

BRAINWAVE ENTRAINMENT	EXPERIENCE	HELPFUL FOR:	NEUROTRANSMITTERS
Beta	Alert, focus, concentration	ADD/ADHD, Chronic Fatigue syndrome (CFS), fibromyalgia, Seasonal Affective Disorder (SAD), peak performance	Enhances dopamine-creates energy for power and speed Improves cerebral blood flow
Alpha	Peaceful, relaxed, meditative	Anxiety, stress, addictions, self-reflection, mood elevation, brain aging, memory, strengthens immune system, enhances emotional and spiritual growth	Enhances serotonin – mood elevation Enhances acetylcholine-assists functioning of brain speed and memory
Alpha/Theta (associated with the earth's magnetic field, 7.8 Hz)	Calm mind, pleasant drifting feelings, relaxed body	Anxiety, stress, addictions, memory and learning, type A personality, boosts immune system, personal insights, menopause, sleep patterns, increased tolerance to pain (i.e. childbirth)	GABA & serotonin for calming the mind and body
Theta	Deep relaxation, "twilight" state	memory enhancement, 'a-ha' or 'eureka' experiences, sleep onset, insomnia control, reduce mental fatigue, enhance meditative and spiritual growth practices, menopause, anxiety, stress	GABA Serotonin for mood enhancement Prevents release of harmful stress hormones associated with illness
Delta	Deep sleep	Sleep enhancement,	Serotonin

GABA

Gamma aminobutyric acid is an important neurotransmitter needed for stabilizing moods, calming the body like an “off” switch. Individuals who regularly meditate usually have high levels of GABA. GABA is involved in the production of endorphins, “feel good-runners high “ chemicals. Depleted levels lead to anxiety, tension, stress and insomnia.

Serotonin

This neurotransmitter keeps all the other neurotransmitters in healthy balance. It also influences emotions and behaviours, concentration and focus. When serotonin is at a healthy level we sleep better, enjoy life and think rationally. Depleted levels often lead to depression, premenstrual syndrome, fibromyalgia, insomnia and migraine headaches.

Endorphins

Individuals who meditate have significantly increased levels of endorphins. Most of us associate endorphins with exercising however, these neurotransmitter can be increased via other methods. Basically, it is our bodies’ natural pain killer.

Acetylcholine

Major role of acetylcholine is to enhance memory. It determines the speed at which our brain functions, consequently determining our brain age. When your acetylcholine levels are balanced you feel creative, learn information efficiently and have a good memory. When these levels are imbalanced your memory declines and language difficulties may occur.

Dopamine

Dopamine is like an “on” switch, it controls your energy, excitement about ideas, and motivation. It plays a critical role in regulating the central nervous system such as attention, cognition, movement, pleasure and emotional processing. A deficit in dopamine is found in Attention Deficit Disorders, Parkinson’s, severe fatigue, addictions and obesity.

Melatonin

Melatonin is involved in our sleep cycle. Levels in the blood peak before bedtime which leads to a deep restful sleep. Stress has a major impact on decreasing our melatonin levels. Individuals who meditate have increased levels of melatonin.

Human Growth Hormone

Human Growth hormone (HGH) is produced naturally by our brains when we are children and then gradually diminishes as we age. Sleep, exercise, relaxation and diet stimulate this hormone. It has been demonstrated that individuals with healthy sleep cycles and meditators have boosted levels of HGH.

DHEA

Dehydroepiandrosterone has a variety of health benefits. It strengthens the immune system and has been proven to be beneficial in the prevention and treatment of cancer, lupus and cardiovascular disease. Stress and anxiety depletes DHEA while meditation increases DHEA levels.