

Genius Biofeedback Libraries Guide

Wellness and Normalizing Frequencies

The **Wellness and Normalizing frequencies** have specific Hz frequencies associated with their intended purpose. These frequencies have used only Hz frequencies when being programmed into the Genius. These frequencies were originally published by Bruce Stenulson in 2008. For more information, see stenulson.net.

Feel free to drop one of these frequencies into the **Quick Zap to work on one thing** in particular (or a few related frequencies together to get the desired effect from the frequency). You can also combine these along with any extensive harmonizing session to enhance the effect. For example, a cancer session could use **“Stimulate reinforcement of DNA Integrity”**. For any hormonal issues, consider **“Normalize testosterone levels”** or **“Normalize progesterone levels”**. If working with Parkinson’s or Multiple Sclerosis, consider “Normalize nervous system function.” Be sure to note that there are frequencies for **“Reduce electrical sensitivity”** and **“Reduce chemical sensitivity.”**

Here are the frequencies in your **Wellness and Normalizing** panel:

Name of frequency	Hz
Accelerate the clearing and healing of scarring	5.9
Activate the clearing of emotional trauma	15
Balancing of spiritual well-being	1565
Increased blood circulation	17
Normalize calcium metabolism	326
Normalize adrenal function	1335
Normalize blood circulation	17
Normalize blood pressure	15
Normalize colon function	635
Normalize female testosterone levels	1445
Normalize heart function	696
Normalize hemoglobin production	2452

Name of frequency	Hz
Normalize HGH function	1342 645 1752
Normalize hypothalamic function	1534
Normalize immune system function	835
Normalize kidney function	625
Normalize liver function	751
Normalize lymph system circulation	15.2
Normalize lymph system function	676
Normalize male testosterone levels	1444
Normalize nervous system function	764
Normalize pancreatic function	654
Normalize pineal gland	480
Normalize pituitary function	635
Normalize progesterone function	1443 1446 763
Normalize red blood cell production	1524
Normalize thyroid function	763
Normalize white blood cell production	1434
Reduce back pain	326 328
Reduce chemical sensitivity	443
Reduce electrical sensitivity	657
Reduce excess fluid in joints and tissues	24.3 15
Relieve mental worrying	6130
Stabilization of emotional states	15
Stimulate central nervous system healing	2642
Stimulate clarify of thought and mental function	35

Name of frequency	Hz
Stiimulate healing of bone	7.0
Stimulate healing of ligaments	9.70
Stimulate healing of nerves	657 2.0
Stimulate reinforcement of DNA integrity	528
Stimulate reinforcement of RNA integrity	637
Stimulate the healing of capillaries	15.20
Transformational trinity	15 528 324