



# Youthful Mind Suite Instructions & Info



Protect, Strengthen, and Expand Your Brain Power!



Welcome to ***Youthful Mind***, a powerful collection of Holosync audio soundtracks and a special video session designed to rejuvenate and recharge your brain's powers of concentration, focus, memory, and retention.

This first-of-its-kind collection is based on the latest scientific research and incorporates the powerful Holosync neuro audio technology to help keep your brain functioning at peak levels, support a sharp memory, and increase your brain's ability to focus even as you age. It uses a newly developed proprietary audio design to make Holosync even more powerful than before.

Researchers have recently discovered a possible therapeutic connection between exposure to gamma sound waves and a reduction in the amount of plaque buildup in the brain. This plaque is implicated in a slowing down of brain activity and is thought to play a key role in the degenerative effects of various forms of dementia, Alzheimer's, and other cognitive disorders.

Centerpointe has long been aware of the benefits of gamma waves. We introduced our first gamma-based soundtrack - Gamma Compassion - back in 2004, over fifteen years before the most recent scientific research established the value of gamma waves in brain health.

And now Centerpointe audio engineers and designers have created a collection of exceptionally potent Holosync soundtracks based on this latest research. These soundtracks use audio signals tuned to a range of specific brainwave states associated with focus, memory, and mental flexibility. They are specially designed for those wanting to help protect their brains from the effects of brain atrophy associated with aging, and keep their brains sharp, responsive, and aware regardless of age.

**To make sure you get the most out of your listening experiences with these soundtracks, and the special video session, be sure to read all the information below.**



The Youthful Mind Suite includes the following audio and video materials:

- 1. Super Brain Revitalizer (Audio Soundtrack)**
- 2. Delta Sync Rejuvenator (Audio Soundtrack)**
- 3. Audio Wellness Spa (Audio Soundtrack)**
- 4. Tranquil Lakeside - BONUS (Audio Soundtrack)**
- 5. The Power of Your Breath - BONUS (Video Session)**





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# Instructions & Descriptions



Let's look at the audio and video materials in more detail and review the instructions.



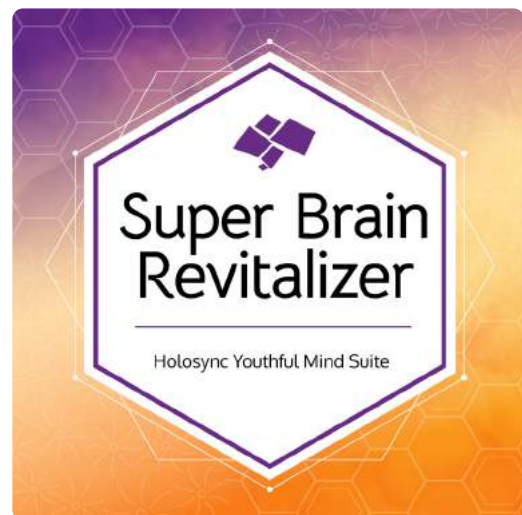
## 1. Super Brain Revitalizer

### Audio Soundtrack

This unique and powerful brain enhancing soundtrack is the core of the **Youthful Mind Suite**. It's based on research conducted at MIT that demonstrated a connection between exposure to gamma sound waves and a reduction in beta-amyloid proteins that produce brain plaque.

This amyloid plaque - similar to the hard and sticky plaque that builds up on teeth - can slow down the neuro-electrical activity within the brain, impairing memory and diminishing brain function. When this plaque builds up, it's like the brain is trying to run in sticky mud - it's slow and arduous. It's this process in part, say researchers, that leads to a range of dangerous and adverse illness and disease.

As this plaque problem worsens over time, the brain is unable to think clearly, remember simple details, and in some instances can lead to severe mental and physical impairment.



Based on this still-evolving and cutting-edge research, exposure to gamma waves may help reduce this plaque build-up and stave off the effects of this brain plaque build-up.<sup>1</sup>

**Super Brain Revitalizer** is 40 minutes in length and includes a 20-minute exposure to 40 Hz, the same target state used in recent research.



## **Super Brain Revitalizer Usage:**

For optimal benefit, listen once per day with headphones, eyes closed, in a seated and distraction-free environment.

Listeners can expect to feel a surge in mental energy and heightened focus after a listening session. Occasionally, the release of old unresolved emotional material can arise, resulting in cathartic experiences such as restlessness or crying. This is a natural “detox” experience as the brain cleanses itself of stored up negative emotions.

There are no affirmations (or other verbiage) included on **Super Brain Revitalizer**.

*Note: This is a particularly potent soundtrack recommended for adults. Occasional emotional catharsis may be experienced (but will dissipate upon cessation of listening). We recommend listening no more than twice per day.*

A natural environment audio version of this track with no music is also available for download.

As with all Holosync tracks, use stereo headphones or earbuds and never listen while driving or while engaged in any other activity that requires your attention.

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<sup>1</sup> Note: While this track’s design is based upon research that demonstrates a correlation between gamma wave exposure and a reduction of dangerous brain plaque, this research is still in the early stages. Centerpointe makes no guarantee of any specific effect, related to this or any other medical research, as a result of using this or any other Holosync soundtrack. Holosync is not offered as a treatment or cure for any specific illness or condition.

## 2. Delta Sync Rejuvenator

### Audio Soundtrack

Delta is the deepest brain wave state and plays a critical role in our overall health and mental wellbeing. It is the state where the body and mind are repaired and rejuvenated.

But because of the numerous stressors in today's environment, plus a lack of deep sleep, and over-crammed schedules, we often don't get the necessary time in delta to fully recharge and re-energize. This can literally ruin our lives.



Insufficient delta activity can dull our memory, sap our energy, and cause confusion and irritability. It can even contribute to a wide range of health problems like hypertension, obesity, and heart disease.

Here's a short story to illustrate the importance of delta from Centerpointe's product designer, Marc Gilson:

*Many years ago, my next-door neighbor was a guy - let's call him Gary - who was a Vietnam veteran. While I had great respect for Gary's service, I didn't like living next to him much because most nights he would get drunk and begin arguing - loudly - with his wife. He would sometimes act out, throw things around, and drink so much that it wasn't uncommon for the police to arrive to settle things down.*

*During Gary's sober moments, I gradually got to know him better and began to understand his challenges. You see, when Gary was in Vietnam, he was a mobile radio operator. While his unit was on the march during the day, he'd have to march along with them.*

*But when the troops stopped marching and slept, that's when Gary's work really began. His job was to climb to the highest nearby hill at night and monitor enemy movements or listen for command instructions with his radio gear. This was not a peaceful way to spend a night.*

*Then, as the sun came up and his fellow troops were readying themselves for the day's march, Gary packed up his gear, still sleepless, and marched along, trying to keep up. Sometimes Gary would go three or four days with very little sleep or no sleep at all. This, not to mention the usual stressors of living in a combat zone, took an immense toll on Gary.*

*Even when he returned from Vietnam, Gary's brain had been conditioned to remain on high alert, all through the night. His sleep, when he did doze off, was shallow, never reaching that all-important delta state. Try as he might, Gary could not sleep deeply or for more than a couple of hours at a time. He was severely sleep-deprived. His memory was terrible. He could never remember my name even after several conversations, and he'd often repeat the same stories not realizing he'd already told them at least once. Medication and other treatments hadn't helped much, so Gary turned to drugs and alcohol.*

*Once I realized what Gary was up against, I offered him some delta-level audio entrainment tracks, kind of like an early precursor to the Holosync we use today. The tracks were designed to induce sleep and my hope was that they'd help Gary get the delta his brain was starved for. I wasn't sure if they'd help him but I knew they couldn't make things any worse. He took them with a little reticence but agreed that he would "try anything" to help him cope better and perhaps get some real sleep.*

*A week later, Gary came knocking at the door to thank me for the soundtracks. He had tears in his eyes. "I feel like myself again! I don't know what these things do and I don't care. All I know is that I'm finally able to sleep for the first time in over 20 years."*

Delta waves are absolutely crucial to our mental, emotional, and physical health. Although most of us don't have the same kinds of problems Gary did, we can still suffer when we don't get enough time in delta. And most of us don't.

But is deep delta really all that important? Well here's what sleep scientists tell us. You be the judge.

In delta:

- Physical healing and recovery from illness and stress takes place
- Immune response is energized and strengthened
- Memories are organized and consolidated
- Emotions are processed and released
- Toxins are flushed from the brain
- Blood sugar levels are balanced
- Metabolism is stabilized
- Learning is concretized

**Delta Sync Rejuvenator** is designed to gently draw your brain down into the deepest states of delta and hold it there. With consistent listening over time, this can help condition the brain to enter delta effortlessly on its own.

But it's more than just a delta entrainment soundtrack. This unique soundtrack uses a newly developed proprietary audio technique called **Lateral Carrier Boost** to enhance the synchronous neuro-electrical activity in the brain and increase the overall stimulation during the entrainment session.

This first-of-its-kind technique can help improve memory by stimulating each side of the brain independently of the other with oscillating boosts in amplitude every 8 seconds. Users report more "whole-brain thinking" and cross-hemispheric connectivity with this method than with traditional sound entrainment. The **Lateral Carrier Boost** method, developed by Centerpointe audio engineers, is being offered for the first time ever with **Delta Sync Rejuvenator!**



## **Delta Sync Rejuvenator Usage:**

**Delta Sync Rejuvenator** is 30 minutes in length and can be used any time of the day. For optimal benefit listen once or twice per day or as your schedule allows. Best used with stereo headphones, in a seated or reclining position, with eyes closed, in a distraction-free environment.

Some listeners may feel sleepy or doze off while listening, and this is completely normal with this soundtrack. There is no “right” or “wrong” experience; it’s best to allow your brain to respond in whatever way it does from listening session to listening session. With consistent usage, some listeners report improvements in memory and focus.

There are no affirmations (or other verbiage) included on **Delta Sync Rejuvenator**.

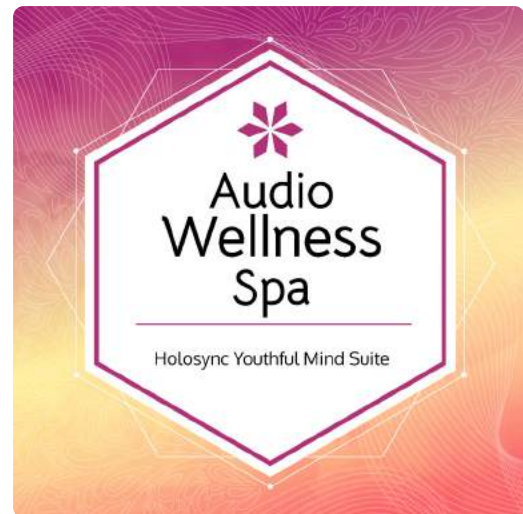
A natural environment audio version of this track with no music is also available for download.

As with all Holosync tracks, use stereo headphones or earbuds and never listen while driving or while engaged in any other activity that requires your attention.

## 3. Audio Wellness Spa

### Audio Soundtrack

**Audio Wellness Spa** is a relaxing Holosync soundtrack designed to improve focus, clarity, and impart a deep sense of wellbeing. **Audio Wellness Spa** is 30 minutes in length and helps the brain achieve an alpha state: a state ideal for enhancing your ability to read, retain, and recall information, improve creativity, and sharpen thinking skills.



Alpha is considered a “super learning” brain wave state because it helps your brain selectively focus and filter out distractions. It also has been shown to increase creativity and peace of mind, while reducing feelings associated with anxiety and fear.

Listening to **Audio Wellness Spa** is a way to refresh and rejuvenate your brain and wash-away any feelings of upset, restlessness, and mental stress. It’s also great for students or anyone faced with tasks that require a lot of brainpower.

This is the “go-to” soundtrack when you’re dealing with a lot of stress in your life. Like an audio shower, **Audio Wellness Spa** will rinse away tension and unease and put your brain into a “flow state” where your brain is optimized for reading or studying. In just 30 minutes, you can shift your state from one of anxiety and disquiet to a state of emotional stability and calm focus.



## **Audio Wellness Spa Usage:**

Listen to **Audio Wellness Spa** any time of day. Unlike other Holosync soundtracks, **Audio Wellness Spa** can be listened to either in the usual recommended manner (sitting down, eyes closed), or while sitting upright and doing other things like reading or writing.

It can also be listened to while walking, but for your safety remember to always use caution when wearing headphones in environments where your attention is necessary.

There are no affirmations (or other verbiage) included on **Audio Wellness Spa**.

**A natural environment audio version of this track with no music is also available for download.**

As with all Holosync tracks, use stereo headphones or earbuds and never listen while driving or while engaged in any other activity that requires your attention.

## 4. Tranquil Lakeside

### BONUS Audio Soundtrack

Take a 30-minute mental health getaway to the shoreline of a peaceful mountain lake as the sun descends over the horizon.

This unique bonus soundtrack includes an audible guided visualization designed to transport you to a place of calm, comfort, and peace. Close your eyes and listen as dusk falls near a cool mountain lake. Within moments of beginning the session, you'll find the tension in your joints and muscles releasing, your breathing becoming calm and steady, and your mind unloading any stress or worries.



There is also a soundscape-only version of this audiotrack if you'd like to enjoy the Holosync tones and nature sounds without the guided visualization.

**Tranquil Lakeside** is a Holosync session targeting a low theta brainwave state (4.5 Hz) that enhances visualization experiences and increases the sense of deep relaxation.

There's an almost endless list of benefits associated with deep relaxation in the theta state. Consistently experiencing deep states of calm and peace can help reduce hypertension, improve digestion, increase blood oxygen levels, reduce muscle pain and stiffness, improve sleep, strengthen the immune system, and much more.

We also know that a relaxed brain is a healthy brain. Like the muscles in the body, we too often keep our brains in a state of tense constriction, always on high alert for stressors in our surroundings and constantly vigilant. This is not only hard on our mental health, but it also has an effect on our brain's ability

to function in a healthy manner. When the brain relaxes, it produces less cortisol (stress hormones) and creates more neurochemicals associated with clear-thinking, optimism, creativity, and more.

With **Tranquil Lakeside** you can experience the remarkable and proven benefits of deep relaxation and listen to the healing sounds of nature any time!



### **Tranquil Lakeside Usage:**

Listen in any comfortable position, upright, reclining, or lying down. You can listen to **Tranquil Lakeside** any time of day, although this track is ideal to use at the end of your day or toward bedtime because of its relaxing effects.

Listeners to **Tranquil Lakeside** report feelings of exceptionally deep relaxation. Some listeners may doze off while listening. Don't worry if you feel less relaxed during some sessions as not every session will feel exactly like every other session. Consistent usage of three times per week or more will condition the brain to more easily and rapidly respond to the relaxation effects of this soundtrack.

Note that this soundtrack can be used immediately before or after any other listening session in the ***Youthful Mind Suite***.

Best used with stereo headphones, with eyes closed, in a distraction-free environment.

A verbiage-free version of this soundtrack is also available for download.

## 5. The Power of Your Breath

### BONUS Video Session

As another special bonus, we've included a special ten-minute video just for **Youthful Mind** purchasers that will guide you through a special breathing exercise called *Nadi Shodhana*, or *Alternate Nostril Breathing*.



This easy-to-learn technique is designed to help balance the mind and body. The technique is especially complimentary to Holosync due to its ability to increase the connection and balance between both sides of the brain when practiced regularly.

Centerpointe's own in-house yoga instructor, Gregg Hendrix, will walk you through this remarkable video session to help your brain recover from the stresses of the day, protect your brain's functioning, and propel you into amazing levels of peace, tranquility, and centeredness. Gregg's compassionate, positive, and patient manner is sure to transform any rough day into a day of positivity, hope, and happiness.



### The Power of Your Breath Usage:

You can watch this special video any time of the day although some find it to be especially helpful in the morning to help get your day off to a great - and focused - start. Simply log in to your Member Portal area, get comfortable, and cue up the video any time you want a short, powerful guided breathing session with Gregg!



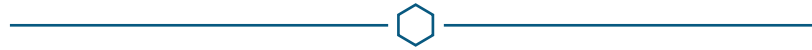
# Some Things to Remember About Holosync Sessions



- Always use stereo headphones or earbuds. While the music or nature sounds can be enjoyed without the headphones, the Holosync and Autofonix neuro audio technologies require 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. The soundtracks can be played on any media device or smartphone that supports the MP3 format.**
- All tracks are offered in high bitrate 320kbps MP3 format to ensure superb audio quality and effectiveness.
- **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 any other activity that requires your full attention.
- **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 to the listening session 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 About Holosync Soundtracks



- Q) “I hear a slight 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) “Can I listen to these tracks repeatedly?/Can I listen to them all in a row?”
- A) While some Holosync soundtracks can be listened to more than once a day, or all in a row, please refer to the individual instructions for each soundtrack for complete information.
- Q) “Are my headphones or earbuds good enough?”
- A) While some Holosync soundtracks do use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your **Youthful Mind** soundtracks. Any normal stereo headphones or earbuds will work. (Note that better quality headphones and earbuds will make your listening experience more enjoyable. Centerpointe offers an excellent pair of over-the-ear headphones as well as in-ear earbuds. Visit [www.centerpointe.com](http://www.centerpointe.com) for details.

## Frequently Asked Questions (cont.)

### Q) “How long should I listen to the tracks?”

A) That’s entirely up to you, although for best results we recommend listening to each track consistently for at least eight weeks. As you listen you may find that you wish to spend more time on a specific track. Like a healthy diet or exercise routine, consistent listening over longer periods yields the best results, but find what works best with your schedule and feel free to experiment.

### Q) “What if I don’t have time to listen to all the tracks?”

A) No problem. The **Youthful Mind Suite** is designed to work with your schedule. Whether you decide to use only one track for a while and then move on to another, or you opt to work all of them into your daily listening schedule, that’s entirely up to you.

### 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) Certainly. The **Youthful Mind** 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 **Youthful Mind** soundtracks.

## Frequently Asked Questions (cont.)

Q) "I need more help. Who can I talk to?"

A) Our Support & Accelerated Results Coaching Team is here to help!  
(See below)

If you have other questions or comments, feel free to contact our **Accelerated Results Coaches**. Our telephone support line is open from 9:00am - 4:30pm Monday - Friday. **503-672-7117**  
Or you can email [support@centerpointe.com](mailto:support@centerpointe.com).

*Got an exciting story or testimonial to share about using your **Youthful Mind Suite**? We'd love to hear from you! Call or email today!*



## Disclaimer:

The information and audio products provided here are not intended to diagnose, treat, or cure any medical or mental health condition. While all products offered are considered safe to use as instructed, all products are offered “as is” and Centerpointe Research Institute (CRI) assumes no responsibility for the misuse of the products or information contained therein, and such information is subject to change without notice. No reference to or explanation of research conducted independently of CRI is intended as a substitute for professional medical advice or treatment. CRI is not responsible nor liable for any advice, course of treatment, diagnosis or any other information, services or products obtained from CRI or its affiliates.

The ***Youthful Mind Suite*** was created  
by the Centerpointe Team.

