

# How to run frequencies for Inflammation with your Genius



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## 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 the issues that stem from inflammation.



## Step 1

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# Inflammation Frequencies Process

Begin your session with these simple steps:

1. Record your voice. Speak clearly and say your name followed by the vowels - AEIOU. Tap the Next Button. Then, tap continue.
2. Tap on the silhouette (green figure) in order to see the option for Take A Picture. Take your picture. Tap Begin Analysis.
3. At Energetic Entrainment, choose the "Yes" button and enter one word you would like to focus on today (like joy, love abundance).

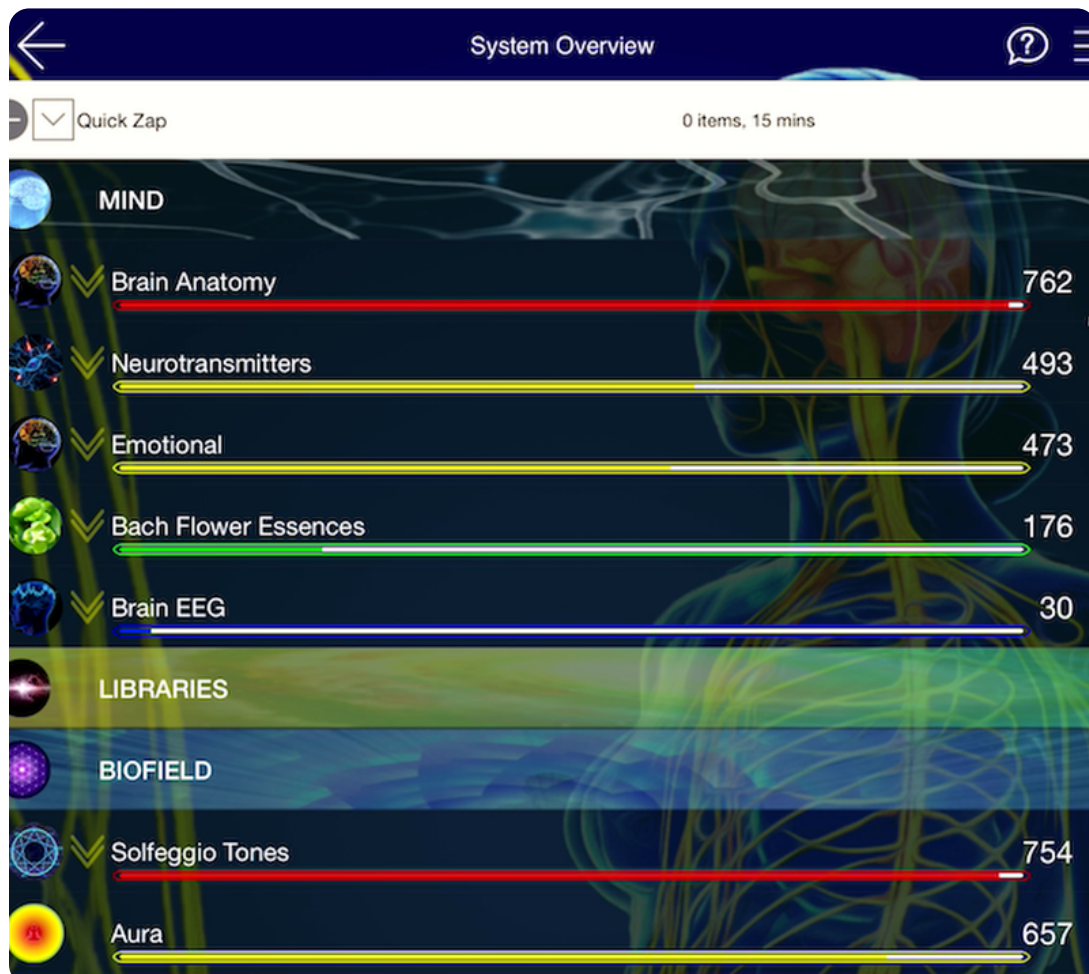


## Step 2

# Frequencies to add to your tray

To do the inflammation harmonization process, we are going to add in frequencies associated with pain or inflammation. 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 more than 10 frequencies that you want to balance.



## Step 3

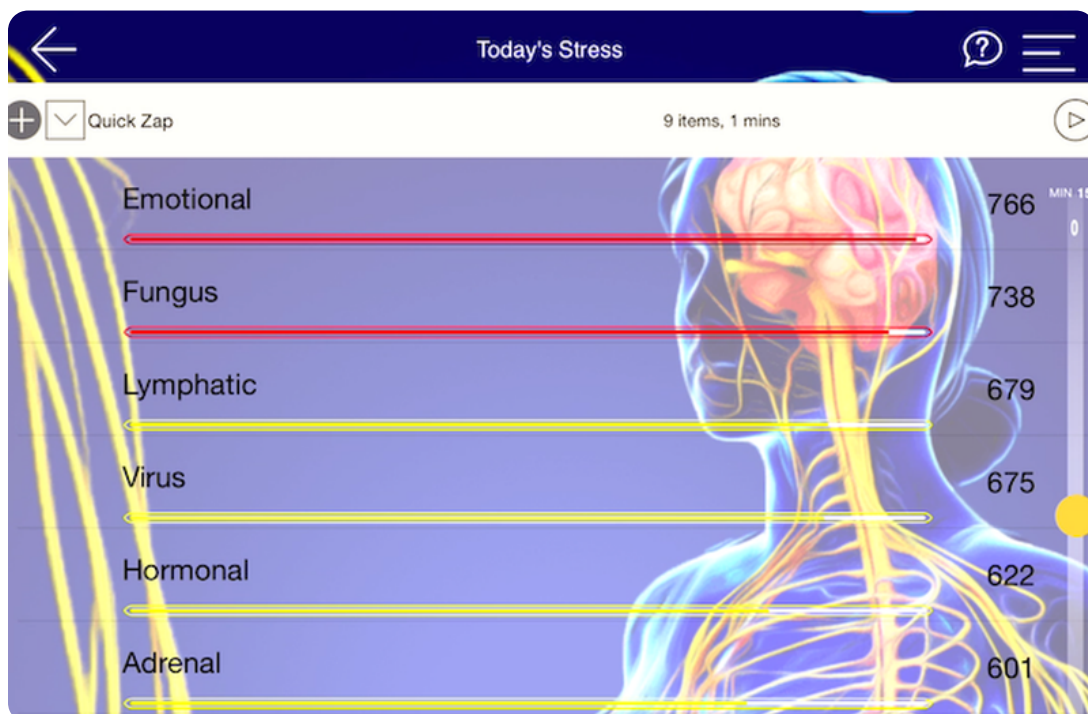
# In Today's Stress, add the reds and blues to the Main Hold Tray

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 daily balancing.

Add the items that have red or blue colors to the Main Hold Tray by dragging and dropping them into the tray.

Red items are associated with issues that might be more recent, sometimes considered to be "acute" or "superficial".

Blue items could be considered areas where there is stagnation or deficiency or may be associated with more chronic issues.





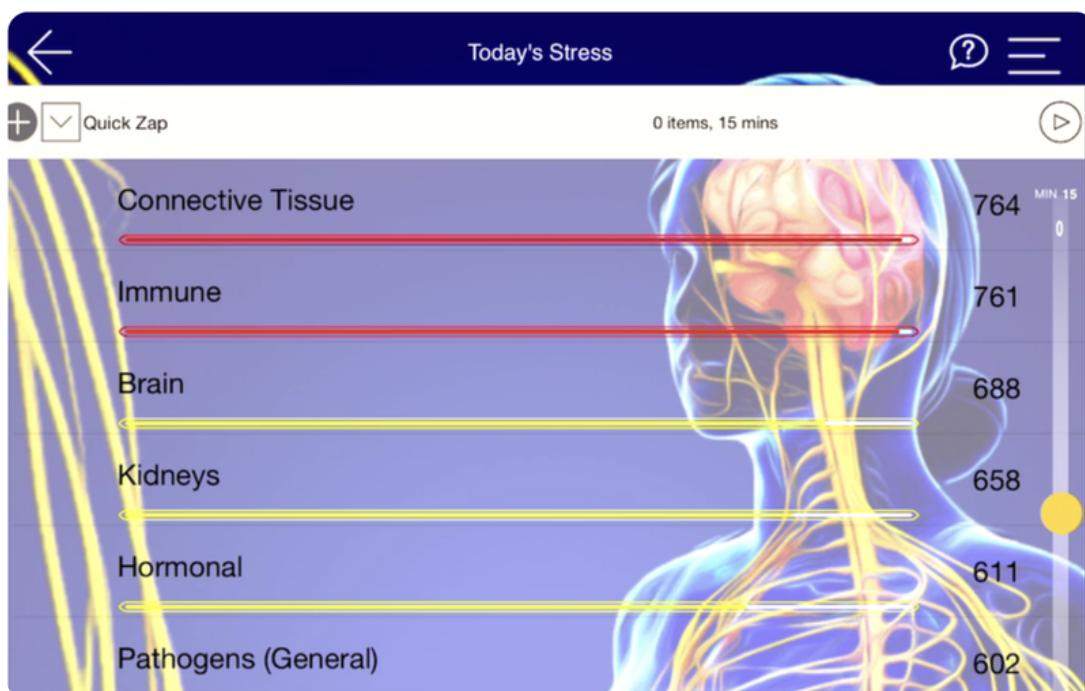


## Step 4

# Add these items to your Main Hold Tray (System Overview)

1. Today's Stress - Inflammation, Blood Sugar, Kidneys, Liver, Adrenal frequencies
2. Body Systems - Muscular, Immune, Digestive
3. Herbs - Shilajit, Cinnamon, Siberian Ginseng, Gynostemma, Ashwagandha, Cordyceps
4. Nogiers - Nogier E (reduce inflammation, Harmonize spinal energy), Nogier G (for overall body wellness)

Go from the Main Hold Tray to Progressive Insights. Tap Begin Analysis. Tap "All" at the Top Left and balance for 15 minutes in the morning and 15 minutes before bed. Simply listening to the frequencies through headphones is all you need to do to receive the frequencies.



## Step 5

# Rectification Percentages

There are words at the bottom of the Progressive Insights screen including Harmony, Alignment and Energy Flow. Each one of these gives a score in a percentage form. Rectification lets you know how much the frequency has evoked some kind of change. The higher the %, the more the change.

The frequencies of the Genius Biofeedback system is a form of subtle energy. In this world of frequency, a small change can make a big impact. Therefore, a change of just 40% or more can mean completion for that session. After reaching 40%, it is perfectly fine to move onto another type of balancing session where you work on other goals.

