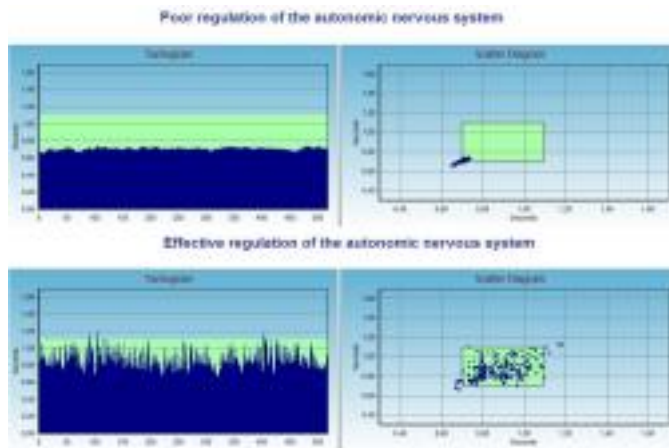


## HRV-Analysis - as an Indicator of Health in 7 minutes

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In this stressful age HRV analysis is an ideal diagnostic and scientifically recognised procedure for preventing and recognising the causes of existing illnesses and early onset stress-related disorders. HRV analysis, a pain-free method with no side effects, is a valuable and cost-effective means of achieving better health, wellbeing and quality of life.

The autonomic nervous system is the body's main control and regulation system

"If a control system controls and regulates a subordinate system, the functioning of the control system is the most important diagnostic parameter for assessing disorders!"

The autonomic nervous system (ANS) is one such control system. It controls and regulates the basic vital functions of the organism, such as metabolism, breathing, cardiovascular system, digestive system, hormonal system, immune system etc. The two main nerves of the ANS are the sympathetic nerve (tension) and the parasympathetic nerve (relaxation).

When we are confronted with stress and danger the sympathetic nerve switches to "alarm status." When in "alarm status" systems that increase blood pressure, heart rate and provide more oxygen in the cells now have to come to the forefront in order to tense the body and mind. Only when the tension is released through physical activity does the sympathetic nerve's "alarm status" switch off.

Now the parasympathetic nerve is active. Only this nerve can provide for regeneration, physical relaxation, repair processes and recovery.

In today's world professional, family and personal stress factors, such as annoyance, frustration, anxiety and time constraints, are often not broken down through physical activity, however. Rather, they reinforce themselves by way of a chronic (permanent) state of "alarm" in the body.

As a result, parasympathetic nerve activity for repair processes in the various systems (e.g. immune, hormonal, cardiovascular system) is halted. The body doesn't relax and the necessary regeneration cannot take place.

It is now only a question of time before various symptoms appear from this imbalance in the regulation of the autonomic nervous system.

While blood laboratory parameters or other diagnostic procedures still show no obvious indications, the body is already preparing the ground for the emergence of stress-related disorders, such as burnout, fibromyalgia, asthma, COPD, diabetes, cardiovascular disorders, depression, problems sleeping etc. Although there are still no symptoms evident in the subordinate systems there may already be a regulatory disorder in the main autonomic nervous system. This can be proven through HRV analysis. With suitable treatment, illnesses can thus be prevented before they develop.

“If a regulatory disorder in the autonomic nervous system is not removed, disorders will develop. Existing disorders may worsen and secondary disorders may appear.”

Without HRV analysis it is only possible to diagnose the subordinate systems (blood levels, ECG, lung function, blood pressure etc.) These results are used as the basis for treating the symptoms, with all the possible side effects and secondary disorders that can accompany such treatment.

More information about heart rate variability – HRV you can find on [www.hrv-info.com/en/](http://www.hrv-info.com/en/)

Medical Biophysics GmbH develops, produces and sells Active Air therapy devices which improve the HRV (medical product) as well as Active Water devices used to treat drinking water according to chemical, physical and biological criteria. As well as medical practices and clinics, customers of Medical Biophysics GmbH and its distributors include employers and employees, non-medical practitioners, physiotherapists, the sports and wellness sector and private individuals. The company is certified according to ISO 13485 (manufacturer of medical devices)

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