

Gamma Brain Refresher Info & Instructions

Read all instructions to get the most out of your Gamma Brain Refresher Soundtrack!

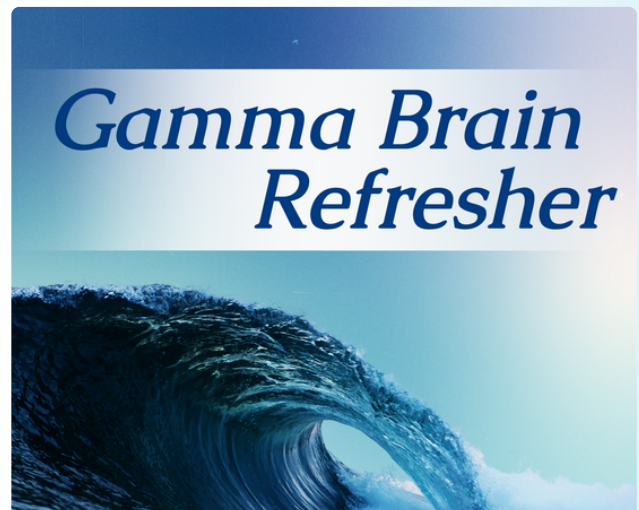
Recently, the world of neuroscience has been buzzing with excitement about the potential of gamma brain waves.

These high-frequency brain waves, at around 30 Hz to 100 Hz or cycles per second, are faster than normal wakeful beta patterns and seem to have their own set of unique and remarkable benefits, especially when it comes to brain health and resilience.

- According to WebMd.com, gamma waves are associated with high levels of thought and focus. When your brain produces gamma waves, you tend to feel happier and more receptive. Your concentration and memory tend to improve. And you'll likely feel more peace and centeredness.
- Healthline.com reports that "Gamma waves are evidence that you've achieved peak concentration..." and can "...help you process information."

- In a 2011 study by a team of researchers led by Dr Yingying Li, gamma waves were shown to play a crucial role in the regulation of emotions - a benchmark metric for stress management, cognitive function, and emotional stability.
- In 2016, Dr Li-Huei Tsai of MIT published some remarkable findings about the potential of gamma waves to help reduce levels of beta amyloid brain plaques thought to contribute to the onset of Alzheimer's disease.
- Even before this, in 2004, researchers studying the brains of practitioners of a meditation based on generating feelings of compassion and loving-kindness discovered that these meditators brain waves were not descending (as with most meditation practices) but rather generating high levels of gamma waves.

Because of gamma's remarkable potential for improving brain health, interest has intensified and numerous researchers are exploring gamma therapies to treat conditions such as Alzheimer's, ADHD, Traumatic Brain Injury, and mood disorders like anxiety and depression.



Researchers are only now discovering the immense potential of gamma waves but are already touting their benefits. But at Centerpointe, we've been reaping the benefits of gamma waves for over a decade!

And now you can enjoy your own gamma listening experience with Gamma Brain Refresher, a unique and potent Holosync soundtrack that includes gamma waves and a special set of "brain health" affirmations recorded in our Autofonix encoding method.

Just listen once or twice per day and enjoy the refreshing and energizing benefits of gamma!

Soundtrack Details:

- **20 Minutes**
- **Medium Neural Driving Effect**
- **Listen anytime but recommended for morning use**
- **Listen with eyes open or closed in a distraction-free environment**
- **Use headphones or earbuds**
- **Includes Holosync targeting gamma brain wave states**
- **Includes special "brain health" Autofonix Silent Affirmation script**

Affirmations included in Gamma Brain Refresher:

I do all things to protect and take care of my brain

I engage in activities to keep my brain strong, resilient, and creative

I eat a nutritious diet that supports my brain's health

My brain is protected and cared for by me

I get plenty of sleep to support my brain

My brain thrives on positive and healthy thoughts

I drink plenty of water and stay hydrated

My brain's potential is limitless

I think healthy, positive thoughts

I value the health of my brain

My brain is strong and resilient

I allow my brain time to rest and relax

I am grateful for my healthy brain

I find joy and satisfaction in learning new things

I feed my brain uplifting and positive thoughts

My brain is highly innovative and creative

I can count on my brain to help me succeed

My brain adapts to any challenge

I take part in activities that keep my brain active

I exercise my brain to keep it functioning well

I listen carefully to the needs of my brain

I know when to let my brain rest and recuperate

My memory is sharp and clear