

Brain-Light Therapy

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What is the brain-Light Therapy? So you can reach the brain light therapy, deep relaxation, stress reduction and stress resistance, life energy and vitality, creativity and intelligence increase, greater mental clarity and flexibility, and memory enhancement. The large number of programs you can also enjoy a workout motivation to learn foreign languages, to increase the concentration and cessation of smoking.

How does the brain light therapy? Through headphones, you get selected music sounds, which are depending on the program almost certain audio frequencies modulated inaudible. This may also include suggestions that motivate you to lose weight, quit smoking and to learn. About a pair of glasses, the acoustic stimuli are supported with light flashes. This way your subconscious mind is both visually and acoustically and addressed slipping into negative thoughts - such as it is so often complained at the meditation or the autogenic training - does not occur.

Where is the brain-Light Therapy? The Brain-light therapy is mostly in hotels and wellness studio use, but also by health practitioners and within a few surgeries. It is with this therapy is a very deep mental and physical relaxation. In this deep relaxation our bodies can mobilize its self-healing and reduce stress.

Effects of brain-Light Therapy Indications: Any person who seeks a balance between active lifestyles and relaxation skills. A harmonious blend of both is the requirement for performance and vitality.

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