



HOSYNC WEIGHT LOSS SOLUTION INFORMATION & INSTRUCTIONS

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 Weight Loss Solution, a set of powerful neuro-audio soundtracks using Holosync and other proprietary techniques designed to help you achieve and maintain a healthy weight, reach your fitness goals, and shift your mindset and metabolism into gear!

We all know that diet and exercise are key to good physical and mental health. But too often, we fall short of our fitness goals because we overlook the other key factor - the brain!

Until you address the **Big Three Weight Loss Barriers** -

Stress
Self-Talk
Emotional Healing

- you'll likely still struggle to lose weight, make healthy choices, and be at your best.

That's why we created the **Holosync Weight Loss Solution**, designed to help your brain overcome chronic stress, rescript that negative internal self talk, and heal from trauma or other emotional wounds.

The Holosync Weight Loss Solution helps you:

- Combat the #1 enemy of weight loss and fitness: Stress!
- Break the "Stress Weight-Gain Cycle"
- Rescript your internal self talk and train your brain to easily achieve your fitness goals
- Reduce the cortisol levels in your brain, making it easier to lose weight (and keep it off)

- Heal and release old, unresolved mental and emotional damage
- Improve your ability to regulate your emotions and mood
- Replace bad habits with healthy choices

Let's review the powerful Holosync soundtracks that come with your Holosync Weight Loss Solution collection!

These soundtracks have been designed to work with your schedule. You can pick one or more soundtracks to listen to daily, or as your schedule allows (consistent usage always yields the best results).

HOSYNC WEIGHT LOSS SOLUTION SOUNDTRACK #1: CORTISOL DISSOLVER - 20 MIN

Soundtrack Info:

Most people know cortisol as the “stress hormone.” But cortisol isn’t all bad. It helps us wake up, stay alert and pay attention. It also helps regulate certain healing processes in the body. So when cortisol levels are healthy and balanced with other chemicals like melatonin, it plays an important role in our health.

The trouble is that so many of us today are over-stressed and under pressure, and that drives cortisol levels up to unhealthy levels. Most of us have too much cortisol and that’s bad news for our health.

High cortisol can create a lot - yes, A LOT - of problems:

- Disrupted sleep (due to lower melatonin levels)
- Weakened immune response
- High blood pressure
- Headaches
- Diabetes
- Low libido

- Depression
- Mood swings
- Anxiety
- Digestive problems
- Accelerated cellular aging
- Adrenal fatigue
- Mental fogginess

But did you know that high cortisol can also make it hard to lose weight?

In fact too much cortisol can actually trick our bodies into thinking we need to pack on the pounds rather than shed them.

When we're chronically stressed it sets off a troublesome chain reaction: The brain produces more cortisol. More cortisol means increased blood sugar. When blood sugar rises, the pancreas produces insulin, which in turn can increase belly fat.

High levels of cortisol can also disrupt the synchronous neuroelectrical connections between your cerebral hemispheres, leading to that foggy-headed feeling and making it that much harder to make healthy choices.

There are a dozen or so drugs that can address this issue of high cortisol, each with its own set of potentially negative side effects.

OR, you can try another proven method, with no drugs or pills to swallow and no negative side effects.

Recent studies suggest that meditating with the help of brainwave entrainment technology can reduce high cortisol levels by as much as 70%.

And since 1997, we've known that Holosync can help reduce high cortisol levels while increasing melatonin thanks to our work with anti aging experts like Dr. Vincent Giampapa, co-founder of the American Academy of Anti-Aging Medicine who personally studied Holosync's ability to balance these neurochemicals. He found that Holosync can increase DHEA and melatonin while balancing high levels of cortisol.

That's all very good news for your health and it's one of many reasons Holosync is such an essential and potent tool when it comes to stress reduction.

And it's why we designed **Cortisol Dissolver**.

By listening for just 20 minutes per day, you can help your body reduce high cortisol levels, increase melatonin and resync your brain hemispheres.

But Cortisol Dissolver is not your average audio meditation soundtrack.

It's been specially designed to target two different brainwave patterns, each believed to help reduce cortisol and increase positive neurochemical production (like melatonin).

This deeply-relaxing soundtrack is ideal for helping reduce both mental stress and physical tension. And as a bonus, it can even help you get better sleep (when listened to before bed).

Plus, we've included our proprietary **Lateral Carrier Boost** technology, which uses oscillating offset amplitude modulation to stimulate more cross-hemispheric activity. Simply put, it syncs up your brain and gives you more "whole brain thinking."

With **Cortisol Dissolver**, there are no prescriptions to fill, no pills to swallow, no expensive clinical procedures. Just sit back and enjoy a healthy mental health break!

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 sleepy during or after the listening session.

Soundtrack Details:

- 20 Minutes
 - Medium Neural Driving Effect
 - Listen anytime daily or as your schedule allows (great before bed!)
 - Listen while reclining or lying down, eyes closed
 - Use headphones or earbuds
 - Includes Dual-Targeted Brainwave States (8.3Hz/3.2Hz)
 - Includes Lateral Carrier Boost Technology
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HOLOSYNC WEIGHT LOSS SOLUTION SOUNDTRACK #2: RESCRIPT & RESCULT – TRANSFORMATIONAL RESCRIPTING LISTENING SESSION – 25 MINUTES

Soundtrack Info:

Being overweight is more than a physical issue. When we feel uncomfortable due to being overweight or out of shape, our confidence and self esteem suffers too. We can find ourselves unmotivated and self-conscious, and even develop conditions like Body Dysmorphia where we can become intensely preoccupied and obsessed with perceived flaws in our appearance.

We avoid looking at ourselves in the mirror and might even avoid certain social situations or activities because we just don't feel comfortable on the beach or enjoying a dance with our loved one.

Recent research suggests that a big part of the problem is our **self-talk**. When our self-talk is focused on our weight problems, our out of shape appearance, our lack of discipline, our lousy diet, our constant fatigue, it keeps us stuck with no motivation to change.

And when it comes to resolving these problems, we sometimes put the proverbial cart before the horse. We think, "As soon as I lose some weight, I'll feel better about myself."

That may or may not be true, but it's not the only way to solve this challenge.

More and more research shows that changing our bodies begins by changing our minds - or more specifically, our internal self-talk.

Being overweight can make us feel like we're weak-willed, undisciplined, or otherwise "bad." But the truth is that this has more to do with the kind of internal self-talk we allow to flood through our minds. When we "fat-shame" or conjure up negative thoughts about ourselves - including our bodies - we sabotage everything else we're working hard to do to improve our health and lose weight.

We know that diet is important to our health and weight management, but we sometimes forget that our thoughts make up the diet for our brains.

Toxic self-talk is the junk food of the mind.

Research such as that published by Dr. Daniel Amen shows that a single thought can trigger a change in our neurochemistry and physiology. When those thoughts are negative, our bodies respond in kind and we find ourselves not only feeling overweight, fatigued, and miserable, but looking that way too. It's true - what you think can literally affect your physical health.

To address this challenge once and for all, Centerpointe has created a unique approach to changing internal self talk called **Transformational Rescripting**.

Transformational Rescripting uses audible guidance with specially structured verbiage to gently coax the conscious mind to become more open to change, while also implanting positive self-talk on an unconscious level.

This technique is ideal for overwriting negative or toxic self-talk and supplying the unconscious with positive language and imagery that aligns with our goals and aspirations.

Changing that self-talk can change our thoughts and behaviors, and can trigger physiological and metabolic changes that translate into better self-esteem, more confidence, and ultimately a trimmer, healthier body!

Rescript & Resculpt Instructions

Rescript & Resculpt is an audible guided meditation session using Centerpointe's powerful **Transformational Rescripting** technique. With this special interactive method, we can target and overwrite old, negative self-talk with a new internal script that aligns with your health and fitness goals and desired outcomes.

Transformational Rescripting uses a three step process to:

- Compassionately accept yourself and your circumstances.
- Visualize a new and limitless version of yourself
- Adopt a new Positive Internal Script in alignment with your goals and values

This three step process - **Accept, Visualize, Align** - is a proven technique that can work wonders, not only for your weight loss and fitness goals, but for any area of your life you're seeking change.

*Important Note: During the listening session, you'll be asked to state your **Positive Internal Script**. So before listening, we suggest taking a few moments to create this **Positive Internal Script** specific to your weight loss goals. See below.*

How to create your Positive Internal Script:

A Positive Internal Script is simply a short statement you'll create and recite that is in alignment with your goals and values around health, fitness, and weight loss. This statement can be one to four sentences long and should be something you can commit to memory.

Below are some statements you can use to construct your Positive Internal Script. Pick one to four sentences from the samples below to assemble your Positive Internal Script, or create your own!

You can arrange these statements in any order you wish.

- I am no longer limited by my old self image but am embracing a new, healthier, stronger version of myself.
- I am fit, healthy, strong, and youthful.
- I love myself and show that love by making the healthiest choices I can.
- I have boundless energy and greet each day with hope and optimism.
- I believe in myself and my capacity for change and success.
- I put aside old limiting beliefs and open myself up to change and growth.
- I take mindful and intentional action toward achieving my goals.
- I know that I deserve to look and feel healthy and fit.
- From this moment on, I will always do what is in the best interest of my body, mind, and spirit.
- I am mindfully achieving all my weight loss goals.
- I am determined, committed, and capable of achieving my goals.
- I am patient with myself and with the process of achieving my goals.
- I make sure to take steps toward my goals and desired outcomes every day.
- I am grateful for the chance to improve my health and life.
- I am proud of myself for working to achieve my goals.
- I have no limits on what I decide to do to improve my health.
- I am learning to love myself and my body.

Sample Positive Internal Script:

“I am fit, healthy, strong, and youthful. I have no limits on what I decide to do to improve my health. I am determined, committed, and capable of achieving my goals. I believe in myself and my capacity for change and success”

Compose and write down your Positive Internal Script in your own handwriting before listening to your **Rescript & Resculpt** listening session. We suggest using the same Positive Internal Script for at least two weeks before changing it.

Memorize or keep a copy of your current Positive Internal Script on hand for your listening sessions. We suggest writing your script on a 3x5 card so you can keep it handy and look at it or recite it to yourself several times a day.

While listening to your **Rescript & Resculpt** session, you'll be asked to recite or read your Positive Internal Script aloud.

Usage Instructions:

Find a comfortable, distraction-free place to sit or recline. Have your Positive Internal Script memorized or ready to read aloud. Simply listen and follow along with the guided instructions. As always, listen with stereo headphones or earbuds.

(Note: the guided portion of this soundtrack ends about halfway through the session. For optimal results, sit quietly and listen to the music and Holosync after the guided portion ends.)

Soundtrack Details:

- 25 Minutes
- Light Neural Driving Effect
- Listen anytime (but daytime is best) daily or as your schedule allows
- Listen while reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes audible interactive guided exercise
- Includes Holosync targeting a high theta brainwave state

HOLOSYNC WEIGHT LOSS SOLUTION SOUNDTRACK #3: FOCUSED, FIT & FREE - 20 MIN

Soundtrack Info:

You've tried everything! You've counted calories, passed on the pie, tried a half dozen fad diets, and sweated it out on the treadmill. Yet the excess weight just won't seem to go away! So what gives?

Maybe the fat isn't clinging to us.

Maybe we're clinging to the fat!

- Did you know that the fat we store might actually be a physical manifestation of unresolved trauma, stress, or emotional wounding?
- Did you know that almost two-thirds of people in need of surgical treatment for obesity indicated that they'd experienced some form of trauma?
- Did you know that 90% of overweight people surveyed reported that they had feelings of "guilt," "inadequacy," or "ineptness" due to not losing weight?
- Did you know that most people continue to view obesity as a problem with willpower despite ample evidence to show that willpower plays only a minor role in weight loss?

Experts say that excess weight can't always be blamed on weak willpower, a lack of exercise, or poor dietary choices. Sometimes, they say, that spare tire or extra fat is a shield; a "suit of armor" we wear to protect ourselves from the dangers of the outside world. And no matter how much we sweat and diet, our emotional wounds make it nearly impossible to feel safe taking off that heavy armor.

When we've been through trauma or have faced any kind of chronic stress, our brains can look for ways to defend and cushion ourselves from further damage. And that can come in the form of a literal cushion of excess weight.

This is why more and more researchers are highlighting the crucial connection between trauma or chronic stress and our weight.

And it's also why so many people feel frustrated, watching themselves sabotage their own efforts to change over and over again.

Even when we know exactly what to do to get healthier, and muster up the motivation to get started, our unconscious mind is unwittingly sabotaging those efforts, leaving us cocooned in a layer of excess fat and toxic feelings of defeat and frustration.

For many, this is the crucial missing piece of the weight loss puzzle because it explains so much:

- It explains the self sabotage.
- It explains the false starts and weak motivation
- It explains why it's hard to stick to healthy habits.
- It explains the workout equipment collecting dust in the corner.
- It explains why some people struggle for a lifetime to lose some of that extra weight.
- And it explains why so many people with weight challenges feel so depressed, discouraged, and miserable.

Experts are discovering that when you can truly release that old unresolved mental and emotional material, it's more than just a mood booster. It can also directly impact your health, weight, and fitness. And it's incredibly liberating!

Once you break out of that shell of excess worry, fear, anger, and despair, you can also let go of that layer of weight that's quite literally holding you down.

The message is clear: shed the emotional baggage, shed the excess weight.

Holosync is uniquely suited to help you do just that. Because Holosync utilizes potent neural driving sound frequencies, it can help you break up and release old, unresolved mental and emotional material, including issues related to past trauma and emotional wounding.

So not only can you lose some bodily weight, you can also lose the “weight” of old repressed trauma, difficult memories, worries, grief, and negative experiences that trigger your body to hang onto all that clunky “armor” in the form of excess pounds.

With **Focused, Fit & Free**, you have an extremely potent neural driving soundtrack that targets very deep states of consciousness - epsilon brain waves, below 1 cycle per second - where the deepest, most repressed memories and thoughts are stored. Listening consistently causes a gentle break up of that material, allowing it to be released and flushed away.

This kind of cathartic process can take decades of work with conventional methods. But **Focused, Fit & Free** is designed to help you begin releasing this old toxic material quickly, safely, and easily.

As you release this material, not only will you feel mentally and emotionally lighter, you’ll also find it easier to release excess weight too! You’ll make healthier choices for yourself, exercise more self-care, experience less stress, and dramatically improve your mood. It’s like a weight lifted off your shoulders (and from around your middle, too!)

Look, we know losing weight and getting in shape can be hard. That’s why **Focused, Fit & Free** is one of the most potent Holosync soundtracks we’ve ever created.

Best of all, it couldn't be easier to use. Just put in your earbuds, cue up **Focused, Fit & Free**, sit back and listen!

Once you break the unconscious attachments to that internal “fat” of the past, it gets a lot easier to shed those extra pounds and experience the new, healthier, fitter YOU!

Usage Instructions:

Find a comfortable, distraction-free place to sit or recline. Simply listen and follow along with the guided instructions. As always, listen with stereo headphones or earbuds.

Note that this soundtrack may produce some catharsis in some listeners, which may produce noticeable emotional or physiological reactions associated with the release of old unresolved mental and emotional content.

Soundtrack Details:

- 20 Minutes
 - Strong Neural Driving Effect
 - Listen anytime daily or as your schedule allows
 - Listen while reclining or lying down, eyes closed
 - Use headphones or earbuds
 - Includes Holosync targeting a low epsilon brainwave state
 - Includes an “upramp” ascent at the end to return you to a more alert state
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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.

What is Lateral Carrier Boost?™

First introduced by Centerpointe in 2021, **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 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 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!**

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 Holosync Weight Loss Solution: Terms & Conditions

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