Frequency and Carrots

Sometimes researching natural healing can become a dance with the devil. We have discussed how the Spiritists had their own health reform, now we have to wade through some research to prove something wrong that many people seem to believe is true. I don't doubt sincerity, I only doubt accuracy when it comes to resonance and frequencies.

Resonance?

What a big, misunderstood word. What is resonance? It is the frequency that most affects a given object. Technically everything can resonate. For example individual organs in the human body possess natural resonance frequencies, typically ranging between 2–30Hz for different body parts *(the head is 20-30hz)*. Exposure to vibrations at these frequencies cause your organs to dance like Mexican jumping beans. It causes maximum organ displacement, or as scientists say, your organs resonate. This experience can lead to fatigue, injury, and negative health impacts. Scientist are hoping that they can find a way to generate sound or electromagnetic frequencies that heal the body instead of damage it. Some claim they have, others claim they haven't.

What is frequency?

How often something occurs. Electromagnetic frequency *(EMF)* is how many times an electromagnetic wave oscillates from a positive to negative charge *(called Hertz or hz)*. Radio waves, microwaves, infrared, visible light, ultraviolet, X-rays, and gamma rays, are all electromagnetic energies with a frequency. Visible light is measured in Terahertz or trillion hertz. Microwaves are in the megahertz or million hertz. The wall outlets in your house are 60hz if you live in the U.S., nearly everywhere else is 50hz. You can observe the electrical frequency of your lights with a slow motion camera, the lights are actually flickering on and off 60 times a second. The human eye cannot discern beyond 30 changes a second unless it is watching a movie or playing a video game.

Sound has frequencies too. These are called acoustic frequencies, they are not electromagnetic. Drums you can feel in your organs, like the kickdrum are generally around 30-70hz *(Fun fact: the physical chest cavity resonates between 50-100 Hz, this is why you can feel the beat)*. Gamma brain waves *(associated with deep thought and concentration)* are also produced at 50-100hz. Listening to audio in this frequency causes something called entrainment. The brain waves become captive to the frequency of the sound. Studies have been done on this effect and the scientist determined it was good. This was because people were less likely to have "intrusive thoughts." Looking at the test and evidence I interpret it differently. It looks like it impacted the subjects ability to think, so they "pulled a blank" more often.

Sound is reproduced in speakers with a magnet and a special, rubbery material. An A/C electrical charge is sent to the magnet and the frequency determines the sound. The sound the letter "S" makes is typically reproduced at 6-8Khz or 6-8 thousand hertz. This means the electrical signal alternates between positive and negative 6000 times in a second. In order to understand how incredible this is, you would have to watch a real time audio feed of the human voice. Every word we speak appears in a broad range of frequencies.

Does food have a frequency?

I have had alot of people in the past few days speak to me on the topic of resonance and frequency. What prompted me to write this was an email I received this morning telling me vegetables have a frequency of 20-27Mhz or million hertz. I'm not quite sure what the vegetables are releasing at that frequency... If it's electromagnetic waves, they are in the commercial two way radio communications channel. Maybe we could tune in and listen to them laying a plot to receive more fertilizer. They would also make your fingers tingle when you touch them, and likely cause radioactive damage to your body. If it's sound waves, Ultrasounds fall into this frequency, we would get a free one while every time we eat. So the question remains... What energy do vegetables have at that frequency?

The brother or sister who emailed me, likely meant an EMF of 20-27hz not Mhz. In this case yes food does have an electromagnetic frequency. In fact, presumably all living creatures release EMF, because living creatures produce bioelectric energy. God designed us to communicate internally with a nervous system. This system uses electricity, measured in millivolts or a thousandths of a volt. This energy is actually

direct current, which does not have a frequency. However the energy pulsates *(turns off and on)* and thus how many times it turns off and on in a second is measured and labeled frequency. Note that an electromagnetic field exists wherever electricity flows. However, the strength of that field is determined by how much energy is flowing. The human body uses micro and milliamp's, or thousands and millionths of an amp. Thus the electromagnetic field around a person is very weak, it has been measured 2 feet from the head with special electromagnetic shielding *(It just so happens the earth also has an electromagnetic field)*. The frequency of the human electromagnetic field would match the frequency in the body, which varies significantly, depending on the organ and muscle being measured and the exact time it was measured. Anywhere from .02-10,000 hz according to an AI search of *Pubmed.gov*. The Intestines are around 0.02-0.15 hz while certain muscle fibers are up to 10,000hz.

Does a human body have only ONE electromagnetic field? The Human body has a very broad range of electromagnetic fields that are constantly changing frequency and strength and overlap each other. Keep in mind that this applies for ALL things using bioelectric energy, which does include vegetables. Although vegetables would have significantly less electromagnetic fields than a human, because they are less complex. These EMF's only exist while voltage or current are present, dead animals and cooked vegetables do not have any EMF's, and thus they also have no frequency.

Frequency or Energy?

A significant question we should ask ourselves is; "which affects the body more, frequency or energy?" Wifi signals for Internet are electromagnetic frequencies in the 2.4Ghz range. This means the waves change between positive and negative 2.4 billion times in a second. Did you know that Microwaves also release electromagnetic fields at 2.4Ghz? Should we be worried about this? Not necessarily. Microwaves heat food through molecular friction, imagine someone was rubbing the back of your hand extremely fast with a feather. Would this cause a burn? No, because the force applied is minimal. What about with a rug? The result would definitely be a carpet burn. A good microwave is roughly 1000 watts, while a Wifi router averages 10 watts. Reality is, the body will dissipate any heat created at that power level before damage occurs. So technically it isn't about the frequency but about the energy released. Radio towers release between 100 and 1000 watts. The power affects the range of the waves. They do cause damage to the body, and people shouldn't get too close to them due to radiation damage. In Suburban areas their output is limited to 100 Watts. Power-lines release EMF, at whatever frequency the power running through them is, in America that would be 60Hz. You can actually hear the sound of the electromagnetic field shifting the metal parts ever so slightly. The acoustic *(sound)* frequency occurs at 120hz because of the nature of the electromagnetic signals, it sounds like double what it actually is. You can also hear the crackling and hissing of something called the corona effect too. I digress.

Does Frequency Matter?

Yes, the less frequently we get sunlight, fresh air, pure water, good nutrition, exercise, and rest, the more unhealthy we will be. We also need to frequently remind ourselves to trust in God. Yeah, yeah, I get it, this isn't what the newsletter is about. Yes and no, as mentioned the energy involved is more important than the frequency, but certain frequencies do have effects.

Bacteria *(which also produce EMF)* are affected by EMF frequencies. There are studies that indicate certain bacteria are benefited or damaged by different low frequencies (*ELF—low electromagnetic frequencies)*. For instance 8hz was found to stop E. coli cells from multiplying, while 4hz increased cell multiplication. But this is just one bacteria, others were inhibited at 50Ghz. Given the wide spectrum of EMF released by the human body *(0.02hz-50Khz)* and vegetables *(1-100Hz)*, as well as the range of EMF that affects bacteria, and the drastic difference only 4hz makes, I don't think this has a future in health. To have much of a benefit the bacteria affecting the body would need to be known before treatment could commence. This might be useful for treatment for certain bacteria like Rabies, or Tetanus, if these are even affected by EMF. Ultimately we would need to know the exact EMF our food is producing as well as the exact EMF that will negatively affect a specific bacteria for any effect to happen. EMF can only be determined by special equipment is a special lab, and these frequencies would vary every second.

Infra-sound

I would also like to take a moment to highlight another reason to get out of the cities. The human ear can hear acoustic frequencies (sound) from 20hz to 20Khz. Sound above 20Khz is called ultrasonic, while sound below is called infrasonic. Because infra-sound waves move so slowly they have long wave lengths, in simple terms this means the lower the frequency of the sound, the further it can travel. This is why you can "enjoy" the drum solo of your neighbors kid at 3am till he gets to work, and all without ever leaving your bed! But drums are still in the auditory sound

range. Infra-sound is able to travel hundreds of miles through the air, and in some cases even span the entire globe. But you never hear them, you just feel them. Most of the human bodies resonance frequencies are in this range. Physical and psychological symptoms of infra-sound include; nausea, dizziness, headaches, fatigue, and feelings of fear, anxiety, or sadness. These sounds are felt as vibrations if felt at all, because they cannot be heard. They can cause resonance in internal organs (causing discomfort), sleep disturbance, and difficulty thinking clearly. Cities in general have alot of infra-sound. The most powerful are generated by trains, planes, helicopters, oil fracking, heavy traffic, wind turbines, diesel generators, industrial pumps *(water, natural gas, etc.)*, industrial machinery, and HVAC systems *(Air conditioning, especially big ones)*. Data centers and Crypto-Currency mines also create alot of infra-sound, mostly due to their need for diesel and natural gas generators.

How far infra-sound travels can vary based on atmospheric conditions. Fifty miles seems to be a good general rule, but this distance can increase depending on how loud the infra-sound is. In some cases even 125 miles isn't far enough to avoid it. Nevertheless, fifty miles is sufficient in most cases. It's better to live in the country and make less money than to brave the physical and moral perils of the city. The big cities are filled with sickness and a sorrow that money and doctors can never fix. They must feel the healing influence of Godly men and women. However it is not necessary for us to live in the city to be that influence.

Fun fact: Several animals generate infra- sound. Alligators, Elephants, Giraffe's, Tigers, and a few whale species. Elephants are the most impressive, they can actually hear the infra-sound produced by a thunderstorm. They can also communicate from extremely long distances, although whales can communicate farther. Infra-sound travels roughly five times farther in water. Some scientists think several species of migratory birds are able to hear the infra-sound generated by wind passing through certain mountain passes. Last but not least, waves clashing against each other, and waterfalls produce infra-sound. The ultra low frequency of these sounds, typically 4hz or less can be calming especially at natural levels. This is the same frequency as theta brain waves, a wave that is observed when a human is relaxed.

Why bother writing this?

While there is something to EMF and Bioelectric energy, it isn't a healing force. Far more stress should be placed on acoustic frequency than on EMF.

There are those that take it upon themselves to assign food a "frequency." This frequency is vaunted up until nutrition becomes irrelevant. Vegetables do not have hidden powers that the human body can harness through eating, juicing, or hugging. Nature does not contain a mystical power that can be harnessed by the human body. This is called superstition. EMF can be used to heal, but this healing occurs by the movement of certain healing elements in the blood. The life is in the blood, and wherever that blood is, it brings life with it. Hydrotherapy is more effective than EMF treatment, it draws blood and supports healing while also using significantly less energy.

Wherever people are seeking a cure for their pain and misery Satan is present with his suggestions. His cures are constantly bringing men and women into bondage to addiction or bondage to demons. There are many pharmaceuticals that bring people into bondage to addiction. For the more cautious, who seek natural cures, Satan is present to offer a specious mystical cure. Magnets, homeopathic tinctures, frequencies, positive/negative ions, and crystals are just some of the spurious remedies he pedals. Heavens methods, such as hydrotherapy, sunlight, fresh air, pure water, good nutrition, exercise, rest, and trusting in God are the polar opposite. For instance, hydrotherapy functions on the grand principle, "the life is in the blood." Wherever the blood is, there is life and healing. Using hot and cold water, the blood is drawn to the places that need to be healed. This grand principle has spiritual parallels to the blood of Christ. Our condition can only be changed as we allow the soothing promises and the startling rebukes of the Bible draw us to the blood of Christ. When the blood of Christ is plead on our behalf, we receive life. One form of healing leads us to search for hidden power in creation, the other teaches us to seek the blessings and favor of God. One is mystical, the other opens our eyes to see the love of our Heavenly Father.

We are fearfully and wonderfully made, from creatures that can hear and use infra-sound to carrots producing their own electricity. Nature never ceases to impress me with the power of the Living God, who used sound and His almighty power to create the world.

For a finished work,

Jonathan Taylor

Wisdom is justified of all her children. -Luke 7:35