

29 BASIC WELLNESS PROGRAMS DEFINED

1. Back Pain – Relieves pain and inflammation in Spinal Cord, Dura, Discs, Facet Joints and Spinal Nerves.
2. Bone Injury - Support for acute fracture and bone injury.
3. Common Cold - Support for Cold, Sinus, Throat, Lungs, Immune System and Allergy.
4. Elbow Support - Tendon and Soft Tissue support for Tennis Elbow and other elbow injuries.
5. Emotional Support – Reduce anxiety, grief and stress; rebalance emotions and support general relaxation.
6. Fatigue - Pituitary and Adrenal support to reduce fatigue.
7. Feel Better - Various frequencies to balance emotions and promote general wellness.
8. Feminine Wellness – Support for PMS distress, stress and breast health.
9. Gastrointestinal Support - Calm and soothe the whole GI tract from esophagus to colon.
10. Headache – Relieves headaches whether caused by tension, migraine or sinus. Even relieves brain fog.
11. Heart Support – Balance Blood Pressure and Heart Rate.
12. Hip Support – Support for Muscles, Ligaments, Tendons, Bursae, Cartilage and Hip Joints.
13. Insect Bites – Relieve the itching and irritation.
14. Itching - Relieves itching from any allergic skin reaction.
15. Knee Support – Reduce pain and inflammation in Nerves, Joint Capsule, Periosteum, Tendons, Bursae, Ligaments, Cartilage, Fascia and Bone.

16. Low Back – Reduce pain and inflammation in Spinal Cord, Dura, Discs, Facet Joints and Nerves.
17. Lung Support – Relieve coughing and wheezing form a variety of lung dysfunctions.
18. Neck Support – Relieve stiff neck, increase mobility and support Spinal Cord, Nerves, Dura, Discs and Facet Joints.
19. New Injury – Reduces pain in all tissue in the first few weeks after a new injury:
Cartilage, Joints, Ligaments, Tendons, Bursae, Muscles, Fascia, and Connective Tissue.
20. Pancreas Support – Support for pancreas dysfunction.
21. Relaxation and Stress Management – Calm the Sympathetic Nervous System, reduce stress and balance emotions.
22. Respiratory Support – Support the respiratory system and other organs from attack by virus and other foreign agents.
23. Shoulder Support – Reduce pain and inflammation in Cartilage, Tendons, Joints, Ligaments, Bursae, Muscles and Nerves. Increase mobility of the shoulder.
24. Sleep 1 – Helps you sleep by quieting the sympathetic nervous system.
25. Sleep 2 - Helps you sleep by gently moving you through the different levels of sleep.
26. Sleep 3 - Helps you sleep by balancing brain parts and adrenal glands.
27. Weight Management – Emotional Rebalance, Stress Reduction and Pancreas support.
28. Workout Recovery – Relieve muscle soreness and fatigue after a workout.
29. Wrist Support – Reduce pain and inflammation in Joint, Ligaments, Tendons, Bursae and Nerves.