

Blood sugar, thyroid, emotional blockages, nutritional deficiencies and more often contribute to weight gain or weight issues. Use the Genius to look at the issue from many angles.

Library Name	Library Product Name	Description	Link
Detox Program Available	21 Day Detox Program	21 Days of guidance for a complete body detox. Includes recipe list and daily emails as well as a library for your detox!	21 Day Detox Program
Bloat Buster Frequencies	Bloat Buster Series	Wellness digestive frequencies	Bloat Buster Frequencies
Fat Meltaway 1 Leptin Reset	Fat Meltaway	Frequencies that support leptin balance for optimal weight	Fat Meltaway Frequency Program
Fat Meltaway 2 Ghrelin Balance	Fat Meltaway	Frequencies that support ghrelin balance for appetite regulation and optimal weight	Fat Meltaway Frequency Program
Fat Meltaway 3 Hormones + Hormone Disruptors	Fat Meltaway	Frequencies for hormones that are related to a healthy metabolism	Fat Meltaway Frequency Program
Fat Meltaway 4 Emotional Unlock Codes	Fat Meltaway	Frequencies for Emotional issues related to weight gain	Fat Meltaway Frequency Program
Fat Meltaway 5 Digestive Fire + Microbiome	Fat Meltaway	Frequencies that digestive wellness as it is related to a healthy metabolism	Fat Meltaway Frequency Program

Fat Meltaway 6 Affirmations	Fat Meltaway	Affirmations that clear blocks toward achieving ideal weight goals	Fat Meltaway Frequency Program
Learn about the most strategic nutrition to achieve weight loss goals	High Vibe Nutrition Series (1-4)	Course that explains how to have a strong metabolism and overall good health	High Vibe Nutrition Series (1-4)
Hormone Disturbance Assessment	Hormonal Wellness Pack	Discover the root cause for hormonal issues	Hormone Wellness Pack
Hormone Disturbance Solutions	Hormonal Wellness Pack	Find natural solutions for hormonal imbalances	Hormone Wellness Pack
Hormone Conditions	Hormonal Wellness Pack	Conditions related to hormonal imbalances	Hormone Wellness Pack
Hormones Women's Reproductive System	Hormonal Wellness Pack	Women's reproductive system	Hormone Wellness Pack
Sexual Vitality	Hormonal Wellness Pack	Natural remedies to promote sexual vitality in men and women	Hormone Wellness Pack
Ketosis Activation 1 Achieve Ketosis	Ketosis Activation Program	Frequencies that address the biochemical state of ketosis	Ketosis Activation Program
Ketosis Activation 2 Optimize Blood Sugar Remedies	Ketosis Activation Program	Frequencies that are related to blood sugar harmonization	Ketosis Activation Program
Ketosis Activation 3 Maximiza Lean Muscle Mass + Fat Burning	Ketosis Activation Program	Frequencies to optimize metabolic wellness	Ketosis Activation Program

Thyroid Reboot + Metabolic Reset Program	Thyroid Reboot + Metabolic Reset Program	Rife frequencies, remedies, herbs and affirmations to support thyroid wellness	Thyroid Reboot + Metabolic Reset Program
Weight Release 1 Core Elements	Weight Loss Custom Testing Panel	Root cause related to weight gain and slow metabolism	Weight Loss Custom Testing Panels
Weight Release 2 Assessment	Weight Loss Custom Testing Panel	What needs to change to release the weight	Weight Loss Custom Testing Panels
Weight Release 3 Systems	Weight Loss Custom Testing Panel	Body systems related to strong metabolism	Weight Loss Custom Testing Panels
Weight Release 4 Affirmations	Weight Loss Custom Testing Panel	Affirmations to clear blockages to ideal weight goals	Weight Loss Custom Testing Panels
Weight Release 5 Emotions	Weight Loss Custom Testing Panel	Clear emotional blocks that may be related to weight gain	Weight Loss Custom Testing Panels
Weight Release 6 Solutions	Weight Loss Custom Testing Panel	Natural health solutions to optimized metabolism	Weight Loss Custom Testing Panels
Weight Release 7 Brown Fat	Weight Loss Custom Testing Panel	Frequencies related to optimizing release of brown fat	Weight Loss Custom Testing Panels
Weight Release 8 Vitamins	Weight Loss Custom Testing Panel	Crucial vitamins related to weight release	Weight Loss Custom Testing Panels
Weight Release 9 Minerals	Weight Loss Custom Testing Panel	Minerals that are crucial to a healthy metabolism	Weight Loss Custom Testing Panels
Weight Release 10 Amino Acids	Weight Loss Custom Testing Panel	Amino acids that assist a healthy metabolism	Weight Loss Custom Testing Panels
Weight Release 11 Essential Oils	Weight Loss Custom Testing Panel	Essential oils that are connected to a healthy metabolic rate	Weight Loss Custom Testing Panels

Weight Release 12 Food Plan	Weight Loss Custom Testing Panel	Food plans that may be best for you in order to release excess weight	Weight Loss Custom Testing Panels
Weight Release 13 Practices	Weight Loss Custom Testing Panel	Lifestyle practices that help to achieve ideal weight	Weight Loss Custom Testing Panels
Weight Release 14 Superfoods	Weight Loss Custom Testing Panel	Superfoods that assist a healthy metabolic rate	Weight Loss Custom Testing Panels
Weight Release 15 Fatty Acid Metabolism	Weight Loss Custom Testing Panel	Essential fatty acids that assist achieving a healthy metabolism	Weight Loss Custom Testing Panels