

Pain Fybromyalgia Brainwave Entrainment Mp3 Meditation

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HEALINGWAVES BY RELAXMP3.CO.UK PLEASE READ INSTRUCTIONS BELOW BEFORE USE

PAIN 1 Each session is designed using the latest methods of delivering effective MP3 brainwave entrainment to you. Sub Delta is used to stimulate the limbic system, which is know to associate with pain relief, Delta is also know to help relieve hypertension! When we enter deep sleep we are in the Delta frequency, we do not dream in this frequency (REM) and it is an essential part of our healing process - if you have trouble maintaining deep sleep you may also be interested in our 'INSOMNIA' sessions. More session will be available in our library soon! PAIN 1 - Delta is used in this pain relief session, particularly sub delta which is an extremely healing brainwave. Use daily as required and particularly at bedtime or rest periods SORRY BUT NECESSARY INFORMATION YOU MUST READ & AGREE TO BEFORE USE USE OF THE PRODUCTS CONFIRMS YOU HAVE READ AND AGREE TO THE FOLLOWING: WARNINGS: Do not listen whilst driving, operating heavy or dangerous machinery. Do not listen if you suffer from epilepsy, fits or seizures, are photosensitive, pregnant, under the influence of drugs or alcohol. If at all unsure contact a qualified doctor before use. RELAXMP relinquishes all liabilities regarding the use and downloading of these digital products. Use at your own risk. During the sessions: Use earphones - the correct effects can only be gained in this way Keep your eyes closed - this eliminates around 80 of outside distractions and naturally stimulates theta waves. Have a glass of water handy or drink before listening - can make you thirsty Get comfortable and warm, fidgeting will interfere with entrainment and brainwave frequencies Relax, let yourself go with the beats!

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