HEARTTOUCH PROGRAM RESEARCH

A Longterm Study & Program Development

(Synopsis — Research Edition)

David T Abbott
Program Developer

Heart rate variability, heart–brain coherence, and the somatic connection — before, during, and after manual therapy

Updated October 2026 • Editable research edition based on the original HeartTouch Program synopsis

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1 The HeartTouch Program — original synopsis

The HeartTouch Program has been under development for the last 6 years, and started as a personal and professional theory of David Abbott to understand, change, improve, and maximize the state of and power of the heart.

This study and program is an ongoing effort to discover how the human heart has the capacity and power to change and provide the rest of the body the foundational source of life, growth and physical development, healing, cognitive function, and spiritual connection to God.

The HeartTouch Program had its beginnings with the extensive research done by the HeartMath Institute on heart rate variability (HRV) coherence founded by Doc Childre and continued research by Rollin McCraty, PhD. Heart coherence is an optimal physiological state associated with increased cognitive function, self-regulatory capacity, emotional stability and resilience.

"We now have a much deeper scientific understanding of many of our original questions that explains how and why heart activity affects mental clarity, creativity, emotional balance, intuition and personal effectiveness. Our and others' research indicates the heart is far more than a simple pump. The heart is, in fact, a highly complex information-processing center with its own functional brain, commonly called the heart brain, that communicates with and influences the cranial brain via the nervous system, hormonal system and other pathways. These influences affect brain function and most of the body's major organs and play an important role in mental and emotional experience and the quality of our lives." — Science of the Heart, Vol. 2, pp. 1–2, as quoted in the original synopsis

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