











# SOUNDSCIENCE PROGRAM

*Like yoga, gym or other exercises this program engages a process of retraining and optimizing the brain over time.*

Although many report significant effects and benefits from their very first session, over time these become increasingly permanent as the neuroplastic brain continues to make beneficial changes on its own without the sounds.

The ‘Law of repetition’ facilitates permanent brain changes. Although timeframes will vary due to individual factors, the more you listen over time the deeper and stronger the responses and benefits will become.

Participants use their i-phone to listen the the Soundscience program of their choice. These can be 10, 20 or 30 minutes at any time and for a minimum of 30 days. After this, use is on an ‘as needed’ basis to help maintain optimal brain fitness and function.

