

**Did you know?**

The infographic features a central human silhouette with a glowing heart and brain. Surrounding it are various illustrations: a heart with a magnetic field grid, a brain with a heart, a fetus in a womb, a mother's head with a baby's heart, and a heart with a brain. A green waveform is at the top, and a purple waveform is at the bottom.

**The human heart's magnetic field can be measured several feet away from the body.**

**Negative emotions can create nervous system chaos, but positive emotions do the opposite.**

**Positive emotions can increase the brain's ability to make good decisions.**

**In fetal development, the heart forms and starts beating before the brain begins to develop.**

**Positive emotions create physiological benefits in your body.**

**You can boost your immune system by focusing on positive emotions.**

**A mother's brainwaves can synchronize to her baby's heartbeats even when they are a few feet apart.**