

# Process Links

Here you will find the quick links to process guides. These are short breakdowns of how to find specific interest in the Genius you are looking for!

- 3 Basic Processes : [3 Basic Process Guide](#)
- Immune Process : [Immune Process Guide](#)
- Telomeres and more : [Telomeres Guide](#)
- Spleen Qi Harmonizing : [Spleen Qi Harmonizing Guide](#)
- Detoxification Process : [Detoxification Process Guide](#)
- Sleep Process : [Sleep Process Guide](#)
- Calming Process : [Calming Process Guide](#)

\*\*The Genius makes no claims to diagnose or cure any health conditions.