

## Immune System Boost with Binaural and Music 30min

### Introduction

This audio will help you to reinforce and balance your immune system by inducing your brain to produce Delta brain waves, protecting you from illness and improving our physical health and mood. It can be used as a complement to human immunodeficiency therapies.

### Description

This audio is specially designed for reinforcing the immune system.

The causes of a weak immune system can be:

- Stress.
- Anxiety.
- Depression.
- Unhappiness.
- Insomnia and bad sleeping habits.
- Genetic predisposition.
- Poor diet.
- Environmental Pollution.

Some of these causes can't be modified with a brain wave therapy, but some of them can.

This sound therapy contains a complex pattern of brain waves in the range of Delta waves that will help you boost your immune system.

In order to have a strong immune system you must eat well, avoid polluted environments, have good sleeping habits, and so on. Once you know these basic recommendations that you must follow you can reinforce your immune system even more by inducing your brain to produce Delta brain waves.

Delta brain waves will help your brain to synthesize beneficial hormones and neurotransmitters for your body, leading to reduce stress and anxiety.

For the therapy to have good results you must build a solid listening routine that you can follow with no exceptions, always according to your necessities.

## **Immune System Boost with Binaural and Music**

### **30min**

It can be like this:

- Every day, three times a week or two times a week.
- A session of 30 minutes one or two times per day.

This audio therapy stimulates very specific brain waves that lead our immune system to work correctly.

You must not do any other activity while listening to the audio therapy, focus only on the sound and try to “shut down” your mind. You can seat on a comfortable place or lie down. We recommend to seat instead of lying down because you may fall asleep. It’s better if you listen to the therapy in a dark place, so you can let some secret energy channels in you vertebral column activate, this will be very beneficial for your health.

### **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.

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### 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.
- 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.