

Blood pressure lock opener

[Link to the web store](#)



Duration: 30 minutes

Eyes: closed

Headphones:

recommended

[\[Link\]](#) to the info page with the possibility to listen in

By the way: To normalize your blood pressure for good and without any support, you cannot avoid a complete change in your diet. Nor can you avoid the topic of "more exercise".

What is special about this program? It is a very deep delta session that calms the amygdala and hypothalamus in the brain. These two brain organs control vasoconstriction (i.e. blood pressure) and the flight-or-fight reflex, which can cause blood pressure to rise rapidly. After they are acoustically calmed, they send out neurotransmitters that lower blood pressure, relax muscles, stimulate perspiration and pump blood back into the feet and hands.

Who is it best for? For millions and millions of people who suffer from high blood pressure and want to try something away from medication. Are you taking antihypertensives? Do you have cold hands and feet and threaten to burst at any time? Then please get the "floodgate opener" and feel how everything flows and warms up halfway through the program...

What does this program consist of? Spherical music and very slow, almost idling, wafting isochronous impulses characterize this excellent, deeply effective broadcast.

The entire session oscillates between 1 hertz and 0.5 hertz, starting and stopping at 1 Hz and reaching the 0.5 hertz floor twice.

How do you listen? Ideally in a position where the blood can flow freely. Preferably lying down.

What should you listen out for? The warmth that spreads.

When does an effect occur? How do I recognize it? The effects will be clearly noticeable after just half of the program: Warmth and "softness" everywhere...

How often should I listen? Once a day for 14 days at the beginning, then as required.

What can I do wrong? These Neurostreams™ have a deep effect that should not be underestimated, and you may feel a little "heavy" afterwards... a feeling that can last a few hours. Anyone planning vigorous activities should avoid this session immediately beforehand.