

FREQUENCY GUIDE

SETTING	BENEFIT	MAY HELP WITH:	FREQUENCY
1	REGENERATE	<ul style="list-style-type: none"> - Balancing hormones and emotional reactions. - Alleviating muscle spasms, facial pain, headaches & depression - Activating humoral and endocrine functions - Has been used for non-healing bone fractures 	73 Hz Represents subcortical cerebral regions, including the thalamus and hypothalamus.
2	ANALGESIC MUSCLE RELAXING	<ul style="list-style-type: none"> - Intellectual organization, mental disorders, nervousness and worry - Reducing inflammation associated with injuries & infections - Reducing yellow scar tissue formed internally on tendons & ligaments 	147 Hz Resonates with the most elaborate structures of the body – those of the cerebral cortex, the typically “human” part of the brain that gives man the capacity to think, create and imagine.
3	REGENERATE	<ul style="list-style-type: none"> - Promoting cellular vitality - Assisting wound healing, skin & nerve repair (at eyes, ears, teeth, brain and spinal cord) - Reducing scar tissue and inflammation - May be helpful with degenerative disorders - Resonates with Ectodermal tissue 	294 Hz Associated with the animal kingdom and with non-organized, embryonic structures. It is the frequency of the “primitive living being”; it is in sympathy with the cell in the crude, undifferentiated state. This frequency, the most archaic, can also be considered to be the most anarchic.
4	REGENERATE	<ul style="list-style-type: none"> - Improving nutritional metabolism and nutritional assimilation & allergy problems - Balancing the parasympathetic nervous system - Reducing pain inside mouth, gums and teeth <p><i>Use in conjunction with settings 5 & 2 for tendon, ligament, joint and other injuries where reaching secondary levels of tissue is needed.</i></p>	587 Hz Specific to the nutritional visceral system and is related to the primitive gastrointestinal apparatus. Resonates with Endodermal tissue that forms the lining of the intestinal tract, the lungs, the bladder, the urethra, and the auditory tube. It also forms the thyroid gland, the thymus, the liver, the gall bladder and the pancreas.
5	MUSCLE RELAXING	<ul style="list-style-type: none"> - Used for the muscular system - Relieving muscle, skeletal and myofascial pain - Helps to relax large muscle groups <p><i>Field experience has shown setting 5 to be especially good for tendon and ligament injuries when used with settings 4 & 2.</i></p>	1174 Hz Indicates motor elements of the body. It reflects movement; the limbs, the renal system, the genital tract. Resonates with Mesoderm tissue that forms connective tissue such as ligaments, tendons, cartilage, muscle, bone and also heart, blood, lymph vessels, kidneys, ovaries, testes, spleen, and the cortex of the adrenal gland.
6	MUSCLE RELAXING	<ul style="list-style-type: none"> - Improving coordination & balance between the two sides of the brain - Improving circulation & lymphatics - Helps to reduce and handle stress - Recommended for chronic conditions not responsive to setting 3 or 5 <p><i>Field experience shows setting 6 to be a good supplement to 3 when healing processes appear to reach a plateau.</i></p>	2349 Hz Leads to a higher level of organization, as it introduces the concept of symmetry by selectively affecting certain unpaired organs that present the characteristic of being solitary, but are anatomically symmetrical. For example: the corpus callosum, or the white commissure; two symmetrical cerebral structures, situated between the right hemisphere and the left hemisphere
7	ANALGESIC	<ul style="list-style-type: none"> - Used for spinal & skin disorders and pain control - Reducing the excitability of nervous tissue <p><i>Field experience shows setting 7 helps to suppress pain and sedate acupuncture and trigger points as well as aid in diminishing excess calcification associated with chips, spurs and arthritic conditions</i></p>	4698 Hz Resonates with the spinal cord and peripheral nervous system, which perceives and communicates between functional units situated at different levels

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Automatic Settings:

A – Physical: Cycles through the entire Nogier frequencies (channels 1 – 7). The “A” setting is most frequently used for working on the body.

B – Stress: Cycles through the frequencies of Solfeggio notes. The “B” setting is an excellent choice for stress reduction, relaxation and meditation supporting the natural healing phase of the body and promoting sleep.

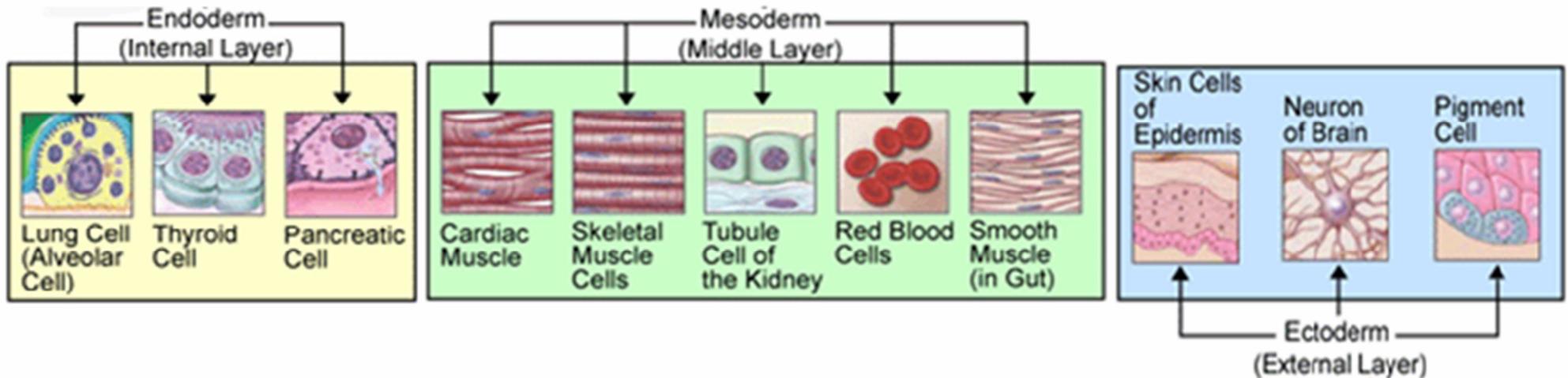
C – Anti-Aging: the “C” setting runs 4 Nogier’s frequencies and 6 Solfeggio notes, which are chosen to rejuvenate skin and promote anti-aging.

REMEMBER:

Lower frequencies **stimulate**

Higher frequencies **sedate**

*When dealing with an alignment and/or structural issue in jaw, shoulders, neck, mouth, bit, etc., use the **Balance Technique**.



DISCLAIMER: LED light wellness devices are not intended to diagnose, treat, cure, mitigate or prevent disease. If you have a disease or medical condition, consult with your physician or health practitioners before using an LED light wellness device. Use only as directed.