



RESONA HEALTH

VIBE Protocols

Health Restoration Technologies

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Introduction

The **Resona Health VIBE** is the flagship PEMF therapy device trusted by people and professionals worldwide for humans, horses, dogs, and cats. Compact, powerful, and science-driven, it delivers pulsed electromagnetic field (PEMF) therapy to help the body naturally rebalance, recover, and heal.

With **60 Core** and **70 Expansion Protocols**, the VIBE provides targeted electromagnetic pulses that reduce pain, inflammation, and stress while restoring natural energy and balance. This same breakthrough technology made **Resona Health** the fastest-growing PEMF company in the world, setting a new standard for safe and effective wellness support.

Instead of using sound or electricity, **the VIBE sends gentle magnetic pulses that interact with the body's natural energy field.** These pulses help cells recharge, rebalance, and communicate better, like giving your body's batteries a **boost**. Each program runs at specific frequencies designed to support individual body systems or brainwave patterns. It doesn't force the body to do anything; it simply reminds it how to function at its best.

Individuals often describe feeling **calm, relaxed, or lightly energized** after a session. Perfectly safe, silent, and noninvasive, the Resona VIBE continues to redefine what is possible in energy-based healing for both humans and animals.

VIBE Instructions

To experience the full benefits of the Resona VIBE, **consistency and proper hydration are key**. When starting out, use the VIBE at least three to four times per week for the first 30 days. You can safely use it more often if desired, and you may run as many different protocols as you like. The VIBE works naturally with your body's own energy. If your system needs the frequencies, it will use them; if not, they simply pass through without effect.

After you choose or begin a protocol, set the energy output level using the plus or minus buttons on the scroll wheel. Levels range from one to ten, with ten being the highest and most effective for therapeutic use. For the best results, place the VIBE close to the body. **It does not need to touch the skin to be effective**. The device may warm slightly, up to about 105 degrees Fahrenheit, which means it is working properly. If you are sensitive to temperature, allow some airflow or ventilation for comfort.

Because the VIBE works on the body's electrical system, hydration and electrolytes are essential for **optimal results**. Water and minerals help conduct the electromagnetic frequencies, allowing your cells to receive and respond to the energy efficiently. **Drink at least four twelve-ounce glasses of water (48oz)** within the four hours before your session and consider replenishing **electrolytes** with trace minerals, coconut water, or a balanced electrolyte solution. Proper hydration maintains your body's natural electrical charge, supports detoxification, and enhances every VIBE session. **If you are not hydrated, the protocols likely will not work.**

Cellular Voltage

Every cell in your body works like a tiny battery. It has an **electrical charge, or voltage**, that allows it to communicate, create energy, and carry out essential functions. When that voltage drops too low, cells struggle to repair, regenerate, and stay healthy.

PEMF therapy helps recharge your cells, restoring their natural voltage so they can perform at their best. Think of it as giving your cells a gentle boost of energy. This process also increases **ATP (adenosine triphosphate)**, the main fuel your cells use for energy, by as much as 500%. When your cells are recharged and well-fueled, your body can better repair itself, reduce inflammation, and maintain overall balance.

Just like a battery needs good contact points, your body needs **hydration and electrolytes** to keep this electrical system running smoothly. Electrolytes such as sodium, potassium, calcium, and magnesium help create and carry electrical signals between your cells. These signals control vital processes like nerve function, muscle movement, heart rhythm, and fluid balance.

When you stay hydrated and maintain good electrolyte levels, your body's **"cellular batteries"** can hold their charge more effectively, allowing PEMF therapy to work at its **full potential**. Healthy voltage equals healthy cells and healthy cells build a healthy body.

FDA Disclaimer

All **Resona Health** products are classified as **FDA general wellness devices** under the U.S. Food and Drug Administration's General Wellness: Policy for Low-Risk Devices guidance. These products are intended to promote general wellness by supporting relaxation, energy balance, and overall well-being. They are **not** medical devices and are **not intended to diagnose, treat, cure, or prevent any disease or medical condition.**

The information provided by Resona Health, whether through the website, printed materials, marketing, demonstrations, or consultations, is for **educational and informational purposes only.** It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or before beginning any new wellness program.

Individual results may vary, and statements made regarding these devices have **not been evaluated by the FDA** or any other regulatory authority. The use of Resona Health products should be considered as part of a holistic approach to well-being and is meant to **complement, not replace**, medical care or advice from a licensed healthcare professional.

By using Resona Health products, **you acknowledge and agree** that you are doing so voluntarily and understand that no claims are made or implied regarding the treatment, mitigation, diagnosis, or prevention of disease.

Health Restoration Technologies

Health Restoration Technologies (HRT), has been deeply rooted in the world of **PEMF** and **energy-based healing** since the beginning. At HRT, we have long supported clients using a wide range of energy and frequency modalities. Through tools such as biofeedback testing, PEMF therapy, Rife frequencies, touch therapy, low-level lasers, energetic imprints, and magnetic devices, we help bring the body back into **balance and alignment**.

Our approach is grounded in the understanding that the **invisible creates the visible** and that all life expresses itself through **energy, frequency, and vibration**. The body is governed by natural laws that operate across physical, chemical, biological, physiological, and spiritual systems. When we support the body energetically, we help activate its **own innate capacity** to restore itself.

This is where the Resona VIBE fits beautifully. The VIBE provides the body with gentle, supportive energy so the body can do what it was designed to do. It does not override the body or force change. It simply supplies clean, organized electromagnetic input that **helps the body correct, repair, and harmonize itself**.

Health Restoration Technologies is **not affiliated, associated,** or in any way officially connected with Resona Health. All product and company names are trademarks of their respective owners. Any use of these names, trademarks, or brands is **solely** for identification and reference purposes and does not imply endorsement or affiliation. **To learn more, please visit resona.health.**

Device Protocols

In the pages ahead, you will find detailed descriptions for each VIBE protocol and how PEMF may support the body. Each description includes suggested pairings for commonly combined protocols and helpful usage tips so you can get the most out of every VIBE session. **User experience may vary**, since PEMF and other frequency-based devices interact with the body's energetic system in a subjective and individualized way. Because every person is made of energy and frequency, each session can create a **unique experience**.

It is important to stay hydrated during all protocols and to follow the recommended guidelines. While some protocols naturally complement each other, there is no limit to how many can be paired. **Feel free to explore and discover what combinations work best for your needs.** The list of VIBE protocol descriptions is organized alphabetically for easy navigation. We encourage you to become familiar with each protocol, both for everyday use and for times when you may need targeted support.

PEMF energy travels through the body's conductive tissues, which means the benefits extend **beyond** the area where the device is placed. This allows for full-body support **regardless of placement.** We invite you to experiment, tune in to your body, and enjoy the process as you discover how the VIBE can best support your wellness journey. **Happy VIBING.**

Acne

Acne is a common skin condition that causes pimples when hair follicles become clogged with oil and dead skin cells, often appearing on the face, forehead, chest, upper back, and shoulders. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed for preventive relief of acne as well as reducing the severity and frequency of breakouts. The Acne protocol on the VIBE device supports skin clarity, detox pathways, and inflammatory balance, and may help diminish whiteheads, blackheads, or pimples while addressing oily or congested skin, redness and irritation, clogged pores, hormonal or stress-related flare-ups, and slow skin cell turnover. It promotes circulation and lymphatic drainage, supports detox and waste elimination, calms inflammatory responses, and encourages cellular regeneration and balanced skin barrier function. This protocol is ideal for teens or adults with non-cystic acne, individuals experiencing chronic stress, hormonal shifts, or poor sleep, and those undergoing detox, dietary changes, or hormonal transitions. It is commonly paired with Liver or Kidney Support protocols for internal skin support, Anxiety or Vagus Nerve protocols for reducing stress-related flare-ups, and Anti-Aging, Sun Burn, or General Inflammation protocols for enhanced recovery and glow. For best results, apply the VIBE near breakout-prone areas and stay well hydrated while following a supportive skincare routine.

Run Time - 35:59

ADHD

ADHD, or attention deficit hyperactivity disorder, is a neurodevelopmental condition characterized by inattention, hyperactivity, and impulsivity that often begins in childhood and can persist into adulthood, affecting self-esteem, relationships, and performance at school or work. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to support relief from symptoms associated with ADHD, including attention difficulty, hyperactivity, and impulsiveness. The ADHD protocol on the VIBE device is intended to promote focus, emotional regulation, and neurological balance for individuals experiencing challenges with concentration, mental restlessness, mood instability, impulsiveness, organizational difficulty, sensory overwhelm, or cognitive fatigue. It works by promoting brainwave balance in areas linked to focus and behavior, supporting prefrontal cortex function and nervous system regulation, encouraging calm and steady mental energy without sedation, and improving emotional modulation and self-regulation. This protocol is ideal for children, teens, or adults navigating focus or behavioral challenges, for supporting learning or task management routines, and for complementing wellness plans that incorporate mindfulness, structure, or coaching. It is commonly paired with Brain Wave Beta for alertness, Theta for calm creativity, or Alpha for balanced focus, as well as Anxiety, or Vagus Nerve protocols to reduce nervous system overload, and Sleep or Relax and Balance for rest and brain pattern resetting. For best results, use the protocol before mentally demanding tasks, pair sessions with structured routines, hydration, and regular breaks, and observe changes in mood, focus, and energy to adjust timing as needed.

Run Time - 1:18:00

Allergy

Allergy is a hypersensitivity to a foreign substance, called an allergen, and when a person with an allergy is exposed to one, the immune system can overreact and cause symptoms such as sneezing, coughing, hives, wheezing, runny nose, itchy eyes or skin, congestion, and general respiratory sensitivity to pollen, dust, or pet dander. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed for the relief of allergy symptoms.

The Allergy protocol on the VIBE device is intended to support immune regulation, inflammatory balance, respiratory comfort, and overall wellness during times of seasonal or environmental sensitivity. It may help with fatigue or brain fog during high-allergen seasons, general immune overreactivity, and discomfort associated with histamine responses. This

PEMF protocol works by helping modulate the immune response to common allergens, supporting sinus and airway comfort, reducing inflammation and histamine-related effects, and promoting lymphatic flow and detox to clear reactive buildup. It is ideal for individuals with seasonal or mild environmental allergies, those experiencing histamine flare-ups in spring or fall, and anyone complementing a natural wellness plan for immune balance. The protocol is commonly paired with Liver or Kidney Support to assist allergen clearance, Immune Support or Bronchitis protocol for respiratory ease, and General Inflammation for added comfort. For best results, it can be used during allergy seasons or flare-ups, ideally in the morning or mid-day, while staying hydrated and supporting the body with good nutrition and rest.

Run Time - 26:00

Alzheimer's

Alzheimer's disease is a progressive brain disorder that causes memory loss, cognitive decline, and eventually death. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to improve cognitive function, mental engagement, and emotional connection. The VIBE Alzheimer's protocol uses 40 Hz extensively, and research from MIT now supports the promise of 40 Hz stimulation for Alzheimer's, showing that this frequency can modulate neural activity in memory-related brain regions and may help restore disrupted neural circuits and synaptic plasticity. The Alzheimer's protocol on the VIBE device is designed to support cognitive clarity, memory reinforcement, and neurological balance for individuals seeking to maintain brain health or address early signs of cognitive change. It may help with mild memory lapses, cognitive fog, difficulty focusing, mental fatigue, and energetic sluggishness in key memory centers. The protocol works by delivering targeted PEMF frequencies that support cellular energy production (ATP) and enhance neural communication, helping promote better brain balance and cognitive resilience. It also aims to stimulate circulation and oxygenation in the brain, encourage neuroplasticity and healthy cell signaling, balance brainwave activity related to memory and attention, and reduce oxidative stress and energetic inflammation in neural tissue. Ideal users include those pursuing preventive cognitive wellness, individuals experiencing mild age-related cognitive decline, and caregivers or loved ones seeking gentle support for brain function. Common pairings include Brain Fog, Brain Balancing, or Brain Wave protocols, along with Vagus Nerve, or Sleep for support for nervous system regulation. For best results, use in the morning or early afternoon, place the VIBE near the head or neck for optimal neurological exposure, and support the process with hydration, proper nutrition, and brain-healthy lifestyle habits.

Run Time - 30:02

Anti-Aging

Anti-aging is a term used to describe a variety of products and treatments that claim to slow or reverse the aging process. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol for reducing lines and wrinkles associated with aging. The Anti-Aging protocol on the VIBE device is designed to support the body's cellular regeneration, detoxification, and vitality, helping maintain youthful energy, skin clarity, and mental sharpness as part of a holistic wellness and longevity routine. It may help address cellular stress and oxidative damage, reduced energy or slower recovery with age, skin dullness or visible signs of aging, brain fog, low motivation, fatigue, poor circulation, and sluggish detox pathways. The protocol works by stimulating ATP production and cellular repair processes, supporting the body's natural antioxidant defenses, promoting circulation, lymph flow, and tissue oxygenation, and reinforcing neurological balance and vitality. It is ideal for individuals interested in preventive wellness and longevity, those noticing age-related energy or cognitive decline, and anyone wanting to enhance skin, mood, and vitality naturally. It is commonly paired with Liver or Kidney Support protocols for cellular cleanup, Brain Fog or Brain Balancing for cognitive clarity, and Love 528 Hz or Sun Burn for emotional and external glow. The VIBE may be placed near the lower back, chest, or any area where aging effects are most noticeable. For best results, use the protocol in the morning for energy or in the evening for repair, combine it with hydration, antioxidants, movement, and healthy sleep, and pair it with Resona Health's RejuvaSync, a first-of-its-kind skin-regeneration cream blending four proprietary peptides that can be imprinted using the VIBE device and the Anti-Aging protocol.

Run Time - 1:00:00

Anxiety

Anxiety is a feeling of worry, nervousness, or unease that can be normal and healthy, but when it becomes excessive or persistent it may indicate a disorder characterized by fear or stress strong enough to interfere with daily activities. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed for relief from anxiety by supporting emotional balance, nervous system regulation, and mental calm. The Anxiety protocol on the VIBE device is one of the most widely used programs, created to support the body and mind in returning to a state of calm and helping ease the physical and energetic tension associated with anxious feelings such as restlessness or racing thoughts, chest tightness or shallow breathing, emotional overwhelm, muscle tension, jitteriness, and difficulty calming down after stress. Many users report feeling a noticeable drop in tension within minutes, especially when the protocol is used in a quiet and restful setting. The program works by activating the parasympathetic nervous system, soothing overactive emotional and mental circuits, supporting the vagus nerve and the heart-brain connection, and promoting inner peace and emotional resilience. It is ideal for individuals experiencing occasional anxiety or emotional tension and for those wanting to feel grounded and centered during stressful times.

It is commonly paired with Vagus Nerve, PTSD, or DIA protocols for full nervous system regulation, Brain Wave Alpha or Theta for calming mental chatter, and Sleep or Relax and Balance to deepen rest and recovery. For best results, use during high-stress periods, before stressful events, at bedtime, or after emotional triggers, and pair sessions with deep breathing and hydration to enhance the calming effects.

Run Time - 30:00

Arthritis

Arthritis is a group of diseases that affect the joints and can cause pain, stiffness, swelling, and loss of function, often leading to discomfort, reduced mobility, and morning or activity-related joint tightness. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed for relief of arthritis symptoms such as pain, swelling, reduced range of motion, and stiffness. The Arthritis protocol on the VIBE device supports joint comfort, mobility, and inflammation balance by promoting circulation and oxygenation in affected joints, supporting the body's natural anti-inflammatory responses, stimulating cellular repair and regeneration, and easing neuromuscular tension in surrounding tissues. It may help with stiff or achy joints, swelling or tenderness in areas such as the knees, hands, hips, or spine, reduced flexibility or mobility, tension from inflammation or overuse, and energetic imbalances that contribute to joint discomfort. This protocol is ideal for adults with age-related joint issues, individuals with active lifestyles or repetitive joint strain, and those looking to complement mobility routines, stretching, or joint care supplements. It is commonly paired with General Inflammation or Tendinitis protocols for targeted comfort, Anti-Aging for surrounding tissue support, and Liver or Kidney Support to address systemic inflammation. For best results, use daily or during flare-ups. Apply the VIBE near the affected joints for localized PEMF support, and pair sessions with hydration, gentle movement, and anti-inflammatory nutrition.

Run Time - 1:03:00

Asthma

Asthma is a chronic condition that causes inflammation of the airways and can make breathing difficult, especially during an asthma attack. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to provide relief from difficulty breathing, chest pain, cough, and wheezing. The Asthma protocol on the VIBE device supports respiratory relaxation, immune balance, and energetic calm for individuals experiencing breathing sensitivity, chest tightness, or stress-related respiratory strain. It may help with chest tightness or discomfort, mild shortness of breath or shallow breathing, stress-induced breathing difficulty, energetic imbalances in the lungs or airways, and maintaining calm during seasonal or environmental changes. This PEMF protocol works by relaxing the muscles of the respiratory system, supporting the autonomic nervous system to reduce breath-related tension, enhancing circulation and energy flow to the lungs and chest, and promoting a more balanced immune response during respiratory stress. It is ideal for those experiencing non-acute, stress-related breathing tension, individuals seeking ongoing support for lung health and respiratory comfort, and those pairing it with breathwork, hydration, or detox practices. The protocol is commonly combined with Allergy support when triggers are environmental or seasonal, Vagus Nerve, Relax and Balance, or Anxiety protocols to calm an overactive stress response, and Immune Support for added seasonal resilience. For best results, use during seasonal shifts, place the VIBE near the chest or upper back during relaxed breathing, and pair sessions with gentle breathwork and hydration.

Run Time - 33:00

Awaken 852 Hz

Awaken 852 Hz is a frequency believed to promote spiritual awakening, deeper inner awareness, and a heightened sense of mental clarity. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to remove negative energy, promote clarity and awareness, and support deep meditation and inner connection. The Awaken 852 Hz protocol on the VIBE device is part of the Solfeggio frequency series, a collection of ancient tones associated with energetic alignment, spiritual clarity, and inner balance. The 852 Hz frequency is traditionally linked to enhanced intuition and perception, dissolving mental clutter or overthinking, and encouraging vibrational awakening and shifts in consciousness. Many users describe feeling more awake both mentally and emotionally, with a heightened sense of presence and insight. This protocol may help with mental fog or disconnection from intuition, difficulty focusing inward, spiritual stagnation, emotional blockages tied to overthinking, and the desire for clarity or higher consciousness. It works by supporting mental stillness, promoting emotional release, enhancing intuitive connection, and clearing mental distractions to encourage deeper inner listening. It is ideal for individuals engaged in meditation, mindfulness, or spiritual practice, for those seeking guidance or alignment during decision-making, and for anyone pursuing personal growth or transformation. This protocol is often paired with Brain Wave Theta or Alpha for introspection, Resolve 417 Hz or Liberate 396 Hz for emotional clearing, and Relax and Balance, Vagus Nerve, or Love 528 Hz for heart-mind alignment. For best results, use during meditation, reflection, or creative work, create a quiet space to tune in, and set intentions or journal afterward to capture insights. This frequency is associated with the 6th cycle in the Aleph-Tav Body System.

Run Time - 29:59

Brain Balancing

Brain Balancing is a type of therapy that uses magnetic waves to help balance the brain. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol for general brain health, designed to reset brain function after trauma and encourage neuro-electrical balance between the left and right hemispheres. The Brain Balancing protocol on the VIBE device supports cognitive harmony, emotional regulation, and neurological coordination by promoting equilibrium, improving hemispheric communication, and regulating nervous system activity. It may help with mental overwhelm, scattered thinking, emotional imbalance, attention challenges, energetic asymmetry, and cognitive fatigue. The protocol works to synchronize brain activity, encourage neurochemical balance, enhance resilience to stressors, and support a calm yet alert mental state, making it useful for improving focus and executive function in both adults and children. It is ideal for individuals needing clarity, emotional steadiness, or cognitive refresh in high-demand environments. It is commonly paired with Brain Wave Alpha, Theta, or Beta for deeper focus and meditation, Anxiety, ADHD, or Depression for emotional and attention regulation, and Sleep, Relax and Balance, or Vagus Nerve for nervous system reset. For best results, use during mental fatigue or transition periods, apply near the head, neck, or upper spine, and combine with hydration, light movement, and tech-free breaks. This protocol can be used for individuals with Tourette syndrome

Run Time - 41:00

Brain Fog

Brain Fog is a term used to describe a feeling of mental haziness or confusion that can stem from stress, lack of sleep, or various health-related factors, often leaving you feeling unlike yourself and unable to think clearly. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol for brain fog, designed to support mental clarity, cognitive sharpness, and energetic alertness for individuals experiencing sluggish thinking, forgetfulness, or difficulty concentrating. The Brain Fog protocol on the VIBE device may help with cloudy thinking, slowed processing, difficulty focusing or retaining information, low motivation, and post-illness or detox-related mental haze. It works by stimulating cellular energy production (ATP) in brain tissue, promoting better oxygenation and circulation to the brain for mental energy, promoting neurological balance and brainwave alignment, and supporting detox and lymphatic pathways that influence cognitive function. It is ideal for those recovering from illness, stress, sleep disruption, or experiencing brain fog related to dietary, hormonal, or environmental factors, as well as anyone needing enhanced focus for work, study, or creative tasks. The protocol can be used first thing in the morning when sluggish, during midday slumps, or after lunch as an alternative to caffeine. It is commonly paired with Liver or Kidney Support to clear cognitive hindering toxins, Brain Balancing or ADHD for improved focus, or Sleep to address underlying fatigue. For best results, use in the morning or before focus-heavy activities, combine with hydration, nutrition, and screen breaks, and track improvements in mental energy and clarity over time.

Run Time - 30:00

Brain Wave Alpha

Brain Wave Alpha is a type of brain wave associated with a relaxed yet focused state of mind. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to promote calm focus, mental clarity, stress reduction, and improved learning. Alpha waves bridge the gap between relaxation and alertness, helping the mind stay calm while remaining attentive. The Brain Wave Alpha protocol on the VIBE device is designed to support a balanced mental state aligned with the natural Alpha brainwave frequency range of 8–12 Hz, encouraging a stress-free, focused mindset ideal for general wellness and mindfulness practices. It may help with mild stress or mental tension, difficulty concentrating under pressure, feelings of overstimulation or anxiety, creative blocks, and transitioning into a relaxed, meditative focus. Alpha brainwaves are typically associated with calm alertness, mind-body coordination, gentle mental clarity without sedation, and relaxed creativity such as that experienced during meditation or light reading. This protocol is ideal for use before creative or strategic tasks, when shifting from anxious or overthinking states into flow, as part of meditation or journaling routines, or to unwind without becoming drowsy. It pairs well with Theta or Delta protocols for deeper meditative experiences, Brain Balancing or Anxiety protocols for emotional and cognitive regulation, and ADHD Support for fostering calm alertness. For more information on Alpha waves and the full range of Brain Wave Expansion Protocols, refer to Brain Waves 101, which explains how these five brainwave protocols enhance the versatility of the VIBE.

Run Time - 29:59

Brain Wave Beta

Brain Wave Beta is a type of brain wave associated with alertness, focus, and active thinking. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to promote active cognition, sustained focus, and overall mental energy. Beta waves dominate when the brain is engaged in problem-solving, decision-making, or performing mentally demanding tasks. The Brain Wave Beta protocol on the VIBE device stimulates alertness, concentration, and cognitive performance by aligning with the natural Beta brainwave range of 12–30 Hz, which is produced during active thinking and focused activity. It may help with mental sluggishness, low alertness, difficulty focusing during work or study, mild cognitive fatigue, procrastination, lack of motivation or drive, and foggy thinking during tasks that require logic or organization. Beta waves are known to support active concentration, decision-making, focused attention, mental engagement, productivity, and intentional awareness. This protocol is ideal for morning routines when you need to “wake up your brain,” before work, school, or high-focus tasks, on days when you feel mentally foggy or sluggish, and for enhancing executive functions such as planning and prioritization. It is commonly paired with Brain Fog to clear mental clutter, ADHD or Brain Balancing protocols to sharpen focus, and Brain Wave Alpha for relaxed awareness or Brain Wave Gamma for higher-level cognition. For more information on Beta waves and the complete set of Brain Wave Expansion Protocols, refer to Brain Waves 101, which explains how these five brainwave programs enhance the versatility of the VIBE.

Run Time - 29:59

Brain Wave Delta

Brain Wave Delta is a type of brain wave associated with deep, restorative sleep. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to promote deep sleep, relaxation, cellular recovery, and overall body healing. Delta waves are the slowest brainwaves, typically occurring during the deepest stages of sleep, when the body repairs and regenerates itself. The Brain Wave Delta protocol on the VIBE device helps the body and mind enter a deep rest and recovery state aligned with Delta brainwave activity, which operates within the 0.5-4 Hz range, the slowest and deepest frequency range the brain naturally produces. It may help support restful sleep by aiding in reaching or maintaining REM and NREM stages, reduce mental and physical fatigue from chronic stress or overstimulation, assist emotional healing and nervous system resetting, and improve recovery after illness or intense activity. This protocol also supports cellular repair, detoxification, increased immune function, tissue regeneration, and hormone regulation, helping to alleviate low energy or burnout. It is ideal for individuals who struggle to enter or stay in deep sleep, those seeking enhanced recovery after workouts, illness, or emotional stress, and anyone wanting to support natural healing during rest cycles. The Brain Wave Delta protocol pairs well with Relax and Balance, and can be combined with the Sleep protocol to make falling asleep easier, the Vagus Nerve protocol to trigger parasympathetic relaxation, or Brain Fog protocol for recovery-focused wellness. For more information on Delta waves and the full range of Brain Wave Expansion Protocols, refer to Brain Waves 101, which explains how these five brainwave programs enhance the versatility of the VIBE.

Run Time - 30:00

Brain Wave Gamma

Brain Wave Gamma is a type of brain wave associated with high levels of cognitive activity and peak mental performance. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to promote optimal brain function, memory enhancement, problem-solving ability, and higher states of consciousness. Gamma waves are the fastest brainwaves, typically ranging from 30 to 100 Hz, and are linked to heightened mental activity, quick thinking, and deep concentration. The Brain Wave Gamma protocol on the VIBE device supports high-level mental performance, insight, and peak consciousness by aligning with this natural frequency range. It may help with deep focus during creative or intellectual work, cognitive sharpness, enhanced learning, memory retention, processing speed, and mental clarity during complex tasks while also promoting emotional integration and heightened awareness. Gamma waves are naturally associated with states of insight, flow, and intuition, cross-hemisphere brain communication, neuroplasticity, higher cognitive processing, and deep meditation or spiritual connection. This protocol is ideal for achieving peak-performance states such as high-stakes work, intensive learning, or public speaking, as well as for enhancing mental clarity, fluid thought, and neural integration after trauma or emotional overwhelm. It is often used in combination with other brainwave protocols, such as Beta for mental energy, Theta or Alpha for deeper emotional and creative synergy, and Brain Balancing to harmonize left and right brain activity. For more information on Gamma waves and the complete Brain Wave Expansion Protocols, refer to Brain Waves 101, which explains how these five brainwave programs enhance the versatility of the VIBE.

Run Time - 29:59

Brain Wave Theta

Brain Wave Theta is a type of brain wave associated with creativity, imagination, and deep relaxation. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to promote meditation, creativity, deep relaxation, and emotional balance. Theta waves are linked to deep meditation, visualization, emotional healing, and subconscious processing, occurring within the 4–8 Hz frequency range. The Brain Wave Theta protocol on the VIBE device helps promote relaxation, reduce stress, and enhance creativity while supporting access to deeper meditative and intuitive states. It may help with stress relief, emotional calming, creative problem-solving, subconscious integration, emotional processing, and the gentle transition into light sleep or pre-sleep drowsiness. Theta waves naturally occur during light sleep, daydreaming, and deep meditation, as well as during REM sleep and the hypnagogic state that occurs just before falling asleep or waking up. This protocol is ideal for preparing for sleep or winding down after a stressful day, enhancing visualization and spiritual practices, promoting emotional introspection, easing the transition between wakefulness and sleep, and supporting recovery from overstimulation or emotional overload. It pairs well with Delta for deep sleep, Alpha for creative alertness, and protocols such as Anxiety, Brain Balancing, or Vagus Nerve for emotional harmony. For more information on Theta waves and the full range of Brain Wave Expansion Protocols, refer to Brain Waves 101, which explains how these five brainwave programs enhance the versatility of the VIBE.

Run Time - 29:59

Breast Health

Breast Health refers to the overall well-being of the breasts, encompassing aspects such as screening, prevention, and education. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to support general breast health by promoting energy flow, tissue balance, and circulation in the chest and lymphatic regions, key areas involved in maintaining breast wellness. The Breast Health protocol on the VIBE device supports lymphatic drainage, microcirculation, tissue integrity, and energetic harmony in the chest, helping maintain a balanced environment for breast wellness and easing concerns such as lymphatic stagnation, mild fluid retention, breast sensitivity during menstrual cycles, energetic congestion, and emotional tension stored in the heart or chest center. This PEMF protocol encourages healthy lymphatic flow and detoxification, improves oxygenation to surrounding tissues, supports gentle cellular stimulation and immune function, and promotes emotional and energetic harmony through the heart center. It is ideal for women interested in proactive breast wellness, those supporting monthly self-care routines, or individuals complementing natural breast care practices such as massage, hydration, detox, or non-acute post-mastectomy recovery. It is commonly paired with Kidney or Immune Support for enhanced drainage and protection, Love 528 Hz or Relax and Balance for heart-centered emotional care, and PMS protocol for cyclical breast changes. For best use, apply the VIBE as part of a monthly routine near the chest or underarm area where many lymph nodes are located, stay hydrated, and pair with gentle movement such as stretching or dry brushing.

Run Time - 48:59

Bronchitis

Bronchitis is inflammation of the lining of the bronchial tubes, which carry air to and from the lungs. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve symptoms associated with irritated mucous membranes, bronchospasm, and coughing. The Bronchitis protocol on the VIBE device supports respiratory comfort, immune response, and inflammation balance for individuals experiencing chest congestion, irritated airways, wheezing, lingering cough, or fatigue from prolonged respiratory strain, especially during or after respiratory infections. It may help ease chest tightness, throat irritation, lung or airway congestion, and energetic imbalance in the bronchial region by promoting circulation and oxygen delivery to the lungs, reducing energetic inflammation, encouraging mucus clearance, and supporting tissue repair and the body's natural immune defenses. This protocol is ideal for individuals recovering from seasonal respiratory illness or post-viral symptoms, those with sensitive lungs or chronic congestion, and anyone seeking to support clear breathing and lung energy flow. It is commonly paired with other protocols such as Immune Support or Asthma for comprehensive respiratory care, Liver or Kidney Support to aid post-illness recovery, and Vagus Nerve or Relax and Balance to reduce respiratory stress. For best results, use the protocol as needed during respiratory symptoms or recovery, position the VIBE over the chest, upper back, or ribcage, and combine with rest, hydration, and gentle breathing exercises.

Run Time - 39:00

Carpal Tunnel

Carpal Tunnel is a condition that causes pain, numbness, and tingling in the hand and wrist due to compression of the median nerve as it passes through the carpal tunnel. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to ease pain, numbness, and tingling in the hand and arm. The Carpal Tunnel protocol on the VIBE device supports nerve comfort, wrist mobility, and inflammation balance for individuals experiencing repetitive strain, swelling, numbness, tingling, or weakness in the fingers, hand, or wrist, especially after prolonged typing or hand use. It may help with tension or swelling in the carpal tunnel region and energetic nerve compression symptoms by supporting healthy nerve signaling, improving tissue oxygenation, reducing energetic inflammation, enhancing microcirculation, and easing pressure in repetitive-use areas. This protocol is ideal for office workers, typists, gamers, massage therapists, mechanics, or anyone performing repetitive hand movements, as well as those recovering from overuse injuries or noticing early signs of carpal tunnel discomfort. It complements hand therapy, ergonomic tools, and stretching routines and is commonly paired with protocols like Arthritis or Tendinitis for broader joint comfort and General Inflammation or Fibromyalgia for surrounding wrist and nerve support. For best results, use during flare-ups, place the VIBE directly over the wrist or forearm, and combine with ergonomic adjustments, hand exercises, and proper hydration.

Run Time - 1:07:59

Cold Sores

Cold sores are small, painful blisters that appear on the lips or mouth and are caused by the herpes simplex virus. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to support symptoms of pain and aid in the prevention of oral herpes flare-ups that produce tiny, fluid-filled lesions often called fever blisters. The Cold Sores protocol on the VIBE device supports the body's natural immune defense, skin repair processes, and stress regulation, particularly during periods when cold sore activity is triggered by stress, fatigue, or seasonal changes. It may help with early sensations such as tingling, itching, or burning around the lips or mouth, energetic imbalance during the onset of an outbreak, immune reactivity linked to flare-ups, and skin irritation or discomfort in cold sore-prone areas while promoting tissue recovery and overall energetic resilience. This PEMF protocol works by modulating immune response, enhancing circulation and oxygenation in facial tissues, balancing inflammation around the mouth and skin, and supporting cellular energy for regeneration and immune function. It is ideal for individuals who frequently experience cold sores under stress or seasonal shifts, for post-viral tissue recovery, and for maintaining skin clarity and immune balance. Common protocol pairings include Immune Support and General Inflammation for broader recovery, Anti-Aging or Acne for skin repair, Anxiety or Relax and Balance for stress-related triggers, and Sleep for overall restoration. For best results, use daily at the first sign of symptoms or during periods of stress, position the VIBE near the jaw, neck, or face for close proximity to affected areas, and combine the protocol with hydration, rest, and gentle skincare support.

Run Time - 2:30:00

Common Cold

Common cold is a viral infection that causes symptoms such as a runny nose, cough, sore throat, and congestion. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed for temporary relief from sneezing, runny nose, and nasal congestion. The Common Cold protocol on the VIBE device supports the body's immune defense, respiratory comfort, and energy restoration, especially during or after seasonal viral symptoms like congestion, fatigue, or mild throat irritation. It may help with runny nose, sinus pressure, scratchy throat, mild cough or post-nasal drip, fatigue, and slow recovery from viral stress. The protocol uses targeted PEMF frequencies to support the body's natural detox and drainage pathways, promote circulation and oxygenation in respiratory tissues, encourage immune resilience and energetic balance, and help the body return to homeostasis more quickly by stimulating immune response, supporting sinus and respiratory drainage, reducing inflammatory tension in the upper airways, and promoting lymphatic flow for faster recovery. It is ideal for individuals at the first sign of cold symptoms, during the recovery phase of seasonal illness, or for preventive support during high-exposure times. Common protocol pairings include Immune Support or Bronchitis for strengthening defenses, Liver or Kidney Support to aid detoxification and drainage, Vagus Nerve or Relax and Balance to reduce stress load on the immune system, and Sleep or General Inflammation for rest and comfort. For best results, use daily or twice per day at the onset or during a cold, position the VIBE near the chest, throat, or sinus area, and support your body with rest, hydration, and nutrient-rich foods.

Run Time - 1:26:59

Connect 639 Hz

Connect 639 Hz is a frequency believed to promote connection and empathy. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to encourage emotional connection, communication, and harmonious relationships. The Connect 639 Hz protocol on the VIBE device is part of the Solfeggio frequency series, traditionally associated with heart-centered connection, emotional healing, and balanced communication, helping facilitate emotional openness, empathy, and inner harmony. It may support individuals experiencing emotional disconnection, relationship strain, difficulty expressing feelings, loneliness, lack of inner alignment, trouble trusting others, or energetic blockages in the heart chakra. The protocol works by supporting energetic balance in the heart and communication centers, promoting emotional flow and self-expression, and fostering peaceful interpersonal dynamics. It is ideal for those seeking deeper relationships, enhanced compassion and forgiveness, heart alignment, or support during therapy, healing, or spiritual connection practices. It is commonly paired with Love 528 Hz, Liberate 396 Hz, or Resolve 417 Hz for emotional transformation, and with Vagus Nerve, Relax and Balance, Brain Wave Alpha, Sleep, or PTSD protocols for calm receptivity and emotional recovery. Many individuals use this protocol to shift emotional energy during times of conflict or grief and to complement therapy, journaling, or other inner-work practices. For best results, use during meditation, journaling, or reflection, and place the VIBE near the heart or upper chest while combining with affirmations or conscious relationship work. This frequency is associated with the 3rd cycle in the Aleph-Tav Body System.

Run Time - 30:05

Constipation

Constipation is a condition in which bowel movements become infrequent or difficult to pass. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to provide relief when stools are hard to pass or digestive rhythms slow down. The Constipation protocol on the VIBE device supports the body's natural elimination processes, digestive motility, and abdominal energy flow, helping individuals experiencing infrequent or strained bowel movements, abdominal discomfort or bloating, sluggish digestion, energetic stagnation in the gut, or mild irregularity caused by travel, stress, or dietary changes. It works by supporting nervous system regulation of the gut, stimulating circulation and muscular movement in the intestines through wave-like contractions (peristalsis), promoting lymphatic flow and detox pathways, and encouraging a return to natural digestive rhythm. This protocol is ideal for occasional constipation or digestive slowing, for supporting detox routines or post-travel resets, and for enhancing core vitality and abdominal balance. It is commonly paired with Liver or Kidney Support for full elimination-pathway assistance, the Vagus Nerve protocol to strengthen the gut-brain connection and promote a parasympathetic "rest and digest" state, and Relax and Balance or Sleep when sluggish digestion is tied to energy imbalance. For best results, it can be used as needed or daily in the morning or after meals, with the VIBE placed over the lower abdomen or colon area, along with hydration, fiber intake, movement, and proper rest.

Run Time - 40:59

Depression

Depression is a common mental illness that causes persistent feelings of sadness, hopelessness, and worthlessness, often marked by low mood, loss of interest, and difficulty functioning in daily life. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to support individuals experiencing depressed mood, emotional heaviness, mental fog, low motivation, or emotional withdrawal. The Depression protocol on the VIBE device promotes emotional resilience, cognitive clarity, and nervous system balance by encouraging brainwave patterns linked to mood regulation, stimulating neural activity in regions involved in emotional processing, supporting the parasympathetic nervous system to reduce mental stress, and promoting calm clarity and gentle focus. It is ideal for those navigating occasional low mood, grief, burnout, or difficult life phases, and it works well alongside self-care practices, mindfulness, or therapy. This protocol is commonly paired with Anxiety or DIA for co-occurring tension, Sleep or Relax and Balance to improve rest, and Vagus Nerve or Brain Balancing to support mind-body calm and nervous-system reset. For best results, sessions can be used as needed or more frequently during emotional overload, ideally in a quiet, restful space where relaxation is possible. Staying hydrated, spending time in sunlight, engaging in exercise and movement, and tracking changes in mood and clarity can further support the process.

Run Time - 32:00

DIA

DIA stands for Diabiological Syndrome, a condition that combines symptoms of Depression, Insomnia, and Anxiety. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol created to provide relief by integrating the Depression, Insomnia, and Anxiety protocols in a continuous, stacked sequence. The DIA protocol on the VIBE device is designed to support individuals experiencing a combination of low mood, poor sleep, emotional tension, cognitive fog, and general nervous system imbalance, particularly when persistent worry, sleep disruption, or emotional fatigue interfere with daily life. By running the Depression, Insomnia, and Anxiety protocols back-to-back, this layered PEMF session promotes emotional calm, nervous system regulation, natural sleep rhythms, relaxation, mental clarity, and balanced mood throughout the day. It is ideal for those navigating mixed emotional and sleep disturbances, high-stress phases, or anyone seeking a consolidated approach to full-spectrum emotional and sleep support. Common pairings include Vagus Nerve or Relax and Balance protocols to amplify calming effects, Brain Wave Alpha or Theta to deepen rest and mindfulness, and Brain Balancing for cerebral restoration. For best results, use as needed, especially in the evening or before bed. Stay hydrated and create a calming environment to enhance relaxation and sleep restoration.

Run Time - 1:48:53

Earth 7.83 Hz

Earth 7.83 Hz is the natural frequency of the Earth, often referred to as the Schumann Resonance or the planet's "heartbeat." It is said to have a calming and grounding effect on the body, promoting balance and connection with natural rhythms. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to reduce stress, improve focus and learning, and enhance sleep quality. The Earth 7.83 Hz protocol on the VIBE device is based on this natural electromagnetic frequency, which is believed to calm the brain, enhance memory, improve emotional balance, and support immune function. Studies have explored its potential to reduce occupational stress, and historical experiments have suggested that the absence of this frequency can lead to sickness, which resolves when it is reintroduced. This protocol may help with feelings of being ungrounded or disconnected, emotional stress, sensory overload, jet lag, time zone shifts, environmental sensitivities such as EMF exposure or urban stress, and insomnia or disrupted circadian rhythms. The 7.83 Hz frequency is associated with deep grounding, energetic alignment, calm mental states, balanced emotional function, and parasympathetic nervous system activity that promotes rest and repair. Commonly reported benefits include inner stillness and clarity, reduced stress or hyperactivity, reconnection to a natural sense of peace and flow, and improved sleep and adaptation to environmental changes. The Earth 7.83 Hz protocol is often paired with Vagus Nerve or Anxiety for nervous system grounding, Sleep or Brain Wave Delta for deeper rest, and General Inflammation for enhanced recovery and balance. It is particularly effective when feeling overstimulated or off balance, before bed, after travel or after EMF exposure.

Run Time - 29:59

Earth 14.1 Hz

Earth 14.1 Hz is a frequency believed to promote healing, regeneration, and emotional balance. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to reduce stress, improve mood, and foster a calm yet energized state. The Earth 14.1 Hz protocol on the VIBE device is derived from the Schumann Resonance spectrum and operates at a slightly higher vibrational rate than the foundational 7.83 Hz frequency. It is often associated with energized, focused grounding that helps users feel alert, clear, and centered. This protocol may help with mental fatigue accompanied by emotional tension, mild nervous agitation or restlessness, difficulty concentrating, fatigue or low motivation during high-stress periods, and the need to reconnect to natural energetic balance while maintaining productivity. While the 7.83 Hz frequency promotes deep grounding and relaxation, the 14.1 Hz frequency provides a more stimulating yet stabilizing effect, acting as a natural “reset” that clarifies the mind without causing sedation. Reported benefits include a feeling of being “plugged back in” to the earth, improved focus without overstimulation, balanced energy that supports clear thinking and grounded action, and relief from emotional tension or cognitive overload. The Earth 14.1 Hz protocol is often paired with Brain Balancing or Brain Wave Alpha for cognitive calm and clarity, Earth 7.83 Hz for deeper grounding afterward, and Vagus Nerve protocol to enhance nervous system reset. It is particularly effective when used in the morning or midday, during nature walks, breaks from screen time, or stressful workdays, and hydration before use is recommended to support optimal cellular alignment.

Run Time - 29:59

Earth 20.3 Hz

Earth 20.3 Hz is a frequency believed to promote communication, connection, and a sense of calm and well-being. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to reduce stress, improve sleep, and enhance cognitive function. The Earth 20.3 Hz protocol on the VIBE device is part of the extended Schumann Resonance family and represents a higher-frequency Earth-based vibration associated with energized clarity, resilience, and mental stamina. It may help with mental fatigue during demanding tasks, emotional burnout from chronic stress, lack of motivation or drive, energetic misalignment due to overwork or excessive technology use, and difficulty maintaining focus and grounding under pressure. At this frequency, 20.3 Hz blends the stability of Earth-based resonance with a sharper, more activating energy, offering a subtle yet powerful cognitive and emotional tune-up. Reported benefits include enhanced mental resilience, improved emotional endurance, a feeling of being “mentally sharper but not anxious,” more stable focus in high-demand environments, and restored energy following intense mental or emotional strain. The Earth 20.3 Hz protocol is often paired with Brain Wave Beta or Gamma protocols for mental sharpness, Relax and Balance, or Brain Fog protocols for mental clarity support, and Earth 7.83 or 14.1 Hz for grounding at different energetic levels. It is particularly effective for midday resets, long work sessions, or recovery from mental fatigue, and it is recommended to stay well hydrated and avoid multitasking during sessions for optimal results.

Run Time- 29:59

Express 741 Hz

Express 741 Hz is a frequency believed to promote creativity, emotional cleansing, and authentic self-expression. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to encourage emotional balance, reduce stress, and inspire calm while supporting creative and intuitive flow. The Express 741 Hz protocol on the VIBE device is part of the Solfeggio frequency series, with this specific frequency traditionally linked to cleansing, truth, communication, and intuitive clarity. It is thought to stimulate the throat chakra, open honest dialogue, clear energetic blockages that inhibit expression, and promote creativity and intuition. This protocol may help with feeling blocked in communication or self-expression, creative stagnation or “writer’s block,” fear of speaking one’s truth, energetic congestion in the throat or upper chest, and mental clutter that clouds clarity. The 741 Hz frequency is associated with amplifying intuitive insight, releasing suppressed emotions or thoughts, and cleansing toxic mental patterns that interfere with openness and authenticity.

It is ideal for artists, writers, speakers, and performers, or during times of emotional suppression, communication stress, and energetic detoxification. The Express 741 Hz protocol complements journaling, speaking, and creative practices and is often paired with Brain Wave Theta for introspective creativity, Vagus Nerve for easing emotional tension, and Connect 639 Hz for heart-centered communication. It is most effective when used during quiet, reflective, or creative moments, and users are encouraged to speak, sing, or write during or after the session to activate the frequency’s full potential. Staying hydrated before and after use can further assist in energetic and emotional clearing. This frequency is associated with the 4th cycle in the Aleph-Tav Body System.

Run Time - 29:59

Fibromyalgia

Fibromyalgia is a chronic pain disorder that causes widespread pain, tenderness, stiffness, fatigue, and sleep disturbances throughout the body. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve these symptoms and support overall well-being. The Fibromyalgia protocol on the VIBE device is intended for individuals experiencing widespread body discomfort, fatigue, emotional sensitivity, and cognitive challenges often associated with fibromyalgia-like experiences. It may help with generalized muscle aches and tension, fatigue or low energy that doesn’t improve with rest, emotional overwhelm or sensitivity to stress, sleep disturbances caused by discomfort, and cognitive fog or slow mental processing. The protocol uses PEMF frequencies that support the nervous system’s return to a balanced state, enhance circulation and cellular energy (ATP) in muscle and connective tissues, promote natural inflammatory balance, and encourage deep rest and energetic alignment for whole-body resilience. It is often used alongside Sleep or Brain Fog protocols, General Inflammation for physical support, and Anxiety or Depression protocols for emotional balance. The Fibromyalgia protocol is especially beneficial during flare-ups or recovery periods and is best used in a restful environment while lying down or deeply relaxed. Staying hydrated and tracking patterns can help determine the best timing and protocol combinations for optimal results.

This protocol can be used for individuals with Multiple sclerosis (MS).

Run Time - 2:24:00

Flu

The flu is a contagious respiratory illness caused by the influenza virus that can lead to symptoms such as fever, cough, sore throat, runny or stuffy nose, muscle aches, headaches, and fatigue. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve flu symptoms, including fever, chills, muscle aches, congestion, and fatigue. The Flu protocol on the VIBE device supports the body's natural immune response, detox pathways, and energy balance during periods of viral illness, recovery, or immune stress. It may help with body aches, muscle fatigue, general malaise, sinus pressure, chills, low energy, detox overload, and post-flu recovery by enhancing immune rebuilding. This protocol uses targeted PEMF frequencies to support immune system resilience, promote lymphatic drainage and circulation, enhance cellular energy (ATP) for recovery, and encourage a calm, restorative state for deep healing. It is often paired with Immune Support for proactive immune activation, Kidney and Liver Support for clearing residual inflammation, Sleep or Brain Wave Delta for deep rest and recovery, and Bronchitis for respiratory stress. The Flu protocol can be used at the first signs of illness or throughout the recovery phase, especially during acute symptoms. For best results, users are advised to rest, stay hydrated, and support their body with good nutrition and sufficient sleep.

Run Time - 2:18:59

General Inflammation

General inflammation is a condition in which the body's tissues become inflamed due to factors such as infection, injury, or certain medical conditions. It often presents with redness, swelling, heat, pain, and discomfort as part of the body's natural response to stress or damage. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve inflammation and support the body's natural ability to regulate its inflammatory processes. The General Inflammation protocol on the VIBE device promotes comfort, mobility, and tissue balance across a variety of wellness situations. It may help with stiffness or discomfort in joints and muscles, systemic fatigue or low energy related to inflammation, post-exercise soreness or strain, chronic tension or swelling in soft tissues, and recovery from physical or emotional stress. The protocol uses PEMF frequencies that promote circulation and lymphatic drainage, encourage a balanced inflammatory response without suppression, stimulate cellular energy (ATP) for natural healing, and support the body's detox and repair functions. It is often used alongside Arthritis and Fibromyalgia protocols, Kidney or Liver Support for inflammation related to toxic load, and Relax and Balance or Sleep protocols to enhance rest and recovery. This protocol can be used during active flare-ups, either targeted to areas of tension or applied body-wide during rest, to promote overall healing and balance.

Run Time - 36:00

Hangover

Hangovers are a collection of symptoms that can occur after consuming excessive amounts of alcohol, often including headache, nausea, vomiting, fatigue, dizziness, and sensitivity to light and sound. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve symptoms of alcohol overconsumption such as fatigue, thirst, headache, nausea, and sensory sensitivity. The Hangover protocol on the VIBE device supports the body's natural detoxification processes, hydration balance, and nervous system recovery following alcohol use or other forms of overindulgence that place stress on the liver and body. It may help with headache or mental fog, fatigue or sluggishness from dehydration, nausea or digestive discomfort, mood swings or irritability, and toxin buildup related to liver overload. The protocol uses PEMF frequencies that support liver and kidney detox pathways, promote hydration and cellular energy (ATP), encourage nervous system recovery after alcohol's depressive effects, and help the body rebalance after chemical and emotional stress. It is often paired with Liver and Kidney Support for enhanced cleansing, Brain Fog for improved mental clarity, Sleep or Vagus Nerve for nervous system recalibration, and General Inflammation to ease systemic stress. The Hangover protocol can be used after drinking or the following morning, and users are encouraged to hydrate well before and after the session for optimal results.

Run Time - 1:00:00

Heart Health

Heart Health refers to the overall well-being of the heart and includes aspects such as prevention, treatment, and education related to heart disease. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to support general heart health by promoting energetic balance, circulation, and emotional calm in areas connected to heart function physically, emotionally, and energetically. The Heart Health protocol on the VIBE device may help with circulatory sluggishness, cold extremities, emotional stress affecting the chest area, mild tightness or tension from anxiety, energetic imbalance around the heart chakra, and the need for relaxation and heart-centered calm. It delivers PEMF frequencies that enhance microcirculation, support healthy blood flow, promote emotional grounding, ease chest-related tension, stimulate parasympathetic activity for cardiovascular relaxation, and help align both the physical and energetic aspects of the heart. The protocol is commonly used in wellness routines focused on cardiovascular vitality, reducing stress-related chest tightness or pressure, and supporting emotional healing, grief recovery, or meditative heart opening. It is often paired with Vagus Nerve for calming heart rate and stress, General Inflammation or Liver Support to reduce systemic load, and Connect 639 Hz or Anxiety protocols for emotional and energetic support. The Heart Health protocol is especially beneficial during emotionally charged times. For best results, the VIBE can be placed near the chest or in a shirt pocket if comfortable. Hydration before and after sessions is recommended to optimize results.

Run Time - 46:00

Immune Support

Immune Support refers to a range of products and treatments intended to strengthen the immune system and enhance the body's natural defense mechanisms. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed as a daily preventative measure to help reduce the risk of viruses and other pathogens while promoting overall wellness. The Immune Support protocol on the VIBE device enhances the body's natural immune function, energy levels, and resilience, particularly during times of illness exposure, seasonal stress, or recovery. It may help with feeling rundown or vulnerable to sickness, recovering from colds, flu, or stress-related fatigue, boosting vitality during travel or high-stress periods, supporting lymphatic and detoxification functions, and rebalancing the body's energetic defenses. This PEMF protocol works by stimulating cellular energy (ATP) production in immune-related tissues, promoting lymphatic flow and microcirculation to assist detoxification, supporting the nervous system which plays a vital role in immune health, and helping the body return to a balanced, resilient state. It is often paired with Kidney or Liver Support to help clear immune byproducts, Sleep or Brain Wave Delta for recovery and repair, Flu or Common Cold protocols during active immune stress, and Vagus Nerve to engage parasympathetic healing mode. The Immune Support protocol can be used proactively during high-exposure periods, before travel, during seasonal transitions, or after illness to strengthen and sustain immune function.

Run Time - 32:00

Insulin Resistance

Insulin resistance is a condition in which the body's cells do not respond properly to insulin, the hormone responsible for helping cells absorb glucose from the bloodstream. When this occurs, glucose builds up in the blood, leading to high blood sugar levels and increasing the risk of developing type 2 diabetes. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to support individuals with insulin resistance, where glucose uptake is impaired and metabolic function becomes sluggish. The Insulin Resistance protocol on the VIBE device promotes metabolic wellness, energy regulation, and cellular responsiveness, particularly for those concerned about blood sugar balance and energy fluctuations. It may help with fatigue after meals or sugar intake, midday energy slumps or cravings, difficulty maintaining steady energy throughout the day, support for natural detoxification and metabolic rhythm, and encouragement of healthy cellular response to glucose. This PEMF protocol works by supporting cellular energy (ATP) production in key metabolic tissues, enhancing microcirculation in areas affected by poor glucose utilization, encouraging balanced inflammation to improve insulin sensitivity, and promoting nervous system balance, especially the parasympathetic state that aids digestion and recovery. It is ideal for individuals who feel sluggish or inflamed after meals, those focused on blood sugar balance, and anyone integrating PEMF into dietary or lifestyle approaches for metabolic health. The protocol is often paired with Liver and Kidney Support for processing metabolic byproducts, Sleep, or General Inflammation protocols for energy and recovery, and DIA or Vagus Nerve for nervous system regulation. For best results, it is recommended to use the protocol before or after meals with the VIBE placed near the abdomen or torso over metabolic centers.

Run Time - 41:59

Kidney Support

Kidney Support refers to a range of products and treatments aimed at improving kidney health and function. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to strengthen kidney function, enhance filtration, and support overall detoxification.

The Kidney Support protocol on the VIBE device promotes the energetic health of the kidneys, which play a vital role in detoxification, fluid regulation, and adrenal balance. It may help with mild fluid retention or bloating, fatigue related to poor detoxification or adrenal strain, low back discomfort or heaviness in the kidney area, energetic imbalances from chronic stress or dehydration, and overall support of the body's natural waste elimination pathways. This protocol delivers PEMF frequencies that promote healthy circulation and oxygenation to the kidney region, support electrolyte and fluid balance, encourage lymphatic movement for waste clearance, and enhance energetic flow within the renal and adrenal systems. It is commonly paired with Liver Support for full-system cleansing, Relax and Balance when adrenal stress is suspected, and Sleep or General Inflammation to aid recovery and reduce strain on detox pathways. The Kidney Support protocol is especially beneficial during detoxification efforts or after periods of high stress and is best used with the VIBE placed near the lower back or sides where the kidneys are located. Proper hydration before and after use is recommended to assist elimination and maintain optimal energy flow.

Run Time - 26:00

Liberate 396 Hz

Liberate 396 Hz is a frequency believed to promote emotional freedom by helping release deep-rooted feelings of fear, anger, and guilt, fostering a sense of inner peace and stability. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to assist in the transmutation and release of negative emotions that often serve as root causes of emotional blockages. The Liberate 396 Hz protocol on the VIBE device is part of the Solfeggio frequency series and is traditionally associated with liberation from fear, guilt, and emotional heaviness. Often referred to as the "liberation frequency," it supports grounding and centering through its connection to the root chakra, helping individuals regain a sense of security, stability, and presence during times of emotional stress. This protocol may help with feelings of guilt, shame, regret, emotional heaviness, unresolved grief, subconscious blocks tied to fear-based beliefs, difficulty letting go of the past, low self-worth, and fear of change. The 396 Hz frequency is linked to root chakra alignment, grounding, and emotional security while encouraging the release of deep emotional patterns that limit growth and enhancing one's ability to move forward without fear. It is ideal for personal growth, therapy, emotional reflection, and those experiencing emotional fatigue, inner resistance, or energetic blockages that inhibit confidence and progress. The Liberate 396 Hz protocol complements forgiveness, journaling, and meditation practices and is often paired with Connect 639 Hz for emotional healing, Anxiety, Depression, or Vagus Nerve protocols for emotional regulation, and Earth 7.83 Hz or Brain Wave Theta for grounding and subconscious work. It is best used during quiet, reflective times, with an intention set for emotional release or self-forgiveness, followed by journaling or rest to support emotional integration and inner balance.

This frequency is associated with the 5th cycle in the Aleph-Tav Body System.

Run Time - 29:59

Liver Support

Liver Support refers to a variety of products and treatments aimed at improving liver health and function. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to promote general liver health by enhancing the liver's natural detoxification, metabolic regulation, and energy filtration processes, helping the body manage daily toxic load and stress. The Liver Support protocol on the VIBE device may help with fatigue or heaviness after eating rich or processed foods, sluggish digestion or bloating, hormonal imbalance symptoms related to impaired hormone processing, skin breakouts or dull complexion linked to poor detoxification, and emotional irritability or frustration, which are often energetically associated with liver health. This PEMF protocol supports microcirculation and oxygenation in liver tissues, stimulates cellular energy (ATP) production for detoxification and metabolism, encourages the breakdown of metabolic waste and toxins, and helps the body return to a state of balance and clarity. It is often used during detox protocols or seasonal cleanses, periods of high stress or alcohol consumption, hormonal support routines, and emotional reset phases following burnout or overwhelm. The Liver Support protocol is commonly paired with Kidney Support for full-body cleansing, Hangover or Anti-Aging for recovery and improved vitality, and General Inflammation or Sleep protocols to promote rest, repair, and overall rejuvenation.

Run Time - 39:00

Love 528 Hz

Love 528 Hz is a frequency believed to promote love, compassion, forgiveness, and emotional healing. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help reduce stress and anxiety while fostering inner peace and self-acceptance. Known as the "love frequency" or "miracle tone," 528 Hz is part of the Solfeggio frequency series and is primarily associated with the Solar Plexus Chakra, the third energy center responsible for personal power, confidence, and self-esteem. The Love 528 Hz protocol on the VIBE device supports heart-centered healing, vibrational harmony, and alignment with joy and love. It may help with emotional distress, lack of self-love, feelings of isolation or disconnection, energetic imbalances in the heart space, grief, heartbreak, and low self-worth or difficulty receiving love. This frequency is believed to encourage DNA repair and vibrational harmony, balance the Solar Plexus Chakra to promote emotional balance and self-compassion, foster forgiveness, gratitude, and unity, and shift inner energy toward wholeness and vitality. It is ideal for deep emotional healing, spiritual practice, times of loss or renewal, and enhancing self-acceptance and unconditional love. The protocol is commonly paired with Connect 639 Hz for relationships and empathy, Liberate 396 Hz for releasing fear and guilt, Depression, Anxiety, or Vagus Nerve protocols for emotional regulation, and Brain Wave Theta for emotional integration and subconscious healing. It is best used during quiet, reflective periods with an intention for healing, gratitude, or connection, and can be combined with journaling, meditation, or other emotional processing practices. Hydrating before and after each session is recommended to enhance energetic flow and release. This frequency is associated with the 1st cycle in the Aleph-Tav Body System.

Run Time - 29:59

Low Back Pain

Low back pain is a common condition that occurs in the lower back and can result from a variety of causes, including injury, overuse, improper lifting, poor posture, lack of regular exercise, fractures, ruptured disks, or arthritis. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed for individuals experiencing low back pain caused by muscle strain or ligament sprain. The Low Back Pain protocol on the VIBE device supports musculoskeletal comfort, mobility, and energetic balance in the lower back region, particularly for those dealing with tension, soreness, or fatigue. It may help with tight or stiff muscles, discomfort from prolonged sitting or standing, strain from lifting or bending, general tension or mild inflammation in the lumbar area, and energetic stagnation that affects posture and mobility. The PEMF frequencies in this protocol work to promote circulation and oxygenation in the lumbar tissues, support muscle relaxation and cellular recovery, encourage the body's natural inflammatory balance, and assist the nervous system in releasing tension and pain signals. It is commonly used by people with sedentary jobs, athletes, or manual laborers who experience repetitive strain, as well as those recovering from minor exertion or physical imbalance. The Low Back Pain protocol is often paired with General Inflammation for pain relief, Sleep for enhanced overnight healing, and Vagus Nerve for tension related to nervous system stress. It can be used after physical activity or during flare-ups by placing the VIBE near the lower spine or wearing it in a waistband or lumbar wrap. Hydration before and after sessions and gentle stretching afterward are recommended to support circulation and mobility.

Run Time - 1:02:00

Migraine

Migraine is a severe and often debilitating headache that may be accompanied by nausea, vomiting, and sensitivity to light, sound, or smell. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to provide relief from migraine headaches, which are characterized by recurrent, moderate to severe episodes that typically affect one side of the head, present with a pulsating sensation, and last from several hours to three days. The Migraine protocol on the VIBE device supports neurological balance, vascular relaxation, and stress relief, particularly during periods of head tension, light sensitivity, and overstimulation. It may help with throbbing discomfort, pressure in the temples or scalp, fatigue or mental fog following an episode, and emotional overload that can trigger migraines. The PEMF frequencies work to calm nerve pathways involved in pain, support healthy blood flow, relax neck and scalp muscles, and help restore parasympathetic balance. The protocol is often used by individuals prone to stress-induced or hormonal migraines, those recovering from screen-time or environmental overstimulation, and people seeking non-pharmacological relief from head tension. Commonly paired with Anxiety, or Vagus Nerve protocols to calm the system, Sleep or Brain Wave Alpha or Theta for recovery, and General Inflammation or Liver Support for systemic support. It is best used at the first signs of onset or during recovery. For optimal relief, position the VIBE near the head, temples, or neck and use it in a dark, quiet space while avoiding bright light and stimulation.

Run Time - 1:05:59

Mono

Mono, or mononucleosis, is a viral infection that causes fatigue, fever, sore throat, swollen lymph nodes, and headache. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve these common symptoms while supporting immune resilience, energy restoration, and detoxification pathways. The Mono protocol on the VIBE device is particularly beneficial for individuals experiencing lingering fatigue or immune stress associated with post-viral recovery, such as after mononucleosis-like illnesses. It may help with chronic fatigue, low energy following illness, persistent immune weakness, brain fog, sluggish detox, and emotional burnout tied to prolonged immune stress. The PEMF frequencies work to support natural immune balance, promote lymphatic flow and toxin clearance, stimulate cellular energy (ATP) for recovery, and calm the nervous system, which is often strained during chronic illness. This protocol is often used by individuals recovering from Epstein-Barr virus or long-term post-viral fatigue, and by those who feel they never fully regained strength after illness. It is commonly paired with Immune Support, Kidney or Liver Support for cleansing and rebuilding, Brain Fog or Sleep for energy and cognitive clarity, and Vagus Nerve or General Inflammation for nervous system and immune modulation. For best results, the Mono protocol can be used in the morning or during low-energy phases, with ample hydration and rest during sessions to support detoxification and energy renewal, while tracking progress over time to tailor usage to individual needs.

Run Time - 35:59

Neck Pain

Neck pain is a common condition that can result from injury, overuse, poor posture, stress, or certain medical conditions. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve neck pain caused by prolonged straining, awkward sleeping positions, stress, or chiropractic manipulation. The Neck Pain protocol on the VIBE device supports muscle relaxation, tension release, and energetic alignment in the cervical spine and upper back, where stress and strain often accumulate. It may help with tightness or stiffness in the neck and shoulders, discomfort from poor posture or extended screen use, stress-related muscle tension, limited range of motion, soreness after activity, and headaches originating from neck tension. The PEMF frequencies in this protocol work to increase circulation and oxygenation in tight muscles, encourage muscle fiber relaxation and balanced inflammation, support the nervous system's regulation of pain signals, and promote energetic realignment in the upper spine. This protocol is often used by office workers or individuals with desk-related posture issues, those under chronic stress or with tension headaches, and people recovering from minor sprains or muscular overuse. It is commonly paired with General Inflammation for joint comfort, Migraine or Brain Fog for head-related tension, Vagus Nerve for nervous system relaxation, and Sleep for improved overnight recovery. For best results, use the Neck Pain protocol during times of discomfort, especially at the end of the day, by placing the VIBE at the base of the neck or between the shoulder blades. Combine it with stretching or posture correction, stay hydrated, and avoid overstimulation after sessions for optimal results.

Run Time - 42:02

PMS

PMS, or premenstrual syndrome, is a group of symptoms that can occur before a woman's period, including bloating, breast tenderness, mood swings, and fatigue. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to provide relief from the emotional and physical symptoms that typically appear between ovulation and menstruation. The PMS protocol on the VIBE device supports the body's hormonal rhythm, emotional balance, and physical comfort during the days leading up to a period. It may help with mood swings, irritability, emotional sensitivity, cramping, bloating, mild abdominal discomfort, fatigue, breast tenderness, and mental fog. The PEMF frequencies work to promote nervous system balance and emotional calm, support hormonal detox and natural endocrine rhythm, encourage circulation and tension release in the lower abdomen and pelvis, and reduce stress-related discomfort that can worsen PMS symptoms. This protocol is often used by women seeking non-invasive monthly cycle support, individuals experiencing cyclical mood or energy dips, and those wanting to ease the emotional and physical load of PMS naturally. It is commonly paired with Liver Support for hormonal processing, Anxiety, Depression, or Vagus Nerve protocols for emotional support, General Inflammation for body comfort, and Sleep for rest during hormonal shifts. For best results, begin using the PMS protocol a few days before the expected cycle and continue as needed, ideally three to four times per week or daily during peak symptoms. Place the VIBE near the lower abdomen, back, or other areas of discomfort to enhance relaxation and relief.

Run Time - 2:05:56

Prostate Support

Prostate Support refers to various products and treatments aimed at improving prostate health and overall male wellness. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to promote general prostate health and function by supporting energetic balance, circulation, and comfort in the prostate and lower pelvic region. The Prostate Support protocol on the VIBE device is particularly beneficial for men seeking non-invasive support related to aging, urinary function, or mild pelvic tension. It may help with mild urinary frequency or urgency, discomfort or pressure in the lower pelvis, energetic stagnation or tension in the prostate area, circulation and detoxification in the male reproductive system, and fatigue or stress associated with lower body imbalance. The PEMF frequencies used in this protocol aim to stimulate microcirculation and lymphatic flow around the prostate, encourage detoxification and tissue oxygenation, support the nervous system's regulation of pelvic tension, and promote a sense of balance and groundedness in the body's lower energy centers. This protocol is often used by men over 40 who want to support prostate vitality, those experiencing mild urinary concerns or pelvic discomfort, and individuals integrating natural wellness approaches into aging support routines. It is commonly paired with Liver or Kidney Support protocols for systemic elimination support, General Inflammation for whole-body balance, and Sleep or Vagus Nerve for easing tension and promoting recovery. For best results, the Prostate Support protocol can be used during periods of discomfort by placing the VIBE near the lower abdomen or pelvis, either under clothing or by sitting with the device positioned beneath the body.

Run Time - 44:00

PTSD

PTSD, or post-traumatic stress disorder, is a mental health condition triggered by experiencing or witnessing a terrifying event. Symptoms can include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts related to the trauma. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve symptoms and performance issues associated with PTSD, including nightmares, unwanted memories, avoidance behaviors, heightened reactions, anxiety, and depressed mood. The PTSD protocol on the VIBE device supports emotional regulation, nervous system recovery, and inner calm for individuals dealing with post-traumatic stress or high emotional overload. It may help with hypervigilance, restlessness, emotional reactivity, sleep disturbances tied to past experiences, flashbacks or intrusive thoughts, difficulty feeling safe or grounded, and emotional numbness or disconnection. The PEMF frequencies in this protocol work by supporting the vagus nerve and parasympathetic nervous system, calming overactive emotional pathways in the brain, promoting grounding and emotional integration, and enhancing the body's ability to regulate stress and trauma responses. It is commonly used for emotional wellness during trauma recovery or therapy support and is beneficial for veterans, first responders, trauma survivors, or individuals managing chronic stress, anxiety, or unresolved emotional wounds. The PTSD protocol is often paired with Vagus Nerve, Anxiety, Depression, or DIA protocols for emotional stabilization, Sleep or Brain Wave Theta for rest and processing, and Liberate 396 Hz or Love 528 Hz for emotional release and heart-centered healing. For best results, it is recommended to use the protocol during quiet, reflective time in a safe and calm environment, incorporating breathwork, grounding, or therapy alongside sessions. Hydration and time for emotional processing after use can further enhance recovery and integration.

Run Time - 2:48:08

Relax and Balance

Relax and Balance is a type of therapy that uses magnetic waves to help the body and mind return to a calm, balanced state. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed for general relaxation and stress relief related to work, family, relationships, and financial pressures. The Relax and Balance protocol on the VIBE device helps reset the mind to a peaceful state by promoting calm, emotional regulation, and energetic alignment, especially during times of stress, overwhelm, or imbalance. It may help relieve emotional tension, mental restlessness, overstimulation, fatigue, or difficulty winding down after a long day, while supporting mood stability and clarity. The PEMF frequencies in this protocol target the parasympathetic nervous system to activate the body's rest-and-digest mode, harmonize brainwave states, realign the body's energetic rhythms, and encourage emotional peace and balance. This protocol is often used for daily stress recovery, emotional reset, or to enhance meditation, yoga, and breathwork. It is commonly paired with Vagus Nerve, Anxiety, or Depression protocols for emotional support, Brain Wave Alpha or Theta for calming mental activity, and Sleep, Earth 7.83 Hz, or Love 528 Hz for deeper energetic alignment. For best results, use the Relax and Balance protocol during high-stress periods, before bed, after work, or as part of a self-care routine. Create a peaceful environment, breathe deeply, and stay hydrated to maximize its restorative effects.

Run Time - 32:00

Resolve 417 Hz

Resolve 417 Hz is a frequency believed to promote problem-solving, decision-making, and positive transformation. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to cleanse negative energy, facilitate change, heal trauma, and encourage emotional renewal while balancing the sacral chakra, the energy center linked to creativity, emotional flow, and adaptability. The Resolve 417 Hz protocol on the VIBE device is part of the Solfeggio frequency series, traditionally associated with releasing negativity, clearing emotional blockages, and supporting transformation after trauma or limiting patterns. It helps release emotional wounds, fear of change, and energetic residue from past events while restoring emotional and energetic balance to create space for healing, creativity, and forward movement. This protocol is ideal for emotional clearing, journaling, therapy support, and times of transition or decision-making. It is often paired with Liberate 396 Hz to release fear and guilt, Love 528 Hz or Connect 639 Hz to restore emotional alignment, and PTSD, Anxiety, or Brain Wave Theta protocols for trauma and emotional integration. For best results, use during reflective moments with an intention to release or resolve emotional burdens, incorporating meditation, breathwork, or journaling, and ensure proper hydration and rest afterward for full energetic renewal. This frequency is associated with the 2nd cycle in the Aleph-Tav Body System.

Run Time - 29:59

Shingles

Shingles is a viral infection caused by the varicella zoster virus, the same virus responsible for chickenpox, and it typically presents as a painful rash that may appear as a stripe of blisters on the trunk of the body. Pain can sometimes persist even after the rash has healed. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help reduce pain and shorten the duration of blistering. The Shingles protocol on the VIBE device supports the body's natural recovery processes, immune resilience, and nervous system regulation, particularly for those experiencing discomfort or energetic imbalance related to shingles-like symptoms. It may help relieve tingling, burning, or itching sensations along nerve pathways, localized discomfort or skin sensitivity, post-viral fatigue, low immunity, and emotional stress that can trigger nervous system flare-ups. The PEMF frequencies in this protocol promote nerve relaxation and energetic soothing in affected areas, enhance cellular energy (ATP) and circulation for healing, support the immune system and detox pathways, and calm the autonomic nervous system, which is often overstimulated during outbreaks. It is often used by individuals recovering from viral skin or nerve conditions, those experiencing nerve sensitivity during high-stress periods, and people seeking post-viral nerve comfort and healing. Commonly paired with Immune Support, Kidney or Liver Support protocols for immune and cleansing support, General Inflammation for physical relief, and Vagus Nerve or PTSD for nervous system calm. This protocol can be applied during active recovery by placing the VIBE near affected nerve areas for optimal comfort and healing support.

Run Time - 2:30:00

Sleep

Sleep is a natural state of rest essential for both physical and mental health. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help you fall asleep faster and achieve higher-quality rest. The Sleep protocol on the VIBE device supports the body in entering a deeply restful, parasympathetic state by promoting relaxation, calming brainwave activity, and balancing circadian rhythms for improved sleep quality. It may help with difficulty falling or staying asleep, restlessness, light or fragmented sleep, fatigue upon waking, and emotional stress that interferes with rest. The PEMF frequencies in this protocol promote alpha and delta brainwave states associated with deep sleep, calm the nervous system, support natural circadian rhythms, and help the body transition from a fight-or-flight state to rest-and-digest mode. It is ideal for people with irregular sleep patterns, jet lag, or high stress, as well as anyone seeking to enhance sleep depth and recovery. Commonly paired with Vagus Nerve or Relax and Balance for grounding, Brain Wave Delta for deeper sleep enhancement, and Anxiety or DIA protocols for restorative rest. This session works best as part of a nightly wind-down routine. Lie down in a dark, quiet space, avoid screens during the session, and allow the body to fully relax for optimal results.

Run Time - 46:52

Stop Smoking

Stop Smoking is a term used to describe a variety of products and treatments that help people quit smoking. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol created to reduce nicotine cravings and support the cessation process. PEMF therapy can help lessen withdrawal symptoms, mood swings, restlessness, and the urge to smoke while improving circulation, increasing oxygen levels, and supporting the body as it heals from smoking-related damage. It has also been used to assist individuals recovering from other addictions such as alcohol or drug dependence, and because it is non-invasive and free of side effects, it is an appealing option for those seeking natural support. The Stop Smoking protocol on the VIBE device promotes nervous system balance, emotional regulation, and detoxification during nicotine withdrawal, helping with cravings, irritability, anxiety, difficulty concentrating, energetic imbalance, and fatigue. The PEMF frequencies support the vagus nerve and brainwave centers to encourage calm and self-regulation, activate detox pathways such as liver and lymphatic flow, strengthen emotional resilience by gently influencing reward circuitry, and reduce stress, which is a major trigger for relapse. This protocol is ideal for individuals actively quitting smoking or vaping and can enhance traditional cessation methods such as coaching, therapy, or nicotine replacement. It is often paired with Kidney and Liver Support for toxin release, Anxiety, Vagus Nerve, or Relax and Balance protocols for emotional stability, and Brain Wave Alpha or Theta for habit rewiring and improved focus. For best results, use the Stop Smoking protocol consistently during the first few weeks of quitting, combine it with breathwork or mindfulness practices, stay hydrated, and track mood and cravings to monitor progress.

Run Time - 2:35:59

Sun Burn

Sun Burn is a form of skin damage caused by excessive exposure to ultraviolet radiation, leading to redness, pain, swelling, and sometimes blisters. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to provide relief from sunburn by supporting the body's natural recovery and skin-soothing processes after UV overexposure.

The Sun Burn protocol on the VIBE device focuses on promoting tissue repair, calming discomfort, and balancing inflammation in affected areas. It may help with redness, tenderness, heat in the skin, irritation or stinging sensations, energetic imbalance in damaged tissue, and overall skin regeneration and comfort. The PEMF frequencies work to stimulate microcirculation and cellular energy for repair, reduce the energetic signature of heat and inflammation, support immune response and tissue rebuilding, and promote a calming, restorative effect on both the skin and nervous system. This protocol is ideal for mild to moderate sunburns, post-sun exposure recovery even without visible burn, and can complement hydration, natural skincare, and aloe-based aftercare. It is commonly paired with General Inflammation for broader support, Liver or Kidney Support protocols to help clear oxidative stress byproducts, and Acne or Anti-Aging protocols for long-term skin wellness. For best results, use the Sun Burn protocol one to two times daily after sun exposure, place the VIBE near the affected area, keep the skin moisturized, and drink plenty of water to support healing.

Run Time - 33:59

Tendinitis

Tendinitis is an inflammation of the tendons, the tissues that connect muscles to bones, and it often develops from overuse, acute injury, or repetitive strain, causing pain, stiffness, swelling, and reduced mobility in areas such as the elbow, wrist, fingers, thigh, or other joints. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to relieve inflammation from tendon injuries commonly linked to sports or repetitive movements. The Tendinitis protocol on the VIBE device supports musculoskeletal recovery, inflammation balance, and tissue repair in areas affected by tendon irritation or strain. It may help with localized pain or stiffness, soreness from overuse, swelling or warmth in tendon regions, reduced flexibility, and slow recovery from mild tendon injuries. The PEMF frequencies work to enhance microcirculation and oxygenation in tendon tissues, reduce energetic inflammation patterns, stimulate cellular repair through ATP production, and ease neuromuscular tension and discomfort. This protocol is ideal for athletes, fitness enthusiasts, manual laborers, and individuals experiencing repetitive stress injuries such as tennis elbow, Achilles tendinitis, or shoulder strain, as well as flare-ups of older injuries. It is commonly paired with General Inflammation, Arthritis, or Carpal Tunnel protocols for joint support, Relax and Balance to ease overall strain, and Sleep to enhance nighttime tissue repair. For best results, use the protocol during flare-ups by placing the VIBE directly over or near the affected tendon and combine sessions with rest, stretching, hydration, and any recommended physical therapy.

Run Time - 1:26:10

Tinnitus

Tinnitus is a ringing or buzzing noise in one or both ears that may be constant or intermittent and is often associated with hearing loss. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve ringing or buzzing sounds that occur without an external source. The Tinnitus protocol on the VIBE device supports neurological balance, auditory system regulation, and stress reduction for individuals experiencing phantom sounds in the ears. It may help with mild to moderate ringing or buzzing, stress or anxiety related to ear symptoms, energetic imbalances in the auditory or vestibular system, sound sensitivity, and cognitive fatigue caused by persistent noise. The PEMF frequencies aim to calm overactive auditory nerve pathways, support the vagus nerve and brainwave regulation involved in sound processing, reduce energetic inflammation and tension in the ear, neck, and head region, and promote nervous system relaxation to ease sensory overload. This protocol is ideal for individuals experiencing subjective tinnitus, especially when symptoms worsen with stress or fatigue, and for those seeking improved focus, calm, and coping with ongoing ear noise. It is commonly paired with Anxiety, Vagus Nerve, or Relax and Balance for emotional regulation, Brain Wave Alpha or Theta to calm neurological feedback loops, and Sleep to ease nighttime disturbances. For best use, run the protocol during or after episodes of ear noise, place the VIBE near the ear, neck, or upper back for proximity to auditory pathways, stay hydrated, and use it in a calm, quiet environment for optimal relief.

Run Time - 1:46:01

TMJ

TMJ, or temporomandibular joint disorder, affects the joint that connects the jaw to the skull and can lead to pain, clicking, popping, difficulty chewing, and jaw locking. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to help relieve discomfort associated with TMJ by supporting jaw relaxation, muscular release, and inflammation balance in the temporomandibular joint and surrounding tissues.

Although the protocol cannot fix structural TMJ dysfunction, it can be very effective in reducing pain and tension caused by the condition. The TMJ protocol on the VIBE device may help with jaw tightness, clicking, popping, facial or ear-area pain, difficulty opening or closing the mouth smoothly, nighttime teeth grinding, and neck or head tension caused by jaw clenching. Its PEMF frequencies work to relax jaw and facial muscles, increase circulation and oxygenation to tense or inflamed tissues, calm the nervous system when symptoms are stress-related, and support energetic alignment in the craniofacial region.

This protocol is ideal for individuals with stress-related jaw tension or clenching, those recovering from dental or orthodontic work, and anyone experiencing headaches or neck strain due to TMJ imbalances. It is commonly paired with Vagus Nerve, Anxiety, or Relax and Balance for stress-driven clenching, and Sleep for nighttime bruxism support. For best results, use the protocol in the evening or after high-stress periods by positioning the VIBE near the jaw joint or resting it on a pillow beside the face, and combine sessions with gentle jaw stretches, hydration, and relaxation techniques.

Run Time - 2:11:00

Vagus Nerve

The vagus nerve is the longest nerve of the autonomic nervous system and a major component of the parasympathetic nervous system, playing a crucial role in modulating the body's stress response, reducing inflammation, supporting digestion, and carrying signals between the brain, heart, and digestive system. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to increase heart rate variability, reduce stress, support digestion, and enhance overall well-being by stimulating vagal activity. The Vagus Nerve protocol on the VIBE device is one of the most distinguished and widely used programs, created to support nervous system regulation, stress recovery, and mind-body balance. It may help with stress, anxiety, emotional overwhelm, digestive sluggishness, fatigue or burnout, tension in the neck, chest, or gut, and difficulty shifting from a fight-or-flight state into rest-and-digest mode. Because the vagus nerve influences parasympathetic activation, heart rate regulation, digestion, inflammation levels, mood stability, emotional recovery, and the gut-brain axis, this protocol is ideal for individuals experiencing stress-related symptoms or autonomic imbalance, those looking to improve emotional resilience or trauma recovery, and anyone seeking deeper relaxation or nervous system reset. Common pairings include Anxiety, Depression, or PTSD for emotional support, as well as Sleep, Relax and Balance, or Brain Wave Theta for enhanced calm and restorative rest. For best results, use the protocol after stressful events or before bedtime, place the VIBE near the neck, chest, or abdomen along the vagus nerve pathway, and combine it with deep breathing, meditation, or stillness to amplify its calming and regulatory effects.

Run Time - 30:00

Weight Loss

Weight Loss refers to a decrease in body weight that can be achieved through methods such as diet, exercise, and medication. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed specifically to support weight loss by helping reduce insulin resistance, a common contributor to weight gain. The Weight Loss protocol on the VIBE device supports metabolic balance, energy regulation, and detox pathways to create a healthier internal environment that complements natural weight management efforts. It may help with sluggish metabolism, low energy, cravings, emotional eating, toxin retention that slows fat metabolism, stress-related weight gain, and hormonal or lymphatic sluggishness that impacts weight balance. The PEMF frequencies aim to stimulate cellular energy production for better metabolic efficiency, support detox organs such as the liver and kidneys, balance the nervous system to reduce stress-driven eating, and improve circulation and lymphatic flow to promote overall body regulation. This protocol is ideal for individuals actively pursuing healthy lifestyle changes, those struggling with stubborn weight that has not responded to traditional methods, and people looking for holistic, non-invasive tools to support their wellness goals. It is commonly paired with Liver or Kidney Support protocols for toxin clearance, Sleep or PMS for energy and hormonal balance, and Vagus Nerve, or Anxiety protocols to reduce cortisol-related weight challenges. For best results, use the protocol in the morning or before meals, combine it with healthy habits such as hydration, balanced nutrition, and regular movement, and track shifts in energy, mood, and cravings throughout your journey.

Run Time - 41:59

White Coat Syndrome

White coat syndrome is a condition in which people experience anxiety or nervousness when visiting a doctor or entering a medical setting, often causing physical symptoms such as rapid heart rate, sweating, trembling, or temporary spikes in blood pressure. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol designed to relieve high blood pressure, stress, and anxiety triggered by clinical environments. The White Coat Syndrome protocol on the VIBE device supports nervous system calming, emotional grounding, and cardiovascular relaxation for individuals who become tense, overstimulated, or reactive during medical visits. It may help with anxiety during exams, situational blood pressure spikes, tension in the chest, neck, or shoulders, emotional reactivity, and nervous system sensitivity to sterile or institutional environments. The PEMF frequencies work by activating the vagus nerve and parasympathetic system to promote calm, reducing emotional and cardiovascular arousal, supporting mind-body awareness, and encouraging a relaxation response that restores balance. This protocol is ideal for individuals with a history of white coat hypertension, those who feel panicked or overstimulated during medical events, and anyone seeking better mind-body coherence in high-stress settings. It is commonly paired with Vagus Nerve or Anxiety protocols for emotional regulation, Heart Health for cardiovascular support, and Relax and Balance or Brain Wave Alpha for mental ease. For best use, run the protocol before medical appointments or anticipated stressful situations, incorporate it two to three times per week for long-term nervous system training, and combine it with breathwork, hydration, and grounding exercises for added effectiveness.

Run Time - 30:00

Wound Healing

Wound healing is the body's natural process for repairing damaged tissue and occurs through four precisely coordinated phases: hemostasis, inflammation, proliferation, and remodeling. This product is a magnetic flux or Pulsed Electromagnetic Field (PEMF) protocol created to support that process by enhancing tissue repair, circulation, and immune function in areas recovering from cuts, scrapes, abrasions, surgical sites, or slow-healing injuries. The Wound Healing protocol on the VIBE device may help with minor cuts and abrasions, post-surgical tissue recovery, slow-healing but non-chronic wounds, localized inflammation or swelling, tenderness around injury sites, and healthy scar formation and regeneration. Its PEMF frequencies work by improving microcirculation to deliver oxygen and nutrients, stimulating cellular repair and ATP production, encouraging lymphatic drainage and immune support, and reducing inflammation and oxidative stress around the injured area. This protocol is ideal for individuals recovering from minor injuries or incisions, athletes or active individuals with frequent small wounds, and anyone looking to support skin and tissue health as part of a wellness routine. It is commonly paired with General Inflammation for comfort, Acne or Anti-Aging for enhanced skin regeneration, and Liver or Immune Support for system-wide healing. For best results, use the protocol one to two times daily over or near the affected area during the healing process. Combine it with proper wound care, hydration, and good nutrition, and avoid placing the device directly on open wounds by positioning it nearby or over a bandage.

Run Time - 49:04

VIBE Suggested Protocol Pairings

The VIBE Suggested Protocol Pairings guide is intended solely as a quick-reference resource. The pairings listed are not exhaustive; they represent commonly used or frequently complementary protocols. Every individual's body and bioenergetic response is unique, so users are encouraged to experiment, combine, or adjust protocols according to their own personal VIBE experience and comfort level. These suggestions are not medical advice and should not be interpreted as treatment recommendations. Always listen to your body and consult a qualified healthcare professional if you have concerns or underlying health conditions.

Acne	ADHD	Allergy	Alzheimer's	Anti-Aging
Anti-Aging Anxiety General Inflammation Kidney Support Liver Support PMS Relax and Balance Resolve 417 Hz Shingles Sun Burn Vagus Nerve	Anxiety Brain Balancing Brain Wave Alpha Brain Wave Beta Brain Wave Theta DIA Express 741 Hz Liberate 396 Hz Love 528 Hz Relax and Balance Sleep Vagus Nerve	Asthma Brain Fog Bronchitis Common Cold Flu General Inflammation Immune Support Kidney Support Liver Support Relax and Balance Sleep Vagus Nerve	Anti-Aging Brain Balancing Brain Fog Brain Wave Alpha Brain Wave Beta Brain Wave Gamma Brain Wave Theta Connect 639 Hz DIA Liberate 396 Hz Sleep Vagus Nerve	Brain Balancing Brain Fog General Inflammation Kidney Support Liver Support Love 528 Hz Relax and Balance Sleep Sun Burn Vagus Nerve Weight Loss

Anxiety	Arthritis	Asthma	Awaken 852 Hz	Brain Balancing
Brain Balancing Brain Wave Delta Brain Wave Theta DIA Earth 7.83 Hz Express 741 Hz Love 528 Hz PTSD Relax and Balance Sleep Vagus Nerve	Anti-Aging Awaken 852 Hz Carpal Tunnel General Inflammation Tendinitis Kidney Support Liberate 396 Hz Liver Support Relax and Balance Wound Healing Vagus Nerve	Allergy Anxiety Bronchitis General Inflammation Immune Support Kidney Support Liver Support Love 528 Hz Relax and Balance Resolve 417 Hz Vagus Nerve	Brain Balancing Brain Wave Alpha Brain Wave Gamma Brain Wave Theta DIA Earth 20.3 Hz Liberate 396 Hz Love 528 Relax and Balance Resolve 417 Hz Vagus Nerve	ADHD Alzheimer's Anxiety Brain Fog Brain Wave Alpha Brain Wave Beta Brain Wave Theta Depression DIA Relax and Balance Sleep Vagus Nerve

VIBE Suggested Protocol Pairings

Brain Fog	Brain Wave Alpha	Brain Wave Beta	Brain Wave Delta	Brain Wave Gamma
ADHD Brain Balancing Brain Wave Beta Connect 639 Hz Earth 14.1 Hz General Inflammation Hangover Kidney Support Liver Support Sleep Vagus Nerve	ADHD Alzheimer's Anxiety Brain Balancing Brain Wave Delta Brain Wave Theta Earth 20.3 Hz Fibromyalgia Tendinitis Tinnitus Wound Healing	ADHD Brain Balancing Brain Fog Brain Wave Alpha Brain Wave Gamma Depression Earth 14.1 Hz Fibromyalgia Neck Pain PTSD Wound Healing	Alzheimer's Anxiety Brain Balancing Brain Fog Depression DIA Earth 7.83 Hz PTSD Relax and Balance Sleep Vagus Nerve	Alzheimer's Awaken 852 Hz Brain Balancing Brain Fog Brain Wave Alpha Brain Wave Beta Brain Wave Theta Liberate 396 Hz TMJ Weight Loss

Brain Wave Theta	Breast Health	Bronchitis	Carpal Tunnel	Cold Sores
Alzheimer's Anxiety Brain Balancing Brain Wave Alpha Brain Wave Delta DIA Fibromyalgia Migraine PMS PTSD Relax and Balance Resolve 417 Hz Vagus Nerve	Anti-Aging General Inflammation Heart Health Immune Support Kidney Support Liver Support Love 528 Hz PMS Relax and Balance Vagus Nerve Wound Healing	Allergy Asthma Common Cold Earth 20.3 Hz Flu General Inflammation Immune Support Kidney Support Liver Support Relax and Balance Resolve 417 Hz Vagus Nerve	Arthritis DIA Earth 14.1 Hz Fibromyalgia General Inflammation Kidney Support Liberate 396 Hz Liver Support Relax and Balance Sleep Tendinitis Vagus Nerve	Acne Anti-Aging Anxiety General Inflammation Immune Support Kidney Support Love 528 Hz Mono Relax and Balance Resolve 417 Hz Shingles Sleep Wound Healing

VIBE Suggested Protocol Pairings

Common Cold	Connect 639 Hz	Constipation	Depression	DIA
Allergy Earth 14.1 Hz Express 741 Hz Flu General Inflammation Immune Support Kidney Support Liver Support Love 528 Hz Mono Relax and Balance Sleep Vagus Nerve	Brain Balancing Brain Wave Alpha DIA Earth 20.3 Hz Liberate 396 Hz Love 528 Hz PTSD Relax and Balance Resolve 417 Hz Sleep Vagus Nerve	Anxiety Brain Fog Kidney Support Liver Support Love 528 Hz Low Back Pain Relax and Balance Resolve 417 Hz Sleep Vagus Nerve Weight Loss	ADHD Anxiety Brain Balancing Brain Wave Beta Brain Wave Gamma DIA Earth 7.83 Hz Express 741 Hz Love 528 Hz PTSD Relax and Balance Resolve 417 Hz Sleep Vagus Nerve	Awaken 852 Hz Brain Balancing Brain Wave Alpha Brain Wave Delta Brain Wave Theta Earth 7.83 Hz Earth 14.1 Hz Express 741 Hz Love 528 Hz PTSD Relax and Balance Sleep Vagus Nerve

Earth 7.83 Hz	Earth 14.1 Hz	Earth 20.3 Hz	Express 741 Hz	Fibromyalgia
ADHD Anxiety Brain Balancing Brain Fog Brain Wave Delta Brain Wave Theta Depression DIA Immune Support Liberate 396 Hz Relax and Balance Sleep Tinnitus Vagus Nerve	ADHD Brain Balancing Brain Wave Alpha Brain Wave Beta Cold Sores DIA Earth 7.83 Hz Express 741 Hz Flu Love 528 Hz Mono PMS PTSD Vagus Nerve	Anti-Aging Brain Balancing Brain Fog Brain Wave Beta Brain Wave Gamma Common Cold DIA Earth 14.1 Hz Hangover Immune Support Relax and Balance Stop Smoking Vagus Nerve	Anxiety Brain Wave Theta Connect 639 Hz Depression Kidney Support Liver Support Prostate Support PTSD Relax and Balance TMJ Vagus Nerve Weight Loss	Anxiety Brain Balancing Brain Fog Carpal Tunnel Depression Earth 14.1 Hz General Inflammation Liberate 396 Hz PTSD Sleep Tendinitis Vagus Nerve

VIBE Suggested Protocol Pairings

Flu	General Inflammation	Hangover	Heart Health	Immune Support
Brain Wave Delta Bronchitis Common Cold Earth 20.3 Hz Express 741 Hz Immune Support Kidney Support Liver Support Love 528 Hz Mono Relax and Balance Sleep Vagus Nerve	Anti-Aging Arthritis Brain Fog Earth 7.83 Hz Fibromyalgia Immune Support Kidney Support Liver Support Relax and Balance Sleep Sun Burn Tendinitis Wound Healing	Brain Fog Brain Wave Beta Brain Wave Gamma Earth 14.1 Hz Express 741 Hz General Inflammation Kidney Support Liberate 396 Hz Liver Support Relax and Balance Sleep Vagus Nerve	Anxiety Connect 639 Hz Depression DIA Express 741 Hz Liberate 396 Hz Liver Support Love 528 Hz PTSD Relax and Balance Sleep Vagus Nerve Weight Loss	Brain Wave Delta Bronchitis Common Cold Earth 7.83 Hz Express 741 Hz Flu Kidney Support Liver Support Love 528 Hz Mono Shingles Sleep Vagus Nerve

Insulin Resistance	Kidney Support	Liberate 396 Hz	Liver Support	Love 528 Hz
Anxiety Brain Balancing Brain Fog Constipation DIA Earth 14.1 Hz General Inflammation Kidney Support Liver Support Relax and Balance Resolve 417 Hz Sleep Vagus Nerve Weight Loss	Allergy Arthritis Common Cold Earth 20.3 Hz Express 741 Hz Flu General Inflammation Hangover Liver Support Mono Relax and Balance Sleep Stop Smoking Vagus Nerve	Anxiety Brain Wave Theta Connect 639 Hz Constipation Depression DIA Earth 7.83 Hz Heart Health Immune Support Relax and Balance Tinnitus Vagus Nerve Weight Loss	Allergy Anti-Aging Common Cold Connect 639 Hz Constipation Flu General Inflammation Hangover Immune Support Kidney Support Mono Sleep Stop Smoking Sun Burn	ADHD Anxiety Brain Wave Theta Common Cold Depression DIA Flu Hangover Immune Support Mono Shingles Stop Smoking Vagus Nerve

VIBE Suggested Protocol Pairings

Low Back Pain	Migraine	Mono	Neck Pain	PMS
Arthritis Brain Wave Alpha Brain Wave Beta Carpal Tunnel Connect 639 Hz Earth 20.3 Hz Express 741 Hz General Inflammation Kidney Support Liver Support Sleep Vagus Nerve	Anxiety Brain Balancing Brain Fog Brain Wave Alpha Brain Wave Theta Connect 639 Hz Depression DIA General Inflammation Kidney Support Liver Support Sleep Vagus Nerve	Brain Fog Cold Sores Common Cold Express 741 Hz General Inflammation Immune Support Kidney Support Liver Support Love 528 Hz Relax and Balance Sleep Vagus Nerve	Brain Fog Carpal Tunnel DIA General Inflammation Liver Support Migraines PMS PTSD Relax and Balance Sleep Tendinitis Vagus Nerve	Anxiety Brain Balancing Breast Health Depression DIA Express 741 Hz Kidney Support Liver Support Love 528 Hz Relax and Balance Sleep Vagus Nerve

Prostate Support	PTSD	Relax and Balance	Resolve 417 Hz	Shingles
Anti-Aging Brain Wave Delta Brain Wave Theta Earth 7.83 Hz General Inflammation Kidney Support Liver Support Love 528 Hz Low Back Pain Resolve 417 Hz Sleep Vagus Nerve	Anxiety Brain Balancing Brain Wave Delta Brain Wave Theta Depression DIA Earth 14.1 Hz Earth 7.83 Hz Liberate 396 Hz Love 528 Hz Relax and Balance Sleep Vagus Nerve	Anxiety Brain Wave Alpha Brain Wave Theta Depression DIA Earth 7.83 Hz Immune Support Liberate 396 Hz Love 528 Hz PMS PTSD Sleep Stop Smoking Vagus Nerve	Allergy Anxiety Asthma Brain Wave Theta Bronchitis Constipation Depression Liberate 396 Hz Love 528 Hz PMS Prostate Support PTSD Vagus Nerve	Acne Cold Sores DIA General Inflammation Immune Support Kidney Support Liver Support Love 528 Hz PTSD Relax and Balance Resolve 417 Hz Sun Burn Vagus Nerve

VIBE Suggested Protocol Pairings

Sleep	Stop Smoking	Sun Burn	Tendinitis	Tinnitus
Anxiety Brain Balancing Brain Wave Delta Brain Wave Theta DIA Earth 7.83 Liberate 396 Hz Liver Support Relax and Balance Resolve 417 Hz Vagus Nerve	Brain Balancing Brain Fog Brain Wave Alpha Brain Wave Theta Earth 20.3 Hz Kidney Support Liberate 396 Hz Liver Support Relax and Balance Resolve 417 Hz Vagus Nerve	Acne Anti-Aging Brain Wave Beta General Inflammation Kidney Support Liver Support Love 528 Hz Relax and Balance Resolve 417 Hz Vagus Nerve Wound Healing	Arthritis Carpal Tunnel Connect 639 Hz General Inflammation Relax and Balance Sleep Vagus Nerve Wound Healing	Anxiety Brain Wave Alpha Brain Wave Theta Connect 639 Hz DIA Earth 7.83 Hz Express 741 Hz Relax and Balance Sleep Vagus Nerve

TMJ	Vagus Nerve	Weight Loss	White Coat Syndrome	Wound Healing
Anxiety Arthritis Awaken 852 Hz Connect 639 Hz Liberate 396 Hz Love 528 Hz Neck Pain Relax and Balance Sleep Tendinitis Vagus Nerve	Anxiety Brain Wave Theta Depression DIA Earth 14.1 Hz Earth 7.83 Hz PTSD Relax and Balance Resolve 417 Hz Sleep	Anti-Aging Anxiety Brain Balancing Kidney Support Liberate 396 Hz Liver Support PMS PTSD Sleep Vagus Nerve	Anxiety Brain Balancing Brain Wave Alpha Brain Wave Theta DIA Earth 7.83 Hz Heart Health PTSD Relax and Balance Vagus Nerve	Acne Anti-Aging Brain Wave Beta Earth 14.1 Hz General Inflammation Immune Support Liver Support Love 528 Hz Relax and Balance Sleep Sun Burn

VIBE Protocol

Muscle Testing Chart

VIBE	Column A	Column B	Column C
Row 1	Acne ADHD Allergy Alzheimer's Anti-Aging	Anxiety Arthritis Asthma Awaken 852 Hz (6 th) Brain Balancing	Brain Fog Brain Wave Alpha Brain Wave Beta Brain Wave Delta Brain Wave Gamma
Row 2	Brain Wave Theta Breast Health Bronchitis Carpal Tunnel Cold Sores	Common Cold Connect 639 Hz (3 rd) Constipation Depression DIA	Earth 7.83 Hz Earth 14.1 Hz Earth 20.3 Hz Express 741 Hz (4 th) Fibromyalgia
Row 3	Flu General Inflammation Hangover Heart Health Immune Support	Insulin Resistance Kidney Support Liberate 396 Hz (5 th) Liver Support Love 528 Hz (1 st)	Low Back Pain Migraine Mono Neck Pain PMS
Row 4	Prostate Support PTSD Relax and Balance Resolve 417 Hz (2 nd) Shingles	Sleep Stop Smoking Sun Burn Tendinitis Tinnitus	TMJ Vagus Nerve Weight Loss White Coat Syndrome Wound Healing

The numbers in parentheses (e.g. 1st, 2nd etc) indicate the corresponding cycle within the Aleph-Tav Body System

Vibe Protocol Durations

- Acne - 35:59
- ADHD - 1:18:00
- Allergy - 26:00
- Alzheimer's - 30:02
- Anti-Aging - 1:00:00
- Anxiety - 30:00
- Arthritis - 1:03:00
- Asthma - 33:00
- Awaken 852 Hz - 29:59
- Brain Balancing - 41:00
- Brain Fog - 30:00
- Brain Wave Alpha - 29:59
- Brain Wave Beta - 29:59
- Brain Wave Delta - 30:00
- Brain Wave Gamma - 29:59
- Brain Wave Theta - 29:59
- Breast Health - 48:59
- Bronchitis - 39:00
- Carpal Tunnel - 1:07:59
- Cold Sores - 2:30:00
- Common Cold - 1:26:59
- Connect 639 Hz - 30:05
- Constipation - 40:59
- Depression - 32:00
- DIA - 1:48:53
- Earth 7.83 Hz - 29:59
- Earth 14.1 Hz - 29:59
- Earth 20.3 Hz - 29:59
- Express 741 Hz - 29:59
- Fibromyalgia - 2:24:00
- Flu - 2:18:59
- General Inflammation - 36:00
- Hangover - 1:00:00
- Heart Health - 46:00
- Immune Support - 32:00
- Insulin Resistance - 41:59
- Kidney Support - 26:00
- Liberate 396 Hz - 29:59
- Liver Support - 39:00
- Love 528 Hz - 29:59
- Low Back Pain - 1:02:00
- Migraine - 1:05:59
- Mono - 35:59
- Neck Pain - 42:02
- PMS - 2:05:56
- Prostate Support - 44:00
- PTSD - 2:48:08
- Relax and Balance - 32:00
- Resolve 417 Hz - 29:59
- Shingles - 2:30:00
- Sleep - 46:52
- Stop Smoking - 2:35:59
- Sun Burn - 33:59
- Tendinitis - 1:26:10
- Tinnitus - 1:46:01
- TMJ - 2:11:00
- Vagus Nerve - 30:00
- Weight Loss - 41:59
- White Coat Syndrome - 30:00
- Wound Healing - 49:04

Afterword

By Dr. Alphonzo Monzo III, ND, PhD

Whether I am in my office, teaching, or traveling, I always carry my VIBE device with me. It has become an essential tool in my work with clients and practitioners. The VIBE has helped me recover more quickly from colds and flu, supported better sleep for my children, and consistently provided a reliable way to bring the body back into balance. Because it synchronizes with the body's own electrical systems, it helps restore stability, improve circulation, and recharge energy at the cellular level.

My passion has always been centered around energy and frequency based healing. The VIBE offers a compact, convenient, and powerful way to deliver targeted frequencies that support recovery and whole-body wellness in both humans and animals. As practitioners, we understand the importance of equipping the body to heal itself, and PEMF therapy beautifully aligns with this philosophy.

Health Restoration Technologies was created as a company dedicated to research, development, and the training of practitioners. My foundation in Biblical naturopathy has taught me that true health is never limited to the physical. Every part of a person is interconnected. The invisible creates the visible, and all life exists in the form of energy, frequency, and vibration. When we honor the design of the Creator, we work with the body rather than against it.

HRT exists to empower, equip, and inspire practitioners who desire to bring authentic wholeness to their communities. Through HRT, practitioners can access twenty-first century technologies like the VIBE device, connect with others committed to a lifestyle of wellness, and join a network of trained individuals dedicated to ministering to the whole person. If you would like to learn more, please visit **drmonzo.com** and **healthrestorationtech.com**, where we offer practitioner opportunities, education, and upcoming trainings

I welcome you to join me on this journey of restoration and truth. Together, we can stand against the assaults on creation, uphold the dignity of the human design, and experience the joy of walking in authentic wholeness.

Blessings and Shalom.

