

## VIBROACOUSTIC THERAPY FREQUENCIES

Vibroacoustic Therapy is a drugless, non-invasive approach addressing physical, mental and emotional aspects, increasing quality of life. The body is massaged with low frequency vibrations which are transmitted through the use of special transducers. The vibrations permeate the body, engaging the body to create a sympathetic resonance with the energetic frequency waves provided in the CD.

VAT offers multiple benefits and has been documented to stimulate blood circulation, relieve stress, anxiety and its analgesic effect aids in pain management. It lowers blood pressure and calms the autonomic nervous system and decreases spasms and tremors (Parkinson's, Dystonia), helping to enhance the quality of life. It provides surface and deep tissue massage effects. VAT has also been found to aid with lungs conditions such as Asthma, COPD and Cystic Fibrosis. Repeated sessions have shown cumulative positive effects.

VAT has been researched around the world for over 30 years. Olav Skille of Norway, the "Father of Vibroacoustics", is known for his development of vibroacoustic frequencies.



## **Pain Management Series**

### **Tranquility Frequencies CD**

30 minute Frequency CD  
Variety of resonant frequencies to aid in Stress management.

### **MyFibro Frequencies CD**

30 minute Frequency CD  
Variety of resonant frequencies to aid in Fibromyalgia pain management.

### **Arthro Frequencies CD**

30 minute Frequency CD  
Resonant Frequencies for joint support

### **Migraine Frequencies CD**

25 minute Frequency CD  
Frequencies for use with Migraines.  
To be used at low volume levels.

### **Osteo Frequencies CD**

30 minute Frequency CD  
Based on NASA research on reversing bone loss.

### **PTSD Frequencies CD**

30 minute Frequency CD  
High & Low Frequencies to aid with PTSD.



## **Human Body Series**

### **Oxygenation Frequencies CD**

60 minute Frequency CD

Variety of frequencies to promote the Oxygenation of the body and reduce acidation.

### **Endocrine Frequencies CD**

37 minute Frequency CD

Resonant Frequencies of the Endocrine System

Pineal, Pituitary, Thyroid, Parathyroid, Thymus, Adrenal, Pancreas,  
Ovaries and Gonads' Frequencies.

### **Meridian Frequencies CD**

50 minute Frequency CD

Resonant Frequencies with Sub-Harmonics of the 12 Acupuncture Meridians.

### **Intestinal Frequencies CD**

23 minute Frequency CD

Resonant Frequencies to aid elimination.

### **Bladder Frequencies CD**

60 minute Frequency CD

Two 30 minute Frequency tracks Resonant Frequencies of the Bladder.

### **Liver Frequencies CD**

30 minute Frequency CD

Resonant Frequencies of the healthy Liver.

### **Broken Bone Mending Frequencies CD**

25 minute Frequency CD

Frequencies to aid in mending broken bones.

Based on Cat's Purr frequencies.



## **Muscle & Structural Frequencies**

### **Sciatica Frequencies CD**

61 minute Frequency CD

35 minute track with Resonant Frequencies and their sub harmonics for L4 and L5 vertebrae and their supporting muscles. 26 minute track with Resonant Frequencies and their sub harmonics for L4 and L5 vertebrae and Rife frequencies for sciatica.

### **Spinal Vibrational Frequencies CD**

24 minute Frequency CD which addresses the Resonant Frequencies of all of the vertebrae in the spinal column, one frequency at a time.

### **Neck & Shoulder Frequencies CD**

26 minute Frequency CD

Resonant Frequencies with sub harmonics of the neck, shoulder and upper back muscles.

### **Knee Frequencies CD**

32 minute Frequency CD

Resonant Frequencies with sub harmonics of the muscles which support the knee.

### **Hip Frequencies CD**

28 minute Frequency CD

Resonant Frequencies with sub harmonics of the muscles which support the hips.

### **Foot Frequencies CD**

30 minute Frequency CD

Resonant Frequencies with sub harmonics of the muscles which support the Feet.

### **Hand Frequencies CD**

24 minute Frequency CD

Resonant Frequencies with sub harmonics of the muscles of the hand.



## Energy and Balancing Series

### Seven Chakra Balancing - Frequencies CD

A 15 minute long CD with Frequencies for balancing the seven Major Chakras.  
Chakra Frequencies and their sub harmonics.  
Great also as a short warm up for deep tissue massage.

#### Contraindications for Low Frequency Therapy - VAT

- If a recent thrombosis is present which can then start moving to the lungs or brain.
- After an accident - for example - recent Whiplash injury.
- Internal or external bleeding, or if bleeding may be started by Low Frequency Sound Massage, e.g. shortly after an operation. (This does not apply to menstrual bleeding)
- Psychotic or pre-psychotic conditions as they may become disoriented or confused.
- Use with care if blood pressure is very low as VAT may aggravate already low blood pressure.
- Transducers contain magnets, which may adversely affect pacemakers.