

NOGIER SIMPLIFIED FREQUENCY GUIDE

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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 ALL TISSUES OF ENDODERMAL ORIGIN	587 Hz.
5	Mesodermal Tissue – Heart and Blood Vessels, Bones, Muscles, Joints, Ligaments, Lungs, Lymphatic, Reproductive Organs, Gums, Teeth Sinuses, Pain	1174 Hz.
6	Chronic Conditions – Circulation, Lymphatic	2349 Hz.
7	General Pain – Nerve Issues, Bone Chips, Spurs, Calcifications, Arthritic Conditions. DO NOT USE ON BONE FRACTURES OR BROKEN BONES.	4698 Hz.

A – Physical - Sweeps through frequencies 1-7 in approximately 2-minute intervals.

“A” Automatically cycles through the entire Nogier frequencies, 1-7.

B – De-Stress - Compilation of quantum frequencies.

“B” is an excellent choice for stress reduction and relaxation supporting the natural balancing phase of the body.

C – Cosmetic - Specific sets of frequencies targeting skin, aging and rejuvenation with the eye mask.

Once again, you may choose to set your unit for A, B or C or select a specific number according to the above frequency chart and your session will run the time selected. Or, simply turn your controller on and your unit will operate in the "auto mode" running through all 7 frequencies during your session.

When dealing with alignment and/or structural issues in jaw, shoulder, neck, mouth, bite, etc. use Proprioception Placements. The body position should be in an upright seated position.

Remember: Lower frequencies stimulate, Higher frequencies sedate.

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SETTING	ANCIENT SPIRITUAL FINDINGS
174 Hz	"CALMING" - Listen to this tone as you gently breathe and relax until you reach a space of calm, peaceful meditation. This frequency assists in unifying with Spirit.
285 Hz	"GROUNDING" - Where quantum cognition takes place as you unify with the earth. Move deeper into meditation and feel yourself harmonizing with the these tones.
UT 396 Hz	"LIBERATE GUILT AND FEAR" – Brings down defense mechanisms. Can also be used as a means of grounding and awakening.
RE 417 Hz	"UNDOING SITUATIONS AND FACILITATE CHANGE" – Breaks up crystallized emotional patterns. Cleanses traumatic experiences, and clears destructive influences of past events, limiting beliefs.
MI 528 Hz	"REPAIR DNA/CONNECTING ALL THE STRANDS" – The 'LOVE' frequency. Transformation and miracles. Increases life energy, clarity of mind, awareness, activated creativity, ecstatic states.
FA 639 Hz	"CONNECTING/RELATIONSHIPS" - Whole brain quadrant interconnectedness. Enhances communication, understanding, tolerance and love. Creates balance, health, tranquility.
SOL 741 Hz	"EXPRESSIONS/SOLUTIONS" - Cleans the cell from electromagnetic radiation. Supports in returning to spiritual balance.
LA 852 Hz	"AWAKENING INTUITION" - Communication with all-embracing Spirit. Raises awareness and opens the person up to spiritual experiences, divine purpose, and true power.
TI 963 Hz	"UNIVERSAL CONSCIOUSNESS" - Awakens any system to its original, perfect state. It is connected with the Light and all-embracing Spirit, and enables direct experience, the return to Oneness.

"Solfeggio" is a term coined by Leonard G. Horowitz, DMD, and Dr. Joseph E. Puleo in 1999 in their book, *Healing Codes for the Biological Apocalypse* referring to an ancient belief that frequencies or resonances derived from numerology were used centuries ago in Gregorian and Sanskrit chants. These resonances are believed to create possible shifts for individuals who experience them.

These ancient frequencies, however, have little relation to the musical scale used today.