

Brain Optimization Process

Working with someone with Brain fog? Want to be able to improve your focus? Try these frequencies that are focused on the harmony of the brain. Place all frequencies in the Main Hold tray. Move to Progressive Insights and balance for 12 minutes twice per day.

Process	What to Include:
Brain Optimization Process	<ul style="list-style-type: none">• Body Systems - Nervous, Circulatory• Glands - Hypothalamus, Pituitary, Pineal• Nogiers D, G and L - Right and Left Brain Communication and more• Herbs - Bacopa, Turmeric, Gotu Kola, Lion's Mane• Solfeggios - 528, 285, 417 - Clear Past Trauma• Essential Oils - Black Pepper, Cardamom, Lavender, Rosemary• Emotions and Flower Essences - Highs/Lows• Progressive Insights for 12 minutes