



*The Benefits of*  
**SOUND THERAPY**

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- **Deep Relaxation**
- **Muscle Tension & Pain Reduction**
- **Ease of Fibromyalgia Discomfort**
- **Depression Reduction**
- **Anger & Stress Management**
- **Migraine Discomfort**
- **Insomnia & Sleep Disorders**
- **ADD, ADHD, Post Traumatic Stress Disorders**
- **Lowering High Blood Pressure**

*Suitable for Children & Adults*