

NOTES FROM DR. TRUE OTT, PHD

Brain Waves based on Hertz Frequencies

Delta: Deep REM Sleep 3 HZ. Stem cell repair and regeneration

Theta (Hypnotic State) 6 HZ

Alpha (awake) 9 HZ

Beta (Alert, active) 12 HZ

Gamma Threshold 27 – 36 HZ Genius state

9 Prime Minerals and Their Frequencies/musical tones

Boron	16	C
Magnesium	36	D
Sulfur	48	G
Potassium	54	A
Calcium	64	C
Vanadium	72	D
Iron	91	E
Silver	162	E
Iridium	288	D Ultimadium

At the cellular level we are all about Sound and Harmony. We resonate with light and music.

Do – 256 hz.	C
Re - 288	D
Mi - 324	E
Fa - 344	F
Sol 384	G
La 432	A
Ti 486	B

Original Solfeggio Tones

Root Frequencies for the 24 (12 x 2) Healing Minerals

1. Boron –16 hz
2. Calcium –60 hz
3. Cesium –198 hz
4. Chromium –77 hz
5. Cobalt–88hz
6. Copper –95 hz
7. Germanium–108hz
8. Gold –294 hz
9. Iodine –189 hz
10. Iridium –286 hz
11. Indium –171 hz
12. Iron –83 hz
13. Lithium –10.34 hz
14. Magnesium –36 hz
15. Manganese –82 hz
16. Molybdenum –143 hz
17. Platinum –291 hz
18. Potassium –58 hz
19. Selenium –118 hz
20. Silver –161 hz
21. Sulfur –48 hz
22. Tin –177 hz
23. Vanadium –76 hz
24. Zinc – 97 hz

Keep in mind that there are roughly 2 hz (+ or - up or down) variance before the signature becomes totally invalid to the mitochondria and DNA. The human ear and the cells themselves appear to respond in increments of 4 hz (aka "cents") - but the

"octave" signature of the base mineral frequencies (multiplying by 2) is what should be focused on when added to LED light therapy.