

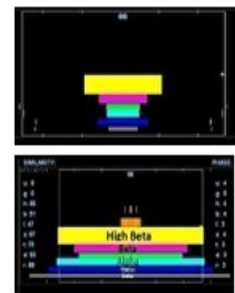
**EMOTIONAL STRESS** is a part of our everyday life and can be temporary and MILD or CHRONIC and create disease - causing INFLAMMATIONS, even cancer.



### There are 2 Secrets to RELIEVING EMOTIONAL STRESS

1. Have balanced Brainwaves.
2. Go to sleep having Happy thoughts - so that your EMOTIONAL STRESS doesn't get stored in your deep memory - and trigger EMOTIONAL STRESS when you wake up.

- \* As well as raising your stress cortisol levels, going to sleep and thinking about your EMOTIONAL STRESS - will store these negative thoughts and emotions into your deep, subconscious memory.
- \* Then when you wake up - your Brain will bring these to your conscious thoughts - and start off the day with these negative thoughts and feelings automatically.
- \* So always - the last thing you think about just before dropping off to sleep - is happy thoughts - whether real or imaginary - whatever makes you feel good.
- \* This is what you want your brain to store in deep memory - so when you wake up, you are in a relaxed, happy state.
- \* The 2nd thing that helps tremendously - is to balance out your Brainwaves.
- \* When you are in a stressed emotional state, your Brainwaves will have high amplitude of Beta ( pink ) and high Beta ( yellow ) - indicating an unbalanced mental state.



- \* All you have to do to get balanced Brainwaves - is to wear a Pyramid Pendant. ( as shown on Brain scans ).