

## **Lose Weight**

### **15min**

### **Introduction**

If you have tried lots of diet plans with no results then this audio therapy will be the perfect complement to help you success.

This audio therapy contains very specific brain waves that will help you to change the habit of overeating and also it will help you brain to segregate the human growth hormone or HGH.

The benefits of this audio therapy are the following:

- Helps to lose weight and to cut down that persistent body fat.
- Helps to eliminate the habit of overeating.
- It's an extraordinary complement for any diet.
- Boosts mental speed and memory.
- Boosts sexual energy increasing desire in women and men.
- Increase of physical and mental energy with a feeling of wellbeing and plenitude.
- Reduce or eliminates depressive states of mind.

### **Description**

This audio is in the category of multinaural audios. It combines binaural and isochronic frequencies giving as a result an audio that produce a multiple brain wave pattern to enhance the effects.

While you follow your diet plan for losing weight you must listen to this audio therapy. We recommend you to listen to it twice every day.

The best thing to do is to listen to one session after the last meal of the day, and another session (the most important one) before going to sleep. This audio therapy works correctly if you go to sleep while fasting for at least 4 hours, in other words, after digestion and with an empty stomach.

Sleeping with an empty stomach is very important for avoiding the negative effects of insulin that nulls the positive effects of the growth hormone (HGH).

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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. 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.

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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.