

## Heart health in traditional medicine: Research shows that the heart has a far-reaching effect on our health and happiness



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### Abstract

If, as an example, you specialise in, or visualize feelings of affection, peace and gratitude, your breathing and pulse hamper, and become synchronized and harmonious.

Meditation features a similar effect.

Feelings of affection even have a positive influence on the system, hormones and cognitive brain function

This talk will explain the research, symptoms of heart condition and necessary screening tests to assess risk factors. Then it'll take you thru epigenetic restructuring and lots of practical, simple tools and techniques for heart health. It'll also provide introductory information on heart based mindfulness practice, vagus parasympathetic support, micronutrients, herbal remedies and food choices for heart health.

The feelings and emotions of kindness, compassion, appreciation and love are often encoded into your heart, creating a coherent wave pattern between your heart and brain, amplifying the electromagnetic field generated by both organs, reaching out, and increasing from, the body, to encompass not only yourself, but everyone and everything around you.

### Biography

Arien van der Merwe is a medical doctor, specialising in workplace wellness, mind-body and integrative, natural medicine, stress management and longevity. Arien is a specialist holistic health expert, health coach and counsellor, bestselling author, a well-known and experienced public speaker, facilitator and trainer, internationally published author of 22 books and training manuals on health and wellness, and medical specialist in workplace health and wellbeing since 1998. Her latest book is 'Managing Diabetes and Related Health Challenges'. Her newly edited and revised book 'Stress Solutions', has just been released, once again with the accompanying relaxation CD/USB, 'Stress Solutions: Relax and Unwind'. Her book 'Health & Happiness' originally published in 1998, was recently revised and edited, and is now in its 13th print. Arien is registered by the Natural Healers Association (NHA) as Trainer and Ethno-Medicine Practitioner in the field of Traditional Health Care, by the Association for Supportive Counsellors and Holistic Practitioners (ASCHP) as Specialist Holistic Counsellor, and she is a Member of the International Stress Management Association (MISMA), UK branch and SASIM (SA Society of Integrative Medicine).

12<sup>th</sup> International Conference on Traditional Medicine and Acupuncture | May 27, 2021

**Citation:** Arien van der Merwe, Heart health in traditional medicine: Research shows that the heart has a far-reaching effect on our health and happiness, Traditional Medicine 2021, 12th International Conference on Traditional Medicine and Acupuncture, May 27th, 2021, 02