

THERALIGHT 360

RECOMMENDED PROTOCOLS



TIME:

- 15 - 20 MIN

INTERVAL:

- 3-6 X PER WEEK (UNTIL HEALTH GOAL IS REACHED)
- DECREASE TO 1-2 X PER WEEK ONGOING FOR MAINTENANCE

PULSING:

- STUDIES HAVE SHOWN THAT PULSING APPEARS TO BE MORE EFFICACIOUS THAN CONTINUOUS IN TRIGGERING DESIRED BIOLOGICAL OUTCOMES AS IT DISASSOCIATES THE FREE RADICALS FROM THE OXYGEN RECEPTOR SITES IN THE ENERGY PRODUCTION CYCLE OF THE CELL.

To date the literature on the science of Photobiomodulation Therapy has not identified any particular frequencies to be more or less effective than others.

In an effort to offer guidance, we are listing frequencies present in the literature as well as those identified by **Dr Paul Nogier** as suggested pulse settings for our clients to utilize with the TheraLight as they choose. These are not in any way to be considered medical advice, nor are they presented as a replacement for drugs, surgery or other therapy.

Paul Nogier (3 July 1908 – 15 May 1996) was a French neurologist and physician who discovered and developed a technique called auriculotherapy; ear acupuncture. **In 1990 the World Health Organization** held up a working group on the standardization of the nomenclature of the auricular points. This group was presided by **Dr Nogier** and standardized 43 points.

Also in the **1970s**, **Dr Nogier** identified **7 frequencies** he used as bioresonance therapy for conditions that occur due to impaired cellular activity.

Brain Wave Pulse Rates

Gamma - 40 Hz - Concentration - Cognitive Health

Delta - 50 Hz - Anxiety dominant, active, external attention, relaxed

Alpha - 10 Hz - Very relaxed, passive attention

Sound Wave Therapy Pulse Rates

528 Hz - vibrates at the same frequency as our heart and our DNA

NOGIER FREQUENCIES

73 Hz - Hormone Balance

Resonates with the sub-cortical or lower regions of the brain, including the thalamus and hypothalamus—twofold major control centers for body functions. May also help with muscle spasms, facial pain, headaches and depression. Has been used for non-healing bone fractures and to help balance hormones. Veterinary experience: Improves circulation.

146Hz - Brain activation intelligent tissue

Resonates with the cerebral cortex of the brain—involved with thinking, imagining and creating.

- May improve memory
- May improve symptoms associated with psychological disorders
- May reduce nervousness and worry.
- May reduce inflammation and scar tissue on tendons and ligaments, reduces edema and improves gums

292Hz - Cellular Vitality

Resonates with the Ectoderm (outermost tissue) that forms skin, glands, nerves, eyes, ears, teeth, brain and spinal cord.

- May improve wound healing
- May improve skin texture and conditions
- May improve nerve repair
- May reduce scar tissue
- May reduce Inflammation
- This is a universal frequency that can be tried to any condition.

584 Hz - Autonomic nerve balance

Resonates with Endoderm (innermost tissue) that forms the lining of the intestinal tract, the lungs, the bladder, the urethra, and the auditory tube. It also forms the thyroid, thymus, liver, gall bladder and pancreas.

- May improve nutritional assimilation
- May improve allergy problems
- May balance the parasympathetic nervous system
- May improve circulatory problems
- May reduce edema,
- May improve lymph problems

1,168Hz - Muscle and blood circulation

Resonates with Mesoderm (middle tissue) that forms connective tissue such as ligaments, tendons, cartilage, muscle, and bone. It also forms the heart, blood and lymph vessels, kidneys, ovaries, testes, spleen, and the cortex of the adrenal gland.

- May reduce muscle, skeletal as and myofascial pain.

2,336 Hz - Mind and body stress adjustment

- May balance the two sides of the brain.
- May reduce stress

Try **2,336 Hz** if chronic condition related to **1,168Hz** is not improving.

Try **2,336 Hz** if a chronic condition related to **292Hz** is not improving.

4,672Hz - Peripheral Nervous System

Resonates with the spinal cord and peripheral nervous system

- May improve spinal
- May improve skin disorders
- May improve pain control
- May reduces excess calcification such as bone spurs and arthritic joints
- This is a universal frequency that can be tried to any condition.