

Premium MedWellness – Dr. HU jabs

- Listen to your Heart – Look at your fire of Life! -



Schumann Resonance & Medical Wellness

The importance of Schumann frequency, Schumann 3D systems and HRV in medical wellness

The **Schumann frequency** Schumann resonance is a fundamental electromagnetic frequency of the Earth. Recent research has shown that fluctuations in this frequency could have potential effects on human well-being. Schumann 3D systems use this knowledge to **bioenergetic balance of the body** Another important aspect is the **Heart rate variability (HRV)**, which serves as an indicator of the health of the autonomic nervous system and resilience to stress.

Schumann Frequency: Basics and Meaning

The Schumann frequency was first discovered in 1952 by the German physicist **Winfried Otto Schumann**. This frequency is created by electromagnetic waves that resonate in a cavity between the Earth's surface and the ionosphere. The main resonance frequency is around 7.83 Hertz, but can vary depending on the atmospheric conditions (Schumann, 1952).

Connection to the human body and brain waves

The Schumann frequency is in **Resonance with the electrical activities in our brain and cardiovascular system**. In particular, it is associated with alpha and theta brain waves, which are crucial for relaxation and mental clarity (Cherry, 2002). These brain waves are also important for regulating heart rate variability (HRV).

Heart rate variability (HRV)

Heart rate variability is a measure of the variation in the time intervals between consecutive heartbeats. High HRV is a sign of a healthy and adaptable autonomic nervous system, while low HRV indicates stress and reduced adaptability. Studies have shown that positively influencing the Schumann frequency can lead to an improvement in HRV and thus to better stress management (McCraty, 2015).

Fluctuations in the Schumann frequency and their effects

Recent studies have found a remarkable increase in the Schumann resonance to values up to 8.5 Hz and beyond. These fluctuations may be caused by increased solar activity and other cosmic influences (Williams, 2020). Changes in the Schumann frequency can lead to **Sleep disorders, migraines, emotional imbalance and hormonal imbalances**(Foster & Roenneberg, 2008).

Schumann 3D Systems: A Solution in Medical Wellness Schumann 3D systems are innovative technologies developed to harness the positive effects of the Schumann frequency and promote well-being. These systems are based on the principle of **Frequency therapy**, in which electromagnetic fields are used specifically to support the body's natural resonance with the Schumann frequency.

How Schumann 3D systems work

The Schumann 3D systems generate an electromagnetic field that mimics the natural Schumann resonance. This technology can help restore the body's bioenergetic balance and thus alleviate stress, sleep disturbances, and other stress-related complaints. Studies show that the use of such systems leads to a significant improvement in overall well-being (Becker, 1990).

Benefits of Medical Wellness

The integration of Schumann 3D systems into **Medical wellness programs** offers a variety of benefits. These systems can contribute to relaxation, stress reduction, and improved sleep quality. Furthermore, they support the body's natural healing and regeneration by harmonizing the body's electromagnetic fields.

Conclusion

The Schumann frequency plays a vital role in the Earth's energetic balance and has potentially profound effects on the human body and mind. Schumann 3D systems utilize this knowledge to improve well-being through frequency therapy. By harmonizing the body's natural resonance with the Schumann frequency and supporting heart rate variability, these systems can effectively contribute to promoting overall well-being. **In the Premium MedWellness treatment® according to Dr. HU Jabs.** Schumann resonance plays an essential role in corporate health management (CHM) and in promoting a species-appropriate lifestyle.

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