

Ian Woosnam, 2006 European Ryder Cup Team Captain, Reveals His Secret to a Winning Performance –

BOULDER CREEK, Calif.--(BUSINESS WIRE)--Quantum Intech, Inc., recently introduced their new product, *emWave™ Personal Stress Reliever™* (www.emwave.com), which is available through its subsidiary HeartMath® LLC. *emWave Personal Stress Reliever* represents a breakthrough in personal stress reduction technology. *emWave* is a handheld interactive device, small enough to fit in your purse or pocket. Weighing just 2.2 ounces, *emWave* is a discreet and effective solution for reducing stress anytime, anywhere.

Ian Woosnam, 2006 European Ryder Cup Team Captain and 1991 Masters Winner, has been using *emWave* along with HeartMath stress reduction techniques as a way to prepare himself and his team for the recent Ryder Cup tournament. Golf is what Woosnam knows; captaincy however was a bit daunting. "Using the *emWave Personal Stress Reliever* enabled me to recognize the effects of stress on my body at any given time. Now I can take the pressure out. It helps you get into the zone as we players say, and sustain the right frame of mind. My recent tournament performances were helped by the use of HeartMath. It amazed me. *emWave* can recognize stress levels not otherwise detectable. I wish I had known about HeartMath earlier in my career," Woosnam says.

Although the anticipation and initial stress was high, when it came time for the tournament to begin, Ian switched on his leadership skills and helped his team stay calm. The European Ryder Cup team was able to keep their cool, have fun, and stay in the zone.

emWave Personal Stress Reliever works by helping you build a buffer against stress through learning to access a high-performance zone called coherence. The term coherence refers to a mental and emotional state that people experience when they are in-sync — when the heart, brain, and nervous system work with more harmony and efficiency, like a well-oiled machine. HeartMath describes coherence as a bio-response which is calm yet instantly supplies the appropriate energy and clarity for the situation at hand. Simply stated, more coherence equals improved clarity and energy and less stress.

Whether on the golf course, in the office, or in everyday communications where you want to be at your best, *emWave* is a great tool to prepare for daily stress triggers.