

PMS Relief

25min

Introduction

This audio is especially designed to help counteract the symptoms of the premenstrual syndrome. It contains variations on the range of beta and alpha brain waves that will lead you to relax state of mind.

Description

Stress is believed to be one of the main factors that cause the premenstrual syndrome along with nutrition and hormonal changes. The variations in the beta and alpha ranges contained in this audio therapy will help you to reduce the stress factor of the PMS.

Relax states will translate in reduction of anxiety, tension and stress. This will help you with most of the main emotional symptoms of PMS: low mood, anxiety, emotional imbalance, difficulties to concentrate and lack of interest in your daily activities. It may also help you with some of the physical symptoms.

How to use it

This sound can be used at any time you consider necessary. For this session find a quiet place where you feel comfortable and without distractions. For it to have a better effect, you must be comfortable and focused only on the sound.

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 nothing to do while you are listening to the audio therapy.

After starting the session, close your eyes and relax (your eyes should be closed, even if you are using light goggles). During the session you should remain as calm and relaxed as possible.

Close your eyes, breathe deeply and try to relax every muscle in your body. Start from your feet and calmly go up to your head relaxing every muscle in the process. This may take a minute but it is a good practice to do it before each audio session.

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, so it is very important to be as relaxed as possible.

Headphones are required for this session.

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It is very important to use your headphones in the correct way, always using the right channel for the right ear and the left channel for the left ear.

Before the session adjust the volume to a comfortable level.

Remember, it is highly recommended to drink a glass of water before each session, specially 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.

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.