

FREQUENCIES

Emotion Frequencies

Serenity	ULTRA HIGH Frequencies!!
Unconditional Love	
Exhilaration	
Enthusiasm	
Peace	VERY HIGH Frequencies!
Cheerfulness	
Strong Interest	
Conservatism (environment)	HIGH Frequencies!
Gratitude	
Taking Action	
Contented	LOW Frequencies
Insecure	
Monotony /Boredom	
Unappreciated	
Anger	
Hate	
Antagonism	
Disgust	
Victim	
No Sympathy	
Fear	
Grief	
Worry	
Betrayed	
Enabling Others	
Jealousy	
Undeserving	
Completely Lost	
Useless	
Failure	
Sarcasm	
Resentment	ULTRA LOW Frequencies
Hostility	
Hopeless	
Worthless	
Blame	
Dying	
Regret	
Despair	
Body Death	

Food and Molecular Frequencies

Rose Oil	ULTRA HIGH Frequencies!!
Therapeutic Essential Oils	
Organic Fresh / Organic Frozen Berries	
Fresh Organic Juices (carrots, beets, herbs, greens, etc.)	
Fresh Herbs / Spices	
Sprouts	VERY HIGH Frequencies!
Fresh, Certified Organic Fruits and Vegetables	
Raw Fermented Foods	
Superfoods (see our Core Products handout!)	
Raw, Cold Pressed, Extra Virgin Oils (tea seed oil, olive oil and coconut oil)	MEDIUM Frequencies!
Raw Nuts and Seeds	
Dried Herbs and Spices	
Cooked Vegetables	
Raw Dairy (first 24 hours only after milking)	
Eggs (freshly-laid)	
Raw Honey and Maple Syrup	
Legumes and Organic Whole Grains (quinoa, buckwheat, brown rice, amaranth, wheat, spelt)	
Sugar Cane	
White Rice	
Poultry	VERY LOW Frequencies
Raw Dairy (after 24 hours of being milked)	
Genetically Modified (GMO) Food	
Foods Treated with Pesticides, Insecticides, Herbicides, Larvacides and Chemicals	
Pasteurized Jam, Fruit Juices, and Fruit Snacks	
Cooked Meat	
Processed Chocolate	
Alcohol	
Canola, Cottonseed, Margarine, and Vegetable Oils	
Processed, Packaged, Canned and Fast Foods	
Pasteurized Milk, Yogurt, Ice Cream and Cheese	
Deep Fried and Microwaved Foods	
Coffee and Sodas	ULTRA LOW Frequencies
White Flour (used for bread, pastries, cookies, cakes and cereals)	
White, Brown and Processed Sugars	
Corn Syrup and Artificial Sweeteners	

You do not attract what you want, you attract what you are!

— Dr. Wayne Dyer

The French scientist and researcher André Simoneton left us a legacy. Using angstroms as the unit of measurement, Simoneton charted the angstroms of the body, foods and many organisms. On a scale of zero to 10,000 angstroms, Simoneton found the basic human wavelength to be about 6,500. He found that to remain in great health our bodies' vibration must maintain the 6,500 angstrom. He discovered every low frequency to be dangerous to our angstrom level. The foods we ate, the thoughts we had and our surrounding environment all affected our overall vibration or angstrom level. Further findings by other professionals confirm that even holding a low frequency food or object, or being in a low frequency situation, has lowered a subjects angstroms taking up to 5 DAYS to raise it up again!

Vegetables are most radiant when fresh from the garden, losing about one third of their potency by the time they reach the shops, and another third when cooked. An exception is the organic potato, which is actually fortified by cooking. It is measured at only 2,000 angstroms when raw, but when boiled or baked it increases to 7,000–9,000 angstroms. In most cases, to retain higher angstrom levels in your food, use lower cooking temperatures, or eat them raw! According to Simoneton's research, food processing is disastrous. Raw milk has a value of 6,500 angstroms when fresh, but loses ninety percent within 24 hours. After pasteurization there are no bioenergy radiations at all! In general, all fresh raw living herbs and foods are far superior to cooked and heated foods.