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Reduce Stress & Create Better Heart Health

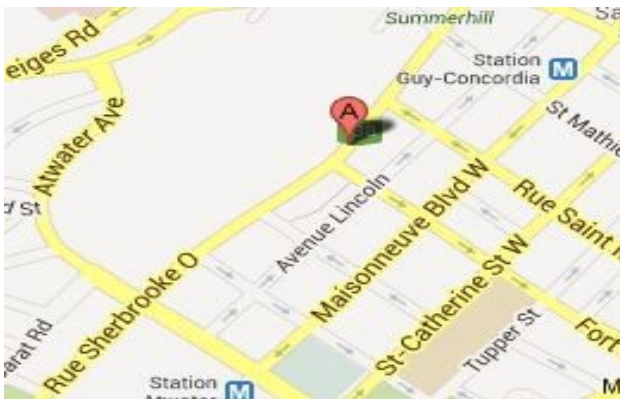
Clinique Medic Elle

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Paid parking available in front of the clinic at the
Grand Séminaire de Montréal
(2065 Sherbrooke west).



Is stress negatively affecting your life? Is it weakening your heart?

HOW CAN YOU KNOW?

Everyone responds to stress differently. Take this quick test to see if you are experiencing stress and how it is affecting your life.

Stressed?

- I feel overly tired or fatigued.
- I have sleep problems.
- I get repeated headaches or minor aches and pains, especially in the stomach, back, arms, legs, or joints.
- I frequently worry about my job, finances, relationships, different things .
- I am very nervous, and sometimes I notice that I shake.
- I feel anxious or on edge about my future.
- I get anxiety/panic attacks for no reason at all, and my heart pounds.
- I am often depressed. Sometimes I don't even want to get out of bed.
- I faint or get dizzy from time to time.
- My bowel movements are not regular.
- I constantly feel as if something awful might happen.
- I have trouble relaxing or staying still.

Heart Problems?

- Irregular Heart Rhythm (Arrhythmia)
- Heart Pounding, Skipping or Racing (Palpitations)
- Chest Pain (Angina)
- Rapid, Irregular Heartbeat (Atrial fibrillation)
- Enlarged Heart (Cardiomegaly)
- Heart Muscle Disease (Cardiomyopathy)
- Heart Murmurs (Heart valve disease)
- Swelling of Abdomen (ascites), Legs, Ankles, Feet (Congestive Heart Failure)
- Problems Walking: Dizziness, Shortness of Breath, Sweating, or Heart Racing (Possible Heart Failure)
- High/Low blood Pressure (Hypertension/Hypotension)
- Recurring Shortness of Breath (Dyspnea)
- Enlarged Heart (Cardiomegaly)
- Previous Heart Attack or Surgeries
- Other Heart Problems

Are you ready to reduce your stress and improve your health?

If you've checked at least one of the symptoms/conditions above, you may be eligible for our Heartmath® Heart Health Program. Please continue to learn how our program can help you.



Stress

What is stress?

Stress is a term used to describe the wear and tear the body experiences in reaction to everyday tensions and pressures. Change - such as loss of a loved one, illness, or career and lifestyle changes - is a common cause of stress to most. However, it's the pressure and tension we feel in response to the little everyday hassles—like rush hour traffic, waiting in line, too many emails, and even the nightly news— that do the most damage.

How does stress affect health?

Stress affects people physically, mentally and emotionally. According to the American Institute of Stress, up to 90% of all health problems are related to stress. Too much stress can contribute to and agitate many health problems including heart disease, high blood pressure, stroke, depression and sleep disorders.

What can I do about it?

We will never eliminate stress from our lives, but we can learn to manage and reverse its damage. It's not the events that do the harm, it's how you respond to those events. Exercise, a good diet, and relaxation are all important aspects of any stress prevention program, but without emotional management, they are only part of the solution. When you're stressed, your body is out of sync. Typical negative emotions we feel when stressed - anger, frustration, anxiety and worry - lead to increased disorder, known as incoherence, in the heart's rhythms and in the nervous system. In contrast, positive emotions - joy, appreciation, care and kindness not only feel good but they are good for you. They create synchronization, called, coherence, in the heart's rhythms and the nervous system. The key to reducing the negative impact of stress on the body is to shift your negative reactions in the moment they occur - not an hour later at the gym, a week later at the beach or three months later on vacation.

HeartMath® & Coherence

What are the benefits of being in coherence?

The HeartMath Institute's research has shown that when you intentionally shift to a positive emotion, heart rhythms immediately change. This shift in heart rhythms creates a favorable cascade of neural, hormonal and biochemical events that benefit your entire body. Blood pressure drops. Stress hormones plummet. The immune system pumps up. Anti-aging hormones increase. The effects are both immediate and long lasting. Also, because coherence leads to more mental clarity, creativity and better problem-solving abilities, it's easier to find solutions and better ways of handling a stressful situation.

How can I create and practice coherence?

Emotions, or feelings, are reflected in the beat to beat changes in the heart's rhythms, known as heart rate variability (HRV). Analysis of HRV is recognized as a powerful, non-invasive way to measure nervous system dynamics. Research identifies HRV as a key indicator of preventable stress and shows a relationship to a wide range of related health problems.



The HeartMath® approach to stress management introduces techniques and tools to help you prevent, manage, and reverse the effects of too much stress as well as to increase physiological coherence. All HeartMath® techniques include exercises that work on aligning your heart, your breath, and your nervous system (emotions). The emWave® biofeedback technology products are fun and easy-to-use heart rhythm monitors that permit you to watch in real time how your thoughts and emotions affect your HRV. With them, you can quickly change your reactions to stress, increase your energy and improve your overall health and well-being.

Cardio Clinique Medic Elle Heartmath® Heart Health Program

Our program is based on some of the latest developments in integrative health care, which brings together the best of medical and holistic practices.

In the initial sessions, you will receive a series of medical examinations (general and heart health) and holistic assessments.

PHASE 1: You will receive a series of medical examinations (general and heart health), conducted by our cardiologist, Dr. Mark Rabinovitch. If you are found to have signs of heart disease, you will immediately be treated for that by Dr. Rabinovitch. He will set up a medical treatment and follow-up plan.

PHASE 2: If your condition is stable, you will enter into our Heartmath® program, designed by naturopath and Certified Heartmath® Practitioner, Dr. Sheryl Beller-Kenner. Based on the results of your assessments, she will set up a treatment and follow-up plan. In 5 once-a-

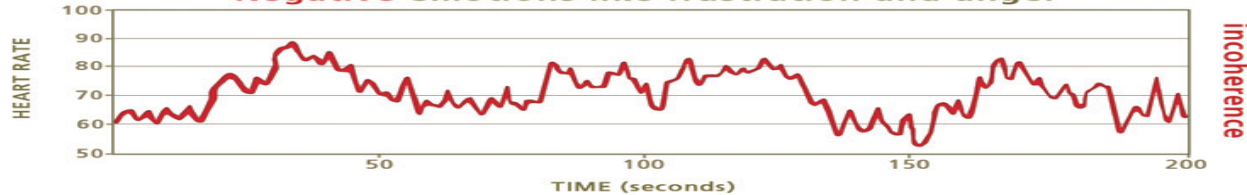
week sessions (or as needed), you will be taught a series of simple exercises, customized especially for you, to help you bring yourself into the healthy, coherent state that relieves stress from your heart and mind. You will learn to use the HeartMath® biofeedback technology to monitor how you're progressing so that you learn to feel what it means to be in the wonderful state of coherence. Dr. Beller-Kenner will tailor your sessions to your needs and your progress and teach you how to apply what you learn to your daily life. A commitment to daily, short practice sessions between visits will strengthen your progress.

At the end of Phase 2, follow-up assessments will be used to re-evaluate your heart health and construct a holistic, healthy-living follow-up plan for you, which may include meditation, yoga, body work, counselling, group sessions, other stress workshops, etc.

Cardio Clinique Medic Elle Heartmath® Heart Health Program — Fee = \$1200.

Session	#	Frequency	Length	Optional Fees, if needed
Assessments				<u>Cardiac Assessments by MD – as needed:</u>
Initial	1	Once	120 mins	•ECG Stress Test = \$0 at Hospital ≈1 month wait; or \$0 at Clinic ≈24 hour wait
Final	1	Once	120 mins	•24-Hr Holter Monitor = \$0 at Hospital ≈1 month wait ; \$245 at Clinic , with ≈3 day maximum wait
				•24-Hr Ambulatory Blood Pressure Monitor = \$0 at Hospital ≈1 Month wait; \$140 at Clinic ≈1 week maximum wait
				•2- week Home Blood Pressure Monitor Test \$75.00 at Clinic
				<u>•Holistic Assessments by naturopath– Included</u>
				<u>•EmWave biofeedback monitor - Included</u>
				<u>•Patient Workbook - Included</u>
HeartMath® Training	5	Weekly	45-90 m	Included
Home practice		Daily	10-20 m	Included

Negative emotions like frustration and anger



Positive emotions like appreciation and compassion

