

CALCULATED FREQUENCY THERAPY (CFT)

CFT is like a spark plug or catalyst for energy production in the cell. Just like a car needs oxygen, fuel and an ignition (spark plug), so does the human cell need fuel (glucose), oxygen and a "spark plug" or ignition. This ignition is CFT or calculated pulsed energy from both the earth and exercise on the earth.

We can also think of CFT as a battery recharger for the human cell. We now know that the voltage of a healthy cell is about 70-110 millivolts and when we get sick that voltage drops below 50 millivolts or less and cancer cells are 30 millivolts or less. Calculated Frequency Therapy acts like a catalyst and battery recharger for the human cells and these frequencies are critical for human metabolism.

CFT also improves microcirculation, oxygenation (up to a 200% increase), helps in nerve regeneration, pain management and many other health promoting benefits. There are over a 1000 clinical studies and over 7000 research papers validating the therapeutic benefits of CFT. There is abundance evidence that the TWO predominate earth based resonant frequencies are 7.83 Hz and 11.75 Hz (or 11.79 HZ) and their higher harmonics. Further evidence is that the human brain state frequencies correspond to these frequencies including the hippocampus. Therapeutically, make sure the frequencies generated are between roughly .5 to 30 HZ (ideally) in order to match the harmonics of both your brain and the earth.

It is interesting to note that both the U.S. (NASA) and Russian space program use 7.83 (Schumann generators) in the space suits and space stations to prevent serious illness. Two researchers, Adey and Bawin, showed very conclusively that cells respond to roughly 3-25 Hz and any frequencies outside this range have little or no effect. Zimmerman in his study of energy healers found a magnetic frequency between .3 and 30 Hz validating Adey's research and solidifying the argument that the earth's natural frequencies are the most beneficial and actually the only absorbed and useful pulsating magnetic frequencies for the human organism.

Beta-Waves (above 13Hz, at centre about 14-16 Hz and up to 30 Hz)

These waves determine brain activity during awake, tense and active conditions. At the forefront are the consciousness, influenced by external stimuli, the processing of mental impressions and critical thinking. Within the constructive beta area, a condition of elevated concentration is present. Elevated frequencies past a certain limit cause destructive conditions, such as stress, fear or even panic. Overly elevated beta-wave-shares cause a higher output of stress-hormones.

2. Alpha-Waves (8-13 Hz)

They appear in a relaxed condition when the eyes are closed in the stage between sleep and waking hours. Characteristics are pleasant relaxation, positive mood and a feeling of "body and spirit" integration.

3. Theta-Waves (4-8 Hz)

They usually develop during sleep, dreaming and deep meditation. The formation of the sub-consciousness is now active. This zone is characterized by vivid imagination ability, improved learning and recollection ability, fantasy and intuition.

4. Delta-Waves (0.5-4 Hz)

They appear mostly during deep-sleep and are rarely experienced during waking hours. The accompanying psychological conditions are a dreamless sleep, trance and deep-hypnosis. Delta waves are of great importance for healing processes as well as the functioning of the immune system.

Now for the practical information. Based on Circadian rhythm studies and common sense, we need beta or stimulating frequencies in the morning and early afternoon, alpha in the early evening and evening, theta right before bed and during sleep and at least a few hours of delta during the night for deep rejuvenation (along with REM sleep too). So just as our planet has rhythms between .5 Hz and 30 Hz, so too do we as humans experience these different frequencies throughout the day from high Beta (upwards to 30 Hz) to low delta (down to as low as .125 Hz).