

Mind-Body-Balance with the worldwide unique **brainLight®**-Systems

Holistic relaxation becomes possible through the exclusive **brainLight®**-Technology and generally leads to:

Optimization of neuronal networks in the brain and harmonization of, for example, calming Theta waves, which are signs of deep relaxation and provide more efficiency and vitality.



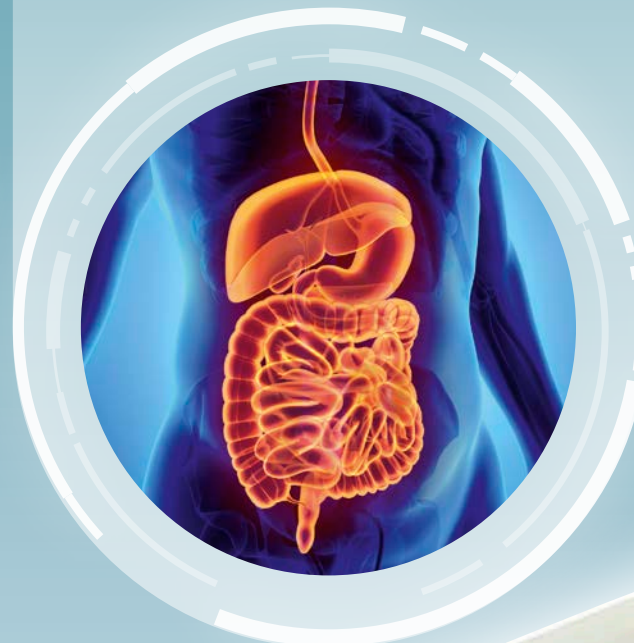
Deceleration of heartbeat, breathing and circulation for more calmness in everyday life and a higher resilience to stress. The interplay between tension and relaxation of body and mind becomes harmonized and is both gentler and more effective.



Decrease in cortisol release in the adrenal gland for stress reduction. The permanent state of high tension, to which the body has begun to adjust as a normal state, also eases and dissolves at the hormone level.



Harmonization of intestinal activity and digestion for a better well-being. This is because the autonomic nervous system can work undisturbed in its own natural rhythm and become more attuned and coordinated again.



Dissolution of neuromuscular and vegetative imbalances for more calmness in daily life. The parasympathetic nervous system is the part of the autonomic nervous system, which shuts down and on many levels takes care of calmness, digestion and processing.



Harmonization of skeletal and fascial dysfunctions predominantly in the lumbar spine, for better mobility and pain reduction at the muscular and neuronal level. In a more relaxed state, pain is also perceived and felt less intensely.



Strengthening of the immune system and activation of self-healing powers for disease prevention. This is because in deep relaxation immune cells have the time and opportunity to eliminate waste products and the detoxification of their own metabolism.



In deep relaxation, the blood vessels dilate and, seen in this way, also relax themselves. This leads to a reduction in blood pressure and this relief prevents heart and circulatory diseases.

