

# Speed Metabolism Beta Waves Lose Weight Binaural Beats

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HEALINGWAVES by RELAXMP3.CO.UK PLEASE READ INSTRUCTIONS BELOW BEFORE USING

Each session is designed using the latest methods of delivering effective MP3 brainwave entrainment to you. Weight Loss sessions use various beta waves to increase metabolism and reduce carbohydrate cravings. This said, carbohydrates should never be completely left out of a diet - see depression - break the cycle Because beta waves increase cognitive performance they can also be used to enhance attention, arousal and energy, they also may help with some cases of anxiety and depression. Beta sessions are an excellent day time therapy to use and should be added to your daily health program if you have one More session will be available in our library soon! WEIGHT LOSS 1 - Weight loss 1- is a 30 minute headphone session which would be ideal to use alone or with your own mental imagery or self hypnosis script. 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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