

# SLIM with your **heart**rhythm

## BFE Rome 2010

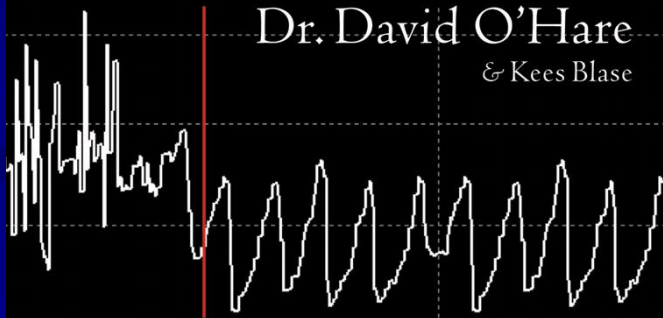
Met een voorwoord van Dr. David Servan-Schreiber

In negen weken  
afvallen met je hart  
als dirigent

# SLANKER

*met je **har**tritme*

Dr. David O'Hare  
& Kees Blase



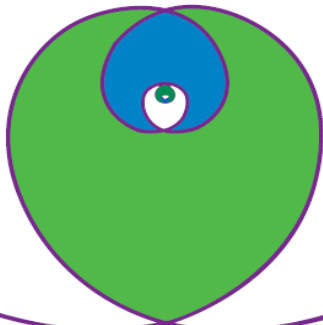


*LandelijkCentrumStressmanagement*

Kees L. Blase

Director National Centre  
Stressmanagement

# HartFocus



Medical physicist

[k.blase@hartfocus.nl](mailto:k.blase@hartfocus.nl)

[www.heartintelligence.com](http://www.heartintelligence.com)

**Dutch sites:** [www.hartfocus.nl](http://www.hartfocus.nl) [www.nuvitaal.nu](http://www.nuvitaal.nu)  
[www.slankermetjehartritme.nl](http://www.slankermetjehartritme.nl) [www.stresseraser.nu](http://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 Stressmanagement

48: cardiac coherence specialist in Netherlands

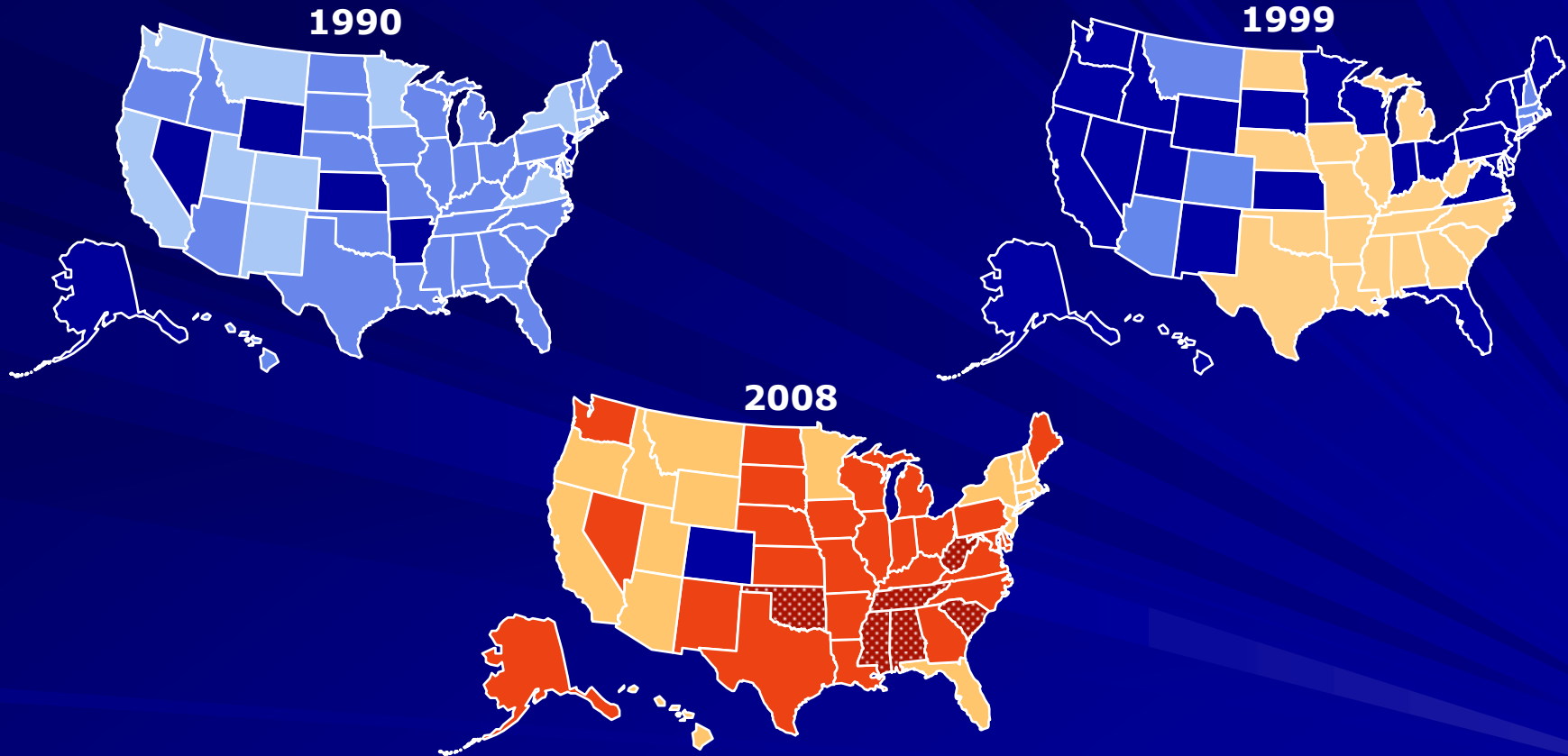
50: coach, therapist, innovation centre, writer

56: bridge builder

# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990, 1999, 2008

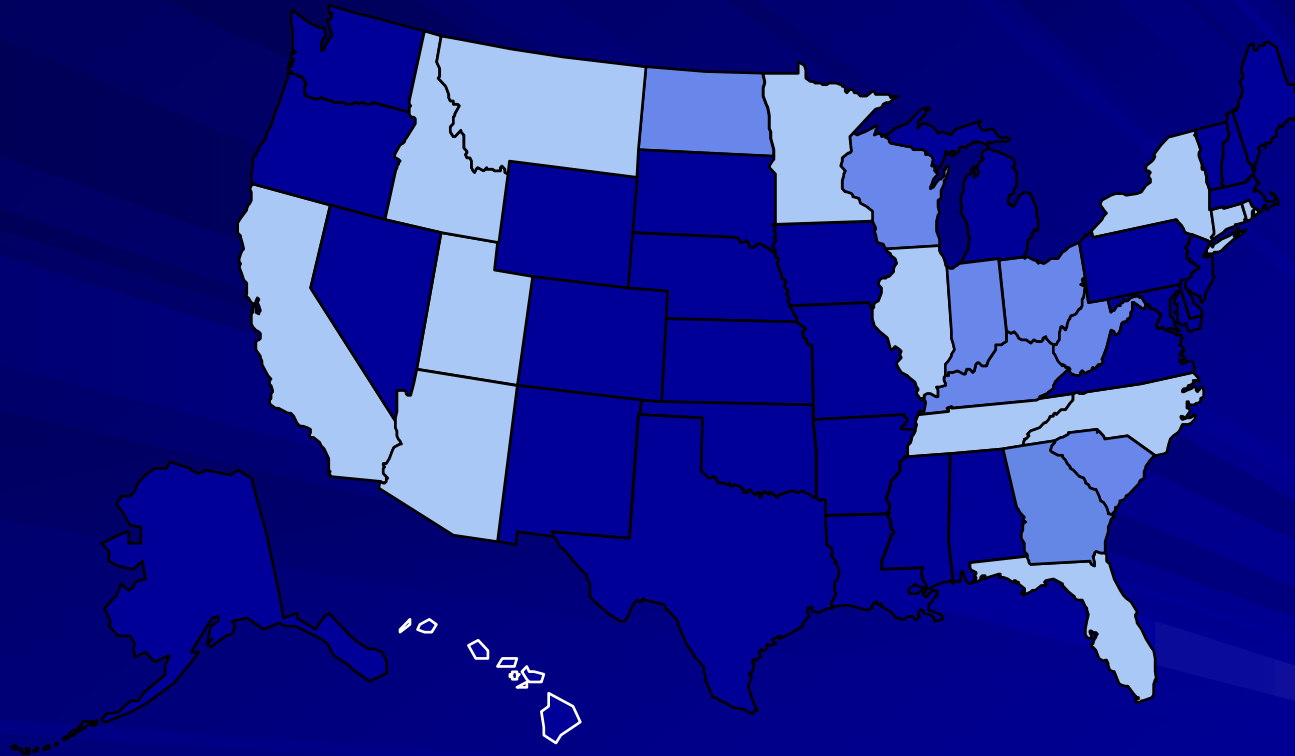
(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1985

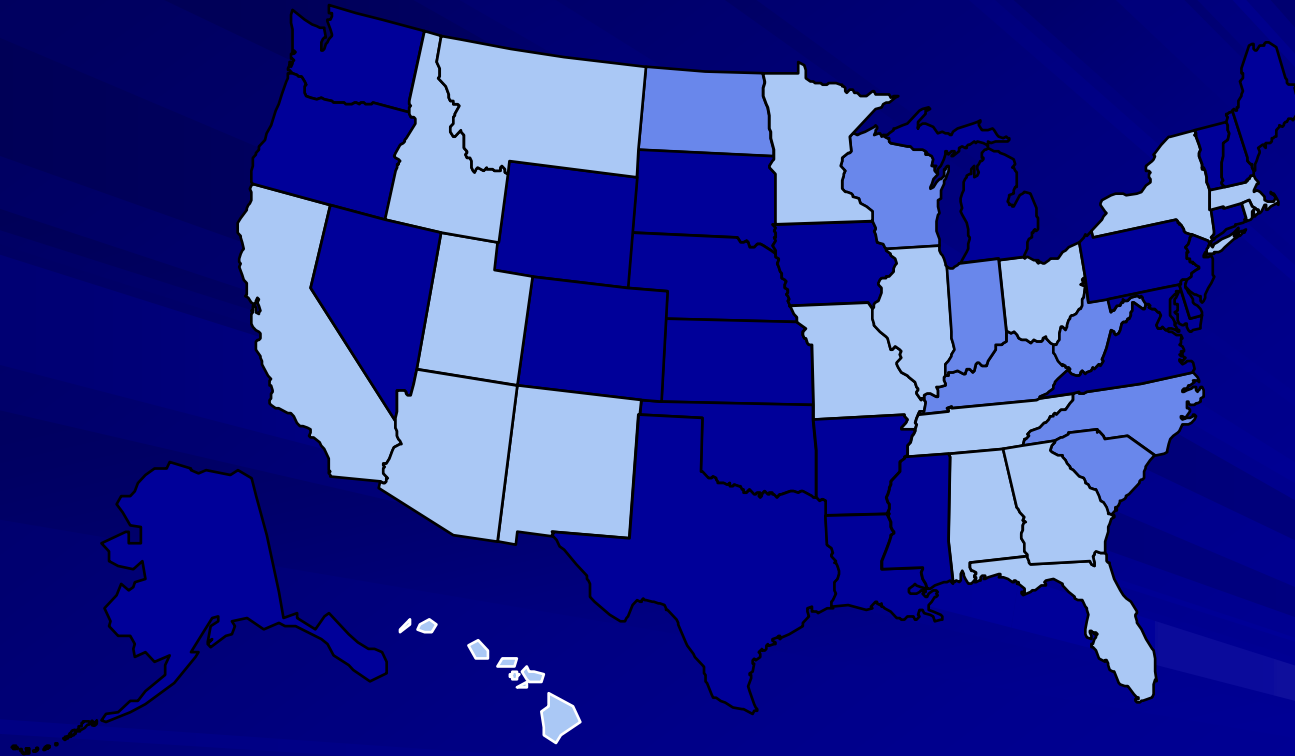
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1986

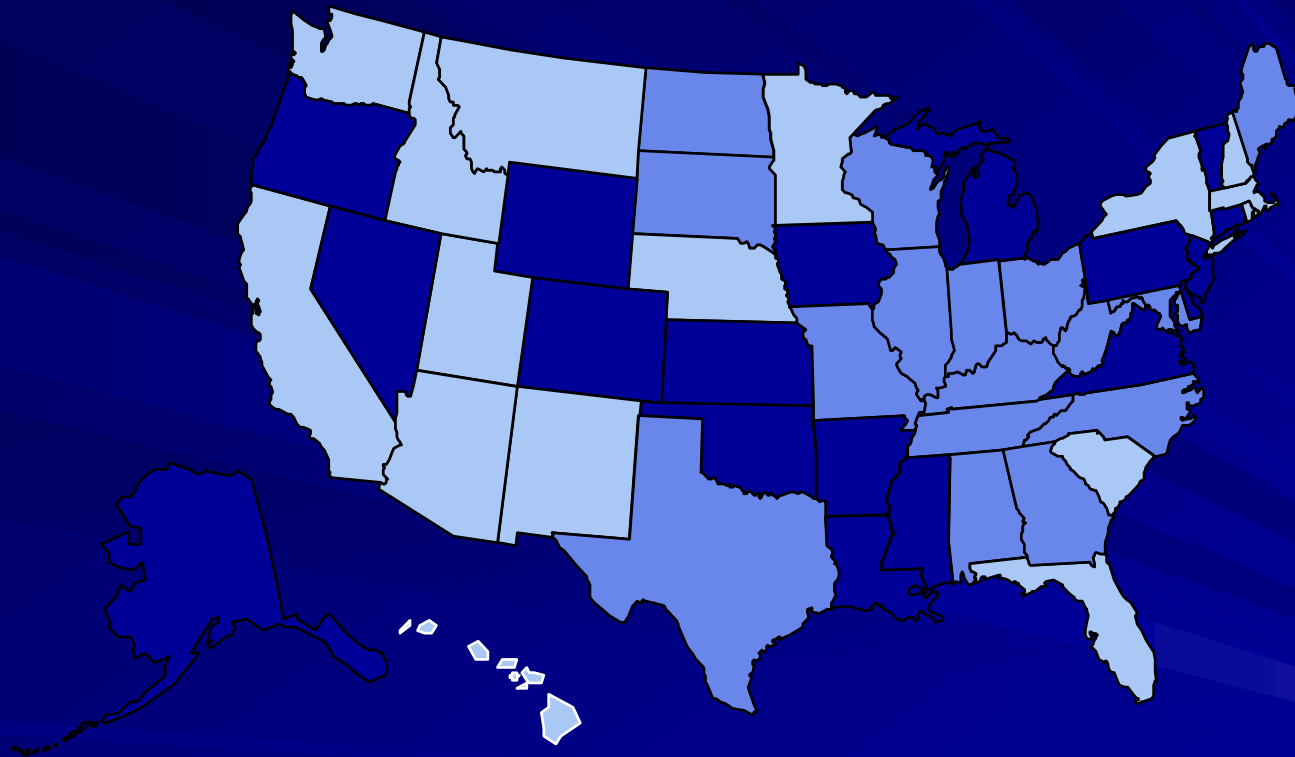
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1987

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

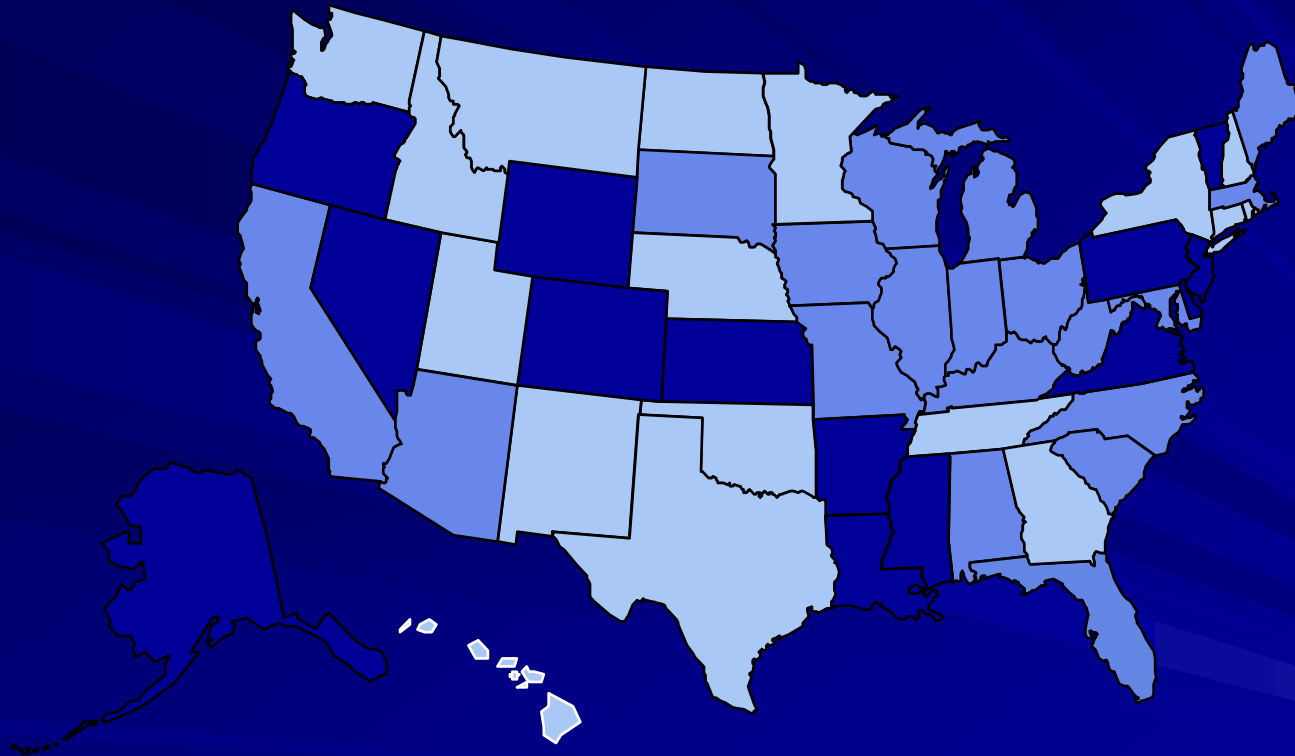




# Obesity Trends\* Among U.S. Adults

## BRFSS, 1988

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

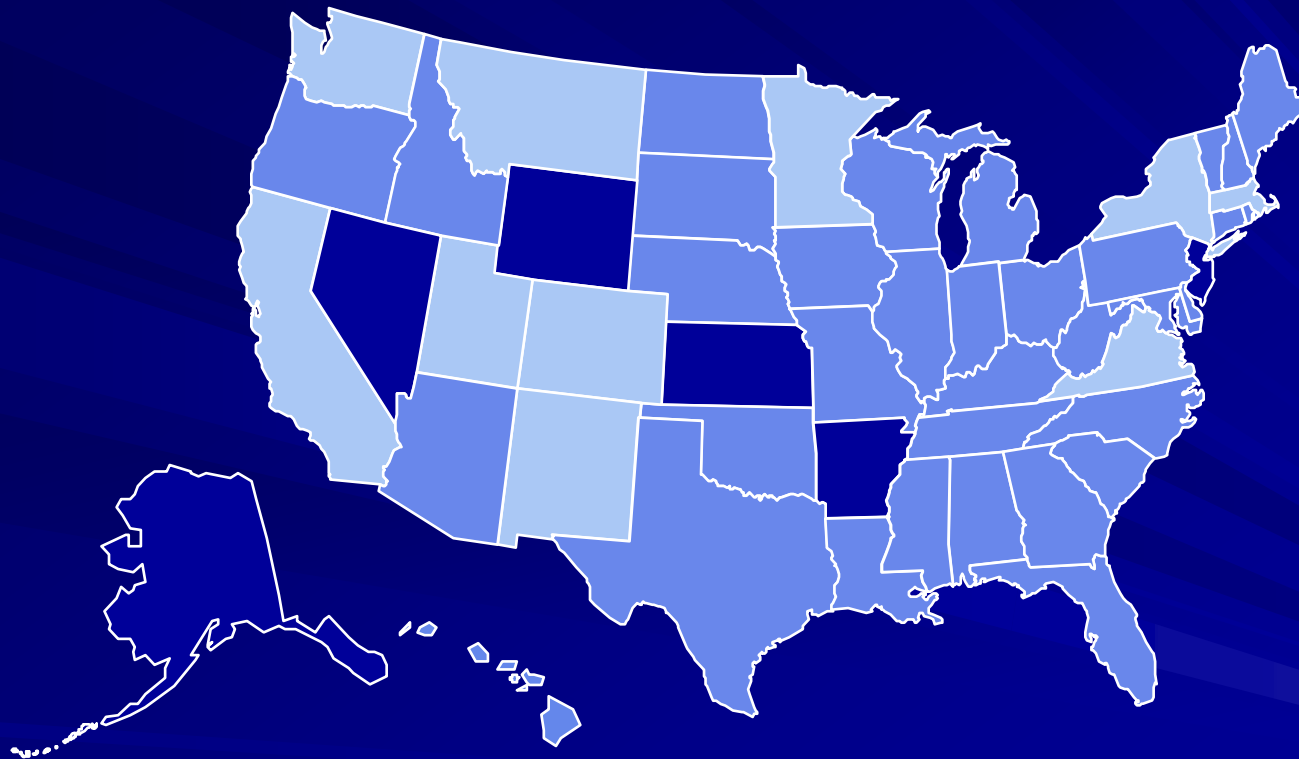




# Obesity Trends\* Among U.S. Adults

## BRFSS, 1990

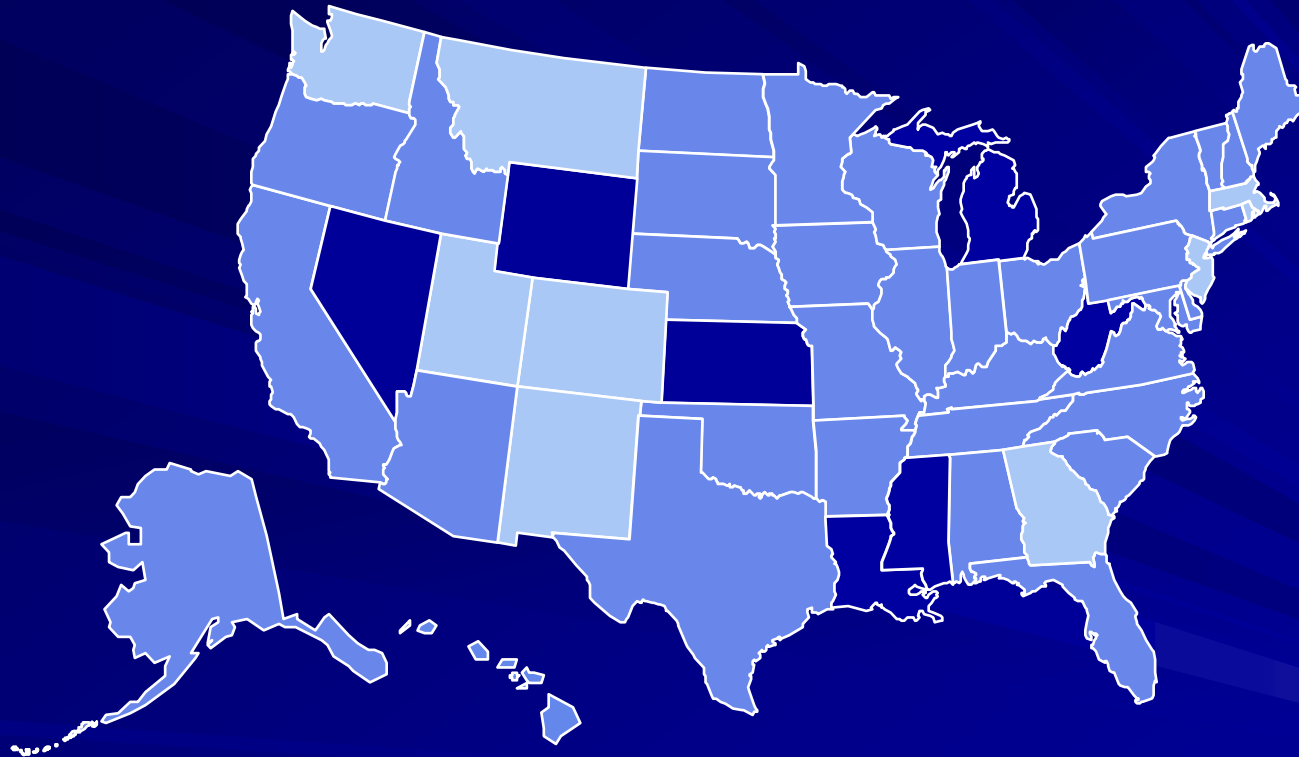
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1991

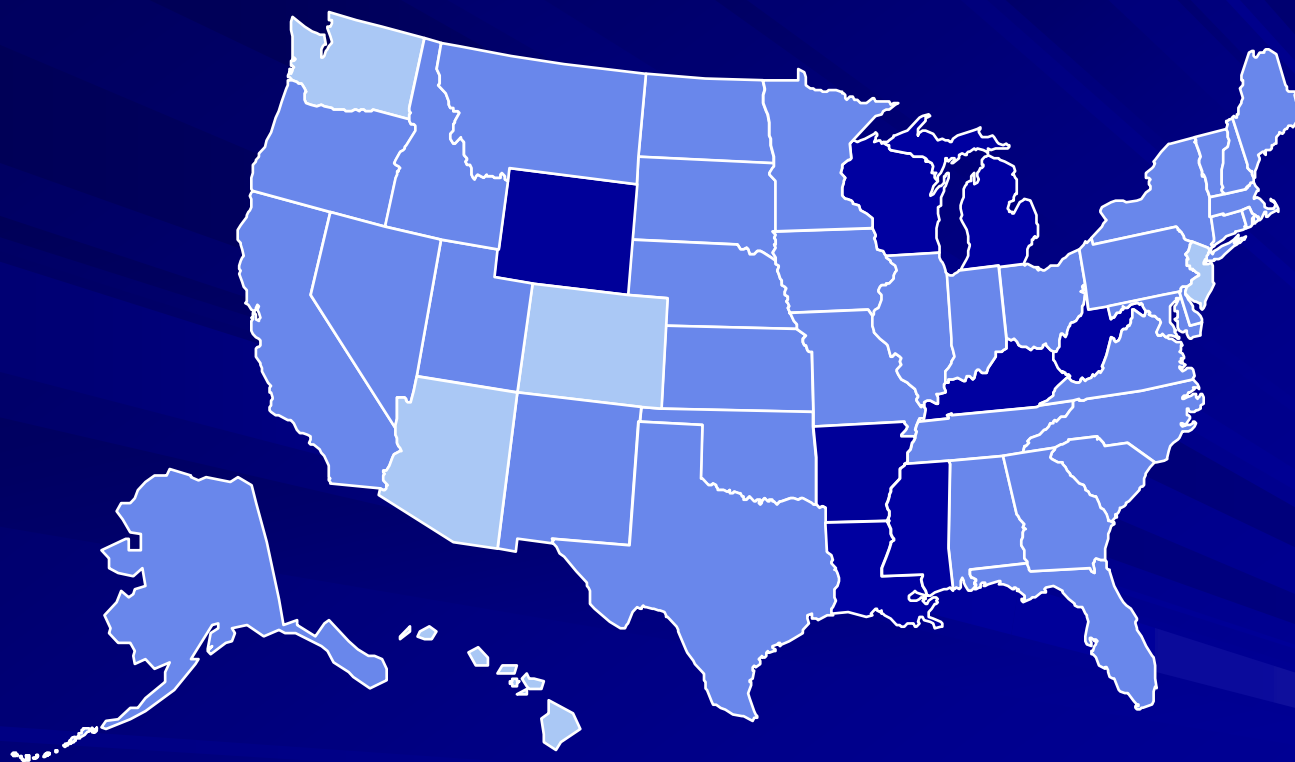
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1992

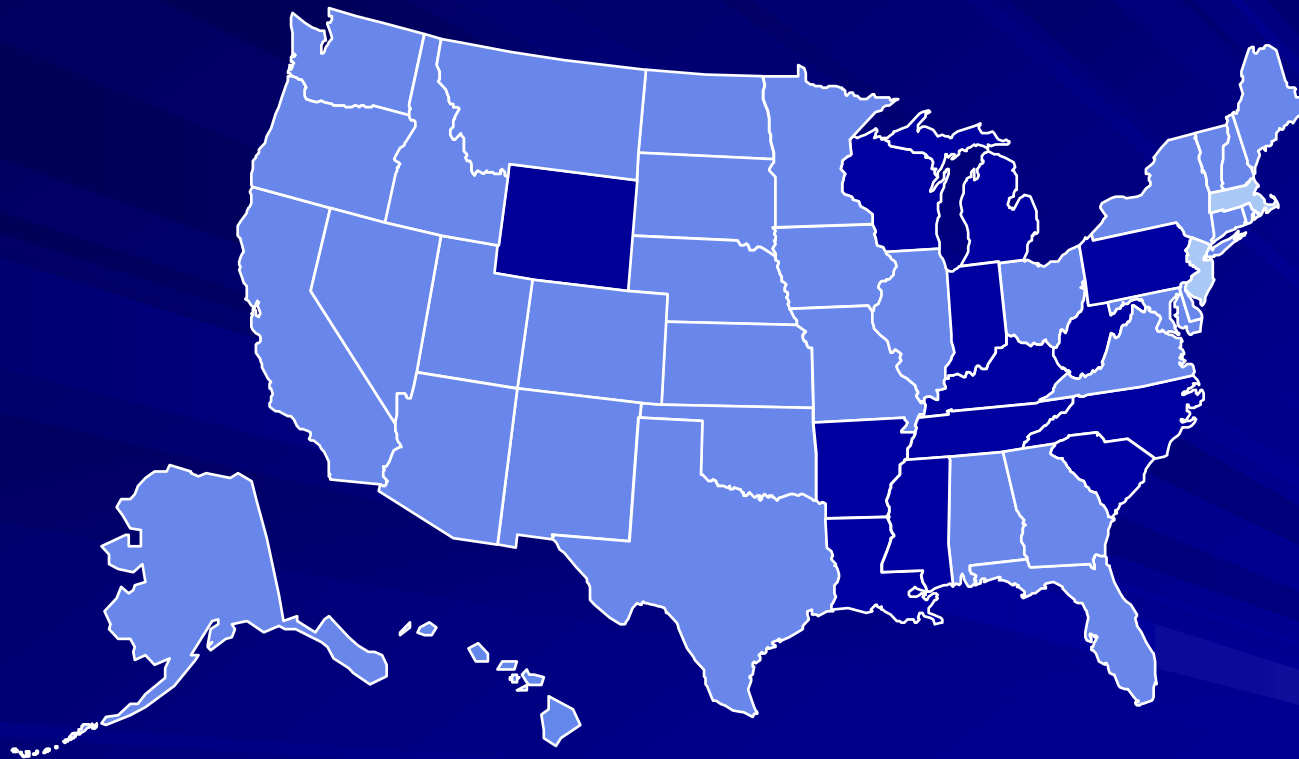
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1993

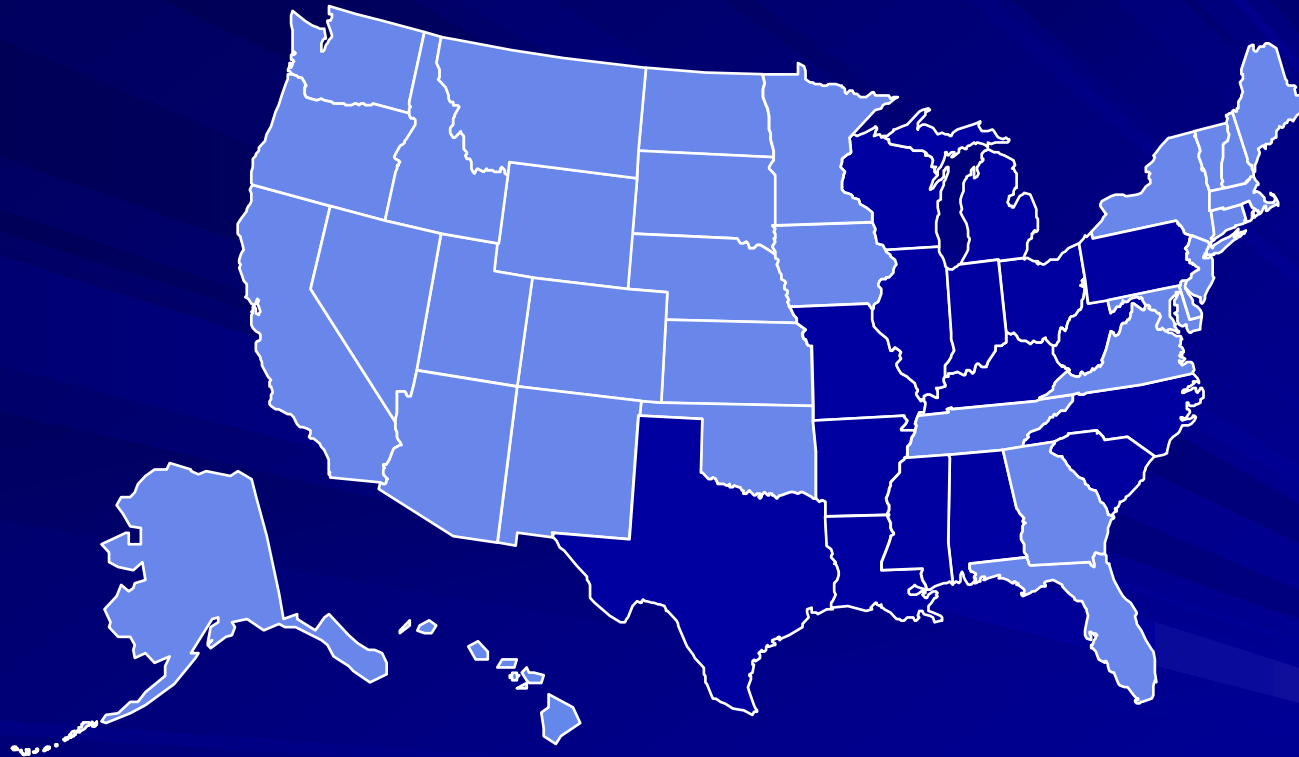
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1994

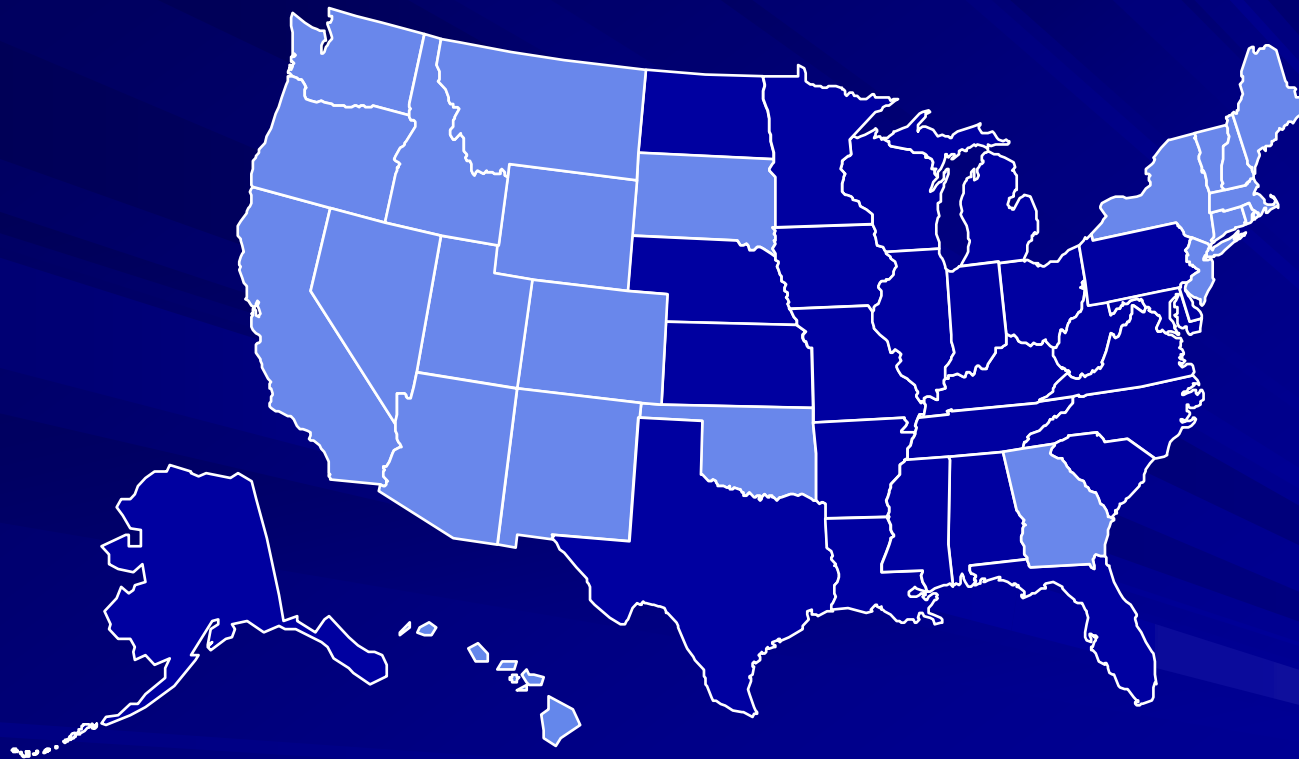
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 1995

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



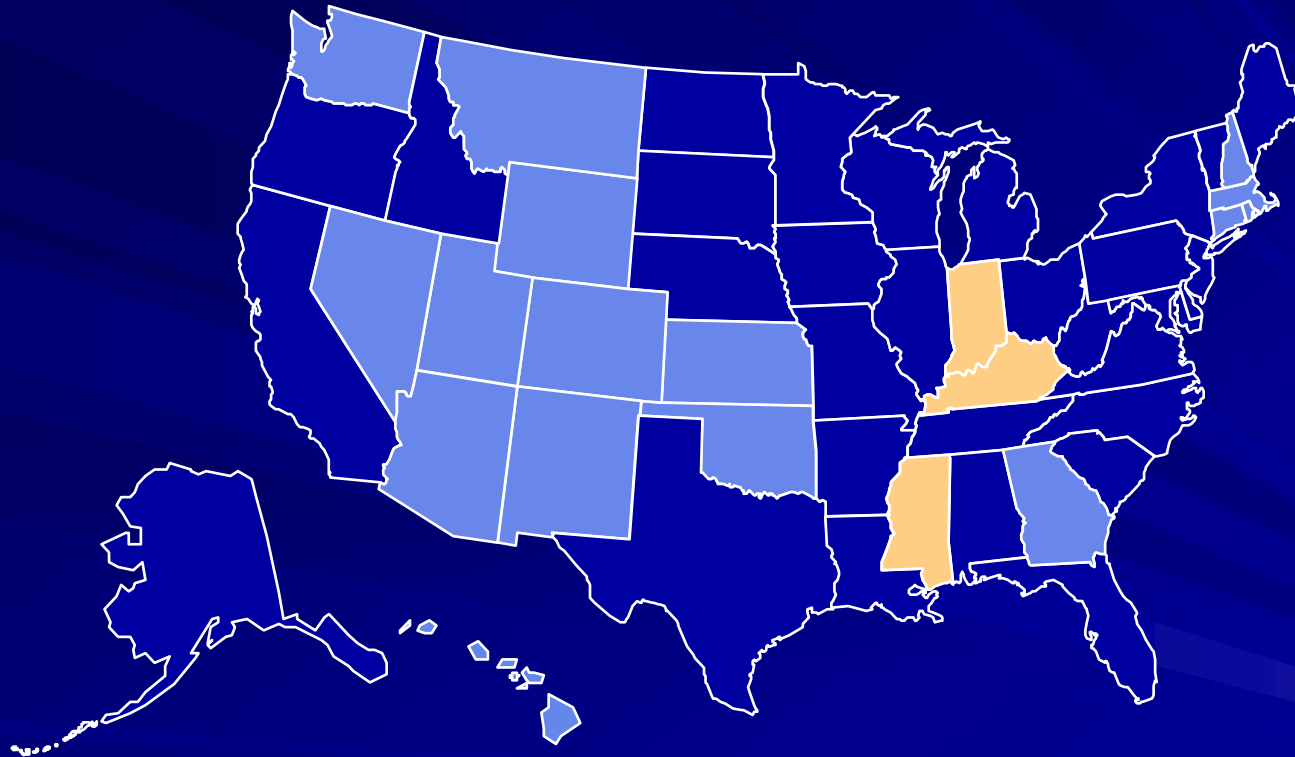




# Obesity Trends\* Among U.S. Adults

## BRFSS, 1997

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)





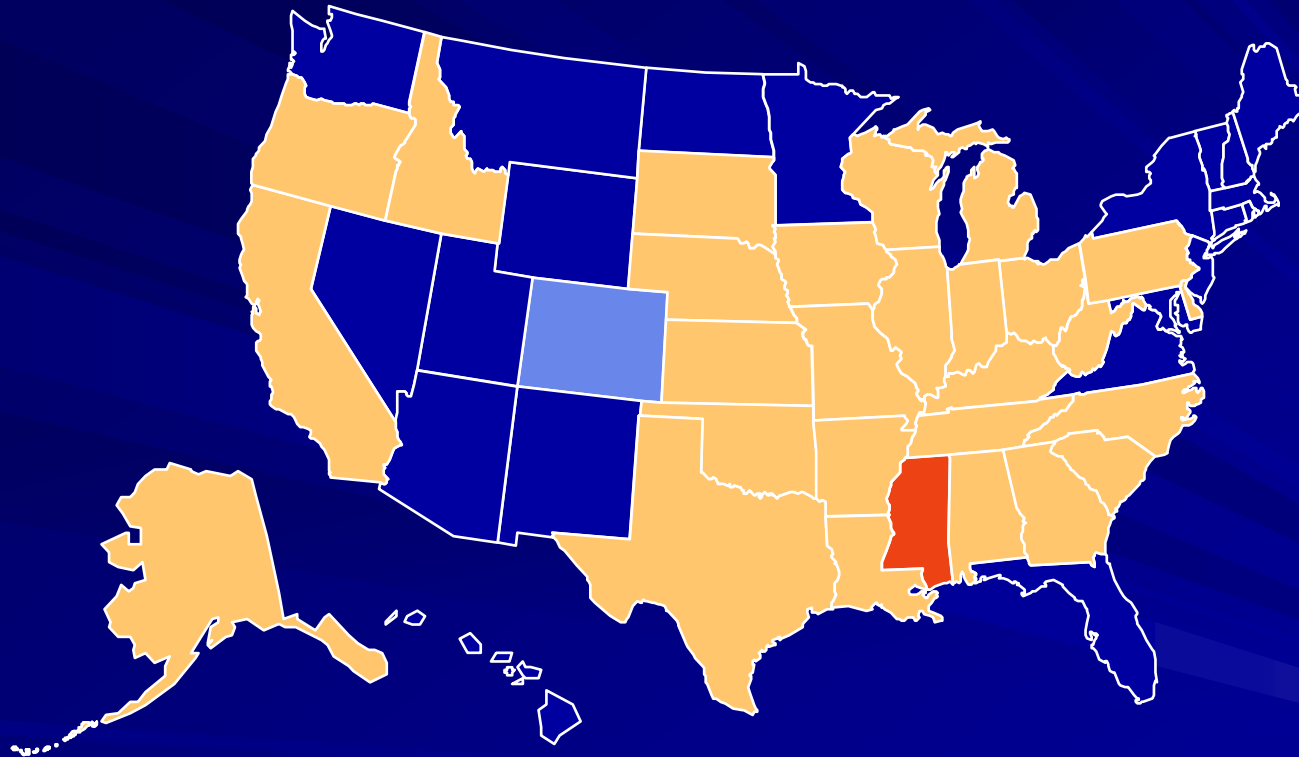




# Obesity Trends\* Among U.S. Adults

## BRFSS, 2001

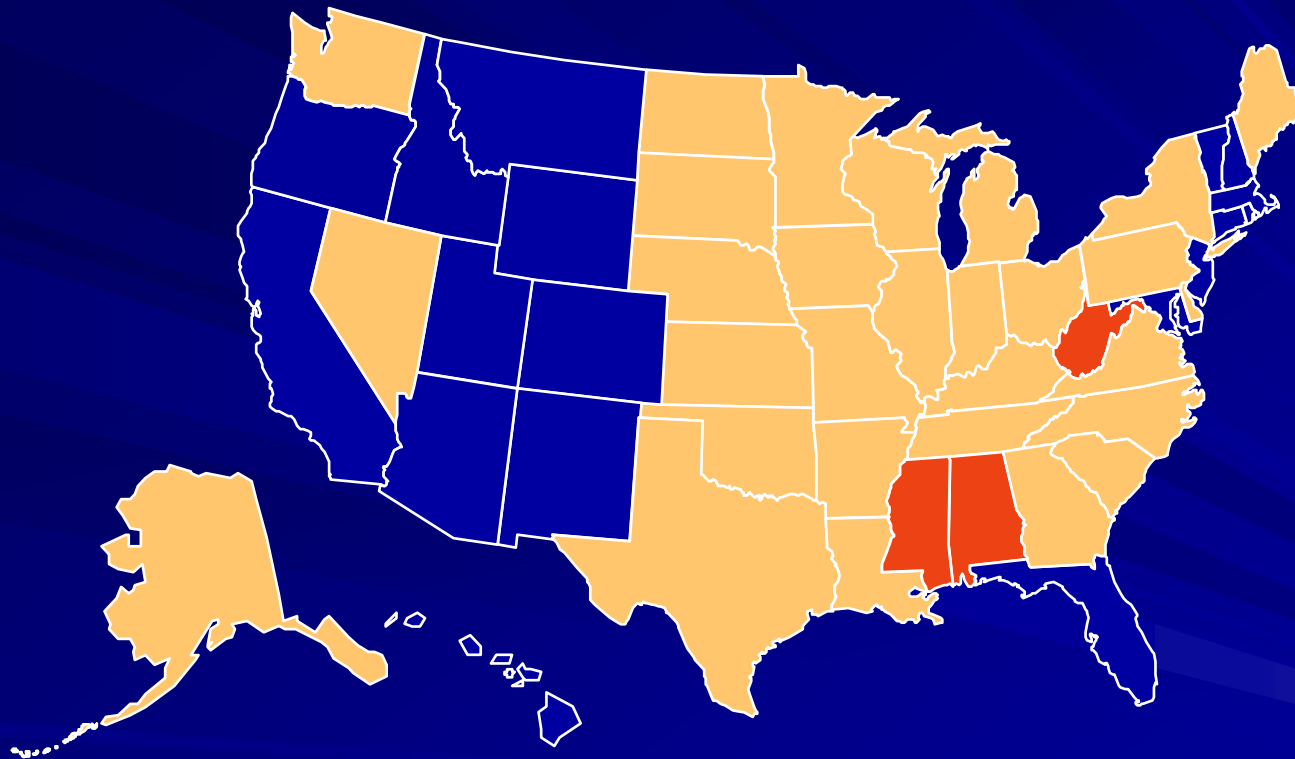
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2002

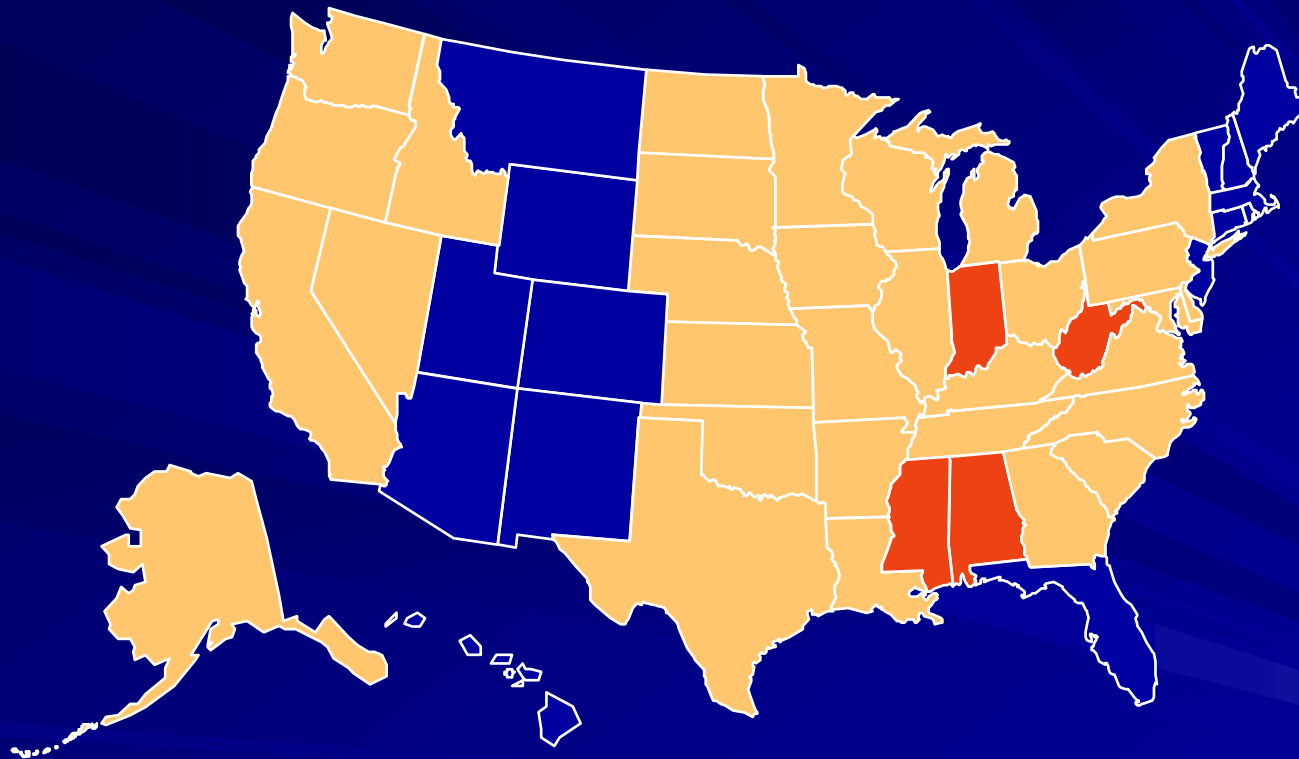
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2003

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

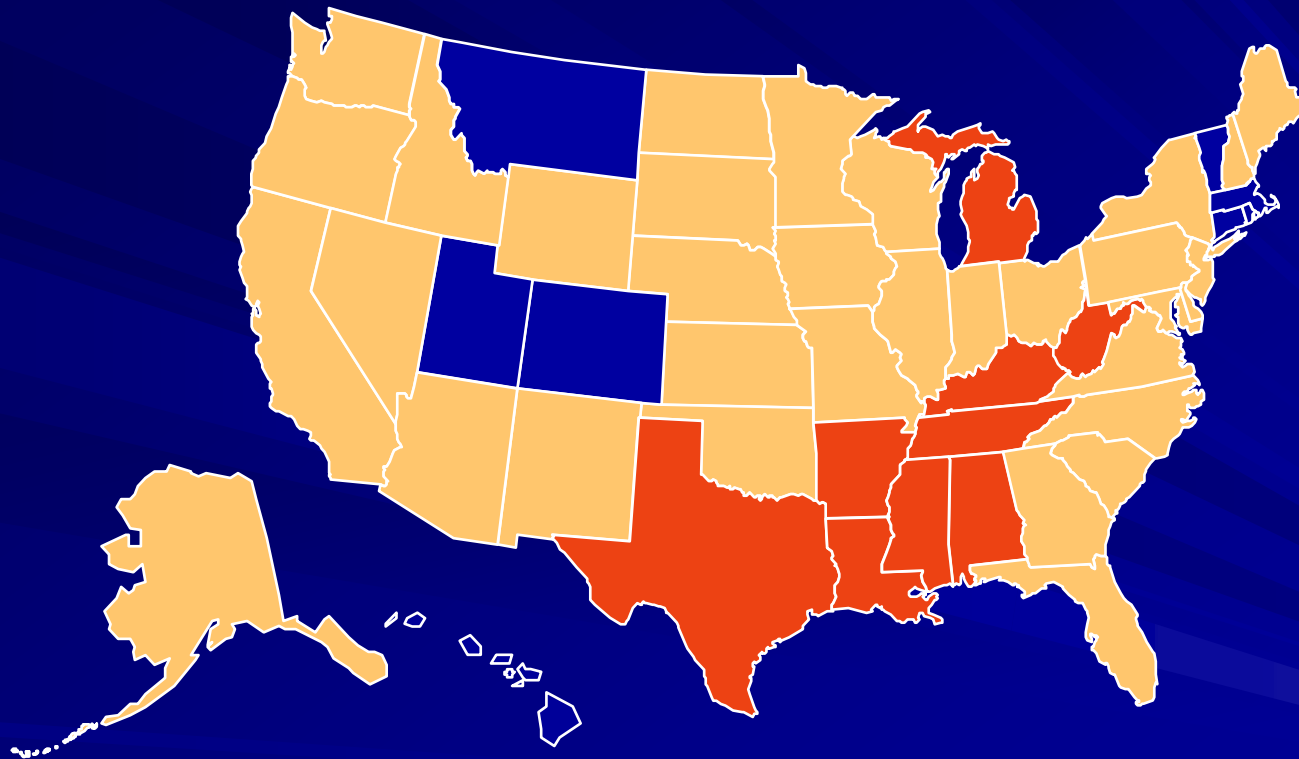




# Obesity Trends\* Among U.S. Adults

## BRFSS, 2004

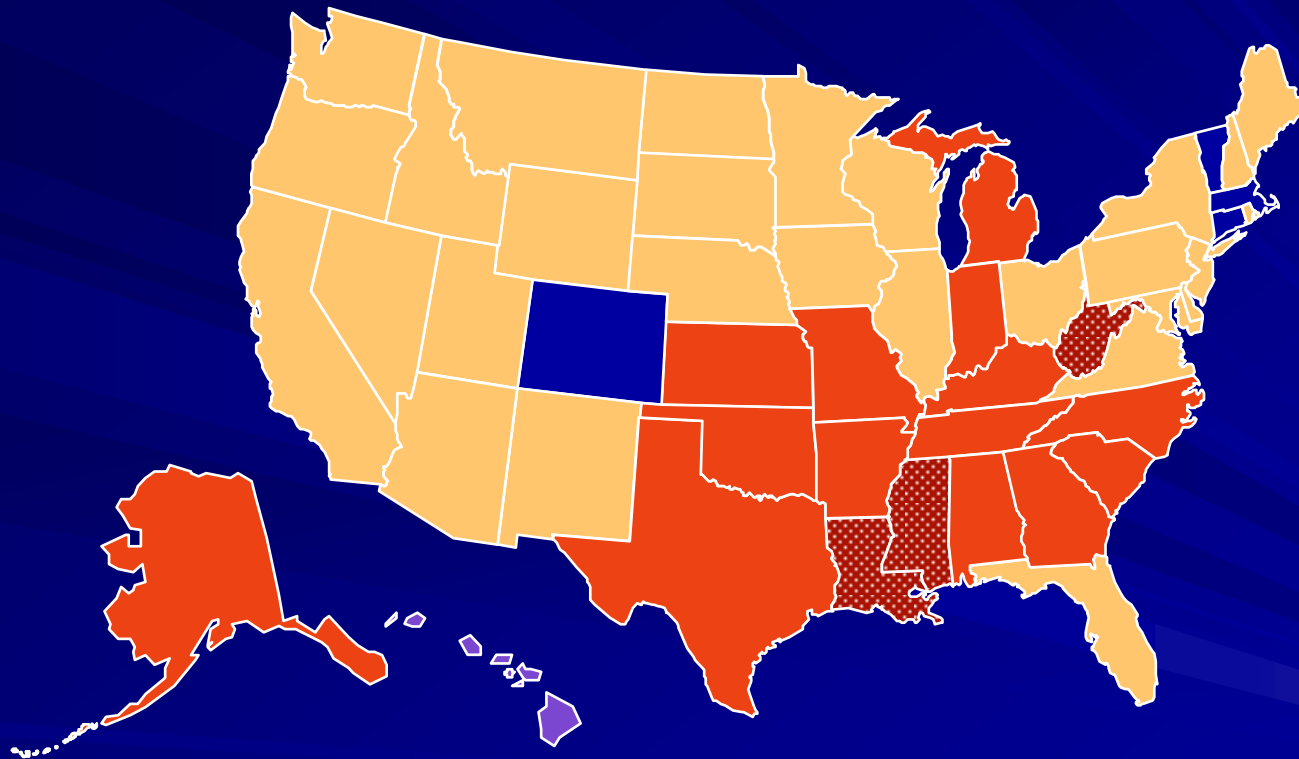
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2005

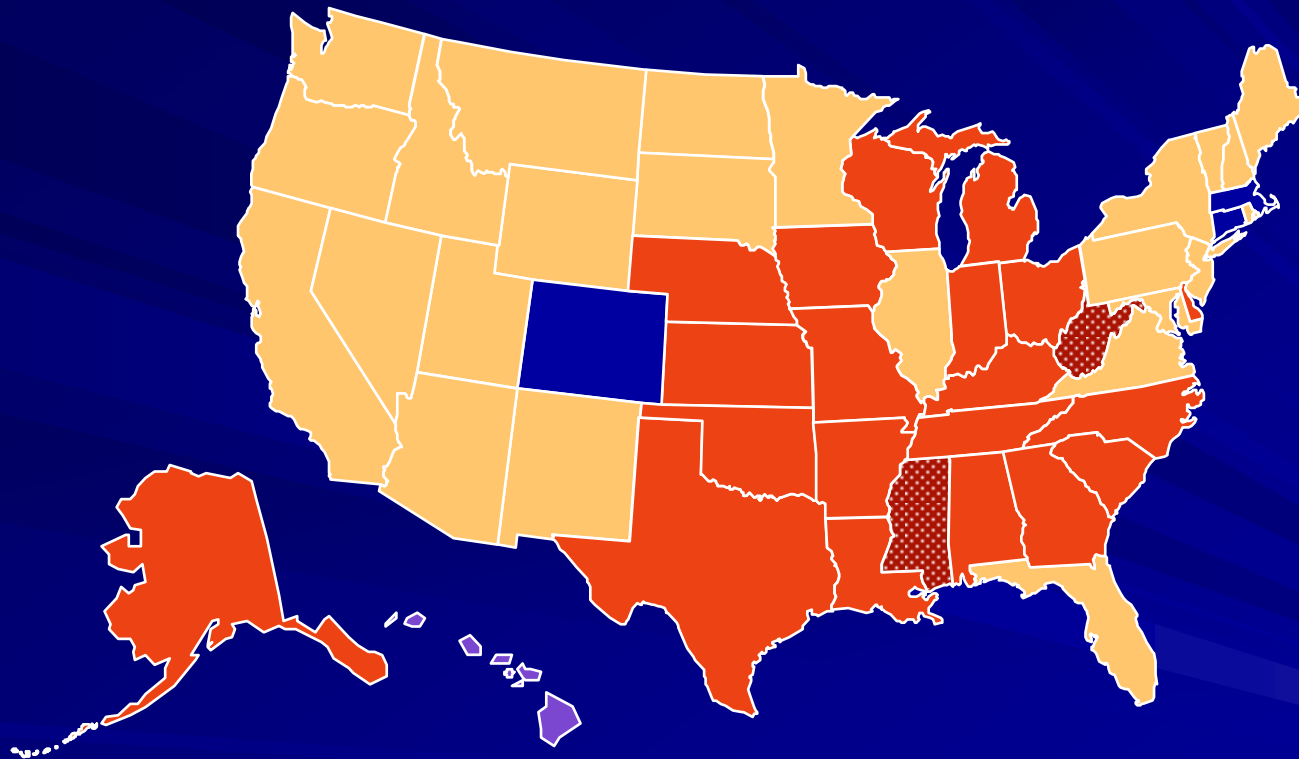
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2006

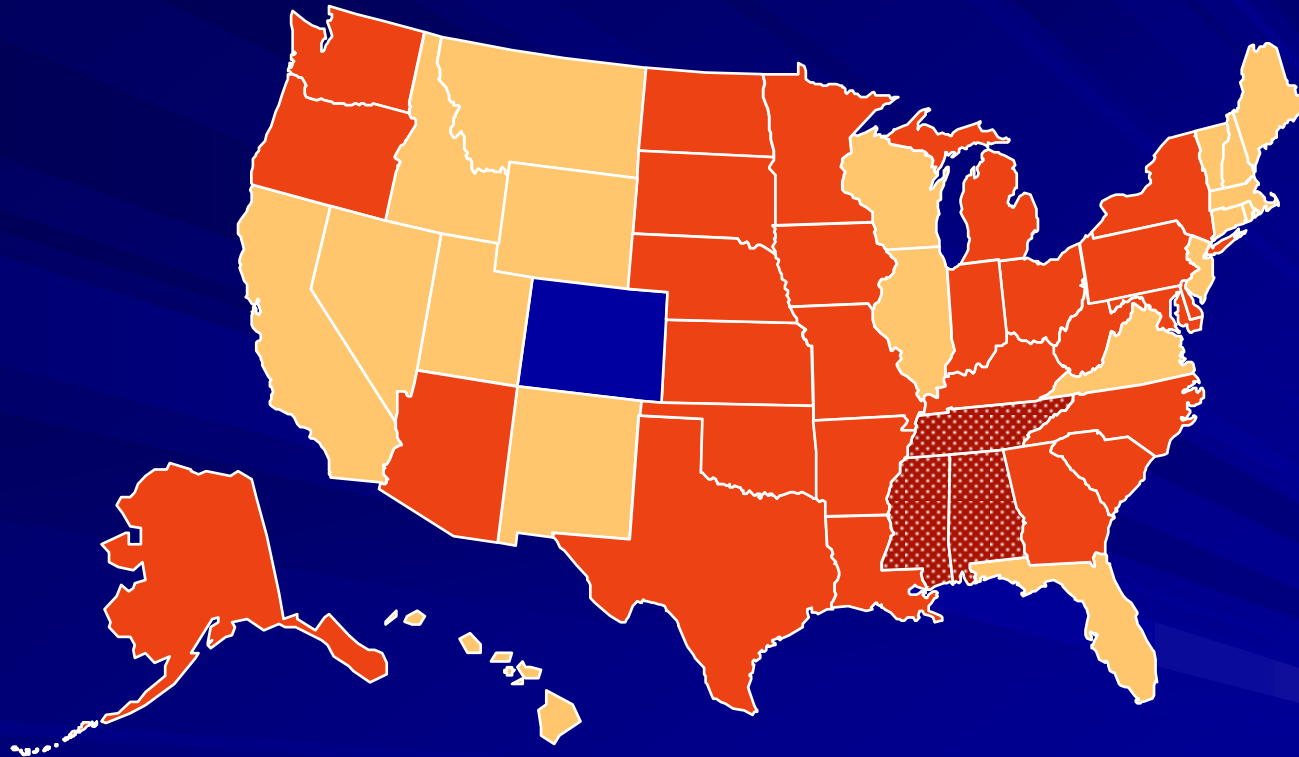
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

## BRFSS, 2007

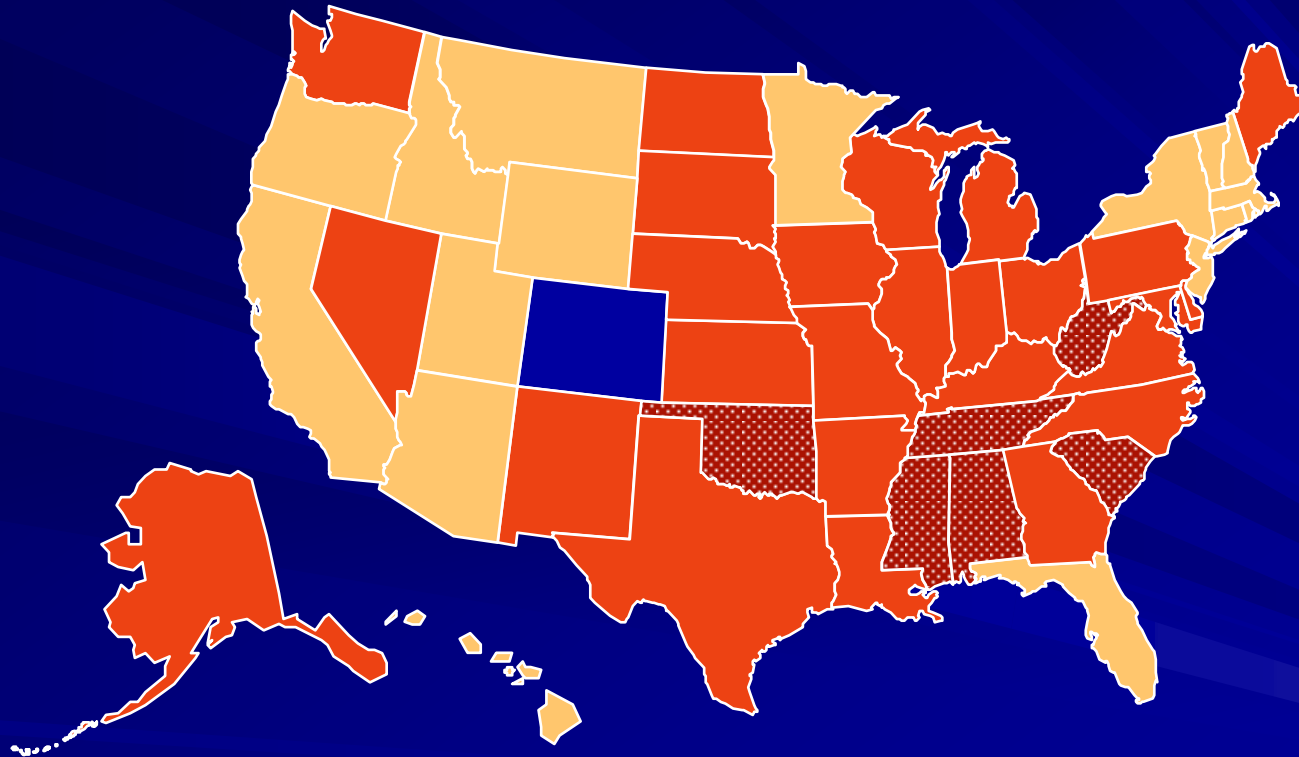
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

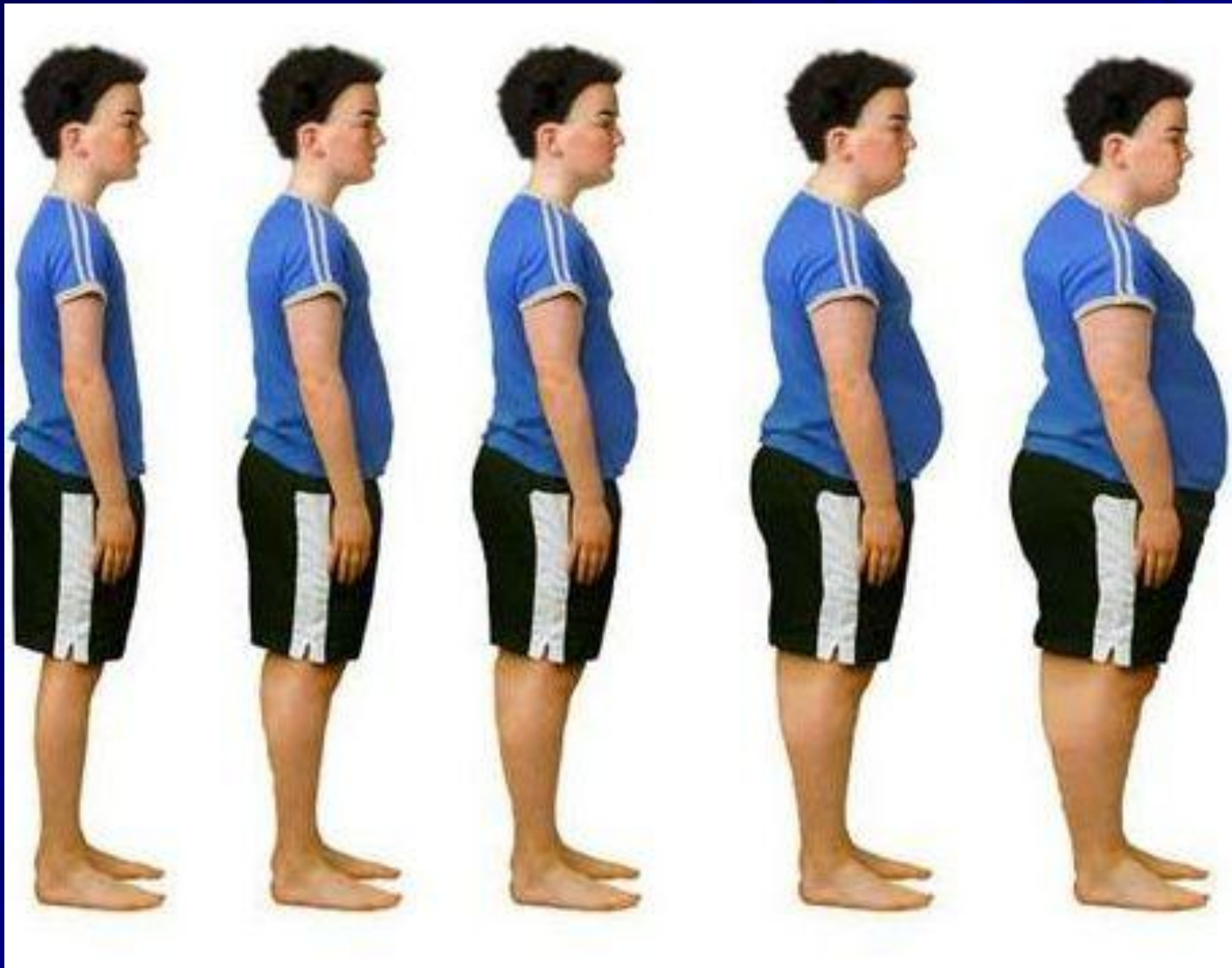
## BRFSS, 2008

(\*BMI  $\geq 30$ , or  $\sim 30$  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



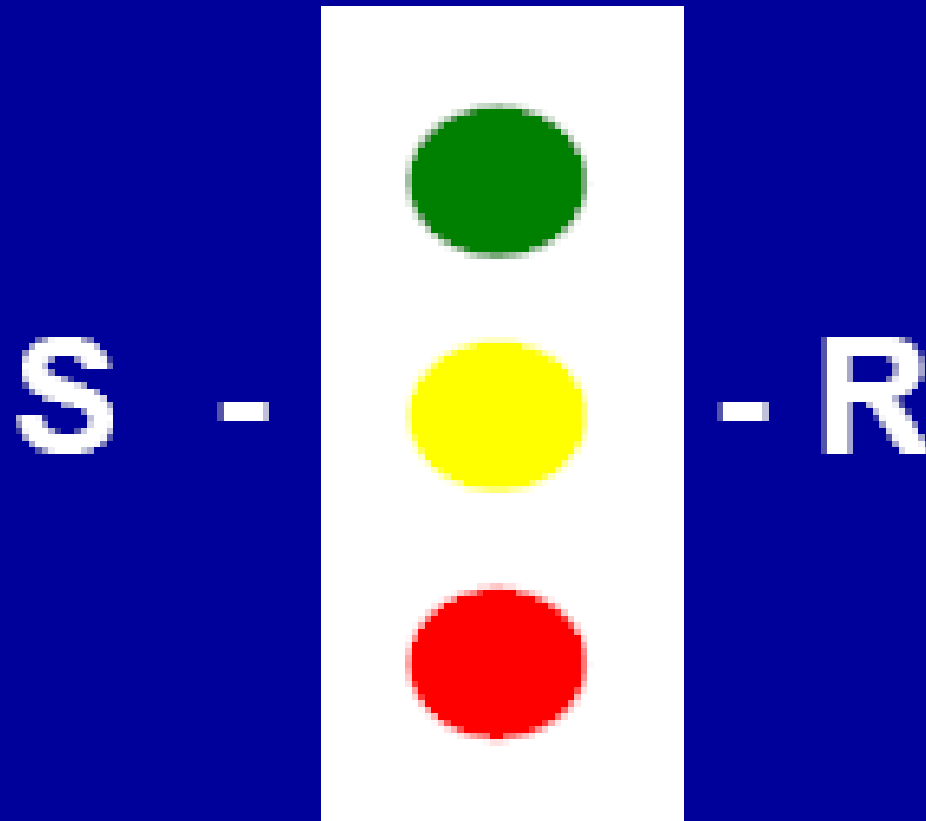
# Neuroception resets perception

1 safe mode: balance in ANS

2 sympathetic mode (fight, flight, appease)

3 immobilization mode

# Neuroception



Physiological State









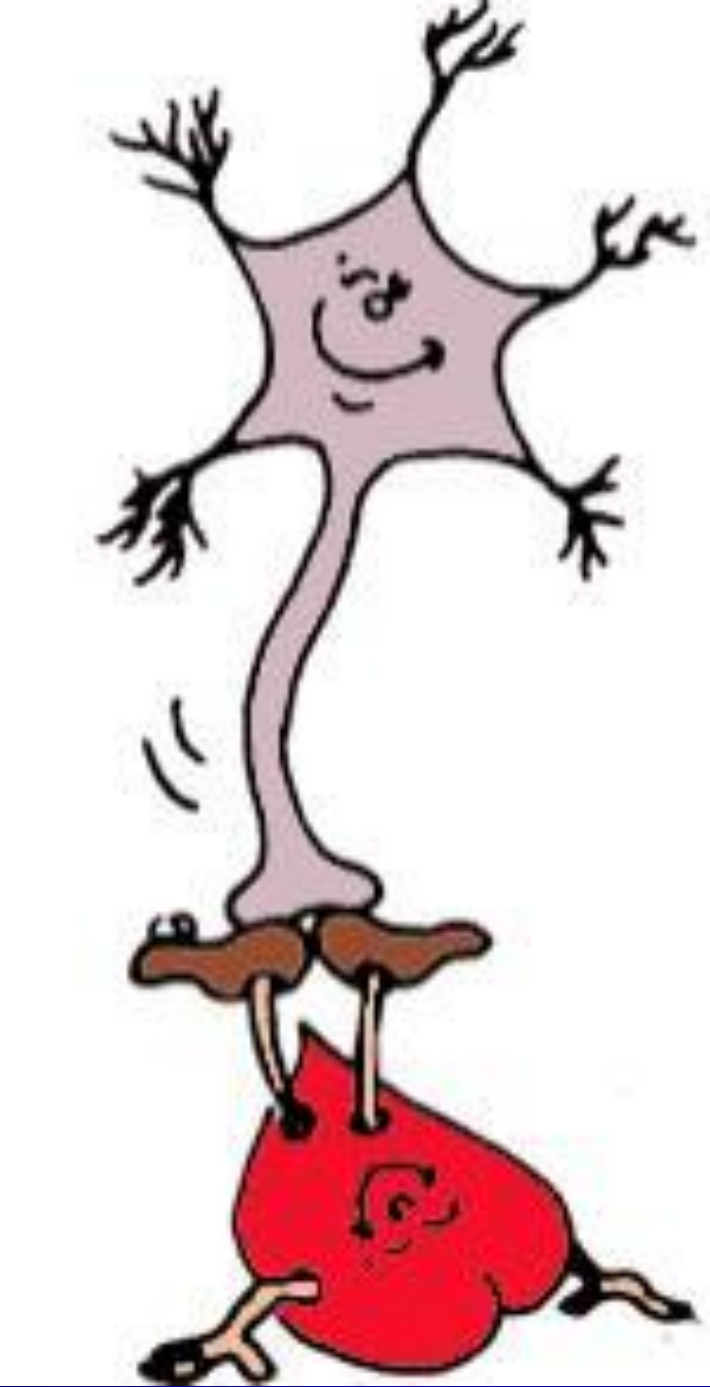




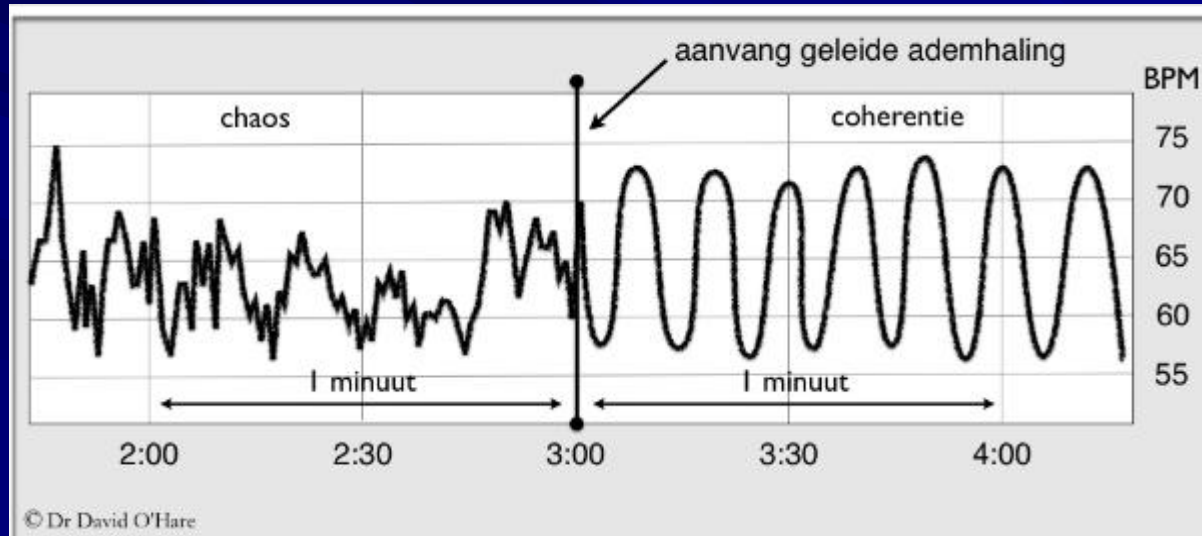


# Autonomic nervous system/ Neuroception

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



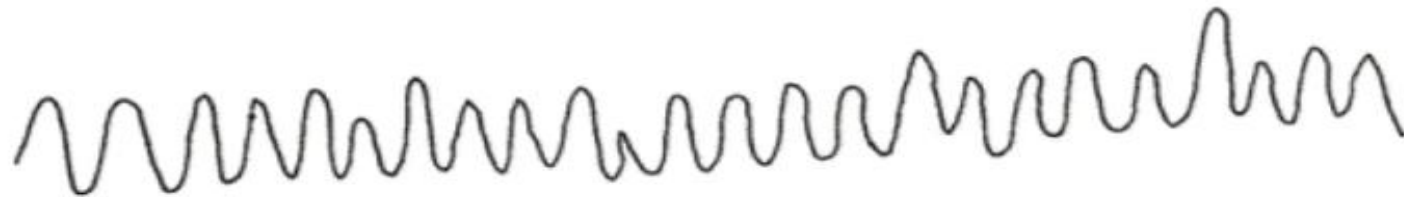
# Chaos to coherence



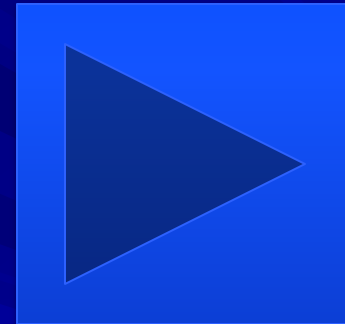
# I Exercise



# Get Coherent F6



# Get Coherent F6





3 minuten ...

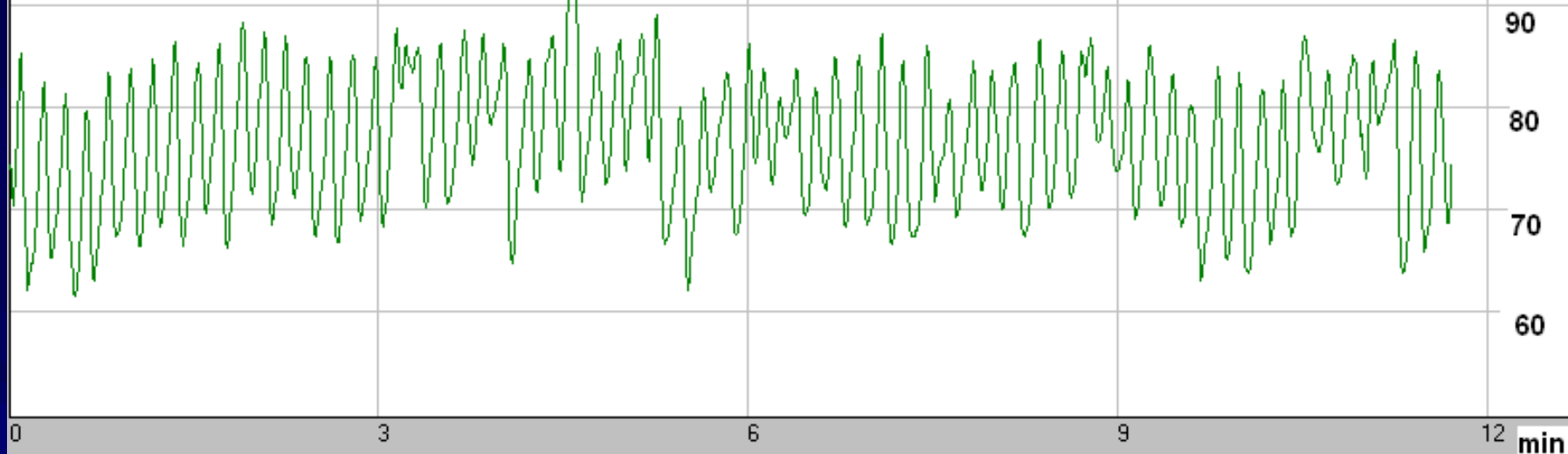


# F6:

## Resonant Frequency (Paul Lehrer)

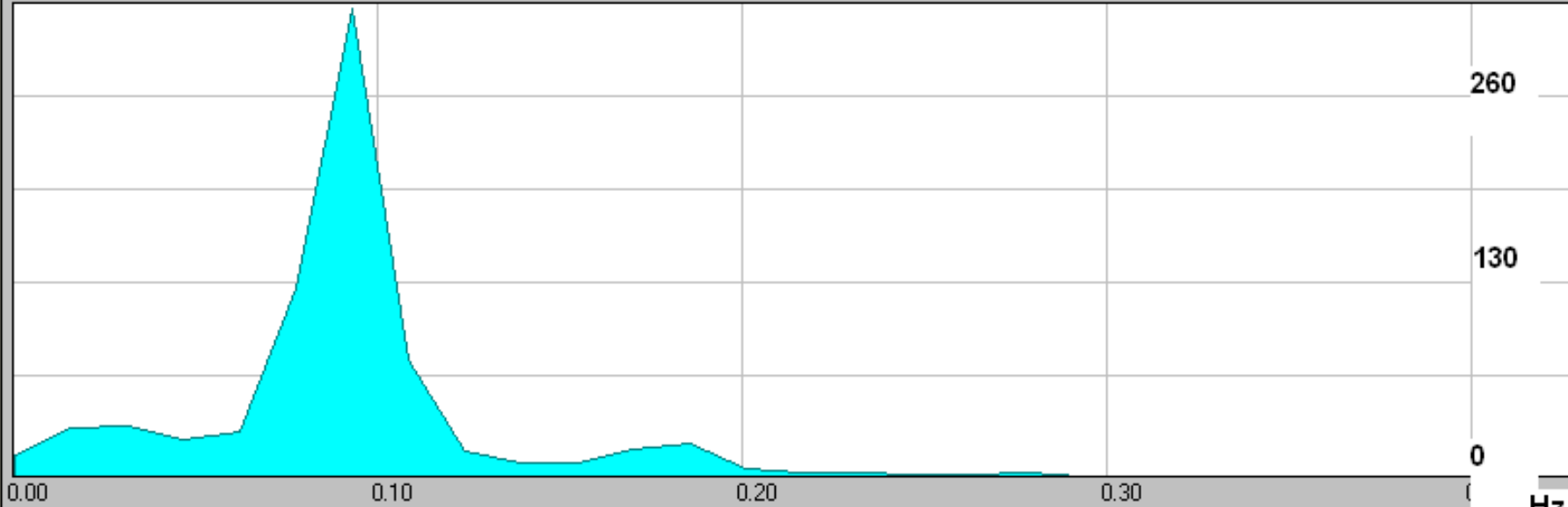
- We found that the human cardiovascular system has resonant features.
- Each person has a specific resonant frequency in the range of .055 - .12 Hz.
- Breathing at resonant frequency (F6=.1Hz) trains the reflexes of the cardiovascular system, in particular, the baroreflex.

# Heartcoherence with breath pacer



min

## Power Spectrum



Hz

# STRESSERASER



# Heart Quality, HeartQ

- *Selfregulation of emotions by:*
- Effortless breathing in resonant frequency
- Biofeedback: StressEraser, CST, blue tooth HRV-games
- Desentisitation of charged emotions
- HeartFocus movement excercises
- 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?
  - Deregulation 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

*passion, excitement,  
love, joy, enthousiasm,  
bordersetting agression,  
emotions in flow*

Arousal  
Adrenaline

*Rage, Anxiety,  
destroying agression  
frozen anger,  
overwhelm*

**Moving emotions(renewal)**  
**Positive for the body**

**Frozen emotions(depletion)**  
**Negative for the body**

DHEA

Cortisol

*Appreciation, gratefulness  
happyness, compassion  
cathartic sadness  
inner balance, chilling  
tranquility*

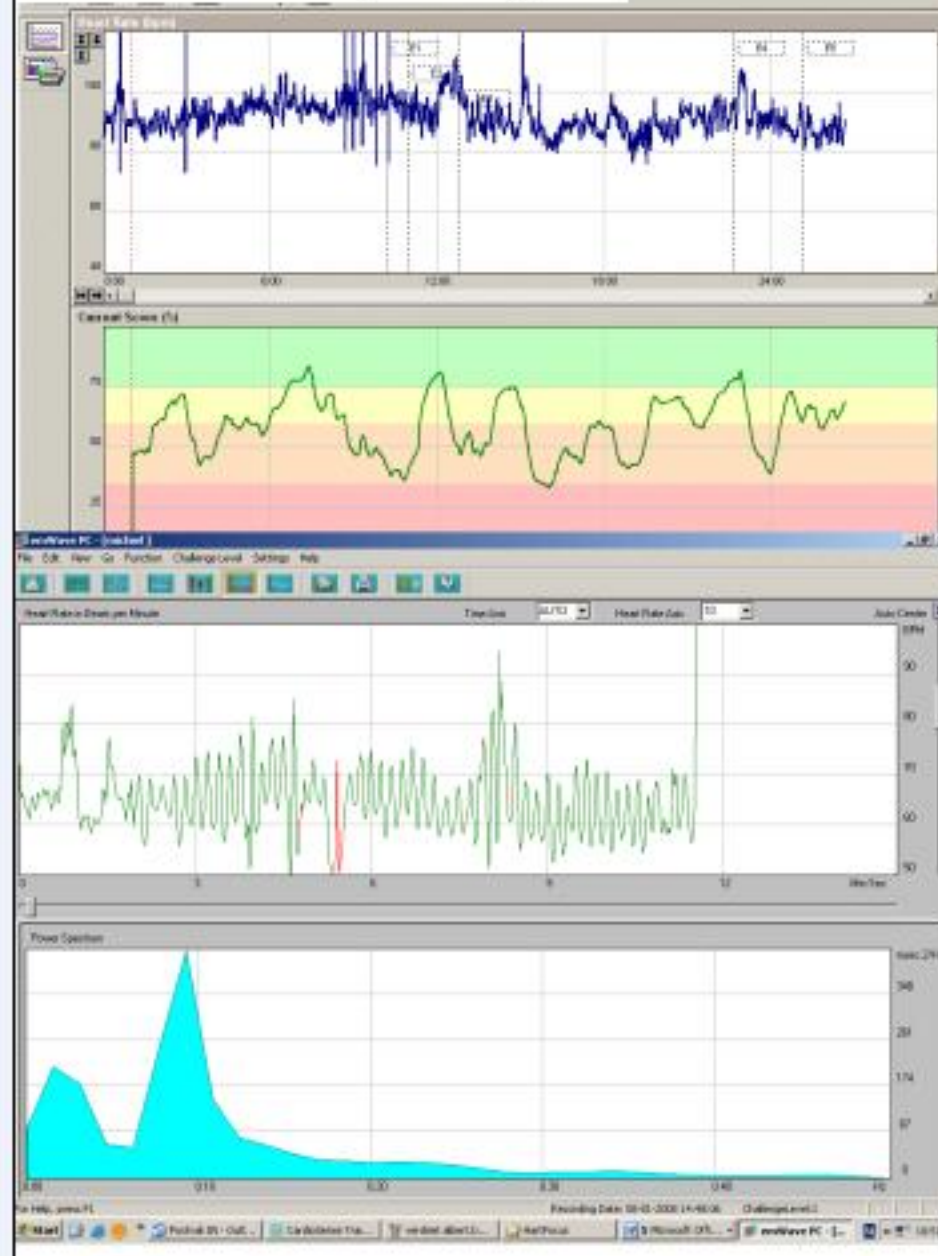
Relaxation  
Acetylcholine

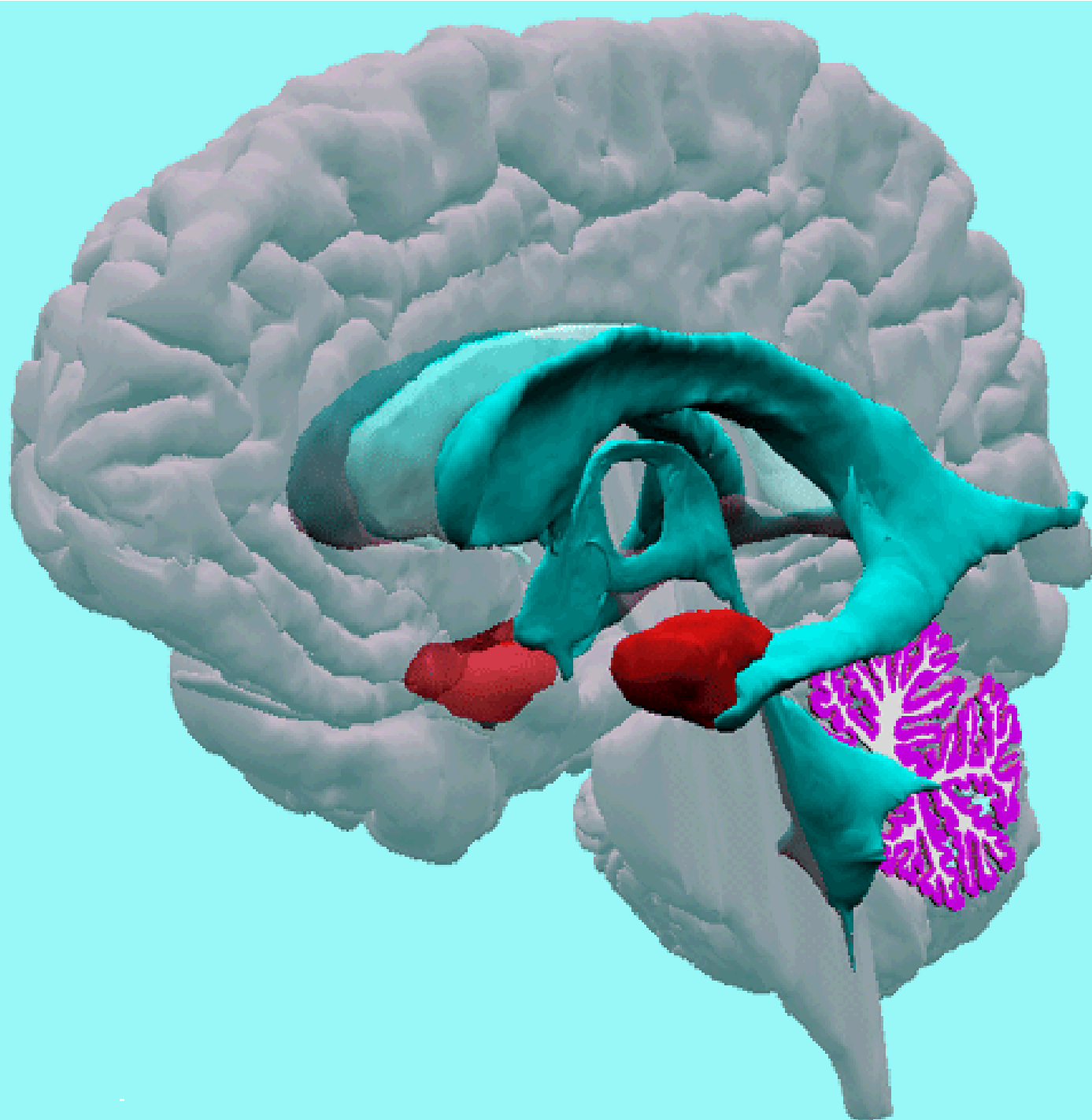
*frustration, depression,  
melancholy, despair,  
hopelessness, grief  
lost of interest,*

# 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 loose 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 bloodpressure, 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.