



Immune Boost for Wellness

You can choose to stay healthy during cold and flu season:

- Always wear a hat and scarf in cooler weather. This protects points from "wind invasion", mentioned by Chinese Medicine Practitioners. This energetic change in the body lowers the immune system and is a sort of set-up of conditions making a cold more likely.
- Be careful when consuming a heavy meal and then going quickly into the cold outdoors. Digestion takes a great deal of blood supply and blood will be sent to extremities when you go outdoors
- Refined sugar can suppress white blood cell production for up to 6 hours. Be mindful during holidays when consuming sugar-filled treats.
- It's about the terrain vs the pathogen. Keep your body strong, which includes your circulation and your gut microbiome.

Here is a series of frequencies you may want to program into your Genius as a Custom Playlist. Use the playlist for a frequency immune boost for yourself, family and clients.

Immune Boost Process:

Today's Stress - Liver, Lymphatic, Immune, Kidneys

Glands - Thymus, Adrenal, Thyroid

Minerals - Zinc and Selenium

Vitamins - Vitamin A, Vitamin C, Vitamin D

Herbs - Holy Basil, Amla, Fo-Ti (Ho Shou Wu), Ashwagandha, Chinese Licorice Root

Essential Oils - Oregano, Geranium, Frankincense, Myrrh, Eucalyptus

Solfeggio Tones - 639 Hz (Cell to Cell Communication), 285 Hz (Assist in Tissue Repair), 528 Hz (Work on DNA for more resilience)

Bach Flower Essences - Include all. You can test in Progressive Insights after adding

Add items to a Custom Playlist and save as Immune Boost.

When ready for the Immune Boost, add these items to the Main Hold Tray, then move to Progressive Insights and select the High items and run for 15 minutes.

See GeniusBiofeedback.com for Other libraries to consider including:

Immune Resilience Series

Healing Hidden Infections Series

Immune System Kickstart for Optimal Function

Immune Tonic and Infections Harmonizing Program

Inflammation Disturbance Reduction Program

Colds/Flu Pack Series

Virus Harmonizing Rife Frequencies

Viruses Radionic Rates

