

Energy and Frequency Hour Step by Step for your cases

with Dr. Ariel Policano



Join us for Practitioner Hour on Tuesdays

- Tuesdays at 2pm PT/5pm ET (no class tomorrow but we pick up on the 20th)
- See how I approach cases
- **Combine:**
 - Quantum Biofeedback
 - Personalized Affirmations
 - Practitioner Prayers for client
 - Food As medicine
- Learn about client results from this approach
- Heal with Us
- Please contact ariel@geniusbiofeedback.com to become a featured client



How do you work through a case?

- Work step by step in systems
- Choose to work in a series of sessions or in a series of steps in one session for yourself or for your client



Step by Step Through Systems in Biofeedback

- Digestion
- Infections and Immune
- Detox
- Hormones
- Blood Sugar
- Brain/Neurological
- Structure/Spine
- Emotions

Digestion

- Healing the digestive system is the key to healing the entire body
- Clean up the digestion in order to clear up to 70% of symptoms
- Undigested food produces toxins (autointoxication)
- Eating certain foods can increase inflammation
- Removing them can mean less pain
- "Good food, good mood" - Serotonin production
- Healthy food fosters a healthy gut microbiome

Digestion

- System Overview - Digestion
- Digestive Disturbance - Digestive Organs
- Digestive Disturbance - General Assessment
- Digestive Disturbance - Solutions
- Bach Flower Essences
- Place all items in the Main Hold Tray
- Optional: Export Playlist as "Digestive Harmonizing"

Infections/Immune System

- Chronic Infections are a stress on the immune system
- Infections like candida will cause more toxins (metabolites) to be produced
- This could be chronic infections in the stomach, small intestines, the kidneys and even the brain
- Chronic low level infections can cause the immune system to be overstimulated and even predispose one to autoimmunity

What kinds of infections?

- Viruses - Herpetics like Epstein Barr, Cytomegalovirus
- Gut infections, often bacteria - Shigella, salmonella,
- Parasites - may consume nutrients
- Yeast, candida and fungal infections
- Always consider biofilms in chronic infections

Infections/Immune

- System Overview: Infections
Energetic Disturbance
- Healing Hidden Infections
- Immune System Mastermind
- Immune Resilience Series
- Infections Harmonizing
- Virus Harmonizing Rife
Frequencies

Detoxification

- After cleaning up digestion and working on infections, time for detox
- Both digestive system and infections have metabolic waste from pathogens and poor digestion
- Help the organs of elimination to open and clear out toxins
- Help the kidney, liver, skin, intestines and lungs to work better
- This is a great reset/renewal for the system

Detoxification Libraries

- Detox 10 Week is a series of panels that helps to detox all the systems of the body
- Digestion, Kidney, Bladder, Liver, Gallbladder, Lung and Lymph, Parasites and Microbiome
- Detoxification - Rife Frequencies
- Detox Frequencies (Radionic Rates)

Hormonal System

- Adrenals, thyroid, reproductive for women/men
- Once digestion and infections are cleared, this will be much more successful
- Adrenals - for energy and stress management, proper sleep
- Thyroid - running metabolism, helping with healthy weight and having good energy
- Hormones - for feeling balanced and youthful, for fertility, cognitive function, longevity

Hormones

- System Overview - Hormones
- Endocrine Regeneration
- Hormones Assessment/Hormones Solutions
- Fertility Assessment/Solutions
- Menopause Assessment/Solutions

Blood Sugar

- Proper regulation of blood sugar is a key to longevity!
- Many people may have blood sugar issues - insulin resistance or dysregulation - and they do not know it
- Blood sugar dysregulation is a risk factor for cognitive issues
- Blood sugar and Type 3 Diabetes

Blood Sugar

- Blood Sugar Assessment
- Blood Sugar Solutions
- Insulin Resistance Harmonizing
- Diabetes Type 2 Pancreatic
Regeneration and Blood Sugar
Harmonizing

Brain and Neurological

- Is there good oxygen flow to the brain?
- How is blood sugar regulation
- How is cognitive function
- Are there energetic indicators of amyloid plaques
- Are there infections
- Are there energetic indicators about the hippocampus due to chronic stress or past trauma

Brain and Neurological

- Brain Optimized and Cognitive Enhancement Program
- Brain Protocol
- Brain Health Series
- Brain Clearing: Glymphatic System Tune-Up and Tonify Program
- Alzheimer's Assessment/Alzheimer's Solution
- Parkinson's Assessment/Solutions

Structural and Spinal

- Structure influences function
- Does your client have postural issues?
- Is the jaw misaligned due to grinding?
- Tight hips - can create other imbalances
- Osteoarthritis in the knees
- Misalignments in the spine

Structural and Spinal

- System Overview: Spinal Energy
- Muscles Series - Libraries
- Jaw Harmonization Program
- Deep Relaxation, Fascial Release and Uplift
- Pain Disturbance Clearing Series - For neck, back, knee, headache and more

Emotions

- Frequencies for emotions should be included with every balancing session
- Use Flower Essences as a great way to address the emotional, help the client feel understood and to have a positive solution for them
- Bach Flower Essences
- Australian Bush Flower Essences
- Alaskan Flower Essences
- South African Flower Essences