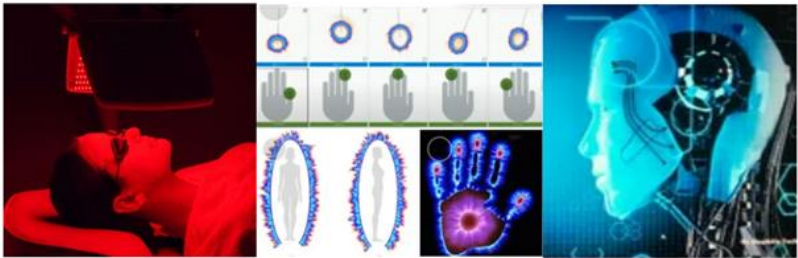


ENERGY, SOUND, and LIGHT FREQUENCIES THE UNIVERSAL HEALERS



NATURE WAVE HEALING

NATURE WAVE HEALING

WHY NATURE WAVE?

Nature Wave is.

ENERGY, LIGHT, and SOUND FREQUENCIES.

Nature Wave Healing offers a range of alternative healing services including Body Energy Assessment, Sound and Red-Light Therapy, PEMF healing, DNA and RNA healing, Remote healing, Touchless Physiotherapy, Needleless Acupuncture, and Detoxification, Healing Frequencies Services that use bio-resonance technology to emit specific electromagnetic frequencies that can help the body achieve a state of balance and harmony. Red-light therapy uses red or near-infrared light to stimulate the body's natural healing processes, and PEMF Therapy uses low-frequency electromagnetic waves to promote healing. Sound Therapy uses specific frequencies and vibrations to promote relaxation and healing. Detoxification refers to the process of eliminating parasites from the body. The founder of Nature Wave Healing is Michael Esselen, a Health Coach who is a member of the American Alternative Medical Association and the American Association of Drugless Practitioners.

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INTRODUCTION

Many books were written about wellness and alternative medicine, this book proposes a unique offering that would benefit and help you differentiate your knowledge so far from the general medication services.

Nature Wave Healing offers a range of alternative healing services including Body Energy Assessment, Sound and Red-Light Therapy, PEMF healing, DNA and RNA healing, Remote healing, Touchless Physiotherapy, Needleless Acupuncture, and Detoxification. Healing Frequency Services uses bio-resonance technology to emit specific electromagnetic frequencies that can help the body achieve a state of balance and harmony. Red-Light Therapy uses red or near-infrared light to stimulate the body's natural healing processes, and PEMF Therapy uses low-frequency electromagnetic waves to promote healing. Sound Therapy uses specific frequencies and vibrations to promote relaxation and healing. Detoxification refers to the process of eliminating parasites from the body. The founder of Nature Wave Healing is Michael Esselen, a Health Coach who is a member of the American Alternative Medical Association (AAMA) and the American Association of Drugless Practitioners (AADP).

"You can't go back and change the beginning, but you can start where you are and change the ending" quote by C S Lewis.

DISCLAIMER

This is a disclaimer from Nature Wave Recuperating Facility in Vancouver expressing that the substance of their book and site is for enlightening and instructive purposes and isn't planned to be utilized as a clinical exhortation or as a substitute for clinical directing or treatment. The facility offers types of assistance for the entire body's well-being and expects to help the body in recuperating itself. They don't utilize naturopathic methods to analyze sicknesses, carry out specific systems or direct specific substances. The facility utilizes advancement innovation to break down a singular's very own fiery homeostasis and assist with characterizing their well-being status, helplessness to disease, and the medicine/supplement that might be reasonable for them. They guarantee that their innovation depends on millennia of conventional Chinese medication and can foresee potential medical problems before they happen. They likewise express that their objective isn't to treat individuals, but rather to assist the people who require it by characterizing the issue ahead of time and offering assistance to reestablish harmony in their energy framework.

The substance of this book is for instructive and instructive purposes as it were.

Not to be utilized as clinical counsel, cases, or potential permanent medical advantages. Our innovative frameworks are for entire body health just; we help the body so it can recuperate itself. We are not expected as a substitute for clinical directing or as a treatment remedy for any sickness or medical issue. The data, gadgets, and programming talked about in this site are accommodated teaching individuals the most proficient method to carry on with better and better lives. Any utilizations of this content are performed at the client's own gamble. Guests are urged to acquire help, from administrations, specialists, and professionals.

We, at Nature Wave Mending Facility in Vancouver, will evaluate and reestablish your energy framework when it is unequal, powerless, low, and not working, and when it becomes exhausted on account of an undesirable individual. Our actual body has the knowledge to mend itself. Knowledge from the Source, who does the recuperating. Such energy can be moved when coordinated through representation or whatever other aims; this is how we manage Energy, Sound, and Light. As Wellbeing Mentors, we offer the types of assistance of avoidance, and appraisal to help mend processes and advance, keep up with, or reestablish the general strength of the person.

We don't actually

- (a) Use naturopathic procedures to make a determination recognizing, as the reason for signs or side effects of an individual, a sickness, turmoil, or condition.
- (b) Carry out a strategy on tissue (I) beneath the dermis, or (ii) underneath the outer layer of a mucous film.
- (c) Move a joint of the spine past the limits the body can deliberately accomplish however inside the physical scope of movement utilizing a high speed, low plentifulness push.
- (d) Put into the outer ear waterway, up to the eardrum, a substance that is feeling the squeeze.
- (e) Regulate a substance (I) by infusion, (ii) by inward breath, (iii) by the water system, (iv) by enteral instillation, or (v) utilizing a hyperbaric chamber.
- (f) Put an instrument or a gadget or finger (I) into the outer ear channel, up to the eardrum, (ii) past the point in the nasal entries where they regularly tight, (iii) past the kickoff of the urethra, (iv) past the labia majora, (v) past the butt-centric edge, or (vi) into a counterfeit opening into the body.
- (g) Apply (I) ultrasound for symptomatic or imaging purposes, including any use of ultrasound to a baby, (ii) power for the motivations behind (A) Obliterating tissue during a minor medical procedure, (B)defibrillation during

a crisis cardiovascular consideration, or (iii) X-beams for demonstrative or imaging purposes, barring X-beams with the end goal mechanized pivotal tomography.

(h) Issue a guidance or approval for someone else to perform, regarding a named individual, a confined movement determined in sections (I) or (iii).

(i) (I) In regard to medication, (I) endorse the medication, (ii) compound the medication, (iii) apportion the medication, or (iv) oversee the medication by a technique.

(j) if nourishment is regulated by enteral instillation or parenteral instillation, (I) select elements for a restorative eating regimen, (ii) compound a remedial eating regimen, or (iii) administer a helpful eating routine.

(k) direct test testing for sensitivities (I) that includes infusion, scratch tests, or inward breath, on the off chance that the individual being tried has not had a past anaphylactic response, or (ii) by some technique on the off chance that the individual being tried has had a past anaphylactic response.

(l) Direct desensitizing treatment for sensitivities (I) that includes infusion, scratch tests, or inward breath, if the individual being tried, has not had a past anaphylactic response, or (ii) by some strategy assuming the individual being tried has had a past anaphylactic response.

Chapter one – OUR SERVICES

For ages, energy medicine has been the primary form of treatment, and it has proven to be incredibly effective. The primary source of electromagnetic vibration is, without a doubt, the sun. Consequently, all plants, animals, and even water contain energy. One of the most effective ways to access energy medicine is through our diets. Unfortunately, the use of refined foods, poor farming methods, and extracted supplements has resulted in distorted or weakened healing energy in many cases. Fresh and prime plants have cells and components that vibrate at specific frequencies, Energy cannot be created or destroyed; it can only be transferred. Frequency is critical in human life, as well as throughout the universe. Frequency allows energy to take on any shape, including particles, atoms, planets, stars, galaxies, and all biological life. Each one, living or non-living, has a distinct energy signature that vibrates at particular frequencies, some of which are beneficial to humans, while others are harmful.

The notion of using frequency to cure illnesses is not new. Certain scientists were already using frequency devices to treat diseases. At their core, all treatments, such as herbal remedies, homeopathy, aromatherapy, crystals, and salt caves, use frequency (energy) medicine. For years, music has been utilized to aid in healing, as we all know how a piece of music can change how we feel both physically and emotionally. When pharmaceuticals (and even some health supplements) and refined foods are produced, the essence of the plant, food, or substance is extracted, distorted, and, in some cases, artificially created, resulting in additional weakness and frequency changes in the body. Frequencies have been shown to alter our DNA, which, of course, has both positive and negative consequences.

The idea that sound and light can influence the body's healing processes has been confirmed by scientific research. Researchers at the University of

Cincinnati have successfully applied high-frequency electrical signals to vascular cells to heal chronic wounds like diabetic ulcers. This suggests that electrical currents targeting specific pathogens can neutralize and destroy diseases and ailments without the use of pharmaceuticals or invasive procedures.

Royal Rife, a researcher, and inventor from the early 20th century, is known for his work on frequency healing machines, which some people claim can cure a wide array of diseases, parasites, and infections. Rife's discoveries suggest that every living organism has its own unique resonant frequency, and subjecting the body to electrical currents that target specific pathogens, diseases, and ailments can be neutralized and destroyed.

Overall, these findings suggest that frequency and energy-based therapies can offer a promising approach to healing the body and mind, alongside traditional medicine.

Our physical body has the intelligence to heal itself, intelligence from the Source, who does the healing. Such [energy](#) (1) can be shifted when directed through visualization or any other intention; IT IS ALL Energy, Sound, and Light.

NIKOLA TESLA Described our creation:

"If you want to find the secrets of the universe, think in terms of
ENERGY FREQUENCY and VIBRATION

It was Tesla who discovered the power of resonant frequencies. While Dr. Royal Rife used those resonant frequencies to get rid of many diseases and bugs (Viruses, Bacteria, Parasites, and Fungi). Ultimately, the best way to determine which frequency is most beneficial is to experiment with different

frequencies, incorporating them into your meditation or relaxation practice, and see if you notice any positive effects.

What do you need to know to harness beneficial frequencies for our body, mind, and spirit? It's worth noting that while the following practices are

popular in alternative medicine and wellness communities, some of their effectiveness is still being studied and debated in the scientific community.

Here they are:

1. **Body Energy Assessment** is a non-invasive technique that uses bio-resonance technology to analyze the electromagnetic waves emitted by the body and provide information about the individual's health status. This assessment can help to identify areas of imbalance and provide customized recommendations for optimizing health and wellness.
2. **Red-Light Therapy** is a type of light therapy that uses red or (NIR) near-infrared light to stimulate the body's natural healing processes. This therapy has been shown to have a range of benefits, including reducing inflammation, promoting wound healing, and improving skin health.
3. **"HEALBED"** typically refers to a fictional or speculative concept of a high-tech medical bed that can instantly heal or regenerate a person's body. While there has been some development in medical technology that can aid in healing, such as regenerative medicine and advanced prosthetics, these advancements are not capable of instantly healing a person's body as depicted in popular media.

4. **PEMF** (Pulsed Electromagnetic Field) Therapy: This therapy uses low-frequency electromagnetic waves to stimulate the cells in the body and promote healing. PEMF devices come in a variety of forms, including mats, pads, and handheld devices.
5. **Rife Machines**: Rife machines use electromagnetic frequencies to destroy harmful microorganisms in the body, such as viruses and bacteria. These machines use a range of frequencies that are believed to target specific types of microorganisms.
6. **Sound Therapy**: Sound therapy uses specific frequencies and vibrations to promote relaxation and healing. This therapy can be delivered through various devices, including tuning forks, singing bowls, and specialized speakers.
7. **Detoxification**: refers to the process of eliminating parasites from the body. Parasites are organisms that live on or inside another organism (host) and feed on its nutrients. Some common types of parasites that can infect humans include tapeworms, roundworms, hookworms, and protozoa.
8. **Crystals and salt lamps**: Crystals are believed to possess natural healing properties due to their unique molecular structure and electromagnetic frequencies. They can be used in various ways, such as wearing them as jewelry, carrying them in a pouch, or placing them in a room. Salt lamps are also believed to have healing properties by emitting negative ions into the air, which can help purify the air and reduce stress.
9. **Depowered Bugs**: the need to depower viruses, bacteria, worms, parasites, and bugs depends on several factors,

including lifestyle, health status, and exposure to infectious agents.

10. **Sound Tone Frequency** also known as sound therapy, is a practice that involves using sound vibrations to promote physical.
11. emotional, and spiritual well-being. The idea behind sound healing is that different frequencies and vibrations can impact the body and mind in various ways and that certain sounds can help balance and restore the body's energy systems.
12. **Bioresonance:** bioresonance therapy is a type of alternative medicine that uses electromagnetic frequencies to stimulate the body's natural healing process. It involves using a device that emits frequencies that are thought to resonate with the body's own frequencies and restore balance to the body's energy fields.
13. **DNA and RNA** programs, genetically imprinted, 99% non-active, can be activated by long periods of stress, trauma, or lack of, Magnesium, and Negative ions. Or nonfunction of mitochondrial membrane malfunctioning. DNA (deoxyribonucleic acid) and RNA (ribonucleic acid) are both types of nucleic acids that play important roles in the storage, expression, and transmission of genetic information in living organisms.
14. **Touchless Physiotherapy** refers to a type of physiotherapy that does not involve direct contact between the therapist and the patient. Instead, it typically uses devices or equipment to deliver therapy, such as ultrasound, electrical stimulation, or laser therapy.

15. **Potential Therapy** adopts High Potential, Negative Potential, and Intermediate Frequency (IF) potential to rebuild the natural electric field to let you under-treated back to nature, eventually repairing various disorders and obstacles caused by the damage to the natural environment.
16. **Vibrational remedies** like Bach Flower Remedies: Vibrational remedies are made from natural sources, such as flowers or crystals, and are believed to have healing properties due to their unique vibrational frequencies. Bach Flower Remedies are a type of vibrational remedy that uses flower essences to help balance emotional states and promote well-being.
17. **Meditation and Affirmations:** Meditation is a practice that involves focusing the mind on a specific object, thought, or activity to promote relaxation and reduce stress. Affirmations are positive statements that are repeated to oneself to promote self-confidence and positivity. Both practices can help promote a positive mindset and reduce stress levels.
18. **Needleless Acupuncture, Painless Therapy, No Needles** The acupuncture meridians and all systems of the body which receive information and energy from these meridians, the nerves, the organs, and the body tissues, can be positively influenced by the proper information signal. Such signals for example are frequency signals from substances, trace minerals, herbs, or homeopathic remedies.
19. **Remote healing** works because there is minimal interference and exchange of the Biofield, Aura, or Biocommunication fields.

When clients and therapists are close to each other, their Biofield overlaps and exchanges information. These Services are a unique and innovative way to enhance your experience and have the opportunity to relax, rejuvenate, and improve your overall well-being. These innovative natural services would be a valuable addition to your health knowledge and would help to differentiate your belief of what really works. Learning more about these services will help enhance the overall experience of your health.

Chapter Two

BODY ENERGY ASSESSMENT

This assessment describes different tools and techniques that can be used to analyze and improve one's energy balance and overall well-being. It starts by explaining a system of energy analysis that looks at the balance between different organs and systems in the body, and highlights areas that are particularly imbalanced. Then discusses biorhythms, which are daily cycles of physical, emotional, and intellectual performance that can be tracked and forecasted to help individuals plan their activities and avoid particularly low-energy days. Finally, it highlights the importance of balanced chakras and energy centers and offers a list of Healing Tones that can be used to address specific emotional and spiritual issues

Why it is important to take this assessment?

It is a breakthrough technology and it is safe. The device Bio-well, and its software measure the body's energy field which helps professional doctors to define the body's health status. A stronger energy field means you are protected from any bugs (Viruses, Bacteria, parasites, Fungi, Yeast) or maladies, and a weaker energy field means, you are vulnerable.

Other advantages

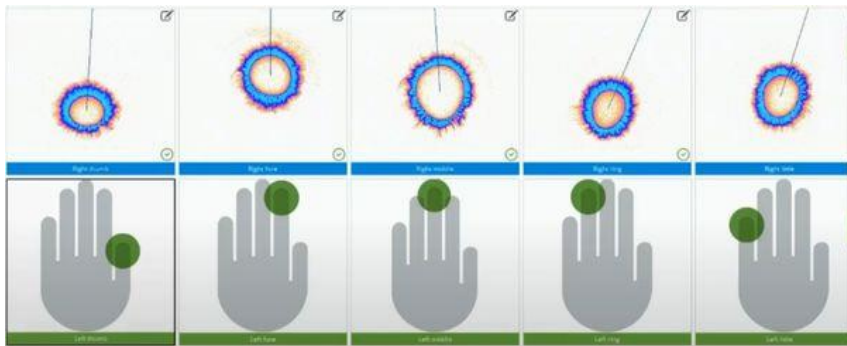
The device helps to define which medication or supplement is good for you. It helps to select the proper supplement, and the proper vitamin and understand if it is good for you or not. When we experience pain, stress, anxiety, and negative emotions, when our biofield is out of balance, reinforcing our natural energy can reinforce our physical and mental performance. Positive energy flows bring vitality, and negative fields of energy obstructed energy flow and cause

an imbalance in the energy system which leads to diseases.

Does it work?

Yes, since it is all based on thousands of years of traditional Chinese medicine, meridian, and five elements of knowledge. It can predict long before any harm may happen and allow professional doctors to take care of it. Also, the software produces a soundtrack frequency to help, based on the assessment results. Since we can define the problem beforehand, it means, that if this assessment defines the level of energy, stress, anxiety, and balance of systems and organs, it can help people to be helped.

TEN FINGERS SCAN VISUALIZATION

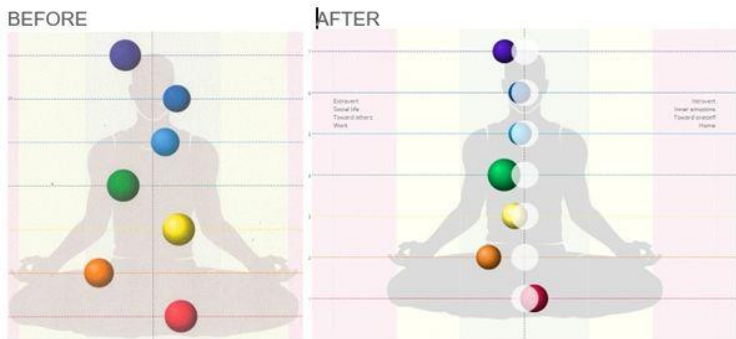


The analysis started with using this powerful Visualization Technology, powerful imaging that captures photons given off by each finger. It will illustrate the state of a person's energy field when a scan is taken.

The fingers describe many parameters related to the area, energy, intensity, and others. When we take a reading, the camera takes it in blue, black, and white colors, and then applied it to different colors of the spectrum mapped as an image. It describes the finger images of energy deficiency or energy

excess or both as holes and breakage of the spectrum. Bio-well captures energy from the fingers prints and measures energies of meridians, chakras, aura, nerve systems, and organs' energy fields.

CHAKRAS VISUALIZATION

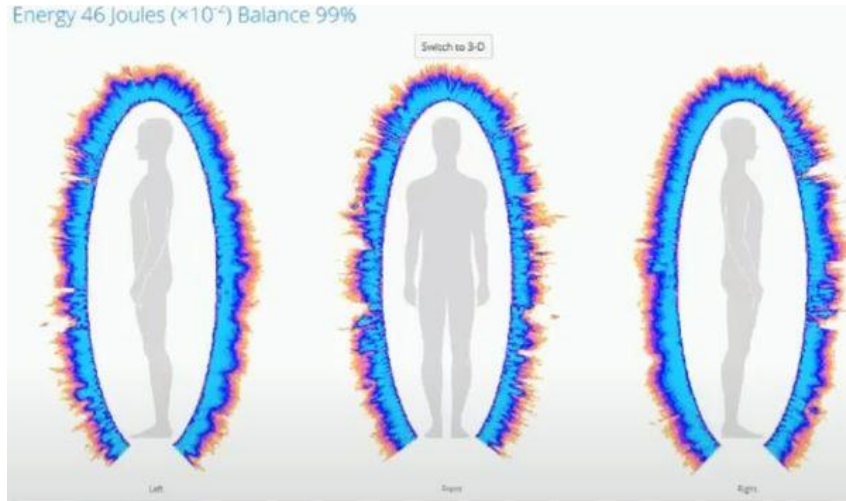


Chakras are a series of energy centers that are believed to be located along the spine of the human body. There are seven primary chakras, each associated with a specific color and element, and each related to a different aspect of the body and mind. The chakras are thought to correspond to specific organs, emotions, and spiritual aspects of a person's being, and are said to influence the flow of energy throughout the body. Practices like yoga and meditation often aim to balance and align the chakras to promote physical and emotional well-being.

A bigger CHAKRA circle means there is overactivity in that chakra. The smallest circle means, the chakra is under activity. Some pulling to the left points to a physical issue and pulling to the right will indicate an emotional issue. The system can generate a sound frequency file that helps balance the energy circles.

AURA FIELD VISUALIZATION

Energy 46 Joules ($\times 10^{-7}$) Balance 99%



The Aura field is the biocommunication field that does analysis on all levels and communicates with the brain and parasympathetic system which is the command center. It has 7 layers of sub-frequency transmitters seen as colors, just like the seven chakras frequencies. It interpenetrates the visible physical body and extends beyond. It also holds all information for many generations from grandparents and their grandparents and so on. All previous life experiences of forefathers' and mothers' diseases, stress, war, curses, injuries, and traumas.

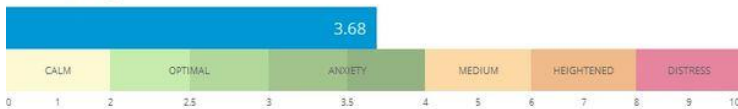
When this energy field is clear, healthy, and free from any blockage, then the living person is healthy. Any blockage within the energy field of a person influences physical, emotional, and mental life. You are vulnerable if you have holes or breaks in your energy field. You are protected when you have a strong energy field, and no bugs can penetrate it, it is your protective shield.

These measures of the body's energy field:

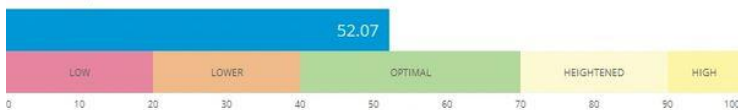
1. Allows defining organs and systems of the body which need attention.
2. Assesses the follow-up response of the body to different influences.
3. Provides information on psycho-emotional state and level of stress (anxiety).
4. Allows easy measure of the response of the body to different medications, supplements, and food.

BODY'S ENERGY ASSESSMENT

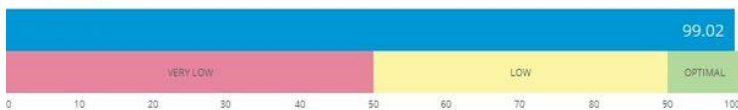
STRESS: Anxiety



ENERGY: Optimal



BALANCE: Optimal



*ORGANS DISBALANCE, %: Optimal



STRESS

A physiological transformation in our body is related to the nervous system. When you feel a negative emotion or, a positive emotion, it is all stress. It is

measured in relative units from 0 to 10, when 10 corresponds to the highest level of stress, 2 to 3 represents a normal calm, and 3 to 4 a state of anxiety.

ENERGY

The energy analysis view shows the levels of internal energy y illustrating excesses and deficiencies in energy. High or low energy both are not good, it should be optimal energy (40 to 70 Joules)

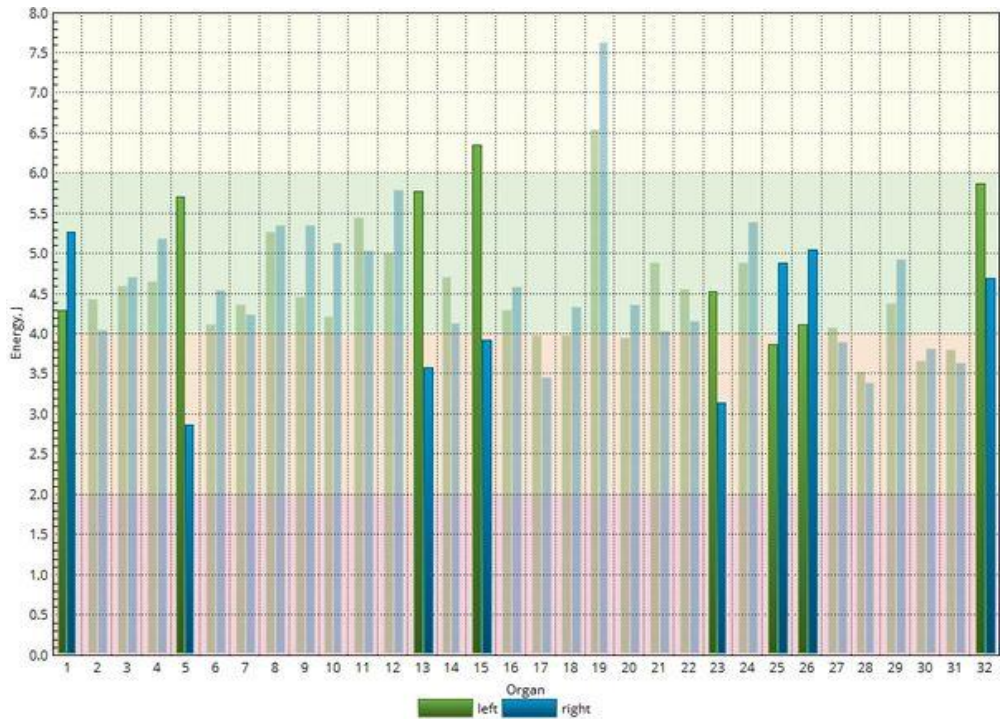
BALANCE

0 to 50%, a very low balance is an indication of serious malfunctioning, while 90% to 100% is a typical balance of organs and systems with the left and right presentation.

DISBALANCE

It is presented in % of deviation from the average value of two hands. The left hand relates to the right brain hemisphere and with activation processes. The right hand relates to the left-brain hemisphere and slows down energy-saving processes. 0 – 5% optimal balance between left and right parts, and 10%-15% high imbalance.

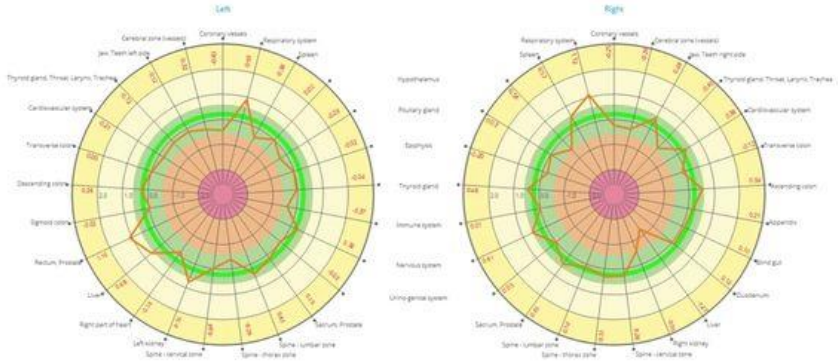
ENERGY BALANCE RESULTS



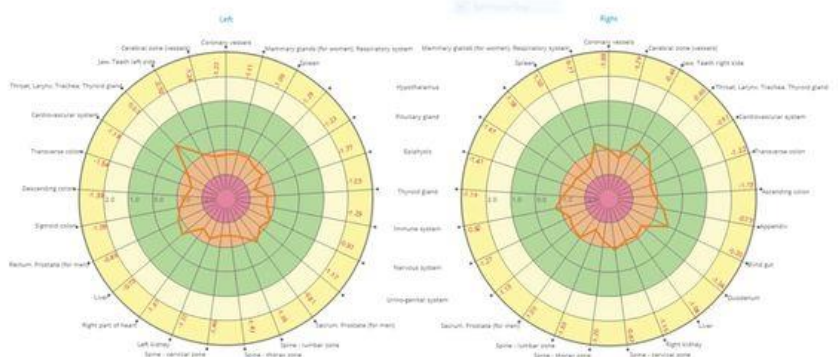
1. Cardiovascular system 2. Heart 3. Colon - transverse 4. Pancreas, Spleen 5. Liver 6. Pituitary gland 7. Thyroid gland 8. Adrenals 9. Spine - cervical zone 10. Spine - thorax zone 11. Spine - lumbar zone 12. Sacrum 13. Coccyx, Pelvis minor zone 14. Urino-genital system 15. Kidneys 16. Ears, nose, maxillary sinus 17. Throat, larynx, trachea 18. Cerebral zone (vessels) 19. Respiratory system 20. Coronary vessels 21. Thorax zone 22. Epiphysis 23. Hypothalamus 24. Nervous system 25. Immune system 26. Spleen, Pancreas 27. Right eye 28. Left eye 29. Jaw, Teeth 30. Cerebral zone (cortex) 31. Eyes 32. Prostate

This representation of organs with the left and right presentation. If there is a difference of 15% in energy analysis between left and right, the bars are highlighted. The more highlight bars the more imbalanced the system.

AREA DIAGRAMS DISTRIBUTION

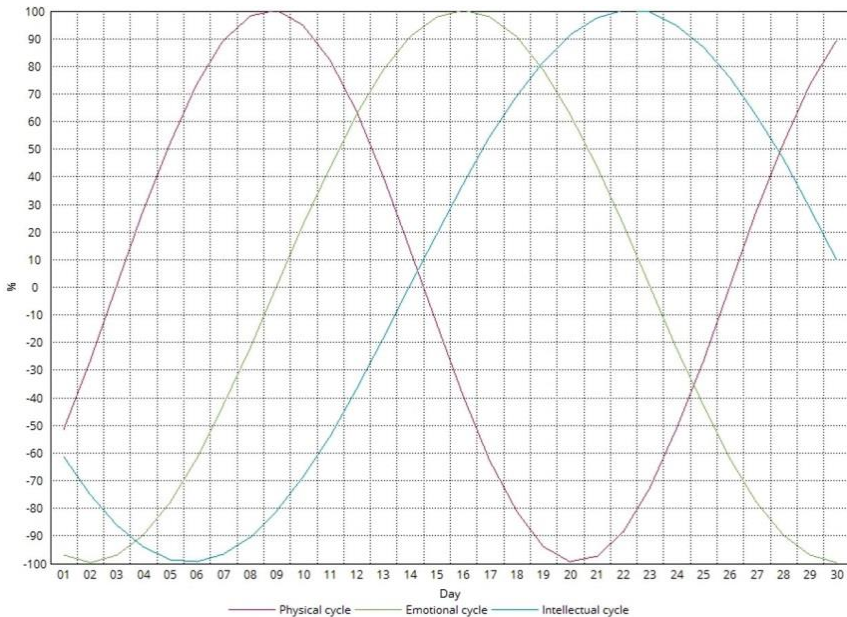


The optimal energy level corresponds to the green zone in the middle. The inner circle is the area of energy deficiency (hypo-energy state). The outer ring is the area of energy excess (hyper-energy state).



Reflects energy re-distribution for different organs and systems analysis based on Area parameters.

BIORHYTHM



Biorhythms are daily cycles of physical, emotional, and intellectual performance that can be tracked and forecasted to help individuals plan their activities and avoid particularly low-energy days.

Do you feel stronger and healthy or have less energy and less vitality?

See your biorhythm day cycle, the body's energy field. Forecast your physical, emotional, and intellectual Biorhythm daily performance. Choose good days for your activities and avoid the worst days.

The **Physical biorhythm** relates to your physical energy, strength and endurance, Sports, work, health – disease resistance.

The **emotional biorhythm** relates to your emotional states, stress and stability, love and hate, depression, passion, optimism, relationships, cooperation, irritation, or any everyday life feeling.

The **intellectual biorhythm** relates to your mental capabilities, solving problems, and creativity.

Your biorhythm above the horizontal line indicates that your capacity in that area is enhanced; you feel stronger, more alert, more connected, and more empathetic. These are times when you can do more, be more, and enjoy more. When the biorhythm lines are below 0%, your capacity is diminished, and conservative behaviour is recommended. Very important are the points cross-section - when the curves intersect above (positive) or below the (negative) axis. The cross-section of all three curves has the strongest meaning and usually announces a particular event or phase (positive or negative) in which you are.

SUMMARY

To summarize, The importance of taking this assessment, using a visualization technology that captures photons given off by each finger, called Bio-well. The assessment provides information on the energy fields of meridians, chakras, aura, nerve systems, and organs. It allows for defining organs and systems of the body that need attention, assessing the body's response to different influences, and providing information on the psycho-emotional state and level of stress (anxiety). It provides a clear, healthy, and free from any blockage aura field, which influences physical, emotional, and mental life. It suggests that a strong energy field means a person is protected from any bugs (Viruses, Bacteria, parasites, Fungi, Yeast) or maladies, while a weaker energy field means a person is vulnerable. The assessment can predict long before any harm may happen and allow professional doctors to take care of it for an easy measure of the response. The goal is to help people who are not a part of modern medicine and need help.

Chapter Three

RED LIGHT THERAPY

What is red light therapy?

What is red light treatment? Red light treatment, otherwise called low-level light treatment or photobiomodulation, is a painless treatment that includes presenting the body to red and close infrared light. This sort of treatment is utilized to treat different circumstances, including skin issues, agony, irritation, and wound mending.

Red light treatment works by infiltrating the skin and animating the development of ATP, the energy hotspot for cells. This assists with expanding cell digestion, which can further develop complexion and surface, decrease irritation, and advance tissue fix. Studies have demonstrated the way that red light treatment can be powerful for a scope of conditions, including skin break out, psoriasis, and dermatitis. It might likewise be useful for diminishing torment and irritation, working on joint well-being, and in any event, advancing hair development. Red light treatment can be controlled utilizing different gadgets, including handheld gadgets, light boards, and full-body chambers. It is by and large viewed as protected and does not many side impacts, in spite of the fact that it is essential to adhere to make directions and keep away from overexposure to light.



A portion of the advantages of red-light treatment incorporates expanded collagen creation, further developed complexion, and surface, diminished irritation, and diminished torment and muscle weariness. Red light treatment can be regulated through different gadgets, including light boards, light beds, and handheld gadgets

Red light treatment has been displayed to have different cell-level advantages, including expanded creation of ATP (the atom answerable for energy creation in cells), improved cell digestion, and expanded flow.

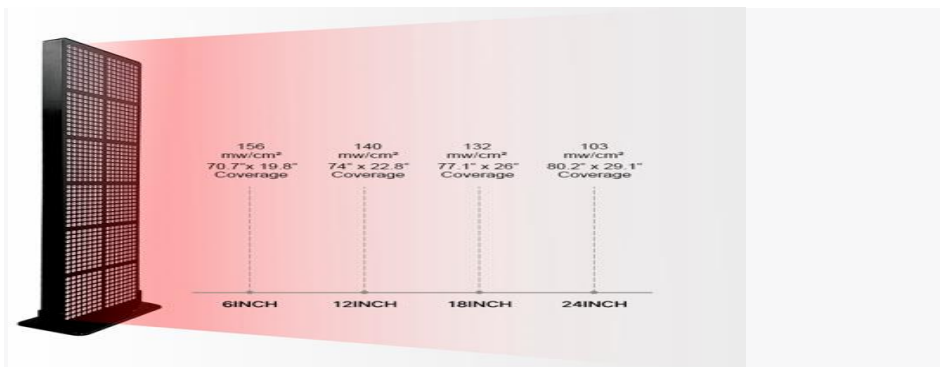
- A portion of the numerous expected advantages of red-light treatment include:
- Decreased irritation
- Further developed skin well-being, including decreased skin breakout, wrinkles, and scarring.
- Expanded muscle recuperation and diminished muscle irritation
- Diminished joint agony and aggravation.
- Further developed rest quality
- Upgraded state of mind and decreased side effects of gloom and tension
- Expanded bone thickness
- Worked on mental capability. Diminished side effects of occasional full of feeling problems (Miserable)

The timeframe it takes to get results from red light treatment can shift contingent upon the individual and the condition being dealt with, however many individuals report encountering benefits within half a month of beginning treatment.

With regards to picking either red or close infrared light, it's essential to consider the advantages you're hoping to accomplish. Red light is for the most part better for skin wellbeing and course, while close infrared light is more viable for more profound tissue infiltration and muscle recuperation.

The driven red-light treatment utilizes a more extensive scope of frequencies than laser treatment and is commonly less serious. Laser treatment utilizes a restricted, shone light emission and can be more remarkable, yet may likewise be more costly.

Red light and close infrared light are both pieces of the noticeable range of light however vary in frequency. Red light ranges from 630 to 700 nm, while close infrared light ranges from 700 to 1200 nm.



While more exploration is expected to completely comprehend the advantages and constraints of red-light treatment, it has shown guarantee as a protected and powerful treatment for a scope of conditions. Red light treatment, otherwise called low-level light treatment (LLLT), is a harmless, easy, and safe treatment that utilizes red and close infrared light to invigorate cell action in the body. This kind of treatment has been utilized for various circumstances, including skin restoration, help with discomfort, wound recuperation, and aggravation decrease.

Red light treatment is a promising and arising treatment that is acquiring prevalence in the areas of dermatology, sports medication, and torment the board. While additional exploration is expected to completely comprehend the possible advantages of red-light treatment, many individuals have detailed positive outcomes from this treatment.

While choosing red and close infrared light, it's vital to think about your necessities and objectives, as well as any possible dangers or incidental effects. A few likely symptoms of red-light treatment might incorporate skin disturbance, eye strain, and migraines, however, these are for the most part gentle and temporary. Red and close infrared (NIR) light treatment has displayed to emphatically affect cell capability studies and help in working on an extensive variety of medical issues in various ways including hostility to maturing, relief from discomfort, fat misfortune, balding inversion, skin inflammation therapy, slow-to-recuperate wounds, among different purposes. Similarly, human cells need supplements from food. Red and close infrared (NIR) light is likewise a fundamental supplement to control up our cells, influence chemicals and synapses, upgrade actual execution, balance

our mindset, increment sharpness, hurry recuperation from stress, further develop rest, and emphatically influence the declaration of our qualities.

ults

Whole Body Red & Infrared Light Therapy

Use for 15-30 minutes per day and see results in as early as 3 weeks




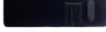
Roll over image to zoom in

Red and close infrared (NIR) light are "bioactive" in people, and the human body needs light to ideally work. Red and close infrared (NIR) light follows up on the mitochondria in our cells to animate and increment cell energy (ATP) creation. These frequencies of light affect the cells where they can increment energy creation.

RED LIGHT THERAPY PAD					
Item	Specs	Item	Specs		
Name	Therapy pad	Power	23W	red light belt *1 charge plug*1 USB wire*1 Remote control*1 user manual *1	
Led qty	160pcs	Per Leds	dual chips		
Wavelength	660-850=1:1	Size	20*40cm		
Pulse	7 frequencies	Packaging size	470x350x390mm/10pcs		
G.W	1.3kg	Irradiance	148mw/cm2		
Remote control	Yes	Best for	Waist , artifice,shank,knee,arm		



Red Light Treatment sounds complex, yet it is easy to comprehend. Red light is unequivocally a frequency that objectives the phone mitochondria, and their capability of creation of energy. Red light assists with giving an ideal body climate, guaranteeing better cells speak with each other to do undertakings inside the body. Red light has various advantages to cell capabilities; it helps with supporting the cells playing out a few jobs inside the body like collagen creation, wrinkles decrease, and stress oxidative. Oxidative pressure is a phase when free extremists dwarf cell reinforcements. Free revolutionaries harm greasy tissue, DNA, and proteins. Oxidative pressure can be a consequence of everyday ecological poisons, tobacco smoke, blue light openness, and dietary contemplations (Diets high in fat, sugar, and liquor).

Item	Specs	Item	Specs	
	Name	Therapy pad	Power	38W
	Led qty	260pcs	Per Leds	dual chips
	Wavelength	660 850=1:1	Size	20*60cm
	Pulse	7 frequencies	Packaging size	475x350x390mm/10pcs
	G.W	1.5kg	Irradiance	146mw/cm2
	Remote control	Yes	Best for	Waist , back , leg , arm, shoulder

red light belt *1
stretchy band*1
charge plug*1
USB wire*1
Remote control * 1
user manual *1



How can we prevent oxidative damage?

By implementing dietary and lifestyle strategies such as a diet high in antioxidants of fruits and vegetables, nuts, whole grains, and some meats. Increasing physical activity, meditation, and practice of Red light therapy, both at home and in clinical practice for greater health and wellness.

The following Red Light wavelength benefits - 630nm-660nm, 810nm-830nm, 750nm-1000nm

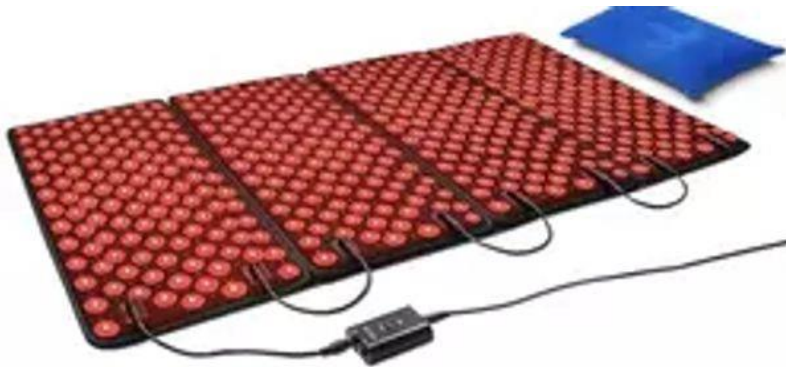
The 630nm wavelength offers the following benefits: Improved the skin's tone and texture by smoothing and evening out uneven pigmentation; help with reducing fine lines and wrinkles; improving skin disorders such as psoriasis; Hair regrowth, and acne.

The 660nm wavelength offers the following benefits: It helps delay the development of fatigue in the muscles, enhances skeletal muscle performance and reduces training fatigue, and pain promotes skin tissue healing and regeneration, and accelerated wound healing. Reduced inflammation and swelling follow an injury.

The 810nm wavelength offers the following benefits: Improved recovery from traumatic injury.

The 830nm wavelength offers the following benefits: Helps with reducing swelling, infection, bruising, and pain after aesthetic surgery. Improved bone repair and growth.

The 850nm wavelength offers the following benefits supports the production of collagen, reduction of lines, and wrinkles, and looking radiant skin, and can help lower inflammation, and reduce joint, and muscle pain.



SUMMARY

Red Light therapy is a non-invasive, pain-free treatment that uses specific wavelengths of red and near-infrared light to improve cellular function and

promote healing in various health conditions. It can be used at home or in clinical settings to aid in anti-aging, pain relief, fat loss, hair loss reversal, acne treatment, slow-to-heal wounds, and other purposes. By providing the necessary nutrients to power up our cells, red light therapy can affect hormones and neurotransmitters, enhance physical performance, balance our mood, increase alertness, hasten recovery from stress, improve sleep, and positively affect the expression of our genes.

To prevent oxidative damage, implementing dietary and lifestyle strategies such as a diet high in antioxidants, increasing physical activity, meditation, and practicing red light therapy can be helpful. Different wavelengths of red and near-infrared light offer various benefits, including improving skin tone and texture, reducing fine lines and wrinkles, promoting hair regrowth, reducing inflammation and swelling, promoting skin tissue healing and regeneration, accelerating wound healing, improving bone repair and growth, and reducing joint and muscle pain. As with any treatment, it is recommended to consult with a doctor before beginning red light therapy.

It's important to note that while red light therapy can have numerous benefits, it's not a cure-all and should not be relied upon solely for the treatment of any condition. It should be used as a complementary therapy along with other treatments recommended by a healthcare professional. Additionally, it's important to follow the manufacturer's instructions when using red light therapy devices at home and to talk to a doctor before beginning any new treatment.

Chapter Four

“HEALBED”

3D and 4D Precise & Illustrative Scanning

Typically refers to a fictional or speculative concept of a high-tech medical bed that can instantly heal or regenerate a person's body. These terms have been popularized in various science fiction stories, conspiracy theories, and alternative health communities, but there is no scientific evidence to support the existence of such technology in the real world. While there has been some development in medical technology that can aid in healing, such as regenerative medicine and advanced prosthetics, these advancements are not capable of instantly healing a person's body as depicted in popular media. It is always important to be critical of extraordinary claims and to seek out reputable sources when evaluating the validity of health-related information.

The HEALBED 3D-NLS, Non-Linear system offers a three-dimensional scan that can examine all body systems in a single session, including the nervous, cardiovascular, digestive, musculoskeletal, respiratory, endocrine, urinary, and reproductive systems. The system evaluates every organ and cell due to its distinctive frequencies and displays it on the screen as a graph or digital image, comparing the evaluation to the frequencies of pathological processes to illustrate illnesses or affected tissues.

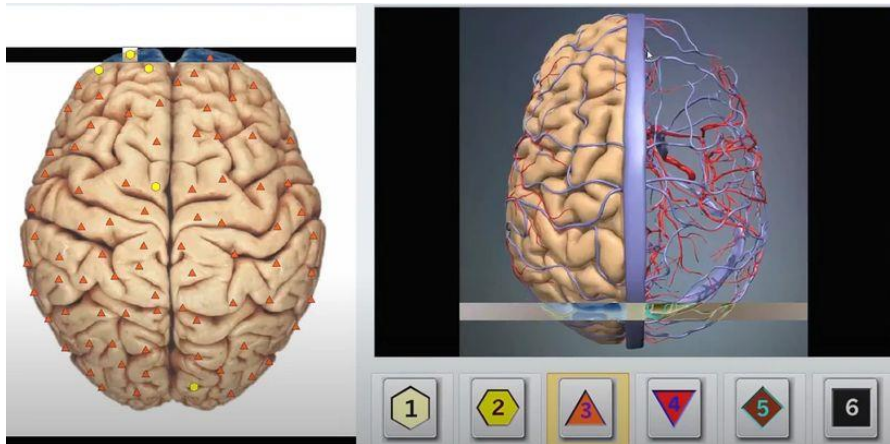


Three-dimensional nonlinear scanning (3D-NLS) is an all-purpose screening method for the body system. It is revolutionary software with state-of-the-art NLS technology. A full body analysis and healing system, analyzing histological cuts, and cytological cuts, section by section, going seven levels or deeper from the organ level, tissue, cell, chromosomes, DNA helix, and RNA to fragments of ATP and other ultramicroscopic molecules. It automatically localizes issues and hereditary conditions and reveals the reason for its appearance at the genome level.

The term HEALBED is referring also to BIOPHILIA and METAPATHIA programs that are intended to promote healing, relaxation, or overall wellness. These programs can vary in their function, when one goes up to 5 times the frequency of body cells balance, reaches up to 7 layers

deeper into the cell, up to the molecular level of Chromosome, DNA, and RNA.

2D&3D Cerebrum images, from above



In assessment mode, the results are presented on Fleindler's scale. There are 6 various icons designating the 6 different levels:

- 1 - Lower Limit of Normal,
- 2 - Standard,
- 3 - Upper Limit of Normal,
- 4 - Mild Changes,
- 5 - Changes in the Average Degree, and
- 6 - Pronounced Changes.

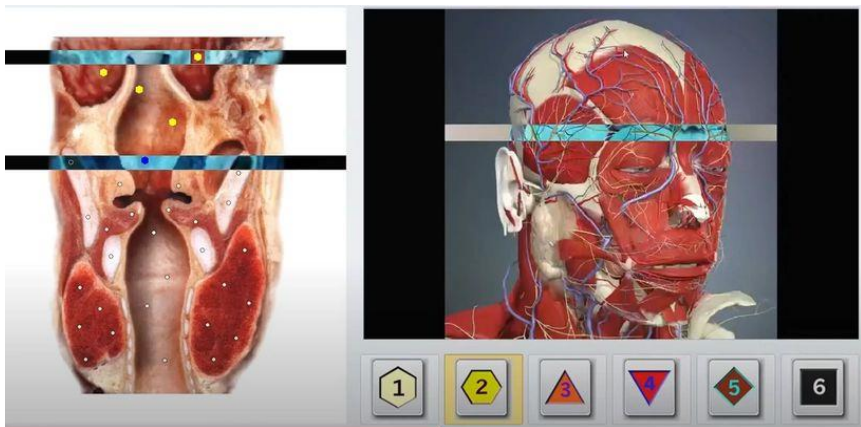
During a HEALBED 3D-NLS session, performs a three-dimensional scan allowing an examination of all body systems in a single session including the following systems:

- The Nervous System,

- Cardiovascular,
- Digestive,
- Musculoskeletal,
- Respiratory,
- Endocrine,
- Urinary, and Reproductive systems.

The system can go seven levels or deeper from the organ level, tissue, cell, chromosomes, DNA helix, and RNA to fragments of ATP and other ultramicroscopic molecules. The system automatically localizes issues and hereditary conditions and reveals the reason for its appearance at the genome level.

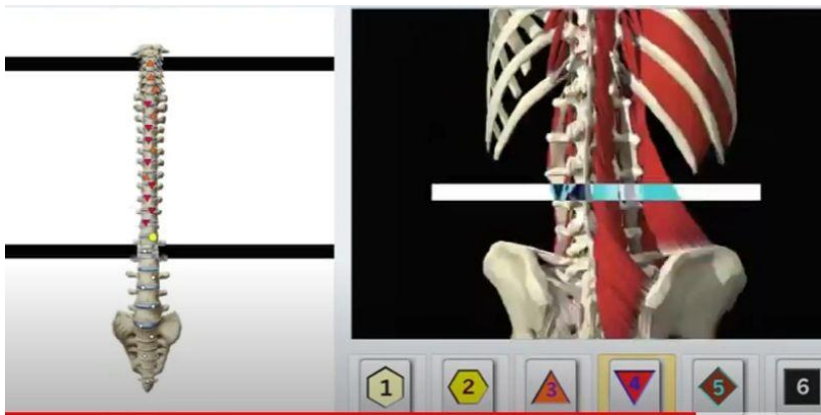
2D & 3D Larynx and Trachea images



Every healthy organ and cell have its own specific and distinctive frequency, its own individual and distinctive frequency. Based on age, sex, and other

variations, the system compares both frequencies and offers reference (etalon) processes. The system helps to restore the normal vibratory frequencies of the cell, optimizes the body's energy, and boosts the immune system for self-healing, improving toxin elimination. The user can observe the effectiveness directly on the screen. A comparative analysis shows the changes that take place before and after healing.

2D & 3D Rachis images, frontal view



As it differs from conventional ultrasound, CT, and computer-tomography. [This HEALBED tracking system](#) performs more in-depth and intuitive scanning. The most important organs to scan are the Thyroid, Blood, Spleen, thymus, and brain glands. The system scans all body parts, organs, tissue, cell, or chemical molecules each carries its vibrational frequency. Automatically detects these frequency changes down to a genetic level, determines the changes, and replaces it with the function META Healing (Bio-Resonance Feedback Healing).

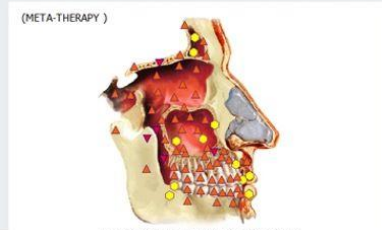
Strengthening Compensatory Reaction

PARANASAL SINUSES; right view



PARANASAL SINUSES; right view (META-THERAPY)

STRENGTHENING COMPENSATORY REACTION 68%



CORONAL THORACOTOMY AT THE LEVEL OF ASCENDING PART OF AORTA, FRONT VIEW META-THERAPY:1



CORONAL THORACOTOMY AT THE LEVEL OF ASCENDING PART OF AORTA,

STRENGTHENING COMPENSATORY REACTION 55%



Read about Hospitals worldwide officially working and using the 3D-NLS scanning system: [Lungs\(2\)](#), [Skin](#). Athletic Injuries of Muscles, Knee Joint, Cellulitis, Metastatic Brain Affection.

SUMMARY

With **HEALBED 3D-NLS**, the healing is not in the bed, the healing comes from its real revolution, a highly precise and informative body scan assessment system, that obtains the state of the client's health in real-time. **HEALBED** system helps to restore the normal vibratory frequencies of the cell. Wherever the frequency of the body decreases so does its health. The system optimizes the body's energy and boosts the immune system for self-healing. The system evaluates every organ and cell due to its distinctive frequencies and displays it on the screen as a graph or digital image AND compares this evaluation to the frequencies processed. It optimizes the body's energy and boosts the immune system for self-healing, improving toxin elimination. The **HEALBED** tracking system performs more in-depth and intuitive scanning than conventional ultrasound, CT, and computer tomography.

HEALBED 3D-NLS system capabilities. It appears to be a comprehensive and precise scanning system that can examine various body systems and organs in real-time, comparing them to pathological processes to identify illnesses or affected tissues. The **HEALBED** system offers various services, such as Non-Linear System diagnostics (NLS), METAPATHIA Hunter, and BIOPHILIA Tracker.

The HEALBED system uses 3D-NLS technology, which is a screening method that can analyze histological cuts, and cytological cuts, and go deeper into the body, from the organ level to the molecular level of Chromosome, DNA, and RNA. It can automatically detect hereditary conditions and issues and identify the reason for their appearance at the genome level. The system compares the frequency of healthy organs and cells to the reference processes and displays the evaluation on the screen as a graph or digital image.

[This system is used in various hospitals worldwide.](#) The **HEALBED** system can be beneficial for a range of health conditions, including lungs, skin, athletic injuries of muscles, knee joints, cellulitis, and metastatic brain affection. However, it is important to note that before using any alternative or complementary programs, it is essential to do your research and consult with a qualified healthcare professional.



Chapter Five

PEMF

PEMF (Pulsed Electromagnetic Fields) therapy is a non-invasive therapy that uses electromagnetic waves to stimulate the cells in the body to heal and regenerate. PEMF therapy has been approved by the FDA and can help to repair traumatized tissues, reduce inflammation, pain, and stress, and improve energy, circulation, blood pressure, and cholesterol levels. It can also stimulate the immune system, accelerate the repair of bone and soft tissue, improve sleep quality, and promote tissue swelling reduction.

The concept of resonance is central to PEMF therapy. Every living and non-living thing has its resonant frequency, including every organ in the body, and PEMF therapy seeks to energize the cells with healthy frequencies.

PEMF PC and PEMF FLASH are two devices used in PEMF therapy, and they can be used in conjunction with other therapies such as massage, acupuncture, infra-red, homeopathy, laser, light therapy, and chelation. The PEMF PC clinical system offers a comprehensive solution for a Clinical Therapy Center, with a very high-intensity PEMF output of up to 100 million Tesla (1000 Gauss), with a frequency range between 1 and 50 Hz.

It is important to note that PEMF therapy is a complementary healing method and should not be used as a replacement for conventional medicine. It is recommended to obtain recommendations from licensed medical practitioners before using PEMF therapy, and readers should take the time to perform thorough research independently of any website or device before using PEMF technology.



Here are a few benefits of PEMF:

Repairing traumatized tissues, reduces inflammation, pain, and stress on the body.

Improving energy, circulation of blood and tissue oxygenation, blood pressure and cholesterol levels, the uptake of nutrients, cellular detoxification, and accelerated cell growth by four times.

Balancing the immune system and stimulating RNA and DNA.

Accelerating repair of bone and soft tissue, wound healing, and tissue swelling.

Relaxing muscles and improving sleep quality.

PEMF PC SYSTEM

Various magnetic field devices provide varied results of healing according to different frequency ranges. The magnetic field helps in maintaining the balance and restoration of cell function.



These treatments are generally complementary to other therapies. The body has its innate programs to repair and regenerate most of the tissues. PEMF can speed up and boost these natural healing processes by double. Apart from fractures & acute injuries, energy production by PEMF is also incremented which provides more complete healing where conventional methods fail.

Standard disorders that are treatable with **PEMF-PC** and **PEMF-FLASH**. Each of the following effective programs described below consists of a series of different healing frequencies and intensities that change automatically during therapy time. This approach guarantees that no 'adaptation' of the body will take place during the healing process, and in a minute the whole therapy session will be equally effective.



The PEMF PC is very effective in healing and reducing pain for many different health conditions. It improves bone and cartilage regeneration, and energy levels based on specific frequencies. The PEMF FLASH creates a healing program starting with lower energy at higher frequencies, and vice versa, which slowly allows the client to adjust to both energies and frequencies.

Programmed Disorders:

• Acne • Ankylosing Spondylitis • Anxiety • Arthritis • Atherosclerosis • Asthma • Athletic fatigue • Backache • Brachial neuralgia • Bronchitis • Burns • Carpal tunnel syndrome • Cervical arthritis • Cervical myalgia headaches • Coxarthrosis • Colitis • Complex regional pain syndrome • Contusions • Delayed fracture healing • Dental treatment • Dermatitis • Dislocations • Facial neuralgia • Fibromyalgia • Fracture healing • Herpes • Intercostal neuralgia • Intramuscular fibrosis • Internal injuries • Irritable bowel Syndrome • Low back pain • Metabolic deficiency • Migraine • Migraineurs neuralgia • Neurovegetative somatic symptoms • Oedema • Pain therapy • Phobia • Post radiotherapy treatment • Prostate hypertrophy • Relaxation • Relaxation EEG waves • Scars • Sedation • Sinusitis • Sleep disturbances • Spastic colon • Stomach relaxation • Stress • Stroke recovery • Thigh neuralgia • Torn muscles • Varicose veins • Vitalization • Wellness • Wound healing • Depression • Neuropathic pain • Post traumatic stress • Smoking cessation

Please note that this list is not exhaustive, and there may be other health conditions that PEMF-PC and FLASH can help with. It is important to consult with a healthcare professional before starting any new treatment.

PEMF FLASH HEALING

PEMF FLASH Healing with intensities of over 7,000 Gauss

PEMF FLASH

Healing uses short electromagnetic pulses of less than a few hundred microseconds (less than 1/1000 of a second). The entire control of activities within the body is due to electromagnetic energy. An imbalance in this energy disrupts the entire functioning of the body by impeding the metabolism between the cells which will not function appropriately and thus impede health. The body can generate these electromagnetic fields, for example, your heartbeats. These waves have an impact at the cellular level and stimulate every cell activity. In addition, the cells are constantly working to generate energy to flush out toxins and heal them.



When the body cells stop or slow down activity because of an illness or malnutrition, the intensity of the magnetic fields is varied. When blood cells lose their charge, they end up sticking to each other and inhibit the circulation process. Stimulating these cells with PEMF helps to instantly energize the cells and return circulation to normal. Exposure to these magnetic fields at low intensity is safe. Healthy cells are not affected - only weaker cells with magnetic field capacity can get stimulated by the PEMF.

The PEMF Flash Magnetic fields help to improve and maintain the body's daily activities and are recommended when cell damage worsens. PEMF does not cure illness. It encourages cell activities to improve to their functional level. The greater the damage, the longer the duration of healing is needed. PEMF can greatly improve the regeneration of bone, help with osteoporosis, and osteopenia, reduce stress, increase circulation, decreases inflammation, and oxygenation of the blood, reduce muscle tension, improve tissue curing, reduce pains, and increase energy levels, stimulate the immune system, and more. PEMF also detoxifies the body, increases the uptake of nutrients, reduces blood pressure levels, helps liver and nerve functions, improves sleep, and raises chakras and its healing capabilities continue to expand.

There are 10 built-in computer programs with the PEMF FLASH for healing applications. Without the small 7" applicator pad, the program data coil reaches 4,000 Gauss, and when the Power Booster is activated, the intensity values are boosted up to 5,400 Gauss! When adding the small 7" applicator pad, the values for the small PEMF coil increase to 5,400 Gauss and over 7,000 Gauss with the Power Booster.

As we assess the health status of your body, information about the tissues of your organs and cells will be recovered and printed for you. We will assess and measure **15 different energetic parameters of health, such as:**

- **Heart Rate** Variability Indices
 - Vegetative and **Stress Measures**
 - Psychosomatic and **Brain Balance**, Psych Emotional
 - **Immune Balance**, Protective Abilities of Organism
 - Biological **Ageing and Energy** Pyramid
 - **Gastrointestinal Balance**, Functional Condition of Digestive Organs
 - **Balance** of Other Organs and Systems
 - **Spine and Joints** Functional Condition
 - **Functional Testing** Indices Health
-

- **Aura Balance**, Portrait
- **Chakra** System Balance
- **Meridian** Chart Balance
- Condition of Organs according to **U-SIN System**, the information on proportions of the Five Main Elements of the user.
- **Energy** Balance
- General Indicators of **Balancing Energy** Systems

PEMF Healing Frequencies

Every cell and body organ has its frequency. In general, most people have an imbalance of these frequencies within their bodies due to stress, environment, food, and poor lifestyle choices. When we discover a weakness within the above assessment, we will recommend a specific Electromagnetic Energy healing that is customized for your body to restore your optimal regulatory processes.

Electromagnetic [energy healing](#) produced by various PEMF devices can be a thousand times as powerful as the Earth's magnetic field. The lower-power devices are generally used for cellular health and bone healing. The higher power devices are generally used for the recovery of trauma from accidents, sports injuries, and surgery. Both low-power and high-power devices help [reduce pain](#).

PEMF Healing improves These Conditions:

- Decreased pain, and **reduced inflammation**.
- Increased range of motion, and **faster** functional **recovery**
- Reduced muscle loss after surgery and **increased** tensile **strength** in ligaments.
- Faster **healing** of skin **wounds**, and enhanced capillary formation

- Acceleration of **nerve regeneration**, and decreased tissue necrosis
- **Detoxification** when PEMF combines with different types of detox improvements such as Sonar improvements, supplements, and clay baths.
- **Oxygenation** cells throughout the body
- **Immune Stimulation**, using PEMF will increase nutrient uptake and oxygen.



The only company in the world manufacturing a complete line of PEMF machines with [Certificates](#) is [Curatronic CE](#) and ISO 13485 certificates of Israel, manufactured according to Good Manufacturing Practice.

PEMF HEAL PAIN



PEMF Healing Reduces Pain Decreases Inflammation

The effectiveness of PEMF healing has been demonstrated in a wide variety of painful conditions. Short exposures of the affected areas to a magnetic induction device are effective in long-lasting relief of pain. Decreased blood circulation to the affected organs and tissue is accompanied by pain. PEMF healing increases *blood mobility and nutrition uptake and promotes healing while reducing inflammation.*

In short, PEMF boosts Cellular Metabolism, improves circulation, regenerates blood cells, increases oxygen capacity, reduces pain and inflammation, relaxes muscles, improves energy, helps the immune system, and repairs bone and sleep quality.

PEMF PC and FLASH in Session



Inflammation, injury, poor circulation, and tissue damage all cause pain, swelling, and bruising of the soft tissue. When a cell is traumatized, its electrical charge is diminished, which causes normal cell functions to shut down. Studies demonstrate that [PEMF](#) healing has been successful in reducing inflammation. PEMF recharges the cells with a mild electromagnetic current. This reduces inflammation and stops the pain.

PEMF PC in Healing Session



Studies show that PEMF reduces pains, and aches, and increases blood circulation. Our modern PEMF system devices deliver a frequency range (0.1-25Hz) that initiates the best possible resonating effect and creates overall health and wellness. We use both, coil concepts and pads for localized treatment and mattresses for whole-body application. Full-body PEMF benefits can be applied with daily healing. For this, we use a mat to completely re-energize the entire body and promote health.

SUMMARY

PEMF (Pulsed Electromagnetic Fields), PEMF therapy can be delivered through coils or pads for localized treatment or through a mat for whole-body application. The Therapy is a non-invasive healing therapy that uses electromagnetic waves to stimulate the cells in the body to heal and regenerate. The therapy works on the principle of resonance, where every living and non-living thing has its resonant frequency, and PEMF seeks to energize the cells with healthy frequencies.

PEMF therapy has several benefits, including repairing traumatized tissues, reducing inflammation, pain, and stress, improving energy, circulation, blood pressure, and cholesterol levels, balancing the immune system, accelerating the repair of bone and soft tissue, relaxing muscles, and improving sleep quality.

PEMF is a therapy that uses a device that emits electromagnetic waves in short bursts at low frequencies to treat a variety of health conditions. The therapy has been demonstrated to be effective in reducing pain and inflammation, improving circulation, promoting cellular metabolism, improving energy levels, and boosting the immune system. PEMF PC and PEMF FLASH are two devices used in PEMF therapy,

It is important to note that PEMF therapy should not be used as a replacement for conventional medicine. While PEMF therapy offers many benefits, readers should take the time to perform thorough research independently of any website or device before using PEMF technology.

Chapter Six

BIO SOUND

Bio Sound is a concept of healing that involves using sound and vibration frequencies to promote physical, emotional, and spiritual well-being. This therapy is based on the idea that everything in nature has a range of vibration frequencies and that different frequencies have a positive influence on our body's energy flow, which has a profound effect on us. Sound waves move through our body and have a direct effect on our cellular level. Bio Sound frequencies are healing energy frequencies such as the earth's natural frequency of 432Hz.

When thoughts are created in our brain as some form of energy, it travel via a vocal column, vibrate, and create a frequency. All atoms, molecules, cells, and organs in our body are vibrating and produce sound. We do not hear these sounds since they have a lower frequency than our threshold of hearing, which stands at about 4,000 Hz. A voice can be shown as a holographic pattern, representing the body condition. Although the body has a self-capability of diagnostics and generating required self-frequency for normal body maintenance, it is stimulated by outside base universe frequencies such as light, sound, or other stimulations.

How does it work?

We are using the Rife frequency system as alternative health, a concept of healing that has become a health reality in some hospitals, Physical Therapists, and Chiropractors. Sound is the most powerful healing system when it uses frequencies. This frequency representation travels directly to our brain via a nerve transmission; it is interpreted as an input, and reacted as an output, with a specific frequency command to the body parts. We placed

headphones over the ears, stomach area, or Speakers on the body for 40 to 60 minutes daily until the problem is eliminated. Chakras and Ancient Tones can run all day and do deep meditation.

Sound healing is a practice that involves using sound vibrations to promote physical, emotional, and spiritual well-being. The idea behind sound healing is that different frequencies and vibrations can impact the body and mind in various ways and that certain sounds can help to balance and restore the body's energy systems. Some studies have suggested that sound therapy may have beneficial effects on the body and mind. For example, some research has found that sound therapy may help to reduce stress and anxiety, improve sleep, and alleviate pain.

It is important to note that sound therapy should not be used as a replacement for conventional medical treatment and that it is not a substitute for professional medical advice. However, many people find that sound healing can be a helpful complementary therapy for managing stress and promoting relaxation.



[Sound Vibration Frequencies Healing](#) Tones have the most effective waveforms and frequencies used throughout history. Running these special frequencies in the background of a room can work wonders. A normal frequency generator cannot generate these frequencies and waveforms correctly. Bio Sound processes these Frequencies and makes them effective.

Aura contains information about the state of the person. All human beings and living things have their fields of energy surrounding them. [Chakras are our energy centers](#) with life energy flowing in and out of our Aura. If the chakras are not balanced, the body functions are affected, individually. The vital organs become sick or diseased because they lack the proper life energy to operate properly.



SAHASRARA

Intracranial hypertension
Dysfunction of central nervous system
Defects of speech
Unclear thinking
Inability to concentrate

AJNA

Migraine with pain in my temples
Dysfunction of the endocrine system
Circulatory disorders of the upper extremities
Cardio-dysfunction
Dysfunction of the gastrointestinal tract
Sonitus
Constant headaches

VISHUDHA

Dysfunction of the respiratory system
Dysfunction of thyroid gland
Dysfunction parathyroid
Dysfunction of the thymus (thymus)
Sinusitis (sinus)
Sonitus
Neurology
Migraine
Headache
Cardiac disorders
Dysfunction of the gall bladder
Liver dysfunction
Dysfunction of the hip joints
Dysfunction of the knee
Pain in the sacrum
Depression

ANAHATA

Cardiac dysfunction
Dysfunction of the respiratory system
Dysfunction of digestive system
Dysfunction of the endocrine system
Conjunctivitis
Hypertension
Hysteria
Arthritis

MANIPURA

Dysfunction of the spleen and pancreas
Liver dysfunction
Dysfunction of gastro-intestinal tract
Thrombophlebitis
Cystic breast
Eczema
Dysfunction of the thyroid and parathyroid glands
Neurology

SVADHISTANA

Trigeminal neuralgia
Dysfunction colon
Dysfunction urogenital
Lung Dysfunction
Constipation
Portal hypertension
Cardiogenic depression
Frigidity

MULADHARA

Problems in the urinary bladder
Problems large and small intestine
Eczema
Functional disorders of the thyroid gland
Trigeminal neuralgia predominantly in the lower part
Renal dysfunction
Eye diseases
Sciatica
Pain in the spine
Pain in the sacrum
Conjunctivitis
Impotence
Cardiac disorder
Endocrine
Lymphadenitis

Sound Vibration Frequencies Healing Tones

Healing Tones has the most effective healing waveforms and frequencies used throughout history. Running these special frequencies in the background of a room can work wonders. A normal frequency generator cannot generate these frequencies and waveforms correctly. Bio Sound processes these Frequencies and makes them effective.

When the immune system is compromised, when meridian and chakra (energy) systems are severely misaligned, stress and anxiety can lead to depression and diseases. This affects the physical, mental, and spiritual aspects of life, and may lead to suicide for someone who was depressed. As your alternative health care, we offer the following Bio Sound Wave healing session of selected tones:

- Earth's natural frequency of 432Hz.
- Liberation of Guilt / Fear – 936 Hz
- Undoing Situations / Change – 417 Hz
- Transformation – 417 Hz
- Relationship / Connections – 639 Hz
- Awakening Intuition – 741 Hz
- Return to Spiritual Order - 852 Hz.
- Solomon's Universal Healing – 360 Hz.
- World Universal Healing – 728 Hz

TBSW



TBSW stands for Trilateral Balanced Sine Wave. This is used for Theta Healing using pure sine wave frequencies as an updated version of binaural beats. It is used worldwide for pain relief, insomnia, and a variety of other healing purposes such as getting off of opiates and addictions. TBSW is used by simply placing headphones on and running the frequencies for a few minutes for pain relief, stress, insomnia, anxiety, and more.

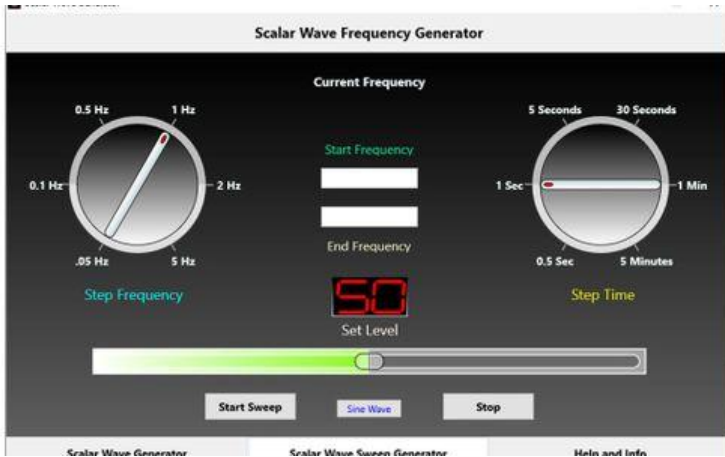
Why Bio Sound?



Since sound is more effective, and better communicate in water than it is in air, and since our body cells are made up of 90 percent water. There are no risks to sound music frequency healing. Water and oils retain frequencies and structure for some time depending on their consistency. Properly inducing frequencies into the water causes it to become structured. This allows for making remedies for immediate consumption or topical remedies.

Studies have shown that sound audio can help, support, and accelerate healing in the body. [Viruses, bacteria, and parasites](#) will be destroyed when they resonate at their resonant frequency. It will not harm the good cells because the good cells have a different resonant frequency.

Zero-Point Energy and Scalar Energy



Scalar Waves were originally discovered by Tesla. They are highly experimental and have been used for Zero Point Energy, manifestation experiments, remote frequency healing, and more. It was Tesla who discovered the true power of resonant frequencies. Later, Dr. Royal Rife used those resonant frequencies to get rid of many diseases and parasites. We use the Rife frequency machine for up to 30 different frequencies in one session and run them all at once. The fact that scalar waves can be run on up to 30 frequencies at a time, nothing else can do that in any equipment, in any lab clinic. It could be done, but it would be very costly and involve a lot of function generators, mixers, etc. The system also offers 2577 easy and fast presets. Tesla found what are known to be scalar waves. These created what came to be known as "zero-point energy". That means that the output waveforms cancel each

other out. The problem is, in physics energy cannot be cancelled or destroyed, only converted to another form. That is "zero point" energy. That is the reason there will be a spot in your session where nothing can be heard at all on your speakers when scalar waves are on.

What to expect from your session?



If you've been using Bio Sound Frequencies over the years, you already know it can quickly get rid of viruses, bacteria, and parasites, and help with drug side effects. Running these frequencies for a week, get results that have never been experienced before.

Bio Sound frequency is different than most other Rife presets. It is run through headphones and speakers at a low volume level. It can be run in the background, while you are watching TV, surfing the net, or doing other things. How often, which frequencies to run? We recommend running all of them. The scalar waves can be run on up to 30 frequencies at a time. We may also use this new, painless, and more effective TBSW system with built-in presets and special

frequency sets. We can also record audio frequencies which include the built-in TBSW presets for pain relief, insomnia, stress, and rejuvenation all in one frequency set. This promotes healing and removes factors that slow healing down.

Unlike Electrical devices that may harm the Heart or the Pacemaker. The body naturally accepts sound, Frequencies do not harm the cells body, it is advisable to stay hydrated by drinking water when running them and follow up the session with a Detox preset for 10 minutes. The session may run from 60 minutes to 4 hours depending on the needs. There are 2577 preset frequency programs and thousands of different frequencies. The Rife frequency system may use up to 30 frequencies in one session and run them all at once.

SUMMARY

Bio Sound is a healing method that uses sound and vibration frequencies to improve physical and mental performance. The human body is made up of energy frequencies, and different frequencies can positively influence the body's energy flow, leading to beneficial effects. Bio Sound uses healing energy frequencies, such as the earth's natural frequency of 432Hz, to stimulate the body's self-capability of diagnostics and generate the required self-frequency for normal body maintenance.

Sound healing involves using sound vibrations to promote physical, emotional, and spiritual well-being. Different frequencies and vibrations can impact the body and mind in various ways, and sound therapy can help to balance and restore the body's energy systems. Studies have suggested that sound therapy may help to reduce stress and anxiety, improve sleep, and alleviate pain. However, it should not be used as a

replacement for conventional medical treatment or professional medical advice.

[Bio Sound processes special frequencies](#) and makes them effective. Healing Tones, the most effective waveforms and frequencies used throughout history, can be run in the background of a room. Bio Sound offers Bio Sound Wave healing sessions of selected tones, including the earth's natural frequency of 432Hz and other frequencies that promote spiritual awakening, healing, and liberation.

[Trilateral Balanced Sine Wave \(TBSW\)](#) is used for Theta Healing using pure sine wave frequencies as an updated version of binaural beats. It is used worldwide for pain relief, insomnia, and a variety of other healing purposes such as getting off of opiates and addictions.

[Sound audio can help, support,](#) and accelerate healing in the body by inducing frequencies into the water and making it structured, allowing for the creation of remedies for immediate consumption or topical remedies. Scalar Waves were originally discovered by Tesla, and they are used for Zero Point Energy, manifestation experiments, remote frequency healing, and more.

[It is important to note](#) that sound therapy should not be used as a replacement for conventional medical treatment and that it is not a substitute for professional medical advice. However, many people find that sound healing can be a helpful complementary therapy for managing stress and promoting relaxation.

Chapter Seven

SOUND TONE FREQUENCY

The following Frequencies: 432Hz, 396Hz, 417Hz, 639Hz, 852Hz, and 432Hz are part of a system of tuning called "solfeggio frequencies" or "solfeggio tones,"

which are believed to have various healing properties.

Each frequency has its own benefits:

396Hz: This frequency is associated with releasing feelings of guilt and fear, and promoting a sense of security and grounding.

417Hz: This frequency is said to help with undoing negative influences and facilitating change and transformation.

528Hz: This frequency is known as the "Love frequency" and is said to promote healing, positivity, and connection.

639Hz: This frequency is associated with enhancing communication, and promoting understanding and harmony in relationships.

852Hz: This frequency is said to help with spiritual awakening and connecting to the divine.

432Hz: This frequency is believed to be the "natural" frequency of the universe and is said to promote relaxation, inner peace, and a sense of well-being.

These frequencies are used as part of meditation, yoga, or other relaxation techniques. They can also be incorporated into music compositions or listened to as standalone recordings.

If you are interested in using solfeggio frequencies for your potential benefits, you can find recordings online or through music streaming services.

Which is best beneficiary frequency listed for the human body?

It is difficult to say which of the frequencies we have listed is the "best" or most beneficial for the human body, as the effects of sound frequencies can vary from person to person. Some people may find certain frequencies more helpful than others depending on their individual needs and preferences.

That being said, each of the frequencies we have listed is believed to have its own unique benefits for the body and mind. Ultimately, the best way to determine which frequency is most beneficial for you is to experiment with listening to them and see how you feel. You can try incorporating them into your meditation or relaxation practice and see if you notice any positive effects.

It is important to note that while these frequencies may be relaxing and enjoyable to listen to, however, sound frequencies should not be used as a replacement for medical or mental health treatment, but rather as a complementary practice.

The following is a list of healing frequencies, is a sample of PRESETS Tones each with multiple frequencies applied at the same time:

- Abdominal Pain - 10000 3000 95 302
- Abscesses - 2720 2170 1865 1550 802 787 727 500 444 190 690 660
- Acne - 2720 2170 1800 1600 1552 1500 802 880 778 787 760 741 727
- Acute Pain - 3000 95 10000 1550 880 787 727 690 666
- Anxiety - 221.23 111.83 95 10000
- Backache - 10000 1550 880 802 760 727 305 212 41.2 33 787 784 776
- Cold - 550 4400 802 787 720 552 440 400 125 72 800
- Coughing - 7760 7344 3702 3672 1500 1234 776 766 728 720 688 683
- Dental General - 728 784 635 640 1043 1084 685 60 48 465 3400 2489
- Depression - 10000 5000 3176 800 73 396 639 272.2 172.06
- Detox - 10000 3176 522 164 3040 880 787 751 727 676 302 625 522 465 444 148 304 728
- Disk Herniated - 727 787 2720 10000
- Dizziness - 880 802 784 787 766 522 727 720 688
- Fatigue - 428 424 664 660 125 120 95 72 20 444 1865
- Fungus - 2222 1552 1550 1153 1016 880 802 787 784 727 582 465 422
- Gout - 111.83 3000 10000 880 727 5000
- Hangover - 10000 522 146 111.8
- Hay Fever - 880 787 727 20
- Headaches - 144 160 520 10000 112.5 3000 880 787 727 650 625 600
- Herpes General - 2950 1900 1577 1550 1488 629 464 450 383 304 165
- Hip Pain - 880 787 727 20
- Impotence - 2127 2008 465 10000 802 787 727 690 666 125 95 73 72
- Infertility - 2127 2008 465 880 787 727 690 666 650 625 600
- Inflammation General - 880 728 2720 2500 1715 255.31
- Influenza - 7766 7764 7762 7760 5000 3672 2720 2050 2008 1947
- Insomnia - 111.83 272.2 172.06 171.2 1500 880 802 6000
- Itching - 880 787 727 444 95 72 20 1865 3176

Knee Joint Pain - 1550 880 802 787 28 20 7.69 3 1.2 250 9.6
Malaria - 728 302 465 222 713 880 930 1032 1433 1444 1445 455 743
Migraine - 272.2 221.3
Mold and Fungus - 4442 2411 1833 1823 1155 1130 1016 942 933 886
Sciatica - 254 464 465 866 15 25.4 782 732 860
Sexual Dysfunction Men - 210.42 2112 2127 2008 880 802 787 727
Throat - 2720 2489 1800 1600 802 885 880 875 787 776 727 46.5 766
Stiff Shoulder - 10000 727 766 20
Tinnitus - 20 2720 728 784
Urinary Tract Infections - 2050 880 1550 802 727 465 20



What is general pain? Can healing frequencies reduce it?

General pain can have many different causes, and the effectiveness of healing frequencies in reducing it will depend on the underlying cause of the pain.

Healing frequencies, also known as sound therapy, use specific sound vibrations to help the body achieve a state of balance and harmony. Some proponents of healing frequencies believe that they can help to reduce pain by relaxing the body, reducing inflammation, and stimulating the body's natural healing processes.

However, while there is some evidence to suggest that certain sound frequencies can have beneficial effects on the body and mind, there is currently limited scientific research to support the use of healing frequencies as a standalone treatment for pain.

If you are experiencing pain, it is important to speak with a healthcare provider to determine the underlying cause and develop a treatment plan that is appropriate for your individual needs. In some cases, healing frequencies may be used as part of a comprehensive treatment approach that also includes other therapies, such as medication, physical therapy, or acupuncture.

Healing Skeleton Arthritis

Arthritis is a condition that affects the joints, and while there is no known cure, there are several treatments available to manage its symptoms. When it comes to healing skeleton arthritis specifically, there are a few approaches that may be helpful:

1. Medications: There are several types of medications that can be used to treat arthritis, including nonsteroidal anti-inflammatory drugs (NSAIDs), disease-modifying antirheumatic drugs (DMARDs), and biologics. These medications can help to reduce pain and inflammation, slow joint damage, and improve mobility.
2. Exercise: Exercise is an important part of managing arthritis because it can help to improve joint function and reduce pain. Low-impact exercises like walking, swimming, and cycling can be especially beneficial for people with arthritis.
3. Physical Therapy: Physical therapy can help to strengthen muscles and improve flexibility, which can in turn reduce pain and improve joint function. A physical therapist can develop an exercise plan tailored to your specific needs and abilities.

4. Assistive Devices: There are several devices available that can help to support and protect the joints affected by arthritis. These may include braces, splints, and orthotics.
5. Lifestyle changes: Making changes to your lifestyle can also be helpful in managing arthritis. This may include maintaining a healthy weight, eating a balanced diet, reducing stress, and getting enough sleep.

It's important to work with your doctor to develop a treatment plan that is tailored to your specific needs and symptoms. While there is no known cure for arthritis, there are several approaches that can help to manage its symptoms and improve quality of life.

SUMMARY

Healing tones, also known as sound healing, is a practice that involves using sound vibrations to promote physical, emotional, and spiritual well-being. The idea behind sound healing is that different frequencies and vibrations can impact the body and mind in various ways, and that certain sounds can help to balance and restore the body's energy systems.

There are many different types of healing tones, including singing bowls, gongs, chimes, and tuning forks. These instruments are often used in combination with meditation, deep breathing, or other relaxation techniques to promote a sense of calm and relaxation, some studies have suggested that sound therapy may have beneficial effects on the body and mind. For example, some research has found that sound therapy may help to reduce stress and anxiety, improve sleep, and alleviate pain. It is important to note that sound therapy should not be used as a replacement for conventional medical treatment, and that it is not a substitute for professional medical

advice. However, many people find that sound healing can be a helpful complementary therapy for managing stress and promoting relaxation.



Chapter Eight

DETOXIFICATION

How do you know if you need a parasite to cleanse?

Parasite cleanse or detoxification refers to the process of eliminating parasites from the body. Parasites are organisms that live on or inside another organism (host) and feed on its nutrients. Some common types of parasites that can infect humans include tapeworms, roundworms, hookworms, and protozoa.

Here are some signs and symptoms that may indicate the need for a parasite cleanse:

1. Digestive problems: Parasites can cause digestive issues such as diarrhea, bloating, gas, and stomach cramps.
2. Skin problems: Some parasites can cause skin rashes, itching, and other skin-related problems.
3. Fatigue: Parasites can cause fatigue and weakness due to the loss of nutrients from the body.
4. Allergies: Parasites can trigger allergic reactions and cause symptoms such as sneezing, coughing, and hives.
5. Sleep disturbances: Parasites can disrupt sleep patterns and cause insomnia or other sleep-related issues.
6. Weight loss: Unexplained weight loss can be a sign of a parasitic infection.
7. Joint and muscle pain: Parasites can cause joint and muscle pain and inflammation.

It is important to note that these symptoms can also be caused by other conditions, so it is essential to speak with a healthcare professional if you are experiencing any of these symptoms. They can help determine the cause of the symptoms and recommend the appropriate treatment.

BATH IONIZATION DETOX – FOOT SPA

The Ion detox foot spa machine process is a cleansing method for detoxifying your body. This is done by bathing your feet in warm water while using positive and negative ions from an ion generator (array), which controls the ion flow. It assists the body to re-balance its bio-energy field and stimulates the body for self-detoxification. (Ion detox healing requires about 10 sessions of 60 minutes each).



Could Detox Foot Baths Actually Remove Toxins from Your Body?



Does a foot bath remove toxins from your body through your feet? The answer is yes according to the Chinese Medicine Research, and the Traditional Medicine researcher at the Institute of Chinese Medicine of the National Advisory.

How does it work?



Simply put your feet in warm salt water for 30 minutes with our ION Detox foot Spa device. After 5 minutes, the water will start to turn yellow. We use Epsom and Himalayan salt to detox, refresh and clean the feet. Epsom salt can help you relax and de-stress.

Remove Toxins



Dark Brown Water



At the end of the procedure, the water becomes dark, almost black color, filled with solids and with bubbles.

The Primary Purpose of this Detoxification:

- Provides the body with NEGATIVE ions
- Detoxes on many levels
- A significant contribution to the healing path

We are aware that some experiments found no evidence to suggest that ionic footbaths eliminate toxic elements from the body through the feet; however, the results are positive based on 1000s of tests performed by the device's manufacturer across the last 20 years. In fact, as a result of these positive results, being in the market for many years (through various improvements and developments),

this invention and its inventors ended up receiving a [Nobel Prize](#) because of its significance.

Conclusion



The ION Detox Device:

- Assists the body to re-balance its bio-energy field
- Stimulates the body for self-detoxification
- Helps clear up bad skin

- Remove smelly feet due to sweat, bacteria, and fungi stimulates the body for self-detoxification.
- Helps inactivate Viruses, Bacteria, Yeast, and Fungus
- Assists with Headache problems relief
- Helps with pain relief and tension
- Reduces inflammation
- Increased body oxygen
- Helps with faster recovery time for illness and injury
- Improves sleep
- Boosts the immune system
- Removes heavy metals
- Increase body energy, Slows down aging
- Enhances nutrient absorption
- Improves body flexibility
- Removes toxins and body waste.

What Experts' Says

"The accumulation of toxins in vivo is an important factor in the disease. The medical study found that humans suffer from allergies, functional decline, and diseases such as cancer and internal organ, blood, and other violations by the various toxins. Such as harmful gases, dust particles, and heavy metals erosion; infect toxins in the eating; and body suffer from radiation." According to [Rui-Kang Cai](#), National Health Committee cosmetic safety assessment, national director of the Ministry of Health Pharmacological Base, the Air Force General Hospital, Beijing National Committee, and professor of cosmetic dermatology cosmetics industry expert Committee of the Chamber of Commerce.

"The toxins accumulated in the body, affect people's health. In many detoxification methods, [Hao Li-ion](#) to purify SPA instrument can create a negative electric field and small molecules of water, restore the normal human cells potential to damage human cells restore and maintain the health of self-detoxification, but also the entire human energy system was added." End of detoxification takes –[Xi-Heng Guo](#) constant: the capital Beijing Chaoyang Hospital Medical Clinic Director of the Center for respiratory diseases, Professor.

"In real life, many people ignore or are unable to maintain dynamic, do not balanced nutritional diet, the reduction of defecate times and decrease of extension time, resulting accumulate toxins, so that occur various diseases. Early realize the importance of detoxification, solving the problem of detoxification. In other words, to restore the body's organ function, complete oneself mission." Through [Hao Li Lai](#) ion detoxification, restore intestinal peristalsis, effective solution to constipation, bloating, bad breath, and other issues; make the blood run smoothly, temperature-dependent limbs, decreases blood glucose and blood lipid, stable blood pressure; reduces burdens of the Kidney, and effectively filter toxins in the blood; As with hepatopulmonary officials revitalized, the detoxification completed his mission to resist the invasion toxin. Repair human virtuous circle - [Shi-Lin Hu](#): State Science and Technology Commission of life science and Technology development centers expert members of the Commission, the Ministry of Health Drugs Accreditation Committee, the China Institute of Traditional Chinese Medicine Branch chairman of medicine, pharmacy members of the United States.

"Detoxification health has become a fashion trend in the human body is full of 'toxins' in the internal and external environment to survive. Toxins accumulated in the body, leading to Fuzang, organizations, organ dysfunction, qi disharmony, metabolic disorders, and endocrine disorders,

causing various diseases. A correct understanding of detoxification can further repair the body's own detoxification system." [Hao LiLai](#) SPA ion purifies water and through the instrument, cells will transfer out toxins. And effectively stimulates the cell membrane Na⁺-K⁺ pump to increase cellular energy, increased cell metabolism, and self-detoxification, regular use will be conducive to easing the burden on the kidneys and liver. Its main effect: is the natural detoxification of the body; Ease the physical and bodily organs Detoxification burden; To promote metabolism and blood circulation; increased energy; Repair the body's detoxification system, making the body's own detoxification function repair, and can achieve the lasting fundamental purpose of long-term detoxification, forming a virtuous circle. Healthy living cells from the start - Russell. Fossett Imperial College London Medical Branch in God sperm rescue, biological rhythm international authoritative experts.

"When a person lives in tension in the day, more susceptible to hypertension. In a tense upset by finishing framing smoking, nicotine large invasive lung, and he is unable to promptly remove, to the toxic accumulation of suffering from chronic disease risk by [Xun](#)." City people struggling back can eat almost become saturated the dream sleep, and some fashion in ways men and women over the arena as sleep deprivation were. To improve the health status of the body, in addition to giving up bad habits should start from the internal body will completely wipe out the toxins. Some human blood circulation for a period of 30 minutes, through this "detoxification foot bath of" foot, basically the body parts to complete detoxification. Purification potential instrument can resume normal cells, reducing local tissue resistance, and get through the meridians, to the active, ventilation [Huoxue](#) to eliminate the pain purpose; Also, in the body of free radicals and protect the body from free radical attack, the radical right to avoid harm to the human body. Stripping transparent body fat – [Da-Zhen Wu](#): China Institute of Science and Technology, vice president of health.

"China Nutrition Institute released a survey showing that urban residents' carnivore and excessive oil consumption, low cereal food consumption; Calcium, iron, vitamin A, and another micronutrient intake of urban and rural residents is the lack of widespread problems. The prevalence rate of hypertension increased by a relatively big margin. Currently, in adults suffering from hypertension 1.6 million; the diabetes prevalence rate has increased. My adult diabetes prevalence rate of 2.6%, the high prevalence of dyslipidemia, the middle-aged and elderly people similar to the prevalence rate; Prevalence of overweight and obesity were the clear upward trend." Dietary unreasonable structure and toxic accumulation have become important factors leading to the disease. The dietary regulation structure should also pay attention to detoxification, [Hao Li ion](#) purification to SPA for applications is a new, deep-level detoxification idea, as a cell "shower" as in the field of bio-energy role, the original group of macromolecules water into small molecules of water, and the dissolution of infiltration permeability of the rise, precipitation toxin into cells, dissolving fat, fat parcels will release the toxin. And the blood circulation, the feet will be brought to a toxin capillary, pore excreted through to detoxification effect. Promoting recycling detoxification visible - [Yu Ruiyao](#): 301 People's Liberation Army General Hospital skin beauty director, Professor.

"Toxins enter the blood and damage blood circulation, causing qi running obstacle to light viral fatigue, shortness of breath, and so on, leading to severe vascular sclerosis, hypertension, hype viscosity, hypercholesterolemia, coronary heart disease, cerebral thrombosis, and other cardiovascular and cerebrovascular diseases. Toxin be absorbed through

the skin, in acne, flat wart, freckles, chloasma, psoriasis, eczema, and other skin diseases, and leans features, skin pigmentation, or no flexibility dry skin, and premature aging. The toxin of the digestive system, there will be bad breath, bloating, loss of appetite, gastritis, gastric ulcer, cholecystitis, acute

and chronic hepatitis, constipation, defecation and effort, mesenchymal stem node or not, the stool." SPA through [Hao Li](#) ion purification instrument to emit toxins in the water will have color changes, different colors represent different provenance toxins, detox more intuitive, but also the effect of detoxification through detoxification before and after blood tests, urine tests to determine contrast, detoxification, RBC was fat coverage, missing to negative charge, so that together increased blood viscosity; after detoxification, blood viscosity decreased erythrocyte also had dispersed. Targeting the root of anything - [Tian Qian Jing](#): Tokyo - should be the rationale of the University of Doctors, a health physician consultant in Japan.

"Detoxifying is the most effective way to control invasive toxins while removing toxins from the source, which is to reduce the burden in the simplest key targeted approach. This is because even after excretion, diet, and detoxification past, we believe that the main method, in fact, is a temporary solution, not from root removal of toxins so there will be more toxic the platoon, the row of the vicious circle of poison." [Hao Li](#) ions to SPA for its purification from the root - detoxification cells, regardless of toxins accumulated in the body in which parts can be effectively cleared of anything. In addition, it is only through the water equipment has a negative electric field, enhance membrane transporter, and no chemical effect, so we would not have any side effects. Detoxification is a long-term project – Leon

Klinghoffer Laiciman: American medicine, the future of Jurists.

"The study revealed that even a life of a normal, healthy person, in an average of up to 91 may still be residues of potentially toxic substances." If the toxin is not taken within a week in a detox diet can be eliminated. [Hao Li](#) ion to purify SPA instrument can be accumulated in the cells from the toxin, in the initial detoxification may be tired flu, it is because after the removal of toxins, metabolic brisk, and the rehabilitation needs of vitamins and minerals

consumed reasons. Users can detoxification process, through additional vitamins and minerals to adjust. Treatment usually lasts 14. After detoxification watercolours will be smeared out, shallowing, and tired after the initial use of flu disappeared, and physical conditions have also been improved. General Clauses deficiency is reasonable – [Wubai Ping](#): Chinese Medicine Research Institute expert committee of experts, the World Health Organization Collaborating Center for Traditional Medicine researcher at the Institute of Chinese Medicine of the National Advisory.

"Entirely avoiding toxins entering the body is impossible, the key is the body's detoxification and antioxidant capacity is normal. Regular attacks are difficult to cure headaches, chronic fatigue, indigestion, or long-term muscle soreness and so are the toxins in the body that may cause trouble. Often tinnitus, memory deterioration, unknown because arthritis often drowsiness, overweight, resist bacteria or virus or drop suddenly had autoimmune disease, there may be somebody of accumulated toxins are not even ruled out due." The body of toxins from the key lies in "hand" in vivo biological channels maintain normal physiological functions so as to play a good role in detoxification. "General Clauses, not disease, illness, they do not", [Hao Li](#) ion purification to SPA for conditioning the body through various channels function to detoxification patency, the Yin Yang Mi, qi reconcile, Five Viscera conditioning functions are normal. So, resolve, and into an intimate alien, in a variety of toxins, thereby avoiding many diseases.

SUMMARY

Ion detox foot spa machine, have shown positive results, others studies have found no evidence to suggest that ionic foot baths eliminate toxic elements from the body through the feet. In conclusion, alternative therapies may have potential benefits, but it is important to approach them with caution and seek advice from a healthcare professional before trying them.

The Ion Detox foot spa machine uses positive and negative ions to stimulate the body for self-detoxification. Although some experiments have found no evidence to suggest that ionic footbaths eliminate toxic elements from the body through the feet, the results are positive based on 1000s of tests performed by the device's manufacturer across the last 20 years. It is claimed that the therapy provides the body with negative ions, detoxes on many levels, and contributes significantly to the healing path.

As for Bioresonance therapy, the scientific evidence supporting its effectiveness is limited, and it is not recognized as a mainstream medical treatment. It is important to note that the therapy should not replace medical treatment for serious health condition. As for Bioresonance therapy, the scientific evidence supporting its



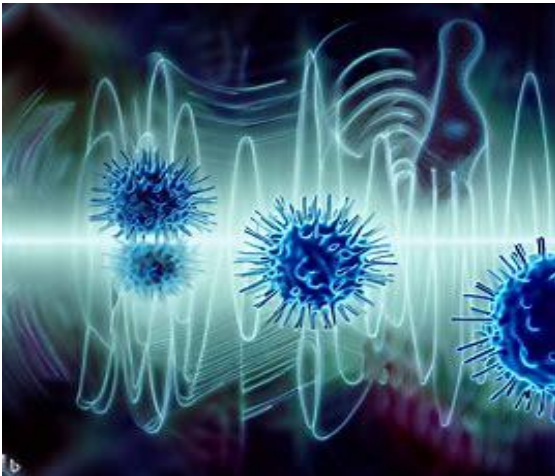
effectiveness is limited, and it is not recognized as a mainstream medical treatment. It is important to note that the therapy should not replace medical treatment for serious health conditions.

Chapter Nine

DEPOWERED VIRUSES AND BUGS

What do we know about depowering, and deactivating Viruses, Bacteria, fungi, parasites, and worms in the human body?

The knowledge of pathology enlightens a homeopath about the causation of illnesses. A physician cannot remove the illness unless he knows the cause. This knowledge helps a homeopath to differentiate between the common and uncommon symptoms of illness and characterize the symptoms of the client which are very useful for the remedy. Currently, a research device and any potential healing recommendations shown by the device may be discussed. The device takes readings of the frequency wave from wherever it originates and decodes/displays it on the computer screen in a three-dimensional projection. Every virus and bacteria cell has its distinctive frequency which is stored in the computer's memory. In this case, the computer will create disharmonic electromagnetic frequencies that will block and possibly eliminate these organs, inverting their frequencies to become equal to zero.

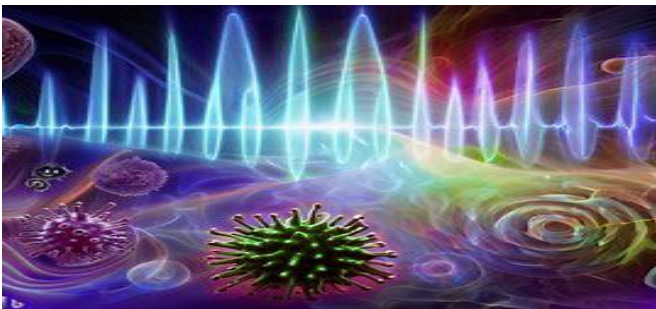


Furthermore, attempting to "block and possibly eliminate" microorganisms in the body through the use of electromagnetic frequencies needs thoroughly researched before any decisions are made. While it is true that a physician must know the cause of an illness to effectively treat it, the statement seems to suggest the use of a device that can supposedly identify and eliminate viruses, bacteria, fungi, parasites, and worms from the human body based on their unique frequency waves. It is important to rely on scientifically proven medical treatments and therapies recommended by licensed healthcare professionals.

The most effective way to prevent the spread of infectious diseases is through good hygiene practices, such as washing hands regularly, covering the mouth and nose when coughing or sneezing, and avoiding close contact with sick people. In addition, vaccines are available to prevent some viral and bacterial infections, and it is important to stay up-to-date on recommended vaccinations.

How often should parasites be depowered?

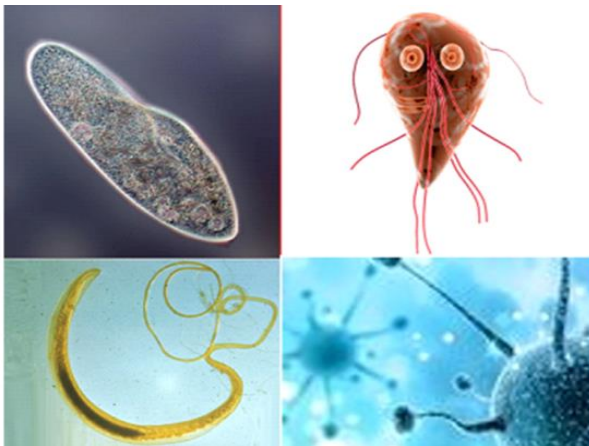
There is no one-size-fits-all answer to how often one should do a parasite cleanse or detox. The frequency of doing a parasite cleanse depends on several factors, including lifestyle, health status, and exposure to parasites.



For individuals who live in areas with a high risk of parasitic infections or those who have weakened immune systems, it may be necessary to do a parasite cleanse more frequently. Similarly, individuals who consume a diet that is high in processed foods, sugar, and alcohol may also benefit from doing a parasite cleanse more frequently.

On the other hand, individuals who maintain a healthy lifestyle, consume a balanced diet, and have a strong immune system may not need to do a parasite cleanse as frequently.

It is also essential to note that doing a parasite cleanse too frequently can be harmful to the body, as it can disrupt the natural balance of gut bacteria and lead to nutrient deficiencies.



Viruses, bacteria, fungi, parasites, and worms are all different types of microorganisms that can have various effects on human health and the environment. Here's some information about each of these categories:

1. Viruses:

- Viruses are small infectious agents that require a host to replicate and survive. They can infect humans, animals, plants, and even other microorganisms.
- Examples of viruses include influenza virus, HIV (Human Immunodeficiency Virus), herpes simplex virus, and SARS-CoV-2 (the virus responsible for COVID-19).
- Viruses can cause a wide range of diseases, from the common cold to more severe conditions such as Ebola and Zika.

2. Bacteria:

- Bacteria are single-celled microorganisms that can be found almost everywhere on Earth. They have diverse shapes and can be classified into various groups based on their characteristics.
- Some bacteria are beneficial and play crucial roles in ecological processes, such as nitrogen fixation and decomposition. However, certain bacteria can also cause diseases.
- Examples of bacteria that cause diseases include Escherichia coli (E. coli), Staphylococcus aureus, Streptococcus pyogenes (causing strep throat), and Mycobacterium tuberculosis (causing tuberculosis).

3. Fungi:

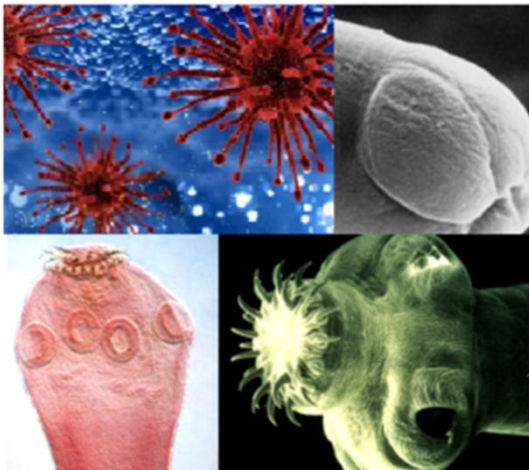
- Fungi are eukaryotic microorganisms that include molds, yeasts, and mushrooms. They are found in diverse habitats, including soil, water, and plants.
- While most fungi are harmless to humans, some can cause infections or allergies, especially in individuals with weakened immune systems.
- Examples of fungal infections include athlete's foot, candidiasis (yeast infection), and ringworm. Fungi also play vital ecological roles as decomposers and as symbiotic partners in mycorrhizal associations.

4. Parasites:

- Parasites are organisms that live on or in a host organism and rely on it for nutrients and survival. They can be unicellular (protozoa) or multicellular (helminths or worms).
- Parasitic infections can occur through contaminated food or water, insect bites, or close contact with infected individuals.
- Examples of parasitic infections include malaria (caused by the protozoan Plasmodium), amoebic dysentery (caused by Entamoeba histolytica), and intestinal worms such as hookworms and tapeworms.

5. Worms:

- Worms, also known as helminths, are multicellular parasites that include various types of roundworms, tapeworms, and flukes.
- These worms can infect humans and animals, usually through the ingestion of contaminated food or water or through contact with contaminated soil.
- Worm infections can lead to conditions such as ascariasis, trichinellosis, schistosomiasis, and filariasis.



There are several methods used to control or depower microorganisms such as viruses, bacteria, fungi, parasites, and worms. The specific approach depends on the type of organism and the context in which it is being targeted. Here are some common strategies:

1. Vaccination:

- Vaccines are effective in preventing many viral and bacterial infections. They stimulate the immune system to recognize and destroy specific pathogens, providing long-term protection.
- Vaccines have been developed for a wide range of diseases, including measles, polio, influenza, hepatitis, and bacterial pneumonia.

2. Antibiotics:

- Antibiotics are drugs used to treat bacterial infections. They work by targeting specific components or processes within bacterial cells, inhibiting their growth or killing them.
- However, it's important to note that antibiotics are ineffective against viral infections since viruses have different structures and mechanisms of replication.

3. Antifungal Medications:

- Antifungal medications are used to treat fungal infections. They work by targeting specific structures or processes unique to fungi, such as the cell wall or the synthesis of ergosterol (a crucial component of fungal cell membranes).

4. Antiparasitic Drugs:

- Antiparasitic drugs are used to treat infections caused by parasites, including protozoa and worms. These drugs may target different stages of the parasite's life cycle, disrupting their metabolism, reproduction, or survival mechanisms.

5. Hygiene and Sanitation:

- Practicing good hygiene and sanitation measures can help prevent the spread of many microorganisms. This includes regular handwashing, proper food handling and preparation, safe drinking water sources, and maintaining clean environments.

6. Vector Control:

- In the case of diseases transmitted by vectors (such as mosquitoes for malaria or ticks for Lyme disease), controlling the population of the vector or preventing their bites can help reduce transmission.

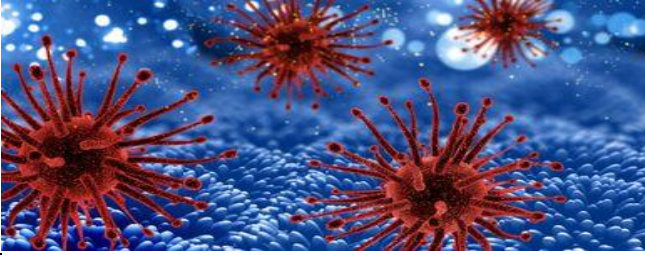
7. Environmental Management:

- Some microorganisms thrive in specific environmental conditions. By modifying the environment, such as reducing humidity or improving ventilation, it may be possible to limit the growth and spread of certain microorganisms.

8. Research and Development:

- Ongoing research aims to develop new therapies, drugs, and technologies to target and combat these microorganisms. This includes the development of new antiviral drugs, antibiotics, vaccines, and diagnostic tools.

This is where the 3D/8D Virus program helps. It is currently a research device and any potential healing recommendations shown by the device may be discussed with us. The device takes readings of the frequency wave from wherever it originates and decodes/displays it on the computer screen in a three-dimensional projection. Every virus and bacteria cell has its distinctive frequency which is stored in the computer's memory. In this case, the computer will create disharmonic electromagnetic frequencies that will block and possibly eliminate these organs, inverting their frequencies to become equal to zero.



SUMMARY

The knowledge of pathology enlightens a homeopath about the causation of illnesses. A physician cannot remove the illness unless he knows the cause. This Knowledge helps a homeopath to differentiate between the common and uncommon symptoms of illness and characterize the symptoms of the client which are very useful for the remedy.

It's important to note that this is just a brief overview, and each category encompasses a wide range of microorganisms with unique characteristics and effects. The study of these microorganisms falls under the field of microbiology, and ongoing research aims to understand their biology, and transmission, and develop strategies for prevention and treatment of associated diseases.

It's important to consult healthcare professionals for accurate diagnosis, appropriate treatment, and guidance on controlling specific infections caused by microorganisms. The approach to depowering these organisms varies, and it's essential to consider the specific characteristics and vulnerabilities of each microorganism when designing control strategies.

Chapter Ten

RIFE MACHINE

Rife Machines: use electromagnetic frequencies to destroy harmful microorganisms in the body, such as viruses and bacteria. These machines use a range of frequencies that are believed to target specific types of microorganisms.

It was Tesla who discovered the power of resonant frequencies. While Dr. Royal **Rife** used those resonant frequencies to get rid of many diseases and bugs (Viruses, Bacteria, Parasites, and Fungi). Ultimately, the best way to determine which frequency is most beneficial for you is to experiment with listening to them and see how you feel. You can try incorporating them into your meditation or relaxation practice and see if you notice any positive effects.



Our Rife frequency machine uses up to 30 different frequencies in one session and run them all at once. Nothing else can do that in any equipment, or in any lab, it would be very costly and involve a lot of function generators, mixers, etc. The system also offers 2577 easy and fast presets.

Sample of Presets Rife Frequencies

Abdominal Pain - 10000 3000 95 302

Backache - 10000 1550 880 802 760 727 305 212 41.2 33 787 784 776 728 727 465
Cold - 550 4400 802 787 720 552 440 400 125 72 800 880

Dental General - 728 784 635 640 1043 1084 685 60 48 465 3400

Fatigue - 428 424 664 660 125 120 95 72 20 444 1865 10000 5000

Gout - 111.83 3000 10000 880 727 5000

Hay Fever - 880 787 727 20

Headaches - 144 160 520 10000 112.5 3000 880 787 727 650 625 600 522 304 146

Energy Healing with Rife Frequencies

We are involving the Overflowing recurrence framework as elective well-being, an idea of mending that turns into a well-being reality in certain clinics, Actual Specialists, and Bone and joint specialists. Sound is the most remarkable recuperating framework when it utilizes frequencies. This recurrence portrayal goes straightforwardly to our cerebrum by means of nerve transmission, it is deciphered as information, and responded as a result, with a particular recurrence order to the body parts. We set earphones over the ears, stomach region, or Speakers on the body for 40 to an hour

every day until the issue is wiped out. Chakras and Old Tones can run the entire day and do profound reflection.

Overflowing Frequencies accomplish more than kill terrible cells, parasites, and infections. Albeit those give off an impression of being prevailing, the explanation a great deal of those things manifest is that more than 86% of the populace has some kind of parasite that they don't realize they have (ref. Dr, G. Wilson 2011), that causes other, more difficult issues.

Assuming that you've been exploring Dr. Overflowing and the Overflowing frequencies accessible, you might be confounded about the numerous frequencies there are and the way in which they wouldn't necessarily in every case appear to kill infections with resounding frequencies.

Take help with discomfort for example. There are no cells to reverberate and annihilate for that, yet the Overflowing frequencies work for torment as well.

We are simply energy, comprised of iotas. A few Overflowing frequencies work by adjusting our energy back to a solid, normal state. They do it rapidly and actually, without the requirement for exceptional information or long stretches of exploration on energy recuperating Reiki, reflection, or confidence mending (Life Frequencies Ace X8).

Other devices



DEVITA UDT

DETA-ELIS device uses a special antenna which enables healing to be applied to the whole body.

The DETA-UDT is a therapy device that capable of treating up to 443 health conditions using specific program frequencies. These treatments incorporate three levels of healing:

1. Treatment with electro-acupuncture
2. Treatment with electromagnetic therapy
3. Treatment with quantum healing

Devita AP and Devita RITM Energy are electromagnetic wellness devices



DEPLUS +

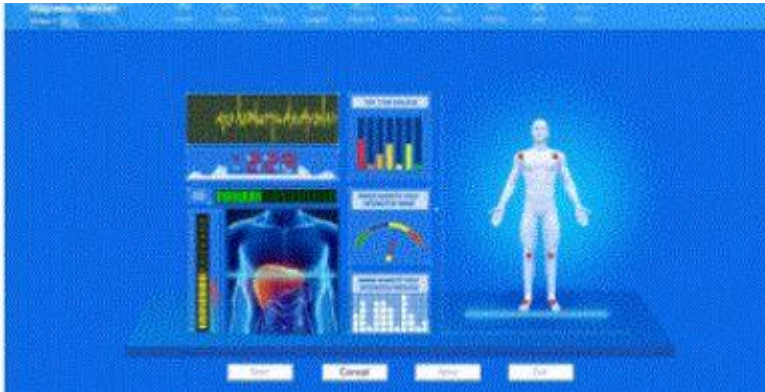


This device spots weak areas in the body's state that follow the changes of physical, emotional and mental life.

The Express Test DePlus+ will assess the following:

- Cardiac rhythm measurement
- Vegetative system state and stress level
- Psycho-emotional state and mental activity
- Immune defenses level
- Biological age and energetic pyramid
- Functional state of the digestive tract
- Functional state of other organs and systems
- Spine state
- Test results for functional state
- Aura intensity
- Chakras openness degree
- Meridians activity
- Internal organs state according to WU XING theory
- Test results for energetic state

QUANTUM ANALYZER



Using the Quantum Magnetic Resonance Analyzer principles, the system will determine the status of your health condition. We will provide you with an **analysis**, a non-invasive and painless method. It collects the electromagnetic wave signals changes of the human body and presents it in colorful computerized/text format with ABOUT 120 pages. Should you wish, this report will be emailed to you. At the end of the analysis a composite report can be printed (4-5 pages) where the system will show the status of your body's health condition that needed your attention.

Quantum Health Analyzer the newest Japanese high-tech innovation that contributes the best of medicine bio-informatics electrical engineering and other science. Applying quantum machine, the theoretical basis, the advanced electronic equipment collects the weak magnetic field of human cells for scientific analysis, thereby analyzing and determining a person's health status and main problems and putting forward standard prevention

recommendations. This is absolutely not a science fiction. It is the epoch-making high-tech quantum resonant magnetic health analyzer.

The Bio Electric Health Analyzer was developed based on study of a hundred million clinical cases over a period of many years. The accuracy rate of the analyzer device can reach up to 85%. It gives 49 organ reports.

The Power Rife Bugs Zapper



The Rife frequency machine is a device that purportedly emits electromagnetic waves at specific frequencies to treat various ailments, including viruses, bacteria, and parasites. However, there is limited scientific evidence to support the efficacy of Rife frequency therapy.

This Power Rife Zapper, also called CES (Cranial Electrical Stimulator) operates by activating the brain to produce endorphins, which relieves the pain. It has cured many drug addictions.

This is the most powerful DEEP killer of parasites, viruses, fungus, and worms (which we called 'BUGS'). Use the mini pads for blood wrist zapping, the big pads for localized deep killing (and muscle relaxing / de-acidification), and the ear clips for eliminating bugs in the brain, eyes, and ears.

Ear Zapper



Use the CES ear clips to kill bugs in the brain, eyes, and ears in the white matter of the brain. This Power Rife Zapper also works as a brain stimulator through the ear clips (adjust to low settings until flashes in the eyes appear). Recommended zap time: 30 minutes.

Organ Zapping



Organ zapping kills bugs in the pancreas, thyroid, thymus, liver, kidneys, guts, etc. Use the pads for localized deep killing and muscle relaxing / de-acidification. Recommended zap time: 30 minutes.

Blood Wrist and Eyes Zapping,



Use the mini pads for wrist blood zapping or localized deep killing (and muscle relaxing / de-acidification). Eyes zapping kills bugs in the eyes. Recommended zap time: 30 minutes.

SUMMARY

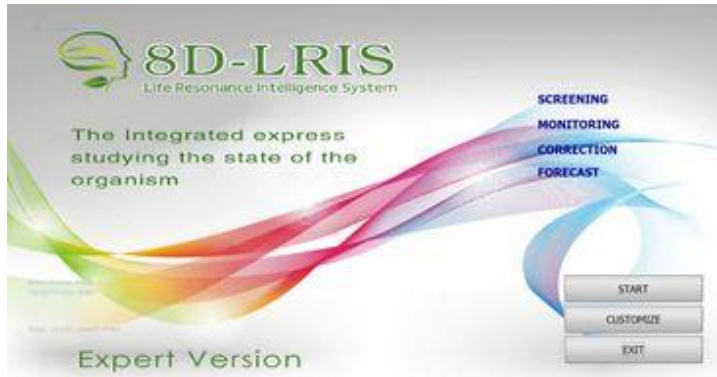
The concept behind Rife devices is based on the theories of Royal Raymond Rife, who claimed that certain frequencies could destroy microorganisms. However, Rife's theories and devices were not scientifically validated, and his claims were widely criticized by the scientific community.

Sound frequencies can naturally change the alignment of body structure. Chakras, acupuncture, and acupressure have been doing this for a very long time. Rife frequencies do the same, rapidly! So next time you are selecting presets from Rife Pro X8 and you are wondering how certain frequencies are acting as far as resonance, think about that. It's not always necessary that presets destroy cells. this kind of preset is enhanced when you use Scalar Waves in Pro X8...try it out - you'll be amazed! However, it is important to note that before using any of alternative or complementary programs or devices, it is essential to do your research and consult with a qualified healthcare professional.

In summary, while there are some anecdotal reports of people experiencing benefits from using Rife devices,. it is important to rely on scientifically proven medical treatments and to consult with a licensed healthcare professional for appropriate diagnosis and treatment. Any claims of a device or treatment that seems too good to be true should be approached with caution and skepticism, and thoroughly researched before any decisions are made.

Chapter Eleven

NLS, NON-LINEAR SYSTEM



The NLS Nature Treatment Framework, Biophilia Tracker, 8D-LRIS, and Metapathia GR Tracker are harmless symptomatic techniques used to decide the situation with a singular's well-being impacted by pathologies of various beginnings. Non-straight diagnostics consider precisely deciding the reason for the condition and choosing viable recuperating. These gadgets utilize otherworldly examination of an organic item's vortex attractive field and send moment information progressively about the body's tissues, cells, chromosomes, DNA, RNA, and chemicals, and that's just the beginning. The LRIS-NLS gives precise demonstrative outcomes by zeroing in on the mind and identifying every single change at the cell level, whether it is microbes, infections, parasites, or any sickness appearance or biochemical being. The gadgets have a wide information base of clinical items, food supplements, and homeopathic cures which can be prescribed by the pathology introduced, perform three-layered checking, recognize allergens, assess

needle therapy meridians, and give healthful exhortation considering blood gatherings.



Non-straight diagnostics take into consideration precisely deciding the reason for the condition, and thus, choosing and endorsing compelling mending. The NLS is a harmless enlightening technique used to inspect the situation with well-being impacted by pathologies of various beginnings. NLS-Symptomatic with Tracker won't cause any distress nor mischief to the client's wellbeing (even safe for pregnant ladies and youngsters). The Tracker makes it conceivable to look at all body frameworks without special cases in a solitary meeting: The Sensory system, Cardiovascular, Stomach related, Outer muscle, Respiratory, Endocrine, Urinary, Skin, and Conceptive frameworks.

NLS diagnostics or Bio-Reverberation Criticism Mending (META-Recuperating) plans to acquire data about the present status of the body's well-being. Bio-Reverberation comes from "resound" or "to be in order/in

balance". Stress causes a block in the progression of energy, which thus causes sickness. META-Mending assists with eliminating these blocks, permitting the body to recuperate itself.



The examination gear utilizes the ghostly investigation of an organic item's vortex attractive field. It sends moment information, progressively, about the body's tissues, cells, chromosomes, DNA, RNA, and chemicals, and that's only the tip of the iceberg. NLS diagnostics, in light of quantum-entropic connection, permits the greatest data on useful changes in the human body during the examination and assists with picking the appropriate course for recuperating.

These gadgets sense the body's state, convey data to the mind by means of earphones, and show it on the screen in a three-layered projection of the inside organs. Hued marks are shown to decide the site of an obsessive interaction, empowering precise assurance of the reason for the sickness. This

permits joining the best recuperating course by emanate recurrence mending.

The LRIS-NLS is intended to give the most dependable symptomatic outcomes since it centers around the source, the cerebrum. Accordingly, the brain is where we start collecting data on the progressions that happen in the body. The sensors in the earphones put on the ears of the subject will set off the mind to impart the frequencies that happen inside the body. Each change at the cell level will be distinguished and recognized, whether the test is a microorganism, infection, parasite, or any illness indication or biochemical being, it will be identified by acknowledgment of its special recurrence/signature and be recognized by name and improvement stage.

The center is the demonstrative piece, and all that is profound, close to home, or mental becomes auxiliary. Our bodies are unbelievable, and obviously, the mending of one's body closely relates to the confidence and soundness of a solid brain. Our examination is 90%-95% precise in light of the fact that the program permits the administrator to explore locally and exhaustively. The sensors in the earphones are intended to precisely perceive explicit frequencies while the patient is available.

META THERAPY

META-Treatment assists the body with bettering arrangements with the found issues, poisons, and allergens and disposing of the sickness. Also, the higher causal elements of natural aggravation - ongoing pressure and upset responses of the focal sensory system - will be killed because of the

treatment. Both are significant elements for the actuation of the invulnerable framework and self-mending, empowering the recuperating of even exceptionally old organ illnesses.

NLS 3D and 8D examination frameworks and META Treatment uncover early neurotic cycles before indication shows up. Electromagnetic vibrations of extremely low-recurrence signals get data from the subliminal in the human mind, which is perceived while bypassing our faculties. This is reflected in the way that the human cerebrum gets a sign about the need to confirm (test) either organ. The sign is taken care of by the screen, as well as the head earphones in a progression of electromagnetic waves impossible to miss by the sound human body. This is conceivable on the grounds that each organ and each cell in the human body has its own range of electromagnetic waves. Remember that each cell, tissue, and organ has its own particular recurrence. The data traded between a phone, tissue, and organ are processes thinking about age, sex, and different factors. It alters and remedies to permit the body to get back to its normal solid state. The NLS examination and META-recuperating were created in Russia to treat energy blocks in the sensory system and improve the body's capacity to mend itself, it was started in the late first 100 years by gadgets virtuoso Nikola Tesla.

Most biofeedback gear works on a comparable guideline; itemized programming supports giving the most reliable examination and the sensors distinguish the particular recurrence which helps in the re-visitation of good well-being. The chief inquiry that emerges while considering the LRIS-NLS gadget is the manner by which the gadget contrasts from the many different gadgets previously being sold available. While all organizations attempt to

persuade individuals that there is some gigantic distinction in the capability of their gadgets, truly they all capability as per comparable standards. The LRIS-NLS is viewed as a biofeedback gadget and the main contrast in biofeedback gadgets is the procedure wherein the determination is being directed. A few gadgets work with radio frequencies while others accumulate data from the beat and dampness present in the skin. The LRIS-NLS, nonetheless, has capabilities in the domain of handling data with the electromagnetic field while additionally consolidating different techniques for Examination.

META-Healing with 3D/8D-NLS has achieved excellent results in the following areas:

- Persistent - degenerative diseases of different sorts, immune system issues.
- Spinal and back torments, torments in joints, pressure, and joint inflammation.
- Wounds, bone cracks.
- Frail insusceptible framework.
- Rest problems, exhaustion, gloom, headache.
- Menopausal hardships, PMS.
- Advanced age ailments.
- Irritation and intense/persistent agony.

- Pediatrics.
- Sports medication, the groundwork for rivalry.
- Sensitivities, compound and electro sensitivity, dermatitis.

SUMMARY

- **NLS SYSTEM** contains a wide database of medical products, food supplements and homeopathic remedies, which can be recommended to clients according to the pathology presented.
- Analyzes drug tests, nutrition monitoring, phytotherapy, ointments, creams and materials with respect to their tolerance.
- Reveals oncological illnesses on time, and evaluates organs with 97% accuracy.
- Performs three-dimensional scanning with the possibility of finding areas where you have developed or may develop a tumor.
- Detects hereditary conditions, analyzes DNA, histological, cytological, and chromosome, and analyzes genome level.
- Reveals changes in the tissues.
- Gives complementary improvements of alternative medicine, such as natural elements, and the spectrum of gems for healing improvements.
- Tunes the electromagnetic frequency corresponding to each tissue and organ without human intervention.
- Performs hormone blood tests without pain.

- Evaluate acupuncture meridians.
- Measures the body's electric field which is the AURA.
- Identifies allergens.
- Provides nutritional advice considering blood group.
- Analyzes the micro flora of the organism including parasites, bacteria and fungi.

Metapathia is a brand name for a type of bioresonance diagnostic and therapy device. Bioresonance therapy is a type of alternative medicine that is based on the belief that electromagnetic waves emitted by the body can be used to diagnose and treat various health conditions.

Metapathia devices use a form of bioresonance technology to analyze the electromagnetic waves emitted by the body and provide information about the individual's health status. The device is said to use a non-invasive method to detect and evaluate the energetic and informational interactions between the body and various external factors such as pathogens, toxins, and allergens.

Biophilia is a term that was coined by the biologist Edward O. Wilson to describe the innate human tendency to seek connection with nature and other forms of life. The term is derived from the Greek words "bios," meaning life, and "philia," meaning love or affection.

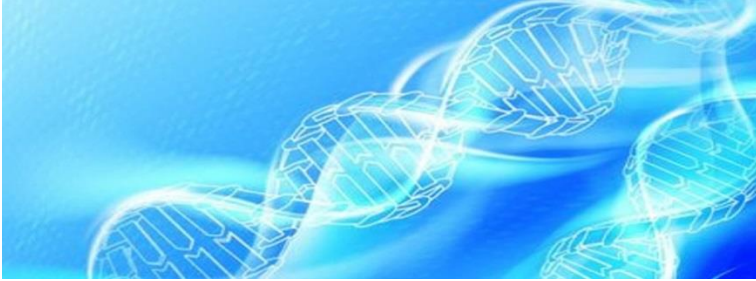
According to Wilson, Biophilia is a fundamental aspect of human nature that has evolved over millions of years of evolution and is deeply rooted in our biology and psychology. He argues that the human need for nature and other forms of life is an essential part of our well-being and that modern society has largely disconnected us from the natural world, which can lead to a range of negative health and social outcomes.

Today, the idea of Biophilia has been extended to envelop a more extensive scope of thoughts and practices connected with human instinct associations, including Biophilia plan, which integrates regular components into constructed conditions, and Biophilia treatments, which use nature-based intercessions to advance physical and emotional well-being.

Research has demonstrated the way that openness to nature and regular components can have a scope of beneficial outcomes on human wellbeing and prosperity, including diminishing pressure and tension, further developing state of mind and mental capability, and advancing actual wellbeing. Accordingly, the idea of Biophilia has become progressively significant in fields like metropolitan preparation, design, and medical services, to advance human prosperity and association with the regular world.

Chapter Twelve

DNA and RNA



DNA and RNA programs, genetically imprinted, 99% non-active, can be activated by long periods of stress, trauma, or lacks Soda Bicarbonate, Magnesium, and Negative ions. Or nonfunction of mitochondrial membrane malfunctioning.

DNA (deoxyribonucleic acid) and RNA (ribonucleic acid) are both types of nucleic acids that play important roles in the storage, expression, and transmission of genetic information in living organisms. DNA is a double-stranded molecule that contains the genetic instructions for the development, function, and reproduction of all living things. It is made up of four nucleotide bases (adenine, guanine, cytosine, and thymine) that pair up in a specific way to form the "rungs" of the DNA ladder. The sequence of these bases determines the genetic code that is used to create proteins, which are essential for all biological processes.

RNA, on the other hand, is a single-stranded molecule that is involved in the process of gene expression. There are several different types of RNA, including messenger RNA (mRNA), transfer RNA (tRNA), and ribosomal RNA (rRNA), each of which plays a specific role in the process of protein synthesis.



Chromosomes are structures that contain DNA and are located in the nucleus of eukaryotic cells. They are made up of long strands of DNA that are wrapped around proteins called histones, which help to organize and compact the DNA. Humans have 23 pairs of chromosomes (for a total of 46), which contain all the genetic information necessary for the development and function of the human body.

For the Metapathia Hunter to determine the type of disorder in the body and treat it, the treatment is carried out on eight levels starting on the molecule, and then the ultrastructure, DNA helix, chromosome, nucleus, cell, tissue, up to the entire organ, making it the very effective and successful. Creating new and good DNA within the mitochondria happens in two energy processes. One for the negative ions and one for fuel energy

is done by the ATP synthesizing system. These negative ions form the biocommunications system in the body.

This DNA program is part of the analysis, and healing of the chromosome sets during the analysis. It will show a definition of normal and pathological locations marked as 1, 2, 3, 4, 5, and 6. The system works from full chromosome down to DNA, RNA, ATP, and other molecule levels. Since we know about frequencies, and what is the good frequency to be matched, we aim for the correction of the black spots (6), 5, and 4 areas to 3, 2, and 1.

DNA and RNA are essential components of living organisms and play important roles in genetic information storage and expression. However, it is not clear how the Metapathia Hunter program detects and treats DNA and RNA disorders, In general, it is recommended to consult with a licensed healthcare professional before using any alternative therapies and to follow their recommendations for treatment.



Chapter Thirteen

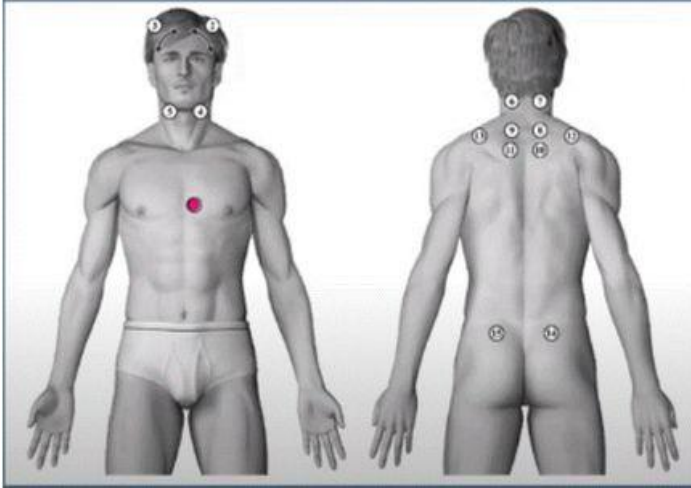
TOUCHLESS PHYSIOTHERAPY

Touchless physiotherapy refers to a type of physiotherapy that does not involve direct contact between the therapist and the patient. Instead, it typically uses devices or equipment to deliver therapy, such as ultrasound, electrical stimulation, or laser therapy.

Touchless physiotherapy can be useful in a variety of situations, such as when a patient is experiencing pain or sensitivity and cannot tolerate manual therapy. It can also be useful for patients who are unable to come into close contact with others due to infectious diseases or other health concerns.

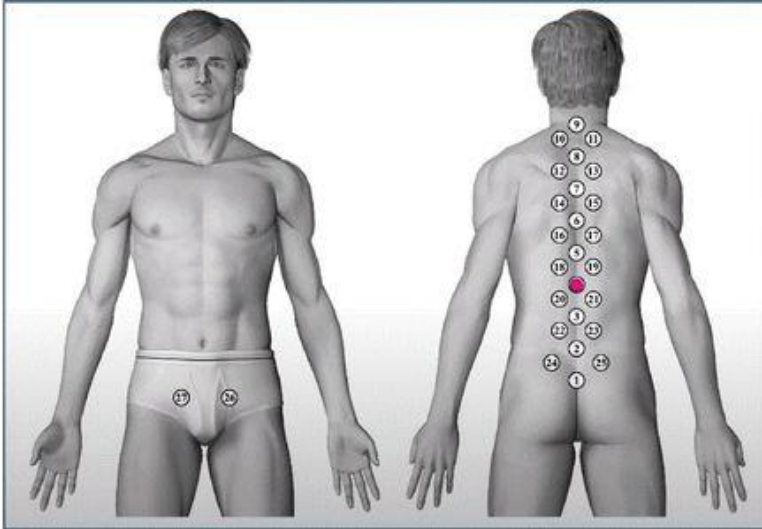
Our Physiotherapy treatments focus on prevention. We offer many therapies for problems caused by injury, disease, or disability. For example, **Universal Rehabilitation** is a unique treatment that brings a good connection with the universe; here are more examples for **Male and Female**:

HYPERTENSION SESSION



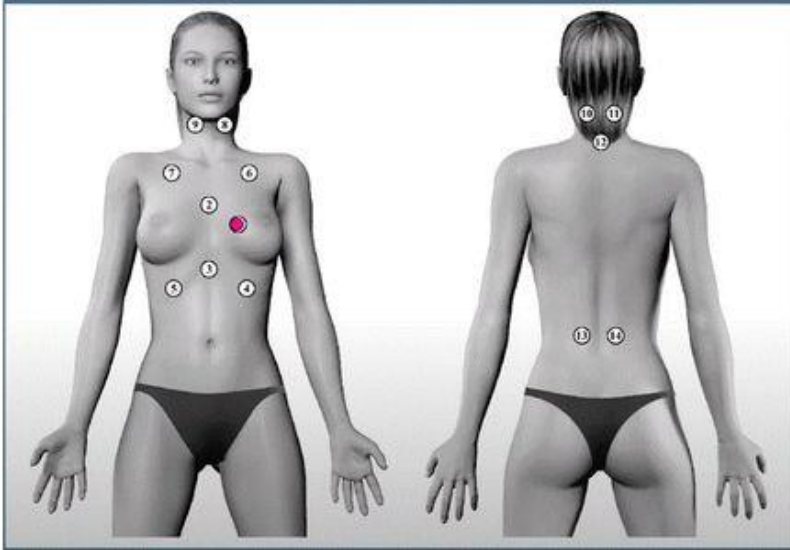
- UNIVERSAL REHABILITATION
- BRONCHIAL ASTHMAS
- ECZEMAS. NEURODERMATITIS. TOXICODERMA. PSORIASIS
- SPINE, OSTEOCHONDROSIS, SPONDYLOSIS DEFORMATIONS, SPONDYLAR
- ENURESIS DYSURIA ASSOCIATED WITH THE PATHOLOGY
- BURNS AND OTMORAZHENIYA
- ANGINAS. EXACERBATION OF CHRONIC TOZILLITA.
- HAEMORRHOIDS
- JOINTS OF TOES

SPINE SESSION



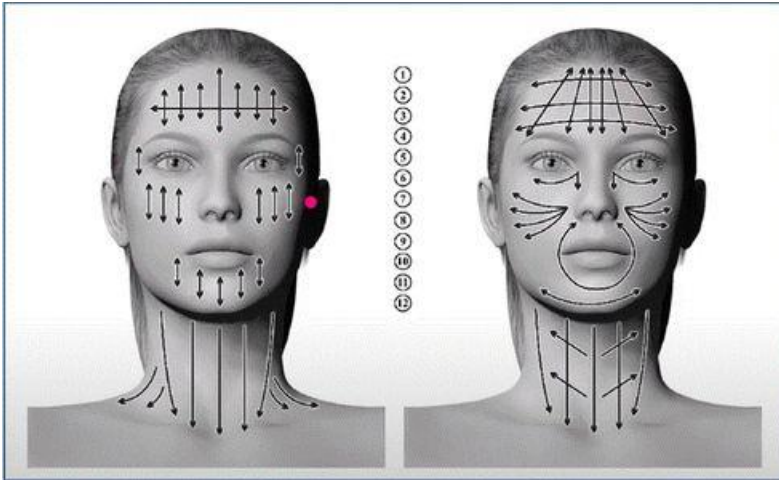
- SINUSITIS.
- JOINTS FINGERS
- FUNGAL INFECTION
- ACNE
- CYSTITIS
- ANTI-AGING FACE AND NECK
- SCIATICA
- TRAUMATIC WOUNDS
- POST-OPERATIVE SCARS
- INFLAMMATION

UNIVERSAL REHABILITATION SESSION



- UNIVERSAL REHABILITATION
- NON-INVASIVE EFFECTS ON BLOOD
- THE CONSEQUENCES OF ISCHEMIC
- VENOUS INSUFFICIENCIES. VARICOSE VEINS OF THE LOWER
- ACUTE AND CHRONIC PNEUMONIA (BRONCHOPNEUMONIA)
- CHRONIC NON-SPECIFIC COLITIS. CONSTIPATION
- ECZEMAS. NEURODERMATITIS.
- SPINE, OSTEOCHONDROSIS, SPONDYLOSIS DEFORMATIONS, SPONDYLAR

REJUVENATION SESSION



- JOINTS OF TOES
- SINUSITIS
- JOINTS FINGERS
- FUNGAL INFECTIONS OF NAIL PLATE
- CNES AND POST-OPERATIVE SCARS
- CYSTITIS
- REJUVENATIONS OF FACE AND NECK
- TINNITUS, HEARING LOSS
- SCIATICA INFLAMMATION
- INFLAMMATORY DISEASES OF UTERUS
- CERVICAL EROSIONS
- FUNCTIONAL DISORDERS

SUMMARY

Touchless physiotherapy can be a useful alternative for patients who cannot tolerate manual therapy, especially in situations where direct contact between the therapist and the patient is not possible or advisable. due to infectious diseases or other health concerns.

Universal Rehabilitation is a type of therapy that is not well-defined, and its effectiveness and safety have not been established through scientific research. It is important to consult with a licensed healthcare professional for proper diagnosis and treatment of any health condition.

Chapter Fourteen

POTENTIAL THERAPY



Electro-Attractive Frequencies EMF is perhaps the most unsafe impact on the body's regular capabilities. The equilibrium of the human life form is adversely impacted by EMF changes at home and in your office. It impacted chemicals in the cells, pineal organ digestion, and different impacts. These recurrence fields make you debilitated up to the bones. Till there is no more energy, not any more mending power. Moreover, the BUGS (parasites, organisms, microorganisms, worms, and infections) get free play, and if

nothing helps, this Potential Treatment will. It will address your body to a characteristic status and give you the mending energy.

This Potential Treatment takes on High Potential, Negative Potential, and middle-of-the-road Recurrence (IF) potential to remake the normal electric field to let you under-offer back nature, at last fixing different issues and deterrents made by the harms of the regular habitat.

The flow AC is changed into an air conditioner high voltage substituting electric field, which can make all pieces of the client vibrate quietly. What's in store from such treatment? Because of vibrated body parts, the unevenness of the body tissues and organs is completely recuperated, the innate mending limit of a human is improved, the cells will be roused, the nerve conduction capability will be fortified, and the gastrointestinal motility will be advanced to accomplish the therapy of persistent stoppage.

Utilizing the fake strategy, the electric field with high vibration recurrence is followed up on the human body, spreading around the client and creating a stable mid-recurrence electromagnetic field of AC high-voltage negative power advances blood dissemination, unclogs the insurances, discharges torment, and that's just the beginning.

While utilizing negative high voltage yield, the negative high voltage electric field will break the first charge dissemination of the body, and the changed charge swims among the tissues and the cells then bringing about

a progression of natural/physical/substance changes which will advance the organic capabilities and obsessive condition of the tissues, and organs make parasympathetic eager to direct vegetative nerve useful unsettling influence consequently treat neurasthenia, migraine, sleep deprivation and that's just the beginning.

The suggestion using time effectively ought to be as per individual body variation to continue in a precise manner and select the resulting capability while beginning to utilize the electric potential treatment meter. The plan default treatment time is 30 minutes, with high potential and Negative capability of 5000v, 7000v, and 9000v.

Potential Therapy Device



Prior to utilizing the High Potential Treatment program, the platelets are stacked together, and the body is in an acidic condition. In the wake of

utilizing this program, the platelets are isolated, and the body is in low soluble condition.

Utilizing the High Potential Treatment program for 30 minutes has a similar impact as two hours of back rub. It invigorates the bloodstream, manages the pulse, works on the insusceptible framework, and directs the endocrine framework.

Involving the Negative Potential Rest Mode capability for an hour can make your body completely rest. 30 minutes has the impact of 5 hours of body kneading. It additionally assists with decreasing blood tenacity, speeding up glucose disintegration, and controlling the endocrine framework. Simultaneously, it can work on dozing quality, balance your chemical, and increment cell digestion.

Utilizing the Help Electric Excitement Pen is fractional alleviation of body torment, and unwinding, and appropriate for:

entire family for a superior solid life, understudies who need high fixation, older wishes for longer life and fix frail cells, individuals who live in upsetting conditions and work, and individuals who need work-out consistently.

Relief Electric Stimulation Pen



Utilizing these potential treatment programs, the cells will be actuated, capabilities will be reinforced, the gastrointestinal improve, and the limit of people get to the next level.

- High Potential Treatment applies to joint inflammation, osteoporosis, muscle firmness, persistent agony, and wound recuperating.
- Negative Expected applies to a sleeping disorder, migraine, and obstruction works on the resistant framework (initiates the macrophages), consumes fat (by expanding processing, digestion, and building bulk), skin becomes smooth/wonderful (invigorates the fibroblasts, advances skin recovery, diminishing stretch imprint and lines from pregnancy), change corrosive to soluble (particles impact, helps balance the blood PH, speeds up detoxification), increment bone tissue, animate blood course.
- IF expected applies for cell initiation, cholesterol, skin responsiveness, and weight reduction.

Get genuine Energy! Get Wellbeing! Get More youthful! Be more lovely from the inside and outside! Change time!

A long time back, considering the standard of electric field and science, through various logical trials, the American researcher Dr. Ben Franklin developed the high voltage electric possible therapeutics to fix gout. From that point forward, European, and Japanese researchers kept on advancing exploration. In 1925, Dr. Yuan, from Nagasaki Clinical College in Japan, grew high-voltage electric expected therapeutics for easing patients' side effects.

Following 2 years of testing, this is the ISHA Endorsed and Medicinally ensured HVT. This Gadget - Likely Treatment, Model: ISH-9202 adjusts to item producing guidelines: EN60601-1 and EN60601-1-2. Safe Accreditation: Class II sort B.

- Clinical Gadget Enrollment Standard: YZB/E0853-2011
- Clinical Gadget Enlistment ID.: SFDA 2012 2261503
- Permit No.: SFDA 20100291
- The Expert Potential Treatment Instrument SFDA 20100291

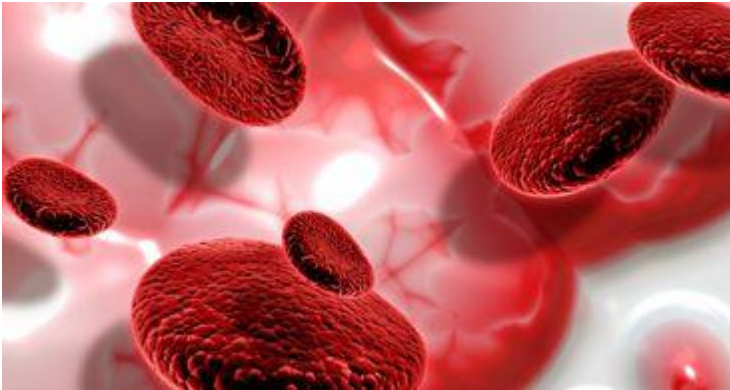
WHY NEGATIVE Expected ENERGY

The electrical charge in the plasma film of the inside cell has a Negative Charge contrasted with the cells outside which is a Positive Charge. This inner negative charge is fundamental for supplements to get into the cell and for poisons and waste to escape the cell. This inward charge is kept up by the trading of Sodium and Potassium from within to beyond the cell.

Irregularity OF LOW ELECTRICAL POTENTIAL

In the cell, film intrudes on the dynamic and detached dissemination process. It caused maturing (loss of energy), and sickness (absence of cell capability). Equilibrium of +/ - advances quicker digestion, invigorates cells, receptive ATP, and catalysts, forestalls loss of supplements, further develops oxygen levels, and blood flow, and diminishes pressure and poison.

BENEFITS



- Restore Cells and Revive Cells of the Entire Body
- Increment Digestion, Decontaminate Natural Liquids, Work on the purifying of poisons inside the body
- Eliminate Free Revolutionaries
- Advance Blood Course and body's Miniature Dissemination High voltage negative potential
- Fortify the Body's Resistant Framework

Consideration



The accompanying people can't utilize this evaluation:

- Pacemakers or some other electronic transfer instrument.
- Fake heart-lung machine life support.
- Anybody with intense or irresistible sickness.
- Cardio way, disease, or fever.
- Pregnancy lady.



WORKING Guideline - POTENTIAL Treatment INSTRUMENT "Potential treatment instrument takes on high potential, pessimistic potential, and transitional recurrence potential to remake regular electric field to let individuals under treatment back to nature, in the end fixing different problems and obstructions brought about by the harms of non-common habitats like EMF, Electra wires in your home and office.

Subsequent to handling by this instrument, the Substituting Flow (AC) is changed into an air conditioner high voltage rotating electric field, which can make all pieces of the client vibrate inconspicuously, hence the irregularity of the body tissues and organs are completely recuperated, and the innate mending limit of a human is improved, the cells will be initiated successfully, the nerve conduction capability will be reinforced, and the gastrointestinal motility will be advanced to accomplish the therapy of ongoing blockage. Utilizing the counterfeit strategy, the electric field with high vibration recurrence is followed up on the human body, spreading around the client and producing a stable mid-recurrence electromagnetic field of AC high-

voltage negative power to advance blood flow, unclogs the pledges, discharge torment, and so on. While utilizing negative high voltage yield, the negative high voltage electric field will break the first charge conveyance of the body, and the changed charge swims among the tissues and the cells then, at that point, bringing about a progression of natural physical-synthetic changes which will advance the organic capabilities and obsessive condition of the tissues, and organs make parasympathetic eager to control vegetative nerve useful unsettling influence consequently treat neurasthenia, cerebral pain, a sleeping disorder, and so on. The Genius, Most Well-known High Potential Treatment Machine. With the capability of Anion Air Refinement which will assist with engrossing the sustenance better for clients.

Today, based on the research and theories of Half Wave and High Oscillation, Vitalizer was made after many years of development and clinical experience. It was well-designed with four kinds of therapeutic schedules and includes various health benefits, such as adjusting the blood pH environment, heightening the cell vitality, promoting blood circulation, speeding up metabolism, accelerating the elimination of toxins, enhancing your self-repairing capability, relieving pain and relaxing, to enable the body to get the treatment fundamentally. It can be applied to the treatment of many common dis-eases, such as insomnia, nervous tension, non-persistent constipation, muscle spasms, headaches, and so on. Especially, the unique design of the local pad can be put on the corresponding points to lose weight. Besides that, E-Vitalizer can be used for health care and speed recovery and is easily adaptable for many people.

MORE BENEFITS:

- **Revive Cell and Rejuvenate Cells** of The Whole Body Strengthen the cellular membranes' electric potential, resuscitate the cells' (-90mV) and help orderly cellular movement, revive internal membranes, help with the faster flow of the

electrodes, faster synthesis of ATP, and orderly movement of the electrodes outside the membrane, enabling the cell of the whole-body massage effectively.

- **Increase Metabolism**, Purify Bodily Fluids, Improve A Person's Internal Environment Strengthen the function of the vital organs, improve the cleansing of the toxins inside the body, and regulate a person's bodily fluid to a weak alkalinity level (PH = 7.36 – 7.44), remove the breeding grounds for dis-eases, increase immunity and natural healing power.

- **Remove Free Radicals** a person's body has free radicals that can destroy the cells and disrupt the normal functions of the organs, thus damaging the cells and causing ailments. It increases the rate of aging. Under the static electric potential field function, the person's cells are revived. Maintain the bodily fluids in a weak alkalinity level, effective in cleansing of free radicals, strengthen immunity, delay aging, and improve physical beauty.

- **Promote Blood Circulation** And Body's Micro-Circulation High voltage negative potential static electric field increases the blood cell electric potential, its exercise volume also increase, negative ions can reduce the density of platelet, lowers blood viscosity, strengthen heart muscles contraction power, micro-vibration with the frequency of 50-60 times per second would help compositions stick to the blood vessel walls decompose (e.g., omega 3, cholesterol), enlarge blood vessels and the capillary, open pores, smoothen blood vessels' walls, revive the elasticity of the blood vessels.

- **Strengthen The Body's Immune System** Under the static electric potential field, it can increase a person's body's bioelectricity charges, increase blood's gamma properties, revive the cell's immunity, make the body less prone to dis-eases and stronger against germs and viruses, and improve the strength to fight against dis-eases.

SUMMARY

Chinese traditional medicine practitioners use methods of Acupuncture to stimulate the acupuncture points to trigger the healing effects for a specific part of the body. The Half Wave Mode with high voltage remover blockage of meridians by electric current further triggers a total and integrated healing effect. Whenever the circulation of any blood and “Qi” within the meridian's blocks, its resistance will change. Like a stone may block and slow down water flow in a river, however, when water current force increases, the blocking stone will even be flushed away. So, when the electric current enhances the flow of blood and “Qi”, which in return helps to clear the blockage in meridians and recover one's body. So, many pains occur because of the blockage of the meridians, which is the so-called that if you have smooth breath, you won't ache.

In addition to the electric current produced along the user's body, upon the operation of Half Wave Mode, the positive air ions around the user will be removed. A large number of air-negative ions are still in the room and increasing in numbers, and this can bring tremendous health benefits to mankind. The free radicals from atmospheric pollutants, nitrogen oxides, and cigarettes can be restored by negative ions in the air. Not only the health hazards can be reduced by excessive free radicals, but also the positive ions in the air can be neutralized, then deposited, and purify the air. The negative ions can promote the synthesis and storage of nutrients in the body and strengthen and improve human physiological actions so they it's also called Air Vitamins. As well as other vitamins in the food, it has a very important impact on the human body. For example, people will feel comfortable after a thunderstorm because the positive ions in the air are increased.

Note: Patients with severe heart disease, hypertension, and diabetes are advised to use strictly under the guidance of a healthcare professional

or start their trial from lower power intensity. In the initial stage of the trial, users should keep alert to their senses. Do not reduce or stop the dosage without prior permission, however, if you may feel ill, reduce the use of time or stop using immediately." (ISHA)

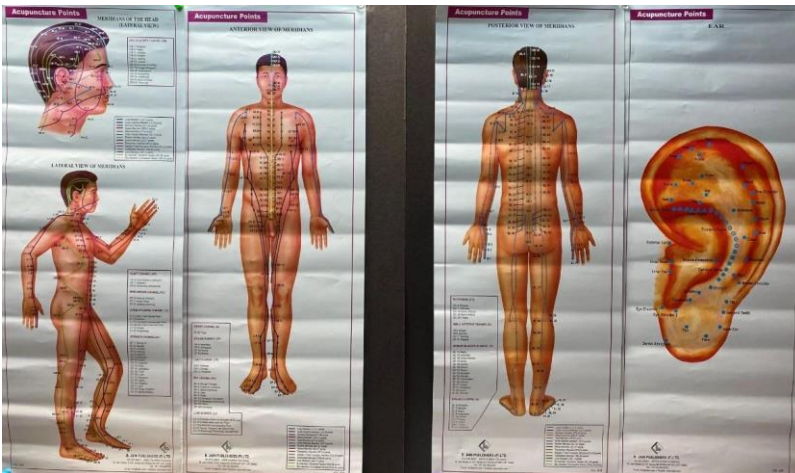
Potential Therapy is based on the principle of using high-voltage electric potential therapeutics for healing various health issues. The therapy involves using high potential, negative potential, and intermediate frequency potential to rebuild the body's natural electric field and stimulate the cells and organs' functions. It claims to improve the immune system, regulate the endocrine system, promote blood circulation, and relieve pain.

The use of electromagnetic fields in medicine is a field of research and ongoing study, and there is some evidence that it may be beneficial for certain conditions. However, It is essential to consult with a medical professional before trying any new therapy or treatment to ensure it is safe and effective for your specific condition. Additionally, the claims made about the effects of negative potential energy on the body are not scientifically proven. The concept of negative potential energy is not a widely accepted or recognized term in the scientific community.

Chapter Fifteen

NEEDLELESS ACUPUNCTURE

Painless Therapy, No Needles The acupuncture meridians and all systems of the body which receive information and energy from these meridians, the nerves, the organs, and the body tissues, can be positively influenced with the proper information signal. Such signals for example are frequency signals from substances, trace minerals, herbs, or homeopathic remedies.



Painless Therapy, no needles

The acupuncture meridians and all systems of the body which receive information and energy from these meridians, the nerves, the organs, and the body tissues, can be positively influenced with the proper information signal. Such signals for example are frequency signals from substances, trace minerals, herbs, or homeopathic remedies.

Bioresonance therapy is a painless therapy, with no needles that deal with the hidden causes of disease and poor health by assessing and then

normalizing energetic imbalances. Using bioresonance to modify and correct energy patterns allows the body to return to its natural healthy state, allowing people to become free of addictions, allergies, and pain.

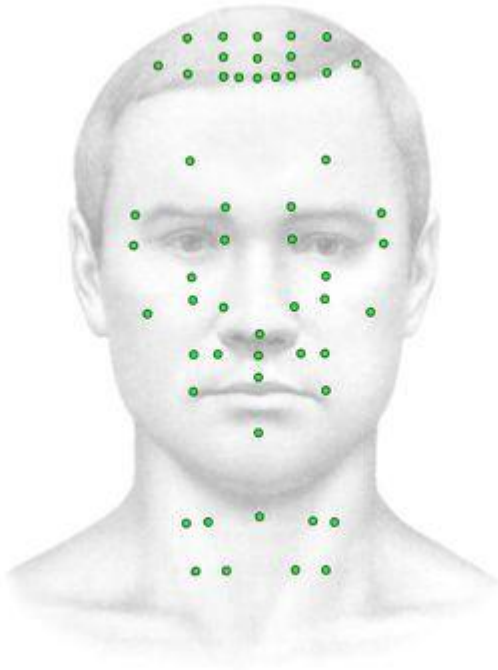
Acupuncture points treatment:

- Acupuncture points to the Right Hand.
- Acupuncture points on the Left Hand.
- Acupuncture points on the Right Foot.
- Acupuncture points on the Left Foot.
- Auricle, Right
- Auricle, Left
- Iris, Right
- Iris, Left
- Meridians (topography) and Acupuncture Points
- Meridian Frontal Median
- Meridian of Lungs
- Meridian of Colon



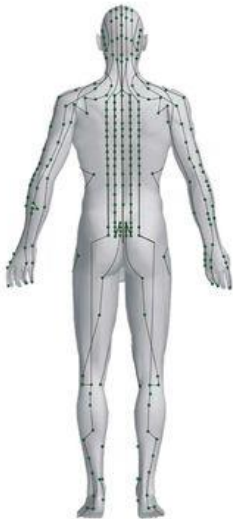
Acupuncture points

- According to traditional Chinese medicine:
- Meridians (topography) and Acupuncture Points
- Meridian Frontal Median
- Meridian of Lungs
- Meridian of Colon



Acupuncture points

- According to traditional Chinese medicine:
- Auricle, Right
- Auricle, Left
- Iris, Right
- Iris, Left



Acupuncture points

According to traditional Chinese medicine:
Acupuncture points to the Right Hand.
Acupuncture points on the Left Hand.
Acupuncture points on the Right Foot.
Acupuncture points on the Left Foot.

SUMMARY

Needleless acupuncture, also known as non-invasive acupuncture or acupressure, is a type of traditional Chinese medicine (TCM) that aims to stimulate specific acupoints in the body to promote healing and improve overall well-being, without the use of needles.

There are several methods of needleless acupuncture, including:

1. Acupressure: This involves applying pressure to specific acupoints on the body using fingers, thumbs, or other tools, such as acupressure balls or mats.
2. Laser acupuncture: This involves the use of low-level laser therapy to stimulate acupoints in the body.
3. Electrical acupuncture: This involves the use of small electrical currents to stimulate acupoints in the body.
4. Magnetic acupuncture: This involves the use of magnets to stimulate acupoints in the body.

Some people may prefer needleless acupuncture over traditional acupuncture because it is non-invasive and generally painless. However, it is important to note that the effectiveness of needleless acupuncture may vary depending on the individual and the specific condition being treated.

As with any form of medical treatment, it is important to consult with a qualified healthcare professional before trying needleless acupuncture, to determine whether it is appropriate for your specific needs and to ensure that it is used safely and effectively.

Chapter Sixteen

REMOTE HEALING



Scalar wave energy and remote recuperating are ideas that join mysticism, science, and quantum physical science to tackle the energy of the universe to advance mending. Scalar wave energy is an endless energy source that can be used to deliver recuperating energy frequencies. It is utilized by the world's regular recurrence level and is helpful to all living things. The non-actual body, otherwise called the Soul body, Soul, Atmosphere, Qi (Chi), Prana, or Life Power Energy, has the knowledge to recuperate the actual body. Remote recuperating is a procedure that permits specialists to output, treat, and mend anybody from any place on the planet without truly being available.

The ISHA Quantum Meta Black Box is a strong scalar wave transmitter that can perform overall sweeps and recuperate. Other than remote mending, scalar energy pendants containing minerals and volcanic magma can protect

and upgrade regular scalar energy against outside radiation, balance the chakras, and kill positive particles. Remote recuperating is a mix of old and new innovations that joins power with science and quantum physical science. It utilizes quantum science calculations, chakra color frequencies, a variety of treatments, scalar waves, and ordinary science transmission.



With our remote mending, we can output, treat, and recuperate anybody from any place on the planet without visiting us. Remote mending works since there is insignificant impedance and trade of the Biofield, Emanation, or Biocommunication fields. At the point when clients and specialists are near one another, their Biofield covers and trades data.

There is no impediment somewhere far off, individuals all around the world did sweeps and mending effectively, it brings opportunity and individuals can go on a vacation or probably while doing the auto treatment.

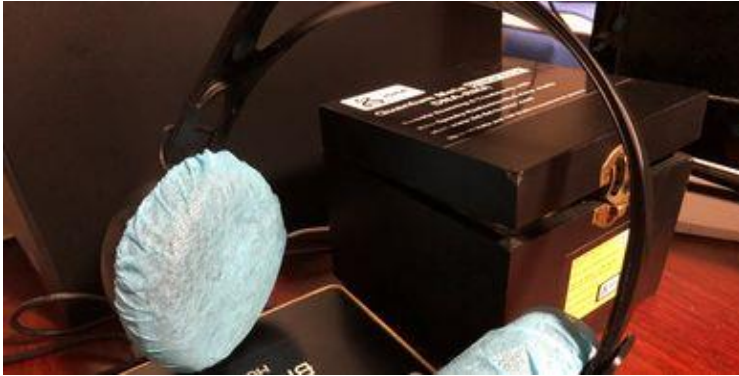
OUR HUMAN BODY IS A VIBRATION OF ENERGY



We are creatures of vibration and energy our human body is a vibration of energy, at a similar vibration as the recurrence energy field of the earth. This recurrence is sent all through our body and assists the cells with accomplishing the best well-being. In Vancouver, we utilize Remote Recuperating with this feeling of energy by outside base universe frequencies like light, sound, and different excitements. This recurrence portrayal ventures out straightforwardly to our cells through a nerve transmission; it deciphers as an info, and responds as a result, with a particular recurrence order to the body parts.

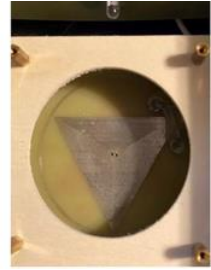
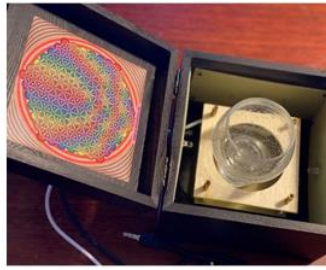


ISHA QUANTUM META Discovery (QMBB)



Scalar wave recuperating energy is utilized by the Remote Mending, and with quantum, energy pendants mirroring the concentrated recuperating energy to our body. Our remote recuperating utilizes the ISHA Quantum Meta Black Box which has a viable huge Scalar Waves Transmitter inside which is strong to do overall outputs and mending. Such a benefit implies that the client doesn't need to be at our health place. The framework estimated all certain movements of restoring every day, enabling DNA/RNA. Can do Air recuperating and depowering of bugs since it has a twofold arrangement of sensors and a strong Scalar Wave transmitter.

THE QMBB-Genuine Scalar Wave Transmitter and Quantum Meta Black Box



How can it function?

With Remote Mending in Vancouver, we place your photo inside the QMBB which gets to the power field on the photo. Catch the actual structure, and non-actual structure on it, and change the data to the PC programming making your personality. We then, at that point, apply your meeting as indicated by the subject you picked (bugs, DNA/RNA, or disaster will be imminent), examine, mend, and report back to you. This was managed without visiting us genuinely.

Do we have some other choices?

Other than Remote Recuperating with Quantum Scalar Energy and RadionX innovation, you might utilize the Scalar Energy Pendants. These pendants contain minerals and volcanic magma that extend around and around energy that safeguard and improve the regular scalar energy against outside radiation, balance the chakras, and kill the positive particles important free extreme decrease.

REMOTE Mending - Another Innovation HAS Drenched



A blend of mysticism with science and quantum physical science.

REMOTE Recuperating. A blend of old and new innovations that consolidate mysticism with science and quantum physical science, which ordinary science can't make sense of. That is where quantum material science has changed the perspectives of numerous researchers. 1,000 examinations have been finished and although results were thought of as "enchantment", they were viewed as outright reality. That is the very aftereffect of the Remote Mending program. Although it isn't reasonable, it was utilized for a long time by the military and others. This program utilizes Quantum science calculations, Chakras color frequencies, a variety of treatments, Scalar Waves, and Ordinary science transmission.

These are the guidelines to be kept:

The subject expresses his/her authorization and our expectation for help. Comprehend what's going on with the system and the beginning time, proclaim any side effects so we can change the mending time, and give us an image (and hair, fingernails, gems, and so on will help), name, and date of birth. We compose their complete name and birthdate on white paper and spot all things together between the earphones. Initiate the product program and it is finished as of now.

The Professional will set up the power, obstruction level control, force, variety data, and scalar wave recurrence communicated. Arrangement of the distance to convey the wave's transmission level to the subject. The distance might be changed by the subject's sentiments. As a rule, the subject will inform us as to whether they are feeling a change or should the specialist needs to decrease the hour of expectations from days to hours.

The subject settings might be saved as PRESET for future review.

SUMMARY

Synopsis Scalar wave energy and remote recuperating are ideas that consolidate power, science, and quantum physical science to tackle the energy of the universe to advance mending. Scalar wave energy is an endless energy source that can be tackled to deliver mending energy frequencies. It is utilized by the world's normal recurrence level and is helpful to all living things. The non-actual body, otherwise called the Soul body, Soul, Atmosphere, Qi (Chi), Prana, or Life Power Energy, has the knowledge to mend the actual body.

Remote recuperating is a procedure that permits specialists to output, treat, and mend anybody from any place on the planet without truly being available. The ISHA Quantum Meta Black Box is a strong scalar wave transmitter that can perform overall outputs and mending. Scalar energy pendants containing minerals and volcanic magma can protect and upgrade normal scalar energy against outside radiation, balance the chakras, and kill positive particles. Remote recuperating is a mix of old and new innovations that consolidate mysticism with science and quantum physical science. It utilizes quantum science calculations, chakra color frequencies, a variety of treatments, scalar waves, and customary science transmission.

With remote recuperating, it is feasible to sweep, treat, and mend anybody from any place on the planet without genuinely visiting a health community. The human body is a vibration of energy, at a similar vibration as the recurrence energy field of the earth, and remote mending utilizes excitement of energy by outside base universe frequencies like light, sound, and different feelings. The ISHA Quantum Meta Black Box has a viable huge Scalar Waves Transmitter inside which is sufficiently strong to do overall sweeps and recuperating. Such a benefit implies that clients don't need to be truly present at the well-being place.

Chapter Seventeen

Crystals and Salt Lamps:

Crystals:

Crystals are mineral formations that exhibit unique geometric patterns and possess energetic properties. They have been used for various purposes throughout history, including healing, spiritual practices, and decorative purposes. Different types of crystals are believed to possess different energies and properties. For example:



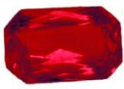

Crystals: In addition to their aesthetic appeal, crystals are believed to possess unique energies and vibrations that can influence and interact with our own energy. This concept is often associated with the idea of crystal healing, where specific crystals are used to address physical, emotional, and spiritual imbalances. Crystal healing practices may involve placing crystals on specific areas of the body, creating crystal grids, or using crystals in meditation and energy work.

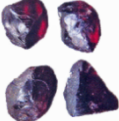

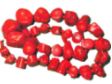
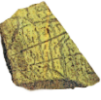





- Quartz crystals are often associated with clarity and amplification of energy.
- Amethyst is known for its calming and spiritual properties.
- Rose quartz is associated with love and emotional healing.

Crystals can be used in various ways, such as wearing them as jewelry, placing them in your environment, using them during meditation, or incorporating them into energy healing practices like Reiki.

Crystal Healing: Crystal healing is a form of vibrational therapy that utilizes the energetic properties of crystals to promote healing and well-being. Practitioners believe that each crystal has its own unique vibration, and by placing crystals on or around the body, they can influence and balance the body's energy fields. Crystal healing sessions may involve choosing crystals based on their specific properties and placing them on the body's chakras or energy points.

<p>Hessonite: Believed to enhance creativity, self-expression, and spiritual growth. It is also thought to provide protection and promote good health.</p>	
<p>Haematite: Known for its grounding and balancing properties. It is said to strengthen the body, boost confidence, and promote courage.</p>	
<p>Ruby: Considered a stone of passion and vitality. It is believed to enhance love, promote courage, and provide protection against negative energies.</p>	
<p>Garnet: Known as a stone of commitment, devotion, and regeneration. It is believed to boost energy, enhance relationships, and promote a sense of security.</p>	


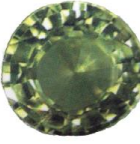






<p>Rhodolite: Combines the properties of both garnet and pyrope. It is associated with love, compassion, and emotional healing. It is also said to inspire creativity.</p>	
<p>Spinel: Considered a protective stone that provides energy, vitality, and strength. It is believed to enhance physical and emotional well-being.</p>	
<p>Chrysolite (Peridot): Associated with healing, abundance, and protection. It is believed to promote emotional balance, alleviate stress, and enhance personal growth.</p>	
<p>Almandine: Known for its grounding and stabilizing properties. It is believed to enhance vitality, strengthen the body, and promote physical and emotional balance.</p>	
<p>Rubellite: A variety of tourmaline, known for its vibrant pink to red color. It is associated with love, passion, and emotional healing. It is believed to help overcome emotional challenges and promote self-love.</p>	
<p>Rhodochrosite: Known as a stone of love and compassion. It is believed to enhance self-esteem, promote emotional healing, and attract harmonious relationships.</p>	
<p>Tiger Eye: Known for its grounding and protective properties. It is believed to promote courage, confidence, and clarity of intention.</p>	
<p>Coral: Associated with emotional healing, inner peace, and protection. It is believed to enhance intuition and promote a sense of harmony.</p>	
<p>Serpentine: Known as a stone of transformation and regeneration. It is believed to assist in healing physical and emotional ailments and promoting inner peace.</p>	

<p>Gagat (Jet): Considered a protective stone that provides spiritual grounding and purification. It is believed to dispel negative energy and promote emotional stability.</p>	
<p>Turquoise: Known for its protective and healing properties. It is believed to enhance communication, promote emotional balance, and attract abundance.</p>	
<p>Tourmaline: Known for its variety of colors, each with its own unique properties. Generally, tourmaline is associated with protection, grounding, and balancing energy.</p>	
<p>Chrysoprase: Known as a stone of growth, abundance, and joy. It is believed to promote emotional healing, enhance self-acceptance, and attract prosperity.</p>	
<p>Topaz: Associated with clarity of mind, abundance, and good fortune. It is believed to promote self-confidence, enhance creativity, and attract success.</p>	
<p>Charoite: Known for its transformative and spiritual properties. It is believed to enhance spiritual insight, promote healing, and encourage positive change.</p>	
<p>Azurite: Known as a stone of intuition and psychic development. It is believed to enhance spiritual awareness, promote clarity of thought, and stimulate creativity.</p>	
<p>Jasper: Associated with grounding, stability, and protection. It is believed to enhance courage, balance emotions, and promote physical strength.</p>	
<p>Malachite: Known for its strong protective properties. It is believed to absorb negative energies, promote emotional healing, and enhance intuition.</p>	

<p>Amber: Known for its soothing and purifying properties. It is believed to promote vitality, alleviate stress, and attract positive energy.</p>	
<p>24. Talc: Known for its calming and soothing properties. It is believed to enhance relaxation, promote emotional healing, and encourage self-care.</p>	
<p>Labradorite: Associated with transformation and spiritual growth. It is believed to enhance intuition, protect against negative energies, and promote self-discovery.</p>	
<p>Kunzite: Known for its gentle and loving energy. It is believed to promote emotional healing, enhance self-expression, and attract love and compassion.</p>	
<p>Beryl: Associated with emotional healing, communication, and mental clarity. It is believed to promote courage, balance emotions, and enhance intuition.</p>	
<p>Cornelian (Carnelian): Known for its energizing and motivating properties. It is believed to enhance creativity, boost confidence, and promote courage.</p>	
<p>Nephrite: Known as a stone of abundance and good fortune. It is believed to promote emotional healing, enhance relationships, and attract prosperity.</p>	
<p>Nacre (Mother of Pearl): Associated with nurturing, protection, and emotional healing. It is believed to enhance intuition and promote harmony.</p>	
<p>Sapphire: Known as a stone of wisdom, intuition, and spiritual growth. It is believed to promote mental clarity, enhance spiritual awareness, and attract abundance.</p>	

<p>Bloodstone: Known for its grounding and purifying properties. It is believed to enhance vitality, promote courage, and support physical healing.</p>	
<p>Tiff (Tiffany Stone): Associated with spiritual growth, intuition, and emotional healing. It is believed to enhance psychic abilities and promote a sense of peace.</p>	
<p>Moonstone: Known as a stone of feminine energy, intuition, and emotional healing. It is believed to enhance intuition, promote inner balance, and support new beginnings.</p>	
<p>Chrysocolla: Known for its soothing and calming properties. It is believed to enhance emotional healing, improve communication, and encourage creativity.</p>	
<p>Chrysoberyl: Associated with clarity of thought, focus, and personal power. It is believed to enhance intuition, promote self-discipline, and attract abundance.</p>	
<p>Aquamarine: Known as a stone of courage, clarity, and emotional healing. It is believed to promote communication, enhance intuition, and bring a sense of calmness.</p>	
<p>Diamond: Associated with purity, clarity, and spiritual enlightenment. It is believed to enhance inner strength, promote clarity of thought, and attract abundance.</p>	
<p>Pearl: Known for its nurturing and calming properties. It is believed to enhance emotional healing, promote inner wisdom, and attract love and abundance.</p>	

<p>Citrine: Associated with abundance, joy, and positive energy. It is believed to enhance creativity, boost confidence, and attract prosperity.</p>	
<p>Obsidian: Known for its grounding and protective properties. It is believed to absorb negative energy, promote emotional healing, and provide clarity of thought.</p>	
<p>Sagilit (Sodalite): Associated with logic, truth, and intuition. It is believed to enhance mental clarity, promote emotional balance, and stimulate self-expression.</p>	
<p>Rhodonite: Known as a stone of compassion, forgiveness, and emotional healing. It is believed to promote love, balance emotions, and encourage self-care.</p>	
<p>Fluorite: Associated with mental clarity, focus, and spiritual growth. It is believed to enhance intuition, promote organization, and bring a sense of harmony.</p>	
<p>Alexandrite: Known for its transformative and balancing properties. It is believed to enhance spiritual growth, promote self-discovery, and attract prosperity.</p>	
<p>Jade: Associated with abundance, harmony, and emotional balance. It is believed to promote wisdom, attract good luck, and support physical healing.</p>	

<p>Lapis Lazuli: Known as a stone of truth, enlightenment, and spiritual growth. It is believed to enhance intuition, promote self-awareness, and stimulate intellectual abilities.</p>	
<p>Zircon: Associated with protection, grounding, and spiritual growth. It is believed to enhance clarity of thought, promote prosperity, and bring balance to relationships.</p>	
<p>Aventurine: Known for its luck and abundance-enhancing properties. It is believed to promote emotional healing, attract prosperity, and enhance optimism.</p>	
<p>Seraphinite: Associated with spiritual enlightenment, angelic connections, and healing. It is believed to enhance self-healing, promote unconditional love, and encourage personal transformation.</p>	
<p>Apatite: Known as a stone of manifestation, motivation, and personal power. It is believed to enhance creativity, promote self-expression, and support goal achievement.</p>	
<p>Emerald: Associated with love, healing, and abundance. It is believed to enhance emotional well-being, promote intuition, and attract prosperity.</p>	
<p>Quartz: Known as a master healer and amplifier of energy. It is believed to enhance spiritual growth, promote clarity of thought, and amplify the energy of other stones.</p>	
<p>Rauchtopaz (Smoky Quartz): Associated with grounding, protection, and emotional healing. It is believed to dissolve negative energy, promote relaxation, and enhance emotional stability.</p>	

<p>Hyalite (Opalite): Known for its calming and uplifting properties. It is believed to enhance communication, promote spiritual growth, and stimulate intuition.</p>	
<p>Onyx: Associated with protection, strength, and grounding. It is believed to absorb negative energy, enhance self-control, and promote emotional healing.</p>	
<p>Agate: Known for its balancing and harmonizing properties. It is believed to enhance stability, promote self-confidence, and provide protection</p>	
<p>Rock Crystal (Clear Quartz): Known for its clarity, energy amplification, and spiritual growth properties. It is believed to enhance clarity of thought, promote balance, and amplify intentions.</p>	
<p>Agalmatolite (Chiastolite): Associated with protection, grounding, and balance. It is believed to promote harmony, enhance spiritual insight, and support personal growth.</p>	
<p>AMAZON-Stone (Amazonite): Known for its soothing and calming properties. It is believed to enhance communication, promote emotional healing, and encourage harmony.</p>	
<p>Amethyst: Associated with spiritual growth, intuition, and inner peace. It is believed to enhance spiritual awareness, promote emotional healing, and support meditation.</p>	

Salt Lamps:

Salt lamps are made from large salt crystals, often sourced from Himalayan salt deposits. These lamps are carved into various shapes, and a light bulb is placed inside to heat the crystal, creating a warm, soothing glow. Salt lamps are believed to release negative ions into the air, which can help neutralize positive ions emitted by electronic devices and improve the air quality in the immediate environment.

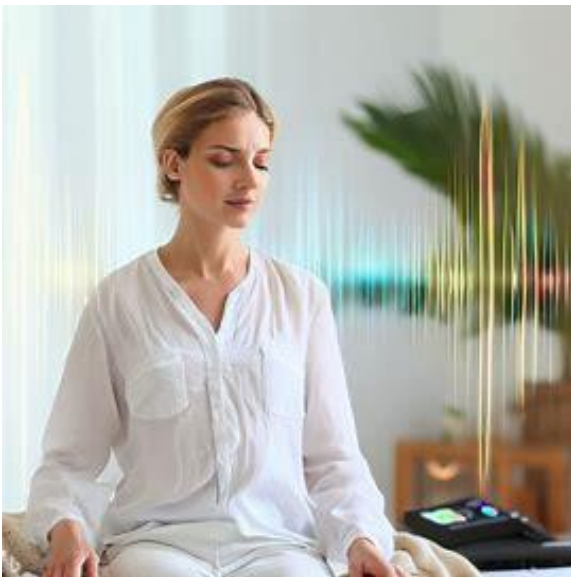


Salt Lamps: Salt lamps are made from Himalayan salt, which is rich in minerals. The heat generated by the lamp causes the salt to release negative ions into the air. Negative ions are believed to have various benefits, including purifying the air, reducing allergens and pollutants, and promoting a sense of calm and well-being. Salt lamps are often used in spaces where people seek relaxation, such as bedrooms or meditation areas.

Vibration Remedies:

Vibration remedies refer to healing modalities that involve utilizing specific frequencies or vibrations to promote physical, emotional, and spiritual well-being. Some common forms of vibration remedies include:

Sound Therapy: Sound therapy utilizes specific frequencies and vibrations generated by instruments like singing bowls, tuning forks, or gongs to induce relaxation and balance in the body. The vibrations are believed to resonate with the body's energy centers, promoting harmony and healing.



Biofield Therapies: Biofield therapies work with the subtle energy fields that surround and permeate the human body. Practices such as Reiki, Healing

Touch, and Qi Gong aim to rebalance and harmonize the body's energy flow, promoting overall well-being.

Vibrational Medicine: Vibrational medicine is a holistic approach that considers the energetic aspects of healing. It recognizes that everything in the universe, including our bodies, is made up of energy and vibrations. Vibrational remedies may include various modalities such as homeopathy, flower essences, and acupuncture. These therapies aim to restore balance and harmony by working with the body's energetic systems.

Meditation and Affirmations:

Meditation: Meditation is a practice that involves training the mind to focus and redirect thoughts. It is often used as a tool for relaxation, stress reduction, and enhancing overall mental well-being. There are various types of meditation, including mindfulness meditation, loving-kindness meditation, and transcendental meditation. Regular meditation practice has been associated with numerous benefits, such as improved concentration, reduced anxiety, and increased self-awareness.



Benefits of Meditation: Regular meditation practice has been shown to have numerous benefits for physical, mental, and emotional well-being. Some of

the potential benefits include stress reduction, improved focus and concentration, increased self-awareness, enhanced emotional resilience, and improved sleep quality. Meditation can be done in various forms, such as mindfulness meditation, guided meditation, or transcendental meditation.

Affirmations:

Affirmations are positive statements or phrases used to challenge and overcome negative thoughts. By repeating affirmations, individuals aim to reprogram their subconscious mind, enhance self-belief, and promote positive thinking. Affirmations are often personalized to address specific areas of life that require improvement, such as health, relationships, or self-esteem. They can be practiced during meditation, written down, or spoken aloud.

Natural Frequencies Healing: Natural frequencies healing is based on the belief that everything in the universe vibrates at its own unique frequency. It is believed that exposure to specific frequencies can help restore balance and promote healing within the body. For example, the frequency of 528 Hz, also known as the "Love Frequency," is believed to have a positive effect on the body and mind. However, it's important to note that scientific evidence supporting the direct healing effects of specific frequencies is limited.

SUMMARY

Please keep in mind that the healing properties mentioned are based on traditional beliefs and should not replace medical advice or treatment. Individual experiences with these stones may vary, and it is always important to trust your own intuition and consult with a healthcare professional for any medical concerns.

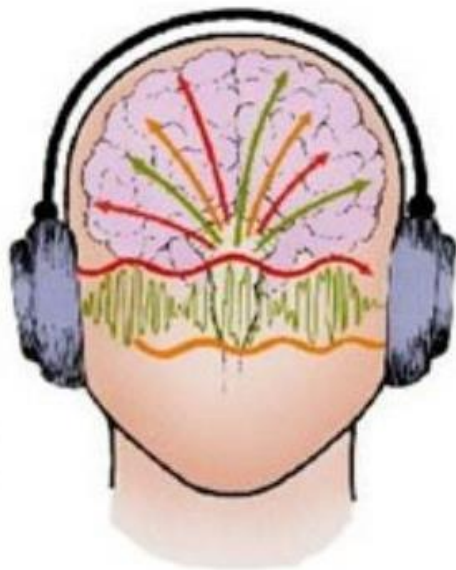
FREE FORM OF MEDICINE

The following is what anyone can do from the comfort of their own home even though we had mentioned at the end of each chapter to consult a physician as a must before using any of the healing devices or services described. What we are talking about is a FREE MEDICINE FOR ALL. We will start with the following free form of medicine the Um-Hmm which is accessible to all, is natural, and free, and the 4-7-8 breathing technique for conscious humming, breathing, and toning. No need to pay anything, no appointments. You choose the time, and place, and practice it.

These techniques, along with the 4-7-8 breathing method, can be used interchangeably or combined to find what works best for you. It's important to experiment and find the practices that resonate with you personally and incorporate them into your daily routine for optimal benefits. Remember that consistency and practice are key when it comes to any relaxation technique.

UM-HMM

Um-hmm, it is a sound therapy, just with a basic hum, doing conscious humming. We're discovering more about the definitions of Um-hmm sound for our bodies, both in sickness and in health. Could Um-hmm be the future of medicine, offering a new way to heal our bodies?



Um-hmm allows us to access our biofield through light and sound, which are the future of medicine. There are technologies available to implement these practices. The biofield is an electromagnetic field of information and energy that surrounds us, including biophoton emissions.

The concept of Um-hmm being a form of light is an ancient wisdom that has now been measurable. Our cells emit low light emissions, which are present in our DNA.

Um-hmm represents the language of light and acts as a communication network within the body. Biophotons can be emitted through this process, enabling communication beyond biochemical reactions. Researchers have found an excess of light in cells affected by multiple sclerosis (MS), an autoimmune disease. By understanding and altering the biofield, we can change and restore the physiology of patients. Um-hmm has shown promising results in speeding up patient recovery through the use of light and sound frequencies.



Trauma and mindset issues can affect our physical well-being. Um-hmm addresses all aspects, from the physical body to the energy, emotional, wisdom, and spiritual realms. By incorporating Um-hmm, we can positively influence our overall health.

Regarding the application of light in the body, there are two approaches. Each wavelength of light has a biochemical impact on our physiology. Red light, for example, is widely used in photo biomodulation, promoting healing and circulation. Combinations of red and infrared light are also utilized for deeper penetration into the body.

Various devices have been developed, such as red and infrared light helmets that can reach the brain, and watches that emit different wavelengths of light on the wrist, affecting blood circulation. Different colors of light have specific effects, such as blue light's antimicrobial properties and yellow light's mood-enhancing capabilities. Green light aids tissue oxygenation and improves oxygen transport in red blood cells.



Exposure to coherent light is essential. While the sun provides a spectrum of light, caution must be exercised in sun exposure. Therapeutic targeting of light involves photo biomodulation and photodynamic therapy. Photosensitizers can be ingested or applied topically, interacting with tissues and cells, amplifying their effects when activated by light. Examples include substances like methylene blue.

Sound also plays a significant role in clinical applications. In healthy cells, coherent harmonic sounds are emitted, while dying or cancer cells produce incoherent dissonance. Sound serves as another means of communication, with bio phonons acting as a language of communication. Adding coherent sound can help clear trapped trauma in the biofield, providing physical relief for autoimmune, chronic, or acute illnesses, as well as mental health conditions.

Vibration, which is sound, can affect water and matter. Understanding the impact of sound waves on matter and shapes can lead to positive effects on neurophysiology. Sound of Soul is a technology developed by Rasmus that converts heart rate variability into music, potentially increasing parasympathetic tone and promoting well-being. It combines sound and light to create a self-tuning experience for individuals.



Um-hmm is a sound therapy that utilizes our own voices. It is a free form of medicine accessible to all. Nature and our own breath provide us with tools

for conscious humming and toning. Sound baths, although sometimes costly, offer communal healing experiences. Um-hmm represents a new paradigm of medicine, emphasizing collective access and communal healing intentions. Sharing this possibility with patients can enhance their well-being.

Changing the biofield results in changes at the molecular level. Energy medicine focuses on the field and can accelerate and amplify positive changes in individuals. It addresses the interconnectedness of our existence and taps into the unseen intelligence surrounding us. By embracing this interconnectedness, we can access deep insights, inspiration, and wisdom. We are currently exploring the mystical aspects of this realm.

It is important to recognize that we are perfect as we are. The disease can serve as a teacher, embodying perfection and love. Embracing illness with joy and love allows us to prioritize self-care, recognizing that we can only give when our own cup is full.



4-7-8

The 4-7-8 breathing technique is a relaxation method that involves taking a deep breath in through the nose for a count of 4, holding the breath for a count of 7, and then exhaling forcefully through the mouth for a count of 8. This technique is often used in practices such as yoga and meditation to promote calmness and relaxation.



The effectiveness of the 4-7-8 breathing method can vary from person to person. Some individuals find it helpful in reducing anxiety, promoting sleep, and managing stress. By focusing on slow, deep breathing and extending the exhale, it may activate the body's relaxation response and help to slow down the heart rate and relax the mind.

While the 4-7-8 breathing technique is one popular method, there are indeed other free practices that can be helpful in managing stress and promoting well-being. Here are a few examples:



1. **Diaphragmatic breathing:** This involves deep breathing into the diaphragm rather than shallow chest breathing. It helps promote relaxation and stress reduction.



2. **Box breathing:** This technique involves inhaling slowly for a count of 4, holding the breath for a count of 4, exhaling for a count of 4, and holding the breath again for a count of 4. It can be repeated several times.



3. **Progressive muscle relaxation:** This involves tensing and then relaxing different muscle groups in the body to release tension and promote relaxation.



4. **Mindfulness meditation:** This practice involves focusing your attention on the present moment, without judgment, and cultivating a sense of acceptance and awareness.



5. **Guided imagery:** This involves using your imagination to visualize calming and peaceful scenes or situations. You can find guided imagery scripts or recordings online that can guide you through the process.



6. **Body scan meditation:** This practice involves focusing your attention on different parts of your body, starting from the top of your head and gradually moving down to your toes. It helps promote relaxation and body awareness.



7. **Journaling:** Writing down your thoughts, feelings, and experiences can be a therapeutic way to release stress, gain clarity, and explore your emotions.



8. **Gratitude practice:** Taking time each day to reflect on and write down things you are grateful for can shift your focus to the positive aspects of your life and promote a sense of well-being.



9. **Deep belly breathing:** This technique focuses on breathing deeply into the belly, allowing it to expand on the inhale and contract on the exhale. It can help activate the body's relaxation response.



10. **Progressive relaxation:** This technique involves systematically tensing and relaxing different muscle groups throughout the body, helping to release tension and promote relaxation.



Remember, these practices may not work the same way for everyone, so it's essential to explore and find what resonates with you. It's also worth noting that if you have any specific medical concerns or conditions, it's always a good idea to consult with a healthcare professional before starting any new relaxation or breathing technique.

GROUNDING AS EARTHING

Grounding, also known as earthing, refers to the practice of connecting with the Earth's electrical energy field to potentially promote healing and improve overall health. It involves direct physical contact with the Earth's surface, such as walking barefoot on grass or sand, to allow the body to absorb electrons from the Earth.

The concept of grounding gained attention after a book called "Earthing" was published in 2009. The idea stemmed from the understanding that humans are electrical beings, with electrical activity present in our brains and hearts. Researchers found that when patients were grounded by connecting to the Earth using a copper wire attached to their bed frame, they experienced various health benefits. These benefits included reduced inflammation, decreased pain, improved sleep, better mood, and overall improvements in health.

Since the advent of rubber-soled shoes in the 1950s and 1960s, which insulate us from direct contact with the Earth, there has been a growing movement to reconnect with the Earth's energy field. While the simplest way to ground oneself is by walking barefoot outside and standing on grass or sand, this may not be feasible in colder climates. Consequently,

various grounding products have been developed, such as grounding sheets, shoes, sandals, mats, and patches. These products aim to mimic the experience of being in direct contact with the Earth's surface.

The Earth carries an electrical potential due to the numerous lightning strikes it experiences, with over 100 strikes per second and approximately 8.6 million strikes per year. By physically grounding ourselves, we can absorb some of the Earth's electric charge, primarily through the intake of electrons. The theory behind grounding suggests that these electrons can help mitigate or reduce free radical stress in the body, which is associated with aging and inflammation.

In summary, grounding or earthing involves connecting with the Earth's electrical energy field by direct physical contact. It is believed to offer various health benefits, including reduced inflammation, pain relief, improved sleep, enhanced mood, and overall well-being. While walking barefoot on natural surfaces is the simplest method, grounding products have been developed to enable grounding indoors or in colder climates. The practice of grounding aims to harness the Earth's electric charge and absorb electrons to potentially counteract free radical stress in the body.

Earthing, also known as grounding, involves connecting with the Earth's electrical energy field to potentially reduce inflammation and pain, improve sleep, and enhance mood. By physically grounding ourselves through direct contact with the Earth's surface, such as walking barefoot on grass or sand, we can absorb electrons and benefit from the Earth's electrical charge. In situations where direct contact with the Earth is not feasible, various grounding products like sheets, shoes, or mats can be used to mimic the effects of grounding.

Red light therapy, on the other hand, utilizes specific wavelengths of red and near-infrared light to penetrate the skin and stimulate cellular energy production. This therapy has shown potential in improving cardiovascular health by enhancing blood flow, reducing oxidative stress, and promoting the function of mitochondria (the energy powerhouse of cells). Red light therapy devices, such as light-emitting diode (LED) panels or lasers, can be used to expose specific areas of the body or the entire body to the therapeutic light.

By combining earthing and red light therapy, individuals may potentially experience synergistic benefits for their heart health. These therapies focus on harnessing natural energies and providing the body with beneficial stimuli to promote

healing and well-being. It is essential to consult with healthcare professionals to determine the appropriate use and implementation of energy therapies for heart health

Here are some technical examples of how individuals can create and use grounding methods:

1. Direct contact with the Earth: The simplest way to ground oneself is by walking barefoot outside and standing on natural surfaces such as grass, sand, or soil. Spend some time in contact with the Earth, allowing your body to absorb electrons. You can do this in your backyard, at a park, or by visiting a nearby beach.



2. Grounding sheets: Grounding sheets are designed to be placed on your bed like a regular bedsheet. They have conductive material woven into them, which is then connected to a grounding rod or outlet via a cord. This allows you to sleep grounded throughout the night.



3. Grounding mats: These mats are similar to grounding sheets but are typically smaller and portable. You can place them on the floor, under your desk, or on a chair while working or relaxing. Connect the mat to a grounding source using a cord to maintain contact with the Earth's energy.



4. Grounding shoes and sandals: These footwear options have conductive soles that allow you to maintain contact with the Earth while walking. They usually come with a cord that you can connect to a grounding outlet or rod to ensure proper grounding.



5. Grounding patches: These are adhesive patches with conductive material that can be applied to specific areas of the body. The patches are then connected to a grounding source using a cord, allowing localized grounding.



When using grounding products, it's important to follow the manufacturer's instructions and ensure that the grounding connection is safe and properly established. Consult the product manuals or seek guidance from healthcare professionals if needed.

Remember, the technical methods of grounding aim to establish a conductive pathway between your body and the Earth, allowing the flow of electrons and the potential benefits associated with it.

SUMMARY

Affirmations and Natural Frequencies: Affirmations are positive statements that are repeated regularly to reinforce a desired belief or outcome. By consciously focusing on positive thoughts, affirmations can help reprogram the subconscious mind and shift negative self-talk. While the use of natural frequencies, such as 528 Hz, is often associated with affirmations and meditation, it's important to note that scientific evidence supporting their specific healing effects is limited. However, many individuals find benefit in using affirmations as a tool for positive thinking and self-empowerment.

Remember, these practices can be highly individual, and it's important to explore what resonates with you personally. It's always a good idea to seek guidance from experienced practitioners or professionals who can provide further insights and support in these a

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