

WAVwatch How-To Guide

The step-by-step guide for using the WAVwatch



www.WAVwatch.com

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Disclaimer

WAVwatch offers low risk, acoustical frequency products that promote self-care, help to maintain or encourage good health or reduce the impact or risk of some chronic diseases and conditions where self-care has been shown to play an important role in improving quality of life and living well. The WAVwatch is not intended to diagnose, treat, cure, or prevent any disease or medical condition. WAVwatch is not a licensed medical product and all acoustical frequencies used are considered experimental. The WAVwatch is not FDA approved or considered a medical device. Testimonies are strictly volunteer and no one has been reimbursed for their testimony.

The WAVwatch website refers to the commonly used names of disease only in relation to their sound frequencies, and is not a medical diagnosis.



What is Sound Frequency Therapy?

Sound frequency therapy is similar to music therapy, however instead of relying on your ears and mind to capture the sounds, you rely on your body.

Also known as vibrational medicine, it's when "vibrations and resonant frequencies go beyond relaxation and stimulate healing in the body" (RosenBloom, 2005).

Think of it this way: Every living thing in the world has a frequency, they all sing "songs," and sit in an "orchestra". Each organ systems (fungus, viruses, emotions, etc.) sings it's own song. Your body has frequencies across organisms too.

If you broadcast certain resonant sound frequencies your body will absorb them and different interactions may take place to correct imbalances. Common types of health problems are no different. There are specific sound frequencies that can target parts of your body and system. See our testimonies for real-life

Backed by Science

"The principle of directing sound at a brittle object is used, for example, to break up kidney stones—except doctors don't bother to find the resonant frequency, preferring just to blast the stone with lots of sound energy."

- Scientific American

The bodies nerve impulses may not be electrical. The Neils Bohr School of Physics is proving that nerves impulses could be sound impulses.

- Studies from Denmark

Correct Imbalances in Your Body

Sound is heard not only through our ears but through every cell in our bodies. Sound heals on a physical level because it so deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiological functioning and can play a positive role in the treatment of virtually any medical disorder.

— Dr Mitchell Gaynor, Director of Medical Oncology and Integrative Medicine at Cornell Cancer Prevention Center

How to Use the WAVwatch



Step 1: **Set It**

This patent pending technology has 400 acoustical frequency sets for specific types of joint pain, carpal tunnel, migraines, neuropathy, essential tremors, kidney stones and many other self-care ideas.



Step 2: **Wear It**

Your body absorbs the frequencies for a set time period based on your selection. It uses precisely measured waves and vibrations to help finely tune and balance our bodies.



Step 3: **Experience It**

Resonant frequencies create precise oscillations to harmonize your body gently and quietly without disrupting your day. Turn your dis-harmony into harmony with the WAVwatch.

List of Frequencies

If you do not have a specific concern, start with Inflammation, Pain and Trauma. Then follow with Parasite Combo, and then the whole Detox category. These are areas we are missing the most in our self-care plans.

Cancer Related Pathogens

Aflatoxins
Ascaris General
Aspergillus Mold
Cancer BX Virus 1
Cancer BX Virus 2
Cancer General 1
Cancer General 2
Cancer General 3
Clostridium, Difficile, General
Cytomegalovirus
Epstein Barr Infections
Epstein Barr Virus
Fasciolopsis General
Hepatitis C1
Hepatitis C2
Schistosoma, Haematobium
Schistosoma, Mansoni
Simian
Slow Virus HIV AIDS
Tapeworm Echinococcium
Tumor Viral Infections

Chronic Health Problems

ALS

ALS 1
ALS 2
ALS 3
ALS Pro

Chronic Fatigue Syndrome

Chronic Fatigue Syndrome

Crohn's Disease

Crohn's & Bowel Problems
Crohn's Disease

Cystic Fibrosis

Cystic Fibrosis

Diabetes

Diabetes Infections, Toe Ulcer
Diabetic Neuropathies

Fibromyalgia
Fibromyalgia 1
Fibromyalgia 2

Irritable Bowel Syndrome

IBS

Immune System

Immune Complex
Immune System Diseases
Immune System Stabilization
Immune System Stimulation

Lupus

Lupus General
Lupus Systemic Erythematosus

Migraines

Migraine Disorders
Migraines

Multiple Sclerosis

MS 1
MS 2
MS 3
MS 4
MS 5.6
MS 6

Parkinson's Disease

Parkinsonian Disorders
Parkinson's Disease 2
Parkinson's Tremors
Parkinson's

Raynaud's Disease

Detox

Anesthesia, Surgery Detox
Chemical Detox, Airborne
Chemical Detox, Sensitivity 2

Detox
EMF & Electrosmog Detox
Intestinal Detox
Liver & Kidney Detox
Lymphs & Detox
Mercury Detox
Mercury Detox 2
Multiple Chemicals
Nicotine Detox, cravings, withdrawal
Radiation Detox
Respiratory Detox

Easy Self-Care

Anything designated Combo at the top of the selection is the best starting point. Then play other selections as time allows.

Allergy

Allergy Combo
Allergy, Inflammation
Allergy 2, Liver
Anaphylaxis

Bites & Stings

Bites & Stings
Black Widow Bite
Brown Recluse Spider
Fleas, Insect Bites
Lice
Mite Infestations
Mosquitos, Fleas, Insect Bites

Blood Pressure

High Blood Pressure
Inflammation, Pain, Trauma
Low Blood Pressure

Bowels

Constipation
Diarrhea

Colds & Flu

Colds & Flu Combo
Colds, Chest
Cold & Flu
Colds
Colds 1
Colds 2
Colds & Flu
Lymphs & Detox

Coughing

Cough Lingerling
Cough
Coughing

Hangover

Hangover
Liver & Kidney Detox

Headaches

Headache Combo
Headache 1
Headache HC
Headaches, Parasitic
Headaches, Toxin Related
Headaches

Inflammation, Pain, Trauma

Sleep Problems

Insomnia
Sleep Apnea
Sleep Disorders

Kidney Stones

Kidney Stone Combo

Muscles

Fasciitis
Muscle Pain
Restless Leg Syndrome
Stiff Muscles

Nail Fungus

Nail Disease
Nail Fungus 1
Nail Fungus 2
Nail fungus Onychomycosis
Nail Fungus Tricophyton

Sinus

Sinus Combo
Lymphs & Detox
Sinus 1
Sinus 2
Sinus 3 Frontal
Sinus 4 Maxillary

Skin Irritations

Acne
Anal itching
Athlete's Foot
Lipomas
Moles
Vitiligo
Warts Combo

Sore Throat

Sore Throat, Step
Sore Throat Combo
Pharyngitis
Sore Throat 1
Sore Throat 2
Staph Comprehensive
Staph Infections
Staph & Strep
Strep Infections

Stomach Pain

Abdominal Pain
Inflammation, Pain, Trauma
Nausea
Stomach Pain
Motion Sickness 1
Motion Sickness 2

Wounds, Healing

Healing & Regeneration
Inflammation, Pain, Trauma
Regeneration, Healing
Wounds, Healing, Injuries
Wounds, Penetrating

Teeth - Also see Pain, Dental

Dental Combo

UTI - Also see Organ Systems, Bladder

Emotions & Brain

Bach Remedies, Positive See Resources

Agrimony- Inner joy, openness
Aspen - Trust, reassurance
Beech - Tolerance, see good in world
Centauray - Assertiveness, success in life
Cerato - Confidence in decisions
Cherry Plum - Calm and composed
Chestnut Bud - Insight, learn from mistakes
Chicory - Love, caring, freeing others
Clematis - Down to earth, focus
Crab Apple - Self-acceptance
Elm - Strength, support for responsibilities
Gentian - Determination, encouragement
Gorse - Renewed hope
Heather - Empathy, tranquility, listener

Holly - Ability to follow life's path, goodwill
Honeysuckle - Involved in present
Hornbeam - Renewed energy, resolve
Impatiens - Patience
Larch - Confidence
Mimulus - Bravery, courage
Mustard - Clear thoughts, happy
Oak - Strength but know limitations
Olive - Mental, physical energy
Pine - Forgiveness, release of guilt
Red Chestnut - Peace of mind for others
Rock Rose - Fearlessness, calm, courage
Rock Water - Self balance, go with flow
Scleranthus - Decisive, no dilemmas
Star of Bethlehem - Comfort, consolation
Sweet Chestnut - Optimism, peaceful
Vervain - Unwound, relaxed
Vine - Patient, inspirational, leader
Walnut - Balanced change, not influenced
Water Violet - Calm, serene, approachable
White Chestnut - Tranquil, peace of mind
Wild Oat - Direction, purpose, decisiveness
Wild Rose - Joy
Willow - Forgiveness, control of emotions
Bach 7 Combo - Easy to Influence
Bach 7 Combo - Fear
Bach 7 Combo - Lonely
Bach 7 Combo - Panic Attack
Bach 7 Combo - Sadness, grief
Bach 7 Combo - Separation Anxiety
Bach 7 Combo - Uncertainty
Bach 7 Combo - Unhappy, withdrawn

Chakras - See Resources

Crown - Spirituality, foundation
Third Eye - Intuition, purpose, direction
Throat - Self-expression
Heart - Love, relations, acceptance
Solar Plexus - Personal power, self-esteem
Solar - Emotions, sexuality, relations
Root - Career, sense of belonging

Brain & Feelings

ADD
ADHD
Anger, Hate, Resentment
Anxiety

Bipolar
Brain, Concentration
Brain, Energize, Stimulate
Combat Disorders
Depression, Postpartum
Depression
Depressive Disorder
Detox Mental Disorders
Emotional Balance
Emotional Ties to Disease
Emotions and Sleep 1
Emotions and Sleep 2
Emotions and Sleep 3
Frigidity, female
Phobic Disorders
PTSD
Seasonal Affective Disorder
Self-image Balance
Sleep Disorders
Schizophrenia
Stammering
Stuttering
Tourette's Syndrome

Germs & Bugs

Bacteria

Bacteria General
Bacterial & Mycoses
Detox & Lymphs
Detox
E. Coli & Mutant Strains
E. Coli 1
E. Coli Comprehensive
Pertussis

Candida, Molds & Fungus

Candida Combo
Candida 1
Candida 2
Candid 3
Candida 4, Albicans
Candidiasis
Detox and Lymphs
Detox
Fungus
Molds

Parasites (also see Organ Systems & Liver)

Parasites Combo
Detox & Lymphs
Liver Detox
Parasites General 1

Parasites General 2
Parasites General 3
Parasites General 4
Parasites General 5
Parasites General 6
Parasites General Short Set
Parasites Liver Flukes 1
Parasites Liver Flukes

Virus (also see Organ Systems & Lungs)

Coronavirus Combo
CoronaVirus – SARS
Coronaviridae Infections
Coxsackie B1-B3
Coxsackie B4-B6
Coxsackie General
Coxsackie Viral Infections
Detox & Lymphs
Detox
Epstein Barr Infections
Epstein Barr Virus
Hantavirus Infections
Herpes Zoster 1
Herpes Zoster 2
Herpes Zoster 3
Influenza – Bird Flu
Influenza
Mononucleosis
Papilloma Virus
Respiratory Distress Syndrome
Respiratory Syncytial Virus
Respiratory Tract Infections
SARS – 1
SARS – 2
Viral Complex General

Kids

Acne
ADD
ADHD
Asperger Syndrome
Asthma Combo
Autistic Disorders
Bedwetting
Bites & Stings
Bone Trauma & Regeneration
Colic
Cough
Coxsackie (HFM)
Croup Combo
Cytomegalovirus
Diarrhea
Ear Conditions, Fungus
Epilepsy
Fever

Impetigo
Inflammation, Pain, Trauma
Lice
Non-verbal Learning Disorder
Pertussis
Poliomyelitis
Respiratory Distress Syndrome
Respiratory Syncytial Virus
Seizures
Sore Throat Combo
Staph & Strep
Trauma

Lyme Disease & Co-Infections

Anaplasmosis & Marginale
Babesia
Bartonella Henslae
Borrelia Burgdorferi
Detox and Lymphs
Detox
Ehrlichiosis
Lyme 2
Lyme Disease & Rocky Mountain Fever
Lyme Disease 1
Lyme Hatchling Eggs
Lyme Secondary & Tertiary
Lymphangitis Support, Plaque
Mycoplasma General
Mycoplasma Infections
Pasteurella
Rickettsia
Tularemia
West Nile Virus

Men's

ED
ED Pro
Emotional Ties to Diseases
Erectile Dysfunction
Erectile Nerve Damage Impotence
Male Urogenital Diseases
Sexual Dysfunction
Sexual Function, Desire
Sexual Function

Hair Loss
Alopecia 2
Alopecia 1

Alopecia
Hair Diseases
Hair Loss

Hormones

Breast Neoplasms
Endocrine System, 3. Gynecomastia
Hormonal Balance
Sexual Function, Desire
Sexual Function Penis
Balanitis, Glans Penis
Hemospermia, semen blood
Penile Diseases
Penile Induration, Peyronies,
Connective Tissue

Prostate

Adenoma – Prostate
Prostate Hyperplasia
Prostate Problems
Prostatic Diseases
Prostatitis

Scrotum

Varicocele

STD's

Chlamydia
Gonorrhea 2
Gonorrhea
Papilloma Virus 1
Papilloma Virus
Papilloma Virus Infections
Menorrhidium
STD, Bacterial
Syphilis
Warts
Venereal General

Testis

Cryptorchidism, Undescended
Testicle
Epididymitis – Testicle Inflammation
Gonadal Disorders
Gonadal Inflammation
Hydrocele Testis
Orchitis, Inflammation
Testicular Diseases

Organ Systems

Adrenals

Addison's Disease
Adrenal Gland Diseases
Adrenal Stimulant

Bladder/Urinary

Cystitis Chronic
Hematuria
Urethral Stricture
Urethritis
Urinary Bladder Diseases, Retention
Urinary Tract Infections
Urination Disorders
Urologic Diseases, Disorders
Urologic Diseases, Urogenital

Brain

Brain Abscess
Brain Concussion
Brain Diseases
Brain Hypoxia
Brain Ischemia
Brain Stimulate
Epilepsy 1
Epilepsy 2
Gamma Brainwave
Hypothalamus
Seizures
Stroke Follow-up
Stroke

Colon

Colitis & Diarrhea
Colitis, Ulcerative
Duodenal Ulcer
Intestinal Diseases, Inflammation
Intestinal Obstruction

Ear

Deafness
Ear Conditions, Various
Ear Diseases
Hearing disorders
Hearing Loss, Sudden
Meniere's Disease
Otitis Externa, Swimmers Ear
Tinnitus

Eyes

Cataract 1
Cataract 2
Cataract 3
Cataract Brunescant
Cataract Complicated
Conjunctivitis
Eye Abnormalities
Eye Infection, Inflammation
Glaucoma
Visual Acuity

Gallbladder

Cholecystitis – Gallstones

Cholecystitis 2
Gallstones

Heart

Arrhythmias, Cardiac
Atrial Fibrillation
Angina
Aortic Valve Stenosis
Atherosclerosis
Endocarditis, Bacterial
Heart Failure
Heart Septal Defects
Heart Valve Diseases
Metabolic Syndrome
Microvascular Angina
Mitral Valve Prolapse
Pericarditis

Kidney

Kidney Stone Combo
Kidney Diseases, Cystic
Kidney Diseases
Kidney Failure
Kidney Insufficiency, Stones
Kidney Papilloma
Kidney Stimulation
Kidney Stones

Liver (Also See Detox, Hepatitis)

Fatty Liver
Liver Cirrhosis, Diseases
Liver Cirrhosis
Liver Support, Enlargement

Lungs

Acute Respiratory Combo
Apnea
Bronchitis
COPD
Lung Abscess
Lung Diseases, Interstitial
Lungs, General & Bacterial
Pulmonary Diseases
Pulmonary Edema
Pulmonary Emphysema
Lymph
Lymphedema
Lymphadenitis – Swollen
Lymphangitis, Support, Plaque
Lymphatic Diseases
Lymphoproliferative Disorders

Pancreas

Pancreas Combo
Exocrine Pancreas Insufficiency

Pancreas Diseases
Pancreas Fluke
Pancreas
Pancreatic Insufficiency
Pancreatitis

Skin

Bacteria, Infectious
Dermatitis, Exfoliative
Dermatitis, Herpetiformis
Dermatitis
Eczema Pro
Eczema
Lichen Planus
Lichen Sclerosus
Pemphigus Benign Familial
Pemphigus Bullous'

Thyroid

Graves Disease, Goiter
Hyperthyroidism
Hypothyroidism 2
Hyperthyroidism
Stuma Cystica, Nosode
Thyroid Goiter, Swelling
Thyroid Nodule, Thyroiditis, Disease

Pain

Inflammation, Pain, Trauma - Most important frequency set

Angina (also see Organ Systems & Heart)

Angina

Bones

Bone Regeneration
Bunion, Bony Bump

Burns (also see easy self-care)

Wounds
Burns

Dental

Dental Combo
Dental General
Dental Infection 3
Jawbone Infections
Dental Infection and Earache
Dental 1
Dental 2
Gingivitis
Lymphs and Detox
Periodontal Disease

Joints

Ankylosing Spondylitis
Arm Pains
Arthropathy- Joint Disease
Arthritis
Backache
Dupuytren's Contractures
Elbow
Frozen Shoulder
Herniated Disc
Hip Pain
Knee Pain
Neck Pain
Osteoarthritis
Rheumatoid Arthritis
Shoulder Pain
Slipped Disc, Herniated Disc

Muscles

Achilles Heel
Calf Muscles
Muscle Cramps
Muscle Pain
Muscle Strain
Stiff Shoulder

Nerves

Carpal Tunnel, Nerves
Dystonia
Nerve Combo
Nervous System Diseases
Neuralgia
Neuropathy
Numbness
Palsy General
Peripheral Nerves
Polyneuropathy
Sciatica
Tremors
Trigeminal Neuralgia
Ulnar Nerve Compression
Veins
Raynaud's Syndrome
Varicose Veins

Senior

Alzheimer's

Alzheimer's 1
Alzheimer's 2
Depression
Insomnia
Lewy Body
Trauma

Arthritis – Also see Pain

Arthritis
Rheumatoid Arthritis

Bedsores

Brain

Anomia, Name Recall
Anosmia, Sense of smell
Anxiety & Anxiety Disorders
Dementia, Vascular
Dementia
Hyposmia, Smell partial
Mental Clarity
Taste Disorders

Cold

Colds & Flu Combo
Cold Head & Chest
Cold & Flu
Cold Head Chest
Cold Pro 1
Cold Protection 2
Cold
Cold 1
Cold 2

ColdFlu
Common Cold
Diabetes
Diabetes
Diabetic Associated Infections
Diabetic Neuropathy
Diabetic Toe Ulcers

Edema

Edema 1
Edema 2

Incontinence (also see Organs & Bladder)

Fecal Incontinence
Incontinence

Immune Support

Fatigue
General Body Support
Immune System Balance
Immune System Stabilization
Immune System Stimulation 2
Immune System Stimulation 1
Sepsis
Systemic Support

Lungs (also see Organ Systems, Lungs & Bacteria)

COPD

Emphysema
Pneumonia

Sleep Disorders (also see Emotions)

Apnea

Emotions and Sleep 1
Insomnia
Sleep Disorders

Stroke (also see Organs & Brain)

Stroke Follow-up
Stroke

Urinary Bladder Problems

Urinary Bladder Diseases, Retention
Urinary Disorders, Incontinence
Urinary Tract Infections
Urologic Diseases, Disorders
Urologic Diseases, Urogenital

Weight Loss & Maintenance

Addictions
Adenovirus 36
Adenovirus Comp
Adrenal Balance
Cellulite, Connective Tissue
Detox and Cleansing
Fat Burn 1
Fat Burn 2
Fat Burn
Liver and Kidney Detox
Liver Balance
Lymphs & Detox
Overweight
Pancreas Balance
Thyroid Balance
Tummy Tuck
Weight Loss 2, Organ Balance
Weight Loss Modulated
Weight Loss, Organ Balance

Women's

Breast

Breast Calcification
Breast Cyst
Breast Diseases
Breast Fibrocystic and Fibroid Cysts
Breast Neoplasms
Breast Sore Nipples, Inflammation, Neoplasms

Breast Tumor Benign
Fibroadenoma
Liver and Kidney Detox
Lymphs and Detox
Mastitis, Bacterial, Inflammation

Hair Loss

Alopecia 1
Alopecia 2
Alopecia
Hair Diseases
Hair Loss

Hormones

Endocrine Boost
Estrogen, Normalize
Frigidity
HGH Stimulation
Hormonal Balance
Progesterone, Normalize
Sexual Function, Desire
Sexual Function
Testosterone, Normalize

Menstrual Cycle

Amenorrhea
Hot Flashes
Menopause Symptoms
Menstrual Cramps
Menstrual Problems

Reproductive System

Candida Vulvovaginal
Cervical Dysplasia
Cervical Polyps, Cervicitis
Cervix, Papilloma Virus Warts
Endometriosis, Chronic
Fallopian Tube Infection
Ovarian Cysts
Ovarian Disorders & Swelling
Pelvic Adhesions
Uterine Prolapse
Vaginal Disease
Vaginosis & Bacterial Vaginosis
Vulvar Diseases
Vulvar Lichen Sclerosus

STD's

Chlamydia
Gonorrhea 2
Gonorrhea
Papilloma Virus, Cervix
Papilloma Virus
Papilloma Virus Infections
Menorrhidium
STD, Bacterial
Syphilis
Warts, Venereal General



Linda Bamber
WAVwatch Founder

“
The WAVwatch is the most comprehensive and affordable self care tool on the market. Thank you for your purchase!
”

Born with hearing in only one ear, Linda Bamber learned to adapt early in her life “They didn’t discover my dis-ability until I was in the third grade,” Linda said. By then, “I had learned to stay still, orient towards the sound and absorb information.” Who knew those three ideas would be the very foundation for the WAVwatch.

“Although I took some ribbing from my brothers for never getting a joke...my hearing ability was not a detriment, but rather something to improve on.”

**Read More About
Linda’s Story**

www.WAVwatch.com

WAVwatch Apps



WAVwatch Files

View all sound frequencies files. Files are divided into 13 major categories. Select category by tapping up and down arrow keys. This is the main function key or face to access and use daily.



Favorites

The location where you store your favorite sound frequencies. To add WAV files to your favorites folder, tap the “heart” icon when playing a frequency.



Resources

Provides information about folders on WAVwatch. All folders in that category are listed alphabetically. Click again to read individual files in each category.



Videos

Browse through videos for directions and ideas for using the WAVwatch.



Recordings

Your voice can be a healing force. Record your own prayers, vocal toning, humming, wholetones or chakra humming for playback later. Make your WAVwatch an individualized tool for self-care.



All Files

Search WAV files by alphabetical selections. Files labeled numerically will come up first. Over 150 more files are available with additional purchase and will be reflected here also.



Pictures

View helpful images for how to use the WAVwatch.



Alarm

Remind yourself when to use WAVwatch frequencies.



Settings

Change WAVwatch settings and update preferences.

Knee Pain

"I limp when I walk and it feels loose with the cracking. But after using the frequencies for just 25 minutes, I'm not limping anymore and I don't feel the pain."



Watch the Video Testimonial
at www.WAVwatch.com

Settings & Functions

Click the Settings app to display the following options:

Timing Power Off: Used to set the automatic shutdown time of the product in the playing situation, the setting scope is between one and 99 seconds, and the timing shutdown is the default shutdown.

Display Setting: Includes the setting of "brightness," "backlight timer," and "screensaver."

Backlight Timer: Used to set the lighting time of the screen. Includes 10 seconds, 30 seconds, 60 seconds, and always on. Choose the wanted option and confirm by pressing the key OK. Default is 60 seconds.

Screensaver: Used to set the screen saver interface. After setting the screen saver, it will first enter the screen saver interface after lighting up the screen by pressing the "on/off" button.

Password Switch: Set a password when powering on the WAVwatch. The default option is set to Off.

Modify Password: Used to change the password.

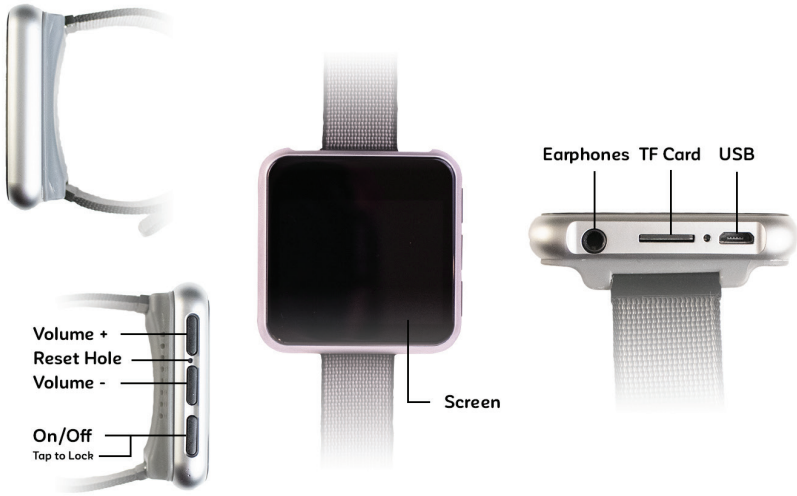
Date and Time: Two options: "set date" and "set time". After setting, click the "OK" icon to confirm and return to the menu.

Language: Includes multiple options such as simplified Chinese, traditional Chinese, English and more. Users can choose to set according to their needs and the default is simplified Chinese.

Information: Includes player information, disk space, and supporting document types. Player information contains the information on the product model and software version; the disk space contains the information on the total space.

Factory Settings: Used to restore the various preferences to the factory default setting. The recovery of the factory setting does not affect the audio files that have been stored in the product.

Diagram of Product

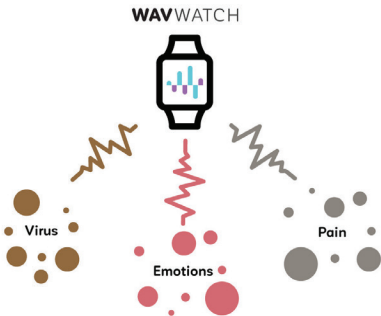


On/Off:

On: Press and hold the on/off button for three seconds until the screen has the power-on interface.
Off: Press and hold the on/off button for three seconds until the screen has the power-off interface.

Charging:

When the power supply voltage of the product is too low, the screen will display "low battery" and at the same time it will automatically shut down. Or when the power indicator icon shows that the power supply voltage is insufficient, please charge the voice recorder by connecting the supporting USB wire to the USB interface of a computer or a charger.



The charging time varies with the power supply of the USB interface. Usually, the battery can be charged in about 1~2 hours.

Frequently Asked Questions

How do I know what frequencies to play?

Select the frequencies based on your symptoms or what health problems you have been diagnosed with. The WAVwatch adds another layer of non-invasive, drug-free ideas for self-care. Use common sense.

What if I play the wrong frequencies?

Relax, we are bombarded with all kinds of acoustical frequencies all day long. Does it harm your body if you listen to a song that you don't like or doesn't resonate with you? Not at all. The same applies here. The speaker is very small; subtle frequencies may be more helpful than loud frequencies.

Is the WAVwatch connected to the internet?

The WAVwatch is not connected to the internet because we know synthetic EM fields interfere with the body's signaling processes which can cause damage and long-term health problems.

How does the WAVwatch work?

The WAVwatch uses specific acoustical frequencies that have been measured starting in the 1920's. Newer technology has allowed us to add frequencies to a wrist band. Studies from Denmark are shedding light on the theory that the body's nerve impulses may not be electrical. The Niels Bohr School of Physics is proving that nerve impulses could be sound impulses.

Will this new technology work for me?

In the book *The 7 Secrets of Sound Healing*, the author, Jonathan Goldman, stated that “he expected sound could easily change about 70% of the problems it was being used for.” So far, WAVwatch testimonies seem to be meeting or exceeding that percentage. Please email us at info@wavwatch.com with any testimonies so that we can add to our learning curve and data base.

Does this cause any reactions?

Every person is different. A few people have had diarrhea or nausea. They had played the same frequency set for many hours. Use common sense and rotate frequencies settings.

What is the best time and ways to use the WAVwatch?

Please use the watch when you can be relaxed without a lot of movement; watching TV, napping, driving long distances or reading a book. Avoid when playing sports! Adjust the band so that it fits snugly on your wrist and the speaker on the back is close to your skin. Your body can then absorb frequencies better. The sound can be adjusted. It does not have to blare, but you should be aware that it is playing or has shut itself off. Drink plenty of water when using.

What can I do if the wristband doesn't fit?

You can easily buy a FitBit replacement band, size 22MM.

Questions?

If you have questions about the WAVwatch,
contact us by phone or email below.

Phone: 849-394-2848

Email: info@wavwatch.com