



HOLOSYNC RESET OPTIMIZER

Be sure to read all the information below to make sure you get the most out of your Holosync Weight Loss Solution Soundtracks!

Welcome to the **Holosync Reset Optimizer**, an exclusive supplement to the Holosync Weight Loss Solution!

This unique Holosync-powered soundtrack uses a dual-targeted brainwave entrainment session with a variable carrier frequency plus a specially-designed set of affirmations recorded in our proprietary Autofonix encoding method to supercharge your results.

Holosync Reset Optimizer targets both conscious and subconscious barriers to fitness and weight loss by optimizing your brain's natural ability to regulate your metabolism while delivering powerful messages to your subconscious to overwrite old, negative self-talk with positive affirmations.

Soundtrack Info

Maybe you've heard that more than 90% of people who lose weight via diet and exercise gain it all back within just a few months or years. 90%!!

But did you know that they usually put on MORE weight than they lost?

What's going on here anyway?

What good are diet and exercise if 9 out of 10 people will just regain that same weight - and THEN some?

If you've experienced this, please know that, first of all, this is NOT all your fault! And it doesn't mean that diet and exercise aren't important for weight loss and health. There's another piece to the puzzle - a missing piece too many people ignore.

Let's Talk About Cycles

No, not exercise cycles! We're talking about metabolic cycles, behavioral cycles, hormonal cycles, digestive cycles, and cycles of progress and plateaus.

Life itself is ruled by cycles and rhythms; circadian and ultradian rhythms that regulate our sleep, our attention and mood, and every major physiological and neurological process. And because we are creatures of habit, even our actions and choices are influenced by cycles of behaviors we may not be fully conscious of.

Understanding how these cycles impact our health and fitness, including weight management, is crucial to a healthy body and mind.

When you struggle to lose weight or maintain a healthy weight, chances are that one or more of these cycles has you stuck in repeating patterns that keep you from losing weight and improving your health. You see, some cycles are healthy and some are most definitely not!

One of the most frustrating and common cycles is the Stress-Weight Gain Cycle. That's when your stress causes you to get stuck in an endless loop of losing and then regaining weight. You manage to motivate yourself to exercise and stick to that diet for a while. You begin to see results and, yay! You're finally seeing progress!

But then something happens. Something goes wrong. You have a bad day at work. You have an argument with a friend. You get that unexpected bill in the mail. The car breaks down.

The next thing you know, you're self-soothing with poor eating habits again or you're blowing off your exercise plan.

In the end, your self-soothing becomes self-sabotage and you're left feeling defeated, frustrated, and disappointed in yourself. Another failure. Another swing and miss. Another wasted effort.

So isn't this just poor willpower? A lack of discipline?

No, say the experts, not entirely. Maybe you overlooked something: your brain!

When you're stressed out, your hypothalamus - the part of your brain largely responsible for managing your weight - thinks it's in danger. So it goes into "red alert" and hoards resources in the form of metabolic energy.

Yep that's right, calories, sugars, excess fat. You might be working hard to avoid those substances and burn off that pesky fat, but your brain will fight those intentions! To your stressed out brain, these things mean energy, strength, stamina, all the things you need when you're in survival mode.

But you're not trying to be in survival mode. You just had a rough day at the office. Well, just try telling that to your brain.

Your Inner-Ancient Cave Person

So, why is this Stress-Weight Gain cycle so difficult to overcome?

In a way, you can blame your inner caveman or cavewoman!

The urge to gather and conserve these forms of energy is rooted deep in the most ancient parts of your brain. It's deeply hardwired into our DNA because for hundreds of thousands of years - for most of human existence - access to energy-rich sustenance was scarce. Droughts and hard winters could mean certain death. Rising populations meant you had to compete for scant resources.

For our ancient ancestors, every day could be your last if you didn't find enough to eat. So our brains had to get very good at seeking out fat and calories. Not only that, their brains even evolved chemically-driven reward systems in the form of dopamine and serotonin "hits" that make eating high-calorie, high-fat foods nothing short of addictive.

And those same neurochemical responses persist even today. It's no accident that we get a certain chemical high from eating foods that are high in energy but very low in nutritional value.

Maybe in another million years, our brains will break this biochemical addiction to high-calorie foods. But what do we do in the meantime?

To answer that, let's leave the cave people behind and look at computers.

Reset, Reboot, Renew!

The brain is often compared to a computer, which is true in some ways. Computers, too, operate according to cycles, and there are a lot of them. Clock cycles, decode cycles, fetch cycles, memory access cycles, etc..

But every so often, something goes wrong with a cycle and your computer gets stuck!

And what happens when your computer gets stuck? The little wheel on the screen is turning and turning, the page is loading and loading, and you are waiting and waiting...but nothing happens.

It's stuck in a loop. What do you do?

Often, the simple fix is to reset the stuck program. Control, Alt, Delete. Sometimes you may even need to reboot your computer to break that stuck cycle. This lets you start fresh and focused without a hundred things running in the background.

Well it turns out your brain can also benefit from a restart every so often.

See, the origin of every cycle that affects your weight, mood, motivation, and metabolism **is your brain**. When you find yourself stuck in a cycle of **Stress-Weight-Gain**, or a cycle of self-defeating self-talk, or a cycle of progress and plateaus...

...you need to break that cycle.

What you need is a reset, a reboot, a fresh start. And while there's no button you can push on your brain to reboot it, there is a safe and effective way to do it (and you don't need to call an IT expert)!

It's all thanks to our Holosync soundtrack:

HOLOSYNC RESET OPTIMIZER

We've designed **Holosync Reset Optimizer** to:

- Help your brain reset and recharge
- Break the Stress-Weight Gain Cycle
- Calm the overactive hypothalamus
- Soothe and boost your mood
- Supercharge your motivation with positive affirmations

Holosync Reset Optimizer includes a unique and powerful **dual-target audio entrainment session with a variable carrier frequency**.

First, your brainwaves will be slowed into a low **Theta** pattern, giving your brain and body a chance to relax, recharge, and repair. Theta can help your brain produce more healthy neurochemicals like epinephrine while lowering cortisol. Theta is also ideal for releasing old negative self-talk. During this phase of the session, the soundtrack will deliver a potent neural driver to help you break up and release old limiting beliefs and negative self-talk.

Second, your brainwaves will ascend into **Gamma**, a high frequency brainwave state associated with a boost in mood and energy. Brains that produce ample gamma activity tend to have stronger memories, better creative problem-solving abilities, more mental stamina, and optimism. Some research suggests that higher levels of gamma activity promote positive metabolic changes. During this phase, the neural driving effect is reduced to make it easier for the brain to attain "lockstep" with the high Gamma frequencies.

And **third** as an added way to supercharge your benefits, we've included a specially composed script of positive affirmations - recorded in our proprietary Autofonix encoding method - to help you optimize your cycle "reset" with the best mental space possible. These affirmations are designed to improve confidence, motivation and willpower so that you can start fresh and empowered to reach your health, weight, and fitness goals.

This is the quick and easy way to clear out the old toxic stuff that's been holding you back and supercharge your mind with positive affirmations to help you along your weight management journey!

Usage Instructions:

Find a comfortable, distraction-free place to sit or recline. Simply relax with eyes closed and listen passively until the session ends. As always, listen with stereo headphones or earbuds.

Note that some listeners might feel energized after the listening session.

Soundtrack Details:

- 20 Minutes
- Strong Neural Driving Effect
- Listen anytime daily or as your schedule allows (great first thing in the morning!)
- Listen while reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes Dual-Targeted Brainwave States, both theta and gamma (5 Hz/38 Hz)
- Includes Autofonix Affirmation Script

Affirmation Script

All affirmations are encoded using Centerpointe's proprietary Autofonix technology. These affirmations are effectively silent to your conscious mind (although some listeners may detect faint verbiage on occasion).

- I accept and love myself as I am.
- I am in control of my body.
- I am proud of my body.
- I deserve to look and feel my best.
- I deserve to be healthy in every way.
- I am worthy of health and happiness.

- I am committed to taking care of myself.
- I have made an intentional commitment to my health.
- I am excited that I'm living a healthier life.
- I am fortunate to have a healthy body and mind.
- I am learning to love myself and my body.
- I deserve happiness and peace of mind.
- I deserve to be loved and accepted as I am.
- I deserve to feel happy in my skin.
- I have the power to change my life.
- I look good in clothes that are my size.
- I am confident, poised, and fit.
- I am the best version of myself.
- I am confident I will reach my goals.
- I am helping myself look and feel my best.
- I am taking small steps toward my goals every day.
- Everything I do moves me in the right direction.
- I am living in the moment.
- I am open to change and growth.
- I am excited about healthy habits.
- My body is strong, and getting stronger every day.
- I truly love myself for who I am.
- I accept my body shape and acknowledge the beauty it holds.
- I am the creator of my future.
- I think healthy positive thoughts that move me forward.
- I make choices and decisions for my higher good.
- I bring the qualities of fulfillment, happiness and contentment into my life as I am now.
- I am grateful for the body I own and all it does for me.
- I accept my body and recognize its beauty.
- I have everything it takes to reach my goals.
- Every day I notice my progress.
- I like what I see in the mirror.
- I feel fantastic in my skin.
- I have boundless reserves of energy.
- My body is resilient and flexible.
- I know I can do this.
- I'm proud of my progress.
- With every day, I am one step closer to my goal.

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 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 (release of old mental and emotional material), not every listening session will feel exactly the same or produce the same result 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.

- 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 the higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. The soundtracks can be played on any media device or smartphone that supports the mp3 format. (Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit centerpointe.com for details or call **503-672-7117**)
- 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”

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?”

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?”

Absolutely! The Holosync Weight Loss Solution 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 Holosync Weight Loss Solution soundtracks. Be sure to refer to the instructions for each of the soundtracks for listening recommendations.

Q) “Can children listen to these soundtracks?”

Due to the potency of some soundtracks, we don't recommend that children younger than 13 listen to The Holosync Weight Loss Solution 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?”

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 Holosync Weight Loss Solution collection? We'd love to hear from you!
Call or email today!**