

RESONANCE FREQUENCY

THERAPY™

For Insomnia
No Drugs. No Bozone.



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Introduction

Upon the landing of the first Space Shuttle launch, the astronauts went through an extensive debriefing. One of their complaints was particularly odd. They said during the first two minutes of the ascent, they had a very hard time seeing; everything was blurred. Then, as soon as the Solid Rocket Boosters (SRB's) separated, everything was OK. How could the SRBs cause the pilots' vision to blur? Upon further investigation, it was discovered that the human eye has a natural frequency around 19 hertz, which means at that frequency, your eyes vibrate aggressively. Sure enough, when investigating earlier rocket test data, it was discovered that the SRB's generated a vibration that registered exactly in this range. A modification had to be made to the boosters to minimize this frequency for future launches.

Astronauts need to see.

Have you ever been driving and rolled the windows down only to notice a very awkward feeling in your inner ear? Made you feel kind of dizzy? The wind and pressure swirling around that exact configuration have stimulated the natural frequency of your eardrum.

Everything vibrates, and it's called resonance.

This resonance can be harmful, neutral, or beneficial, depending on the circumstances and conditions. As we will see, resonance is everywhere in nature and its key to many therapeutic remedies.



Resonance Frequency Therapy for Insomnia

Despite its enormous potential, many alternative and complementary treatments like frequency therapy are not mainstream today for many reasons. Some are factual and some more speculative. But the fact the 75% of the FDA's drug review budget is funded by big pharma is concerning (1). We will take a brief look at this as well as the history of frequency therapies and energy therapies, in general, to understand why a technology over 100 years old is not a prevailing practice in western society.

There is a broad range of frequency therapies available: Light, Electrical Current, Sound, and Magnetic fields,

75% of the FDA's drug review budget is funded by big pharma

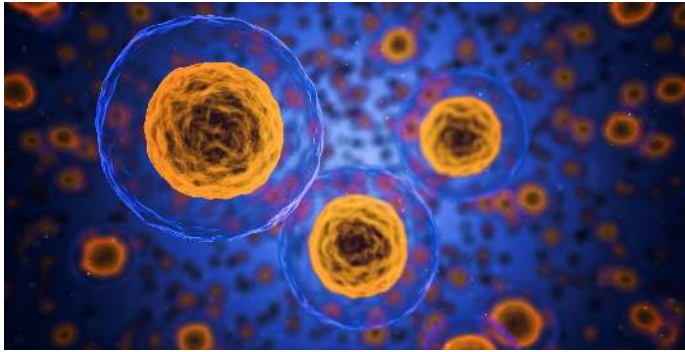
to name a few. We will briefly touch on each one to show the breadth of the technology before we focus on Resonance Frequency Therapy™ (RFT) - what it is and how it is different.

“Alternative and Complementary Medicine are just plain Voodoo. If there were anything to it, my doctor would have told me about it, right?”

Unfortunately, there are many areas of care and wellness that your doctor was never trained on in med school. Some fundamentals, like nutrition, are simply not taught in most medical schools (2). The vast majority of medical doctors are operating under the “Medical Standard of Care (3)” and don't want to risk lawsuits and losing their license so they simply don't know about them or if they do, they are afraid to recommend them to patients.

Resonance Frequency Therapy for Insomnia

We will theorize how frequency therapies work at the cellular level. Electricity is everywhere, even in the human body. Our cells are specialized to conduct electrical currents. Electricity is required for the nervous system to send signals



throughout the body and to the brain, making it possible for us to move, think and feel. Your body is an electromagnetic system that acts as a semiconductor network.

Many people believe that alternative medicine is Voodoo, but there are 1000s of research papers and clinical studies that are conclusive in their effectiveness. We will highlight several that are specifically supportive of RFT. The science is there and, in many cases, more conclusive than the drug commercials you see every night on the 6:00 pm news. Many people believe that big pharma must know how their drugs work and how effective they are, or they wouldn't be allowed to run those commercials. This is simply not true.

We will highlight several case studies that show that the RFT frequencies work.

It is widely accepted in medical circles that inflammation causes all generative disease. But what exactly is inflammation, and what is good and bad about it? A general understanding of what it is and how it works is needed to understand how frequency therapy can manipulate it to reduce pain and other ailments.

At the core of RFT is the frequencies derived from Frequency Specific Microcurrent (FSM). While FSM is extremely effective, it has some very real limitations and drawbacks. Namely, cost and access to the general public. These two major limitations were some of the driving forces behind developing RFT. We will discuss the similarities and differences between the two therapies.

Resonance Frequency Therapy for Insomnia

If frequency therapies are so effective, why haven't you heard about it? We will cover the top reasons.

How does RFT specifically work for "Insomnia"? As with all RFT protocols, it is not fully understood how the method of action works. However, we have some good theories and proof to support it. For each ailment you need frequencies that target the nerves, joints, muscle, discs, facet, and fascia in various combinations and durations. And those frequencies and steps are different for each protocol. We will describe the frequencies used and why for this particular ailment.

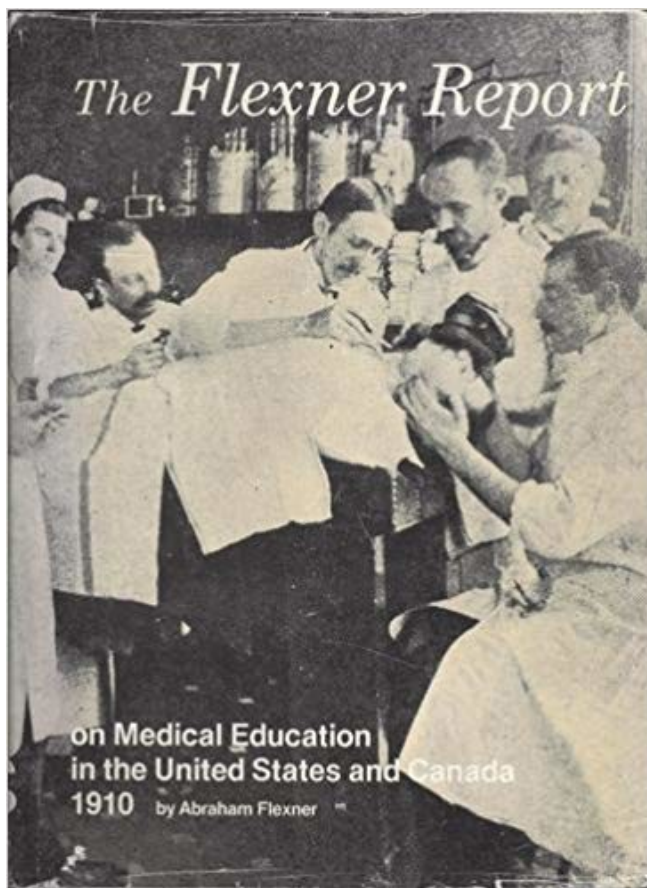
While RFT is safe, there are some limitations and warnings everyone should be aware of. Namely, if the therapy makes you feel sick, use common sense and stop doing it. Side effects are rare, but sometimes, you can feel sick if you have an infection, one you may not even be aware that you have. Because RFT can use both electrical current and PEMF, you should not use it if you have a pacemaker, pump, or other metal implants. You should also not use it if you are pregnant.

We will conclude with a glimpse into the future of RFT's far-reaching potential and its promise for future generations.

RFT/FSM Background

It's all about frequencies and resonance, but where do the RFT frequencies come from?

Back in the early 1900s there was a wide-spread interest within several countries for using frequency therapy and energy therapies in general.



The Flexner Report (5) came out in 1910 and said basically that energy therapy was bad and that drugs and surgery were the only way to go. It concluded that the practice of medicine must be standardized, and the medical community ignored it. But in 1934, the American Medical Association (AMA) announced that medical physicians who used energy therapies would lose their license to practice, which was granted by the AMA.

So, the research, documentation, and machines relative to energy and frequency therapy went into the back rooms or made their way to the landfill. Using frequencies and electrical therapy research stopped at that point.

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Harry van Geller bought a medical practice in 1946 that came with a machine sitting in the back room of his newly purchased practice. He pulled the old cover sheet off of it and decided to try and use it.

That machine came with a list of frequencies that specified various ailments and the frequencies to administer to resolve them. In 1995 Dr. Carol McMackin got those frequencies from Harry, found a machine, and used those frequencies in her chiropractic practice herself. She had great success with it and dubbed the technology Frequency Specific Microcurrent or FSM.

She continues to practice and teach this technology to this day, and she has trained over 8000 practitioners.

The bottom line is no one knows where the frequencies came from or what research was done to discover them. It was all lost a century ago.

But that doesn't stop them from being effective.

As a base, Resonance Frequency Therapy™ (RFT) uses those frequencies and protocols that have been developed over the last 30 years by Dr. McMakin and other practitioners.

However, the similarities between FSM and RFT stop there. As you will see, RFT has revolutionized the way these therapies are delivered and has eliminated the expensive machines altogether, allowing an affordable and accessible solution for the masses.

Resonance

I popped in the VHS tape and flopped on the couch next to Barbara.

“OK. Now watch how easily the wings come off.”

An older couple, probably in their late 60s, was removing the wings from the Pulsar with the greatest of ease, all the while smiling happily at the camera. We were watching a promotional video for a new experimental airplane called the Pulsar XP. I had recently gotten my pilot’s license and, like most people, could not afford to buy an airplane of my own. Not being mechanically inclined was a drawback, but I was strongly considering buying an experimental airplane kit and building one myself. Building the craft myself was the only plausible economic answer to my desire for a plane of my own.

“See how easily the wings come off? Those two blue hairs can do it; no problem. If the wings can come off that easily, then I won’t even need a hangar for the airplane. I can just store it in the garage.” Barbara wasn’t buying the whole dog and pony show, but she finally gave me the OK to buy the kit.

About 1,300 beers later, tail number N96MF finally went wheels up.



Resonance Frequency Therapy for Insomnia

Even with my first flight jitters, I survived; yours truly, crash helmet, and plane all intact. The wing removal was another story. The manufacturer recommends that you remove the wings several times during flight testing for inspection to make sure everything is A –OK, so I had to perform this act of hell several times.

I am not sure what magical powers the couple on the video possessed, but those wings took many days, lots of friends, and lots of blood to get them to turn loose. The tightness of the pins that held them in place made them nearly impossible to remove.

It took months before I found the right shake. I spent many hours on the tip of the wing trying to vibrate it at various shakes, rattles and rolls, while a friend pulled on the connection pins.

Finally, I learned the right dance with the wingtip that allows the pins to be removed with no blood. To this day, I cannot explain my special moves well enough to tell someone else how to remove the wings with ease, but I found the magic. The problem was fixed with the perfect vibration.

The perfect *resonance*.

How does the microwave oven heat that slice of Pizza? The frequency of that microwave radiation resonates with water molecules. It makes the water molecule spin on its own axis, which causes friction. Like rubbing your hands together, the friction creates heat.

When you press the key fob to your car or click the garage door opener, why does it open your car door and garage door and not the neighbors? Because it resonates specifically with yours and no one else's.

Resonance Frequency Therapy for Insomnia

When you tune your radio to 103.5 FM, why do you hear that station and *only* that station? Not the other 1000s that are transmitting at the same time. Because your receiving antenna is resonating perfectly with the transmission antenna back at the station.

In 1940 the Tacoma Narrows Bridge (4) collapsed due to nothing more than a specific breeze blowing that day.

The perfect *resonance*.

Soldiers intentionally break step when crossing a bridge for this reason.

Everyone who has ever washed clothes knows the washing machine's large agitator swishes back and forth. Did you know

there is also a smaller, high-frequency vibrator also running simultaneously? The combination of the two frequencies creates a unique vibration to resonate with dirt particles and shake them out of the fabric. It's not just the detergent cleaning the clothes, it's vibration too.



If you are old enough to recall the days of the audiocassette tape, you may remember commercials for a company called Memorex, which asked the question, "Is it Live or is it Memorex?" In one commercial, Ella Fitzgerald sang a note that shattered a wine glass while her voice was being recorded on a Memorex tape. When they played the tape back, Ella's voice still shattered the glass. The frequency of her voice resonated with the lead crystal matrix and caused the chemical bonds to oscillate and break. The glass shatters.

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All things have a natural frequency. The frequency at which a system oscillates when subjected to a continuous or repeated external force. This is true for all things living and inanimate objects.

Your body and the cells within it are no different and it is key to how frequency therapies work. It is theorized that the frequencies resonate with your body in two ways. There are specific frequencies for the tissue (back, elbow, liver, knee, etc.) and what is wrong with it (nerve damage, muscle soreness, inflammation, etc.)

Let's explore one very common issue – inflammation, which stated earlier, is the root of all degenerative diseases.

What causes inflammation? It is theorized that any infection or injury activates the immune response and changes cell “signaling.” It changes the way cells communicate with each other and with genes. When you have an infection from a bacteria or virus, have a tissue injury, or you cut yourself, what happens?

The fragments of the bacteria, viruses, or damage cell activate the immune system cells and modify regulatory mechanisms in the immune system. It causes immune system cells to produce cytokines and inflammatory chemicals.

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When the immune system has done its job, it quiets down. You have experienced this many times; your wound heals, the redness goes away. The soreness goes away and inside of six weeks, you can't remember that you had a cut, and it's hard even to find where it was on your hand. The sniffles from your cold simply go away.

But sometimes, the immune system does not turn off.

In that case, people get chronically ill or have non-resolving inflammation. So, the short version of what causes inflammation is infection and injury, an activate immune response, and changing cell signaling.

Those changes in cell signaling can change genetic expression. Genes inside your cells make the cells work. You know from school that it's genes that make your eyes blue and your friend's brown. A gene makes you five foot eight and your friend six foot two.

Genes turn on inflammation. You may be five foot eight with blue eyes and that doesn't change. But some genes turn on and turn off, depending on what is going on both inside and outside of your body.

Your cells have "receptors." For example, if you have a bacteria or virus or a piece of cell debris from the cut that lands on a cell receptor which turns on chemical reactions and synthesis in the body.

It also turns on the transcription factors or messages that change the genetic expression and create inflammatory cytokines. For example, the job of anti-inflammatory drugs is to land on this receptor and change it back to the way it was before, turn off the kinases, turn off the transcription factors and change the genetic expression and turn off the cytokines.

But this is just a theory. What is important is, does RFT work?

Is it Voodoo?

In the forest, deer, elk, moose, and other animals can often be seen eating mushrooms with a very bitter taste. This mushroom is also as hard as wood. Why would they eat something so distasteful and hard to chew?

For centuries it has been observed that they can often appear slow-moving or sick when seeking this mushroom. The mushroom is called Tiaga and it appears to have natural healing powers for animals. Native Indians were keen on this and developed a practice of boiling the mushrooms to make tea for their medicinal



purposes. They used it to resolve pain.

Here is an excerpt from the CNN online article, "From a tree, a 'miracle' called aspirin":

The ancient Egyptians used willow bark as a remedy for aches and pains, said Diarmuid Jeffreys, author of 'Aspirin:

The Remarkable Story of a Wonder Drug.' They didn't know that what was reducing body temperature and inflammation was the salicylic acid.

Hippocrates, the Greek physician who lived from about 460 to 377 B.C., wrote that willow leaves and bark relieved pain and fevers.

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It wasn't until thousands of years later that people began to isolate the key ingredients of aspirin. An 18th-century clergyman, Edward Stone, rediscovered aspirin, in effect, when he wrote a report about how a preparation of powdered willow bark seemed to benefit 50 patients with ague and other maladies, Roueché wrote.

In its rawest chemical form, aspirin has been used for thousands of years to reduce pain and inflammation. We used this even though we had no idea how it works. Some scientists now believe they understand its secret or “method of action,” but others are still skeptical that doctors and scientists understand it completely.

The point is it works, has limited side effects, and is widely available even if it is not fully understood.

Relief before reason.

You don't throw the baby out with the bathwater. Just because frequency therapies may not be totally understood doesn't mean they don't work.

It is generally agreed that when boiled down to basic elements, you and I are only worth somewhere around a buck, or maybe \$600 on a good day when we are on our best behavior (6,7). The vast majority of the human body consists of six elements: oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus.

Relief Before Reason

Everything in the universe is made of molecules, atoms, and subatomic particles, and your body is no different.

The human body is a quantum biological system with the same chemical bonds, and those chemical bonds have a resonance frequency.

Resonance Frequency Therapy for Insomnia

Your body is an electromagnetic system that looks and feels solid to the touch, but the cells within function as a semiconductor network, with current, charge, and information storage.

Professor Jim Oschman (8) is the author of “Energy Medicine: The Scientific Basis and Energy Medicine in Therapeutics and Human Performance.” This book gives the most skeptical academic scientists a theoretical basis for exploring the physiology and biophysics of energy medicines.

It's very difficult to walk in the shoes of Galileo, but unfortunately, that's the path that every new idea or technology must take. Anyone involved in alternative or complementary medicine faces the enormous pressure of the establishment.

“Any sufficiently advanced technology is indistinguishable from magic.” Arthur C. Clarke

Almost everyone has heard that quote and it rings true in all sciences and technologies.

If you look back over the history of medicine, there are periods when things stayed the same. Then there are great breakthroughs, the germ theory of disease, for example. It's amazing to think that at the time of the civil war, the physicians didn't know what infection was.

One of the most famous figures in medical history, nurse Florence Nightingale's (9) hygiene crusade saved millions of lives by introducing the radical concept – wash your hands. Hygiene and sanitation were the simplest and most powerful things the medical community could adopt to make an enormous difference in fighting infection.

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Smallpox and cowpox. One made you sick and the other one killed you. Can you imagine the resistance that 10th-century medicine men received when they intentionally made someone snort powdered “scabs” of cowpox patients to prevent deadly smallpox?

Anesthesia, X-ray’s, penicillin, organ transplants, cloning, antiviral drugs, stem cell therapy, gene hacking, and AI. The list can go on and on of generally accepted medical practices today that at the time were seen insane by the majority of the medical community and the general public.

Many believe another medical milestone is upon us and it is energy medicine. For some people, energy medicine is an uncomfortable term, and it is often said that there’s no scientific basis for energy medicine. That is simply not true, and we will summarize some of the specific research and case studies relative to RFT in the next section.

“Future medicine will be the medicine of frequencies.” Albert Einstein

It’s is predicted by many that frequency therapy will increasingly become a major aspect of therapies for many ailments.

But let’s back up. What is Frequency Therapy? What is energy medicine in general? What is energy?

Nothing happens in nature without energy exchange, communication or acquisition of knowledge of any kind occurs only with an energy transfer between two or more things.

Resonance Frequency Therapy for Insomnia

There are no exceptions to this; it is a rule of nature. Light can do the work of shifting the confirmation of pigments in your eye so you can see everything around you.

Gravity does the work of breaking your arm when you fall down the stairs. Sound vibrates the little hair cells in your ear so you can hear the human voice or music. Chemicals floating in the air reach the nostrils and dissolve in the mucus. Specialized receptor cells called olfactory receptor neurons detect the odor and send a message to the brain through chemical energy exchange.

A campfire can roast a hot dog. The chemical energy from that smores can operate your nerves and muscles. So, energy is basic to everything we do. It's our whole experience of life of the world around us and the world within us.

So, we can define energy medicine and frequency therapy. Energy medicine is the diagnostic and therapeutic use of energy. Frequency therapy is the use of energy at specific frequencies to resolve a specific ailment. It involves the energy of particular frequencies and intensities and wave shapes and other characteristics that stimulate the repair and regeneration of one or more tissues.

And these are ordinary energies. There's nothing mythical here. Heat, light sound, gravity pressure, vibration, electricity magnetism, chemical energy electromagnetism. The basic forces that surround and interpenetrate us.

**“Future medicine will be the
medicine of frequencies.”
Albert Einstein**

Unfortunately, for the most part, energy therapies have been left out of our medicine. When we ignore energy, we miss 99% of reality. What can you comprehend about anything without energetics? When we leave energy out of the equations, we miss a vast amount of our healing potential. And the world has been wearing blinders. At least the western world.

Specific Research and Case Studies

I am a rocket scientist, not a doctor. In rocket science, we have a saying, “In God we trust, all others bring data.”

My dog was a $\frac{3}{4}$ Black Lab and $\frac{1}{4}$ German Shepherd mix. One morning when I was getting ready to head to the airport and my wife was about to leave for work, we heard “Lechien” yelp at the bottom of the stairs. For the first time in her life, she couldn’t walk up them. It was a sound she had never made before, and it was terrifying for all three of us. My wife and I flipped a coin to see which one would be staying home to take her to the vet.

The X-rays revealed that she had severe arthritis in her spine. What had caused this was unclear, and at 12 years old, it may have simply been age and bad luck. The doctor’s prognosis was not good, but she prescribed Rymadil to reduce inflammation and pain. Fortunately, the medicine helped and she could move about with reduced pain and was mostly back to normal. For a while, anyway. We were warned this was a short-term solution.

Another friend, Dr. Oz Jaxxon, is one of the most forward-thinking veterinarians I have ever met. I told him about Lechien, Rymadil, and the doctor’s prognosis. He told me about a chiropractor in Washington state that had some amazing frequency therapies being used on people and pets for pain, arthritis, and many other ailments. This was the first time I heard about FSM.

That chiropractor was Dr. Carol McMackin, the one who resurrected FSM mentioned earlier. The plan was to drive Lechien to her office as soon as practical to see if frequency therapy could help.

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Unfortunately, she took a turn for the worse, and the Rymadil's effectiveness was relatively short-lived. She quickly deteriorated and stopped moving around. Her appetite became scarce, before not eating at all. We took the short drive back to our local Vet, and she told us the 730-mile drive from Ogden, UT to Portland, OR was not the right thing to do and that it was time. Sadly, we knew she was right.

“You don't know how lucky she is to have you as owners. Obviously, you love and care for her tremendously, but she is in severe pain.” We knew this was true, but it still crushes my heart to write this sentence 16 years later.

I was a Chief Engineer of the Space Shuttle, a rocket scientist, not a doctor. However, I am a scientist and this frequency therapy has interested me ever since. I have read many books, reviewed studies, attended seminars, webinars, and on-site training from a number of seasoned practitioners. I have interviewed many experts in all fields of medicine and science that relate to this field.

My initial skepticism was this is all Voodoo. After 16 years of research, however, I have concluded that there may be something to it. Though there is still a lot of research to be done, there is an enormous amount of data that provides strong evidence that frequency therapies are real and have merit. There are literally 100,000's of patients that have received these therapies with great results.

I know of one veterinarian who uses frequency therapy 20-30 times a day in his clinic with phenomenal success in post-surgery healing, allergies, liver toxicity, and arthritis. Another Doctor at the Cleveland Clinic has a 70% success rate with ADHD in children. These are just two examples. It's doesn't work for everybody all the time, but there is enough evidence to convince me something interesting is going on here.

This research overview is by no means exhaustive, but the intent here is to give you a taste of the supporting evidence. I strongly encourage you to do your own research and review the clinical studies and case studies and make up your own mind.

[PEMF Overview \(9\)](#)

This link is nice high-level overview of Pulsed Electromagnetic Field (PEMF) machines and what they can do for you. PEMF has been around for over 60 years, and the FDA approved its use for nonunion bone fractures in 1979. NASA conducted studies on PEMF out of necessity. Astronauts lose bone and muscle mass in zero gravity, which is a problem for longer stays on the Space Station and a huge problem if we ever plan to get to Mars.

[Fibromyalgia Study \(10\)](#)

A randomized, double-blind, sham-controlled clinical trial, patients with either chronic generalized pain from fibromyalgia (FM) or chronic localized musculoskeletal or inflammatory pain were exposed to a PEMF. Pain reduction was statically significant compared to the control group.

[ATP Study \(11\)](#)

Poor little mice had the hair on their ears plucked bald and skin scalped so electrodes could be applied. Microcurrent was applied and the ATP concentrations and other biochemicals were measured over time. It was shown that ATP increased up to 500% due to the electrical therapy.

According to Wikipedia, “Adenosine Triphosphate (ATP) is an organic compound that provides energy to drive many processes in living cells, e.g., muscle contraction, nerve impulse propagation, and chemical synthesis. Found in all known forms of life, ATP is often referred to as the ‘molecular unit of currency’ of intracellular energy transfer.”

ATP is like gas for your car. It is the fuel that your cells need to thrive. It is theorized that by increasing “cell fuel,” your body has the extra energy to repair damaged tissue and cells on its own and an improved rate and efficiency.

Frequency therapies improve gas mileage and fill the tank.

Soften damage tissue (12)

Patients with elevated muscle tone or tense areas due to prior traumas or other disorders experienced tissue softening due to applied frequency therapy. This shows a measurable and physical change in the human body due to the frequencies.

Shingles (13)

Frequency therapy has been observed consistently to eliminate the pain and shorten the course of shingles.

Muscle Soreness (14)

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A study was conducted on muscle soreness after a heavy workout. One leg was subjected to frequency therapy, and the other leg was not, as a control. This involved 18 males and 17 females and incorporated a sham therapy as well. This means both legs were treated, but only one leg got the real frequency, the other was fake, and the patient has no way of knowing which was which. There was a statically significant drop in pain at 24, 48 and even 72 hours after workout/treatment for the leg with the “real” treatment vs. the sham.

Pain Reduction (15)

In medical circles, patients report pain from a scale of 1-10, where one is “very mild” and ten is “unimaginable” or “unspeakable.” Although this measure is self-reported by the patient and, therefore, subjective, it is the standard measurement used in pain care.

There is another “objective” way to measure pain, which is to measure the level of “cytokines” in a person’s blood, before during and after treatment. Cytokines are chemicals in the body released due to inflammation. When pain is reduced, this can be objectively measured with the concentration of cytokines in the blood. If they go down, it is implied that pain has been reduced.

This study evaluated both methods, self-reported pain and “blood measured” pain.

Patient-reported pain dropped from a 7 to a 1 and blood measured pain reduced by as much as 400%.

Myofascial Pain (16)

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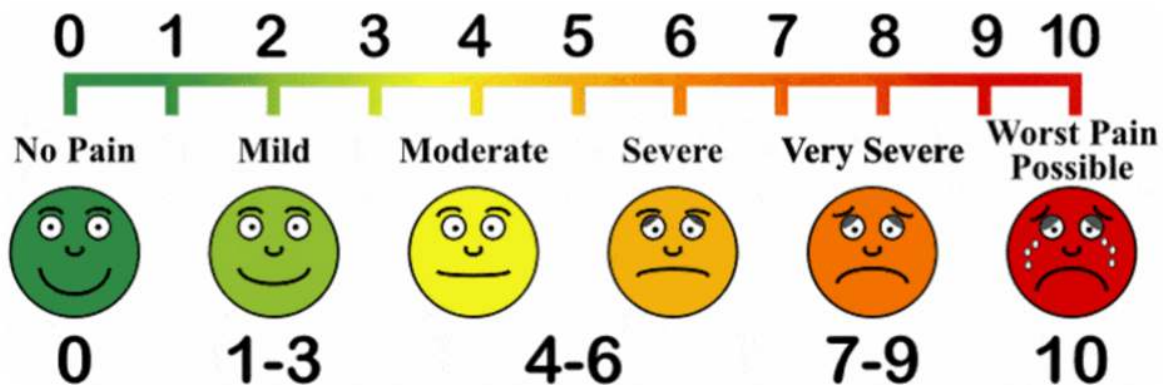
Myofascial pain is a fancy word for chronic muscular pain. It is a disorder in which pressure on sensitive points in the muscles causes pain in seemingly unrelated body parts. The syndrome often happens after repeated injury or muscle overuse.

It can cause several and often debilitating pain in the head, neck, and face and can lead to restrictions in the normal biomechanical functions of the joints.

Using frequency therapy, 49 out of 50 patients had statically significant reduction in pain from an average of 11 treatments over an eight week time frame. This is significant in that all of the participants had failed with other traditional pain therapies prior to this study.

Back Pain (17, 18)

At least 50% of American adults admit to having back pain symptoms each year (19). Twenty-two patients with chronic low back pain reported having that pain for an average of nine years. Following treatment with frequency therapy, a statistically significant 3.8-fold reduction in pain intensity was observed using a visual analog scale. This outcome was achieved over an average treatment period of 5.6 weeks and a visit frequency of one treatment per week.



In 90% of these patients, other treatment modalities, including drug therapy, chiropractic manipulation, physical therapy, naturopathic treatment and acupuncture had failed to produce equivalent benefits. The frequency therapy treatment was the single factor contributing the most consistent difference in patient-reported pain relief.

Inflammation (19)

Mice were once again subjected to torture. Some nasty acid was brushed on the ears, which caused swelling and inflammation. Swelling was measured by the ear thickness using a micrometer. After applying frequency therapy for reducing inflammation, the ear swelling was reduced by 70% in as little as four minutes.

Broken Bones (20)

Normally broken bones heal within a few months. However, for a minority of patients, the processes of bone repair are compromised or interrupted, leading to developing delayed union and nonunion fractures.

The reported overall success rate for the 1,382 patients was 89.6%. The results were analyzed in audited subsets comparing days of treatment time and average daily use of frequency therapy, using several statistical methods.

Arthritis (21)

Arthritis refers to over 100 disorders of the musculoskeletal system. Low frequency pulsed electromagnetic field (PEMF) can provide a noninvasive, safe and easy to apply method to treat pain, inflammation and dysfunctions associated with rheumatoid arthritis (RA) and osteoarthritis (OA) and PEMF has a long-term record of safety.

The result of this study also shows that frequency therapy is safe, effective, and painless.

Osteoporosis (22)

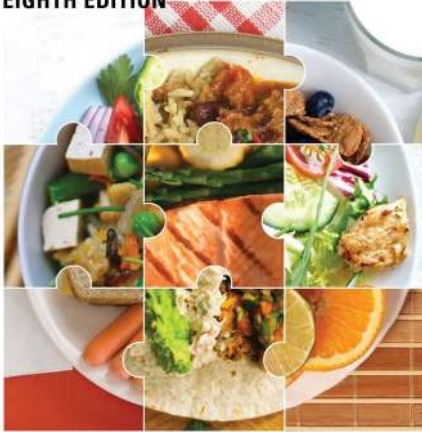
Low-frequency PEMFs relieves the pain of primary osteoporosis quickly and efficiently, enhances bone formation and increases bone mineral density of secondary osteoporosis.

Types of Frequency Therapies

There is a multitude of frequency therapies in use today and some are over 100-years old. This is not a new technology even though improvements are made every year. There are similarities and differences between them, but one thing they all have in common is information and misinformation and the gargantuan challenge to distinguish between the two.

Few things are more confusing than the amount of competing information for the various sides and whose team you are on – The status quo or alternatives.

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There are two other subjects that demonstrate the power of information vs misinformation and the driving intent behind the information pushers is the same for frequency therapies. So, let's look.

The supposedly simple question “what should I eat?”

When someone says they eat healthy, what does that mean?

Something as important as what humans should eat should not be controversial. It should be backed by hard science. But this is absolutely not the case. The US Dietary guidelines (23) consistently push the food pyramid that as adults, we have learned since grade school. Since childhood, we were taught that grains, carbs, fat-free foods, fruits high in sugar were all good. Also, that we should limit salt intake even though there is little science-based evidence to support that recommendation. Even though it is required by law to be backed by science (24).

There is actually more scientific evidence to support a high fat, low carb diet even though the US government continues to ignore it. Relative to the US Dietary guidelines, here is what several experts have to say:

“Committee report repeatedly makes recommendations based on observational studies and surrogate end points, failing to distinguish between recommendations based on expert consensus rather than high-quality RCTs (Randomized Controlled Trials). Unfortunately, the current and past U.S. dietary guidelines represent a nearly evidence-free zone.”

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– Steven Nissen, Department Chair, Cardiovascular Medicine, Cleveland Clinic, *The Annals of Internal Medicine*, January 19, 2016.

“Despite being controversial recommendations based on weak scientific evidence, the United States Department of Agriculture (USDA) created in 1980 a food pyramid and placed carbohydrates at its base. This national nutritional experiment contributed, as we know now, to the increased prevalence of obesity.”

– Osama Hamdy, Medical Director, Joslin Diabetes Center, Harvard Medical School, *Nutrition Revolution: The End of the High Carbohydrates Era for Diabetes Prevention and Management*, January 11, 2015. (25)

Another example is Cholesterol. We have been told for decades how bad it is for us and that we should eat a low-fat diet. If cholesterol levels are high, you should be placed on medication such as statins. The scientific-based research does not support this (26,27).

If you have a lot of free time, just Google “Does Lipitor or Crestor work? Are they safe?” Then you will get the idea of how two different sides battle with information vs. misinformation. It couldn’t be more confusing for the consumer.

Unless you live under a rock, you have heard the dogma on salt intake and high blood pressure.

I spent three decades of my life eating crappy tasting green beans and other vegetables. I never salted anything and always bought low salt food. I never salted meat or anything on my plate.

In one lecture on “creative thinking for business,” there was a section I talked about a personal experience with my high blood pressure. I don’t have high blood pressure, just white coat syndrome, but that is another story.

After I concluded this keynote, several attendees came up to me afterward to thank me and ask questions. One very polite man named Dr. David Brownstein said, “You know that part about salt causing high blood pressure is simply not true.”

I said, “Are you sure?”

“Here, I wrote a book on it.”

Resonance Frequency Therapy for Insomnia

He handed me a copy of a book he wrote called “Salt Your Way to Health.” I dove into it that night and was shocked by what I read. The dogma started over 100 years ago and many studies have been conducted on salt and hypertension. In almost ALL cases, the mice or men were given 20X the normal daily dosage of salt intake. That’s right, 20 times! This was also done with highly refined salt, not Sea Salt. In one human study, reduced salt intake only lowered blood pressure one mm of mercury.

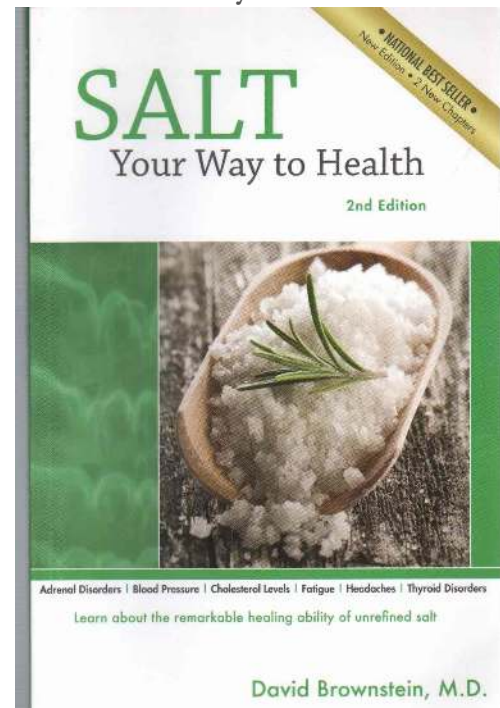
For some insane reason, in 1979, the surgeon general issued a report based on some of these studies and claimed that salt was responsible for high blood pressure, and everyone should limit their intake. Dramatically.

After that, many studies were conducted. One with 10,000 human subjects. The result? Maybe a three mm Hg reduction in blood pressure if you hold the data in the light at just the right angle when you view it. (28,29,30)

Yet this dogma still exists today.

When I gave a copy of the book to *MY* doctor and explained what I learned, he said, “Yeah, maybe, what the hell do we doctors know?”

Vegetables taste a whole lot better now, and my bold pressure is the same as before.



In the previous section (Specific research and case studies), our aim was to present specific scientific evidence for the usefulness of frequency therapies. With frequency therapy, you will find similar arguments from both sides. The alternative camps vs. the status quo of the American Medical Association.

The point is, don't throw the baby out with the bathwater. When you do your own research, you will find arguments for both sides. Look for the ones that you believe have the most compelling scientific evidence and make your own conclusions.

To give you a broad overview, here is a quick summary of the various frequency therapy technologies. You will find many claims *for and against* these technologies.

Frequency Therapy Overview

Rife

The Rife machine was named after Royal Rife a scientist in the 1920s. The machine generates low energy waves, usually in the MHz range. There are a ridiculous amount of [frequencies](#) and ranges published by ETDFL.com (He also invented a pretty nifty microscope capably of resolutions no one else had achieved.)

One position of alternative medicine supporters states that all medical conditions have an electromagnetic frequency. Rife treatment works by finding the frequency of the condition. An impulse of the same frequency is then used to kill or disable diseased cells. Proponents claim it can kill cancer by resonating with cancer cells and destroying them, much like our Memorex crystal shattering of Ella Fitzgerald.

Many proponents of the Rife machine claim it can cure cancer. Of course, the FDA frowns heavily on anyone who makes cancer claims. Most claims are personal accounts of people who have treated themselves.

The Rife machine usually delivers the electrical energy via TENS like pads you put on either your feet or hands or hand-held plasma tubes. These attach to the machine, which produces electrical impulses.

One study proponents point to was a liver cancer study in California. Google “Rife Machine Cancer” and let the confusion begin. Nearly all that point to scientific studies are the manufacturers of machines. All the negative comments are status quo web sites calming multi-level marketing scams or worse. Again, do your own research and make your own conclusions.

Light

There are a number of light therapies that have been around for 1000s of years. It can be as simple as basking in the sun to generate vitamin D. Light therapy is a way to treat seasonal affective disorder (SAD) and certain other conditions by exposure to artificial light. SAD is a type of depression that occurs at a certain time each year, usually in the fall or winter.

A device called a light therapy box gives off bright light that mimics natural outdoor light.

Light therapy is thought to affect brain chemicals linked to mood and sleep, easing SAD symptoms. Using a light therapy box may also help with other types of depression, sleep disorders and other conditions.

There are also light therapy devices that are derivatives of the Rife machines. One popular company is [Resonance Light Technology](#). Their products are no contact PEMF devices that boast a 30-foot radius of effectiveness.

Sound

We've all used sound as a form of therapy our entire lives. As a baby, the sound of your mother's voice before you understood language. Hiking outdoors and the sound of nature, birds singing, running water, the sound of wind blowing through the trees.

Whether it's to relax after a hectic workday or screaming after stubbing your toe, sound has always served as a form of expression. Sound therapy is similar to meditation.

Aligning your brainwaves to a certain frequency can cause a physiological reaction. Physiological reactions are often stress-related, such as an increased heart rate. With sound therapy, your body's physiological response is positive.

The benefits of sound therapy also include that it's a natural treatment. It doesn't require health insurance, visits to your doctor or invasive procedures. You go, relax and end up refreshed. Sometimes, sessions are as short as ten minutes.

One common sound therapy you may have heard of is Binaural Beats.

Binaural beats

Resonance Frequency Therapy for Insomnia

With earbuds or headphones, if you play one frequency in your left ear and a different one in your right ear, something strange happens. Let's say you play 150 Hertz in the left and 160 Hertz in the right. The result is you will hear a pulsating or a wobbling sound called an acoustic beat. Whenever two waves meet, they always interfere with each other, either constructively or destructively, and you can clearly hear the result, but with Binaural beats, it works differently.

Remove the earbud from one ear. You clearly hear a tone in the other ear, but the wobble has disappeared. Try removing the other earbud. Again, you hear a slightly different tone but no wobble. The wobble only happens when wearing both earbuds. The wobble is produced in your brain. It is in your head.

The wobble is produced when the left and right sides of your brain communicate with each other. If you play these tones through regular speakers, the sound waves will be altered before they hit your brain, and you won't hear the wobble. The binaural beat is a real thing. It happens in humans and animals. Okay, so why is the wobbling sound important for sound therapy?

This wobbling helps the left and right hemispheres of your brain communicate with each other more easily. Increase communication between the two sides has been linked with a higher level of coordination and intelligence. The beats trigger the left and right hemispheres of the brain to share information.



That information sharing creates new neural pathways in the Corpus callosum, which is the part of your brain that connects the two halves. If you measured your brain activity by using an EEG monitor, you would see that the neurons of your brain are firing at all times, whether you were awake or asleep, the different types of brain waves are associated with different states of awareness.

If you were feeling busy and stressed, and EEG might record more of the faster beta waves. If you were calm and relaxed, it would show that your brain was producing more of the slower alpha waves. Another reason people love binaural beats is that they give the listener the ability to put their brain into certain states.

The states are useful for everything from sleeping and relaxing, to super learning and staying alert. Your brain also releases certain hormones in certain states. For example, deep Delta brainwave activity stimulates the release of growth hormone. Binaural beats have been studied for close to 200 years. Ultimately, every person will have their own unique experience in binaural beats. And the only way to know what will happen for you is to try them for yourself.

Electrical

Electrical stimulation or “E-Stim” comes in many types, but many follow the basic principle of using electrical pulses to mimic the action of signals coming from cells in your nervous system. These mild electrical currents usually target either muscles or nerves.

Electrical stimulation for tissue repair (ESTR) helps reduce swelling, increase circulation, and speed up wound healing. Interferential current (IFC) stimulates nerves to reduce pain, and Neuromuscular electrical stimulation (NMES) stimulates the nerves in muscles to restore function and strength, prevent muscle atrophy, and reduce muscle spasms.

Resonance Frequency Therapy for Insomnia

Functional electrical stimulation (FES) involves a unit implanted in the body to provide long-term muscle stimulation aimed at preserving function and motor skills. Spinal cord stimulation (SCS) uses an implantable device to relieve pain.

The most common approach that most consumers are aware of is Transcutaneous Electrical Nerve Stimulation or TENS.

TENS uses small electrodes placed on the skin. The electrodes are small, sticky pads that come off easily after the session. Several electrodes are placed around the area receiving treatment and wires from the TENS device are attached to the pads.

Steady streams of electrical pulses are delivered through the wires from the TENS unit. The units are usually small, about 1/2 the size of your cell phone and convenient and easy to use. For muscular stimulation, the pulses will reach the muscles, signaling them to contract the same way your brain sends an electrical signal to flex your arm.

PEMF

Pulsed Electromagnetic Field or PEMF is all around you. On average, the Earth puts out a PEMF at a frequency of 7.8 hertz and is known as the Schumann Resonance (31). The magnetic fields can carry with them frequencies and waveforms. The Earth uses this low energy PEMF and extremely high voltage in the form of lightning to sustain life. Lightning strikes about ten million times a day.

Resonance Frequency Therapy for Insomnia

As discussed earlier, our bodies are electromagnetic and every signal your brain sends out to your body is through electromagnetic signals. Your nervous system is your electrical system or wiring. Your cells need electrical energy to function optimally. When



— fundamental mode (7.83Hz)
— second order (14.1Hz)
— third order (20.3Hz)

they don't have enough energy, it can cause disease, pain, and chronic illness. If our cells have enough electrical charge and you eat right, hydrate, exercise, and have a sufficient supply of mineral, your body will heal itself. The majority of PEMF devices supplement this by giving cells the energy they need.

The original PEMF devices consisted of a Helmholtz coil, which generated a magnetic field. The patient's body was placed inside the magnetic field to deliver treatment. Some of the more common devices today are mats or chairs with copper coils inside them to create a PEMF field. A frequency generator is then used to energize the coils.

According to research from Yale Medical University from as far back as 1932, they discovered that the depletion of electrical energy from the body is the root cause of general unwellness. PEMF, or a pulsed electromagnetic field, enhances the functionality of cells to let the body heal itself.

Imagine your body as a battery slowly draining your body of its energy to function optimally. By the end of the day, you're mentally, physically, and emotionally depleted. The concept is that PEMF acts as a battery charger.

Frequency Specific Microcurrent (FSM)

We briefly talked about FSM in the background section in relation to where the specific frequencies came from. Let's dive into the FSM in a little more detail to better understand the difference between FSM and RFT.

Frequency-specific microcurrent (FSM) is a technique for treating pain by using very low-level electrical current. The current is delivered to certain parts of the body to relieve the pain. It is similar to TENS, except they use milliamps of electrical energy where FSM uses microamperes. TENS units are 1000 times more powerful than FMS, and the difference is obvious. With TENS, you can feel and see the muscles contract. With FSM, the energies are so low most people can feel nothing. The human body actually produces its own current within each cell at similar energy levels as FSM. The method of action is different. TENS units have enough power to contract muscles, and they block the nerve pathways so you can no longer feel the pain. FSM at 1000X less energy work completely different. It is resonating with tissue and energy levels that your body already uses to function.

A frequency is the rate at which a sound wave or electronic pulse is produced. This measurement is registered in hertz (Hz). Various frequency pairs can potentially reduce inflammation (swelling), repair tissue, and reduce pain and a number of other exciting areas of relief.

In FSM, depending on the tissue involved, specific frequencies are selected to encourage natural healing of the body and to reduce pain. Frequencies have been identified for nearly every type of tissue in the body.

Resonance Frequency Therapy for Insomnia

The vast majority of frequency therapies we have covered besides FSM/RFT use a single frequency. FSM is somewhat unique because it uses two simultaneous frequencies at the same time. One on channel A and one on channel B. Channel A is “Condition” what is wrong, what is the underlying problem. Congestion, fibrosis, inflammation, scar tissue, torn, broken and toxicity.

Channel B is “Tissue” where is it, for example, elbow, liver, heart, ligaments, disc, lung, etc.

Like the willow bark and aspirin examples, it is unclear how the intersection of the two frequencies work. The method of action is not completely understood, as previously stated.

However, we do know that you need accuracy of the two Independent channels with 3-digit specificity (i.e., 117hz), and it can be pulsed alternating or positive polarized DC current in the shape of a ramped square wave. So, it is very specific, hence the name. The machines deliver a constant current generator between 20 to 600 μ amps. The delivery is through TENS type pads or wet towels wrapped around various parts of the body used as conductors. The connection of the wires to towels is made with alligator clips.

FSM has enormous potential as a therapy for the masses, but it has stifling limitations, access and cost. You cannot buy a machine unless you have attended at least a core 4-day seminar. On their web site, these seminars are designed for medical practitioners. The cost is \$1000 to attend and adding in travel, hotels, etc. it is a \$2000 - \$3000 investment in money and your time before you can even have the “privilege” to buy a unit.

The equipment is expensive with the basic unit starting at \$1500 and goes up to \$6500 or more. Plus, another \$2300 for the PEMF upgrade attachment. This is simply out of reach for most consumers.

Resonance Frequency Therapy™ (RFT)

Peter Diamandis the founder of the X prize, calls the Six Ds of Exponentials technologies (32) the real game changers: digitization, deception, disruption, demonetization, dematerialization, and democratization. Let's look at a few of these briefly and how they apply to RFT.

Digitized

Anything that becomes digitized enters the same exponential growth we see in computing. Digital information is easy to access, share, and distribute. It can spread at the speed of the internet. Once something can be represented in ones and zeros – from music to biotechnology – it becomes an information-based technology and enters exponential growth.

With RFT we have taken the FSM frequencies and protocols and converted them to MP3 files using an audio synthesizer. You can run the therapies by simply playing the MP3 on your phone, tablet, or computer or any electronic device that can play music and access the internet.

Disruptive

The existing market for a product or service is disrupted by the new market the exponential technology creates because digital technologies outperform in effectiveness and cost. Once you can stream music on your phone, why buy CDs? If you can snap, store, and share photographs, why buy a camera and film?

Resonance Frequency Therapy for Insomnia

RFT is disruptive because the expensive machine has been eliminated. This is accomplished by using the phone you already own. With RFT audible (sound delivery), if you own earbuds or a headset, no other hardware or software is needed.

Demonetized

Money is increasingly removed from the equation as the technology becomes cheaper, often to the point of being free. Software is less expensive to produce than hardware and copies are virtually free. You can now download any number of apps on your phone to access terabytes of information and enjoy a multitude of services at costs approaching zero.

RFT PEMF devices retail for \$300 or less, 5X -10X times less expensive than the FSM system. There is no cost for a 4-day seminar before you are allowed the “privilege” to buy RFT products. There are many other PEMF devices on the market with the lower end mats starting at about \$1000, and the average home machine runs about \$7500. These machines require maintenance and repairs. By using your phone for RFT, we have eliminated these maintenance costs.

Dematerialized

Separate physical products are removed from the equation. Technologies once bulky or expensive – radio, camera, GPS, video, phones, maps – are now all in a smartphone that fits in your pocket.

Resonance Frequency Therapy for Insomnia

Most FSM machines are big and bulky as well as most PEMF mats. The RFT PEMF device is the size of a credit card. You already carry your phone with you. The RFT system is simple and extremely lightweight. Your phone weighs 10X more than our PEMF card, and it is Bluetooth enabled with its own battery, so there are no bulky wires or cold, wet towels to deal with.

Democratized

Once something is digitized, more people can have access to it. Powerful technologies are no longer only for governments, large organizations, or the wealthy.

Anywhere in the world, you have access to a phone, tablet, computer, and internet, the RFT systems is available to you.

The protocols used in RFT are the core protocols that have had the most successful history with the least possible side effects or contraindications. These are the protocols currently offered, but we are continually adding to the list.

Acne

ADHD

Anti-aging

Arthritis

Asthma

Brain fog

Breast health

Carpal tunnel

Cold sores

Common Cold

Constipation

Depression

Flu

General inflammation – electric aspirin

Hangover

Heart health

Immune support

Insulin resistance

Liver support

Low back pain

Mono

Neck pain

PTSD

Relax and balance

Shingles

Sleep

Sun Burn

Tendonitis

White coat syndrome

The duration of each protocol varies, but on average, they are about an hour except for the audibles, which are 10-20 minutes. The audibles have been compressed to limit the session time. The frequencies sound like “white noise” and some people find it annoying to listen for an entire hour. With the other modes, most people can’t hear or feel anything so an hour session is no problem. You will forget its even there or that you are receiving a therapy session.

RFT Audible

With RFT Audible, you simply listen to the MP3 with earbuds or a headset. The protocols have been compressed by stacking more than one “frequency pair running at the same time.” In FSM practice, this has been done by running multiple machines on the patient at the same time to reduce an hour session to say 20 minutes. This is used when patients simply don’t have time to spend an hour at the Doctors office. We have applied this same approach to audible protocols.

RFT PEMF

The RFT PEMF device is the size of a credit card and is placed on or near the area of treatment. It can be attached to the skin with an ace bandage, fashion tape, or a phone arm band. Place the flux card inside your waistline for back pain as you watch TV. Or it can be simply placed in one's pocket or under your pillow at night. The battery will last about eight hours between charges, so it is good for about eight therapy sessions.

RFT Infusion

Besides running the frequencies on yourself directly, the frequencies can be infused into creams and water. With creams, the frequency should last for about 30 days based on hands-on clinical experience of this FSM practitioners that use this technique. With water, the frequencies are infused, and the water is simply consumed. The shelf life of the water is 6-10 hours after infusion, so it makes for a convenient way to receive the therapy.

There is a huge advantage in convenience for Infusion for those that don't have time to work in a typical session. Or with kids with ADHD, it may be a lot simpler to rub cream on their back instead of sit-down session.

It may seem impossible to the reader that you can infuse frequencies into water and creams, but a lot of homeopathic practitioners swear by it with relative research and publications to support the idea. (33)

So why haven't you heard of frequency therapy?

Our goal in this chapter is not to dwell on conspiracy theories, but to simply present our opinion on why most people have never heard of it. We asked ourselves this same question and based on our research, these are the key factors we believe are the major drivers. While no way a comprehensive list, it provides a framework for you to make your own conclusions.

News, Big Pharma and Direct to Consumer Advertising (DTC), physician training and incentives, “standard of care”, FDA funding, clinical studies, and case studies from the practitioners that use frequency therapy.

Most Americans are aware that Big Pharma and the media are in bed together. The evening news is virtually only drug commercials. Fancy drug names with



horrific side effects. All packaged and delivered with soft music and images of grandchildren. If you are the media and the drug companies are your main source of revenue, then they are your *customer*. They are your boss. This must drive what the media does and does not report. Instinctively, you

know this is true. It is usually a bad idea to bite the hand that feeds. How does your day usually go when you aggressively disagree with your manager?

Resonance Frequency Therapy for Insomnia

The United States and New Zealand are the only two countries in the world that allow TV ads for drugs or “Direct to Consumer” marketing. Historically, Big Pharma could not advertise prescription medicines on radio or TV. When they tested over-the-counter remedies like aspirin, they would see a spike in sales. This made them smile. Both Big Pharma and the media both liked the results but disliked having their hands tied by government rules, it was bad for business on both teams. They wanted to expand TV marketing to prescription drugs as well.

An enormous amount of lobbying pressure and money was spent to release those handcuffs. In the late 1990s and 2000s, Big Pharma and the media finally broke the government down. You now see drug commercials for ailments you never even knew existed. The logic is the drug companies can market to small niche groups and still be profitable because the price of the drugs is so ridiculously high they still produce huge margins.

The drug companies claim they need to charge these high margins to cover the cost of R&D. However, the spend on DTC marketing is twice that of the R&D, roughly \$30 billion a year in research vs. \$60 billion in marketing. Standard Media Index (34) says Pharma advertising increased 41 percent from 2014 to 2015—the largest increase of any category of advertising.

Once upon a time, there lived a small shepherd boy. His brothers were attending a business meeting one day and he thought it would be a nice gesture to take them some lunch. At the meeting, there was a 9-foot tall bully, who everyone feared, except the scrawny shepherd boy. His religion gave him courage, so he took his sling shot and hurled a stone at the giant, trying to kill him.

In fables like this, the little guy wins, but in the real world, this is seldom the case.

**Big Pharma owns the
medical marketing landscape**

Resonance Frequency Therapy for Insomnia

Size matters.

The table below shows Big Pharma revenue for the top five companies in *billions* for 2017, according to drugwatch.com (35). And it was already mentioned that they spend twice as much on marketing than they do on R&D

	Drugs	Total
Pfizer (U.S.)	\$52,540	\$52,540
Roche (Switzerland)	\$44,368	\$57,370
Sanofi (France)	\$36,663	\$42,910
Johnson & Johnson (U.S.)	\$36,256	\$76,450
Merck & Co. (U.S.)	\$35,390	\$40,100

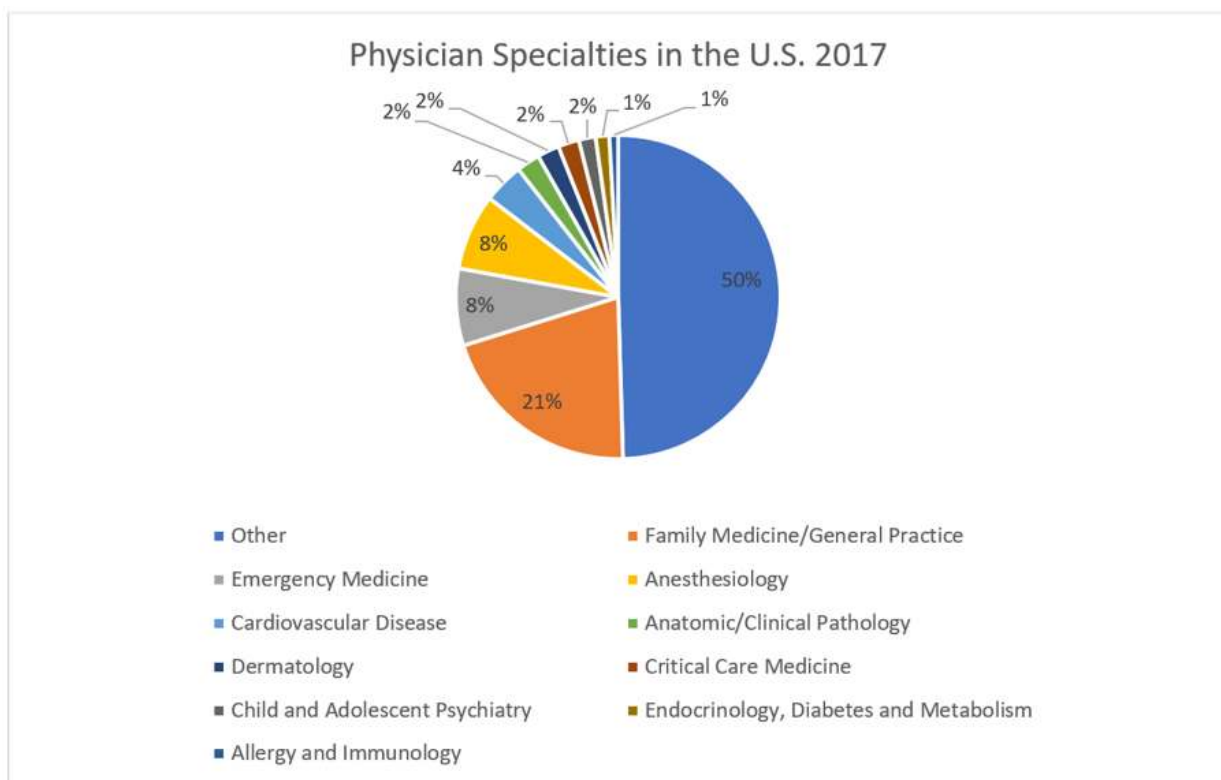
When we look at frequency therapy device manufacturers or nearly any alternative medicine, the entire industry is very fragmented and consists of low volume sales. The average company is less than \$1 million in revenue. That's millions, not billions like the Goliath's. The smaller companies just don't have the marketing to broadcast into your living rooms no matter how effective their therapies might be. David will not win this battle any time soon.

Resonance Frequency Therapy for Insomnia

We like to look to our doctors as experts for medical advice. They are more educated than you and I in the field, but they are not “all-knowing.”

Doctors complete a 4-year undergraduate degree program, spend four years in medical school, and then complete 3-7 years of residency training. Certainly, more classroom training and hands-on experience than most professions. Despite the years of training, it is impossible to be trained on all of the conventional methods of medicine and certainly not all the alternative ones.

The table below shows the distribution of physician specialties in the United States from the Association of American Medical Colleges (36). We highlighted the top 10 of the 44 specialties listed.



Resonance Frequency Therapy for Insomnia

The result is the remaining “other” 34 make up 50% of the population. But what is key here is neither the AAMC or the American Medical Association (AMA) recognize any alternative or complementary physicians in the data. They are not counted anywhere. They get no respect.

The majority of medical doctors dismiss alternative medicine, and many doctors are positively hostile towards it. Doctors say publicly this is because there is no scientific proof that alternative medicine actually works. This is simply not true as we have shown in the research and case studies section. We highlighted a small portion only of the studies specifically relative to RFT. Relative to just PEMF as a modality, there are over 5000 published PEMF studies and over 600 on PubMed alone (37).

One reason doctors may be so against alternative medicine is they may feel threatened. Doctors have spent years of their lives studying and working within the modern medical health system. They have been trained in the status quo.

Once doctors practice, they must complete Continuing Medical Education (CME) to maintain their license. The requirement varies by state, but on average, they require about 40 hours every two years (38). This is a great thing and most professions that require licenses have similar requirements. There are two things to consider however, when looking at this requirement, that may affect why it doesn't improve the odds of you hearing about alternative and complementary medicine.

Resonance Frequency Therapy for Insomnia

The first issue is the instructors. Who are the teachers that provide this continuing education for doctors? There are many organizations, including professional associations, medical education agencies, and hospitals. However, in many cases, the courses are sponsored by medical device manufacturer and you guessed it Big Pharma. Their content often pushes the latest drug or miracle device and doctors are lured to exotic resort and destination locations for these “classes.” Seldom are these CME courses sponsored by any alternative and complementary medicine organizations because they just can’t afford it. So, your doctor is not likely to learn anything about frequency therapy unless they explore the research on their own.

The second issue is doctor incentives, free samples, and the money they receive from promoting Big Pharma drugs. Here is an excerpt from the CBS Morning News (39).

Nora O’Donnell: “Charlie Ornstein from ProPublica has been investigating this practice. Good morning. Good morning to you. So, we know that doctors and big pharma have a close relationship. Of course, they meet all the time. What’s troubling about this, or what concerns you?”

Charlie Ornstein: Well what’s happened for decades is pharmaceutical companies who have worked with doctors, both to develop new medications, to treat you know, conditions, but also to help promote those medications. And the promotion part has gotten a lot of attention in recent years because drug companies have paid hundreds of millions and sometimes billions of dollars to settle lawsuits that have accused them of improper marketing and giving kickbacks to doctors. And so, this has gotten a lot of attention over the years because of that.

Nora O'Donnell: So, you are suggesting that they're prescribing drugs, not because their patients may need them, but because they're being paid by pharma to prescribe them?

*Charlie Ornstein: Well it's illegal to give kickbacks to a doctor to **prescribe** drugs, but it is legal to give them money to help promote drugs. Some doctors make tens of thousands or even hundreds of thousands of dollars a year beyond their normal practice just for working with the industry.*

Gayle King: Now, I was going to ask you how much money are we talking about here? And you just answered that and why should we care? If a doctor is making extra money? Why should I be concerned?

Charlie Ornstein: When you go to your doctor, Gayle, you trust that your doctors will give you the best medication for you. But there's a lot of different interests that your doctor has to take, you know, in mind as they're prescribing you drugs. And it makes sense for you to make sure as you're paying more of the cost of your medications, that they're trying the cheaper alternatives first, a generic drug, for example, or encouraging you to try, non-medication alternatives to reach your goals perhaps first.

Charlie Rose: So what is the new sunshine law?

Charlie Ornstein: Right. So the affordable care act requires all pharmaceutical and medical device companies to publicly report all payments to doctors over \$10. So patients for the first time will have a full window into how closely their doctors work with the pharmaceutical industry. And they'll be able to raise this with their doctors, if they have questions.

Gayle King: And are you encouraging us to ask our doctors and how do you do that, Charlie, without sounding confrontational? Because I do think it's something that patients would want to know.

Charlie Ornstein: Every patient has sort of an individual calculation. We are not encouraging you to confront your doctor or to bring turmoil into that relationship. But there are ways to raise these questions in a gentle way. You can ask about the nature of their payments, but even if you didn't want to raise the payment, you can ask about other alternatives and you can ask about other drugs that your insurance company will cover. You can ask about changing your lifestyle first.

Charlie Rose: But if your doctor doesn't want to answer the question, you may have the wrong doctor.

Charlie Ornstein: Right. What we tell folks is that if your doctor is not willing to engage with you on this topic, then perhaps it's worth looking for a different doctor.

Nora O'Donnell: So is there a negative to the sunshine law?

*Charlie Ornstein: Well, there's no question that doctors working with pharma to create new products is in the benefit of all Americans. I think the issue that is controversial is working to help promote those drugs. And many leading academic medical centers and bioethicists say it's perfectly responsible for doctors to work with pharma on the **creation** of drugs, but leave the **marketing** to sales representatives, not to doctors.*

Standard of care

Resonance Frequency Therapy for Insomnia

The coal owners sued the barge owners and the barge owners sued the tugboat owners. The argument in court was that the tugboat owners should have known the weather would turn bad because it was common practice for tugboat owners to have weather radios. The weather was updated at least twice a day in 1928, but the tugboat named T. J. Hopper didn't have a radio on board.

In March of 1928, a tugboat was hauling a couple of barges of coal northbound on the Atlantic Ocean. The weather was fine that day until the winds picked up. As they passed Atlantic City, the winds increased and continued to climb to a gale force by lunchtime. The weather got so bad that the barges got rocked out of control and finally sank.

The tugboat owners lost the court case because it was determined that it was "reasonable" and "prudent" that the tugboat should have had a radio on board. Because everyone else had one in those days and it seemed normal to carry one. It was "customary."

Although this case had nothing to do with medicine, it was the 1st case that was referenced in a medical lawsuit that led to what is now called "standard of care." What is customary, or what would a typical doctor do in the same circumstances?

It is estimated that ten malpractice claims are filed per 100 physicians every year. When a doctor prescribes a treatment or drug, possible legal action must be part of their thought process.

Even if your doctor is knowledgeable about RFT and other alternative therapies, they often will stick to the status quo. What are other doctors doing? What if I get sued - is this new alternative approach going to hold water in court? They are practicing risk management, and it's just not worth taking a chance even if they know the alternative medicine has merit and is safe.

Resonance Frequency Therapy for Insomnia

There is one more point why you may never have heard of frequency therapy. A large portion of practitioners that use these techniques are chiropractors and physical therapists. Those practitioners publish little research and case studies. There is no money or incentive for them to do so. Many are small businesses and it is simply not part of their business operations. They are concentrated on relieving people's pain, not publishing studies.

Big Pharma runs the show, and many doctors have never been trained on alternative therapies. If you rock the boat and challenge the status quo, you could violate the standard of care and get sued. Even though we have shown that frequency therapy has many published studies, the numbers are small compared to studies that fall under "standard of care" and are supported by the FDA. Again, Big Pharma funds 75% of the FDA drug review budget.

Is it safe?

RFT can be administered via sound, infusion into water and creams, and PEMF. For audible (sound), there are no known side effects or problems listening to the frequencies. The biggest risk is plugging your earbuds in with the phone unintentionally set to maximum volume and blasting your ears with frequency tones.

When water or creams are infused with the frequencies, remember its exactly that, just a *frequency*. It is not a chemical or a drug. There are no known side effects with applying frequency infused creams to your body or drinking frequency infused water.

With PEMF, there are two things to consider, the intensity of the magnetic field and the frequency of the signal. Higher intensity and higher frequency both produce higher energy. There is a standing debate on whether higher intensity fields are safe or not. There are studies that have been conducted on high-intensity fields, but the majority of the clinical research is with lower intensity.

The manufacturers of high-intensity equipment argue that it is needed to get deep penetration into tissue. With RFT/FSM low intensities are used with great clinical success. Also, the frequencies of RFT are in the “extremely low range” of 1 -1000 Hz.

Typical intensities of RFT devices are 3 -5 Gauss, which is very, very low.

On the high end, this manufacturer (40), for example, has equipment that puts out an enormous 323,000 gauss at much higher frequencies. Yet the FDA has categorized them a class 1 medical devices, which is the safest category of the three possible classes. So yes, it can be confusing.

Resonance Frequency Therapy for Insomnia

All Resona Health products are low risk - general wellness devices. Our products are low intensity and frequencies because we know it works and it is safe. Our products are about 3 Gauss not 300,000.

The FSM community has been using PEMF in the 1 Gauss range for 30 years safely and with great clinical results. With RFT, there is no reason to have huge intensities, it's just unnecessary to get desired effect. For RFT to be effective, we are looking for resonance effects, not high energy.

With RFT bigger is not better.

It is not only safer, but it is much less expensive to build machines in the lower intensity range.

Resonance Frequency Therapy™ for Insomnia

Remember that RFT uses two simultaneous frequencies at the same time. One on channel A and one on channel B. Channel A is the "Condition" - what is wrong, what is the underlying problem. Channel B is the "Tissue" where is it, which in this case it's several parts of the brain as well as many organs.

Several pairs of frequencies are delivered in a specific sequence for a few minutes at a time and then the protocol moves to another pair. Each of these pairs run for normally 1-2 minutes up to 5 minutes. There is a total of 20 different pairs of frequencies for the Insomnia Protocol. This is contained in the program and there is nothing for you to do except play the protocol on your phone, tablet, or computer.

For example, the first two frequency pairs target nervous and emotional tension throughout the brain. The 3rd frequency pair targets emotional component (A) in the sympathetic nervous system (B). Then we move to removing inflammation (A) in the sympathetic nervous system(B). Then we continue to address the emotional component and inflammation in the Adrenal Cortex. Next is the emotional component in the transverse colon, kidney, lymphatic system, liver, and gall bladder. Then we reduce inflammation in the immune system, midbrain, and forebrain. Next, we move back to the emotional component and trauma in the Pineal.

The final two frequency pairs increase secretions and vitality in the Pineal.

We are always updating and improving the protocol, but the total run time for this session is 47 minutes.

Warnings and contraindications

You must be properly hydrated for RFT to work.

Drink at least one quart of water in the one-hour preceding treatment. Preferably drink water continuously throughout the day. This is a good habit to make regardless of RFT. Coffee and soda do not count, you must drink water.

If you are dehydrated, you cannot benefit from RFT. The mechanism is not fully understood, but likely concerns resonance and the frequencies syncing with your tissues. Elderly people typically seem to be the most dehydrated. People chronically dehydrated may need more water over several days prior to the therapy.

Do not use RFT if you are pregnant or may become pregnant. Do not use if you have a pacemaker or pump. No problems have ever been observed, so this recommendation is based on prudence rather than negative experience.

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Conclusion

You have learned what resonance is and that it is all around you. It's part of nature, you, and the universe. Resonance can be good, bad, or neutral. RFT protocols use the concept of resonance to energize our body to produce ATP fuel and to allow your body to heal itself. During a therapy session, if your body needs the frequencies, it uses them. If it doesn't need them, it doesn't use them. Exactly how it all works is still not completely understood, but that does not diminish the fact the 100s of thousands of people have used it over the last 30 years. It took centuries to figure out how (maybe) aspirin works. RFT has reduced pain where other therapies have failed. It may well work for you.

RFT uses no drugs or Bozone (41).

Big Pharma has its place, but he is not your friend for learning new approaches in alternative or complementary medicine.

Your doctor may not tell you about RFT, not because he is hiding it from you but just because he is unaware of its existence. The competing financial incentives don't help spread the word either.

RFT has a very promising future. At Resona Health, we are concentrating on the core 30 ailments, but we are adding new therapies all of the time. An amazing amount of work is being done to expand the possibilities. We are striving to conduct clinical trials and will continue to update our website at Resona.Health with this research results. With enough data, we hope to make solid claims supported by the FDA.

Even ***cancer***.

Resonance Frequency Therapy for Insomnia

We are doing miracle work with animals. RFT works on humans and mammals and dogs and cats can't fake it. There is no placebo effect with an animal - they either feel better or they don't.

You can't fake a horse limping for weeks, then is suddenly high tailing it across the field at the end of an RFT session. We will be continuously creating new protocols and devices for people and animals in the years to come.

Our dog Lechien would be proud.



Please visit us at Resona.Health for General Wellness Devices and Services

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