

## The Vibrational Frequency of Essential Oils

### MHZ

460-580	-----	Idaho Blue Spruce
320	-----	Rose
181	-----	Helichrysum
147	-----	Frankincense
134	-----	Ravensara
118	-----	Lavendar
105	-----	Blue Tansy
105	-----	Myrrh
102	-----	Melissa
98	-----	Juniper
96	-----	Sandalwood
85	-----	Angelica
78	-----	Peppermint
56	-----	Galbanum
52	-----	Basil

## The Vibrational Frequency of Foods

### MHZ

170	-----	Green Juices
70	-----	Green Foods
7	-----	Meat
4	-----	Processed GMO Foods

**“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” Nikola Tesla**