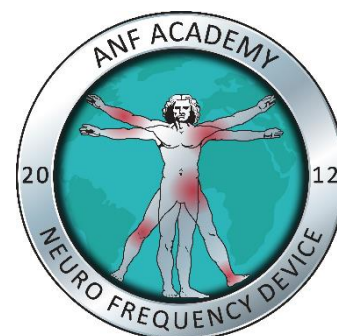


## Key Leaders Of Frequency Medicine

### ANF Therapy®: Restoring Neurological Oscillations for Optimal Health

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#### Abstract

The human neurological system plays a vital role in maintaining optimal health, but disruptions in neural oscillations can lead to various disorders and impairments in immune responses. This article explores the journey of Dr. Mikel H-G Hoff in the field of frequency medicine and the development of ANF Therapy®. ANF Therapy® utilizes wearable ANF Devices programmed with specific frequencies to target and restore neurological oscillations.

The ANF Devices, made of PET (Polyethylene terephthalate) and carbon material infused with frequencies, are applied directly to the skin. These devices emit their designated frequencies upon activation, aiding in the propagation of signals within the neuronal network. By targeting specific neurons, cells, and organs, ANF Therapy® has been shown to alleviate pain, reduce inflammation, and improve conditions such as migraines, fibromyalgia, and chronic pain.

The therapy works by stimulating the electrical fusions within neurons and facilitating the transportation of ions across cell membranes, which optimizes the neurological system, supports the immune response, and resolves inflammation. The ANF Devices are designed to be safe for all age groups and have no known side effects.

ANF Therapy® has shown significant improvements in patient outcomes and can be safely used alongside other medications. Extensive case studies have demonstrated a success rate of 40% to 100%, making ANF Therapy® a groundbreaking addition to healthcare with the potential to influence future medical research.

Overall, ANF Therapy® presents a promising approach to restoring neurological oscillations and improving overall health. Further research and clinical studies are needed to explore its full potential and efficacy in different patient populations.

**Keywords:** ANF Therapy; ANF Devices; amino neuro frequency; pain; frequency medicine; injury treatment; neural oscillation; biochemical functions; neurological system.

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## 1. INTRODUCTION

Over decades, scientists and researchers have conducted extensive research into the oscillation within nerve pathways. One of their most significant challenges was finding ways to repair or restore weakened or damaged oscillations and establish a healthy neurological system with optimal oscillation to maintain optimal health. (1-3)

The first known written reference to the nervous system can be traced back to the Edwin Smith Surgical Papyrus from 1700 BC, although the knowledge may date back to ancient Egypt, 3000 BC. During the late 5th and early 4th century BC, Alcmaeon of Croton, a philosopher-physician, discovered that the brain was connected to the extremities through passages. In the following century, Praxagoras of Kos, another philosopher, discovered the neuron, while his student Herophilus of Chalcedon distinguished between sensory and motor neurons. (4,5)

Other scientists devoted their efforts to understanding the complexity of the nervous system and its oscillation. (6) Pioneers' researchers Da Vinci, Tesla, and many others dedicated their lives to this field. (4,7)

In 1875, the invention of EKG and EEG opened up a new frontier. Later, it was revealed that the brain contains 86 billion neurons (8), and the human body may contain ten times or more than that.

Neurons generate frequencies and pass them on from neuron to neuron. They can also fuse with other cells to perform various functions. (9) This remarkable ability of neurons makes the neurological system the only system capable of controlling all bodily functions, generating immune responses, and distributing resources via biochemical reactions. (10) Scientists have managed to measure 5-15 million frequencies that travel through nerve pathways.

It is widely recognized that emotional and mental stress can impact the neurological system and its oscillation, triggering invisible inflammation. Failure to resolve this inflammation and its spread throughout the body can give rise to more severe health problems and the development of autoimmune diseases. (11-13)

## **2. ABOUT DR. MIKEL H-G HOFF**

Dr. Mikel H-G Hoff holds a bachelor's degree in medicine and a Ph.D. in biochemistry, specializing in the biofunction of the human body, specifically the neurological system. Furthermore, he is a manual therapist and sports psychologist who has dedicated his life to optimizing the human body's mental and physical performance. Over the years, the extensive knowledge he gained from his prior experiences and his relentless pursuit of solutions has been the driving force behind the development and establishment of ANF Therapy® and ANF Academy. Born in 1965, he has seven children. His wife, Sanne Kiilerich, is the Director of Amino Frequency Corporation.

## **3. THE FREQUENCY MEDICINE JOURNEY OF DR. MIKEL H-G HOFF**

Dr. Mikel H-G Hoff's journey in the field of Frequency medicine started 30 years ago. During medical school, he realized that understanding the source and underlying cause of health issues was just as important as recognizing the symptoms. It became clear to him that the neurological system played a critical role in controlling every aspect of the body.

In the 1980s, he was privileged to work with a top European research center that studied human frequencies. Through his research, he could confirm the philosophy of Greek Medicine and demonstrate that every organ in the body could be measured through its frequencies, like the heart and the brain. Another finding revealed that these measurable frequencies were the end process of neurological frequencies. It led him to study the start process of neurological frequencies, as tissue neurons and branches can only deliver low frequencies. Moreover, these frequencies are distinct from radio, light, magnetic, and other frequencies. Neurological frequencies have unique oscillations, waves, and speeds.

He discovered that no one will ever get sick if they invent a device or machine that can increase and repair neurological frequencies and normalize the pathology.

In 2010, his wife Sanne introduced him to an engineer, who had been working for a space agency, to develop a machine that could charge material with frequencies. Though initially skeptical, they visited his research facility in the USA and successfully tested their own neurological frequencies on the machine.

This led to the creation of the ANF Device, which transcribes and changes the waveform into neurological frequencies that create fusions and functions in the nerve pathways. However, they faced the challenge to make the body accept the device. Like meeting a new person, the body is initially suspicious of any new addition, so the ANF Device had to be made of a unique material that could send, receive, and reflect neurological frequencies and ultimately be accepted by the body.

Dr. Mikel's groundbreaking accomplishment and inventive contribution center on the creation of a unique frequency and oscillation that facilitates fusions between cells. This remarkable breakthrough not only facilitates the restoration and enhancement of neurological oscillations but also induces vital biochemical fusions crucial for the processes of healing, immune defense, and cell fusions. Ultimately, this achievement contributes to supporting neurological resilience, consequently promoting overall well-being and health.

#### **4. WHAT ARE THE ANF DEVICES?**

The ANF Device is a soft layered wearable device made of a blend of polymerization of ethylene glycol and terephthalic acid (PET) and has a carbon/crystalline polyvinyl composite material that is then infused/programmed with specific frequencies. It is designed to be applied directly to the skin using a skin-friendly adhesive manufactured by 3M Company, approved by the FDA for skin wear.

(14)

The device has a thin metal layer charged with frequencies, which can send, receive, and reflect them into the body. ANF Devices can be charged with different oscillations, speeds, and waveforms, which target specific neurons, cells, and organs in the body. ANF Therapy® has no side effects and contains no chemical or organic

substances, making it safe for babies and older adults when applied by healthcare professionals. (14,15)

ANF Therapy® has been proven to have an instantaneous effect and has been used to alleviate pain and inflammation. It has significant positive results in treating migraines, fibromyalgia, CFS, chronic pain, arthritis, fever, flu, lung inflammation, Parkinson's disease, and more. The ANF Therapy has also been helpful for injuries, traumas, post-surgery, and during rehabilitation. (15,16)

Additionally, ANF Therapy® can improve sports performance and recovery. Many athletes, Olympians, and international players use the treatment daily to prevent injuries and increase their performance and recovery. ANF Therapy® is safe for athletes for injuries, optimization, and performance.

## **5. HOW DO ANF DEVICES WORK?**

ANF Therapy®, or Amino Neuro Frequency Therapy, involves a set of over 160 distinct devices, each possessing unique frequencies and functions, which target specific cellular, glandular, or organ systems. Upon application to the skin, these devices are activated and commence the emission of their respective frequencies. This process is stimulated by human infrared heat, sunlight, or any other type of heat/light.

On application, the ANF Device instantaneously begins to emit its designated frequency according to its charge, which is then made available for bodily absorption. This frequency immediately aids the electrical fusions within neurons, replicating and propagating the signal across the neuronal network. When the frequency targets a neuron, it triggers a discharge that facilitates the transportation of potassium, sodium, calcium, and chloride in and out of the cell membrane, thereby activating the action potential and signaling through the neuronal membrane.

Different waveforms target different neurons and generate distinct frequencies. Each neuron can receive information from up to 10,000 synapses and, in turn, relay this information to up to 10,000 post-synaptic neurons. Interneurons form

complex neural circuits and neural oscillations. In the context of ANF Therapy®, when a positively charged device is utilized in conjunction with a negatively charged device that emits lower frequencies than the former, it facilitates the isolation of the treatment area.

In the neural pathways, the confluence of millions of unique neurons facilitates the fusion of these frequencies and the propagation of signals within milliseconds. As the neurological system is the first to respond to injury and pathogens, this immediate communication between the neurological and immune systems activates the immune response. Concurrently, the neurological system mobilizes resources to mitigate the concentration of bradykinin or lymphocytes, responsible for the inflammatory response, thereby initiating the healing process. (10)

ANF Therapy® optimizes the neurological system and supports key bodily functions, such as the immune response and inflammation resolution. This technology assists neurons in replicating the physiological frequencies that are conducive to optimal functioning.

By reducing inflammation and pain, the body can lower cortisol levels, thereby promoting self-healing. Given that cortisol impacts the immune system, brain function, metabolism, energy levels, mood, and sexual behavior, cortisol regulation is crucial. Moreover, a flatter diurnal cortisol slope has been associated with inflammation/immune issues and various physical and mental health problems. (17)

The body selectively absorbs the necessary, damaged, and weakened neuro frequencies. Initially, the neurological system's immune response will attempt to reject the new frequency. However, the reflective attribute of the devices ensures the continued presence of the frequency in the system. This process dictates the duration of treatment, necessitating device replacement every 72 hours until the neurological system can independently replicate and maintain the frequency without external stimulation.

Neurons can be regenerated through neural oscillation, which supports cell division and the regeneration of damaged or destroyed neuronal tissue. ANF Devices

aid in restoring this oscillation, eliminating inflammation, and stimulating the body to produce its own antioxidants, such as glutathione, carnosine, and melatonin.

The neuron, being the main messenger in the body, operates ceaselessly and is supported by support cells or neurological help cells called glial cells to maintain frequency. (18,19) Upon the absorption of the device's frequency by the neuron, the frequency also targets these support cells to disseminate and stabilize the frequencies and demand for resources. These support cells, astrocytes, and oligodendrocytes typically bear a negative charge. However, they can assume a positive character for specific lower frequencies, contingent on the nature of their interactions/fusions or location within the human body.

Each organ and gland possess its own distinct neurons and frequencies, allowing for both autonomous function and cooperative interaction within the complex physiological system. (6,20) The devices used in ANF Therapy® assist in the repair and support of neurotransmitters, thereby aiding in the restoration of weakened neural oscillations. With the leveraging knowledge of the frequencies of various molecules and cells, this treatment can alleviate pain rapidly, often within minutes.

The neurological system functions as the body's main system. It is the communication center that prioritizes and distributes the body's resources. This system is connected to the spinal cord, a conduit and distributor for all bodily components.

As cells or neurons engage in fusion, the resultant chemical release manifests as neurotransmitters that diverge into multiple frequencies across the synapse. (6,21) The Central Nervous System (CNS) and the brain utilize these signals and receive feedback from all bodily functions to assess necessity, functionality, and areas of deficiency. Through the coordination of the optic nerve and lymphatic system, the neurological system orchestrates the allocation of the body's resources via the immune response.



Sensory neurons relay information to the optic and taste nerves, concurrently fusing with mechanical neurons. It enables vision and taste, and further interacts with other neurons to regulate metabolism, digestion, and numerous other functions. (9)

Dysfunctional synapses, resulting from inflammation, can not distribute and communicate with the body and meet its demands. Neurological frequencies perform multiple functions, and damage to one neuron will invariably affect other functions.

ANF Devices, imbued with specific neurological frequencies corresponding to various bodily functions, can address the entire system and assist in the normalization of its functions. The overarching objective of this therapeutic approach is to rectify weakened or damaged neurological frequencies by transmitting corrective signals and optimizing the oscillations of the nervous system.

Neurogenesis, although a lifelong process, can be curtailed by factors such as inflammation, elevated cortisol levels, bacterial or viral infections, free radicals, and lipid peroxidation. Aging is not necessarily synonymous with chronological age but is more aptly related to the weakening of oscillation. Neural stem cells possess unique capabilities, such as their ability to fuse with a neuron to create an additional neuron, thereby supporting and repairing frequencies and oscillations. Moreover, these cells are capable to self-renew and self-divide. (18)

Neurons differentiated in specific organs exert control over their respective organ functions. For instance, the liver, which is implicated in over 500 distinct functions, requires a myriad of neurons and chemicals to facilitate interactions with other cells. Potassium, sodium, chloride, and chemicals from specific areas can connect with other molecules, hormones, or functionally differentiated cells to generate the requisite frequency for producing proteins, hormones, and antioxidants. These chemicals can also interface with glial cells and transmit the frequency to the intended target function. In case of communication failure, serious complications can arise, such as organ weakness, brain disorders, autoimmune diseases, and so forth. (10)

When a neuron can uptake and transmit neurotransmitters, it can generate a frequency and execute specific functions by interacting with other cells. Neurons that

fuse with other cells, such as astrocytes (newborn cells), can also establish a closed circuit and replicate frequencies. (2,18)

ANF Devices charged with high frequencies can also mitigate an excessive glutamate concentration, inflicting damage on neurons and other cells. Additionally, these devices can help reduce the presence of inflammatory macrophages that damage neurons, thus enabling the repair of the neuron and the frequency, as previously described.

## **6. HOW DO NEURONS CREATE FREQUENCIES, AND HOW DO ANF DEVICES INFLUENCE THEM?**

Neurons generate rhythmic and repetitive frequencies, a form of neural activity that creates oscillations. This neurophysiological process occurs across all tissues, organs, and glands. Given the vast diversity in neuronal types – estimated in the billions – these cells can produce a plethora of different neural activities. Neurons can integrate with other neurons, mechanical or functional cells, and hormones through similar mechanisms that involve membrane potential changes, ultimately leading to rhythmic patterns. (22–24)

These oscillations play a crucial role in the optimal functioning of our organs, glands, and overall physiological processes. Disruptions in these oscillations or frequencies may lead to various disorders, inflammation, and impairments in immune responses.

ANF Therapy® employs specialized device technology to target these specific neural frequencies within diverse neurons, nerve cells, and other cell types. The primary objective is to restore aberrant or damaged oscillations and stimulate physiological functions, such as healing processes. For instance, in chronic inflammatory conditions, neuronal excitability is altered due to a lowered threshold to fire action potentials; this disrupted neural frequency is often associated with chronic pain and other symptoms (10). ANF Technology targets various neurons across a wide

range of tissues and tissue layers. These devices aim to resolve inflammation and alleviate pain in the targeted areas utilizing different frequencies.

Devices with higher frequencies target more complex neurons, such as post-synaptic neurons, activating them to propagate information to subsequent neurons and initiate a cascade of responses within the neurological system. To achieve this, a series of different devices must be employed, each targeting neurons within the same priority line.

Oscillatory actions generated by the ANF Devices with different frequencies (positive and negative-charged devices) can target the membrane potential, leading to the activation of post-synaptic neurons and simultaneously targeting diverse issues. This synchronous neural activity across a large number of neurons results in macroscopic oscillations that are readily measurable with contemporary technology.

The ANF Technology and Methodology are distinctive because when ANF Devices are applied, they generate oscillations known as alpha neural activity. Through the use of several devices, each emitting a different frequency, we can stimulate neural fusion activity across multiple organs and physiological systems concurrently. The effects are immediate. For instance, our global network of ANF Therapists has observed optimized organ function, pain reduction, and an increase in SpO2 levels within minutes.

Normalization of oscillations within the neurological system facilitates such changes. Once achieved, the innate human immune response facilitates the remainder of the healing process.

## 7. MULTIPLE OSCILLATIONS

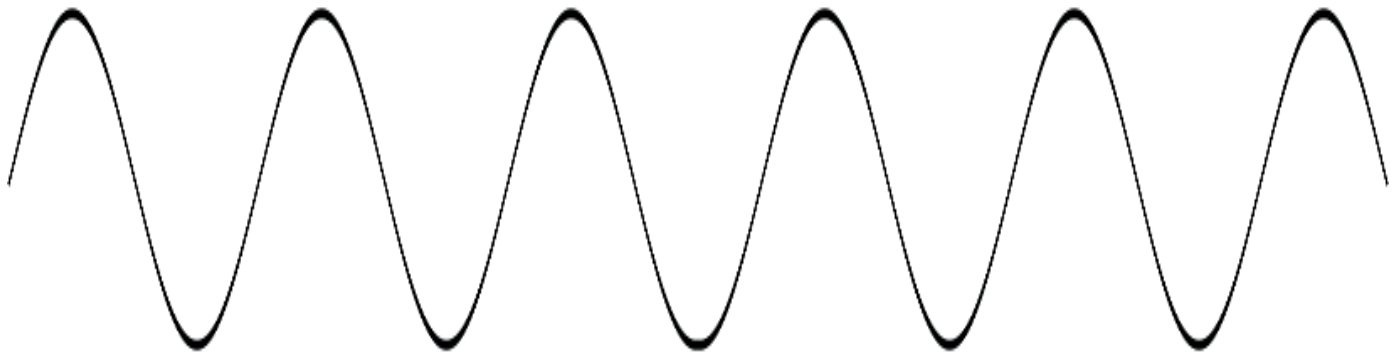
The human body is a complex orchestra of simultaneous neural activities regulated by constant neuron feedback. These neurons communicate via firing patterns, which generate repetitive frequencies. This complex interplay results in the production of millions of distinct frequencies and actions concurrently, enabling our bodies to perform innumerable tasks at any given moment. (2,22-24)

The skeletal system operates in a similar fashion. Distinct neurons innervate each bone and vertebra. The activities at this level, referred to as intrinsic actions, require highly specific and exceedingly high frequencies. These frequencies form a unique waveform that propagates information within the same body part. While perceived as a singular frequency, this is merely the resultant frequency of the intrinsic actions.

Neurological damage can have detrimental effects on joint health, leading to pain, skeletal issues, or impaired calcium and protein synthesis, which could result in conditions such as arthritis and muscle degeneration. Furthermore, neurological damage can contribute to the development of neurological autoimmune diseases, immune response abnormalities, and cardiovascular disorders.

The implementation of various frequencies can enable the normalization of numerous physiological issues in both humans and animals, achieved by modulating the synapse and the synaptic cleft. The applied frequencies act as a form of chemical communication and trigger the release of neurotransmitters. These frequencies then propagate to a range of different neurons or cells in muscles, glands, organs, and vessels, thereby inducing action frequencies.

Consequently, this technology serves to complete the physiological circuit and generate actions. By applying a variety of frequencies targeted toward different functions, the technology aids in reinforcing and repairing disrupted frequencies. This, in turn, allows the central nervous system to replicate and mimic these frequencies, enhancing the overall function and health of the body.



Neural oscillation 10 Hz

## 8. BIOCHEMICAL RESOURCES FOR HEALING

Crucial for cellular protection and survival, antioxidants function primarily to neutralize free radicals that foster mutagenesis, inflammation, and dysfunction. (25) Antioxidants synergize with the immune system to combat bacteria, viruses, and other foreign entities attacking our bodily systems. By stabilizing neural oscillation, antioxidants safeguard our organs, facilitate energy production, support body regeneration, and exert anti-aging effects. Our body continuously utilizes high levels of antioxidants generated from intracellular infusions to strengthen the immune system. Unfortunately, orally administered synthetic antioxidants are degraded by stomach acid within minutes. Endogenously produced antioxidants originate from biochemical reactions and fusions between various body constituents.

Free radicals, or electron-deficient molecules, are inherently unstable and pose a significant threat to body cells. They cause substantial damage, such as muscle dysfunction, organ dysfunction, neuronal dysfunction, migraines, and other problems. Free radicals weaken our immune system by depleting antioxidants, attacking compromised cells, damaging cellular DNA, and inducing mutations and cell death. Free radicals induce oxidative stress, which can precipitate chronic diseases.

Oxidative stress represents an imbalance between free radicals' production and antioxidants' defensive capacity. Stress also generates free radicals and diminishes the variable production of the antioxidant glutathione, which is rapidly

depleted. Free radicals can stimulate protein production, enhance muscle functions, and facilitate muscle tissue growth despite the detrimental effects. However, the deleterious consequences of free radicals are biochemically more significant.

Stress inflicts harmful effects on our body, including a reduction in antioxidant production and an increased release of the stress hormone cortisol. Initially, cortisol shields our organs and body functions. However, prolonged exposure can result in cortisol poisoning, leading to diminished antioxidant production and an imbalance in bodily functions. This imbalance manifests as chronic fatigue and other ailments, and the body exhibits an injured-abnormal immune response. Excess free radicals can debilitate the immune system, induce metabolic alterations, and impair weight and muscle building. It also suppresses antioxidant production, initiating biochemical reactions that culminate in inflammation and chronic diseases.

Antioxidants such as Glutathione, Carnosine, and Melatonin shield our organs, provide energy, and exert anti-aging effects by stabilizing neural oscillations.

Glutathione, referred to as the master antioxidant, is synthesized in all cells, primarily in the liver, underscoring the importance of liver health. Peak glutathione production occurs during the first twenty years of life, suggesting that stress during this period amplifies glutathione consumption. Glutathione counteracts and reverses cellular damage, modulates the immune system, and neutralizes all free radicals and stress hormones.

Carnosine, an anabolic steroid, is endogenously produced and regulated by the pituitary gland. As a component of the immune system, carnosine repairs nerves, accelerates cell division, repairs muscles and tissues after resolution of inflammation, curtails healing time, mitigates arthrosis, prevents skeletal issues, replenishes skeletal cells as needed, and removes lactic acid from muscles. (26)

Carnosine deficiency can precipitate skeletal disorders like arthrosis and arthritis or induce various skin diseases due to aberrant cell production resulting from mutations. Inflammation in skeletal muscles leads to cellular overproduction, causing arthrosis or osteoarthritis. Insufficient carnosine leads to muscle degeneration, as

carnosine is imperative for muscle and tissue repair and reconstruction. It is also implicated in the pathogenesis of heel spurs and stomach problems.

Melatonin, the most vital antioxidant in our body, is synthesized by the anteroposterior segment of the pineal gland. The melatonin molecule, structurally unaltered over millions of years, is a potent and versatile antioxidant. It regulates the circadian rhythm, activates the immune system during sleep, facilitates nocturnal healing, and augments glutathione production. An optimal sleep pattern promotes the synthesis of melatonin and glutathione. (27) Melatonin exerts significant effects on fertility and the onset of puberty, which typically commences when melatonin production ceases. Factors such as birth control pills, stress, and inflammation can adversely impact melatonin production, which is indispensable for conception.

## **9. THE ANF ACADEMY**

The ANF Academy is an educational institute for healthcare professionals, offering a unique and advanced curriculum based on a comprehensive understanding of human anatomy, physiology, biochemistry, and neuroscience.

The central objective of the ANF Academy is to impart extensive knowledge and training to healthcare professionals, enabling them to comprehend the intricate neurological functioning of the human body. This comprehension is facilitated through education and exploration of the repercussions of compromised neurological oscillation.

### **Educational modules provided by The ANF Academy include:**

**Neurology:** This module is designed to elucidate the intricacies and functionalities of the neurological system. It empowers health professionals to harness the body's self-healing capacity by utilizing ANF Therapy®.

**Biochemistry:** This module aims to impart an understanding of the roles and interactions of cells, molecules, hormones, and vitamins. It provides an understanding of the role of fusions and frequencies in rectifying dysfunctions.

**Frequency Medicine:** This module introduces a revolutionary and cutting-edge technology that empowers the body to self-repair via neuro frequencies, circumventing the need for pharmaceutical interventions and their associated side effects.

**Clinical Training:** This hands-on module provides training in neurological examination techniques and enhances palpatory skills across various systems, such as musculoskeletal, nervous, lymphatic, digestive, and endocrine, empowering learners to identify the root causes of pain, injuries, and pathologies, thereby facilitating effective treatment of neurological dysfunctions.

## **10. ANF THERAPY®**

ANF Therapy® uses circular ANF Devices applied directly onto the skin after assessing and palpating an affected area by a trained ANF Therapist, following the ANF Therapy® Method. The primary objective of ANF Therapy® is to provide relief from pain and injuries, often within minutes of application.

ANF Therapy® aims to reduce pain and swelling, increase range of motion, and improve health-related quality of life. ANF Therapy® is a non-invasive, non-transdermal technique that does not involve the use of needles or chemicals, making it suitable for all ages.

There are currently over 160 different ANF Devices, each with its own unique function. By combining different ANF Devices, ANF Therapy® helps normalize and optimize the body's functions, including nerves, muscles, organs, the lymphatic system, and hormone regulation.

The ANF Devices do not contain or release any substance that can harm the body. The ANF Therapy® does not require the use of needles or drugs.



## **Methodology**

The ANF Therapy® Method employs ANF Therapy® Devices to create ANF Protocols for addressing patients' health issues. This method was created in 2012 by Dr. Mikel H-G Hoff, the inventor and founder of ANF Therapy®. (ANF Therapy® Method Patented Model no. U202030252, ES1259974.)

A trained ANF Therapist will thoroughly assess the patient's pain or issue, conducting examinations of the nervous system, lymphatic system, muscles, and joints through palpation, as required. The therapist will then devise a personalized ANF Therapy® treatment plan by combining different ANF Devices.

## **Treatment Goals and Phases**

### ***Phase 1: A Holistic Approach to Inflammation and Neurological Dysfunctions:***

An ANF Therapy® session begins with a patient assessment, followed by the strategic application of ANF Devices in affected areas. This initial session incorporates a health survey, a focused interview about the patient's specific complaint, an ANF examination including palpation, the introduction of the ANF Device, and a subsequent evaluation of results. Moreover, a customized ANF protocol is designed in accordance with the patient's distinct needs. Notably, a small proportion of patients may experience mild detoxification effects during this preliminary phase.

### ***Phase 2: In-Depth Focus Phase:***

The subsequent phase of the ANF Therapy® Method primarily emphasizes the meticulous application of the ANF Device to the targeted areas. Areas of severe inflammation will show significant improvements, facilitating a marked reduction in the number of devices required.

It is noteworthy that some patients may perceive a "shifting" of pain to other body areas during this stage. This "new pain" often corresponds to a pre-existing injury, previously undetected due to more intense pain in other areas of the body, which has now been addressed by the ANF Therapy®.

### ***Phase 3: Regeneration Phase***

Following the reduction in pain and inflammation, the regeneration of muscles and tissues initiates. It's imperative to prevent the body from overexertion and surpassing the pain threshold. Guidance is provided by the ANF Therapists on how to optimally train both the affected regions and the body as a whole.

### ***Phase 4: Maintenance Phase; Healthy and Balanced Body***

Upon the completion of ANF Therapy® Treatment (when discomfort has been alleviated and the afflicted region has returned to a state of normalcy), you can implement a maintenance protocol of ANF Therapy® to prevent potential future recurrences and maintain optimal health.

### **Possible Detox Symptoms**

At a cellular level, the detox process is critical for the body to optimize function. The patient can always interrupt a detox by removing the ANF Devices.

When the body starts to eliminate waste products through detoxification, the patient may experience the following symptoms:

Headache

Dry mouth

Dizziness

Light flu symptoms

Shivers

Fatigue

General discomfort

Runny nose

Hives/Itching

Nausea/vomiting

## **Importance of Hydration**

Patients are advised to drink 1-2 glasses of water per hour until an hour before bedtime to maintain optimal hydration and lessen the likelihood of experiencing detox symptoms. It is recommended to drink an extra glass of water after taking a cup of coffee, beer, and wine. Colorless and pale-yellow urine indicate hydration.

## **How long does the body need the influence of external stimuli?**

The duration for which the body needs external stimulation varies. It depends on the nature of the injury or lesion and the patient's compliance with hydration and dietary restrictions, such as avoidance of sugar, alcohol, and pro-inflammatory foods. This period typically ranges from several days to a few months.

The treatment outcomes may exhibit initial variability, given that the neurological system may attempt to dismiss the effect of novel frequencies introduced by the devices. Patients may observe fluctuating results; they may show significant improvements on some days and minimal relief from symptoms on others.

However, when the central nervous system acclimatizes to these frequencies and begins to incorporate them permanently, the patient may witness a significant improvement in their condition, often reporting an 80% or greater improvement and the ability to resume normal daily activities.

## **11. HOW CAN ANF DEVICES BENEFIT CLINICS AND PATIENT OUTCOMES?**

The implementation of ANF Therapy® in a clinical setting holds the potential to improve patient outcomes significantly. After many years of clinical practice and knowledge, it is apparent that conventional treatment modalities often fail to address the root cause of certain issues, such as chronic pain. Doctors usually prescribe painkillers for pain relief. They primarily prefer symptomatic relief instead of finding the root cause. These conventional treatment approaches have prevented doctors from treating conditions like arthritis, fibromyalgia, and migraines.

In contrast, ANF Therapy® provides immediate benefits without using chemicals or organic substances, operating solely through the application of frequencies.

This non-invasive nature renders the therapy applicable to a wider range of patients, including neonates and the elderly. Moreover, ANF Therapy® can be safely used in conjunction with ongoing medication regimens. It facilitates detoxification from pharmaceutical components and thereby enhances overall well-being.

Since 2012, extensive case studies have been conducted on all known diagnoses, yielding a 40% to 100% success rate. Hundreds of effective protocols have been developed that yield significant results in clinics operated by over 800 ANF Therapists. The ANF Therapy® follows a methodology that does not lead to relapses.

This innovation stands as a groundbreaking addition to healthcare. It is capable of changing our current understanding of health. Furthermore, it will also influence future research and investigative endeavors in the field of medicine.

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