

# Ageless Vitality Suite

## Instructions & FAQ

*(To make sure you get the best results, please read all the information and instructions carefully before beginning your **Ageless Vitality** soundtracks.)*

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Welcome to Ageless Vitality, a collection of powerful Holosync & Autofonix soundtracks designed to help you turn back the clock and experience more energy, vitality, and clarity no matter your age.

**Can you listen your way to a younger feeling body and mind? Yes!**

Ageless Vitality is based on the well-established connection between meditation and aging.

**[\(To read your free Special Report on the science behind meditation and aging, click here\)](#)**

Each soundtrack has been specially designed to boost the proven anti-aging effects of mindfulness meditation using the world's most powerful audio meditation technology, Holosync.

Because Holosync helps your brain quickly and effortlessly enter into a variety of meditative states (so you get more time in deep meditation) it can accelerate the benefits of traditional meditation by as much as 8 times.

Plus, each 20 minute soundtrack comes with its own Autofonix affirmation script to support and enhance your results!

Together, this remarkable collection of audio listening experiences can:

- Boost your stamina and energy
- Release decades of stored up tension, stress, and worry
- Help rebalance your brain chemistry
- Improve your memory, clarity, and mental performance
- Help you reclaim your youthful glow and vitality
- Re-synchronize your brain hemispheres
- Increase your brain plasticity and resilience
- Exercise your brain via “neural driving”
- Help you make better, healthier choices

With Ageless Vitality you have a simple and effective way to combat the effects of aging without pills, injections, or fancy beauty creams that can cost thousands of dollars.

This collection has been designed to be simple to use and works with your schedule. You can listen to all the soundtracks daily, or pick one or two to focus on as your schedule allows.

Just select a soundtrack, pop in your earbuds or put on your headphones, sit back, close your eyes, and listen!

Let's take a look at the four Holosync-powered anti-aging soundtracks that come with the **Ageless Vitality Suite**.

# #1. Super Stamina Boost

## A Meditation for Energy & Resilience

We all know that aging can slow us down, sap our energy, lower our resilience to stress and illness, and leave us in a near-constant state of fatigue and weariness.

There are many reasons for this. Aging decreases muscle mass and cardiovascular efficiency. Our metabolism slows down, and energy-rich hormones like estrogen and testosterone decline. We tend to get less deep sleep as we age, and are more susceptible to stress.

Perhaps most problematic, our brains literally slow down. Neural connections weaken, brain cells die off, and our brain's reaction times become slower with each passing year.

But did you know that there is, in fact, a specific brainwave pattern recently getting the attention of anti-aging experts because it seems to hold real potential for helping us retain and reclaim our youthful stamina and energy, even into old age?

That brainwave pattern is called "**gamma.**" Gamma waves are higher and faster than even our normal wakeful brain wave patterns like beta (you're probably in beta as you're reading this). They are not your traditional "meditation" brainwave states, even though they are often observed in the brains of highly advanced meditators.

Gamma waves (13 to 100 Hz) represent a broad spectrum of brainwave activity associated with more mental coherence, greater cortical

brainwave activity, increased energy, and improved neuromuscular coordination.

Some studies point to gamma as a way to boost brain plasticity, which means greater cognitive adaptability and resilience. And recent research by MIT shows that gamma may even hold potential as a means of treating Alzheimer's and other neurodegenerative diseases.

With **Super Stamina Boost**, you have the power of gamma waves at your fingertips. This unique 20 minute soundtrack will bring your brainwave pattern up to 40 Hz (gamma) and then provide a gentle descent to 10 Hz leaving you feeling refreshed and reinvigorated.

### **Instructions & Soundtrack Details:**

- Track length: 20 minutes
  - Best for morning or daytime listening
  - Listen with eyes closed in distraction-free environment
  - Listen with stereo earbuds or headphones
  - Medium neural driving effect
  - Targets gamma (40 Hz)
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## #2. Memory Maximizer

### A Meditation for Memory & Mental Performance

Memory issues are not only age-related. In fact, researchers say that stress can impair our brain's ability to remember and retain information even more significantly than normal aging.

But there's no question that aging is almost synonymous with poor memory. That's because as we age, certain brain regions necessary for good memory begin to shrink, including the hippocampus and the prefrontal cortex.

But something else happens in the aging brain that wreaks havoc with our memory and clear thinking. There is a disruption in the coordinated electrical activity between the two sides of the brain—like a communication bottleneck that can bring our mental processes to a standstill.

Each side of the brain is connected to the other via a thick strand of neural fibers called the corpus callosum. It acts as a kind of bridge that carries neuroelectrical impulses from one side of the brain to the other. The corpus callosum plays a crucial role in carrying sensory, motor, and cognitive information across the two sides of the brain.

In a young and healthy brain, this cross-hemispheric traffic travels quickly and efficiently. This is important for clear, quick thinking and better memory.

But as we age, this traffic slows down. There's gridlock on the bridge, and these signals can come to a screeching halt. This means our memory worsens. We can have trouble remembering names and important dates. Even our balance and motor skills can suffer, making us more susceptible to falls or injury.

In severe cases like Alzheimer's, traffic across the corpus callosum can be so impaired that the brain forgets more than just names and dates. It forgets how to keep our hearts pumping and our lungs respirating.

Holosync is especially well suited to address this issue because it stimulates more coordinated neuroelectrical activity across the corpus callosum. When listening to Holosync, each hemisphere is being asked to process a slightly different audio tone and combine it with the tone being presented to the other side of the brain. This kind of stimulus leads to better cross-callosal connectivity, or what some call "whole brain thinking." It's ideal for enhancing your focus, memory retention, and is associated with more learning receptivity.

And recently, Centerpointe sound engineers have found a way to further improve the cross-callosal communication between the two brain hemispheres with an innovative audio technology called Lateral Carrier Boost.

Lateral Carrier Boost uses powerful amplitude oscillations in the right and left channels of your earbuds or headphones to stimulate more lateral brainwave activity. This unique audio technology is one you won't find anywhere else.

And exclusively for this collection, we're introducing a new and improved version of Lateral Carrier Boost that increases both the frequency and amplitude of the carrier oscillations delivering almost 50% more potency than the previous version.

**Memory Maximizer**, featuring Lateral Carrier Boost 2.0, offers a potent and easy way to improve memory, focus, and concentration!

Plus, it includes a custom set of affirmations recorded in our proprietary Autofonix technology to support a better memory and high-performance mind!

### **Instructions & Soundtrack Details:**

- Track length: 20 minutes
  - Listen anytime of day
  - Listen with eyes closed in distraction-free environment
  - Listen with stereo earbuds or headphones
  - Medium neural driving effect
  - Includes Lateral Carrier Boost Version 2.0
  - Targets alpha (9.5 Hz)
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## #3. Brain Balancer

### A Meditation for Balancing Brain Chemistry

As we age, the brain undergoes various chemical changes that can influence cognitive performance, mood, and more. The impact of these changes can be truly life-altering, and not in a good way.

- **Dopamine** declines with age, which means slower reaction times, reduced motor function, and even a decrease in the ability to feel pleasure.
- **Serotonin** levels drop, which leaves us more susceptible to depression, anxiety, and other mood disorders.
- **Acetylcholine** production slows, which is a major contributor to poor memory and is a hallmark indicator of Alzheimer's Disease and other neurodegenerative conditions.
- **GABA** (Gamma-Aminobutyric Acid) decreases, which can cause sleep disturbances, anxiety, and difficulty with focus and attention.
- **DHEA**, an important precursor to healthy testosterone and estrogen levels begins to decline by age 30 as much as 4% per year. By the time we're reaching 70, our peak DHEA may be reduced to only about 10% of peak levels.

- **Cortisol** levels go up as we age, which means adrenal fatigue, neuroinflammation, and damage to the hippocampus - part of the brain responsible for memory and clear thinking.
- **Melatonin** decreases significantly as we age. This means disruptions to our circadian rhythms and translates into less restorative sleep.

As you can see, aging really wreaks chemical havoc on our brain chemistry.

But what if you could alleviate some of these effects simply by sitting down for a few minutes each day and listening to soothing music? Well, if the music includes Holosync, you can do just that.

Holosync has been shown (by Dr. Vincent Giampapa, a leading anti-aging researcher) to lower cortisol levels, increase DHEA, melatonin, and help with a range of other biochemical issues associated with aging.

We created **Brain Balancer** to help you effortlessly improve your brain chemistry in just 20 minutes a day. Simply sit down, pop in your earbuds, relax, and listen.

**Brain Balancer** targets a low 5 Hz theta brainwave pattern, ideal for soothing the sympathetic nervous system, and allowing your brain chemistry to return to normal, stress-free levels.

This state is also ideal for combating inflammation which means healthier, longer-living cells and a healthier you!

Plus, we've included a custom set of affirmations recorded in our proprietary Autofonix encoding technology to support the brain balancing effects of Holosync.

### **Instructions & Soundtrack Details:**

- Track length: 20 minutes
- Best for morning or daytime listening
- Listen with eyes closed in distraction-free environment
- Listen with stereo earbuds or headphones
- Strong neural driving effect
- Targets low theta (5 Hz)

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## **#4. Deep Detox**

### A Meditation for Releasing Deeply Stored Stress

There is simply no question about it: stress is a killer. And it leads to premature aging. In fact, stress literally accelerates the aging process at a cellular level. In a sense, what keeps us alive and kicking is mitosis, the process of cell division.

This process is happening constantly, but as we age, the proteins and structures responsible for mitosis degrade and eventually lead to cell

death. This effect is accelerated by stress in ways researchers are only now just beginning to understand.

But we have an ally working to help save our cells from the effects of stress.

Have you heard of telomeres? They are like protective caps at the ends of our DNA that shorten with each cell division. When telomeres become too short, the cell dies. Chronic stress accelerates this shortening process, leading to premature cellular aging and an increased risk of age-related diseases like cardiovascular conditions, diabetes, and cancer.

Research shows that people living stressful lives often have significantly shorter telomeres than less-stressed individuals. And as is no surprise, most of us are leading stressful lives!

But newer research like that by Nobel-Prize winning scientist Dr. Elizabeth Blackburn gives us hope.

Dr. Blackburn, along with her collaborators Carol Greider and Jack Szostak, discovered telomerase, an enzyme that can add DNA to the ends of telomeres, effectively replenishing them. Telomerase activity is especially high in certain cells, like stem cells and germ cells, allowing them to divide repeatedly without losing functionality.

However, most somatic cells (non-reproductive body cells) have low or no telomerase activity, leading to gradual telomere shortening and aging over time.

But Dr. Blackburn's research (and that of others) also shows that there's something we can do to help our telomeres last longer, and therefore help us last longer too! And what it is might surprise you.

Their research shows that a consistent meditation practice can actually help preserve and even lengthen telomeres, which can slow the aging process. That's right -

### **Meditating can actually slow down cellular aging.**

Meditation has also been shown to improve antioxidant levels, which neutralize free radicals that damage cells and speed up aging.

The bottom line is that if we're serious about staying as young as we can for as long as we can, the most important thing we can do is alleviate stress.

And not only is Holosync one of the most effective meditation tools for stress reduction, it's also easy, non-addictive, and pleasant to use! No pills, injections, or creams to slather on. Just sit back and listen - that's it!

We created **Deep Detox** with one powerful purpose - to power-wash away your stress (even that deeply stored, old unresolved toxic stress) that you may have been carrying around inside for years.

It works thanks to a process we call "neural driving." Neural driving uses the power of Holosync's low carrier frequencies to saturate or "drive"

the nervous system with enough stimulus to cause stress and unresolved “stuff” to be dredged up and released over time. It’s potent, effective, and probably the easiest way to cleanse your brain and body of stored up tension, worry, and stress.

**Deep Detox** uses a particularly potent set of carrier frequencies to detox stress and leave you feeling refreshed, centered, and at peace.

Plus, we’ve added a specially designed set of affirmations recorded in our proprietary Autofonix encoding technology to help you release unresolved mental and emotional baggage that’s been holding you down.

But please note, this is a very powerful soundtrack and should only be used once per day.

### **Instructions & Soundtrack Details:**

- Track length: 20 minutes
  - Best for evening or nighttime listening
  - Listen once per day
  - Listen with eyes closed in distraction-free environment
  - Listen with stereo earbuds or headphones
  - Strong neural driving effect
  - Targets delta (2.5 Hz)
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## Additional Details

### **What is “Neural Driving?”**

Neural driving is the process of stimulating or “driving” the nervous system with Holosync sound frequencies. The stronger the neural driving effect, the more stimulus is being delivered to the brain and the more potential for significant shifts and changes in the way the brain functions.

Heavier neural driving effects can cause more in the way of unresolved mental and emotional material to be released, whereas lighter neural driving effects are used for certain listening sessions that entail more varied entrainment sessions, audible guided exercises, or higher target states.

*It's important to note that while soundtracks with a stronger neural driving effect can potentially produce more in the way of catharsis (the release of old mental and emotional material), not every listening session will feel exactly the same or produce the same effect each time.*

*As always, you're encouraged to let your nervous system respond to any given session however it needs to in the moment and let each listening experience unfold without an attachment to a specific “effect” or experience.*

## **What is Autofonix?™**

Autofonix is Centerpointe's proprietary audio encoding method that modulates the frequencies of the human voice to be - unlike conventional subliminal methods - virtually undetectable by the conscious mind but perceptible to the unconscious mind.

With Autofonix we can supply the brain with positive self-talk and inspiring affirmations that by-pass our conscious filters, anchor in the unconscious, and manifest in conscious thoughts and actions over time.

When paired with Holosync, Autofonix affirmations are significantly more effective over time than old-fashioned subliminal or audible affirmations.

As always, a full script of all Autofonix affirmations are included with any soundtrack that includes them.

## **What is Lateral Carrier Boost?™**

Lateral Carrier Boost was developed by the Centerpointe Audio Design Team to enhance the effectiveness of brain wave entrainment by subtly boosting the amplitude of the Holosync carrier frequencies in each channel independently and sequentially several times over the course of the listening session.

Lateral Carrier Boost is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres,

causing more connectivity and coherence between the two sides of your brain and more “whole brain thinking.”

When your cerebral hemispheres are well connected, you can easily achieve a Flow State and get “in the zone.” It’s like “thinking in stereo.”

The result is a brain firing on “all cylinders;” functioning at optimal efficiency and peak performance. Memory, concentration, focus, retention, recall, and cognition are all improved thanks to the Lateral Carrier Boost technology, as well as making it easier to heal and release old, unresolved mental and emotional material.

If you’ve been looking for a way to increase the effectiveness of your Holosync listening sessions, look no further than Lateral Carrier Boost - a one-of-a-kind audio innovation you’ll find nowhere else.

## Some Important Things to Remember About Holosync Listening Sessions:

- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.
- Always use stereo headphones or earbuds with Holosync audio soundtracks. While the music or nature sounds can be enjoyed

without headphones or earbuds, the Holosync neuro audio technology requires stereo separation to produce the desired effects.

- You do not need highly expensive audio gear to listen, (although higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. (Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit [centerpointe.com](http://centerpointe.com) for details or call 503-672-7117)
- The soundtracks can be played on any media device or smartphone that supports the mp3 format.
- All soundtracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.
- Remember: Not every listening session will yield the same effect. Be prepared for some listening sessions to feel “deeper” or more eventful than others. Never worry about having a “wrong” experience. Your nervous system will provide whatever response it needs to at the time and that may vary from session to session.
- Remember that there is a very wide range of possible benefits and effects of listening to Holosync soundtracks. While some listening sessions will provide an immediate benefit (such as relaxation or a heightened state of focus), other benefits manifest over time as your brain adapts and responds to repeated listening sessions. Be patient and enjoy the changes as they happen!

## Frequently Asked Questions:

### Q) "I hear a faint hum or buzz on my soundtracks"

A) That's okay. What you're hearing is Holosync. While you don't need to hear it for it to be effective, some listeners will detect the audible presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment, your natural hearing sensitivity, what soundtrack you're listening to, how loudly you're listening, etc). Again, it doesn't matter whether or not you can consciously hear Holosync – it will still work.

### Q) "Will the soundtracks work better at a louder volume?"

A) No. Listening to loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. Louder isn't better. We recommend listening at a comfortably low volume.

### Q) "I'm also doing The Holosync Solution™ program. Can I do both?"

A) Absolutely! The **Ageless Vitality Suite** soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products. Just pick one time of day for your Holosync Solution session and a different time of day to listen to your Ageless Vitality Suite soundtracks. Be sure to refer to the instructions for each of the soundtracks for listening recommendations.

**Q) “Can children listen to these soundtracks?”**

A) Due to the potency of some soundtracks, we don't recommend that children younger than 13 years of age listen to The Ageless Vitality Suite soundtracks. While there is no known risk to younger children listening, Holosync can sometimes produce catharsis or bring up challenging mental and emotional material for some children. For more information be sure to contact our Support Team.

**Q) “I need more help. Who can I talk to?”**

A) You can speak with a real, live person! Our Support & Accelerated Results Coaching Team is here to help!

Our telephone support line is open from  
9:00am - 4:30pm Monday - Friday, Pacific Time.

**503-672-7117.**

Or you can email **support@centerpointe.com**

*Got an exciting story or testimonial to share about using your **Ageless Vitality Suite** collection? We'd love to hear from you! Call or email today!*

**Disclaimer:**

All information, instructions, audio, or other media included with this product is intended for therapeutic support and educational purposes only.

This product is not offered as a cure for any medical or mental health problem, or as a substitute for professional medical or mental health care. The content and information provided with this program is not intended to diagnose, treat, or cure any physical or mental condition or illness. Centerpointe makes no guarantee regarding any specific physical, mental, or emotional experience of the user. User results and experiences may vary.

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Anyone with mental or emotional health challenges is advised to seek out professional support and treatment and to use this product solely as an adjunct or therapeutic support to conventional forms of treatment. While Holosync is considered safe, we recommend that you consult with your doctor or therapist before using it If you are experiencing a serious emotional or mental health condition.

## **The Ageless Vitality Suite : Terms & Conditions**

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**[support@centerpointe.com](mailto:support@centerpointe.com) - 503-672-7117**

# Super Stamina Boost

## A Meditation for Energy & Resilience

"I am filled with boundless energy and strength."

"Each breath I take fuels my body and spirit."

"I rise with vitality and confidence every day."

"Resilience flows through every cell of my being."

"I am recharged, refreshed, and ready for my day."

"My energy levels are abundant and unstoppable."

"I face challenges with unwavering strength."

"Every moment renews my stamina and focus."

"I am empowered to achieve my goals with ease."

"The universe supports my energy and resilience."

"My mind and body work in perfect harmony."

"I thrive under pressure, growing stronger each time."

"I am a vessel of vibrant and dynamic energy."

"My inner power fuels me through all challenges."

"I embrace life with enthusiasm and vitality."

"My resilience grows with every experience I face."

"I am in tune with an infinite source of energy."

"Strength and endurance come naturally to me."

"I am grounded, energized, and resilient."

"My stamina increases as I trust in my limitless potential."

# Memory Maximizer

## A Meditation for Memory & Mental Performance

"My mind is clear, focused, and sharp."

"I easily recall information when I need it."

"My memory improves with each passing day."

"I trust in my ability to retain and retrieve knowledge."

"My mind processes and organizes information effortlessly."

"I am confident in my mental abilities."

"I access my memories with clarity and ease."

"My mental performance grows stronger every day."

"I focus with precision and retain information effortlessly."

"My memory is my superpower."

"I am mentally agile and alert."

"I learn new information easily and quickly."

"I feel energized and focused during all mental tasks."

"My mind is an endless reservoir of knowledge."

"I absorb and integrate information effortlessly."

"Clarity and focus are always available to me."

"I approach challenges with a clear and calm mind."

"My memory is powerful and reliable."

"I trust my mind to guide me with precision and insight."

"My mental performance is in perfect harmony with my goals."

# Brain Balancer

## A Meditation for Balancing Brain Chemistry

"My mind and body are in perfect harmony."

"My brain functions optimally, supporting my well-being."

"I feel balanced, calm, and at peace within myself."

"Each breath restores equilibrium to my brain."

"My thoughts are clear, positive, and empowering."

"I trust my brain to produce what I need for harmony."

"Balance flows through every part of my being."

"I release stress and embrace mental clarity."

"My brain chemistry supports my highest potential."

"I am in tune with the natural rhythms of the universe."

"Each moment brings greater balance and serenity."

"I am centered and grounded in mental wellness."

"My brain is calm, focused, and vibrant."

"I create space for peace, focus, and clarity to thrive."

"My neural pathways are strong, healthy, and balanced."

"I am aligned with the natural harmony of my body and mind."

"Positive energy flows freely through my mind."

"I nourish my brain with thoughts of calm and strength."

"Balance in my brain brings balance to my life."

"I embrace the healing power within me."

# Deep Detox

## A Meditation for Releasing Deeply Stored Stress

"I release all tension and allow my body to relax fully."

"With every breath, I let go of deeply stored stress."

"I am free from the weight of past worries."

"My mind is clear, calm, and open to peace."

"I let go of all that no longer serves me."

"My body releases stress and replaces it with serenity."

"Each exhale carries away the burdens I've been holding."

"I am safe to let go and embrace relaxation."

"I allow my inner calm to dissolve all tension."

"Peace flows through me, washing away all stress."

"I am grounded, centered, and free from heaviness."

"I am at peace with my past as I forge a new future."

"I release stored emotions with grace and ease."

"My body, mind, and spirit are in perfect harmony."

"I am renewed, refreshed, and deeply relaxed."

"I trust my body to heal and restore itself naturally."

"Every moment brings greater lightness and clarity."

"I release the stress within and invite in pure peace."

"My heart and mind are open to healing energy."

"I am free, balanced, and complete."