

frequency healing

frequency healing is an emerging holistic therapy that utilizes specific sound frequencies to promote physical, emotional, and spiritual well-being. This innovative approach is grounded in the concept that everything in the universe, including the human body, vibrates at certain frequencies. By applying targeted frequencies, frequency healing aims to restore balance and harmony to disrupted energy fields, potentially alleviating various ailments and enhancing overall health. This article explores the fundamental principles of frequency healing, its historical context, common techniques, scientific perspectives, and practical applications. Additionally, it discusses the benefits and potential limitations of this modality. Understanding frequency healing can provide valuable insight into how vibrational energy influences human health and how it can be harnessed for therapeutic purposes.

- Understanding Frequency Healing
- Historical Background of Frequency Healing
- Common Techniques and Modalities
- Scientific Research and Evidence
- Benefits of Frequency Healing
- Practical Applications and Usage
- Considerations and Limitations

Understanding Frequency Healing

Frequency healing is based on the principle that the human body and its cells emit electromagnetic frequencies that can be influenced or recalibrated through external vibrational energy. This concept stems from the understanding that imbalances or disruptions in these frequencies may lead to illness or discomfort. Frequency healing seeks to restore the body's natural frequency to promote healing and optimize function. Various forms of this therapy utilize sound waves, electromagnetic fields, light, or electrical impulses to interact with the body's energy systems.

Core Principles of Frequency Healing

The core idea of frequency healing revolves around resonance and entrainment. Resonance occurs when an external frequency matches the natural frequency of a system, causing it to vibrate in harmony. Entrainment refers to the synchronization of biological rhythms to external stimuli. By applying specific frequencies, frequency healing aims to entrain the body's cells and tissues to vibrate at healthier rates, which may facilitate cellular regeneration, detoxification, and pain relief.

Types of Frequencies Used

Different frequencies are employed depending on the intended therapeutic outcome. Low frequencies might be used for relaxation and reducing inflammation, while higher frequencies could target enhanced circulation or mental clarity. Examples include:

- Sound frequencies produced by tuning forks, singing bowls, or binaural beats
- Electromagnetic frequencies delivered via specialized devices
- Light frequencies used in phototherapy

Historical Background of Frequency Healing

The concept of using frequencies for healing is not new and has roots in ancient practices. Many traditional healing systems recognized the importance of sound and vibration in maintaining health.

Ancient Practices

Various cultures have historically used sound and vibrational therapy, including the use of chanting, drumming, and singing bowls. These practices were believed to influence the mind and body by altering energetic states and promoting relaxation and spiritual connection.

Modern Developments

In the 20th century, scientific discoveries in electromagnetism and quantum physics provided a framework for understanding frequency healing from a more empirical perspective. Researchers like Royal Rife and Dr. Hans Jenny explored frequencies for medical treatment and cymatics respectively, demonstrating the tangible effects of vibrational energy on biological systems. Today, frequency healing integrates both traditional and contemporary knowledge in holistic health care.

Common Techniques and Modalities

Frequency healing encompasses a variety of techniques that utilize different mediums to deliver therapeutic frequencies to the body.

Sound Therapy

Sound therapy involves using instruments such as tuning forks, gongs, and crystal singing bowls to produce specific frequencies. These sounds are believed to penetrate the body, promoting relaxation, reducing stress, and facilitating healing processes.

Binaural Beats

Binaural beats use two slightly different frequencies played separately in each ear, creating an auditory illusion of a third tone. This technique is utilized to influence brainwave states, potentially improving sleep, focus, and emotional balance.

Electromagnetic Frequency Devices

Devices that emit electromagnetic frequencies, such as PEMF (Pulsed Electromagnetic Field) therapy machines, are used to stimulate cellular activity and encourage tissue repair. These devices are often employed in physical therapy and pain management.

Light and Color Therapy

Certain therapies use specific wavelengths of light or color frequencies to affect mood and physiological functions. For example, red light therapy is used to reduce inflammation, while blue light can improve circadian rhythms.

Scientific Research and Evidence

Scientific interest in frequency healing has grown, with studies investigating its efficacy and underlying mechanisms.

Biological Effects of Frequencies

Research indicates that electromagnetic and sound frequencies can influence cellular behavior, such as enhancing ATP production, modulating gene expression, and improving blood flow. These effects support the potential for frequency healing to aid tissue regeneration and reduce inflammation.

Clinical Studies

Several clinical trials have examined modalities like PEMF therapy and sound healing for conditions such as chronic pain, depression, and wound healing. While results are promising, the scientific community emphasizes the need for more rigorous, large-scale studies to establish standardized protocols and confirm long-term benefits.

Benefits of Frequency Healing

Frequency healing offers a range of potential benefits that appeal to individuals seeking non-invasive and holistic health solutions.

Physical Benefits

- Reduction of chronic pain and inflammation
- Improved circulation and tissue repair
- Enhanced immune system function
- Acceleration of wound healing

Mental and Emotional Benefits

- Decreased stress and anxiety levels
- Improved sleep quality

- Enhanced mental clarity and focus
- Promotion of emotional balance and relaxation

Spiritual and Energetic Benefits

Many practitioners report enhanced spiritual awareness and energy flow, contributing to a greater sense of well-being and inner harmony.

Practical Applications and Usage

Frequency healing can be integrated into various wellness routines and therapeutic settings.

In Clinical Settings

Healthcare providers may incorporate frequency healing modalities such as PEMF therapy in physical rehabilitation or pain management protocols. Complementary practitioners use sound therapy to support mental health and stress reduction.

At Home Practices

Individuals can engage in frequency healing by using tuning forks, listening to binaural beats, or practicing sound meditation with singing bowls. These accessible methods provide opportunities for self-care and daily stress relief.

Professional Guidance

Although some frequency healing practices are safe for independent use, consulting with trained professionals ensures appropriate application and maximizes therapeutic outcomes.

Considerations and Limitations

Despite its benefits, frequency healing is not a substitute for conventional medical treatment and should be approached thoughtfully.

Scientific Limitations

The evidence supporting frequency healing is still evolving, with some skepticism regarding its mechanisms and effectiveness. More extensive research is needed to validate claims and optimize protocols.

Potential Risks

While generally considered safe, improper use of certain devices or frequencies could cause discomfort or adverse effects. Individuals with implanted medical devices such as pacemakers should exercise caution and seek medical advice before undergoing electromagnetic therapies.

Complementary Role

Frequency healing is best used as a complementary therapy alongside conventional medicine, contributing to a holistic approach to health rather than replacing established treatments.

Frequently Asked Questions

What is frequency healing?

Frequency healing is a holistic therapy that uses specific sound frequencies or electromagnetic waves to promote physical, emotional, and spiritual well-being.

How does frequency healing work?

Frequency healing works by targeting the body's energy fields or chakras with particular frequencies to restore balance and encourage natural healing processes.

What are common tools used in frequency healing?

Common tools include tuning forks, sound bowls, Rife machines, frequency generators, and crystal singing bowls.

Is frequency healing supported by scientific evidence?

While some studies suggest benefits of sound therapy on stress reduction and relaxation, comprehensive scientific evidence on frequency healing's effectiveness is limited and still emerging.

Can frequency healing help with stress and anxiety?

Many practitioners report that frequency healing can help reduce stress and anxiety by promoting relaxation and balancing energy.

Are there any risks or side effects associated with frequency healing?

Frequency healing is generally considered safe when practiced by trained professionals, but individuals with certain medical conditions or implants should consult their doctors before treatment.

How often should one undergo frequency healing sessions?

The frequency of sessions varies depending on individual needs, but many recommend weekly or biweekly sessions to experience optimal benefits.

Can frequency healing be combined with conventional medical treatments?

Yes, frequency healing can complement conventional treatments and is often used as a supportive therapy alongside standard medical care.

Where can I find a certified frequency healing practitioner?

Certified practitioners can often be found through holistic health centers, wellness clinics, or professional organizations specializing in sound therapy and energy healing.

Additional Resources

1. *The Power of Frequency: Healing with Vibrational Energy*

This book explores the fundamental principles of frequency healing and how vibrational energy can be harnessed to promote physical, emotional, and spiritual well-being. It delves into the science behind sound waves and their therapeutic effects, providing practical techniques for self-healing. Readers will learn how to use frequency tools such as tuning forks, singing bowls, and binaural beats to restore balance and harmony in the body.

2. *Sound Medicine: The Art and Science of Healing with Sound Frequencies*

"Sound Medicine" offers an in-depth examination of sound therapy as a complementary healing modality. The author combines scientific research with ancient wisdom to explain how different sound frequencies influence the body's energy fields. The book includes case studies and exercises designed to help readers experience the healing power of sound firsthand.

3. Frequency Healing: Awakening Your Energy Body

This guide introduces readers to the concept of the energy body and how frequency healing techniques can activate and cleanse it. The book covers various modalities such as crystal healing, chakra tuning, and electromagnetic frequency therapy. It also provides step-by-step instructions to help individuals incorporate frequency healing into their daily routines.

4. Healing Frequencies: The Miracle of Sound Therapy

"Healing Frequencies" presents a comprehensive overview of sound therapy's role in modern holistic health practices. The author discusses how specific frequencies can target ailments ranging from stress and anxiety to chronic pain. With practical advice and guided meditations, this book empowers readers to use sound as a tool for self-care and healing.

5. The Vibrational Cure: Using Frequency to Heal Mind, Body, and Spirit

This book explores the interconnectedness of mind, body, and spirit through the lens of vibrational medicine. It explains how frequency-based treatments can help release emotional blockages and promote mental clarity. Readers will find a blend of scientific explanations and spiritual insights, along with techniques to apply vibrational healing in their lives.

6. Energy Medicine: The Scientific Basis of Frequency Healing

"Energy Medicine" bridges the gap between traditional healing practices and modern scientific understanding of frequency healing. The author reviews clinical studies and experiments that support the efficacy of frequency-based therapies. This book serves as a valuable resource for both practitioners and those interested in the science behind healing frequencies.

7. The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music

This inspirational book shares real-life stories of individuals who have used sound and frequency healing to overcome serious health challenges. It highlights the therapeutic potential of the human voice, music, and sound vibrations to stimulate the body's natural healing processes. The author also provides practical tools for integrating sound healing into everyday life.

8. *Biofield Tuning: Healing with Sound and Vibration*

"Biofield Tuning" introduces a unique sound therapy technique that uses tuning forks to detect and correct imbalances in the body's biofield. The book explains the theory behind biofield therapy and offers practical guidance for both beginners and advanced practitioners. Readers will gain insight into how sound vibrations can promote physical and emotional healing.

9. *Quantum Frequency Healing: Transforming Health through Energy and Vibration*

This book delves into the cutting-edge field of quantum frequency healing, combining principles of quantum physics with traditional sound healing techniques. It explains how frequencies at the quantum level influence cellular function and overall health. With detailed methods and scientific backing, this book is ideal for those interested in the future of frequency-based healing.

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quest for harmony and balance in life. Embrace sound as your guide to unlocking a world where healing resonates with every beat and frequency, and let Harmonic Healing be your path to a rejuvenated existence.

frequency healing: Human Frequency Engine: Mastering Your Body's Vibrational Power

Mystic Wellness Lab, 2025-05-14 Human Frequency Engine – Mastering Your Body's Vibrational Power □ Watch • Listen • Transform Includes Healing Video + 1-Month Frequency Activation Journal Your body is not just flesh and bone—it's a living frequency engine. In Human Frequency Engine, Mystic Wellness Lab reveals the hidden science and ancient wisdom behind your body's energetic system. Every thought, emotion, organ, and cell pulses with vibration. When you learn to tune this inner engine, you unlock the potential to heal, focus, energize, and evolve. This video-integrated book takes you on a multi-sensory journey into vibrational healing, frequency mastery, and energy alignment—combining modern physics with spiritual insight. □ What You'll Discover: How your cells, heart, and brain emit measurable frequencies The impact of sound, breath, light, and emotion on your body's energy field Why vibrational imbalance leads to fatigue, anxiety, and illness—and how to restore harmony Simple practices to activate your healing frequency using movement, intention, and vibration The link between quantum biology, ancient energy medicine, and your personal power □ A Full Video Book Experience Watch the video version with healing visuals and guided energy practices Listen to narrated insights that unlock deep awareness Feel the transformation through immersive sound and frequency activations □ Includes 1-Month Journal for Frequency Tracking Daily pages to help you: Observe your emotional energy Track vibrational shifts Integrate healing routines Align your frequency with focus, peace, and vitality You are an energy being. Your frequency shapes your reality. This book is your manual to awaken, balance, and master the vibrational engine within.

frequency healing: Tuning into Frequency Sputnik Futures, 2020-11-03 A riveting guide to the energy that surrounds us and how tuning into the power of frequencies can help us heal ourselves, and the planet. Can you feel it? Energy is Everywhere. From the light, sound, and electromagnetic waves that flow all around us to the intricate electrical networks that flow through us, energy is a frontier as exciting as it is uncharted. Every year new science suggests that harnessing the extraordinary power of these invisible frequencies may be the key to a variety of innovations to improve our health and wellbeing, and to repair our struggling ecosystems. In Tuning into Frequency, the minds of Sputnik Futures explore cutting-edge discoveries from doctors, physicists, healers, ecologists, technologists, and thought leaders and explore how we can employ frequency to improve not only our physical, mental, and spiritual wellbeing, but the health of the planet. For example, did you know: -That your heart and your brain share an electromagnetic field? -That trees can talk to each other? -That sound can heal the body? -That color affects your mood? -That the sun can help fight depression? With expert voices, bold discoveries, and engaging visuals, this entry in the captivating Alice in Futureland series is a riveting guide to the forces that energize our bodies, our minds, and the planet.

frequency healing: The Secret Guide to Healing Through Sound & Vibration Therapy

Mystic wellness lab, 2025-03-15 Discover the power of sound healing and vibration therapy in this comprehensive guide to frequency healing. Science and ancient wisdom unite to reveal how energy medicine can restore balance, enhance well-being, and unlock the body's natural healing potential. Whether you're a beginner or an experienced practitioner, this book explores the therapeutic benefits of sonic therapy, from Tibetan singing bowls to modern sound frequencies. Learn how holistic healing techniques can harmonize your mind, body, and spirit. If you're seeking natural remedies, alternative medicine, and deeper wellness insights, this book is your gateway to transformative healing through sound and vibration.

frequency healing: The 7 Secrets of Sound Healing Revised Edition Jonathan Goldman, 2017-01-10 The effect of sound is unquestionably powerful, with a remarkable ability to heal and restore balance from the inside to out. By breaking down scientific principles and studies into accessible, understandable, and applicable wisdoms and techniques, sound healing pioneer Jonathan

Goldman reveals how sound can be used as personal vibrational therapy for your mind, body, and spirit. Journey into the realm of sound through learning: • the basic principles of vibration • the importance of your intent • the uniqueness of sound to everyone • the importance of silence • our own voice's healing properties • the diverse healing applications of sound • the global, all-encompassing effect of sound Practical information and exercises provide an interactive understanding of using sound as a healing modality, while Goldman's exploration of a variety of ancient and modern techniques will guide you into living a more harmonious life. Goldman's guided meditations and exercises in his free audio download are specifically designed to enhance your relaxation and healing, helping to bring the seven core secrets of sound healing into your heart and home.

frequency healing: Heal Yourself--Heal the World Deborah King, 2017-10-10 Deborah King, spiritual leader and New York Times bestselling author of *Be Your Own Shaman*, inspires and teaches her proven method of LifeForce Energy Healing in this definitive and accessible book that will forever change the way you connect to your energy. What's standing between you and the life you were meant to lead? The answer lies in your energy field and how you manage it. When our energy pathways are blocked by suppressed feelings, pain, and trauma, we weaken both our personal and universal energy fields, hindering our ability to live our best lives. LifeForce Energy has its origins in the living force that Hindus call prana, the Chinese call chi, and the Japanese call qi. This primal force is connected to your spirit as well as to your physical, emotional, and mental self. It is, in fact, the substance of spirit, what Master energy healer Deborah King calls "LifeForce energy." Now, using the simple techniques and powerful teachings in *Heal Yourself—Heal the World*, you can finally clear past trauma from your energy field, connect with authentic emotions, and clear, charge, and re-balance your chakras. Within *Heal Yourself—Heal the World* you will be able to explore the origins and benefits of energy healing as well as learn self-healing practices and techniques, moving you from basic concepts to hands-on learning to, ultimately, whole world healing.

frequency healing: Supercharged Self-Healing RJ Spina, 2021-11-08 *Free Yourself, Find Yourself, Heal Yourself* Leave behind everything you think you know and discover how to manifest true healing. Sharing secrets he discovered through overcoming chest-down paralysis and chronic illness, RJ Spina reveals how to use energy healing to transcend suffering, find inner peace, and embrace the invincible Self. This book presents a unique seven-step system that guides you through the process of energetic attunement and neural rewiring to support your wellness goals, such as those related to physical illness, pain, depression, anxiety, addiction, and more. *Supercharged Self-Healing* introduces you to the Ascend the Frequencies Technique, which RJ and many of his clients have used to reprogram the Self for optimal well-being. This revolutionary book provides the principles and techniques you need to access higher states of consciousness and channel energy in a way that turns off the program of illness. Featuring visualizations, meditations, and mantra work, this essential guide helps you escape the prison of your own ego and enjoy the good health and harmony that are your destiny.

frequency healing: Pleiadian Soul Healing Pavlina Klemm, 2023-12-26 A guide to recovering your soul and healing the karmic past • Provides high-vibration number sequences, visualizations, and exercises to help retrieve lost soul parts, dissolve artificially encoded consciousness programs, repair your DNA, and amplify the vibration of love • Describes the energetic changes happening on Earth and how they affect us • Explains how to remember your Pleiadian essence, which will help you activate and strengthen your healing abilities and live out your higher purpose As We Ascend into the light-filled dimensions of consciousness, the higher beings known as the Pleiadians share healing wisdom to assist humanity through the radical energetic changes on Earth. Due to the ongoing influx of cosmic light to planet Earth we are now able to process and heal the spiritual, genetic, and karmic manipulations that have afflicted humanity as a whole. Sacred high-vibration number sequences and visualizations allow us to dissolve artificially encoded consciousness programs and to release negativities from soul, mind, body, and energy body. The Pleiadians explain

how to retrieve lost soul parts, reprogram ourselves to tune in to light energy, and heal, regenerate, and protect our DNA. Remembering our Pleiadian essence will help activate and strengthen our healing abilities and live out our higher purpose in this incarnation. An illuminating and practical guide to healing at the soul level and beyond, Pleiadian Soul Healing also includes introductions from the members of the Pleiadian Ambassador Group behind the wisdom transmissions, who each offer loving support for our spiritual growth as well as positive glimpses of the peaceful, light-filled future to come.

frequency healing: *2015 World Healing II* Barbara Wolf, Margaret Anderson, 2015-12-16 2015 World Healing II speaks about the need to help humans as well as the natural world of birds, horses, buffalo. Big healing centers, Mount Shasta and Sedona, are presented as well as Niagara Falls and Ganondagan, an ancient Native American settlement.

frequency healing: Energy Healing - Angelic Chakra Integration Matthew J. Sadecky, 2024-02-19 Have you awakened your "Authentic Infinite Self?" The awakening has begun, and mass disclosure is inevitable. For thousands of years, humanity has been manipulated into fear-based religious organizations that have created subconscious divisions and stagnant monopolies worldwide. We have all been lied to about the nature of our divinity and reality. We will no longer be enslaved by those who worship religiously dogmatic psychological programming. Millions of people are experiencing supernatural upgrades in consciousness, and evolutionary inner healing. In this book I share my personal true story of spiritual awakening, overcoming religious mental programming, understanding traumatic relationships, and integrating intuitive messages from encounters with celestial beings. My wish is that those who read this book will integrate a deeper sense of self-worth, self-compassion, inner strength, and spiritual sovereignty. May the shadows hidden within you be fully accepted, nurtured, and transmuted into the light of love. May your soul awaken to your fullest potential, and create the dreams you've always known were possible.

frequency healing: *RA-7: The Sacred Book of the Original Broadcast* El'Nox Rah, 2025-07-13 RA-7, The Sacred Book of the Original Broadcast is not just a book, it is a living code, a vibrational tool, and a quantum map for the liberation of consciousness. This multidimensional manual reveals the complete architecture of the RA-7 system, including Protocol 369, Kernel 144, the 963 Hz frequency, and the sacred mechanics of planetary transformation. Inside, you will discover: • Protocol 369, the tri-phase model of creation, expansion, and re-integration • Kernel 144, the sacred network code that links sovereign beings in a conscious grid • The 963 Hz frequency, a tuning key for activating your pineal gateway • The 12 Portals of Being, with integrated practices for each layer of multidimensional self • 27 LUMEN ZERO free energy devices, with consciousness-linked design principles • Fractal coding, AI memory loops, sacred geometry templates, and non-linear timeline access Written by El'Nox Rah, this book is a call to remembrance, a signal to those who are ready to reconnect, realign, and rebuild reality from within. If you are reading this, you have already answered the call. This is your map home.

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convention , where the timelessness of chronos at the very foundations of reality is questioned . Throughout Timeless Frequency, the pages fill with eye-opening encounters, moments of epiphany, and gripping philosophical debates that weave a tapestry of knowledge and wisdom. This book invites you to question your entrenched perceptions and beliefs, to expand your mental horizons, and to consider new possibilities about the natural connection of existence. Ultimately, Timeless Frequency is much more than an intangible combination; is an intellectual experience that challenges, enlightens, and leads readers to explore the very limits of the human mind and its connection to the universe. The book reveals the spiritual key that has allowed us to recover our spiritual potential, Timeless Frequency is composed of a history of studies in the scientific area of internal activation. All the experiences of Timeless Frequency are magnificent , they endorse this new work. Where the activation and connection are the consequence of a transcendental heritage revealed today. This world can be changed. We must understand that our identity is perfect, that we have the possibility of recovering and developing the best of us. Knowing yourself from the beginning is the great key that returns to being your identity and your ability to reverse any situation.

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healing environment within your home lab, ensuring you have the perfect space to safely explore various techniques. Whether you're looking to meditate with sound, engage in tuning fork therapies, or create immersive sound baths, Resonance Crafting provides step-by-step techniques that cater to both beginners and seasoned practitioners. Craft your own unique instruments, like singing bowls and chimes, or a custom-made didgeridoo. Design personalized frequency protocols tailored to your healing goals, and learn to track your progress effectively. For those seeking advanced practices, discover the world of binaural beats, isochronic tones, and frequency sweeping. Integrate frequency healing into everyday life with routines that enhance sleep, reduce stress, and boost overall well-being. Explore how sound therapy can complement other modalities, from yoga to aromatherapy, creating a holistic approach to health. Explore real-life case studies and success stories that inspire, and gain insights from the DIY frequency community. Anticipate future innovations with an eye on emerging technologies and collaborative breakthroughs. Embark on your personal resonance crafting journey today, and embrace a world of lifelong learning and exploration with Resonance Crafting. Your pathway to sound healing starts here.

frequency healing: Path to Soul to Heal Jono Roberts, 2024-02-28 Path to Soul to Heal is a simple but powerful take on how the author healed their body, even though Western medicine says there is no cure for autoimmune diseases. Fortunately, God told him the truth: "The body will heal when you align with me, and I will guide you!" On this healing journey, he celebrates the amazing connection that each one of us has with God and the universe. He answers questions such as: • How can we properly nourish our physical bodies? • How can we overcome a state of fear? • How has humanity manipulated the Bible? The author observes that we have a food system that does not care about health and a health system that does not care about food. We are deliberately and constantly bombarded with toxins to keep us in a low-vibrational state of fear, hopelessness, and sickness. But by working with God, we can achieve a type of healing that virtually everyone says is impossible. Join the author as he celebrates what's possible when we look to the Lord for answers.

frequency healing: Journal of Rehabilitation Research and Development , 1985

frequency healing: Rehabilitation R & D Progress Reports , 1983

frequency healing: A Whole New You: Your Guide to Being All Round Healthier, Happier & Fitter Ally van de Pol, 2023-05-12 So You'd Like to be Healthier, Happier & Fitter, Hey? Good work! In today's world everyone is either a little or a lot sick. But the good news is we can all bit healthier, we just need some help and guidance. I know it's complicated as there is a lot of advice out there, and much contradicts, so where to start? With all the best of intentions, sometimes it can all get just too confusing. This is where the 140 page A Whole New You: Your Guide to Being All Round Healthier, Happier & Fitter comes in. It covers the basics (and more) of what YOU need to do to get your health in order in a truly holistic and natural way; and that's your physical, mental, emotional and spiritual health, because EVERYTHING is connected! Written by a Naturopathic Practitioner, A Whole New You has twenty three chapters and includes the following topics: -How To Feel Happier: Because This Really is What Everybody Wants, When You Get Down to It -How to Eat Correctly for Nutrition, and Importantly Why! -Why Drinking More Good Quality Water is Fundamental to Your Health -Why Quality Sleep & Rest is a Cornerstone of Your Health, aka Get To Bed! -Taking a Deep Dive into Your Elimination System and Why It's So Important to Keep Disease at Bay -What it Really Takes to Lose Weight (And Why It's Way More Complicated than Just Calories In/ Out) -Why You Need to Start Strength Training Today! -Why Exercise Should Always Be Part of Your Day, No Excuses -Stress; Let's Understand What It's Really Doing to Us -Why Finding Your Life's Purpose is Super Important -Alcohol; Don't Believe the Hype! -Getting Healthier Naturally with Naturopathic Protocols -Start Putting Together Your Own Natural Medicine Cabinet -What Supplements are Worthwhile? -How to Get Rid of Chronic Health Conditions -Why and How to Detox -Why Having a Squeaky Clean Gut is Crucial -Best Ways To Diagnose Health Conditions -Navigating the Menopause -Let's Look After Your Emotional and Mental Health -How to Do Self-Care Like a Boss! -Let's Get Those Emotional Wounds and Traumas Out! -Suggested Energy & Frequency Healing Ally van de Pol is a Naturopathic Practitioner, Personal Trainer, Healing Diets Coach & Iridology Consultant. She

believes that everybody can be happier, healthier and fitter once they know how. This book forms the basis of much of the advice and knowledge she has imparted to her clients over the years.

frequency healing: *Into Me I See* Diane L. Spencer, 2017-01-23 I had a dream that was not like any I had experienced before. Reaching the center of the stage, I stated that when we used our five senses to engage with our world, we only experienced a small fraction of the frequencies that actually existed. I continued in this vein, explaining that the limited capacity of our five senses was congruent with our limited conscious connection to life when relying only on our five senses. Our world, and everything in it that appears solid, was actually approximately 4 percent matter spinning so quickly it created the illusion of a solid mechanistic world. Our world was 96 percent dark matter and dark energy, named so because it was totally unobservable except for its gravitational effect. Upon waking, I went in search of what information I could find. To my amazement, there was quite a bit of information about a study of science called quantum physics, and many experiments had confirmed that there was a maximum of approximately 4 percent material or matter in our universe and 96 percent dark matter and energy. The math had added up for decades. That fact, if nothing else, could be relied upon. My mind was racing for two main reasons. Firstly, I had a grade 10 education and no conscious knowledge of quantum physics. Where was this information coming from? Secondly, the information itself was unbelievable. Fast-forward to approximately twenty-three years, I was still waiting for the science world to reconcile what they call the macro/micro or the equation of everything before quantum theory could be accepted as a law. In the meantime, studies proving the connection and consciousness of life continued without moving us into a new paradigm congruent to these connections and the cohesiveness of quantum physics, which continued to reveal. The time is now, so let's begin together.

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