



BlueVibe and the Brain

A Breakthrough in Dual 40Hz PEMF + Blue Light
Therapy for Cognitive Wellness



"Reconnect with Your Mind"

100% of Study Participants Showed Cognitive Improvement

99.99% Statistical Confidence | Validated by PROMIS Assessment

Resona Health

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1. Understanding Cognitive Decline



Cognitive decline is one of the most common and concerning aspects of aging. As we grow older, many people experience gradual changes in memory, focus, mental clarity, and processing speed. While some degree of cognitive change is a normal part of aging, for millions of Americans, these changes go beyond the occasional forgotten name or misplaced key — they begin to affect daily life, independence, and quality of living.

The Scope of the Problem

Cognitive decline is a significant public health concern that affects a substantial portion of the aging population. The statistics paint a sobering picture of the challenge facing older adults and their families across the United States and around the world.

Group	Prevalence
U.S. Adults 65+ with any cognitive impairment	~33% (~1 in 3)
U.S. Adults 65+ with dementia	10% (~7.2 million)
U.S. Adults 65+ with Mild Cognitive Impairment	10–20%
Global MCI prevalence (adults 50+)	15.56%
Lifetime risk of dementia after age 55	42%

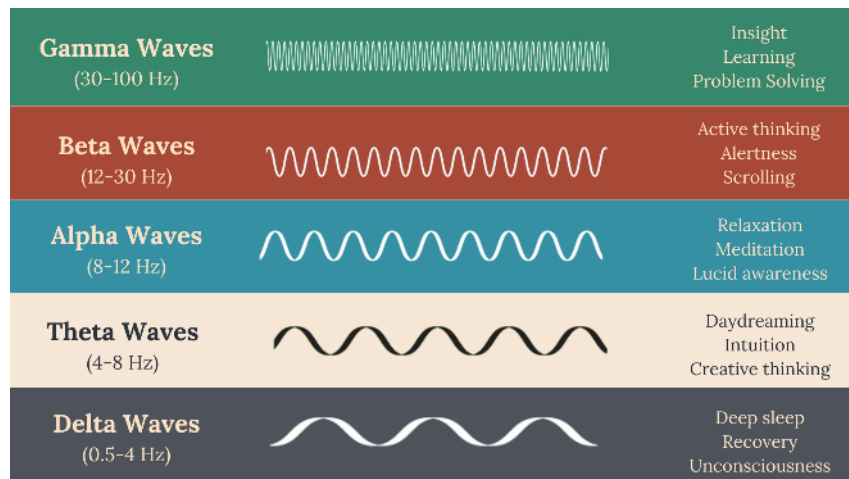
The Impact on Daily Life

The symptoms of cognitive decline extend far beyond simple forgetfulness. Individuals may experience difficulty finding the right words during conversation, confusion or disorientation in familiar settings, shortened attention spans, mood swings, anxiety, sleep disturbances, and social withdrawal. These symptoms can erode confidence, strain relationships, and diminish the sense of independence that is so

vital to quality of life.

Traditional approaches to cognitive decline often rely on pharmaceutical interventions, which can carry significant side effects including nausea, dizziness, loss of appetite, and fatigue. Furthermore, many existing treatments focus on managing symptoms rather than supporting the brain's natural capacity for healthy function. The search for safe, effective, non-pharmaceutical approaches has led to exciting new discoveries in the field of neuroscience — including the remarkable potential of 40Hz stimulation.

2. The Science of 40Hz Stimulation



The human brain operates through electrical activity organized into distinct frequency bands known as brainwaves. Each type of brainwave is associated with different states of consciousness and cognitive function. Among these, **gamma waves** — oscillating at approximately 30 to 100 Hz — are of particular interest to researchers studying cognition, memory, and mental clarity.

Brainwave	Frequency	Associated State
Gamma	30–100 Hz	Higher cognition, focus, memory, insight
Beta	12–30 Hz	Active thinking, alertness, problem-solving
Alpha	8–12 Hz	Relaxation, meditation, calm awareness
Theta	4–8 Hz	Daydreaming, intuition, light sleep
Delta	0.5–4 Hz	Deep sleep, recovery, unconsciousness

The MIT Breakthrough

In 2016, a landmark study from MIT's Picower Institute for Learning and Memory, led by Professor Li-Huei Tsai, made a groundbreaking discovery. The research team found that exposing mice to light flickering at precisely **40 Hz** — the center of the gamma frequency band — could stimulate the brain's natural gamma oscillations. Remarkably, this non-invasive stimulation was shown to reduce amyloid plaques, a hallmark of Alzheimer's disease, after just one week of daily one-hour sessions.

Since that initial discovery, a decade of follow-up research has expanded the evidence base dramatically. A 2024 study published in *Nature* demonstrated that multisensory 40Hz stimulation promotes glymphatic clearance — the brain's natural waste-disposal system — and has been cited by nearly 300 subsequent studies. Clinical trials in human subjects have confirmed improvements in cognition, prevention of brain atrophy, and increased functional connectivity.

"Light flickering and sound clicking at the gamma brain rhythm frequency of 40 Hz can reduce Alzheimer's disease progression and treat symptoms."

— MIT News / Science Daily, 2024

A Growing Body of Evidence

The MIT discovery ignited a wave of research that has continued to build momentum. In 2019, Martorell et al. published a landmark study in *Cell* demonstrating that **combined auditory and visual 40Hz stimulation** ameliorates Alzheimer's-associated pathology and improves cognition in mouse models. That same year, Adaikkan et al. showed in *Neuron* that gamma entrainment binds higher-order brain regions and offers broad neuroprotection — suggesting the benefits extend well beyond the areas directly stimulated. A human clinical trial (ClinicalTrials.gov NCT03657745) has been investigating 40Hz stimulation in Alzheimer's patients, and a 2024 study published in *Nature Scientific Reports* confirmed that 40Hz light preserves synaptic plasticity and mitochondrial function — two processes critical for maintaining cognitive health as we age.

Why 40Hz Matters for Cognitive Health

Research suggests that rhythmic 40Hz stimulation may support multiple aspects of brain health and cognitive performance. The frequency is associated with healthy gamma brainwave activity, which plays a critical role in focus, attention, and mental clarity. It supports working memory — the ability to hold and manipulate information in real time — and promotes neural coordination and cellular metabolic activity. These are precisely the functions that tend to diminish with age, making 40Hz stimulation a particularly promising avenue for cognitive wellness support.

3. The Science of PEMF Therapy

Pulsed Electromagnetic Field (PEMF) therapy is a non-invasive treatment that uses magnetic fields to stimulate the body's natural healing processes. It is not a new technology — with roots tracing back to the pioneering work of Nikola Tesla — but recent advancements have made it more accessible and affordable than ever before. PEMF devices generate low-frequency electromagnetic pulses that penetrate deep into the body, reaching the cellular level. There are now over 30,000 published papers on PEMF, and a search on PubMed returns over 600 peer-reviewed studies documenting its benefits.

How PEMF Works at the Cellular Level

The human body is a complex system of cells, each with its own electrical charge. When cells are damaged or stressed, they can lose their electrical balance, leading to inflammation, reduced energy production, and diminished function. PEMF therapy works by restoring this balance. The magnetic pulses induce a small electrical current in the cells, which helps to improve circulation, reduce inflammation, and promote the production of ATP (adenosine triphosphate), the body's primary energy source. This cellular rejuvenation can lead to a wide range of health benefits, from pain relief to improved mental clarity.

"The frequencies resonate with the water in your body to transfer the energy to the cells. It recharges your cell's batteries and massages the cell's membrane. The magnetic field transfers energy to the cell and the frequencies tell the cell what to do with it."

— Resona Health

The Role of Resonance

Think of it like tuning a radio. When you tune your radio to 103.5 FM, you hear that station and only that station because your receiving antenna is resonating perfectly with the transmission antenna back at the station. Your body and its cells react similarly. There are specific frequencies for different tissues and for different conditions. This principle of resonance is the key to how frequency therapies work — and it is the foundation upon which BlueVibe was designed.

Naturally occurring magnetic fields are all around us. All living and non-living things on Earth are engulfed in the planet's magnetic field. The Earth creates continuous low-energy magnetic frequencies similar to those generated by the BlueVibe device, which is why these low-energy frequencies are proven safe for use.

4. BlueVibe: A Breakthrough in Wearable Technology



BlueVibe, from Resona Health, is a revolutionary wearable wellness device that represents the next evolution in cognitive support technology. It is the **first and only wearable device to combine 40Hz PEMF with 40Hz flickering blue light** — two scientifically studied modalities working in perfect synchronization to support brain health, mental clarity, and emotional balance.

From Rocket Science to Cognitive Wellness



BlueVibe was developed by Mark L. Fox, a former NASA Space Shuttle Chief Engineer who spent years perfecting rocket systems before a personal experience changed the trajectory of his career. After witnessing the transformative effects of PEMF therapy, he dedicated his life to making this technology accessible to everyone. Fox recognized that by combining cutting-edge frequency science with modern wearable design, he could create a device that brings the benefits of clinical-grade therapy into the comfort of everyday life.

"I've been studying frequency therapies for about 30 years now. There's something real here. There's something like 30,000 papers that have been published now. PEMF is real. So I knew

there had to be a better way to design an affordable device that everyone could have access to."

— Mark L. Fox, Founder of Resona Health

How BlueVibe Works

40Hz PEMF

BlueVibe emits low-intensity pulsed electromagnetic fields tuned to 40Hz. PEMF interacts with the body's natural electrical environment, helping to restore electromagnetic balance, increase cellular energy, and improve circulation — all of which support optimal brain function.

40Hz Flickering Blue Light

BlueVibe also delivers flickering blue LED light at 40Hz through **direct skin contact**. The LEDs must have a clear line of sight to the skin — much like sunlight, the energy cannot transfer through clothing. This is a form of **photobiomodulation (PBM)**, a well-established therapeutic mechanism in which light energy is absorbed directly by cells in the skin. The light interacts with mitochondria — the energy centers of every cell — stimulating the production of ATP (adenosine triphosphate) and enhancing cellular metabolism. This transdermal energy transfer provides a second, complementary pathway for delivering 40Hz stimulation to the body, working in synchronization with the PEMF field to amplify the overall cognitive support effect.

Meridian-Based Placement

BlueVibe is designed to be worn at specific acupuncture meridian points — locations that have been used for thousands of years in Traditional Chinese Medicine (TCM) and are now supported by modern neuroscience research. By placing the device where PEMF can penetrate close to the body and blue light can make direct contact with the skin, BlueVibe aligns ancient energetic wisdom with cutting-edge frequency science. Together, these three modalities — 40Hz PEMF, 40Hz blue light photobiomodulation, and meridian-based placement — offer a synergistic approach to cognitive wellness that is greater than the sum of its parts.

5. The Science of Meridian-Based Placement

BlueVibe's placement locations are not arbitrary. They are based on specific acupuncture meridian points that have been validated by both thousands of years of clinical practice in Traditional Chinese Medicine and, increasingly, by modern neuroscience using fMRI brain imaging and controlled clinical trials. The inside of the wrist and the base of the skull were selected because they offer the most effective and convenient locations for transferring both PEMF and blue light energy to the body and brain — without requiring placement on the head, which can be intimidating to users.

In Traditional Chinese Medicine, meridians are pathways through which vital energy (qi) flows throughout the body. Specific points along these meridians — known as acupoints — serve as gateways where energy can be most effectively introduced or regulated. Modern neuroscience has validated many of these points using functional MRI (fMRI), demonstrating that stimulation at these locations produces measurable changes in brain activation, cerebral blood flow, and autonomic nervous system regulation.

Inside of the Wrist

The inside of the wrist is home to key meridian points along the Heart and Pericardium channels — pathways that Traditional Chinese Medicine has associated with mental clarity, emotional calm, and cognitive vitality for centuries. This location also provides direct access to the **radial and ulnar arteries**, which supply a direct circulatory pathway to the brain.

Modern fMRI research has confirmed that stimulation at these wrist meridian points significantly increases activation in the **orbitofrontal cortex** and **dorsolateral prefrontal cortex** — brain regions critical for decision-making, working memory, and cognitive control (Kwon et al., *Neural Regeneration Research*, 2022). A 2020 randomized controlled trial published in *Medicine* demonstrated that magnetic stimulation at the wrist improves cognitive function (Yuan et al., 2020). Additional fMRI studies have shown that wrist meridian stimulation selectively activates the **insula** — a brain region involved in cognitive processing, emotional awareness, and autonomic regulation (Bai et al., *Journal of Magnetic Resonance Imaging*, 2010, cited by 120). Further research confirms calming, tranquilizing, and autonomic nervous system regulation effects (Li et al., *PMC*, 2022; Son, *PMC*, 2019).

The wrist location is non-intimidating — worn like a watch — and allows both PEMF penetration and direct blue light contact with the skin, making it an ideal everyday placement for cognitive support.

Back of the Neck (Base of Skull)

The base of the skull is one of the most neurologically significant locations on the body. It provides the closest non-cranial access to the **brainstem**, the **vagus nerve**, and the flow of **cerebrospinal fluid (CSF)** — all of which play critical roles in brain health and cognitive function. In Traditional Chinese Medicine, this region sits at the intersection of the Governing Vessel and Bladder meridians — channels that directly influence the brain, spinal cord, and nervous system.

Modern research has demonstrated that stimulation at the base of the skull **increases cerebral blood flow** (Jin et al., *Frontiers in Neuroscience*, 2023, cited by 26), promotes **hippocampal neurogenesis** — the growth of new brain cells in the memory center of the brain (2025), and **inhibits the buildup of amyloid-beta (Aβ)** — the protein plaques associated with Alzheimer's disease (Zhang et al., *Chinese Medicine*, 2023, cited by 25). Studies have also shown that stimulation at this location **reduces brain**

microglia activation following neurological injury (Shujun et al., 2020) and **improves brain function** when combined with other meridian-based approaches (Yin et al., *Anatomical Record*, 2021, cited by 23). The base of the skull is a core component of acupoint protocols used in treating Alzheimer's disease and cognitive impairment in published clinical research (Chaochao, 2018, cited by 38; Li et al., *Journal of Alzheimer's Disease*, 2024).

Placement	Proximity to Brain	Key Pathways Accessed	Ease of Wear
Inside of Wrist	Medium (via arterial circulation)	Heart & Pericardium meridians; radial/ulnar arteries	High (watch-style)
Back of Neck	High (direct cranial access)	Governing Vessel & Bladder meridians; brainstem; vagus nerve; CSF flow	Medium (comfort strap)

Both locations allow the PEMF field to penetrate close to the body and the blue LEDs to make direct contact with the skin — the two requirements for effective energy transfer. Together, these placements ensure that BlueVibe's dual 40Hz stimulation reaches the brain through multiple complementary pathways: arterial circulation, neural signaling, cerebrospinal fluid flow, and meridian energy channels.

"Acupoint combinations including the wrist and base of skull are suggested to enhance cognitive function in Alzheimer's disease."

— Li et al., *Journal of Alzheimer's Disease*, 2024

Features of BlueVibe

Feature	Description
Dual Technology	Combines 40Hz PEMF and 40Hz blue LED light in a single wearable device — a world first.
Direct Skin Contact	Blue LEDs require clear line of sight to skin for photobiomodulation. PEMF penetrates close to body.
Lightweight	Weighs under two ounces — comfortable and discreet for all-day wear.
Simple Operation	One-button operation. No apps, no wires, no complicated setup.
Rechargeable	Battery lasts approximately 5 hours per charge. Full charge in about 2 hours.
Drug-Free	Non-invasive, no prescriptions, no doctor visits required. A completely natural approach.
Auto Shutoff	Automatically turns off after 1-hour sessions. Use multiple sessions as desired.
FDA Classification	Classified as an FDA low-risk general wellness device, confirming its safety for consumer use.

6. Clinical Evidence: The 100% Success Rate

The effectiveness of BlueVibe in supporting cognitive function is not just theoretical — it is backed by compelling real-world data. Resona Health conducted a rigorous six-week study that produced extraordinary results, demonstrating the remarkable consistency and reliability of the BlueVibe protocol.

100%

Success Rate

99.99%

Confidence Level

p = 0.0002

Statistical Significance

The Study Design

The BlueVibe Cognitive Function Study was a six-week research project evaluating how synchronized 40Hz PEMF and 40Hz blue light stimulation may support cognitive performance, clarity, and overall mental function. Participants, aged 55 to 79, were instructed to use the BlueVibe device for an average of one hour per day, wearing it on the back of the neck using the included comfort strap. Participants were required to use the device 3–4 times per week, with daily use encouraged.

The PROMIS Assessment

Participants' cognitive function was measured before and after the study using the **PROMIS Cognitive Function Survey (v2.0)**, a standardized assessment tool developed and distributed by the National Institutes of Health (NIH). The PROMIS system is one of the most widely validated patient-reported outcomes measures in clinical research. The survey includes statements such as "I have had trouble concentrating," "My thinking has been foggy," and "I have had trouble remembering new information," each scored on a 5-point scale from "Never" to "Very Often."

The Results

The results of the study were nothing short of remarkable:

- **Universal Improvement:** 100% of participants showed measurable improvement in cognitive function. Zero participants experienced a decline.
- **Significant Score Elevation:** Representative participants saw score increases as high as 63 points on the 160-point scale.
- **Statistical Confidence:** The data yielded a statistical confidence level exceeding 99.99% ($p = 0.0002$), indicating the results were a direct result of the protocol rather than random chance.
- **No Adverse Effects:** No adverse effects or side effects were reported. The treatment was well tolerated by all participants.

"The consistency we saw in this study is remarkable. It's one thing to have a few 'super-responders,' but to see every single participant in the analysis report measurable improvement positions BlueVibe as a uniquely reliable tool in the cognitive wellness space."

Beyond the Numbers

While the statistical data is compelling, the real story lies in the lived experiences of the participants. Beyond the measurable score improvements, participants reported tangible "real-world" benefits including improved sleep quality, enhanced concentration, a greater sense of mental sharpness, "a peaceful feeling," "brightened mood," and the ability to achieve better sleep without medication. These qualitative outcomes reinforce the quantitative data and paint a picture of a technology with genuine, meaningful impact on daily life.

7. How to Use BlueVibe

BlueVibe is designed for simplicity and ease of use. Getting started is straightforward, and the device requires no technical knowledge to operate. Here is a step-by-step guide to using BlueVibe for cognitive wellness support:

Step 1: Charge Your Device. Plug in your BlueVibe and let it charge for about 2 hours on first use. The button blinks red while charging and turns solid red when fully charged.

Step 2: Power It On. Press the power button once. A white light means the device is on and active.

Step 3: Optional — Verify the Field. Use the magnetic field tester on the back to confirm the device is active.

Step 4: Wear It. Place BlueVibe on the inside of your wrist or the back of your neck — two ideal spots for nervous system connection. Use the included adjustable comfort strap for secure, hands-free wear.

Step 5: Relax and Let It Work. Start with one 1-hour session per day. The device automatically turns off after 1 hour. You can use it more often if desired — as much as you want throughout the day.

Recommended Schedule

Parameter	Recommendation
Frequency	3–4 times per week (daily use encouraged)
Duration	6 weeks (initial period)
Session Length	1 hour (auto shutoff)
Placement	Inside of wrist or back of neck
Ongoing Use	Continue daily for long-term cognitive support

What's Included

- BlueVibe wearable device
- Adjustable wearable band
- USB charging cable
- Quick start guide
- One-year limited warranty

BlueVibe works silently in the background while you go about your daily activities — reading, relaxing, watching TV, doing puzzles, or simply resting. The energy level is gentle and non-intrusive, designed to work at the cellular level. Most users report not feeling anything during the session except the results.

8. What People Are Saying

BlueVibe has already made a meaningful difference in the lives of many people. Here are some of their experiences, in their own words:

"I've been using it daily for the past week and have already noticed positive effects, particularly with mental clarity and a reduction in brain fog. I'm feeling very hopeful about how continued use may support my brain health and memory over time. Overall, I've been extremely pleased with my experience and continue to be very happy with all of the Resona Health products I've used so far."

— AnneMarie W.

"The improvements in my focus and concentration have been noticeable. I feel sharper during conversations and find it easier to stay on task throughout the day. It's been a welcome change."

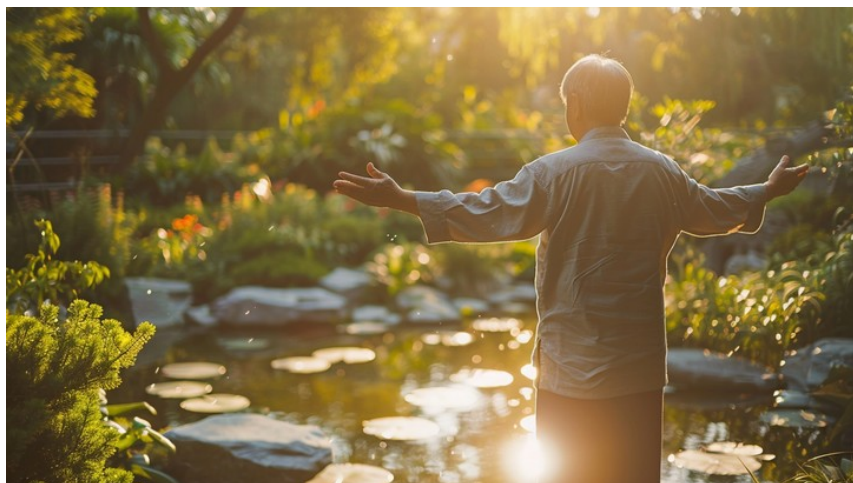
— Study Participant

"I noticed a peaceful feeling after using BlueVibe. My mood has brightened, and I'm sleeping better without medication. The mental clarity is something I haven't experienced in years."

— Study Participant

"My memory and word recall have improved noticeably. I no longer struggle as much to find the right words during conversation. It's given me back a sense of confidence I thought I had lost."

— Study Participant



9. Conclusion



BlueVibe from Resona Health represents a paradigm shift in cognitive wellness support. By harnessing the power of dual 40Hz PEMF and blue light therapy in a lightweight, wearable, and easy-to-use device, it empowers individuals to take an active role in supporting their brain health — without drugs, without doctor visits, and without the limitations of traditional approaches.

The compelling clinical evidence speaks for itself: a 100% success rate among study participants aged 55 to 79, a statistical confidence level of 99.99% ($p = 0.0002$), and zero adverse side effects. Coupled with the heartfelt testimonials of those who have experienced its benefits, the data paints a clear picture of a technology with the potential to change lives.

Inspired by MIT's groundbreaking research on 40Hz gamma stimulation and built upon decades of PEMF science, BlueVibe is the first and only wearable device to combine these two powerful modalities. It is designed for the millions of older adults who want to stay mentally sharp, maintain their independence, and enjoy a higher quality of life as they age.

The future of cognitive wellness is wearable — and it's here.

All Resona Health products are FDA general wellness devices. Resona Health does NOT treat, diagnose, prevent, or cure any disease, nor does it make any claims in this manner. This booklet is for informational purposes only and is not intended as medical advice. Please consult with a qualified healthcare professional before beginning any new therapy.

BlueVibe is a general wellness device designed to support cognitive clarity, focus, mood, and memory-related symptoms through consistent, rhythmic stimulation. Individual results may vary. The statements made in this booklet have not been evaluated by the Food and Drug Administration.

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