

## **Balancing the Frequency of Our Bodies**

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Frequency is a measure of electrical energy. Every living thing has an electrical frequency, from the food we eat to the diseases that we have. Our bodies have an electrical frequency. This frequency has been measured in megahertz by Bruce Tainio of Tainio Technology in Cheney, Washington. When the body is in balance this frequency is 62 MHz to 78 MHz. When this frequency becomes lower than 58 MHz then disease begins. Helping our body to maintain its frequency is important to our physical, spiritual and emotional health. Food and herbs help with this process, it is interesting to note though that canned/processed food has a zero MHz frequency; fresh produce measured up to 15MHz; dry herbs register from 12-22 MHz; fresh herbs are from 20-27 MHz.

In one test two males, age 26 and 24 both registered at 66 MHz. The first male was given a cup of coffee to hold for 3 seconds then registered his frequency at 58MHz. The second male took a sip of coffee and his frequency dropped to 52MHz in the same 3 seconds. It took 3 days for the frequency of his body to return to 66MHz. Through the use of essential oils we can help maintain and restore the body to its natural frequency. Essential oils register from 52 to 320MHz.

When the frequency of the body is out of balance the physical body reflects this. Often the imbalance shows in the body with one leg being shorter than the other. Before doing a Touch for Health balance, or any other type of balance, it is beneficial to put the electrical frequency of the body in balance first. By having the electrical frequency of the body in balance it creates a place for a more effective Touch for Health balance.

Begin by having the client lie down; a massage table works really well. Ask the client for permission to check for a

misalignment in the legs. The easiest way to do this is take your hands, place your thumbs on the inside of the client's legs, a few inches above the ankles. Have your thumbs touching each other. Move the thumbs down the inside on the client's legs until one touches the anklebone. Stop and see where the other thumb is in relation to the anklebone. More than likely the other anklebone will be lower than where the other thumb is. After determining which leg is shorter, take Valor Essential Oil (obtained from Young Living) place 6 drops in one hand, stir the oil with a finger from the other hand 3 times in a clockwise direction. (By stirring the oil it increases the oxygen effect of the oil.) Then place the oil on the bottom of one of the client's feet. Repeat this procedure and place oil on the other foot.

Now that the oil is on the bottom of the feet, place the right hand on the bottom of the right foot, take the left hand and hold the bottom of the left foot. Continue to hold the feet in this manner until the shorter leg elongates and becomes the same length as the longer leg. (This should take about 5 minutes.)

Recheck the alignment of the legs by running your hands with the thumbs on the inside of the client's legs again. If the legs are in alignment then proceed with Touch for Health balance or whatever type of balance is the priority for the person.

Valor Essential Oil has a frequency of 47Hz; by using this oil prior to any other type of balance, we assist the body in raising its own frequency. By doing this gradually the body accepts the change easier and the client feels better and the balance is more effective.

Another simple thing to do to help keep our body's frequency in balance is to be aware of our thoughts. Research has shown that negative thoughts lower a person's measured frequency by 12 MHz while positive thoughts raise the frequency by 10MHz. Also prayer and meditation are beneficial as these increase the body's electrical frequency by 15MHz.