

## **Boost Sports Performance**

### **30min**

### **Introduction**

Dramatically improve your sports performance. It contains very specific brain waves that stimulates your brain to produce the same brain waves that are produced by the best athletes in the world during their physical activities.

### **Description**

This is the most important secret of the best athletes in the world. Some people think that to have a superior level in any athletic activity it's necessary to use some kind of substance that improves their performance and they also think that this is the big secret of the best athletes. But when the laboratories tests comes they doesn't show any strange chemical substance in their blood, so what makes them the best athletes, what is their secret?, how they achieve such level of performance? The secret is in their brain cells and the brain waves that they produce.

After many years of research, finally, it have been found the specific brain waves to boost the athletic performance. The greatest secret of the most important athletes in the world at the reach of your hand.

### **How to use it**

Use this audio session at least two hours before doing your preferred physical activity and then use it again immediately before you start with your activity. It is not recommended to use it while doing physical activity. For it to have a better effect, you must be in a place where you feel comfortable and without distractions.

If you want, you can use visualization techniques while using this audio, seeing yourself as you want to be, visualizing that your performance during the activity will be extraordinary, while you stay in complete focus, in complete control of your mind and body.

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.

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

## **Boost Sports Performance**

### **30min**

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.

### **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.