

Brain and neuro-science

Ana Francisca García

The Open International University for Complementary Medicines, Sri Lanka

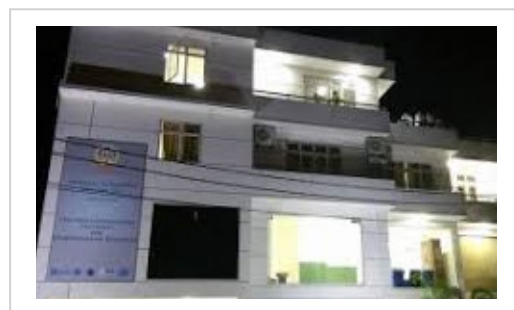
Abstract

Quality of life requires a brain with balanced frequencies, facilitating lucid reasoning and taking better decisions. By regulating and normalizing our brain waves we free ourselves from not desired conditioning, allowing us to be more creative, think lucidly and improve our resilience.

A healthy brain guarantees a healthy emotional state, but if our brain is stressed, neurotic, conditioned by traumas etc, we cannot enjoy a state of joy and well-being. Facilitating non-linear passive brain training, we guarantee quality of life, helping our clients improving their health by changing psychosomatic responses, behaviour and conditioned pain response. Our sensory alert and abilities will also be enhanced: Memory, attention, perception, returning us to the natural state of our brain and presence.

Biography

Ana Francisca García has been studying and teaching psychophysical techniques for more than 30 years. Expert in yoga, chi kung, meditation techniques and more. She has traveled to: the US, Canada, Sri Lanka, France, Germany, the UK and South Africa, studying and teaching. In Spain she participated in radio and television programs, and has written many articles for magazines.



10th International Conference on Traditional Medicine and Acupuncture
November 9-10, 2020

Citation: Ana Francisca García, Brain and neuro-science, Traditional Medicine 2020, 10th International Conference on Traditional Medicine and Acupuncture, November 9-10, 2020, 03