

Self Healing Mp3 Binaural Beats Depression Anxiety Help

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HEALINGWAVES by RELAXMP3.CO.UK PLEASE READ INSTRUCTIONS BELOW BEFORE USING
EASE DEPRESSION & ANXIETY Each session is designed using the latest methods of delivering
effective MP3 brainwave entrainment to you. Depression can be caused by many different factors.
Circumstance, environment, diet, memory. It is an extremely complex and difficult condition to live with,
not only for the sufferer but for those around them! The illness ranges from being a slight melancholy or
anxious condition to being totally disabling and destructive. There are many good articles written of the
subject and many opinions of how to treat the illness. It is agreed, however, that there are certain factors
that can relieve the condition such as diet & exercise. This is because both of these things release
chemicals which activate neurotransmitters in your brain and lift your mood - feel good chemicals! One of
the things Brainwave Entrainment can do for you is to achieve the same results as these 'feel good'
chemicals by guiding your brainwaves toward a balanced and healthful 'state of mind'. Sessions should
be used daily until improvement is felt, than whenever required. More session will be available in our
library soon! Depression Reduction 1 - This session is related to research that discovered depressed
individuals often lacked adequate activity in the left hemisphere of the brain. The entrainment session
corrects this condition by reducing activity in the right hemisphere and increasing activity in the left
hemisphere. This should result in a better control of emotions and more rational thought patterns
DEPRESSION REDUCTION WITH AFFIRMATIONS - This session works as above but has added
affirmations relating to security, self appreciation and the ridding of negative emotion. These begin once
the session reaches the stage of entrainment where your mind will more effectively absorb the
affirmations - much like hypnosis! 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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