



## Healing Frequencies:

The human body is a symphony of sounds. Every organ, bone, tissue and cell has its own resonant frequency. Different frequencies can resonate with different parts of the body, organs or emotional states. It means that listening to certain frequencies can be used to provide targeted healing effects.

### Physical Pain and Inflammation

Frequencies in the lower range, such as 174 Hz and 285 Hz, are often used to help reduce physical pain and inflammation.

### Emotional Healing

Frequencies like 528 Hz and 639 Hz are utilized to promote emotional healing, reduce stress, and enhance feelings of love and compassion.

### Cognitive Enhancement

Higher frequencies, such as those in the gamma range, are used to improve focus, memory, and cognitive function.

### Vibrotactile Frequencies:

Vibrotactile or Vibroacoustic therapy uses low frequency sine wave vibrations to ease acute and chronic pain.

Specific frequencies produce specific effects in the human body and mind. 40Hz is a low-frequency sound wave that has been proven to promote healing. According to Scientific American, "Bathing patients in flashing light and pulsing sounds both tuned to a frequency of 40 hertz might reverse key signs of Alzheimer's in the brain."

While 40Hz has shown promising effects towards Alzheimer's, Parkinson's, and chronic pain, other frequencies have been proven to produce other healing effects - stroke recovery therapy, decreased pain perception, increased neurogenesis, enhancement of physical rehab and acupuncture, cancer treatment.

#### 1. Relaxation and Stress Relief

30 Hz – 70 Hz: These frequencies create smooth, calming vibrations that are soothing to the body.

#### 2. Pain Management and Inflammation Reduction

20 Hz – 60 Hz: Low frequencies can penetrate deeper into muscles and tissues, offering relief for chronic pain or soreness.

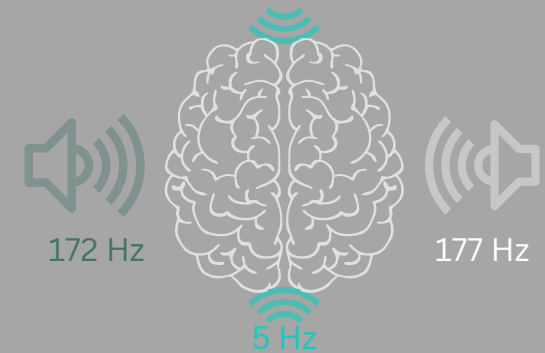
#### 3. Muscle Stimulation and Recovery

50 Hz – 100 Hz: Vibrations in this range stimulate muscles and circulation, promoting recovery after physical exertion.

#### 4. Deep Meditation and Binaural Beats Integration

10 Hz – 20 Hz: Very low frequencies can mimic alpha and theta brainwave states associated with deep relaxation and meditation.

### Binaural Beats:



A binaural beat is an *illusion* created by the brain when you listen to two tones with slightly different frequencies at the same time; your brain processes a beat at the difference of the frequencies. This is called a binaural beat.

When you listen to binaural beats, your brain activity matches the frequency set by the frequency of the beat. This is called the frequency-following effect. This means you can use binaural beats to entrain your mind to reach a certain mental state.

The superior olivary complex is the first part of the brain that processes sound input from both ears. The superior olivary complex synchronizes various activities of the many neurons in the brain. This complex responds when it hears two close frequencies and creates a binaural beat, which changes the brain waves. The synchronization of the neural activities across the brain is called entrainment.

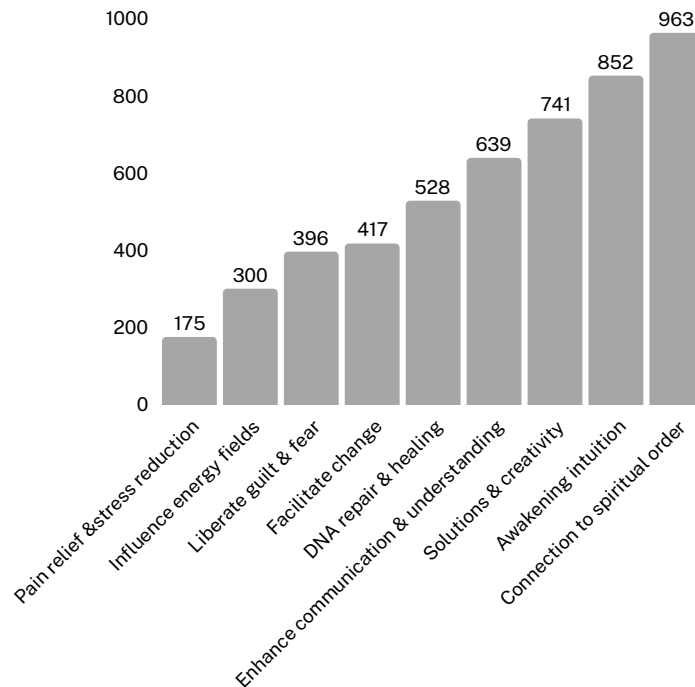
# BRAIN WAVE FREQUENCIES



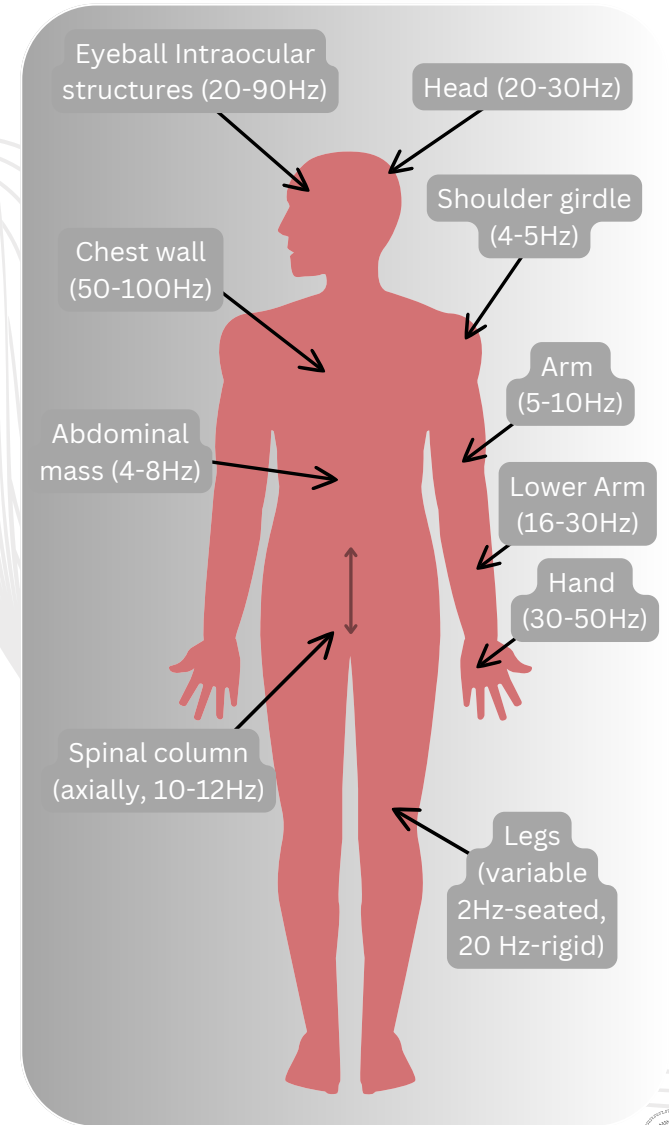
<b>GAMMA</b>	30 Hz & above	High-level cognition Memory recall Peak awareness
<b>BETA</b>	13 Hz - 30 Hz	Focused attention Cognitive thinking Problem solving Active
<b>ALPHA</b>	8 Hz - 13 Hz	Relaxed focus Stress reduction Positive thinking Fast learning
<b>THETA</b>	4 Hz - 8 Hz	REM sleep Deep relaxation Meditation Creativity
<b>DELTA</b>	0.1 Hz - 4 Hz	Deep sleep Pain relief Anti-aging Healing

# HEALING CARRIER FREQUENCIES

- Solfeggio Frequencies
- Angel Frequencies
- Chakra Tone Frequencies
- Schumann Resonance
- Quantum Healing Frequencies
- Isochronic Tones
- 3-6-9 Frequencies
- Planet Frequencies



# FREQUENCIES OF THE HUMAN BODY



**Higher State Therapeutics**  
 876 Grove Rd, Ste LL, Ypsilanti, MI 48198, USA  
 734-219-3962  
 HigherStatePsi@gmail.com

