

## Book Now!

1. Visit our website (vibrationalinstinct.com) and book a Bio-Tuning Initial Consultation + Session
2. Attend the session to receive your personalized soundtrack
3. Listen to it comfortably at home daily

## About Justin

Justin Victor BSc, CNST, RHFP, TFH4 is a Certified Neuroacoustic Sound Therapist, Reconnective Healing Foundational Practitioner, and bioenergetics practitioner.

He's also the founder of Vibrational Instinct and a Spiritual Conduit, channeling the spiritual entities behind *Collecting Consciousness: I Know Nothing, But Wisdom*.

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## Testimonials

I have been listening to the tracks Justin has made for me for four months now. It made a huge difference in my sleep right away.

I sleep right through the night; and if I do wake in the night, I can go right back to sleep!! Game changer! Thanks again Justin! ~H.S.

When I started working with Justin, I was on medication for anxiety and working out 9+ hours a week (plus working a physically demanding job) to try and exhaust myself to get a decent nights rest. I was feeling disorganized and didn't feel like myself. I was very consistent with Justin's recommendations. One day I realized that I forgot to get a refill on my medication, about 3 weeks had gone by. My mind was clearer and I was motivated to get things done around my house AND my sleep patterns became regular. Justin is very professional and knowledgeable, and I always looked forward to my sessions. Thank you so very much Justin ~A.S.H.



## Vibrational Instinct

Health, Beauty & Wellness Awards 2024

Best Holistic Healthcare Company 2024 - Central Alberta



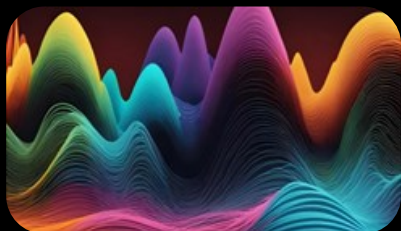
# Bio-Tuning

*Relieving Chronic Stress for  
Restoring and Optimizing Your  
Overall Health*

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## The Silent Pandemic

**Chronic stress** affects everybody, and it has become a debilitating pandemic. In fact, **75 to 90%** of all disease is related to a chronic stress response. This villain impacts everything from inflammation and digestion, to sleep and longevity. It accompanies you to all of your therapy sessions, preventing you from getting the most out of **the time and money** you spend on yourself. Fortunately, we have a weapon for you to wield to fight back and reset your stress response!



### Body Language

Healing shouldn't be complicated. Nobody should have to suffer with poor health without knowing what's happening in their body. And like you, we are frustrated by broken promises, unsustainable and unaffordable lifestyle changes, and uncertain outcomes in therapy. That's why Bio-Tuning is so effective. It attacks the root cause of most disease, **long-term stress**. It also speaks to the body in a language it understands, frequency. This is how we start the conversation...

## How Does it Work?

Your body has a list. **Everything** you're concerned about health-wise, and beyond, is on that list. The most effective and comprehensive way for it to get worked on is for the body to do it. **But we need to tell it to do so.** That message will only go through when we bring the body to **zero stress, the pre-requisite for any healing.**



### **Left-right stereo separation neuroacoustic sound table used in Bio-Tuning sessions**

We do that by finding the exact frequency that will bring you to zero stress, in-between the fight-or-flight and rest-and-digest responses. With this frequency, we create a customized soundtrack for you, which rebalances and optimizes your entire stress response, that you have **lifetime access** to. Each track also brings balance to your brain hemispheres and cerebral activity, initially focusing on healing at the cellular level.

## Benefits

Most people **aren't even aware** that they're chronically stressed, and that it's slowly killing them. Long-term stress has been shown to **shorten quantity, and reduce quality, of life**. Rebalancing your stress response enables you to live the life you deserve and want, and feel good doing it. You also avoid:

- Further deterioration of health
- Wasting time and money
- Confusion about where to start
- Frustration about lack of progress

People usually begin to notice changes within the first few weeks of listening. These include:

- Deeper, less interrupted sleep
- Greater sense of calm/reduced anxiety
- More energy and enhanced focus
- Diminished stress
- Better results from other therapies

