



# MEMORY & CONCENTRATION



**REBALANCE**  

---

***impulse***



## MEMORY & CONCENTRATION

### WHO IS IT FOR?

If you have been experiencing memory loss, difficulty concentrating, or are simply preparing for exams, this is the right theme for you!

Memorization is a complex process that can be negatively impacted by different factors such as physical fatigue, stress, emotional imbalance, excessive mental work, dietary imbalance, or degeneration. Any one of these factors may cause you to have trouble concentrating and getting organized, or to suffer small and more frequent memory gaps.

Boost your brain agility and improve your concentration and memorization skills with our “Memory & Concentration” sessions.

### HOW DOES IT WORK?

Numerous studies have shown changes in the activity and structure of the areas of the brain associated with attention and memorization (the anterior cingulate cortex and hippocampus) in response to meditative practices.

The Rebalance Impulse® sessions in the “Memory & Concentration” theme promote targeted brain activity around these specific areas. By combining the benefits of exclusive synchromotherapy® protocols, your autonomic nervous system is rebalanced, your stress levels are decreased, and your sleep quality is improved. The memory and concentration processes are thus greatly improved. The results speak for themselves and your cognitive performance increases.

### BACKED BY SCIENCE

Beauchene et al. *The Effect of Binaural Beats on Visuospatial Working Memory and Cortical Connectivity*. PLoS One. 2016 Nov 28;11(11):e0166630.

Slagter et al. *Mental training affects distribution of limited brain resources*. PLoS Biol. 2007 Jun;5(6):e138.

Tang et al. *The neuroscience of mindfulness meditation*. Nat Rev Neurosci. 2015 Apr;16(4):213-25.

