

Starter Package Library Guide

Use this guide to assist you in using your libraries

Library Name	Meaning:	Use this library for:	Use With these libraries:
ADD + ADHD Energetic Disturbance	Frequencies for ADD + ADHD	Focus issues including ADD	<ul style="list-style-type: none"> • Today's Stress • Neurotransmitters • Brain Anatomy • Brain EEG • Focus Optimized: Nootropics and more
ADD Energetic Solutions	Frequencies for ADD + ADHD	Focus issues including ADD	<ul style="list-style-type: none"> • Today's Stress • Neurotransmitters • Brain Anatomy • Brain Energetic Remedies
Adrenal Disturbance Assessment	Find the root cause of your adrenal issues	Chronic fatigue, low immune system, very stressed out, want more energy	<ul style="list-style-type: none"> • Vitamins • Sensitivities • Minerals • Body Systems • EMF Assessment + Solutions • Energy Flow Activation
Adrenal Energetic Solutions	Natural Solutions to adrenal problems	Chronic fatigue, recovering from long term illness, low immune system, very stressed out, want more energy	<ul style="list-style-type: none"> • Body Systems • Glands • Enzymes • Vitamins • Energy Low - Root Cause • Vitamins Food as Medicine • Daily Energy Optimizer
Adrenal Lifestyle Solutions	Lifestyle solutions/, fitness, and nutrition for adrenal fatigue	Chronic fatigue, low immune system, very stressed out, want more energy	<ul style="list-style-type: none"> • Vitamins • Sensitivities • Minerals • Vitamins Food as Medicine • Chronic Fatigue Assessment • Energy Flow Activation
Adrenal Stress Index	Discover how serious your adrenal fatigue is.	Chronic fatigue, low immune system, very stressed out, want more energy	<ul style="list-style-type: none"> • Stress Release + Deep Relaxation • Stress Solutions • Chronic Fatigue Assessment • Energy Low - Root Cause
Adrenal Anatomy	Find blocks/issues with the adrenal glands themselves	Chronic fatigue, low immune system, very stressed out, want more energy	<ul style="list-style-type: none"> • Body Systems • Today's Stress • Minerals • Sensitivities • Stress Release + Deep Relaxation • Energy Low - Root Cause

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Alzheimer's Disturbance Assessment	Alzheimer's harmonizing frequencies	Create cognitive wellness. Work on anyone with Alzheimer's or Dementia	<ul style="list-style-type: none"> • Today's Stress • Amino Acids • Minerals • Neurotransmitters • Brain EEG • Emotional
Alzheimer's Energetic Solutions	Alzheimer's harmonizing frequencies	Create cognitive wellness. Work on anyone with Alzheimer's or Dementia	<ul style="list-style-type: none"> • Brain EEG • Emotional • Brain Anatomy • Emotional • Hormones
Autism Disturbance Assessment	Causes of autism taken into account in this library	Autism, Non Verbal Children, Asperger's, Spectrum	<ul style="list-style-type: none"> • Brain EEG • Emotional • Brain Anatomy • Heavy Metal Detox • Detoxification Frequencies (all the systems) • Food Allergies Pack • Children's Series
Autism Energetic Solutions	Frequencies of natural remedies used for Autism	Autism, Non Verbal Children, Asperger's, Spectrum	<ul style="list-style-type: none"> • Brain EEG • Emotional • Brain Anatomy • Heavy Metal Detox • Detoxification Frequencies (all the systems) • Children's Series • Food Allergy Pack
Brain Assessment	Brain energetic imbalances	Memory, Focus, Concentration, Learning, ADD, Dyslexia, Alzheimer's, Dementia, Optimize Brain Wellness	<ul style="list-style-type: none"> • Body Systems • Amino Acids • Brain Anatomy • Emotional • Brain Balancing • Brain Optimized and Cognitive Enhancement Program
Brain Balancing	Balance left and right brain	Memory, Focus, Concentration, Learning, ADD, Dyslexia, Alzheimer's, Dementia, Optimize Brain Wellness	<ul style="list-style-type: none"> • Neurotransmitters • Brain EEG • Bach Flower Essences • Hormones • Today's Stress • Electrical Sensitivities • Brain Clearing: Glymphatic System Tune-Up and Tonify Program
Brain Hemispheres	Bridge the left and right brain	Want to have more focus, mental clarity, clear past traumas, have	<ul style="list-style-type: none"> • Brain Anatomy • Emotional • Body Systems • Brain Balancing • Dementia Disturbance

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		better focus, right and left brain communication	<ul style="list-style-type: none"> Solutions Focus Optimized: Nootropics and more
Brain Solutions Homeopathy	Natural Solutions for brain imbalances	Memory, Focus, Concentration, Learning, ADD, Dyslexia, Alzheimer's, Dementia, Optimize Brain Wellness	<ul style="list-style-type: none"> Brain EEG Bach Flower Essences Hormones Today's Stress Electrical Sensitivities Brain Balancing Brain Optimized and Cognitive Enhancement Program
Brain Waves	Alpha, beta, gamma waves and more	Want to be more calm, sleep better and/or have better focus	<ul style="list-style-type: none"> Brain EEG Neurotransmitters Brain Anatomy
Cortisol Rhythm	Is your cortisol rhythm in balance?	Insomnia or sleep issues, Chronic fatigue, low immune system, very stressed out, want more energy	<ul style="list-style-type: none"> Vitamins Sensitivities Minerals Body Systems Energy Flow Activation
Digestive Disturbance 1 Digestive Organs	Digestive organs	Bloating, indigestion, and food sensitivities.	<ul style="list-style-type: none"> Body Systems Vitamins Organs Sensitivities Digestion
Digestive Disturbance 2 General Assessment	Root cause of digestive issues	Bloating, indigestion, and food sensitivities.	<ul style="list-style-type: none"> Body Systems Vitamins Organs Sensitivities Chemical Sensitivities
Digestive Disturbance 3 Solutions	Natural remedies that support digestive wellness	Bloating, indigestion, and food sensitivities.	<ul style="list-style-type: none"> Body Systems Vitamins Organs Sensitivities Chemical Sensitivities
Digestive Disturbance 4 Food Plan	Which is the best food plan for digestive health	Bloating, indigestion, and food sensitivities.	<ul style="list-style-type: none"> Vitamins Sensitivities Amino Acids Digestion Herbs Minerals
Digestive Disturbance 5	Lifestyle that supports	Bloating,	<ul style="list-style-type: none"> Body Systems

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Practices	digestive wellness	indigestion, and food sensitivities.	<ul style="list-style-type: none"> • Spinal Energy • Today's Stress
Digestive Disturbance 6 Gallbladder Assessment	What is the root cause of the gallbladder issue	Bloating, indigestion, and food sensitivities.	<ul style="list-style-type: none"> • Vitamins • Sensitivities • Amino Acids • Digestion • Herbs • Minerals • Organs
Digestive Disturbance 7 Diverticulitis Assessment	What is the root cause of the diverticulitis	Bloating, indigestion, and food sensitivities.	<ul style="list-style-type: none"> • Vitamins • Sensitivities • Amino Acids • Digestion • Herbs • Minerals • Organs
Heart Health 1 Assessment	Frequencies related to issues of the heart - atherosclerosis and more	Heart issues, mitral valve prolapse, atrial fibrillation, heart disease	<ul style="list-style-type: none"> • Bach Flower Essences • Today's Stress • Heart Health 1 Assessment and others in heart series • Broken Heart Healing • Minerals
Heart Health 2 Frequencies Affirmation	Affirmations for Heart Health	Heart issues, mitral valve prolapse, atrial fibrillation, heart disease	<ul style="list-style-type: none"> • Bach Flower Essences • Today's Stress • Heart Health 1 Assessment and others in heart series • Broken Heart Healing • Minerals
Heart Health 3 Frequencies Metaphysical	Metaphysical connections to heart issues	Heart issues, mitral valve prolapse, atrial fibrillation, heart disease	<ul style="list-style-type: none"> • Bach Flower Essences • Today's Stress • Heart Health 1 Assessment and others in heart series • Broken Heart Healing • Minerals
Heart Health 4 Frequencies Physical	Frequency directions for harmonizing the heart	Heart issues, mitral valve prolapse, atrial fibrillation, heart disease	<ul style="list-style-type: none"> • Bach Flower Essences • Today's Stress • Heart Health 1 Assessment and others in heart series • Broken Heart Healing • Minerals
Heart Health 5 Solutions	Natural health solutions for heart health	Heart issues, mitral valve prolapse, atrial fibrillation, heart disease	<ul style="list-style-type: none"> • Bach Flower Essences • Today's Stress • Heart Health 1 Assessment and others in heart series • Broken Heart Healing • Minerals
Heart Health 6 Essential Oils	Essential oils to support the heart (energetic)	Heart issues, mitral valve	<ul style="list-style-type: none"> • Bach Flower Essences • Today's Stress • Heart Health 1 Assessment

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		prolapse, atrial fibrillation, heart disease	<ul style="list-style-type: none"> and others in heart series ● Broken Heart Healing ● Minerals
Heart Health Cholesterol Assessment	High cholesterol causes	High cholesterol, heart issues	<ul style="list-style-type: none"> ● Bach Flower Essences ● Today's Stress ● Heart Health 1 Assessment and others in heart series ● Broken Heart Healing ● Minerals
Heart Health Cholesterol Solutions	High cholesterol solutions	High cholesterol, heart issues	<ul style="list-style-type: none"> ● Bach Flower Essences ● Today's Stress ● Heart Health 1 Assessment and others in heart series ● Broken Heart Healing ● Minerals
Hormone Disturbance Assessment	Root cause of hormonal issues	Menopause, Polycystic ovarian syndrome, PMS, infertility	<ul style="list-style-type: none"> ● Hormones ● Neurotransmitters ● Endocrine Regeneration ● Courageous Transitions ● Fertility Assessment, Fertility Solutions
Hormone Disturbance Solution	Natural Solutions for hormonal issues	Menopause, Polycystic ovarian syndrome, PMS, infertility	<ul style="list-style-type: none"> ● Hormones ● Neurotransmitters ● Endocrine Regeneration ● Courageous Transitions ● Fertility Assessment, Fertility Solutions ● PCOS libraries
Parkinson's Assessment	Look for the energetic root cause for Parkinson's	Parkinson's	<ul style="list-style-type: none"> ● Neurotransmitters ● Brain EEG ● Emotional ● Brain Anatomy ● Today's Stress ● All Sensitivities Panels
Parkinson's Solutions	Frequencies for natural remedies for Parkinson's	Parkinson's	<ul style="list-style-type: none"> ● Neurotransmitters ● Brain EEG ● Emotional ● Brain Anatomy ● Today's Stress ● All Sensitivities Panels
Sleep Adrenal Assessment	Try these frequencies in order to relax into a deep sleep, what is the root cause of the sleep issue	Insomnia Chronic Fatigue Wake not feeling refreshed, Alzheimer's, Dementia	<ul style="list-style-type: none"> ● Today's Stress ● Meridians ● Bach Flower Essences ● Adrenal Solutions ● Endocrine Regeneration ● Cortisol Rhythm

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Sleep Solutions	Natural health solutions for healthy sleep	Insomnia Chronic Fatigue Wake not feeling refreshed	<ul style="list-style-type: none">• Today's Stress• Meridians• Bach Flower Essences• Adrenal Solutions• Endocrine Regeneration• Cortisol Rhythm