



Pain and the Vibe

A Drug-Free Approach to Supporting Pain Relief and Recovery



Therapy that goes wherever you go

RESONA HEALTH

resona.health

CHAPTER ONE

Understanding Pain

Pain is one of the most common health challenges people experience.

It can affect daily activities, sleep, mobility, and overall quality of life. Pain may appear suddenly after injury or develop gradually through chronic conditions such as arthritis, inflammation, or repetitive strain.

Common types of pain include:

- Back pain
- Neck pain
- Joint pain
- Muscle tension
- Inflammation-related discomfort

Many treatments focus on medications that temporarily mask symptoms. However, many people are searching for ways to support the body's natural recovery systems.

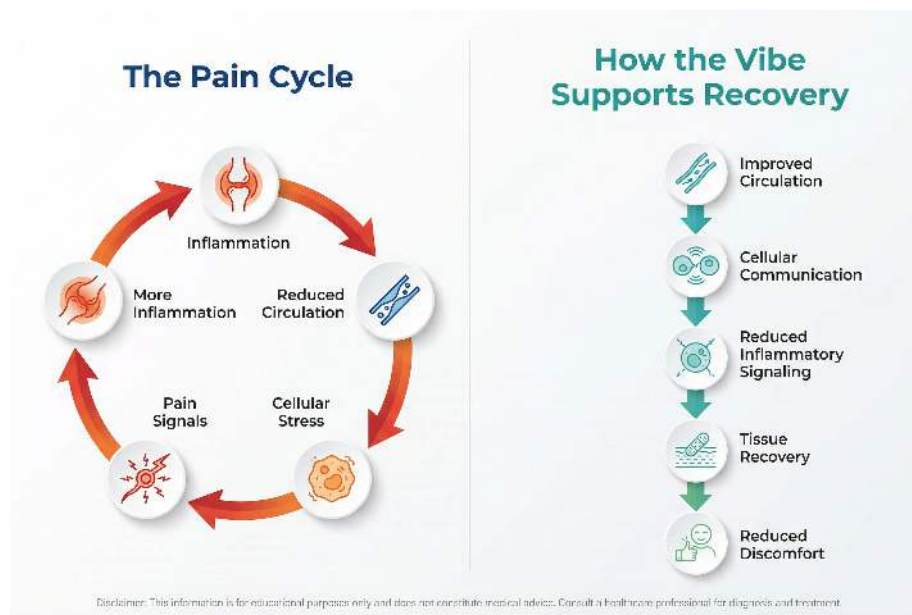
Supporting circulation, reducing inflammation, and improving cellular communication are key components of recovery.

CHAPTER TWO

The Biology of Pain

Pain is often a signal that something in the body needs attention. Several biological processes can contribute to pain including inflammation, muscle tension, nerve irritation, reduced circulation, and tissue stress or injury.

Inflammation is one of the most common drivers of chronic discomfort. When tissues become inflamed, chemical signals activate pain receptors that alert the nervous system.



Healthy circulation is also important because it delivers oxygen and nutrients that support tissue repair. When these systems are disrupted, pain signals may persist longer than necessary.

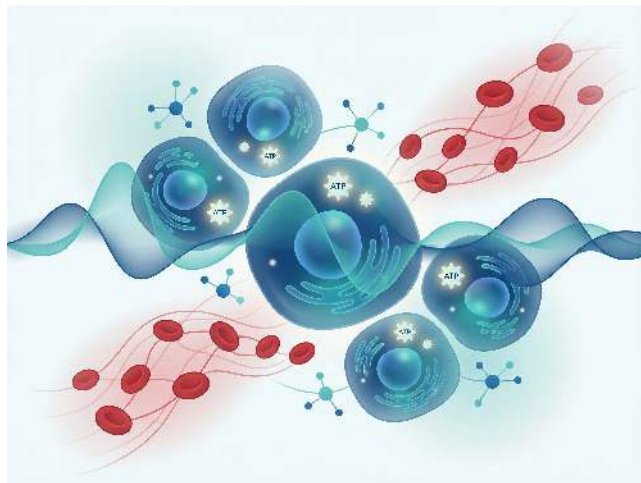
CHAPTER THREE

What is Pulsed Electromagnetic Field Therapy

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

Every cell in the body communicates through electrical activity. When tissues are stressed, inflamed, or injured, this cellular communication can become disrupted.

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



Research suggests PEMF may support:

- Circulation
- Cellular ATP energy production
- Oxygen delivery
- Balanced inflammatory signaling

These effects help create conditions that support recovery.

CHAPTER FOUR

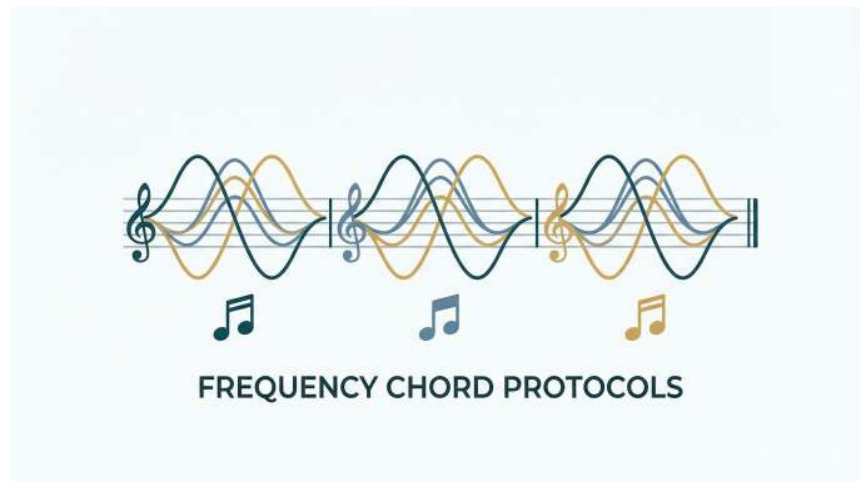
How Vibe Protocols Work

Many PEMF devices operate using a single frequency or a simple frequency sweep.

The Resona Health Vibe works differently.

The Vibe uses proprietary therapeutic protocols built from sequences of frequency pairs.

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



Each protocol contains approximately 20 to 50 frequency pairs delivered in a structured sequence.

All Vibe frequencies operate within a low-energy range between 1 and 1000 Hertz. Protocols typically run between 30 minutes and 2½ hours depending on the selected program.

CHAPTER FIVE

Protocols That Support Pain

Resona Health often recommends a combination of protocols to support recovery from pain. This approach addresses several biological systems involved in discomfort.

General Inflammation Protocol

Supports the body's response to inflammation, a major contributor to many types of pain.

Back Pain Protocol

Supports tissues commonly involved in lower and upper back discomfort.

Neck Pain Protocol

Supports areas affected by posture strain, muscle tension, and nerve irritation.

Arthritis Protocol

Supports joint health and helps address inflammation associated with arthritic discomfort.



CHAPTER SIX

Using the Vibe

The Vibe is designed to be simple to use.

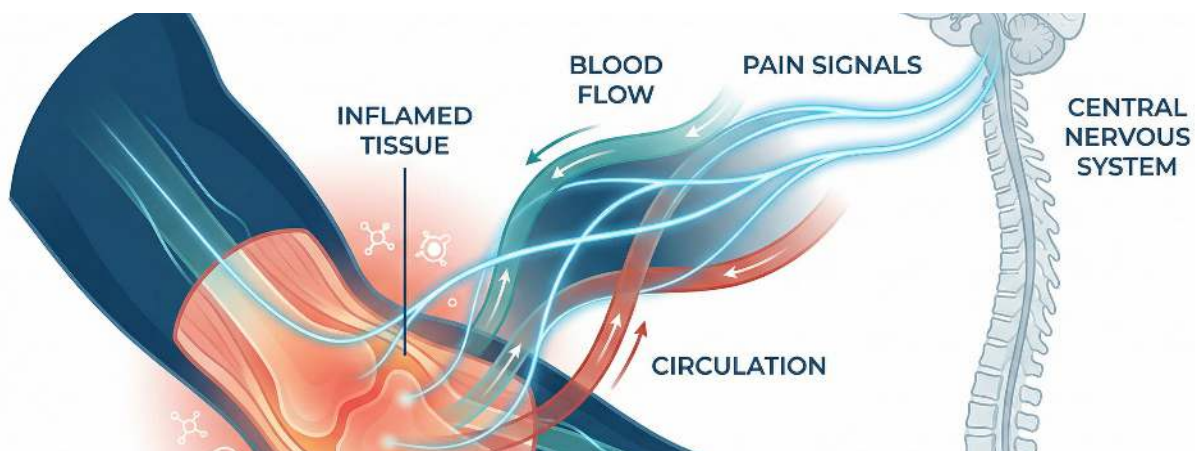
Because PEMF fields naturally travel through the body, the device does not need to be placed on a specific location.

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 a 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

Supporting Recovery

Pain is often the body's way of signaling that tissues need support and recovery.

Technologies such as PEMF offer a way to support natural biological systems rather than simply masking discomfort.

By supporting circulation, cellular communication, and balanced inflammatory signaling, the Resona Health Vibe provides a simple approach to supporting recovery from pain.

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