The Schumann Resonance is **a set of spectrum peaks in the extremely low frequency portion of the Earth's electromagnetic field spectrum**, generated and excited by lightning discharges in the cavity formed by the Earth's surface and the ionosphere.[3] At any given moment, about 2,000 thunderstorms roll over Earth, producing about 50 flashes of lightning every second. Each lightning burst creates electromagnetic waves that begin to circle around Earth captured between Earth's surface and a boundary about 60 miles up. The Schumann Resonance is also the frequency of 7.83 Hz, also known as Mother Earth's natural heartbeat rhythm.[2] This frequency is an alpha/theta brainwave frequency in the human brain, which is when cell regeneration and healing happens.[1] The base atmospheric electromagnetic resonant frequency is 7.83 Hz, along with progressively weaker harmonics at around 14.3, 20.8, 27.3, and 33.8 Hz. These oscillations are called the Schumann resonances.[0]

Rife frequencies are a type of all-healing frequency used by Rife, a renowned physicist who hypothesized that certain bacteria were causal factors in many diseases, including cancer. However, the claims advanced on behalf of the electronic reactions of Abrams and Lakhovsky, who developed the Radio-Cellulo-Oscillator in the 1920s, were not substantiated by Scientific American magazine.[1] Marco Rinaldo's song "Rife Frequencies" features an all-healing frequency of **800 Hz**.[0]

Ocean frequencies All 9 solfeggio frequencies at once ambient music with the relaxing sound of gentle ocean waves. Use for Chakra balance and universal healing. The 9 Solfeggio frequencies are **174Hz, 285Hz, 396Hz, 417Hz, 528Hz, 639Hz, 741Hz, 852Hz, and 963Hz**. Watch the 4K video on YouTube which also has beautiful beach and ocean scenery:- youtu.be/kLxpQnZmFDM

Autophagy is **a natural, self-preservation mechanism that removes damaged or dysfunctional parts of a cell and recycles other parts towards cellular repair**.[2] It is important for balancing sources of energy at critical times in development and in response to nutrient stress. Autophagy also plays a housekeeping role in removing misfolded or aggregated proteins, clearing damaged organelles such as mitochondria, endoplasmic reticulum, and peroxisomes, as well as eliminating intracellular pathogens.[0] Researchers are studying autophagy's role in potentially preventing and fighting disease.[1]

Autophagy: Definition, Process, Fasting & Signs**my.clevelandclinic.org**› health › articles › 24058-autophagy

August 23, 2022 - Autophagy **allows your body to break down and reuse old cell parts so your cells can operate more efficiently**. It's a natural cleaning out process that begins when your cells are stressed or deprived of nutrients. Researchers are studying autophagy's role in potentially preventing and fighting disease.

Autophagy: Definition, Diet, Fasting, Cancer, Benefits, and More**healthline.com**› health › autophagy

2 weeks ago - Autophagy is **a natural, self-preservation mechanism whereby the body removes damaged or dysfunctional parts of a cell and recycles other parts toward cellular repair**.

Mitochondria are small structures in the cell that **convert energy from food.**[1] **They are the main source of ATP, the energy-rich compound that drives fundamental cell functions, including force generation, the biosynthesis, folding, and degradation of proteins, and the generation and maintenance of membrane potentials**. Apart from cellular respiration and ATP synthesis, mitochondria have numerous other essential functions, including the production of NADH and GTP in the citric acid cycle, the biosynthesis of amino acids, heme groups, and iron-sulfur clusters, or the synthesis of phospholipids for membrane biogenesis.

https://bmcbiol.biomedcentral.com/articles/10.1186/s12915-015-0201-x

Mitochondria are the powerhouses of the cell. In all eukaryotes that do not depend on photosynthesis, the mitochondria are the main source of adenosine triphosphate (ATP), the energy-rich compound that drives fundamental cell functions. These functions include **force generation (for example, in muscle contraction and cell division), the biosynthesis, folding and degradation of proteins, and the generation and maintenance of membrane potentials**.