

SIMPLIFIED FREQUENCY GUIDE

SETTING	AREA OF BODY
1	Hormonal functions, cellular balance
2	Inflammation, scar tissue, infection
3	Eyes, ears, brain, nerves, skin, pain, body openings, all tissues of ectodermal origin
4	G.I. tract, liver, lungs, stomach, pancreas, pain inside of mouth, gums, teeth, sinuses, pain
5	Heart and blood vessels, ligaments, lungs, lymphatics, pain, muscles, joints, bones, reproductive organs, inside of mouth, gums, teeth, sinuses, pain, all tissues of mesodermal origin
6	Circulation, lymphatic stimulation, plateaus
7	Pain anywhere, calcification (e.g. bone spurs)

- A** Cycles through settings 1 – 7 in 2 minute intervals
'A' is the most-frequently used setting for working on the body
- B** Compilation of Quantum, Solfeggio, Schumann & other frequencies
'B' is an excellent choice for stress reduction and relaxation, as it supports the natural healing phase of the body
- C** Specific sets of frequencies used to target anti-aging & skin rejuvenation