



Anxiety and the Vibe

A Drug-Free Approach to Supporting the Nervous System



Therapy that goes wherever you go

RESONA HEALTH

resona.health

CHAPTER ONE

Understanding Anxiety

Anxiety is one of the most common health challenges today.

Millions of people experience symptoms such as racing thoughts, sleep disruption, muscle tension, irritability, digestive discomfort, and feelings of overwhelm.

Traditional approaches often focus on managing symptoms with medication. While medication can be helpful for some people, many individuals are searching for ways to support their body's natural ability to regulate stress and restore balance.

Emerging research into pulsed electromagnetic field therapy (PEMF) suggests a new way to support the nervous system and help the body recover from prolonged stress.

The Resona Health Vibe was designed to provide a simple, non-invasive way to support nervous system balance, circulation, and inflammation control — three biological systems closely linked to anxiety.

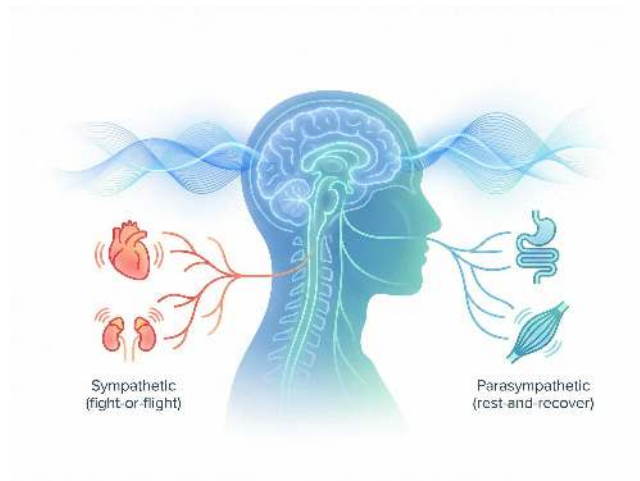


CHAPTER TWO

The Biology Behind Anxiety

Anxiety is not simply a mental experience. It is a physiological state that involves the nervous system, hormones, and inflammatory signaling throughout the body.

When the body enters a stress response, the sympathetic nervous system becomes dominant. This system is often called the **fight-or-flight response**.



During prolonged stress several things can occur:

- Elevated stress hormones such as cortisol
- Reduced heart rate variability
- Increased inflammation
- Disrupted sleep
- Hypersensitive nervous system

Restoring balance requires supporting the body's ability to return to a **parasympathetic state** — the system responsible for relaxation and recovery.

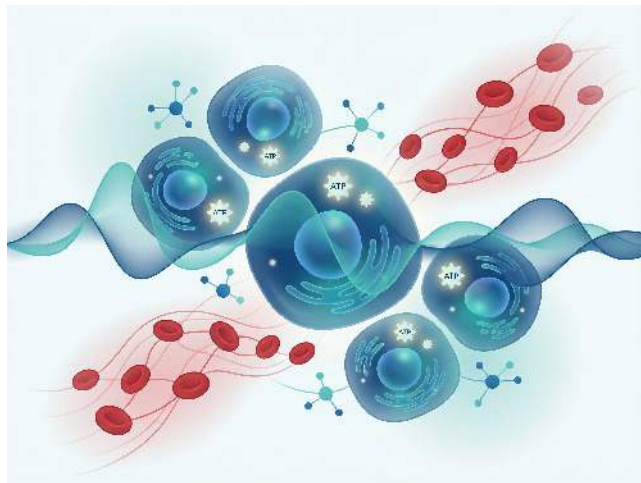
CHAPTER THREE

What is Pulsed Electromagnetic Field Therapy

Pulsed Electromagnetic Field therapy uses low energy electromagnetic signals to support natural biological processes.

Every cell communicates using electrical activity. Stress, inflammation, and injury can disrupt this signaling.

PEMF therapy introduces gentle electromagnetic pulses that interact with the body's electrical systems.



Research suggests PEMF may support:

- Improved circulation
- Cellular ATP energy production
- Oxygen delivery
- Balanced inflammatory signaling

These effects help create conditions where the nervous system can regulate stress more effectively.

CHAPTER FOUR

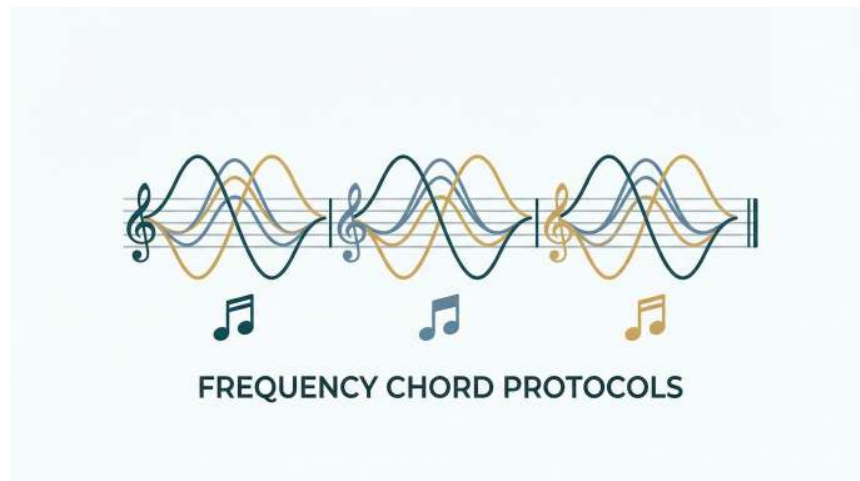
How Vibe Protocols Work

Many PEMF devices use a single frequency or a simple frequency sweep.

The Resona Health Vibe works differently.

The Vibe uses carefully designed sequences of frequency pairs.

Think of each frequency pair as a **chord on a guitar**. Music is created when many chords are played in sequence. Vibe protocols work the same way. Each protocol is like a song composed of many frequency chords.



A single protocol may contain 20 to 50 different frequency pairs delivered in a specific sequence over time.

Each protocol is unique and designed for a specific purpose.

CHAPTER FIVE

Protocols That Support Anxiety

Protocols often used for anxiety support include:

Anxiety Protocol

Supports calming of nervous system activity.

Relax Protocol

Encourages deeper relaxation and recovery.

Vagus Protocol

Supports parasympathetic nervous system balance.

General Inflammation Protocol

Helps address inflammatory processes associated with chronic stress.



CHAPTER SIX

Using the Vibe

The Vibe is designed to be simple to use.

Because PEMF fields naturally travel through the body, the device does not need to be placed on a specific location.

Common ways people use the device include:

- ▶ Placing it in a pocket
- ▶ Wearing it around the neck with a lanyard
- ▶ Placing it in a bra

Once the protocol is selected, the device automatically runs the complete session.

Sessions typically last between **30 minutes and 2½ hours** depending on the protocol.



CHAPTER SEVEN

Restoring Balance

Anxiety often reflects a nervous system that has remained in a prolonged stress state.

Technologies such as PEMF offer a way to support the body's natural regulatory systems rather than simply masking symptoms.

By supporting circulation, cellular communication, and nervous system balance, PEMF may help the body return to a more stable physiological state.



[Learn More](#)resona.health