



QuickStart Guide

AS EASY AS

1

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Get familiar with the essential basics so that you receive great results every time.

RELAX

Use **RELAX** anytime during the day or night with full body system or pillow pad. This mode puts the user in a parasympathetic mode, soothing stress levels and the central nervous system, anxiety, depression, insomnia and creates a medium for deep, restful sleep.

BASIS

Use **BASIS** only during daytime for the full body system. The pillow pad and applicators can be used at anytime. **BASIS** focuses on Ion-Transport of protons into the cells, stimulating cell metabolism, cellular communication and cell regeneration. This is like charging up all the cells in the body and optimizing cellular function including removing cellular waste. There is minimal detox effect felt.

VITAL

Use **VITAL** only before workout. This setting is rarely used as it puts the body into "warrior" mode. After use, it's important to use a **RELAX** setting on full body mat for recovery and to put back into parasympathetic mode. **Vital** mode targets activation of nitric oxide and oxygen to blood, tissues and cells.

FULL BODY MAT THERAPY

Quick start guide

AM

Run RELAX (parasympathetic) or BASIS (healing) intensity #3 for 16 to 24 minutes. Only for professional sports and high level athletes: VITAL intensity #3 for 8 to 16 minutes increases stamina and strength.

AFTERNOON

This session is optional. RELAX or BASIS intensity #3 for 16 to 4 minutes.

PM

Before sleep, run RELAX intensity #3 for 16 to 24 minutes.

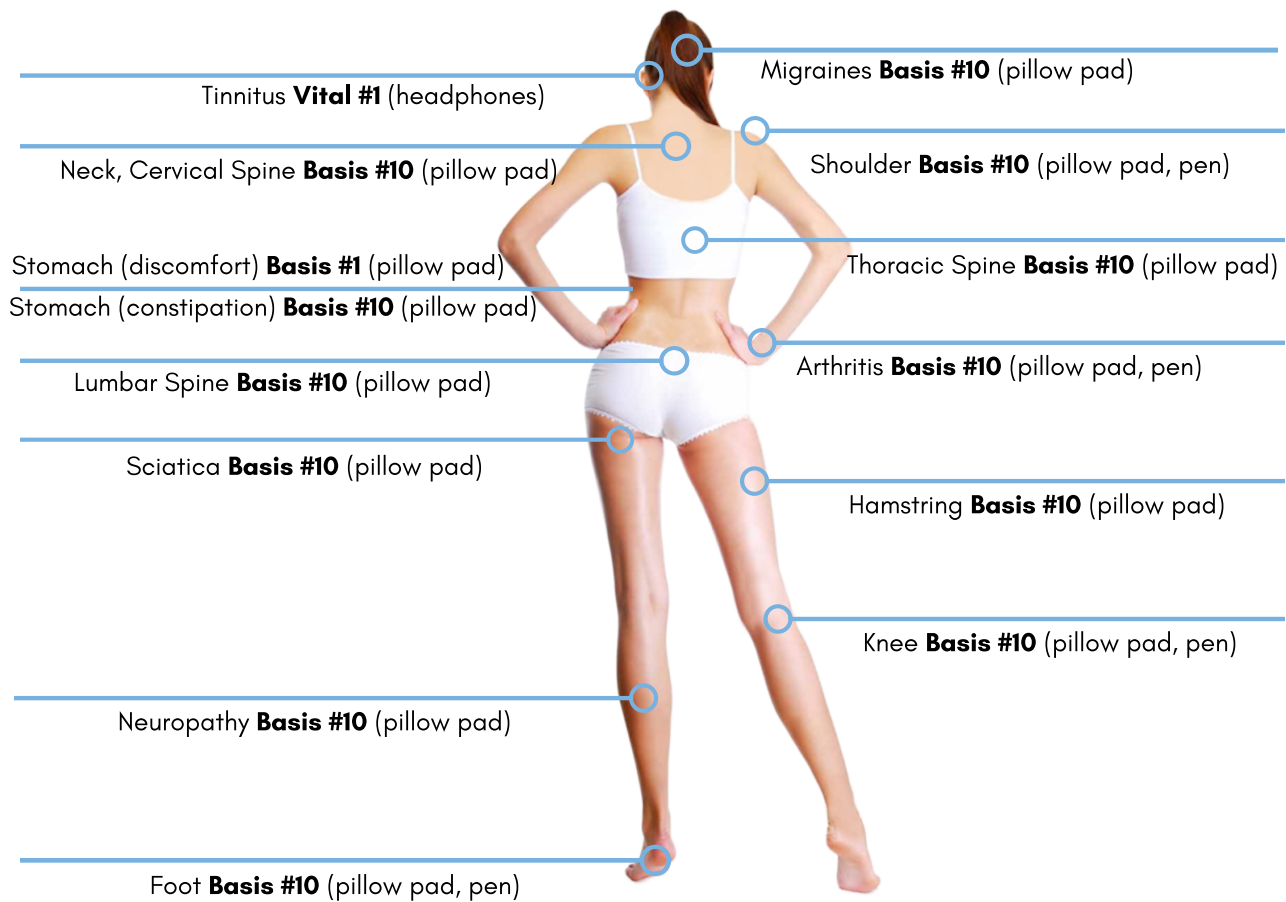
Helpful tips

- The full body mat prepares the body with energy while eliminating EMF radiation.
- Effects last up to 8-12 hours with cumulative improvements with every session.
- Set applicators for 24 minutes immediately after a full body session for best results.
- Target site cannot be repeated more than 3 times a day.
- Daily maximum use of full body mat is 1.5 hours per 24 hours total use.
- Overuse may cause temporary discomfort and temporary reversal of previous effects. If this happens begin next day at lower settings and durations.
- Before and after session, drink a glass of magnesium citrate powdered water.
- Set up automated clocks for AM/PM for more convenience. Check online for instructional video.



TARGET THERAPY

with applicators



RESCUE RELIEF

Concentrated Target Applicators



Pillow Pad



Eye Goggles



Headset



Pen

- **BASIS #10** settings will be for 24 minutes for the first week or less if relief is found sooner.
- After a week of 80%-100% relief, lower settings to **BASIS #4** for 24 minutes until eliminated.
- If minimum relief is experienced then run **Basis #1** for 24 minutes for a week.
- Tinnitus is **VITAL #1** for 70 minutes 2x the first day, minimum 5-6 hours apart. Thereafter will be **BASIS #10** for 24 minutes 2-3x day. If limited results, find responsive target number by starting at BASIS #1 on first day and increase Intensity one at a time each day until a result has been seen. This will be your Intensity number to use there after going forward.