

## Application

**UTF:** Activate the selected tuning fork and bring within 3-6 inches from the left ear. You can either point the tines at the ear and have the tines pointed down towards the floor. Let the fork ring out (20-25 seconds). Repeat the process on the right ear. do this 1-3 times per fork.

**UTF on Chakra Energy Centers:** Activate the selected tuning fork and point the tines at the selected chakra. You can either let the fork ring out to its entirety or make circular patterns with the tuning fork to build up the energy in that center. Do this 1-3 times per tuning fork. You can do this with all the energy centers or just one.

**WTF:** Activate the selected tuning fork and place the stem on the desired Chakra Energy Center. You can do this from either the front/back of the body or both. For a deeper and wider concentration and vibration put a quartz crystal on your Energy center, activate the tuning fork and put the stem on the crystal which is laying on the body. This will increase the depth and vibration in this area. Do this 1-3 times per area.



### \*\*\* Medical 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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## Mineral Tuning Forks

*(Custom 3 inch stems)*



*Includes*

**12 Tuning Forks  
(14 Minerals),  
Velvet carrying  
pouch and  
Activator**

*(Comes in weighted and  
unweighted sets)*

**Tel: 509 723 2379**

These frequencies were discovered by Barbara Hero at the International Lambdoma Research Institute. These frequencies will help you to absorb the minerals that may have been blocked for various reasons. The harmonic resonance of the frequencies help the body to absorb these minerals more easily.

## Mineral Benefits

**Calcium**— Builds and maintains strong bones. Helps protect against cancer, diabetes and high blood pressure.

**Chromium**— Helps metabolize fats and carbohydrates. Moves blood sugar from the bloodstream into the cells to be used as energy. Turns fats, carbohydrates and proteins into energy.

**Magnesium**— Bone Health. Lowers type 2 diabetes. Aids in Cardiovascular health. Reduces migraine headaches, premenstrual syndrome and anxiety.

**Copper**—Helps to form red blood cells along with iron. Maintains healthy bones, blood vessels, nerves and immune function. Contributes to iron absorption. Helps prevent cardiovascular disease and osteoporosis.

**Iodine**— Promotes thyroid health. Improves cognitive function. Helps treat thyroid cancer and overactive thyroid gland.

**Iron**—Aid in energy, focus, gastrointestinal processes, the immune system and the regulation of body temperature.

**Manganese**— Reduces diseases as a powerful antioxidant. Helps reduce inflammation especially with the combination of Glucosamine and chondroitin. Regulates blood sugar. Lowers incidences of epileptic seizures.

**Molybdenum**—Prevents toxins from building up in the body.

**Phosphorous**— Builds strong teeth, reduces muscle pain after exercise. Filters out waste from kidneys. Grows, maintains and repairs tissue and cells. Produces DNA and RNA.

**Potassium**—Reduces stroke, high blood pressure, heart/kidney disorders, anxiety and stress. Enforces muscle strength, metabolism, water balance, electrolytic functions and nervous system.

**Selenium**— Protects against heart disease, mental decline. Boosts thyroid health, immune system and reduces asthma symptoms.

**Chlorine**—Reduces bacteria and viruses in water. Reduces diarrheal disease.

**Sodium**— Balances body fluid, helps nerve impulses, reduces muscle contractions, can raise blood pressure in high amounts.

**Zinc**— Regulates the immune function, treats diarrhea, reduces colds and infection, aids in wound healing.

## Minerals, Frequencies, and Notes

Mineral	HZ	Note
Calcium	320	E
Chromium/ Magnesium	384	G#
Copper	464	Bb
Iodine	424	Ab
Iron	416	Ab
Manganese	400	G#
Molybdenum	336	E
Phosphorus	480	B
Potassium	304	D#
Selenium/ Chlorine	272	C#
Sodium	352	F
Zinc	480	B