

1. Panic Attacks

In the middle of the night, Erika H. wakes up with a sharp pain in her heart and laboured breathing. She has a lump in her throat, she gags and gets dizzy. She fears for her life and has the feeling she's going crazy.

In her panic, she has already called emergency medical services eight times, eight times in the last two months. The ambulance raced her to the emergency room at the closest hospital, the doctors check her heart and kidneys - and each time they determine: Organically, there is nothing wrong at all with Erika H. Her ECG is completely normal. The 24 hour recording also merely shows that everything is fine with her heart. Sometimes she thinks that she can feel another such attack coming on days in advance. Yet even then, the ECG doesn't show any abnormality. Erika H. on the other hand feels quite differently - strained, attacked, threatened.

What is happening to her physically and mentally can not be properly read by the electrocardiogram. But, **clue** can do it. The device shows that her vegetative nervous system has come unbalanced but her heart is healthy

For Mrs. H. this feedback has a very healing effect: She sees when she gets anxious that organically, everything is fine. As a result, her anxiety decreases. She stops making herself crazy. She no longer gets panic attacks. Mrs. H. works with a coach on a stress management programme. Since then she's been doing even better.

Left figure:
It shows a normal heart rate and a normal yet sympathetically more active balance (4.63)

Right figure:
The lower heart rate and lower balance (1.03) indicates relaxation.

