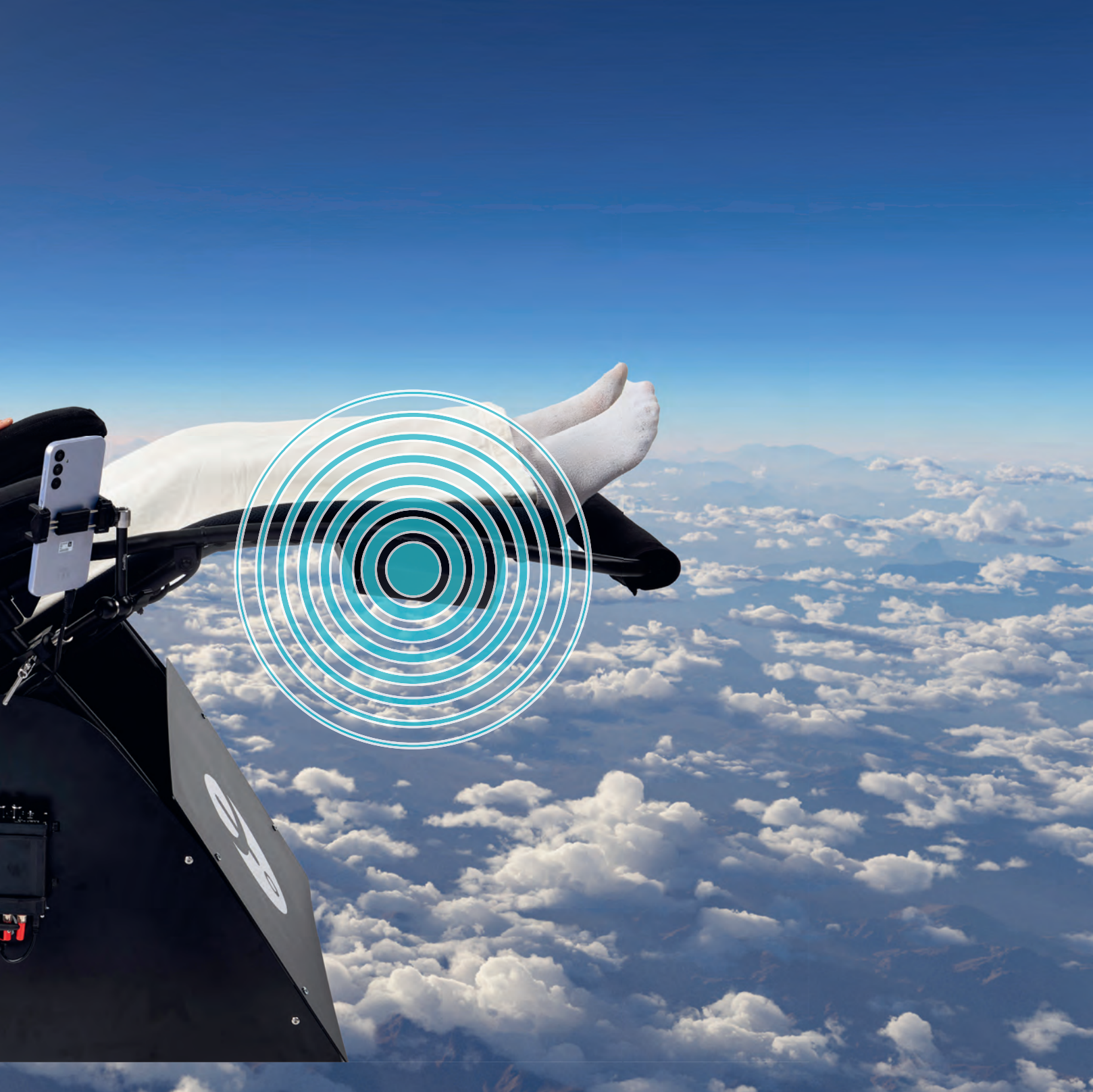


PSiO TRANS

English



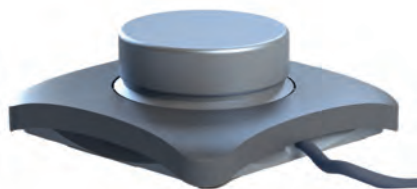
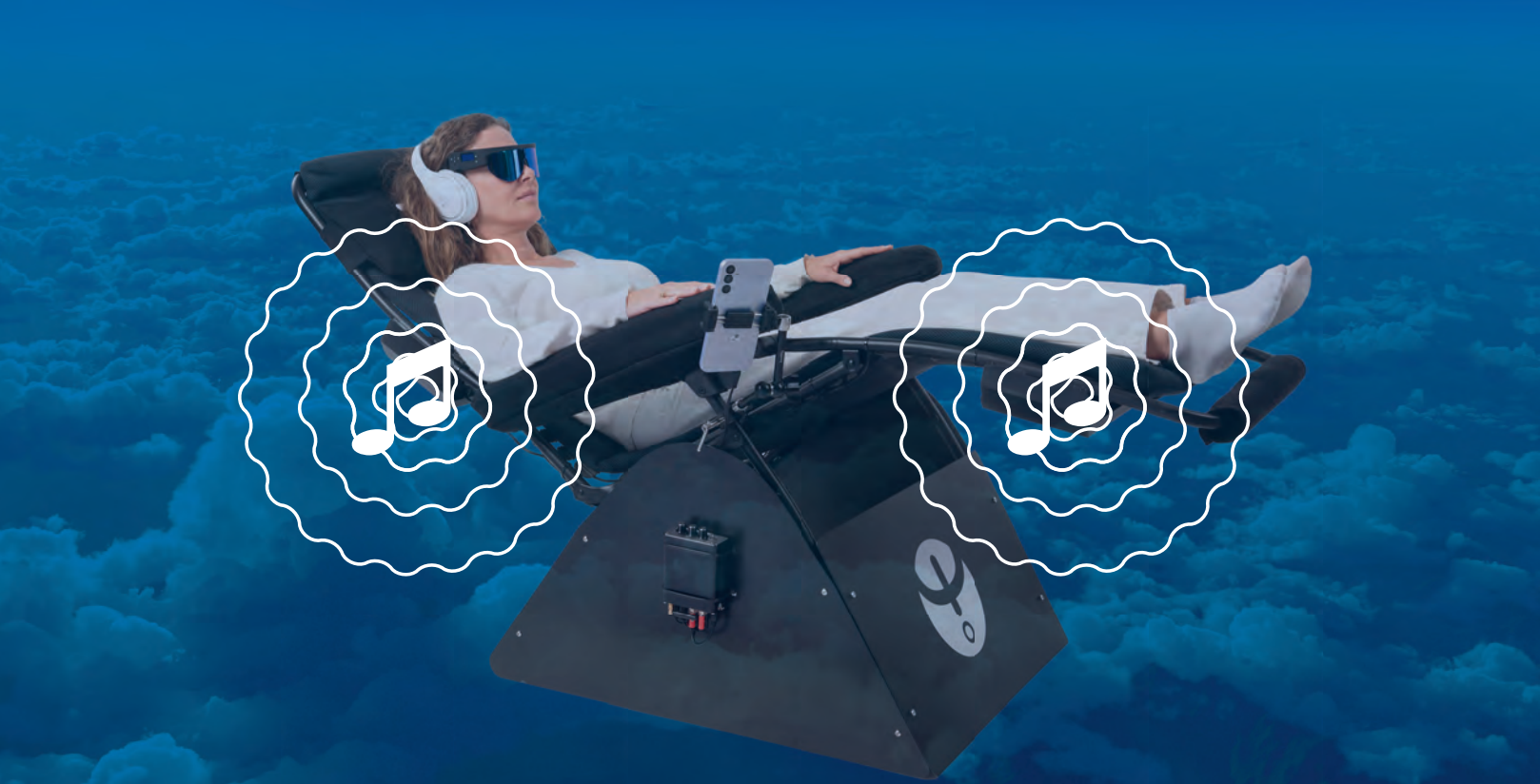


PSiO TRANS

Vibroacoustic

VIBROACOUSTIC Science





Vibro-acoustic science allows to produce sounds & vibrations from a specially calibrated recording by sound engineering. Vibratory sound waves are produced in the surface plane on which the transducers are attached. They propagate throughout the body and provide a form of deep massage of the soft tissues and skeleton when the person is lying on the treatment table or in a recliner.

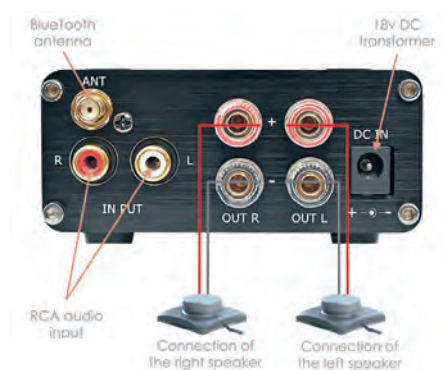
This generates a feeling of intense pleasure on the one hand and a rebalancing of the tensions of the motor and smooth muscles (of the viscera) on the other hand. Some functions are harmonized by this process and further harmonize themselves naturally. There are currently no known contraindications. Each experience is unique. Given the fact that each person is different, experiments can be made using the recordings that have the most effect.

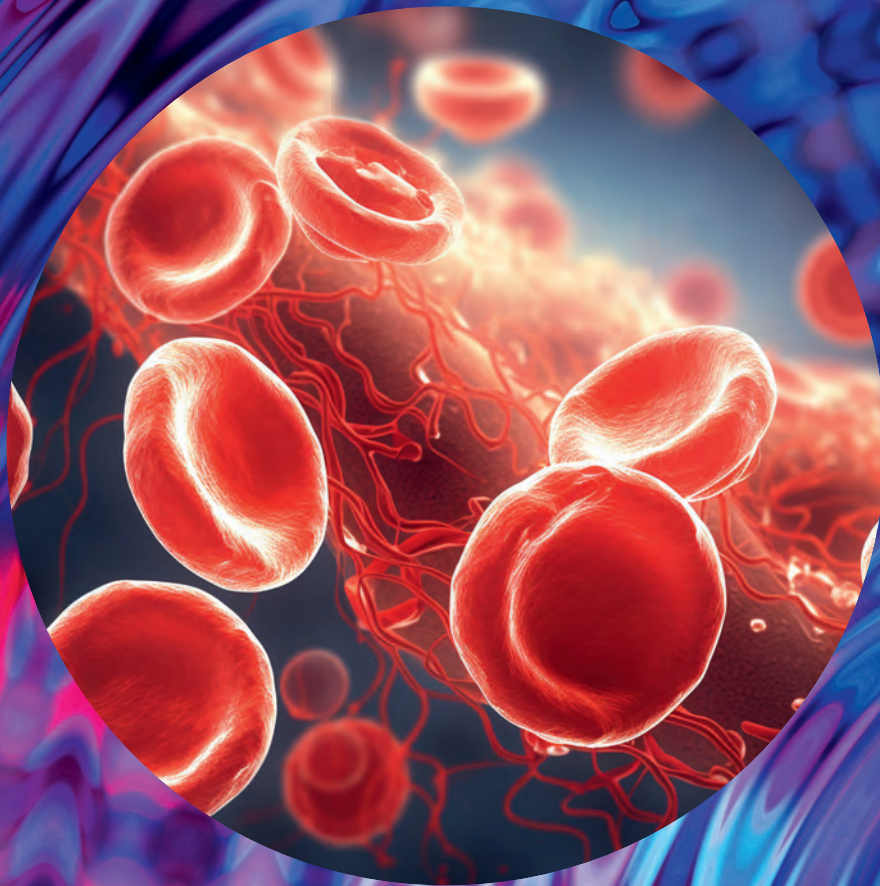
In all cases, the experience is fantastic and the sensation is rich and deep.

Details of the offer

- 2 transducers
- 1 amplifier and power supply
- 1 smartphone with audio cable
- 10 vibroacoustic programs
- 10 Audiomedicine with vibrations only

The system is available as a stand-alone unit to be placed on a massage table or already integrated into a table or seat.





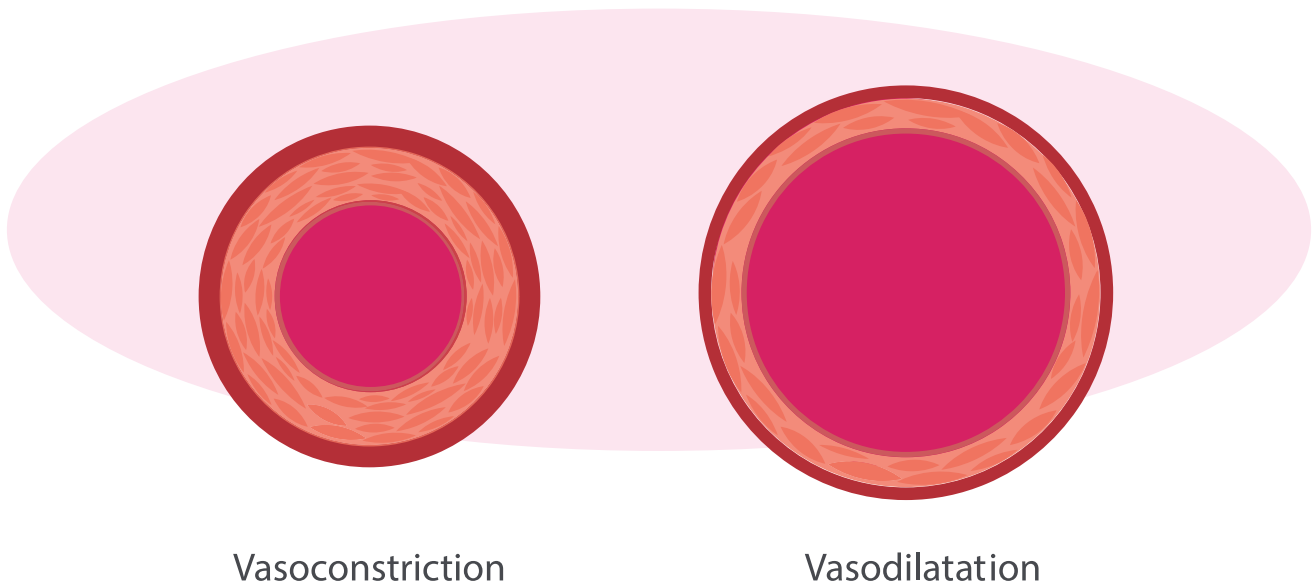
The VASODILATATION

Effects of vibrations on:

- blood circulation
- blood pressure
- cardiovascular health

Why does relaxation induce vasodilation of blood vessels?

Relaxation methods generally lead to vasodilation of blood vessels for a number of physiological reasons.



Vasodilation of micro blood vessels means widening of these vessels, allowing more blood to flow through them.

Factors involved:

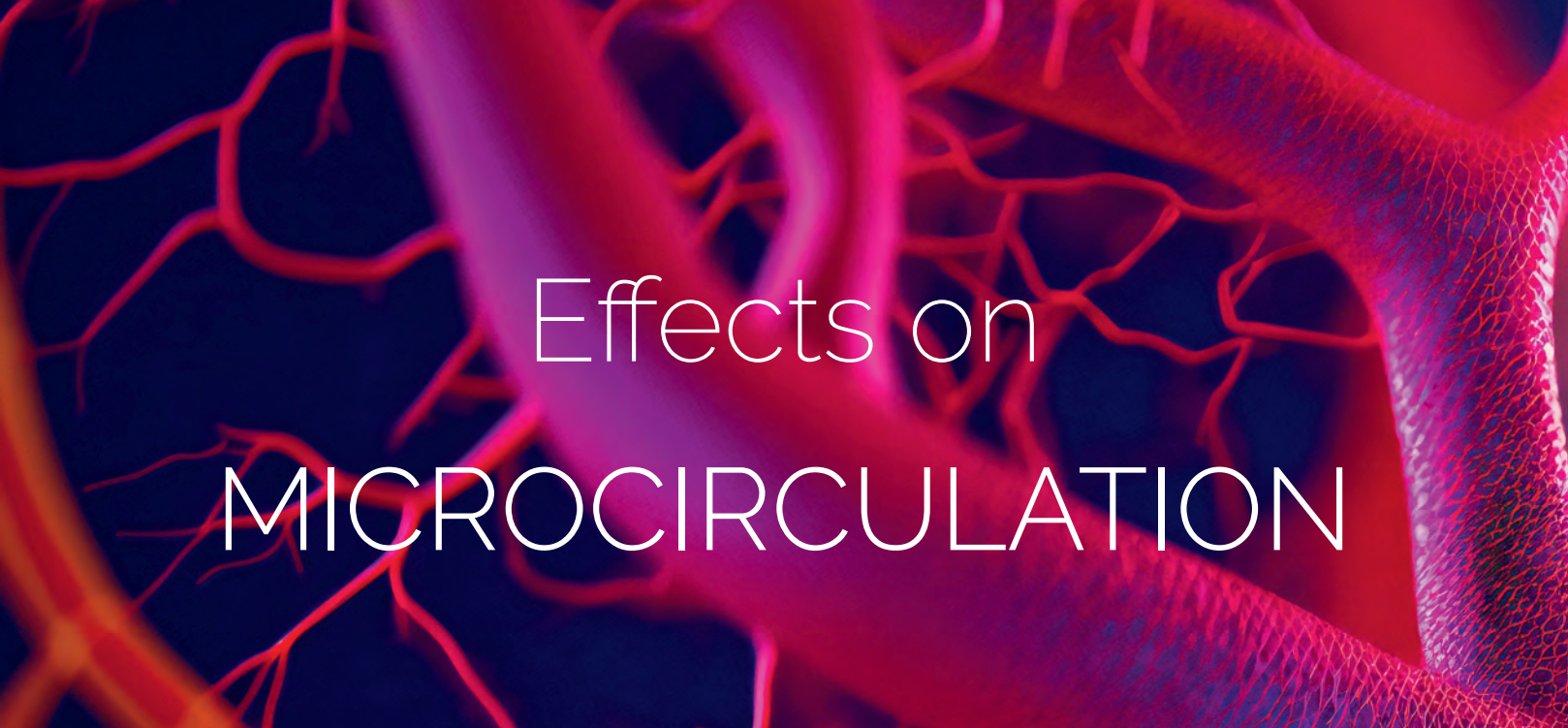
1. **Stress reduction**: when you're stressed or anxious, your body releases stress hormones such as cortisol and adrenaline. These hormones can cause constriction (vasoconstriction) of the blood vessels, limiting blood flow. By relaxing, you reduce the release of these stress hormones, allowing the vessels to dilate.
2. **Activation of the parasympathetic nervous system**: relaxation favours the predominance of the parasympathetic nervous system, which promotes vasodilation by relaxing the smooth muscles surrounding the blood vessels, thus enlarging their diameter.
3. **Reduced muscle tension**: deep muscle relaxation can reduce muscle tension. Tense muscles can compress blood ves-

sels, restricting blood flow. By relaxing the muscles, you allow the vessels to dilate and increase blood flow.

4. **Nitric oxide release**: relaxation can promote the release of nitric oxide (NO) in blood vessels. Nitric oxide is a chemical messenger that relaxes blood vessel walls, causing vasodilation.
5. **Blood pressure reduction**: relaxation can also reduce blood pressure. High blood pressure can cause blood vessels to constrict. By lowering blood pressure, relaxation can simultaneously contribute to the process of vasodilation.

For all these reasons, the relaxing vibrations of the PSiO TRANS seat induce vasodilation of the blood vessels.

The relaxing vibration, which penetrates deep into the body, has beneficial effects on blood circulation, blood pressure and overall cardiovascular health.



Effects on MICROCIRCULATION

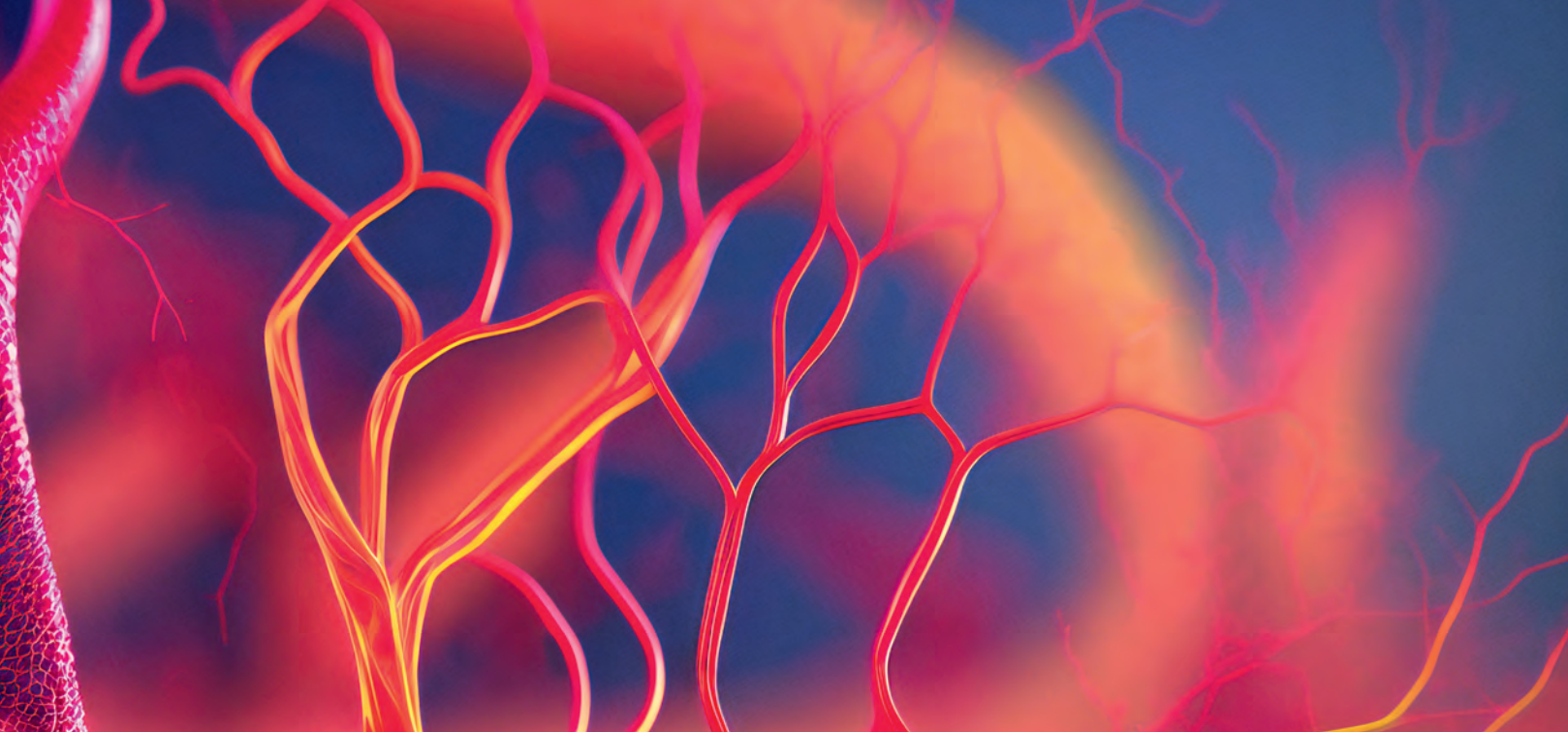
Vibroacoustics not only have an effect on major blood vessels, but also on microcirculation.

Microcirculation refers to the network of small blood vessels, such as arterioles, capillaries and venules, present throughout the body to ensure blood perfusion of tissues and organs. These blood vessels are much smaller than the main arteries and veins, and are responsible for supplying blood to cells and tissues. Microcirculation plays an essential role in maintaining the health of tissues and organs, enabling the delivery of oxygen and essential nutrients to cells, while eliminating metabolic waste and regulating body temperature. Here are a few important points about microcirculation:

1. **Blood capillaries:** capillaries are the body's smallest blood vessels, responsible for the exchange of gases, nutrients and waste products between blood and cells. Their fine structure enables efficient diffusion of molecules through their walls.

2. **Blood flow regulation:** microcirculation is tightly regulated to adapt to specific tissue needs. For example, when an area of the body needs more blood, arterioles dilate to increase blood flow.
3. **Cellular nutrition:** microcirculation ensures the supply of oxygen, glucose and other essential nutrients to cells, supporting their metabolic functions and survival.
4. **Waste disposal:** metabolic waste products, such as carbon dioxide, are transported by the microcirculation to be eliminated from the body by the lungs and kidneys.
5. **Blood pressure regulation:** the blood vessels of the microcirculation can influence blood pressure by adjusting vascular resistance.

Problems with microcirculation can lead to a variety of medical problems, including reduced blood flow to tissues, and sometimes a lack of oxygen and even a kind of tissue asphyxia, in

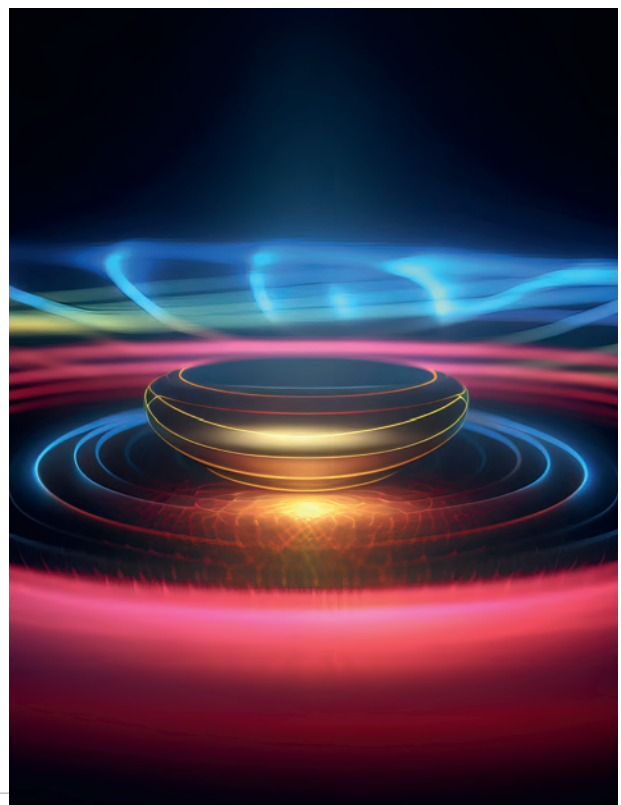


some cases hypertension and other disorders linked to poor blood perfusion. The health of the microcirculation is therefore crucial to the body's overall well-being, and plays a key role in many illnesses and conditions.

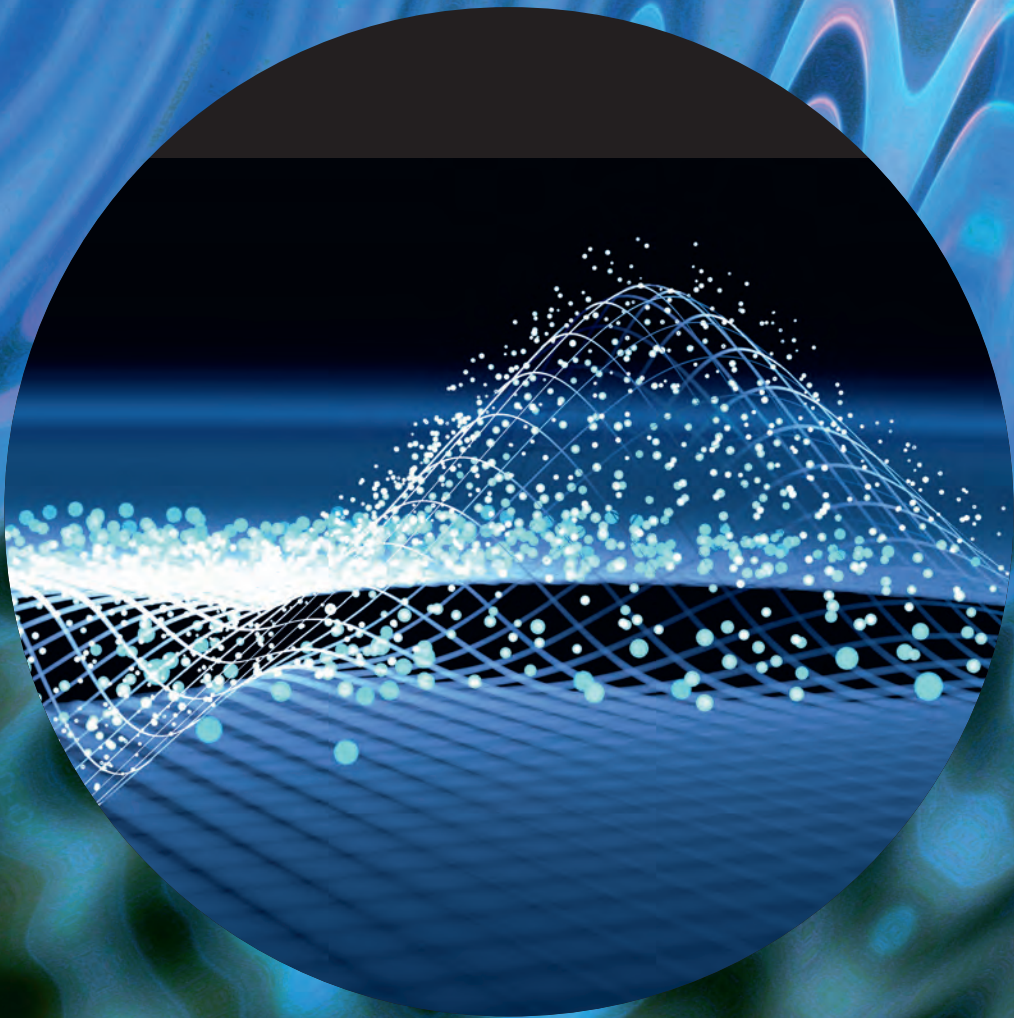
When the vibroacoustic session begins, the relaxing vibration penetrates all areas of the body, rapidly and deeply relaxing not only the voluntary & involuntary muscles, but also the muscles of the viscera, which are on autopilot. The relaxing vibration and sensory pleasure provided by PSiO TRANS immediately stimulate the parasympathetic nervous system, opening up the microcirculation. This also applies to organs equipped with smooth muscles (which contract automatically without our assistance) such as the intestine and stomach, as well as fascias, ligaments, tendons and other deep structures, whether or not connected to bones and the entire skeleton. The vibratory wave resonates in all tissues, right down to the cellular level, and thus spreads to all the organic structures that

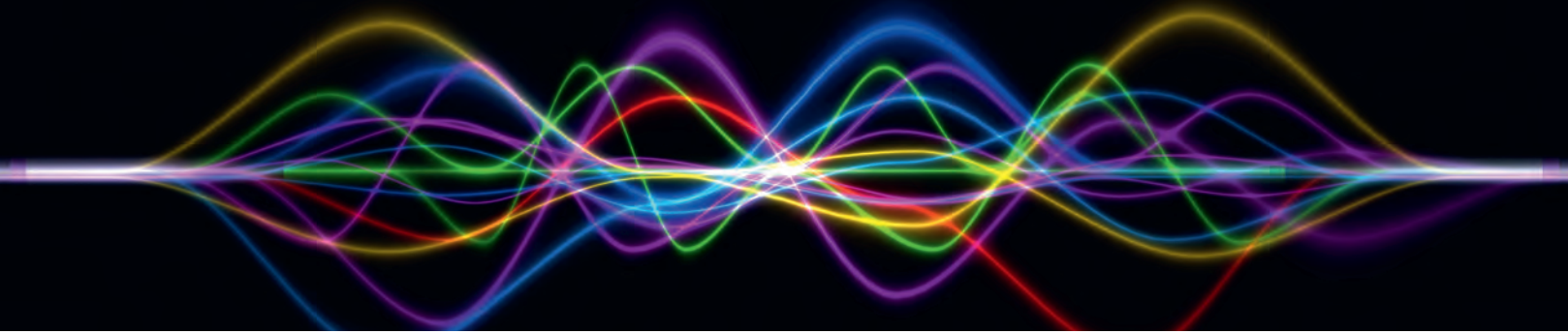
make up the human body. This explains the sensation of overall well-being, as well as the feeling of warmth in the back as you rest on the seat during the session.

Thermographic measurements testify to this vascular effect, including at skin level.



ANTALGIC mechanisms

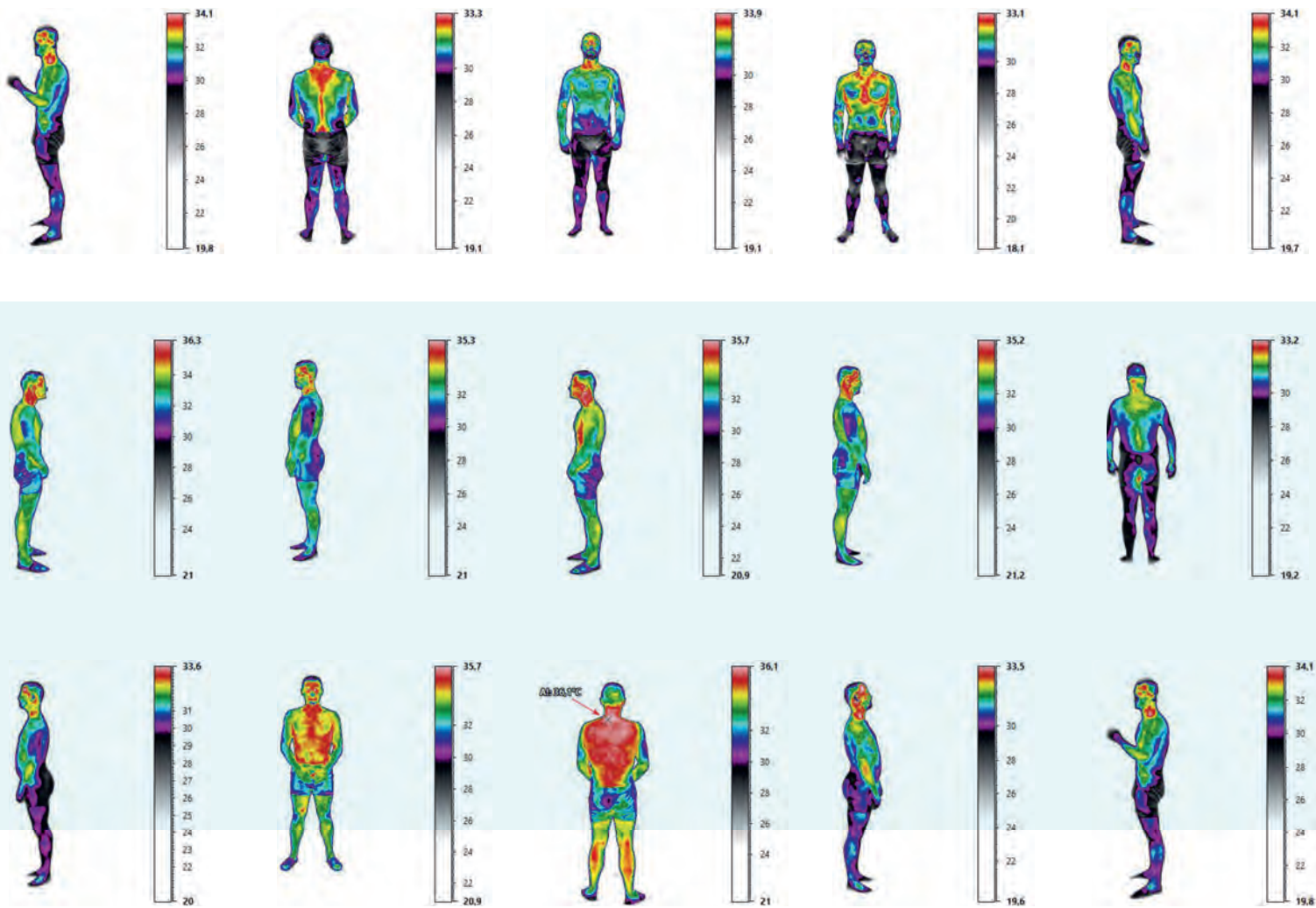




Body vibrations, such as those generated by vibroacoustic technology, can have an analgesic effect thanks to several mechanisms:

1. **The concept of pain receptor saturation**: the brain can be occupied by sensory signals from vibrations, which can inhibit the transmission of pain signals through the spinal cord. In other words, vibration signals can close «the door» to pain signals, reducing pain perception.
2. **Release of endorphins**: VA body vibrations (vibroacoustics) stimulate the release of endorphins, which are natural neurotransmitters that have an analgesic effect. Endorphins can help reduce pain and improve well-being.
3. **Improved blood circulation**: vibrations improve blood circulation in targeted areas, which can help reduce pain by delivering more oxygen and nutrients to affected tissues, as well as eliminating metabolic waste products.
4. **Muscular relaxation**: vibrations help relax tense or contracted muscles, reducing tension and muscle pain.
5. **Mechanoreceptor stimulation**: mechanoreceptors in the skin and muscles are stimulated by vibrations, which can modulate pain perception by altering the way the brain processes sensory signals.
6. **A «pleasure» effect**: it is also possible that some people experience pain relief due to the pure sensory pleasure of vibroacoustics. This may influence their subjective experience of pain.

It should be noted that the effectiveness of body vibrations as a method of pain relief may vary from person to person and depend on the underlying cause of the pain. In the event of persistent pain, it is important to consult a healthcare professional for proper diagnosis and treatment.



Measuring the relaxing effect by THERMOGRAPHY

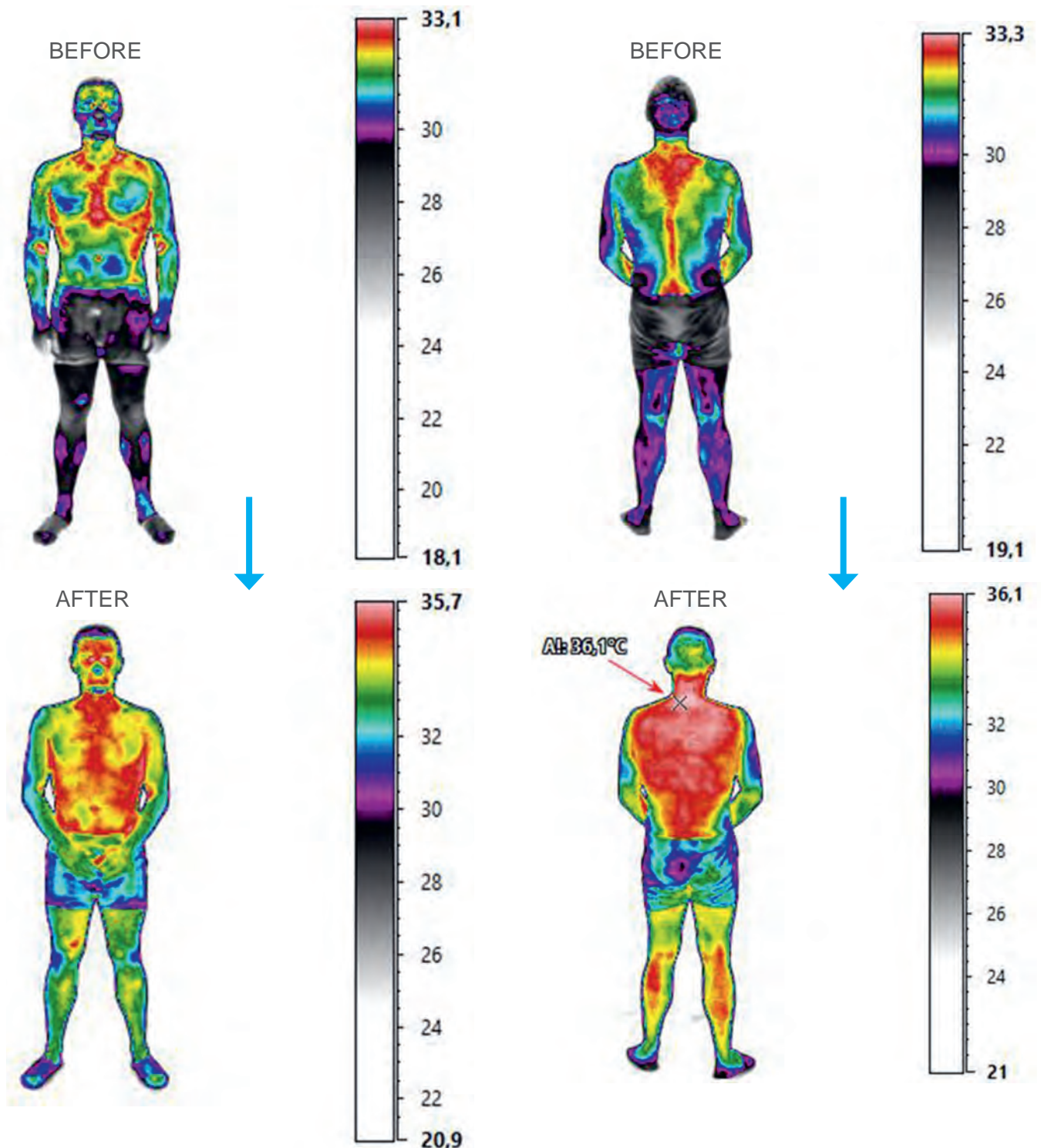
The aim of the experiment is to verify the effect of PSiO technology on inducing a state of relaxation. The PSiO technology consists of a pair of glasses producing lumino-relaxation (with Dr. Lisoir's «DOS RELAX» voice guidance program) and a seat producing a vibroacoustic effect. The scientific literature presents a relaxation effect on cutaneous micro-circulation and vasodilation of blood vessels. This effect can be measured by an increase in skin temperature. These images are taken with a thermal camera, which measures and displays the distribu-

tion of heat (infrared radiation). Temperature variations are represented by different colors, ranging from blue (coldest) to red (hottest), with a measurement in degrees Celsius displayed on the right-hand side of the photo. Normal human skin temperature generally varies between 32°C and 35°C, depending on the individual. Here, subjects are compared with themselves, which means that we can work on a smaller number of subjects. Thermography is carried out BEFORE the experiment (standing, front and back) and AFTER 30 minutes' use of PSiO

technology set to a «deep relaxation» program, (again standing, front and back). Comparison is therefore straightforward. The aim of the experiment is to verify the RELAXING effect on microcirculation, particularly skin microcirculation. According to current knowledge, although relaxation can increase skin temperature, an in-

crease of almost 3 degrees Celsius is highly unlikely. The relaxing effect of P*SiO* technology on microcirculation is therefore not only highly significant, but also extremely effective.

In this experiment, here's how skin temperature evolved over 30 minutes :



FROM THE FRONT: 33.1 degrees Celsius to 35.7 degrees Celsius, an increase of 2.6 degrees in 30 minutes.

FROM BACK: 33.3 degrees Celsius to 36.1 degrees Celsius, an increase of 2.8 degrees in 30 minutes.

Vibro-acoustic programs for PSiO Trans

Music programs



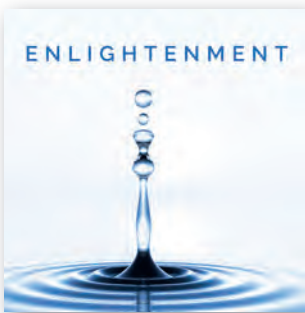
Awakening

Vibrant music - 20 min.

This most effective piece of music for connecting to spirit and creating a deep sense of peace within. This is a very magical piece that has proven to have unusually powerful emotional healing effects. Also good for pain (extremely low bass). Tuned to the tempo of a meditative breath.

The song is now tuned to 432 Hz which has many auspicious things about it. 432 Hz has been shown to create a beautiful mandala pattern in each water droplet in your body. It is also the frequency of the heart meridian and is what they tuned to in ancient Egypt.

✓ Relaxation ✓ Pain Relief ✓ Sleep ✓ Connection to Spirit



Enlightenment Meditation

Vibrant music - 30 min.

This is one our most powerful title's. It combines the sound of monks peacefully meditating, with the sound of extremely heartfelt strings and vocal toning. It has a sweet beautiful flow that takes you from the heart into deep meditation. The Binaural Beats start in Alpha, transition to Theta, Delta, and then to Deep meditation Sub-Delta.

The song is now tuned to 432 Hz which has many auspicious things about it.



Flower of Life

Vibrant music - 20 min.

The intention of this songs is to bring Unconditional Love into your heart. This song taps into core aspects of beauty and soaring power within us all. Water of Life is Divine Love.

Going to the outer limits of space gives you a unique perspective on your current reality when you return. It also makes you realize that since all reality is an illusion, you are free to create whatever reality you like. This song provides a full perspective on a wide range of realms. Expand your creativity, expand your consciousness.

The song is now tuned to 432 Hz which has many auspicious things about it.



Digestion & Calm

Vibrant music - 19 min.

The entire title is tuned to the frequency of Lemon Juice, which is used in the "Master Cleanse" diet. We have also embedded binaural beat frequencies. The title includes activating frequencies to get your metabolism humming. We then bring you into a very peaceful state in order to resolve any emotional issues. When at peace we are satisfied. Activation of the parasympathetic system through relaxation opens up digestion and a sense of calm.

The song is now tuned to 432 Hz which has many auspicious things about it.



Tibet

Vibrant music - 25 min.

This is an extremely relaxing meditation with waves of male voices mixed with Tingshas and other ancient instruments.

This title works really well as background music. You could leave it on all day (even when you aren't home to cleanse your place). With full attention it puts you in the zone.

Vibro-acoustic programs for PSiO Trans

Music programs



Anti-Depressant

Vibrant music - 20 min.

Based on research in the field of Sound Therapy there are several key components of sound that may help with Depression.

All of these components are incorporated into this song along with a powerful intention for the relief of Depression. This intention was held consistently during the recording and mixing of the song. The song also has a very "still" and heart warming cello track in order to bring a sense of peace and stillness within the storm of life that we often encounter.

The song is now tuned to 432 Hz which has many auspicious things about it.



Pachelbel Canon N°1 - 30 minutes

Vibrant music - 30 min.

This title is very heart opening. It is especially good for clearing stuck emotions, and deep relaxation. Pachelbel makes more people cry than any song in the world (It is by far the #1 song used in weddings). It is sad and uplifting at the same time.

✓ Relaxation ✓ Pain Relief ✓ Sleep ✓ Connection to Spirit



Pachelbel Canon N°2 - 60 minutes

Vibrant music - 60 min.

This title is very heart opening. It is especially good for clearing stuck emotions, and deep relaxation. Pachelbel makes more people cry than any song in the world (It is by far the #1 song used in weddings). It is sad and uplifting at the same time.

✓ Relaxation ✓ Pain Relief ✓ Sleep ✓ Connection to Spirit



Love

Vibrant music - 28 min.

This title was created while holding the intention of Unconditional Love during the recording, mixing and mastering. It also has the archetypal healing field of Universal Love embedded in it. It incorporates binaural beats in Delta and Deep Delta for the deepest relaxation and for sleep. It is meditative, relaxing, and instills a deep sense of peace inside. This song has been extremely successful in getting rid of anxiety attacks.

The song is now tuned to 432 Hz which has many auspicious things about it.



Transformation

Vibrant music - 56 min.

This title is designed to take you through deep transformation with whatever issue you are dealing with - then bring you back to your center where you are grounded, centered and perfectly present. This title is also good for recovering lost sleep, or to aid with sleep. It is intense as background music. With full attention it can take you into very deep states of transformation.

✓ Centering ✓ Relaxation ✓ Meditation ✓ Sleep

Audiomedicine® available - VIBRO files only



Letting Go

Relaxation (audiotherapy) - 31 min.

This recording offers a guided relaxation session and then helps you to let go in order to benefit as much as possible from the technology used in this audiomedicine. Listening to this recording first is therefore essential for people who have never experienced a state of deep relaxation. We wholeheartedly recommend it before listening to your first audiomedicine.



Stress Management

Relaxation (audiotherapy) - 47 min.

After taking you on a walk through the woods, past the idyllic scenery of your holiday locations, across mountain streams glistening pure and refreshing water, two metaphoric stories will evoke a scene like you would experience in a dream. They also reach out to your intuitive intelligence, spontaneity, self-confidence and the natural stress-relieving behavior. Gradually, like a pilot in charge of your own destiny, you will be flying your own small plane through the clouds of your existence.



Digestion of the Traumas

Relaxation (audiotherapy) - 35 min.

Some personal events, even very ancient ones, are likely to cause some physical and psychological pains to us and this for years on. The original event can be regarded as terrible or everyday by the victim of it, but the psychological state at that very moment can have prevented the brain to “digest” or “metabolise” that particular trauma. Hence some disturbances and suffering that can only be reduced after the mind was aided in finding back its healing capacities.



Free One's Mind

Relaxation (audiotherapy) - 39 min.

This is a useful session for everyone... It teaches the mind how to get rid of the accurate, vague, concrete or abstract “ruminations” that jam our thought and tire us out. This permanent state of attention is one of the problems of our civilization. It reduces our natural capacity to imagine, to dream and to allow our mind to regulate numerous “physiological” functions. Freeing one's mind increases the personal efficiency in several everyday or extraordinary situations, and gives strength to the effect of other “audio-medications”.



Fall Asleep in The Garden of Gods

Relaxation (audiotherapy) - 34 min.

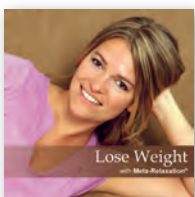
In your perfectly relaxed state, detached from everything, this recording will take you on an extraordinary trip, a journey to the borders of the universe, to the edge of your own personal dimension. As you listen, you will gradually, get rid of your worries and fall asleep naturally before the end of the recording!



Joy of Life

Relaxation (audiotherapy) - 38 min.

A running river cleanses the impurities from your memories. Pleasant memories and beautiful dreams from your childhood bump into each other. Two stories take you to the country of light where “negative vibes are cleansed”. This recording brings deep relaxation and a moment of intense happiness. It helps you open up to your potential for change and prepares the subconscious to live life positively. It provides a radical key to react constructively to depression!



Lose Weight

Relaxation (audiotherapy) - 38 min.

Relax in your calm, serene, inner self. Get in touch with your energy for life so that it can help you to maximize your capacities, to make the right decisions, to shed doubt and frustration. Thanks to an efficient technique, you are once again free to choose and to find more lasting, constructive ways to achieve satisfaction, far away from fake hunger, endless hunger! Help yourself to pleasant souvenirs that enhance your qualities, try to regain confidence in yourself, the confidence you need to overcome the difficult moments more easily. It's just as easy as shaking hands!



Pain Management

Relaxation (audiotherapy) - 34 min.

Play this program when you are feeling pain or want to reduce or erase chronic pain. Whatever its origin, a chronic pain is felt and it evolves according to the emotional state, the way it is experienced, eloped, fought or appreciated... Man's first medicine used some efficient psychological techniques to reduce, alter or make pains vanish without necessarily reducing, altering or making their causes disappear. The content of this recording finds its inspiration in these ancestral techniques while adding the latest audio-medical technologies to them.



Cardio-relaxation

Relaxation (audiotherapy) - 42 min.

Stress directly impacts muscle tension by constricting the size of vascular walls. Relaxation is therefore recommended to complement medication to reduce stress. People who have suffered a heart attack or have chest pains may feel that the world is full of threatening signs. This perception makes it difficult for them to have a positive attitude to help them to calm down and make them feel better.



Stress Management for Headaches

Relaxation (audiotherapy) - 58 min.

Although the physiopathology of migraines and tension headaches are very different, they both respond well to physical and psychological relaxation. Through appropriate suggestions, the muscles of the neck (where the vertebral arteries that channel blood to the brain are located) begin to relax and unconscious vasomotor disorders of smooth muscles are soothed. This program induces a state of profound relaxation that acts on voluntary and involuntary muscles.



Programs for PSiO glasses

Two programs for the PSiO glasses can be combined with the vibro-acoustic programs of the PSiO Trans.

These two programs are in colored lights, without audio, and will be sent to you by e-mail for you to place in your pair of PSiO glasses (optional). You will use them on the glasses at the same time as a PSiO Trans vibro-acoustic session of similar duration.



Hyper Nap - 30 minutes

Blue light - 30 min.

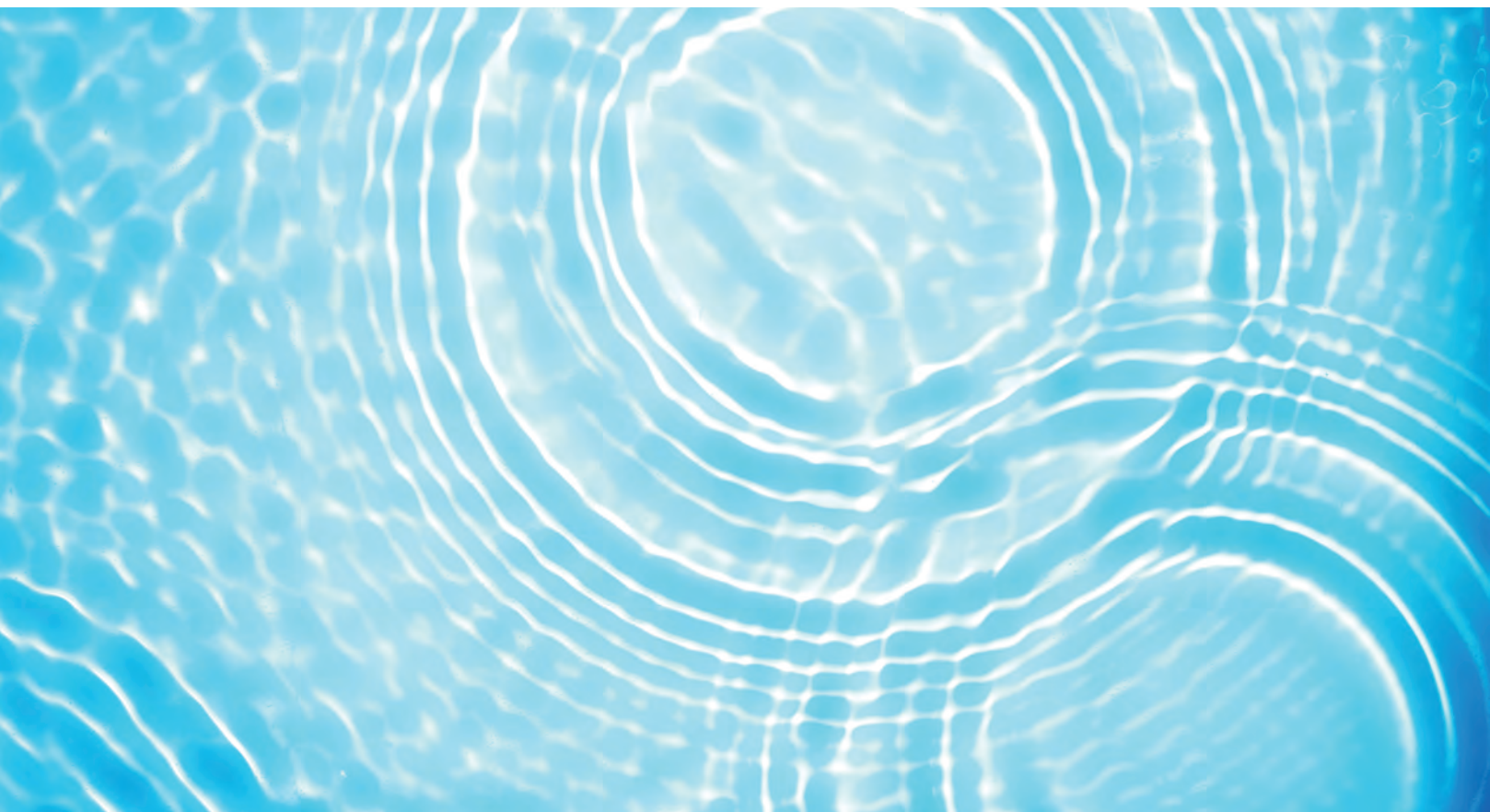
This 30-minute file is designed to frame a vibro-acoustic session with the PSiO glasses; the light is blue (470 nm) with intervals in «hypersleep» mode. The effect, while relaxing the mind, «boosts» the stimulation of hormones related to the day. The biological clock will be stimulated for a relaxation of all the hormones of the day.



Relaxation - 30 minutes

Red light - 30 min.

This 30-minute file is designed to frame a vibro-acoustic session with the PSiO glasses in RELAXATION mode; the light is red, without stimulating the biological clock. The hormones of the evening or the night will not be inhibited and nothing will prevent the torpor of a deep relaxation session to settle.







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