VIBE 60

The Complete Protocol Guide

A page-by-page reference to all sixty protocols — what each one is designed around, how the session is structured, and how long it runs.

SIXTY PROTOCOLS One page each, A to Z

All frequencies expressed in Hertz

How to use this guide

A very common question is simply: what frequencies are actually in the VIBE? This guide answers it as far as we are able — one page for each of the sixty protocols, covering what it is built around, how the session is structured, how long it runs, and a sample of the frequency pairs it uses.

WHAT THIS GUIDE SHOWS, AND WHAT IT DOES NOT

What you will not find here is the complete frequency sequence for any protocol. Each page shows a handful of representative pairs out of anywhere from one to seventy-five, together with the shape and timing of the session. There are two reasons for stopping there.

The first is simple enough: these sequences are the product. They represent years of development and refinement, and they are what separates the VIBE from a device that plays a tone.

The second matters more in practice. A frequency pair means very little on its own. What it does depends on what it is paired with, how long it is held, what runs before and after it, and where it falls in the session. A bare list of numbers stripped of that context invites people to copy values into other equipment and expect the same result, which is not how any of this works. What these pages give you instead is the reasoning — the order, the timing and the purpose of each block — which is the part that actually explains what your VIBE is doing.

HOW A FREQUENCY PAIR WORKS

The VIBE runs two channels at once, and it is the **pairing** that matters. One value names a **condition** — inflammation, irritation, infection, scar tissue, toxicity. The other names the **tissue** that condition is sitting in — skin, nerve, muscle, lung, liver. Written as 40 / 355, that is inflammation in skin. The same 40 paired with 17 would be inflammation in lung. This is why the protocols read as sequences rather than single settings: as the session moves, the pairing changes, and with it what is being addressed.

READING THE PHASES

Most protocols group their pairs so that ones sharing a purpose run consecutively. Those groupings are what each page calls phases, named for what the grouped pairs have in common. A protocol with a long central block on infection is telling you where the bulk of its time goes. Short protocols — the single-tone ones especially — have no phases at all.

GETTING THE MOST FROM YOUR SESSIONS

- **Consistency beats intensity.** A regular schedule generally serves better than occasional long sessions.
- **Hydrate before and after.** This applies across every protocol in this guide.
- **Let the session finish.** Many protocols deliberately close on calming or restorative pairings, so stopping early means missing the part designed to settle things.
- **Run times vary widely** — from thirty minutes to over two and a half hours. Check the run time on each page before you begin.

RUN TIMES AND UNITS

Run times in this guide are given in hours and minutes.

Every frequency in this guide is expressed in Hertz (Hz) — cycles per second. None of these values are kilohertz, megahertz or gigahertz. A protocol listing 40 / 355 is running forty Hertz and three hundred fifty-five Hertz, not forty megahertz. This is worth stating plainly, because frequency devices vary widely in the ranges they use and the numbers are not interchangeable between them.

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Acne

Run time 36 minutes | 11 frequency pairs

Acne is a common skin condition that causes pimples. It occurs when hair follicles under the skin become clogged with oil and dead skin cells. Once a follicle is blocked the trapped material inflames, ordinary skin bacteria multiply in it, and the surrounding tissue stays reactive long after the original blockage has cleared.

HOW THIS PROTOCOL IS BUILT

The Acne protocol runs for 36 minutes and steps through 11 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 4 phases.

Its single largest block is 20 minutes spent on infection (virus or parasite). The session opens on inflammation in skin and closes on vitality in skin.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 10	**Calm the inflammation**	Inflammation, chronic inflammation, irritation — applied to skin, immune system.
10 – 30	**Microbial burden**	Infection (virus or parasite), staph toxin, strep toxin — applied to skin, pus, general, pus, encapsulated.
30 – 34	**Calm the inflammation**	Inflammation — applied to skin.
34 – 36	**Settle & restore**	Vitality — applied to skin.

WHAT THE PROTOCOL ADDRESSES

Across its 11 pairs, the Acne protocol works through 8 distinct conditions — inflammation, chronic inflammation, irritation, infection (virus or parasite), staph toxin, strep toxin, pus, vitality — applied across 4 tissue targets including skin, immune system, pus, general, pus, encapsulated.

SAMPLE FREQUENCY PAIRS

40 / 355 — inflammation, in skin.

40 / 116 — inflammation, in immune system.

284 / 355 — chronic inflammation, in skin.

30 / 355 — irritation, in skin.

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ADHD

Run time 1 hour 18 minutes | 49 frequency pairs

ADHD, or attention deficit hyperactivity disorder, is a neurodevelopmental condition characterised by inattention, hyperactivity and impulsivity.

HOW THIS PROTOCOL IS BUILT

The ADHD protocol runs for 1 hour 18 minutes and steps through 49 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 24 minutes spent on concussion / nerve trauma. The session opens on concussion / nerve trauma in solar nerve plexus and closes on balance energy centers in pineal.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 24	**Nerve trauma**	Concussion / nerve trauma, emotional component, inflammation — applied to solar nerve plexus, sensory / motor cortex, forebrain, midbrain.
24 – 43	**The basics**	The basics, allergy reaction, chronic inflammation — applied to midbrain, hindbrain, the nervous system as a whole, medulla, pineal.
43 – 53	**Calm the inflammation**	Inflammation, emotional component — applied to sympathetic nervous system, Abrams pairing.
53 – 58	**Microbial burden**	Stomach influenza, emotional component, balance energy centers — applied to Abrams pairing, stomach, blood.
58 – 68	**Emotional component**	Emotional component — applied to transverse colon, kidney, lymphatic system, skin, heart.
68 – 78	**Calm the inflammation**	Inflammation, balance energy centers — applied to adrenal cortex, adrenal medulla, medulla, pineal.

WHAT THE PROTOCOL ADDRESSES

Across its 49 pairs, the ADHD protocol works through 11 distinct conditions — concussion / nerve trauma, emotional component, inflammation, the basics, allergy reaction, chronic inflammation, support secretions, vitality, toxicity and others — applied across 19 tissue targets including solar nerve plexus, sensory / motor cortex, forebrain, midbrain, hindbrain, the nervous system as a whole, medulla and others.

SAMPLE FREQUENCY PAIRS

94 / 200 — concussion / nerve trauma, in solar nerve plexus.

970 / 200 — emotional component, in solar nerve plexus.

40 / 92 — inflammation, in sensory / motor cortex.

970 / 90 — emotional component, in forebrain.

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Allergy

Run time 26 minutes | 7 frequency pairs

An allergy is a hypersensitivity to a foreign substance called an allergen. When someone with an allergy is exposed to it, their immune system overreacts, causing symptoms such as sneezing, coughing, hives and wheezing.

HOW THIS PROTOCOL IS BUILT

The Allergy protocol runs for 26 minutes and steps through 7 different frequency pairs, changing on average every 4–5 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 3 phases.

Its single largest block is 12 minutes spent on inflammation. The session opens on inflammation in immune system and closes on vitality in skin.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 12	**Calm the inflammation**	Inflammation — applied to immune system, skin, blood.
12 – 24	**The basics**	Allergy reaction — applied to skin, blood, artery / muscle belly.
24 – 26	**Settle & restore**	Vitality — applied to skin.

WHAT THE PROTOCOL ADDRESSES

Across its 7 pairs, the Allergy protocol works through 3 distinct conditions — inflammation, allergy reaction, vitality — applied across 4 tissue targets including immune system, skin, blood, artery / muscle belly.

SAMPLE FREQUENCY PAIRS

40 / 116 — inflammation, in immune system.

40 / 355 — inflammation, in skin.

40 / 103 — inflammation, in blood.

9 / 355 — allergy reaction, in skin.

Shown as examples only. The full Allergy protocol steps through 7 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

CONDITIONS ADDRESSED

Across the session, the protocol works through the following, each paired with the relevant tissue:

- Inflammation
- Allergy reaction
- Vitality

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Alzheimer's

Run time 30 minutes | 1 frequency pair

Alzheimer's disease is a progressive brain disorder involving memory loss and cognitive decline.

HOW THIS PROTOCOL IS BUILT

Unlike the longer protocols, Alzheimer's does not step through a changing sequence. It holds a small number of settings for extended periods across its 30 minutes, which is why it reads as a single sustained session rather than a series of phases.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 30	40 / 40 — inflammation

WHAT THE PROTOCOL ADDRESSES

This protocol works through inflammation. Because it holds each setting for a long period rather than cycling quickly, the session is better suited to being left to run than to being monitored minute by minute.

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Anti-aging

Run time 1 hour | 16 frequency pairs

Anti-aging describes the broad category of approaches aimed at slowing or softening the visible and functional effects of aging.

HOW THIS PROTOCOL IS BUILT

The Anti-aging protocol runs for 1 hour and steps through 16 different frequency pairs, changing on average every 4–5 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 22 minutes spent on support secretions. The session opens on inflammation in immune system and closes on vitality in skin.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 18	**Calm the inflammation**	Inflammation — applied to immune system, skin, artery / muscle belly, connective tissue, lymphatic system.
18 – 26	**Additional targets**	Values held in this block.
26 – 30	**Torn or broken tissue**	Torn or broken tissue — applied to connective tissue.
30 – 33	**The basics**	The basics, allergy reaction — applied to skin.
33 – 38	**Additional targets**	Values held in this block — applied to pancreatic islets.
38 – 60	**Settle & restore**	Support secretions, vitality — applied to fascia, skin.

WHAT THE PROTOCOL ADDRESSES

Across its 16 pairs, the Anti-aging protocol works through 6 distinct conditions — inflammation, torn or broken tissue, the basics, allergy reaction, support secretions, vitality — applied across 7 tissue targets including immune system, skin, artery / muscle belly, connective tissue, lymphatic system, pancreatic islets, fascia.

SAMPLE FREQUENCY PAIRS

40 / 116 — inflammation, in immune system.

40 / 355 — inflammation, in skin.

40 / 62 — inflammation, in artery / muscle belly.

40 / 77 — inflammation, in connective tissue.

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Anxiety

Run time 30 minutes | 3 frequency pairs

Anxiety is a feeling of worry, nervousness or unease. It can be a normal and healthy emotion, but when it becomes excessive or persistent it can be a sign of a medical disorder.

HOW THIS PROTOCOL IS BUILT

Unlike the longer protocols, Anxiety does not step through a changing sequence. It holds a small number of settings for extended periods across its 30 minutes, which is why it reads as a single sustained session rather than a series of phases.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 10	40 / 562 — inflammation, in sympathetic nervous system
10 – 20	970 / 32 — emotional component, in stomach
20 – 30	432 / 432

WHAT THE PROTOCOL ADDRESSES

This protocol works through inflammation, emotional component, applied to sympathetic nervous system, stomach. Because it holds each setting for a long period rather than cycling quickly, the session is better suited to being left to run than to being monitored minute by minute.

CONDITIONS ADDRESSED

Across the session, the protocol works through the following, each paired with the relevant tissue:

- Inflammation
- Emotional component

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Arthritis

Run time 1 hour 3 minutes | 24 frequency pairs

Arthritis is a group of conditions affecting the joints. It can cause pain, stiffness, swelling and loss of function.

HOW THIS PROTOCOL IS BUILT

The Arthritis protocol runs for 1 hour 3 minutes and steps through 24 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 4 phases.

Its single largest block is 40 minutes spent on inflammation. The session opens on inflammation in spinal cord and closes on vitality in fascia.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 40	**Calm the inflammation**	Inflammation — applied to spinal cord, nerves, immune system, disc, cartilage, periosteum, joint capsule, bone.
40 – 54	**Mineral deposits**	Hardening and calcium deposits — applied to fascia, nerves, artery / muscle belly, connective tissue, periosteum, disc, joint capsule.
54 – 60	**Scar & adhesions**	Scar tissue — applied to fascia, nerves, joint capsule.
60 – 63	**Settle & restore**	Support secretions, vitality — applied to fascia.

WHAT THE PROTOCOL ADDRESSES

Across its 24 pairs, the Arthritis protocol works through 5 distinct conditions — inflammation, hardening and calcium deposits, scar tissue, support secretions, vitality — applied across 11 tissue targets including spinal cord, nerves, immune system, disc, cartilage, periosteum, joint capsule and others.

SAMPLE FREQUENCY PAIRS

40 / 10 — inflammation, in spinal cord.

40 / 396 — inflammation, in nerves.

40 / 116 — inflammation, in immune system.

40 / 710 — inflammation, in disc.

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Asthma

Run time 33 minutes | 13 frequency pairs

Asthma is a chronic condition causing inflammation of the airways. It can make breathing difficult, especially during an asthma attack.

HOW THIS PROTOCOL IS BUILT

The Asthma protocol runs for 33 minutes and steps through 13 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 8 minutes spent on inflammation. The session opens on spasm in bronchi and closes on vitality in bronchi.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 7	**Release spasm**	Spasm, allergy reaction — applied to bronchi.
7 – 15	**Calm the inflammation**	Inflammation — applied to bronchi, immune system.
15 – 18	**Additional targets**	Torn or broken tissue — applied to bronchi.
18 – 24	**The basics**	The basics, allergy reaction, chronic inflammation — applied to bronchi.
24 – 28	**Release spasm**	Spasm — applied to bronchi.
28 – 33	**Calm the inflammation**	Inflammation, vitality — applied to bronchi.

WHAT THE PROTOCOL ADDRESSES

Across its 13 pairs, the Asthma protocol works through 7 distinct conditions — spasm, allergy reaction, inflammation, torn or broken tissue, the basics, chronic inflammation, vitality — applied across 2 tissue targets including bronchi, immune system.

SAMPLE FREQUENCY PAIRS

29 / 64 — spasm, in bronchi.

9 / 64 — allergy reaction, in bronchi.

40 / 64 — inflammation, in bronchi.

40 / 116 — inflammation, in immune system.

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Awaken 852 Hz

Run time 30 minutes

852 Hz is one of the six Solfeggio tones, traditionally associated with clarity of perception and spiritual awakening.

WHERE THIS FREQUENCY COMES FROM

The Solfeggio set of six tones — 396, 417, 528, 639, 741 and 852 Hz — was introduced in its modern form in the 1970s by Joseph Puleo and popularised in the 1990s by Leonard Horowitz, who derived the numbers from a numerological reading of the biblical Book of Numbers. The names borrow from the medieval solfège scale used to teach chant, though musicologists note the specific pitches are a modern construction rather than a documented historical tuning. The associations attached to each tone come from this tradition rather than from clinical research.

THE FREQUENCY ITSELF

Nothing is held back on this page. Unlike the multi-pair protocols elsewhere in this guide, the name of this protocol is its complete specification: the VIBE delivers **852 Hz**, held steady for the full 30-minute session. There is no changing sequence to summarise and no ordering to protect — a single sustained tone is the entire protocol, which is why this page is shorter than most.

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Brain Balancing

Run time 41 minutes | 21 frequency pairs

Brain Balancing is a protocol intended to support balanced activity between the regions of the brain.

HOW THIS PROTOCOL IS BUILT

The Brain Balancing protocol runs for 41 minutes and steps through 21 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 11 minutes spent on the basics. The session opens on the basics in scar, bony and closes on vitality in scar, bony.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 11	**The basics**	The basics, concussion / nerve trauma, emotional component — applied to scar, bony, solar nerve plexus, medulla.
11 – 20	**Calm the inflammation**	Inflammation, vitality, concussion / nerve trauma — applied to medulla, anterior pituitary.
20 – 25	**Settle & restore**	Support secretions, vitality, concussion / nerve trauma — applied to anterior pituitary, forebrain.
25 – 31	**Calm the inflammation**	Inflammation, concussion / nerve trauma — applied to forebrain, midbrain.
31 – 35	**Calm the inflammation**	Inflammation — applied to midbrain.
35 – 41	**Additional targets**	Constitutional factors, vitality, balance energy centers — applied to gall bladder, pineal, scar, bony.

WHAT THE PROTOCOL ADDRESSES

Across its 21 pairs, the Brain Balancing protocol works through 9 distinct conditions — the basics, concussion / nerve trauma, emotional component, allergy reaction, inflammation, vitality, support secretions, constitutional factors, balance energy centers — applied across 8 tissue targets including scar, bony, solar nerve plexus, medulla, anterior pituitary, forebrain, midbrain, gall bladder and others.

SAMPLE FREQUENCY PAIRS

321 / 1 — the basics, in scar, bony.

94 / 200 — concussion / nerve trauma, in solar nerve plexus.

970 / 200 — emotional component, in solar nerve plexus.

94 / 94 — concussion / nerve trauma, in medulla.

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Brain Fog

Run time 30 minutes | 17 frequency pairs

Brain fog describes a feeling of mental haziness or difficulty concentrating. It can follow from stress, poor sleep, illness and a range of medical conditions.

HOW THIS PROTOCOL IS BUILT

The Brain Fog protocol runs for 30 minutes and steps through 17 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 8 minutes spent on inflammation. The session opens on concussion / nerve trauma in solar nerve plexus and closes on balance energy centers in pineal.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 5	**Nerve trauma**	Concussion / nerve trauma, emotional component, support secretions — applied to solar nerve plexus, medulla, anterior pituitary.
5 – 10	**Additional targets**	Constitutional factors, emotional component, concussion / nerve trauma — applied to gall bladder, forebrain.
10 – 14	**The basics**	The basics, allergy reaction — applied to forebrain.
14 – 20	**Clear toxicity**	Toxicity — applied to forebrain.
20 – 22	**Clear anesthetic**	Remove anesthetic — applied to forebrain.
22 – 30	**Calm the inflammation**	Inflammation, chronic inflammation, balance energy centers — applied to forebrain, pineal.

WHAT THE PROTOCOL ADDRESSES

Across its 17 pairs, the Brain Fog protocol works through 11 distinct conditions — concussion / nerve trauma, emotional component, support secretions, constitutional factors, the basics, allergy reaction, toxicity, remove anesthetic, inflammation and others — applied across 6 tissue targets including solar nerve plexus, medulla, anterior pituitary, gall bladder, forebrain, pineal.

SAMPLE FREQUENCY PAIRS

94 / 200 — concussion / nerve trauma, in solar nerve plexus.

970 / 200 — emotional component, in solar nerve plexus.

94 / 94 — concussion / nerve trauma, in medulla.

94 / 310 — concussion / nerve trauma, in anterior pituitary.

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Brain Wave Alpha

Run time 30 minutes | 9.5 Hz centre tone

Alpha waves are the brain-wave band associated with a relaxed but alert and focused state.

ABOUT THIS BAND

Brain-wave bands are ranges of electrical rhythm measured across the scalp. The alpha band sits at roughly 8–13 Hz and is associated with relaxed alertness — the state of being calm but awake.

HOW THIS PROTOCOL IS BUILT

This protocol does not use the condition-and-tissue pairing described in the introduction. Brain-wave protocols work differently: they deliver a tone inside the target band and move it in small steps, rather than naming a condition and a tissue.

The session is built around a centre tone of **9.5 Hz**, held for six minutes at a time. Between those holds it steps up to 10.45 Hz and down to 8.6 Hz — roughly ten per cent either side — returning to centre after each excursion. All five values stay inside the band, so the session moves without ever leaving it.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 6	9.5 Hz — centre tone
6 – 12	10.45 Hz — upper excursion
12 – 18	9.5 Hz — centre tone
18 – 24	8.6 Hz — lower excursion
24 – 30	9.5 Hz — centre tone

Unlike the multi-pair protocols, the full schedule is shown here: five blocks of six minutes across 30 minutes.

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Brain Wave Beta

Run time 30 minutes | 16 Hz centre tone

Beta waves are the brain-wave band associated with alertness, active thinking and focus.

ABOUT THIS BAND

Brain-wave bands are ranges of electrical rhythm measured across the scalp. The beta band sits at roughly 13–30 Hz and is associated with active thinking, alertness and focused attention.

HOW THIS PROTOCOL IS BUILT

This protocol does not use the condition-and-tissue pairing described in the introduction. Brain-wave protocols work differently: they deliver a tone inside the target band and move it in small steps, rather than naming a condition and a tissue.

The session is built around a centre tone of **16 Hz**, held for six minutes at a time. Between those holds it steps up to 17.6 Hz and down to 14.5 Hz — roughly ten per cent either side — returning to centre after each excursion. All five values stay inside the band, so the session moves without ever leaving it.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 6	16 Hz — centre tone
6 – 12	17.6 Hz — upper excursion
12 – 18	16 Hz — centre tone
18 – 24	14.5 Hz — lower excursion
24 – 30	16 Hz — centre tone

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Brain Wave Delta

Run time 30 minutes | 1.13 Hz centre tone

Delta waves are the slowest brain-wave band, associated with deep, restorative sleep.

ABOUT THIS BAND

Brain-wave bands are ranges of electrical rhythm measured across the scalp. The delta band sits at roughly 0.5–4 Hz and is associated with the deepest stages of sleep, when physical restoration occurs.

HOW THIS PROTOCOL IS BUILT

This protocol does not use the condition-and-tissue pairing described in the introduction. Brain-wave protocols work differently: they deliver a tone inside the target band and move it in small steps, rather than naming a condition and a tissue.

The session is built around a centre tone of **1.13 Hz**, held for six minutes at a time. Between those holds it steps up to 1.243 Hz and down to 1 Hz — roughly ten per cent either side — returning to centre after each excursion. All five values stay inside the band, so the session moves without ever leaving it.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 6	1.13 Hz — centre tone
6 – 12	1.243 Hz — upper excursion
12 – 18	1.13 Hz — centre tone
18 – 24	1 Hz — lower excursion
24 – 30	1.13 Hz — centre tone

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Brain Wave Gamma

Run time 30 minutes | 37.5 Hz centre tone

Gamma waves are the fastest brain-wave band, associated with high-level cognitive activity and information binding.

ABOUT THIS BAND

Brain-wave bands are ranges of electrical rhythm measured across the scalp. The gamma band sits at roughly 30–100 Hz and is associated with high-level cognitive processing and the binding of information.

HOW THIS PROTOCOL IS BUILT

This protocol does not use the condition-and-tissue pairing described in the introduction. Brain-wave protocols work differently: they deliver a tone inside the target band and move it in small steps, rather than naming a condition and a tissue.

The session is built around a centre tone of **37.5 Hz**, held for six minutes at a time. Between those holds it steps up to 41.25 Hz and down to 34.1 Hz — roughly ten per cent either side — returning to centre after each excursion. All five values stay inside the band, so the session moves without ever leaving it.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 6	37.5 Hz — centre tone
6 – 12	41.25 Hz — upper excursion
12 – 18	37.5 Hz — centre tone
18 – 24	34.1 Hz — lower excursion
24 – 30	37.5 Hz — centre tone

Unlike the multi-pair protocols, the full schedule is shown here: five blocks of six minutes across 30 minutes.

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Brain Wave Theta

Run time 30 minutes | 5.5 Hz centre tone

Theta waves are the brain-wave band associated with drowsiness, deep relaxation, creativity and imagination.

ABOUT THIS BAND

Brain-wave bands are ranges of electrical rhythm measured across the scalp. The theta band sits at roughly 4–8 Hz and is associated with drowsiness, deep relaxation, creativity and imagination.

HOW THIS PROTOCOL IS BUILT

This protocol does not use the condition-and-tissue pairing described in the introduction. Brain-wave protocols work differently: they deliver a tone inside the target band and move it in small steps, rather than naming a condition and a tissue.

The session is built around a centre tone of **5.5 Hz**, held for six minutes at a time. Between those holds it steps up to 6.05 Hz and down to 4.6 Hz — roughly ten per cent either side — returning to centre after each excursion. All five values stay inside the band, so the session moves without ever leaving it.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 6	5.5 Hz — centre tone
6 – 12	6.05 Hz — upper excursion
12 – 18	5.5 Hz — centre tone
18 – 24	4.6 Hz — lower excursion
24 – 30	5.5 Hz — centre tone

Unlike the multi-pair protocols, the full schedule is shown here: five blocks of six minutes across 30 minutes.

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Breast Health

Run time 49 minutes | 17 frequency pairs

Breast health describes the general wellbeing of breast tissue, including circulation, lymphatic drainage and comfort.

HOW THIS PROTOCOL IS BUILT

The Breast Health protocol runs for 49 minutes and steps through 17 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 30 minutes spent on inflammation. The session opens on inflammation in immune system and closes on vitality in mammary glands.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 30	**Calm the inflammation**	Inflammation — applied to immune system, mammary glands, fascia, adipose, connective tissue, artery / muscle belly, bile duct, lymphatic system.
30 – 32	**Clear congestion**	Congestion — applied to lymphatic system.
32 – 36	**Additional targets**	Values held in this block — applied to mammary glands.
36 – 42	**Scar & adhesions**	Fibrosis — applied to mammary glands, bile duct, fascia.
42 – 46	**Mineral deposits**	Hardening and calcium deposits — applied to mammary glands, fascia.
48 – 49	**Settle & restore**	Vitality — applied to mammary glands.

WHAT THE PROTOCOL ADDRESSES

Across its 17 pairs, the Breast Health protocol works through 5 distinct conditions — inflammation, congestion, fibrosis, hardening and calcium deposits, vitality — applied across 8 tissue targets including immune system, mammary glands, fascia, adipose, connective tissue, artery / muscle belly, bile duct and others.

SAMPLE FREQUENCY PAIRS

40 / 116 — inflammation, in immune system.

40 / 500 — inflammation, in mammary glands.

40 / 142 — inflammation, in fascia.

40 / 97 — inflammation, in adipose.

Shown as examples only. The full Breast Health protocol steps through 17 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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Bronchitis

Run time 39 minutes | 24 frequency pairs

Bronchitis is inflammation of the lining of the bronchial tubes, which carry air to and from the lungs.

HOW THIS PROTOCOL IS BUILT

The Bronchitis protocol runs for 39 minutes and steps through 24 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 10 minutes spent on strep toxin. The session opens on fermentative toxin in bronchi and closes on vitality in bronchi.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 6	**Clear toxicity**	Fermentative toxin, concussion / nerve trauma, constitutional factors — applied to bronchi, medulla, gall bladder.
6 – 10	**The basics**	The basics, allergy reaction — applied to bronchi.
10 – 20	**Microbial burden**	Strep toxin, staph toxin, infection (virus or parasite) — applied to bronchi.
20 – 28	**Additional targets**	Influenza / cold toxin — applied to bronchi.
28 – 30	**Microbial burden**	Pus — applied to pus, general, pus, encapsulated.
30 – 39	**Calm the inflammation**	Irritation, inflammation, chronic inflammation — applied to bronchi.

WHAT THE PROTOCOL ADDRESSES

Across its 24 pairs, the Bronchitis protocol works through 16 distinct conditions — fermentative toxin, concussion / nerve trauma, constitutional factors, torn or broken tissue, the basics, allergy reaction, strep toxin, staph toxin, infection (virus or parasite) and others — applied across 5 tissue targets including bronchi, medulla, gall bladder, pus, general, pus, encapsulated.

SAMPLE FREQUENCY PAIRS

97 / 64 — fermentative toxin, in bronchi.

94 / 94 — concussion / nerve trauma, in medulla.

6.8 / 38 — constitutional factors, in gall bladder.

124 / 64 — torn or broken tissue, in bronchi.

Shown as examples only. The full Bronchitis protocol steps through 24 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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Carpal Tunnel

Run time 1 hour 8 minutes | 20 frequency pairs

Carpal tunnel syndrome causes pain, numbness and tingling in the hand and wrist. It results from compression of the median nerve as it passes through the carpal tunnel.

HOW THIS PROTOCOL IS BUILT

The Carpal Tunnel protocol runs for 1 hour 8 minutes and steps through 20 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 31 minutes spent on inflammation. The session opens on inflammation in nerves and closes on vitality in nerves.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 31	**Calm the inflammation**	Inflammation, congestion — applied to nerves, disc, artery / muscle belly, tendons, bursa.
31 – 39	**Calm the inflammation**	Inflammation — applied to connective tissue, fascia.
39 – 47	**Mineral deposits**	Hardening and calcium deposits — applied to fascia, artery / muscle belly, tendons, bursa.
47 – 59	**Scar & adhesions**	Scar tissue, sclerosis — applied to nerves, fascia, tendons, connective tissue, adipose.
59 – 64	**Calm the inflammation**	Inflammation — applied to nerves.
64 – 68	**Settle & restore**	Vitality — applied to nerves.

WHAT THE PROTOCOL ADDRESSES

Across its 20 pairs, the Carpal Tunnel protocol works through 6 distinct conditions — inflammation, congestion, hardening and calcium deposits, scar tissue, sclerosis, vitality — applied across 8 tissue targets including nerves, disc, artery / muscle belly, tendons, bursa, connective tissue, fascia and others.

SAMPLE FREQUENCY PAIRS

40 / 396 — inflammation, in nerves.

40 / 710 — inflammation, in disc.

40 / 62 — inflammation, in artery / muscle belly.

40 / 191 — inflammation, in tendons.

Shown as examples only. The full Carpal Tunnel protocol steps through 20 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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Cold Sores

Run time 2 hours 30 minutes | 3 frequency pairs

Cold sores are small, painful blisters that appear on the lips or mouth. They are caused by the herpes simplex virus.

HOW THIS PROTOCOL IS BUILT

Unlike the longer protocols, Cold Sores does not step through a changing sequence. It holds a small number of settings for extended periods across its 150 minutes, which is why it reads as a single sustained session rather than a series of phases.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 30	230 / 430 — virus, in viral pairing
30 – 120	236 / 435 — virus, in viral pairing
120 – 150	687 / 573 — virus, in viral pairing

WHAT THE PROTOCOL ADDRESSES

This protocol works through virus, applied to viral pairing. Because it holds each setting for a long period rather than cycling quickly, the session is better suited to being left to run than to being monitored minute by minute.

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Common Cold

Run time 1 hour 27 minutes | 47 frequency pairs

The common cold is a viral infection causing runny nose, cough, sore throat and congestion.

HOW THIS PROTOCOL IS BUILT

The Common Cold protocol runs for 1 hour 27 minutes and steps through 47 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 22 minutes spent on concussion / nerve trauma. The session opens on concussion / nerve trauma in solar nerve plexus and closes on vitality in pharynx.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 22	**Nerve trauma**	Concussion / nerve trauma, emotional component, constitutional factors — applied to solar nerve plexus, medulla, gall bladder, immune system, heart, pus, general, pus, encapsulated, sinuses.
22 – 30	**The basics**	Allergy reaction, congestion — applied to sinuses.
30 – 40	**Calm the inflammation**	Inflammation, irritation — applied to sinuses.
40 – 49	**Settle & restore**	Vitality, concussion / nerve trauma, emotional component — applied to sinuses, solar nerve plexus, medulla, gall bladder, immune system.
49 – 69	**Microbial burden**	Influenza / cold toxin, strep toxin, staph toxin — applied to heart, pharynx, pus, general, pus, encapsulated.
69 – 87	**Calm the inflammation**	Inflammation, irritation, congestion — applied to pharynx, immune system.

WHAT THE PROTOCOL ADDRESSES

Across its 47 pairs, the Common Cold protocol works through 14 distinct conditions — concussion / nerve trauma, emotional component, constitutional factors, vitality, influenza / cold toxin, pus, infection (virus or parasite), chronic inflammation, allergy reaction and others — applied across 9 tissue targets including solar nerve plexus, medulla, gall bladder, immune system, heart, pus, general, pus, encapsulated and others.

SAMPLE FREQUENCY PAIRS

94 / **200** — concussion / nerve trauma, in solar nerve plexus.

970 / **200** — emotional component, in solar nerve plexus.

94 / **94** — concussion / nerve trauma, in medulla.

6.8 / **38** — constitutional factors, in gall bladder.

Shown as examples only. The full Common Cold protocol steps through 47 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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Connect 639 Hz

Run time 30 minutes

639 Hz is one of the six Solfeggio tones, traditionally associated with connection, communication and empathy.

WHERE THIS FREQUENCY COMES FROM

The Solfeggio set of six tones — 396, 417, 528, 639, 741 and 852 Hz — was introduced in its modern form in the 1970s by Joseph Puleo and popularised in the 1990s by Leonard Horowitz, who derived the numbers from a numerological reading of the biblical Book of Numbers. The names borrow from the medieval solfège scale used to teach chant, though musicologists note the specific pitches are a modern construction rather than a documented historical tuning. The associations attached to each tone come from this tradition rather than from clinical research.

THE FREQUENCY ITSELF

Nothing is held back on this page. Unlike the multi-pair protocols elsewhere in this guide, the name of this protocol is its complete specification: the VIBE delivers **639 Hz**, held steady for the full 30-minute session. There is no changing sequence to summarise and no ordering to protect — a single sustained tone is the entire protocol, which is why this page is shorter than most.

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Constipation

Run time 41 minutes | 30 frequency pairs

Constipation is a condition in which bowel movements are infrequent or difficult to pass.

HOW THIS PROTOCOL IS BUILT

The Constipation protocol runs for 41 minutes and steps through 30 different frequency pairs, changing on average every 1–2 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 14 minutes spent on inflammation. The session opens on emotional component in descending colon and closes on vitality in parasympathetic nervous system.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 9	**Emotional component**	Emotional component, inflammation — applied to descending colon, colon, transverse colon, sympathetic nervous system, parasympathetic nervous system.
9 – 14	**The basics**	The basics, allergy reaction, spasm — applied to the digestive system.
14 – 28	**Calm the inflammation**	Inflammation — applied to sigmoid, descending colon, transverse colon, ascending colon, colon.
28 – 33	**Clear toxicity**	Toxicity, concussion / nerve trauma — applied to parasympathetic nervous system.
33 – 37	**The basics**	The basics, allergy reaction — applied to parasympathetic nervous system.
37 – 41	**Settle & restore**	Support secretions, vitality — applied to parasympathetic nervous system.

WHAT THE PROTOCOL ADDRESSES

Across its 30 pairs, the Constipation protocol works through 9 distinct conditions — emotional component, inflammation, the basics, allergy reaction, spasm, vitality, toxicity, concussion / nerve trauma, support secretions — applied across 8 tissue targets including descending colon, colon, transverse colon, sympathetic nervous system, parasympathetic nervous system, the digestive system, sigmoid and others.

SAMPLE FREQUENCY PAIRS

970 / 65 — emotional component, in descending colon.

970 / 85 — emotional component, in colon.

970 / 27 — emotional component, in transverse colon.

40 / 562 — inflammation, in sympathetic nervous system.

Shown as examples only. The full Constipation protocol steps through 30 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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Depression

Run time 32 minutes | 24 frequency pairs

Depression is a common mental illness causing persistent feelings of sadness, hopelessness and worthlessness.

HOW THIS PROTOCOL IS BUILT

The Depression protocol runs for 32 minutes and steps through 24 different frequency pairs, changing on average every 1–2 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 12 minutes spent on emotional component. The session opens on concussion / nerve trauma in solar nerve plexus and closes on balance energy centers in pineal.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 2	**Nerve trauma**	Concussion / nerve trauma, emotional component — applied to solar nerve plexus.
2 – 6	**Nerve trauma**	Concussion / nerve trauma — applied to the nervous system as a whole, medulla, forebrain, midbrain.
6 – 13	**Calm the inflammation**	Inflammation, concussion / nerve trauma — applied to midbrain, medulla, pineal.
13 – 16	**Clear toxicity**	Toxicity — applied to the nervous system as a whole.
16 – 20	**Calm the inflammation**	Inflammation — applied to the nervous system as a whole.
20 – 32	**Emotional component**	Emotional component, balance energy centers — applied to transverse colon, lymphatic system, liver, gall bladder, bladder, kidney, sympathetic nervous system, skin, lung, heart, pineal.

WHAT THE PROTOCOL ADDRESSES

Across its 24 pairs, the Depression protocol works through 5 distinct conditions — concussion / nerve trauma, emotional component, inflammation, toxicity, balance energy centers — applied across 16 tissue targets including solar nerve plexus, the nervous system as a whole, medulla, forebrain, midbrain, pineal, transverse colon and others.

SAMPLE FREQUENCY PAIRS

94 / 200 — concussion / nerve trauma, in solar nerve plexus.

970 / 200 — emotional component, in solar nerve plexus.

94 / 45 — concussion / nerve trauma, in the nervous system as a whole.

94 / 94 — concussion / nerve trauma, in medulla.

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DIA

Run time 1 hour 49 minutes | 3 protocols back to back

DIA is a combination protocol addressing Depression, Insomnia and Anxiety together, on the basis that the three frequently occur as a cluster rather than in isolation.

HOW THIS PROTOCOL IS BUILT

DIA is not a protocol in its own right. It is three of the protocols in this guide run one after another, in a fixed order, without a break: Depression, then the sleep protocol for the insomnia component, then Anxiety. The three run times add up exactly to the 109-minute total.

The reasoning is that these three rarely arrive one at a time. Poor sleep feeds low mood, low mood feeds worry, and worry costs sleep. Running the three in sequence addresses the cluster in a single sitting rather than asking someone to pick whichever part is loudest that day.

HOW THE SESSION IS SEQUENCED

MINUTES	COMPONENT	WHAT IS RUNNING
0 – 32	**Depression**	The depression protocol runs in full, 32 minutes.
32 – 79	**Insomnia**	The insomnia protocol runs in full, 47 minutes.
79 – 109	**Anxiety**	The anxiety protocol runs in full, 30 minutes.

WHERE TO FIND THE DETAIL

Because each component is a full protocol in its own right, its structure and sample frequency pairs are set out on its own page: Depression, Sleep and Anxiety. Nothing additional is introduced by running them together — DIA is the three sequences, in that order.

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Earth 7.83 Hz

Run time 30 minutes

7.83 Hz is the fundamental Schumann resonance, the natural electromagnetic standing wave in the cavity between the Earth's surface and the ionosphere.

WHERE THIS FREQUENCY COMES FROM

In 1952 the physicist Winfried Otto Schumann predicted that the cavity between the Earth's surface and the ionosphere would behave as a resonant chamber, and his student Herbert König confirmed it by measurement a few years later. Lightning strikes — roughly fifty every second worldwide — excite standing electromagnetic waves in that cavity. The fundamental sits near 7.83 Hz, with harmonics following above it. These are genuine, continuously monitored geophysical measurements; the wellness associations attached to them are a separate matter and are not established by that monitoring.

THE FREQUENCY ITSELF

Nothing is held back on this page. Unlike the multi-pair protocols elsewhere in this guide, the name of this protocol is its complete specification: the VIBE delivers **7.83 Hz**, held steady for the full 30-minute session. There is no changing sequence to summarise and no ordering to protect — a single sustained tone is the entire protocol, which is why this page is shorter than most.

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Earth 14.1 Hz

Run time 30 minutes

14.1 Hz is the second Schumann resonance, the first harmonic above the Earth's 7.83 Hz fundamental.

WHERE THIS FREQUENCY COMES FROM

In 1952 the physicist Winfried Otto Schumann predicted that the cavity between the Earth's surface and the ionosphere would behave as a resonant chamber, and his student Herbert König confirmed it by measurement a few years later. Lightning strikes — roughly fifty every second worldwide — excite standing electromagnetic waves in that cavity. The fundamental sits near 7.83 Hz, with harmonics following above it. These are genuine, continuously monitored geophysical measurements; the wellness associations attached to them are a separate matter and are not established by that monitoring.

THE FREQUENCY ITSELF

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Earth 20.3 Hz

Run time 30 minutes

20.3 Hz is the third Schumann resonance, the second harmonic above the Earth's 7.83 Hz fundamental.

WHERE THIS FREQUENCY COMES FROM

In 1952 the physicist Winfried Otto Schumann predicted that the cavity between the Earth's surface and the ionosphere would behave as a resonant chamber, and his student Herbert König confirmed it by measurement a few years later. Lightning strikes — roughly fifty every second worldwide — excite standing electromagnetic waves in that cavity. The fundamental sits near 7.83 Hz, with harmonics following above it. These are genuine, continuously monitored geophysical measurements; the wellness associations attached to them are a separate matter and are not established by that monitoring.

THE FREQUENCY ITSELF

Nothing is held back on this page. Unlike the multi-pair protocols elsewhere in this guide, the name of this protocol is its complete specification: the VIBE delivers **20.3 Hz**, held steady for the full 30-minute session. There is no changing sequence to summarise and no ordering to protect — a single sustained tone is the entire protocol, which is why this page is shorter than most.

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Express 741 Hz

Run time 30 minutes

741 Hz is one of the six Solfeggio tones, traditionally associated with self-expression, problem-solving and creativity.

WHERE THIS FREQUENCY COMES FROM

The Solfeggio set of six tones — 396, 417, 528, 639, 741 and 852 Hz — was introduced in its modern form in the 1970s by Joseph Puleo and popularised in the 1990s by Leonard Horowitz, who derived the numbers from a numerological reading of the biblical Book of Numbers. The names borrow from the medieval solfège scale used to teach chant, though musicologists note the specific pitches are a modern construction rather than a documented historical tuning. The associations attached to each tone come from this tradition rather than from clinical research.

THE FREQUENCY ITSELF

Nothing is held back on this page. Unlike the multi-pair protocols elsewhere in this guide, the name of this protocol is its complete specification: the VIBE delivers **741 Hz**, held steady for the full 30-minute session. There is no changing sequence to summarise and no ordering to protect — a single sustained tone is the entire protocol, which is why this page is shorter than most.

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Fibromyalgia

Run time 2 hours 24 minutes | 24 frequency pairs

Fibromyalgia is a chronic pain disorder causing widespread pain and tenderness throughout the body.

HOW THIS PROTOCOL IS BUILT

The Fibromyalgia protocol runs for 2 hours 24 minutes and steps through 24 different frequency pairs, changing on average every 6–7 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 48 minutes spent on inflammation. The session opens on inflammation in spinal cord and closes on vitality in spinal cord.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 6	**Calm the inflammation**	Inflammation, congestion, remove anesthetic — applied to spinal cord.
6 – 54	**Calm the inflammation**	Inflammation, chronic inflammation, torn or broken tissue — applied to spinal cord.
54 – 84	**Calm the inflammation**	Inflammation, hardening and calcium deposits, scar tissue — applied to spinal cord, midbrain, dura.
84 – 89	**Calm the inflammation**	Inflammation — applied to spinal cord.
91 – 96	**Settle & restore**	Vitality, remove anesthetic, pharynx — applied to spinal cord.
96 – 144	**Calm the inflammation**	Inflammation, vitality — applied to spinal cord, midbrain.

WHAT THE PROTOCOL ADDRESSES

Across its 24 pairs, the Fibromyalgia protocol works through 12 distinct conditions — inflammation, congestion, remove anesthetic, pharynx, muscle, chronic inflammation, torn or broken tissue, concussion / nerve trauma, the basics and others — applied across 3 tissue targets including spinal cord, midbrain, dura.

SAMPLE FREQUENCY PAIRS

40 / 10 — inflammation, in spinal cord.

50 / 10 — congestion, in spinal cord.

19 / 10 — remove anesthetic, in spinal cord.

43 / 10 — pharynx, in spinal cord.

Shown as examples only. The full Fibromyalgia protocol steps through 24 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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Flu

Run time 2 hours 19 minutes | 54 frequency pairs

Influenza is a contagious respiratory illness caused by the influenza virus, producing fever, cough, sore throat, muscle aches and fatigue.

HOW THIS PROTOCOL IS BUILT

The Flu protocol runs for 2 hours 19 minutes and steps through 54 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 36 minutes spent on influenza / cold toxin. The session opens on concussion / nerve trauma in immune system and closes on inflammation.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 23	**Nerve trauma**	Concussion / nerve trauma, support secretions, constitutional factors — applied to immune system, gall bladder, bladder.
23 – 36	**Microbial burden**	Influenza / cold toxin — applied to heart.
36 – 58	**Microbial burden**	B. coli toxin, pneumococcic toxin, allergy reaction.
58 – 77	**Additional targets**	Allergy reaction, influenza / cold toxin, B. coli toxin — applied to lung.
77 – 103	**Additional targets**	Influenza / cold toxin, B. coli toxin, pneumococcic toxin — applied to lung, heart, liver.
103 – 139	**Additional targets**	Influenza / cold toxin, pneumococcic toxin, support secretions — applied to liver, kidney, immune system.

WHAT THE PROTOCOL ADDRESSES

Across its 54 pairs, the Flu protocol works through 11 distinct conditions — concussion / nerve trauma, support secretions, constitutional factors, influenza / cold toxin, B. coli toxin, pneumococcic toxin, allergy reaction, vitality, torn or broken tissue and others — applied across 7 tissue targets including immune system, gall bladder, bladder, heart, lung, liver, kidney.

SAMPLE FREQUENCY PAIRS

94 / **116** — concussion / nerve trauma, in immune system.

81 / **116** — support secretions, in immune system.

6.8 / **38** — constitutional factors, in gall bladder.

6.8 / **37** — constitutional factors, in bladder.

Shown as examples only. The full Flu protocol steps through 54 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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General Inflammation

Run time 36 minutes | 12 frequency pairs

Inflammation is the body's response to injury, irritation or infection. It becomes a problem when it persists past the point of usefulness.

HOW THIS PROTOCOL IS BUILT

The General Inflammation protocol runs for 36 minutes and steps through 12 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 3 phases.

Its single largest block is 24 minutes spent on inflammation. The session opens on inflammation in immune system and closes on vitality in immune system.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 24	**Calm the inflammation**	Inflammation — applied to immune system, blood, the nervous system as a whole, adipose, artery / muscle belly, the digestive system.
24 – 34	**The basics**	Allergy reaction — applied to blood, the nervous system as a whole, adipose, artery / muscle belly, the digestive system.
34 – 36	**Settle & restore**	Vitality — applied to immune system.

WHAT THE PROTOCOL ADDRESSES

Across its 12 pairs, the General Inflammation protocol works through 3 distinct conditions — inflammation, allergy reaction, vitality — applied across 6 tissue targets including immune system, blood, the nervous system as a whole, adipose, artery / muscle belly, the digestive system.

SAMPLE FREQUENCY PAIRS

> **40 / 116** — inflammation, in immune system.
>
> **40 / 103** — inflammation, in blood.
>
> **40 / 45** — inflammation, in the nervous system as a whole.
>
> **40 / 97** — inflammation, in adipose.

Shown as examples only. The full General Inflammation protocol steps through 12 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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Hangover

Run time 1 hour | 3 frequency pairs

A hangover is the cluster of symptoms following heavy alcohol intake, including headache, nausea, fatigue and sensitivity to light and sound.

HOW THIS PROTOCOL IS BUILT

Unlike the longer protocols, Hangover does not step through a changing sequence. It holds a small number of settings for extended periods across its 60 minutes, which is why it reads as a single sustained session rather than a series of phases.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 20	57 / 89 — toxicity, in midbrain
20 – 40	920 / 89 — toxicity, in midbrain
40 – 60	900 / 89 — toxicity, in midbrain

WHAT THE PROTOCOL ADDRESSES

This protocol works through toxicity, applied to midbrain. Because it holds each setting for a long period rather than cycling quickly, the session is better suited to being left to run than to being monitored minute by minute.

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VIBE 60 · PROTOCOL GUIDE

Heart Health

Run time 46 minutes | 18 frequency pairs

Heart health describes the general wellbeing of the heart and the vessels that serve it.

HOW THIS PROTOCOL IS BUILT

The Heart Health protocol runs for 46 minutes and steps through 18 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 20 minutes spent on chronic inflammation. The session opens on concussion / nerve trauma in solar nerve plexus and closes on balance energy centers in heart.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 6	**Nerve trauma**	Concussion / nerve trauma, emotional component, the basics — applied to solar nerve plexus, heart, artery / muscle belly.
6 – 16	**Calm the inflammation**	Inflammation, torn or broken tissue — applied to heart, artery / muscle belly.
16 – 36	**Calm the inflammation**	Chronic inflammation, inflammation — applied to artery / muscle belly, heart, bile duct, uterus.
36 – 42	**Settle & restore**	Support secretions, vitality — applied to artery / muscle belly, heart.
42 – 44	**Emotional component**	Emotional component — applied to heart.
44 – 46	**Balance energy centers**	Balance energy centers — applied to heart.

WHAT THE PROTOCOL ADDRESSES

Across its 18 pairs, the Heart Health protocol works through 9 distinct conditions — concussion / nerve trauma, emotional component, the basics, inflammation, torn or broken tissue, chronic inflammation, support secretions, vitality, balance energy centers — applied across 5 tissue targets including solar nerve plexus, heart, artery / muscle belly, bile duct, uterus.

SAMPLE FREQUENCY PAIRS

94 / **200** — concussion / nerve trauma, in solar nerve plexus.

970 / **200** — emotional component, in solar nerve plexus.

294 / **33** — the basics, in heart.

294 / **62** — the basics, in artery / muscle belly.

Shown as examples only. The full Heart Health protocol steps through 18 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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VIBE 60 · PROTOCOL GUIDE

Immune Support

Run time 32 minutes | 28 frequency pairs

Immune support describes approaches aimed at helping the immune system do its normal work of defence and repair.

HOW THIS PROTOCOL IS BUILT

The Immune Support protocol runs for 32 minutes and steps through 28 different frequency pairs, changing on average every 1–2 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 8 minutes spent on the basics. The session opens on emotional component in immune system and closes on vitality.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 6	**Emotional component**	Emotional component, concussion / nerve trauma, torn or broken tissue — applied to immune system.
6 – 14	**The basics**	The basics, allergy reaction, vitality — applied to immune system.
14 – 22	**Clear toxicity**	Toxicity, stomach influenza — applied to immune system.
22 – 24	**Arthritic toxin**	Arthritic toxin — applied to immune system.
24 – 26	**Mineral deposits**	Mineral deposits — applied to immune system.
26 – 32	**Settle & restore**	Support secretions, vitality — applied to immune system.

WHAT THE PROTOCOL ADDRESSES

Across its 28 pairs, the Immune Support protocol works through 11 distinct conditions — emotional component, concussion / nerve trauma, torn or broken tissue, the basics, allergy reaction, vitality, toxicity, stomach influenza, arthritic toxin and others — applied across 1 tissue targets including immune system.

SAMPLE FREQUENCY PAIRS

970 / 116 — emotional component, in immune system.

94 / 116 — concussion / nerve trauma, in immune system.

124 / 116 — torn or broken tissue, in immune system.

294 / 116 — the basics, in immune system.

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VIBE 60 · PROTOCOL GUIDE

Insulin Resistance

Run time 42 minutes | 17 frequency pairs

Insulin resistance is a condition in which cells stop responding normally to insulin, so glucose builds up in the bloodstream. It is a major risk factor for type 2 diabetes.

HOW THIS PROTOCOL IS BUILT

The Insulin Resistance protocol runs for 42 minutes and steps through 17 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 12 minutes spent on inflammation. The session opens on concussion / nerve trauma in adipose and closes on toxicity in parasympathetic nervous system.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 6	**Nerve trauma**	Concussion / nerve trauma, emotional component, the basics — applied to adipose.
6 – 12	**Calm the inflammation**	Chronic inflammation, inflammation — applied to adipose.
12 – 20	**Clear toxicity**	Toxicity, virus, adipose pathology — applied to adipose, viral pairing.
20 – 32	**Calm the inflammation**	Inflammation — applied to sympathetic nervous system, immune system, muscle tissue.
32 – 36	**Settle & restore**	Vitality — applied to adipose, liver.
36 – 42	**Clear toxicity**	Toxicity — applied to parasympathetic nervous system.

WHAT THE PROTOCOL ADDRESSES

Across its 17 pairs, the Insulin Resistance protocol works through 9 distinct conditions — concussion / nerve trauma, emotional component, the basics, chronic inflammation, inflammation, toxicity, virus, adipose pathology, vitality — applied across 7 tissue targets including adipose, viral pairing, sympathetic nervous system, immune system, muscle tissue, liver, parasympathetic nervous system.

SAMPLE FREQUENCY PAIRS

> **94 / 97** — concussion / nerve trauma, in adipose.
>
> **970 / 97** — emotional component, in adipose.
>
> **321 / 97** — the basics, in adipose.
>
> **284 / 97** — chronic inflammation, in adipose.

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VIBE 60 · PROTOCOL GUIDE

Kidney Support

Run time 26 minutes | 14 frequency pairs

Kidney support describes approaches aimed at the general wellbeing and filtering function of the kidneys.

HOW THIS PROTOCOL IS BUILT

The Kidney Support protocol runs for 26 minutes and steps through 14 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 8 minutes spent on B. coli toxin. The session opens on emotional component in kidney and closes on vitality in kidney.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 2	**Emotional component**	Emotional component — applied to kidney.
2 – 4	**Stop the leaking**	Hemorrhage or leaking — applied to kidney.
4 – 6	**Torn or broken tissue**	Torn or broken tissue — applied to kidney.
6 – 9	**The basics**	The basics, allergy reaction — applied to kidney.
9 – 17	**Microbial burden**	B. coli toxin, fibrosis, cystic condition — applied to kidney.
17 – 25	**Calm the inflammation**	Chronic inflammation, inflammation, vitality — applied to kidney.

WHAT THE PROTOCOL ADDRESSES

Across its 14 pairs, the Kidney Support protocol works through 12 distinct conditions — emotional component, hemorrhage or leaking, torn or broken tissue, the basics, allergy reaction, B. coli toxin, fibrosis, cystic condition, infection (virus or parasite) and others — applied across 1 tissue targets including kidney.

SAMPLE FREQUENCY PAIRS

970 / 23 — emotional component, in kidney.

18 / 23 — hemorrhage or leaking, in kidney.

124 / 23 — torn or broken tissue, in kidney.

294 / 23 — the basics, in kidney.

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Liberate 396 Hz

Run time 30 minutes

396 Hz is one of the six Solfeggio tones, traditionally associated with releasing guilt, fear and other held emotions.

WHERE THIS FREQUENCY COMES FROM

The Solfeggio set of six tones — 396, 417, 528, 639, 741 and 852 Hz — was introduced in its modern form in the 1970s by Joseph Puleo and popularised in the 1990s by Leonard Horowitz, who derived the numbers from a numerological reading of the biblical Book of Numbers. The names borrow from the medieval solfège scale used to teach chant, though musicologists note the specific pitches are a modern construction rather than a documented historical tuning. The associations attached to each tone come from this tradition rather than from clinical research.

THE FREQUENCY ITSELF

Nothing is held back on this page. Unlike the multi-pair protocols elsewhere in this guide, the name of this protocol is its complete specification: the VIBE delivers **396 Hz**, held steady for the full 30-minute session. There is no changing sequence to summarise and no ordering to protect — a single sustained tone is the entire protocol, which is why this page is shorter than most.

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VIBE 60 · PROTOCOL GUIDE

Liver Support

Run time 39 minutes | 17 frequency pairs

Liver support describes approaches aimed at the general wellbeing of the liver and its role in processing and clearing.

HOW THIS PROTOCOL IS BUILT

The Liver Support protocol runs for 39 minutes and steps through 17 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 12 minutes spent on toxicity. The session opens on emotional component in liver and closes on vitality in liver.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 6	**Emotional component**	Emotional component, torn or broken tissue, the basics — applied to liver.
6 – 12	**Calm the inflammation**	Inflammation, chronic inflammation — applied to liver.
12 – 24	**Clear toxicity**	Toxicity — applied to liver.
24 – 27	**Clear anesthetic**	Remove anesthetic — applied to liver.
27 – 31	**Scar & adhesions**	Scar tissue, fibrosis — applied to liver.
31 – 39	**Calm the inflammation**	Inflammation, arthritic toxin, vitality — applied to liver.

WHAT THE PROTOCOL ADDRESSES

Across its 17 pairs, the Liver Support protocol works through 12 distinct conditions — emotional component, torn or broken tissue, the basics, allergy reaction, inflammation, chronic inflammation, toxicity, remove anesthetic, scar tissue and others — applied across 1 tissue targets including liver.

SAMPLE FREQUENCY PAIRS

970 / 35 — emotional component, in liver.

124 / 35 — torn or broken tissue, in liver.

294 / 35 — the basics, in liver.

321 / 35 — the basics, in liver.

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VIBE 60 · PROTOCOL GUIDE

Love 528 Hz

Run time 30 minutes | 1 frequency pair

528 Hz is the best known of the six Solfeggio tones, traditionally associated with love, compassion and forgiveness.

WHERE THIS FREQUENCY COMES FROM

The Solfeggio set of six tones — 396, 417, 528, 639, 741 and 852 Hz — was introduced in its modern form in the 1970s by Joseph Puleo and popularised in the 1990s by Leonard Horowitz, who derived the numbers from a numerological reading of the biblical Book of Numbers. The names borrow from the medieval solfège scale used to teach chant, though musicologists note the specific pitches are a modern construction rather than a documented historical tuning. The associations attached to each tone come from this tradition rather than from clinical research.

HOW THIS PROTOCOL IS BUILT

Unlike the longer protocols, Love 528 Hz does not step through a changing sequence. It holds a small number of settings for extended periods across its 30 minutes, which is why it reads as a single sustained session rather than a series of phases.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 30	528 / 528

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VIBE 60 · PROTOCOL GUIDE

Low Back Pain

Run time 1 hour 2 minutes | 23 frequency pairs

Low back pain is pain in the lumbar region. It can follow from injury, overuse, disc or joint changes, and a range of other causes.

HOW THIS PROTOCOL IS BUILT

The Low Back Pain protocol runs for 1 hour 2 minutes and steps through 23 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 28 minutes spent on torn or broken tissue. The session opens on torn or broken tissue in ligaments and closes on vitality in periosteum.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 28	**Torn or broken tissue**	Torn or broken tissue, inflammation — applied to ligaments, nerves, cartilage, bone, periosteum, joint capsule.
28 – 34	**Torn or broken tissue**	Torn or broken tissue — applied to disc, connective tissue.
34 – 46	**Calm the inflammation**	Inflammation — applied to disc.
46 – 52	**Mineral deposits**	Hardening and calcium deposits — applied to joint capsule, periosteum, fascia.
52 – 57	**Scar & adhesions**	Scar tissue — applied to joint capsule, nerves, fascia.
57 – 62	**Settle & restore**	Support secretions, vitality — applied to fascia, disc, periosteum.

WHAT THE PROTOCOL ADDRESSES

Across its 23 pairs, the Low Back Pain protocol works through 6 distinct conditions — torn or broken tissue, inflammation, hardening and calcium deposits, scar tissue, support secretions, vitality — applied across 9 tissue targets including ligaments, nerves, cartilage, bone, periosteum, joint capsule, disc and others.

SAMPLE FREQUENCY PAIRS

124 / 100 — torn or broken tissue, in ligaments.

40 / 396 — inflammation, in nerves.

40 / 157 — inflammation, in cartilage.

40 / 59 — inflammation, in bone.

Shown as examples only. The full Low Back Pain protocol steps through 23 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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VIBE 60 · PROTOCOL GUIDE

Migraine

Run time 1 hour 6 minutes | 28 frequency pairs

Migraine is a headache type that is often severe and debilitating, frequently accompanied by nausea and sensitivity to light and sound.

HOW THIS PROTOCOL IS BUILT

The Migraine protocol runs for 1 hour 6 minutes and steps through 28 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 25 minutes spent on inflammation. The session opens on the basics in scar, bony and closes on balance energy centers in pineal.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 11	**The basics**	The basics, concussion / nerve trauma, emotional component — applied to scar, bony, solar nerve plexus, medulla.
11 – 20	**Calm the inflammation**	Inflammation, vitality, concussion / nerve trauma — applied to medulla, anterior pituitary.
20 – 25	**Settle & restore**	Support secretions, vitality, concussion / nerve trauma — applied to anterior pituitary, forebrain.
25 – 31	**Calm the inflammation**	Inflammation, concussion / nerve trauma — applied to forebrain, midbrain.
31 – 41	**Calm the inflammation**	Inflammation, vitality, balance energy centers — applied to midbrain, pineal, scar, bony.
41 – 66	**Calm the inflammation**	Inflammation, balance energy centers — applied to forebrain, medulla, immune system, parasympathetic nervous system, midbrain, pineal.

WHAT THE PROTOCOL ADDRESSES

Across its 28 pairs, the Migraine protocol works through 8 distinct conditions — the basics, concussion / nerve trauma, emotional component, allergy reaction, inflammation, vitality, support secretions, balance energy centers — applied across 9 tissue targets including scar, bony, solar nerve plexus, medulla, anterior pituitary, forebrain, midbrain, pineal and others.

SAMPLE FREQUENCY PAIRS

321 / 1 — the basics, in scar, bony.

94 / 200 — concussion / nerve trauma, in solar nerve plexus.

970 / 200 — emotional component, in solar nerve plexus.

94 / 94 — concussion / nerve trauma, in medulla.

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Mono

Run time 36 minutes **3 viral pairings**

Mononucleosis is a viral infection causing fatigue, fever, sore throat and swollen lymph nodes.

HOW THIS PROTOCOL IS BUILT

Mononucleosis is caused by the Epstein-Barr virus, and this protocol is built around the viral side of that rather than around a tissue. Where most protocols in this guide pair a condition with the tissue it sits in, the viral pairings work differently: both halves of the pair belong to the virus, and the same three pairings are used across the whole family of related viruses.

That is why the frequencies here are the same ones used for cold sores and shingles elsewhere in this guide. Epstein-Barr, herpes simplex and varicella-zoster are treated as one group in the reference material this protocol draws on. What differs between the three protocols is not which pairings run, but how long each is held — Mono runs the shortest of the three at 36 minutes, against two and a half hours for cold sores and shingles.

THE PAIRINGS USED

> **230** / **430** — the primary viral pairing, used across the whole group.
>
> **236** / **435** — the second of the three.
>
> **687** / **573** — the third.

Unusually for this guide, all three pairings are shown, because there are only three. What is not published here is how the 36 minutes are divided between them.

A NOTE ON EXPECTATIONS

Epstein-Barr is a persistent virus that most adults carry for life after the initial infection. The fatigue that follows a bout of mono is often the slowest part to settle, which is worth bearing in mind when judging how a course of sessions is going.

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Neck Pain

Run time 42 minutes | 14 frequency pairs

Neck pain is pain in the cervical region, arising from injury, overuse, posture and a range of other causes.

HOW THIS PROTOCOL IS BUILT

The Neck Pain protocol runs for 42 minutes and steps through 14 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 26 minutes spent on inflammation. The session opens on inflammation in medulla and closes on vitality in fascia.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 3	**Calm the inflammation**	Inflammation — applied to medulla.
3 – 7	**Torn or broken tissue**	Torn or broken tissue — applied to ligaments.
7 – 11	**Scar & adhesions**	Scar tissue — applied to dura.
11 – 37	**Calm the inflammation**	Inflammation, hardening and calcium deposits — applied to spinal cord, nerves, cartilage, disc, joint capsule, periosteum.
37 – 39	**Calm the inflammation**	Inflammation — applied to immune system.
39 – 42	**Settle & restore**	Support secretions, vitality — applied to fascia.

WHAT THE PROTOCOL ADDRESSES

Across its 14 pairs, the Neck Pain protocol works through 6 distinct conditions — inflammation, torn or broken tissue, scar tissue, hardening and calcium deposits, support secretions, vitality — applied across 11 tissue targets including medulla, ligaments, dura, spinal cord, nerves, cartilage, disc and others.

SAMPLE FREQUENCY PAIRS

40 / 94 — inflammation, in medulla.

124 / 100 — torn or broken tissue, in ligaments.

13 / 443 — scar tissue, in dura.

40 / 10 — inflammation, in spinal cord.

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PMS

Run time 2 hours 6 minutes | 64 frequency pairs

Premenstrual syndrome is a group of symptoms occurring before a period, which can include bloating, breast tenderness, mood changes, cramping and fatigue.

HOW THIS PROTOCOL IS BUILT

The PMS protocol runs for 2 hours 6 minutes and steps through 64 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 40 minutes spent on toxicity. The session opens on inflammation in artery / muscle belly and closes on vitality in uterus.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 10	**Calm the inflammation**	Inflammation — applied to artery / muscle belly, uterus.
10 – 20	**Release spasm**	Spasm — applied to artery / muscle belly, uterus.
20 – 38	**The basics**	The basics, allergy reaction, emotional component — applied to uterus, medulla, solar nerve plexus.
38 – 62	**Settle & restore**	Support secretions, concussion / nerve trauma, arthritic toxin — applied to uterus, medulla, solar nerve plexus, midbrain, pineal, Abrams pairing.
62 – 102	**Clear toxicity**	Toxicity, inflammation, emotional component — applied to sympathetic nervous system, parasympathetic nervous system, liver, gall bladder, bladder, kidney.
102 – 128	**Emotional component**	Emotional component, vitality — applied to sympathetic nervous system, skin, lung, heart, uterus, adrenal cortex, liver, pineal.

WHAT THE PROTOCOL ADDRESSES

Across its 64 pairs, the PMS protocol works through 11 distinct conditions — inflammation, spasm, the basics, allergy reaction, emotional component, support secretions, concussion / nerve trauma, arthritic toxin, toxicity and others — applied across 17 tissue targets including artery / muscle belly, uterus, medulla, solar nerve plexus, midbrain, pineal, Abrams pairing and others.

SAMPLE FREQUENCY PAIRS

40 / 62 — inflammation, in artery / muscle belly.

40 / 34 — inflammation, in uterus.

29 / 62 — spasm, in artery / muscle belly.

29 / 34 — spasm, in uterus.

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Prostate

Run time 44 minutes | 17 frequency pairs

Prostate enlargement is an age-associated increase in the size of the prostate gland that can make urination difficult.

HOW THIS PROTOCOL IS BUILT

The Prostate protocol runs for 44 minutes and steps through 17 different frequency pairs, changing on average every 3–4 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 17 minutes spent on emotional component. The session opens on emotional component in prostate and closes on vitality.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 17	**Emotional component**	Emotional component, the basics, allergy reaction — applied to prostate.
17 – 24	**Clear congestion**	Congestion, hardening and calcium deposits — applied to prostate.
24 – 28	**Microbial burden**	Infection (virus or parasite), B. coli toxin — applied to prostate.
28 – 34	**Clear toxicity**	Toxicity — applied to prostate.
34 – 40	**Calm the inflammation**	Inflammation, congestion.
40 – 44	**Calm the inflammation**	Chronic inflammation, vitality.

WHAT THE PROTOCOL ADDRESSES

Across its 17 pairs, the Prostate protocol works through 11 distinct conditions — emotional component, the basics, allergy reaction, inflammation, chronic inflammation, congestion, hardening and calcium deposits, infection (virus or parasite), B. coli toxin and others — applied across 1 tissue targets including prostate.

SAMPLE FREQUENCY PAIRS

970 / 5 — emotional component, in prostate.

294 / 5 — the basics, in prostate.

321 / 5 — the basics, in prostate.

9 / 5 — allergy reaction, in prostate.

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PTSD

Run time 2 hours 15 minutes | 73 frequency pairs

Post-traumatic stress disorder is a mental health condition triggered by a terrifying event, either experienced or witnessed. Symptoms can include flashbacks, nightmares, severe anxiety and intrusive thoughts.

HOW THIS PROTOCOL IS BUILT

The PTSD protocol runs for 2 hours 15 minutes and steps through 73 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 36 minutes spent on the basics. The session opens on the basics in scar, bony and closes on emotional component in heart.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 36	**The basics**	The basics, concussion / nerve trauma, emotional component — applied to scar, bony, solar nerve plexus, medulla, anterior pituitary, gall bladder, pineal, sympathetic nervous system.
36 – 57	**Emotional component**	Emotional component, the basics, allergy reaction — applied to sympathetic nervous system, adrenal cortex, solar nerve plexus.
57 – 69	**Calm the inflammation**	Inflammation, chronic inflammation, vitality — applied to sympathetic nervous system, hindbrain.
69 – 83	**Calm the inflammation**	Inflammation, chronic inflammation, support secretions — applied to hindbrain, midbrain.
83 – 111	**Calm the inflammation**	Inflammation, chronic inflammation, vitality — applied to midbrain, forebrain.
113 – 135	**Emotional component**	Emotional component, balance energy centers — applied to kidney, lung, liver, gall bladder, bladder, pancreas, lymphatic system, stomach, small intestine, pineal, heart.

WHAT THE PROTOCOL ADDRESSES

Across its 73 pairs, the PTSD protocol works through 10 distinct conditions — the basics, concussion / nerve trauma, emotional component, allergy reaction, inflammation, chronic inflammation, vitality, support secretions, constitutional factors and others — applied across 20 tissue targets including scar, bony, solar nerve plexus, medulla, anterior pituitary, gall bladder, pineal, sympathetic nervous system and others.

SAMPLE FREQUENCY PAIRS

321 / 1 — the basics, in scar, bony.

94 / 200 — concussion / nerve trauma, in solar nerve plexus.

970 / 200 — emotional component, in solar nerve plexus.

970 / 94 — emotional component, in medulla.

Shown as examples only. The full PTSD protocol steps through 73 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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VIBE 60 · PROTOCOL GUIDE

Relax and Balance

Run time 32 minutes | 16 frequency pairs

Relax and Balance is a general settling protocol intended to support relaxation and a balanced autonomic state.

HOW THIS PROTOCOL IS BUILT

The Relax and Balance protocol runs for 32 minutes and steps through 16 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 10 minutes spent on emotional component.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 8	**Additional targets**	Emotional component, concussion / nerve trauma — applied to medulla, solar nerve plexus.
8 – 10	**Calm the inflammation**	Inflammation — applied to sympathetic nervous system.
10 – 20	**Emotional component**	Emotional component — applied to sympathetic nervous system, transverse colon, kidney, liver, gall bladder.
20 – 22	**Additional targets**	Values held in this block.
22 – 26	**Emotional component**	Emotional component — applied to lymphatic system, lung.
26 – 32	**Additional targets**	Values held in this block — applied to liver.

WHAT THE PROTOCOL ADDRESSES

Across its 16 pairs, the Relax and Balance protocol works through 3 distinct conditions — emotional component, concussion / nerve trauma, inflammation — applied across 9 tissue targets including medulla, solar nerve plexus, sympathetic nervous system, transverse colon, kidney, liver, gall bladder and others.

SAMPLE FREQUENCY PAIRS

970 / 200 — emotional component, in solar nerve plexus.

40 / 562 — inflammation, in sympathetic nervous system.

970 / 562 — emotional component, in sympathetic nervous system.

970 / 27 — emotional component, in transverse colon.

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Resolve 417 Hz

Run time 30 minutes

417 Hz is one of the six Solfeggio tones, traditionally associated with clearing away what is stuck and supporting change.

WHERE THIS FREQUENCY COMES FROM

The Solfeggio set of six tones — 396, 417, 528, 639, 741 and 852 Hz — was introduced in its modern form in the 1970s by Joseph Puleo and popularised in the 1990s by Leonard Horowitz, who derived the numbers from a numerological reading of the biblical Book of Numbers. The names borrow from the medieval solfège scale used to teach chant, though musicologists note the specific pitches are a modern construction rather than a documented historical tuning. The associations attached to each tone come from this tradition rather than from clinical research.

THE FREQUENCY ITSELF

Nothing is held back on this page. Unlike the multi-pair protocols elsewhere in this guide, the name of this protocol is its complete specification: the VIBE delivers **417 Hz**, held steady for the full 30-minute session. There is no changing sequence to summarise and no ordering to protect — a single sustained tone is the entire protocol, which is why this page is shorter than most.

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Shingles

Run time 2 hours 30 minutes | 3 frequency pairs

Shingles is a viral infection causing a painful rash. It is caused by the varicella-zoster virus, the same virus responsible for chickenpox.

HOW THIS PROTOCOL IS BUILT

Unlike the longer protocols, Shingles does not step through a changing sequence. It holds a small number of settings for extended periods across its 150 minutes, which is why it reads as a single sustained session rather than a series of phases.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 30	230 / 430 — virus, in viral pairing
30 – 120	236 / 435 — virus, in viral pairing
120 – 150	687 / 573 — virus, in viral pairing

WHAT THE PROTOCOL ADDRESSES

This protocol works through virus, applied to viral pairing. Because it holds each setting for a long period rather than cycling quickly, the session is better suited to being left to run than to being monitored minute by minute.

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VIBE 60 · PROTOCOL GUIDE

Sleep

Run time 47 minutes | 20 frequency pairs

Sleep is the natural state of rest in which the body and mind carry out repair and consolidation.

HOW THIS PROTOCOL IS BUILT

The Sleep protocol runs for 47 minutes and steps through 20 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which gives the session its 6 phases. It opens on concussion / nerve trauma in solar nerve plexus and closes on vitality in pineal.

HOW THE SESSION IS SEQUENCED

STAGE	PHASE	WHAT IS HAPPENING
1	**Nerve trauma**	Concussion / nerve trauma, emotional component — applied to solar nerve plexus, sympathetic nervous system.
2	**Calm the inflammation**	Inflammation, emotional component — applied to sympathetic nervous system, adrenal cortex.
3	**Emotional component**	Emotional component — applied to transverse colon, kidney, lymphatic system, liver, gall bladder.
4	**Calm the inflammation**	Inflammation — applied to immune system, midbrain, forebrain.
5	**Emotional component**	Emotional component, the basics, allergy reaction — applied to pineal.
6	**Settle & restore**	Support secretions, vitality — applied to pineal.

WHAT THE PROTOCOL ADDRESSES

Across its 20 pairs, the Sleep protocol works through 7 distinct conditions — concussion / nerve trauma, emotional component, inflammation, the basics, allergy reaction and others — applied across 12 tissue targets including solar nerve plexus, sympathetic nervous system, adrenal cortex, transverse colon and others.

SAMPLE FREQUENCY PAIRS

> **94 / 200** — concussion / nerve trauma, in solar nerve plexus.
> **970 / 200** — emotional component, in solar nerve plexus.
> **970 / 562** — emotional component, in sympathetic nervous system.
> **40 / 562** — inflammation, in sympathetic nervous system.

Shown as examples only. The full Sleep protocol steps through 20 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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VIBE 60 · PROTOCOL GUIDE

Stop Smoking

Run time 2 hours 36 minutes | 75 frequency pairs

Stopping smoking involves both the physical side of nicotine withdrawal and the behavioural and emotional patterns built up around the habit.

HOW THIS PROTOCOL IS BUILT

The Stop Smoking protocol runs for 2 hours 36 minutes and steps through 75 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 56 minutes.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 28	**Additional targets**	Pharynx — applied to the nervous system as a whole, midbrain, forebrain, medulla, hindbrain, lung, adipose.
28 – 42	**Arthritic toxin**	Arthritic toxin — applied to the nervous system as a whole, midbrain, forebrain, medulla, hindbrain, lung, adipose.
44 – 56	**Clear anesthetic**	Remove anesthetic — applied to midbrain, forebrain, medulla, hindbrain, lung, adipose.
56 – 112	**Additional targets**	Values held in this block — applied to the nervous system as a whole, midbrain, forebrain, medulla, hindbrain, lung, adipose.
112 – 154	**Clear toxicity**	Toxicity — applied to the nervous system as a whole, midbrain, forebrain, medulla, hindbrain, lung, adipose.
154 – 156	**Additional targets**	Values held in this block — applied to hindbrain.

WHAT THE PROTOCOL ADDRESSES

Across its 75 pairs, the Stop Smoking protocol works through 4 distinct conditions — pharynx, arthritic toxin, remove anesthetic, toxicity — applied across 7 tissue targets including the nervous system as a whole, midbrain, forebrain, medulla, hindbrain, lung, adipose.

SAMPLE FREQUENCY PAIRS

43 / 45 — pharynx, in the nervous system as a whole.

43 / 89 — pharynx, in midbrain.

43 / 90 — pharynx, in forebrain.

43 / 94 — pharynx, in medulla.

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Sun Burn

Run time 34 minutes | 9 frequency pairs

Sunburn is skin damage from excess ultraviolet radiation, producing redness, pain, swelling and sometimes blistering.

HOW THIS PROTOCOL IS BUILT

The Sun Burn protocol runs for 34 minutes and steps through 9 different frequency pairs, changing on average every 4–5 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 5 phases.

Its single largest block is 14 minutes spent on inflammation. The session opens on inflammation in immune system and closes on vitality in skin.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 4	**Calm the inflammation**	Inflammation — applied to immune system.
4 – 12	**Additional targets**	Values held in this block — applied to skin.
12 – 26	**Calm the inflammation**	Inflammation — applied to skin, immune system.
26 – 32	**The basics**	The basics, allergy reaction — applied to skin.
32 – 34	**Settle & restore**	Vitality — applied to skin.

WHAT THE PROTOCOL ADDRESSES

Across its 9 pairs, the Sun Burn protocol works through 4 distinct conditions — inflammation, the basics, allergy reaction, vitality — applied across 2 tissue targets including immune system, skin.

SAMPLE FREQUENCY PAIRS

40 / 116 — inflammation, in immune system.

40 / 355 — inflammation, in skin.

294 / 355 — the basics, in skin.

321 / 355 — the basics, in skin.

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Tendinitis

Run time 1 hour 26 minutes | 7 frequency pairs

Tendinitis is inflammation of the tendons, the tissues attaching muscle to bone. It causes pain, stiffness and swelling in the affected area.

HOW THIS PROTOCOL IS BUILT

The Tendinitis protocol runs for 1 hour 26 minutes and steps through 7 different frequency pairs, changing on average every 12–13 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 4 phases.

Its single largest block is 70 minutes spent on torn or broken tissue. The session opens on torn or broken tissue in tendons and closes on support secretions in fascia.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 70	**Torn or broken tissue**	Torn or broken tissue — applied to tendons, periosteum, connective tissue.
70 – 75	**Calm the inflammation**	Inflammation — applied to immune system.
75 – 83	**Scar & adhesions**	Scar tissue — applied to nerves, artery / muscle belly.
83 – 87	**Settle & restore**	Support secretions — applied to fascia.

WHAT THE PROTOCOL ADDRESSES

Across its 7 pairs, the Tendinitis protocol works through 4 distinct conditions — torn or broken tissue, inflammation, scar tissue, support secretions — applied across 7 tissue targets including tendons, periosteum, connective tissue, immune system, nerves, artery / muscle belly, fascia.

SAMPLE FREQUENCY PAIRS

> **124 / 191** — torn or broken tissue, in tendons.
>
> **124 / 783** — torn or broken tissue, in periosteum.
>
> **124 / 77** — torn or broken tissue, in connective tissue.
>
> **40 / 116** — inflammation, in immune system.

Shown as examples only. The full Tendinitis protocol steps through 7 distinct frequency pairs; the complete sequence is proprietary to the VIBE.

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Tinnitus

Run time 1 hour 46 minutes | 51 frequency pairs

Tinnitus is a ringing or buzzing noise in one or both ears that may be constant or intermittent, often associated with hearing loss.

HOW THIS PROTOCOL IS BUILT

The Tinnitus protocol runs for 1 hour 46 minutes and steps through 51 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 5 phases.

Its single largest block is 34 minutes spent on inflammation. The session opens on inflammation and closes on vitality in medulla.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 34	**Calm the inflammation**	Inflammation, chronic inflammation — applied to bone, immune system, forebrain, midbrain, hindbrain, medulla.
34 – 52	**The basics**	The basics — applied to bone, immune system, forebrain, midbrain, hindbrain, medulla.
52 – 68	**Mineral deposits**	Hardening and calcium deposits — applied to bone, immune system, forebrain, midbrain, medulla.
68 – 88	**Additional targets**	Values held in this block — applied to Abrams pairing, bone, immune system, forebrain, midbrain, hindbrain, medulla.
88 – 106	**Settle & restore**	Vitality — applied to immune system, forebrain, midbrain, hindbrain, medulla.

WHAT THE PROTOCOL ADDRESSES

Across its 51 pairs, the Tinnitus protocol works through 5 distinct conditions — inflammation, chronic inflammation, the basics, hardening and calcium deposits, vitality — applied across 7 tissue targets including bone, immune system, forebrain, midbrain, hindbrain, medulla, Abrams pairing.

SAMPLE FREQUENCY PAIRS

40 / 59 — inflammation, in bone.

40 / 116 — inflammation, in immune system.

40 / 90 — inflammation, in forebrain.

40 / 89 — inflammation, in midbrain.

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TMJ

Run time 2 hours 11 minutes | 25 frequency pairs

TMJ disorder affects the temporomandibular joint connecting the jaw to the skull, causing pain, clicking and popping in the jaw.

HOW THIS PROTOCOL IS BUILT

The TMJ protocol runs for 2 hours 11 minutes and steps through 25 different frequency pairs, changing on average every 5–6 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 60 minutes spent on torn or broken tissue. The session opens on hemorrhage or leaking in artery / muscle belly and closes on torn or broken tissue in tendons.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 8	**Stop the leaking**	Hemorrhage or leaking, inflammation — applied to artery / muscle belly, nerves.
8 – 26	**Torn or broken tissue**	Torn or broken tissue — applied to disc, ligaments, connective tissue.
26 – 54	**Calm the inflammation**	Inflammation, hardening and calcium deposits — applied to disc, cartilage, bone.
54 – 64	**Calm the inflammation**	Chronic inflammation, inflammation — applied to disc, nerves.
64 – 71	**Settle & restore**	Vitality, support secretions — applied to disc, fascia.
71 – 131	**Torn or broken tissue**	Torn or broken tissue — applied to ligaments, connective tissue, tendons.

WHAT THE PROTOCOL ADDRESSES

Across its 25 pairs, the TMJ protocol works through 7 distinct conditions — hemorrhage or leaking, inflammation, torn or broken tissue, hardening and calcium deposits, chronic inflammation, vitality, support secretions — applied across 9 tissue targets including artery / muscle belly, nerves, disc, ligaments, connective tissue, cartilage, bone and others.

SAMPLE FREQUENCY PAIRS

18 / 62 — hemorrhage or leaking, in artery / muscle belly.

40 / 396 — inflammation, in nerves.

124 / 710 — torn or broken tissue, in disc.

124 / 630 — torn or broken tissue, in disc.

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Vagus Nerve

Run time 30 minutes | 8 Hz centre tone

The vagus nerve is the main pathway of the parasympathetic nervous system. This protocol is designed to stimulate vagal activity, supporting relaxation, stress recovery and autonomic balance.

ABOUT THIS PROTOCOL

The vagus nerve carries the bulk of the parasympathetic supply to the heart, lungs and digestive tract — the branch of the nervous system responsible for slowing things down and recovering. Rather than pairing a condition with a tissue, this protocol works at a low frequency close to 8 Hz, in the same region as the body's own slower rhythms.

HOW THIS PROTOCOL IS BUILT

This protocol does not use the condition-and-tissue pairing described in the introduction. Brain-wave protocols work differently: they deliver a tone inside the target band and move it in small steps, rather than naming a condition and a tissue.

The session is built around a centre tone of **8 Hz**, held for six minutes at a time. Between those holds it steps up to 9.2 Hz and down to 6.7 Hz — roughly ten per cent either side — returning to centre after each excursion. All five values stay inside the band, so the session moves without ever leaving it.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 6	8 Hz — centre tone
6 – 12	9.2 Hz — upper excursion
12 – 18	8 Hz — centre tone
18 – 24	6.7 Hz — lower excursion
24 – 30	8 Hz — centre tone

Unlike the multi-pair protocols, the full schedule is shown here: five blocks of six minutes across 30 minutes.

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Weight Loss

Run time 42 minutes **17 frequency pairs**

Weight loss describes a decrease in body weight, achieved through a combination of diet, activity and other factors.

HOW THIS PROTOCOL IS BUILT

The Weight Loss protocol runs for 42 minutes and steps through 17 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 12 minutes spent on inflammation. The session opens on concussion / nerve trauma in adipose and closes on toxicity in parasympathetic nervous system.

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 6	**Nerve trauma**	Concussion / nerve trauma, emotional component, the basics — applied to adipose.
6 – 12	**Calm the inflammation**	Chronic inflammation, inflammation — applied to adipose.
12 – 20	**Clear toxicity**	Toxicity, virus, adipose pathology — applied to adipose, viral pairing.
20 – 32	**Calm the inflammation**	Inflammation — applied to sympathetic nervous system, immune system, muscle tissue.
32 – 36	**Settle & restore**	Vitality — applied to adipose, liver.
36 – 42	**Clear toxicity**	Toxicity — applied to parasympathetic nervous system.

WHAT THE PROTOCOL ADDRESSES

Across its 17 pairs, the Weight Loss protocol works through 9 distinct conditions — concussion / nerve trauma, emotional component, the basics, chronic inflammation, inflammation, toxicity, virus, adipose pathology, vitality — applied across 7 tissue targets including adipose, viral pairing, sympathetic nervous system, immune system, muscle tissue, liver, parasympathetic nervous system.

SAMPLE FREQUENCY PAIRS

94 / 97 — concussion / nerve trauma, in adipose.

970 / 97 — emotional component, in adipose.

321 / 97 — the basics, in adipose.

284 / 97 — chronic inflammation, in adipose.

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White Coat Syndrome

Run time 30 minutes | 1 frequency pair

White coat syndrome is anxiety experienced in medical settings, which can itself produce a raised heart rate, sweating and trembling.

HOW THIS PROTOCOL IS BUILT

Unlike the longer protocols, White Coat Syndrome does not step through a changing sequence. It holds a small number of settings for extended periods across its 30 minutes, which is why it reads as a single sustained session rather than a series of phases.

HOW THE SESSION RUNS

MINUTES	WHAT IS RUNNING
0 – 30	40 / 562 — inflammation, in sympathetic nervous system

WHAT THE PROTOCOL ADDRESSES

This protocol works through inflammation, applied to sympathetic nervous system. Because it holds each setting for a long period rather than cycling quickly, the session is better suited to being left to run than to being monitored minute by minute.

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Wound Healing

Run time 49 minutes | 23 frequency pairs

Wound healing is the process by which the body repairs damaged tissue, involving inflammation, cell proliferation and tissue remodelling.

HOW THIS PROTOCOL IS BUILT

The Wound Healing protocol runs for 49 minutes and steps through 23 different frequency pairs, changing on average every 2–3 minutes. Pairs sharing a common purpose run consecutively, which is what gives the session its 6 phases.

Its single largest block is 12 minutes spent on infection (virus or parasite).

HOW THE SESSION IS SEQUENCED

MINUTES	PHASE	WHAT IS HAPPENING
0 – 4	**Stop the leaking**	Hemorrhage or leaking — applied to artery / muscle belly, skin.
4 – 11	**Torn or broken tissue**	Torn or broken tissue, the basics, allergy reaction — applied to skin, connective tissue.
11 – 23	**Microbial burden**	Infection (virus or parasite), pus, staph toxin — applied to skin, pus, general, pus, encapsulated.
23 – 27	**Calm the inflammation**	Inflammation — applied to skin.
31 – 43	**Settle & restore**	Support secretions, vitality — applied to skin, fascia, connective tissue.
43 – 49	**Additional targets**	Values held in this block.

WHAT THE PROTOCOL ADDRESSES

Across its 23 pairs, the Wound Healing protocol works through 10 distinct conditions — hemorrhage or leaking, torn or broken tissue, the basics, allergy reaction, infection (virus or parasite), pus, staph toxin, inflammation, support secretions and others — applied across 6 tissue targets including artery / muscle belly, skin, connective tissue, pus, general, pus, encapsulated, fascia.

SAMPLE FREQUENCY PAIRS

18 / 62 — hemorrhage or leaking, in artery / muscle belly.

18 / 355 — hemorrhage or leaking, in skin.

124 / 355 — torn or broken tissue, in skin.

124 / 77 — torn or broken tissue, in connective tissue.

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