



TRANSFORMING ANXIETY THE HEARTMATH SOLUTION FOR OVERCOMING FEAR AND WORRY AND CREATING SERENITY

transforming anxiety the heartmath pdf

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emWave2, Macquarie Institute

Welcome to the METAtinin Research website. METAtinin is a close cousin of melatonin. Melatonin, as you probably already know, is a secretion of the pineal gland that encourages our consciousness to enter the sleeping state.