

## Universal Body Wave Mobile Phone

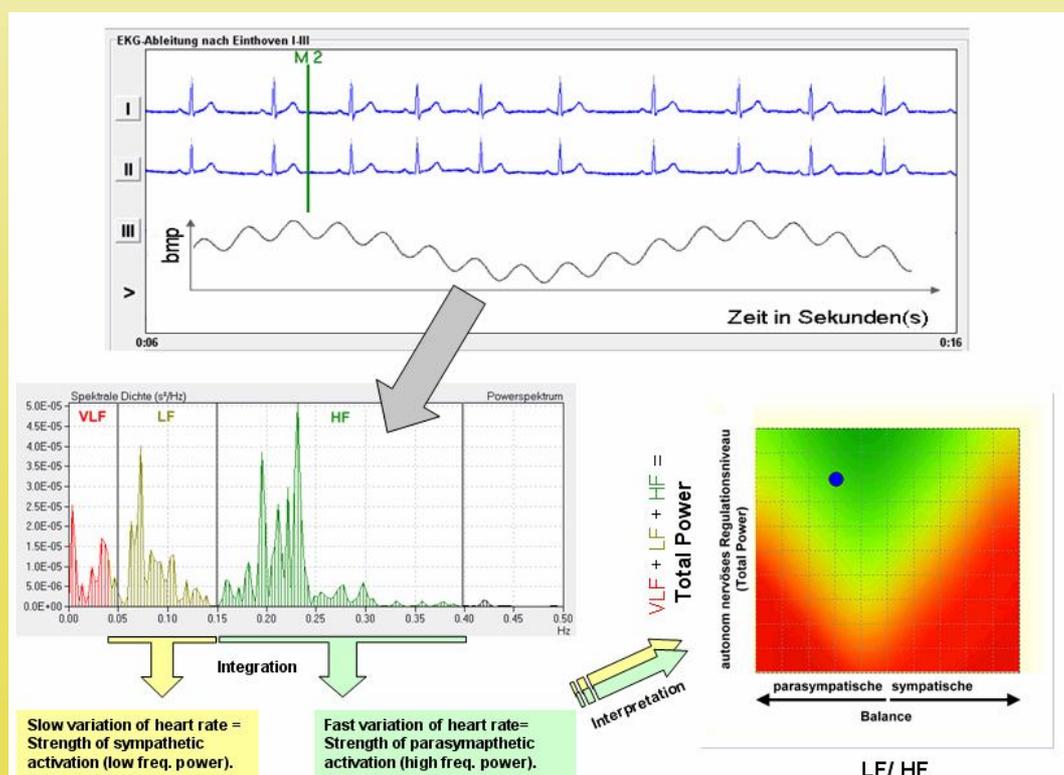
### What is the role of the autonomic nervous system?

The autonomic nervous system is the main regulation system for the control of all bodily processes. It influences the functional status of nearly all bodily organs. It includes two subsystems, the sympathetic and the parasympathetic system, which influence the functional status of the organs dependent on the subject's situation. The sympathetic system activates the organism and enables it to react appropriately to the challenges of the environment by mobilizing energy expenditure. The parasympathetic system responds in an opposite manner. It favors relaxation, regeneration, stress reduction and offers a relative protection against stress related disorders. The heart is that organ which reflects the state of the autonomic system in a simple way and allows to assess the specific influences of both systems independently of each other. The needed information is included in the minor time differences between successive heart beats, called heart rate variability.

### What is the meaning of heart rate variability?

Analysis of heart rate variability has been established in the last years as a highly reliable and effective procedure for the measurement of an individual's state of autonomic nervous regulation. It is not only influenced by medically relevant disorders such as cardiovascular and psychosomatic disorders but equally by life style related factors such as smoking, alcohol consumption and exercise and sport related activities. Therefore it is of central importance as a measure for the assessment of the individual's state of health, physical fitness, stress related behavior and disorders and wellbeing.

### What are the physiological foundations of heart rate variability and how is it measured?

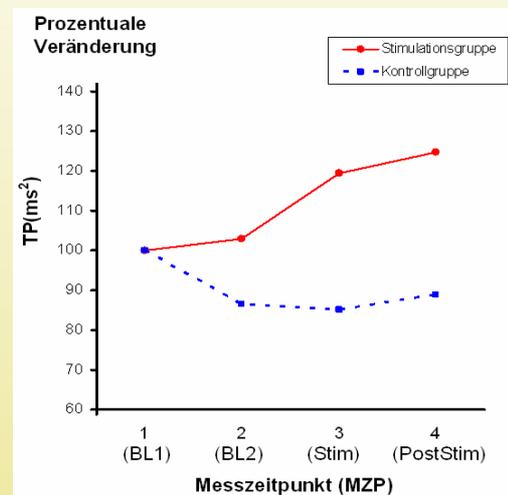


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### How it is possible to improve an individual's heart rate variability?

There are several possibilities to improve heart rate variability:

- To become aware of the own state of autonomic regulation by enabling easy and fast measurement of heart rate variability.
- By changing personal life style factors, e.g. smoking, alcohol consumption, interpersonal conflicts.
- Informing about situation specific nutritional habits.
- Increasing motivation for sports and exercise by controlling and documenting successes.
- Application of non invasive stimulation by means of modulated magnetic and laser waves.



**All the above mentioned interventions are combined in the Universal Body Wave Mobile Phone.**

