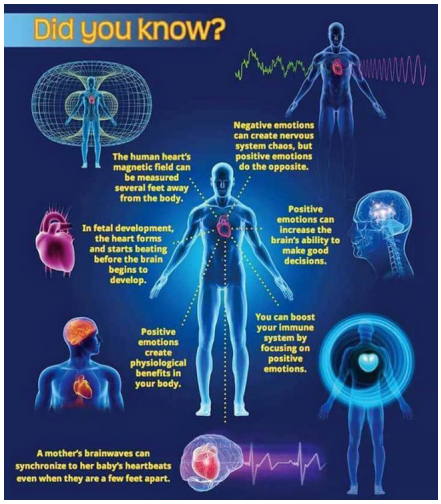

Did you know?
The human heart's magnetic field can be measured several feet away from the body.
Negative emotions can create nervous system chaos, but positive emotions do the opposite.
In fetal development, the heart forms and starts beating before the brain begins to develop.
Positive emotions can increase the brain's ability to make good decisions.
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.