

NOGIER SIMPLIFIED FREQUENCY GUIDE

SETTING	AREA OF BODY	Freq.
1	Endocrine System - Glands, Hormones, Cellular Repair	73 Hz.
2	Inflammation, Infections, Scar tissue, Parasites	147 Hz.
3	Ectodermal Tissue – Eyes, Ears, Nerves, Skin, Brain, Pain	294 Hz.
4	Endodermal Tissue – Gastrointestinal tract, Liver, Lungs, Stomach, Pancreas, Inside Mouth, Gums, Pain	587 Hz.
5	Mesodermal Tissue – Heart and Blood Vessels, Bones, Muscles, Joints, Ligaments, Lungs, Lymphatic, Reproductive Organs, Gums, Teeth Sinuses	1174 Hz.
6	Chronic Conditions – Circulation, Lymphatic	2349 Hz.
7	General Pain – Nerve Issues, Bone Chips, Spurs, Calcifications, Arthritic Conditions	4698 Hz.

A – Physical - Steps through Settings 1-7 in 2-minute intervals.

“A” Automatically cycles through the entire Nogier frequencies channels 1-7.

B – Compilation of Quantum frequencies and more.

“B” is an excellent choice for stress reduction and relaxation supporting the natural balancing phase of the body.

C – Specific sets of frequencies targeting anti-aging and skin rejuvenation with the eye mask.

Once again, you may choose to set your unit for A, B, or C or select a specific number according to the above frequency chart and your session will run the entire 20 minutes on that setting. Or simply turn your controller on and your unit will operate in the Auto mode running through all 7 channels during your session.

*When dealing with alignment and/or structural issues in jaw, shoulder, neck, mouth, bite, etc. Use Proprioception Placements.

* Remember: Lower frequencies stimulate, Higher frequencies sedate.