

DELTA fresh cell treatment

[Link to the web store](#)



Duration: 60 minutes

Eyes: closed

Headphones: Not mandatory in this case, but recommended. You could also use loudspeakers instead.

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

By the way: Delta Fresh Cell Cure is by far the longest neurostream - and for many, the strongest.

What is so special about this show? The fascinating thing about this program is that it uses an additional noise to ensure that we really fall asleep. The minutes in the Schumann Plateau allow memories or short dreams to flash up.

Of course, you don't notice how you eventually fall asleep. However, if you wake up briefly in the middle of your delta state, you will experience your body as if it were a heavy *stone*. That's just the way it is in the delta state.

Who is it best for? The program is best suited for people with a sleep deficit, physical fatigue, exhaustion - but also for recreational athletes and competitive athletes - and for people who want to live to be 120 years old!

What does this program consist of? Music, noise and isochronous beats. The session starts at 15 Hertz and reaches the earth frequency of 7.83 Hertz, the so-called Schumann frequency, after just under 10 minutes.

There it runs for a while on the Schumann Plateau before it begins to sink deep into the delta area. As a rule, you will eventually sink into a dreamless, restful sleep.

The now very slow beats only beat at 1.05 Hertz from minute 25 and stimulate the pituitary gland to release growth hormones. This promotes physical regeneration in an unusually efficient way.

The listener remains in this low delta range for a quarter of an hour before slowly waking up again and being released at 14 Hertz (but still very *groggy*).

When to listen? We recommend one "session" per weekend - but only once a day - and twice a week if you are serious about recovering.

How to listen? The most important thing is to relax and let go. Concentrating on your own breathing at the beginning of the session helps a lot. Make yourself comfortable in the dark.

When does an effect occur? How can I recognize it? The feeling of recovery will have set in after / at the end of the session. The feeling of having been a stone will last for a while, as will the impression of being wrapped in absorbent cotton. A feeling of deepest recovery and strength will linger.

What can I do wrong? Never perform deep regeneration under time pressure or in a restless environment! *Never* drive immediately after listening! Never lose *respect for Delta!*