

## Hormonal Balance Process

Balance Hormones from the System Overview this easy process. Place the items below in the Main Hold Tray and balance for 15 minutes twice a day.

Process	What to Include:
Hormonal Balancing	<ul style="list-style-type: none"><li>• Body Systems - Reproductive, Endocrine</li><li>• Organs - Digestive, Immune</li><li>• Minerals - Magnesium, Silica</li><li>• Vitamins - Vitamin B1, B5, B12, Folate,</li><li>• Hormones - Progesterone, Insulin, Melatonin, Testosterone, Estrone, Estradiol • Solfeggios - 639 Hz - Increase cell to cell communication</li><li>• Nogier C - Coherent frequencies for the ovaries and cortex of adrenal gland</li></ul>