



Name: _____, _____

Date: __/__/__

Biofeedback Mood Elevation Program includes 53 items. The ones typed in **blue** are the frequencies that resonated with you, and were ran for 30 minutes of harmonization.

You will also receive a 10 minute audio file snippet of your tunes. Feel free to listen to them up to 30 minutes per day. Make sure you drink a glass of water before and after listening to these frequencies. These tunes are only effective for 7 days. After that, they will no longer resonate and be beneficial for your body, since you have changed and you require a new set of tunes that resonates with the new you!

Biofeedback Mood Elevation Program with 53 Frequency Items

Acetylcholine

All of my cells fill with light and love

Amygdala harmonizing

Break negative patterns 15 Hz 417 Hz

396 Hz

Calming 6000 Hz

Calming frequencies 2.5 Hz 7.83 Hz 10

Hz 80 Hz

Clear Depression 1.1 Hz 3.5 Hz 7.83 Hz

35 Hz 73 Hz

Clear Sorrow 147.85

Create relaxation 6000 Hz 10 Hz 7.83

Hz

Dopamine

Easily release charged emotions

Easily release rage

Embracing the sheer joy of each

moment

Emotional pain eases and dissolves easily

Emotions balance 15 Hz 644 Hz 764 Hz

Endocannabinoids healthy and optimized

Endorphins

Enkephalins

Epinephrine

Experience Joy 360 Hz

Experience joy 1126 Hz

GABA

Glutamine



Glycine
Glymphatic system clearance
optimized for healthy
Hippocampal healing
Histamine
I allow joy into my life
I allow myself to feel joy
I am easily able to forgive
I am easily able to forgive people from
my past
I am grounded in the present moment
L-Theanine
Laughter
Life is filled with joy and I am one with
the experience now
Lithium orotate
Mood Elevator 10 Hz
Mood elevation 40 Hz
My mood lifts and darkness leaves now
Neuropeptide Y
Neuroreceptors healed and healthy
Nitric oxide
Norepinephrine
Oxygenation to brain
Oxytocin
Peace and relaxation 8 Hz 4.9 Hz 10.6
Hz
Release and heal from fear 1.1 Hz 5.79
Hz 73 Hz
Serotonin
Serotonin active
Serotonin binds to receptors
Stress Increase Tolerance 7.83 Hz

Substance P
Tyrosine

Got Questions?

Feel free to contact us at:
hi@gutcanbehappy.com
1-480-878-3663

