

Beneficial, 'Normalizing', and Stimulating Frequencies

This page was last updated on May 21st, 2009; Thanks For Visiting!

The following frequencies fall generally into the category of "Bio-Energetic or Bio-Resonance Nutrition / Balancing", rather than the "Rifeing" approach of 'blasting apart pathogens'. These experimental frequencies are offered as 'balancing' or 'normalizing' or 'stimulating' to body system functions.

This fits with the view and understanding of the body as an energetic system, rather than as a biochemical 'machine'. Resonance Energy is then theoretically received by the body as "Energetic Information".

Books by Dr. James L. Oschman, MD, ["Energy Medicine, The Scientific Basis"] and Dr. Richard Gerber, M.D. ["Vibrational Medicine For The 21st Century"], will provide further background for this viewpoint for those interested in researching this subject further.

The potential power of the 'intentionality' involved in using these frequencies for these specific purposes should also not be overlooked or underestimated. Much remains to be learned and written. Feedback on the research application of these frequencies and results will be welcomed.

Normalize Adrenal Function 1335 Hz

Normalize Pituitary Function 635 Hz

Stimulate Increased / Normalized HGH Production [Pituitary] 1725 Hz, 645 Hz, 1342 Hz

Stimulate Normal Pineal Function 480 Hz

Stimulate Normalized Hypothalamus Function 1534 Hz, 1413 Hz, 1351 Hz

Normalize Endocrine System Function 1537 Hz

Stimulate / Normalize Immune System Function 835 Hz

Stimulate Normal Colon Function 635 Hz

Stimulate Normal Thyroid Function 763 Hz

Normalize Progesterone Levels ; (in sequence) 763 Hz, 1446 Hz, 1443 Hz, 763 Hz

Normalize Estrogen Production Levels : male & female 1351 Hz

Normalize Testosterone Production Levels: Male 1444 Hz

Normalize Testosterone Production Levels: Female 1445 Hz

Stimulate Normal Pancreas Function 654 Hz

Stimulate Normal Liver Function 751 Hz

Stimulate Normal Kidney Function 625 Hz

Stimulate Normal Heart Function 696 Hz

Normalize Blood Pressure 15 Hz

Stimulate Normal Nervous System Function 764 Hz

Stimulate Normal Lymph System Function 676 Hz

Stimulate Increased Lymph System Circulation 15 Hz (15.2 Hz)

Stimulate Normalized Blood Circulation 337 Hz

Stimulate Increased Blood Flow / Circulation 17 Hz

Normalize Red Blood Cell Production 1524 Hz

Normalize White Blood Cell Production 1434 Hz

Normalize Hemoglobin Production 2452 Hz

Stimulate the Reinforcement of DNA Integrity 528 Hz

Stimulate the Reinforcement of RNA Integrity 637 Hz

Stimulate Clarity of Thought / Mental Function 35 Hz

Stimulate the Stabilization Of Emotional States 15 Hz

Stimulate The Clearing of Emotional Trauma / Energy Blocks 15 Hz

Stimulate The Balancing Of Spiritual Well-Being 1565 Hz

Reduce Chemical Sensitivity 443 Hz

Reduce Electrical Sensitivity 657 Hz

Stimulate the Normalization of Calcium Metabolism 326 Hz

Stimulate Repair / Healing Of Nerve Damage 578 Hz , 764 Hz, 657 Hz, (also try 2.0 Hz, 657 Hz, 10,000 Hz, 5,000 Hz ?)

Stimulate The Healing Of Bones 7.0 Hz

Stimulate the Healing Of Ligaments 9.7 Hz

Stimulate The Healing Of Muscles 13.5 Hz

Stimulate the healing of Capillaries 15.2 Hz

Reduce Swelling of Herniated Disc 25.4 Hz; 326 Hz, 15.2 Hz

Reduce Excess Fluid Retention in Joints & Tissues 15.2 Hz, 24.3 Hz

Reduce General Back Pain (Fibromyalgia) 326 Hz to 328 Hz

Stimulate Inocine Production (stroke recovery, etc.) 2642 Hz

Accelerate the healing & clearing of scarring 5.9 Hz

Accelerate Healing of injuries and Surgeries; Promote Regeneration 47 Hz

Reduce affects of Diabetic Neuropathy 73 Hz

Stimulate Dopamine Production (Reduce Nicotine Cravings) 38 Hz

More will be added as they become available.

Most dramatic results have been reported with some of these frequencies when used with either the MagPulse Systems or the EM+ systems, using direct contact of the plasma tube with the selected target area desired to be affected, while also using a stainless steel grounding plate, sometimes directly opposite the area to be affected. Using two plasma tubes simultaneously may also be appropriate research technique in some instances. Use of these frequencies with Contact Pad application systems as well as with Pulsed Monochromatic Light Systems may also be suitable research approaches.

WARNING: Direct contact with the plasma tubes should not be used with RF Carrier based radiant Plasma systems such as the Rife/Bare design based systems, due to the likelihood of producing severe RF burns. They were not designed for this mode of resonant frequency induction. Oschman's book, as well as Robert O. Becker's book, "Cross Currents" should be referenced for further information on possible "stress effects" and adverse reactions to exposures to RF fields.

Disclaimer: This material is being offered as theoretical research / experimental information only. No guarantees are offered or implied as to their safety or efficacy in any or all cases. If and How you might choose to use this material in your own research is up to you. For medical advice in dealing with health challenges, please consult with your health care professional of choice. Further precautionary advice: Researchers who may be susceptible to seizure disorders should approach the use of frequencies below about 60 Hz with caution.

To jump to the Consolidated Annotated Frequency List, a major "RIFE" frequency list on another web site, please click on [THIS LINK](#)

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Researchers should read the Code of Federal Regulations 21, 807 65, Subpart D, Exemptions, Paragraphs {d} & {f}. Excludes and exempts from regulation:

"{d} Licensed practitioners, including physicians, dentists, and optometrists, who manufacture or otherwise alter devices solely for use in their practice."

"{f} Persons who manufacture, prepare, propagate, compound, or process devices solely for use in research, teaching, or analysis, and do not introduce such devices into commercial distribution."

It is in the spirit of the above 'exemptions from regulation' that the circuit diagrams, projects, kits, and experimental devices offered here for research purposes can be made available to everyone on a private individual agreement basis, for use in their own research, allowing each of us the opportunity to take charge of our own well-being! This, combined with the First Amendment protection of our rights of access to information (freedom of speech), are the basis for the availability of the research information you will find here.

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[**BENEFICIAL, NORMALIZING, AND STIMULATING FREQUENCIES LIST- This Is THE Original Source for these frequencies!!**](#)


[ZAPPERS: Older information On Contact Induction Resonant Frequency Generating Devices: THE ZAPPER LTS+, HFA-4AV & HFA4-AVR, and "ZAP-A-PET" Models ENVIRONMENTAL ILLNESS & MULTIPLE CHEMICAL SENSITIVITIES](#)

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