



## A New Younger You

# Kick Start Your Metabolism And Young and Youthful Skin

Supplied as companion programs Kick Start Your Metabolism and the Young and Youthful Skin programs are intended individually for the start and end of your day

Suitable for both Women and Men

### Frequently Asked Questions

**Sheila Kennedy**

[www.anewyoungeryou.com](http://www.anewyoungeryou.com)

**Frequently Asked Questions for the 'Kick Start Your Metabolism and the Young and Youthful Skin programs**

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I will address the 2 programs individually

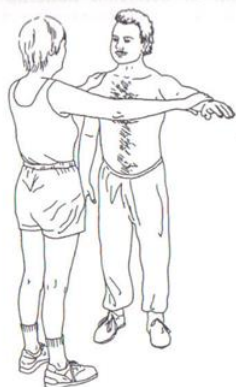
Q 1 What does Metabolism mean?

A 1 Metabolism is the process of converting food into energy.

Q 2 How often can I or do I need to play The 'A New Younger You Kick Start Your Metabolism program?

A 2 My suggestions for utilising the Kick Start Your Metabolism program is to play this sound x once a day of a morning and before 10 am.

As an override to the suggestion above; if you are familiar with Kinesiology / Muscle Testing or some other form of ascertaining answers to questions for yourself, e.g. dowsing, pendulum work or similar then I suggest that you 'fine tune' the most positive time that your body requires the Kick Start Your Metabolism program sounds to be played.



Muscle Testing with another person

Q 3 Why is it beneficial for me to play the Kick Start Your Metabolism program?

A3 The A New Younger You programs have been created to assist you to 'live longer' or to 'create A New Younger You' by incorporating the Kick Start Your Metabolism program into your daily regime you are fine tuning your body on a daily basis.

Q 4 What can I expect from the Kick Start Your Metabolism program?

A 4 This could be called the \$64,000 question. As everyone is individual, so are their bodies and their results will be equally as individual.

In short, my aim is to assist you to live a longer and healthier life. In instructing your body to function at its optional capacities we can indeed make change and that I believe that I can support you to activate your own 'self healing' by instructing your bodies innate intelligence to follow its own genetic ancestral patterns and processes.

In Creating the A New Younger You programs I have gone back to incorporate information from earlier programs including The Road to Wellness Once a Month Detox program which 'activates' the Human Growth Hormone in the body assisting with age reduction, and a later program in 2013 which works with the bodies DNA and more to reduce the 'biological age' of the person.

This later program has been the impetus for the development of the A New Younger You programs with the view of creating an online membership program where I can add many more of the programs I have created over the years and make them available to more people for at home use. Look out for more information on this one later in 2020 including the very 'special' A New Younger You (age reversal program).

Q 5 Why the Young and Youthful Skin program

A 5 Basically, I have an inquiring mind; I am an observer and I like to know things and to 'explore' possibilities.

Over the years of trialling vibrational sound programs on myself

In sharing specific instructions with the individual cell structures of the body over the past 15 years I have personally observed changes in myself and in other people which in many instances defy belief. I say again 'the human body

is a self healing mechanism and given the correct instructions and the correct frequencies can and will heal itself.

Your skin is also one of the first things that 'other people' notice about you. Does your skin make you look older, careworn, uncared for or younger and more vibrant?

Your skin is almost the largest organ in the body and as your body follows the instructions encoded within the sounds as it activates your collagen function it is also instructing your body to 'detox' old and unwanted toxins which may be interfering with your hormone production as well as old or damaged 'cells'. When your body 'detoxes' it will often be through your skin as it gives a convenient as well as a large surface.

If you imagine taking two kidneys from the butchers and rolling them out with a large rolling pin, and then draping this thin 'sheet' over the body, basically that is your 'skin'. We detox more toxins through our skin than we do through our kidneys on a daily basis. During a detox process your body will eliminate more through your skin than at any other time.

The constant 'wear and tear' on your skin as its layers replace themselves and the waning of the body's collagen production all have an impact on the 'ageing' effects of your skin.

I will add in an 'override' here that these programs will not work if they are not played.

Am I being harsh? Actually, I am coming from a space of honesty and practicality, I have personally 'bought' programs in the past with the good intentions of 'using / playing them' and seriously 'life has got in the way'.

One of the 'good' things about this program is it does not need to interfere with your life. You DO NOT need to sit and listen to the program, adorn yourself with headphones or ear buds. These programs have been created to work with vibration and can be played on very low to silent in the background if you wish.

Q6 How often do I need to play the Young and Youthful Skin programs?

A 6 I recommend playing the Young and Youthful Skin program daily and for best results before 10 am of a morning. The vibrational sound programs can be on silent and you DO NOT need to sit and listen to the program, adorn yourself with headphones or ear buds. These programs have been created to work with vibration and can be played on very low to silent in the background if you wish. They do not need to interfere with your life.

Q 7 You said in Question 6 that I DO NOT need to sit and listen to the program, adorn yourself with headphones or ear buds. These programs have been created to work with vibration and can be played on very low to silent in the background if you wish. Can they have an effect on the other people in the house?

A 7 As I said previously 'One of the 'good' things about this program is it does not need to interfere with your life. Although these programs have been created to work with vibration and can be played on very low to silent in the background if you wish they will not have an effect on anyone else unless they are 'willing to accept them'.

Now if we take that statement a step further and give it some consideration I had said for many years that the 'sounds' as I call them worked like throwing a stone into a pond and having the 'ripple effect' go out. One day the body of consciousness that I have worked with since 2004 did a 'sorry Sheila, you have got it wrong'.

What they explained to me was about morphogenic resonance and quantum physics (not my fields of expertise at all) and that 'sound travels' basically in waves. When you listen to or experience a 'vibrational sound program your body basically 'encodes' the memory of the program within your cell structure. We can see this as 'each of your cells' contains the vibration that you have experienced.

Just as other people can 'pick up' on our thoughts and feelings they may also 'pick up' on the vibration encoded within your cells and as we are sentient beings or able to feel or perceive things, you may find that other people may have a 'I wouldn't mind whatever it is that (xyz) is having on a deeper cellular level.

If we take that statement a step further; often in You creating change in You that can have a flow on effect to other people.

I have used this explanation for a long time as I have spent years working with children: I see young 'Johnny' as a client and his behaviour improves.

Johnny goes off to school and has a good and non disruptive day in class.

Johnny's teacher goes home and she is 'less stressed' as she hasn't had to fight with Jonny all day to keep him focused

Johnny goes home and he has had a good day at school so he is in a good mood when he arrives home

Johnny's mother who loves him dearly is less stressed after Johnny arrives home as he is in a good mood and not upset about the happenings at school

Johnny's siblings quickly pick up on the changes in the household and are also more relaxed

Johnny's Father arrives home to a more calm and settled family and the calmness flows on to him as well and it continues on.

Now this can be true with the majority of the vibrational sound programs,

If we look at it from the perspective of metabolism and skin, if someone else is subconsciously aware of the 'changes or improvements in you and has a mental 'I wouldn't mind some of what she / he has got' then they are welcome to it.

I felt that this question should be shared as it made me smile.

Q 8 A friend of mine shared some information with me on one of your new programs; who are you and how do you do what you do? Sorry that's two questions and asked with love.

A 8 Hi my name is Sheila and I am a mother, grandmother, great grandmother and in many instances a girl in a woman's body. I have an inquiring mind, a need to know, and a passion to create solutions. I hope that helps.

### **A New Younger You Programs**

Detoxing BPA and Endocrine Disruptors

Longevity Under 40 Years

Longevity over 40 Years

Detoxing Heavy Metals

Detoxing the Energetic Bodies

Lymph Detox

The New Road to Wellness ONCE A Month Detox

### **Sheila Kennedy Websites**

[www.anewyoungeryou.com](http://www.anewyoungeryou.com)

[www.sheila-kennedy.com](http://www.sheila-kennedy.com)

[www.soundsfromsource.com](http://www.soundsfromsource.com)

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