

# Nogier Frequencies

**A**  
frequency  
292 Hz

## Cellular Vitality

Resonates with **Ectoderm** (outermost tissue) that forms:

- Skin
- Ears
- Glands
- Teeth
- Nerves
- Brain
- Eyes
- Spinal Cord
- Assists wound healing
- Nerve repair
- Reduce inflammation
- Repair of skin
- Reduces scar tissue
- Reduce tumors

**B**  
frequency  
584 Hz

## Nutritional Metabolism

Resonates with **Endoderm** (innermost tissue) that forms:

- Lungs
- Liver
- Gall Bladder
- Bladder
- Thyroid Gland
- Pancreas
- Urethra
- Thymus Gland
- Lining of the intestinal tract
- Auditory Tube
- Improves nutritional assimilation
- Balances the parasympathetic nervous system
- Alleviates allergy problems

**C**  
frequency  
1,168 Hz

## Movement

Resonates with **Mesoderm** (middle tissue) that forms:

- Connective tissue - ligaments, tendons, cartilage, muscle & bone
- Cortex of the Adrenal Gland
- Pain in muscles, skeletal or myofacial\* areas
- Heart
- Blood
- Lymph vessels
- Ovaries
- Testes
- Kidneys
- Spleen

**D**  
frequency  
2,336 Hz

## Coordination

- Coordinates the two sides of the brain
- Reduces Stress

# Nogier Frequencies continued...

**E**  
frequency  
4,672 Hz

## Nerves

- Pain
- Spinal Cord
- Skin Disorders

Resonates with the spinal cord and the peripheral nervous system:

- The spinal cord carries the messages of the central nervous system from the brain to all other parts of the body.
- The peripheral nervous system extends from the central nervous system. These nerves extend to the outermost areas of the body - to the organs, limbs and skin.

Veterinary experience:

- Reduces excess calcification such as bone spurs and arthritic joints

**F**  
frequency  
73 Hz  
A harmonic  
frequency

## Emotional Reactions

- Balances Hormones
- Muscle spasms
- Facial Pain
- Headaches
- Depression
- Healing of non-healing bone fractures
- Balances thalamus and hypothalamus - two major body control centers

Resonates with the subcortical or lower regions of the brain:

- Speech
- Memory
- Hormones balance
- Unconscious reactions/reflexes

Veterinary experience:

- Improves circulation

**G**  
frequency  
146 Hz  
A harmonic  
frequency

## Intellectual Organization

- Memory
- Psychological disorders
- Nervousness and worry

Resonates with the cerebral cortex of the brain:

- Thinking
- Imagining
- Creating

Veterinary experience:

- Reduces inflammation and scar tissue on tendons and ligaments.

\* Myofascial pain: The fascia is a tough connective tissue which spreads throughout the body surrounding every muscle, bone, nerve, blood vessel and organ of the body. Malfunction of the fascial system due to trauma, posture, or inflammation can create a binding down of the fascia resulting in abnormal pressure on nerves, muscles, bones or organs. This may be associated with fibromyalgia.