How Holosync Affects the Brain

Cerebral Cortex

Prefrontal Cortex Increases thickness which enhances decision making. planning, critical thinking, problem

solving, and

creativity.

Thalamus (Limbic System)

Reduces the flow of incoming information here, resulting in relaxation and pain reduction.

Hypothalamus (Limbic System)

Increases cortical thickness leading to better emotional control.

More gray matter in the brain, and less volume loss with age. Strengthens neural connections throughout the brain.

Insula

Increases blood flow here resulting in becoming more "in-tune" with your emotions and more control over your emotional state.

Pineal Gland

Sharply increases plasma melatonin production which increases calmness and decreases awareness of pain.

Hippocampus (Limbic System)

Increases cortical thickness here leading to enhanced learning and memory.

Pituitary Gland

Helps manage thyroid hormone production; decreases depression, anxiety and

stress.

Amygdala (Limbic System)

Decreases brain cell volume here leading to less stress and less automatic "fight or flight" response.

Why meditate with the Holosync Solution Program?

Unlimited coaching and support • Increase your neuroplasticity • Over 30 years of results • Tons of free resources 8x more effective than traditional meditations • Deep meditation at the push of a button