



September 2026
ISSN:1538-1080

Volume 26 Number 3
<https://doi.10.78717/ijhc.2026.3.56>

COMMENTARY

Artificial Intelligence: Physical End Point Limitations

Dr. Caitlin A Connor, ^{1,2} DAOM, AMP, EHP-C

1. Special Projects, IJHC
2. Founder, Expand Health Science

Abstract

There are a lot of discussions going on about AI, what it can do, what is safe to do, and how it works. Unfortunately, few if any of these discussions are looking at the difference between what an AI can be programmed to do with an entire server room and multiple companies worth of processing chips, and what the end user's device can do. This becomes particularly relevant now that there are AI systems that have theoretically been designed, developed, and programed to provide health care interventions.

Keywords: Artificial Intelligence, Health Care Applications, Schumann Resonance

Introduction

Can an AI system talk an individual through a meditation? (Meditation Ai, 2026, InTheMoment, 2026, Wondercraft, 2025). Absolutely, though what is the advantage of those products over the many, many free meditations available on YouTube? Can an AI system produce a Schumann resonance out of your phone (The Schumann, 2026,

Ashley, 2024). The Schumann Resonance (SR) which operates from 6.2Hz to 7.8 Hz, has demonstrated beneficial physiological effects on the human body (Nevoit, G., et al., 2025). "SR is an important component of the natural background electromagnetic noise spectrum from 5 to 50 Hz" (Liu, J., et al., 2023). Unfortunately, this is much less likely because, while you can program an AI system to produce waves in those Schuman

frequency ranges, cell phone speakers are not capable of producing those particular frequencies (Brain, M., Tyson, J., & Layton, J., 2000). There are limitations in the range the sounds cell phone speakers can create, and Schuman is outside of that range (Hromadova, V., et al., 2022). It is rare for a cell phone speaker to be capable of producing frequencies below 20Hz. They are simply not made to produce those low frequencies.

Physical Device Limits

Physical device limits are a well understood issue in other areas of computer technology. One part of a system being capable of doing a task, does not mean that the entire system can perform that task (Christiansen, E. & Hassan, B., 2024). This is frequently seen with things like memory limitations or processing power limitations in an individual computer. What about cooling restrictions or BIOS limitations? As a result, this raises some interesting questions. Can you market something that is capable of producing an effect itself, but is going to be working through other things that cannot? Is the company liable for failures of the user purchased equipment? What if people delay standard health care treatment because they think they have found a portable treatment option? Is it fraud when the software producer knows that the hardware does not exist that can run the product being sold? What if it does exist, but most people don't own it? Would the AI system need to include a caveat on the required system parameters?

What about on the development side? If people are interested in this type of

technological possibility, should cell phone companies be more responsive and start designing and producing cell phones that can produce a wider range of frequencies? This is clearly something a subset of the population is interested in. But does this also place human populations at risk of damage from frequencies produced by a phone? And would the phone companies or the AI generation app companies be at liability risk? What about misuse of phones for unethical purposes? Various frequencies can be used for everything from knocking people out to loss of motor control and confusion. And what about the AI system sending out frequencies independently from what humans want? AI systems are created to be largely autonomous. What are the end point limits in that situation? Do the ethics of use, end point limits and community accepted specifications need to be developed prior to distribution? The computer community has a history of doing the relevant additional development after the fact. And what about defined safety product limitations? Are there any yet?

Conclusion

Regardless, there has to be recognition of the end user device limitations. This is especially true when advertising the health benefits of a particular AI product. Just because an AI system can produce an effect does not mean it can produce that effect through the end user cell phone or other device. Users need to be aware of deceptive claims in what the AI system can do, or tell specific hardware to do, vs what the user side device is actually capable of performing. And the AI

programmers need to keep in mind ethical use and user device limitations when programming.

References

- Ashley. (2024, December 23). *Schumann Resonance Ai*. All For One. <https://mumble.nationalgeographic.com/schumann-resonance-ai>
- Brain, M., Tyson, J., & Layton, J. (2000). How Cell Phones Work. In *HowStuffWorks*. <https://electronics.howstuffworks.com/cell-phone6.htm>
- Christiansen, E. & Hassan, B. (2024). Computational Constraints: Limited processing power and memory.
- Hromadova, Veronika & Kasák, Peter & Brida, Peter & Jarina, Roman. (2022). Frequency Response of Smartphones at the Upper Limit of the Audible Range. 10.1109/ELEKTRO53996.2022.9803475.
- InTheMoment. (2026). *Welcome to Meditation - Introduction Session*. InTheMoment.App. <https://inthemoment.app/meditation>
- Liu, J., Huang, J., Li, Z., Zhao, Z., Zeren, Z., Shen, X., & Wang, Q. (2023). Recent Advances and Challenges in Schumann Resonance Observations and Research. *Remote Sensing*, 15(14), 3557. <https://doi.org/10.3390/rs15143557>
- Meditation Ai*. (2026). Meditation.Ai. <https://www.meditation.ai/>
- Nevoit, G., Landauskas, M., McCarty, R., Bumblyte, I. A., Potyazhenko, M., Taletaviciene, G., Jarusevicius, G., & Vainoras, A. (2025). Schumann Resonances and the Human Body: Questions About Interactions, Problems and Prospects. *Applied Sciences*, 15(1), 449. <https://doi.org/10.3390/app15010449>
- Wondercraft*. (2025). Wondercraft.Ai. <https://www.wondercraft.ai/tools/ai-meditation-generator>
- The Schumann*. (2026). The Schumann. <https://theschumann.com/pages/schummi-ai>

Bio:

Dr. Caitlin Connor, DAOM, PG Dip, EHP-C, holds a bachelor's degree from Mount Holyoke College with a dual focus in political science and anthropology, a master's degree in acupuncture and oriental medicine from Arizona School of Acupuncture and Oriental Medicine and a doctorate in Acupuncture and Oriental Medicine from California Institute for Integral Studies/American College of Traditional Chinese Medicine. Her post-doctoral training in Health Sciences Research, was at University of Oxford, UK. She is board certified by the American Alternative Medicine Association and as an Herbal Health Coach by the American Natural Wellness Coaching Board. She is the ISSSEEM 2011 gold medal winner of the Rustum Roy

Emerging Scientist Award for undergraduates, Bernard Grad Emerging Scientist silver medal winner for graduate students 2016 and a 2018 inaugural Patricia Norris Emerging Scientist gold medal. Dr. Connor has over 30 peer reviewed publication and she is the founder and principal for Green Mountain Health Care in Tucson, AZ.

email: caitlin_connor@mindspring.com

TERMS OF USE

The International Journal of Healing and Caring is distributed electronically as an open access journal, available at no charge. You may print your downloaded copy of this article or any other article for relaxed reading. We encourage you to share this article with friends and colleagues.

The International Journal of Healing and Caring
31907 E Davis Ranch Rd.
Marana, AZ 85658

Email: ijhcjournal@earthlink.net Website: <http://www.ijhc.org>

Copyright © 2026 IJHC.org, Dr. Caitlin A Connor. All rights reserved. No AI scraping or training of this document is allowed.

DISCLAIMER: <http://ijhc.org/disclaimer>