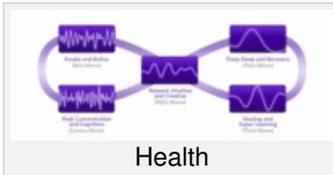


How ‘Braintapping’ Can Help Relieve Stress & Fatigue, Among Other Issues

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By Dr. Patrick K. Porter, Ph.D.



“Braintapping,” also known as brainwave entrainment, is one of the most powerful, mind-enhancing methods available. Industry experts have touted its benefits, from alleviating stress and improving cognitive performance to reducing physical pain.

Retraining brainwaves can help you recharge and relax, especially if you have been experiencing difficulty sleeping, low energy, high stress or other daily lifestyle challenges.

Backed by neuroscience and research, brainwave entrainment helps guide the brain from an awake, reactionary mind into an intuitive, creative state, and then to a place where super-learning and healing can occur – with the outcome being a heightened state of consciousness with crystal clear focus.

The practice of brainwave training creates a symphony of brainwave activity, and a feeling of calm focus that’s ideal for learning, productivity, healing and clarity. Unlike traditional meditation programs, brainwave entrainment’s neuro-algorithms naturally guide the brain through various brainwave patterns – the result is a complete spectrum of brainwave activity.

Brainwave entrainment is a powerful technology that allows us to have greater control over our brainwaves, and in turn, greater control over our mental states. The restful, rejuvenating effects of even just 10 to 20 minutes of this approach can help balance the nervous system and protect against common stressors of everyday life.

Healing Through the Power of Sound and Frequency

So what exactly is entrainment? Entrainment is a physics principle in which one rhythmic system falls in synchrony with

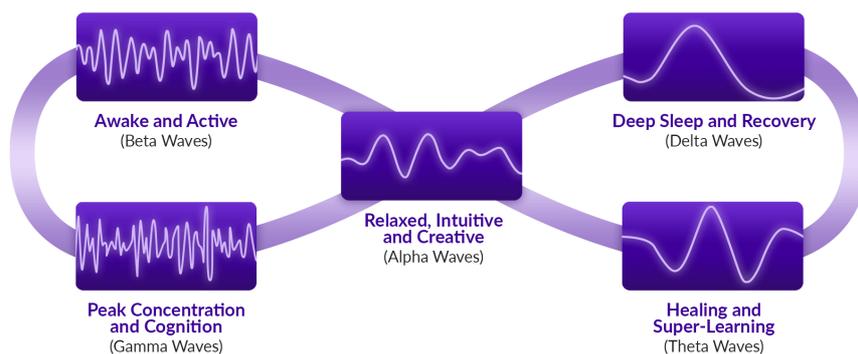
another rhythmic system. For instance, if you've ever found yourself swaying your body back and forth to the beat of your favorite song, then you have experienced entrainment in its most simplistic form.

Looking deeper, brainwave entrainment occurs when the electric rhythms of your brain begin to synchronize with the same rhythms of an external source. This source could come in the form of sound, touch or pulsing light. Brainwave entrainment is effective because by presenting ourselves with sound (or light) pulsating at specific frequencies, we can alter our brainwaves to the same rhythm, and in effect, willingly better control our mental, emotional and physical states.

For example, people with attention deficit disorder (ADD) can use the process to reduce theta brainwaves and increase beta brainwaves, resulting in a more focused mind. And those who suffer from stress and anxiety can aim to turn down their beta brainwave production, which can result in feelings of relaxation and well-being.

The science behind training your brainwaves relies on four key elements that enable the technology to induce brainwave entrainment. The four areas include:

1. **Binaural beats:** When two different tones, separated in frequency by only a few Hertz, are introduced — one in each ear — the brain perceives a third, unique tone. Binaural beats work by creating this phantom frequency, which the brain then mimics. The process of braintapping has shown to produce a state of calm and concentration in the brain, yielding the full effect of the guided visualization, and resulting in extraordinary levels of performance that would otherwise take years of practice to achieve.
2. **Guided visualization:** In general, the visual imagery process involves setting aside a period for relaxation, during which you contemplate mental images depicting a desired result or goal. Visualization has been studied for decades and is known to have the power to affect mental states, improve physical performance and even heal the body. And when combined with the other elements of braintapping, these effects are increased and optimized.
3. **10-cycle holographic music:** Another aid to the guided meditation is 10-cycle holographic music, a sonic technology that produces a 360-degree sound environment. In this sonic environment, the visualizations become more real to the mind, helping you take full advantage of the power of the visualizations by creating a more receptive learning state.
4. **Isochronic tones:** Isochronic tones are equal intensity pulses of sound separated by an interval of silence. They turn on and off rapidly, but the speed depends on the desired brain frequency. The discrete nature of isochronic tones makes them particularly easy for the brain to follow.



Are You Ready to Retrain Your Brainwaves?

Brainwave entrainment works for almost everyone. It is a smart way to lead your mind into various states that you may have previously had trouble reaching, allowing you to ultimately experience what those states feel like.

With enough regular practice, retraining your brainwaves can improve learning, memory, creativity, motivation, relaxation, sleep, focus, energy levels and problem-solving. If you have been searching for something that can help you change just about any

challenging area of your life, then brain entrainment could be the answer.

About Dr. Patrick Porter:



Dr. Patrick K. Porter, Ph.D., is an award-winning author, entrepreneur, and speaker. He is the creator of BrainTap Technology™ a company that produces digital tools for health and wellness. BrainTap's mind development apps and accessories use Creative Visualization and Relaxation to help people overcome stress and insomnia, lose weight, stop smoking, manage pain, accelerate learning, and much more. For More Information visit: <https://braintaptech.com/>

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