

Mp3 Global Hypnosis - Health And Healing



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The deep mesmerizing voice of Gregory Simmons placed over an enchanting sound track of rain, chimes, and birds. 3 MP3 Songs NEW AGE: Healing, NEW AGE: Relaxation Details: Enjoy the deep mesmerizing voice of Gregory Simmons over an enchanting sound track of rain, chimes, and birds. This relaxing CD gently guides you to enhance your physical health and healing functions through guided self-hypnosis and sound therapy which produces deep Theta. During the Theta state, the body produces several beneficial neurochemicals such as acetylcholine, serotonin, beta-endorphins and vasopressin which increase mental focus and memory, reduce stress, prevent depression and boost immune functions. With daily use, the relaxing experience of sound therapy helps optimize immune and cognitive functions. People who are interested in Hypnosis Doctor Weil healing should consider this download.

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