The Center For Life

RESTORE AND REJUVENATE

HOMEOSTASIS ONE

REBALANCE AND RESTORE

CFL HS1 – RLT TREATMENT PATHWAYS

You are not broken. You are out of balance. Change your environmental inputs and let the light in! Watch your body respond with aligned circadian light as medicine.

⚡ 1. ENERGY / FATIGUE

Protocol

- **TWC (Primary – Full Spectrum)**
  - 450–1060nm
  - **Time:** 12–15 min
- **Neuronic (Helmet)**
  - 1070nm
  - **Time:** 10–12 min
- **Theralight 360 (Support)**
  - Red/NIR
  - **Time:** 10–12 min

Goal: Restore ATP + total system energy

🧠 2. BRAIN FOG / STRESS

Protocol

- **Neuronic (Primary)**
  - 1070nm
  - **Time:** 10–15 min
- **TWC (Support – systemic + vascular)**
  - 450–1060nm
  - **Time:** 10–12 min
- **Spacetouch Bed (Circadian support)**
  - 450–850nm
  - **Time:** 10 min

Goal: Cognitive clarity + nervous system regulation

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3. PAIN / INFLAMMATION

Protocol

- **TWC (Primary – Deep + Full Spectrum)**
  - Up to 1060nm
  - **Time:** 10–15 min (target area)
- **Theralight 360 (Systemic support)**
  - NIR dominant 750nm – 1060nm
  - **Time:** 10–12 min

Goal: Reduce inflammation + accelerate healing

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4. SLEEP / HIGH STRESS (CIRCADIAN RESET)

Protocol

- **Spacetouch Bed (Primary – Circadian driver)**
  - 450–850nm
  - **Time:** 12–15 min (evening)
- **Neuronic (Brain calming)**
  - 1070nm
  - **Time:** 8–10 min
- **Theralight (Optional deep relaxation)**
  - **Time:** 8–10 min

Goal: Reset sleep cycles + nervous system

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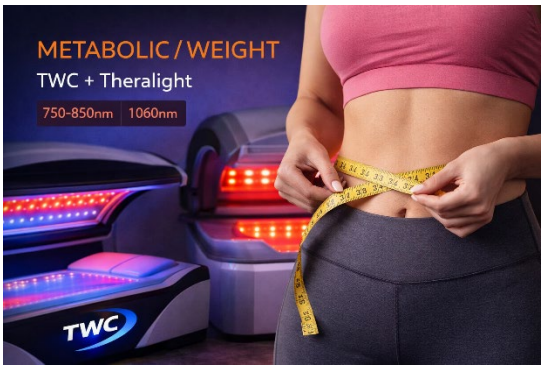
5. METABOLIC / WEIGHT (HS1 CORE)



Protocol

- **TWC (Primary – Metabolic driver)**
  - 450–1060nm
  - **Time:** 15 min
- **Theralight 360 (Support recovery)**
  - **Time:** 10–12 min
- **Neuronic (Optional behavioral control)**
  - Appetite / habit regulation

Goal: Metabolic activation + hormonal balance

✨ 6. SKIN / AGING / CIRCADIAN AESTHETICS

Protocol

- **Spacetouch Bed (Primary – Cosmetic + Circadian)**
  - 450–850nm
  - **Time:** 12–15 min
- **TWC (Cellular enhancement)**
  - 450–700nm emphasis
  - **Time:** 10–12 min
- **Theralight (Support)**
  - **Time:** 8–10 min

Goal: Collagen + skin + circadian alignment

💰 CFL RLT PACKAGES

UNLIMITED ACCESS

$499 / month

- All devices
- All protocols
- Full HS1 correction

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6 SESSION PACK

$249

- Any device
- Flexible entry

CFL CLOSE

You came in for a symptom.
We treat the system behind it. That's why we layer therapies—
because your body works as one system.

HOMEOSTASIS ONE
REBALANCE AND RESTORE

HS1–CFL Protocol: High-Intensity Hyperthermic Conditioning Pod

Equipment: Hyperthermic Pod (Max Temp: 192°F)

Integrated Modalities: 650nm Red Light Therapy (RLT) + Mechanical Massage

Framework: HS1 Metabolic Hormesis & Endocrine Optimization Lymphatic drainage optional

I. Overview & Clinical Positioning

The HS1–CFL Hyperthermic Pod protocol is an advanced thermal intervention designed to push the body into a state of **Hyperthermic Hormesis**. By combining extreme radiant heat (up to 192°F) with targeted 650nm Red Light Therapy and mechanical lymphatic massage, we stimulate a profound systemic "reset." This protocol is engineered to optimize the metabolic "Hardware" (mitochondria and receptors) and the hormonal "Software" (GH/IGF-1 axis).

II. Biological Rationale: The 192°F + 650nm Synergy

1. Endocrine Stimulation (GH / IGF-1 Axis)

- **The Heat Spike:** Exposure to temperatures approaching 192°F is a powerful physiological stressor. This triggers the pituitary gland to release a surge of **Growth Hormone (GH)**.
- **Tissue Repair:** The subsequent rise in **IGF-1** (Insulin-like Growth Factor 1) promotes cellular repair, increases protein synthesis, and protects lean muscle mass even during caloric deficit.

2. Metabolic Syndrome & Insulin Sensitivity

- **Heat Shock Proteins (HSPs):** 192°F heat induces **HSP70**, which prevents the "misfolding" of proteins and improves the function of insulin receptors.
- **Glucose Disposal:** This process enhances insulin sensitivity, making it a primary tool for reversing insulin resistance and managing metabolic syndrome.

3. 650nm RLT: Skin Protection & Superficial Repair

- **Mitochondrial Support:** While the heat stresses the system, the **650nm Red Light** specifically targets the dermal layer. It stimulates Cytochrome c Oxidase in superficial mitochondria, increasing ATP to help the skin manage the oxidative stress of the high heat.
- **Collagen & Elasticity:** 650nm is the "gold standard" for skin health, promoting collagen production and reducing the appearance of inflammation.

4. Weight Loss & Thermogenic Loading

- **Passive Cardio:** At 192°F, the heart rate increases significantly to facilitate cooling. This mimics the cardiovascular demand of a brisk run, increasing caloric burn and mobilizing stored white adipose tissue. May add supplemental O2 at 93% to bio-stack.

III. The HS1–CFL Pod Protocol

Frequency: 3 – 5 sessions per week
Duration: 20 – 30 minutes
Temperature Range: 160°F – 192°F (based on tolerance)

Phase	Action	Duration
1. Pre-Session	**Electrolyte Loading:** 16oz water + 1000mg Sodium / 500mg Potassium.	10 Mins Prior
2. Active Heat	**Pod Loading:** 192°F Heat + 650nm RLT active.	20–30 Mins
3. Lymphatic Flow	**Massage System:** Enable "Lymphatic" or "Wave" vibration mode.	Concurrent
4. Post-Session	**Adaptive Recovery:** Gradual cool down + 16oz room temp water.	15 Mins Post

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IV. Step-by-Step Instructions

Step 1: Hydration & Electrolyte Priming

- **Mandatory:** Because the sweat rate at 192°F is high, the patient must consume electrolytes *before* entering. Dehydration will cause a premature heart rate spike, forcing the patient to exit before the hormonal benefits (GH release) are achieved.

Step 2: Entering the Pod

- **Positioning:** Ensure the 650nm RLT panels are unobstructed.
- **Settings:** Set temperature to the highest tolerated level (Target: 192°F). Enable the **Lymphatic Drainage Massage** setting. The vibration reduces the viscosity of the lymph fluid, while the heat dilates the vessels, allowing for maximum toxin clearance.

Step 3: The Hormonal "Soak" (20-30 Minutes)

- **The First 10 Mins:** Vasodilation and initial sweat.
- **10–20 Mins:** Heart rate elevation (Metabolic Loading).

- **20–30 Mins: The Endocrine Window.** This is where the majority of GH and IGF-1 stimulation occurs. The patient should remain calm and use nasal breathing to manage the heat stress.

Step 4: Exit and Re-Regulation

- Exit the pod slowly to avoid orthostatic hypotension (dizziness).
- **Do not use a cold plunge immediately.** Allow the body to sweat for an additional 5–10 minutes to complete the detoxification cycle, then rinse with cool (not freezing) water to stabilize the nervous system.

V. Targeted Conditions & Outcomes

- **Metabolic Syndrome:** Improves fasting insulin and reduces systemic inflammation.
- **Weight Loss:** High-heat thermogenesis increases BMR (Basal Metabolic Rate) for hours post-session.
- **Hormonal Decline:** Natural alternative to support GH/IGF-1 levels in aging patients.
- **Lymphatic Congestion:** Reduces edema and water retention via the optional massage system.

VI. Clinical Safety Notes

- **Heart Rate:** If HR exceeds 150 bpm (or 80% of max), reduce heat or exit.
- **Skin:** 650nm RLT is safe, but monitor for any heat-induced rashes (miliaria).
- **Contraindications:** Not for patients with active fever, unstable cardiovascular disease, or pregnancy.

Physician Sign-Off

"Protocol initiated for HS1-CFL Pod Therapy. Focus on 192°F thermal stress for IGF-1 stimulation and 650nm RLT for dermal mitochondrial support. Integrated massage enabled for lymphatic clearance. Monitor weight loss and fasting insulin monthly."

THE CENTER

FOR LIFE

HOMEOSTASIS ONE

REBALANCE AND RESTORE

CFL / HS1 DEVICE STATION WRITE-UP

Station 1: Frequency & Neuroregulation Room

PURPOSE OF THIS STATION (HS1 VIEW)
The Frequency Room is the entry point of the HS1 system.
Its purpose is not treatment of disease, but restoration of physiologic signaling order, specifically:
Autonomic balance
Neural coherence
Redox efficiency
Neurovascular rhythm
This station is intentionally placed before metabolic stress, exercise, or regenerative load.
In HS1, state precedes structure.

CORE TECHNOLOGIES IN THIS STATION
Modalities Integrated

- PEMF (Pulsed Electromagnetic Fields)
- Frequency / Rife-based signaling
- Audiovisual neural entrainment
- Transcranial Red Light Therapy (TCRLT)

Each modality targets a different layer of system regulation, but they are used together to create coherence, not stimulation.

THE IDEA BEHIND FREQUENCY-BASED INTERVENTION
HS1 Principle
Biology is not governed solely by chemistry — it is governed by electrical, electromagnetic, and oscillatory signaling.
Cells, tissues, and neural networks communicate via:

- Voltage gradients
- Oscillatory rhythms
- Resonant signaling

Chronic disease and dysfunction reflect signal noise, not just damage.
Frequency-based systems aim to:

- Reduce noise
- Restore rhythm
- Lower energetic cost of signaling

MODALITY BREAKDOWN (HS1 LENS)
1. **PEMF (Pulsed Electromagnetic Fields)**
Primary HS1 Role:
Autonomic and cellular signaling normalization
Mechanistic Concepts (HS1):
Influences membrane potential
Improves ion channel signaling
Supports mitochondrial electron transport
Enhances microcirculation and lymphatic flow

HS1 Pillars Impacted:

- Autonomic regulation
- Redox efficiency
- Neurovascular support

What it supports clinically:
Sympathetic overdrive
Chronic inflammation signaling
Pain states
Recovery fatigue
Sleep dysregulation

2. Rife Frequency Modulating Device
Primary HS1 Role:
Signal specificity and resonance correction
Mechanistic Concepts (HS1):
Biological tissues respond to specific frequency ranges
Pathologic states exhibit altered oscillatory patterns
Targeted frequencies can interrupt maladaptive loops
Important HS1 clarification:
This is not pathogen killing in the HS1 model.
It is signal interference and normalization.

HS1 Pillars Impacted:

- **Neuroregulation**
- **Immune signaling modulation**
- **Stress response attenuation**

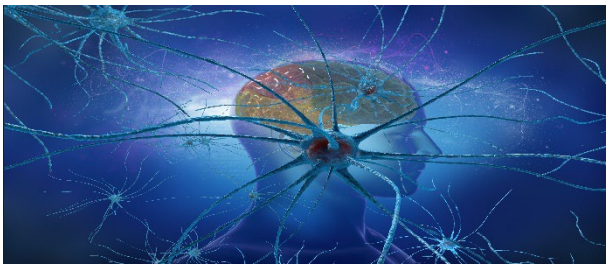
What it supports clinically:
Chronic stress physiology
PTSD and trauma imprinting
Autoimmune signaling noise
Persistent inflammatory states

3. Audiovisual Entrainment

Primary HS1 Role:
Cortical rhythm synchronization
Mechanistic Concepts (HS1):
Brainwave states govern autonomic tone
Chronic stress locks individuals into high-beta dominance
Audiovisual entrainment guides the brain into:

- Alpha
- Theta
- Parasympathetic-dominant states

This is training, not sedation.



HS1 Pillars Impacted:

- **Neuroplasticity**
- **Behavioral regulation**
- **Emotional resilience**

What it supports clinically:

- Anxiety
- Insomnia
- ADHD patterns
- PTSD
- Cognitive overload

4. Transcranial Red Light Therapy (TCRLT1070nm) Neuronic TCRLT

Primary HS1 Role:

- Mitochondrial and neurovascular optimization

Mechanistic Concepts (HS1):

- Red/NIR light improves mitochondrial efficiency
- Enhances cerebral blood flow
- Lowers neural firing cost
- Supports neurorepair and plasticity

HS1 Pillars Impacted:

- Redox biology
- Brain metabolism
- Cognitive endurance

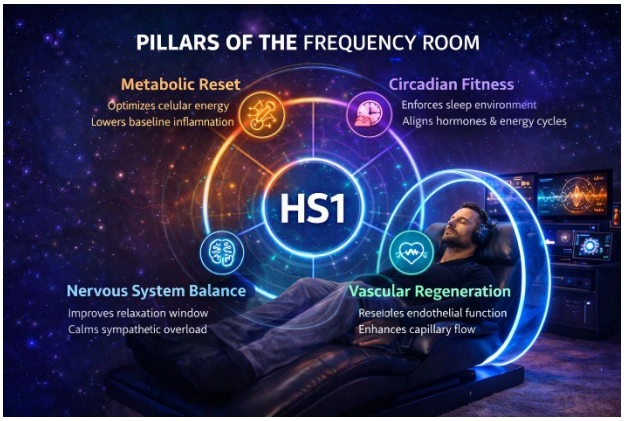
What it supports clinically:

- Brain fog
- Neurodegeneration risk
- Mood disorders
- Post-stress cognitive fatigue

WHY THESE MODALITIES ARE COMBINED
HS1 does not use these technologies in isolation.
The combination creates:

- Electrical stabilization (PEMF)
- Oscillatory correction (Frequency)
- Central nervous system entrainment (AV)
- Mitochondrial support (TCRLT)

Together, they:
Lower the energetic cost of being human



HS1 PILLAR MAPPING (SUMMARY)

HS1 Pillar
How This Station Contributes
Autonomic Balance
➢ Shifts dominance toward parasympathetic tone
Redox Biology
➢ Improves mitochondrial signaling efficiency
Neuroplasticity
➢ Creates conditions for adaptive rewiring
Metabolic Reset
➢ Prepares system for downstream interventions
Stress Recovery
➢ Reduces baseline cortisol signaling

CONDITIONS / STATES THIS STATION SUPPORTS (HS1)

- Chronic stress & burnout
- PTSD & trauma patterns
- Anxiety and mood dysregulation
- Insomnia
- Neurodegenerative risk states
- Chronic pain syndromes
- Autoimmune signal dysregulation
- (Supportive, non-diagnostic)

POSITION IN THE CFL / HS1 SEQUENCE

This station is typically:
First, or
Used on surgery / high-stress days, or
Repeated during autonomic overload phases
It is never skipped in high-sympathetic individuals.

HS1 SUMMARY STATEMENT

The Frequency Room is not about fixing symptoms.
It is about:
Restoring signal clarity so the body can respond correctly to everything that follows.

HS1-CFL HYDROGEN GAS INHALATION PROTOCOL

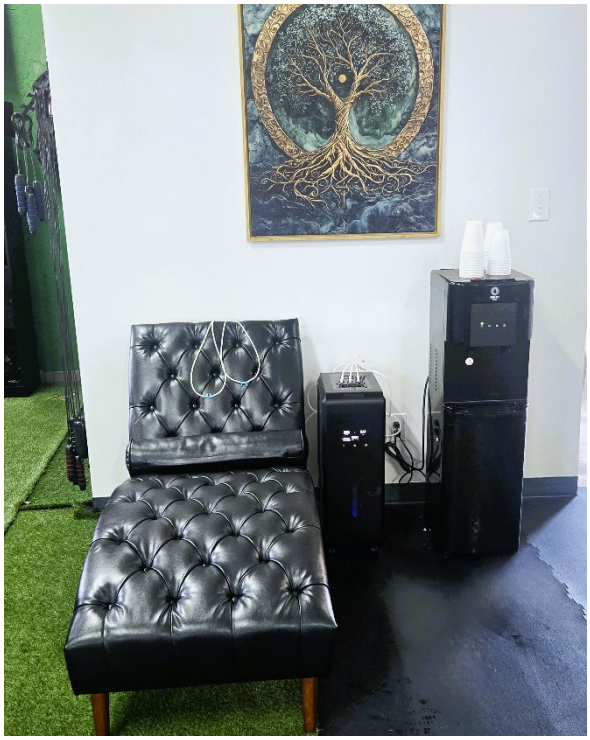
PRIMARY PHYSIOLOGIC PURPOSES (HS1 MODEL)

Hydrogen inhalation supports:

- selective reduction of oxidative stress (especially hydroxyl radicals)
- mitochondrial protection and recovery
- improved endothelial function
- reduced inflammatory signaling
- improved metabolic efficiency
- nervous system calming after physiologic stress

In HS1 it functions as a **recovery amplifier**, not a primary stimulus.

Use after demand → not instead of demand.



DELIVERY METHOD

Hydrogen gas delivered through:

- nasal cannula
- mask
- seated relaxed breathing

Normal breathing — no forced ventilation.

GAS CONCENTRATION (Typical Clinical Range)

Most therapeutic systems deliver approximately:

1–4% hydrogen in air

This is below flammability threshold in controlled systems and is the standard range used in human studies.

Always use certified medical-grade or clinical devices designed for inhalation.

SESSION DURATION

Standard HS1 session:

20–30 minutes

Longer sessions generally provide diminishing returns for routine metabolic recovery.

FREQUENCY

Foundational Use

3–5 sessions per week

Intensive Metabolic Restoration Phase (first 8–12 weeks)

Daily sessions may be used if well tolerated.

Long-Term Maintenance

2–4 sessions weekly

OPTIMAL TIMING IN HS1 SYSTEM

Hydrogen is best used when oxidative load is elevated.

Highest Value Timing

✓ after EGYM strength training
✓ after aerobic sessions
✓ after photobiomodulation
✓ late morning metabolic recovery window
✓ early evening nervous system down-regulation

Secondary Timing Options

✓ fasting window recovery support
✓ post-inflammatory flare
✓ sleep preparation (calming effect in some individuals)

IDEAL DAILY PLACEMENT (EXAMPLE)

Morning activation → training or activity → RLT → hydrogen inhalation → first meal

OR

Afternoon recovery block → hydrogen → evening meal → circadian wind-down

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BREATHING PATTERN DURING SESSION

Relaxed nasal breathing preferred.

Optional HS1 recovery breathing:

- slow inhale
- longer passive exhale
- minimal effort

Goal = autonomic settling + cellular recovery.

PHASED IMPLEMENTATION (FIRST 6 MONTHS)

Phase 1 — Adaptation (Weeks 1–4)

3 sessions weekly
20 minutes each

Goal: tolerance and nervous system response

Phase 2 — Metabolic Recovery Support (Weeks 5–12)

4–5 sessions weekly
20–30 minutes

Goal: support training adaptation and redox balance

Phase 3 — Regenerative Consolidation (Months 3–6)

3–4 sessions weekly
post-training priority

Goal: long-term mitochondrial resilience

EXPECTED HS1 RESPONSE PATTERN

Common responses with consistent use:

- improved post-exercise recovery
- reduced fatigue perception
- improved vascular relaxation
- calmer autonomic tone
- improved sleep quality (some individuals)
- reduced inflammatory load markers (variable)

Effects are typically **subtle and cumulative**, not immediate stimulation.

INTEGRATION WITH OTHER HS1 MODALITIES

With Strength Training

Reduces oxidative stress from muscle work
supports recovery signaling

With Photobiomodulation

Light stimulates mitochondrial activity
hydrogen protects mitochondria during adaptation

Complementary pairing.

With Circadian Fasting

Supports cellular repair during low-insulin periods

With Mobility / Regulation Days

Enhances parasympathetic recovery

SAFETY GUIDELINES

- use only properly designed hydrogen inhalation systems
- remain seated during sessions
- maintain hydration
- discontinue if dizziness occurs
- avoid open flames or sparks near device
- consult physician if severe pulmonary or cardiovascular disease present

Hydrogen inhalation is generally well tolerated in clinical research when properly delivered.

HS1 POSITIONING IN THE METABOLIC STACK

Morning activation → prepares metabolism
Training → creates demand
Photobiomodulation → enhances cellular energy
Hydrogen → restores redox balance
Circadian fasting → consolidates repair

Demand → Activation → Protection → Recovery → Adaptation

SIMPLE CLINICAL SUMMARY

Hydrogen inhalation in HS1-CFL is a **mitochondrial recovery and redox-stabilizing therapy used after metabolic stress to enhance adaptation and reduce inflammatory load.**

It supports the system — it does not replace physiologic work.

HOMEOSTASIS ONE
REBALANCE AND RESTORE

HS1 Protocol: EGYM & MetaHuman Optimization

Center for Life (CFL)

1. Theory and Rationale: The Power of Eccentrics

The core of this protocol lies in **Eccentric (Negative) Loading**. Unlike traditional training that focuses on the concentric (lifting) phase, EGYM technology allows for "Eccentric Overload"—increasing resistance specifically during the lengthening phase of the muscle contraction. Combining compound movements with eccentric load for first power movements followed by heat infrared at 150 degrees for secondary movements.

Benefits of Negative Movements:

- **Greater Hypertrophy:** Eccentric contractions recruit more fast-twitch (Type II) muscle fibers, leading to superior strength gains and muscle protein synthesis compared to concentric-only training.
- **Connective Tissue Resilience:** Negative loading strengthens tendons and ligaments by stimulating collagen production, significantly reducing injury risk.
- **Metabolic Efficiency:** Eccentric exercise requires less oxygen per unit of force but creates greater mechanical tension, leading to a higher "afterburn" effect (EPOC) and improved resting metabolic rate.
- **Neuromuscular Control:** It enhances the brain-to-muscle connection by requiring the nervous system to manage deceleration and stability.

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2. The MetaHuman Protocol (Dr. Gio)

This is a high-intensity, four-day repeatable cycle designed to stack mechanical tension, thermal stress, and hyperoxia.

Day 1: Chest & Triceps (Hypertrophy + Thermal Stress)

- **EGYM Strength:**
  - Chest Press: 4 sets (Eccentric Overload mode)
  - Chest Flys: 4 sets
  - Dips: 3 sets

- **Sauna Integration:**
    - Enter sauna at **150°F**. 15 minute session
    - **Tricep movements** using **Beyond Power** portable cable resistance.
    - Focus: 15 minutes of slow, controlled eccentric negatives in the heat.

Day 2: Back & Biceps (Pulling Strength + Thermal Stress)

- **EGYM Strength:**
    - Lat Pulldown: 4 sets (Eccentric Overload mode)
    - Rows: 3 sets
    - Pullups: 10 reps (Bodyweight or assisted)
- **Sauna Integration:**
    - Enter sauna at **150°F**.
    - At the 15-minute mark, perform **Bicep routine** using **Beyond Power** resistance.
    - Focus: 15 minutes of eccentric-focused curls.
- **RLT session 10 to 20 minutes.**

Day 3: Legs & Shoulders (Lower Body Power + Posterior Chain)

- **EGYM Strength:**
    - Leg Press: 4 sets (Eccentric Overload mode)
    - Leg Extensions: 3 sets
- **Posterior Chain:**
    - **Freak Athlete Reverse Hypers:** 2 sets x 10 reps (Focus on decompression and glute/hamstring engagement).
- **Sauna Integration:**
    - Enter sauna at **150°F**.
    - At the 15-minute mark, perform **Shoulder routine** (Presses/Lateral Raises) using **Beyond Power**.
    - Focus: 15 minutes of eccentric-focused movements.

Day 4: Cardio & Oxygen (EWOT)

- **Modality:** Exercise With Oxygen Therapy (EWOT) on Treadmill.
- **Oxygen Concentration:** 93% via high-flow mask.
- **Protocol:** 20-minute total duration.
    - Base: Steady-state walk.
    - Intervals: **10 x 30-second incline sprints** interspersed throughout the 20 minutes.
- **Goal:** Maximize plasma oxygen saturation to accelerate recovery and mitochondrial biogenesis.

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3. Effects on HS1 Pillars of Health

1. **Sleep:** The high mechanical demand of eccentric training increases the drive for deep (Slow Wave) sleep. The sauna component aids in lowering core body temperature post-session, facilitating faster sleep onset.
2. **Mental/Emotional Resilience:** The "controlled stress" of the sauna and high-intensity sprints trains the nervous system to maintain composure under physiological pressure (improving the "Window of Tolerance").
3. **Autonomic Balance:** While the workout is a sympathetic driver, the subsequent recovery leads to a profound parasympathetic rebound, evidenced by increased **Heart Rate Variability (HRV)** over time.
4. **Cognitive Performance:** EWOT (Day 4) increases cerebral oxygenation, while resistance training stimulates **BDNF (Brain-Derived Neurotrophic Factor)**, supporting memory and executive function.

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4. Impact on Metabolic Syndrome

This protocol directly counters the markers of Metabolic Syndrome:

- **Insulin Sensitivity:** Eccentric training increases the expression of GLUT4 glucose transporters in muscle tissue, lowering circulating blood glucose.
- **Visceral Fat:** The combination of EGYM hypertrophy and Day 4 HIIT sprints optimizes lipid oxidation and reduces abdominal adiposity.
- **Blood Pressure:** Regular sauna use and EWOT improve endothelial function and arterial elasticity, contributing to lower resting blood pressure.
- **Lipid Profile:** High-intensity resistance training is associated with increased HDL and decreased systemic inflammation (CRP).

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5. Clinical Safety & Supervision

- **Hydration:** Patients must consume electrolytes before and after sauna/EGYM sessions.
- **Monitoring:** Heart rate and perceived exertion (RPE) should be tracked.
- **Contraindications:** Uncontrolled hypertension, recent myocardial infarction, or acute joint inflammation.

Approved by: _____
Date: _____
Center for Life (CFL) Clinical Board

THE HOMEOSTASIS ONE METTHOD

HS1 at CFL

EWOT System

Exercise with Oxygen Therapy

Cellular Energy & Longevity

Detoxification

Immune Support

Cognitive Ennancement

Physiologic O_2 by Demand


432 Hz
432Hz
562 Hz
528Hz
110.0Hz

PEMF NEURONIC & RIFE MACHINE

ENERGETIC WELLNESS TECHNOLOGY

PEMF NEURONIC

- Pulsed Electromagnetic Fields
- Promotes Cellular Repair
- Improves Sleep Quality
- Red Light Therapy Increases ATP Production

RIFE MACHINE

- Emit Specific Frequencies
- Enhances Detoxification
- Supports Immune Function
- Tesla Coil Amplifies Frequencies

HARNESS THE POWER OF FREQUENCIES FOR HEALING & REJUVENATION

PILLARS OF THE FREQUENCY ROOM

Metabolic Reset

Optimizes celular energy
Lowers baseline inflamnation

Circadian Fitness

Enforces sleep environment
Aligns hormones & energy cycles

Hs1

Nervous System Balance

Improves relaxation window
Calms sympathetic overload

Vascular Regeneration

Reseıoles endothelial function
Enhances capillary flow