

GUIDE FOR SETTINGS 1-7 & A - The Nogier

SETTING	AREA OF BODY SUPPORTED	Note & Frequency
1	Cell Energizer - Bone, Brain, Endocrine Glands, Hormones, Increased Circulation, Increased Immunity, Enhanced Mood	F, 73 Hz.
2	Inflammation , Infections, Scar tissue, Parasites, Mental Health	G, 147 Hz.
3	Ectodermal Tissue – Wounds, Eyes, Ears, Nerves, Skin, Pain, Acute Issues	A, 294 Hz.
4	Endodermal Tissue – Gastrointestinal tract, Metabolism, Neuropathy, Circulation, Lymph, Liver, Pancreas, Stomach Chronic Conditions, Deep Tendon, Ligament & Joint, Spine	B, 587 Hz.
5	Mesodermal Tissue – Heart and Blood Vessels, Bones, Muscles, Joints, Ligaments, Lungs, Reproductive Organs Circulation, Movement, Relaxation of Large Muscle Groups	C, 1174 Hz.
6	Balance - Stress, Right/Left Brain, Brain Connectivity, Plateaus, Alignment Session Support	D, 2349 Hz.
7	General Pain – Nerve Issues, Bone Chips, Spurs, Calcifications, Arthritic Conditions, Spinal Cord, Sedative	E, 4698 Hz.

GUIDE FOR SETTINGS A, B, C

A – Physical Energy & Balance - Steps through Settings 1-7 in 3 minute intervals. Can be energizing, recommended as a morning session. 21 minutes.

B – Relaxation, Emotional Release & Tuning - B moves through the Spiritually Tuning Solfeggio and other Quantum frequencies. B setting is an excellent choice for stress reduction and relaxation supporting the natural balancing phase of the body.

C – Natural Harmony & Rejuvenation - C is series of 3:2 Pythagorean or Golden Ratio frequencies which represent the blueprint of how energy naturally flows and are repeatedly found in music, in minerals, in architecture, in medical research and in the natural patterns of life. The Golden Ratio Harmonics have been named by researchers at Stanford as part of “the most harmonic frequencies in nature.” This is a great series for either morning or night and supports natural balance and cell rejuvenation.

*Helpful Reminder: Lower hz frequencies tend to energize, Higher hz frequencies tend to sedate.