FDA

- FSM does not make any claims about being able to diagnose, cure, mitigate, treat or prevent any condition or disease.
- The statements and techniques taught in this seminar have not been evaluated by the FDA.
- The use of frequencies as a therapeutic tool has not been evaluated by the FDA.
- It is FSM’s intention to be in compliance with all FDA regulations.
- The devices have 510K approval in the category of TENS devices for the treatment of pain.
In order for FSM to be effective the patient must be hydrated. “Hydrated” means approximately 1 quart of water in the four hours preceding treatment. Athletes need more than that. The elderly tend to be chronically dehydrated. DO NOT accept the statement, “I drink lots of water.” Coffee, caffeinated beverages do not count as water.
Using Gel Electrode Pads

Place pads so the current and frequencies from the two channels cross in an interferential pattern (X) as shown below:

- **Red** lead Channel A (+)
- **Green** lead Channel B (+)
- **Yellow** lead Channel B (-)
- **Black** lead Channel A (-)

This pattern applies any time you use gel electrodes.
Attach Alligator Clips to the Leads

Attach the Red / Green leads to the RED alligator clips.
The Black / Yellow Leads to the BLACK clips.
Attach the RED alligator clips to one towel or wrap.
Attach BLACK alligator clips to the other towel or wrap.
Attach Gloves to the Leads

The **Red** and **Green** leads on one glove (+)
The **Black** and **Yellow** Leads on the other glove (-)
Insert the colored pin plugs into the jacks on the gloves
Application

- **Average patient** - 100 to 200 µamps
  - OK to put leads in bathtub
  - Do not immerse unit

- **Children** – 20 – 60 µamps
  - OK to put leads in bathtub
  - Do not immerse unit

- **Toddlers** – use strategy or bathtub

- **Infants** - have mom hold the child.
  - Use 100 µamps on the mom

- **Seriously ill patients**- 20 – 60 µamps
  - The current increases ATP production by affecting the mitochondria, which can be compromised in the ill and elderly

- **Athletes** – 200- 400 µamps
  - No need to go higher than 500 µamps. Anything over 500 µamps decreases ATP
Application

- **Alternating current** for most applications
  - Symbol: +/-
  - ALT polarity

- **Polarized +** current for nerves, spinal cord
  - Symbol: + →
  - Pre-set on Auto units
  - Seems better for muscles on some patients, especially athletes
  - + leads at the spine - leads distally

- **Waveslope** – describes shape of leading edge of wave form
  - SHARP wave slope in chronic problems
  - MEDIUM wave slope in most problems
  - GENTLE wave slope in acute injuries

Place contacts so current goes through the tissue in 3 dimensions – in an X.
OK to Use Microcurrent

- Pins
- Plates
- Artificial Joints
- Stents
- The current is physiologic.
- If it is OK for the metal to be in the normal body current, then it is OK for it to be in microcurrent.
Caution

✦ Caution with Pacemakers
  ✦ Treat above the clavicle
  ✦ Treat below the waist
  ✦ If patient is totally pace dependent use extreme caution or do not treat
  ✦ Monitor during treatment with pulse meter
    ✦ Nonin - Onyx or some other continuous monitor

✦ Caution with pumps
  ✦ Turn the pump off if possible or do not treat
    ✦ Especially insulin pumps
  ✦ Interferes with cardiac monitors
The body uses inflammation to fight infection

If 40 / 116 or 40 / any tissue increases pain
  - And stenosis is unlikely or impossible

Run frequencies for infection to see if they help reduce the pain

Check for infection
  - Take medically appropriate steps

If the patient is on antibiotics it is OK to treat
FSM & Pregnancy

- TENS devices cannot be run through pregnant uterus
- FSM 40 / 10 or 40 / anything reduces cytokines and prostaglandins dramatically
  - Certain prostaglandins are required to maintain pregnancy
- FSM raises endorphins
  - OK for adult but unknown effect on fetal nervous system
- **DO NOT USE FSM ON PATIENTS KNOWN TO BE PREGNANT**
- No adverse reports but risk is unknown
- Ok before pregnancy is discovered
Caution: Do not use scar frequencies when patient has any injury anywhere that is newer than five to six weeks old.

- Newly injured tissue must form scar tissue in order to repair itself.
- Removing the scar tissue undoes the healing by weeks in a new injury.
- You can use the “58’s” very briefly (15 seconds) to modify scar tissue as it is forming after the first four weeks.
- Never use this combination before the injury is 4 weeks old
Short Myofascial Treatment

- 40 / 94 + (for trap and SCM)
- 40 / 10 + (if muscles rigid)
- 40 / 396 (+)
- 58/ 00, 02, 32 (+/- or +)
- 91,13 / 142, 396, 62, 77
- 40 / 116
- 81, 49 / 142
- Auto Care
- P / MFTP / S
Shoulder Treatment Strategy

Treat the C5-6 nerve
Innervates every shoulder muscle

Melt Subscapularis fascia / nerve adhesions

Free shoulder motion
Remove motor inhibition
Normalize motion, biomechanics

Remove tendon, bursa, joint Inflammation

Treat the cervical discs and muscles

Support fascia repair
Increase ground substance
Prone Cervical & Shoulder

Treat the nerve
40 / 94 +/-
40 / 10 +/-
40 / 396 +

Treat the Subscapularis
40 / 396 - 13 / 396

Treat the joint
40 / 157 (cartilage), 710 (disc), 783
40 / 191, 195
91, 13 / 480, 783

Treat the cervical muscles
58 / 00, 02, 32 either +/- or +
91, 13 / 142, 77, 62, 396

Support Secretions, Vitality
81, 49 / 142
Complete MYOFASCIAL SUMMARY

- 40 / 94, 10, 396 + (Polarized current)
- 58 / 00, 02, 32 +/- (Alternating current)
- 91, 13 / 62, 142, 396, 77, 191, 783
- 40 / 116
- 284, 9 / 62, 142, 77, 396, 191, 783
- 3 / 97, 396
- 970, 61 /
- 57, 920, 900 /
- A/B Pairs: 880 / 7.4
- 81, 49 / 142
Shortest Myofascial Treatment

Keep it simple

40 / 10, 396
91 / 77, 142
13 / 396

Neck to feet – prone or supine
Neck to shoulder or waist
Low back to feet
(Doesn’t always work but may be worth a try)
Potential Side Effects

- **Increased radicular pain** - temporary
  - Myofascial treatment Increases range of motion
  - Nerve irritated by bone spurs moving
  - Muscles will splint again but w/o trigger points
  - Treat with FSM for nerve pain

- **Increased joint pain** – temporary
  - Same mechanism
  - Ligamentous laxity and DJD
  - Treat with FSM for joint pain
Precaution Stenosis
Increased Pain During Treatment

- If the patient has cervical cord stenosis or foraminal stenosis any polarized protocol can cause an increase in pain (mid scapular or arm)
- Stop treating as soon as pain goes up
- Change current to alternating
- Have the patient sit up
- Treat with alternating current 40 /10, 396 until the pain resolves
- No known way to predict who will have it
- It will go back down within 24 hours
Acute Traumatic Discs

- 40 / 396, 10 +
  - Reduce nerve pain
- 124, 40, 49 / 330, 630, 710
- 81, 49 / 142, 710
- +/- or +
- AutoCare: P/D/A
- Exercises
  - Spinal stabilization
- Bracing
- Supplements EPA/ DHA
Sub-Acute Discs

- Acute exacerbation of chronic disc
- Sub-acute disc
- \(40, 284 / 396, 10 +\)
- \(124 / 710\)
- \(40, 284, 49 / 710, 330, 630\)
- +/- or +
- AutoCare: P/D/SA

- Exercises
  - Spinal stabilization
- Bracing
- Supplements
  - EPA / DHA
Chronic Degenerative Discs

- **40, 284 / 396, 10 +**
- **58 / 00, 02, 32***
  - *Not for acute or subacute*
- **40, 284, 49 / 330, 630, 710**
- **91 / 710**
- **13 / 710, 396, 142**
  - *Not for acute or subacute*
- **81, 49 / 710, 142 +/- or +**

- AutoCare 1300: P/D/C
- **Exercises**
  - Spinal stabilization
- **Bracing (vert-align)**
- **Supplements**
  - EPA / DHA
Resonance for Disc - Cord Mediated Neck Pain

- 40 / 10, 710, 330, 630
- Inflammation from a disc irritates the spinal cord and causes generalized muscle splinting

- Alternating +/- at the neck for cervical pain associated with disc injuries
- Use if the myofascial protocol increases cervical pain or causes headache
Acute Facet Joint Pain

- 18 / 62 (stop bleeding) +/-
- 40 / 59, 39, 783, 396, 157, 480, 142, 100, 191, 62
- 40 / 116 (4 minutes)
- 124 / 157, 480, 100, 191
- 81, 49 / 142
  - +/- alternating or + current
  - Gentle waveslope

AutoCare: P / FJP / A

- Patient supine
  - Knees Bent, back flat
- Chin tucked, neck flat for cervical facets
Quick / Sub-acute Facet Treatment

- Use when muscles remain tender over the facet joint
- 40 / 157, 783, 480, 396
- 91 / 783, 480
- 13 / 480, 396
  - Use gentle segmental movement to release the nerve from adhesion to the facet joint capsule

AutoCare: P / FJP / SA
Chronic Facet Joint Pain

- 58 / 00, 01, 02, 32 +/- (alt)
- 40 / 59, 39, 783, 396, 157, 480, 191, 100
- 284 / 59, 39, 783, 157, 480, 191, 396, 100
- 91 / 480, 783, 142
- 13 / 480, 396, 142, 191
- 81, 49 / 142
- 49 / 59, 39, 783, 157, 480 +/- or +
- AutoCare – P / FJP / C

- Patient supine
  - Knees Bent, back flat
  - Chin tucked, neck flat for cervical facets
Protocol For Ligamentous Instability

- 124 / 100, 191, 77, 142 +/-
  - 124 / is time dependent
  - 10 – 30 minutes

- 40, 284 / 100, 191, 142, 783 +/-
- 81, 49 / 142, 100, 191 +/-

- 124, 40, 284, 81, 49 / 100, 191, 142, 783

- Auto Care  P / CI
Protocol For Ligamentous Instability

- Treat the fascia for TP’s
- 91 / 142, 62, 77, 396 +/-
- 40 / 396, 142, 62, 191, 77, 157, 710, 480
  - Chronic inflammation leads to neural upregulation, fascial hardening and MTrP

- DO NOT use the 58/’s or 13/ unless absolutely necessary.
  - Prepare for exacerbation
  - Cervical collar, taping, stabilize joint
Use 13 / 443 with gentle rocking motion at the suboccipitals

Use 91 / 77, 191, 62 as needed
Often the dura and sub-occipitals are tight because the alar ligament and C1-2 ligaments are injured and lax

C1 slides lateral on C2
Treating Neck with FSM

Treat the nerve
40 / 94, 10, 396 +

Check the ligaments
124 / 100 – if this works skip 58/s, 13/
13 / 443 - 91 / 191

Treat the joint
40 / 710, 783, 157, 480
91 / 480, 783, 710, 77
13 / 480, 396, 783 – with movement
40, 91 / 191

Treat the muscle
58/’s, 13, 91 / 142, 396, 77, 62

Support Secretions, Vitality
81, 49 / 142
“CORD MEDIATED MYOFASCIAL PAIN”

- **40 / 10**
- Polarize +
- R/G leads at neck
- B/Y leads at feet
- Use 40/10 for 30 to 60 minutes.
- When pain is down to 0-2/10
- Use **13 / 10** for fibrosis in the cord.
  - Flex patient forward to move the cord through its range
- See Cervical Trauma Fibro section for full treatment
Summary: Chronic Shoulder or Knee Pain

- 40 / 396 + →
- 58 / 00, 02, 32
- 91, 13 / 62, 142, 396, 783, 77, 480
- 40, 3 / 97

- 40, 91, 13, 49 / 191, 195, 77, 783, 480, 100
- 40, 284 / 157, 59, 39
- 81, 49 / 142, 191
- 61, 60, 66 / - 64/42, 64/63, 97/40, 98/20
Arthritis Pain in Any Joint

- 40 / 396 +
- 58 / 00, 01, 02, 32
- 40 / 116 (Reduce any inflammation)
- 40, 284, 91, 49 / 480, 783, 396, 191, 195, 100
- 40, 284 / 157, 59, 39
- 91, 13 / 62, 142, 396, 783, 480
- 81, 49 / 142, 783
Arthritis

- Rheumatoid arthritis (complicated)
  - Acute RA – focus on 40 /
    - Reduces acute flare in 30-40 minutes
  - Chronic RA - add 91, 13 / 396, 783, 480
  - Treat immune system
  - Treat the gut
  - Treat constitutional factors (see concussion protocol)

- Degenerative Arthritis
  - 40, 284, 91, 13 / 783, 157, 59, 39, 480, 191, 396
  - Biomechanical, structural alterations
For Manual & Rehab Therapists

- Cerebellum inhibits motor action that would traction a nerve that is adhered to fascia!
- Creates motor inhibition
  - “Weak” glute max – leading to hamstring injuries
  - “Weak” shoulder external rotators – leading to impingement
- Look for nerve / fascia adhesions in antagonist muscle from earlier injury, surgery
- Groin injury – adductors adhered - Glute inhibited
- Impingement – Subscapularis adhered - Teres inhibited
Treating the TMJ

Treat the nerve
Treat the muscle
Treat the joint
Treat the disc
Visceral Possibilities

No hx of trauma or overuse

- Trigger points like “cat litter” in left obliques
  - 40 / 65 (descending colon), 129 (sigmoid)

- Trigger points in right lower obliques
  - 40 / 31 (ascending colon)

- Trigger points in right upper obliques
  - 40 / 35, 38 (liver, gall bladder)

- Trigger points in midline rectus
  - 40, 9 / 32, 22 (stomach, small intestine)

- Very tender psoas between umbilicus and pubis
  - 40, 284 / 7 (ovary), 13 / 60, 142, 23, 37; 3 / 97 (ureter, kidney, bladder)

- Lumbar parasinals – QL’s

- Taut band thoracic paraspinals – T1-T5
  - 40/33
TENDENCY TO HAVE CHRONIC PAIN:

- 610 / 450 +/-
- 450 / 640
- 680 / 67
- 550 / 6.6
- 440 / 660
- 88 / 87
- 88 / 65

From VanGelder: “resistance to healing”
LYMPHATIC TISSUE / 13

- Treat to reduce congestion and swelling
- 40, 50 / 13
- Polarize current +
- Proximal to distal
Trauma - Week 1 to 5-6 Weeks

- 294, 321, 9 / 62,142 +/-
- 124 / 142, 77, 191 +/-
- 40, 284 / 62, 396, 142, 191, 77, 13
- 91 / 62, 142
- 94, 321, 9, 40, 284 / 396, 10
- 970 / 62, 142, 77, 191
- 81 / 142
- 49 / 142, 62, 77, 191, 396
- 230 / 430 (Shingles)

- Acts like a new injury but it is not
Achilles Tendinopathy
124 / 191

- Tendinitis is actually not inflammatory
- It is more accurately a tendinopathy
- Characterized by pain and swelling
- 124 / 191
- Used for 50 minutes eliminated a 10 month chronic achilles tendinopathy
- Numerous treatments using 40 / 191, 195, 396 had failed to produce lasting changes
Summary For New Injury

- Best if treated within 4 hours of injury
- 18/62
- 124/77, 191, 142, 100
- 294, 321, 9/any tissue
- 40/116
- 40/62, 142, 396, 191, 100, 77
- 970/62, 142 (see specific emotions)
- 81/142
- 49/62, 77, 142, 191, 100
- 230/430 (Shingles, virus)
- Alternating Current +/- - Gentle wave slope
Delayed Onset Muscle Soreness

- 200 micro amps +/-
- Alternating DC current
  - Gentle wave slope
- Frequencies used
  - 18/62
    - 4 minutes
  - 124 / 62, 142, 191
    - 1 minute each
  - 40/116
    - 4 minutes
  - 40 / 62, 142, 191
    - 2 minutes each
  - 49 / 62, 142, 191
    - 1 minute each

Post Surgery Care

- Any surgery is a “new injury”
- Treat as soon as possible after surgery
  - 4 hour window applies
- 18 / 62
- 19 / 45, 35, 142
  - If pain increases go to 18, 40 / 62
  - Run 19 / 45 after 20 minutes of 18 /
- 124, 970, 294, 321, 9, 40 / injured tissue
- 81, 49 / 142, any tissue
- Alternating +/- current, gentle waveslope
- Pads above and below bandages
- Channels 1 & 2 must cross in the field
Protocol For Acute Fracture
Shortens Healing Time - 4 hour window applies

- 18 / 62, 59, 39 +/-
- 124 / 39, 59, 783, 62
- 294, 321, 9 / 39, 59, 783
- 40 / 116
- 40 / 39, 59, 783
- 81 / 783
  - Periosteum secretes the matrix for fracture repair
- 49 / 39, 59, 783

Concussion Protocol

- For congestion and swelling:
  40, 50 / 13, 142, 62
- Remember to treat /157, 480 if near a joint
Treating Children

- Infants: Put contacts on the mother and have her hold the child. Treat with protocols appropriate for the child. If the mom doesn’t need them they won’t hurt her. Use 100ua.

- Toddlers: Strategy - have mom hold contacts - gloves or pads. Treat with 94/200, 970/200 first. Let child get curious. When child asks to be treated make them wait just a little bit until they insist. Use 20-60 ua. Adhesive pads or graphite gloves.

- Put leads and child in the bath tub

- Frequencies used are same for children
Protocol For Painful Healed Fractures or Bone Bruises

- 58 / 00, 01, 02, 32 +/-
- 124, 40, 284, 49 / 39, 59, 783
- 91, 13, 51 / 783, 142, 77, 191, 396
Plantar Fasciitis - Bone Spurs Is Usually Complex

- Where did it come from?
- Why do they have it?
- What tissue is it?? What’s wrong with it?
- 124 / 191, 77, 783
- If 6 weeks chronic - 58 / 00, 01, 02, 32
- 40, 284, 91, 13 / 783, 195, 191, 77, 142, 62, 396, 97 (adipose – fat pad)
- Mobilize the mid foot
- Check hind foot and the talus
- Do the concussion protocol
Standard Concussion Protocol

- 94 / 200
- 970 / 200
- 94, 321, 9, 49 / 94
- 94, 321, 9, 81, 49 / 310
- 6.8 / 38
- 49 / 37 or 49 / 39
- 35 / 102
  - 30 sec to 3 min or as needed
  - +/- current
  - Any place on the body
- NS / SCP
Migraine

- Concussion Protocol
  - Raise serotonin locally
- Ice at base of skull
- Hot packs on hands
  - Increasing temperature of hands by 5 degrees will abort a migraine
Acute Concussion

- 100 micro amps, +/-
- 94, 970 / 200
- 18 / 62
- 970, 94, 321, 9, **40**, 18, 124, 81, 49 / 94, 310
- 94 / 45
- 970, 94, 321, 9, **40**, 18, 124, 81, 49 /
  90, 92, **89**, 84 (depending on affected brain part)
- Do not use 81 / 89 or 81 / 94
- 6.8 / 38
- 49 / 37 or 39
- 35 / 102
- Auto Care 1300 NS / section / A
- Custom Care
Treat the Brain - Subacute
Improve daily function

- + / -, 100 - 200 microamps
- Basic Concussion Protocol
- 970, 94, 321, 9, 124, 40, 284, 81, 49 /
  / 90, 92, 89, 84, 94, 310 (depending on affected brain part)
  Do not run 81 / 89 or 81 / 94
- 6.8 / 38
- 49 / 37 or 39
- 35 / 102
- Auto Care 1300
  - NS/ section / SA
Chronic Concussion
Neuro Degenerative Conditions

- + / - , 100 - 200 microamps
- 94, 970 / 200 - Basic Concussion Protocol
- 970, 94, 321, 9, 124, 40, 284, 57,900, 920, 51, 13, 3, 91, 81, 49 / 90, 89, 84, 94, 310 (depending on brain part)

Do not run 81 / 89 or 81 / 94
- 6.8 / 38
- 49 / 37 or 39
- 35 / 102
- Auto Care 1300
  - NS/ section / C
What Brain Part Do You Treat?

- Remember your scope of practice
- ADD, Alzheimers / 90, 89
- Parkinson’s / 84, 89, 94
- Autism - / 90, 89
- Central Pain from stroke - /89
- Motor weakness - /396, 10, 94, 84, 92
- All of these are better described in the Advanced
Supplements For Brain Recovery

- Co-Q10 – 100-200 mg / day – mitochondria support
- Lipoic Acid - 100mg BID
  - Anti-oxidant crosses blood brain barrier – mitochondria support
- EPA/DHA – 1 – 2 gram BID -
  - Anti-inflammatory, lipid membrane precursors
  - + 100mg GLA/gm and +100iu Vit E / gm
- DHA – some additional dose
  - Lipid membrane precursor in CNS
- Phosphatidyl serine
  - Membrane stabilization
- Gingko – increases oxygenation – reduces stroke damage
- B-12 - methylated, Folate - methylated, Magnesium
- Designs for Health – Brain Vitale, Catecholacalm
- Thorne - Memoractiv
CAUTION

- Some patients with certain types of vestibular injuries may become dizzy when you use 94 / 94.
- Resonance stimulates the 8th nerve and the patient feels essentially motion sick.
- Ask the patient how they feel when 94/94 is running.
  - Do not assume that nausea following the concussion protocol is a detox reaction.
- Do a vestibular screen before treatment or after they have reacted badly to 94/94.
- May be just profound resonance effect?
- Use Bonine (Meclizine 25mg) to reverse this reaction.
- Repeated use of 94/94 eliminates the reaction eventually.
  - Not all patients willing to tolerate symptoms.
Vestibular Screening Exam

- **Weber’s, or modified Weber’s:** Place a 128 tuning fork on the top of the head or at the center of the forehead. The patient should hear the sound equally in both ears. If there is an inner ear injury the sound will lateralize.

- **Air Conduction:** If the 8\(^{th}\) nerve is damaged sound will be aversive on one or both sides. This is not Rinne’s test – determines only whether the tone is bothersome.

- **Fields of Horizontal and Vertical Gaze:** The eyes should track smoothly. Horizontal gaze return will show nystagmus or saccadic pursuit when vestibular injuries are present.

- **Balance on one foot – eyes open/closed:** If balance depends on visual cues patient cannot balance with eyes closed.
Myofascial Pain and the Cerebellum

- Fall on R shoulder and head – 1 year ago
- Pain, weakness with abduction
- 40 / 396 +
- 58/00, 02 ,32
- 40, 284, 91 /191, 783, 195
- 91, 13 / 62, 142, 396 – with ART
  - Sub scap, serratus
- 81 / 396 +---- with ART ↑ strength
- 94, 321, 81 / 84 with PNF
  - Returned smooth coordinated movement and further increased strength
Restore Coordinated Movement

Treat Cerebellum: 81 / 84
Sensory /Motor Cortex: 81 / 92

- After injury or orthopedic rehab
- Coordinate movement of rehabbed tissue
- Use 81 / 84 - with movement
- Then help brain “find” the tissue by increasing function of sensory cortex
- Use 94, 321, 81 / 92 with active movement
“Brain Fog”

- What tissue is it? What is wrong with it?
- 94, 970 / 200
- 94 / 94
- 970, 94, 321, 9 / 90
- 40 / 90, 45
- 57, 900, 920 / 90, 45
- 81, 49 / 90, 84 (speed of processing)
- Did the problem start after some anesthetic use?
  - 19 / 90, 45

AutoCare M / BF
Sleep Disturbance

- 970, 94, 321, 9, 40, 284, 81, 49 / 102 (Pineal)
  - Pineal secretes melatonin
  - 81/102 - Causes drowsiness fairly quickly
- Preserve normal secretory rhythms
- Run this at protocol bed time
  - HomeCare, CustomCare, Auto Care 1300
- Use emotional frequencies if applicable
- Address the other causes of sleep disturbance
- 40 / 562
- 40 / 71
- 40 / 94
PTSD Protocol

Full concussion protocol
Balance Sympathetics: 40, 970 / 562
Balance adrenals: 40, 970 / 71
94, 970, 294, 321, 9, 40, 284, 81, 49 /
/200, 562, 94, 84, 89, 90
Do not run 81 / 89 or 81 / 94
60 seconds except midbrain, forebrain = 2 minutes each
Emotional factors as appropriate 970/??
35 / 102, 970 / 33
1-2 / week –
Fibromyalgia Associated with Cervical Trauma

SPINAL CORD MEDIATED
FULL BODY PAIN
Types of Fibromyalgia

- There are different causes of fibromyalgia
  - Cervical Spine Trauma (CTF)
  - Toxicity Based
  - Stress Based
  - Food Allergies – IgG sensitivities
  - Peri-menopause and trigger points
  - Genetic Type
  - Immunologic Type
  - Some combination of two types

- FSM can help with all types but is most effective for the post-trauma type
If the patient has cervical cord stenosis or cord compression, the polarized protocol can cause an increase in midscapular pain and a headache within minutes.

**STOP TREATING** as soon as the patient mentions the headache.

- Change current to alternating.
- Have the patient sit up.
- Treat with alternating current 40, 50/10, 288 until headache and mid scap pain resolves.
- No known way to predict who will have it.
Summary Protocol For Fibromyalgia Associated with Spine Trauma

- Prep tissue with 40, 50 / 10 alternating (+/-)
- May need 94, 19, 43, 46 / 10 + >> if response is slow

- 40 / 10 +>>>  
  - 30 – 60 minutes until pain 0-2/10
- 13 / 10, 443 - with flexion and rotation
- 81 / 10
- May need 40 / 89, 94, 90 + for central amplification
- Use 40 / 562 for sympathetic reaction
- AutoCare1300, HomeCare: P / CTF/ P
- Gloves at neck and feet
- Pads on hands and feet
Recovery from Cervical Trauma Fibro

- Keep the pain down to a 4/10 at most times
  - FSM in office
  - Home Care or CustomCare unit for use at home
    - As needed – 1-2 times per day
    - Make sure the patient stays hydrated

- Restore adrenals
  - FSM, Supplements

- Restore GI function – FSM, supplements

- Restore neuroendocrine function
  - 5-HTP, Theanine, PhosSerine, EPA/DHA, St. John’s Wort

- Medication management and withdrawal – takes longest

- Deal with orthopedic issues
  - Myofascial pain
  - Facets
  - Discs
  - Deconditioning

- Recovery takes about 4 months
Resonance For Central Pain
Thalamic Pain Syndrome

- **40 / 89** + →
  - Neck to feet
  - Should reduce pain
  - 30-60 minutes

- **284 / 89** + →
  - Useful after 40/89 if chronic

- **94, 321, 124, 20, 40, 284, 91, 81, 49 / 89**
  - To treat the thalamus
  - Makes relief more lasting

- **40 / 90, 89, 84, 94 as needed**
40 / 89 Central Pain Precaution

- Do not run 40 / 89 if the patient **does not** have central pain or central pain amplification (sensitization).
- If the thalamus is suppressing and not amplifying pain.
- And you suppress its ability to suppress pain by running 40 / 89.
- The pain will increase.
- If 40 / 89 increases pain.
- 81 / 89 will reduce it.
Two Cases of Electrocution

- Golfer struck by lightning while piloting his plane to a match
- Fireman who hit a high power line with his fire hose stream
- California district court ruling says FSM is the only effective treatment for electrocution
- Symptoms – full body pain, brain fog, fatigue
- Treatment: 40/10, brain fog and orthopedic issues
Dermatomal Nerve Pain

40, 13, 81, 49 / 396

- Polarized positive current
  - Red / Green leads at the spine – (wet towel)
  - Black / Yellow leads at the end of the nerve
- Spend most time on 40 / 396 – 10 to 20 minutes
- Move the nerve when running 13 / 396; 3 / 97
- May also need 94, 321, 9 / 396

L5-S1

C5-6-7-8

C2

L2-T12
Nerve pain at C5 - 6- 7
Treat Nerve and the Discs
40 / 396, 330, 630, 710
Treat Nerve – Fascia Adhesions

Reduce Pain  40 / 396  + →

Increase Range with  13 / 396, 142  + →

Move the nerve to the edge of range while treating with 13 / 396, 142
Go to edge of pain. Go back to neutral. Run 13 / 396. Wait 60 seconds.
Go back to the edge - it should have moved. Repeat until motion normal
Use 40 / 396 to reduce any increase in pain during this process
Brachial Plexus Traction Injury
Treat Nerve and Muscle
40, 91, 13 / 396, 142 +
Thoracic Nerve Roots
Move nerve by deep breath and trunk rotation
40, 91, 13 / 396, 142 +

With movement
Lumbar Nerve Pain

Reduce Pain - 40 / 396 + →

**G** R Leads – At spine at the exiting nerve root
**B** Y Leads – At the end of the nerve being treated
Treat until pain is gone or reduced to 1-2/10

Increase range - **Move nerve**

13 / 396, 142 + →
3 / 97, 396 + →

40 / 330, 630, 710 +
As needed

**Move** the nerve through its range
Go to edge of pain. Go back to neutral. Wait 60 seconds.
Go back to the edge - it should have moved.
Repeat until motion normal
Approximate Treatment Times

- About 10-30 minutes on 40/396 +
  - 2-5 minutes on 284 / 396 + (optional)
- When pain is 0-2/10 go to 91 / 396+ (2-3 minutes)
- Move the nerve through its range while running 13 / 396, 3 / 97 (2-10 minutes)
  - Use 40 / 396, 10 if pain increases during movement
- When range of motion is improved or full
- Finish with 81, 49 / 396
- No detox reactions with nerve treatment
- Can treat as often or as long as needed
Neuropathic Weakness - Atrophy

- What tissue is it? What’s wrong with it?
- 58 / 00, 02, 32 +/-
- 13 / 396 +
- 40, 81, 49 / 396, 46 +
  - /46 - muscle tissue as a type, sarcomere?
- 81/ 10, 84, 92 as needed

- Works well for neuropathic atrophy
  - Will not change disuse atrophy
- Motor nerve attaches to the muscle at the end plate and SECRETES acetylcholine
- Brain drives cord - cord secretes to drive nerve - nerve secretes to drive muscle
- Supporting secretions helps recover function
Post-herpetic Neuralgia

- 230 / 430 - briefly
  - “alt” across the involved dermatome
  - POLARIZE positive proximally, negative distally
- 58 / 00, 02, 32
- 94, 321, 61, 40, 284 / 396 +
- 124, 91, 13, 3 / 396, 142
- 81, 49 / 396
- Central component 20, 40/10, 89 + (94, 81 / 92)
- Cervical Thoracic or Lumbar Dermatomes
  - May not be useful for Cranial Nerves
Resonance For Carpal Tunnel

- 58 / 00, 02, 32 +/-
- 50, 40, 284 / 396, 191, 142, 195 +/-
  - Alternating at the wrist
- 91, 51, 13 / 396, 191, 142, 195 +/-
- 3 / 97, 396
  - Move the wrist through the range
  - Use 40 / 396 if pain ↑ during ROM
- 94, 284, 40, 81, 49 / 396 +→
  - Polarized from neck to fingers
  - Can use 2nd machine to run 40/396 during wrist treatment
- 40 / 330, 630, 710 +/-
  often disc is involved
Adjunctive support for Carpal Tunnel

- B6 100mg per day in the morning
- Night “cock-up” wrist splints to keep the wrists flat and reduce tunnel compression
- Wrist extension stretches
- Avoid provocative activities for 4 weeks
Resonance For Thoracic Outlet

- 40 / 396, 710, 330, 630 +→
  - (Treat nerve and disc)
- 58 / 00, 02, 32 +/-
  - (Treat scalenes, Pects)
- 40, 91, 13 / 396, 142, 62, 191, 195, 783
- 3 / 396, 97
  - +/- or +→ depending on patient
  - Treat from neck to hand
  - Gentle pressure
  - Tease the nerve away from fascia
- 40, 49 / 396

Move the nerve while running
- 13 / 396
- 3 / 97
Resonance for Morton’s Neuroma

- Nerve is “tangled” in scar tissue bundle
- 58 / 00, 02, 32
- 91, 13 / 396, 77, 142, 62, 783, 191
- 3 / 97, 396
- 40 / 396 to reduce pain
- Apply alternating current
- Top and bottom of foot

- Pain reduced or gone in 20 minutes
- Usually takes 2 - 3 treatments
- Not a slam dunk
Resonance for Peripheral Neuropathy

- Current 150 µamps, +/- alternating, knees to feet
- Treatments 2-3/wk for 4 - 6 weeks
  - Diabetics need ongoing treatment depending on sugar control
- 40/116 – 4 minutes
- 294, 321, 9, 124, 40, 284, 91, 51, 81, 49 / 62 +/-
  - Wound treatment as needed
  - Wounds will heal as circulation improves
- 94, 321, 9, 40, 284, 91, 51, 81, 49 / 396 +/-
- 40, 81, 49 / 396
  - Polarized +→

Can use adhesive pads above knees and on balls of feet if skin tolerates them
Resonance for Peripheral Neuropathy from Chemo

- **Add 57, 920, 900 / 62, 396**
- Vincristine neuropathies respond fairly well
- Cisplatin no success reported so far
  - Axon DNA is destroyed – motor and sensory
  - For Cisplatin try neck to feet in addition to local nerve Tx
    - 57, 900, 920, 40, 284, 81 / 396, 10, 35

- **Metabolic peripheral neuropathies**
  - Try treating but response less predictable
  - What is wrong is B-12 deficiency
    - Needs methylated B-12
    - to fix it not FSM
Resonance For Cold / Wet RSD

- The limb is cold and wet (damp)
- The sympathetics are still connected to the vascular tissue and are hyperactive because of local inflammation
- This is usually an early stage immediately after the injury.
- 94, 970, 30, 40 / 562, 396 + polarized (Notice that 81, 49 / 562 is missing)
- Treat the precipitating injury
Resonance For Cold / Dry RSD

- If on narcotics run 19, 43, 46 / 10, 396, 45
  - 1-2 minutes
- 40 / 396, 562 polarized +
  - From spine to affected limb
  - For as long as it takes
- 40 / 10 polarized +
  - Use second unit simultaneously from neck to feet if possible
- 94, 970, 321, 40, 81, 49 / 562, 396, (6?) +
  - 40, 284 / 562, 396 used for the longest time
  - Once pain down run 81/562, 396
- It may take an hour to reduce pain and normalize the temperatures.
Restoring motion

- Move the nerve **gently & slowly** to edge of pain while running
- 13 / 396 +
  - Once the pain is down to 2-3/10
- Use 40 / 396 to bring pain down if it goes up with movement
- Go Slowly – Be gentle
Restoring motion

- To restore motion if limb is de-afferented centrally:
  - The limb will feel “numb” – the patient can’t find it with the sensory cortex – it will feel weird.
  - There is no representation for the limb in the sensory cortex
  - It is only represented in the thalamic pain centers
  - Use 40 / 89 to quiet the thalamic representation
  - Use 94, 40, 81 / 92 (motor cortex)
    - Contralateral ear to distal part of involved limb as long as no seizure history
    - 81 / 92 usually restores motion fairly quickly
    - Have patient move the limb while running the current and 81/92
You Tube Video
RSD Treatment in Real time

https://www.youtube.com/watch?v=hdIGVjrZ6aQ
Cancer

- I do NOT recommend that you treat cancer with FSM
  - There is one study showing that if a patient has cancer you do not suspect it does NOT make it worse. (Lennox, et al, J. Radiation Oncology 2000)

- Medical / Ethical Reason – we don’t have enough experience or studies to know if it is safe and effective.

- Political reason – the best way to get any treatment method “shut down” in the USA is to use it or advertise it as treating cancer

- You can treat concussion, adrenals, immune system, emotional factors AWAY from the tumor site to treat the patient – not the cancer.
Basic Visceral Strategy

- Think about what is causing the symptoms
- Then ask what is wrong with the system that is causing the symptoms
- Treat the nervous system upstream
- Use the frequencies to treat the “basics”
- Remove the pathologies
- Support secretions and vitality
- Support the stable state
  - Nutrition
  - Lifestyle
Resonance Protocol for the Immune System

- 970, 124, 94, 321, 9, 81*, 49 / 116
  - Especially to enhance immune function
  - Do not use * 81 / 116 in patients with auto-immune conditions
    - just in case
- 57, 920, 900 / 116
- 40 / 116 inflammation in any tissue
- 49 / 116 if appropriate
- Vaccine reaction: 45/
- Infection: 61/
- 970, 94, 321, 9, 40, 61, 45, 49 / 116
The body uses inflammation to fight infection.

If 40/116 or 40/any tissue increases pain:
- And stenosis is unlikely or impossible.

Run frequencies for infection to see if they help reduce the pain.

Check for infection:
- Take medically appropriate steps.

One case report 40/116 exacerbated autoimmune condition.
Resonance For
The LYMPHATIC SYSTEM

- LYMPHATIC TISSUE / 13
- EMOTIONAL ISSUES
- 970 / 13: Worry, over sensitivity
Resonance Protocol For Lymphadema

- Concussion Protocol
- 58 / 00, 02, 32
  - Scarring from surgeries or trauma restricts lymphatic return
- 40, 50, 13 / 13, 142
- 124, 18, 294, 321, 9 / 13, 142
- 13, 3, 51, 91 / 13, 142
- 49 / 13, 142
- Polarize positive proximal at thoracic duct negative distally
  - Left duct drains left head, left trunk, left upper extremity, both legs
  - Right duct drains right head, right trunk and right upper extremity
Irritable Bowel Syndrome – Crohn’s

- What tissue is involved?
  - It can be any section of the digestive system
  - Esophagus, small bowel, cecum, ascending, transverse, descending, or sigmoid colon

- What is wrong with it?
  - Immune system activation
  - Inflammation, chronic inflammation
  - Allergy reaction
  - Dysbiosis, infection
  - Bleeding, ulceration - secondary to 40/
  - Fibrosis, scarring - especially if prior surgery
Irritable Bowel Syndrome – Crohn’s

- Full concussion protocol
- 970 / 562, 22, 27, 35, 38
- 40, 970 / 562, 6
- 81(1 min only), 49 / 709, 3
- Treat only the affected parts
- 970, 294, 321, 9, 124 / Check laminate
- 40/116
- 40, 284/
- 49/
Irritable Bowel Syndrome – Crohn’s

- If 40/ increases abdominal muscle tone or pain
- If infection is known or suspected
- Or just to find out if infection is involved
- 61 / - infection
- 460 / 650 - Candida toxin
- 97/40, 98/20
  - Fermentative and putrefactive toxin
- 64/42, 64/63
  - Pus, Pus encapsulted
Nutritional Support for IBS

- Allergy elimination - Gluten, others
  - Test genes - [www.enterolab.com](http://www.enterolab.com) - HLADQB-1
  - Antibodies

- Friendly bacteria
  - Multiple strains, Multiple companies products

- Sacchromyces boulardi
  - Non-colonizing yeast
  - Kills candida, C diff and then leaves

- Fiber - soluble and insoluble

- Digestive enzymes

- Test for and eliminate parasites and pathogens
Gastritis /32  – GERD /26, 15

- Concussion protocol
- 970, 40 / 562
- 49 / 709
- 970, 294, 321, 9, 124 /
- 18, 150, 650 /
- 30, 40, 284, 49 /
- Coughing
  - 40, 51, 13 / 15 (trachea)
Stable State Support
Gastritis and GERD

- Stop making it worse
  - Coffee
  - NSAIDS - aspirin, advil, all NSAID’s
  - Stress - Cortisol
- Eosinophilic Esophagitis
- Gluten = Immune activation
  - Avoid other common allergens
  - [www.enterolab.com](http://www.enterolab.com) - $149 - HLA DQB1
- Pro-biotics
- Fiber
- Chew and eat slowly
Decide what colon parts to treat by pain or guarding to palpation or imaging.
Ulcerative Colitis - Diverticulitis
Infection - Dysbiosis

- 460 / 650
  - Candida Toxin
- 64 / 42, 64 / 63
  - Pus, Pus encapsulated
- 97 / 40, 98 / 20
  - Fermentative and putrefactive toxin

This is a serious condition and it is clear that these patients need nutritional support, and may need medications in addition to resonance protocols.

Experience suggests that the resonance protocols reduce the pain immediately and can help with long term positive outcome.
Pelvic Pain - Abdominal Adhesions

- UC and Crohn’s create pelvic adhesions
- Pelvic adhesions can cause pelvic pain
- 13 / 77 dissolved adhesion itself
  - Weisman, Baylor 2012
- Adhesions feel like tight or stiff bands between viscera
- 13 / 22, 3, 31, 27, 16, 65, 129, 88
- 3 / 97
- 13 / 37, 4, 7, 19, 34
- Finish with 18 / 62
- See video workshop
CONSTIPATION

- Concussion protocol
- 970 / 200, 27, 47, 85, 562, 709
- 40 / 562, 6
- 321, 81, 49 / 709, 3
- 294, 321, 9 / 47, 85
- 57, 920, 900 / 709, 47, 85
- 49 / 47, 85
Stable State Support for Constipation

- WATER!!
- Fiber - soluble, insoluble
  - Psyllium
  - Fruits and veggies
- Magnesium
- Vitamin C
- WATER!!
- Avoid food allergens
- WATER!!
LIVER – TOXICITY

- Concussion protocol
  - NS/ SCP (AutoCare 1300)
  - T / CT (HomeCare)

- V / LV / T

- 970, 294, 124, 321, 9 / 35 +/-
- 57, 920, 900, 19 (anesthetic) / 35
- 30, 40, 284, 51, 13, 81, 49 / 35
LIVER - VIRUS

- Concussion protocol
- V / LV / V
- 970, 294, 321, 9, 124 / 35 +/-
- 61, 160 / 35
- 64 / 42; 64 / 63
- 230 / 430
- ?? 18, 150, 650 / 35
- 30, 40, 284, 81, 49 / 35
LIVER - FIBROSIS

- Concussion protocol
- V/ LV / F
- 58 / 00, 02, 32 +/-
- 970, 294, 321, 9 / 35
- 40, 284, 51, 13, 58, 91, 81, 49 / 35
- 3 / 97, 35
- For Duct scar tissue 40, 284, 13, 91, 3 / 21
- What is making the liver fibrose?
  - 61, 57, 920, 900, 19/ 35 ?
Resonance for Full Body Pain associated with Chemical Exposure

57, 920, 900, 40 / 45, 35 +/-

- Organic chemicals are lipid soluble
- Nerve tissue is primarily lipid
- Patients chronically exposed to organic chemicals may respond with changes in pain threshold and body aching.
- Address the organs of elimination
  - Liver, kidneys, the colon and even the lungs for toxicity and chronic inflammation
- Nutritional Support for the Liver
Liver Stable State Support

- WATER!!! - Phase 1
- Lipoic acid
- Phosphatidyl Serine, Choline
- Glutathione, n-Acetyl cysteine
- Fish oils
- Folate, B6, B-12
- Vitamin C
- Mixed low dose anti-oxidant support
- Mixed Bi-functional modulators
RESONANCE FOR THE GALLBLADDER

- Concussion Protocol

- 970, 294, 321, 9 / 38
- 50, 40, 30, 284, 58, 51, 3 / 38
- 57, 900, 920, (?61) / 38
- 766, 276, 242, 91, 49 / 38
- 29, 40, 50, 284, 51, 3, 49 / 21
- 29, 20 / 21, 38 (acute attack)

DO NOT use if gall bladder is infected
Resonance For Gout

- Concussion protocol
- 970 / 35, 38
- 58/ 00, 01, 02, 32
- 8, 40 /
  783, 59, 39, 77, 62, 480, 157, 191, 195, 100, 396, 103

HYDRATE
Resonance for Gout

- They have gout because the liver cannot clear dietary purines and pyrimadines
- Resonance protocols for the liver help prevent recurrence

- 970, 294, 321, 9, 124 / 35
- 30, 40, 284, 51, 8, 57, 920, 900 / 35
- 81, 49 / 35
Resonance for the Pancreas

- 970, 124, 294, 321, 9, 284, 40, 51, 61, 81, 49 / 9, 91
- 970, 294, 321, 9, 284, 40, 49 / 35
- Drop blood sugar – 81 / 91 - 30 minutes – Test sugar
- 42 / 00, 01, 85
- 40 / 562, 71
- Use with caution or not at all on Type 1 diabetics
- Type 2 diabetics respond well

Use caution on Type 1 diabetics.
Resonance for Insulin Resistance

- **Channel B** - ADIPOSE: 97

Use in order:
- 94, 970, 321, 40, 284, 57, 920, 900 / 97
- 230/430
- 365 / 97

Everyone treated lost appetite for sweets, reduced appetite in general, reduced waist to hip ratio and became constipated.
- 57,920,900 / 709, 3
  - Reverses the constipation
- 40 / 562 • 40, 49 / 35
Weight Loss?

- 94, 970, 321, 40, 284, 57, 920, 900 / 97
  - 2 minutes each
- 230/430
- 365 / 97
- 40/116
- 40, 49 / 97 (4 minutes each)
- 57,920,900 / 709, 3
  - Reverses the constipation
- 40 / 71, 562 • 40, 49 / 35
Resonance for Enhanced Wound Healing

- 970, 294, 321, 9 / 355, 62, 77
- 40, 284 / 355, 62, 77
- 124, 18, 30 / 355, 62, 77
  - 18 / 62, 355 first two days after injury or any time the pain is burning or throbbing
- 18, 150, 650 / 355, 62, 77
  - Ulcerative lesions
- 61, 60, 66 / 355
- 64/42, 64/63
- 81, 49 / 355, 62, 77
- +/-, gentle wave slope
Skin Scar Tissue

- Post Burn or post wound scarring
- 58 / 00, 02, 32 +/- (Can’t use until any wound healed for 6 weeks)
- 13 / 355, 62, 77, 142, 396, 97 (mobilize while running)
  - May need + or +/-
- 3 / 97, 355
- 91, 51 / 355, 62, 77, 142, 396
- 81, 49 / 355

Skin and Acne

- 970, 294, 321, 9 / 355
- 61, 60, 66 / 355
- 64 / 42
- 64 / 63
- 40, 284, 30/
- 49 / 355
- Acne scarring - 51, 13, 3, 91 / 355, 77, 62, 97
- Fill in the “crater” - 81 / 142, 77
- +/-
Oral Herpes

- 230 / 430 +/- (alternating current)
  - 1 – 2 hours of treatment
- Lesions gone at end of treatment or within 24 hours
- Prevents lesion outbreak when used in prodrome
Skin and Anti Aging

- 970, 294, 321, 9 / 355
- 40, 284, 51, 124, 91 / 355, 142
- 40, 284, 91 / 62
- 40, 13 / 13 – puffy eyes
- 81 / 355 - 1-2 min
- 81 / 142 - 10-20 min
- 49 / 355, 142

- 3/week – 2 wks
- 1/week – 2 weeks
- 1/ month maintenance
Eczema

- 124, 970, 294, 321, 9 / 355 +/-  
- 40, 284, 9 / 355, 62  
- 40 /116

Treat the gut, immune system, lymph, liver, lung

Psoriasis

- 124, 970, 294, 321, 9 / 355 +/-  
- 40, 284, 30, 91, 13, 150, 650, 81, 49 / 355, 62, 77  
- Treat the gut, immune system, lymph, liver, lung  
- Vitamin D₃, EPA/DHA
Resonance For Adrenal Support

- 970, 294, 321, 9,
- 124, 40, 284, 51, 3, 81, 49 / 71
- Run only in AM for chronic fatigue and fibro
  - Do salivary hormone testing to determine levels
  - Cortisol should be high in the AM - Low in the PM
- 81/ is time dependent - use for 2 to 20 minutes
- 81 / Caution
  - Adrenal Cortex secretes
    - Cortisol, Corticosterone
    - Aldosterone
    - Platelet Aggregating factor
    - DHEA
- 81 / may increase all secretions - Be aware
- Vitamin B5, B6, C support adrenal health
- Licorice, ashwagandha and other herb combinations
Resonance For Adrenal Medulla

- The adrenal medulla secretes
  - Adrenaline
  - Norepinephrine

- 970, 294, 321, 9,
- 40, 284, 51, 13, 81, 49 / 273, 315

- Increasing adrenaline and norepinephrine will increase blood pressure and heart rate
- May be useful in urgently low blood pressure
- Not used
Quiet the Adrenal Cortex

- 94, 970 / 200
- Run the concussion protocol if possible

- Quick, easy - 970, 40 / 562, 71

- More complete:
  - 970, 294, 321, 9, 40, 284, 49 / 71, 562

- Elevated cortisol contributes to
  - Insulin resistance, sleep disturbance, digestion problems, weight gain
  - Restore diurnal rhythm – run in PM
Quiet the Adrenal Medulla

- Quiet Adrenal Medulla
- 970, 294, 321, 9,
- 40, 284, 51, 3, 49 / 273, 315

- Adrenal Medulla secretes Adrenaline, Norepinephrine
- If you quiet the adrenal medulla could it reduce blood pressure?
- No data or cases but it may be worth a try.
Resonance Protocol For Thyroid

- **Hyper Thyroid** – Acute phase Hashimoto’s
  - Responds very well
  - 40 / 116
  - 970, 294, 321, 9, 30, 40, 284, 49 / 98

- Treat 2-3/ week for four weeks
  - If patient wishes to avoid meds
  - Will need home treatment
  - Usually resolves quickly

Towels should not touch
Protocol For Goiter

- Numerous goiter cases
  - Some very large

- 58 / 00, 02, 32 +/-
- 40, 284, 51, 3, 58, 13, 91, 49 / 98
- Treat for 30-60 minutes - 1 to 3 treatments
  - Mobilize goiter while treating
- The goiter generally doesn’t return
- No treatment failures to date in glandular goiters
Resonance for Hypo-Thyroid

- No consistent positive outcomes
- 970, 294, 321, 9, 124,
- 40, 284, 51, 13, 3, 81, 49 / 98
- 58 / 00, 02, 32 if chronic, scarred
- 57, 900, 920 / 98 if toxicity was an issue
- Does NOT affect peripheral conversion
Breast Health

- 40 / 116, 500, 142, 97, 77, 62, 21 +/-
- 51, 91, 13 / 500, 21, 142, 13, 62
- 57, 900, 920,3 / 500, 97
- 49 / 500
- 40, 50, 49 / 13
- +/-

Nutritional support for estrogen detoxification
Resonance For Kidney Support

- 970, 294, 321, 9, 40, 284, 49 / 23
- 81/ 23 – brief if at all
  - Be aware of what kidney secretes

- May also need
  - 40, 284, 59, 13, 3, 51, 58 / 23 (Polycystic kidney)
  - 18, 124, 40, 30 / 23 (Acute trauma)
  - 91, 20, 242, 276, 766 / 23 (Stone)
  - 61, 44 / 23 (Infection – Caution!!)
Resonance For Kidney Stone Pain

- **20 / 60**
  - Reduces the pain within about 20 minutes
  - Numerous patients

- **970, 294, 321, 9 / 23**

- **766, 276, 242, 91, 8 / 23** (for the stone itself)

- **18, 40, 49 / 23** (for trauma and bleeding caused by stone)

- **Use 20 / 60** as needed to keep pain down

- **294, 321, 9, 40, 284, 124, 18?, 29, 49 / 60** (for the ureter)
Interstital Cystitis

- 40 / 10, 89, 562 + (10 min each – Machine #1) Neck - Feet
- Machine #2 – Spine to Abdomen
- 40 / 396
- 970, 294, 321, 9, 40, 284 / 37 +/-
- 20, 5, (18, 150, 650) / 37 (18 / 62)
  - Alka-Seltzer Gold – alkalinize the urine
- 58/’s , 58, 13, 3, 51, 91, 81, 49 / 37
  - While bladder fills
    - Empty bladder after 20-40 minutes
- 970, 94, 321, 9, 40 / 562
  - Closes bladder neck
- 29, 40, 284, 91, 13 / 51 (if necessary)
  - Urethra scarring
- 40 / 396, 10, 89
  - Polarized positive
    - + leads at the spine - T10 – S4
    - - leads pubic bone to ischial tuberosity
Resonance For Vulvodynia

- Treat neuropathic pain component first

- 40, 284, 20, 30, 49 / 396, 78, 562(?), 10, 89 ++ →

- Protocol for the vulva could include

  - 970, 294, 321, 9 / 12
  - 20, 30, 40, 284, 51, 8 / 12
  - 18, 150, 650 / 12
  - 8, 57, 920, 900 / 12
  - 81, 49 / 12

Use myofascial protocols to address pelvic floor trigger points

- R/G leads glove wrapped in a wet towel from T12 to S4
- B/Y leads glove in a wet towel over the vulva from pubic bone to the ischial tuberosities
Protocol for Vaginal Scar Tissue

- Use intra-vaginal technique or external placement
- 58/00, 02, 32
- 13, 3, 91 / 19, 142, 62, 77, 396 (/65, 129, 88, 37, ?)
- 970, 294, 321, 9, 40, 284, 49 / 19
Resonance Protocol For Ovarian Cysts

- 970, 94, 294, 321, 9 / 7 +/-
- 40, 50 / 7
- 284, 59, 49 / 7

- Treat scar tissue from previous ruptured cysts
  - 13 / 7, 4, 34, 37, 65, 31, 129, 77
  - See FSM DVD course on “Treating abdominal pain and pelvic adhesions”

- Estrogen/progesterone balance

- Run the concussion protocol
Resonance Protocol For Uterine Fibroids

- 58 / 00, 02, 32
- 970, 294, 321, 9 / 34
- 57, 920, 900 / 34
- 18, 40, 50, 284 / 34
- 58, 13, 3, 766, 276, 242, 91, 49 / 34

- Estrogen/progesterone balance problem
  - Salivary hormone testing
- Remember to do the concussion protocol
- Not a slam dunk but has worked well in numerous cases
Resonance For Endometriosis

- Resonance for acute pain during menses
  - 18, 40, 29 / 62, 34, 155 (endometrium)

- Resonance for chronic pain
  - **DO NOT USE** during menses
  - 58 / 00, 02, 32
  - 40, 284, 13, 9 /
  - / 77, 62, 7, 4, 34, 37, 22, 85, 100, 142, 191, 396
  - 3 / 97
  - 91 / 62, 77, 142, 396
  - 970, 49 / 34

- Remember the concussion protocol
  - Try 42 / 00, 01, 85
Resonance Protocols for Benign Prostatic Hypertrophy (BPH)

- 970, 294, 321, 9 / 5 +/-
- 30, 40, 50 / 5
- 284, 51, 91, 766, 276, 242, 61, 44 / 5
- 57, 900, 920, 49 / 5
- Contacts at pubic bone and perineum
- Tx 1-2 /wk until symptoms improve (6 should do it)
- Estrogen/progesterone, testosterone balance problem
  - Salivary hormone testing
- EPA / DHA, Zinc, Saw Palmeto
Resonance Protocol For Asthma

- 94, 970 /200, 94/94
  - Full concussion protocol if possible
- 970, 294, 321, 9, 29 / 64
- 30, 40, 50 / 64
- 57, 920, 900 / 64 if needed
- 42 / 00, 01, 85
- 284, 91, 51, 13, 3, 49 / 64
  - especially in chronic cases

TOWELS CANNOT TOUCH
Resonance Protocol For Bronchitis

- 970, 294, 321, 9, 49 / 64
- 30, 40, 50 / 64
- 61, 56, 60, 38 / 64
- 230 / 430 (if viral)
- 64 / 42, 64 / 63 (Pus and pus encapsulated)
- 18 / 62, 64 (Coughing breaks little blood vessels)
- 284, 51, 13, 3, 91, 49 / 64
  - Especially in chronic bronchitis
- Chemical burns add – 57, 900, 920, 54, 150, 650 / 64
Resonance for Lung (COPD)

- You can’t put tissue back that is not there
- 970, 294, 321, 9 / 17
- 40 / 116
- 124, 40, 284 / 17
- 51, 58, 13, 3, 91 / 17
- 57, 900, 920 / 17
- 49 / 17
- 880 / 7.4
Resonance For Sinus Conditions

- 970, 294, 321, 9 / 25, 75 +/-
- 40, 50 / 25, 75
- 284, 51, 49/ 25, 75
- 61, 60, 66 / 25, 75 (If infection is suspected)
- 64/42, 64/63 (For chronic infection)
- 97/40, 98/20, 460 / 650 (For fungal infection)
- 230 / 430 (For virus)
- 38 / 00, 30, 33 (For a cold)
Common Cold

- Concussion Protocol
- Common Cold Sinus
  - 38/00, 30, 33
  - 64/42, 63
  - 61, 60, 66, 40, 284, 50, 9, 30, 49 / 25, 75
  - 230 / 430
- Common Cold Throat
  - 38 / 00, 30, 33
  - 60, 66 / 00
  - 64 / 42, 63
  - 40, 50, 30, 9, 49 / 24, 43
  - 49 / 116
Resonance for Heart Health

- 40, 49 / 62, 33
- 40 / 116
- 40 / 97
- 124, 294, 321, 9, 49 / 33, 62
- 61(?) / 62, 33
- ?? 51, 3 / 62 ?? (Caution!)
- 970, 35 / 33
- When in doubt 40, 284 / 62, 33 and 40/116
Resonance For Allergy and Inflammation

- 9, 40 / 103, 116

- Used successfully to eliminate hives and IgE reactions in a number of patients
- Doesn’t address the cause of the problem
- Relief is immediate and helpful - temporary.
- Follow up with appropriate assessment and treatment to determine and eliminate the cause.
CAUTION: Deep Vein Thrombus

- Do not use 284 / 79 when there is a deep vein thrombus.
- 284/ works very well and there is a chance that it really is breaking up blood clots.
  - There is no guarantee that the whole clot will dissolve instantaneously.
- We have never created a problem using this frequency on any patient so I can’t be sure it would cause harm but it is not worth the risk.
- We usually treat 284 / 62 so there is minimal risk of causing an inadvertent problem.
Acupuncture to FSM Translation

- Damp = 50 /
- Deficient = 321, 49 /
- Wiry = 30, 40, 29 /
- Stagnant, Congested = 321, 50 /
- Weak = 321, 49 /
- Neck to feet
- Meridians respond to frequencies for the organ associated with that meridian
ANXIETY Is Complicated

- 970 / 27, 23, 13, 562, 355, 33
- 40 / 562, 71, 273, 315
  - Adrenal medulla secretes Adrenaline, Norepinephrine
- 40 / 94, 89, 90
  - /94 is site of reticular activating formation
  - /89, 90 seems to be the amygdala
- 57, 900, 920 / 89
- Nutritional support
  - Mg, Kava kava, Catacholacalm (DFH), theanine, valerian
- Breathing and relaxation exercises are important
- Remember to check for vestibular injury
DEPRESSION Is Complicated

- Methylated Folate / B-12, EPA/DHA, D3 help
- PMS?? - B6, Mg and GLA
- Serotonin? - 5-HTP, B6, St. John’s Wort (500mg)
- Quiet cortisol – Melatonin, Kava, Catecholacalm
- 40 / 562, 71
- 970 / 17, 35, 38, 562, 27, 23, 13, 355, 33
  Remember the old saying, “Depression is anger turned inwards.”
- 970, 40, 284, 57, 900, 920, 49 / 89, 90, 84, 94
- Is it the 610’s?
- PTSD?
- Dopamine? - Copper?
Low Back Pain is Complicated

- Sarno- Emotions causing low back pain
- Anger – 970 / 35
- Resentment – 970 / 38
- Grief – 970 / 17
- Fear – 970 / 27, 23
- Remember these when the physical medicine treatments aren’t lasting or don’t work
Frequency Specific Microcurrent

Changing medicine
one patient at a time

Changing lives
one practitioner at a time

Changing one patient’s life
Changes the world