

WELCOME TO THE HEART-BASED CENTER BASEL

Integral Stress Test™

For end customers

Find out whether you have already exceeded your individual load limit.

Complete the online questionnaire (IST™ Level 1) online and immediately receive a scientifically validated assessment of your vulnerability. You will immediately receive personalized recommendations for your next steps.



IST™ Level 1

As a first step, objectify your individual load limit online and receive a personalized recommendation immediately

Heart-Based Center enables you to objectify your current stress level in an automated and scientifically proven way within 10 minutes with IST™ Level 1. You receive direct recommendations (exercises, next steps, knowledge, etc.) based on your individual results.

IST™ Level 1 booking

If you have been classified as “high risk”, the most important thing is: don’t see it as a flaw or weakness. You are unique the way you are! Nevertheless, your life circumstances, chronic stress and your personality have led to increased vulnerability factors for the development of mental illness.

If necessary, you can either contact an experienced yP™ CC-level coach directly and/or carry out further, more in-depth neurobiological examinations with the IST™ Level 2.

IST™ Level 2

Bring clarity to your neurobiological adaptive responses and your regenerative capacity for immediate change

The IST™ Level 2 records your neurobiological adaptation reactions through the laboratory tests cortisol daily profile (saliva), serotonin (urine), adrenaline, noradrenaline, dopamine (urine) and can thus objectify and explain changes in feeling, thinking and behavior. The balance of your neurobiology determines whether symptoms are alleviated and whether you are willing to change or not. These neurobiological stress adaptation reactions can be balanced non-pharmacologically with so-called biological precursors (food supplements) made from herbal products. Without risk and without side effects.

IST™ Level 2 booking

In addition, there is often a high level of stress in everyday life and / or a loss of the ability to regenerate, especially during sleep. You don't necessarily have to have sleep problems. Together with the measurement of heart rate variability over several days and the questionnaire, we then have a comprehensive picture of what your first step needs to be to feel better again and to integrate new small habits into your everyday life.

We support you in taking your next concrete steps! And remember: all results are good, because they give you clarity about yourself and your next steps.

We are at your side!

We look forward to meeting you.

You can reach us by email at any time:

[Call 061 555 11 11](tel:0615551111)

[Send E-Mail](#)

[Make an appointment](#)

Heart-Based Center Basel

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