

## Upcoming Events

### **SRI WORKSHOP**

**TUESDAY FEBRUARY 10<sup>TH</sup>**  
6:00 – 7:30 PM

The Season of Transform will  
cover SRI Stages 4-7.

### **HAPPY VALENTINE'S DAY!**

**SATURDAY**  
**FEBRUARY 14<sup>TH</sup>**

### **SRI WORKSHOP**

**TUESDAY MARCH 10<sup>TH</sup>**  
6:00 – 7:30 PM

The Season of Awaken will  
cover SRI Stages 8-12.

### **CLEAR DAY**

**SATURDAY APRIL 11<sup>th</sup>**

**MARIS STELLA RETREAT  
CENTER IN LBI.**

## What is Heart Rate Variability?

Heart rate variability (HRV) is a measure of the status of your autonomic nervous system. Your autonomic nervous system is the part of your body that regulates organ function and it is divided into two branches: Sympathetic and Parasympathetic. Sympathetic tone is when your body is in the “fight or flight” stress response that allows you to defend yourself in a state of crisis. Parasympathetic tone is when your body is at ease and can run reparative processes like healing – simply put, Parasympathetic allows you to “rest and digest.”

HRV is a representation of the balance between Sympathetic and Parasympathetic states in the body.

An increase in variability means that your nervous system is more efficient at adapting to stressors in the environment.

Ultimately, we cannot change that stress exists in the world, but we can certainly enhance our ability to adapt and respond to it. Since we experience life through the nervous system, the more efficient and effective this communication and coordination system is, the more efficient and effective we will be in responding to the challenges that face us as human beings.

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# Heart Healthy Tips

It's OK for your heart to beat a little faster on Valentine's day!  
Did you know that your beating heart can be used to measure your stress levels? Our office uses specialized technologies to measure whether your heart rate is out of balance. Your personal COREscore™ combines spinal nerve and heart rate testing to accurately measure your stress levels. Book a COREscore™ today for both you and your Valentine.

**Don't Guess! Test your Stress.**

Ask your Chiropractor for your



Waves Of Transformation Wellness Center, Inc.  
309 Main Street  
Toms River, NJ 08753  
(732) 244-5008

[Wavesoftransformation.com](http://Wavesoftransformation.com)



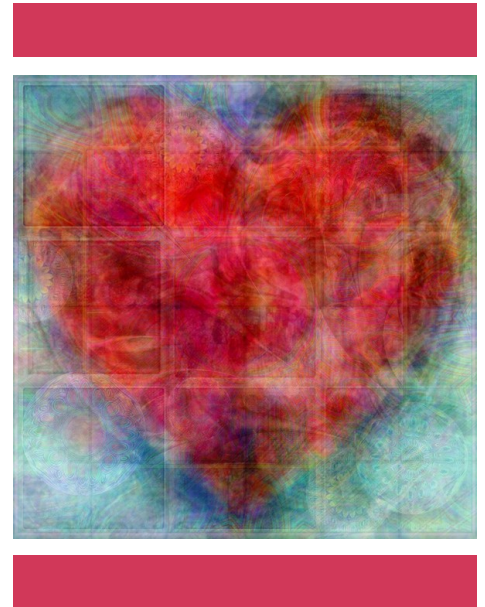
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HRV allows us to quickly, accurately, and easily measure the effect that long-term stress is having on your body. Along with spinal thermography and surface EMG, we can combine these objective readings to not only establish your personal autonomic balance baseline, but to track the improvements and progress that occur as a result of receiving chiropractic care. This is called your CORE Score.

We utilize HRV in the office because our priority is to help your nervous system function as clearly and as efficiently as possible. HRV gives us and you some very powerful information about how well your nervous system is functioning.

We are currently offering a consult with this technology to our practice members, their families, and friends. If you or anyone you know could benefit from a deeper understanding of how the stress in their life is impacting their body, we have cards available in the office with a special offer to celebrate Dr. Donna's 30 years in practice.

The more you know, the more you grow!



Waves of Transformation Wellness Center, Inc.

Dr. Donna M. Mutter, DC  
Dr. Daniel Eric Mutter, DC

309 Main Street  
Toms River, NJ  
08753

(p) 732 244 5008

wavesoftransformation.com  
njwavesoftransformation@gmail.com