



Centerpointe
RESEARCH INSTITUTE

The Mindful Health Bible



**7 Ways to Supercharge Your Health
Through Mindfulness**

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7 Ways to Supercharge Your Health Through Mindfulness

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The Mindful Health Bible

7 Ways to Supercharge Your Health Through Mindfulness

There's no doubt that the older we get, the more wisdom we acquire and (unfortunately) the more susceptible we become to fatigue, illness, and death. But what if I told you that you already have the power to easily and effectively improve your health as you age so that you get healthier every year instead?

All you have to do is learn how to tap into it.

You see, scientific studies are showing us that it is possible to slow the aging process, defend the brain from cognitive decline, break free from chronic pain, improve blood flow, rejuvenate organ function, ditch bad habits, and improve your sleep - all without pills, creams or insurance premiums.

And it's all through harnessing the power of mindfulness.

To show you just how powerful mindfulness can be, as well as some tips on how to get the most out of it, we've taken seven areas of our lives that so many people wish they could improve...

...and then we created a roadmap on how you can use mindfulness to get there (along with some shortcuts that can make it very easy).

By the end, you'll know exactly what you can do to start improving your life in miraculous ways.

I know you're going to love this.

Health Tip #1:

How to Start Using Mindfulness

If Mindfulness Is So Great, Why Isn't Everyone Doing It? (Three Very Good Reasons People Don't Meditate)

By Marc Gilson

Have you heard the news? Mindfulness is good for you! Heck, if you've only heard a smattering of news about mindfulness in the last decade or so, you know that there's an almost endless list of benefits.

According to recent research, mindfulness has been shown to:



- Improve relationships
- Help stave off dementia and Alzheimers
- Improve digestion
- Combat high blood pressure
- Ease chronic pain
- Help with weight loss
- Improve balance and motor coordination
- Reduce risk of stroke and heart disease
- Slow premature aging
- Strengthen the immune system
- Improve learning, focus, and memory

...and that's just the tip of the mindfulness iceberg.

Once considered a kind of fringe hobby or something only Buddhist monks living high in the Himalayas did, mindfulness is now common not only in living rooms, but boardrooms too. Mindfulness techniques have been implemented by big corporations, the military, professional athletes, financial traders, physicians, and more. And if you're a Mind Power subscriber, you've seen countless references to studies demonstrating the benefits of mindfulness.

To put it succinctly:

Mindfulness is the simplest, most proven, most life-changing technique you can do.

But this raises the question:

If mindfulness is so great, why isn't everybody doing it?

Researchers say about 400 million people worldwide practice some form of mindfulness meditation. That seems like a huge number, more than the total population of the United States. But when you consider the world population is currently about 7.9 billion people, it represents just 5% of the world.

It seems there's almost nothing mindfulness can't improve. But the vast majority of people don't do it. To me, that's a tragedy, especially when you consider the current state of affairs in our severely stressed-out world. Who couldn't use at least one or two of the benefits that come from simply sitting down quietly for a few minutes each day? Putting our individual goals aside for a moment, wouldn't the world as a whole be far better off if more people spent a few moments of mindfulness each day?

Having spent half my life practicing and studying mindfulness (and, encouraging others to practice it), I'm not only keenly aware of the benefits of mindfulness, but I've also become familiar with the many reasons (or excuses) people don't do it.

But I've learned not to be dismissive of these reasons. I can relate to them. In fact, I've used them myself! There are some pretty good reasons why people don't practice mindfulness.

Who's Got Time For That?

Look, I get it. Nobody has extra time in their schedule to - what - sit down and do nothing? But mindfulness isn't really "doing nothing." In a world addicted to instant gratification, it's tempting to judge the value of an activity based on how immediate the results arise. This is what I call the "gumball machine mentality." You put a coin in, and a prize pops out. If we invest time and don't appear to get an immediate result, it feels like we've wasted that time. This is a mistake in perception.



Take exercise for example. Getting fit doesn't happen only when we're sweating it out on the treadmill. Muscle tissue breaks down and rebuilds itself, a process that continues to "burn fat" long after your workout is done.

Mindfulness is like that. The benefits extend far beyond the time we're doing it. It's not a momentary activity with a momentary benefit, but an *investment* that yields results over the long term.

Nobody has time to just sit around doing nothing. That's why when I teach people to meditate, I always say the same thing: *Make a short term commitment of six weeks*. Meditate - or listen to Holosync - for six weeks, come hell or high water. Just do the practice and don't worry about what happens or doesn't. After every session, pat yourself on the back and then come back tomorrow and do it again. Wash, rinse, repeat.

If you commit to six weeks of daily Holosync listening, or any form of mindfulness meditation, you'll be seeing significant results. I promise. And once you do, the time you spend meditating won't seem wasted at all. As soon as the results start manifesting, it'll become among the most valuable times of your day.

The Most Addictive Drug

Few meditation teachers will tell you this, but the truth is that if you want to experience the tremendous benefits of mindfulness, you'll need to deal with addiction. It's an addiction almost all of us have, whether we've admitted it or not.

It's the addiction of distraction.

There are some forms of distraction that are unavoidable. The phone rings at an inopportune time; the neighbor's dog barks just as you're dozing off at night; an unexpected problem arises at the office.

But then there are the distractions we freely engage in and that can become bad habits. TVs, video games, phones, laptops, social media - tons of digital distractions claw at our attention like hungry hyenas.

Even as I was sitting here writing this piece, five notifications popped up on

my screen and my phone chimed at least four times. Argh!



Individually, these distractions seem pretty harmless. But collectively they represent a drain on our time, energy, and focus. This is a compelling reason to stop, unplug, and meditate. But it's also why so many people don't. The modern mind is very used to having a choice of diversions and amusements within reach. Once we attempt to remove those distractions, the mind resists, sometimes forcefully.

In 2017, Universities in Bologna, Italy and Bordeaux, France took part in an experiment in which grad students were asked to suspend all connectivity, digitally-speaking, for one day. The results were fascinating in that they drove home the dependency so many of us have on those little devices we carry around all day. Most interestingly was the effect this digital abstinence had on the student's *mental state*.

The students reported that their day seemed longer without their phones. For some, this was a blessing, because they got more done. But others said they felt "lost" or simply didn't know what to do with their time. Some

said they felt “unsafe” or “exposed” without their phones. Many students reported an acute sense of anxiety, or even fear, including the infamous FOMO (“Fear Of Missing Out”) as though the lives of their friends and family were happening in the digital world without them.

Now, I’m not advocating for throwing away your phones or laptops. In today’s world, access to online resources and services is considered essential. But we shouldn’t let our dependency on these distractions keep us from taking a digital vacation now and then, and that includes a few minutes each day to shush our chimes, beeps, and ringtones for a moment of mindfulness.

The Perils of Self Honesty

While it’s easy to talk in glowing terms about the benefits of mindfulness, there’s another side to it that a lot of people don’t talk about much. A darker side.

Meditating can be *confronting*. It strips away much of our social facade and “ego identity” - that false sense of self - and we see ourselves in a bright and uncompromising light. We come face to face with unresolved or repressed emotions and beliefs that might be holding us back. And we have to “get real” about ourselves, our values, and our approach to life.

That’s not easy. It takes courage and self honesty. It’s easy to externalize our problems, find something or someone else to blame for our troubles. Mindfulness forces us to stop pointing the finger outwardly and instead sharpens the focus on our own *internal shadows* - beliefs that are sabotaging our efforts to be happy and successful. When you look into the tranquil pool of mindful awareness, you’re going to see yourself reflected in stark clarity. Not everyone is prepared for that.

Beneath the facade of how others see us, or even how we see ourselves, there is an *authentic and genuine self*. That true self is a being of immense power and wisdom, and the more connected we are to it, the happier we

are.

But getting to that core authenticity means weed-whacking our way through a lot of unhealthy ideas about ourselves and the world around us. This is often met with *ego resistance*, making the mere idea of meditation sound like a daunting ordeal.

The truth is that if we can muster the courage to confront these inner aspects of ourselves, our real, authentic selves are released like formerly caged birds, finally soaring high and free.

It All Starts With You

Yes, mindfulness can change your life for the better. But if you've found yourself resistant to it, or using any of the reasons above for avoiding it, don't worry! Coming to terms with your own resistance to mindfulness means you're already doing it! It's the first step in becoming mindful.

Start a mindfulness practice now, and in just a few weeks time, you'll discover an overflowing abundance of benefits and improvements that can transform your life!

Our Recommended Mindfulness Shortcut:

Body & Soul 360

Do you ever feel run-down, low-energy, or just plain exhausted all the time?

Do you suffer from chronic pain, chronic headaches, or chronic stress?

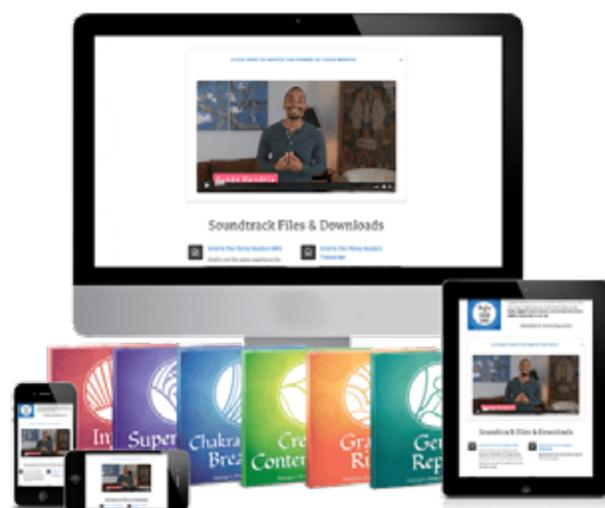
Are you ready to feel vibrant, alive, and brimming with confidence?

You see, it turns out that your body and your brain have their own **natural rejuvenating processes** that can...

...heal your body, ease your worries, and make you feel amazing!

And the best part?

You can trigger these natural healing abilities in as little as **15 minutes a day** with **Body & Soul 360!**



Body & Soul 360 takes seven ancient practices from around the world that have been **proven to jumpstart your body's natural healing abilities** through rigorous scientific study.

Then we supercharged the power of each practice with our proprietary neuro-audio Holosync and Autofonix technologies!

The result?

An easy 15-minute-a-day mindfulness habit that will give you amazing benefits to your health, happiness, and success.

[Learn More Here](#)

Health Tip #2:

How to Use Mindfulness to Slow Down Your Aging

The Link Between Stress and Aging (Plus a Way to Slow the Aging Process)

By Ryan Standifird

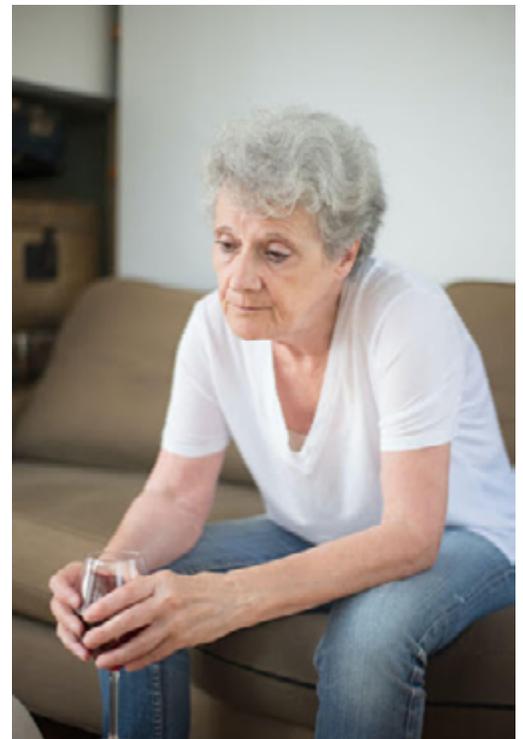
Scientists have recently started developing new metrics to measure aging. These “epigenetic clocks” can predict a person’s lifespan better than merely going by their chronological age alone.

It’s all based on tracking the changes in DNA over time. These changes happen naturally as you age, but there are many factors that can speed up or slow down the body’s “epigenetic clock.”

In a new study out of Yale, researchers used a specific epigenetic clock called “GrimAge” to ask two questions:

1. How much does chronic stress accelerate your aging?
2. Are there ways to slow it down and extend your lifespan?

Here’s what they found:



Stress Speeds Up Aging

The link between stress and aging is nothing new. Scientists have been telling us for decades that stress isn't good for your physical and mental health.

Rajita Sinha, the Foundations Fund Professor of Psychiatry at Yale, a professor of neuroscience and professor at the Yale Child Study Center, director of the Yale Interdisciplinary Stress Center, and one of the authors of the study, notes that prolonged stress increases the risk of heart disease, addiction, mood disorders, and post-traumatic stress disorder. It can adversely affect your metabolism leading to an acceleration in obesity-related disorders like diabetes. Stress also makes it harder to regulate your emotions, think clearly, and make good decisions.

So it was no surprise that after reviewing blood samples from 444 people aged 19-50 and matching them with a questionnaire that would reveal stress level and psychological resilience...



...those who scored high in areas related to chronic stress exhibited accelerated aging markers and physiological changes such as increased insulin resistance.

How much faster were they aging?

For those with poor emotional regulation or psychological resistance...

...they were almost half a year older than their chronological age.

One year of GrimAge is associated with a 10% increase in relative risk of death, so

these folks had a **5% increase in the risk of death** just based on their stress levels and their lack of emotional resilience.

And while Sinha and her team were more or less expecting to find these kinds of results, there was something else that they discovered in the data that may be a ray of hope.

Slowing Down the Clock

While those with poor emotional regulation and psychological resistance factors saw their GrimAge levels at a half-year older, those who *did* utilize emotional regulation, self-control, and psychological resistance had...

...an average GrimAge that was two weeks younger than their chronological age!

They were able to slow down their epigenetic clock!

This means that developing that psychological resistance to stress, having more self-control, and being able to regulate your emotions leads to a longer life with less chance for physical or mental health problems.

What's more, these aren't folks who *weren't* stressed. They had just as much stress on average as everyone else.

But they were able to handle the stress better.

They didn't let stressful situations snowball into addictions or counterproductive habits.

So... how do people get more "psychologically resistant" to stress? How do you gain more self discipline? How do you gain more control over your emotions?

Building Your Stress Resistance

The easiest way to start building your resistance to stress, your self-discipline and your emotional control is...

...to start meditating every day.

A daily meditation practice has been proven time and again to improve resilience to stress, reduce cortisol levels in the brain, and improve self-awareness - which makes it easier to gain control over your emotions and habits.

And while meditation can be challenging - especially for those who are new to the practice - there are easy ways you can start.



For example, the **Holosync Solution Program** from Centerpointe Research Institute makes it super easy to begin meditating right away - and get effective meditation from the very first time you try. In fact, Holosync meditations are 8x more effective than traditional meditation!

That's because the Holosync technology induces you into a meditative state *automatically*, with no need to struggle with "clearing your mind."

As part of the program, you also get unlimited access to an **Accelerated Results Coaching Team** who can help you if you have questions and they can recommend exercises or resources for specific issues you might be dealing with.

However you prefer to meditate, the important thing is to try to make it a daily habit so that you *increase your awareness*. Increased awareness is the key to staying away from or changing counterproductive coping mechanisms, keeping emotions in check, and making better day-to-day and life decisions.

Without awareness, your life runs on autopilot, and you're at the mercy of whatever dysfunctional coping mechanisms you've already formed years or even decades ago.

But once you can build up that stress resistance, that emotional resilience, and increase your awareness to a level where you can start gaining control over your emotions and your habits...

...you'll start living a longer, healthier life.

Our Recommended Mindfulness Shortcut:

[The Holosync Solution Program](#)

Over 32 Years of Powerful Meditations at the Push of a Button

Holosync® is the most powerful self-improvement, stress-relief, meditation and brain enhancement tool in the world.

(If you're not using it, you're missing out!)

Holosync optimizes your brain for:

- Stronger relationships
- Increased confidence
- More peace of mind
- Greater wealth
- Better sleep
- Less stress
- And much, much more...



...including the magnificent power to attract into your life what you DO want instead of what you don't.

Start your journey to a better you and the life you've always wanted, [with Awakening Prologue.](#)

[Click Here to Learn More About the Holosync Solution Program](#)

Health Tip #3:

How to Use Mindfulness to Resist Cognitive Decline

Why Do Women Contract Alzheimer's at Twice the Rate of Men?

(Scientists Believe Stress Holds the Answer)

Researchers from Johns Hopkins University are looking into the reason behind a striking statistic:

Almost twice as many women contract Alzheimer's disease compared to men.

When this information first became clear, scientists flocked to study the sex hormones that differentiate men and women, thinking the key to the increased potential for this cognitive decline may reside there.

But Psychiatry Professor and Study Author Cynthia Munro has found a new, more promising lead on an explanation:

A 2016 study published in *The Journal of Brain & Behavior* revealed that women experience roughly **twice as much extreme stress and anxiety** when compared to men in the same demographic.

This claim is echoed by the American Psychological Association which has been reporting a consistent "stress gap" between men and women for years.

When women experience more of this extreme stress, it causes them to create more cortisol - the "stress hormone" that has been proven time and again to have negative effects on the brain and the body when produced in

excess.

It's that overabundance of cortisol that Munro believes is causing women's brains to be more susceptible to cognitive diseases like Alzheimer's.

This hypothesis also builds on previous studies that showed that the amount of excess cortisol we produce when we are stressed goes up as we age for both men and women. But women in their 60s and early 70s can produce up to **three times as much cortisol** as those of men in the same age group!

How Do People Contract Alzheimer's?

More information is coming out each day about Alzheimer's disease and *what causes it*.

This data is crucial because it can make all the difference when it comes to an aging brain.

Recently, scientists have highlighted the role that **brain plaque** and **tau tangles** play in the onset of these cognitive diseases.

What is Brain Plaque?

Just like the plaque on your teeth, your brain also develops plaque over time that can "gunk up the works" and wreak havoc on the learning and memory centers of the brain.

Scientists say that this plaque starts to show up in our early 30's and continues to accumulate over time.

What Are Tau Tangles?

Imagine the spiderweb-like network of neurons in the brain - it's the **tau protein** that usually keeps that internal skeleton of neurons healthy and

strong!

But as we age, *abnormal tau proteins* can form together into what are called “tau tangles.”

What Does This Have to Do With Alzheimer’s disease?

Scientists believe that once you’ve accumulated a certain amount of tau tangles and brain plaque in the memory centers of your brain...

...they eventually reach a “tipping point.”

Once that happens, they spread throughout the rest of the brain - leading to cognitive diseases like dementia and Alzheimer’s!

How Does Cortisol Cause More Cognitive Issues?

In a 2009 study, researchers from the Department of Psychiatry and Behavioral Sciences at the Feinberg School of Medicine, Northwestern University discovered that increased stress and excess cortisol in their test subjects led to an increase in brain plaque buildup.

This explains why women who experience more stress-related excess cortisol production as they age are more at-risk for developing cognitive issues like Alzheimer’s disease that stem from a buildup of brain plaque.

3 Tips to Protect Your Brain

It’s undeniable that the more stressed you are, the more excess cortisol you create and the more brain plaque you end up with.

This is true for both men and women!

To help you stay one step ahead and be proactive when it comes to your brain health, here are three ways you can use mindfulness to reduce your stress levels - and thus your excess cortisol levels - starting today.

Tip #1: Get Good, Consistent Sleep

Studies show that the more sleep you have, the less cortisol you create in the brain! The reverse is also true - the more cortisol you have, the harder it is to get to sleep.

Our sleep determines our base level of stress for the rest of the day. If we didn't get good sleep the night before, then we're more easily triggered for stress and we make poorer decisions, which can lead to even more stress.

Make sure you're getting at least 6 hours of uninterrupted sleep each night in order to be in top form for the next day and have more resistance to cortisol buildup.

Tip #2: Exercise

Studies show that exercise reduces cortisol levels! It also stimulates the production of other useful neurochemicals in the brain and leads to a healthier body.

You don't have to run a marathon every week to reap the benefits - even a light walk to the park a few times a week can have huge returns over time. It'll also help you get better sleep so you can more easily implement Tip #1.

Tip #3: Meditate

One of the best ways to reduce stress, and therefore reduce toxic cortisol levels, is to establish a daily practice of meditation. The more you meditate, the more resistant you are to becoming stressed. Just like with exercise, you'll also create healthy neurochemicals in the brain that do everything from relieving pain to inspiring creativity.

If you want to try meditating but you're not sure where to start, Centerpointe Research Institute makes it super easy with their Holosync technology! Just put on some headphones and their meditation soundtracks put you into the deepest, most beneficial meditative states that usually take

years of practice to achieve.

The Future of Cognitive Issues

As scientists learn more and more about what causes cognitive diseases like Alzheimer's, one thing is clear:

More and more people are being affected every year.

In fact, according to the Alzheimer's Association, the amount of people living with Alzheimer's in the US is projected to DOUBLE from 6.5 million to 13 million by the year 2050.

But if you incorporate a little mindfulness into your life, you can defend your brain from the dangers of excess cortisol and brain plaque.

Our Recommended Mindfulness Shortcut:

Youthful Mind

What can you do today to keep **brain plaque** and **tau tangles** from running wild in your brain?

Well a new scientific study coming out of MIT may provide a solution!

And it all has to do with the power of ***gamma sound waves***.

Because according to the study, those who were exposed to **gamma sound waves** had **less brain plaque** and **less tau tangles** than those who got the placebo!

Scientists saw that for those subjects exposed to gamma sound waves:

- Their brains started clearing out brain plaque and tau tangles
- Their brains' immune cells began to function better
- Their learning and memory improved

At Centerpointe, we're committed to improving the lives of our Community members by improving their brain function!



And since gamma sound waves are something we are VERY familiar with...

...we rolled up our sleeves and got to work creating the most powerful Holosync soundtracks that can tackle all the problems of an aging brain (and may even reduce brain plaque and tau tangle buildup!).

Introducing our Youthful Mind Suite!

This special collection of Holosync soundtracks is the perfect all-in-one solution to rejuvenate and recharge your brain's powers of concentration, focus, memory and retention while targeting tau tangles and brain plaque - no matter what age you are!

[Click Here to Learn More About the Youthful Mind Suite](#)

Health Tip #4:

How to Use Mindfulness to Conquer Chronic Pain

The Torment of the “Pain-Stress-Pain” Cycle (And How To Break Free!)

By Marc Gilson

A friend of mine, Dan, just had his fourth back surgery in ten years. It’s been a long and awful ordeal for him, and for his wife and family. And it’s been tough for me to watch him suffer. Back when he and I were young (we’re both in our mid-fifties), Dan was a wrestler and cyclist; a real outdoorsy guy who was always on the go.

But now Dan’s spent ten years sidelined from his life.

He can barely get out of bed without twinges of searing pain shooting through his back, hips, and legs. He doesn’t go out with his wife as much as they used to. And he moves slowly; I have to remember to take my time when we’re walking somewhere together.

I always enjoy spending time with him, but it’s also heartbreaking. Even on a “good day” I can see it in his face - the pain, the frustration, the anger, the sadness.

The Pain’s In Charge

Dan doesn’t like to talk about his pain much, but he did tell me this:

“It’s like having someone else in charge of your life. The pain decides when I get out of bed. The pain decides if I can go to the grocery store or take my wife out for dinner. The pain decides if I’m able to play with my

grandkids. I'm not in charge of my life. The pain is in charge of everything."

Dan's story is, sadly, not all that uncommon. Over 50 million Americans (and millions more worldwide) suffer from some form of chronic pain.

This kind of lasting pain has any number of causes. You can get it from injuries or accidents, headaches, post-surgical pain, nerve damage, arthritis and joint problems, digestive problems, dental pain - there are so many different ways for it to take root. And as we get older, we become more susceptible to it, leading to a life dominated by pain and discomfort.

Chronic pain is a thief that robs us of the simplest of pleasures in life. For some people, just getting out of bed is an agonizing trial.

Chronic pain can dominate your life like nothing else.

But we sometimes overlook the fact that pain is never just about pain. It's part of a self-perpetuating cycle that goes beyond the physical discomfort coming from our knees, or back, or neck.

The Pain's In Your Brain

You see, while the pain may be caused by a specific physical problem or injury, the *experience of pain* actually comes from your brain. Your neck might ache, but it's the brain that informs you of that fact. Your knees might be sore, but the brain determines the intensity of the soreness. The brain is what largely controls how much pain you experience. (That's how many pain medicines work - they stop the brain from receiving pain signals from other parts of the body).

Neuroscience tells us that the brain comes equipped with its own ways of managing pain via the many neuropeptides and neurotransmitters whose specific function is to reduce inflammation, boost the immune system, and mitigate pain.

So why doesn't the brain do a better job of controlling pain when it comes

to cases like Dan's?

In a word: stress.

The Pain-Stress-Pain Cycle

Stress prevents the brain from helping us deal with chronic pain. Rather than allowing it to produce those natural pain-killing neurochemicals, a stressed-out brain is flushed with cortisol, struggles to regulate blood pressure, and is overwhelmed by even the smallest challenges.

Together, stress and pain overpower the brain, and the result is suffering and misery for people like Dan.

As the pain persists, the brain is held hostage by stress and we slip into a cycle of experiencing pain, then stressing about that pain, which causes us to tense-up and leaves us susceptible to even more perceived pain, which causes even more stress, and so on.

This is the **Pain-Stress-Pain Cycle** and it's a brutal and exhausting one. Dan's been stuck in this cycle for years.

But very recently, something has changed for Dan - and it's a biggie.

After his most recent surgery, his physical therapist suggested he learn some mindfulness exercises to better manage the pain.

Now truth be told, Dan's heard this advice before - from me. But after years of suffering, thousands of pain pills, and being sick and tired of being stuck in the Pain-Stress-Pain Cycle...

...Dan finally decided to give mindfulness a try.

How Does Mindfulness Help With Pain?

It might seem like using mindfulness techniques to manage chronic pain

is just wishful thinking, or some kind of placebo effect...until you read the most recent research.

Studies published by the National Institutes of Health, the National Library of Medicine, Harvard, the Mayo Clinic, and dozens more have all demonstrated the amazing connection between mindfulness and pain management.

And just to be clear, we're not talking about minor results here. We're talking about significant improvements, in some cases even better than prescription pain medication.

I encourage you to Google some of this research for yourself because it's mind-boggling, but to quickly highlight a few noteworthy points. Mindfulness techniques have been proven to:

- Reduce pain intensity by shifting activity away from the thalamus
- Strengthen the willful control of pain in subjects newly trained in mindfulness meditation
- Reduce negative emotional reactions to pain
- Deactivation of the posterior cingulate cortex (diverting obsessive attention on the pain)
- Increase production of pain-killing neurochemicals
- Release muscle tension and joint stiffness
- Reduce high cortisol and other high-stress hormones
- Reduce high blood pressure
- Improve circulation and respiration
- Help reduce muscle and joint inflammation
- Thicken the prefrontal cortex
- Soothe overactive limbic system (reducing anxiety)

...and this just scratches the surface.

This research is nothing short of astonishing. But why should mindfulness techniques be so effective when it comes to chronic pain?

Remember when we said the pain's in your brain, but that when we get stuck in the Pain-Stress-Pain Cycle we block the brain's ability to help us handle that pain?

Mindfulness breaks the Pain-Stress-Pain Cycle.

With mindfulness exercises we unlock the brain's natural ability to help us through our pain. In effect, a little mindfulness goes a long way when it comes to freeing up the brain to help us conquer pain.

How Dan Took Back His Life (And How You Can Too)

Dan's never been into meditation or yoga or anything like that. But last week he called me up and told me about some new mindfulness practices he'd been doing. And the moment I heard his voice, I knew something had changed. Something was better.

In Dan's case, he started using two proven mindfulness techniques. One is a yoga-based breathing exercise that regulates his heart rate and respiration, improves his immune response, and triggers positive pain-killing neurotransmitters to be released.

The second technique is a progressive body scan exercise where he tenses and releases muscle groups in a specific sequential manner which helps him flush out stored up pain and muscle stiffness.

He said:

"The relief is almost instant. I do the breathing thing every morning. I do the body scan at least once a day, usually right before bed to help me sleep. I'm also learning to just sit and observe my thoughts and sensations

and when the pain comes, I don't fight with it. I don't get angry. I see it as a passing sensation and it begins to go away. I've cut back on the pain meds and feel really good. The one thing I know for sure is that the pain is no longer in charge. I am."

Dan still has pain sometimes, but he's finally taking his life back. He sleeps better, has more pain-free mornings, is more active, and is just plain happier than I've seen him in years. All thanks to a few simple exercises anyone can do.

And he doesn't even have to worry about whether his health insurance will cover it.

Your brain is a powerful and marvelous machine; it is the apparatus through which your entire experience of life - including your pain - happens. And it comes fully equipped to help deal with chronic pain.

But when it's stuck in the Pain-Stress-Pain Cycle it needs help to break those chains and come to the rescue. And, as studies have proven, simply by meditating, learning some breathing techniques, or following a guided visualization exercise, you can do just that.

And by the way, if mindfulness sounds good but you're not sure where to start, I should mention that Centerpointe has just released a collection of six powerful mindfulness-based audio sessions - just like the ones Dan's been doing - focused specifically on breaking the Pain-Stress-Pain Cycle. It's called ***Painless, Calm, & Free***, and it's a potential life-changer for anyone suffering with chronic pain and the anxiety, frustration, and negative thinking that can accompany it.

Don't stay stuck in the Pain-Stress-Pain Cycle. Don't let pain decide your quality of life. Take back your time, your energy, your productivity, and your peace of mind. Try ***Painless, Calm, & Free***, or any kind of effective mindfulness practice, and show the pain who's really in charge!

Our Recommended Mindfulness Shortcut:

[Painless, Calm & Free](#)

A Mindfulness-Based, Drug-Free Alternative for Pain & Anxiety

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A mountain of evidence has proven over and over that...

...mindful meditation effectively eases chronic pain!

How?

There are three key components that you need in a successful pain-fighting meditation practice. It must:

1. Increase neurochemical production that triggers your natural pain-numbing response

2. Decrease activity in the parts of the brain responsible for processing pain
3. Break the pain-stress-pain cycle

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- Use positive affirmations to create healing self talk
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- Break free of the Pain-Stress-Pain cycle
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NOW!**

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Health Tip #5:

How to Use Mindfulness to Improve Your Body's Mobility

How to Increase Mobility

The Intersection of Freedom and Unity

By Gregg Hendrix

Often when we think of yoga, our minds wander to fit yoga practitioners as they invert their bodies to do handstands. The mind can dazzle us with images of splits, contortions, backbends, and many other complex positions!

As beautiful as these postures are, they can often be a discouragement to people who just want a practice to increase their mobility.

What Is Mobility?

Mobility is the opportunity to move with freedom, and without fear of injury.

Increasing mobility benefits the quality of our lives, because it allows us more opportunities to experience life.

How Does Mobility Increase Quality of Life?

If you will, think of how a child moves throughout their day. They climb on top of objects, underneath objects, and in objects! Their curiosity matches the capabilities of their bodies. As they test the limits of their bodies, they develop an awareness of the world (and themselves).



Climbing up the ladder to a slide on the playground shows a different perspective of the world. It increases their depth-perception and gives them a literal reference point of how the world looks from a different perspective.

Somewhere along the way, some of us stop climbing those ladders.

We begin to grow comfortable with walking the same trails, doing the same exercise routine, and moving the same way.

Our bodies begin to develop rigidity because we start to limit the way in which our bodies move. This insidious rigidity is birthed from the innocuous form of convenience.

"Well, taking the escalator will save me time... Going through the drive-thru will save me time (instead of walking inside the establishment to order)... Sitting on the couch is more comfortable than sitting in a straight chair... I only really need to stretch before I exercise... Watching TV is more enjoyable than taking a walk in the windy weather."

While you may not be guilty of having those thoughts, I know that I certainly am.

So is there hope for us who enjoy the modern conveniences of the 21st century?

Is it necessary for us to change our whole lives by working out constantly, or taking hundreds of sweaty yoga classes?

Do we have to spend money to achieve this, or time away from our loved ones?

Is that the only way for us to feel more free in our bodies?

The short answer is no!

Believe it or not, you *can* increase your mobility...

...without having to change a single thing about your life!

I'm going to show you how to increase your mobility, not by changing what you do, but *how we do what we do*.

Easy Tips to Increase Your Mobility

1. As you rise from your seat, which foot takes the first step? Is it the left or the right?

Mobility begins by simplicity, so if you always take your "first step" with your left foot then it's a good idea to switch things up. Take your "first step" using your right foot (or vice versa). This will increase your sense of balance, and as we are more balanced we can move more freely.

2. When you are sitting, where are your hips and glutes?

Are they at the back of the couch/seat? Are your shoulders touching the back of the chair/couch, or just your bum and middle back? If you're comfortable, but hunched over in your seat, then you will be curving your spine inward.

By placing your bum on the edge of the seat (or by sitting at the back of the seat with the shoulders touching the back of the couch/seat), you straighten your spine which activates your core muscles. The core is involved with moving the ENTIRE body, so by engaging our core we begin to develop a strong foundation to move the rest of our bodies.

3. When there is an object that you are picking up off of the ground, how do you get that object? Do you squat, bend over, kneel, or lunge?

All of these movements are great! They all target a different part of the spine, knee, quadriceps, and hips; however doing the same movement will only strengthen one of these areas.

So if you always squat, try lunging. If you always bend over, try kneeling. By mixing up how we reach for objects on the floor, we move our bodies in new ways. This new way of moving helps us become more...you guessed it, free to move how we wish.

4. When you are drinking a beverage, which hand holds the beverage? Have you ever experienced what it's like to drink from your non-dominant hand?

By experimenting in this way, you can strengthen all the tiny metacarpals in the hand, and ligaments in the arm. This in turn helps hone your coordination. As your coordination increases **while not moving**, this translates to more grace and coordination **while moving**.

5. When was the last time that you sat on the floor?

Science shows us that it takes around 45 seconds to 60 seconds for a "stretch" to have a lasting effect on a muscle. There is no need to sit on the floor for hours out of our day (though it will produce benefits).

By sitting on the floor for 60 seconds a day, we strengthen our psoas muscle (weakness of this muscle is linked to lower back pain). Plus, it strengthens our arms, as after all we do have to get back up from the floor!

These five tips? Really? I'm not too sure that this is really the key to solve my mobility issues Gregg...

You know what? You're right! These five movements alone will not solve **everything**.

But what they will do is give you a perspective about your body that may surprise you.

If you continue to do the aforementioned movements, you will start to notice more freedom within your body. As that freedom develops, your awareness of other movements will intuitively come to light.

Here are some bonus hints, if you're wanting more:

- 1. Reaching across your body for objects** (if a glass is near your right hand, use your left hand to grab it).
- 2. Looking up at the sky.** Tightness in the neck is linked to tightness within the pelvis (they are connected), by stretching the neck we also open the pelvis.
- 3. Reaching up.** We all have access to a wall, by placing our palms on a wall and then sliding them upwards as we walk towards the wall we can open our shoulders.



We've all heard someone say, "I wish I could do that, but *this* body part prevents me from doing so."

That body part has learned how to behave, due to movements that we've trained that body part to embody.

So if these movements are not accessible to you, ask yourself, "how can I move differently?"

When you find that answer, and do the movements that are available to you, you will begin to develop more mobility.

Be Intimate With Your Body

As we move with more freedom, we connect to the body in a more intimate way.

Within that intimacy is also the connection to the spirit consciousness that animates our entire body.

That is the purpose of yoga; to bring unity to the connectivity of mind, body, and spirit.

Enjoy exploring new ways to move as it can be more than just physical, you now have the freedom to connect to your spirit as you move as well!

I believe in you, dear reader! Release your fear, reclaim your freedom!

With Love,

Namaste

Our Recommended Mindfulness Shortcut:

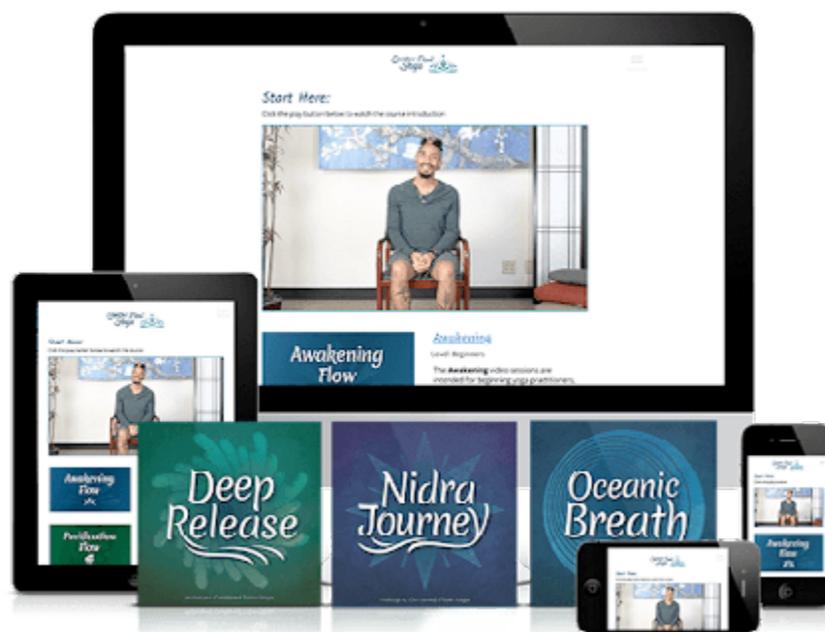
[Center Flow Yoga](#)

(\$100 discount for Mindful Health Bible Readers)

Center Flow Yoga is the perfect 1-2 punch of Holosync technology and yoga movements to give you all the benefits of both in a fun, relaxing experience.

Benefits like:

- Less Joint and Muscle Pain
- Better Decision Making
- Longer Attention Span
- Stronger Brainpower
- Better Concentration
- Improved Memory
- Stronger Muscles
- Sharper Thinking
- Reduced Anxiety
- More Confidence
- Boosted Energy
- Better Balance
- Better Sleep
- Weight Loss



And so much more!

Center Flow Yoga contains nine video lessons for all ages and fitness levels...

...so if you've never done yoga before (or even if you're a yoga expert), there's a level that's right for you.

This amazing program also includes **TWO powerful Holosync soundtracks** that are designed to enrich your yoga experience and help you connect mind and body...

...plus a third **BONUS Soundtrack** which combines a guided meditation and Holosync tones to create relaxation and harmony between body and soul.

It's a transformative experience unlike anything you've tried before!

If you want to ditch the pain pills and creams, you've got to check this out.

And right now, you can save \$100 when you sign up today!

[Learn More About Center Flow Yoga Here](#)

Health Tip #6:

How to Use Mindfulness to Break Bad Habits & Addictions

How I Quit Nicotine (Plus 5 Tips to Conquer Bad Habits & Addiction)

By Ryan Standifird

Despite my parents' wishes and warnings, I started smoking cigarettes when I was 18. Thirteen years later, at the age of 31, I'm proud to say that I was finally able to kick the habit. At the time that I'm writing this essay, I've been nicotine-free for a little more than two months. And the withdrawals have mostly dissipated.

But it wasn't easy to get to this point.

In fact, quitting nicotine was one of the hardest things that I ever did.

So what made this time different from the other four dozen or so attempts to quit over the years? Why was I able to snap this addiction now, when I'd failed so many times before?

And if you're facing a similar problem, what words of wisdom can I offer that might help you overcome your own addictions or bad habits?

I think the best place to start is at the beginning - to understand why and how I picked up smoking in the first place.



2008 - The Beginning of an Addiction

In my freshman year of college, I found myself in a group of great friends. We were all just trying to get through the college experience, pass our classes, and have fun. They also smoked cigarettes.

I was a very healthy, sporty guy in high school. I was captain of the soccer team, I was anti-smoking. And when my college friends offered me a cigarette time and time again, I turned them down over and over. They were totally cool with it, no pressure.

Until one day, after I'd been rejected by a girl that I liked, I was again offered a cigarette by a sincere friend looking to help. And this time I thought... *Heck, why not? I've had a stressful day - might as well try these cigarettes and see what they're all about.*

One cigarette led to another, and then I bought a pack, and then before I knew it I was buying a pack a day.

I had no idea that I would go on to spend **tens of thousands of dollars** over the next thirteen years on nicotine products. All I knew was that I wanted to belong and I wanted to escape at the same time.

Cigarettes provided an easy way to relieve stress - **though the more I used them the less effective they were.**

It wasn't long before I became dependent on them just to "feel normal". Any time I was put into a stressful situation or felt even the slightest twinge of stress, my first reflex was to go outside and smoke.

2015 - The Vaping Years

As the years passed and I graduated from college, the cigarettes started to take a toll on my health. I would wake up with coughing fits. I would feel a sharp pain in my lungs from time to time. Not to mention I smelled like an ashtray all day long.

But no matter how many times I tried to quit, I would always go back to nicotine.

In 2015, I switched to vaping. Vaping seemed to have less of a health impact on me, and I smelled a lot better. I could also hide the fact that I vaped when I was around my family. The idea that I "quit cigarettes" was also convenient, though I was still addicted to nicotine and still spending way too much money on the habit.

2018 - The Promise

In 2018, I met a woman and we quickly fell in love. I remember on the first date I asked her how she felt about me vaping, and she said she was okay with it...

...as long as I planned to quit eventually.

I tried to quit a few times while we were dating. I used the patch, I tried using low-nicotine vaping liquid, I tried to quit cold turkey.

Each time, I turned into a real jerk when I would have my withdrawals. I

would start arguments intentionally, just to “blow off some steam.” Eventually I would go back to vaping just because I didn’t like the way I was behaving without my nicotine fix.

And each time I went back to vaping I said the same thing:

“Don’t worry, I’ll quit eventually, just not right now.”

As the relationship evolved, she made me get more specific about when I would quit.

And after we were engaged, I promised her that I would quit the day we got back from the honeymoon.

I’m proud to say that we got married at the end of August 2021. It was a beautiful wedding and a wonderful honeymoon - the best two weeks of my life.

And when we got back home on September 5, 2021, I tossed out my vaping supplies and vowed never to consume nicotine again.

2021 - Quitting

There was something different this time. Maybe it was because there was so much buildup after all the times I’d promised to quit after the honeymoon. Maybe it was because there was more at stake. Maybe it was because I wasn’t just quitting for me, but for my new family as well.

The first few days were the hardest.

I’d catch myself grasping for a vape that wasn’t there. I’d absent-mindedly search my pockets and then realize what I was doing.



There was one time a few days after I quit when I felt like I couldn't take it anymore. I rummaged through my closet and found an old vape that I hadn't used in years. I charged it, found some expired nicotine liquid from 2015 in an old backpack, and tried to use it.

Just one last hit. Just one more and that's it - then I'm done, I told myself over and over.

Luckily, the vape was busted and didn't work.

Disgusted at myself, I threw it all away. I wonder what would have happened if it did work - would I have relapsed completely? Would I have kept it a secret from my wife? I'm glad I don't have to find out.

But that's how powerful this addiction was.

Addiction Changes the Brain

When you're addicted, your brain treats the substance like it's as essential to your health and wellbeing as food and water.

That's why addiction is a disease. It literally rewires your brain to prioritize the addictive substance.

So when someone is going through withdrawals, it's not uncommon for them to act irrationally and do things that they normally wouldn't do.

Imagine not eating or drinking for three days, and you know all you have to do is go to the local gas station for a hot meal and a gallon of water.

Needless to say, this part of quitting is only temporary and lasts just 1-2 weeks, but in my



opinion it's the hardest part to get through.

After about a week or so, I was able to get through it. Things got easier and easier.

I still get cravings, I still pat down my body looking for a vape that doesn't exist. I still feel the urge to vape, to get that rush of nicotine, to get that buzz that brings an instant calm, instant relief with it.

But I know that I don't need it. I've learned to live without it. And I've become stronger now that I've broken free.

5 Tips to Conquer Your Bad Habits and Addictions

Like I said above, I've tried to quit nicotine many many many times before. Here are some things that I believe helped me be successful this time. I hope they can help you overcome whatever bad habit or addiction you're facing today.

Tip #1: Have support.

It helps to have someone to vent to, to complain to, someone who can hold you accountable and who can talk you down when you feel you might relapse. It's tough to find someone who can be there for you, especially if you get combative when you're going through withdrawals. But if you can find someone willing to help you out, then you'll have a huge advantage to actually break the addiction.

There are plenty of free support groups out there that you can go to. Also, if you're part of the Holosync Solution Program, take advantage of **Centerpointe's Accelerated Results Coaches** who you can talk to for free and who will offer great advice.

Tip #2: Make a contract with yourself with real consequences if you break it.

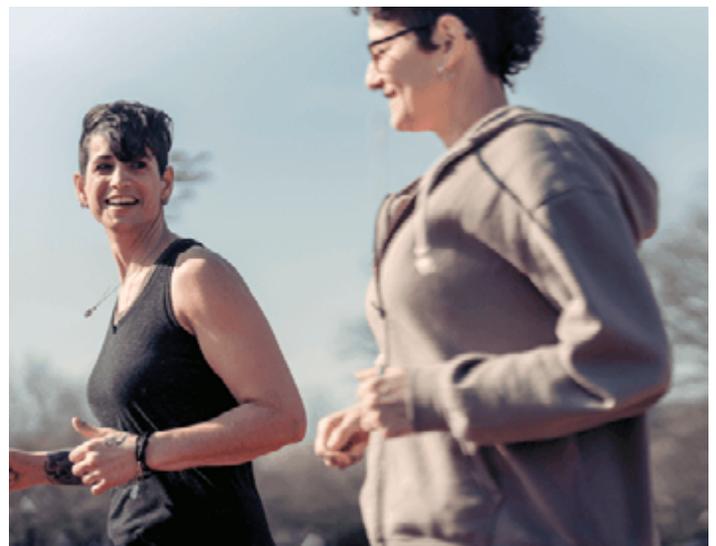
During my honeymoon, my wife made me write out and then sign a contract that basically said that if I use nicotine again after the honeymoon was over, then she would get to wax off my chest hair. This means there are real-life, immediate consequences that will happen if I relapse. It might sound silly, but when I would think about going out and buying a vape, I'd think about how disappointed she would be, and also the pain that would come from the waxing, and it does add another layer of incentive to stay nicotine-free.

Tip #3: Distract yourself when you're feeling the craving.

There are plenty of ways to distract yourself - the easiest and most effective way that I found was to snack. I'd lost about 25 pounds on a low-carb diet in the year leading up to the wedding, but I've already gained 20 of it back since (I also quit the diet after the wedding). And while I started out eating chips or other junk food to distract myself, I've found that the most effective healthy snacks for me when it came to nicotine withdrawal were carrots and celery sticks.

Tip #4: Exercise.

Exercise is a great way to get some happy brain chemicals like endorphins in while also purging the toxic brain chemicals associated with addiction. You'll also combat whatever weight you might be putting on from Tip #3. And it'll help develop a good habit that can replace your bad one.



Tip #5: Meditate.

Meditation is the big game-changer when it comes to escaping the vicious cycle of addiction. **This is the one thing that I hadn't tried in my previous attempts to quit.** In addition to my usual hour of meditation in

the morning, I also used Centerpointe's **Breaking the Cycle Suite** - mostly the **Rapid Relief** soundtrack - whenever I would feel that the withdrawals were getting to be too much. After one or two sessions of **Rapid Relief**, I was able to keep going and avoid relapsing.

Addiction Can Happen to Anyone

It's easier than you might think to fall into addiction - and you'd be surprised at the things people can get addicted to. Sure there are the big examples like drugs, nicotine, and alcohol. But there's also fast food, Netflix, video games, and even social media that can also be sources of addiction.

The best defense you have against getting addicted in the first place is to have awareness. What are the bad habits that you turn to when you're feeling stressed? What are the ways that you cope when things get tough? Are you relying on a counterproductive habit just to feel "normal"?

And if you do find yourself in the clutches of addiction, don't give up! No matter how many times you fail at quitting your habit, all it takes is one successful attempt to break free. It took me probably over 50 tries before I was able to do it.

I hope the tips I've laid out here provide a good place to start the healing process.

Our Recommended Mindfulness Shortcut:

[Breaking the Cycle Suite](#)

No one is immune from bad habits and addiction.

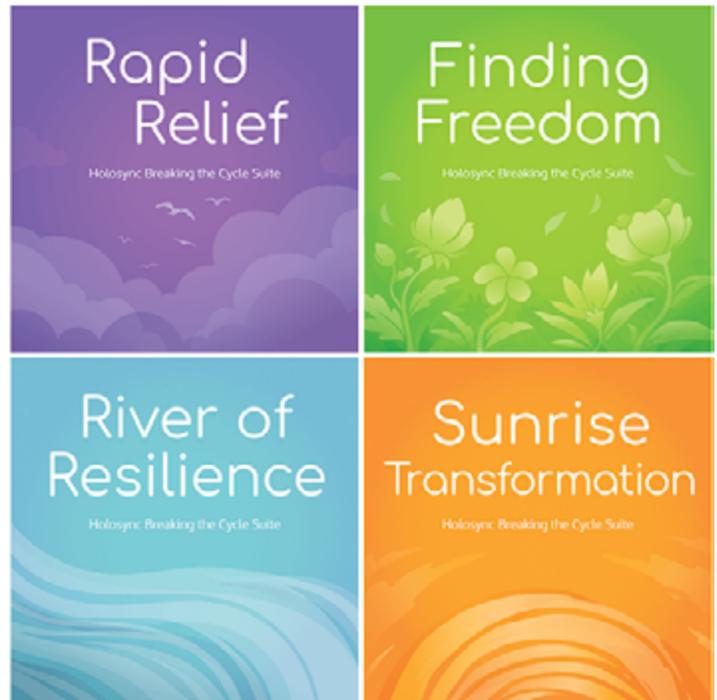
As a matter of fact, every addiction started out as “just a bad habit.”

That’s why we created the first ever Holosync collection that is designed specifically to tackle addictive behaviors before they spin out of control.

And if you’re already stuck in a vicious cycle of addiction, our Holosync technology will empower you to break free!

From internet addiction to substance abuse, this brand new collection will help you conquer any counterproductive behaviors that are getting in the way of living a healthy, happy, fulfilling life.

These powerful tools will help you rein in behaviors that can spin out of control...



...and are a major help to you on the healing path of recovery.

Breaking the Cycle is your first line of defense against addictive urges, wavering willpower, and negative self-talk.

Get the advantage to overcome your bad habits and addictions today!

It’s an investment that the whole family will benefit from for years to come.

[**Learn More Here**](#)

Health Tip #7:

How to Use Mindfulness to Get the Best Sleep Ever

Even 1 Night of Bad Sleep Can Wreak Havoc on Your Life

By Ryan Standifird

"Regular, sound, rejuvenating sleep is a necessity, not a luxury."

- Bill Harris

Even if you exercise every day...

Even if you meditate regularly...

Even if you eat all the good foods and none of the bad...

If you're not getting enough sleep, your health will suffer for it!

This has been made more evident after a recent study was published in the *Annals of Behavioral Medicine*.

The study looked at about 2,000 American adults over the course of eight consecutive days, and the results were eye-opening.

The Less Sleep You Get, the Worse You Feel

After analyzing the data, there was a noticeable trend for those who got less than 6 hours of sleep even one time over the course of the study.

Just one night of sleep loss (less than 6 hours for the night) led to an *increase* in reported "negative well-being" and a *decrease* in "positive well-being."

But that's not all.

These negative effects compounded with each night of sleep loss!

According to Soomi Lee, the scientist behind the study:

"The research shows that consecutive sleep loss results in incomplete recovery and stress pile-up and so degrade our daily well-being."



This was one of the new findings discovered as *consecutive sleep loss* hadn't been studied before.

And it makes complete sense.

Lee noted that there was an "incomplete recovery and stress pile-up" for those who didn't get **at least six hours of sleep**.

A whole host of physical issues from body aches to digestive problems and even respiratory issues (sore throat, runny nose) were reported by a striking number of people who had trouble sleeping for consecutive days.

And those who had at least six consecutive days of sleep issues were really struggling.

If you have chronic sleeping problems and you're wondering why your body feels bad all the time, then you can blame your lack of sleep.

Why Does Poor Sleep Impact Your Health?

While we sleep, we enter the *delta brainwave state*.

Delta is the state where body and mind are repaired and rejuvenated.

Here's what Sleep Scientists tell us about what happens to us in the delta state:

- Physical healing and recovery from illness and stress takes place
- Immune response is energized and strengthened
- Memories are organized and consolidated
- Emotions are processed and released
- Blood sugar levels are balanced
- The brain flushes out toxins
- Metabolism is stabilized
- Learning is concretized

When we don't get enough of that healing delta state, our memory dulls, our energy fades, and we become confused and irritable.

This study also showed that insufficient delta for consecutive days resulted in **physical deterioration** as well.

The more nights you go without a solid six hours of sleep, the worse your health will get.

How to Get Better Sleep

According to the **US Centers for Disease Control and Prevention**, adults should be getting at least seven hours of sleep each night.

But an astounding 1 in 3 people don't hit that seven-hour mark!

If you're having trouble falling asleep and staying asleep, there are a few things that could be impacting your sleep habits including:

- What you did before going to bed
- Your current sleep cycle
- Your sleep environment
- Your stress levels
- Your diet

All of these have an impact on whether you sleep through the night or wake up constantly.

Here are some tips so you can make sure that you're setting yourself up for sleep success.

1. Get more sunshine during the day.

It's been well documented that your body has its own "internal clock" known as the circadian rhythm. This is what naturally tells your body when it's time to go to bed and time to wake up.

Natural sunlight has been shown to improve sleep quality and duration in those with insomnia. It also ensures that your circadian rhythm is healthy.

2. Don't scroll through your phone right before bed.

As tempting as it is to scroll through social media, watch funny videos, or read a news article right before bed, it can really affect your sleep in a negative way.

Just like how natural sunlight during the day helps your circadian rhythm stay healthy, the blue light emitted from your favorite electronic devices like tablets and smartphones can have the opposite effect - especially at night.

This is because it's tricking your brain into thinking that it's still

daytime which confuses your circadian rhythm.

There are some apps and special glasses out there that can block out this blue light, but in the end, just refraining from using your phone before bed is the best option.

3. Set up your nighttime diet for sleep success.

Not only does consuming sugary foods right before bed lead to weight gain, it's also going to make it harder for you to sleep thanks to the "sugar rush" that follows.

The same goes for caffeinated beverages - soda, coffee, tea, etc.. Caffeine can stay in your body for **up to six hours** after your last drink, and it blocks the receptors in your brain from feeling "tired."

Alcohol can also cause all sorts of sleep problems. Not only does it impact the melatonin (sleep cycle regulatory hormone) you produce naturally, but it also increases instances of sleep apnea, snoring, and restless sleep. I know I turn into a lawnmower after a few beers.

4. Regulate your sleep environment.

If your bedroom is too hot, too cold, has too much light or too much noise, it can all impact your quality of sleep.

Make sure you're in a quiet, relaxing space when you go to bed. Try to block any light sources so your body knows it's time to sleep. Find your favorite temperature on the thermostat.

There may be some things you can't control, like noisy neighbors or traffic sounds. But the more you optimize your sleep environment, the easier it will be to fall asleep.

5. Reduce your stress levels.

There are so many ways to reduce your stress levels before bed.

Take a relaxing bath, read a book, or convince your partner to give you a back massage. The more relaxed and de-stressed you are, the easier it will be to drift off to dreamland.

The most effective way to reduce stress **is to meditate** - especially with **Holosync**.



And the best Holosync sleep meditation is the **Sleep Suite II** - specifically their **Restful Night** soundtrack that trains your brain to enter a natural sleep cycle - **including putting your brain into that healing delta state**.

For those whose sleep cycles are in shambles, this will be the easiest solution to get back on track fast.

The Sleep at the End of the Tunnel

If you've been suffering from lack of sleep, I hope the tips I've shared here will help.

But don't expect one night of good sleep to make up for the last week of restless nights.

According to a 2016 study, it takes **four days** to fully recover from just one hour of lost sleep!

If you've accrued a "sleep debt" from chronic sleep deprivation, then napping during the day may help ease the burden. A 20-minute power nap in the early afternoon has been shown to be most effective.

But the most important thing is to find a sleep regimen that's getting you *at least* those seven hours of sleep each night and to continue it indefinitely.

It's so easy to overlook poor sleep habits when we think about our health. But now, I hope you'll give your sleep the attention it rightfully deserves.

Good night, and sweet dreams!

Our Recommended Mindfulness Shortcut:

Holosync Sleep Suite II

(\$50 Discount for Mindful Health Bible Readers)

According to a recent study...

...over HALF of all adults aren't getting the sleep they need!

If you're not getting the recommended 6-8 hours of healing sleep that your brain and your body requires each night, it leads to:

- Higher risk for developing diabetes
- Higher risk of heart disease
- Inability to concentrate
- Higher blood pressure
- Weakened Immunity
- Balance problems
- Lower sex drive
- Memory issues
- Mood swings
- Accidents
- Obesity

What's worse:

Scientists have discovered that *getting poor sleep for back to back nights...*
...compounds these issues and rapidly diminishes your physical and mental health.

And yet, more than half of all adults still say that they don't get enough sleep!

So, what to do?

You deserve a fast and easy way to get quality sleep without relying on sketchy sleeping pills that have dangerous side effects.

In fact, most "sleep solutions" on the market today just deal with the symptoms of bad sleep.

They don't even get at the root of the problem!

You see, the *true cause* of most sleep problems is:

The brain's inability to shift into the brain wave pattern of a healthy sleep cycle.

And what most people don't realize is that if you want to **permanently** fix your sleep issues...

...then first you need to fix your brain.

That's where we come in.



Introducing:

Holosync Sleep Suite II: The Complete Sleep Solution

(You do not need the original Sleep Suite to benefit!)

This all-in-one solution has everything you need to fix your sleep cycle, balance your circadian rhythm, give you control of your body's energy, and so much more!

It literally trains your brain to get that healing, deep sleep every night *automatically*.

Get \$50 OFF when you sign up today!

[**Learn More Here**](#)