

OTT FREQUENCY SWEEPS

with Calculator

1st Sweep

Trace Minerals #92

- Iridium (288 Hz) – 1 minute
- Indium (172 Hz) – 1 minute
- Chromium (78 Hz) – 1 minute
- Cobalt (88 Hz) – 1 minute
- Copper (95 Hz) – 1 minute
- Germanium (108 Hz) – 1 minute
- Gold (296 Hz) – 1 minute
- Iodine (189 Hz) – 1 minute
- Manganese (82 Hz) – 1 minute
- Molybdenum (144 Hz) – 1 minute
- Platinum (291 Hz) – 1 minute
- Selenium (118 Hz) – 1 minute
- Tin or “Minerals of Life” (179 Hz) – 1 minute
- Zinc (97 Hz) – 1 minute

Macro Minerals #93

- Boron (16 Hz) – 1 minute
- Magnesium (36 Hz) – 1 minute
- Sulfur (48 Hz) – 1 minute
- Potassium (54 Hz) – 1 minute
- Calcium (64 Hz) – 1 minute
- Vanadium (76 Hz) – 1 minute
- Iron (81 Hz) – 1 minute
- Silver (162 Hz) – 1 minute

2nd Sweep

Body Cleansing, Energy, Rejuvenation #94

- 72 Hz (4 minutes to enhance Ozone production)
- 633 Hz (5 minutes to enhance ATP production)
- 780 Hz (5 minutes to enhance GTP production)
- 45 Hz (4 minutes to enhance Nitric Oxide production)
- 180 Hz (4 minutes to enhance Creatine production)
- 753 Hz (4 minutes to enhance Telemere lengthening)
- 5184 (4 minutes to enhance RNA production)

3rd Sweep

Immune Support, Anti-Inflammatory #95

337 Hz (4 minutes to inhibit Nagalase production)

77 Hz (4 minutes to enhance GcMAF production)

534 Hz (4 minutes to enhance THCa [non-psychoactive] production)

468 Hz (3 minutes to enhance CBD and CBC [non-psychoactive] production)

715 Hz (3 minutes to enhance Frankincense [Boswellia sacra "Arabic"] production) 513

Hz (3 minutes to enhance Curcumin [Curcuma longa] production)

194 Hz (3 minutes to enhance Beta Glucan 1,6 production)

218 Hz (3 minutes to enhance Garlic [Diallyl sulfide] production)

682 Hz (3 minutes to enhance vitamin B-17 production)

4th Sweep

Hormone Balance #96

1264 Hz (5 minutes to optimize Growth Hormone production)

430 Hz (5 minutes to optimize Testosterone production)

228 Hz (5 minutes to optimize Estrogen production)

5th Sweep #97

432 Hz, Relaxation, Gamma Brain Wave (Clear Thinking)

432 Hz – 5 minutes

228 Hz (5 minutes to enhance Dopamine production)

1500 Hz (5 minutes to enhance Oxytocin production)

262 Hz (5 minutes to enhance Serotonin production)

5164 Hz (5 minutes to enhance beta-Endorphin production)

27 Hz – 5 minutes

To Calculate the Harmonic Frequency of an Element or Substance:

Multiply the Atomic or Molecular Weight (Mass) by 1.4904752

To Calculate the Mortal Oscillating Frequency of a Substance:

Multiply the Atomic or Molecular Weight (Mass) by 1.4904752.

Then multiply that product by 1.414.