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|  | Ampcoil menu |
|  | DEMO-HARMONIZER |
|  | ***Horizontal and Vertical Vibrational Alignment, Earth Grounding, Spinal, Nutrition, Chakras, Nervous System, Emotions, Brain***  When you want to feel centered, grounded and clear.  Designed to be shared with others of all ages and varying states of health. |
|  | RELAX ALL |
|  | ***Emotions and Nervous System***  When you feel stress or anxiety. Most users report feeling calm and relaxed. A small group feel sluggish for a few hours which is commonly a reset of the nervous system. Feeling such deep relaxation may not feel familiar, but it is your natural state and the required state for healing, repair, and multiple autonomic functions. If alertness is required, follow with Brain Reboot. If persistent stress and anxiety, adjust lifestyle. |
|  | BRAIN REBOOT |
|  | ***Central Nervous System, Autonomic Nervous System, Peripheral Nervous System, Frontal, Temporal, Parietal, Occipital, Cerebellum, Medulla, Amygdala, Hippocampus, Basal Ganglia Hypothalamus, Pituitary, Pineal, Spinal***  When you feel low brain power. Earlier in the day is preferred as it may result in increased alertness. If persistent, play highest Vitality journeys along with Yeast Candida. |
|  | BALANCE THE MIND |
|  | ***Mental Clarity, Motivation, and Positive Outlook***  When you feel brain fog especially on rest days from cleansing. Earlier in the day is preferred as it may cause increased alertness. It is not recommended to play if you have a history of rapid thoughts and high anxiety. Instead, play Relax All and Brain Reboot. |
|  | pAIN RELEASE |
|  | ***Muscles, nerves, Bones, Joints, Ligaments, Circulation, General Pain, Infection***  For generalized or localized pain. You may experience mild detox if pain is related to infection. |