



RESONA HEALTH

PTSD and the Vibe

A Breakthrough in Drug-Free PEMF Therapy for People



"Therapy that goes wherever you go"

Featuring a Public Service Announcement by Samuel L. Jackson

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1. Understanding PTSD



Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can develop after a person is exposed to a traumatic event, such as combat, a natural disaster, a car accident, or sexual assault. While it is normal to experience a range of emotions after a traumatic event, for some people, these feelings do not go away on their own and can even worsen over time, leading to a diagnosis of PTSD. Symptoms can include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event.

The Scope of the Problem

PTSD is a significant public health concern. In the United States alone, it is estimated that about 5 out of every 100 adults (or 5%) has PTSD in any given year, which equated to about 13 million Americans in 2020. The prevalence is even higher among certain populations, such as military veterans. For instance, in fiscal year 2024, about 14% of male veterans and 24% of female veterans served by the VA were diagnosed with PTSD. These statistics highlight the urgent need for effective and accessible treatment options.

Group	PTSD Prevalence
U.S. Adults (annual)	5% (~13 million)
U.S. Veterans (lifetime)	7%
Male Veterans (FY 2024)	14%
Female Veterans (FY 2024)	24%

Traditional Treatments and Their Limitations

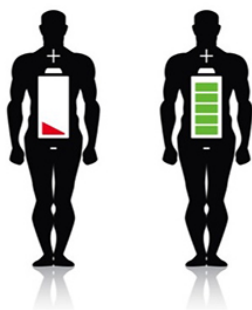
The most common treatments for PTSD are psychotherapy (talk therapy), medication, or a combination of both. Cognitive Behavioral Therapy (CBT), including Cognitive Processing Therapy (CPT), Eye Movement Desensitization and Reprocessing (EMDR), and Prolonged Exposure (PE), are among the therapies recommended by the American Psychological Association. However, these treatments do not work for everyone. Some individuals may not respond to therapy, while others may experience undesirable side effects from medication, including nausea, weight gain, or sexual dysfunction. Furthermore, access to qualified therapists can be limited, especially in rural areas, and the cost of ongoing treatment can be prohibitive for many.

The search for alternative and complementary therapies has led to promising new approaches, including the use of Pulsed Electromagnetic Field (PEMF) therapy. Unlike traditional treatments, PEMF therapy is non-invasive, drug-free, and can be administered in the comfort of one's own home.

2. The Science of PEMF Therapy

All life is energy

... and all energy is electromagnetic.



- The cells in the body require electricity.
- When the cells drop their electrical charge to a certain level, they become sick.
- The first sign of illness is usually pain.
- Chronic Disease & Pain is always defined by low electrical charge.
- The body can heal almost anything with proper nutrients and electrical charge.

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, pain, and other symptoms. 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

		GAMMA Intense Concentration and Learning
		BETA Problem-solving and Engaging
		ALPHA Relaxating and Recharging
		THETA Dreaming, "Auto-Pilot" States, Learning
		DELTA Deep, Dreamless Sleep

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 (back, elbow, liver, knee, etc.) and for what is wrong with them (nerve damage, muscle soreness, inflammation, etc.). This principle of resonance is the key to how frequency therapies work.

The Importance of Hydration

Hydration plays a critical role in the effectiveness of PEMF therapy. The frequencies resonate with the water in the body to transfer energy to the cells, so it is essential to be properly hydrated before a therapy session. This means consuming at least a liter (or four glasses) of water in the four hours preceding therapy. Regardless of PEMF therapy, drinking 3-4 liters of water per day is recommended for general health, and most people are not properly hydrated.

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 Vibe device, which is why these low-energy frequencies are proven safe for use.

3. The Vibe: A Breakthrough in PEMF Technology



The Vibe, from Resona Health, is a revolutionary PEMF device that is changing the way people think about wellness. Developed by former NASA Space Shuttle Chief Engineer Mark L. Fox, the Vibe is a pocket-sized powerhouse that delivers the benefits of PEMF therapy in a convenient and affordable package. It is the world's first and only "pocket" PEMF device.

From Rocket Science to Resonant Healing



Mark L. Fox spent years perfecting rocket systems for NASA's Space Shuttle program before a personal experience changed the trajectory of his career. After witnessing the transformative effects of PEMF therapy — first on his own dog, and then on veterans suffering from PTSD — he dedicated his life to making this technology accessible to everyone.

"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. What got me really excited was looking at the great success they were having with PTSD and trauma, but at the time, it was being held hostage in a clinical environment with expensive machines and a doctor's office, and it usually wasn't covered by insurance. So most people couldn't afford it or get access to the therapy. So I knew there had to be a better way to design an affordable, pocket-sized device that everyone could have access to."

— Mark L. Fox, Founder of Resona Health

Fox recognized that he could modify common consumer electronic devices — namely Bluetooth speakers and MP3 players — to generate pulsed electromagnetic frequencies. Though the strength of the PEMF waves would be lower than the expensive, high-powered machines found in clinical settings, the actual PEMF waveforms would be identical. Research has shown that higher-strength fields are not necessary for relief.

Features of the Vibe



Feature	Description
Portability	About half the size of a cell phone, weighs only 2 ounces. Wear it around your neck with a lanyard or slip it in your pocket.
Ease of Use	Simple to operate with pre-programmed protocols. Just select, press play, and go about your day.
Drug-Free	No drugs, no prescriptions, no doctor visits required. A completely natural approach to wellness.
FDA Classification	Classified as an FDA low-risk general wellness device, confirming its safety for consumer use.
60+ Protocols	Over 60 core protocols plus 70 Brain Wave Expansion Protocols for conditions including PTSD, anxiety, depression, pain, and more.
No Subscriptions	One-time purchase with no recurring fees, no monthly subscriptions, and no hidden costs.
People & Pets	Safe for use on both people and animals, including dogs, cats, and horses.

4. Clinical Evidence: The 98% Success Rate

The effectiveness of the Vibe in reducing the symptoms of PTSD is not just anecdotal — it is backed by compelling clinical data. Resona Health has conducted an ongoing research study that has produced extraordinary results, now confirmed by over 500 participants.

98% Success Rate (Updated 2025)	500+ Participants Confirming Results	0.000007 P-Value (Statistically Significant)
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The Study Design

In this at-home 30-day study, participants were instructed to run the PTSD protocol on average 3-4 times a week for 30 days. They were also instructed to consume a liter of water in the preceding 4 hours before therapy. The participant simply ran the protocol on the device and wore it around their neck with a lanyard while going about their daily activities — watching TV, driving, sitting at the computer, cooking, or reading.

The PCL-5 Assessment

Participants' symptoms were measured before and after the study using the PCL-5 (PTSD Checklist for DSM-5), the same assessment tool used by the Veterans Administration (VA) for testing the effectiveness of various interventions. The PCL-5 is a 20-question survey with each question having an answer from 0 to 4. The higher the score, the more likely that person is suffering from PTSD. With 20 questions and the highest answer being a 4, the highest possible score is 80.

The VA has determined that if someone scores 31-33 or higher, it is likely they are suffering from PTSD. The VA has also concluded that any score reduction greater than 11 points, as a result of an intervention or therapy, is considered both clinically and statistically significant.

The Results

The results of the study were nothing short of remarkable:

- **92%** of participants saw a reduction in their PCL-5 scores after 30 days.
- **66%** of participants had a score reduction of more than 11 points, which is considered both clinically and statistically significant by the VA.
- The P-value was **0.000007** — anything less than 0.05 is considered statistically significant. In other words, there is a **99.99999%** chance that the improvement in scores was NOT due to chance alone.

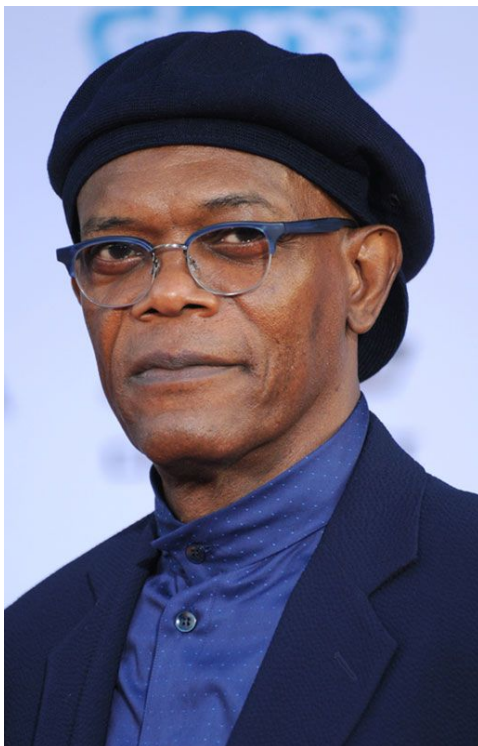
- No adverse effects or side effects were reported. The treatment was well tolerated by all participants.

Statistical Analysis (t-Test: Paired Two Sample for Means)

Statistic	Pre-Treatment	Post-Treatment
Mean PCL-5 Score	54.57	30.48
Variance	214.36	401.46
Observations	21	21
t Stat	5.683	
P(T<=t) one-tail	0.0000073	
Pearson Correlation	0.406	

As customers continued to submit their data, the success rate climbed to **98%**. As of July 2025, Resona Health has over 500 participants confirming this extraordinary 98% success rate. These results demonstrate the profound impact that the Vibe can have on the lives of individuals suffering from PTSD — achieved entirely without the use of drugs or invasive procedures.

5. A Word from Samuel L. Jackson



The profound impact of the Vibe has not gone unnoticed. In a powerful free public service announcement, acclaimed actor Samuel L. Jackson lent his voice to spread awareness about this groundbreaking technology. The breakthrough is so significant in the world of AI in 2026 that many people initially believed the PSA was created with artificial intelligence — but it is entirely real.

I am Sammy Lil Jackson, and this is Breakthroughs.

For millions affected by PTSD and trauma finding relief can feel impossible, but one innovative approach to dealing with those conditions is a new, powerful tool. The Vibe PEMF device — a revolutionary therapy in the palm of your hand, backed by pilot studies.

The Vibe device uses pulsed electromagnetic field, or PEMF as it's called, technology to target symptoms associated with PTSD and trauma. Low frequency electromagnetic waves work at the cellular level, promoting healing, reducing inflammation, and helping to restore a sense of calm.

Affordable and portable, this pocket-sized therapy is designed for life on the go, empowering users to manage their symptoms anytime, anywhere.

Aerospace engineer Mark L. Fox has pioneered this technology with a mission to make advanced therapy accessible for everyone. The Vibe PEMF is safe, easy to use, and requires no drugs — empowering individuals to take control of their wellness naturally.

The Vibe device is compact, discreet, and designed for everyday use. It's a game changer for those facing the lasting effects of trauma, as well as anyone dealing with chronic pain, stress, or anxiety.

Imagine therapy that goes wherever you go, fitting seamlessly into your life. The Vibe PEMF offers more than relief — it offers freedom from limitations.

Mark L. Fox, a former Space Shuttle Chief Engineer, brings his aerospace expertise to wellness with the Vibe PEMF. His vision for Vibe is simple: to democratize access to advanced therapeutic solutions that improve lives.

This is changing lives. It's really exciting. I have to tell you, it's probably the most satisfying endeavor I've done in my life.

With Vibe, self-care doesn't require a prescription, high cost, or a clinic visit. It's in your pocket, helping you feel better — naturally and effectively.

Learn how the Vibe PEMF device can make a difference in your life or the life of someone you care about.

— Samuel L. Jackson, Public Service Announcement

6. How to Use the Vibe



The Vibe 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 the Vibe for PTSD relief:

Step 1: Hydrate. For maximum effectiveness, drink at least four glasses (one liter) of water in the four hours leading up to your session. Proper hydration is essential because the technology uses the water in your body to transfer the energy waves to your cells.

Step 2: Select the PTSD Protocol. Turn on the Vibe and navigate to the PTSD protocol using the simple menu system. The device has clearly labeled controls that make selection easy.

Step 3: Wear the Device. Place the Vibe in your shirt pocket or wear it around your neck using the provided lanyard. The device is about half the size of a cell phone and weighs only two ounces, so you will barely notice it.

Step 4: Begin the Session. Press the play button to start the session. The PTSD protocol runs for 2 hours and 15 minutes.

Step 5: Go About Your Day. You can continue your daily activities while the Vibe is running. Watch TV, work on the computer, cook, drive, read, or simply relax. The therapy works seamlessly in the background.



Recommended Schedule

Parameter	Recommendation
Frequency	3-4 times per week
Duration	30 days (initial period)
Session Length	2 hours and 15 minutes (PTSD protocol)
Hydration	1 liter of water in the 4 hours before therapy
Ongoing Use	Continue as needed for maintenance

Most participants in the clinical study reported not feeling anything during the therapy session except that the device would get warm. The energy level is so low that most people cannot feel anything — except the results. This is by design: the Vibe works at the cellular level, gently nudging your body back into balance without any sensation of discomfort.

7. What People Are Saying

The Vibe has already made a profound difference in the lives of many people. Here are some of their stories, in their own words:

"The Vibe helped calm my anxiety and excessive worrying. It provided a relaxing experience after each session."

— KAT

"I think I was able to find my Zen place while using it and it helped me be calm."

— MHB

"My overall symptoms have decreased. The amount, intensity, duration and frequency of flashbacks are noticeably less. With the decrease in PTSD episodes, I've also had a decrease in chronic pain and flare ups. I'm able to cope with overwhelming feelings triggered by PTSD. I'm able to leave those negative moments instead of dwelling on the negative thoughts and memories."

— JS

"I am starting to feel better and be more outgoing. The nightmares are down big time and I have been keeping track. I did not use it for two days to try to see and I had a nightmare on the second night. I am telling you this is changing my life."

— RS



"I started to feel better after the 1st session."

— BE

"It really seemed to slow my thinking down, to where I could concentrate better."

— BCF

"Just want to update you on my progress. I've felt a significant improvement in emotional balance — decreased emotional reactivity, less fear, anger and oversensitivity — resulting in increased calmness and confidence. I've also noted an improvement in mental clarity and focus."

— ADR

8. Conclusion



The Vibe from Resona Health represents a paradigm shift in the management of PTSD and other stress-related conditions. By harnessing the power of PEMF technology in a portable, affordable, and easy-to-use device, it empowers individuals to take control of their own well-being — without drugs, without doctor visits, and without the limitations of traditional therapy.

The compelling clinical evidence speaks for itself: a 98% success rate with over 500 participants, a P-value of 0.000007, 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.

As Mark L. Fox himself has said, this is probably the most satisfying endeavor of his life. From rocket science to resonant healing, his journey is a testament to what happens when engineering excellence meets compassion. The Vibe is not just a device — it is a beacon of hope for the millions of people worldwide who are living with the lasting effects of trauma.

"With Vibe, self-care doesn't require a prescription, high cost, or a clinic visit. It's in your pocket, helping you feel better — naturally and effectively."

— Samuel L. Jackson

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.

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