

# Let's Talk Megahertz (MHz)



|              |       |
|--------------|-------|
| Healthy Body | 62-78 |
| Cold/Flu     | 57-60 |
| Cancer       | 42    |
| Death        | 25    |



|                |       |
|----------------|-------|
| Fresh Food     | 20-27 |
| Dried Food     | 15-22 |
| Dried Herb     | 15-22 |
| Canned Food    | 0     |
| Processed Food | 0     |



|                     |     |
|---------------------|-----|
| Negative Thoughts   | -12 |
| Positive Thoughts   | +10 |
| Praying Smelling    | +15 |
| Coffee Drinking     | -8  |
| Coffee              | -14 |
| Holding a Cigarette | -17 |
| Smoking a Cigarette | -23 |

MHz is a unit of frequency, equal to one million cycle per second.

essential oils have different frequencies, with higher frequencies being able to raise a person's vibration.

**Essential Oils  
Frequency Range:  
52 - 580 MHz**

We use food, thoughts, exercise & Essential Oils as tools for realignment and rebalancing to raise our energy & frequency!

