Summit Introduction and Guest Welcome

Hello and welcome to the Reversing Alzheimer's Summit. I'm one of your host, James Maskell. And with Doctor Christine Burke, I'm with Doctor Robert Love.

We are charting all of the innovation that is leading us to be able to say that cognitive decline, Alzheimer's dementia is reversible. Super excited to have another amazing guest.

We've got great guests all week. Make sure to check out some of the other sessions today. But I'm excited to have Mark Gilson here today. Since 1996, he's been the director of client services and the chief product designer for Centrepoint.

We're going to find out a little bit more about what that is. He's a pioneer in neuro audio meditation, which we're going to dive into today. He's a coach. He's a writer. He's an educator.

He's written books. He has a lifelong passion around, healing potential and ultimately, you know, treading new ground, I would say in the area of neuro audio.

So Mark's a pleasure to have you be part of the summit. James, thank you so much. It's a pleasure to be with you. Yeah. So, why don't we just, why don't we start at the beginning for people who aren't familiar with it?

Tell us a little bit about where sound therapy, meditation, and neuro audio came from. Yeah, well, for me personally, I think my interest in therapeutic sound really goes back to my interest in music.

I've always been fascinated by the power of music to, you know, affect your mind, your your mood, your mindset. And then later, my career really showed me that it could literally affect my mental and physical health.

Mark Gilson's Background in Sound Therapy

So I'm just one of those guys, you know, I admit I will cry at certain pieces of music or just get really inspired and energized when certain kinds of music, plays and music can have such a profound effect on our physiology and of course, our emotions.

Frame of mind rhythm is really of particular interest to me. And for a while I was a working drummer for several years here locally, and so I was always interested in that power of rhythm.

You know, you can walk into a crowd of people, you know, young and old, with a drum and you can play a beat and inevitably people start to tap their feet or they dance around.

There's no instruction or explanation really needed. It's just kind of how we're built. And, you know, even babies respond to rhythm before they can even speak and walk.

So to respond to rhythm and vibration, fundamentally human, it's in our DNA. It's been, you know, part of us since the dawn of human history, really. And later, of course, I would learn just how powerful certain rhythms and frequencies can actually be when it comes to the way the brain functions.

And that leads us kind of into the neuro audio technology piece. And I think I kind of really owe that to my, my late father, who introduced me to light and sound devices back in the mid 80s.

And if you remember those, some people are probably familiar with them, but they're just these little machines that use both light and sound to cause changes in brainwave activity that create other changes in your attention

physiology, brain chemistry, mood, pretty much everything.

And so I was really kind of fortunate to get into that, you know, kind of on the ground floor and learn from some of the pioneers who are developing these devices.

And that's what I really started to learn more about brainwave entrainment, which we can talk about a little bit more detail. If you like. And then, of course, later in 1996, I would meet, our late founder, Bill Harris, who, of course, like I said, founded Center Point, created Hollow Sync, which is a very specific form of sound entrainment.

And so I really just feel like I'm blessed to be a part of the field, especially right now, because there's so much coming out these days about the power of sound, the power of music, power, rhythm.

I'm a firm believer in the power of sound to affect things like Alzheimer's and other brain related issues, so it's really an exciting time to be involved in cell therapies and psycho acoustics.

Psycho acoustics. I love that. And let me obviously, there's some people have told me in this in the space that because of this sort of combination of sound and rhythm and movement and so forth, that dance is essentially like, a real, like amazing tool if you want to reverse your cognitive decline.

And I'd love to get your input on that. As someone who's especially specialized in at least one part of this. Well, first, James let me go on record and say I am not a very good dancer, but that doesn't matter because, yeah, absolutely.

I mean, that's the somatic element, right? So you get your body moving, the cells respond, your brain responds, you know, you're enhancing motor coordination.

You're enhancing your balance. So all that's good. So, you know, getting the body involved, that somatic element, you know, improving the proprioceptive ability to kind of know where your body is in space and what it's up to.

And of course, like I said, you know, rhythm is just built into our DNA. So I think like, yeah, dance is huge. I wish I was more of an expert on that.

We have people that I work with who kind of are, but but absolutely, I think it's, it's a, it's all part of the same, you know, kind of connection to rhythm and movement and vibration.

Cool. Well, tell us about psycho acoustics. I'd love to understand how sync and how it works and what it does.

Brainwaves and Psychoacoustics Explained

Yeah. Just for basic for people who are not familiar with the technology. Yeah, sure. That's a great question. And of course, I get it a lot. And I have to be careful because I sort of geek out a little bit and I can go on about systems theory and chaos theory and discipline of structures and thermodynamics.

But let's just skip all that, and I'll try to kind of boil it down a little bit. And we could talk about, you know, I think one of both our favorite topics, the brain, because to understand how entrapment works and how hollow, I think are proprietary form of that and frame it works.

You got to know a couple quick things about the way the brain works. So there's all these models for talking about the brain. You know, people call it a computer, a network, a muscle.

It even gets compared to, you know, like a symphony orchestra or something like that. And I think that speaks to the complexity of the brain. And it's many systems there's that.

We need all these metaphors, you know, to talk about it. But for now, I just like to talk about the brain as a bioelectrical organ. You can't really talk about the brain without talking about its function, what it's doing and what

your brain's doing.

What my brain's doing all the time. You're on the planet is producing these little tiny bioelectrical impulses called action potentials. This is the physical or really more precisely, the neuro electrical language of the brain.

If you really want to be picky, it's the bio electrical chemical. You know, part of the brain. Anyway, every thought and memory and movement that happens is thanks to these action potentials.

So you've got all these tiny little micro discharges of energy. They're happening in different patterns, different frequencies, all through the brain.

There's a pattern and a frequency of neurons to fire. When you think of your of your mom or of your first kiss or of paying your bills, or for when you feel hungry for some Chinese food or something, and these little neural electrical fluctuations are happening at various frequencies or speeds.

And of course, we can measure that using an EEG machine. And when we do that, we can learn a lot about what sort of state that brain is in. So I can go through this real quickly.

I know some people are familiar, but there's always questions about it. So I sort of like to set the groundwork like this and talk about the way that that, brainwave frequencies really operate.

So they really range from about 100Hz at the top, all the way down to 0.1Hz at the bottom. And hertz means cycles per second. So if you've got a brain with a neuro electrical oscillation happening around, say, ten times per second, that's ten hertz, that happens to be in an alpha brainwave state.

So neuroscientists have broken down these patterns into groups or categories you might have heard of, like alpha. And I'll just go through real quickly at the very top.

And this one I really want to highlight is a very interesting brainwave state with the fastest frequency. It's called gamma. Now I say interesting because until only about 20 or 25 years ago, there really wasn't too much attention paid to gamma waves because those brainwaves are so fast.

It was just assumed that, you know, gamma activity was that's when you're you're scared, you know, or you're filled with anxiety or panic or something.

And it really wasn't until about 2004 when research by Richard Davidson and his team at the University of Wisconsin was conducted on a group of monks, Buddhist monks practicing a very specific form of meditation, that gamma really started getting positive attention.

And for those wondering, the form of meditation that they were studying, that the monks were were practicing is called the metabolism meditation. It's a form of loving kindness meditation.

So what these researchers saw when they were watching the brains of these meditators was unexpected, because normally, you know, you put an egg machine on a meditator and you see brainwaves kind of slow down, get slower and deepen.

But in this case, the monks brain activity went up. It sped up even higher than normal wakefulness, like better. So these monks were displaying gamma patterns would be between 25 and 80Hz, which has been since linked to more focus, more empathy, and of interest to our audience.

I'm sure a lot more brain resilience. And so they showed also a very high level of hemispheric synchronization, which is also important for our topic of Alzheimer's.

And we could talk more about that. So anyway, since then a ton more research is emerging about the benefits of gamma waves. And personally, I think we're only scratching the surface of what gamma can do.

In fact, there's some amazing research recently to suggest that gamma frequencies could help reduce the buildup of beta amyloid plaques Tau tangles in the brain, which many people, of course, associate with Alzheimer's.

Now, just going through the others real quickly. Below gamma, we've got beta. That's our normal wakeful state, what I call the triple A state. Because we're awake, we're alert.

We're aware of our surroundings. Beta waves range from about 13 to 30Hz. Most of our day is spent in beta. You and I are in beta right now. As we're talking a listing.

Then you've got Alpha, which I mentioned earlier, roughly 8 to 12Hz, 8 to 12 cycles per second. This is an interesting state because it's often that flow state, you know, where you begin to tune out the distractions.

You can focus and retain a ton of information. You kind of get in the zone, you know. So alpha is sometimes called the super learning state light, relaxation, meditative focus, calm, centered, all that.

You're relaxed. You're not sleepy. I probably shouldn't say this part, but back in college we used to call out to the two beer state, right? Like two beers, you're feeling kind of relaxed without being, you know, inebriated or too sleepy.

Then below Alpha, you've got theta, which is associated with dreams, creative inspiration. We're now down to brainwaves, oscillating between about four and seven hertz.

A lot of our REM activity is happens when we're in theta. It's also a state associated with consolidation of memories, where something we experience is determined with remembering and kind of gets written down by the brain and installed.

And then, of course, finally we have Delta, the deepest of the of the main brainwave states. Anything at about four hertz is considered delta. It's also considered deep, dreamless sleep or a very, very deep trance like state.

We happen to work a lot with Delta in our holistic solution program. Delta has been linked to boost in immune function and of course, to that very, very deep, rejuvenating sleep that so many people don't get enough of these days.

So anyway, now each of these states has its own unique, set of traits and characteristics, and that matters because it means there are different benefits and effects you can get if you could enter into these states when you want to.

And it turns out you can. And that's thanks to the phenomenon of what's called binaural beat entrainment. So if you want me to dive in a little bit further, I can tell you what that is real quickly.

I've heard about that. I'm excited to like, dive into that because I think it's a very interesting topic and love to understand it in the context of of brain disease, but also aging generally.

Yeah. Perfect. Well, you know, the history is really interesting, but for the sake of time, let's just say that binaural beats and time, it takes advantage of very specific ways in which the brain processes sound.

That allows us to take your brain to or through any of those five main brainwave states that I was just talking about.

Binaural Beats and Practical Entrainment

So listening, for example, is a form of binaural beat and tremor, but with some important differences that we'll get around to in a little bit. So with entrainment you can relax the brain.

You can increase alertness, you can enhance focus, you can put the brain to sleep. And this really plays into the way our brains work when it comes to cell I mean rhythm.

You know, James, I think, you're very aware of this. That's how our bodies work. You're asking about dance. So we've got circadian rhythms, we've got ultradian rhythms, we've got soup circa lunar rhythms.

Rhythms. How we organize our days, how our seasons unfold, our sleep, our metabolism, our reproductive systems are all based on these patterns and rhythms.

So it's really built into us and the universe as a whole. Even Nikola Tesla famously said, you know, if you want to understand the secrets of the universe, think in terms of energy, frequency and vibration.

Well, that's what rhythm is. It's a pattern of frequency that uses energy to produce a certain kind of vibration. And it's also how we learn. I mean, think of how many of us learned our ABCs with that little alphabet song.

You know this in four, four time. That predictable, memorable rhythm is the carrier of the information. In this case, the letters of the alphabet. So rhythm, frequency, vibration have powerful effects and benefits we're still learning about probably will be for as long as we're on the planet and everything really is rhythm and vibration.

I mean, I want to get to cosmic, but, you know, even light itself. I mean, we've heard sages and gurus tell us this for centuries, and of course, now we hear the same things expressed by by physicists.

Vibration is the language of the universe, and that includes our brains and our bodies. It's a very it's the expression of the of the universe, I guess, in a way.

But even quantum mechanics tells us vibration is what makes matters solid. It's what allows us to see and smell and hear and even think. So when you can harness the power of vibration and frequency, now you're talking.

Now you're dealing with the fundamental energy and physics of pretty much everything there is. So getting back to your question, I got a little sidetracked.

That's what Brainwave and frame it's all about using the power of rhythm and frequency to change the speed of those action potentials, to create an effect, whether a trance or sleep, or the release of trauma or old emotional wounds or better memory.

You know, no matter how many times I talk about this, I have to stop and think. It's just amazing to me that you can alter the functioning of your brain by using a couple of carefully chosen terms, not drugs, you know, not supplements, just pure cells.

So, you know, I could give you a kind of example of how to put somebody in alpha state if you want to, where we can kind of move on. It's up to you. Yeah. Let's get into it.

I mean, I guess what I'd practically like to understand, you know, imagine you're someone who's listening to this summit, right? And you either a, you know, feeling the first signs of, of, of aging or the first signs of not aging, but losing, you know, core function and memory or focus or otherwise.

That's one group. The other group you have is people who are very, excited about supporting a loved one and, you know, and, trying to get inspired to get some of these, services and support for them, because they care about them.

And then, you know, people who are just generally interested. I'd love to just get practical as to kind of what this looks like. Okay. Yeah, let's do that.

So I'm going to skip a little bit down here in terms of my notes, I do want to mention, you know, from the standpoint of, of entrainment and binaural beats, entrainment, the use of two tones to alter brainwave patterns.

Has been around for 60, 70 years at this point. So that part of the technology isn't all that new and it's well established and well proven. What's really different for us is this application of low carrier frequencies, which push

and drive the nervous system.

But just to give you a real quick, kind of crash course on the mechanics behind this, I'll give you one quick example. It's pretty common that most of us can relate to.

Let's say you've got a study for a big test, right? You've got a lot to read. You've got a lot to memorize. You need to get into a clear minded state where you can easily maintain your focus.

You can make sure your memory will grasp and retain the information that you're studying. Beta, you know, our normal, wakeful, wakeful state is probably a little too prone to distraction because we're so where, you know, I don't know about you, but I know somebody who walks by my office.

I'm going to notice that your attention spans wide. Maybe too wide. Theta is less scattered. But to relax, really? And certainly not delta because that's really sleepy.

So what about Alpha? That's kind of the sweet spot. Alpha is great for studying. We kind of talked about that. It's a state of high receptivity, which means the things that you're studying have a better chance of anchoring in your mind and staying there.

That's why alpha is sometimes called a super learning state. So what can we do to get to you know, we can we can drink some alcohol. We can do drugs, I suppose, but that's not very good for you.

We can try sedatives or we can use sine waves. So let's put down the beer, pick up our headphones. We don't need Mozart or Bach for this. Nothing fancy really.

All we need are two tones and a little bit of math. A little bit of math, I promise. So let's choose a tone for our right here we want to play 260Hz. Let's just say that and let's choose a different tone for our left ear 250Hz.

And we need to use headphones or earbuds for this because we don't want the right ear hearing the tone for the left ear and vice versa. So we put our headphones on and we listen to those two tones.

Two 6250 and what happens? Well, right now, at first not very much. But if we keep listening within a few minutes, our brainwave patterns begin to slow down.

We find ourselves in that alpha state. We find, we find ourselves more focused and clearheaded, and our study time has just been optimized to a significant extent.

Well, how did that happen? Just two tones, 260 and two 50Hz. Well, this is the fascinating part of how the brain processes sound when the left side here's one tone and the right side here's a different one.

The brain does something I think is kind of crazy. It's remarkable.

Meditation, Aging, and Brain Resilience

It synthesizes those two tones and creates a third harmonic tone based on the difference. The third tone is not audible, but it is treated by the brain as it is.

It's sometimes called a phantom tone in music. If we have musicians out there, it's sort of related to the martini tones, which is, a composer who incorporated these phantom tones into his violin pieces, but we use the term a beat frequency.

So that beat comes from the difference between those two tones. So what's the difference between 216 to 50? That's ten. Right. And that's the beat frequency created within the brain ten hertz.

Remember when we said alpha runs from about 8 to 12Hz. So tens in the middle of that range. And so this is a

very fundamental basic explanation. But this is how we can successfully create an alpha state quickly and efficiently without any drugs or sedatives.

Like I said, it's a simplified version of how this works. But sometimes, you know, it's even mainstream knowledge. But consider how remarkable that is to literally change the way the brain works, to change your state of consciousness with pure sound.

So we can talk a little bit about, I think we want to get into some aging stuff too, but that's that's kind of a basic nutshell of how the entrainment process works.

So vinyl beats is that the by reflects the fact that they're different. Yeah. That there's two and that. Yeah. And then you're hearing them. That's really cool.

Yeah. So like so from your research and your work now for three decades, what happens. How long does someone have to be in that state. And then you know, what are the benefits and how long did it take to accrue.

Yeah, that's a good question. I mean, was using that kind of, psycho acoustic technology, the binaural beat and frame it process? Obviously, first and foremost, we see it as a meditation tool.

And I really want to talk about that in a second, if you don't mind, because that is so key. But there's all these other therapeutic benefits that kind of go along with it.

So this kind of technology has been used, you know, to, to, to help people combat insomnia. You know, or, PTSD or fatigue or, you know, chronic fatigue, things like that.

And specifically with neurodegenerative issues, it's been designed it's been used to help people improve memory, resilience, cognition, clarity. In many cases, it's been used to help people, regain brain function after traumatic brain injury.

So it's got a lot of therapeutic value above and beyond the meditation piece. But for us here at Center Point, the meditation is really where it, where it really begins.

That's really cool. Cool. Well, yeah, I guess let's, let's just jump into, you know, what? What you think is the most useful for people to know and how people can get activated into this who are listening to this.

If this is resonant or they need to try it with themselves or with, with, with a loved one, I imagine that for a healthy person, there's benefits to. Oh for sure. Yeah.

And I want to go through this with you real quickly. But, you know, I want to say, you know, back when I first started, in this field, I mean, this is like 1996, right?

You know, meditation wasn't really taken all that seriously by most people. Not all, but most people in the medical scientific community. So there are sort of a handful of studies that kind of hinted that meditation might have some tangible benefits.

But mostly meditation was something that, you know, like gurus and and hippies did. Right. But since the meditation, mindfulness, I mean, they're mainstream for sure.

So you see it taught in corporate boardrooms, and professional athletes are practicing all kinds of mindfulness exercises. It's even taught, in the military, in various countries.

Now, top of that, like I said earlier, the research has exploded about the tangible health benefits of meditation. So we're not just talking about relaxation, but we're talking about lowering blood pressure, healthier cardiovascular health.

And as I hope we have time to touch on here, improvements in cellular health, anti-aging, and of course, the means of improving brain resilience. So I'm sort of a meditation activist, I guess, because I'm always knee deep in the research, which at this point I think is undeniable in terms of meditations, benefits.

And the more I learn, the more I am absolutely convinced that every human being on the planet, anybody who cares about their mental, emotional, physical health, especially their brain health, needs to be meditating.

Ideally with something like holistic that accelerates the benefits. Because the fact is, most people have a hard time meditating. They struggle, you know?

And I don't know, I assume you probably meditate. Just but, you know, it's like it should be such a simple thing for us to do. You just sit down and you don't really do anything.

Well, I mean, what could be easier? But meditation is a being exercise and not a doing exercise. And we're really conditioned to be doers more than peers, right?

So people worry they're doing it wrong, that it takes too much time, their minds too busy. Those are all valid concerns. But the more you just sit with yourself quietly, the easier it gets.

Give the brain time to unwind. Sort out the stuff that you know, the mental clutter it tends to find its own. Well, you know, center point, right? It's like a pool of water.

If you keep stirring it up with your worries and your ruminations, you can't ever see your own reflection in it. But if you let it settle, it becomes clear and reflective.

But anyway, the value of meditating especially, is our brains. And our bodies get older folks, especially if something like Alzheimer's, God forbid, or other neurodegenerative problems run in your family.

And they do in mine. It can't be overstated. So if you want to, I can quickly hit some of the specifics that we're uncovering here, about the effects of meditation on anti-aging and, and brain resilience, please. Oh, let's do it.

So just in the last 15 years, you'll find studies showing that meditation reduces cortisol levels, which means your brain and body can get out of that chronic red alert stress mode. Right.

That causes premature aging. It can increase telomerase, which is an enzyme that helps our telomeres. I'm sure many people are hearing about telomeres these days last longer.

Telomere research is fascinating. For those that don't know, telomeres are like the little protective caps at the ends of our DNA strands that shorten every time a cell divides.

So we want to do everything we can to protect and support our telomere activity. There's sort of like the little plastic tips at the ends of your shoelaces, you know, and consistent meditators produce way more telomerase, which means longer lasting telomeres, which means longer lasting US meditation, of course, also can reduce inflammation, which is hugely important as we get older because inflammation is one of the main drivers of not only premature aging, but all kinds of chronic and deadly diseases because it weakens our immune system.

It's very hard to treat, of course, because it's really just entropy. It works right on a cellular level. Meditation triggers more parasympathetic nervous system activity, which means it gives us a break from being in that sympathetic fight or flight response all the time, where we're hyper vigilant, we're really reactive.

You know, we're constantly fatigued and exhausted. I don't know about you. I mean, everybody I talk to, maybe it's just my generation right now, but everybody's tired, you know?

How are you doing? Oh, I'm really tired. I see it too. But mindset is everything when it comes to aging. And I'd love to tell some stories about that, but I don't know that we have time.

But your mindset really matters. How you manage your self-talk, how you manage your emotions, how you regulate your reactions to things in the environment.

Meditation also improves brain plasticity, which is so important it means it can help our brain stay limber and resilient in the face of aging and stress.

Countless studies have shown that meditation leads to more agile and stronger brain, and we say this all the time as centrepoint. A better life begins with a better brain.

Meditation can improve heart rate variability. I don't know how many people are aware of that. It's a key marker of health. One not too many people know about, but should heart rate variability, it sounds like, is, you know, or is the measure variations between the heart beats.

So you want higher heart rate variability because that's indicates a well-balanced nervous system able to adapt and respond to stress more quickly. And aging reduces that.

It reduces heart rate variability, leaving us vulnerable to, you know, all the bad stuff, the fatigue and the stress. And by the way, I just want to give one more shameless plug.

We did some work with the folks Sweetwater Health years ago. They're a company that measures heart rate variability, and an average HIV rating is something around 500 or 600 or something like that.

But our friends at Sweetwater measured hollow sync users.

Free Gamma Brain Refresher Offer and Closing

They compared a non-null sync user, intermediate whole sync user, and advanced holistic user. So where average is 500 or so, the casual hollow sync users RV was measured at 5300 during the study, and in advanced holistic users RV was measured over 12,000, which is just astounding.

It really astonished the people who were doing the, the study so I could go on. But in addition to what we already covered, meditations proven, as you probably know, improve our sleep.

Motor coordination, restless, less risk of falls. I mean, look, I'm 58. I'm not ancient, but I'm definitely not a young dude anymore, right? And I'm seeing what aging has in store for me.

And I know my main defense against that is not going to be some cream or injection diet and exercise, certainly, but it's also meditation because, as we say, again, healthy life begins with a healthy brain.

So I'm just encouraging everybody. Even if you never meditated, even if you tried 50 times and failed, pick it up. We're going to make it easy for you.

I've got something to share in just a few moments about that. Yeah, well, definitely, share that. And I just want to share, you know, part of what we're doing here, the true neuro software that Doctor Burke has come up with for running clinics, you know, can allow your doctor to be abreast of your HIV rate, stride meditation to you and track the changes over time.

So this allows, you know, a synergy with, with that kind of stuff so that, like, so, you know, for forever, anything that you do in this realm and what your doctor was doing was disconnected.

And also see what we're doing is connecting those two things so that your doctor can be in the loop. They can see the trend, they can see the journey, they can follow the HIV journey and see, how it's affecting.

So I'm excited to see what's possible. So yeah, why don't you said, you might have something special for our audience today. Can you tell us a little bit more about that?

Oh, yeah. Absolutely. So, we talked a little bit about Bell Hollow. Think I really, you know, I can I can go on all day about hollow sex. So, but we're talking about a very, very potent form of neural audio technology that uses that binaural beats.

Entrainment process as sort of a foundation. And so and we talked a little bit about gamma. And I could do an hour about gamma too. But we do want to share something with everybody who's attending the summit.

And we're excited to offer this today. This is exclusively for those who are attending the summit, people who are watching and listening right now. I've spent a lot of time talking about hosting.

We're offering you a unique hello sync audio soundtrack at no cost. We call it the Gamma Brain Refresher. That's probably a spoiler as to what it does.

It uses hollow sac to induce a gamma brainwave state, and I'll tell you how to get it in just a second. But I'm telling you, folks, gamma is going to be you're going to hear a lot more about it in the future.

It holds such amazing potential for improving coherence and resilience and cognition and memory and cross hemispheric synchronization. We should all be doing everything we can to protect our brains.

Building resilience is key to that, and gamma holds amazing potential, I think. Anyway, so we want everybody to have this and use it. We see it as almost kind of a public service to get this out of the hands and the brains of as many people as possible.

So you can download Gamma Brain Refresher and try Hello Sync for free. It's a 20 minute audio, meditation session. Just pop in your earbuds and sit back and listen.

So if you'd like to download that, I'm going to give it a link. And then I'll spell it out. It's my hello sync.com/r s 25. So I'll go over that one more time James. It's dot Amway hollow SC nc.com/raise to five.

So reversing Alzheimer's Summit 2025. You can put it to any phone or device that plays audio files. This is high bitrate MP3 so it sounds great which delivers all the benefits of hollow sync.

It even includes a set of affirmations that are silent to your conscious mind to help you improve your internal self-talk focused on brain health and resilience.

That's another technology we don't have time to talk about. We have our own proprietary, verbal encoding technology called auto phonics. You'll get that, too.

So this is our free gift to all of you listening. I hope you download it. I hope you use it. And if you do, please contact us at Center Point and tell us about your experiences, whether because that kind of feedback is like absolute gold to us.

And so that's the gift that we want to share with everybody today. It's very generous. I'm glad that everyone can have an opportunity to use it. And I just want to, you know, honor your work for it for three decades.

I think, you know, we are on a a moment of, potential here where various different things from, you know, genomics and personalized medicine and all of the, vibro psych acoustics that you're speaking about.

There's so many, innovative ways people have been working at this for 30 years, you know, in all these different fields. And now there's a convergence happening, and it feels like almost as convergence is happening in this summit, because now, you know, with junior as well, you know, we're really making it easy for any clinic to, you know, run a program that can reverse cognitive decline.

And I'm excited to see, you know, how some of these tools can be can be brought in. So, yeah, all of the assets of that, I want to thank you for being part of the summit and, sharing your gifts so generously.

And I think this will be impactful for so many people. We've got great talks the rest of today. Please join us if you can, and check out Center Point.

They're really grateful to have them as one of our sponsors here. The Reversing Alzheimer's Summit and we'll be in touch very soon. Thanks so much for tuning in, and we'll see you next time.

Bye bye.