

# Simplified Frequency Guide

**A - Physical** - Automatically Cycles through the entire Nogier frequencies channel 1 - 7  
\*Physical concerns

**B - Stress** - Cycles through the entire quantum frequencies of Solfeggio, Schumann, Sine, and Zero- Point. Relaxation, Emotions, Meditation, Sleep.

**C - Anti-Ageing** - Cycles through specific frequencies for skin concerns: Rashes, Burns, Wounds, Scars, Wrinkles, Cellular Repair, Rejuvenation

Setting	Area of body	Freq.
1	Endocrine System/ Glands, Hormones, Cellular Repair	73 Hz.
2	Inflammation, Infections, Scar Tissue, Parasites	147 Hz.
3	Ectodermal Tissue - Eyes, Ears, Nerves, Skin, Brain, Pain	294 Hz.
4	Endodermal Tissue - Gastrointestinal tract, Liver, Lungs, Stomach, Pancreas, Inside Mouth, Gums, Pain	587 Hz.
5	Mesodermal Tissue - Heart and Blood Vessels, Bones, Muscles, Joints, Ligaments, Lungs, Lymphatics, Reproductive organs, Gums, Teeth, Sinuses	1174 Hz.
6	Chronic Conditions Circulation, Lymphatics	2349 Hz.
7	General Pain, Nerve Issues, Bone Chips, Spurs, Calcifications, Arthritic conditions	4698 Hz.

\*When dealing with an alignment and/or structural issue in jaw, shoulders, neck, mouth, bite, etc. Use Proprioception Placements.

\*\*Remember: Lower frequencies stimulate, higher frequencies sedate

# Appendix

Nogier, Solfeggio and Quantum Zero Point wave frequencies have their foundation in applied biomedical and quantum physics sciences. This Table expands on that information and provides the rationale for using various settings.

Setting	Frequency	Anatomical Function
1	73 Hz.	For use when cellular activity is hypoactive, such as chronic recurring problems, nonunion fractures and chronic splints and for stimulation of osteoid. It is also helpful in activating humoral and endocrine functions. (Field work has shown setting 1 helpful in stimulating (tonifying) acupuncture and trigger points and increasing circulation in areas being treated. Such as wounds when past the acute stage.)
2	146 Hz.	For areas of yellow scar tissue that are generally formed internally on tendons, ligaments and sub-acute (lingering but chronic) conditions. (Field use has shown setting 2 to be helpful in reducing inflammation associated with injuries and infections.) This is often called the “universal frequency” because most problems involve inflammation.
3	293 Hz.	For tissue of ectodermal origin, such as body openings, skin and nerve. (Field applications include wounds, eye injuries and after surgery. Setting 3 tends to tone tissue while minimizing the chance of hemorrhaging fresh wounds or recent surgical sites.) It is also good for the treatment of acupuncture and trigger points, corneal ulcers, and ulcerated mucous membranes. This is called the “universal frequency” in acupuncture.
4	587 Hz.	For circulatory and lymphatic stimulation and treatment of tissue endodermal origin. (In field applications, setting 4 has been used in conjunction with 5 and 2 for tendon, ligament, joint and other injuries where reaching deeper levels of tissue is needed.)
5	1174 Hz.	For tissue of mesodermal origin, such as bone, ligament, viscera and tendon. (Field experience has shown setting 5 to be especially good for tendon and ligament injuries when used with 4 and 2.) It also helps in relaxing largemuscle groups.
6	2349 Hz.	For chronic conditions not responsive to setting 3 or 5. (Field experience shows setting 6 to be a good supplement to 3 when healing processes appear to reach a plateau.)
7	4698 Hz.	For pain control, primarily when C nerve fibers are transmitting to dorsal root ganglia and when involvement of neurotransmitters is of physiological importance. (Field experience shows 7 to help suppress pain and to sedate acupuncture and trigger points and aids in diminishing excess calcification associated with chips, spurs and arthritic conditions.
		General Rule: When stimulation is required, use lower frequencies. When sedation is required, use higher frequencies. A – any concern B –stress reduction and balancing (local/body pad) C –skin rejuvenation (eye mask)