

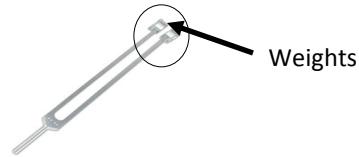
# HUMAN ORGAN TUNING FORKS GUIDE



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# Products

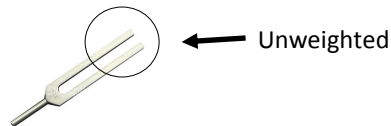


## **Human Organs Weighted Set of 15 Tuning Forks**

These Osteophonic (Otto) Tuners are made for the fifteen organ forks we carry and range From 110 Hz to 492.8 Hz. This set includes tuning forks for the:

*Adrenals, Thyroid & Parathyroid. Bladder, Blood, Bone, Brain, Colon, Fat Cells, Gall Bladder, Intestines, Kidneys, Liver, Lungs, Muscles, Pancreas and Stomach.*

Weighted tuning forks are used on the body. The weights on the end of the fork (as pictured above) send the vibration down the fork to the handle/stem. This strong vibration makes it easier to feel for the user. By directly applying the handle/stem of the activated tuning fork to the body, the frequency can be directed with pinpoint accuracy. This is a powerful tool when entraining your organs to come back to the healthy range. Please note that frequencies over 256 hz will vibrate for a shorter period of time with weighted tuning forks. Therefore, the user will have to activate weighted forks above the 256 Hz range more frequently.



## **Human Organs Unweighted Set of 15 Tuning Forks**

These unweighted Tuners are made for the fifteen organ forks we carry and range From 110 Hz to 492.8 Hz. This set includes tuning forks for the:

*Adrenals, Thyroid & Parathyroid. Bladder, Blood, Bone, Brain, Colon, Fat Cells, Gall Bladder, Intestines, Kidneys, Liver, Lungs, Muscles, Pancreas and Stomach.*

Unweighted tuning forks are used around the body and not on the physical body. They are useful when working with energy fields and increasing and balancing those fields. As they do not possess weights, no vibration is felt when the fork is activated. However; as sound can move through mediums such as liquid, air, and gas, pointing the tines of the activated fork at the organ will still travel to that organ and help to entrain it to return to its healthy range.

## **Individual Organ/Gland Tuning Forks**

SozoSoundz also sells these forks individually. Depending on the frequency, we sell all forks above 256 Hz in the unweighted version and below 256 Hz in the weighted version. The exception to this is the Lung fork as we carry that in unweighted as that organ is a broad area that is better suited with an unweighted fork. Besides those forks listed in the above sets, we also carry the 492 Hz Spleen fork, the 337 Hz Blood and Circulation fork and the Pineal fork (proprietary frequency).

## CARE

Tuning forks are calibrated to a certain frequency. Misuse or improper care can damage the frequency and the fork. For this reason, never strike the fork against a hard surface such as a table or floor. Also, the forks should be stored at room temperature. Any long exposure to temps beyond 10 degrees below or above can damage the frequency as well. Because of this, it is suggested that you DON'T store your forks in a vehicle.

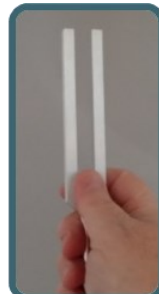
## HOLDING

When holding a tuning fork, always hold it by the stem. Do not touch the tines of the fork as it will stop the fork from vibrating. Keep your wrist flexible and relaxed. Your fingers should be soft but firm enough to hold onto it.



**RIGHT**

Hold by  
Stem only



**WRONG**

Do not touch  
vibrating tines  
when grasping  
fork.

## ACTIVATION/TONING

To activate a fork, you need to either use an approved activator such as a hockey puck, a rubber mallet or even your hand, knee or thigh. For an unweighted tuning fork you will hold the hockey puck in one hand and strike the tuning fork on the puck with the other hand.

*\*Note\** The tuning fork should always be struck on the flat side as shown. Never on the front face of the tines. For weighted forks you can gently tap the weights on the heel of your hand or use a mallet to strike the weight on its side (where the hole is at). You can also use a hockey puck as shown below.



## USE OF FORKS

**Weighted** forks can be used on the body, acupuncture points, reflex points and/or general areas where there is pain or inflammation. As all weighted forks spike nitric oxide, this will help to relax the tissues and reduce inflammation. To enhance the vibration, place a crystal or gemstone on the desired area of the body, activate the fork and place the stem on the crystal or gemstone. As crystals are natural conductors this will greatly increase the vibration and depth of frequency. This is actually desirable for entraining your organs.



**Unweighted** forks are used around the body. One can simply activate the fork and listen to the frequency. In organ work we want to activate the fork and point the tines at the organ or area we are attempting to entrain. It is also beneficial to make a circular motion with the forks as the tines are pointing to the desired area to stir up the energy of that organ/gland.

# Research

Everything in the universe to include our bodies has a frequency. In fact when Einstein was discussing matter he said this over a 100 years ago:

“Concerning matter, we have been all wrong.  
What we have called matter is energy,  
whose vibration has been so lowered  
as to be perceptible to the senses.  
There is no matter.”

Much has come to light (Pun intended) in the past 100 years due to modern technology, quantum physics, and those that have pioneered into uncharted territory. One of those pioneers happens to be Barbara Hero of the Lambdoma Institute.

Barbara Hero is an artist, composer, mathematician, writer, is the inventor of the Lambdoma keyboard that is designed to help our well-being by calling us to harmony of spirit, mind, emotion and physicality. She has studied the frequencies of Chakras, planets, room dimensions, nutrients, vocal harmonics along with Pythagorean intervals. That is how she developed her keyboard which is based on the Lambdoma Matrix (mathematical grid attributed to the philosopher Pythagoras) which is relatively unknown in our current age.



In her research dating between 1982- 1988, she began studying the frequencies of organs. She tested healthy organs of people by passing sound through the organ and retrieving the resonant frequency. She tried this in a variety of ways to include using sine waves. Later on she began using a laser and scanner to confirm these harmonic and discovered something very close to Cymatics as revealed by Hans Jenny.

Her initial study of organs revealed these frequencies:

<b>Organ</b>	<b>Frequency/Note</b>
Blood	321.9 (E)
Adrenals	492.8 (B)
Kidney	319.88 (Eb)
Liver	317.83 (Eb)
Bladder	352 (F)
Intestines	281. (C#)
Lungs	220 (A)
Colon	176 (F)
Gall Bladder	164.3 (E)
Pancreas	117.3 (C#)
Stomach	110 (A)
Brain	315.8 (Eb)
Fat Cells	295.8 (C#)
Muscle	324 (E)
Bone	418,3 (Ab)

# Research Continued

This is where most tuning fork distributors get their 15 Human Organ frequencies. However, she continued her work with sine wave studies which provided 3 three more frequencies.

Personality	264 (C+)
Circulation/Sex	586 (C#)
Spleen	492 (B)

Her work, life and research is a bit above most of our comprehension so will just say she is a very masterful Genius ahead of her time.

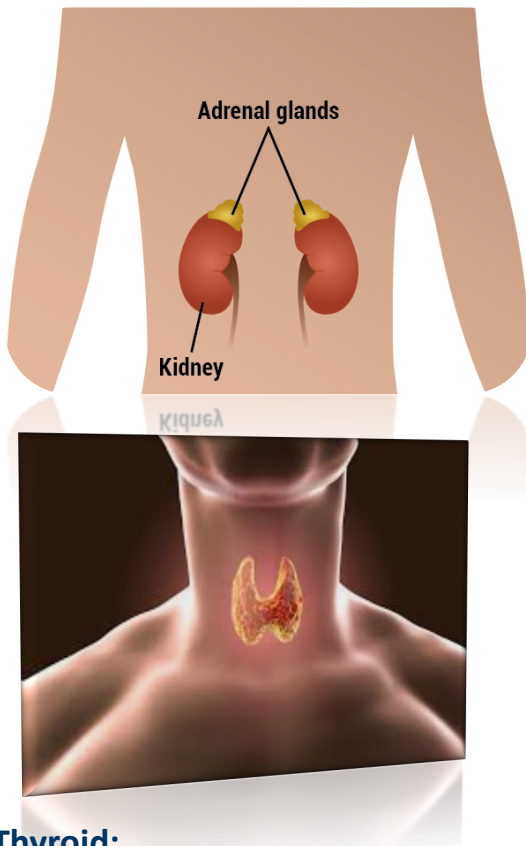
Why is this research so valuable to us? It provides the frequencies we need to entrain our organs. When an organ is sick or diseased it's frequency becomes severely lowered. However, organs can be entrained to come back to their healthy frequency. This practice of entraining will direct the organ to synchronize itself with the desired external frequency, vibration and rhythm. In other words this is a powerful help aid for those organs. Sometimes this can take days weeks or months depending on the organ and how sick or diseased it is. Of course food plays a part. Healthy eating is a must when entraining this organ. Raw, high frequency organic foods are the best. Even our thoughts and words play a role as everything has a frequency.

Generally most organs know their originating frequency with the exception of the Pancreas. Many have stated that this organ appears to have amnesia. Meaning, once it gets off its healthy frequency it can't remember where to go. This is why it is so hard to cure diabetes or pancreatitis. I can tell you that I had diabetes and no longer have it. However, if I don't maintain a healthy diet it can return. But through sound and vibration one can help that organ come back to a healthy range.

When you begin working with the organs start out slowly because the tuning fork promote detoxification. The body will release the toxic buildup and it is not good to overwhelm your system. So one might one to start out just using 1 fork for 10 minutes a day and see where that goes. Even when detoxing try to just keep it at that level. Gradually increase the time and frequency of use. It's your body and you will know what you can or can't handle. But always start slow and gradually increase. As it is a detoxification process, drinking large amounts of water will help rid the body of toxins in a more gentle way.

Another pioneer I would encourage you all to research is that of Bruce Tanio from Cheney WA. As an agriculturist he invented the BT3 machine that would also study organs and found a healthy range. He wanted to see how food effected these frequencies. He had a different approach and found these to be in the Mhz range rather than in the Hertz range as Barbara Hero did. The difference is one study is based in matter and the other is based in function.

# Adrenals, Thyroid and Parathyroid 492.8 Hz (B note)



## Adrenals:

Located at the top of each kidney, the adrenal glands produce hormones that help the body control blood sugar, burn protein and fat, react to stressors like a major illness or injury, and regulate blood pressure. Two of the most important adrenal hormones are cortisol and aldosterone.

## Tuning Fork Application:

As this gland is located closer to the back than the front of the body you will need to try and reach that area with the tuning fork from the back. If using a weighted tuning fork, activate the fork and place the stem on your back where the gland would reside. Be careful not to touch the tines or the weights as you don't want to deaden the fork. Do this a few times and let the vibration ring out. If using an unweighted fork activate it and point the tines 2-3 inches off the body where the gland would reside. You can also make a circular motion with the fork while it is ringing to stir up the energy.

## Thyroid:

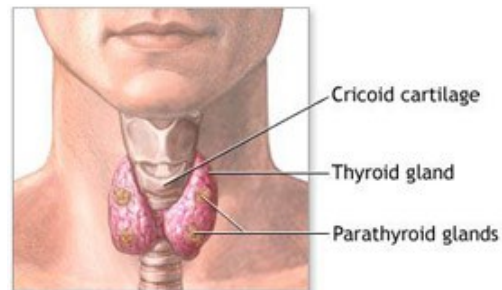
The thyroid gland is a butterfly-shaped organ located in the base of your neck. It releases hormones that control metabolism—the way your body uses energy. The thyroid's hormones regulate vital body functions, including:

Breathing, Heart rate, Central and peripheral nervous systems, Body weight, Muscle strength, Menstrual cycles, Body Temperature and Cholesterol levels

## Tuning Fork Application:

If using a weighted tuning fork for the thyroid and parathyroid glands, activate the fork and place the stem on the desired area (front of body). Do this a few times and let the vibration ring out. Approach from the front.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the glands would reside. You can also make a circular motion with the fork while it is ringing to stir up the energy.

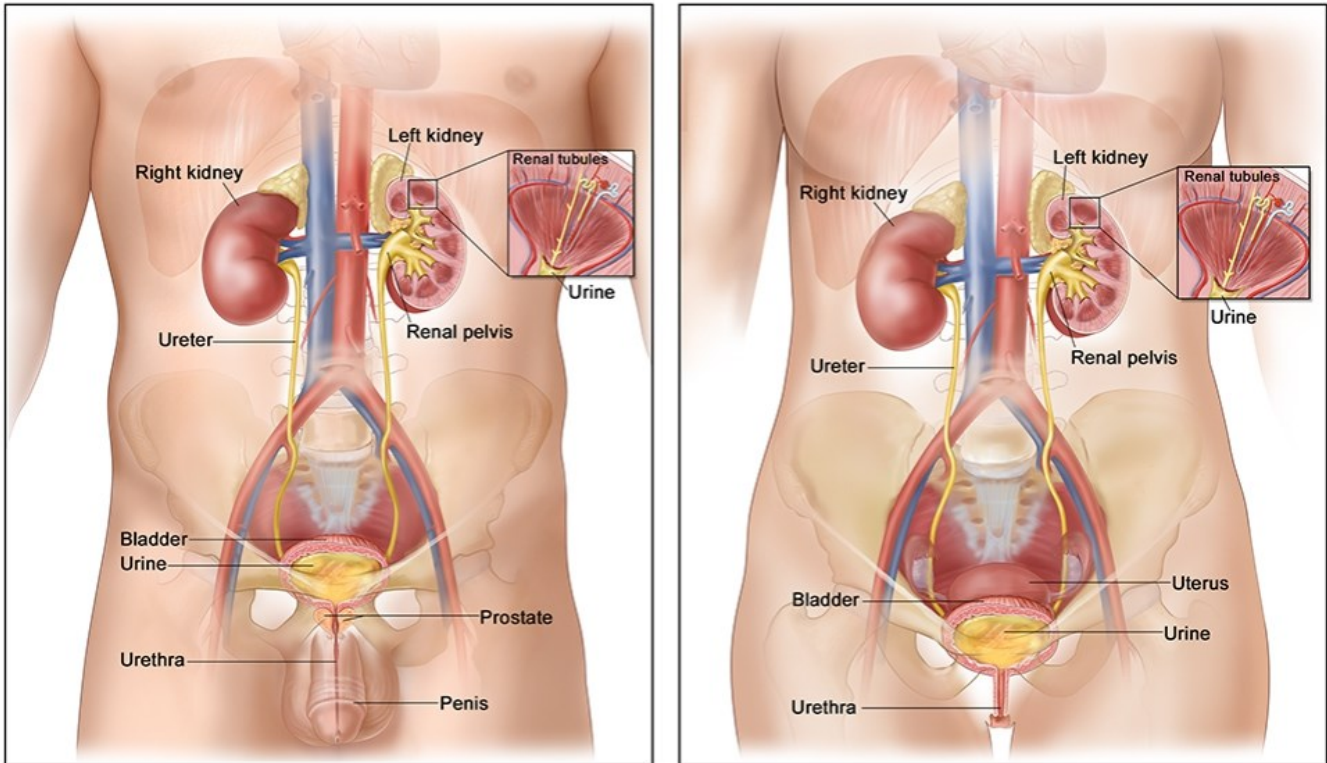


## Parathyroid:

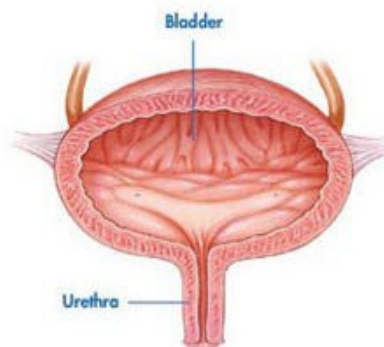
The parathyroid glands are four tiny glands, located in the neck, that control the body's calcium levels. Each gland is about the size of a grain of rice. The parathyroids produce a hormone called parathyroid hormone (PTH). PTH raises the blood calcium level by:

1. breaking down the bone (where most of the body's calcium is stored) and causing calcium release
2. increasing the body's ability to absorb calcium from food increasing the kidney's ability to hold on to calcium that would otherwise be lost in the urine.

## Bladder 352 Hz (F note)



Urine is made in the kidneys and travels down two tubes called ureters into the bladder. The bladder stores urine, allowing urination to be infrequent and controlled. The bladder is a round, bag-like organ.. It is located in the pelvic area, just below the kidneys and right behind the pelvic bone. While it is basically a fleshy storage tank, it is very complex in its design.



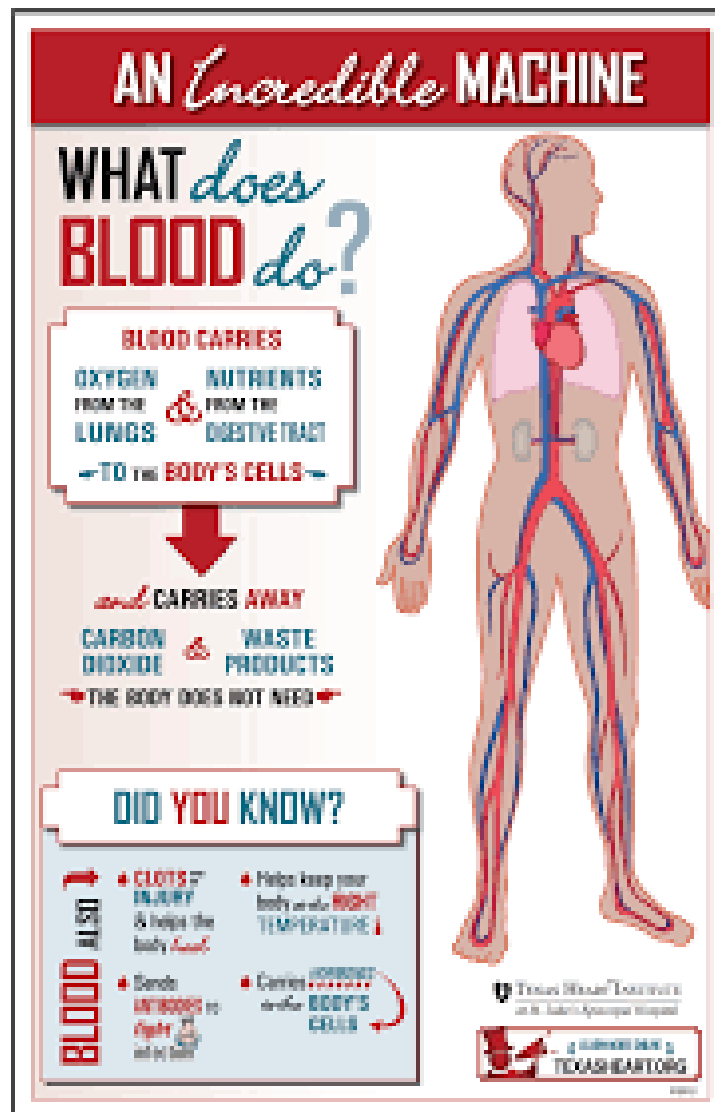
### Tuning Fork Application:

If using a weighted tuning fork for the bladder, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. This needs to be approached from the front of the body.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the organ would reside. You can also make a circular motion with the fork while it is ringing to stir up the energy.



## Blood 321.9 Hz (E note)



Blood is a specialized body fluid. It has four main components: plasma, red blood cells, white blood cells, and platelets. Blood has many different functions, including: transporting oxygen and nutrients to the lungs and tissues.

### Tuning Fork Application:

If using a weighted tuning fork for the blood, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can also activate the fork and drag the stem along veins and arterials on top of the skin with a light to medium pressure. You can approach from the front or the back.

\*\*\***Note**\*\*\* If you have varicose veins use a light pressure with a weighted fork. If it is painful stop using directly on the area and use over the body as you would with an unweighted tuning fork.

If using an unweighted fork activate it and point the tines 2-3 inches off the body wherever blood resides. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up veins and arterials from 2-3 inches off the body and never touching the body.

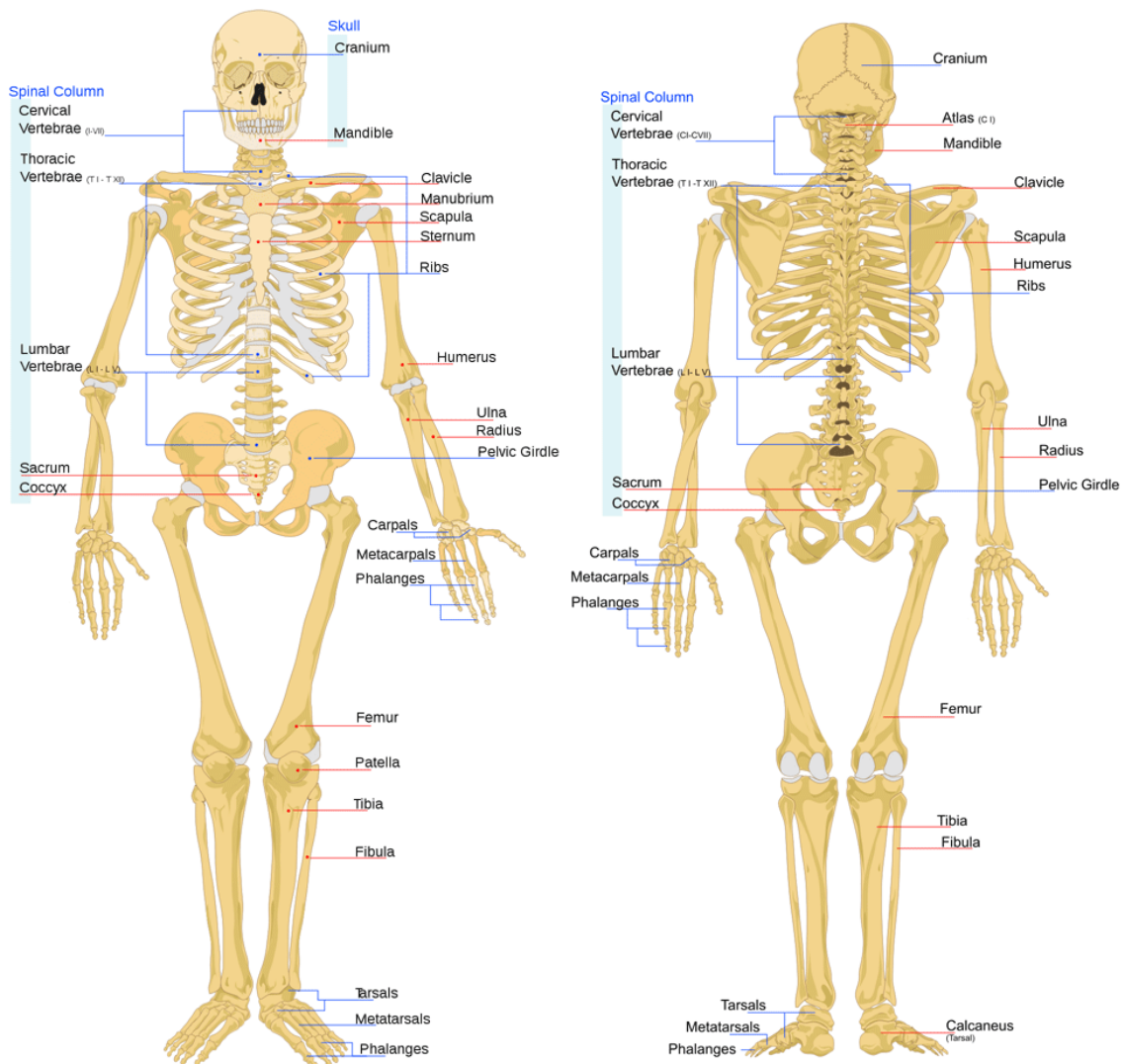
# Bone 418.3 Hz (A flat note)

Each bone is an organ that includes nervous tissue, epithelial tissue (within the blood vessels), and connective tissue (blood, bone, cartilage, adipose, and fibrous connective tissue). Bones help to support, protect, move, store minerals, produce blood and store energy.

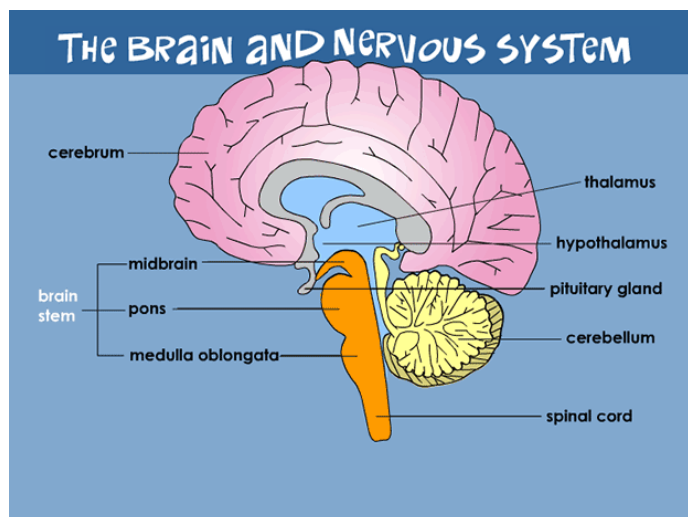
## Tuning Fork Application:

If using a weighted tuning fork for the blood, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can also activate the fork and drag the stem along bones (on top of the skin) with a light to medium pressure. You can approach this from the front or the back.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the bone is. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up and over the body's bones from 2-3 inches off the body and never touching the body.



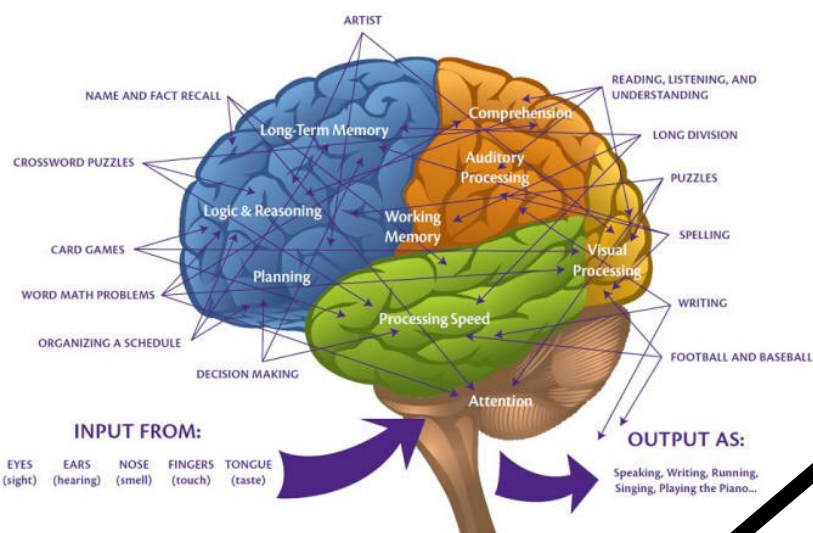
# Brain 315.8 Hz (E Flat Note)



The brain is an organ that's made up of a large mass of nerve tissue that's protected within the skull. It plays a role in just about every major body system. Some of its main functions include:

- ⇒ Processing Sensory Information
- ⇒ Regulating blood pressure and breathing
- ⇒ Releasing hormones

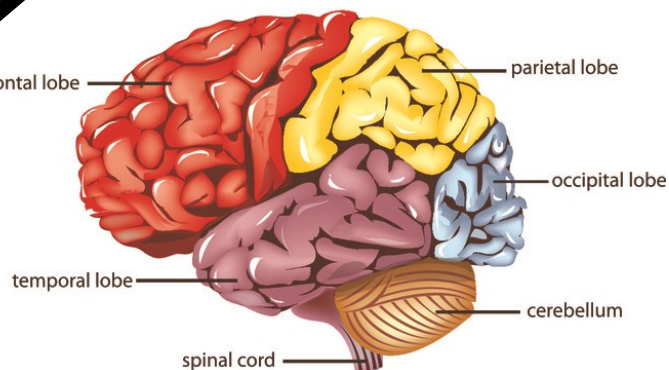
This the most complex **organ** in the body. The **brain** is made up of a complex network of billions of nerve cells called neurons, as well as other kinds of cells, all protected by the bones of the skull. ... Neurons in the **brain** and spinal cord are part of the nervous system and act as a body's "Command Central."



## Tuning Fork Application:

If using a weighted tuning fork for the brain, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can do this anywhere on the skull. Use a light pressure and discontinue if you experience any pain.

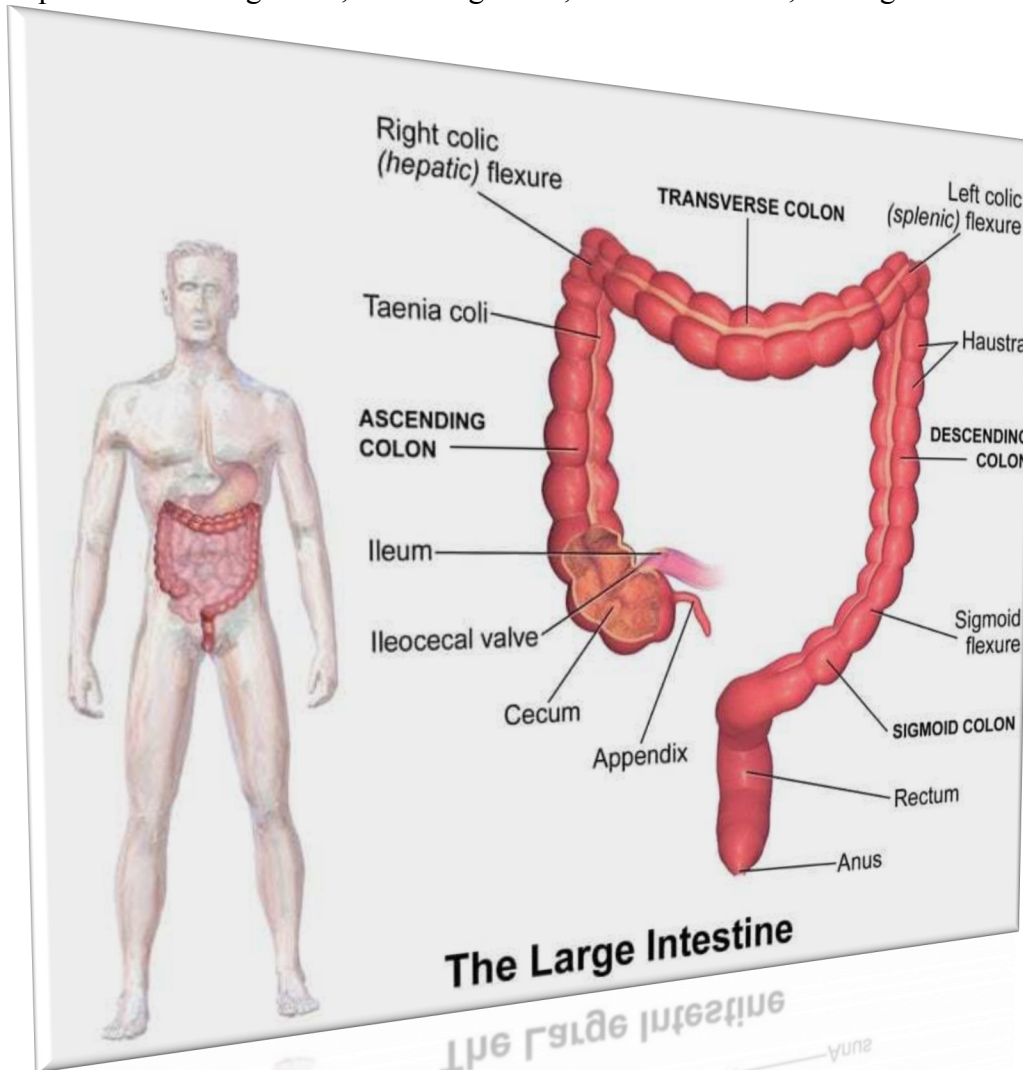
## Parts of the Human Brain



If using an unweighted fork activate it and point the tines 2-3 inches off the body where the organ is. You can do this anywhere around the head/skull. You can also make a circular motion with the fork while it is ringing to stir up the energy.

## Colon 176 Hz (F note)

The colon is part of the large intestine, the final part of the digestive system. Its function is to reabsorb fluids and process waste products from the body and prepare for its elimination. The colon consists of four parts: descending colon, ascending colon, transverse colon, and sigmoid colon.

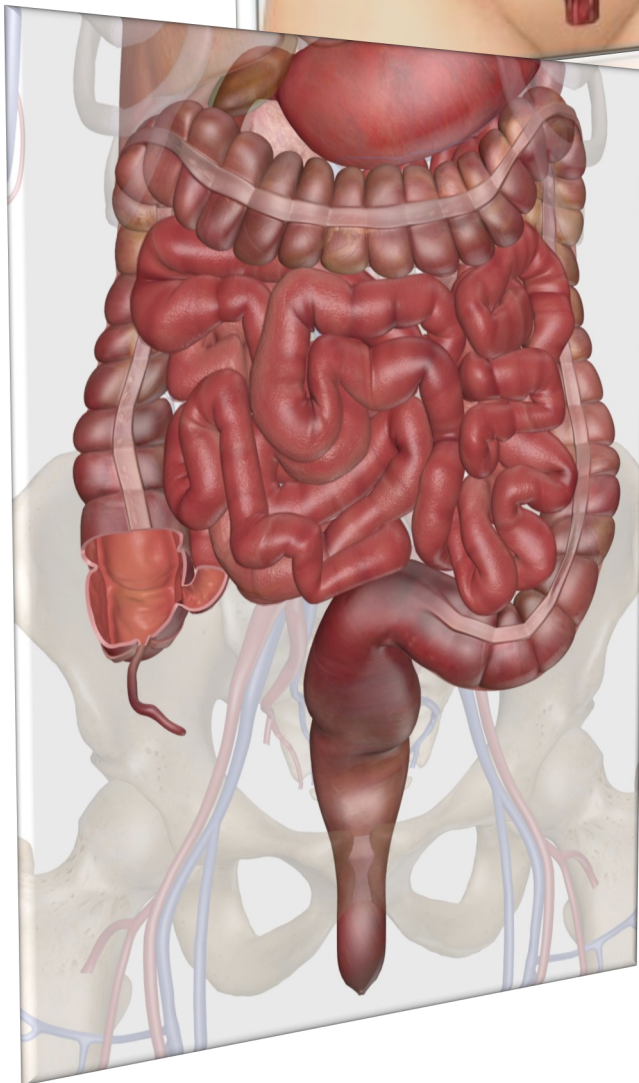
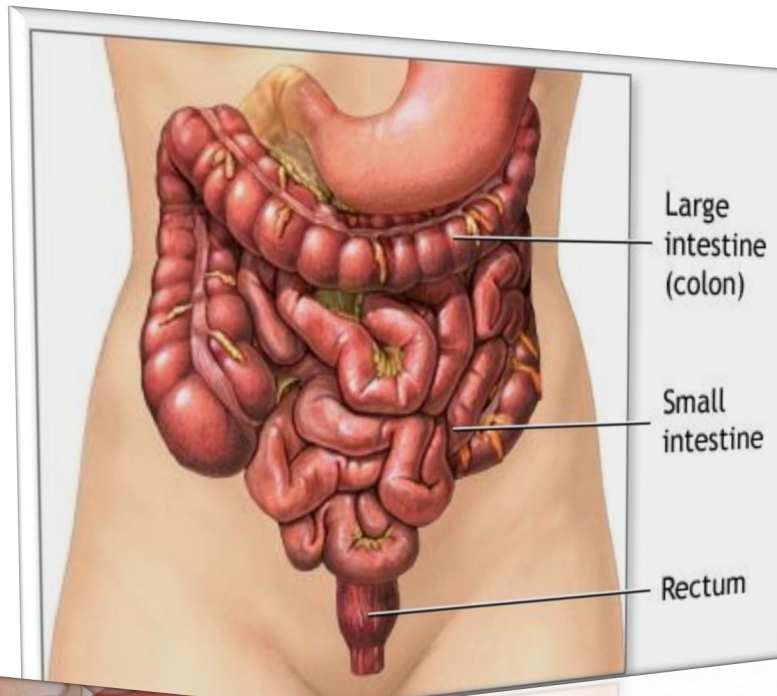


### Tuning Fork Application:

If using a weighted tuning fork for the colon, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can also activate the fork and drag the stem along colon on top of the skin with a light to medium pressure. You can approach from the front .

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the organ would reside. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up the colon tract from 2-3 inches off the body and never touching the body.

## Intestines 281 Hz (C sharp note)



The Intestines are vital organs in the gastro-intestinal tract of our digestive system. Their functions are to digest food and to enable the nutrients released from that food to enter into the bloodstream.

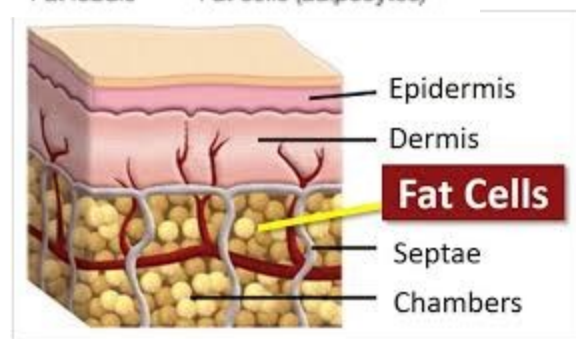
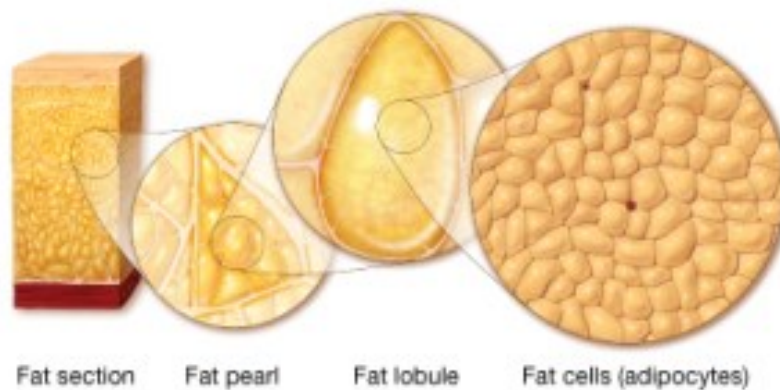
### **Tuning Fork Application:**

If using a weighted tuning fork for the intestines, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can approach from the front

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the intestines reside. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up and around the intestines from 2-3 inches off the body and never touching the body.

## Fat Cells 295.8 Hz (C sharp note)

Fat cells provide triglycerides to fuel much of the body's internal work and physical activity. The layer of fat under the skin insulates the body to keep it warm. Pad of fat act as shock absorbers and support and cushion vital organs. Fat also helps the body use carbohydrate and protein. Fragments of fat metabolism combine with those of glucose in energy metabolism. Fat spares protein for other important tasks by providing energy to the body.



### Tuning Fork Application:

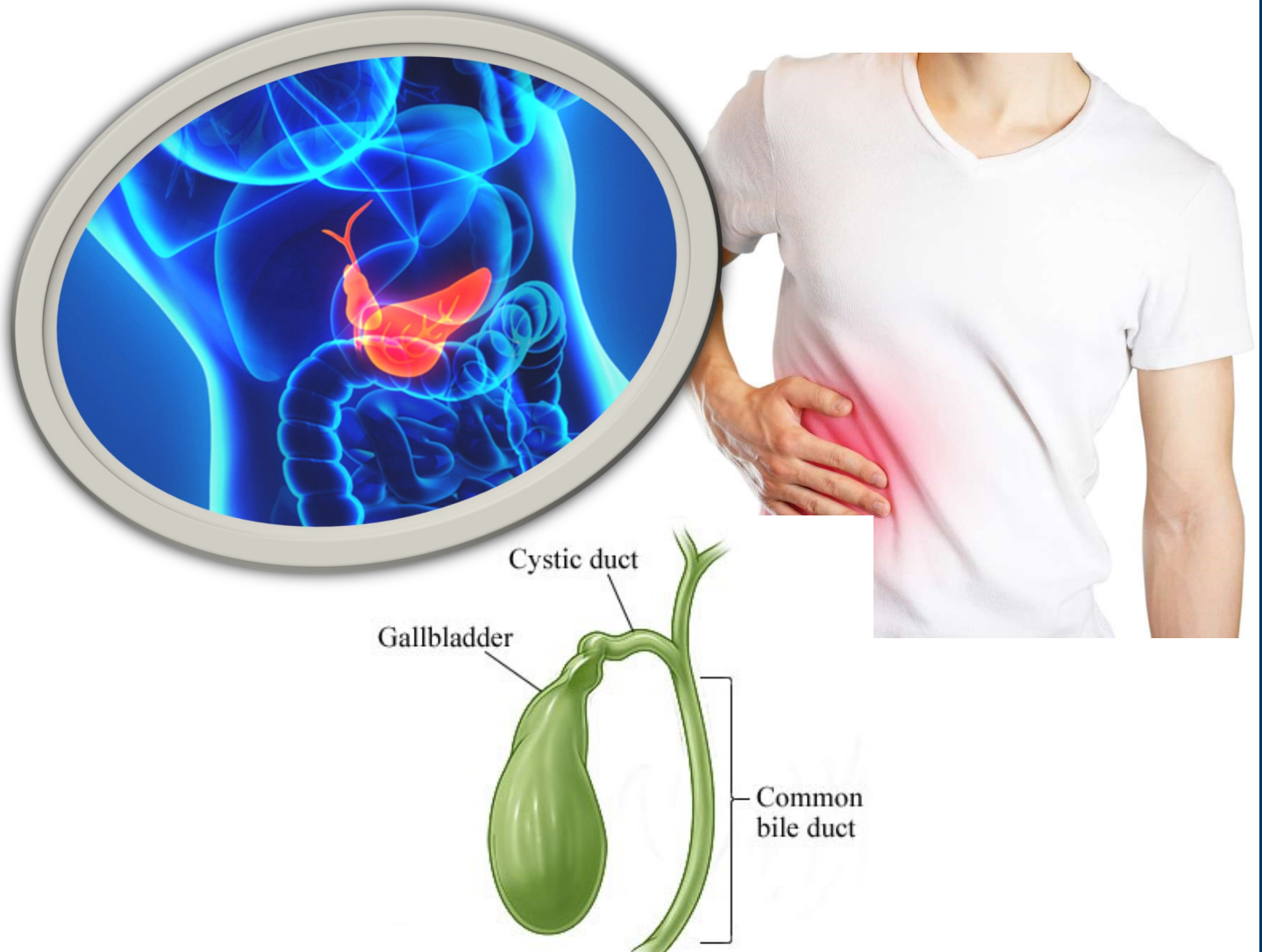
If using a weighted tuning fork for the fat cells (over-abundance), activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can also activate the fork and drag the stem along fatty areas on top of the skin with a light to medium pressure. You can approach from the front or back.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the fatty area resides. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up and around the fatty areas from 2-3 inches off the body and never touching the body.

\*\*\*Note\*\*\* Essential Oils can be very helpful when working on the body along with tuning forks. A couple of drops on an area is all that is needed. Three main essential oils that help with weight loss are:

- Grapefruit
- Cinnamon (hot) - may want to dilute with a olive oil, fractionated coconut oil, or other oils with fat molecules to decrease any burning sensation.
- Ginger

## Gallbladder 164.3 Hz (E note)



The gallbladder's primary function is to store and concentrate bile, a yellow-brown digestive enzyme produced by the liver. The gallbladder is part of the biliary tract. This organ is a pear-shaped, hollow structure located under the liver and on the right side of the abdomen.

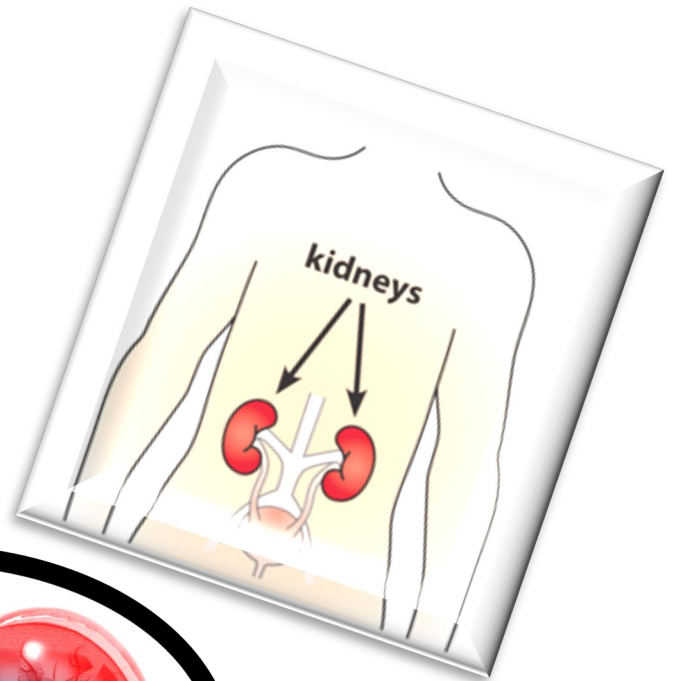
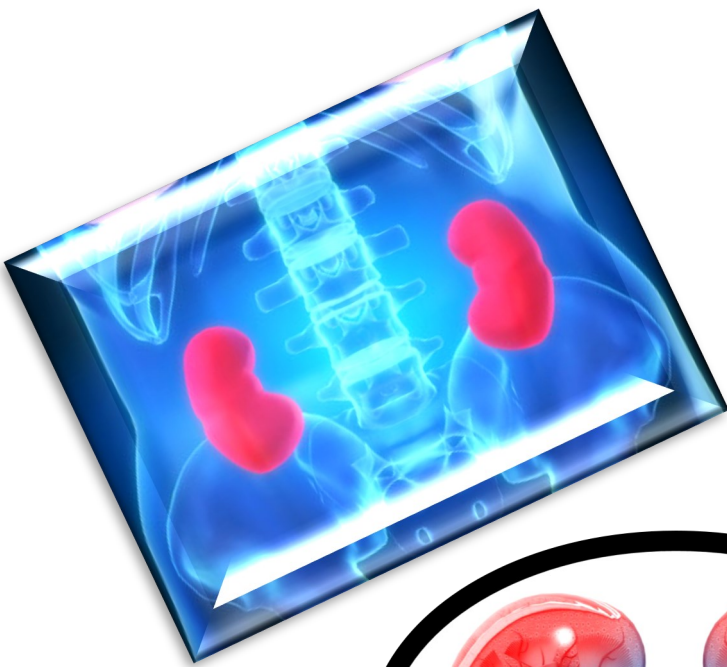
### **Tuning Fork Application:**

If using a weighted tuning fork for the gallbladder, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can approach from the front.

If using an unweighted fork, activate it and point the tines 2-3 inches off the body where the gallbladder resides. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up and around the gallbladder from 2-3 inches off the body and never touching the body.

## Kidneys 319.88 Hz (E flat note)

The kidneys are bean-shaped organs, each about the size of your fist. They are located near the middle of your back, just below the rib cage. The kidneys are sophisticated trash collectors. Every day, your kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water.



### **Tuning Fork Application:**

As these organs are located closer to the back than the front of the body you will need to try and reach that area with the tuning fork from the back. If using a weighted tuning fork, activate the fork and place the stem on your back where the organ would reside. Be careful not to touch the tines or the weights as you don't want to deaden the fork. Do this a few times and let the vibration ring out.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the gland would reside. You can also make a circular motion with the fork while it is ringing to stir up the energy.



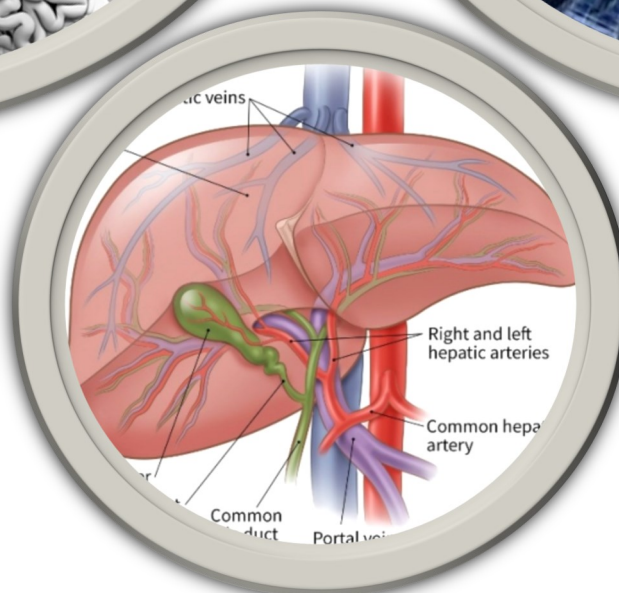
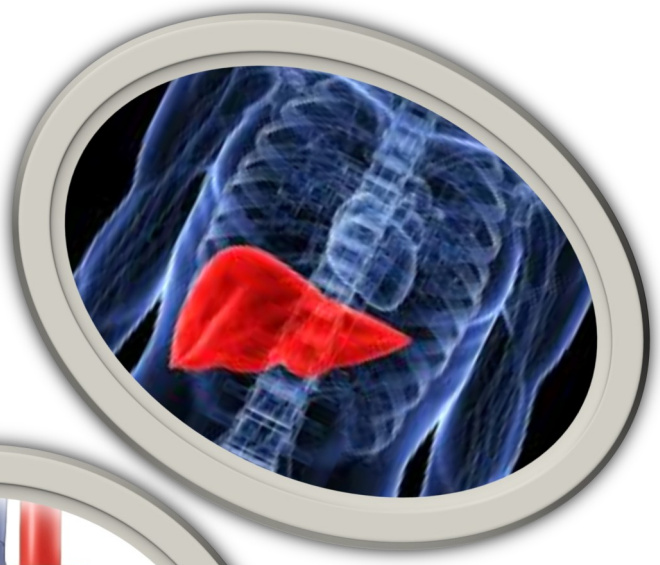
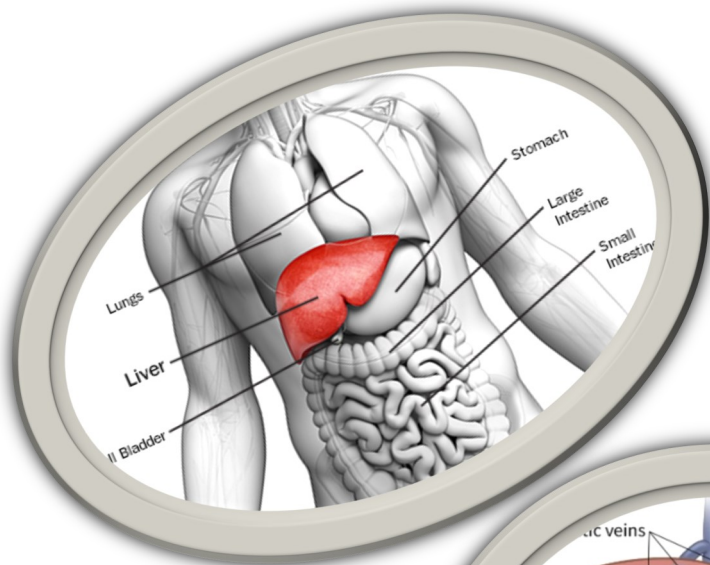
## Liver 317.83 Hz (E flat note)

With the help of vitamin K, the liver produces proteins that are important in blood clotting. It is also one of the organs that break down old or damaged blood cells. The liver plays a central role in all metabolic processes in the body. In fat metabolism the liver cells break down fats and produce energy.

### Tuning Fork Application:

If using a weighted tuning fork for the intestines, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can approach from the front or back. As this is a very large organ, you can activate the stem and drag it with a mild pressure all along the area where the liver resides.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the liver resides. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up and around the liver from 2-3 inches off the body and never touching the body.



## Lungs 220 Hz (A note)

The lungs and respiratory system allow oxygen in the air to be taken into body, while also enabling the body to get rid of carbon dioxide in the air breathed out. Respiration is the term for the exchange of oxygen from the environment for carbon dioxide from the body's cells.

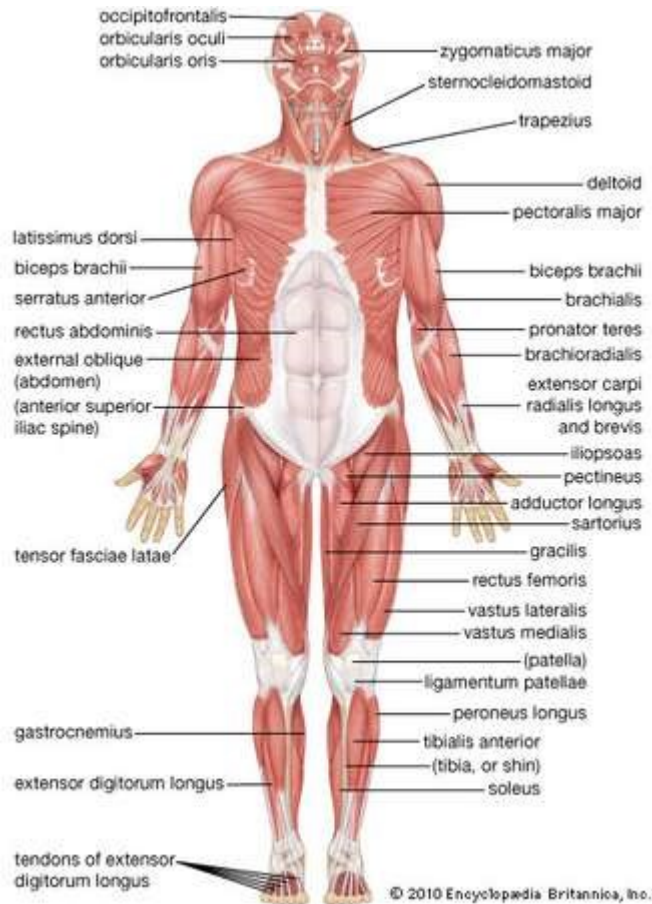


### **Tuning Fork Application:**

If using a weighted tuning fork for the lungs, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can approach from the front or back. As this is a very large organ, you can activate the stem and drag it with a mild pressure all along the area where the lungs reside.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the lungs resides. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up and around the lungs from 2-3 inches off the body and never touching the body.

# Muscles 324 Hz (E note)



The muscular system is responsible for the movement of the human body. Attached to the bones of the skeletal system are about 700 named muscles that make up roughly half of a person's body weight. Each of these muscles is a discrete organ constructed of skeletal muscle tissue, blood vessels, tendons, and nerves.

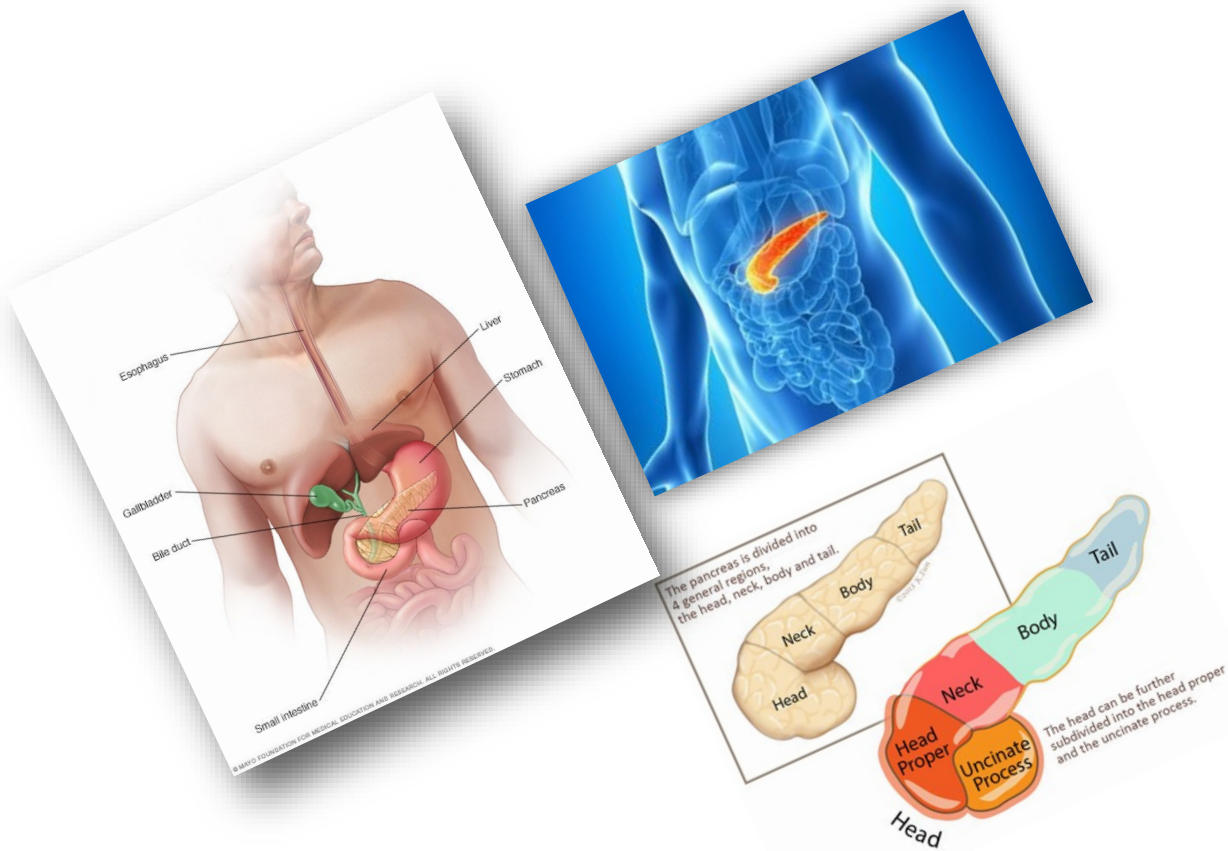
## Tuning Fork Application:

If using a weighted tuning fork for the muscles, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can approach from the front or back. You can activate the stem and drag it with a mild pressure all along various muscle groups. The fork many times is also used in conjunction with the fat cell tuning fork as building muscle helps to shrink fat cells. As the weighted fork also spikes nitric oxide, it will relax the tissues and reduce inflammation where used.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the muscles are. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up and around the muscles from 2-3 inches off the body and never touching the body. This fork can also be used in tandem with the fat cell tuning fork.

## Pancreas 117.3 Hz (C sharp Note)

The pancreas is a large gland behind the stomach and next to the small intestine. The pancreas does two main things: It releases powerful digestive enzymes into the small intestine to aid the digestion of food. It also releases the hormones insulin and glucagon into the bloodstream.

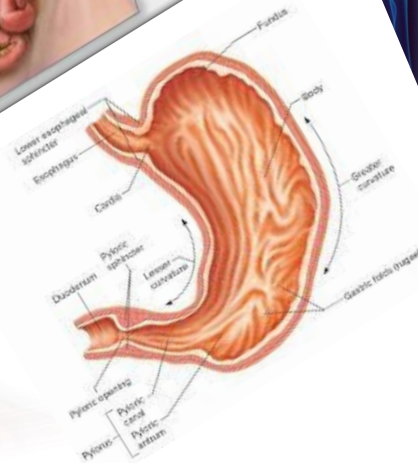
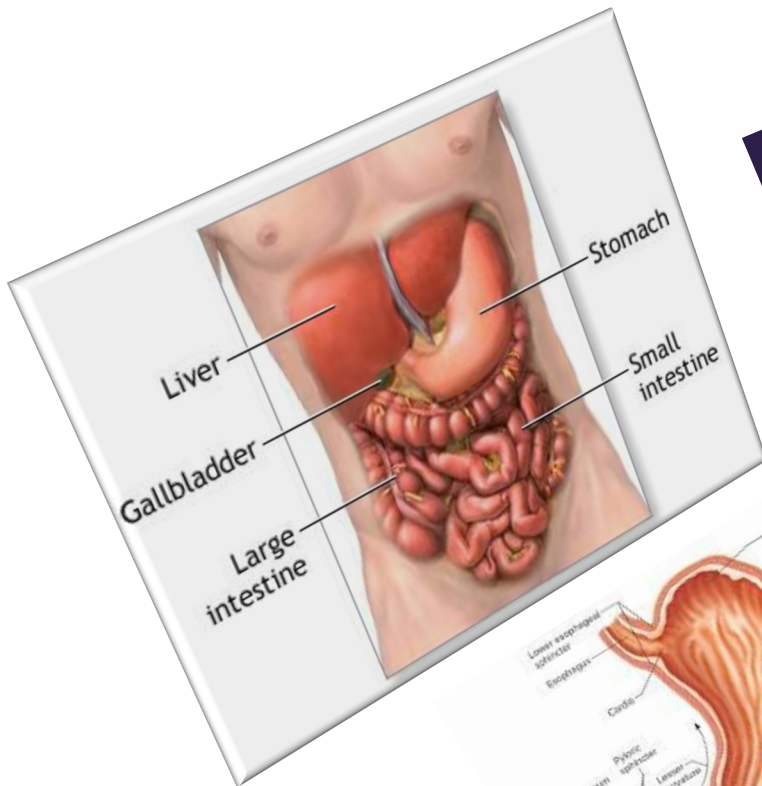


### Tuning Fork Application:

If using a weighted tuning fork for the pancreas, activate the fork and place the stem on the desired area. Do this a few times and let the vibration ring out. You can approach from the front. As the weighted fork also spikes nitric oxide, it will relax the tissues and reduce inflammation where used. This is particularly helpful in pancreatitis.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the pancreas resides. You can also make a circular motion with the fork while it is ringing to stir up the energy.

## Stomach 110 Hz (A note)



The stomach is a muscular organ located on the left side of the upper abdomen. The stomach secretes acid and enzymes that digest food. Ridges of muscle tissue called rugae line the stomach. The stomach muscles contract periodically, churning food to enhance digestion.

### **Tuning Fork Application:**

If using a weighted tuning fork for the stomach, activate the fork and place the stem on stomach. Do this a few times and let the vibration ring out. You can approach from the front. You can activate the stem and drag it with a mild pressure all along the stomach area.

If using an unweighted fork activate it and point the tines 2-3 inches off the body where the stomach resides. You can also make a circular motion with the fork while it is ringing to stir up the energy. Also, you may activate the fork and move the tines up and around the stomach area from 2-3 inches off the body and never touching the body. This fork can also be used in tandem with the fat cell tuning fork.

## Disclaimer

The contents of this brochure is presented for general informational purposes only. You should always review it with your doctor who knows your unique medical history and medications. The information at this site is NOT presented as medical opinion, advice or recommendation, nor is it intended to treat or cure any disease or disorder, nor to substitute for consultation, diagnosis or treatment by your M.D. or other medical professional. No health care decisions should be made solely on the basis of the information you read here. Never rely on information you find here instead of seeking professional medical advice. Always consult with your doctor before taking any action with regard to your health care.

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**Human Organ  
Set of 15 Unweighted**



**Human Organ  
Set of 15 Weighted**