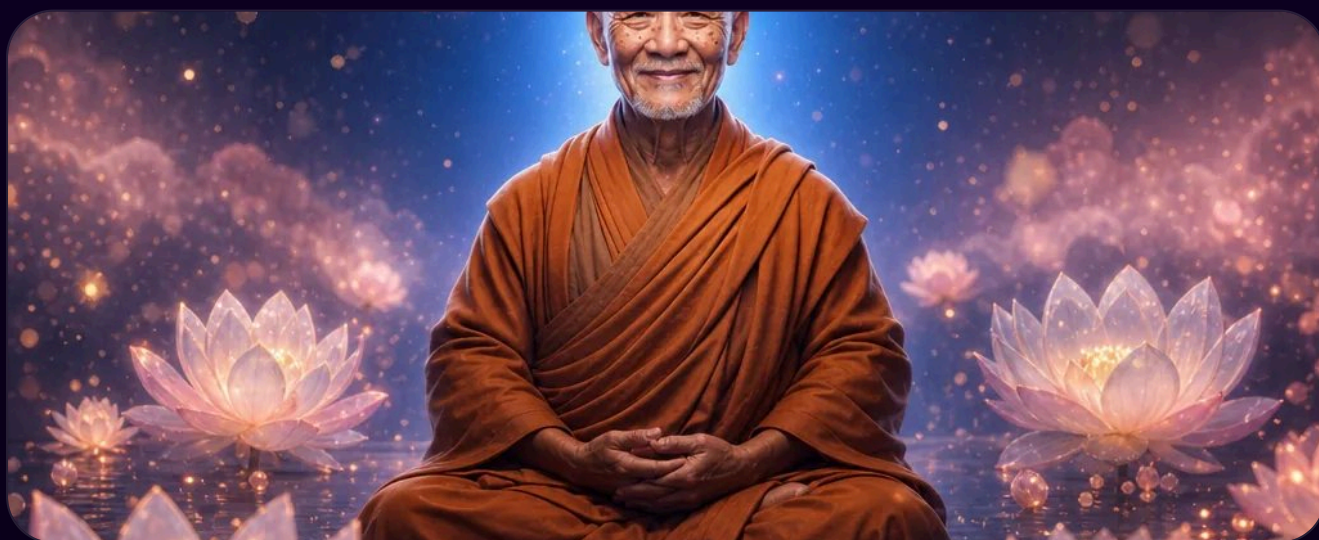




INFO BOOKLET · QUANTUM STRENGTHENING

Women's Health

Cycle, Period, Hormones, Menopause



THE STRENGTHENING

Women's Health

Cycle, Period, Hormones, Menopause

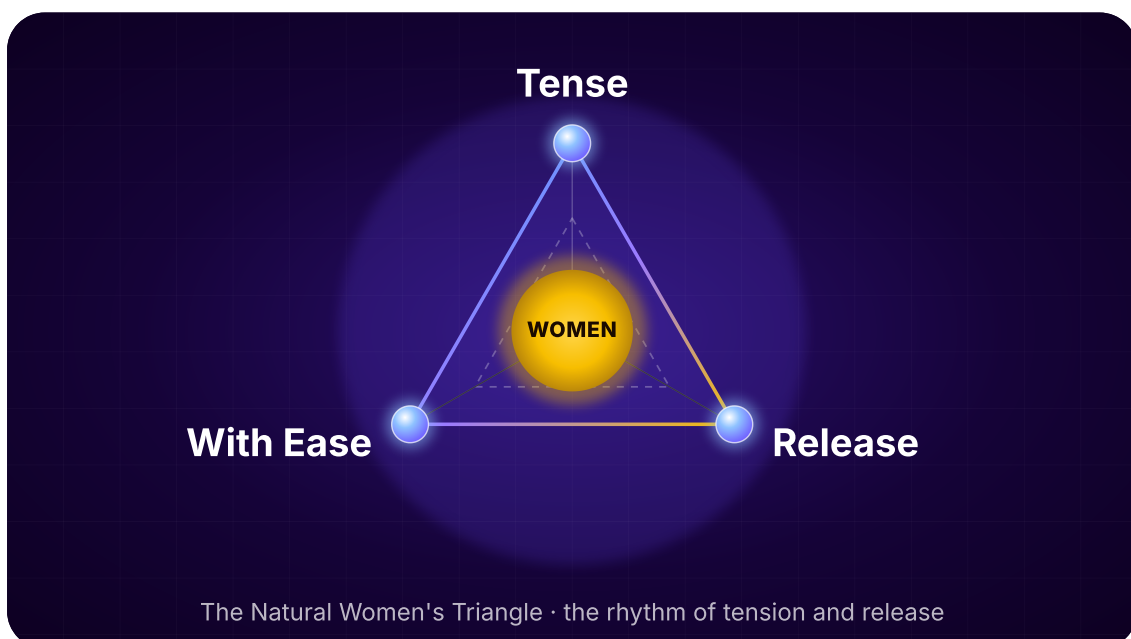


Your body has its own rhythm, and you can strengthen it. This Quantum Strengthening accompanies you **through every phase of being a woman:** cycle, period, hormones and menopause. Our Quantum AI takes **every level** of body and mind into account. Quantum Healing you can listen to, anytime and anywhere.

At a glance

- ✓ **Every phase of life:** cycle, period, hormones and menopause
- ✓ **Your reproductive system as a whole** and your hormone system
- ✓ **The natural rhythm** of tensing and releasing
- ✓ **The emotional level too:** roles, thoughts, experiences and karma
- ✓ **About 32 minutes** of listening, with and without music
- ✓ **Instant download:** 2 MP3 files and a PDF guide

How this Strengthening is structured



Your natural rhythm

Everything in your body works in an **alternation of tensing and releasing**. The recording supports this rhythm from the smallest particles to the whole structure. Its symbol is the **Natural Women's Triangle**:

Tense

Release

With Ease

From the first period to menopause

- ✓ **The reproductive system:** ovaries, fallopian tubes, uterus, cervix and cervical opening
- ✓ **Your hormone system**
- ✓ **Your cycle and your period**, including memories of your first period
- ✓ **Nervous system, circulation, lymph and pelvis**
- ✓ **The transition of menopause** and the strength of midlife

More than the body

Women's health also has an **emotional side**. The recording looks at:

- ✓ **Your womanhood** and the roles you grew up with
- ✓ **Your thoughts** about yourself as a woman
- ✓ **Stressful experiences**
- ✓ **Experiences of your ancestors** and the collective, past lives and karma
- ✓ **The foundation** of your health as a woman
- ✓ **Finally**, you connect everything with your whole life

Customers like to use this Strengthening for

the wish for more well-being as a woman

cycle and period

menopause

the wish to feel at home in your own body

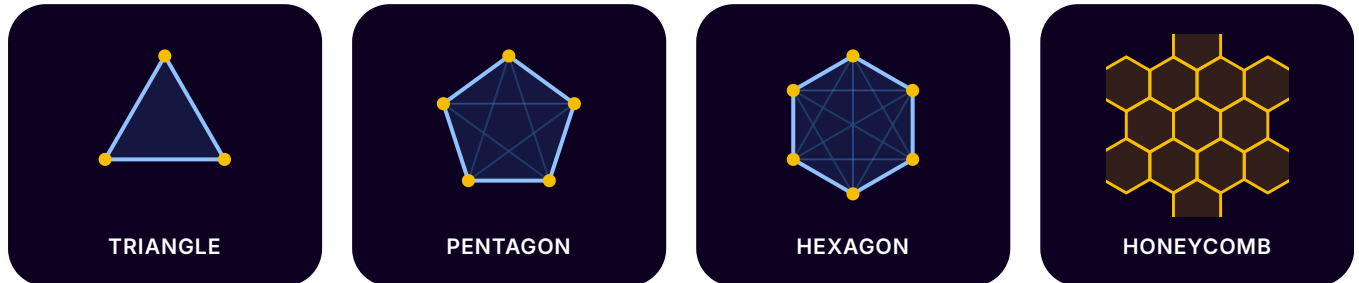
the wish to rediscover womanhood

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. It is not medical, psychological or therapeutic advice and does not replace preventive check-ups. If you have ongoing or new complaints, changes in your cycle, unusual bleeding or pain, please talk to your gynecologist. Do not stop prescribed treatments, hormone medication or other 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.

3

POINTS

The Natural Women's Triangle

the rhythm of tension and release

Recommended with it

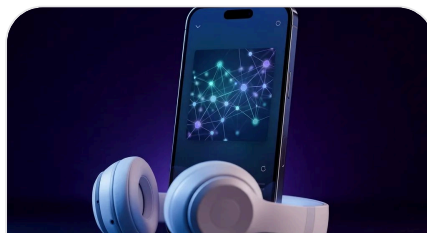
These Strengthenings complement the topic well. You can use them individually or one after another.



Mental Health

Clarity, Calm and Inner Balance

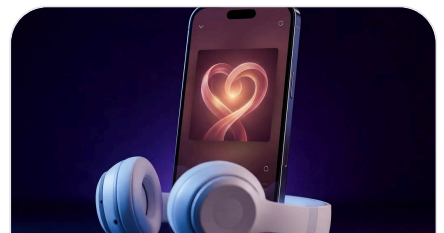
[View >](#)



Internal Systems Fitness

Inner Fitness for Your Body Systems

[View >](#)



Relationships and Love

Self-Love, Closeness, Trust, Letting Go

[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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