

Hello all,

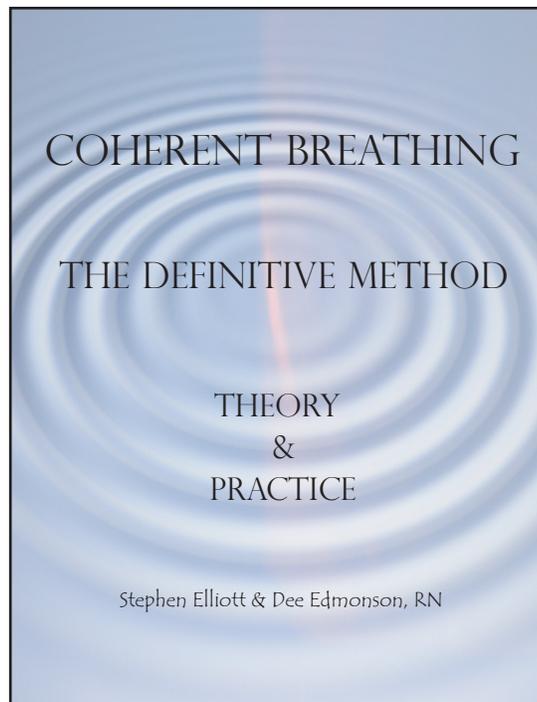
Welcome to the February 2008 COHERENCE Newsletter. I have a number of exciting things to share with you this month. Our feature topic is “Springtime”. Why write about *springtime* when technically there are still 6 weeks left of winter? The answer is, because *springtime* is the most challenging season, physically, emotionally, and otherwise. For this reason, during springtime we need to be particularly vigilant about our health and well-being. Secondly, the broad energetic effects of springtime are already upon us.

Before we begin the feature topic, I would like to extend to you *an invitation*. From inception, I’ve had the vision of a new musical genre, “*music for health, well-being, and performance*”. Imagine, driving home in your car listening to music that *literally* helps you unwind from a stressful day, or tuning into a radio station that plays music that *really* improves your health. Imagine, in time, a world that is a little brighter, healthier, and more balanced.

I’m very pleased to say that I am one step closer to this reality. COHERENCE was recently awarded broad US patent #7,311,658, granting intellectual property rights to the creation of music incorporating breathing cues. As you know, a patent serves to protect the inventor’s commercial rights to the invention, thereby allowing monetary benefit. While it is my goal that this patent be profitable for COHERENCE, it is also my commitment that it be profitable for everyone that would like to participate. This applies to very small independent musicians and to large production houses.

To this end, if you are a musician or are close to the music industry and value the health benefits of Coherent Breathing, this is my invitation to you to help establish this exciting new musical genre for health, well-being, and optimal performance! I’ll be providing more information about this in coming weeks. In the interim, please contact me if you would like to know more about it.

As a reminder, I will be facilitating the 2 day workshop: “**Coherent Breathing - Theory & Practice**” at Advocate Medical Group in Des Plaines, Illinois at the end of March. You can find out more about it at this link: http://www.coherence.com/chicago_workshop_production.htm or by contacting, Tim Clark (tim@timclark.org), Krissy Weik, (kristen.weik@advocatehealth.com), or myself (steve.elliott@coherence.com). Also, please feel free to contact me by phone: 469-667-5792.



This workshop will debut the new book **Coherent Breathing - The Definitive Method**, a companion to **The New Science of Breath**. It provides a more in depth exploration of the relationships between respiration, heart rate, arterial pressure, and autonomic nervous system governance including historical perspective, theory, empirical evidence, and clinical results. The relationship between respiration, blood flow, and arterial pressure is elaborated. Data, including heart rate variability amplitude, blood pressure, electrodermal response, and EEG, collected in a clinical neurotherapy setting is presented. We hope you will find it useful both personally and professionally.

As always, thank you for your interest and support. Stephen Elliott

“Springtime”

Spring is here, at least in my neck of the woods. Spring is a delightful time of year isn't it. With each new day, we have a little more daylight, and the sunlight itself becomes warmer and more intense. A first indication of spring is the birds singing early in the morning. As I write this newsletter, I'm a little surprised to see a honey bee on a dandelion just a few feet away! We're fortunate to have many flowers and trees that will be in spectacular bloom within a few weeks.

Springtime connotes “life”, “growth”, and “new beginnings”, as well it should. However, springtime also has a “dark side”. It is the *transitional* period from winter to summer, yin to yang. As warm and cold collide, weather tends to be extreme including high winds, flooding, and destruction. It's well known but not widely recognized that more people experience illness during springtime than during any other time of year. While I won't quote numbers, the incidence of illness in springtime months far exceeds other times of year. We're all aware that the risk of “flu” is much higher in the early months of the year than at any other time - we take this for granted.

The same tends to be true of most “autoimmune” conditions. An acquaintance who specializes in the treatment of colitis related to me that almost all of his new patients seek initial assistance with their condition during spring. It is my understanding that other “autoimmune” conditions share this trend including allergies, arthritis, etc. The incidence of doctor's visits for mental and emotional health are also greater during springtime. While traditional Chinese medical theory explains the susceptibility for illness during this *transitional period*, I'm not aware of an equivalent explanation in Western medicine. This being said, our challenge is to maximize our health and well-being during this time. The question is how?

Here are a few suggestions....

1) **Breathe:** By now you'll not be surprised to find that my first recommendation is to "breathe". Research indicates that there is a strong linkage between heart rate variability amplitude and severity of autoimmune condition, an example being ulcerative colitis. As you know, I believe that low heart rate variability amplitude relates strongly to suboptimal blood flow and autonomic imbalance. Conversely breathing slowly, deeply, and rhythmically facilitates blood flow and balance. Anecdotal evidence suggests that autoimmune conditions respond well to breathing intervention.

2) **Exercise for a few minutes every day:** Our bodies have a primordial urge to become active in spring. How much exercise is enough? I suggest that we exercise long enough and vigorously enough to elevate our heart rate and breathing frequency *comfortably* above what is normal. Hold it there for 15-20 minutes. During exercise, give up all conscious control of breathing and allow your autonomic nervous system to dictate the right frequency and depth. As the body "speeds up", try to remain relaxed. Shake your arms and legs and endeavor to remain loose as you move.

3) **Stay warm:** Have you noticed that when we're warm we automatically relax? Relaxation is often followed by sleepiness. Why? The answer is "parasympathetic response", the autonomic nervous system is throttling sympathetic action that is otherwise necessary to elevate body temperature. When the autonomic nervous system elevates body temperature what happens, sympathetic emphasis! A simple thing we can do is dress warmly to conserve body heat. A second thing we can do is avoid cold foods and drinks. Every time we put something cold in our stomach, the autonomic nervous system sets to work to heat it up to 98.6+ degrees, and with it we experience sympathetic emphasis at least temporarily.

Thank you for your interest. The End.
