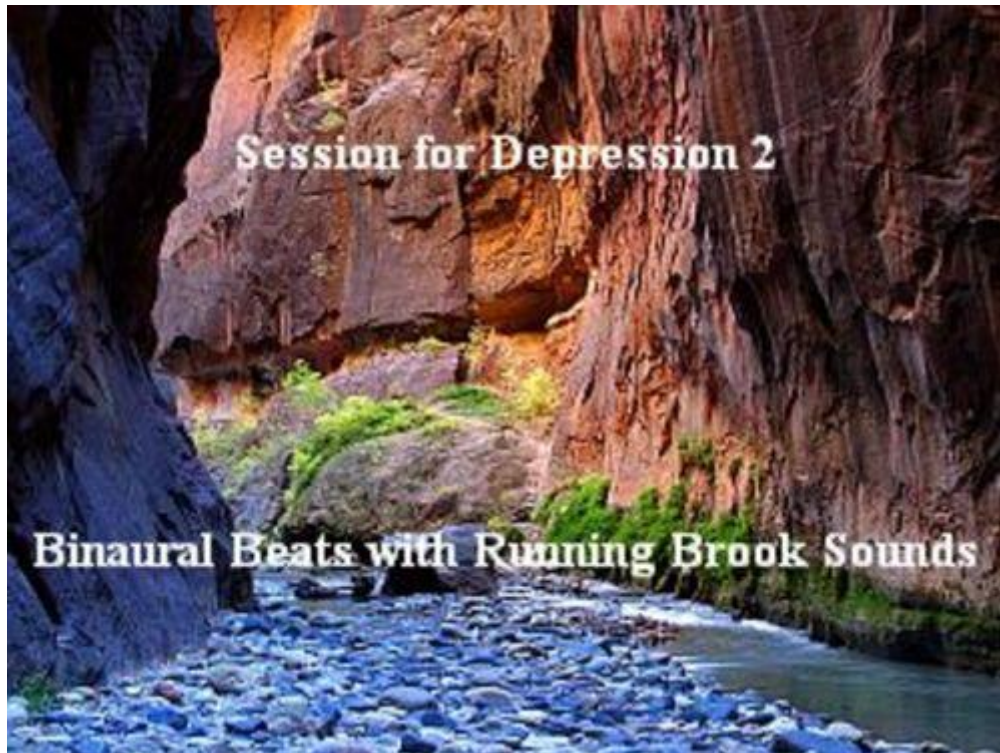


Anti Depression Vol.2 Audio-stimulation Mp3 Binaural Beats



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Binaural Beats with Running Brook Sounds (Alpha, Beta, Gamma, Length: 35 Minutes, File Size: 48 MB)

The goal of this session is to stimulate activity in the left hemisphere while soothing the right hemisphere with alpha rhythms. It is based on the observation that many depressed individuals have an overabundance of right frontal activity and insufficient left frontal activity. Beta and gamma are sent to the right ear to stimulate the left brain, and alpha is sent to the left ear to stimulate the right brain. Single User License Disclaimer: This Audio mp3 is not intended to treat or cure any physical or mental disease, nor should any of the subject matter on the site be taken as medical advice. If you are prone to epileptic type events, schizophrenia, pregnant, wearing a pacemaker, prone to seizures, or under the influence of medication or drugs or alcohol, it is best not to listen to brainwave mp3's or cd's and/or you should consult with a licensed medical professional before listening to any of the mp3's or cd's. This is worth repeating, it is highly recommended that you don't listen to the sessions while under the influence of alcohol or other mood altering substances, or medication. Under no circumstances should you drive a car or operate potentially dangerous machinery while listening to the sessions. Children under the age of 18 are to be

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