



Mind-Body Total Rejuvenator

Info & Instructions

To get the most out of your listening sessions be sure to read all the instructions below before using your **Mind-Body Total Rejuvenator** soundtracks.

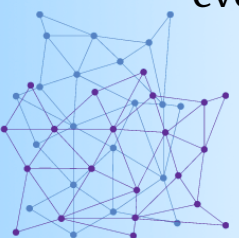
Welcome to the **Mind-Body Total Rejuvenator**, a unique and powerful collection of Holosync-powered audio listening sessions designed to help rejuvenate your heart, brain, and nervous system!

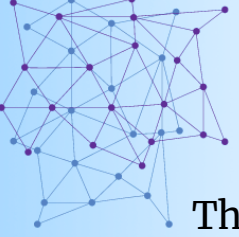
We know that the mind and body are deeply interconnected. They represent a synergistic system which includes not only how well our physical bodies are working, but also our mood, mindset, and attitude.

Both ancient and modern holistic approaches that aim to heal not just an individual part, but our entire self, have demonstrated proven results. When our brains and bodies - and the many systems that comprise them - are working together, in sync and in harmony, we are healthy, strong, and resilient.

This is the “mind-body balance secret” to good health!

But sadly, this harmony is hard to come by when we’re under a constant barrage of stress, worry, and fatigue. And today, almost everyone is!





The pressures of modern life can drain our energy, dampen and sour our mood, and even put stress on our hearts and brains. This can leave us dealing with a long list of health problems, both for our minds and bodies.

But now you have **The Mind-Body Total Rejuvenator** – a simple and effective way to heal and rejuvenate your brain, heart, and mood!

These beautiful soundtracks are designed to help you:

- Improve your heart health
- Reduce toxic levels of stress
- Increase mental and physical resilience
- Balance brain chemistry
- Help reduce inflammation
- Enhance mood and focus
- Improve Heart Rate Variability
- Soothe an overactive limbic system
- Strengthen and support your immune system
- Increase synchrony between brain hemispheres
- Activate the parasympathetic nervous system

...and more!

Let's take a look at the powerful life-enhancing soundtracks that come with your **Mind-Body Total Rejuvenator** collection!





Soundtrack #1: Heart Enhancer

It's no secret that heart disease is the leading cause of death in the world today. We know that a healthy heart depends on a healthy diet, plenty of exercise, weight management, and avoiding smoking, too much alcohol, and other heart-damaging habits.

But cardiologists are now highlighting what they call an “under-emphasized threat:” stress.

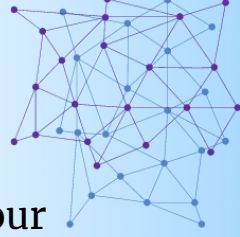
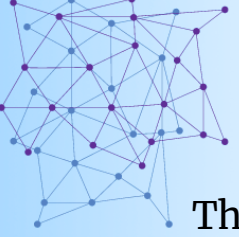
In fact, experts like Dr. Ernesto L. Shiffrin, physician-in-chief at Sir Mortimer B Davis Jewish General Hospital in Montreal says it's time to take stress seriously as a major risk to our heart health. He says, “Chronic stress has been shown to be associated with increased cardiovascular events.”

Dr. Rachel Lampert, a cardiologist at Yale Medicine says that, “Chronic stress can cause higher levels of inflammation in the body that contribute to increases in plaque buildup in the arteries which can lead to problems like coronary artery disease.” That, she says, can lead to heart attack, abnormal heart rhythms, and heart failure.

And the Occupational Safety and Health Association (OSHA) has declared stress to be a “workplace hazard” citing that it costs American industry over \$300 billion annually!

Furthermore, stress can damage our Heart Rate Variability (HRV). HRV is a measure of the heart's ability to adjust its beating according to the needs of the body and is crucial to a healthy heart.





Think of HRV as a kind of “heart plasticity” or flexibility. Just as our bodies need to be flexible and adaptive, a healthy heart likewise has to be flexible and be able to respond to our varying activity levels throughout the day.

Stress inhibits this adaptability and makes it harder for the heart to react as needed to changing activities, whether getting up in the morning, relaxing, running on the treadmill, sleeping, or digesting our food.

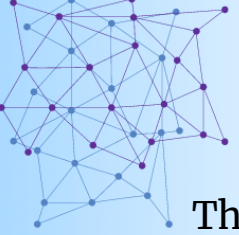
The message is clear: To deal with the stress burdens our hearts are working so hard to handle, we have got to reduce our stress!

So we created **Heart Enhancer** to do just that. **Heart Enhancer** delivers the stress-busting effects of Holosync like nothing else can. Deep meditation, especially in the theta range, has been shown to help reduce high blood pressure and inflammation, and trigger the body’s natural “Relaxation Response;” a state of physiological relaxation to calm an overactive limbic system soothe and the sympathetic nervous system (our center of fight-or-flight).

Plus, with **Heart Enhancer**, we’ve incorporated Variable Entrainment Waves; slight fluctuations in the listening session that can improve heart rate variability.

In 2015, tests confirmed that consistent Holosync listening could boost HRV up to 8 times over non-Holosync users. (And advanced Holosync listeners registered HRV as much as 20 times higher than non-listeners!)





This is the first Holosync soundtrack created specifically to target the heart and deliver heart-healthy benefits through sound technology alone.

Simply pop in your earbuds, put on **Heart Enhancer**, close your eyes and sit back as Holosync gently works to calm your heart and respiration, soothe your nervous system and, and reduce the caustic effects of chronic stress.

And for your convenience or for when you're short on time, you also get a 7 Minute "Quick Session" Version!

Soundtrack Features:

- 30 minutes (Plus 7 Minute Quick-Session Version)
- Targets: Low Theta Brainwave State
- Includes Variable Entrainment Oscillation Waves
- Medium neural driving effect
- No up-ramp
- Ideal for deep meditation, enhancing relaxation

Listening Guidelines:

- Listen once or twice per day (great before bedtime!)
- Listen with stereo headphones or earbuds
- Listen reclining or lying down, eyes closed
- Listen in a distraction-free environment
- Listen at a comfortably low volume level





Soundtrack #2: Brain Defender

Nothing - nothing - is more important to good health than the health of your brain. And today, just like our hearts, our brains are under siege from the constant barrage of overwork, negative news, social media, financial worries, health challenges, and so much more.

More people than ever before say they're simply overwhelmed, swamped by worries and fears, flooded with negative thoughts and emotions, and soaking in feelings of uncertainty and distress.

It's easy to notice stress in our bodies. We can literally feel it. We get headaches, there's tension in our muscles and joints, and we feel edgy or fatigued. Our digestion is off and we don't sleep well.

But while we can take some aspirin or soak in a hot tub to relieve some of that physical tension, these are only stop-gap measures with temporary benefits. And we often forget that our brains need some TLC too.

Protecting the brain from stress has never been more important than it is today. Chronic stress can lead to significant negative effects on our cognitive functioning, memory, emotional regulation, sleep, and much more.

Prolonged exposure to stress - like when we go through some drama in our work, or at home - means our brains are soaking in a soup of stress hormones like cortisol, which can damage brain cells, shrink the prefrontal cortex, and exacerbate mental health issues like anxiety and depression.





Stress even ages our brain, causing it to slow down, struggle with memory, and can even put us at higher risk for Alzheimer's disease and other neurodegenerative conditions.

Few people recognize the need to take steps to protect their brains from the effects of chronic stress. And fewer still know that there's actually a pain-free, pill-free way to do it.

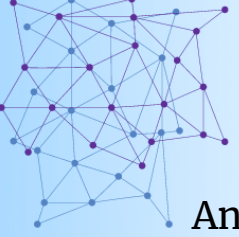
For 35 years, Holosync has been the "go-to" sound-based solution for brains under stress. Its ability to replicate and accelerate the benefits of long term mindfulness meditation means it's the ideal tool to help ease the heavy burden of chronic stress our brains have been struggling to manage.

Brain Defender is the newest addition to these incredible brain-protecting tools and it's designed to be an exceptionally potent way to not only reduce stress, but also train and condition the brain to become more resilient and resistant to its negative effects, all in just 30 minutes a day!

Brain Defender not only draws brainwave patterns all the way down to a deep 3.5 Hz delta state, but it includes a potent neural driving stimulus to cause the brain to adapt and respond quicker and more efficiently to stressful situations.

This means a brain that is built for our busy and often stressful lives - a brain that is stronger, tougher, and more effective - a brain with higher resilience and coherence, performing better so you feel, act, and think better than ever before!





And **Brain Defender** also features an updated version of our proprietary Lateral Carrier Boost, which means it improves the synchronous neuroelectrical activity in the brain. When the two sides of your brain are in-sync, it means better focus, better memory, a better brain!

And for your convenience or for when you're short on time, you also get a 7 Minute "Quick Session" Version!

Soundtrack Features:

- 30 minutes (Plus 7 Minute Quick-Session Version)
- Targets: delta and alpha brainwave states (dual target)
- First dips to delta before ascent to alpha
- Includes Lateral Carrier Boost 2.0
- Strong neural driving effect

Listening Guidelines:

- Listen once or twice per day (ideal first thing in the morning!)
- Listen with stereo headphones or earbuds
- Listen reclining or lying down, eyes closed
- Listen in a distraction-free environment
- Listen at a comfortably low volume level
- Ideal for releasing tension and stored up stress





Soundtrack #3: Nervous System Stabilizer

There are lots of ways to measure our physical and mental health. But none are more important than the quality of our mind-body connection. Why is this mind-body relationship so important?

Your mind and body comprise a kind of feedback loop, a unique relationship where your brain and body are in constant communication - sending and receiving signals - trading information about how the complex and sensitive systems in our bodies are working...or not working.

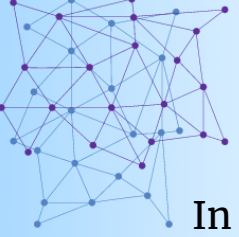
It's a careful balancing act on which our overall health and wellbeing depend. And like any relationship, communication is absolutely key!

But stress has been shown to disrupt that fragile balance, damage the lines of communication, and create disharmony and even disease.

Research out of Clemson University shows that as much as 90% of illness and disease is stress-related. According to WebMD, over 75% of all doctor's visits are for stress-related ailments (ailments that could be improved or even cured if only the stress was under control).

And while there are many drugs and prescriptions you can take to address a range of physical ailments, there's really only one proven pill-free way to stabilize and protect the mind-body connection: meditation.





In 2019, the American Psychological Association found over 200 peer-reviewed studies that demonstrate the efficacy of meditation for everything from chronic pain and depression to high blood pressure and sleep disorders. These studies also show that meditation can boost your immune system and even reverse some signs of premature aging on a cellular level!

Holosync has been helping hundreds of thousands of people experience benefits like these for 35 years! In fact, Holosync is not only an easy way to get the benefits of meditation, but to boost those benefits like nothing else will (no pills necessary!)

And part of why it's such an effective audio meditation tool is because it focuses on improving the mind-body connection. How?

- It creates more awareness, so you're more "in tune" with your body and its needs.
- It improves the synchronous neuroelectrical activity between the two sides of the brain, which means better memory, focus, and cognition.
- It calms an overactive sympathetic nervous system, moving the body out of a tense, stressful state into the body's parasympathetic state, activating the Relaxation Response, taking stress off your mind and body.
- It helps rebalance the many neurotransmitters and chemicals that control our mood, digestion, and sleep.
- And it significantly improves your resistance to the effects of stress.





We created **Nervous System Stabilizer** to boost these benefits even more. Just by listening once a day, you can improve the connection between mind and body, blast away stress and tension, and regain your mental and emotional balance.

Nervous System Stabilizer uses a dual-target brainwave state, with time spent at both 11 Hz alpha, and 6 Hz theta (in the 30 minute version). This is done to first stabilize brainwave activity, and then to trigger the natural release of stored-up tension, high cortisol and adrenaline, and calm a restless mind.

And for your convenience or for when you're short on time, you also get a 7 Minute "Quick Session" Version!

Soundtrack Features:

- 30 minutes (Plus 7 Minute Quick-Session Version)
- Targets: alpha and theta brainwaves (dual-target)
- Extended time in alpha (12 minutes) before dropping to theta
- Light neural driving effect
- Ideal for stress-reduction, relaxation

Listening Guidelines:

- Listen once or twice per day
- Listen with stereo headphones or earbuds
- Listen reclining or lying down, eyes closed
- 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?”





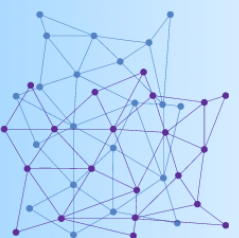
A) No. Listening to loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. Louder isn't better. We recommend listening at a comfortably low volume.

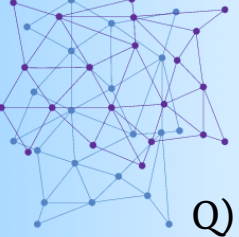
Q) "I'm also doing The Holosync Solution™ program. Can I do both?"

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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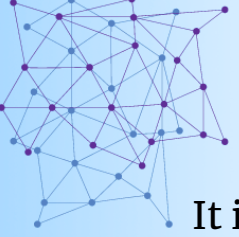
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