

UNDERSTANDING BIO RESONANCE & FREQUENCY WELLNESS

A plain-language guide to the Health Therapies Lifestyle wellness consultation experience.

Health Therapies Lifestyle

Building Healthier Lives, Stronger Families, and Lasting Legacies.

WHAT IS BIO RESONANCE & FREQUENCY WELLNESS?

Bio Resonance & Frequency Wellness is a complementary wellness approach that uses technology to gather and organize frequency-based or energetic wellness information. At Health Therapies Lifestyle, the information is used as an **educational wellness tool** to support conversations about lifestyle, nutrition, stress, sleep, movement and other everyday wellbeing choices.

The experience is designed to encourage curiosity and informed self-care. It is **not a medical examination** and should not be used to diagnose, treat, cure or prevent disease.

WHY PEOPLE EXPLORE IT

- To take a broader look at their current wellness habits and priorities.
- To identify areas they may want to discuss further with an appropriate healthcare professional.
- To support conversations about nutrition, hydration, sleep, movement, stress and recovery.
- To establish personal wellness goals and create practical next steps.
- To track their own wellness journey over time alongside conventional healthcare when appropriate.

WHAT HAPPENS DURING A WELLNESS CONSULTATION?

- 1. Conversation.** We begin with you - your goals, lifestyle, concerns and what you hope to learn.
- 2. Technology-supported wellness session.** Frequency-based wellness technology is used according to the service selected.
- 3. Educational review.** Your consultant helps organize the resulting wellness information into understandable themes rather than treating individual readings as medical findings.
- 4. Lifestyle discussion.** You may discuss practical areas such as food choices, hydration, movement, sleep, stress management and other wellness habits.
- 5. Your next steps.** You decide what actions make sense for you, including whether particular questions should be taken to your physician or another qualified professional.

WHAT THE INFORMATION CAN - AND CANNOT - TELL YOU

It may help you...	It does not...
Reflect on wellness patterns and lifestyle priorities.	Diagnose a disease or medical condition.
Generate questions to discuss with a healthcare professional.	Replace laboratory testing, imaging, physical examination or medical screening.
Create personal goals for everyday wellbeing.	Prove that a symptom is caused by a particular organ, nutrient, food or condition.
Support an ongoing wellness conversation.	Tell you to start, stop or change prescription medication or medical treatment.

A RESPONSIBLE WAY TO USE YOUR RESULTS

Think of the session as a starting point for questions, not a final answer. A wellness reading may prompt you to pay closer attention to an area of your lifestyle, but unexpected or concerning information should be verified through appropriate conventional medical evaluation before health decisions are made.

If you have symptoms, abnormal laboratory results, a diagnosed condition, pregnancy, medication concerns, or a significant change in your health, speak with an appropriately qualified healthcare professional.

QUESTIONS TO BRING TO YOUR CONSULTATION

- What wellness goals are most important to me right now?
- Which lifestyle areas deserve the most attention?
- What information is educational rather than medical?
- Are there findings or questions I should discuss with my doctor?
- What simple actions can I realistically begin this week?
- How will I evaluate whether those changes are helping me?

BUILDING YOUR WELLNESS PLAN

A useful wellness plan should be practical enough to live with. Rather than changing everything at once, choose a few measurable actions and build consistency.

NUTRITION

Choose nourishing foods that fit your needs and professional dietary guidance.

HYDRATION

Build regular hydration into your day unless a clinician has advised fluid restriction.

MOVEMENT

Choose appropriate daily activity based on your ability and medical guidance.

SLEEP

Protect a consistent sleep routine and address persistent sleep problems appropriately.

STRESS & RECOVERY

Create regular periods for rest, reflection, connection and recovery.

PROFESSIONAL CARE

Keep recommended medical appointments, screenings, testing and treatment.

WHEN MEDICAL CARE COMES FIRST

Frequency wellness services should never delay urgent or necessary medical care. Seek appropriate medical attention for new, severe, persistent or worsening symptoms. Emergency symptoms require emergency medical services rather than a wellness consultation.

YOUR WELLNESS, YOUR DECISIONS

Our goal is not to tell you what to think about your body. It is to give you an educational experience that encourages better questions, greater awareness and more thoughtful participation in your own wellbeing.

**Wellness technology can add another perspective to a wellness conversation.
It should complement - not compete with - evidence-based healthcare.**

PREPARE FOR YOUR SESSION

Before your consultation, write down your wellness goals, current medications and supplements, relevant medical diagnoses, recent changes in your wellbeing, and questions you would like to explore. This helps keep the conversation focused and makes it easier to distinguish educational wellness information from matters that belong with your healthcare team.

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Important: This resource and related Bio Resonance & Frequency Wellness services are for general wellness education only. They are not intended to diagnose, treat, cure or prevent disease and are not a substitute for professional medical advice, diagnosis, testing or treatment.