



# Quantum Healing Codes - Solfeggio Frequencies for Positive Change (with CD)

By Stephen Linsteadt

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The book explains how the codes are related to the chakras and how each chakra holds an emotional aspect that may not be in harmony with our mind-brain response to a particular issue. Listening to a code is one way to help us re-balance ourselves from an emotional upset and align with our heart's intuition.

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*By Stephen Linsteadt*

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**Bibliography**

- Sales Rank: #64395 in Books
- Published on: 2013-09-06
- Binding: Paperback
- 48 pages

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### **Editorial Review**

#### About the Author

Stephen Linsteadt, NHD, CNC - has a doctoral degree in Natural Health from Trinity College of Natural Health and is a past member of the American Naturopathic Medical Association. He is a certified nutritional consultant and a member of The American Association of Nutritional Consultants. He studied energy medicine and bioresonance in Germany based on the principles of Oriental Medicine. He was the co-founder of New Hope Clinic, an integrative center specializing in chronic illness, and has shared his experience in the book he co-authored: *The Heart of Health: the Principles of Physical Health and Vitality*.

Stephen is the founder of Scalar Heart Connection® and the author of the book, *Scalar Heart Connection*; a process designed to help people uncover negative emotional patterns behind ill-health and other challenges with well-being.

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