

# How to beat the bloat with this Genius Digestive Tune-Up



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





Step 1

## Record your voice and picture

The Genius has a sophisticated voice engine. This voice engine listens helps to "measure" your current frequency or state of being. This assessment of your voice is compared to other frequencies within the Genius. From this comparison, a number score is calculated. The score is between 0-777. High and low scores indicate frequencies that would be beneficial to run today. The goal or running frequencies, which means placing them in the one of the trays, is to achieve more harmony, peace and balance. Horm

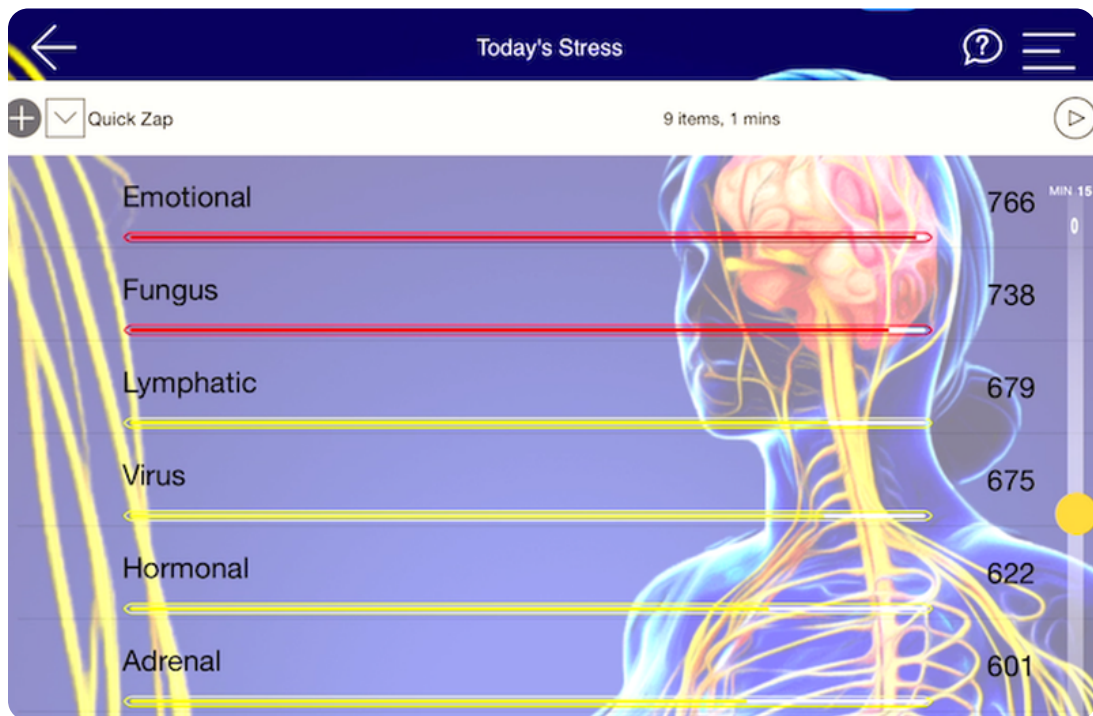


## Step 2

# Today's Stress

A good way to begin any session is to start with Today's Stress. This allows you to work with some of the most pressing issues in your day! Include the reds and blues from this panel by adding them to the Main Hold tray.

Red items are associated with issues that may be more superficial or short-term. Blue items may be associated with stagnation or with the compression of the energy. Either way, blues and reds are indicative of frequencies that would be most beneficial for you to place in the trays today. All panels and frequencies in the Genius represent energies. They do not represent conditions, diseases or pathology and should not be interpreted as such.





## Step 3

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# Add these items to your tray (System Overview)

**Digestion** - Add the reds and blues from this panel, which is focused exclusively on the digestive system

**Spinal Energy** - Include the reds and blues. There are several spinal segments that have nerves that connect to digestive organs.

**Nogiers** - Add Nogier B. Nogier B is focused on the digestive system. The frequency is 584 Hz. It is known for improving digestive assimilation of food. This could result in decreased bloating as well as deriving more benefit from the food that you eat!

**Herbs** - Chamomile, Aloe and Burdock can be beneficial to the digestive system. Add these to your Main Hold Tray.

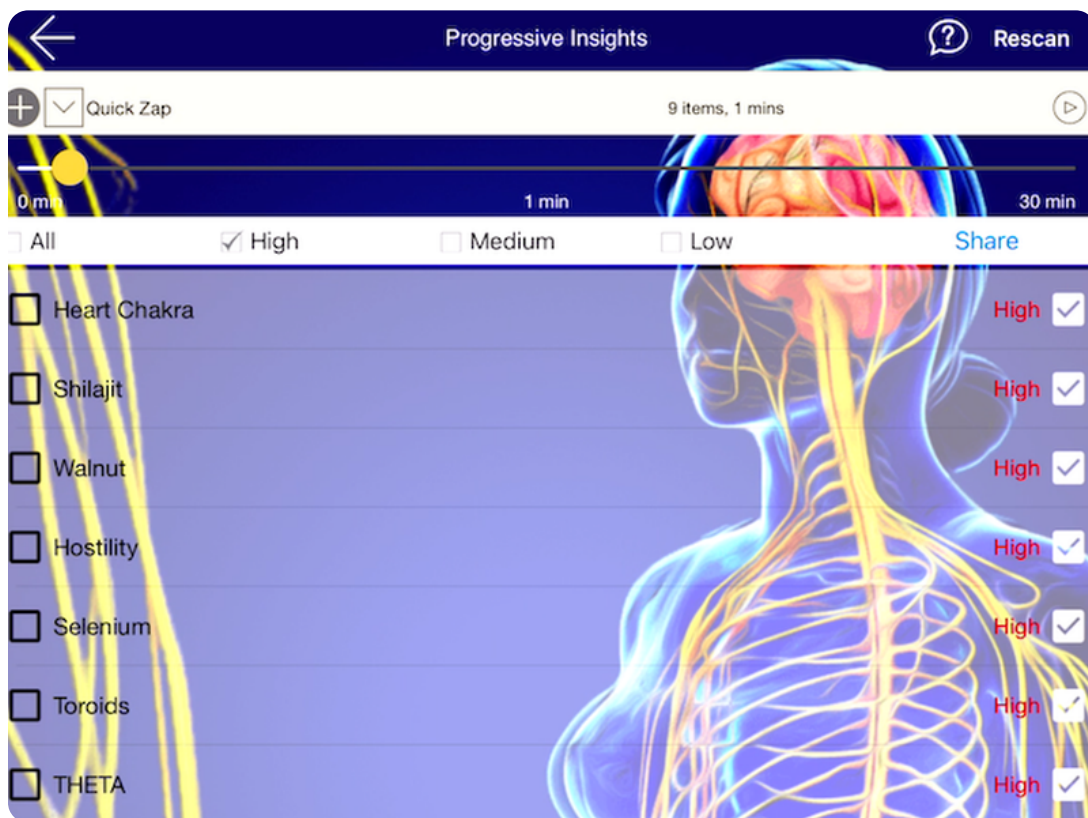
**Essential Oils** - Cardamom, Clove and Fennel are great essential oils that can improve the digestive system.

After all items are added to the Main Hold Tray, go to Progressive Insights using the Play button at the bottom right. Balance the frequencies for 15 min.

## Step 4

# Try the Rescan Function

The rescan function in the Progressive Insights screen, can help you to go to deeper levels of discovery. After balancing for 3 minutes, you can observe the rectification percentage. When it is over 40%, tap the rescan function. The rescan will consider the frequencies you have already balanced and look for new frequencies that are now priorities to the energy field. This allows you to see new priorities as well as some frequencies that continue to rise to the top again and again.





## Step 5

# Bach Flower Essences

The Bach Flower Essences should be considered for every session. These Flower Essences in the Genius are frequencies that can help to harmonize the emotions. If you feel anxiety, worry, sadness or other emotions you can use these frequencies.

Add the reds and blues from this panel to the Main Hold Tray as a stand alone balancing. This can help you to start the day on a happy and calm footing! You can also add the red and blue items to any balancing that you do.

Bach Flower Essences

Quick Zap 9 items, 1 mins

Essence	Frequency	Status
Mustard	774	Added (Red)
Hornbeam	753	Added (Red)
Water Violet	732	Added (Red)
Walnut	725	Added (Red)
Aspen	720	Added (Red)
Heather	692	Added (Red)
Rock Rose	685	Not Added (Blue)
Elm	679	Not Added (Blue)
Clematis	678	Not Added (Blue)