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Monthly Newsletter

THE INTEGRATIVE APPROACH = PREVENTION + EMPOWERMENT

In this Newsletter:

“What Is Biofrequency Medicine? A Look at Our Advanced Integrative Therapies, Restore Balance. Reduce Stress. Rebuild Strength. Explore Our Biofrequency Services.” and Introducing our Military discount on consultations and Follow up appointments.

The Power of Biofrequency Medicine in Modern Wellness

Your body is not just chemical — it is electrical, neurological, mechanical, and energetic. Every cell communicates through measurable electrical signals. When those signals are balanced, the body functions efficiently. When they become dysregulated due to stress, injury, inflammation, or trauma, symptoms can appear.

Biofrequency medicine focuses on restoring healthy patterns of communication within the body to support natural healing and resilience.





What Is Biofrequency Medicine?

Biofrequency medicine suggests:
“Your body is electrical. When its signals are balanced, you’re healthy. When they’re disrupted, illness can develop. Restoring the right frequencies helps restore health.”

Biofrequency medicine is based on three foundational principles:

- **The body generates electrical and electromagnetic activity**
- **Disruptions in signaling may contribute to dysfunction**
- **Supporting healthy signaling may enhance recovery and balance**

At Advanced Integrative Care, we use carefully selected technologies to support this process safely and strategically.

How It’s Practiced

Biofrequency medicine is practiced through several different modalities that fall under the broader “frequency” umbrella.

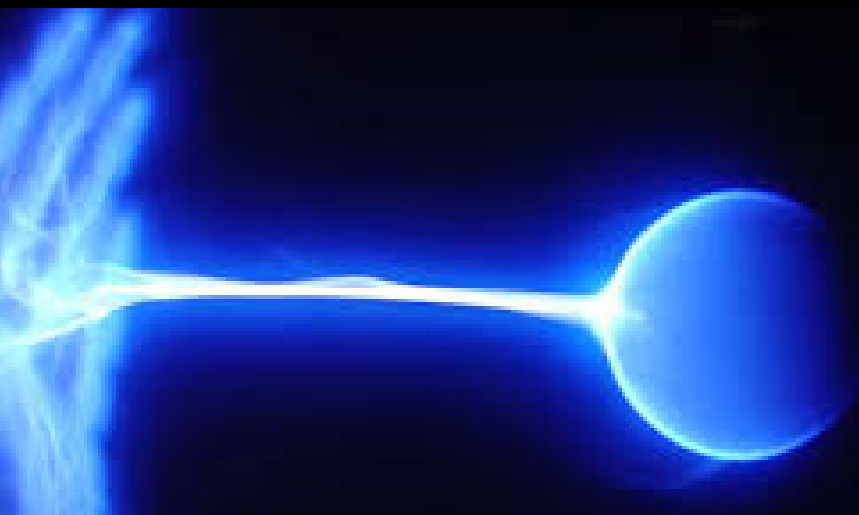
Rife Therapy: Uses specific electromagnetic frequencies and is based on the theory that certain frequencies may interact with pathogens or abnormal cells.

PEMF (Pulsed Electromagnetic Field Therapy): Uses low-frequency magnetic pulses and has been studied for its role in supporting bone healing, reducing pain, and modulating inflammation.

Bioresonance Therapy: Designed to detect and modify what are described as “harmful” frequency patterns in the body.

Sound and Vibrational Therapies: Such as tuning forks, singing bowls, and binaural beats — Using acoustic frequencies to support relaxation and influence nervous system regulation.

Each of these approaches aims to support balance in the body through frequency-based stimulation, though they differ in application, research support, and clinical focus.



OUR ADVANCED THERAPIES



Alpha-Stim®

Nervous System Regulation & Mental Wellness

Alpha-Stim is an FDA-cleared microcurrent device designed to gently support brain and nervous system balance.

Benefits:

- Reduces anxiety and stress
- Improves sleep quality
- Supports mood stabilization
- Decreases chronic pain
- Calms nervous system hyperarousal

Ideal For:

Anxiety, insomnia, depression, PTSD support, stress-related conditions, chronic pain.

Alpha-Stim works by promoting healthy brainwave activity and neurotransmitter balance — helping restore calm and resilience.

PEMF (Pulsed Electromagnetic Field) Therapy

PEMF uses low-frequency magnetic pulses to support cellular repair and reduce inflammation.

Benefits:

- Accelerates injury recovery
- Reduces joint and muscle pain
- Supports bone healing
- Enhances circulation
- Improves cellular energy (ATP production)

Ideal For:

Arthritis, sports injuries, chronic pain, inflammation, post-surgical recovery.

PEMF works at the cellular level to promote repair and optimize healing.

Vibration Plate Therapy

Strength, Circulation & Bone Support

Vibration Plate Therapy uses controlled mechanical vibrations to stimulate muscles, circulation, and neuromuscular activation.

Benefits:

- Improves muscle strength and tone
- Enhances balance and coordination
- Stimulates bone density
- Supports lymphatic drainage
- Increases circulation
- Reduces muscle stiffness

Ideal For:

Deconditioning, fall prevention, osteoporosis support, rehabilitation, circulation improvement.

This therapy activates muscles rapidly and efficiently, making it ideal for both recovery and performance optimization.

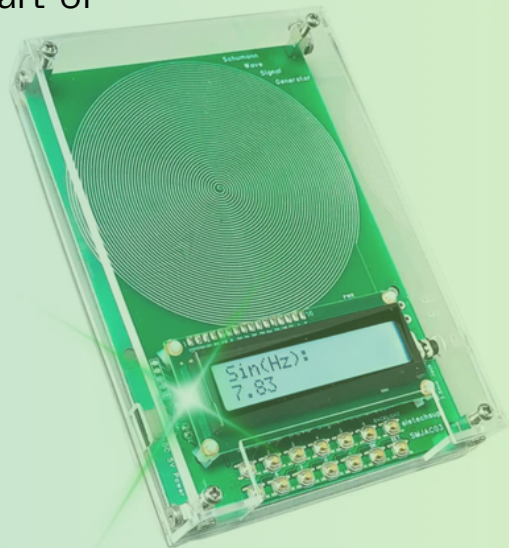


RIFE Frequency Therapy

RIFE therapy uses targeted frequency emissions as part of integrative wellness programs.

Potential Benefits:

- Supports nervous system regulation
- Promotes relaxation and stress reduction
- Encourages parasympathetic (“rest and digest”) activation
- May help reduce feelings of anxiety and tension
- Supports improved sleep quality
- Enhances mental clarity and focus
- May reduce muscle tightness associated with stress
- Supports emotional balance
- Encourages overall sense of calm and well-being
- Non-invasive and drug-free wellness support



Ideal for:

Stress management programs, sleep support protocols, relaxation sessions, wellness optimization plans, and as complementary support alongside other integrative therapies.

Compare & Contrast

Feature	PEMF	RIFE	Alpha-Stim	Vibration Plate
Type of Stimulation	Magnetic pulses	Frequency emission	Microcurrent electrical	Mechanical vibration
Primary Target	Cellular repair & inflammation	Proposed tissue resonance	Brain & nervous system	Muscles, circulation, bone
Strongest Evidence	Bone healing, pain	Limited	Anxiety, insomnia, depression	Muscle strength, bone density
Best For	Injury & inflammation	Immune-focused wellness	Nervous system regulation	Strength, balance, circulation
Sensation	Usually none	Usually none	Mild tingling	Physical vibration

How These Therapies Complement Each Other
At **Advanced Integrative Care**, these modalities can be layered strategically:

- Alpha-Stim → Calms and regulates the nervous system
- PEMF → Supports cellular repair and inflammation balance
- RIFE → Adjunctive frequency-based wellness support
- Vibration Plate → Improves muscle tone, circulation, and structural integrity



Biofrequency-based therapies offer a non-invasive, drug-free way to support nervous system balance, cellular health, circulation, and overall wellness. When integrated thoughtfully, these advanced modalities may help address stress, sleep disturbances, pain, inflammation, and recovery challenges.

If you're interested in learning how these services may support your specific symptoms and health goals, contact Advanced Integrative Care to schedule a consultation and explore a personalized plan designed for you.

10% Military Discount

All Active Duty and Retired Military

**New Consultations and Follow
Up Appointments with Sherry**

**UNIFORMED SERVICE ID CARD
TO BE PRESENTED AT THE TIME OF SERVICE**

**This nation will remain the land of the free only so
long as it is the home of the brave**

REMEMBER AND HONOR



**For more information or to schedule a consultation, contact
us today!**

**Phone: 716.277.0267 | Email:
info@advancedintegrativecare.com**

Due to the rising market costs of supplies and operational expenses, we will be implementing modest price adjustments on select treatments. We remain committed to providing the highest quality care and appreciate your understanding as we continue to invest in the advanced therapies and personalized service you expect from Advanced Integrative Care.