

FREQUENCY WELLNESS

EVERYTHING IS ENERGY. FREQUENCY BRINGS HARMONY.

Frequency wellness uses specific sound and light frequencies to support the body's natural ability to balance, repair, and heal.

"I will restore health to you and heal you of your wounds."

— Jeremiah 30:17



WHAT IS FREQUENCY WELLNESS?

Everything in the universe vibrates at a different frequency, including our bodies. When frequencies are in balance, energy flows freely and we experience wellness. When frequencies are out of balance, we may feel discomfort or dysfunction.



Frequency wellness gently encourages the body to return to its natural state of harmony and optimal function.



HOW IT WORKS

Frequencies interact with the body's cells, tissues, and energy systems to help:

- ✓ Promote cellular communication
- ✓ Support energy production
- ✓ Encourage natural repair
- ✓ Reduce stress and inflammation
- ✓ Support emotional balance
- ✓ Restore overall harmony



It's not about adding something to the body—it's about creating the right frequency for the body to do what it was designed to do.



EASTERN PERSPECTIVE

Traditional Chinese Medicine (TCM) teaches that Qi (life energy) flows through meridians. Frequencies help to:

- ✓ Move stagnant Qi
- ✓ Clear blockages
- ✓ Support Yin & Yang balance
- ✓ Nourish the organs
- ✓ Enhance the body's natural rhythms



Everything is energy. When energy flows—freely, the body can heal and thrive.

POTENTIAL BENEFITS OF FREQUENCY WELLNESS



Increases Energy & Vitality



Supports Mental Clarity & Focus



Strengthens Immune Function



Reduces Stress & Anxiety



Improves Sleep & Recovery



Supports Pain Relief



Encourages Cellular Repair



Promotes Emotional Balance

FREQUENCY DOES NOT REPLACE MEDICAL CARE; IT WORKS IN HARMONY WITH IT TO SUPPORT WELLNESS.



WHERE FREQUENCY CAN BE USED

- ✓ Hormone balance
- ✓ Stress & anxiety
- ✓ Sleep support
- ✓ Pain & inflammation
- ✓ Immune support
- ✓ Weight & metabolism
- ✓ Emotional wellness
- ✓ Athletic performance
- ✓ Detox & cellular repair
- ✓ And so much more!



TYPES OF FREQUENCIES



SOUND FREQUENCIES

Sound waves that influence cells and tissues through vibration.



LIGHT FREQUENCIES

Specific wavelengths of light that support cellular function.



ELECTROMAGNETIC FREQUENCIES

Electromagnetic waves that help the body return to balance.



BIORESONANCE FREQUENCIES

Frequencies based on the body's unique energetic signature.



FREQUENCY + TECHNOLOGY

Technologies like the AO Scan and SEFI (Solex Energy Frequencies) use advanced scanning and frequency tools to:

- ✓ Identify imbalances
- ✓ Personalize frequency support
- ✓ Track progress over time
- ✓ Empower you with knowledge

SEFI PLAYLISTS
Thousands of frequencies for different goals and needs.



WELLNESS TIPS

- ✓ Stay hydrated with pure water
- ✓ Eat clean, whole foods
- ✓ Move your body daily
- ✓ Get quality sleep
- ✓ Manage stress
- ✓ Spend time in nature
- ✓ Keep a positive mindset
- ✓ Use frequency tools consistently



TRUSTED EDUCATIONAL RESOURCES

PubMed

pubmed.ncbi.nlm.nih.gov

NIH

National Institutes of Health

www.nih.gov

MAYO CLINIC

www.mayoclinic.org

Cleveland Clinic

www.clevelandclinic.org

CDC

Centers for Disease Control and Prevention

www.cdc.gov

Healthline

www.healthline.com



Always consult your healthcare provider for personalized medical advice.



THRIVE & SHINE THURSDAY

Watch this short educational discussion to learn how frequencies can support your wellness journey.



Watch on YouTube
Thrive & Shine Thursday



WELLNESS GUIDE

Download the companion guide for more detailed information, tips, and resources.

[VIEW GUIDE \(PDF\)](#)

[DOWNLOAD PDF](#)



BOOK YOUR SESSION

Ready to experience the benefits of frequency wellness? Schedule your Quality of Life Coaching session today! Let's work together for your best life!



BOOK YOUR SESSION

Let's Work Together for Your Best Life!

Small choices create big changes. You've got this!

