

Brainmax frequencies

Frequencies in the order as they are on the cd:

1. **96Hz Endorphin 3**
 2. **315Hz Mood2**
 3. **2000Hz Adrenaline 4**
 4. **30Hz GABA**
 5. **70Hz Endorphin 2**
 6. **250 Mood1**
 7. **49Hz Endorphin 1**
 8. **450Hz Mood3**
 9. **175Hz Endorphin 4**
 10. **100Hz Endorphin 5**
 11. **365Hz Mood4**
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What the different frequencies do(not in the same order as on the cd)

1. **30Hz**

30 Hz corresponds to the neurochemical GABA (Gama AminoButyric Acid, the bodies natural Valium) and is associated with sedation and tranquility. It offsets or reduces withdrawals to minor tranquilizers and sedatives such as Valium and Barbiturates. It has also helped some people with seizures to be able to use less medicine.

2. **49Hz**

This is another common frequency. It calms people. It also works in the area of sedatives and helps to a minor degree with smoking withdrawal.

3. **70Hz**

This low frequency is an endorphin frequency, but it more often corresponds to THC use than opiate use. It's been very useful for eliminating the spacy aftereffects of heavy marijuana use. It seems to remove many of the bad side effects of medical marijuana use and patients even refer to it as causing a "clearer mind". This frequency can also sometimes help alcoholics and opiates users.

4. **96Hz**

This is the primary endorphin frequency. About half of all the Americans tested on the Brainmax reacted favorably to this frequency with noticeable relaxation and a feeling of well being. Normal day to day stress in our society seems to have suppressed endorphin production in as many as 100 million Americans! The persons who are drawn to opiates or alcohol are lacking in Endorphins and they will inevitably feel a high when they first use this frequency (unless they are under the influence of drugs which seems to cloak the effects of CES/NET). Both opiate drugs and the Brainmax compensate for lack of endorphins. The drugs do it by substituting for them, while the Brainmax does it the right way by stimulating the permanent production of endorphins. This frequency is also the primary NET frequency used to take people off of opiates such as heroin and Oxy. It can also be helpful for people who want to quit smoking and with the stress associated with loosing weight. It takes the place of the 100Hz (see the next frequency) frequency used by most of the other NET and CES manufacturers because that higher frequency was often found to cause slight headaches and to be only 1/3 to 1/2 as effective at stimulating endorphins.

5. **100 Hz**

This is the standard frequency which most CES machines use. (Some CES machines come with .5-2 Hz as well but those are TENS frequencies not CES/NET frequencies.) The actual range that Endorphins respond to is from about 92 to 104 Hz. 100 Hz is not that optimal. It causes headaches in some people. 96 Hz does not. We have

also found that 96 Hz is two to three times as effective at stimulating Endorphins as 100 Hz is. I could talk until I am blue in the face but many people would still want 100 Hz so we have included it.

6. 175Hz

This is a recently discovered frequency that many people have found useful. It seems to involve both endorphins and serotonin. It is a strange one who no one seems to be able to adequately describe. It seems to help in organizing thoughts and cause an increase in the power of the thinking processes. Surprisingly it also seems to often help self esteem.

7. 250Hz

Higher frequencies, in the hundreds of Hz range contain several mood elevating frequencies corresponding to Dopamine, Serotonin and probably Adrenaline as well as mitochondria. Most of the people will react favorably to one of these frequencies. 250 Hz is a minor mood elevating frequency. It's also useful in quitting cigarette smoking.

8. 315Hz

About one third of all Americans have reacted favorably to this frequency. Virtually, everyone over the age of 55 responds to this particular frequency and can certainly use it. It speeds up those who are older and who have slowed down a bit due to advanced age. It's been called the "frequency of youth" and it is a real fountain of youth.

This is also a powerful mitochondrial stimulant. It seems to help most people with mitochondrial disorders across the board. http://en.wikipedia.org/wiki/Mitochondrial_disorders

It also seems to help many people lose weight, because it resets the body's weight-set-point towards normal. Used repeatedly it continues to set it downward. It is also useful in quitting smoking. Almost whenever the 96Hz endorphin frequency is needed, afterwards this frequency is also needed. It seems that whenever Endorphins are reduced so are other neurochemicals and when the endorphin production is stimulated so is the need for 315 Hz to be stimulated. 315Hz is the main mood elevating frequency. Use it with your own discretion as some people with deep depression react very strongly to it: it can suddenly activate a depressed person's mind, leaving them with a dire need for therapy due a sudden realization of how much of a mess their life is.

9. 450Hz

This is the second most effective mood elevating frequency.

10. 2000Hz

This frequency is related to adrenaline. It is used mainly for helping people to get off cocaine and amphetamine. Although most of the other frequencies require several sessions to get a great response, often a single session of 20 minutes at 2000Hz will work wonders for those addicted to stimulants. This frequency is also often related to allergies (with asthma though, the greatest effect for asthma was seen with the endorphin frequencies when using electrodes placed on the front and the back of the chest. A threshold seems to be raised in about half of the asthma patients that used it. It highly diminished the number of attacks, however it did not seem to affect the severity of the attacks.

11. 365Hz

This is the most unusual frequency there is. Almost everyone reports different effects. It seems to affect women more than men and it seems to be quite liberating for them. I'll leave it for you to make your own observations. (Some say it's Viagra for women.) My own mother got pretty freaked out after she used it.

More frequencies can be downloaded from the bestbrainmachines.com web site. Go to the top of the Research page and you will see a link to a page with other frequencies.