



Name: _____, _____

Date: __/__/__

Biofeedback Peaceful Sleep Promotion Program includes 54 items. These frequencies assist and restore a good night's sleep. 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 Peaceful Sleep Promotion Program with 54 Frequency Items

- | | |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <input type="checkbox"/> _5 HTP Tryptophan | <input type="checkbox"/> _Emotions and Sleep 2 |
| <input type="checkbox"/> _Adrenal Gland 285 Hz 537 Hz 1335 Hz | <input type="checkbox"/> _Emotions and Sleep 3 |
| <input type="checkbox"/> _American Skullcap | <input type="checkbox"/> _GABA |
| <input type="checkbox"/> _Avena Sativa | <input type="checkbox"/> _Harmonize adrenal hormones |
| <input type="checkbox"/> _Balance serotonin levels | <input type="checkbox"/> _Harmony and Love 221.23 Hz |
| <input type="checkbox"/> _California Poppy | <input type="checkbox"/> _Holy Basil |
| <input type="checkbox"/> _Cell regeneration 111 Hz | <input type="checkbox"/> _Hops |
| <input type="checkbox"/> _Chamomile | <input type="checkbox"/> _Human Growth Hormone 645 Hz |
| <input type="checkbox"/> _Chaste Tree Berry | <input type="checkbox"/> _Insomnia Healing Frequencies 3.59
Hz 3.7 Hz 83 Hz |
| <input type="checkbox"/> _Circadian Rhythm Resynchronization | <input type="checkbox"/> _L-Theanine |
| <input type="checkbox"/> _Clear effects of blue light | <input type="checkbox"/> _L-Tryptophan |
| <input type="checkbox"/> _Clear effects of EMF in sleep area | <input type="checkbox"/> _Lavender |
| <input type="checkbox"/> _Clear geopathic stress in bedroom | <input type="checkbox"/> _Lemon Balm |
| <input type="checkbox"/> _Delta Wave | <input type="checkbox"/> _Magnesium
Chloride |
| <input type="checkbox"/> _Detox EMF 99.5 Hz | <input type="checkbox"/> _Magnesium
Glycinate |
| <input type="checkbox"/> _Electron Transport Chain 160 Hz 350
Hz 930 Hz | |
| <input type="checkbox"/> _Emotions and Sleep 1 11 Hz | |

Got Questions?
Feel free to contact us at:

hi@gutcanbehappy.com
1-480-878-3663



- Magnesium Taurate
- Magnolia Bark
- Melatonin
- Melatonin 10 mg
- Melatonin 20 mg
- Normalize estrogen 1351 Hz
- Passionflower
- Phosphorylated serine
- Pineal Gland Normalize
- Pituitary Gland 1.05 Hz 13 Hz 285 Hz
- REM Sleep
- Sense of Well-Being 10 Hz 90 Hz 528 Hz
- Shatavari
- Sleep Apnea Harmonizing 70 Hz 370 Hz 528 Hz
- Sleep Induce Deep 4.9 Hz
- Sleep Restorative
- Sleep Sound 3.4 Hz
- Stage 1 Sleep
- Stage 2 Sleep
- Stage 3 Sleep
- Thyroid Harmonize 12 Hz 160 Hz 763 Hz
- Valerian

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