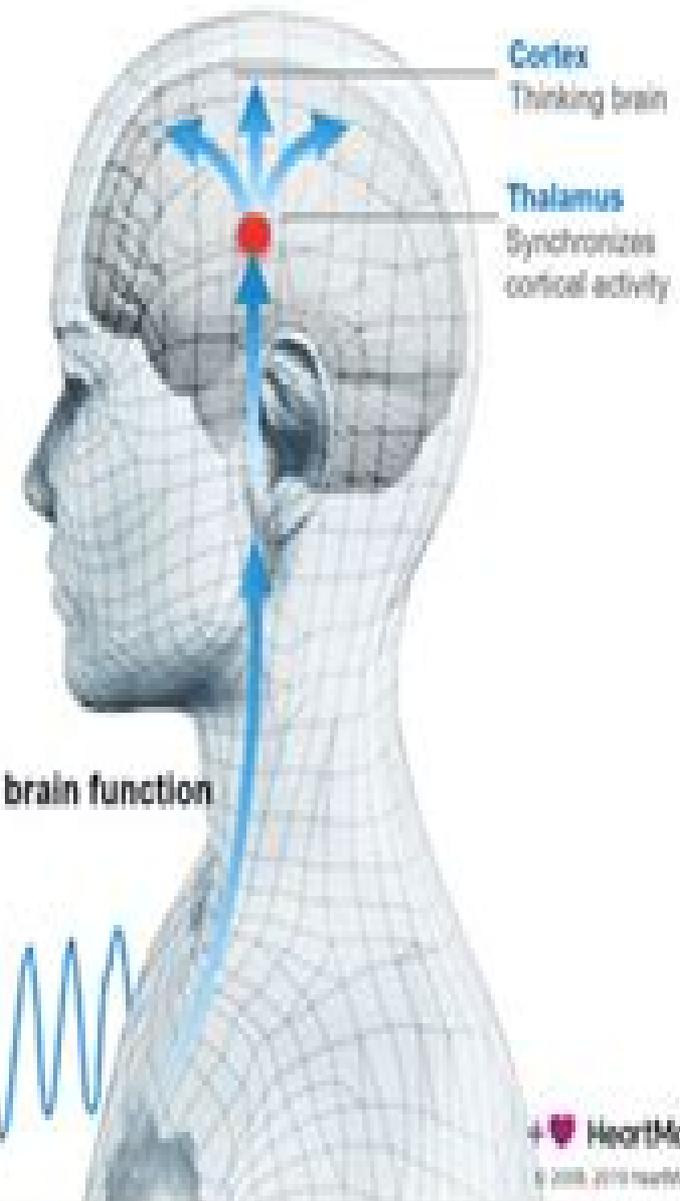


# Heart Rhythms

## Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.



**Incoherence** inhibits brain function

**Coherence** facilitates brain function



# Affects The Body Heartmath

**Sabine Zange**



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