

Super Stamina Boost

Instructions & FAQ

*(To make sure you get the best results, please read all the information and instructions carefully before listening to **Super Stamina Boost**.)*

[\(To read your free Special Report on the science behind meditation and aging, click here\)](#)

Super Stamina Boost

A Meditation for Energy & Resilience

We all know that aging can slow us down, sap our energy, lower our resilience to stress and illness, and leave us in a near-constant state of fatigue and weariness.

There are many reasons for this. Aging decreases muscle mass and cardiovascular efficiency. Our metabolism slows down, and energy-rich hormones like estrogen and testosterone decline. We tend to get less deep sleep as we age, and are more susceptible to stress.

Perhaps most problematic, our brains literally slow down. Neural connections weaken, brain cells die off, and our brain's reaction times become slower with each passing year.

But did you know that there is, in fact, a specific brainwave pattern recently getting the attention of anti-aging experts because it seems to

hold real potential for helping us retain and reclaim our youthful stamina and energy, even into old age?

That brainwave pattern is called “**gamma.**” Gamma waves are higher and faster than even our normal wakeful brain wave patterns like beta (you’re probably in beta as you’re reading this). They are not your traditional “meditation” brainwave states, even though they are often observed in the brains of highly advanced meditators.

Gamma waves (30 to 100 Hz) represent a broad spectrum of brainwave activity associated with more mental coherence, greater cortical brainwave activity, increased energy, and improved neuromuscular coordination.

Some studies point to gamma as a way to boost brain plasticity, which means greater cognitive adaptability and resilience. And recent research by MIT shows that gamma may even hold potential as a means of treating Alzheimer’s and other neurodegenerative diseases.

With **Super Stamina Boost**, you have the power of gamma waves at your fingertips. This unique 20 minute soundtrack will bring your brainwave pattern up to 40 Hz (gamma) and then provide a gentle descent to 10 Hz leaving you feeling refreshed and reinvigorated.

Instructions & Soundtrack Details:

- Track length: 20 minutes
- Best for morning or daytime listening
- Listen with eyes closed in distraction-free environment

- Listen with stereo earbuds or headphones
 - Medium neural driving effect
 - Targets gamma (40 Hz)
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Additional Details

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.

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.

What is Autofonix?™

Autofonix is Centerpointe’s proprietary audio encoding method that modulates the frequencies of the human voice to be - unlike conventional subliminal methods - virtually undetectable by the conscious mind but perceptible to the unconscious mind.

With Autofonix we can supply the brain with positive self-talk and inspiring affirmations that by-pass our conscious filters, anchor in the unconscious, and manifest in conscious thoughts and actions over time.

When paired with Holosync, Autofonix affirmations are significantly more effective over time than old-fashioned subliminal or audible affirmations.

As always, a full script of all Autofonix affirmations are included with any soundtrack that includes them.

What is Lateral Carrier Boost?™

Lateral Carrier Boost was developed by the Centerpointe Audio Design Team to enhance the effectiveness of brain wave entrainment by subtly boosting the amplitude of the Holosync carrier frequencies in each channel independently and sequentially several times over the course of the listening session.

Lateral Carrier Boost is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres, causing more connectivity and coherence between the two sides of your brain and more “whole brain thinking.”

When your cerebral hemispheres are well connected, you can easily achieve a Flow State and get “in the zone.” It’s like “thinking in stereo.”

The result is a brain firing on “all cylinders;” functioning at optimal efficiency and peak performance. Memory, concentration, focus, retention, recall, and cognition are all improved thanks to the Lateral Carrier Boost technology, as well as making it easier to heal and release old, unresolved mental and emotional material.

If you’ve been looking for a way to increase the effectiveness of your Holosync listening sessions, look no further than Lateral Carrier Boost - a one-of-a-kind audio innovation you’ll find nowhere else.

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 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! The **Super Stamina Boost** soundtrack is 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 **Super Stamina Boost** soundtrack. 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 **Super Stamina Boost** soundtrack. 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 **Super Stamina Boost**? 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.

This product is not offered as a cure for any medical or mental health problem, or as a substitute for professional medical or mental health care. The content and information provided with this program is not intended to diagnose, treat, or cure any physical or mental condition or illness. Centerpointe makes no guarantee regarding any specific physical, mental, or emotional experience of the user. User results and experiences may vary.

Customers understand and agree to use the program content presented as is, and to hold harmless the provider of this program material - Centerpointe Research Institute - in the unlikely event of injury or discomfort as a result of its use.

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.

Super Stamina Boost: Terms & Conditions

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

support@centerpointe.com - 503-672-7117

Super Stamina Boost – Affirmations

A Meditation for Energy & Resilience

"I am filled with boundless energy and strength."

"Each breath I take fuels my body and spirit."

"I rise with vitality and confidence every day."

"Resilience flows through every cell of my being."

"I am recharged, refreshed, and ready for my day."

"My energy levels are abundant and unstoppable."

"I face challenges with unwavering strength."

"Every moment renews my stamina and focus."

"I am empowered to achieve my goals with ease."

"The universe supports my energy and resilience."

"My mind and body work in perfect harmony."

"I thrive under pressure, growing stronger each time."

"I am a vessel of vibrant and dynamic energy."

"My inner power fuels me through all challenges."

"I embrace life with enthusiasm and vitality."

"My resilience grows with every experience I face."

"I am in tune with an infinite source of energy."

"Strength and endurance come naturally to me."

"I am grounded, energized, and resilient."

"My stamina increases as I trust in my limitless potential."