

ALLEVIATE JETLAG



BY SHEILA KENNEDY

The Alleviating Jetlag program is the fourth version of programs by Sheila Kennedy to assist with Jetlag and was created as part of a new series of programs called Your Energetic Business.com which combine Tibetan bells, specific energetic frequencies and gentle music with additional information to create a more complete and well rounded program to assist the traveller.

The Alleviating Jetlag program has been created to prevent Jet Lag and disturbed rest patterns while travelling

Consisting of a 5 minutes and 31 seconds track of music frequencies and Tibetan bells, this unique program instructs the cellular structure of your body to adapt to the conditions around you easily and effortlessly. Part of that instruction is that your body maintains its maximum hydration, that your rest patterns are as close to normal as possible and that the effects of EMF's or Electro Magnetic Frequencies and similar frequencies are minimalised.

Time spent in aircraft and especially extended flight times can cause dehydration and this can have often visible effects on the skin, as well as on the cell structure of the body itself

To aid your hydration whilst travelling especially in flying I suggest using 50 / 50 water and lemonade as a drink, so when offered a drink by a flight attendant ask for a lemonade (sugar based) and water and mix the 2 together. If available 20% Apple and Pear Juice or Apple Pear and Raspberry juice in water which is more readily absorbed by the body. (This is a good tip whether travelling or not)

The Alleviate Jetlag program may be transferred to computer IPod or mobile phone for ease of use with no effects on its performance.

For those with a fear of flying the program may be used at the beginning of a trip or prior to that time as it will assist with relaxation and lessen anxiety.

You may use this program as often as you wish as you travel, it is beneficial in Airports, on Airplanes etc to promote a sense of calm, relaxation and well being as well as adjust your cellular structure to the time zone you are passing through.

An Overview of the Your Energetic Business Programs available at
www.yourenergeticbusiness.com

1 Alleviate Jetlag

Includes the Alleviate Jetlag PDF and Alleviate Jetlag Vibrational Sound Program





2 Energetic Business Tools

Includes the Circle of Truth and Writing Positive Business Intention Statements Programs PDF's and Vibrational Sound programs.



3 The Speakers Program Option 1

The Speakers Program 1 includes Jet Lag program sounds and PDF, 15 Speakers sounds and PDF



3 The Speakers Program Option 2

The Speakers Program 2 includes the Jet Lag program sounds and PDF. 15 Speakers sounds and PDF and includes the Circle of Truth and Writing Positive Business Intention Statements Programs PDF's and sound programs





4 The Real Estate and Property Program Option 1

Real Estate and Property Program 1 includes 6 sounds and The Real Estate and Property PDF plus Healing Homes PDF and Meetings with Spirit 2 eBook



4 The Real Estate and Property Program Option 2

Real Estate and Property Program 2 includes 6 sounds and PDF plus Healing Homes PDF and Meetings with Spirit 2 eBook and the Energetic Business Tools program includes the Circle of Truth and Writing Positive Business Intention Statements Programs PDF's and sound programs



5 The Business Program 1 Option 1

Business program 1 A 2 hour energetic attunement of your business with Sheila



Kennedy, (Phone, Skype or Absent report if applicable) 20 sounds and Business program PDF and the Energetic Business Tools program includes the Circle of Truth and Writing Positive Business Intention Statements Programs PDF's and sound programs. Plus Absent Kinesiological report if applicable



5 The Business Program 1 & 2 Option

Business program 1 & 2 A 2 hour energetic attunement of your business with Sheila Kennedy, (Phone, Skype or absent report if applicable) 20 sounds and PDF and the Energetic Business Tools program includes the Circle of Truth and Writing Positive Business Intention Statements Programs PDF's and sound programs Plus Business program 2 Business program 2 contains 14 additional high level sounds and PDF

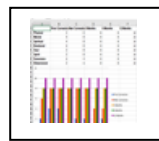
*The Business Program 2 vibrational sound programs are ONLY available through this option and the Business Communication and Understanding Program 2



6 Business Communication and Understanding Program



Business Communication Program 1 An energetic adjustment for your business on 25 levels. Includes 25 current Business Graphs and a follow on 6 month and 12 month graph recheck. Incorporating Corporate Communication Solutions PDF



6 Business Communication and Understanding Program 2

Business Communication Program 2 An energetic adjustment for your business on 25 levels. Includes 25 current Business Graphs and a follow on 6 month and 12 month graph recheck. Incorporating Corporate Communication Solutions PDF and the Energetic Business Tools program includes the Circle of Truth and Writing Positive Business Intention Statements Programs PDF's and sound programs

Business program 1 & 2 and Business Communication program Combination

A 2 hour energetic attunement of your business with Sheila Kennedy Business program 2 (Phone, Skype or absent report if applicable) 20 sounds and PDF and the Energetic Business Tools program includes the Circle of Truth and Writing Positive Business Intention Statements Programs PDF's and sound programs

Plus Business program 2 contains 14 additional high level sounds

**The Business Program 2 vibrational sound programs are ONLY available through these options.

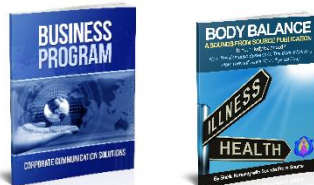
Plus Business Communication Program 1 An energetic adjustment for your business on 25 levels. Includes 25 current Business Graphs and 6 month and 12 month recheck. Incorporating Corporate Communication Solutions PDF





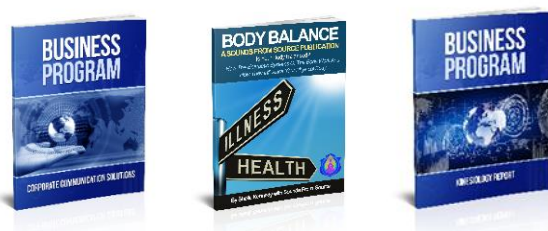
7 Business and Pre Employment Program 1

2 x PDF's of Corporate Communication Solutions and Is Your Body Balanced giving you a deeper understanding of why there are some people who may not be suitable to work in your business and why.



7 Business and Pre Employment Program 2

Business and Pre Employment program 2 2 x PDF's including Corporate Communication Solutions and Body Balance information and includes an absent evaluation session based on kinesiological questioning about (ABC / XYZ) the prospective employee with permission as a written report.

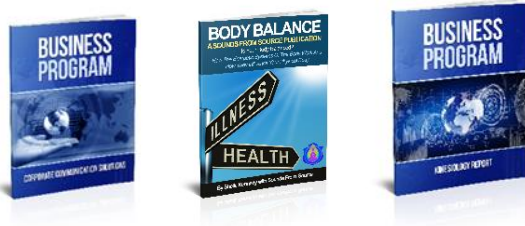


7 Business and Pre Employment program 3

A kinesiological Employee correction to bring the body into alignment (Phone,



Skype or absent report if applicable) and includes follow up vibrational sounds for at home use.



8 Are you looking for more?

<https://sheila-kennedy.com/personalized-house-cleansing-or-clearings/>

Ask Sheila what she can offer to your business. Limited appointments available.
sheilakennedy333@gmail.com

Additional Books on Amazon by Sheila Kennedy

The Body Balance Book

Meetings with Spirit 2

Messages from Mikael

Words of Wisdom from Mikael

Friday Night Love and Laughter

Aspects of Love

Nature Poetry

Help Someone Has Moved My Plumbing

The Optimal Athlete with Tina West

<https://www.amazon.com/Sheila-Kennedy/e/B00OE0AD9U>

Non Amazon Books

Autism Need Not Be a Life Sentence...

The Road to Wellness

Raising Healthy Children



Working with Crystals and Vibrational Sound <https://sheila-kennedy.com/products/>

Anxiety Need Not Be a Life Sentence ... (Anxiety giveaway program)
www.the7stepstofreedom.com

Depression Need Not Be a Life Sentence ... (Depression giveaway program)
www.the7stepstofreedomfromdepression.com

