



Hormone Harmonizer

Info & Instructions

Welcome to **Hormone Harmonizer**, a powerful complementary soundtrack for the **Mind-Body Total Rejuvenator** collection!

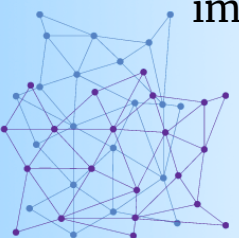
We all know that brain chemistry plays a critical role in our mental and physical health. The brain can produce over 60 different kinds of hormones and neurochemicals that regulate everything from our sleep to how well we digest our food and what sort of mood we're in today.

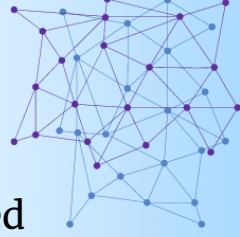
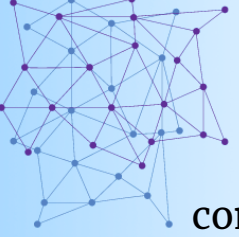
Stress is public enemy #1 when it comes to our brains because it loves to disrupt this sensitive chemical balance. Chronic stress affects 3 out of every 4 people in the US and Europe to the point that it actually causes or contributes to illness and disease.

This is not an easy problem to address. But with **Hormone Harmonizer** you have a safe, pill-free, and effective way to help support and balance hormone levels.

Holosync has been shown to increase serotonin, DHEA, and melatonin levels while balancing high levels of cortisol and adrenaline (the stress hormones).

Listening to **Hormone Harmonizer** once a day can make a big difference in your mood, your sleep, your peace of mind. And because it includes time spent in the gamma brainwave state, it can impart a noticeable boost in feelings of love, optimism,





compassion, and gratitude. Gamma is even currently being studied as a possible way to stave off the onset of cognitive decline, including Alzheimer's Disease.

Plus, you get both the full 30 minute version and a 7 Minute Quick Session version for when you're short on time!

Get your brain back in balance with **Hormone Harmonizer!**

Soundtrack Features:

- 30 minutes (Plus 7 Minute Quick-Session Version)
- Targets: gamma
- Helps balance biochemistry
- Light neural driving effect
- Ideal for relaxation, mood-boosting

Listening Guidelines:

- Listen once or twice per day
- Listen with stereo headphones or earbuds
- Listen reclining or lying down, eyes closed or open
- Listen in a distraction-free environment
- Listen at a comfortably low volume level





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.
- Always listen at comfortably low volume levels (louder isn't better)
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.
- Holosync requires stereo earbuds or headphones. While the music 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 the 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 shop.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.





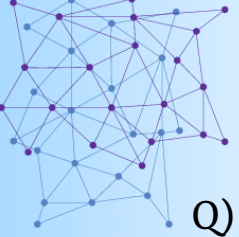
- Not every listening session will yield the same effect. Be prepared for some listening sessions to feel “deeper” or more eventful than others. Never worry about having a “wrong” experience. Your nervous system will provide whatever response it needs to at the time.
- Remember that there is a very wide 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 hearing, 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! These 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 Mind-Body Total Rejuvenator 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 listen to these 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 and Help Desk 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
Mind-Body Total Rejuvenator suite? We'd love to hear from you!
Call or email today!



Disclaimer:

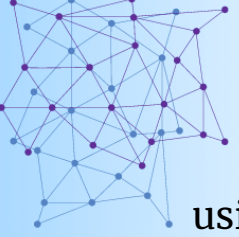
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Anyone with mental or emotional health challenges is advised to
seek out professional support and treatment, and to use this
product solely as an adjunct or therapeutic support to conventional
forms of treatment. While Holosync is considered safe,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





using it If you are experiencing a serious emotional or mental health condition.

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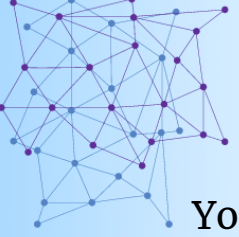
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