

ELECTROMAGNETIC FREQUENCY DIGEST

Waveform Glossary

Amplitude: The extreme range of a fluctuating quantity, generally measured from the average to the highest or lowest extreme. The "height" of the wave.

Carrier Wave: The steady, transmitted wave whose amplitude, frequency, or phase is modulated in order to carry audio/digital information, as with radio signals.

Frequency: The number of periodic oscillations, vibrations, or waves per unit of time: usually expressed in cycles per second as "Hertz".

Phase: The fractional part of a cycle through which a periodic carrier wave has advanced at an instant, as measured from an arbitrary starting point.

Unit Conversions

1,000 Hertz (Hz) = 1.0 Kilohertz (KHz)

1,000,000 Hertz (Hz) = 1,000 Kilohertz (KHz) = 1.0 Megahertz (MHz)

1 billion Hertz (Hz) = 1,000,000 Kilohertz (KHz) = 1,000 Megahertz (MHz) = 1.0 Gigahertz (GHz)

Frequency Ranges

Name	Description	Frequency Range	Applications
ULF	Ultra-Low Frequencies	3 - 30 Hz	
ELF	Extremely Low Frequencies	30 - 300 Hz	Navy Strategic Communications
	Human Audible Frequencies	20 - 20,000 Hz	
VLF	Very-Low Frequencies	3kHz - 30 kHz	Navy Strategic Communications
LF	Low Frequencies	30 kHz - 300 kHz	Navy Communications, Navigation (NDBs)
MF	Medium Frequencies	300 kHz - 3 MHz	Navigation (NDBs), AM Broadcast
HF	High Frequencies	3 MHz - 30MHz	Short Wave, Ham Radio, International Radio
VHF	Very-High Frequencies	30 - MHz - 300MHz FM	Broadcast, Television, Police/Fire
UHF	Ultra-High Frequencies	300 MHz - 3 GHz	Satellite, GPS, Cell Phone, Television
SHF	Super-High Frequencies	3 GHz - 30 GHz	Satellite Communications and Broadcast

Schumann Earth Resonance Frequencies

7.8 Hz, 14.0 Hz, 20.0 Hz, 26.0 Hz, 33.0 Hz, 39.0 Hz and 45.0 Hz

Chakra Frequencies

Base:	Adrenal Glands, Spinal Column, Kidneys	3.8 - 4.3 Hz
Sacral:	Gonads, Reproductive	5.6 - 6.2 Hz
Solar Plexus:	Pancreas, Liver, Stomach, Gall Bladder, Nervous System, Islets of Langerhans	9.8 - 10.2 Hz
Heart:	Thymus, Heart, Circulatory System, Blood, Vagus Nerve	11.8 - 12.2 Hz
Throat:	Thyroid, Bronchial & Vocal Apparatus, Parathyroid, Lungs	15.8 -16.2 Hz
Brow:	Pituitary, Nervous System, Ears, Nose, Left Eye, Lower Brain	90.0 - 98.0 Hz
Crown:	Pineal Gland, Upper Brain, Right Eye	960.0 Hz

Brainwave Frequencies

Delta:	Deep Sleep, Higher States of Consciousness	0.0 - 4.0 Hz
Theta:	Day Dreaming, Reverie	4.0 - 8.0 Hz
Alpha:	Passive Blank State	8.0 - 13.0 Hz
Beta:	Active and/or thinking State	13.0 - 30.0 Hz
Gamma:	Tension and/or over activity	30.0 - 60.0 Hz

Experimental Extremely Low Frequencies (ELF)

Contraction of Heart Muscle - Radio Waves	1.0 - 3.0 Hz
Spontaneous Muscle Palpitation - Radio Waves	1.0 - 8.0 Hz
Muscle Locomotion	3.0 - 16.0 Hz
Epileptic Seizures, Psychopathic	4.0 - 7.0 Hz
Disruption of E.E.G.	6.3 Hz
Vibrates Physical, Reduces Ability To Think, May Cause Headaches	7.0 Hz
ESP, Other Paranormal States	7.8 - 8.2 Hz
Earth Resonant Frequency	7.8 Hz
Anxiety and Stress Relief	8.0 - 8.6 Hz
Induces Spontaneous EEG patterns	9.0 - 9.4 Hz
Meditative States	9.0 - 9.8 Hz
Relaxed Alertness	9.8 - 10.6 Hz
Alert, Focusing	11.0 -14.0 Hz
Increased Perception	14.0 - 18.0 Hz
Tense, Alert	16.0 - 60.0 Hz
Can Induce Nausea, Giddiness, Disorientation, Headaches	19.2 Hz
DNA/RNA Frequency	43.5 Hz
Found in Storms, Thunderstorms	52.0 Hz
Induce Sleep	80.0 Hz
Tetanus, Parasites	120.0 Hz

Other Experimental Frequencies

Tetanus	244.0 Hz
Bacterium coli	642.0 Hz
Staphylococcus	727.0 Hz
Pneumonia	776.0 Hz
Fungus	787.0 Hz
E. coli, TB	800.0 Hz
Streptococcus	880.0 Hz
Asthma	1283.0 Hz
Arthritis	1550.0 Hz
Sarcoma	2008.0 Hz
Carcinoma	2127.0 Hz

Other References

The Handbook of Rife Frequency Healing

by Nenah Sylver, Ph.D.

This three pound, 448 page compendium of Rife frequency medicine technology is also an extensive primer in holistic health. In scientific but understandable terms, you will discover what Rife technology is, how laypersons and health practitioners can easily use it; the vast number of health conditions that can be helped by it, precautions to take, complementary therapies, history of medicine, and more. A **must have** book for anyone interested in Rife Technology and frequencies! (8.5" x 11" – paperback – 448 pgs.)

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The Electroherbalism Frequency Lists

by Brian McInturff

The Electroherbalism Frequency Lists contains frequencies that people use for alternative bioelectronic instruments including function generator pad devices, EMEMs, Rife and Rife-Bare machines, among others. This compilation includes newly updated versions (v2006-11-03) of the Consolidated Annotated Frequency List (CAFL), the Non-Consolidated Frequency List (NCFL), an "Introduction to Alternative Bioelectronic Therapy Devices," and the article "Electrical and Frequency Effects on Pathogens." The Electroherbalism frequency lists are some of the most-used references for frequency researchers the world over. (8.5" x 11" – paperback – 172 pgs.)

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Music washes away from the soul the dust of everyday life.

Berthold Auerbach - Poet