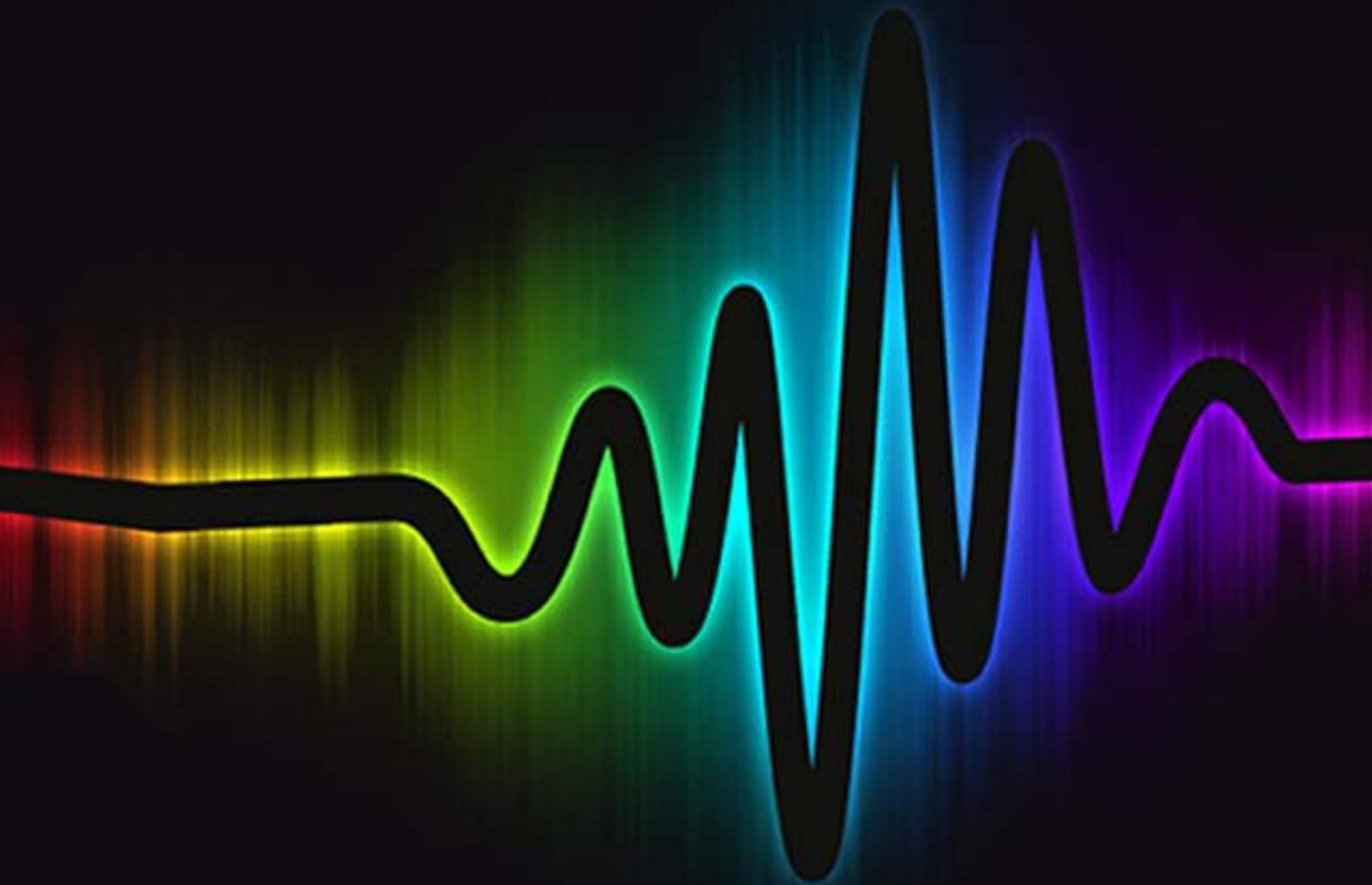


SonicVitamins

User Guide



Disclaimer

Please read our full disclaimer before proceeding:

<http://www.sonicvitamins.com/sonic/disclaimer.aspx>

Do NOT use brainwave entrainment recordings if you suffer from **epilepsy**, or certain other conditions. It is important that you check the full disclaimer above for full details.

Sonic Vitamins User Guide

Welcome to the sensational world of **Sonic Vitamins**!

This brief guide will help you understand the technology and enable you to get the most from your sessions.

Before we take a closer look at each of the sessions in turn, let's find out a bit more about the science behind Sonic Vitamins, discover how they work, and learn about the benefits you can expect to receive.

How Sonic Vitamins Work

As the name implies, **Sonic Vitamins** are sound-based (sonic) sessions for immediate self-improvement. They use the latest "brainwave entrainment" techniques to change how you feel, bringing about changes in your state, quickly and easily.

That means you can quickly become focused, relaxed, creative, and sleepy - all just by hitting "Play."

They're unbelievably powerful - and they're taking the personal improvement world by storm!

Sessions are delivered as downloadable audio MP3 files, so you can listen to them on any portable music playing device with MP3 support. You can also order sessions on audio CD, or burn your MP3 downloads to audio CD. In short, you can enjoy your **Sonic Vitamins** wherever you want: whether that's at work, at home, on public transport, when you're out for a jog, or working out at the gym.



As you listen to the recordings, your brainwaves “sync up” to particular frequencies, allowing you to enter states of mind on demand. So for example, if you want to relax and unwind after a hard day’s work, you might choose to listen to the **MaxRelax** session. If you’re struggling to find your next big idea, you might tune in to the **EinsteinFactor** session. Or if you need a gentle and unobtrusive way to get out of bed in the morning, you might make the **AMbuzz** session part of your early morning routine.

And that’s one of the fascinating things about **Sonic Vitamins**: YOU choose which sessions you want to listen to and when. There is no right or wrong order; you simply select the session that will produce the desired results, and listen. The technology will then work with your brain to help you reach the state of mind required.

Each of the sessions has been designed to target a specific state of mind and help you reach a specific goal, from meditating to working out, getting up in the morning to getting to sleep at night, enjoying deep relaxation to pumping up your energy. Simply choose the session that best meets your needs, slip on your headphones, and let the technology do all the hard work.

And speaking of technology, let’s take a few minutes to find out what’s behind this remarkably powerful system for personal growth.



The Science Behind The Sounds

Each of the **Sonic Vitamins** recordings uses specially generated sound patterns to help influence your brainwaves, and bring about key states of mind.

But how does it do this?

Your brain consists of billions of neurons, which communicate with each other using electricity. This generates an electrical wave of activity across the brain. These are "brainwaves" and are measured in hertz (Hz, or cycles per second).

We can measure this electrical activity using sensitive equipment, such as an EEG (electroencephalograph) machine.

By doing this, scientists know that certain brainwave frequencies are always dominant during key states of mind.

For example, if your brainwaves are emitting a 2Hz frequency, then there's no doubt about it - you're asleep!

If your brainwave frequency is at 14Hz, then you're experiencing high levels of focus. If your brainwaves are at 4-8Hz (Theta), then you'll be enjoying deep levels of relaxation and meditation.

There are certain *patterns* of brainwaves too: for example, individuals experiencing creativity often spend time in the lower, dreamy frequencies, then occasionally spike up to sudden bursts of higher conscious "Eureka!" frequencies.

This isn't all a one-way experience however.



You can also "reverse engineer" your brainwaves. In other words, by changing your brainwave frequencies, you can actually *bring about* a particular state - such as sleep, focus, or relaxation.

You can do this using a scientifically-validated process known as "brainwave entrainment."

This involves exposing certain frequencies to the brain, typically using visual flashes or audio pulses. The brain then effectively *copies* this frequency.

For example: If you put two pendulum clocks next to each other, they will soon begin swinging in alignment with each other. If you hit a tuning fork and place it next to another, it will begin vibrating at the same frequency. This is known as the *Frequency Follow Response* (FFR) - and the human brain does exactly the same.

If you expose it to a particular frequency, it will follow that frequency. This is what we call *brainwave entrainment*.

This has a brilliant up-side: by changing your brainwave frequency, you actually temporarily change your state of mind. That means you can actually influence your brain to get into states of focus, sleep, and so on, just by exposing it to the relevant frequency patterns!

Sonic Vitamins uses the two leading methods of entrainment to influence your brainwaves: binaural beats, and isochronic tones.

Binaural beats delivers two separate sounds to each ear, to generate a third frequency inside the mind - such as a 10Hz frequency - for the brain to follow. This is the most popular method of brainwave entrainment.



Isochronic tones use mini sound pulses to represent a specific frequency, which the brain soon follows. Isochronic tones have been proven to be the most effective method of audio entrainment available.

By combining these two mechanisms, you achieve the most powerful brainwave entrainment experience possible - meaning that you can actually change your brainwave patterns quickly and easily, just by slipping on your headphones for 30 minutes.

Using well-known and scientifically-validated brainwave frequencies, and patterns, the brainwave experts behind **Sonic Vitamins** have created a range of sessions to handle all of the major brainwave states.

These include states such as sharpened focus, faster thinking, serotonin release (the brain's happy chemical), afternoon power naps, deep sleep, energy boosts, "caffeine" highs, heightened creativity, meditation, and more.

The possibilities are endless: once you know the brainwave frequency and patterns, you can recreate that state using brainwave entrainment. And that's precisely what the **Sonic Vitamins** range does, using the most powerful brainwave entrainment techniques known today.



Everyday Uses For Sonic Vitamins

Sonic Vitamins have a wealth of scientific research behind them, but don't let that fool you into thinking they don't have very practical uses!

Here are just a few examples of how you might use **Sonic Vitamins** and brainwave entrainment in general to improve your daily life:

Meditation and Chilling Out

Want to be able to relax, slow down, and get in touch with your inner self? It can take years to master meditation: but with brainwave entrainment technology, it takes just minutes. Or, if you simply need to wind down after a busy day or week, you won't find a quicker or more effective method anywhere!

Boost Your Brain Power

Absorb information more quickly than ever, learn a new language, or boost your concentration. Think sharp, be more creative, or find the focus you need to get things done – faster and better than your competitors or colleagues!

Raising Your Energy Levels

Use specialized sessions to wake up in the morning, boost your energy levels, or help get into "The Zone" at the gym. You can even use brainwave entrainment to boost your serotonin levels, helping you to feel naturally happier.



A Health Booster

Give headaches the heave-ho, eliminate migraines, and provide your sex drive with a big boost. Certain brainwave entrainment sessions have also been shown to help with attention deficit disorder, drug and alcohol addiction, autism, depression, and low self-esteem.

Each of the **Sonic Vitamins** recordings has been professionally produced to the very highest standards. They employ the latest brainwave entrainment technology to help you reach states of mind you might never achieve otherwise. They're the 21st century solution to accessing your inner power, releasing your potential and realizing your goals – just by listening!

Now let's examine the sessions from our catalog in turn, and find out what they can do for you.



14 Sensational Sonic Vitamins Sessions

There are 14 sessions across the entire **Sonic Vitamins** catalog, each designed to help you reach a particular state of mind and achieve a specific goal.

Here, we'll review each session in our range, with details on how to use them, the results produced, and how they work technically:

- **EinsteinFactor** –
30 minutes. Headphones recommended.
Eyes open or closed. Loopable.

Harness the power of your brain to set your grey matter on fire!

Most people only use a fraction of their potential brain power. This session helps you tap into that brain power and effectively “switch it on” – so you’re better able to think on your feet, stay focused, come up with ideas and find solutions to puzzling problems.

Alternating between high SMR (14Hz) and low theta (5Hz), **EinsteinFactor** allows you to bring the whole spectrum of your brain’s capabilities to bear on the matter at hand. Be prepared for some surprising and unusual thoughts!



- **SublimeSleep –**

60 minutes. Headphones not required.

Eyes closed. Not suitable for looping.

Having trouble getting the kind of sleep you need? No problem!

This session will help you nod off gently and enjoy the deepest, most refreshing sleep you've had in years. And what does that mean? It means you'll wake up feeling rejuvenated, full of energy, and ready for whatever the day ahead throws at you.

SublimeSleep promotes sleep induction, gently descending from 12Hz awake to 1.2Hz asleep. Start listening as you settle down for the night. The first twenty minutes will guide you through the dreamy steps to the land of Nod. You won't often hear the end of this track!

- **X-Cite –**

30 minutes. Headphones recommended.

Eyes open or closed. Not suitable for looping.

Turn off those daytime troubles and tune in to a fabulous time!

This session helps you switch off your "everyday" head and really let your hair down. Enjoy the buzz, energy and excitement of a night out in the noisiest, busiest bars and clubs. When you're "tuned in" to having fun, you'll really soak up the atmosphere and be able to enjoy yourself to the max.



Enjoy the travelling sounds as you make your way to the night's event. Close your eyes and relax for the first few minutes (10Hz), then let yourself be lifted out of the day and into the night (13Hz & 20Hz). Includes a gentle acoustic massage which will improve the ear's ability to respond safely to loud noises – you will probably feel a slight hearing loss after listening – but your ears will thank you if you're off to a noisy venue.

This track is ideal for use on public transport. But please DO NOT use while driving.

- **HappyLift –**

- 30 minutes. Headphones required.

- Eyes open or closed. Not suitable for looping.

We could all use a little more happiness in our lives!

This session gives you the power to boost your mood, lift your spirits and start having fun again. It's a blast of pure happiness that'll put a smile on your face, a spring in your step and a song in your heart. If you need a powerful pick-me-up that's painless and non-invasive, this is the way to go.

The name says it all – a variety of techniques to elevate mood and reduce anxiety, with frequencies throughout the alpha and beta ranges. This is an asymmetrical session that soothes the left brain (9-12Hz) while stimulating the right brain (12Hz, 16Hz, 20Hz).



- **InstantZen –**

30 minutes. Headphones. Eyes closed.

Not suitable for looping.

Find the space inside your mind to truly be at peace with yourself!

Clear your head, center your thoughts, and get in touch with the real you. Feel your worries wash away as this stress-busting session helps you clear the cobwebs in style, leaving you feeling calm, serene, and in control of your thoughts again.

At the core of this session there's 15 minutes of 4Hz theta/delta for a quarter of an hour of quality mind time. The track steps down from 12Hz, with a settling period at the Schumann Resonance (7.8Hz), before leaving you with your thoughts and stepping back to a pleasantly relaxed 9Hz.

- **MaxRelax –**

30 minutes. Headphones required.

Eyes closed. Not suitable for looping.

Sometimes all you really want to do is CHILL OUT!

This session is the ultimate unwinding tool. Put your feet up, relax and listen, and feel your problems drift away. Take a break and shut out the rest of the world, just for a little while. Use it after a busy day, a busy week, or any time you want to wind down and de-stress.



The Schumann Resonance, 7.8Hz, is the major resonance of our Earth's electrical atmosphere, renowned for calming and grounding influences. The session starts at an alert 13Hz, let's you close your eyes and shrug off the day at 10Hz, before spending the last 18 minutes at 7.8Hz, leaving you there to return quietly at your own pace.

- **MindEnhance –**
30 minutes. Headphones optional.
Eyes open. Can be looped.

Optimize your mind, increase your stamina and be ready for anything!

Perform at your peak by maintaining your energy levels with this powerful performance-boosting session. Stay ahead of the pack, ahead of the game, on target and as productive as you need to be.

Alternating between 12Hz and 15Hz, this track will help to maintain calm focus with sustained energy. Play while doing anything that requires concentration, comprehension and retention.



- **SiestaShot –**

60 minutes. Headphones. Eyes closed.

Not suitable for looping.

Recharge your batteries from the inside out!

Take a timely “power nap” to clear your head and give you back the energy you need to get things done.

Just got off a long flight, exhausted, only an hour before the next meeting? Starting and ending at a relaxed 10Hz, **SiestaShot** contains every trick in the book to untangle an over-tired brain and give you 40 minutes of quality rest at 1Hz, low delta. Use it at home or in the office, anywhere you think a quick energy zap is necessary.

- **BrainSharp –**

30 minutes. Headphones optional.

Eyes open. Not suitable for looping.

Give your fuzzy head a thorough cleaning!

Think sharp when YOU want to. Make your brain a crystal clear focusing machine, think out of the box, and propel your thinking skills to their absolute limit.

Sometimes maybe a little intrusive, this track will definitely not let your mind wander. Alpha (11Hz), beta (16Hz, 18Hz, 20Hz) and gamma (40Hz) combine to maximize neural activity.



- **InspiredFlash –**

30 minutes. Headphones optional.

Eyes open or closed. Loopable.

Here's your chance to unleash a plethora of possibilities!

Switch on your naturally creative side to get a brain that's buzzing with ideas, overflowing with imagination, and bursting with inspiration. Set your creativity free and let it take you to fresh and original places you've only ever dreamed of.

With the main beat tracking between theta (5Hz) and beta (14Hz) to fish out novel thoughts and lock them in your awareness, plus a rapidly changing gamma (30-50Hz) to keep the cortex firing, **InspiredFlash** is perfect for any form of technical or artistic expression.

- **EnergyPeak –**

30 minutes. Headphones optional.

Eyes open. Loopable.

Supercharge your life with a vigorous and invigorating energy boost!

This power-packed session will help you delve deep inside and find the energy reserves you need to prime the stamina pump. Get work done on time, EVERY time, and never run out of steam.



Hard out alpha, beta and gamma with stimuli ranging from 10Hz to 45Hz – if you need to keep going, this is the track to get you through. May induce some uncomfortable feelings in those prone to anxiety.

- **FocusBoost –**

30 minutes. Headphones optional.

Eyes open. Loopable.

Intensify your life with a blast of focused concentration!

Get in the Zone quickly and easily with this intense brain-centering session. Find your focus and get the laser-sharp clarity you need to stay on task. If you want to be single-minded, driven, and utterly determined to succeed, this is the session for you.

This is a track of unabashed intensity! Alternating between 12Hz relaxed alert and 18Hz full-go, it is the perfect accompaniment to any activity that demands 100%.



- **AMbuzz –**

30 minutes. Headphones not required.

Eyes open as session progresses. Not suitable for looping.

Start your day feeling fresh, positive and powerful!

Wake up to the soothing sounds of nature as they slowly but surely ease you awake. This gentle session gives you time to prepare gradually for the day ahead, without the usual jolt out of bed you normally get with alarms, buzzers, and the like.

18Hz beta plus random gamma (30-60Hz) will lift you gently out of your sleep and leave you sharp and crisp for a busy day. Use instead of an alarm clock – have it start 10 minutes before you want to get up and listen to it while you do your morning routine.

- **Psych-Up –**

30 minutes. Headphones not required.

Eyes open. Loopable.

Give yourself an intense, exhilarating, blood-pumping workout!

Re-energize your workout routine with this potent session. Feel the adrenalin rush, ride the wave and reap the rewards. Take your exercise regime to a whole new heart-throbbing level.



Repeated 7.5 minute cycles starting at 12Hz, stepping up to 14Hz, before dropping to 7.8Hz. Exertion can be synchronized to the cycle, building, building, building, before letting go. Particularly well suited to cardio exercise.

As you can see, there's a **Sonic Vitamins** session for almost every state of mind you'd like to experience. Just figure out what state you'd like to experience, and listen to that session.

Or you can use a whole range of **Sonic Vitamins** throughout the day, to help make the most of what life brings your way. For example.....



A Day In The Life Of A Sonic Vitamins User

To demonstrate the extraordinary potential behind **Sonic Vitamins**, here's an example of how you might use them in combination on a typical day.

We admit that this is possibly a little overkill, especially as the benefits of each session usually last at least a few hours. But this gives a good example of the range of applications that **Sonic Vitamins** can have in your life.

So, let's begin:

It's Friday, the last day of the working week. Some people just want to get through it and get on with enjoying the weekend. They're not keen on working hard. They're tired, flat, with no concentration or energy left. They simply plod along in anticipation of the good times ahead.

*But not you. You've got **Sonic Vitamins** on your side...*

6.50 am – Wake up to the soothing sounds of **AMbuzz** at it eases you gently out of sleep. Start the day feeling good, feeling fresh, feeling ready to go.

7.15 am – Over breakfast, listen to **EinsteinFactor**. You know you can find solutions to a few problems at work, and Friday or not, you're going to do it.

7.40 am – Travelling to work, you tune in to **InspiredFlash**, making sure your brain is firing on all cylinders by the time you reach the office.

(Note: Only use our sessions on public transport. NEVER, EVER listen to our recordings while driving or operating machinery.)



Morning - You have to write that long and complex report. It should be difficult and take a couple of days - but it doesn't. You've put **FocusBoost** on loop in the background, and it just seems to write itself. You've finished before you know it, and it all just seemed so effortless.

Lunch – After a busy and successful morning, it's time to top up those energy reserves. But not with a super-size triple espresso! Listen to **SiestaShot** to untangle your brain and give you the stamina to get through the afternoon in a productive way.

Mid-afternoon – Oh, no! The boss has called an emergency meeting in an hour's time. Just long enough for a dose of **MindEnhance**, as you check the rest of your e-mail. Everybody else will be falling asleep or daydreaming later, but you know you'll be ready for whatever comes along.

5.00 pm – On the way home, you listen to **HappyLift**. And why not? You've had a fantastic day, come up with lots of ideas, never ran out of steam, and got more work done than you ever thought you would. The boss is delighted, and you're free to really enjoy the weekend without worrying about work for a few days.

(Repeat: Only use our sessions on public transport. NEVER, EVER listen to our recordings while driving or operating machinery.)

5.30 – Back home, you read the mail, have a drink, answer phone calls and messages, and then take some time out for yourself. Just half an hour of **InstantZen** should be enough to help you find some inner calm and tranquility.



6.30 pm – Time for some exercise. You love your job, but sitting in an office all day can make your body seize up. You decide to take the bike out for a spin, listening to **Psych-Up** as you pedal for an adrenalin-fuelled, blood-pumping workout.

7.30 pm – It's Friday night. You're getting ready to go out, let your hair down, and have some fun. As you sift through your wardrobe and think of the evening ahead, **X-Cite** seeps through your headphones to make sure you're truly prepared.

Bedtime – It's been a remarkable day, but now it's time to rest. You've got big plans for the weekend, and even bigger ones for next week's workload. But you don't want to think about anything right now. Let **SublimeSleep** settle you down and send you to sleep, leading you leisurely into slumberland and the domain of dreams.

And there you have it. This is just an overkill example, of course. The results of each session usually lasts a few hours, so you wouldn't usually want to listen to more than a few sessions each day. You'll probably find sessions such as **FocusBoost** the most potent for looping as you work.

But this shows the many applications that Sonic Vitamins can have in your daily life. And there are many permutations and possibilities, depending on where you work, what you do for a living, your working hours, and so on. You might drive a truck or a delivery van, or perhaps you spend your week flying from coast to coast buying or selling products. You might work nights or not have to get up until 8.30 in the evening.

Everybody's different. Hopefully you'll see that there are enough **Sonic Vitamins** sessions to fit into ANY kind of daily routine, whatever that routine might be.



How To Use Your Sonic Vitamin Sessions

Taking your **Sonic Vitamins** dose is fast and easy!

Almost all of the sessions are just 30 minutes long. The exceptions are **SublimeSleep** and **SiestaShot**, which last for 60 minutes, as these deeper states often require a little longer to activate.

To use your session, simply hit the "Play" button - and listen!

Each session contains specific directions on its use, as indicated in this guide. For example, some require headphones, while others don't. Where possible, always listen *with* headphones: they aren't always required, but usually enhance the effectiveness of a session.

Other sessions are "Loopable." That means that you can play them on repeat to maintain the state. For example, if you're writing a long and complex report, you may wish to put **FocusBoost** on repeat until you've finished.

With sessions heading toward the deeper frequencies - such as those involving relaxation or meditation - you should listen in a relaxed position, sitting back with your eyes closed.

For sessions in higher frequencies - such as those involving focus or energy - you can keep your eyes open, and involve yourself in whichever task required.

Just make sure you follow the "Eyes open/closed" instruction correctly: certain brainwave frequencies will not occur when your eyes remain open, such as those used in **SublimeSleep**. This is common sense, but it's worth noting.



Also, NEVER listen to ANY session while you are driving or operating machinery. The **Sonic Vitamins** range can produce very hyper-relaxed states, and therefore shouldn't be used in any such situation.

The effects of each session will usually last for the duration of the session itself, and for a few hours after listening. So, if you listen to **FocusBoost**, you should expect premium concentration levels while listening - and for a few hours following.

Sessions such as **SiestaShot** will usually take you back up to a calm, alert and relaxed state after finishing, which will also remain with you for a few hours after the session finishes.

So, that's how simple it is to get started with any Sonic Vitamins session.

Just slip on your headphones, hit "Play" and listen - as the brainwave entrainment techniques gently influence your brainwaves, and change how you feel!

Once you discover how powerful the **Sonic Vitamins** sessions are, we're sure that you'll want to try out the whole range.

And on that note, we're offering ALL our loyal visitors the chance to save 20% off their next purchase of one or more Sonic Vitamins sessions.

To claim your discount, simply visit the site at <http://sonicvitamins.com/> and add as many items to your basket as you wish. Before you checkout, click the "Got a voucher?" link on the basket page, and enter the code:

GUIDE-DISCOUNT



The 20% discount will be applied to EVERYTHING in your basket. Then, just checkout as normal.

It's a great way for you to snap up as many sessions as you want at a reduced price, and also our way of saying "thank you" for purchasing from us.

The whole point of the **Sonic Vitamins** is that they help you reach particular states of mind quickly and easily. All you have to do is keep your ears open. The technology works with your brain to bring about the states of mind required, so you don't have to do anything, except listen.

Sonic Vitamins are mind-altering supersonic recordings that take ALL THE HARD WORK out of personal improvement.

Which one will YOU use next?

