

Today's Stress

Acid - This is a check on the pH balance of the body. The body functions best at an alkaline pH.

Brain - If the brain frequency comes up, consider that it could have to do with brain anatomy or brain chemicals. It may be an issue with the nervous system, with sleep, with memory, or any of the brain waves. Consider using my Brain Assessment Custom Library to further clarify the reason for imbalance in the brain frequency.

Environmental - This will light up when someone is exposed to something often at their home or work environment. Examples include the spraying of pesticides, herbicides, paint fumes or any other type of environmental exposure.

Liver - The liver helps to detoxify poisons in the body. But it also performs over 450 other functions including immune functions, storing vitamins and iron among others. When the liver frequency comes up, it could mean the need for more detoxification or there could be an underlying infection in the liver.

Kidneys - The kidneys help to clear excess minerals and metabolic waste from the body. When the kidneys show up as out of balance, consider asking your client if they hydrate well. The kidneys will also be stressed when a person drinks coffee, black tea or alcohol. They can also be stressed by a high protein diet, which would be over about 100g of protein per day. A typical Western diet with meat and dairy tends to run high in protein.

Conception vessel - The conception vessel runs down the middle of the front of the body. The conception vessel being out of balance can lead to the following issues: bladder issues, any genital issues, fascia in the front of the body, lung issues including difficulties in breathing, heart imbalances, menopausal issues and more.

Immune - the immune system is the body's protection against illness. When you see the immune system, consider that something may be challenging the immune system, such as a food sensitivity. There also could be an underlying infection. These include possible bacteria, viruses, parasites and others.

Fungus - Fungus can come in many forms and one of them does include candida. Fungus comes in as the "composter" in the human body and it may mean that there is undigested food or other pathogens that are carrying fungi. Consider dietary changes that would eliminate waste or reduce sugar, which certain fungi will thrive on.

Sensitivities - This relates to food sensitivities and environmental sensitivities. You may want to test other screens to get more specific information about the particular items that the person is sensitive to.

Degeneration - Degeneration indicates there may be things breaking down or in place where they need to be addressed. It is good to balance this frequency and you want to see it come back into balance after a session. If it stays out of balance, search for clues about a deep or chronic issue.

Virus - may be a chronic virus the person is unaware of.

Emotional - Emotions are part of the total equation of what is going on for that person.

Pathogens - Pathogens is an umbrella term for bacteria, parasites, fungus, viruses, Lyme disease, etc. These all could be pathogens. This is a general term that alerts you that some microorganism is affecting the individual.

Cardiovascular - the cardiovascular system brings the blood to the cells of the body. It includes the heart, the arteries, veins and all other vessels along with the capillaries. Small capillaries bring the blood to the cells and pick up the waste products in order to return the carbon dioxide to the heart and eventually the lungs. If you see reactivity in the circulatory system, it is important to balance it. The cardiovascular system is one of the most important functions of the body and it is crucial for it to stay healthy. Use the circulatory system if someone has a heart condition, high blood pressure or high cholesterol. You can often see signs of a poor circulatory system. These include sores that do not heal, slow healing of wounds or even the presence of hemangiomas.

Inflammation - Inflammation is an important frequency to pay attention to. Inflammation can be a precursor to many chronic illnesses from cancer to heart disease. The following things can contribute to inflammation: food allergies, wheat gluten, dairy, meat products, high levels of stress, exposure to EMF, excessive amounts of sugar and more. Getting grounded and changing one's lifestyle can result in reduced levels of inflammation.

Adrenal - The adrenal glands are among the most important glands in the body. To feel good and to have drive and ambition in your life, they need to function correctly. The adrenal glands secrete cortisol, epinephrine and norepinephrine. In any chronic illness, you can expect to find some degree of adrenal fatigue. Over-functioning of the adrenals can suppress the immune system. Under-functioning of the adrenals can leave the immune system weak! Balance the adrenals in any chronic case or anytime you think boosting them would be helpful.

Connective tissue - tissue that connects, supports, binds, or separates other tissues or organs, typically having relatively few cells embedded in an amorphous matrix, often with collagen or other fibers, and including cartilaginous, fatty, and elastic tissues.

Nutritional - Possibly deficiencies or imbalances in the areas of vitamins, minerals and essential fatty acids.

Hormonal - The hormones systems of the body include the reproductive system, adrenals, thyroid, blood sugar and more. If hormonal comes up, consider that these areas may be out of balance.

Heavy metal toxicity - There are various heavy metals in the environment that can be transferred or contaminate the human body.

Blood sugar - blood sugar is important to keep the energy being generated in the human body. Glucose helps to create ATP, the energy currency of the body. When this frequency is present, consider the person may have ups and downs in their blood sugar, possibly pre-diabetes but that isn't clear unless you know more. Reduce fats and a rich diet of meat and dairy in order to better balance blood sugar. Meditation and stress reduction also helps.

Lymphatic - The lymphatic system is part of the immune system. It circulates fluid around the body but has no pump. This fluid includes metabolic waste from the cells. It is presented to

various lymph nodes along the way as well as lymphatic tissue in order to clear any viruses or bacteria from the system. When you see reactivity in the lymphatic system, consider that an underlying infection or stress on the immune system may be present. Also, remember that walking, stretching, skin brushing and rebound all help to greatly improve the healthy movement in the lymphatic system. Drinking plenty of water and even colonic hydrotherapy are also powerful ways of moving the lymphatic system.

Bacteria - a member of a large group of unicellular microorganisms that have cell walls but lack organelles and an organized nucleus, including some that can cause disease. Strep throat would be an example, the bacteria that can cause pneumonia is another one. Others include staph aureus, e. coli, shigella, mycoplasma and others. When you see reactivity here, it is very likely the bacteria is present but symptoms are absent. This is called a subclinical infection and is fairly common. Consider running the frequencies along with others that will help to boost the immune system.

Infection - An infection in the body can be one that presents with symptoms or one that does not, which is called subclinical. When a person has reactivity in relation to infection, run the frequency but also run other frequencies that can support the immune system. This can include essential oils, herbs and others. Emotions are good to include. Unresolved emotions can put stress on the immune system.