

## Happiness: Antidepressant + Serotonin 25min

### Introduction

Serotonin, is also known as the happy hormone, the mood hormone or the pleasure hormone.

Its effects on our body and mind are extremely important. Some of them are:

- Reduction of anxiety.
- Reduces depression and balances mood.
- Reduces migraines.
- Improves sleep.
- Boosts joyful states of mind and positive emotions.
- Leads to calmness.
- Increases sexual energy.

It also tells our organism to produce other hormones that have a great importance on anti-aging and weight loss.

### Description

Low levels of serotonin in our organism partly explains the pain and sleeping problems that people with fibromyalgia suffer from. Its also related with aggressive states of mind, depression, anxiety, and migraines.

This is a binaural sound of mental training category, this means that its effects are cumulative. The periodic use of this sound causes the brain waves to vibrate at the desired frequency even without the existence of the sound. In other words, it makes the effect last not only for the moment of listening to the audio but will also be produced naturally by our brain.

This sound is specially designed for stimulating our brain to naturally produce serotonin, therefore it's great for depression, low mood and it's a great aphrodisiac too. A daily session of this audio therapy leads our brain to synchronize to the brain waves of positive states of mind and therefore it brings a lot of positive effects to our life too.

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### **How to use it**

This sound can be used at any time you consider necessary. For it to have a better effect, you must be comfortable and focused only on the sound, in a place where you feel comfortable and without distractions.

Make sure that you are not going to be disturbed during the audio session. Go to the toilet, drink water if you need to and assure that you have no pending things to do while you are listening to the audio therapy.

When the therapy starts, close your eyes and relax. Your eyes must be closed even if you are using led goggles. During the session you must be as relaxed as possible, any worry that you might have may interfere with the pattern of brain waves of the sound and decrease or even null the desired results.

This session requires the use of headphones. It is very important to use your headphones in the right way, always using the right channel for the right ear and the left channel for the left ear.

This is because the audio might have information for the right hemisphere of the brain or for the left hemisphere in each channel.

Turn the volume to a comfortable level.

Remember, it is highly recommended to drink a glass of water before each session.

### **Must not use**

We recommend people who have any of the following conditions not to use this audio:

- Epileptics.
- People with pacemaker.
- People that suffer or are prone to suffer seizures.
- People under the influence of alcohol or any other mind changing substances, either legal or illegal.
- It must not be used when driving or operating with machinery.
- Photosensitive people must not use led goggles.

Can use this audio only with medical authorization:

- Pregnant women.
- People under the influence of medications or drugs.



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- People under 18 years old must be checked by a doctor to assure that they don't suffer from epilepsy or any other illness that might produce seizures.