Super Longevity™ Instructions:

Please read before listening!

IMPORTANT: Use stereo headphones.

Because discrete and precise audio tones are being delivered through each ear, Holosync® will be ineffective if played over stereo speakers.

- Listen while seating in a comfortable chair or lying down, with eyes closed. For best results, do not listen while performing other tasks.

- Please limit your listening to one of the two Super Longevity™ tracks once per day. Do not listen while driving or operating machinery.

Centerpointe Research Institute created Super Longevity™ in collaboration with Dr. Vincent Giampapa, M.D., past President of the American Board of Anti-Aging Medicine and actively involved in the latest research in nutrition, cell therapy, and molecular biology as they apply to the clinical treatment of aging.

Super Longevity™ uses two powerful technologies. The first is Holosync® audio technology, developed by Centerpointe Research Institute. By altering electrical patterns in the brain, Holosync® stimulates the parasympathetic nervous system, activating the body’s “rest and relaxation” response while enhancing mental and emotional functioning. Holosync® balances the right and left brain and stimulates the creation of new neural pathways linking the two sides of the brain.

Holosync® enhances at two significant bio-markers related to longevity and health.

The first bio-marker is cortisol (often called “the stress hormone”). Cortisol is produced by your adrenal glands and serves several important functions. However, when we make too much cortisol, it can over-activate the “fight or flight” response, impairing the body’s ability to deal with stress and reducing immune system function.
According to Dr. Giampapa, cortisol when produced in excess, is a major age-accelerating hormone. Cortisol increases formation of harmful breakdown products in the brain called free radicals, which accelerate aging. Cortisol also interferes with learning and memory. Excess cortisol is bad news for your body and your health.

The second important aging and longevity bio-marker is DHEA, also produced by the adrenal glands. DHEA is a precursor, or source ingredient, to virtually every hormone your body needs. As we age or experience stress, DHEA levels diminish.

When DHEA levels are low, we are more susceptible to aging and disease; when they’re high, the body is at its peak—vibrant, healthy, and able to combat disease effectively.

According to Dr. William Regelson, M.D., DHEA acts as a buffer against stress-related hormones (such as cortisol). As we age and DHEA levels diminish, we are more susceptible to stress and disease. Says Dr. Regelson, “As DHEA declines with age, you are losing the buffer against stress-related hormones. It is the buffer action that [helps prevent] us from aging.”

A study published in the New England Journal of Medicine (12/11/86) found that a 100 microgram per deciliter increase in DHEA blood levels corresponded with a 48% reduction in mortality due to cardiovascular disease and a 36% reduction in mortality for any reason.

How does Holosync® affect levels of cortisol and DHEA? Dr. Giampapa found reduced cortisol levels (-46.47%) and increased DHEA levels (+97.77%) after Holosync® use! In fact, the changes were so dramatic that colleagues, at first, didn’t believe him. They thought he had to have been taking hormone supplementation to get such dramatic results!

In addition to these affects on anti-aging bio-markers, Holosync® also creates many other positive mental, emotional, and physical changes. Holosync® improves mental clarity, learning ability, and creativity; makes it easier to drop unwanted habits; and significantly reduces dysfunctional feelings and behaviors.

Super Longevity™ also utilizes Autofonix®, Centerpointe’s proprietary silent messaging technology. Based on research from the Medical College of Georgia, Autofonix® is used to deliver carefully crafted affirmations (in this case, about
aging and longevity) to the unconscious mind using high-frequency UHF carrier signals.

According to Dr. Giampapa, these affirmations help “teach” your DNA—your longevity “software”—to create the necessary hormones in the amounts necessary for maximum health and longevity. This use of affirmations is in part based on recent research by scientists G. Rein and R. McCraty in which subjects were taught to make structural changes in DNA through alterations in their mental state.

Track One of Super Longevity™ uses Holosync® to create a theta brain pattern plus soothing music and an audible version of the affirmations (see below). Track Two also uses Holosync® and music, but the affirmations are delivered using Autofonix®.

The following affirmations are used on Super Longevity™:

- You and your DNA are one. You are vibrating with perfection, energy and love.

- Your endocrine system is functioning perfectly to create the hormones your body needs to enhance the length and quality of your life.

- You and your DNA are one. You are vibrating with perfection, energy and love.

- You are reversing the effects and signs of aging at the level of your DNA and restoring the levels of all hormones that enhance and ensure longevity and vitality.

- You and your DNA are one. You are vibrating with perfection, energy and love.

- You are activating your ability to heal yourself and function optimally at every level.

- You and your DNA are one. You are vibrating with perfection, energy and love.

- Your longevity software, your DNA, is functioning perfectly to create for you a long and health life full of love, health and vitality.

- You and your DNA are one. You are vibrating with perfection, energy and love.

- You do all things, consciously and unconsciously, to extend and enhance the length and quality of your life.

- You and your DNA are one. You are vibrating with perfection, energy and love.