

Lose Weight with Deep House Music

20min

Introduction

This powerful audio therapy contains very powerful brain waves with stimulating music that will help to boost and enhance the effects in order to achieve the desired results in the shortest time possible.

The periodic use of this audio therapy will bring you the following benefits:

- Greater cardiac performance.
- Balanced blood pressure.
- Enhanced immune system.
- Greater sexual performance.
- Balanced cholesterol levels.
- Reduced body fat.
- Greater energy levels.
- Boosted physical performance.
- Strengthened bones.
- Younger and firmer skin.
- Reduction of wrinkles.
- Increase of muscular mass.
- Regeneration of vital organs that shrink as they age.
- Boost growth of tissues and bones in young people.

Description

The specific synchronization of the brainwaves contained in this audio produce a correct functionality of our glands leading to get benefits for our entire organism.

The growth hormone is found in high levels in the bloodstream of kids and young people, it not only benefits growth but also it is highly beneficial for the fast regeneration of tissues, and also for having a fast metabolism capable of burning extra calories and cutting body fat.

After reaching the age of 30 approximately, the segregation of this hormone start to decrease dramatically, and it is in that moment when the aging begins, bringing also problems for keeping our body weight low.

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The HGH is segregated in high levels during the night, while we are sleeping. The most important inhibitor of this hormone is insulin that cancels the positive effects of the growth hormone.

Every time we eat, our pancreas segregates insulin. It doesn't matter if we eat a lot or not, neither if what we eat have much calories. It doesn't matter since a very little quantity of insulin is capable of nullifying completely the positive effects of the HGH.

Given this facts, you must not eat absolutely nothing before going to sleep, the recommended standard is 6 hours of fasting before going to sleep. You must sleep with an empty stomach and until your body don't get used to it you must go to sleep while hungry. The sensation of hunger disappears after a few days of following this routine and it's replaced with an incredible sensation of health, power and great physical energy.

It's very important to stop having dinner as difficult as it may seem but, it makes aging faster, poisons the body and get you fat.

The only thing you can do before going to bed is drinking water with no gas. The rest of the day you can eat as you want, obviously the best thing to do is to eat healthy and moderate the food you eat. It will be better for your health and the anti-aging and weight loss effects will be much more powerful.

During your fasting period, you can listen to this audio therapy that will help your brain to execute the segregation of the growth hormone. You must organize yourself and use this audio at least two times a week during the period of time you consider necessary.

If you want to stop using this audio therapy you can, but you must continue with the discipline of not having dinner, and then you can restart with the audio sessions any time you want.

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.

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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.

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.