

# Thyroid Harmonizing Strategies with the Genius



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[GeniusBiofeedback.com](http://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).



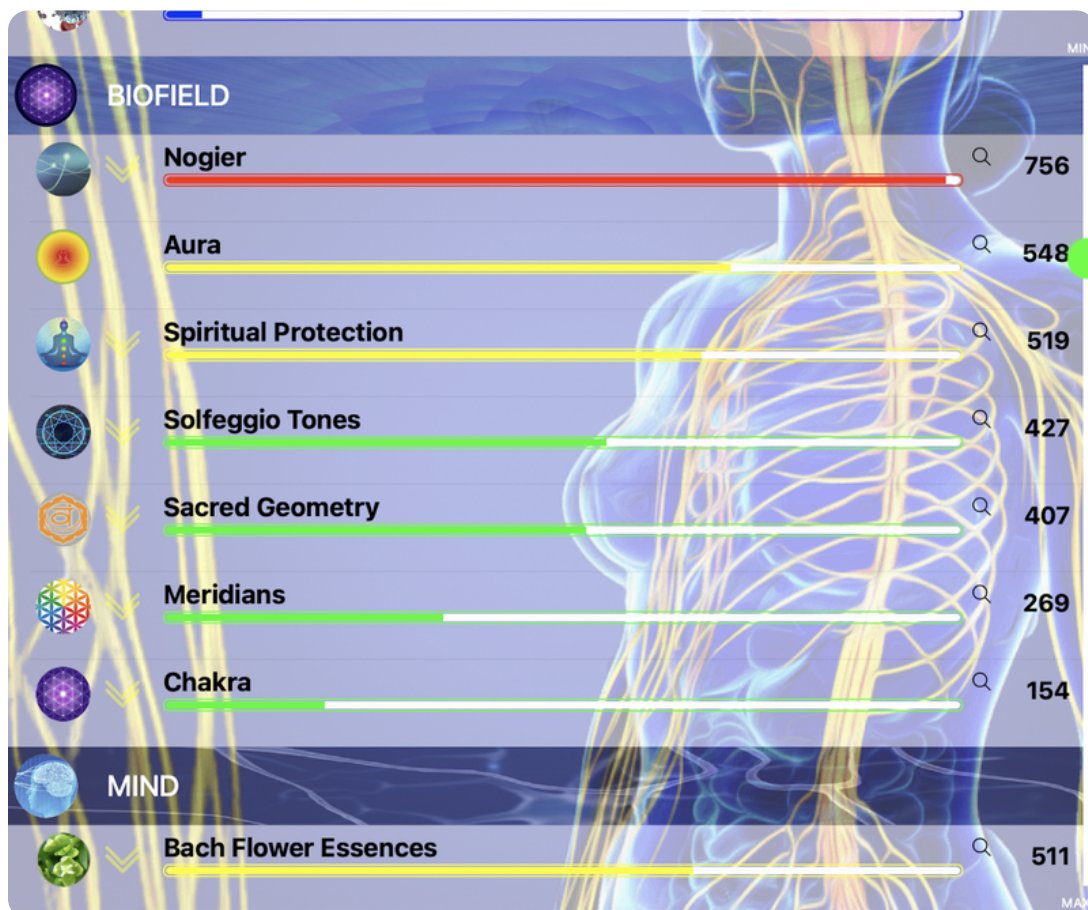


## Step 2

# 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.





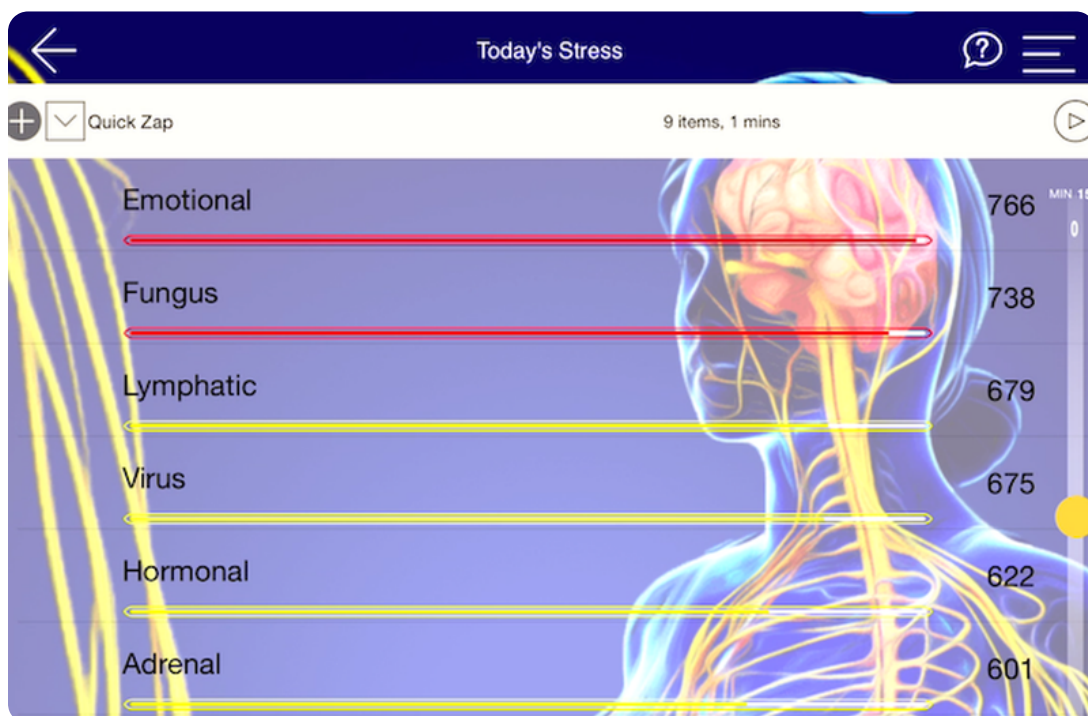
## Step 3

# 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



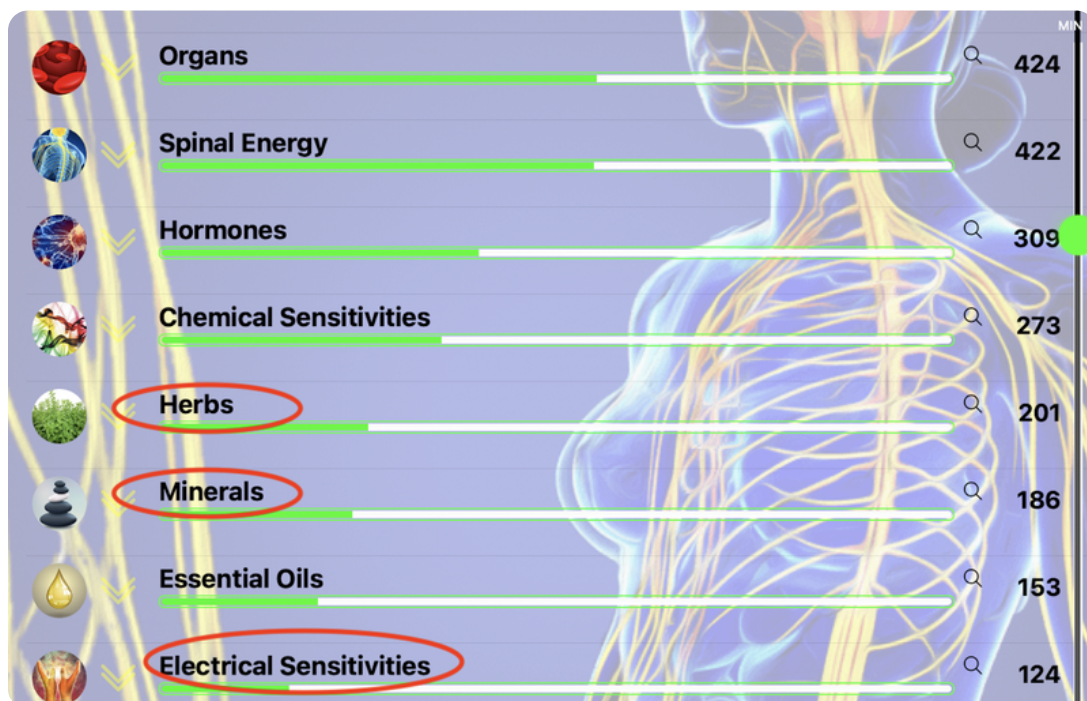




## Step 4

# 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
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 bring 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)





## Step 5

# Run your frequencies

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

