

Fibromyalgia

50min

Introduction

This latest generation audio therapy contains very powerful brain waves that will help you to relieve the symptoms of pain and chronic fatigue, and it will help you to fight the symptoms of fibromyalgia.

People that suffer from Chronic Fatigue Syndrome (CFS) and Fibromyalgia are affected by an extreme exhaustion that affects the physical and mental activity. This fatigue doesn't get any better by resting.

There are other symptoms that adds to this physical and mental exhaustion, such as:

- Muscle pain.
- Severe sleeping problems.
- Headaches.
- Frequent pharyngitis.
- Poor physical recuperation after a moderate effort.
- Fever.

Description

Fibromyalgia is an illness that affects a 4% of the world population. The 85% of people that suffer from fibromyalgia are women.

Despite of many researches, the etiology of fibromyalgia has not been found yet, and there is no efficient treatment to this date for eradicating its symptoms.

This latest generation audio therapy contains very powerful brain waves that will help you to fight the symptoms of fibromyalgia and chronic fatigue.

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.

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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. If you are using led goggles you may also want to adjust the brightness.

Remember, it is highly recommended to drink a glass of water before each session, especially if you are using led goggles.

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.

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Can use this audio only with medical authorization:

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