

## LightWorks Modes



Mode A 292 Hz	Cellular Vitality, brain, eyes, ears, glands, nerves, skin, teeth, spine.
Mode B 584 Hz	Nutritional Metabolism, bladder, ears, gall bladder, intestinal tract, liver, lungs, pancreas, parasympathetic nervous system, thymus, thyroid.
Mode C 1,168 Hz	Movement, adrenals, blood, bone, cartilage, heart, kidneys, ligaments, lymph, muscle, ovaries, spleen, tendons, testes.
Mode D 2,336 Hz	Balance, brain, nervous system, relaxation.
Mode E 4,672 Hz	Nerves, peripheral nervous system, spine, skin.
Mode F 73 Hz	Emotions, bone, brain, circulation, muscle.
Mode G 146 Hz	Mental, creating, imagining, thinking, brain, nervous system, relaxation.



• The SOTA units are consumer products designed for relaxation, well-being and to complement a healthy 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 •