

Gamma Resilience - Info & Instructions

Improving Neuroplasticity & Brain Health

Welcome to **Gamma Resilience**, a supplemental soundtrack exclusive to the **Gamma Life Expansion Deluxe Suite**.

Most of us know that the older we get, the less efficient and effective our brains are. But did you know that your brain literally shrinks in size year after year, starting at the age of 30?

It also begins to accumulate amyloid brain plaque, tangled up tau proteins and other neural gunk that makes everything from remembering a birthday to tending the garden, to getting a good night's sleep more and more difficult.

The good news is, studies show that gamma brainwaves can enhance your brain's resilience against brain atrophy and other cognitive issues that arise as you age.

And when you combine gamma brainwaves with the neural driving power of Holosync, you have one of the most powerful neuroaudio tools for not only protecting your brain from the effects of premature aging, but actually reversing some of those effects by exercising the brain and improving its strength and flexibility.

We created **Gamma Resilience**, a powerful Holosync-powered soundtrack to harness gamma brainwaves' proven power to enhance neuroplasticity, your brain's ability to be flexible and adapt to different environments and circumstances.

When your neuroplasticity is high, you can more easily bounce back from stress and other causes of brain atrophy. You can also more easily clear out brain waste like brain plaque and tau tangles. And you'll establish more resistance against the effects of stress.

Gamma Resilience is a very potent soundtrack designed to push the brain to grow stronger and more adaptable, much like our muscles become stronger with weight or resistance training.

If your brain's health is important to you, especially when it comes to age-related deterioration, then **Gamma Resilience** was made for you.

Listening Guidelines:

- 20 minutes
- Listen anytime of day
- Listen with stereo headphones or earbuds
- Listen while sitting or reclining eyes closed
- Listen in a distraction-free environment
- Strong neural driving effect
- Features two gamma spikes to 50 Hz

Additional Details & Frequently Asked Questions

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. If uncomfortable experiences arise while listening, contact our Support Team for some tips to make the process smoother and more comfortable.

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.

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 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 at 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 **Gamma Life Expansion 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 Gamma Life Expansion 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 **Gamma Life Expansion 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 Gamma Life Expansion 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.

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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 Gamma Life Expansion: Terms & Conditions

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For any questions or issues, contact the Centerpointe Support Team:
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