

Information Guidance

for

BIOMEDIS TRINITY

2018

**GENERAL RECOMMENDATIONS**

BIOMEDIS TRINITY allows us to use the advanced wellness Multi-Frequency

Synchronization (MFS) technology in everyday life.

The researches of MFS are conducted in Russia, USA, China, Japan, India and other countries. Preventative complexes and programs of BIOMEDIS TRINITY are based on several methods: Bio-Resonance Therapy (BRT), Structural Resonance Therapy,

Transcranial Magnetic Stimulation(TMS), and Psychosomatic Pathology Correction Method. These methods are implemented in BIOMEDIS TRINITY through the newest unique

technology of MFS and allows scientific research and methods to be used on a

completely new quality level, achieving high results of efficiency of the device

application.

**Modes Description and Effect**

 There are 4 types of modes in the Biomedis Trinity device:

**In Modes 1 and 2,** the device operates according to the method of BRT andprograms are aimed to correct and prevent specific pathologies. Preventative and supportive

programs are made individually for each person.

 Purpose of the programs for the modes-1 or 2:

1. Strengthening of the body functions and systems (musculoskeletal, nervous,

integument, cardiovascular, respiratory, digestive, urinary, immune, endocrine,

reproductive);

2. Prevention of premature aging;

3. Ensuring infectious safety;

4. Body cleansing and elimination of toxic substances.

**In Mode 2, the BRT method is implemented through the multi-frequency**

**synchronization technology (MFS).** In this mode the impact on the body occurs not only through a network of blood vessels, nerve fibers, and biologically active points on the skin surface, but also through the water matrix and on the cellular and intracellular

levels. As a result, the effectiveness of BRT increases significantly. Due to the

simultaneous operation of the three emitters in the device, the healthy vibration

frequencies enter the body on the three levels! They resonate with the whole structures of an organism and stimulate it to work for self-healing.

I**n Modes 3 and 4** **the device implements Transcranial Magnetic Stimulation, Structural Resonance Therapy and Psychosomatic Pathology Correction Method through the MFS technologies.**

**In Mode 3,** the basal rhythms of the organism are affected. Basal rhythms are initial, basic, deep rhythms of a human, developed in the course of evolution. In a state of health, they are clearly defined and synchronized with each other. Because of the fractal interrelation between the modulation frequencies and inter-synchronization of these rhythms on all functional-hierarchical levels of an organism, the basal rhythms return to the state of health. Complexes in Mode 3 are used as a mono correction for any

deviations in the body and as disease prevention. They are also used in conjunction with the complexes in Modes 1 and 2.

**In Mode 4, the brain rhythms are synchronized.** The modulation frequencies are

correlated with the brain rhythms. The multichannel effect of the device uses the same principle that the brain itself uses to maintain homeostasis. During therapy the ancient structures of the human brain, which is responsible for managing the reserve and

hidden capabilities of the body get stimulated and balanced.

M**ode 4 is effective for achieving the following effects:**

- Stress reduction, fast relaxation, fatigue relief;

- Memory improvement;

- Learning process and creativity support;

- Used in complex therapy for ADD and ADHD attention deficit disorder;

- Sleep normalization;

- Recovery processes activation;

- Chronic pain reduction;

- Meteo sensitivity reduction, jet lag prevention;

- Physical working capacity improvement;

- Brain and body concentration and mobilization;

- Mood and well-being improvement;

- Psycho-traumatic situations correction;

- Alcohol and drug dependency recovery;

- Anxiety decrease;

- Autonomic nervous system support;

- Brain and body hidden reserves and possibilities activation.

The regular use of the psychosomatic complexes in Mode 4 calms the mind and body, and synchronizes them to work as one unit. Mode 4 complexes are recommended to use before using any other mode as an activator of the body reaction to the exogenous electromagnetic field.

**In Modes 3 and 4, as well as in Mode 2, there are three emitters, which affect the whole body on three levels:**

- through the blood vessels, nerve fibers, biologically active points;

- through the water matrix;

- on the cellular and intracellular levels.

**Scanning Technology**

When the complex is set on for Modes 2, 3 and 4, TRINITY scans the body first and

identifies the resonance absorption frequencies of the organism. Scanning technology lets the device adjust its frequencies in such way that the body absorbs them better. Our body’s frequencies constantly change their values; therefore, TRINITY constantly adapts to these changes and maintains an adequate frequency of influence. Due to this, the corrective frequencies penetrate the body without hindrance, and more efficiently.

**When starting any complex in the modes 2, 3, 4, turn the device with its backside to body and hold it at a distance of 20-30 cm (8-12inches) for 7-8 seconds. During this time, the activation of scanning technology takes place.**

**The radius of effective influence**

When using the device in Mode 1, it can be placed directly next to the body (in the pocket) or at distance up to 1 meter (around 3 feet). It is desirable to place the device with its backside towards the body, otherwise, the efficiency is reduced.

When using the device in Modes 2, 3 and 4, it should always be put with its backside

toward the person.

In Modes 2 and 3, the effective radius of influence is 20 - 50 cm (about 8-20 inches). If the distance is less than 20 cm or more than 50 cm, the efficiency is reduced.

When using in Mode 4, the effective radius of influence is 20-30 cm (about 8-12 inches).

If the distance is less than 20 cm or more than 30 cm, the efficiency is reduced.

**Duration and frequency of the session**

A session is a one-time impact of a specific set of programs. If it is necessary, you can have several sessions a day. To obtain the desired results, you need to do a course of sessions. The average course of the therapy is 14-21 days. It is desirable to take a break for a few days between courses. When using Biomedis Trinity, it is recommended to look into the individual characteristics of organism and particular systems before

choosing programs.

**Precautions when using BIOMEDIS TRINITY**

The device is contraindicated in the presence of an implantable pacemaker. People under the influence of alcohol and/or psychoactive drugs should not use the device.

In conditions which are dangerous for health, the use of the device should be carried out strictly in accordance with the recommendations of a medical specialist.

**PSYCHOSOMATIC PROGRAMS OF**

**MULTI FREQUENCY SYNCHRONIZATION**

**FOR MODE-4**

**Activation of Vital Energy - 35 min**

This program is for all chakras activation and mental energy support. There is a

consecutive increase of the average frequency along the chakras. The duration of each period is 2-5 minutes. The frequency of stimulation is usually in the range of 9-11 Hz

(average 10 Hz). For example, it starts at a frequency of 130.8 Hz, then 146.8 Hz, 164.8 Hz, 174.6 Hz, 196 Hz, 220 Hz and finally 246.9 Hz.

**Alpha Rhythm - 20 min 30 sec**

Alpha rhythm with frequencies ranging from 75 to 135 Hz is characterized with the state of relaxation and intellectual calmness. It appears when the eyes are closed and

connected to the feeling of peace. Alpha rhythm relates to the beginning of meditational relaxation.

**Alpha Relaxation for Comfort, Peace and Physical Strength - 20 min 30sec**

Constant stress has a negative impact on your health. Accumulated throughout the day, stress exhausts mentally and emotionally and it robs the life of joy. Programs of alpha relaxation stimulate alpha waves in the brain. They relax you and help you to get rid of the stress. They contribute to the emotional, physical and mental balance. The

programs of alpha relaxation are used for stress relief, for rest from stress, and for

relaxation. Daily application of alpha-relaxation produces the habit of being focused, but not being tense. You can use all three programs simultaneously or choose one according to your feeling.

Alpha for Comfort

The stimulation frequency is 9-11 Hz (average 10 Hz). The average frequency

modulation of the emitters is equal to 196 Hz.

Alpha for Peace

The stimulation frequency 9-11 Hz (average 10 Hz). The average frequency modulation of the emitters is equal to 247 Hz.

Alpha for Physical Strength

The stimulation frequency is 9-11 Hz (average 10 Hz). The average frequency

modulation of the emitters is equal to 62 Hz.

**Altered State of Consciousness - 31 min**

This program can be used for the spiritual practices, deep trance state or out-of-body experiences. It helps with self-recovery and self-healing work. It contributes the increase of serotonin levels, relaxation and pain relief. It allows your internal interest to manifest. It helps to get rid of insomnia, increases empathy, provides a deep relaxation and eliminate the effect of "burnout". The average modulation frequency is 196 Hz, the stimulation frequency is 3 Hz for 6 min. Then followed by a smooth transition to an average modulation frequency of 400 Hz, a stimulation frequency of 10 Hz for 12 minutes. Then a change in the average modulation frequency: rapidly to a frequency of 196 Hz and then smoothly up to 400 Hz for 3-7 minutes.

**Anesthesia - 20 min 30 sec**

This program helps to cope with the tension headaches and other types of discomforts using the force of the method 'metaphoric pain transformation'. Patients can diminish and often eliminate the pains and increase the capabilities of the body for self-recovery. The impact of the MFS method increases the endorphin levels and puts one into a state of hypnosis meditation which allows control of pain. The results are especially noticed when the pain has stress-reactive nature and caused by psycho physiological disorders. Many diseases connected to pain, including those that have a primary physical cause, contribute to the development of emotionally stressful disorders which lead to the

development of 'vicious circle'. The application of the anesthesia program allows one to break this circle and significantly weaken or eliminate the pain.

**Anxiety Reduction - 10 min**

Tackles excess stimulation and anxiety.

**Beta Rhythm for Concentration - 30 min 30 sec**

Beta rhythm range is 14-30 Hz. It is good for concentration, logical thinking, intellectual activity and intense work. Also, this program can be used if feeling anxious or fear. Some parts of beta rhythm are associated with the release of the stress hormones: adrenaline and norepinephrine.

**Brain Frequencies Balancing - 20 min 30 sec**

This program helps to maintain the balance between concentration and relaxation. It

reduces the pressure of stressful situations, allows you to stay active, to be in normal state of alertness, to think positive, and to feel relaxed. When using this program, it is recommended to focus on the disturbing issue (upcoming exam, negotiation, any bad memories, etc.). By focusing on a specific problem, we generate the pathologically

enhanced excitation and activate mental and emotional experiences, which associated with some autonomic disturbances like: increased blood pressure, heart rhythm

disorders, gastrointestinal dysfunction, respiratory system dysfunction, etc. As a result, we activate pathological reflex. Due to the supply of the rhythms from high frequency to low frequency, the program constantly stimulates the indicative reflex (the reflex of novelty) according to the law of induction it dramatically reduces the excitability of the cortical centers of the randomly activated conditioned reflex that will lead to the

reduction of stressful situations.

The program starts with a frequency above 33 Hz, then in the mode of "wave swing", the frequency decreases and increases .It stabilizes in the range of the alpha rhythm for a little while and, then it increases and decreases, and finishes at a frequency of 40 Hz.

Brain frequencies harmonization program is addressing the psycho-emotional problems with the corresponding physical effects, resulting in the balancing of the body at all

levels.

**Cerebral Support - 35min 30 sec**

This program indications are: activation of intelectual activity, difficulties with studying, memory and memorization process diminution, fast fatigability, exhaustion of the

mental processes, minimal brain disfunction, clarity.

**Children’s Program- 37 min 30 sec**

This program helps to synchronize the brain rhythms for psychic stabilization of the

burdened children’s subconsciousness. Indications: childhood fears; lymphatic diathesis with all its consequences (recurrent sinusitis, bronchitis, tonsillitis, etc.); neurosis-like syndrome (bedwetting, tics, logo neurosis); learning difficulties (difficult memorization, memory loss); ADD; increased fatigue, reduced work capacity; allergies, decreased

activity of immune system; as an auxiliary tool for children speech disorders,

adolescents; so-called "difficult children”; aggressiveness, isolation of child, violation of behavioral reactions, conflicts with contemporaries, teachers, parents; headache and dizziness of various etiologies in childhood and adolescence (consequences of brain

concussion, neuro- infections transferred, vegetative-vascular dystonia); minimal brain dysfunction.

**Conscious Dreaming - 1h 7 min 30 sec**

This program will help you if you woke up at night and want to spend the rest of the night useful.

**Conscious Control - 22 min 30 sec**

This program should be used as a preparation procedure before using the next

programs: Development of creativity and Increasing adaptation resources -1.

**Creativity Development - 40 min 30 sec**

This program helps to expand the creative reservoir of subconsciousness and expand your mind’s capabilities. Amplifying effect of the theta rhythm leads to improvement of the problem solution and development of the metaphoric images, which can be used for the creation process. The program allows to reach the state of imagination readiness, train the brain to fully use its capacity and codes the images for its better memorization. The program can be used daily. Half an hour before this complex it is recommended to use the program Conscious Control.

**Deep Relaxation - 20 min 30 sec**

This program is for deep internal relaxation and immunity system stabilization.

Indications: states of anxiety and nervousness; conflict stressful situations inside family or at school; psychological conflicts with contemporaries, teachers and parents;

asthenia-neurotic syndrome of children and adolescents; irritability, tearfulness,

emotional lability; vegetative-vascular dystonia of pubertal period; phobias;

psychosomatic disorders in children and adolescents; biliary dyskinesia, stomach and duodenum ulcer; bronchial asthma; vegetative-visceral paroxysms; disturbance in the process of falling asleep, sleep, restless sleep, frequent awakenings, nightmares, lunatic state; elevated level of cholesterol, triglycerides and gamma; tension in shoulder girdle and spine. No contradictions. A course of 8 - 10 sessions once a week is recommended.

**Delta-Rhythm - 20 min 30 sec**

The delta rhythm range is 0.5 - 3.5 Hz. These frequencies are good for deep sleep without dreams, state of trance and deep hypnosis. Delta rhythm is important for the processes of recovery, rehabilitation, and immune system restoration.

**Delta for Falling Asleep - 20 min 30 sec**

This program stimulates delta waves, which allows to fall asleep easily and wake up refreshed and full of energy. It contributes to deep restoring sleep, when the brain can get rid of toxins and the body can produce the important hormones such as melatonin and growth hormones. These processes help you to improve your mental, emotional and physical condition and strengthen the immune system. If you have sleep disorders, you should use the course of this program. Before using the program, it is recommended to do the program of alpha-relaxation. If, after using this program, there is a necessity for active actions, use the program for alpha relaxation again.

**Depression Program-1 - 30 min 30 sec**

When using this program, your eyes should be open. Indications: depression without state of fear; fatigue, joylessness, weakness; state of recovery. Contraindications: manic phase of depression with state of fear.

**Depression Program -2 - 30 min 30 sec.**

When using this program your eyes should be closed. Indications: manic phases of depression; anxiety, nervousness; phobias, states of fear; conflict stressful situations; 'vegetative dystonia’; psychosomatic complaints about heart and circulatory system; vegetative disorders of gastrointestinal tract (as well as peptic ulcer); increased level of cholesterol, triglycerides and gamma; tension in the shoulder girdle and spine.

**Depression Program-3 - 40 min 30 sec**

When using this program your eyes should be closed. This program is for endocrine regulation disorders caused by different types of depressions. In this case it is important to find the cause of depression and start a corresponding therapy. Indications: menstrual period depression in adolescents; puberty period depression in girls.

**Endorphins, Hormones of Happiness – 34 min**

Production of endorphins activation.

**Energy Boost - 15 min 30 sec**

This program allows to quickly energize your organism in the morning after awakening or after a severe fatigue. This program is beneficial for children and adolescents during the process of passing exams.

**Entering a State of Drowsiness Before Sleep - 31 min**

This program imitates the state between awakening and sleep. It can be used before sleep. The stimulation frequency is from 7 to 10 Hz. Average modulation frequency of the emitters alternates 494Hz and 247 Hz 3 minutes per each.

**Exiting a State of Drowsiness After Sleep - 31 min**

This program imitates the state between sleep and awakening. It can be used after sleep. The stimulation frequency is from 7 to 10 Hz. The average modulation frequency of the emitters alternates 494Hz and 247 Hz 3 minutes per each.

**Hypnotherapy Suggestion - 31 min**

This program supports psychotherapy, hypnotherapy and self-healing. Open the mind to the positive suggestions. It is recommended to use this program if a suggestion is

conducted by a psychologist, psychotherapist or a person is engaged in self-hypnosis. Self-hypnosis is a suggestion to oneself of ideas, thoughts, and feelings.

The average modulation frequency of the emitters is 247 Hz. The introductory part

consists stimulation frequency of 12 Hz for 6 min. Then the frequency decreases to 6 Hz for 5 minutes. The actual suggestion time is carried out at this frequency for 10 minutes. Exit from the state of suggestion comes with an increase in the frequency of stimulation to 12 Hz.

**Immunity Boost 1 - 34 min 30 sec**

This program is created to increase the resources of the immune system and reverse the thymus dysfunction. It is used, for example, in cases when your health testing indicates lymphatic weaning or the exhaustion of the immune system.

**Immunity Boost 2 - 14 min**

This program is created to increase the resources of the immune system. It is used in case the previous program does not have the proper effect. This program can be considered as an alternative in those cases where the weak link of the immune system is not obvious.

**Increasing Adaptation Resources 1 - 24 min 30 sec**

This program is created to increase adaptation resources if these resources appear to be low. Half an hour before this complex it is recommended to use the program Conscious Control.

**Increasing Adaptation Resources 2 - 24 min**

This is an alternative program to the program 'Increasing adaptation resources 1'. Use it if the previous program didn't give you a therapeutic effect. Half an hour before this complex it is recommended to use the program Conscious Control.

**Memory Support - 35 min 30 sec**

This program has a stimulating effect on glutamine and neurotransmitters in the brain and significantly increases intellectual capacities of the person. Indications: creativity activation; improvement of brain blood circulation. It works best in combination with the Cerebral program and Studying program and recommended to do 5 times with daily alternation.

**Metabolism 1 - 21 min**

This program helps to increase the metabolic rate of the body and imitates the effect of physical work. The frequency of stimulation is 14-16 Hz. The average modulation frequency of the emitters is 41 Hz.

**Metabolism 2 -21 min**

This program helps to increase the metabolic rate of the body and gives the effect of increasing physical strength.

The frequency of stimulation is 14-16 Hz. The average modulation frequency of the emitters is 62 Hz.

**Mind Clearing - 20 min 30 sec**

This program helps to calm thoughts and achieve a state of tranquility.

**Negative Thoughts Erasing - 20 min 30 sec**

This program gives you a feeling that your head is empty. The frequency of 40 Hz optimally ensures the synchronization of the impulse activity of the neurons, which are involved in the formation of images and the maintenance of consciousness. You will feel a transformation of your mood, an increase in the productive activity and rejection to the disturbing thoughts.

The program starts at a frequency of 40 Hz, falls to a frequency of 10-12 Hz, for a short time remains at this frequency. Next there is a gradual increase of the frequency to 40 Hz, and the completion of the work also at a frequency of 40 Hz. The average modulation frequency of the emitters is selected in the range from 420 to 470 Hz with a gradual transition to the frequency of 196-200 Hz.

**Neurohumoral Regulation - 16 min**

This program is created to increase the resources of the neurohumoral regulation in case these resources appear to be low, for example, according to your health testing results that indicate endocrine system disorders.

**Occasional Regulation - 30 min 30 sec**

This program helps to regulate the reality of the person’s environment in cases when he (she) is not able to identify for sure the area of disturbances. In addition, the program can be used for neurotic states with faint obscure symptomatology states of anxiety,

irritability and fatigue that are not accompanied by any distinctive symptoms.

Half an hour before this complex, it is recommended to use the program Conscious

Control.

**Out of Time-1 - 40 min**

The program allows to synchronize your mind with the universe, "to stop the time." Tuning the consciousness on this rhythm, you can feel the harmony with the world, you can feel the contact with the Universe, you can be out of time. This state of mind close to the healers, shamans, psychics, or when the person is in deep prayer.

An effective stimulation rate of 7.83 Hz is used to create the feeling of being out of time, combined with a moderate frequency of the emitters equal to 60 Hz (3-5 minutes), followed by a sharp change of it to a frequency of 249 Hz (3-5 minutes). Such cyclic changes in the average modulation frequency of the emitters are repeated 5-7 times.

**Out of Time-2 - 31 min**

The program allows to synchronize your mind with the universe, "to stop the time." Tuning the consciousness on this rhythm, you can feel the harmony with the world, you can feel the contact with the Universe, you can be out of time. This state of mind close to the healers, shamans, psychics, or when the person is in deep prayer.

For these purposes it is expedient to average the modulation frequency of the emitters in the range of 210-230 Hz with a stimulation frequency of 7.83 Hz . Such cyclic changes in the average modulation frequency of the radiators are repeated 5-7 times.

**Overcoming Fear - 30 min**

Gradually and calmly, from session to session, this program helps to face and overcome fears, phobias and anxieties. Constant repetitions help to put together and overcome all these dangerous situations. The program is adapted to such often-encountered difficulties as fear of public speaking, fear of exams, "school phobia”.

**Schumann Waves - 25 min 30 sec**

This program has imitation of Schumann wave frequencies. Human is in resonance with the world around and needs different signals from the environment which are today called 'biological normal’. The main frequency of Schumann waves is 78 Hz. Professor of electro-physics from Germany Schumann in 1950s calculated resonant frequencies of the Earth's shell space which is formed by the Earth surface that has good electrical conductivity and lower boundary of the biosphere. It is remarkable that hippocampus in the brain of all newborns and mammals has the same frequency. This area is responsible for attention and concentration capacity that is significant for sleep. If the environmental signal of 78 Hz is absent, then, according to the experiments held on volunteers, there is a temporary disorientation and headaches appear. Momentary supply of Schumann waves stabilized a person for a few days. It means that the given ‘biological normal’ can be present not constantly, and organism can remember the nature frequencies and then continues to generate them independently. The program ends with alpha rhythm to energize a person.

A course of 8 - 10 sessions once a week is recommended.

**Self-Esteem Development - 20 min 30 sec**

This program allows to look at yourself with the eyes of the person you want to become and helps your old-self use your wish and will. Another very important feature of this program is that the person in a state of recovery can reestablish the inner interconnections and imbued self-sympathy. The program allows to see yourself as whole and normal. This program is very effective for children and adolescents that are timid, shy and prone to low self-esteem.

**Sexual Regulation 1 - 53 min**

The program is used to increase resources of sexual regulation in case of potency weakening for various reasons.

**Sexual Regulation 2 - 30 min 30 sec**

This program is an alternative to the previous one and is used in case when the effect of the first program is insufficient.

**Short Break - 15 min 30 sec**

This program provides a 'short break' when work has a high level of stressful impacts or long mental activity like during the period of exams preparation. Short and deep period of rest contributes to development of calm states in short period of time. It ends at the energizing frequency which prepares a person to come back to work being rested. The program can be used many times during a day. Indications: fatigue reduction, increase of working efficiency, improvement of consciousness and concentration.

S**leep Program 1 - 30 min 30 sec**

This program is used for a fast tranquilization of a person. At the end of the program the alpha rhythms range frequencies are conducted for awakening. Indications: insomnia; disturbance while falling asleep and during a sleep; restless sleep and frequent awakenings; nightmares and lunatic state; all states of anxiety which follow by sleep disturbance or cannot be eliminated by using the program Deep relaxation. Before conducting this session, do not take an alcohol, drugs, heavy food and eliminate an irritating influence of bright light.

S**leep Program 2 - 35 min 30 sec**

This program differs from the first one. After the frequency has slowly decreased to the delta rhythm, it is stored in this frequency range until the end of the session without returning to the alpha rhythm range for awakening. Indications: good to use before bedtime; when the child is tired, but cannot fall asleep; when waking up at night and not being able to fall asleep for a long time.

**Sport Program - 15 min 30 sec**

This program allows to simultaneously relax and tone up. Session gives a state of concentration before the beginning of sport competitions.

**Stress Program 1 - 30 min 30 sec**

This program is used to eliminate psychic blocks and release a person from the vicious cycle: stress-disease-stress. Indications: psychic blocks; conflict stressful situations

inside the family and at school; psychological conflicts with friends, teachers, parents; states of anxiety and nervousness; psychosomatic disorders in children and adolescents: biliary dyskinesia, stomach and duodenum ulcer; bronchial asthma; situationally

conditioned neurotic reactions; asthenia; neurotic syndrome in children and

adolescents; tearfulness and emotional lability; neurotic syndrome; night urinary

incontinence; tics, logo neurosis; childhood fears.

**Stress Program 2 - 30 min 30 sec**

This program makes specific effect on regulation of immunological state of a person, since the stress mechanisms are closely connected with immunity system. Stress leads to a stable shear in the hormonal balance and constant oppression to the immunity. The consequences are the immunosuppressive and autoimmune aggressive diseases.

Indications: degenerative diseases connected to the immune system; allergies of any etiology; mycoses; lymphatic diathesis in children; preventive purpose to increase the protective forces; headache and dizziness of any etiology in children and adolescents, consequences after brain concussion, neuro infections, vegetative-vascular dystonia.

**Stress Program 3 - 40 min 30 sec**

This is the main program that helps with the endocrine regulation disorders that are caused by stressful situation. Indications: should be used as the main program for all the diseases connected to deficiency of endocrine glands; allergies; duodenum ulcer ; bronchial asthma; schizoid neuroses; psychosis; hypotension; migraine; primary juvenile amenorrhea; menstrual irregularities in adolescent girls; phimosis; renal stone disease; diabetes; pancreatopathy; endocrine disorders; hormonal-vegetative syndrome, including anorexia nervosa and bulimia; puberty.

**Stress Program 4 - 41 min 30 sec**

This is a basic program for all types of 'stitching' pains and spasm. Indications: migraine; all types of spasms; spasmodic pain in shoulder and nape area; umbilical colic in children; all types of 'stitching' pains; vegetative-visceral paroxysms. Contraindications – tumors.

**Studying Program 1 - 1 h 00 min 30 sec**

This program is used during the studying program to increase the focus and memorization.

**Studying Program 2 - 35 min 30 sec**

This program synchronizes brain rhythms, releases stress loads in the student, and allows elimination of forgotten memories from the subconsciousness. During the impact, the patient feels a deep relaxation, which corresponds to the high level of intellectual readiness. Since eyes need to be closed, teaching can be carried out only by audio. The text for memorization can be presented in 10 min. after the program was started. For language courses it is recommended to additionally listen to the text the next day after and before session. For therapeutic purposes, the program session should be done 1-2 times a week. Indications: weak studying capacity; studying foreign languages; concentration disorders; visual and hearing acuity reduction; fear before exams; forgetfulness; coordination disorders; disturbance of the process while falling asleep; school stress; minimal brain disfunction. It should be noted that during the session hypnotic states are possible.

**Theta Rhythm - 20 min 30 sec**

Theta rhythm in the frequency range 4-7 Hz and responsible for specific sleep phases and deep meditation. First comes the activation of deep layers of consciousness. Imagination, image memory and intuition are activated, filter of analytic thinking is absent. There is a big constituent of theta rhythm in children.

**Theta Relaxation for Morning Freshness, Awakening and Inspiration**

Theta relaxation provides access to the content of the unconscious part of mind, free associations, unexpected insights, creative ideas. Programs stimulate brain to produce more beta-endorphins - substances responsible for joy, relaxation and pain reduction. Theta status is useful for deep relaxation and expansion of creative possibilities. Useful for improving memory.

Theta Morning Freshness - 15 min 30 sec

The program imitates a state of a child who woke up early in the morning. It is used in the morning after waking up.

It starts at a stimulation frequency of 7 Hz. The average modulation frequency of the emitters is 64 Hz for 3 min. Further, the stimulation frequency rises to 14 Hz in 7 min with an increase in the average modulation frequency of the emitters to 125 Hz.

Theta for Awakening - 20 min 30 sec

The stimulation frequency is 6-8 Hz. The average modulation frequency of the emitters at the level of 494 Hz. Attention! The program can trigger energy activation!

Theta for Inspiration -20 min 30 sec

The stimulation frequency is 6-8 Hz. The average modulation frequency of the emitters is 333 Hz.

**STRUCTURAL RESONANCE THERAPY PROGRAMS**

**FOR MODE 2, 3, 4**

**Super Program 1 (mode 2) - 45 min**

This program synchronizes all major biophysical processes on the various levels. It is used for diseases with unspecified or complex etiology, including allergies, intoxications, burns, bronchial asthma, and asthenia; in the stage after injuries, surgeries and various diseases; it is highly effective in vertebrobasilar insufficiency. The program can be used as a preventative and corrective therapy for all types of pathologies.

**Super Program 2 (mode 4) - 1 h 03 min**

This program is used for spasms of the smooth muscles, arteries and hollow organs (intestine, biliary tract, pylorus, urinary tract, bronchus), some forms of migraine and neuralgia of the cranial nerves.

**Super Program 3 (mode 3) - 1 h 07 min 30 sec**

This program is used as an anti-inflammatory and dystrophic processes of the various organs and tissues. Indications: phlegmons, abscesses, thrombophlebitis, lymphostasis, liver cirrhosis with hepatomegaly; atonic varicose of the veins on the legs; internal

organs and testicles.

  **PROGRAMS BY CATEGORIES**

Relaxation Therapy

1. Deep Relaxation

2. Sleep Programs 1-2

3. Children’s Program

4. Short Break

Stress Therapy

1. Stress Programs 1-4

Depression Therapy

1. Depression Programs 1-3

2. Deep Relaxation

Mental Therapy

1. Studying Programs 1-2

2. Memory Support

3. Cerebral Support

4. Mind Clearing

5. Schumann Waves

6. Creativity Development

7. Self- Esteem Development

8. Conscious Control

9. Sport Program

10. Anesthesia

Vegetative-vascular dystonia

1. Deep Relaxation

2. Children’s Program

3. Stress Program-4

4. Sleep Program 1-2

5. Depression Program -2

6. Cerebral Support

Minimal brain dysfunction

1. Alpha-Rhythms

2. Cerebral Support

3. Children’s Program

4. Studying Programs 1-2

5. Memory Support

Neuro-like syndrome (enuresis, tics)

1 Deep Relaxation

2. Children’s Program

3. Stress Program-4

4. Sleep Programs 1-2

Obsessive-phobic syndrome

1. Deep Relaxation

2. Children’s Program

3. Sleeping Programs 1-2

4. Stress Program 1-4

5. Overcoming Fear

6. Short Break

Perinatal encephalopathy (hyper excitability syndrome, muscular dystonia syndrome, intracranial hypertension syndrome)

1. Alpha-Rhythms

2. Cerebral Support

3. Deep Relaxation

Consequences after closed craniocerebral trauma (brain concussion, head injury):

cerebrosthenic syndrome, asthenic-hemostatic syndrome, syndrome of cerebrospinal fluid

1. Alpha-Rhythms

2. Cerebral Support

3. Deep Relaxation

4. Children’s Program

5. Stress Program-4

Consequences after neuro infections

1. Cerebral Support

2. Deep Relaxation

Psychosomatic disorders (biliary tract dyskinesia, peptic and duodenal ulcer, bronchial asthma)

1. Deep Relaxation

2. Stress Program-2

3. Stress Program-3

"Difficult children”

1. Children’s Program

2. Stress Program-1

3. Self-Esteem Development

4. Depression Program-2

5. Studying Programs 1-2

6. Memory Support

School phobia

1. Deep Relaxation

2. Stress Program-1

3. Short Break

4. Depression Program-2

5. Self-Esteem Development

Epilepsy and episyndrome (including febrile seizures)

1. Deep relaxation

2. Children’s Program

3. Stress Program-4