

In an energy slump? Assess and Revitalize your energy levels today with these frequency libraries!

Library Name	Library Product Name	Description	Link
Adrenal Anatomy	Adrenal Rejuvenation Pack	Frequencies for adrenal gland anatomy	Adrenal Rejuvenation Pack
Adrenal Assessment	Adrenal Rejuvenation Pack	What is the root cause of the adrenal issue?	Adrenal Rejuvenation Pack
Adrenal Solutions	Adrenal Rejuvenation Pack	Natural solutions for adrenal gland health	Adrenal Rejuvenation Pack
Adrenal Stress Index	Adrenal Rejuvenation Pack	Based on the salivary lab, shows stages of adrenal fatigue	Adrenal Rejuvenation Pack
Adrenals Young Living Oils	Adrenal Rejuvenation Pack	Young Living Oils that are commonly used for adrenal support	Adrenal Rejuvenation Pack
Cortisol Rhythm	Adrenal Rejuvenation Pack	Frequencies to harmonize the cortisol rhythm	Adrenal Rejuvenation Pack
Beating Burnout - Gaining your energy and center back	Beating Burnout - Gaining your energy and center back	This series of frequencies focuses on low energy, emotional stress and adrenal fatigue	Beating Burnout - Gaining your energy and center back
Daily Energy Optimizer (Have Great Energy for Your Day)	Daily Energy Optimizer	Frequencies to optimize energy all day long; these frequencies are placed into one single library so you can run them on Quick Balance	Daily Energy Optimizer
Daily Mood Lifter	Daily Mood Lifter	Run the Daily Mood Lifter to start your day off positive or anytime for a quick pick me up!	Daily Mood Lifter

Digestive Calming + Maximize Energy from Nutrition Program	Digestive Calming + Maximize Energy from Nutrition Program	Healthy digestion means complete utilization of the energy we get from food. Frequencies for digestion, for calming and for grounded and sustainable energy	Digestive Calm + Maximize Energy
Dynamic Metabolic Boost	Dynamic Metabolic Boost	Feel rejuvenated with the frequencies of our Dynamic Metabolic Boost!	Dynamic Metabolic Boost
Energy Flow Activation Frequencies (Superfoods, Mitochondria, + Minerals)	Energy Flow Activation Frequencies (Superfoods, Mitochondria, + Minerals)	Includes frequencies for superfoods, mitochondrial harmonization, medicinal mushrooms minerals, affirmations, Rife frequencies and more. Have sustained and healthy energy	Energy Flow Activation Frequencies
Fitness Assessment	Fitness Assessment	What are the elements needed to reach maximum fitness level?	Fitness Assessment
Mitochondria Rejuvenation Anatomy	Mitochondria Rejuvenation Program	Frequencies for adrenal gland anatomy	Mitochondria Rejuvenation Program
Mitochondria Rejuvenation Assessment	Mitochondria Rejuvenation Program	What is the root cause of chronic fatigue? What is the root cause of mitochondrial dysfunction?	Mitochondria Rejuvenation Program
Mitochondria Rejuvenation Remedies	Mitochondria Rejuvenation Program	Natural health solutions for optimizing the mitochondrial function	Mitochondria Rejuvenation Program
Mitochondria Rejuvenation Energetic	Mitochondria Rejuvenation Program	Frequencies to optimize mitochondrial function	Mitochondria Rejuvenation Program