



INFO BOOKLET · QUANTUM STRENGTHENING

Internal Organ Fitness

Your Organs, Fitness and Connection



THE STRENGTHENING

Internal Organ Fitness

Your Organs, Fitness and Connection

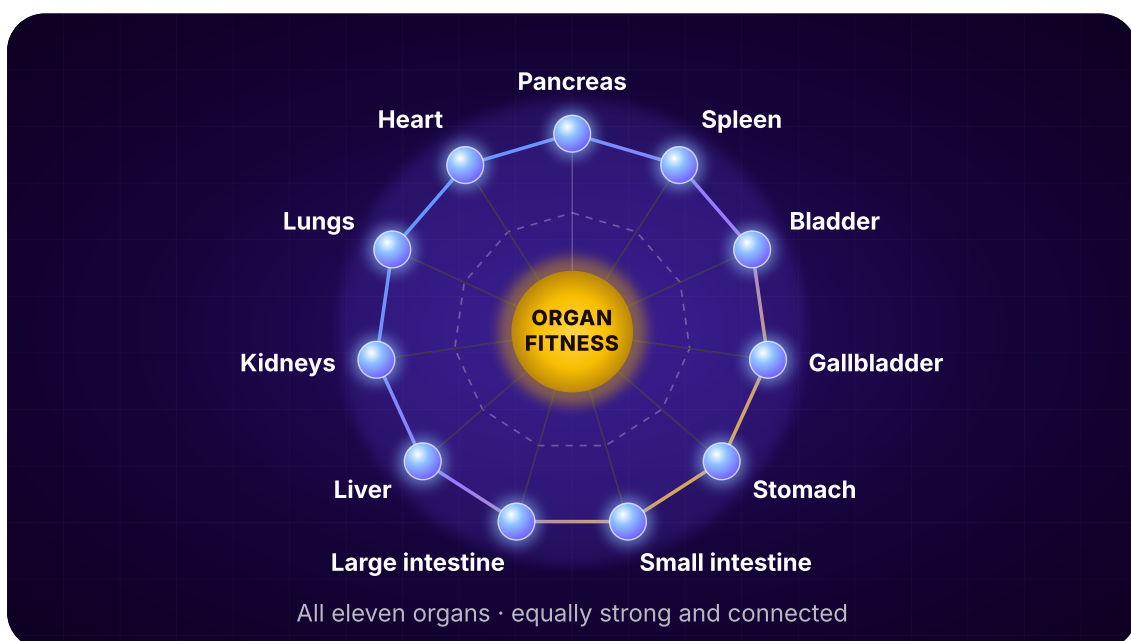


Nothing in Chinese medicine is as important as all organs working together perfectly. This Quantum Strengthening **can harmonize your organs** and additionally gives them **fitness attributes**. Quantum Healing you can listen to, anytime and anywhere.

At a glance

- ✓ **All eleven organs** strengthened one by one and connected with each other
- ✓ **Harmony:** all organs working together
- ✓ **Fitness for every organ:** strength, speed, mobility, flexibility, coordination and endurance
- ✓ **One of our most important Strengthenings**, one we recommend to everyone as a starting point
- ✓ **About 31 minutes** of listening, with and without music
- ✓ **Instant download:** 2 MP3 files and a PDF guide

How this Strengthening is structured



When organs don't work together

According to the principles of Chinese medicine, **all organs are energetically connected**:

- ✓ A **weak intestine** can burden the **lungs**
- ✓ If one organ is **energetically weak**, the others have to work harder to support it
- ✓ According to Chinese medicine, a symptom **often shows up elsewhere**: a stomach issue, for example, can be connected with an energetically weak bladder

The **energetic disharmony of organs** can lead to a range of discomforts and problems. **The goal for you:** This Strengthening works on all organs at the same time and brings them into harmony with each other.

Fitness for all eleven organs

Pancreas

Spleen

Bladder

Gallbladder

Stomach

Small intestine

Large intestine

Liver

Kidneys

Lungs

Heart

Every organ receives **six fitness qualities**:

Strength

Speed

Mobility

Flexibility

Coordination

Endurance

What you experience while listening

The recording guides you **step by step through your organs**:

- ✓ **Every organ on its own**, connected with your central nervous system
- ✓ **All organs with each other**, connected and equally strong
- ✓ **Fitness Hexagon** for every organ
- ✓ **Organs, body, body cavities and cells** in harmony
- ✓ **Letting go**: letting go of the old and used up, giving space
- ✓ **Your organs carry every area of your life**: health, fitness, relationships, finances and purpose
- ✓ **Finally**, you connect organs, fitness and body intelligence

Customers like to use this Strengthening for

internal physical problems

heart

lungs

stomach

large intestine

small intestine

spleen

pancreas

bladder

kidneys

liver

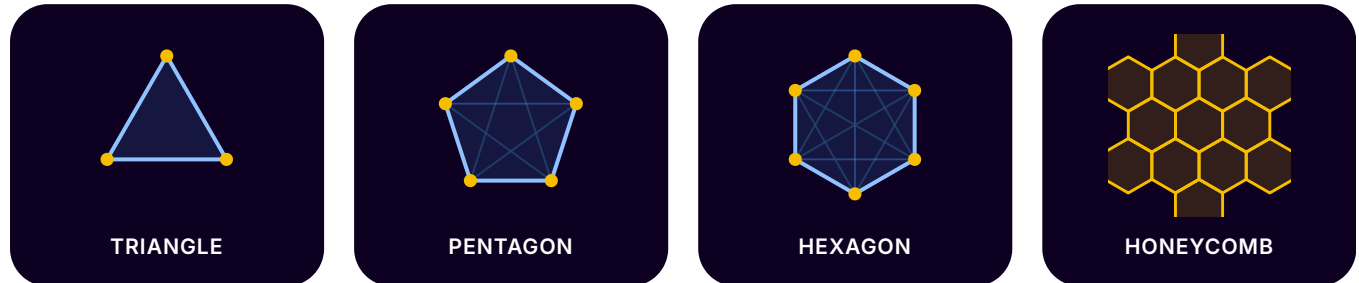
gallbladder

Created by artificial intelligence: This Strengthening was created by our Quantum AI, an artificial intelligence that knows all the knowledge of the method.

This Strengthening is meant as support and does not replace treatment, medical diagnosis or therapy. If you have complaints or questions about your organs, please talk to a doctor. Do not stop prescribed treatments or medication on your own. Do not listen while driving or operating machinery.

The geometry behind this Strengthening

This Strengthening is built on a geometric shape. Geometries are clear patterns of points and lines: the triangle, the pentagon, the hexagon and other polygons. Each point stands for one aspect of the topic, and the lines connect all points with each other.



According to the method, this gives a Strengthening **stability**: nothing stands alone, all parts are equally strong and support each other. It is similar to a honeycomb, which is made of hexagons and is very stable with very little material.

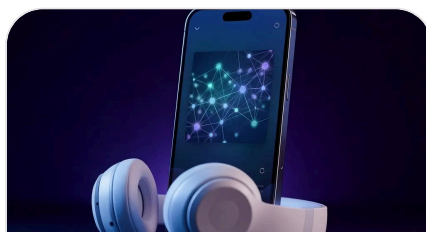
Nature uses geometry everywhere, too: snow crystals grow with six arms, starfish and many flowers follow the number five, and the triangle is the simplest shape that stays stable on its own. The diagram in the description shows the geometry of this Strengthening.

11
POINTS

All eleven organs
equally strong and connected

Recommended with it

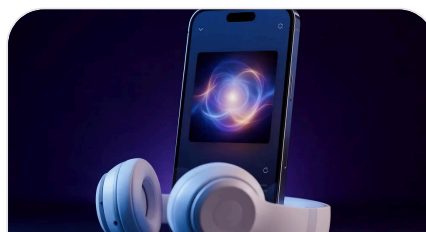
These Strengthenings complement the topic well. You can use them individually or one after another.



Internal Systems Fitness

Inner Fitness for Your Body
Systems

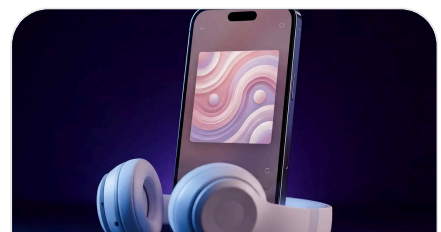
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Total Fitness Body

Balance, Strength and Ease

[View >](#)



Women's Health

Cycle, Period, Hormones,
Menopause

[View >](#)



QUANTUM HEALTH

Your way to Quantum Strengthening

Download this Strengthening instantly or choose a personal option.

This Strengthening in the shop

Instant download: 2 MP3 files (with and without music) and a companion booklet with a guide.

[View Strengthening >](#)

More ways

1

Individual Strengthening from our Quantum AI

Our Quantum AI creates an individual Strengthening for you, on your topic and in your language.

[Learn more >](#)

2

Recorded personally

An experienced practitioner of the method records the Strengthening personally for you.

[Learn more >](#)

3

Live session

Book a live session on our website.

[Learn more >](#)



Do not miss anything new

Sign up for our newsletter and be the first to hear about new Strengthenings and offers. Just scan the QR code.

[Go to newsletter >](#)

This Strengthening is support and not medical treatment. It does not replace a medical diagnosis or therapy. If you have complaints, please contact your doctor. Please do not stop medically prescribed treatments or medication on your own.

Based on the [Yuen Method](#). Created by our Quantum AI, an artificial intelligence that knows all the knowledge of the method. Quantum Health IO is an independent offering.

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