

Find new clarity and strength:

Heart-based CARE program against chronic stress

Are you ready to free yourself from chronic stress, breathe a sigh of relief and start a new life full of energy? Together we will find solutions to restore your inner balance and well-being.

The distressing symptoms

Chronic stress can go undiagnosed for years, yet it is medically recognised as one of the key underlying factors in many serious diseases.

The red flag symptoms of chronic stress are:

- Sleep problems or sleep disorders
- Chronic fatigue, low immunity and exhaustion
- Emotional overwhelm or helplessness
- Depression and anxiety
- Cravings and addictions

If you find yourself taking on too many projects, 'switching off' with alcohol or Netflix binges, multi-tasking, people-pleasing, addicted to your phone, working weekends, staying up late or rarely taking breaks... you're putting yourself at high risk.



Your liberating path

The good news is there is a personalized **CARE** program for expats that offers immediate support and clarity. Because you are your most valuable asset.

Step 1 - **C**all

Call or email us to schedule a Clarity Session with one of our Heart-Based Health professionals. **We offer flexible appointments and online sessions to accommodate your busy schedule.**

[Call 061 555 11 11](#)

[Send E-Mail](#)

Step 2 - **A**ssess

During your Clarity Session, **we'll take the time to understand your unique situation and the specific challenges you're facing. Together, we'll co-create a personalized pathway to help you regain balance and improve your overall well-being.** This may include additional medical checks, such as our **Integral Stress Test™**, to provide insights into your current health. By the end of the session, you'll have a clear vision of your potential and the steps to move forward with confidence and renewed energy.

Step 3 - **R**estore Balance

Based on the insights gained during your Clarity Session, **we'll support you in restoring balance to your life via coaching sessions.** This may also include personalized supplements that help your body and mind recover more efficiently and handle stress better. **Once in balance, you'll find it easier to adopt healthier habits and make better decisions about your well-being, with ongoing guidance from your thoughtfully matched coach.**

Step 4 - **E**valuate

You'll be able to monitor your progress toward balance and well-being in real time. As you move forward, your **Heart-Based Health Team will adjust your program according to your evolving needs.** We'll provide you with practical tools, resources, and ongoing support to help you maintain balance in the long term. This flexibility ensures that your program adapts to changes in your life, so you can stay on track with your health goals.

Integral Stress Test™

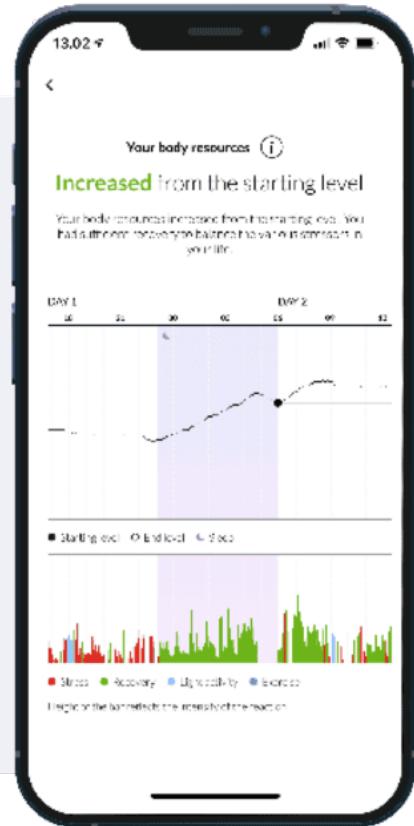
This evidence-based program gives you precise scientific data about your stress levels in real-time by analyzing your neurobiology and offering **tangible, realistic steps to achieve a balanced life.**

Questionnaire

Heart Rate Variability

Neurotransmitters

Stress hormones



The Heart-Based Center

The Heart-Based Center is a health center for heart-based medical and therapeutic counseling and support. Heart-based medicine is a skill that can be taught, acquired, and studied like any other specialty. The multi-professional team is guided by the philosophy and findings of the Heart-Based Medicine Foundation, which scientifically researches, validates and communicates the energy potential and healing power of love and human-centered medicine. The heart-based offer includes therapy, counseling and coaching.



We look forward to meeting you.

[Call 061 555 11 11](#)

[Send E-Mail](#)

[Make an appointment](#)

Heart-Based Center Basel

CARE Program for Individuals

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