

## Detoxification Process

With the stress of every day life, toxins in the food, and sometimes a less than perfect diet, running detoxification frequencies along doing a juice fast or other detox can be very helpful. Feel renewed and refreshed as you revitalize the energetics of your kidneys, liver, digestive organs and more!

**Detoxification Process** - running frequencies with the Genius helps to balance the biofield related to the organs/glands/systems. You may want to create a Custom Playlist to run these frequencies on a regular basis during a detoxification program.

Library	
<b>Today's Stress</b>	Lymphatic, Liver, Adrenal, Heavy Metal Toxicity, Inflammation, Kidneys
<b>Body Systems</b>	Nervous, Integumentary, Circulatory
<b>Organs</b>	Kidney, Liver, Lungs
<b>Digestion</b>	Large Intestine, Gall Bladder, Small Intestine, Stomach
<b>Meridians</b>	Liver Meridian, Spleen Meridian, Lung Meridian, Kidney Meridian
<b>Flower Essences</b>	Crab Apple
<b>Herbs</b>	Dandelion, Gymnema, Cascara, Milk Thistle

Place the above frequencies in the Main Hold tray. You can also add the reds and blues that come up for the client for that day and combine them with the core detox frequencies.

Detoxification Libraries: Detoxify All The Systems (10 Week Detox), Detoxification Rife Frequencies, Detoxification Frequencies for Juice Fasting, Heavy Metals, Lymphatic System, Liver Libraries, Kidney Library Series. 21 Day Detox Program (has a related detoxification library and gives you 21 days of Detox instructions, one for each day)