

Upgraded 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
Addiction Assessment 1	Helpful frequencies, including amino acids + more for addictions	Addictions, Smoking, Alcohol, Food Addiction or wanting to break any bad habits	<ul style="list-style-type: none"> • Today's Stress • Minerals • Body Systems • Neurotransmitters • Focus Optimized • Brain Energetic Remedies
Addiction Assessment 2 Neurotransmitters	Brain chemicals related to addiction. Brain chemistry is specifically related to certain cravings and why people may be drawn to different substances	Addictions, Smoking, Alcohol, Food Addiction or wanting to break any bad habit	<ul style="list-style-type: none"> • Today's Stress • Minerals • Body Systems • Focus Optimized • Brain Energetic Remedies • Breakthrough to Success
Addiction Assessment 3 Emotional	Emotions connected to addiction. Unresolved emotional issues are connected to addictions.	Addictions, Smoking, Alcohol, Food Addiction or wanting to break any bad habit	<ul style="list-style-type: none"> • Today's Stress • Minerals • Body Systems • Bach Flower Essences • Emotional Reset • Breakthrough to success
Addiction Assessment 4 Brain	Brain anatomy and addiction	Addictions, Smoking, Alcohol, Food Addiction or wanting to break any bad habit	<ul style="list-style-type: none"> • Today's Stress • Minerals • Body Systems • Bach Flower Essences • Emotional Reset • Breakthrough to success
Addiction Assessment 5 Type	Find the specific addiction or tendency to manifest a particular type of addiction	Addictions, Smoking, Alcohol, Food Addiction or wanting to break any bad habit	<ul style="list-style-type: none"> • Today's Stress • Minerals • Body Systems • Bach Flower Essences • Emotional Reset • Breakthrough to success
Addiction Assessment 6 Thought Patterns	Thought patterns related to addiction	Addictions, Smoking, Alcohol,	<ul style="list-style-type: none"> • Today's Stress • Minerals • Body Systems

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		Food Addiction or wanting to break any bad habit	<ul style="list-style-type: none"> • Bach Flower Essences • Flower Essence on Meridian Point • Emotional Reset • Breakthrough to success
Addiction Assessment 7 Brain Health	Brain health and addiction	Addictions, Smoking, Alcohol, Food Addiction or wanting to break any bad habit	<ul style="list-style-type: none"> • Today's Stress • Minerals • Bach Flower Essences • Brain Energetic Remedies • Brain Energetic Lifestyle Solutions • Flower Essence on Meridian Point
Addiction Solutions Nutrition	Nutritional Solutions for addiction	Addictions, Smoking, Alcohol, Food Addiction or wanting to break any bad habit	<ul style="list-style-type: none"> • Today's Stress • Minerals • Bach Flower Essences • Courageous Transitions
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
Bone Anatomy Arm Hand	Bones that are in the shoulder, arm and hand	Pain, Injuries, Healing, Bone Strength. Use for hand injury, carpal tunnel syndrome, break in the bones, fracture	<ul style="list-style-type: none"> • Body Systems • Vitamins • Bone Health Assessment • Bone Health Solutions • Minerals 2 Supplementation • Minerals 3 Food As Medicine • Injury - Solutions
Bone Anatomy Chest	Bones located in the chest	Pain, Injuries, Healing, Bone Strength, cracked rib	<ul style="list-style-type: none"> • Body Systems • Vitamins • Bone Health Assessment • Bone Health Solutions • Minerals 2 Supplementation • Minerals 3 Food As Medicine • Injury - Solutions
Bone Anatomy Foot	Bones in the foot	Foot Sprain or Strain, Fracture, Broken bones, Pain, Injuries, Healing, Bone Strength	<ul style="list-style-type: none"> • Body Systems • Vitamins • Bone Health Assessment • Bone Health Solutions • Minerals 2 Supplementation • Minerals 3 Food As Medicine • Injury - Solutions
Bone Anatomy Head	Bones located in the skull	Pain, Injuries,	<ul style="list-style-type: none"> • Body Systems • Vitamins

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		Healing, Bone Strength	<ul style="list-style-type: none"> • Bone Health Assessment • Bone Health Solutions • Minerals 2 Supplementation • Minerals 3 Food As Medicine • Traumatic Brain Injury Assessment • Traumatic Brain Injury Solutions
Bone Anatomy Leg	Bones of the leg	Pain, Injuries, Healing, Bone Strength, Broken leg, fracture, hairline fracture	<ul style="list-style-type: none"> • Bone Health Assessment • Bone Health Solutions • Minerals 2 Supplementation • Minerals 3 Food As Medicine
Bone Anatomy Shoulder	Bones that are in the shoulder	Pain, Injuries, Healing, Bone Strength, Frozen shoulder, working on bone density, torn ligament	<ul style="list-style-type: none"> • Bone Health Assessment • Bone Health Solutions • Minerals 2 Supplementation • Minerals 3 Food As Medicine
Bone Anatomy Spine	Bones of the spine	Pain, Injuries, Healing, Bone Strength	<ul style="list-style-type: none"> • Body Systems • Essential Oils • Spinal Energy • Amino Acids • Minerals
Bone Density Health Assessment	Root cause of bone issues	Pain, Injuries, Healing, Bone Strength	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Hormones • Minerals 2 Supplementation • Minerals 3 Food As Medicine • Endocrine Regeneration
Bone Density Health Solutions	Natural solutions for bone health	Pain, Injuries, Healing, Bone Strength	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Hormones • Minerals 2 Supplementation • Minerals 3 Food As Medicine • Endocrine Regeneration
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,	<ul style="list-style-type: none"> • Neurotransmitters • Brain EEG

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		Learning, ADD, Dyslexia, Alzheimer's, Dementia, Optimize Brain Wellness	<ul style="list-style-type: none"> • 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 better focus, right and left brain communication	<ul style="list-style-type: none"> • Brain Anatomy • Emotional • Body Systems • Brain Balancing • Dementia Disturbance Solutions • Focus Optimized: Nootropics and more
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
Cranial Nerves	Each cranial nerve is connected to functions of the body such as moving the eyes, moving the tongue or the Vagus nerve which is connected to organs such as small intestine and bladder	Vision issues, Balance issues, Movement issues, Healing issues. These are all connected to functions innervated by some of the cranial nerves	<ul style="list-style-type: none"> • Today's Stress • Body Systems • Neurotransmitters • Brain Anatomy • Adrenal Solutions • Peace and Calming • Vision Panels • Hearing panels
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

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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 Practices	Lifestyle that supports digestive wellness	Bloating, indigestion, and food sensitivities.	<ul style="list-style-type: none"> • Body Systems • 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
Food Allergy Testing Cortisol	Stress can contribute to escalating food allergies. What is the stress level today? Work to harmonize it	Indigestion, Bloating, Difficulty losing weight, weakened immune system.	<ul style="list-style-type: none"> • Sensitivities • Vitamins • Organs • Amino Acids • Today's Stress
Food Allergy Testing Digestive Assessment	Digestive status as it relates to healthy digestion and healing food allergies	Indigestion, Bloating, Difficulty losing weight, weakened immune system.	<ul style="list-style-type: none"> • Sensitivities • Digestion • Minerals • Herbs
Food Allergy Testing Nutritional	Nutritional status as it relates to healthy digestion and healing food allergies	Indigestion, Bloating, Difficulty losing weight, weakened immune system.	<ul style="list-style-type: none"> • Vitamins • Amino Acids • Herbs • Minerals • Digestion
Food Allergy Testing Panel Ultimate	Over 130 foods that can be energetically tested. Are the foods resonant for you today?	Indigestion, Bloating, Difficulty losing weight, weakened immune system.	<ul style="list-style-type: none"> • Vitamins • Amino Acids • Herbs • Minerals • Digestion • Sensitivities
Healing Hidden Infections 1 Biofilm Disturbance Assessment	Root cause of the infection issue related to biofilms	Lyme, Chronic viruses, Chronic bacteria, fungus, parasites, dental issues, herpes,	<ul style="list-style-type: none"> • Body Systems • Glands • Organs • Spinal Energy • Infection Energetics • All Sensitivities Panels

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		Any chronic illness issue	<ul style="list-style-type: none"> • Immune System Power • Immune Resilience • Infection Harmonizing Mini
Healing Hidden Infections 2 Biofilm Energetic Solutions 3 Antimicrobials	Natural health solutions for biofilms	Lyme, Chronic viruses, Chronic bacteria, fungus, parasites, dental issues, herpes, Any chronic illness issue	<ul style="list-style-type: none"> • Body Systems • Glands • Spinal Energy • Infection Energetics • All Sensitivities Panels • Immune System Power • Immune Resilience • Infection Harmonizing
Healing Hidden Infections 3 Biofilms Energetic Solutions 1 Enzymes	Energetic solutions for biofilms	Lyme, Chronic viruses, Chronic bacteria, fungus, parasites, dental issues, herpes, Any chronic illness issue	<ul style="list-style-type: none"> • Body Systems • Amino Acids • Herbs • Minerals • Glands • Spinal Energy • Infection Energetics • All Sensitivities Panels • Immune System Power • Immune Resilience • Infection Harmonizing
Healing Hidden Infections 4 Biofilms Energetic Solutions 2 Clays	Natural health solutions - different types of clays - for biofilms	Lyme, Chronic viruses, Chronic bacteria, fungus, parasites, dental issues, herpes, Any chronic illness issue	<ul style="list-style-type: none"> • Vitamins • Hormones • Amino Acids • Herbs • Minerals • Immune System Power • Immune Resilience • Infection Harmonizing Mini
Healing Hidden Infections 5 Candida Disturbance Assessment	Root cause of candida infection disturbance	Candida Chronic bloating Craving sugar and carbohydrates Chronic fatigue issues Chronic illness	<ul style="list-style-type: none"> • Vitamins • Hormones • Amino Acids • Herbs • Minerals • Immune System Power • Immune Resilience • Infection Harmonizing Mini
Healing Hidden Infections 6 Candida Panel	Types of candida	Candida Chronic bloating Craving sugar and carbohydrates Chronic fatigue issues Chronic illness	<ul style="list-style-type: none"> • Vitamins • Hormones • Amino Acids • Herbs • Minerals • Immune System Power • Immune Resilience • Infection Harmonizing Mini
Healing Hidden Infections 7 Candida Solutions 1 Alkalize	Natural solutions for alkalizing	Candida Chronic bloating Craving sugar and carbohydrates Chronic fatigue issues Chronic illness	<ul style="list-style-type: none"> • Vitamins • Hormones • Amino Acids • Herbs • Minerals • Immune System Power • Immune Resilience • Infection Harmonizing Mini

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Healing Hidden Infections 8 Candida Solutions 2 Remedies	Natural Health Solutions for candida	Candida Chronic bloating Craving sugar and carbohydrates Chronic fatigue issues Chronic illness	<ul style="list-style-type: none"> ● Vitamins ● Hormones ● Amino Acids ● Herbs ● Minerals ● Immune System Power ● Immune Resilience ● Infection Harmonizing Mini
Healing Hidden Infections 9 Immune System Assessment	Which parts of the immune system require energy? This includes eosinophils, interleukins, macrophages and more	General wellness, Lyme disease and other chronic infections	<ul style="list-style-type: none"> ● Vitamins ● Hormones ● Amino Acids ● Herbs ● Minerals ● Immune System Power ● Immune Resilience ● Infection Harmonizing Mini
Healing Hidden Infections 10 Immune System Solutions	Natural health solutions for immune system stress disturbances	General wellness, Lyme disease and other chronic infections	<ul style="list-style-type: none"> ● Vitamins ● Hormones ● Amino Acids ● Herbs ● Minerals ● Immune System Power ● Immune Resilience ● Infection Harmonizing
Healing Hidden Infections 11 Infection Assessment	Root cause of the infection stress disturbance	Chronic infections, Lyme, any chronic case or difficult case to resolve, cases of chronic fatigue	<ul style="list-style-type: none"> ● Vitamins ● Hormones ● Amino Acids ● Herbs ● Minerals ● Immune System ● Immune Resilience ● Infection Harmonizing
Healing Hidden Infections 12 Infection Solutions	Natural health solutions for infection stress disturbance	Chronic infections, Lyme, any chronic case or difficult case to resolve, cases of chronic fatigue	<ul style="list-style-type: none"> ● Vitamins ● Hormones ● Amino Acids ● Herbs ● Minerals ● Immune System ● Immune Resilience ● Infection Harmonizing
Healing Hidden Infections 13 Parasite Assessment	Root cause of parasite stress disturbance	Parasites, Chronic Bloating, Digestive Issues, Weight gain or weight loss (either could be an issue)	<ul style="list-style-type: none"> ● Vitamins ● Hormones ● Amino Acids ● Herbs ● Minerals ● Immune System ● Immune Resilience ● Infection Harmonizing
Healing Hidden Infections 14 Parasite Solutions	Root cause of parasite stress solutions	Parasites, Chronic Bloating, Digestive Issues, Weight gain or weight loss (either could be an issue)	<ul style="list-style-type: none"> ● Vitamins ● Hormones ● Amino Acids ● Herbs ● Minerals ● Infections

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			<ul style="list-style-type: none"> • Immune System • Immune Resilience • Infection Harmonizing
Heart Anatomy	Functions of each area of 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 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 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 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

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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 Conditions	Different types of hormone conditions	Menopause, Polycystic ovarian syndrome, PMS, infertility	<ul style="list-style-type: none"> • Hormones • Neurotransmitters • Endocrine Regeneration • Courageous Transitions • THO, Total Hormonal Optimization • Fertility Assessment, Fertility Solutions
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
Hormones Women's Reproductive System	Hormones related to women's reproductive system.	Menopause, Polycystic ovarian syndrome, PMS, infertility	<ul style="list-style-type: none"> • Hormones • Neurotransmitters • Endocrine Regeneration • Courageous Transitions • Fertility Assessment, Fertility Solutions • PCOS libraries
Joints Names of Joints	The joints of the human body	Osteoarthritis, Rheumatoid arthritis. Hip, shoulder or knee issues	<ul style="list-style-type: none"> • Body Systems • Essential Oils • Bone Miraculous Healing • Injuries • Injury Urgent Healing
Joints Types of Joints	Types of joints and their movement	Osteoarthritis, Rheumatoid arthritis. Hip, shoulder or knee issues	<ul style="list-style-type: none"> • Body Systems • Essential Oils • Bone Miraculous Healing • Injuries • Injury Urgent Healing
Ligaments Foot	Ligaments of the foot - use with foot injuries	Sprains or strains, Injuries, Breaks, Fractures	<ul style="list-style-type: none"> • Body Systems • Adrenal Solutions • Liver Solutions • Vitamins • Minerals • Muscles • Joints

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Ligaments Knee Hip Pelvis	Ligaments of the knee, hip and pelvis - use with knee injuries	Sprains or strains, Injuries, Breaks, Fractures	<ul style="list-style-type: none"> • Adrenal Solutions • Liver Solutions • Vitamins • Minerals • Muscles • Joints
Ligaments Shoulder Arm Hand	Ligaments of the shoulder, arm and hand	Sprains or strains, Injuries, Breaks, Fractures	<ul style="list-style-type: none"> • Adrenal Solutions • Liver Solutions • Vitamins • Minerals • Muscles • Joints
Mitochondrial Rejuvenation 1 Anatomy	Functions of different areas (DNA, RNA, ATP, ADP and more.)	Chronic fatigue, want to lose weight, sleep issues, chronic illness	<ul style="list-style-type: none"> • Vitamins • Minerals • Today's StressAdrenal Energetic Solutions • Adrenal Lifestyle Solutions • Cortisol Rhythm
Mitochondrial Rejuvenation 2 Assessment	Leaky gut, malic acid deficiency, pineal imbalance, pituitary imbalance and more.	Chronic fatigue, want to lose weight, sleep issues, chronic illness	<ul style="list-style-type: none"> • Vitamins • Minerals • Today's StressAdrenal Energetic Solutions • Adrenal Lifestyle Solutions • Cortisol Rhythm
Mitochondrial Rejuvenation 3 Remedies	Nutrients and natural remedies that support the mitochondria	Chronic fatigue, want to lose weight, sleep issues, chronic illness	<ul style="list-style-type: none"> • Vitamins • Minerals • Today's StressAdrenal Energetic Solutions • Adrenal Lifestyle Solutions • Cortisol Rhythm
Mitochondrial Rejuvenation 4 Energetic	Frequencies to optimize the wellness of the mitochondria	Chronic fatigue, want to lose weight, sleep issues, chronic illness	<ul style="list-style-type: none"> • Vitamins • Minerals • Today's StressAdrenal Energetic Solutions • Adrenal Lifestyle Solutions • Cortisol Rhythm
Muscles Abdomen	Muscles related to abdomen	Sprain, Strain, Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium
Muscles Back + Neck	Muscles related to back and neck	Sprain, Strain, Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium

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Muscles Chest	Muscles related to chest	Sprain, Strain, Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium
Muscles Facial	Muscles related to face	Sprain, Strain, Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium
Muscles General	General Body muscles	Sprain, Strain, Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium
Muscles Head	Muscles related to the head	Sprain, Strain, Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium
Muscles Hip Leg Thigh Foot	Muscles in relation to hips, legs, thighs, and feet	Sprain, Strain, Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium
Muscles Pelvic	Muscles related to pelvic	Sprain, Strain, Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Vitamins • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium
Muscles Shoulder Arms	Muscles related to	Sprain, Strain,	<ul style="list-style-type: none"> • Vitamins

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Hand	shoulders, arms, and hands	Recent injury to the muscles. Support muscle wellness in order to maximize muscle mass and performance	<ul style="list-style-type: none"> • Minerals • Amino Acids • Bach Flower Essences • Inflammation Series • Injuries Series • Interstitium
Nerve Tonifying (Assessment)	Which nerves are requesting energy? Nerves might request energy if they are experiencing compression or a block to optimal flow	Any issue where the nerves are affected. Use Nerve Tonifying for part of a holistic balancing of all systems. Think of it in Multiple Sclerosis, Parkinsons, headaches, bladder issues, back pain, neck pain and more	<ul style="list-style-type: none"> • Vitamins • Minerals • Neurotransmitters • Spinal Energy • Meridians • Bach Flower Essences • Cranial nerves • Brain 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
Sexual Vitality	Natural remedies to promote sexual vitality in men and women	For hormonal balance, libido health	<ul style="list-style-type: none"> • Hormonal • Endocrine Regeneration • THO - Total Hormonal Optimization
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
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
Vessel Assessment 1 Major	Major Artery Vessels	Circulatory issues,	<ul style="list-style-type: none"> • Body Systems

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Arteries		low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> ● Spinal Energy ● Organs ● Nerve Tonifying Assessment ● Heart Libraries ● Mitochondrial ● Deep Relaxation
Vessel Assessment 2 Head + Neck Arteries	Head and Neck Arteries	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> ● Body Systems ● Spinal Energy ● Organs ● Nerve Tonifying Assessment ● Heart Libraries ● Mitochondrial ● Deep Relaxation
Vessel Assessment 3 Torso + Chest	Torso and Chest Arteries	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> ● Body Systems ● Spinal Energy ● Organs ● Nerve Tonifying Assessment ● Heart Libraries ● Mitochondrial ● Deep Relaxation
Vessel Assessment 4 Abdomen + Pelvis	Abdomen and Pelvic Arteries	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> ● Body Systems ● Spinal Energy ● Organs ● Nerve Tonifying Assessment ● Heart Libraries ● Mitochondrial ● Deep Relaxation
Vessel Assessment 5 Arm Vessels	Arm and Vessel Arteries	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> ● Body Systems ● Spinal Energy ● Organs ● Nerve Tonifying Assessment ● Heart Libraries ● Mitochondrial ● Deep Relaxation
Vessel Assessment 6 Leg Vessels	Leg Vessel Arteries	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> ● Body Systems ● Spinal Energy ● Organs ● Nerve Tonifying Assessment ● Heart Libraries ● Mitochondrial ● Deep Relaxation
Vessel Assessment 7 Capillaries	Capillaries	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> ● Body Systems ● Spinal Energy ● Organs ● Nerve Tonifying Assessment ● Heart Libraries ● Mitochondrial

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			<ul style="list-style-type: none"> • Deep Relaxation
Vessel Assessment 8 Emotions	Emotions and their relationship to circulation issues	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> • Body Systems • Spinal Energy • Organs • Nerve Tonifying Assessment • Heart Libraries • Mitochondrial • Deep Relaxation
Vessel Assessment 9 Solutions	Natural health solutions for vessel and circulation issues	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> • Body Systems • Spinal Energy • Organs • Nerve Tonifying Assessment • Heart Libraries • Mitochondrial • Deep Relaxation
Vessel Assessment 10 Energetic Considerations	Energetic and frequency solutions for health issues	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> • Body Systems • Spinal Energy • Organs • Nerve Tonifying Assessment • Heart Libraries • Mitochondrial • Deep Relaxation
Vessel Assessment 11 Hormones	Hormones related to changes in vessel health	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> • Body Systems • Spinal Energy • Organs • Nerve Tonifying Assessment • Heart Libraries • Mitochondrial • Deep Relaxation
Vessel Assessment 12 Vessel Types	Types of blood vessels - all related to circulation	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> • Body Systems • Spinal Energy • Organs • Nerve Tonifying Assessment • Heart Libraries • Mitochondrial • Deep Relaxation
Vessel Assessment 13 Artery Assessment	Artery anatomy like the endothelium and more	Circulatory issues, low energy, Fatigue, heart disease, blood pressure issues	<ul style="list-style-type: none"> • Body Systems • Spinal Energy • Organs • Nerve Tonifying Assessment • Heart Libraries • Mitochondrial • Deep Relaxation