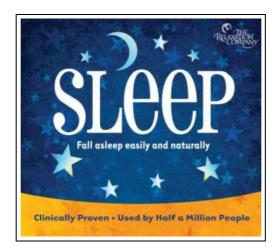
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Reviews

This publication is fantastic. It can be rally intriguing throgh looking at time. You may like the way the author compose this publication.

(Mr. Wilber Thiel)

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Relaxation Company, U.S., United States, 2011. CD-Audio. Condition: New. Language: English . Brand New. Fall Asleep Easily and Naturally. Clinically Proven--Over Half A Million Users. Don t Spend Another Night Tossing and Turning. This breakthrough musical recording has been proven at the National Institutes of Health to help you relax deeply and quite your mind. You will feel the effects almost immediately as layers of tension away and you drift off to deep, restful sleep. Get the sleep you need WITHOUT medication. The Ison Method? of deep relaxation through music was developed by David Ison during thirty years of research and exploration. It is utilized by some fo the most prestigious medical in the country including Bethesda Naval Hospital, San Diego Children s Hospital, the NIH, and The Scripps Center for Integrative Medicine. The United States Military is currently testing this music as part of a program designed to help soldiers in Iraq sleep more soundly. The more we use David Ison s music, the more we are convinced of its clinical effectiveness. --George Patrick, PhD, Chief, Rehabilitation Medicine Department, National Institutes of Health, Bethesda, Maryland. How to use the Ison Sleep System. Turn this CD on right before going to bed. Listen at a comfortable volume, loud enough to hear but not so loud that it distracts you. As you begin to settle into sleep, pay attention to your breath. Take two or three deep inhalations and slow exhalations. With each round of breath, imagine releasing the stress and tension of your day and letting go of any concerns of tomorrow. Begin to focus on the music and allow your attention to rest on its flowing, soothing melodies. Shift your experience from listening to the music to feeling the music. Visualize its peaceful vibrations permeate and move through your body.



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