

**These libraries focus on harmonizing energy and the nervous system. Adaptogens help us to build up reserves in the adrenal system.**

Library Name	Library Product Name	Description	Link
Adaptogens	Adaptogens	Are you looking for a natural way to destress and change the way your body handles stress? Adaptogens help to release stress and sensitivity to stressors!	<a href="#">Adaptogens</a>
Adrenal Rejuvenation	Adrenal Rejuvenation	Rejuvenate your system and have the energy you crave!	<a href="#">Adrenal Rejuvenation</a>
Beating Burnout	Beating Burnout: Gaining your energy and center back	This series of frequencies focuses on low energy, emotional stress and adrenal fatigue	<a href="#">Beating Burnout: Gaining your energy and center back</a>
Epstein Barr Harmonization	Epstein Barr Stress Disturbance Harmonization	Epstein Barr is known to be the cause of Chronic Fatigue. It is now linked to many other conditions, including autoimmune and more.	<a href="#">Epstein Barr Stress Disturbance Harmonization</a>
Energy Flow Activation Frequencies	Energy Flow Activation Frequencies	The Energy Flow Activation Frequencies use powerful Chinese Tonic Herbs like Schizandra, Ho Shou Wu, Coriolus and more!	<a href="#">Energy Flow Activation Frequencies</a>

Mitochondrial Rejuvenation	Mitochondrial Rejuvenation	Take care of the mitochondria, learn what it is, what it does and how to optimize it and you have a very good strategy for longevity and optimized physiology.	<a href="#">Mitochondrial Rejuvenation</a>