



INFO BOOKLET · QUANTUM STRENGTHENING

Total Fitness Body

Balance, Strength and Ease



THE STRENGTHENING

Total Fitness Body

Balance, Strength and Ease

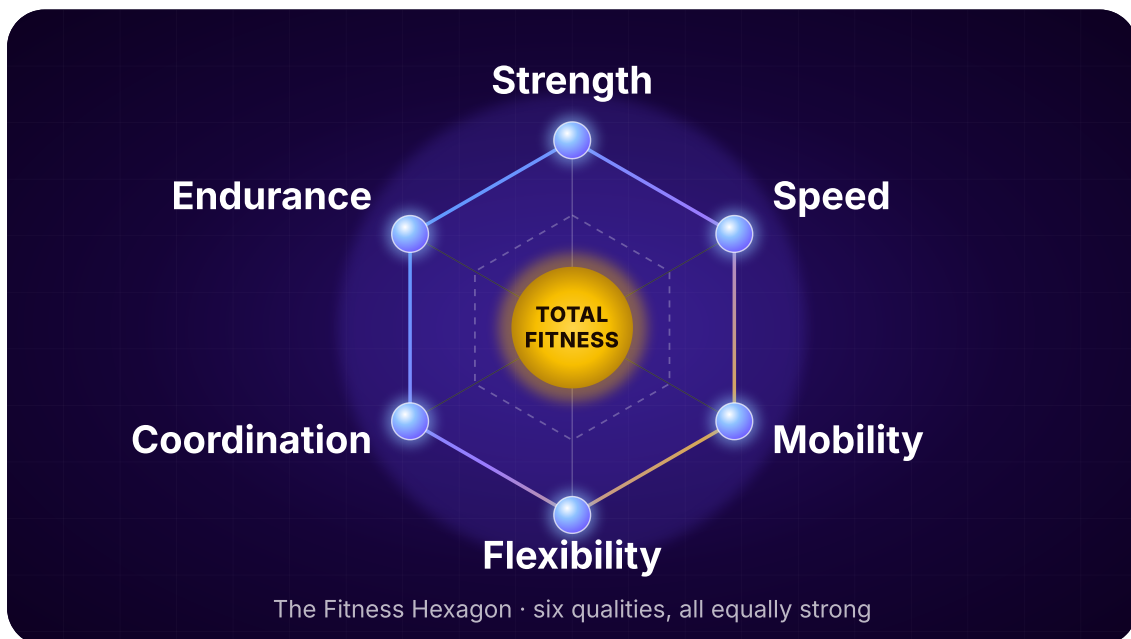


Total fitness, from the smallest quantum particles to the whole structure. This Quantum Strengthening can feel like a **total renewal of all cells and molecules**. Our Quantum AI strengthens every level with the goal of total fitness. Quantum Healing you can listen to, anytime and anywhere.

At a glance

- ✓ **Total fitness:** strength, speed, mobility, flexibility, coordination and endurance
- ✓ **Every level:** from quantum particles to organs and systems
- ✓ **Connected** with your inner body intelligence
- ✓ **About 31 minutes** of listening, with and without music
- ✓ **Instant download:** 2 MP3 files and a PDF guide

How this Strengthening is structured



Why fitness is more than health

Fitness and health are two different topics. What good is a healthy feeling if you run out of strength and energy after a ten-minute walk?

The **Fitness Hexagon** covers six qualities:

Strength

Speed

Mobility

Flexibility

Coordination

Endurance

The goal for you:

- ✓ **More strength** and **more speed**
- ✓ **More mobility** and **more flexibility**
- ✓ all the way **down to the cells**

Every level in harmony

This Strengthening **connects every level with your inner body intelligence** and brings them into harmony with each other. A cell that is not connected to the brain, for example, loses its link to the whole body intelligence. **You strengthen exactly this connection here.**

What you experience while listening

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

- ✓ **From small to large:** quantum particles, atoms, molecules, cells, tissues, organs and systems, all connected with each other
- ✓ **Strengthen the Fitness Hexagon and the Total Fitness Octagon**
- ✓ **Balance and symmetry**
- ✓ **Muscles and organs**
- ✓ **Detox and lightness**
- ✓ A look at **what burdens your body**, and at your body throughout your whole life
- ✓ **Finally**, you connect everything

Customers like to use this Strengthening for

lack of strength

low energy

low fitness

weakness

sluggishness

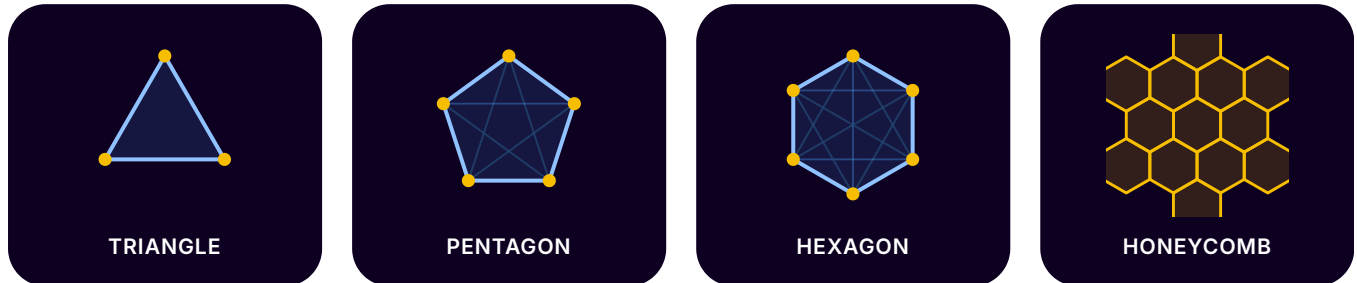
the wish for more physical well-being

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.

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.

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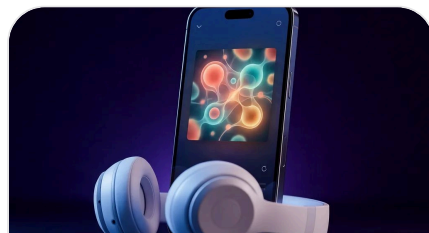
POINTS

The Fitness Hexagon

six qualities, all equally strong

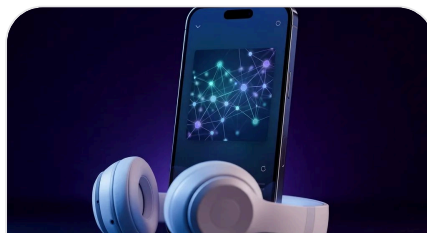
Recommended with it

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



Internal Organ Fitness

Your Organs, Fitness and Connection

[View >](#)

Internal Systems Fitness

Inner Fitness for Your Body Systems

[View >](#)

Self-Confidence and Self-Worth

Self-Worth, Trust in Yourself, Courage, Showing Up

[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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