

Pro-Sport III and Ultra Preset Modes and Frequency Chart

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Compiled by First Alternatives 8/2017

PRO-SPORT III Mode	PS ULTRA MODE	Frequency and Settings	General uses and information
Relax Assess (Reaction)	Relax Assess (Reaction)	59.6	Initial reading and dosing Best frequency for muscles. Can use when too much surge is going on want to bring the energy down.
Blue Relax (Reaction)	Blue Relax (Reaction)	77	Scars and pain
Modulate (Modulating Avazzia Mode)	Modulate (Modulating Avazzia Mode)	139 – 147 Pulse = 3 Z = 90	Can also select modulation: off, 0.5:1, 1:1, 2:1, 3:1, 4:1, 5:1, 6:1 3:1 most used, Super acute 5:1 - chronic conditions lower modulations Brings down inflammation
Stimulate	Stimulate	28 - 111 Modulates power output and frequency	Will move back and forth between 28 and 111 and will vary all 8 of the damping settings Use to treat more superficial, acute pain, problems of local muscle spasm. Can be used as final step in treatments for 2 minutes (FM VAR)
Deep Stim	Deep Stim	30 – 121 Damping is variable Pulse = 3 Z becomes variable	Good for Diabetic Neuropathy and chronic pain. Can be used in acute injury. Use to treat deeper, more chronic pain problems like trigger points (SW VAR)
Blue Stim	Blue Stim	22 - 163 Pulse = variable Z becomes variable	Could use for difficult scars Could use to open up when communications are blocked. Is known as the "Breakthrough Mode"
Acute	Acute	121 Damping 2 mod 3-1	Can bring down inflammatory conditions Use while doing Little Wings or Bowling Ball
RSI (Reaction) (Repetitive Stimulation Intensity)	RSI (Reaction)	24 – 30 Multiple Pulses	Developed for Carpal Tunnel Syndrome and Plantar Fasciitis for chronic pain (bring down inflammation first) Is said to donate the most electrons
VASO (Variety Sophisticated Output)	VASO (Variety Sophisticated Output)	4 - 99 Variable Sophisticated Mode. Frequency, Power, Pulse and Z are modulated in 2 phases	Vasodilatation, increase blood and lymphatic flow – good for Diabetic neuropathy. Ligaments and tendons
Acute Trauma	Acute Trauma	79-85 Acute with Variable Sophisticated Mode. Frequency, Power, Pulse and Z are modulated in 2 phases	Highly randomized signal to treat acute, intense pain (<i>UNLIKE</i> Acute – this does not modulate)
783 Harmonics	783 Harmonics	7.83, 14.3, 20.8, 27.3, 33.8 Each frequency runs for 5 seconds	Good for "Earthing" and helps to improve sleep. Nature's assistance to help stimulate and balance our bodies Can start with 783 Harmonics for neuropathy – preps the body well for further treatment.
Solfeggio	N/A	174 – 963	The Six Solfeggio tones include:

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		Will be at each frequency for 20 sec	UT – 396 Hz – Liberating Guilt and Fear RE – 417 Hz – Undoing Situations and Facilitating Change MI – 528 Hz – Transformation and Miracles (DNA Repair) FA – 639 Hz – Connecting/Relationships SOL – 741 Hz – Expression/Solutions LA – 852 Hz – Awakening Intuition
FM 0.5 – 4.0 d	N/A	0.5 – 4.0 (Delta)	Deep, dreamless sleep
FM 3-8 t	N/A	3-8 (Theta) Damping 2-3	Deep Relaxation and meditation, mental imagery and REM dream state
FM 7-12 a	N/A	7-12 (Alpha)	Relaxed, calm, lucid, not thinking
FM 12-31 b	N/A	12-31.25 (Beta) Damping 4-6	Awake, normal alert and consciousness
FM 37- 43 g	N/A	37-43 (Gamma) Damping 3-5	Stimulates brain, regain focus, clarity, associated with perception and consciousness Can be used for Lyme disease and arthritis
FM 60-90-120	N/A	57 – 60: .5min 86 – 91: .5min 114- 122: 1 min	(Aka: Tone 1) Body Sculpting and can be used on face, firming and lifting
FM Plus	N/A	Modulates power and Frequency of: 57 – 60 86 – 91 114- 122	(Aka: Tone Plus) Body Sculpting and can be used on face, firming and lifting
FM Advanced	N/A	Modulates Frequency, Pulse, Packets and Z value of: 57 – 60 86 – 91 114- 122	(Aka: Tone Advanced) Body Sculpting, firming and lifting
FM Intense	N/A	Modulates Frequency, Pulse and Z value of: 57 – 60 86 – 91 114- 122	(Aka: Tone Intense) Body Sculpting, firming and lifting
PG 2500	N/A	2500	Outputs 2500 HZ continuously. Maximum power setting is 50
HGH (High Gain Harmony)	N/A	1725 – 45 sec 645 – 45 sec 1342 – 45 sec	Maximum power setting is 50 Human Growth Hormone Can be used for weight loss and increasing muscle gain
R-Stim	N/A	2500 Modulates 10 ms: 10ms	Maximum power setting is 50. Muscle Stim – Popular in Physical Therapy
Fast T (Reaction)	N/A	500 No Modulation	Because fast twitch fibers use anaerobic metabolism to create fuel, they are much better at generating short bursts of strength or speed than slow muscles.
Slow T (Reaction)	N/A	250 No Modulation	The slow muscles are more efficient at using oxygen to generate more fuel (known as ATP) for continuous, extended muscle contractions over a long time. They fire

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			more slowly than fast twitch fibers and can go for a long time before they fatigue. Therefore, slow twitch fibers are great at helping athletes run marathons and bicycle for hours.
CH Step	N/A	Chakra 126 - 272 Will stay on each for 60 seconds	Chakras 1 - 8
CH RT 194 (Reaction)	N/A	194	Root (Chakra 1) - Gonads - Red
CH Sac 210 (Reaction)	N/A	210	Sacral (Chakra 2) - Spleen - Orange
CH Solrp 126 (Reaction)	N/A	126	Solar Plexus (Chakra 3) - Pancreas and Adrenals - Yellow
CH Hrt 136 (Reaction)	N/A	136	Heart (Chakra 4) - Thymus - Green
CH Thr 141 (Reaction)	N/A	141	Throat (Chakra 5) - Thyroid - Blue
CH 3 rd 221 (Reaction)	N/A	221	Brow (Chakra 6) - Pituitary - Indigo
CH Crn 172 (Reaction)	N/A	172	Crown (Chakra 7) - Pineal - Violet
CH 8 th 272 (Reaction)	N/A	272	(Chakra 8) (Doorway to Higher Self) (energy center of divine love, of spiritual compassion and spiritual selflessness, your karmic residue)
LU 824 (Reaction)	N/A	824	Lung
PC 530 (Reaction)	N/A	530	Pericardium
HT 497 (Reaction)	N/A	497	Heart
SI 791 (Reaction)	N/A	791	Small Intestine
TE 732 (Reaction)	N/A	732	Triple Heater/ Triple Warmer
LI 553 (Reaction)	N/A	553	Large Intestine
SP 702 (Reaction)	N/A	702	Spleen
LR 442 (Reaction)	N/A	442	Liver
KI 608 (Reaction)	N/A	608	Kidney
BL 667 (Reaction)	N/A	667	Bladder
GB 583 (Reaction)	N/A	583	Gall Bladder
ST 471 (Reaction)	N/A	471	Stomach
Face Stim	N/A	121 Mod 3:1	Face Stimulate
Face Smooth	N/A	77	Face Smooth
Eye Stim	N/A	30 Mod 3:1	Eye Stimulate
Eye Smooth	N/A	15	Eye Smooth
BEE	N/A	RSI Full	RSI full, second select on -- on body
AVA (Reaction)	AVA (Reaction)	Programmable: .5 to 1565 Up to 30 pulses 001 to 80 Z_value 8 damping levels 7 modulations: .5:1, 1:1, 2:1, 3:1, 4:1, 5:1, 6:1	
VAZ 1 through VAZ 4 (Reaction)	VAZ 1 through VAZ 4 (Reaction)	User saved Settings	

POWER CURVES (on all modes except modulate/massage) Lowers the voltage
Normal - Cosmetic - Soft - Sensitive --Ultra Soft

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Some Frequency Suggestions:

Stimulating

Balancing of well being 1565
Blood circulation 337
Clarity of thought/mental function 35
Clearing of emotional trauma 15
Colon function 635
Healing of bones 7
Healing of capillaries 15.3
Healing of ligaments 9.6
Healing of muscles 13.6
Healing of nerves 2
Heart function 696
HGH production/pituitary 1725/645/1342
Immune system 835
Increase blood flow/circulation 17
Kidney function 625
Liver function 751 White blood cell production 1434
Lymph system circulation 15.3
Lymph system function 676
Nervous system 764
Normalization of calcium
Metabolism 328
Pineal function 662
Reinforcement of DNA integrity 528
Stabilization of emotional states 15
Thyroid function 763

Normalizing

Adrenal Function 1335
Blood Pressure 15
Chemical sensitivity 440
Electrical sensitivity 557
Endocrine system 537
Estrogen production 1351
Excess fluid retention 24.3
Hemoglobin production/spleen 2452
Pituitary 635
Progesterone Levels 763/1446/1443
Red blood cell production 1524
Swelling of herniated disc 25.3/324/15
Testosterone (female) 1445
Testosterone production (male) 1444