

Dr. Smith Live

Energy Medicine: The New Frontier

October 30, 2025

Topic: Frequencies that heal the body

- **Learn which frequency repairs DNA & stimulates testosterone**
- **Learn which frequencies restore mitochondria**
- **Learn which frequencies increase lifespan**

With Co-Host Patricia Sihlanick
Photobiomodulation Consultant

When: October 30, 2025 at 07:00 PM Eastern Time (US and Canada)

https://us06web.zoom.us/meeting/register/ib6cwclcR_WjAP7cPdptFw
After registering, you will receive a confirmation email containing information about joining the meeting.

Frequencies that heal the body

- **528 Hz:** Repairs damaged DNA and stimulates testosterone; reduces total concentration of reactive oxidative species. For universal healing.
- **857 nm (159 Hz):** Activates mitochondrial activity.
- **940 (319 Hz) - 850 nm (353 Hz):** Restores mitochondrial activity; most effective in stimulating electron transport system's capacity and cytochrome oxidative activity.
- **550 nm (545 Hz):**
- **700 (428 Hz) - 710 nm (422 Hz):** All three increase the lifespan in the lobster.
- **630 nm:**
- **Parasites:** 72, 95, 120, 800, 1550 Hz
- **Lyme disease:** 432, 612, 840, 2016, 4320 Hz
- **Wound healing:** 2720, 3040, 5000, 10000 Hz
- **Pain:** 304, 3000, 2720, 5000 Hz
- **Viral infections:** 880, 1550, 5000, 10000 Hz
- **Depression:** 304, 330, 600, 880, 2720
- **Immune stimulation:** 5000, 10000 Hz
- **Mold and fungus:** 465, 727, 787, 880 Hz
- **Arthritis:** 120, 727, 787, 880, 5000 Hz
- **Allergies:** 5000, 10000 Hz
- **Candida:** 381, 464, 877, 422, 1862 Hz
- **Colds and flu:** 440, 727, 787, 880, 1550 Hz
- **Chronic fatigue:** 660, 727, 787, 880 Hz
- **Fibromyalgia:** 880, 787, 727, 464 Hz

Nutritional Pearls

- **Carnosine:** protects the telomeres.
- **Glutathione:** Helps reduce cellular aging.
- **Royal Jelly:** It has a peptide, royalactin, helps increase lifespan. Increases the queen bee's lifespan 60X
- To reduce aging you must restore mitochondrial function:
 - a. Quercetin
 - b. CoQ10
 - c. Alpha Lipoic acid
 - d. L-Carnitine / Acetyl-L-Carnitine
 - e. Pyrroloquinoline Quinone (PQQ)
 - f. Urolithin A: A gut-microbiome derived metabolite, supports "mitophagy" (clearing old mitochondria) and mitochondrial renewal.
 - g. NAD (Nicotinamide Riboside): coenzyme for energy production and mitochondrial repair; levels decline with age.