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Groundbreaking study shows Brain Wave Vibration exercises can boost overall health

According to the president of the International Brain Education Association, the secret to health has been in our heads all along. In his recently released book *Brain Wave Vibration: Getting Back into the Rhythm of a Happy, Healthy Life*, Ilchi Lee states that physical and mental health levels are profoundly affected by the brain stem. Brain Wave Vibration exercises (BWV) harness the healing power of the brain to prevent or remedy Attention Deficit Disorder, Alzheimer's Disease and more.

"The brain stem is the body's healing center," Ilchi Lee says. "Once we learn to let go of negative thoughts and emotions by awakening the essential functions of this primitive "reptilian" brain, the body's natural healing ability is released."

The practice specifically aims to control the brain's electrical waves, bringing about healing and a return to personal equilibrium. A simple three-step method that involves conscious movement of the body to unleash natural rhythm and energy flow, BWV has already been met with widespread acclaim for its simple effectiveness, and has become part of the energy-fitness curriculum at 600 Dahn Yoga Centers worldwide.

"For more than 5,000 years, Korean tradition has dictated that cosmic energy is the stuff of the universe," Lee says. "BWV is based on the concept that people must open their consciousness to perceive this truth and to benefit from its use."

To learn more about Ilchi Lee's groundbreaking BWV research, attend a workshop near you, or order a book, visit www.ilchi.com.

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