Thyroid Harmonizing Strategies with the Genius



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GeniusBiofeedback.com

Use frequency to shift your life

The Genius Biofeedback system is an exciting way to transform your life. Your progress and areas you can choose is limited only by your creativity. Learn the step-by-step process here for focusing on frequencies related to your Thyroid.

) Step 1 ·

Thyroid Harmonizing

Begin your session with these simple steps:

- 1. Record your voice and your picture.
- 2. Enter your Energetic Affirmation Entrainment (a word that you want to focus on today). Click Next. Arrive at the System Overview Screen
- 3. Tap "Begin Analysis" at the bottom (Red Bar).



Step 2

Frequencies to add to your tray

To do the thyroid harmonization process, we are going to add in frequencies associated with the thyroid. Let's first review the 3 trays.

- 1. The Quick Zap tray is when you want to add a few items for a specific purpose (about 10 or fewer frequencies).
- 2. The Quick Balance tray is used when you want to just balance the reds and blues on one tray (see vertical timer)
- 3. The Main Hold tray is when you have a more than 10 frequencies.



Step 3 -

In Today's Stress, add to the main hold tray

The Today's Stress panel is a good place to start any session. It addresses some of the important issues for the day and is a good core panel for general balancing.

Add the following items from today's stress panel:

- Liver
- Adrenal
- Environmental
- Heavy Metal Toxicity

\leftarrow	Today's Stress	$\mathcal{O} \equiv$
Quick Zap	9 items, 1 mins	
Emotional	1 Ban	766 MIN 15
Fungus		738
Lymphatic	A A	679
Virus	TEL	675
Hormonal		622
Adrenal		601

Also add these items to your Main Hold Tray (System Overview)

- 1. Body Systems Endocrine, Reproductive, Digestive, Nervous, Lymphatic
- 2. Glands Thyroid, Adrenals, Ovaries (women), Gonads (Men)
- 3. Minerals Iodine, Selenium, Magnesium

Step 4

- 4. Electrical Sensitivities any reds and blues
- 5. Spinal Energy C7, C7 nerves connect to the thyroid gland
- 6. Nogiers Nogiers B 584Hz resonance helps to being the thyroid to balance
- 7. Vitamins Vitamin A, Vitamin D, all B vitamins are helpful
- 8. Herbs Gynostemma, Maitake, Lycium Fruit, Fo-Ti (Ho Shou Wu)





Run your frequencies

Place frequencies in the Main Hold Tray or Quick Zap Tray and run for 15 minutes.

Маса	755	7
Suma	754 0	
Saw Palmetto	737. 9	
Drag & Drop Items Here	Clear, J	I
Lycium Fruit X Maitake X G	aynostemma X Vitamin B12 X Vitamin B5 X Vitamin B1 X	
Vitamin B2 X Vitamin B6 X	Vitamin D X Vitamin A X Nogier B X C 7 X Fluorescent Lights	
Electrical Appliances X Iodine	X Selenium X Magnesium X Adrenal X Thyroid X Lymphatic	
Nervous X Digestive X End	locrine X Reproductive X	
	Export to Capsule	
0 min		
Hain Hold Tray	24 items, 15 mins)