meeting that you know could cause stress and emotional drain, use your emWave to stay emotionally balanced and connected with your heart intelligence. This will help you listen and communicate more effectively from the heart.
- Use your emWave at any time you feel yourself dragging to rebalance your emotions and revitalize your energy.
- If you have trouble sleeping at night, use your emWave before you go to sleep to clear any judgments or worries and to feel peace. The state of heart rhythm coherence is your body's natural rhythm during deep restful sleep. This will help prevent late night bingeing and help you to feel regenerated when you wake up so you won't need as much food to feel fueled.
- Use your emWave with the Freeze Frame technique when you experience a craving or temptation to binge. Ask your heart to help you find other ways of accessing

the comfort that food would bring (e.g. taking a bath, stretching or exercising, talking to a friend, *Attitude Breathing* of appreciation while taking a walk, something that would not carry the price of weight gain or bloating).

- When you find that you have slipped on your diet, use your emWave with the *Freeze-Frame* technique to stop a downward slide into self-judgment or guilt, rebuild your emotional energy, appreciate yourself and re-commit to your program.

### **Additional Support to Inspire and Motivate Results**

Physician networks in the USA, France, and Mexico have sent us stories of their clients using the HeartMath techniques and emWaves to lose weight and keep it off. They all say that once people regulate their attitudes and stop emotional eating, the weight loss follows. The emWave then helps them to emotionally and physically integrate back into a normal diet – without regaining the weight they lost.

Murray, a corporate lawyer, had high blood pressure with obesity. He was extremely unhappy and stressed out. He knew everything he should be doing, but he couldn't stick to it. He thought he was in control at work, but didn't think he could control what he ate. After learning how to get into heart rhythm coherence with the emWave, Murray realized that it wasn't food management he needed, but heart management. Instead of letting the time pressures on his job make him anxious, he found a way to stay calm. When there was a stack of phone messages on his desk and his Inbox was overflowing, he used his heart to take it in stride. At the end of the day, instead of bringing all the stresses of work



home with him, he was able to shift attitude, leave it at the office and enjoy his time with his family.

Before learning about emWave, the only thing Murray knew was to feel overwhelmed. He was in such a demanding job that everybody said it was “understandable” that he was stressed out, but no one offered any solutions for finding balance. After all, it's commonplace for attorneys to be stressed out. With Murray's blood pressure levels, it was well on the way to costing him his life.

When he learned about HeartMath and the emWave, he practiced diligently. After twelve weeks he looked like a different person. “It's spooky how different I feel,” Murray said. He'd dropped nearly 30 pounds. His blood pressure had gone from 162/110 to 122/84. He was far better able to deal with stress. And to his great satisfaction, he no longer had an urge for emotional eating.

While you are practicing the *emWave Stress and Weight Management Program*, you may want to use other HeartMath resources designed to help you with unresolved emotional issues, including the books *Transforming Anger*, *Transforming Anxiety* and *Transforming Depression*.

If you want personal coaching with the *emWave Stress and Weight Management Program*, there are certified HeartMath practitioners and coaches, called HeartMath 1-on-1 Providers, who are ready to assist you and many health professionals who use the emWave in their practices. You can call 831-338-8700 or go to [www.heartmath.com](http://www.heartmath.com) to find a 1-on-1 Provider in your area.

*I am a Registered Nutritionist. For years now I have been between 10 and 50 pounds above my ideal weight. With my special weird diets, grueling exercise and long history of failing, I wasn't much of an example of a nutritionist. This became my secret painful truth.*

*Finally, with emWave, I found the secret missing ingredient: my emotions! Every situation that caused me to reach for food showed up on the emWave as a messy jagged mess. I was emotionally out of whack!*

*Using the emWave, I have lost 15 pounds in the last 2 months and feel great. I have discovered that coherence is essential -- especially when I am shopping for food, eating that food and resisting the triggers like TV commercials, smells of baking, the sight of chocolate and dealing with difficult situations and people. Now when I shift into coherence using the emWave, my heart rhythm pattern becomes smooth and ordered, and so do my food choices. Thanks!*

**Karen O'Dwyer , Nutritionist, Toronto, Canada**

## **Appendix**

### **The scientific background behind the emWave.**

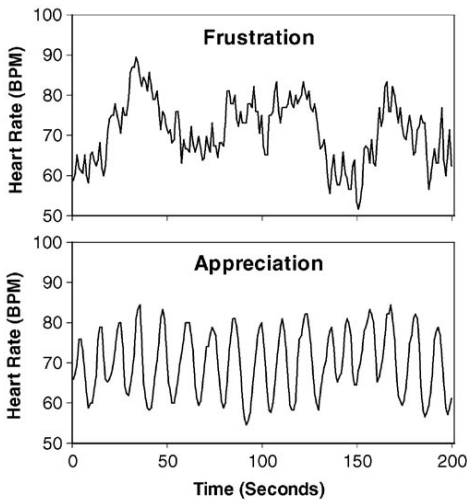
Practice with your emWave helps you self-regulate your autonomic nervous system which controls 90% of your body's involuntary functions, including immune system response, hormonal response, metabolic response, digestion, elimination and more. The autonomic nervous system has two branches. One branch is the sympathetic branch that speeds things up. It is activated when you are stimulated or aroused, and speeds up heart rate. The other is the parasympathetic branch, which slows things down. It is activated as you relax and slows heart rate. The activity in your autonomic nervous system tells the body's organs and glands how to respond. Your sympathetic nervous system gets activated when you are under stress to prepare your body to react to threats, real or imagined. Chronic stress, frustration, anxiety, depression, and social isolation are associated with an overactive sympathetic nervous system. The chronic activation of the sympathetic nervous system due to negative emotional states depletes your energy reserves and increases the risk of stress-related health problems. It is also implicated in stress hormone related weight gain and obesity.

Heart rate variability (HRV), a measure of the naturally occurring beat-to-beat changes in heart rate, provides an indicator of heart-brain interactions and autonomic nervous system function. HRV is also highly reflective of stress and emotions and is used to assess people's overall vitality. Emotions especially trigger changes in the autonomic

nervous system and the hormonal system.

Changes in the *pattern* of your heart rate (or heart rhythm) are most reflective of your current emotional state. Changes in heart rhythm pattern are independent of heart rate. You can have a coherent or incoherent pattern at high or low heart rates, as the graph below shows. This is a graph of a person feeling frustration, then using the *Freeze-Frame* technique to shift into a feeling of appreciation and heart rhythm coherence. You can see that her heart rate stayed between 60 and 90 beats per minute the entire time.

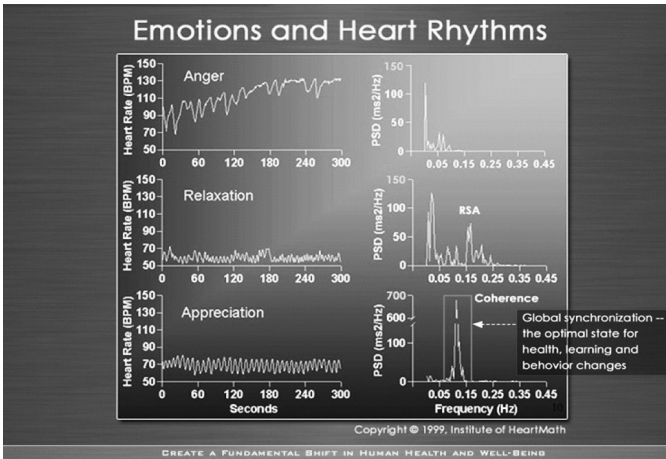
\*For more information, you can read *The Coherent Heart* e-booklet or view the published studies, available at [www.heartmath.org](http://www.heartmath.org)



**Figure 1.** Emotions are reflected in heart rhythm patterns. The heart rhythm pattern shown in the top graph, characterized by its erratic, irregular pattern (incoherence), is typical of negative or stressful feelings such as anxiety, worry,

frustration or anger. The jagged and irregular rhythm reflects disorder and disharmony in the ANS, as if the parasympathetic and sympathetic branches of the ANS were fighting each other. This taxes the nervous system and organs, impeding the synchronization and flow of information throughout the body. The bottom graph shows the smooth and ordered heart rhythm pattern (coherence) that is typically observed when an individual is experiencing sincere positive emotions, such as love, appreciation or compassion. The smooth coherent rhythm reflects an ordered synchronization between the sympathetic and parasympathetic branches of the autonomic nervous system.

Over time, if your autonomic nervous system stays disordered, you can experience ongoing stress symptoms, like digestive and metabolic problems, hormonal and immune system imbalances, heart problems, or the onset of chronic diseases like high blood pressure, Type 2 diabetes and obesity. Learning how to regulate your autonomic nervous system and get into heart rhythm coherence and can give you more ability to change your stress reactions and improve your health. It's important to understand that coherence is different than relaxation, as illustrated in the graph on the next page.



**Figure 2.** Coherence is different from relaxation. It's feeling relaxed and revitalized at the same time. The top graph shows a typical incoherent heart rhythm pattern for the feeling of anger on the left and the power spectrum for anger on the right. You can see the activity of the sympathetic nervous system (high peak at the left), the parasympathetic nervous system (tiny peak at the right), and the activity in what's called the heart-brain communication loop (tiny peak in the middle).

The middle graph shows a typical heart rhythm pattern and power spectrum for relaxation, with more parasympathetic activity. The relaxation response will lower heart rate, but it won't create coherence or synchronization between the parasympathetic and sympathetic nervous systems.

The bottom graph shows a typical heart rhythm coherence pattern, generated by appreciation (and other positive emotions). The power spectrum shows one large, narrow peak, around 0.1Hz, which indicates synchronization

between the sympathetic and parasympathetic nervous systems and in the communication between the heart and brain. (Coherence also facilitates cortical functions while incoherence inhibits cortical function).

Now look at the topmost number on the vertical scale in each power spectrum graph, which indicates the amount of power. In the spectra for both anger and relaxation, the largest peak measures under 150. In contrast, the peak for appreciation (coherence) measures 700! *Synchronization and coherence generate more than five times the power!* Coherence adds power to help you self-regulate emotions and behaviors that aren't serving you, so you can improve your health.

### **Heart Rate Variability and Impulse Control**

In a research study of self-regulation by Dr. Suzanne Segerstrom, published in *Psychological Science*, March 2007 and summarized in a Reuters article entitled "Heart Rate Variability Mirrors Self-Discipline," Dr. Segerstrom describes Heart Rate Variability as "the capacity of the heart to be sensitive and responsive to changing demands, and can indicate our self-regulatory strength."

She suggests that will power is a lot like muscle strength. While some people seem to have more innate capacity for self-regulation, we can all take steps to boost our power.

Segerstrom had 168 university students fast for three hours, and then presented them with a plate of carrots, warm chocolate chip cookies, and chocolate candies. Some were instructed to eat the cookies and candies only, while others were told to eat only the carrots.

Afterwards, study participants tried to solve a series of anagrams. Heart-rate variability increased more among the students eating the carrots than among those eating cookies and candies, suggesting they were giving their self-regulation “muscle” a workout.

Those who showed the greatest heart rate variability at the study’s outset persisted longest with the anagrams. The article suggested that a heart rate variability monitor can help gauge your vulnerability to temptation and could be helpful to people who have problems with self-regulation.

### **Heart Rate Variability in Weight Management**

Obesity and weight management present many challenges and difficulties for health professionals. As the director of a non-drug biofeedback stress management center at a major teaching hospital, I was always open to new treatment modalities. I particularly wanted treatments that engaged the client actively in their own care and on a daily basis.

As a psycho-physiologist I had spent many years utilizing breathing techniques, heart rate variability, and EEG biofeedback/neurofeedback training for anxiety and panic attacks. Heart rate variability was of interest to me as an undergraduate student early in the 1970's. The pulse itself has been historically monitored by ancient cultures including the Greeks and Chinese for centuries. They were keenly aware of its relationship to health and its diagnostic



value. I continued to investigate heart rate variability as a biofeedback technique but found it frustrating because of the lack of good economical equipment for the office setting. Even with the advent of computers little was available for the office based practice.

As an early adopter of the emWave PC (formerly called *Freeze-Framer*) software I became very comfortable with its unique ability to produce excellent feedback information for myself and the client. Using the emWave PC allows me an in-depth look at a client's emotional physiology and how well they regulate their emotions. I very quickly found myself working with problems such as high blood pressure and irritable bowel syndrome, in a more effective fashion. The software was very effective at controlling panic attack and anxiety. The emWave also helps people create an excellent alpha brain wave state that helps clients relax and participate more effectively in their therapy. I was particularly pleased with the software in helping ADD/ADHD with children and adults.

In 2003 I created the Institute of Weight Management and Health dedicating my work to weight management and health related weight problems. Although I use many interventions to help individuals manage weight, including food management, lifestyle changes, and exercise, the emotional component of over-eating is still the most important issue. Why do people turn to food for relief from the stress in their lives? Until an individual can control the driving forces that cause them to turn to food for relief, they cannot successfully control their weight problem or their life.

The considerations of time, cost, and success rate are extremely important to weight management practitioners and clients. The need to change the mostly negative attitudes to positive feelings is also important. The emWave provided exactly what was needed to deal with the overwhelming negative emotional issues that weight management clients deal with on a daily basis. Instead of endless hours of therapy that may rehash unpleasant negative emotions, the client is trained to move to a positive place in their emotional life. Change the negative attitudes to positive attitudes and the client will lose weight.

Our program includes twelve one hour sessions—twice a month for six months. About half of each session is devoted to heart rate variability training. Our success rate has been greatly increased by adding the heart rate variability training. Although the positive health affects of weight reduction can be immediate and dramatic, the improvement in the emotional condition is often more dramatic and life altering. Successfully controlling the internal physiology can be empowering to an individual whose life has been mostly out of control. In its simplest terms the client learns to stare food in the face and walk away. In doing so the client learns to deal with life instead of eating themselves into a protective cocoon and a sugar high.

Spiking glucose can be an enticing rush, however, the inevitable down side and crash can be depressing and frightening. This may explain the addictive nature of the problem and the cravings or binge eating. Along with the eating comes the guilt and shame that crush self-esteem.

Having the ability, calmness, and focus to face the truth and deal with it, requires self-control and self-regulation. The emWave PC or emWave PSR provide an easy interactive way to involve the client in their own care and their own destiny. Clients often report enjoying the practice time at work and home. Many clients report that their practice time is the only time they get to control themselves away from the influence of external pressures such as work or family. Some clients have described their new found feelings as a clearer sense of self. Some say it has a spiritual nature.

At this time in my practice, it would be fair to say that the emWave is the main tool I use for most feedback. I would not want to do weight management work without the ability to calm and focus the client. The emWave's simplicity and ease of use make it client and practitioner friendly. The emWave makes my practice so much more simple and effective and I could not be more pleased.

***Dr. Philip A. Pappas is the program director of The Abington Stress Management Center and The Abington ADD Program. He was formerly the chief operating officer of Abington Behavioral Medicine Associates, a mental health clinic at Abington Memorial Hospital. Dr. Pappas developed Nutritional Health Associates. In 2000, he was appointed director of The Institute of Weight Management and Health. He is author of the book, Irritable Bowel Syndrome- Managing the Problem.***

## Additional Resources

To help you apply the power of coherence more fully, we'd like to suggest some additional resources.

### Books

Doc Childre has authored many great books. Depending on your emotional nature, there are five we'd like to recommend to facilitate weight management: *Transforming Anger*, *Transforming Anxiety*, *Transforming Stress*, *Transforming Depression*, and *The HeartMath Approach to Managing Hypertension*. Whichever issue is most problematic for you, reading these books can help considerably in powering up your ability to take back control of your life.

### More about emWave PSR and emWave PC

The **emWave Personal Stress Reliever** is an award-winning, easy-to-use mobile device that monitors your heart rhythms (heart rate variability), measures your heart rhythm coherence level, and guides you through a simple technique to increase your coherence.

The **emWave PC Stress Relief System** (formerly, the *Freeze-Framer*) is an interactive learning system that operates on your computer (PCs only). It displays your changing heart rhythm pattern and coherence levels in real time and has an Emotion Visualizer and coherence-building games that are regulated by your emotional control. You can also store your data and track how your heart rhythm pattern and

coherence levels change over a day, week, or month, useful in developing your empowerment skills.

## **Personal Coaching**

HeartMath also has a network of licensed One-on-One Providers, health professionals and coaches to help guide and support you through the emWave Stress and Management Program. To learn more about HeartMath tools, technologies, health professional and coaching programs, please visit our web site at [www.heartmath.com](http://www.heartmath.com) or call us toll free at 800-450-1111.

To learn more about the scientific research behind the HeartMath system and the emWave, visit [www.heartmath.org](http://www.heartmath.org).

## ***Notes***

## ***Notes***

## ***Notes***



# ***Notes***

Experts say about 75% of overeating is caused by emotional eating. On top of that, being overweight can be one of the biggest causes of emotional stress in its own right. Weight loss doesn't have to be stressful. *Stopping Emotional Eating: The emWave<sup>®</sup> Stress and Weight Management Program* may be the only weight loss method that doesn't focus on what you eat, but rather on what you feel. This program will show you how to manage reactions and clear emotional undercurrents until a new baseline behavior and a better relationship with food and eating is established. It also facilitates other weight management processes, by helping you add the core values of your heart to your diet adventures.

*"If it hadn't been for the hope this program gave me and measurements that the emWave provided, I would not be where I am today. I have lost 9 pounds and kept it off since finishing the beta test more than 6 months ago. The bonus is that my health and other aspects of my life have also improved. Losing weight was not as important as controlling the emotional chaos I was experiencing. I feel healthier, more energized and I am sleeping better. I firmly believe I am going to continue to lose weight because I am no longer compulsive eating to handle my issues."*

**—April Mydske, Manager, Port Orchard, WA**

*"This is a GREAT program! You get calm and you lose weight all at the same time!"* —Colleen Yarbrough, Fairfield Medical Center, Administrative Secretary

