

# Choose Your Frequency Program

**Name:**

**Date:**

**Your Email (associated with your Quanta Capsule):**

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Each week, you get to choose a new program. What would you like to experience this week? Simply choose your program and return the email to me! Select one program for this week

<b>Peaceful Sleep Promotion Program</b> Working towards a deep and harmonious sleep
<b>Pain Disturbance Harmonization Program</b> Do you have pain issues you seek to improve?
<b>Money Magnetizing Program</b> Working toward financial abundance
<b>Inflammation Disturbance Reduction Program</b> Chronic bloating? Chronic pain or headaches? Consider this program
<b>Brain Optimized and Cognitive Enhancement Program</b> Feeling brain fog? Fatigue? Want to have better focus?
<b>Weight Loss and Supercharge My Metabolism</b> Ready to shed a few pounds and work on energy?
<b>Anti-Aging and Rejuvenation Program</b> Work on frequencies for telomeres, DNA and more!
<b>Beating Burnout: Energetic Renewal</b> Ready to feel energized again?
<b>Total Cellular Regeneration</b> Rejuvenate at a deep cellular level
<b>Total Hormonal Optimization</b> Balanced hormones are foundational to feeling good
<b>Home Clearing Frequencies</b> Clear the energy in your home
<b>Mood Lifter</b> Relax and elevate your mood
<b>Detox Frequencies</b> All systems detox with frequencies
<b>Dog Wellness Program</b> Work on overall wellness for your dog
<b>Cat Wellness Program</b> Work on overall wellness for your cat