

Genius Blood Sugar Process

Frequencies	
Today's Stress	Blood Sugar, Adrenal, Hormonal
Body Systems	Endocrine, Nervous, Circulatory
Organs	Pancreas
Herbs	Cinnamon, Ashwagandha, Rhodiola
Vitamins	Any of the B -Vitamins, Folate
Minerals	Chromium, Magnesium
Digestive	Stomach, Enzymes, Flora, Pancreas, Liver, Gallbladder (a total digestive tune up will very likely help)
Bach Flower Essences	Use the reds and blues
Solfeggio Tones	528 Hz, 285 Hz, 417 (Release trauma)

Place the above items into the main hold tray and work further in Progressive Insights.

Healthy blood sugar comes mainly from eating a diet of mostly plant based unprocessed whole foods. In Neal Barnard's book about Diabetes Type 2, he showed evidence that a high fat, rich Western diet was the true cause of disruption of blood sugar. Consider a plant-based diet that is low in fat (avoid oils, moderate on nuts and seeds) in order to balance blood sugar.

Being overweight, in general, is a risk factor for disrupted blood sugar. Adipose (fat) can cover the insulin receptors and lead to a cascading problem. This means that insulin cannot bind to the receptor to allow sugar to enter the cell.

Other important libraries available:

Blood Sugar
Diabetes
Pancreas
Heart
Cardiovascular

This material is covered in Practitioner Certification Level 5 - Blood Sugar and Weight Loss