

## HERTZ SELECTION FOR SESSION

**Please select a hertz setting that pertains to the area in which you would like to see the most improvement.**

### **10 Hz – Alpha**

- Very relaxed, passive attention

### **40 Hz – Gamma**

- Concentration and cognitive health

### **73 Hz – Hormone Balance**

- Resonates with the sub-cortical or lower regions of the brain including the thalamus and hypothalamus – twofold major control centers for body functions.
  - May also help with muscle spasms, facial pain, headaches and depression.
  - Has been used for non-healing bone fractures and to help balance hormones.
- Veterinary experience: Improves circulation.

### **146 Hz – Brain activation intelligent tissue (This is a universal frequency that can be tried to any condition)**

- Resonates with the cerebral cortex of the brain involved with thinking, imagining and creating.
  - o May improve memory
  - o May improve symptoms associated with psychological disorders
  - o May reduce nervousness and worry
  - o May reduce inflammation and scar tissue on tendons and ligaments, reduces edema and improves gums

### **292 Hz – Cellular Vitality (This is a universal frequency that can be tried on any condition)**

Resonated with the Ectoderm (outermost tissue) that forms skin, glands, nerves, eyes, ears, teeth, brain and spinal cord.

- May improve wound healing
- May improve skin texture and conditions
- May improve nerve repair
- May reduce scar tissue
- May reduce inflammation

### **584 Hz – Autonomic Nerve Balance**

Resonates with Endoderm (innermost tissue) that forms the lining of the intestinal tract, the lungs, the bladder, the urethra, and the auditory tube. It also forms the thyroid, thymus, liver, gall bladder and pancreas.

- May improve nutritional assimilation
- May improve allergy problems
- May balance the parasympathetic nervous system
- May improve circulatory problems
- May reduce edema
- May improve lymph problems

## HERTZ SELECTION FOR SESSION - CONTINUED

**Please select a hertz setting that pertains to the area in which you would like to see the most improvement.**

### **1168 Hz – Muscle and blood circulation**

Resonates with Mesoderm (middle tissue) that forms connective such as ligaments, tendons, cartilage, muscle, and bone. It also forms the heart, blood and lymph vessels, kidneys, ovaries, testes, spleen, and the cortex of the adrenal gland.

- May reduce muscle, skeletal and myofascial pain

### **2336 Hz – Mind and body stress adjustment**

- May balance the two sides of the brain
- May reduce stress

Try 2,336 Hz if chronic condition related to 1,168 Hz is not improving.

Try 2,336 Hz if a chronic condition related to 292 Hz is not improving.

### **4672 Hz – Peripheral Nervous System *(Universal frequency that can be tried to any condition)***

Resonates with the spinal cord and peripheral nervous system

- May improve spinal
- May improve skin disorders
- May improve pain control
- May reduce excess calcification such as bone spurs and arthritic joints

## **About the Nogier Frequencies**

The above frequencies are from the work of Dr. Paul Nogier who is credited with mapping the auricular acupoints. He suggested that these pulse rates would enter into resonance with tissue to exert effects on the body.



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