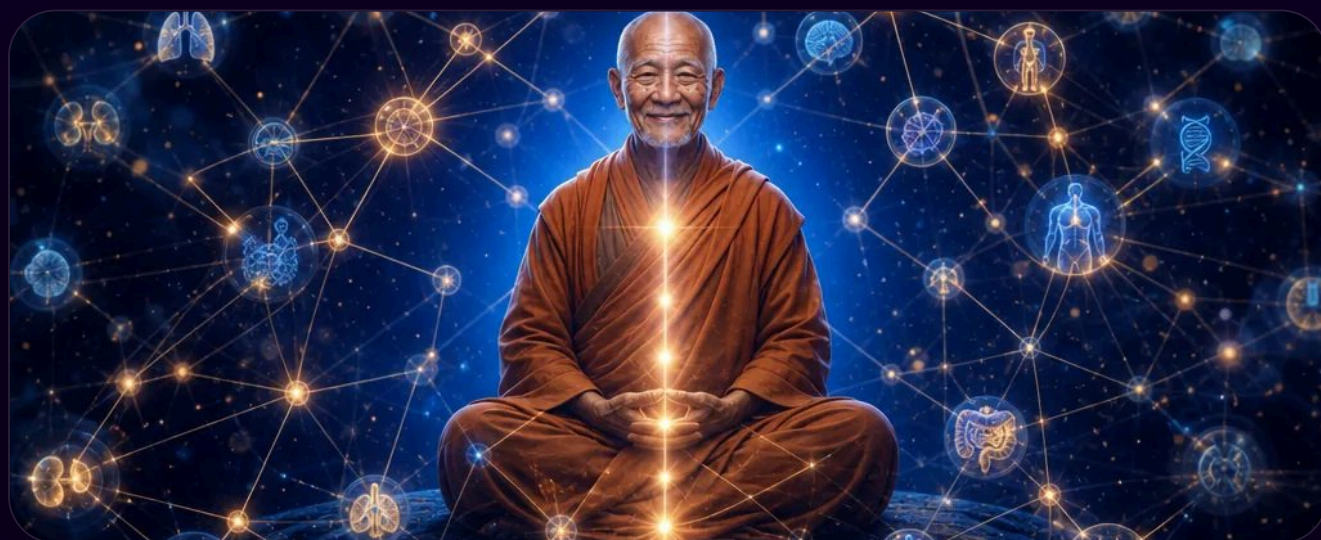




INFO BOOKLET · QUANTUM STRENGTHENING

Internal Systems Fitness

Inner Fitness for Your Body Systems



THE STRENGTHENING

Internal Systems Fitness

Inner Fitness for Your Body Systems

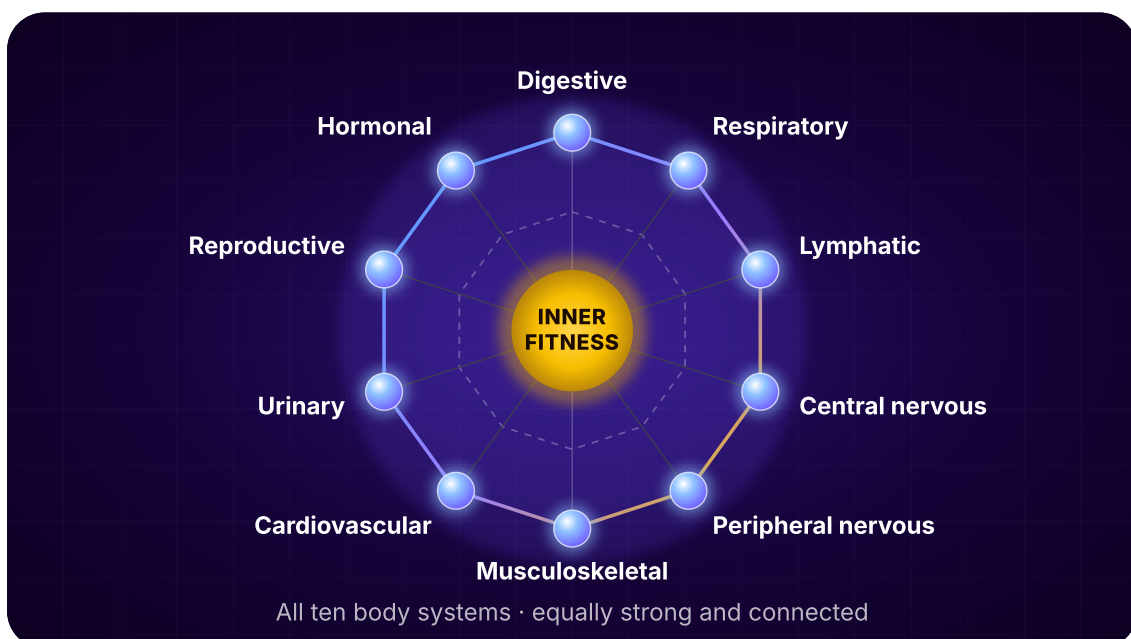


Ten systems, one body. If the **organs** are the building blocks, the **body systems** are the **big picture**: digestion, breathing, nerves, circulation and more. This Quantum Strengthening **connects all ten systems with each other** and gives each one **inner fitness**. Quantum Healing you can listen to, anytime and anywhere.

At a glance

- ✓ **All ten body systems** strengthened one by one
- ✓ **Every system connected with every other**: one harmonious whole
- ✓ **Fitness for every system**: strength, speed, mobility, flexibility, coordination and endurance
- ✓ **The body cavities** are strengthened too
- ✓ **About 30 minutes** of listening, with and without music
- ✓ **Instant download**: 2 MP3 files and a PDF guide

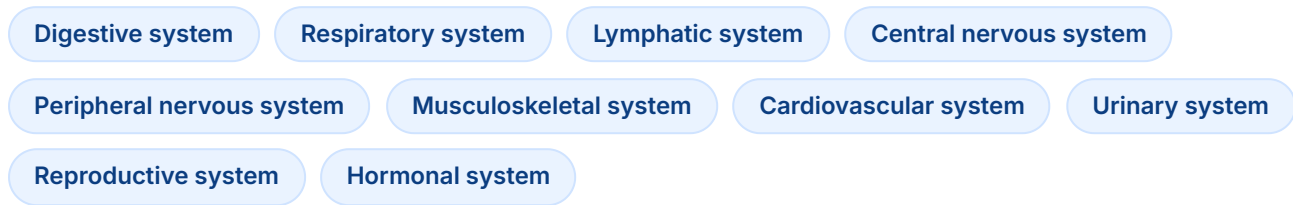
How this Strengthening is structured



Systems work as a team

No body system works alone. **Digestion, breathing, nerves, circulation and hormones** work hand in hand. If one system lets up, the others have to do more. **What that means for you:** This Strengthening does not work on a single system, but on the **interplay of all ten**.

The ten body systems:

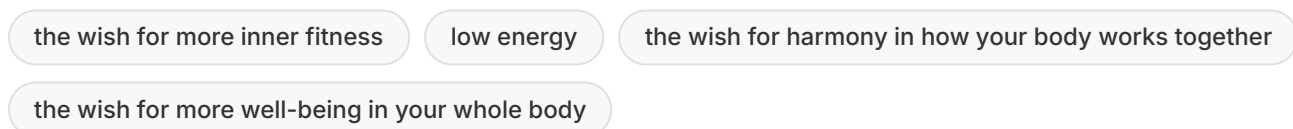


What you experience while listening

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

- ✓ **First the space in which everything lies:** cranial cavity, spinal canal, chest cavity and abdominal cavity
- ✓ **The Fitness Hexagon** for every system
- ✓ **Every system on its own:** digestion, breathing, lymph, nerves, muscles and skeleton, heart and circulation, urinary, reproductive, hormones
- ✓ **Every system connected with every other**
- ✓ **Ten systems, one body:** all in balance
- ✓ **Finally,** you connect every system with the whole body in inner fitness

Customers like to use this Strengthening for

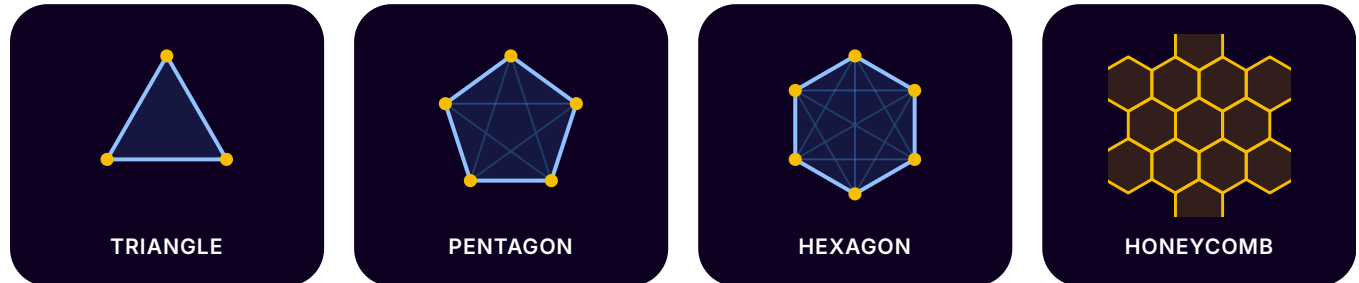


Created by artificial intelligence: This Strengthening was created by our Quantum AI, an artificial intelligence that knows all the knowledge of the method.

This Strengthening is meant as support and does not replace treatment, medical diagnosis or therapy. If you have health concerns, please talk to a doctor. 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.

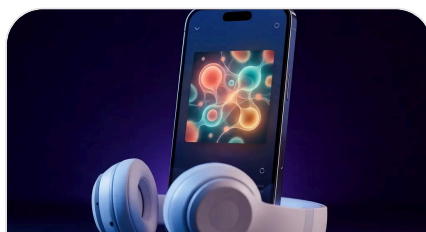
Nature uses geometry everywhere, too: snow crystals grow with six arms, starfish and many flowers follow the number five, and the triangle is the simplest shape that stays stable on its own. The diagram in the description shows the geometry of this Strengthening.

10
POINTS

All ten body systems
equally strong and connected

Recommended with it

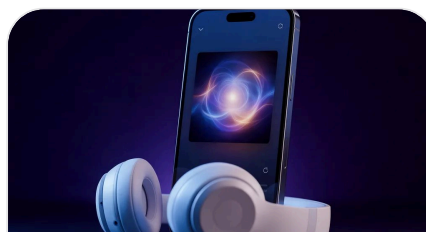
These Strengthenings complement the topic well. You can use them individually or one after another.



Internal Organ Fitness

Your Organs, Fitness and Connection

[View >](#)



Total Fitness Body

Balance, Strength and Ease

[View >](#)



Finances and Prosperity

Money, Abundance and Connection

[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.

HypnosetherapieZentrum · Voerder Str. 137 · 46535 Dinslaken · strengthening@quantum-health.io · quantum-health.io · [Imprint](#)