SLIM with your heart rhythm
BFE Rome 2010
Kees L. Blase
Director National Centre Stressmanagement

Medical physicist
k.blase@hartfocus.nl
www.heartintelligence.com

Dutch sites:  www.hartfocus.nl  www.nuvitaal.nu
www.slankermetjehartritme.nl  www.stresseraser.nu
View from INNOVATION CENTRE HEARTFOCUS Loosdrecht, NL
Kees L. Blase
0 (1953): born
21: founder Energy Physics
25: medical physicist, adult education
28: teacher, principal, scientist, acupuncturist
35: writer, consultant, national conferences
42: management National Centre Stress Management
48: cardiac coherence specialist in Netherlands
50: coach, therapist, innovation centre, writer
56: bridge builder
Obesity Trends* Among U.S. Adults
(*BMI ≥30, or about 30 lbs. overweight for 5’4’’ person)
Obesity Trends* Among U.S. Adults
BRFSS, 1985
(*BMI ≥30, or ~30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1986

(*BMI ≥ 30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1987

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1988

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1989

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1990
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

No Data           <10%          10%–14%
Obesity Trends* Among U.S. Adults
BRFSS, 1991
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1992

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1993
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)

No Data           <10%          10%–14%  15%–19%

Map of the United States showing obesity trends among adults in 1993.
Obesity Trends* Among U.S. Adults

BRFSS, 1994

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1995

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1996

(*BMI ≥30, or ~30 lbs. overweight for 5’4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1997

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1998

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4’’ person)
Obesity Trends* Among U.S. Adults
BRFSS, 1999
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2000
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2001

(*BMI ≥30, or ~30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2002

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2003

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2004
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2005
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2006

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2007

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2008

(*BMI ≥30, or ~30 lbs. overweight for 5’4” person)
Obesity Trends

- US: 1 in 3 are obese
- Germany and United Kingdom: 1 in 5
- Netherlands, Belgium: 1 in 8 have obesity
The Quest for Safety: Emergent Properties and Adaptive Functions of Autonomic States

Environment
outside the body
inside the body

Nervous System
Neuroception

Safety
Spontaneously engages others
eye contact, facial expression, prosody
supports visceral homeostasis

Danger

Life threat
Defensive strategies
death feigning/shutdown (immobilization)

Defensive strategies
fight/flight behaviors (mobilization)
Neuroception resets perception

1 safe mode: balance in ANS

2 sympathetic mode (fight, flight, appease)

3 immobilization mode
Neuroception

S - R

Physiological State
Autonomic nervous system/Neuroception

- Not to influence?
- Not through willpower and consciousness
- But it works through heartpower!
- Breathing frequency (F6) resonates with cardiac coherence
Chaos to coherence
I Exercise
Get Coherent
F6

Dr David O'Hare - 2009
Get Coherent
F6
3 minuten ...
We found that the human cardiovascular system has resonant features.

Each person has a specific resonant frequency in the range of 0.055 - 0.12 Hz.

Breathing at resonant frequency (F6=0.1Hz) trains the reflexes of the cardiovascular system, in particular, the baroreflex.
Heartcoherence with breath pacer

Power Spectrum
Heart Quality, HeartQ

- Selfregulation of emotions by:
- Effortless breathing in resonant frequency
- Biofeedback: StressEraser, CST, blue tooth HRV-games
- Desensitisation of charged emotions
- HeartFocus movement exercises
- Music and middle ear desentisisation
David O’Hare
- French/Canadian doctor-dietist/ 25 years of practice

95% of clients
- Within 6 months after diet back on starting weight

Why they become heavy again?
- Degerulation of emotion system/ ANS

Effective integrational program
- neurophysiology, psychotherapy, biofeedback, mindfulness
- 95% of 300 clients in France loose 10% of their weight and sustainable for the next years. And Happiness!
Self Help in 3 phases
Slim with year heartrhythm in 3 phases

1. From chaos into cardiac coherence: restore balance in ANS

2. From cardiac coherence and safe mode into emotional balance

3. From emotional balance into balance of eating behaviour
Eating Behaviour Coherence
Emotional Balance
Emotion regulation

- Ch 4: Strengthen ANS Balance with emotions with positive valence: feel compliments, self-esteem, gratefulness
- Ch 5: Neutralising emotions with negative valence: recognise, accept without judgement, somatic desensitisation
- Ch 6: Desensitise the limbic system by monitoring with the emotional landscape
Emotion Landscape

Moving emotions (renewal)
Positive for the body
DHEA
Appreciation, gratefulness, happiness, compassion, cathartic sadness, inner balance, chilling tranquility

Frozen emotions (depletion)
Negative for the body
Cortisol
frustration, depression, melancholy, despair, hopelessness, grief, lost of interest,

Arousal
Adrenaline
Rage, Anxiety, destroying aggression, frozen anger, overwhelm

Relaxation
Acetylcholine
passion, excitement, love, joy, enthusiasm, bordersetting aggression, emotions in flow
Desensitization of charged emotions from past events:

- Charged emotions will be stored in a different part of the brain.
- After recalling the memory while being in the safe mode (cardiac coherence) the memory will be stored in the long term memory in the neocortex.
cathartic sadness, man 65 year
Phase 3

3 steps in phase 3:
- Ch. 7: Eating Behaviour Emotions
- Ch. 8: Trigger Eating Emotions
- Ch. 9: Emotional Awareness & Choices
Slim with your heartrhythm

- During 9 weeks you will bring the natural systems back into balance and teach yourself to control your emotions with the help of the cardiac coherence method.

- From the newly acquired balance of the natural systems you will observe your hunger, migration and saturation.

- Then, assuming that loosing weight is the main goal, you can make your own choices and also maintain them.
Conclusions

- To lose weight not willpower but heartpower is needed.
- With the heart as a conductor you can learn balancing your nervous system.
- From the safe mode you can make your own choices and also maintain them.
- Rebalancing ANS and controlling emotions are key aspects in loosing weight.
First two phases are also helpful:

- Stress-related complaints* and diseases**:
  - Fatigue, pain, hyperventilation, high blood pressure, muscle problems, etc.
  - Burnout, anxiety, panic attacks, depression, chronic fatigue, etc.

- Abundance of intense emotions (work, relation, sport)
- Making important choices
Slim with your heartrhythm

Overweight in this method can be seen as an attempt of the body to adapt to adverse conditions (no food, cold, life-threat).

Our ancestors did not have regular and large amounts of available food. Our body has thus learned as an answer on the signal "fear" to continue hoarding.

Frustration, loneliness, disappointment lead to stress in our bodies and thereby to a disruption of our natural systems.