

# SOUND HEALING

## *Balance Mind & Body*

### **Music & Delta Brain Wave Therapy**

*Sound Healing* creates the state of calm peaceful relaxation and rest essential for building the immune system and strengthening your body's natural healing abilities. You will notice a gradual sense of physical relaxation as brain activity gently slows down. You will become calm and serene and may even begin to drift in and out of sleep. Scientists have found that when the brain is generating large amounts of delta waves the pituitary gland triggers the release of HGH, Human Growth Hormone, which is vital for healing.

### **Clinically Proven Method**

This program balances right and left hemispheres of the brain to produce the remarkable mental state known as Hemispheric Synchronization. A special feature of Brain Sync technology is the use of scientifically researched frequencies called Window Frequencies, which fit through narrow biological windows to impact the body at a cellular level.

### **Instructions for Listening**

Simply put on your headphones and listen to *Sound Healing* at a time when you can relax or even sleep. If you fall asleep, the program will still have a profound effect in facilitating and perhaps even accelerating your body's natural healing process. If you are in a healing process use visualization techniques and positive suggestions while listening. Listeners prefer the ear bud type of headphones for greater comfort while sleeping or lying in bed.

### **Instructions for Surgery**

You can also listen to *Sound Healing* before, during and after surgery. One week before surgery listen daily to help calm pre-operative anxiety and also to prepare yourself for a successful procedure. Visualize the ideal outcome. During surgery listen to *Sound Healing* to block out operating room chatter while also giving your brain the optimal frequencies for healing. After surgery use daily until you are fully healed.

**To experience the brain optimizing effects of this program,  
listen with headphones.**

BRAIN  SYNC

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**800-444-SYNC**

or visit our web site for secured credit card processing:

**[www.brainsync.com](http://www.brainsync.com)**