



# Health Optimising VoiceAnalysis

A voice pattern recognition system that can identify and address unresolved emotional factors underlying ill health.

- Health Optimising VoiceAnalysis (VA) is a revolutionary voice pattern recognition system. Using speech tone sequences and vibrations it identifies and has the capacity to address unresolved emotional factors, psychological effects on the body and deep-seated behavioural and emotional patterns.
- The VA supports those who want to achieve overall positive and balanced emotional and mental wellbeing, overcome emotional trauma and facilitate self-regulation of anxiety, stress, depression, sleep or addictive behaviours.

## Well Mind Assessment

- For long-lasting results, we recommend the powerful combination of VA with Health Optimising Homeostasis which regulates brainwaves and stimulates relevant brain processes and programmability.
- **This combined protocol is exclusive to Health Optimising in the UK.**

## The long-lasting benefits of the VoiceAnalysis and number of treatments needed

The benefits of the VA are long-lasting. In some cases one treatment may be enough or you may need to return for further treatments with or without Homeostasis treatment, ideally 2/3 weeks after your first VA treatment. You can continue to engage in your personal therapy or any other supportive therapies (e.g. yoga, mindfulness, meditation) to support your mental and emotional wellbeing alongside the VA and Homeostasis. If you subsequently experience a life event which knocks you back firstly try listening to your current VA Sound File. If you still need further help please return for a new VA treatment.

## How does the VoiceAnalysis treatment work?

VA informs about a person's emotional and psychological state and personality traits, particularly in relating to early developmental experiences, helping direct psychological intervention get to the root of the problem. Speech tone sequences and vibrations are correlated extremely accurately against a reference database of distinct emotional patterns built over years by a team of psychologists. VA stimulates the subconscious mind to initiate change at the deepest level.

## What should I expect from the VA assessment and treatment?

By talking into a microphone, for 3- 5 minutes, a sound recording will highlight the complex interrelationship between your conscious state and any unresolved emotional factors in your subconscious with a high degree of accuracy. Every emotion has its own vibrational frequency and this is referenced against a database to produce your analysis.

From your sound recording, your therapist will create a unique Sound File programmed to match your emotions, change your emotional resonance and stimulate the subconscious mind to initiate change at the deepest level. Your personalised Sound File will be sent remotely to a mobile app to listen to daily for supportive self-therapy/treatment.

You may expect a release of blocked emotions during either the assessment or the treatment. If tears or emotional release occur this is a positive part of the VA process.

We can treat children over 7, if they can talk into a microphone for 5 minutes for their recording.

[www.healthoptimising.co.uk](http://www.healthoptimising.co.uk)