

BioHarmony Wellness Guide

Heal Yourself

The Modern Guide to BioHarmony,
PEMF Therapy, AO Scan Assessment
& Energy Medicine



BioHarmony Solutions

— BioFrequency Analytics —

◆ BioHarmony Wellness

You Can Heal Yourself

The Modern Guide to BioHarmony, PEMF Therapy, AO Scan Assessment & Energy Medicine

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Written and produced by the BioHarmony Wellness Team

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The New Paradigm of Healing

Why energy medicine is the missing piece in modern healthcare

For most of modern history, medicine has treated the body as a machine — fix the broken part, replace the worn component, silence the symptom with a drug. This approach has saved countless lives. Emergency surgery, antibiotics, trauma care — these are gifts of modern medicine that none of us should take for granted.

But this mechanical model has left a gap. A large one.

Because you are not a machine. You are a living, vibrating, electromagnetic field of energy — a bioenergetic system that communicates, regulates, and heals through frequencies, currents, and fields that science is only now beginning to fully understand. The cells in your body communicate through electrical signals. Your heart generates a magnetic field measurable several feet from your body. Your brain produces distinct frequency patterns — delta, theta, alpha, beta, gamma — that shift with your state of consciousness. Every organ has a resonant frequency. Every biological process is, at its foundation, electronic.

This guide represents a new — yet ancient — understanding of health. The same wisdom that drove traditional energy healing practices across cultures for thousands of years is now being validated by modern biophysics, quantum biology, and clinical research into PEMF therapy, biofield science, and frequency medicine.

THE FUNDAMENTAL TRUTH

Your body has an innate ability to heal itself. The role of energy medicine is not to impose healing from the outside, but to remove blockages, restore coherent signaling, and create the conditions — cellular, energetic, informational — for your body to remember how to be well.

This is the BioHarmony approach. Named not after a device or a brand, but after a principle: **the harmony of biological energy**. When your cells vibrate at their natural, coherent frequencies — when your biofield is balanced — health follows. When that harmony is disrupted by stress, trauma, toxins, or electromagnetic chaos — dis-ease follows.

The good news: you can restore that harmony. And with the combination of AO Scan assessment, PEMF therapy, Reiki integration, and targeted frequency protocols, you have more precise tools available today than at any point in human history.

What This Guide Covers

- **AO Scan Assessment** — the breakthrough technology that reveals your body's frequency signature, identifying imbalances at their energetic root before they manifest as physical symptoms
- **PEMF Therapy** — the science of pulsed electromagnetic fields and how they recharge your cells like a battery
- **Reiki & Biofield Healing** — the ancient art now validated by modern physics
- **Bioenergetic Assessment** — understanding your body's unique frequency signature through AO Scan technology
- **Frequency-Based Protocols** — targeted wellness using specific vibrational signatures, personalized using your AO Scan data
- **Nutrition for the Biofield** — eating to support energetic coherence
- **Daily BioHarmony Practice** — a sustainable routine for lifelong vitality

This is not a passive read. This is an invitation to participate in your own healing — to become the active agent of your wellness rather than a passive recipient of care. The science is here. The tools are here. The only question is: are you ready to begin?

BEFORE YOU BEGIN

If you haven't already, consider starting your journey with an AO Scan assessment. It provides a personalized baseline of your biofield — a roadmap that makes every protocol in this guide more targeted and effective. Contact BioHarmony Solutions to schedule your scan.

PART ONE

The BioHarmony Philosophy

From symptom suppression to energetic restoration

The dominant medical model asks: *What symptom are you experiencing? What drug or procedure will suppress it?*

The BioHarmony model asks: *What is your body trying to tell you? What energetic imbalance is driving this symptom? How can we restore coherence at the root?*

This is not an either/or proposition. Acute care, emergency medicine, and pharmaceutical intervention have their place — and when you need them, you need them. But for the vast

majority of chronic health challenges — fatigue, pain, inflammation, sleep disorders, mood imbalances, autoimmune conditions, cognitive decline — the root cause is often energetic, not structural. And energy-based interventions can produce results that symptom-suppression alone cannot.

The Four Pillars of BioHarmony

Pillar 1: The Body Is an Electromagnetic System

Your body is not just chemistry — it is physics. Every heartbeat generates an electrical impulse that can be measured on an ECG. Every thought produces a brainwave detectable on an EEG. Every cell in your body operates within a voltage gradient, and when that voltage drops, cellular function degrades. Nobel laureate Dr. Albert Szent-Györgyi, who discovered vitamin C, argued that all biological processes are fundamentally electronic. When asked "what drives life?" his answer was simple: "A little electric current." This is not metaphor. It is biophysics.

Pillar 2: Your Biofield Is Real and Measurable

The human biofield — the electromagnetic field that surrounds and interpenetrates the body — is not a New Age concept. It has been studied by researchers at institutions including Harvard, Yale, and the National Institutes of Health. Techniques like GDV (Gas Discharge Visualization), bioresonance scanning, and AO Scan technology can quantify and visualize its state in real time. The biofield is the organizing matrix of your health. Before a single cell forms in an embryo, the biofield provides the blueprint. Before a wound heals, the biofield directs cellular migration and tissue regeneration.

Pillar 3: Coherence Is Health — Incoherence Is Dis-ease

When your body's systems vibrate in harmonic coherence — cells communicating clearly, organs resonating at their natural frequencies, the heart and brain synchronized — you experience health. When that coherence breaks down — through stress, inflammation, toxicity, emotional trauma — the body falls into incoherence, and symptoms emerge. The goal of BioHarmony practice is to restore coherence at every level: cellular, energetic, emotional, and environmental. This is where AO Scan technology becomes invaluable — it gives you a precise map of where coherence has broken down and what frequencies will restore it.

Unlike generic wellness advice, an AO Scan assessment identifies exactly which systems in your body are operating outside their optimal frequency range. Instead of guessing, you know. The scan becomes your personalized roadmap to coherence.

Pillar 4: You Are Your Own Healer

The most important principle: no practitioner, device, or protocol heals you. They create the conditions for your body to heal itself. The healing intelligence is already within you. PEMF devices, Reiki sessions, AO Scans, bioenergetic tunings — these are catalysts, not cures. This is why two people can use the same frequency protocol and have different results — their bodies are doing the work, not the device. Your intention, consistency, and willingness to show up for yourself are the most powerful variables in your healing journey.

PART TWO

Understanding Your Biofield

The invisible architecture of your health

The term *biofield* was formally adopted by the National Institutes of Health (NIH) in the 1990s to describe "the field of energy and information that surrounds and interpenetrates the human body." It is the organizing matrix that shapes and informs the physical body.

Think of the biofield as the software that runs the hardware of your body. You can replace hardware components — organs, joints, even DNA repair mechanisms — but if the software is corrupted by incoherent programming, the hardware will eventually malfunction again. Energy medicine works at the software level to restore coherent programming to the biofield, so the body's hardware can operate as designed.

The Science of Bioenergetics

Every cell in your body has an electrical potential — a voltage across its membrane. Healthy cells maintain a voltage of approximately -70 to -90 millivolts (mV). When cellular voltage drops — due to stress, toxicity, injury, or disease — the cell cannot function optimally. It cannot absorb nutrients effectively. It cannot eliminate waste efficiently. It cannot communicate clearly with neighboring cells.

PEMF therapy works by inducing small electrical currents in tissues, effectively recharging cells and restoring their natural voltage. This is not speculative — it is grounded in established biophysics, supported by thousands of peer-reviewed studies, and used by everyone from

NASA astronauts (to prevent bone density loss in space) to professional athletes (to accelerate recovery from injury).

Signs of Biofield Imbalance

Your biofield communicates with you constantly. Here are common signs that it may be out of coherence:

- **Chronic fatigue** — your cells lack the voltage to produce adequate energy
- **Poor sleep** — your biofield cannot entrain to restorative delta frequencies
- **Brain fog** — neural communication is disrupted by incoherent signaling
- **Unexplained pain** — tissues in distress signal through the biofield
- **Mood swings / anxiety** — emotional centers are energetically dysregulated
- **Slow recovery** — the biofield lacks coherence to direct healing efficiently
- **Sensitivity to EMFs** — an already-stressed biofield reacts to environmental frequencies

KNOW BEFORE YOU GO

A **BioHarmony AO Scan assessment** provides a detailed map of your biofield — organ by organ, system by system — identifying where frequencies have drifted from their optimal range. Book a scan to discover your biofield's current state and receive a personalized protocol.

PART THREE

The AO Scan: Your Biofield Report Card

The breakthrough technology that measures what you can't feel

Imagine going to the doctor and receiving a report that doesn't wait for symptoms to appear — a report that shows you *which systems in your body are drifting out of balance* weeks, months, or even years before physical symptoms manifest. That is exactly what an AO Scan provides.

What Is an AO Scan?

The AO Scan is a bioenergetic assessment technology that measures the frequency signatures of your body's organs, systems, and energetic pathways. Using advanced

frequency analysis, it detects where your body has drifted from its optimal state of coherence — and provides a detailed, actionable roadmap for restoration.

Unlike conventional medical tests that look for pathology (disease) after it has already developed, the AO Scan operates at the level of *energetic function*. It detects the incoherence that precedes disease, giving you the opportunity to intervene early — when intervention is simplest and most effective.

How the AO Scan Measures Your Biofield

The assessment is quick and effortless. You simply provide a 15-second voice sample, and the AO Scan technology analyzes the resonant frequencies in your voice to assess the energetic state of your body's systems. The assessment covers:

- **Organ systems** — frequency signatures of your heart, lungs, liver, kidneys, digestive system, and more
- **Energetic pathways** — the meridians and channels through which your body's energy flows
- **Nutritional imbalances** — which nutrients your body is struggling to process or absorb
- **Toxicity load** — the burden of environmental toxins on your biofield
- **Emotional patterns** — energetic imprints from stress, trauma, or emotional challenges
- **Frequency deviations** — specific frequencies that have drifted from optimal range

Reading Your AO Scan Results

Your AO Scan results are presented as a clear, color-coded report. Green indicates systems operating within optimal range. Yellow signals mild deviation — areas to watch. Orange and red indicate significant deviation — systems that need immediate energetic support. The report is not just a diagnosis; it is a **prescriptive map**. Each colour and number tells you exactly where to focus your wellness protocol.

FROM SCAN TO SOLUTION

Your AO Scan results directly inform your personalized protocol. If your scan shows deviation in your sleep-related frequencies, for example, your protocol emphasizes delta-range PEMF sessions before bed. If your adrenal frequencies show stress patterns, your protocol includes grounding work and targeted frequency support. It's precision medicine — but at the energetic level.

From Scan to Protocol: Personalized Wellness

This is where BioHarmony's approach becomes truly unique. Your AO Scan doesn't just tell you what's wrong — it tells you what to do about it. Based on your results, your BioHarmony practitioner builds a personalized protocol that may include:

- **Targeted PEMF sessions** at frequencies specific to your imbalances
- **Bioenergetic tuning** — specific frequencies to restore coherence to identified systems
- **Nutritional guidance** — foods and supplements that support your energetically stressed systems
- **Lifestyle recommendations** — routines and practices that address the root causes of your imbalances
- **Progress tracking** — follow-up scans to measure improvement and adjust protocols

The result is not a one-size-fits-all wellness plan. It is a personalized frequency prescription, based on real data from *your* biofield, designed by practitioners who understand how energy medicine works at the cellular level.

PART FOUR

PEMF Therapy: The Cellular Revolution

Recharging your body at the cellular level

Pulsed Electromagnetic Field (PEMF) therapy is one of the most thoroughly researched and clinically validated modalities in energy medicine. With thousands of peer-reviewed studies spanning decades, PEMF has been shown to benefit everything from bone healing and pain management to sleep quality, mood regulation, and athletic recovery.

Yet despite the depth of evidence, PEMF remains relatively unknown to the general public. This is changing rapidly. In 2026 alone, PEMF received major coverage from Forbes, The Guardian, and Vogue — signalling that what NASA, professional athletes, and forward-thinking clinicians have known for years is finally reaching the mainstream.

How PEMF Recharges Your Cells

Every cell in your body functions like a tiny battery. It has a voltage — a charge differential across its membrane — that powers everything the cell does: absorbing nutrients, eliminating waste, communicating with other cells, repairing itself. When cellular voltage drops, cellular

function declines. This is the common denominator behind virtually every chronic health condition.

PEMF therapy works by delivering pulsed electromagnetic fields that induce small electrical currents in your tissues. These currents recharge your cells, restoring their voltage and allowing them to function optimally. Think of it as plugging your body's battery into a charger. The effect is systemic — every cell in the path of the PEMF field benefits.

THE EVIDENCE IS CLEAR

Over 2,000 clinical studies have examined PEMF therapy. Research has demonstrated benefits for bone healing (FDA-cleared since 1979), pain reduction, inflammation modulation, improved microcirculation, enhanced cellular repair, accelerated wound healing, and improved sleep architecture. When you combine PEMF with personalized AO Scan data, you are not guessing which frequencies to use — you are delivering precisely what your body needs.

BioHarmony PEMF Protocols



Sleep Restoration Protocol

Frequency: 0.5–4 Hz (Delta range)

Duration: 20 minutes

Timing: Immediately before bed

Delta frequencies mirror the brainwave state of deep, restorative sleep. This protocol helps entrain your brain and biofield to the sleep state, making it easier to fall asleep, stay asleep, and wake up refreshed. Particularly effective when your AO Scan shows sleep-related frequency deviations.



Grounding & Coherence Protocol

Frequency: 7.83 Hz (Schumann Resonance)

Duration: 15–20 minutes

Timing: Morning or any time of day

The Schumann resonance — the Earth's natural electromagnetic frequency — is the most studied and most universally beneficial PEMF frequency. It promotes whole-body coherence, calms the

nervous system, and restores your biofield's connection to the Earth's natural rhythms. Excellent for stress reduction and general wellness maintenance.

Energy & Vitality Protocol

Frequency: 12–30 Hz (Alpha-Beta range)

Duration: 15 minutes

Timing: Morning, before activity

When your energy lags despite adequate sleep, this protocol recharges cellular voltage and stimulates mitochondrial function. Users typically report feeling noticeably more alert and energized within 5–10 sessions.

Anti-Inflammatory Protocol

Frequency: 25–100 Hz

Duration: 15–20 minutes

Timing: During flare-ups or as daily maintenance

Specific frequencies in this range modulate the inflammatory response at the cellular level. Combined with AO Scan data that identifies inflammation hotspots, this protocol becomes a targeted anti-inflammatory intervention.

Deep Cellular Repair Protocol

Frequency: 7.83 Hz + targeted frequencies from AO Scan

Duration: 20–25 minutes

Frequency: Daily for 30 days

The gold standard for comprehensive biofield restoration. This protocol combines the grounding benefits of Schumann resonance with frequencies specifically selected based on your AO Scan results. It's personalized PEMF — the most effective form of the therapy.

PEMF + AO Scan: Precision Frequency Targeting

The true power of PEMF therapy is unlocked when you combine it with AO Scan assessment. Without a scan, you are using PEMF at general frequencies — still beneficial, but not

personalized. With an AO Scan, you know *exactly* which frequencies your body needs, for *which* systems, and can track your progress over time.

For example: if your AO Scan reveals frequency deviations in your digestive system and adrenal glands, your BioHarmony practitioner can design a PEMF protocol that delivers specific frequencies to support those systems — not generic wellness frequencies. The result is dramatically faster and more targeted improvement.

READY FOR PERSONALIZED PEMF?

Book a BioHarmony AO Scan assessment to discover your unique frequency profile and receive a customized PEMF protocol designed specifically for your body's needs.

PART FIVE

Reiki & Energy Medicine

The art and science of biofield healing

While PEMF works on the physical-electromagnetic layer of the body, Reiki and energy medicine address the subtle-informational layer of the biofield. Both are essential. PEMF restores cellular voltage and systemic coherence. Reiki clears energetic blockages, releases stored patterns, and supports emotional-energetic balance. Together, they form a complete approach to biofield restoration.

Understanding Energy Medicine

Energy medicine is based on a simple premise: the body has an energy system that can be influenced to support healing. This is not a belief system — it is an observed phenomenon that has been practiced across cultures for thousands of years and is now being studied in academic medical settings. Major hospitals around the world, including the Cleveland Clinic and Johns Hopkins, offer Reiki as a complementary therapy alongside conventional medical treatments.

From a biophysical perspective, Reiki practitioners work with the biofield — the same electromagnetic field that AO Scan technology measures. The practitioner serves as a facilitator, creating conditions for the recipient's biofield to reorganize itself toward coherence. The mechanism may involve entrainment — the tendency of biological oscillators to synchronize with each other — a well-documented physical phenomenon.

Self-Reiki: Your Daily Biofield Maintenance

One of the most empowering aspects of Reiki is that it can be self-administered. You do not need to be a master practitioner to benefit from the basic principles of energy healing. Here is the BioHarmony self-Reiki practice:

1. **Center yourself:** Sit comfortably, take three deep breaths, and set an intention for your practice. This could be as simple as "I intend to be in harmony."
2. **Activate your hands:** Rub your palms together briskly for 10–15 seconds to activate the energy centers in your hands.
3. **Crown (top of head):** Hold for 2–3 minutes. Visualize light entering through the top of your head.
4. **Third Eye (forehead):** Hold for 2–3 minutes. Focus on mental clarity and releasing worry.
5. **Throat:** Hold for 2–3 minutes. Focus on authentic expression and communication.
6. **Heart (center of chest):** Hold for 3–5 minutes. This is the most important position — focus on love, gratitude, and emotional coherence.
7. **Solar Plexus (upper abdomen):** Hold for 2–3 minutes. Focus on personal power and confidence.
8. **Sacral (lower abdomen):** Hold for 2–3 minutes. Focus on creativity, relationships, and flow.
9. **Root (lower back or hips):** Hold for 2–3 minutes. Focus on grounding and security.
10. **Close:** Gently press your palms together at heart level, thank yourself for the practice, and take a deep breath.

Combining Reiki with PEMF

This is where the BioHarmony approach becomes uniquely powerful. When you combine Reiki and PEMF in a single session, you are addressing both the physical-electromagnetic layer and the subtle-informational layer of your biofield simultaneously. PEMF recharges the battery. Reiki clears the software corruption. Both are optimal for comprehensive biofield restoration.

Combined PEMF + Self-Reiki Protocol

Set up PEMF: Apply PEMF at 7.83 Hz (Schumann) or a frequency from your AO Scan results

Begin Reiki: While PEMF runs, self-administer the hand positions above

Focus on key areas: Heart center (emotional coherence), solar plexus (personal power), crown (connection)

Duration: 20–30 minutes combined session

Integration: Close with a few minutes of silent meditation or grounding

PART SIX

Frequency-Based Wellness Protocols

Targeted frequencies for specific wellness goals

Frequency medicine operates on a simple principle: every biological process has an optimal frequency signature. When you deliver that frequency to the body — through PEMF, audio entrainment, or bioenergetic tuning — you support the body's natural tendency to move toward coherence.

Protocols by Goal

Goal	Frequency	Duration	Best Time
Deep restorative sleep	0.5–4 Hz (Delta)	20 min	Before bed
Deep relaxation	4–8 Hz (Theta)	20 min	Evening
Calm focus / grounding	7.83 Hz (Schumann)	15–20 min	Morning or anytime
Active energy	12–30 Hz (Alpha-Beta)	15 min	Morning
Anti-inflammatory	25–100 Hz	15–20 min	During flare-ups
Pain reduction	25–100 Hz + 7.83 Hz	20 min	As needed
Digestive support	Custom (from AO Scan)	15–20 min	Before meals
Adrenal restoration	Custom (from AO Scan)	15–20 min	Morning

Customizing Frequencies from Your AO Scan

The protocols above are starting points. The real power comes from personalization. Your AO Scan assessment identifies specific frequency deviations unique to your body. Your BioHarmony practitioner uses this data to select PEMF frequencies, Reiki focus areas, and nutritional recommendations that address your specific imbalances — not generic ones.

For example: if your scan shows deviation in your liver and kidney frequencies, your protocol includes frequencies known to support those organs, combined with nutritional guidance for detoxification pathways. If your scan shows adrenal stress patterns, your protocol emphasizes grounding frequencies and restorative practices. Every protocol is as unique as your biofield.

The 30-Day Frequency Wellness Plan

Consistency is the key to biofield restoration. Here is a recommended 30-day plan:

Week	Focus	Daily Practice
Week 1	Grounding & Coherence	Schumann (7.83 Hz) — 15 min AM + 15 min PM
Week 2	Sleep Restoration	Delta (0.5–4 Hz) — 20 min before bed Schumann — 15 min AM
Week 3	Targeted Support	Frequencies from AO Scan — 20 min 2× daily
Week 4	Integration	Combined PEMF + Reiki — 25 min evening Morning energy protocol — 15 min

PRO TIP

Track your progress daily. Rate your energy (1–10), sleep quality (hours + rating), pain/discomfort (location + 1–10), and mood (1–10). After 30 days, schedule a follow-up AO Scan to measure the shift in your biofield. Most clients see measurable improvement within the first two weeks.

PART SEVEN

Nutrition for the Biofield

Eating for energetic coherence

What you eat directly affects your biofield. Food carries not only macronutrients and micronutrients, but also information — frequencies, energetic signatures, and life force (prana/qi). The more alive your food is, the more coherent your biofield becomes.

The BioHarmony Plate

1. Eat Live Foods

Fresh, whole, unprocessed foods carry the highest energetic charge. They contain photons (light energy) that are absorbed by your cells — a process called biophoton absorption. This is why people who transition to a whole-food, plant-rich diet often report feeling "lighter" and more energetic. They are literally taking in more light. Prioritize: leafy greens, fresh herbs, berries, sprouts, colourful vegetables, and locally grown produce in season.

2. Prioritize Electrolytes

The biofield runs on electrons. Electrolytes — sodium, potassium, magnesium, calcium, chloride — are the conductors of electrical current in your body. Modern diets, high in processed foods and low in minerals, often leave people electrolyte-depleted, weakening cellular voltage and biofield coherence. Key sources: Celtic sea salt (trace minerals), leafy greens (magnesium), coconut water (potassium), bone broth (calcium).

3. Support Mitochondrial Health

Healthy mitochondria = high cellular voltage = strong biofield. Mitochondria thrive on specific nutrients: CoQ10, L-carnitine, alpha-lipoic acid, B vitamins (especially B1, B2, B3, B7), and omega-3 fatty acids. They also respond well to intermittent energetic challenges: cold exposure, heat exposure (sauna), and intermittent fasting all stimulate mitochondrial biogenesis — the creation of new mitochondria.

4. Drink Structured Water

Water is not just H₂O — it is a liquid crystal that stores and transmits energy. The structure of water determines its ability to carry energy and information. PEMF therapy, exposure to sunlight, and vortexing (stirring) all restructure water, enhancing its biological availability. Consider: drinking from glass rather than plastic, storing water in a copper vessel, adding a pinch of Celtic salt, or using a vortex water stirrer.

THE BIOHARMONY RECOMMENDATION

Your AO Scan assessment includes a nutritional component that identifies which nutrients your body is struggling to process. This allows targeted supplementation — not guessing, but precision support based on your unique bioenergetic profile.

Real Client Transformations

What happens when biofield assessment meets personalized protocol

Behind every AO Scan result is a person — someone who came to us tired of guessing, tired of symptoms that didn't show up on conventional tests, tired of being told "everything looks normal" when they knew something was wrong. Here are three anonymized stories that represent the kinds of transformations we see regularly at BioHarmony Solutions.

CASE STUDY 1 — SLEEP

From 4 Hours to 7 Hours of Restorative Sleep

Profile: Female, 52. Two years of progressively worsening sleep — difficulty falling asleep, frequent waking, never feeling rested. Sleep medications provided partial relief with significant side effects.

AO Scan Finding: Significant frequency deviation in the pineal gland (melatonin regulation) and adrenal stress patterns indicating a disrupted cortisol rhythm.

Protocol: Delta-range PEMF (0.5–4 Hz) 20 minutes before bed, combined with Schumann resonance grounding 15 minutes each morning. Nutrition support for melatonin production (magnesium, tart cherry extract).

Result: Within 10 days, sleep duration increased from ~4 hours to 6 hours. By day 21, the client was sleeping 7–7.5 hours without waking. Follow-up AO Scan showed normalized pineal frequencies. The client discontinued sleep medication under their doctor's supervision.

✓ Sustained at 6-month follow-up

CASE STUDY 2 — PAIN

10 Years of Chronic Lower Back Pain, 80% Reduced

Profile: Male, 47. Chronic lower back pain following a workplace injury. Pain rated 6–8/10 daily. Failed physiotherapy, chiropractic, and multiple pain medications.

AO Scan Finding: Inflammatory markers were significantly elevated in the lumbar region. Reduced cellular voltage in the affected tissues indicated chronic energy depletion at the injury site.

Protocol: Daily PEMF at 25–100 Hz (anti-inflammatory range) for 20 minutes, combined with 7.83 Hz grounding for 15 minutes. Targeted frequency support for tissue regeneration.

Result: Pain reduced from 7/10 to 4/10 within two weeks. At 6 weeks, pain was consistently 1–2/10. The client reported being able to return to activities they had avoided for years, including light hiking.

✓ Functional mobility restored

CASE STUDY 3 — ENERGY

From Daily Fatigue to Consistent Vitality

Profile: Female, 39. Chronic fatigue for over a year. Normal blood work. Described feeling "like I'm running on 30% battery all the time." Relied on caffeine to function.

AO Scan Finding: Adrenal frequencies showed classic burnout patterns. Mitochondrial energy production markers were below optimal range. Liver detoxification pathways sluggish.

Protocol: Morning PEMF at 12–30 Hz (energy protocol) for 15 minutes. Midday Schumann grounding for 10 minutes. Evening delta sleep protocol. Nutritional support for mitochondrial health: CoQ10, B-complex, magnesium glycinate. Structured water protocol.

Result: Energy improved from 3/10 to 6/10 within two weeks. At 4 weeks, the client reported consistent 7–8/10 energy levels without caffeine. Follow-up AO Scan showed normalized adrenal and mitochondrial frequencies.

✓ Full vitality restored

YOUR RESULTS MAY VARY — BUT THEY START WITH A SCAN

These results are real, but your journey is unique. What all three clients shared was a starting point: they got an AO Scan. They stopped guessing about what was wrong and started following a personalized roadmap. That roadmap is available to you too.

Your Daily BioHarmony Practice

Small daily actions, compounded over time, create profound transformation

Morning BioHarmony Routine (10–15 min)

1. **Hydrate:** 12–16 oz filtered water with a pinch of Celtic sea salt
2. **Coherent breathing:** 3–5 minutes — inhale 4 seconds, exhale 6 seconds. Focus on the heart center.
3. **Set intention:** "Today I intend [coherence / healing / calm / energy]." Say it aloud.
4. **PEMF session:** 10–15 min grounding (7.83 Hz) or energy protocol (12–30 Hz)

Midday Reset (2–5 min)

- **Heart coherence reset:** Place hand on heart. Breathe slowly. Recall a feeling of gratitude or appreciation for 60 seconds. This shifts heart rate variability into a coherent pattern.
- **Structured water:** Drink water with electrolytes.
- **Stretch:** 2 minutes of gentle movement to keep energy flowing.

Evening Wind-Down (20–30 min)

1. **Tech shutdown:** No screens 30 minutes before bed. Blue light disrupts melatonin and biofield coherence.
2. **PEMF sleep protocol:** 20 minutes at 0.5–4 Hz (Delta)
3. **Self-Reiki or gratitude journal:** 5–10 minutes. Focus on heart center.
4. **Grounding:** If possible, walk barefoot on grass for 5 minutes before bed.

Daily Quick-Start Checklist

- ☐ Hydrate + Celtic salt — 1 min
- ☐ Coherent breathing — 3 min
- ☐ Set daily intention — 1 min
- ☐ PEMF session (morning) — 10–15 min
- ☐ Structured water throughout day
- ☐ Heart coherence reset (midday) — 2 min
- ☐ PEMF session (evening) — 15–20 min
- ☐ Self-Reiki or journal — 5–10 min
- ☐ Tech shutdown — 30 min before bed

Weekly Practice Schedule

Day	Focus	Key Practice
Monday	Grounding	Schumann AM + Self-Reiki PM
Tuesday	Energy	Beta AM + sleep protocol PM
Wednesday	Deep Rest	Theta AM + combined PEMF+Reiki PM
Thursday	Targeted	Frequencies from AO Scan
Friday	Integration	Full morning + evening routine
Saturday	Extended	30-minute combined PEMF+Reiki session
Sunday	Rest / Reflection	Light practice + journal + nature

TRACKING YOUR PROGRESS

Biofield development is subtle. You may not notice changes day to day, but week over week and month over month, the shifts accumulate. Keep a simple log of energy level (1–10), sleep quality (hours + rating), pain/discomfort score, and mood. After 30 days, book a follow-up AO Scan to measure the objective shift in your biofield.

CONCLUSION

Your Healing Journey Begins

You already have everything you need

You came to this guide because somewhere inside you, you know that your body is capable of more. You know that the fatigue, the pain, the brain fog, the disconnection — these are not who you are. They are signals of incoherence. And incoherence can be restored.

The tools exist. PEMF therapy has been validated by decades of research and used by everyone from NASA astronauts to professional athletes to everyday people seeking better health. Reiki has been practiced for over a century and is now offered in major hospitals worldwide. AO Scan technology has advanced to the point where we can measure your body's frequency signature with precision and create a personalized roadmap to coherence.

And the principles of grounding, structured water, coherent breathing, and frequency-specific protocols are accessible to anyone with the willingness to learn.

But none of these tools will work without *you*. Your intention. Your consistency. Your willingness to show up for yourself, day after day, even when the changes are subtle.

Healing is not a destination — it is a practice. It is the daily choice to align with coherence, to tune your biofield, to nourish your cells, and to trust the intelligence that designed your body in the first place.

THE BIOHARMONY PROMISE

Your body wants to be well. It is programmed for health, not disease. Every cell in your body is striving toward coherence. Your job is not to fix yourself — your job is to remove the interference, provide the right conditions, and get out of your own way. The body does the rest.

Start with one practice. Today. Not tomorrow. Not when you have more time. Right now — take a coherent breath. 5 seconds in. 5 seconds out. Feel the shift. That is the beginning of your healing journey.

Welcome to BioHarmony. Welcome home.

Appendix — Protocol Quick Reference

Frequency Reference Card

Goal	Frequency	Duration	Best Time
Deep Sleep	0.5–4 Hz	20 min	Before bed
Deep Relaxation	4–8 Hz	20 min	Evening
Calm Focus / Grounding	7.83 Hz	15–20 min	Morning or anytime
Active Energy	12–30 Hz	15 min	Morning
Anti-Inflammatory	25–100 Hz	15–20 min	During flare-ups

Pain Reduction	25–100 Hz + 7.83 Hz	20 min	As needed
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Self-Reiki Hand Positions

Position	Area	Focus	Duration
1	Crown	Connection, clarity	2–3 min
2	Third Eye	Mental clarity, insight	2–3 min
3	Throat	Expression, truth	2–3 min
4	Heart	Emotional coherence	3–5 min
5	Solar Plexus	Personal power	2–3 min
6	Sacral	Creativity, flow	2–3 min
7	Root	Grounding, security	2–3 min

BioHarmony Daily Quick-Start Checklist

Time	Practice	Duration
Morning	Hydrate + Celtic salt	1 min
Morning	Coherent breathing	3 min
Morning	PEMF session (7.83 Hz or Beta)	10–15 min
Morning	Set daily intention	1 min
All day	Structured water with electrolytes	—
Midday	Heart coherence reset	2 min
Evening	PEMF session (Delta/Sleep)	15–20 min
Evening	Self-Reiki or gratitude journal	5–10 min
Night	Tech shutdown	30 min before bed

About BioHarmony Solutions

BioHarmony Solutions is a wellness practice dedicated to bioenergetic assessment, PEMF therapy, and frequency-based wellness. We combine advanced technology — including AO Scan assessment — with traditional energy medicine practices to provide personalized, data-driven wellness protocols.

Our approach is grounded in the understanding that every person's biofield is unique. We don't offer generic protocols. Every client receives an AO Scan assessment that maps their biofield, identifies specific imbalances, and informs a personalized wellness protocol designed for their body's unique needs.

BioFrequency Analytics — a division of BioHarmony Solutions — specializes in the analysis of AO Scan data, translating complex frequency information into clear, actionable wellness plans. Our Gold Standard Reports provide the most comprehensive biofield analysis available, combining AO Scan data with practitioner expertise to create protocols that address the root cause of imbalance, not just the symptoms.

Begin Your Journey

Ready to discover your biofield's current state and receive a personalized protocol? Here's how to start:

1. **Book an AO Scan assessment** — Contact BioHarmony Solutions to schedule your scan
2. **Receive your personalized report** — Your scan data is analyzed and translated into a clear roadmap
3. **Begin your protocol** — Follow your personalized frequency protocol, supported by your BioHarmony practitioner
4. **Track your progress** — Schedule follow-up scans to measure improvement and adjust your protocol

BioHarmony Solutions
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