

Weight Release Process Metabolic Optimization

There are several different ways you can work with the Genius for releasing excess weight. This is done by creating a **collection of frequencies that can help to optimize metabolism and clear the root causes of weight gain**. Weight issues have several different causes. Let's explore those and use a process for each one of these root cause items. In addition to the basic panels on the Genius, you may want to consider the following libraries to assist in the process of weight release:

Fat Meltaway Series - Includes many of the elements as well as frequencies for natural remedies to deal with the energetic root cause of weight gain.

Ketosis Activation Series - Frequencies inspired by the effects of a ketosis diet plan.
Weight Release Series 1-15 - Frequencies designed to go through each aspect of root cause for weight gain.

To access all libraries available for weight release, see the list here:
<https://biofeedbacksuccess.com/WeightLossLibrariesList>

Here are the general issues to consider when you want to work on weight release (weight loss):

Emotions - Clear emotional reasons that weight is blocked or relying on food for comfort

- **Emotions Process 1** - In the Quick Zap, Place the Bach Flower Essences, Theta frequencies (from Brain Waves) and Solfeggio Frequency 528 Hz for transformation and miracles. Run the frequencies for 15 minutes.
- **Emotions Process 2** - Place the red and blue items from Emotions, Bach Flower Essences, Nogiers and Solfeggio Tones into the Main Hold Tray. Run the High Priority items in Progressive Insights for 15 minutes.

Balance Spleen Qi Deficiency - The spleen meridian is related to digestion and the regulation of metabolism. The spleen can become out of balance from excessive mental processes, from mental strain and anxiety and from sitting for long periods of time. Additionally, consuming cold drinks and food or overeating can also cause an imbalance in spleen qi.

Spleen Qi deficiency can lead to a sluggish metabolism, easy weight gain and then finding it difficult to lose the weight. You may feel bloated and heavy after a meal or that you do not have enough energy to exercise. These are all signs of spleen qi deficiency.

- **Spleen Qi Process** - Place the spleen meridian from Meridians into the Main Hold Tray. Add the reds and blues from the points on the meridian. To do this, tap the Spleen Meridian line to reveal the reds and blues. Add the following reds and blues: Chakras, Bach Flower Essences, Nogiers and Solfeggio Tones

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Neurotransmitter imbalance - Work on neurotransmitters like serotonin or dopamine. When these brain chemicals are out of balance, you may find yourself craving more carbohydrates.

- **Neurotransmitter Process 1:** Run neurotransmitter panel on Quick Balance for 5 minutes.
- **Neurotransmitter Process 2:** Place the reds and blues in the top Quick Zap tray for: Neurotransmitters, Bach Flower Essences and Solfeggio Tones for 15 minutes.

Endocrine imbalances - High circulating blood sugar can lead to increased weight gain. High blood sugar causes more insulin to be released. Insulin itself tells the body to "store fat". Reducing blood sugar and then in turn reducing circulating insulin is crucial. A common myth is that it is sugar itself that causes the problem. It is actually a diet rich in fats that would be derived from meat, chicken, fish, dairy and eggs. This increased fat amount is something the human body was never designed to process, since humans subsisted for centuries on a very low fat, moderate carbohydrate diet of plants and unprocessed grains and tubers (potatoes and sweet potatoes).

The thyroid also plays a part. Emotional stress, estrogen excess, heavy metals and iodine deficiency can all contribute to a sluggish thyroid.

Use the Genius panel for Hormones, which deals with hormones such as insulin and thyroid stimulating hormones. Use the Organs and glands panel to cover the pancreas and the thyroid itself. Use the digestion panel to tune-up digestion. A healthy digestive system also contributes to good metabolism as we are seeking to create by working on the endocrine system.

Minerals play an important part in proper blood sugar regulation. In particular, chromium and vanadium are instrumental and in supplement form can assist with blood sugar issues. Include the reds and blues and consider including these 2 minerals, even when not in red or blue as part of this process.

Endocrine Process - Add the reds and blues from Hormones, Organs, Glands and Digestion into the Main Hold Tray. Include the reds and blues from Bach Flower Essences, Emotions and Nogiers. Move to Progressive Insights and balance the high items for 15 minutes.

Complete Process (Combine all elements) - Use all the elements from above. To do this, place the following items in the Main Hold Tray. Use the red and blue items from each of the following panels.

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Weight Release Process (Complete)

Include the reds and blues from the following panels:

- Emotions
- Flower Essences
- Spleen Meridian
- Spleen Meridian Points
- Neurotransmitters
- Hormones
- Organs
- Glands
- Nogiers
- Solfeggio Tones
- Digestion
- Minerals

Place all the items in the Main Hold Tray. Proceed to Progressive Insights. Highlight the high items and run for 15 minutes. You may want to export these to a Quanta Capsule by tapping the "Share" button at the top right of the screen. Run the items in the Quanta Capsule for 15 minutes twice per day.