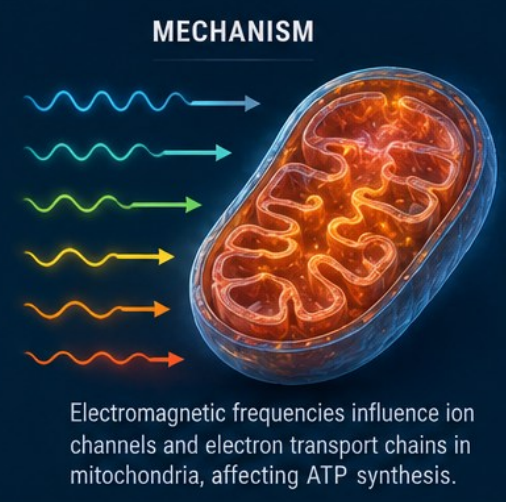
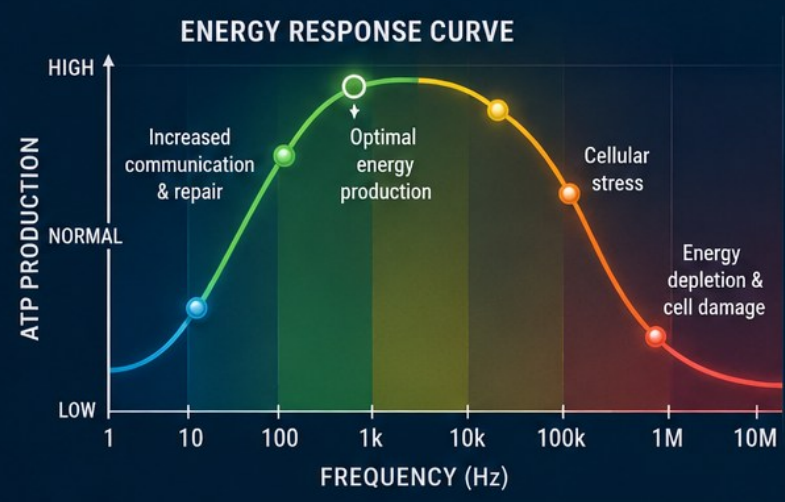
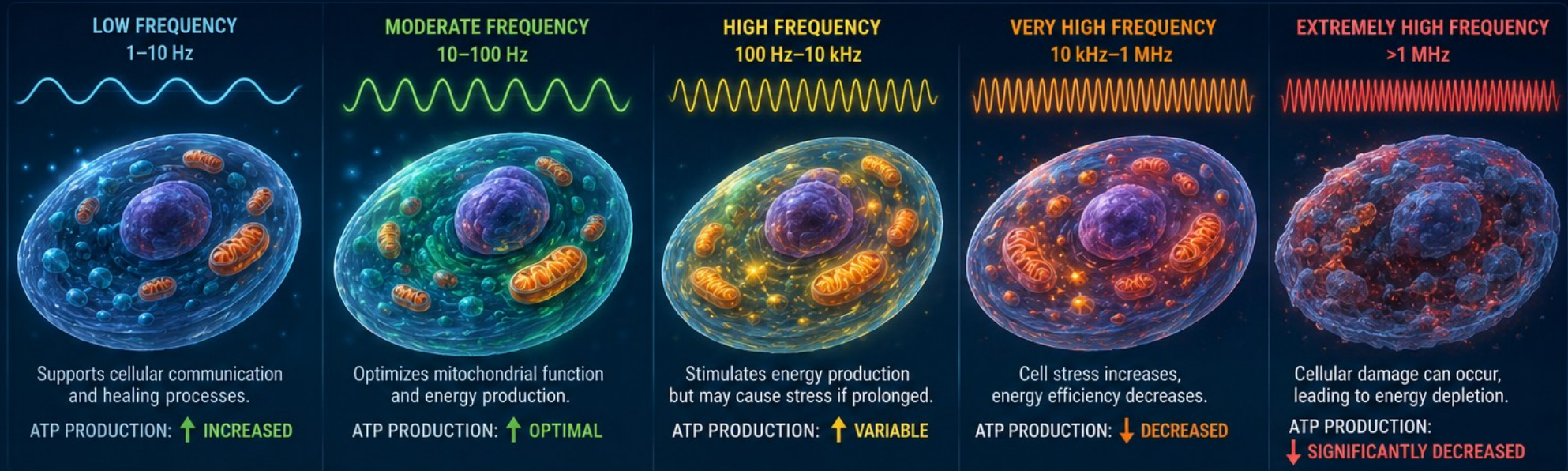


# HOW A CELL'S ENERGY REACTS TO FREQUENCY

Cells respond to electromagnetic frequency by altering their bioenergetic activity. Different frequencies can increase or decrease ATP production and cellular function.



- ### KEY TAKEAWAYS
- ✓ Low to moderate frequencies (1–100 Hz) support and optimize cellular energy.
  - ⚠ High frequencies (100 Hz–10 kHz) can be beneficial in small doses but may cause stress if excessive.
  - ⚠ Very high to extremely high frequencies (>10 kHz) reduce ATP production and can damage cells.
  - 🛡 Balance and exposure duration are key to beneficial effects.

Note: Cellular responses vary based on cell type, exposure duration, intensity, and individual health conditions.