



To understand the use of frequencies for general health, it is first necessary to recognize that everything, absolutely everything, is vibrating ... even seemingly solid materials are made up of atoms that are vibrating.

The frequencies of the LightWorks Modes are based on the work of a French researcher, who discovered seven different beneficial frequencies. The purpose for applying these frequencies is to work with the body's natural healthy vibrations.¹



Mode	Related To
Mode A 292 Hz	Thought to be related to cellular vitality, brain, eyes, ears, glands, nerves, skin, teeth, spine.
Mode B 584 Hz	Thought to be related to nutritional metabolism, bladder, ears, gall bladder, intestinal tract, liver, lungs, pancreas, parasympathetic nervous system, thymus, thyroid.
Mode C 1168 Hz	Thought to be related to movement, adrenals, blood, bone, cartilage, heart, kidneys, ligaments, lymph, muscle, ovaries, spleen, tendons, testes.
Mode D 2336 Hz	Thought to be related to balance, brain, nervous system, relaxation.

table continued on page 2...



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Mode	Related To
Mode E 4672 Hz	Thought to be related to nerves, peripheral nervous system, spine, skin.
Mode F 73 Hz	Thought to be related to emotions, bone, brain, circulation, muscle.
Mode G 146 Hz	Thought to be related to the mind, creating, imagining, thinking, brain, nervous system, relaxation.

1. Please be aware that this data has not been scientifically vetted through conventional methods.

• The SOTA units are consumer products designed to be used as part of a Wellness Lifestyle • The SOTA units are not medical devices nor are they intended to diagnose, treat or cure any medical or health condition • The use, safety or effectiveness of the SOTA units has not been approved by any government agency • Please consult a health practitioner for any medical or health condition • Results using the SOTA Products will vary for each person • Please note that all purchases of SOTA Products are deemed to be made in Penticton, BC, Canada •