

January – Respiration System

- Bronchi
- Diaphragm
- Larynx
- Lungs
- Nose
- Pharynx
- Trachea

February – Cardio, Circulation & Lymph

- Circulatory
- Heart
- Lymphatic

March – The Organ Tune-Up

- Appendix
- Bladder
- Gallbladder
- Kidney
- Spleen

April – Healthy Nervous & Immune Systems

- Immune System Including Thymus
- Nervous System Miles And Miles Of Nerves

May – Good Digestion & Metabolism

- Esophagus
- Gallbladder
- Gums
- Large And Small Intestines
- Liver
- Mouth
- Pancreas
- Pharynx
- Rectum
- Salivary Glands
- Stomach

June – Brain Rejuvenation

- Creative Brain
- Emotional Brain
- Genius Brain
- Logical Brain
- Survival Brain

July – Endocrine System Reboot

- Adrenals
- Heart
- Hypothalamus
- Liver
- Ovaries
- Pancreas
- Parathyroid
- Pineal
- Pituitary
- Stomach
- Testicles
- Thymus
- Thyroid

August – Happy Chemistry

- Body Chemistry, Both Hormonal And Neurotransmitters

September – Vision

- Eyeballs
- Optic Nerve
- Visual Cortex

October – Hearing

- Auditory Processing Center
- Ears

November – Healthy Bones & Muscles

- Connective Tissue
- Joints
- Ligaments
- Muscles
- Muscular Skeletal System: Bones
- Tendons

December – Silky Sexy Hair, Skin, And Nails

- Hair
- Nails
- Skin