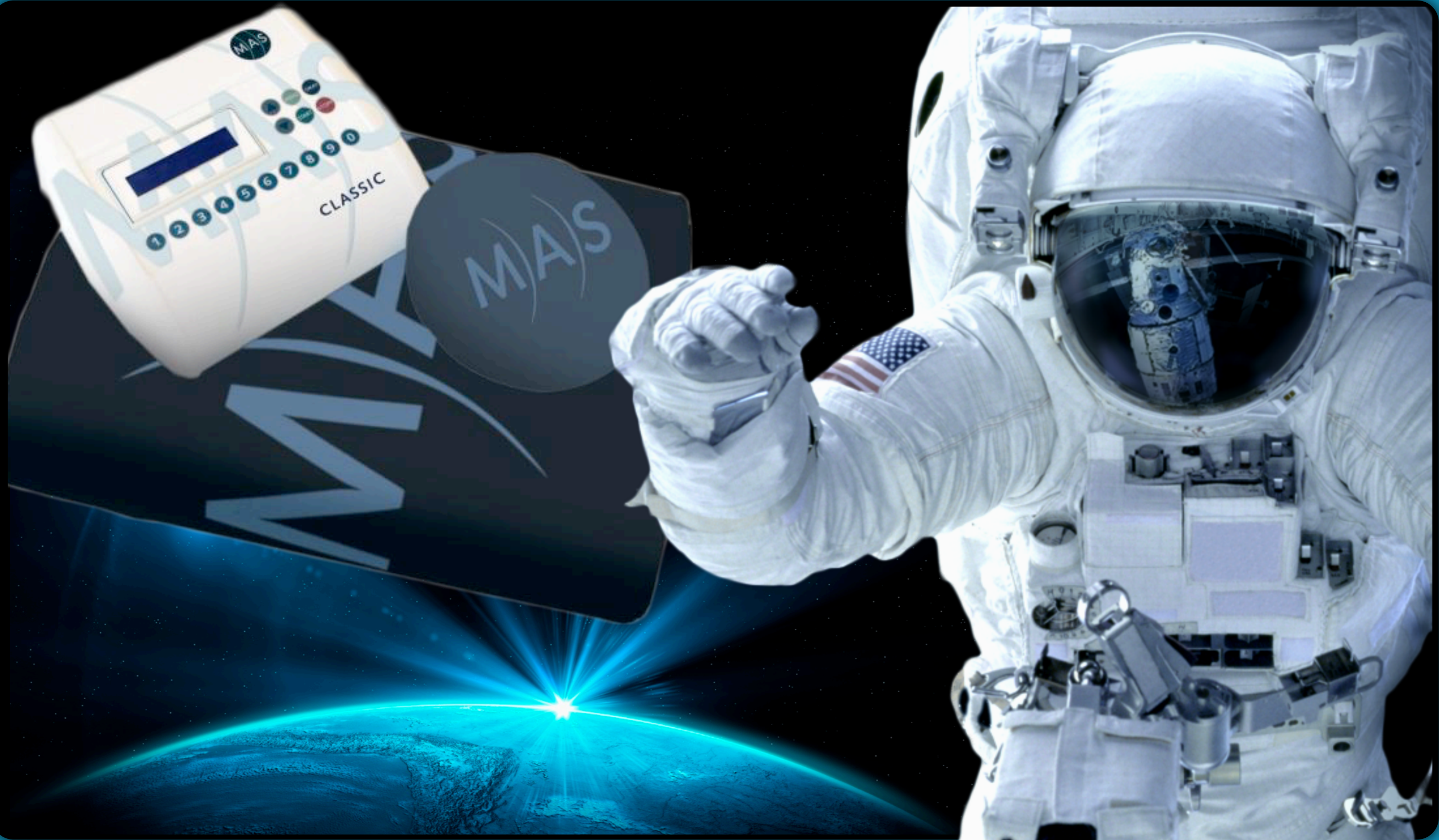


A Quick Start Guide To MAS Frequency Therapy



by Robert W. Connolly

Invented for Space - Available on Earth



What This Quick Start Guide Is About

It's all about frequencies. Every cell on your body is vibrating at a particular frequency like waves on an ocean. One cycle of the wave in one second is called one hertz. Your brain sends a multitude of waves as frequencies down the spinal column and onwards throughout your nervous system. Your heart beats at a frequency. You can also introduce frequencies into your body to start a healing process. This can be accomplished by way of sound waves through music. It can come from sources of light waves such as lasers. In this eBook, we will learn how to administer frequencies generated by electromagnets.

Russian and NASA scientists involved in manned space exploration first discovered that when electromagnetic fields were modulated and pulsed (PEMF) at specific frequencies, the fields became effective for reducing bone loss, healing wounds and treating depression that are suffered by astronauts who spend extended time away from the earth's magnetic field. Forty years later, after spending millions of dollars on research to refine the fields, NASA is now releasing their patents for commercial use. Magnetic frequency waveforms that stimulate the growth of stem cells - the key to cellular regeneration of organs - are now being embedded into therapeutic devices. The science behind the fictional Star Trek TV and movie franchise have become science fact. "Sick Bay" type electromagnetic frequency field healing beds are real.

If you are a student or doctor of medicine, this guide will teach you how different types of magnetic fields effect the blood, bone, nerves, muscles and other cellular functions. If you take healthcare into your own hands, you will learn what frequency therapy is - and decide if it's right for you.

How To Use This eBook

Those who are familiar with Star Trek will also recognize that the iPad you are now using resembles the small hand held viewing devices that were used by the doctors in the TV series. I felt it fitting to use this electronic format because of the interactive capabilities to present charts, video tutorials and related data quickly while you are using a frequency therapy device. It's the perfect space age medium for learning how electromagnetic frequency, waveform, amplitude and pulse durations effect human biology.

The content for this Quick Start guide originate from the results of over 40 years of research among the former republics of the Soviet Union with additional studies provided by the German speaking countries of Western Europe. The practice of frequency therapy is common in these countries - quite different from what is traditionally taught in medical schools in North America. There are few books published in English that present this novel approach to healthcare so I hope that this eBook can assist educators and government regulatory bodies to consider officially implementing frequency therapy in North America.

For this eBook I have chosen to spotlight a product that is produced by an Austrian company called MAS. Their Special Multi+ device is a multifunctional frequency waveform generator that provides both Constant Sine-waves (CW) and Pulsed waves (PEMF) allowing the frequency therapist the widest variety of options. It's an approved medical device in Austria but is relatively unheard of outside of that country. MAS stands for Magnetic Field Systems and has a long well seasoned history in electromagnetic frequency therapy.

Effects of Magnetic Frequencies & Waveforms

Electron Flow In and Through Your Body

Magnets are said to be the oldest healing devices on earth. Time Varied Electromagnetic Fields have positive effects on the human body and through their variations of frequency, intensity and waveform shape - extraordinary things happen. This has been proven by a multitude of scientific studies which have resulted in FDA approvals for their use on humans. How it effects the body depends upon the intricacies of the fields. In general, well-being and balance will result through:

1. Better Blood Flow

Thermo-graphic imaging show pulsating magnetic fields can enlarge blood vessels to help circulate blood flow through veins to the smallest arteries and capillaries. Better blood circulation provides a better nutrient supply, reactivates the cells, removes blockages and helps to eliminate waste.

2. Increased Oxygen Supply

Constant Sine-waves (CW) can encourage high oxygen supply in the lungs and therefore gives enriched oxygen to the tissues. Body defense immune systems are made active so that illness and intrusions to the system can be minimized.

3. Detoxification

Heavy metals in the brain, toxins, waste products that are lodged in the cells of vital organs and small and large intestines are mobilized and eliminated through the various exit pathways of the body.

4. Assimilation of Minerals and Vitamins

Paramagnetic minerals and trace elements like copper, molybdenum, cobalt and magnesium are stimulated into bio-energetic resonance from:

- Direct influence on pathological processes through induction and release from pulsating magnetic fields.
- Indirect influence on pathological processes through special energy systems, which are set free by reactive conditioning of the organisms based on the influence of the duration of exposure to magnetic fields.
- Enlargement of the cell interfacial permeability will result in a significantly increased utilization of oxygen. This positive reaction can be achieved through a particular pulsating magnetic field strength and is proven by several scientific studies. The earth's magnetic field intensity is approximately 0.4 gauss and the average peak harmonic is known as the Schumann resonance at 7.83 hertz.

5. ION Transport

Ion flow is enhanced through pulsating magnetic fields according to the pulsation rate. The interfacial potential and oxygen partial pressure are increased up to 800%. The voltage potential of the cell is optimized at 70mV which provides better conductivity for neural pathways. Blockages in the nervous system which had caused pain sensors to activate are released, pain is removed and healing can occur.

The History of MAS

MAS

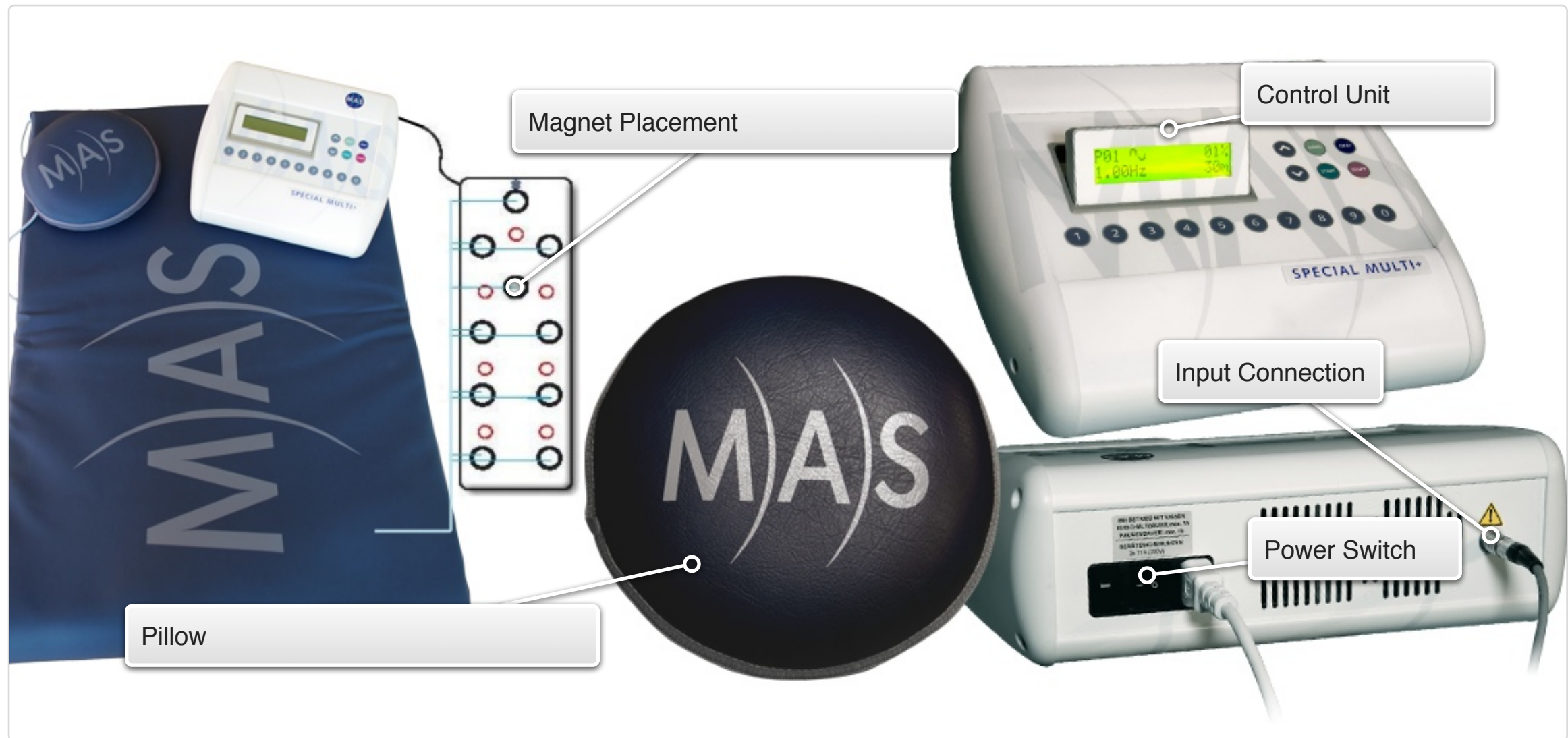


INTERACTIVE 1.1 The Historical Progression and Application of MAS Electromagnetic Field Technology

MAS has been manufacturing medical electromagnetic devices for over 23 years. Select the titles for more information.

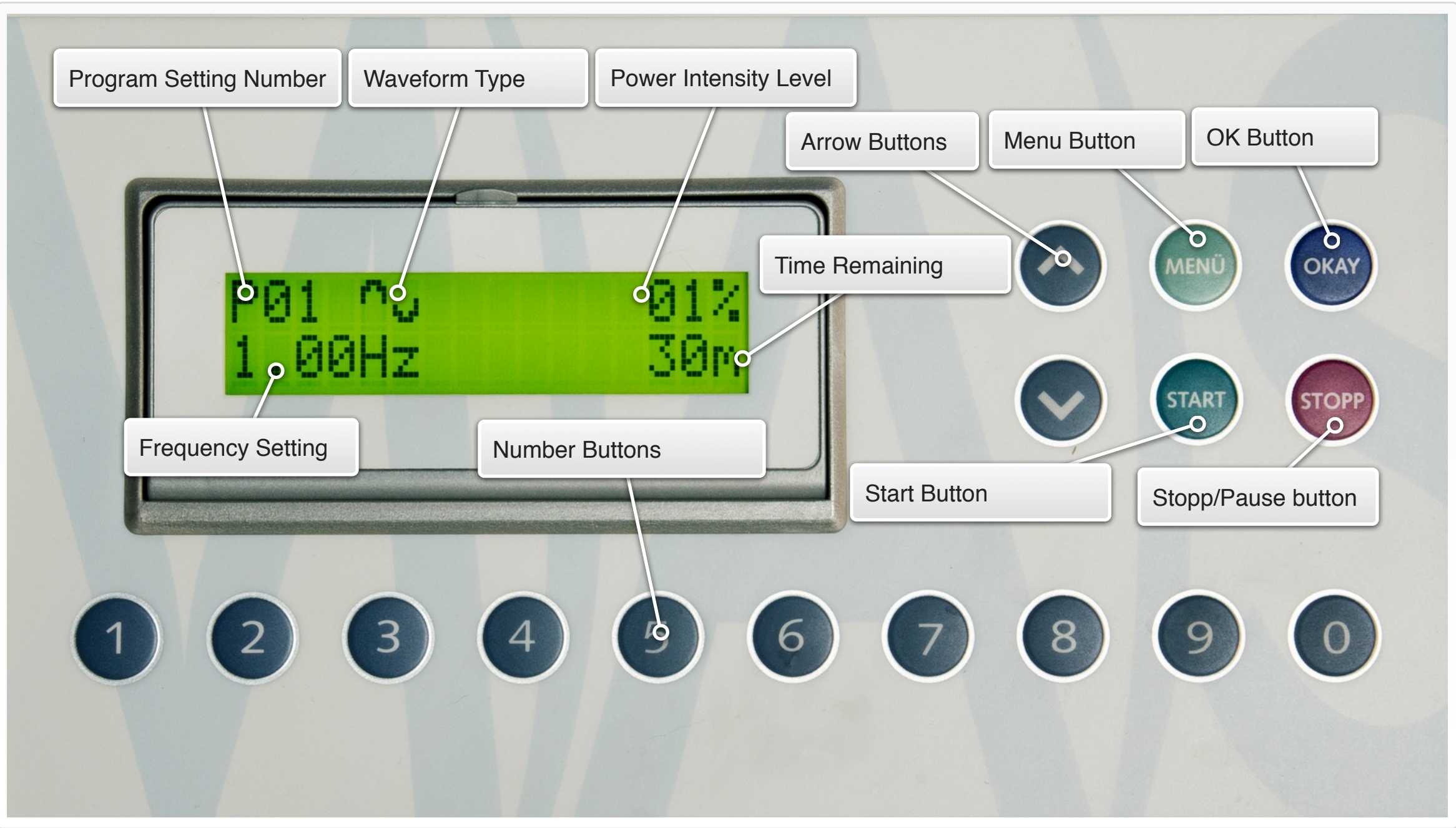
The MAS Magnetic Field System Components

MAS



INTERACTIVE 1.2 The MAS Special Multi+ Frequency Therapy Device

Pictured above from left to right is the MAS MAT with magnetic coil placement, the Pillow applicator and the control unit.



INTERACTIVE 1.3 Closeup of Controller Unit

Shown above is the display screen that shows the selected frequency, waveform, intensity and duration of the therapy.

Quick Start Program Suggestions



MOVIE 2.1 VIDEO TOUR OF PROGRAMS



Dr. William Pawluk is one of the leading authorities in the USA for electromagnetic field therapy. In this video, he provides a review of the MAS Special-Multi+ control unit and related applicators.

The recommended Program suggestions listed here have been provided by over 23 years of frequency therapy experience from medical doctors, scientists, healthcare practitioners, patients and the staff at MAS. Understand that every individual is different and what works best for some might not work at all for others. Start with low (CW) Sine-wave frequencies and increment up as needed to start the healing process. Sometimes less is better. It's not the intensity that starts the healing process - it's finding the right frequency or bundles of frequencies, north-south polarity, type of waveform, and finally the right intensity applied for an appropriate length of time.

INDICATIONS	PROGRAM SUGGESTIONS
Aching muscles	Sport
Acute injuries	Sport
Air passage	Sport, Program I
Allergies	Program I
Alzheimer's disease	Program I
Arthritis	Sport, Program I, Program III
Arthrosis	Sport, Program I, Program III
Asthma	Program I
Backache	Program I
Body performance	Sport
Bone healing	Program I, Program III
Broken bones	Sport, Program I
Bronchitis	Sport, Program I
Bruise	Sport, Program I
Bruising	Program I
Burn wounds	Program I
Bursa inflammation	Program I
Calcaneal spur	Program I
Capsule injury, carpal tunnel syndrome	Program I
Cervical spine syndrome, cervical syndrome	Sport, Program I
Circulation problems	Program I, Program III
Common cold	Program I
Concentration disorders	Program I
Contusions	Sport

QUICK START PROGRAM SUGGESTIONS

INDICATIONS	PROGRAM SUGGESTIONS
Costiveness	Program I
Decubitus	Program I
Depression	Program I, Program III
Detoxification	Program I
Diabetes	Program I
Diarrhea	Program I
Digestion disorders	Program I
Earache	Program I
Eczema	Program I
Enhancing metabolism	Program I
Eye ailments	Program I
Femoral head necrosis	Program I
Fever	Program I
Fibromyalgia	Program I
Gastritis	Program I
Gynecological inflammations	Program I
Headaches	Program I
Heart area	Program I
High blood pressure	Program I
Hip joints	Program III
Hip degeneration, coxarthrosis	Program I
Immune system	Program I, Program III
Impotence	Program I
Incontinence	Program I
Inflammation in the joints - chronic	Sport, Program I

INDICATIONS	PROGRAM SUGGESTIONS
Inflammation in the muscle-trimming & tendon	Program I
Injured muscles	Program I
Ischialgia	Program I
Joint pain (hip, knee, ankle, shoulder, hand)	Program I
Knee-cap wear, gonarthrosis	Program I
Low blood pressure	Program I
Lumbago	Program I
Lumbar spinal column	Sport, Program I
Lymph cycle disorder	Program I
Menopause	Program I
Menstrual complaints	Program I
Metabolism imbalances	Program I
Metabolistic ailments	Program I, Program III
Migraine	Program I, Program III
Multiple sclerosis	Program I
Muscle cramps	Program I
Muscle inflammation	Program I
Myalgia	Program I
Nasal problems	Program I
Nerve inflammation	Program I, Program III
Neurodermatitis	Program I
Neurovegetative dystonia with sympathicotonia	Program I
Neurovegetative dystony with hypotension	Program I

QUICK START PROGRAM SUGGESTIONS

INDICATIONS	PROGRAM SUGGESTIONS
Oedema - various reasons	Sport, Program I
Osteoarthritis	Sport, Program III
Osteonecrosis	Sport, Program III
Osteoporosis, osteopenia	Program I
Paresis, hemiparesis	Program I
Parkinsons	Program I
Perfusion - blood flow	Program I, Program III
Phantom pains	Program I
Polyarthritis	Program I
Polyneuropathy	Program I
Postoperative pain	Program I (acute inflammation and injury)
Prostate complaints	Program I
Psoriasis	Program I
Psychosomatic syndrome	Program I
Purification	Program I
Recovering	Sport
Relaxation	Sport
Rheumatic ailments	Program I, Program III
Scars	Program I
Shoulder pains chronic	Program I
Sinus inflammation	Program I
Skin injuries /-ailments	Program I, Program III
Sleep disorders	Program I, Program III
Slipped disc	Program I

INDICATIONS	PROGRAM SUGGESTIONS
Sore throat	Program I
Spinal cord degeneration - chronic	Program I
Spinal injuries	Program I
Sport Injuries	Sport, Program I
Sport Training	Sport
Sprains	Sport, Program I, Program III
Stomach disease	Program I
Strain from overwork	Sport, Program I
Strains, repetitive	Sport
Stress	Program I, Program III
Tendovaginitis	Sport, Program I, Program III
Tennis elbow	Sport, Program I
Thyroid ailments	Program II
Tinnitus	Program I
Toothache	Program I
Torn ligaments	Sport
Torn muscle	Sport, Program I
Trigeminal neuralgia	Program I
Ulcers	Program I
Urinary passage inflammation	Program I
Weather sensitivity	Program I
Wound healing	Program I

Additional treatment methods can be found in Bio-Rhythm, Reflexology and Frequency Band Programs that are not listed here in these charts.

Program and Setting Details



Summary of Available Program Groups

Details of Program Groups

MAS has provided 9 groups of preset programs to help you get you started as a frequency therapist. All statements of indications and therapeutic effects are based on scientific studies and or experience of the treatment facilities.

1 - Wellness Program - Immune System

The Wellness program supports the overall health of your body and can also ease discomfort and pain. This corresponds to the basic principle of magnetic field therapy: pain is often a signal for needed energy that can be restored using a magnetic field. You can use it at any time in regular evenly spaced intervals. Good for immune system support.

2 - Reflex-Zones, 3 - Bio-Rhythms

4 - Frequency Bands

These programs require some knowledge about how the body functions in relationship to the nervous system's internal organs or brain. Although they are safe to use, it is suggested that you team up with an experienced practitioner of alternative medicine to get the best results.

5 - Sport - Conditioning and Recovery

This program is often used for acute sport injuries or chronic diseases in the musculoskeletal system. A good applicator for this therapy is to apply the Pillow directly to the affected area.

6 - Program Therapy I - Starting Points

Program I can be applied a specific health condition. Due to many years of experience and scientific research, MAS has assembled frequencies and waveforms which have a positive influence on specific health issues that are listed in that section.

7 - Program Therapy II -Gentle

If you experience unexpected reactions when applying Therapy I or if pain level rises, you should then switch to Therapy II. With this application, your body will be energetically supported in a gentler, softer and more sensitive manner. It also features the 7.83 Schumann Resonance.

8 - Program Therapy III - Pulsed Waveforms!

This is my favorite program. It features a wide variety of popular PEMF waveforms which are used for specific therapeutic purposes. Medical professionals will appreciate the effectiveness and quick response time using these settings which feature pulsed electromagnetic fields.

9 - Program Therapy IV - Store Your Own

This setting allows you to store your own preferred choice of frequencies, intensity, durations and waveforms. The science of frequency therapy is constantly evolving and the MAS Special multi+ product allows for its continued use as a professional scientific device.

All Programs at a Glance

Wellness

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1 Hertz	10%	30 min		Sine-wave
2	1-3 Hertz	10%	30 min		Sine-wave
3	1-5 Hertz	10%	30 min		Sine-wave
4	1-10 Hertz	10%	30 min		Sine-wave
5	10 Hertz	10%	30 min		Sine-wave
6	5-15 Hertz	10%	30 min		Sine-wave
7	20 Hertz	10%	30 min		Sine-wave
8	25–30 Hertz	10%	30 min		Sine-wave
9	10-70 Hertz	10%	30 min		Sine-wave
10	1-1000 Hertz	10%	30 min		Sine-wave
11	1000-9999 Hertz	10%	30 min		Sine-wave
12	0.2 Hertz	10%	30 min		Rectangular pulse

Frequency Bands

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	DESCRIPTION
1	1-3,5 Hertz	10%	30 min		Sine-wave
2	4-7 Hertz	10%	30 min		Sine-wave
3	8-13 Hertz	10%	30 min		Sine-wave
4	14-39 Hertz	10%	30 min		Sine-wave

Reflex Zones

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1-2 Hertz	99%	30 min		Sine-wave
2	1-3 Hertz	50%	30 min	North-South	Sine-wave
3	1-5 Hertz	50%	30 min	North-South	Sine-wave
4	7,83 Hertz	99%	30 min		Sine-wave
5	10 Hertz	99%	30 min		Sine-wave
6	1-10 Hertz	99%	30 min		Sine-wave
7	5-15 Hertz	99%	30 min		Sine-wave
8	1-1000 Hertz	99%	30 min		Sine-wave

Bio-Rhythm

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	0.3 Hertz	1%	8 min		Sawtooth Morning
2	0.2 Hertz	1%	8 min		Sawtooth Afternoon
3	0.1 Hertz	1%	8 min		Sawtooth Evening
4	0.099 Hertz	1%	8 min		Sawtooth Night

Sport

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1-2 Hertz	99%	30 min		Sine-wave
2	1-3 Hertz	99%	30 min		Sine-wave
3	1-5 Hertz	99%	30 min		Sine-wave
4	1-10 Hertz	99%	30 min		Sine-wave
5	10 Hertz	99%	30 min		Sine-wave
6	5-15 Hertz	99%	30 min		Sine-wave
7	25 Hertz	50-99%	20 min		Sine-wave
8	60 Hertz	10-90%	25 min		Sine-wave
9	10-70 Hertz	99%	30 min		Sine-wave
10	1-1000 Hertz	99%	30 min		Sine-wave
11	1500 Hertz	50-99%	30 min		Sine-wave
12	990-9900 Hertz	99%	30 min		Sine-wave
13	72 Hertz	1-10%	30 min		Rectangular
14	7 Hertz	99%	30 min		Rectangular
15	73 Hertz	10-50%	15 min		Rectangular
16	0.2 Hertz	10%	30 min		Rectangular

Program I

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1 Hertz	50-99%	30 min		Sine-wave
2	1-2 Hertz	50%	30 min	North-South	Sine-wave
3	1-3 Hertz	50%	30 min	North-South	Sine-wave
4	5 Hertz	50-99%	30 min		Sine-wave
5	1-5 Hertz	50%	30 min	North-South	Sine-wave
6	10 Hertz	50-99%	30 min		Sine-wave
7	1-10 Hertz	99%	30 min		Sine-wave
8	5-15 Hertz	99%	30 min		Sine-wave
9	15 Hertz	50-99%	30 min		Sine-wave
10	20 Hertz	50-99%	30 min		Sine-wave
11	25 Hertz	50-99%	30 min		Sine-wave
12	30 Hertz	50-99%	30 min		Sine-wave
13	45 Hertz	50-99%	30 min		Sine-wave
14	70 Hertz	10-99%	30 min		Sine-wave
15	10-70 Hertz	99%	30 min		Sine-wave
16	10-90 Hertz	99%	30 min		Sine-wave
17	100 Hertz	50-99%	30 min		Sine-wave

Program I continued

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
18	1-1000 Hertz	99%	30 min		Sine-wave
19	1500 Hertz	50-99%	30 min		Sine-wave
20	5000 Hertz	50-99%	30 min		Sine-wave
21	990-9900 Hertz	99%	30 min		Sine-wave
22	0.2 Hertz	10%	30 min		Rectangular
23	72 Hertz	1-10%	30 min		Rectangular
24	15 Hertz	10%	30 min		Rectangular
25	15 Hertz	1-10%	30 min		Rectangular
26	7 Hertz	99%	30 min		Rectangular
27	73 Hertz	10-50%	15 min		Rectangular



Program II

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1.2 Hertz	1%	30 min		Sine-wave
2	1 Hertz	1%	30 min		Sine-wave
3	1-2 Hertz	5%	30 min		Sine-wave
4	1-3 Hertz	5%	30 min		Sine-wave
5	1 Hertz	5-40%	30 min	North-South	Sine-wave
6	2 Hertz	5-40%	30 min	North-South	Sine-wave
7	5 Hertz	5-40%	30 min	North-South	Sine-wave
8	1-5 Hertz	20%	30 min	North-South	Sine-wave
9	7.83 Hertz	10%	30 min		Sine-wave
10	1-10 Hertz	10%	30 min		Sine-wave
11	10 Hertz	5-20%	30 min	North-South	Sine-wave

***Note: 7.83 Hertz is the Schumann Resonance.**

This is the natural resonating frequency of the Earth.

This frequency can be found in Program II, Setting 9. It uses a Sine-wave and is a good starting point for new users.

Program III

SET.	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	Pulse bundles	1%	8 min		Sawtooth
2	Pulse bundles	1%	8 min		Sawtooth
3	Pulse bundles	1%	8 min		Sawtooth
4	Pulse bundles	1%	8 min		Sawtooth
5	Pulse bundles	10-50%	30 min		Pulse Resonance
6	0,2 Hertz	10%	30 min		Rectangular Pulse
7	72 Hertz	1-10%	30 min		Rectangular Pulse
8	15 Hertz	10%	30 min		Rectangular Pulse
9	15 Hertz	1-10%	30 min		Rectangular Pulse
10	7 Hertz	99%	30 min		Rectangular Pulse
11	73 Hertz	10-50%	15 min		Rectangular Pulse
12	30 Hertz	1%	15 min		Impulse Signal

Program IV - Storing Custom Settings

An sample step-by-step procedure to create a custom setting:

Step 1: Select any therapy program.

Step 2: Select one of the settings in that program that you would like to modify and save to store in Program Therapy IV.

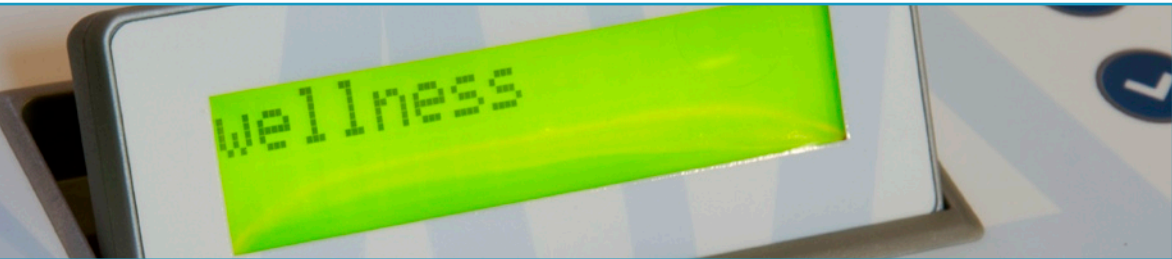
Step 3: Press the OKAY button (similar to an enter key).

Step 4: The first display you will be presented with is the TIME. Here you can select using the number keys how long you would like the program to run (Note: you can only choose a custom value from the range displayed). Press the OKAY button to save the customized value and continue to the next variable (Note: at any time you can press START to run the program, or save the program by pressing MENU and selecting a save slot).

Step 5: Use the arrow keys to navigate to the next variables which include FREQUENCY, North/South POLARITY and INTENSITY. Skipping variables will preserve the preset values. Choose from the desired values from the range displayed. Press the OKAY button to save the value and continue to the next variable. Repeat this process for all variables.

If you would like the frequency and intensity to increase during a specified amount of time, enter values for L-FREQ, H-FREQ, L-INTENSITY, and H-INTENSITY to override the variables that were programmed in Step 5.

Wellness Program



Environmental toxins often overwhelm our immune systems so it is necessary to provide our cells with magnetic fields to aid in detoxification and cellular regeneration. This program features the use of the Sine-wave which is gentle on the body at low frequencies and intensities.

SET	FREQUENCY	INTENSITY	TIME	EFFECT
1	1 Hertz	10%	30 min	very relaxing
2	1-3 Hertz	10%	30 min	very relaxing
3	1-5 Hertz	10%	30 min	very relaxing
4	1-10 Hertz	10%	30 min	softly stimulating
5	10 Hertz	10%	30 min	softly stimulating
6	5-15 Hertz	10%	30 min	softly stimulating
7	20 Hertz	10%	30 min	stimulating
8	25-30 Hertz	10%	30 min	stimulating
9	10-70 Hertz	10%	30 min	stimulating
10	1-1000 Hertz	10%	30 min	stimulating
11	1000-9999 Hertz	10%	30 min	for energetic support of acute injuries
12	Rectangular 0.2 Hertz	10%	30 min	for gentle support of the musculoskeletal system

Frequencies, Waveforms and Our Body

1-5 hertz: These frequencies are compared with brain activity in sleep or deep relaxation. Body and soul can regenerate themselves.

1-10 hertz: The immune defense system activates. The cells become strengthened and balanced.

8-15 hertz: Activates brainwaves for enhanced learning, concentration improves, relaxed deep breathing.

20 hertz: Widening of the arteries and blood flow can be improved, thereby supplying the body with more oxygen.

25-30 hertz: Metabolism can be improved, thereby supplying cells and organs with nutrients.

10-70 hertz: Hormone production as well as stomach and intestine movement can be increased. Proteins, fat and carbohydrates can be dispersed.

More than 100 hertz: Detoxification, cleansing of the connective tissue and waste removal can be improved.

More than 1000 hertz: Muscles, heart and lungs function can be stimulated and energy levels can be increased.

Constant Sine-waves (CW) are natural to the earth and to our body. They can be used as therapy at higher intensities for longer periods of time. Many people use this program daily to maintain optimal health in stressful working conditions. Setting 12 is PEMF - Pulsed Electromagnetic Waves (PEMF)

Reflexology Program - Sine-waves & 7.83



Reflex zones are fascinating portals or gateways within our system. Like acupuncture, impulses are transmitted through our body, hands and feet to the associated area of the organ that is related to the reflex zone.

Use the following settings with the magnetic pillow.
Note* This program uses (CW) Sine-waves and features the popular 7.83 Schumann earth resonance setting number 4.

SET.	FREQUENCY	INTENSITY	DIRECTION	TIME	EFFECT
1 (P)	1-2 Hertz	99%		30 min	gentle stimulation
2 (P)	1-3 Hertz	50%	North-South	30 min	gentle stimulation
3 (P)	1-5 Hertz	50%	North-South	30 min	gentle stimulation
4 (P)	7.83 Hertz	99%		30 min	stimulating
5 (P)	10 Hertz	99%		30 min	stimulating
6 (P)	1-10 Hertz	99%		30 min	stimulating
7 (P)	5-15 Hertz	99%		30 min	stimulating
8 (P)	1-1000 Hertz	99%		30 min	strong stimulation

Tip: Whenever a discomfort is felt, reduce the intensity (power) by 10%. You simply press the arrow key down during therapy.

For the best results, it's advisable to consult with professionals that are experienced with reflexology. They will want to learn too!

How to Effectively Apply the Treatment

Less is often more! This applies especially to the first application to the patient. When and how often is decided on the individual. It's important that the therapy is always comfortable. People that are sensitive to magnetic fields should always be cautious and begin their treatment with the Pillow placed further away from the affected area.

Correct Program Settings:

Start with the lowest program setting for the initial treatment and increase if patient does not respond to the therapy.

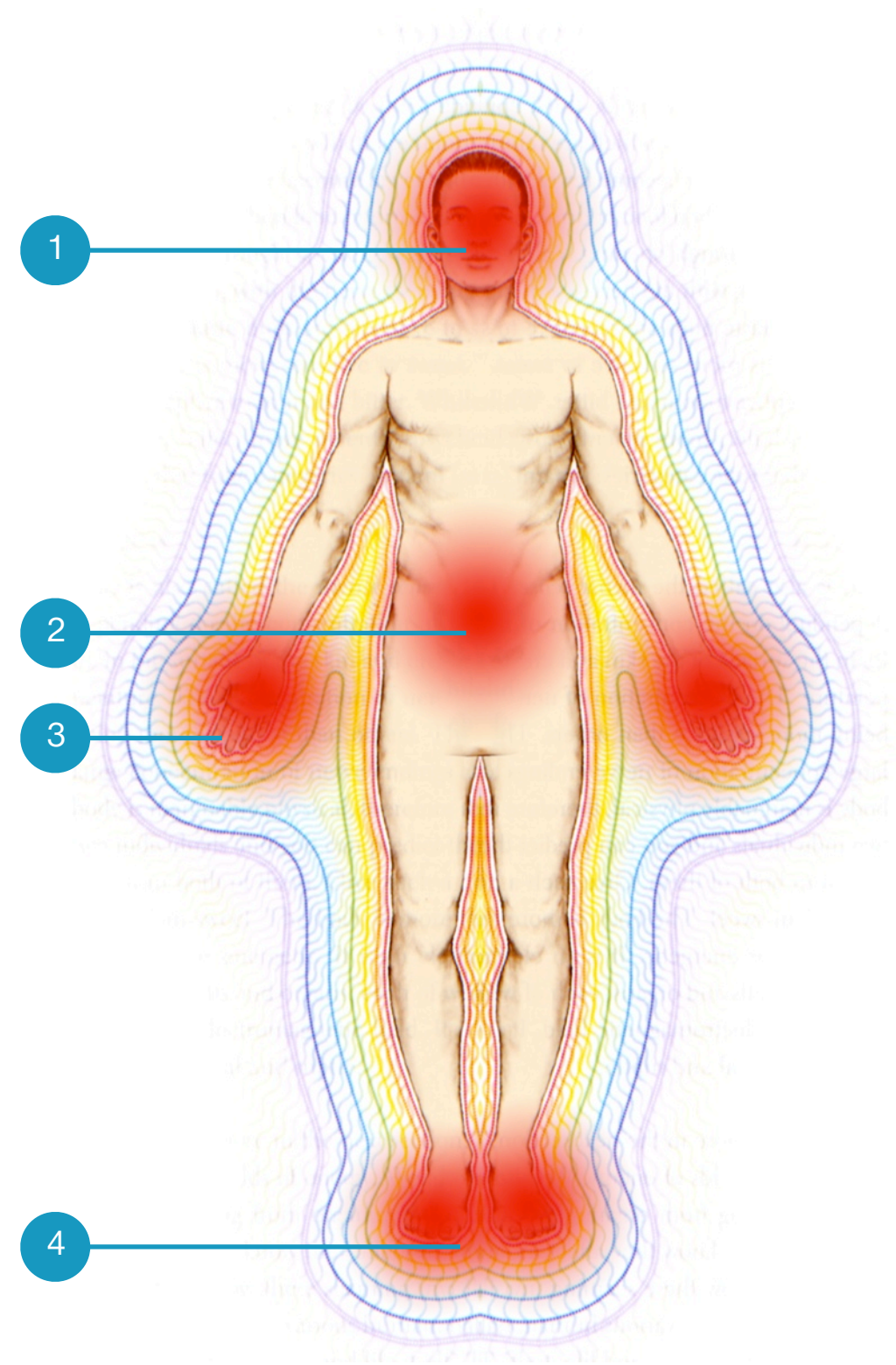


Positioning of the Pillow - Example:

In reflexology therapy, acupuncture points are addressed which will resolve blockages and establish a balance of the whole body. Treat the effected area last. For example - when treating blood flow disorders on the legs, start with the pillow on the reflex-zone point in the stomach area (solar plexus) for 5 min. Then treat on the head for 5 min, then the hands for 5 min and then apply directly to the soles of the feet for the remaining 15 minutes. Notice how the Pillow is placed at the top of the head and held against the stomach.



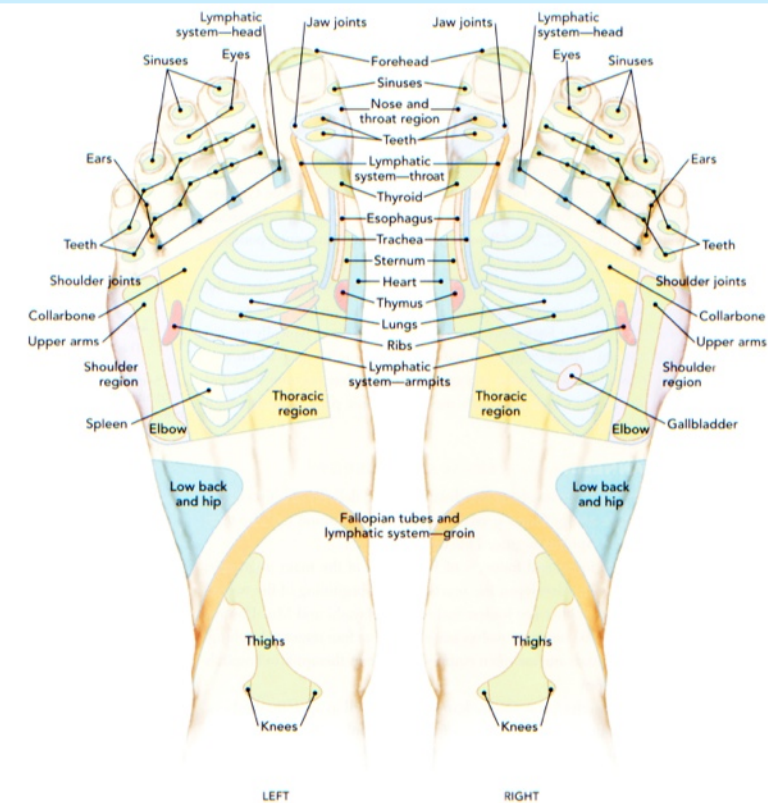
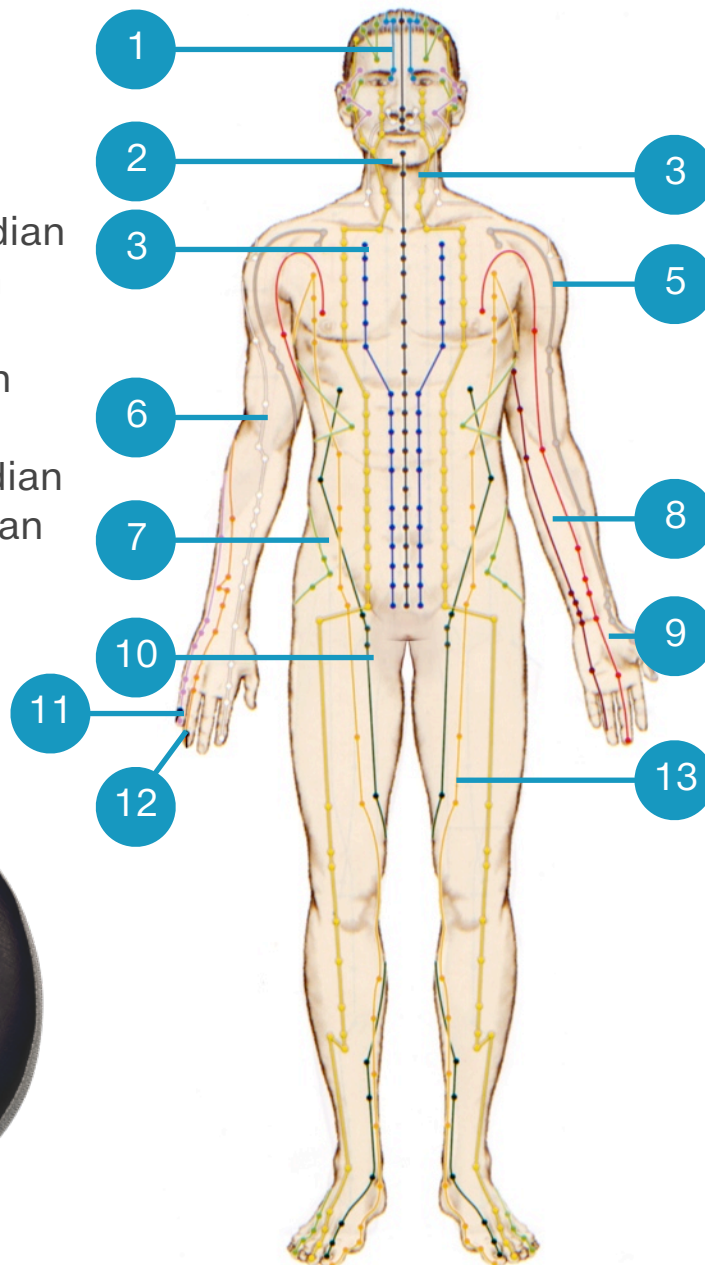
The Reflex Zones: 1 Head, 2 Solar plexus, 3 Hands, 4 Feet



The Meridians - Treat via the hands and feet

We can influence our body through the meridian lines. In this way we have access to single organ reflex zones through hand and feet reflexes. By treating the respective reflex points, pain can be eliminated in the affected zones.

- 1 Bladder meridian
- 2 Conception vessel
- 3 Stomach meridian
- 4 Kidney meridian
- 5 Lung meridian
- 6 Large intestine meridian
- 7 Gallbladder meridian
- 8 Heart meridian
- 9 Pericardium meridian
- 10 Liver meridian
- 11 Small Intestine meridian
- 12 Triple Warmer meridian
- 13 Spleen meridian



GALLERY 3.1 Foot and Hand Reflexology

Feet - Top



Applications of various program settings stimulate the reflex zones within the body to encourage muscle relaxation. Practical experiences have consistently shown that all reflexology-systems are linked and complement each other. Tension can be relieved and the organs are returned to a harmonious balance of homeostasis.

Bio-Rhythm Program - Organ Clock

The Organ Clock

Each of the twelve meridians are naturally supplied with energy by way of the magnetic fields of the earth during the course of the day. At the appropriate time, organs that are weak or under stress should be stimulated by the magnetic field system. Should an organ be overloaded, optimal healing can be restored when the magnetic field therapy is applied at the related time of the day according to the organ clock. The organs follow a 24 hour clock cycle.

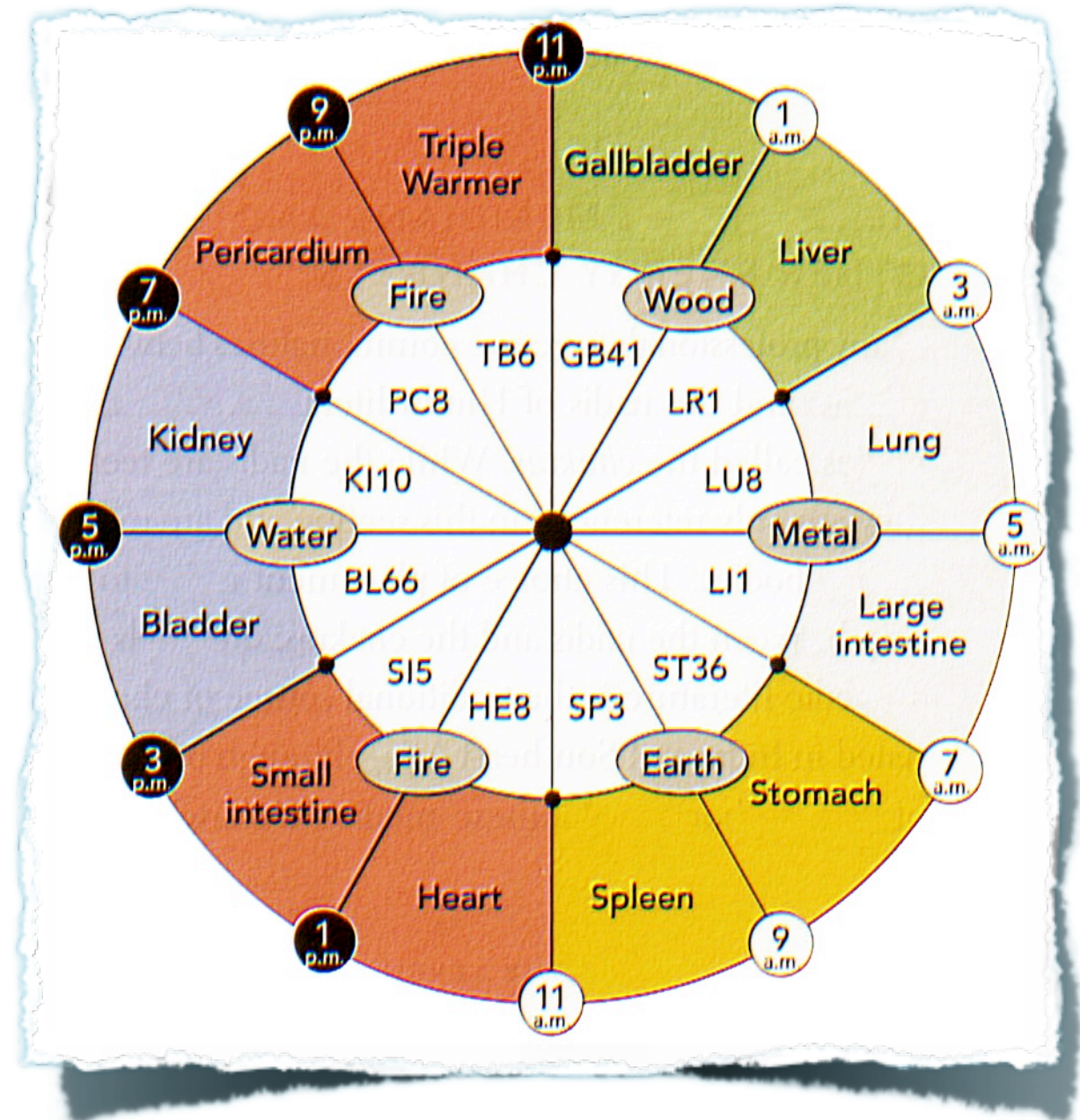
SETTING	FREQUENCY	INTENSITY	TIME	EFFECT
1 (M)	Sawtooth Morning	1%	8 min	Strongly stimulating
2 (M)	Sawtooth Afternoon	1%	8 min	Stimulating
3 (M)	Sawtooth Evening	1%	8 min	Calming
4 (M)	Sawtooth Night	1%	8 min	Deeply calming

Example - See the diagram on the right.

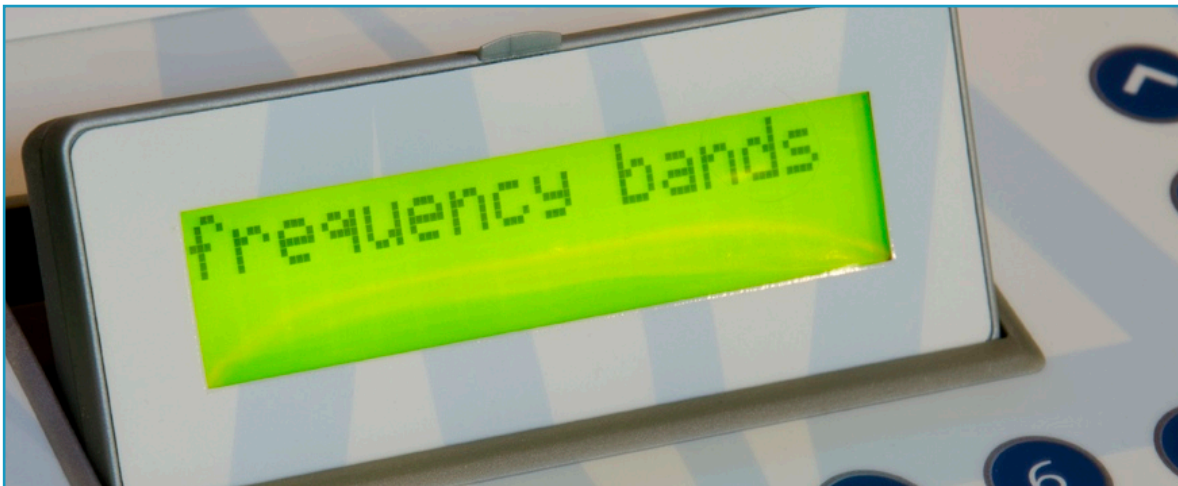
If your liver is weak and needs treatment, treat your whole body in the early afternoon using setting 2, (Sawtooth Afternoon) between 1 and 3 p.m. The setting is opposite the small intestine division which is also optimally treated.

This program uses the popular PEMF Sawtooth Waveform which is highly biologically active. Notice only 1% intensity at 8 minutes is needed (and recommended) for effective treatment.

Should you find these settings unpleasant, switch to the Frequency Band Program that uses Constant Sine-waves. (CW)



Frequency Band Program - Sweeping Frequencies



Our bodies oscillate using pure Sine-wave frequencies. The different oscillations depend on various activities within the body and provide the energy flow. The earth’s magnetic fields and the brain operate within the frequencies provided in this program. Due to illness in an organism, the energy supply and the metabolism could be blocked. With the help of the variable frequencies that sweep up and down, the body can regenerate itself to strengthen the immune system.

SET	FREQUENCY	INTENSITY	TIME	EFFECT
1 (M)	1-3.5 Hertz	10%	30 min	dominates deep sleep in adults
2 (M)	4-7 Hertz	10%	30 min	dominates sleep in adults
3 (M)	8-13 Hertz	10%	30 min	dominates while dreaming, the active alertness in adults
4 (M)	14-39 Hertz	10%	30 min	dominates attentiveness and psychological activity in adults

1 to 3.5 Hertz – The Delta-Band

The Delta Band corresponds to the frequencies of the brain in deep sleep in which the body is completely relaxed and cramps are relieved. The blood vessels dilate which allows increased blood flow, nutrients and oxygen are absorbed, metabolism is made active and subsequently infections are reduced.

4 to 7 Hertz – The Theta-Band

The oscillations of the Theta-Band dominate during sleep in adults. If you feel apathetic, depressed or have a sleeping disorder (insomnia) then treat with this frequency before retiring at night.

8 to 13 Hertz – The Alpha-Band

The oscillations of the Alpha-Band determine the awareness in adults. It strengthens the immune system, improves concentration, receptivity as well as blood circulation. At the same time the blood circulation improves and the lymphatic flow is made active.

14 to 39 Hertz – The Beta-Band

The oscillations of the Beta-Band are found in adults while they are mentally active and are specifically focussed on something that requires concentration. These frequencies can help the organism to improve mental and physical efficiency.

Sport Program - Conditioning & Recovery

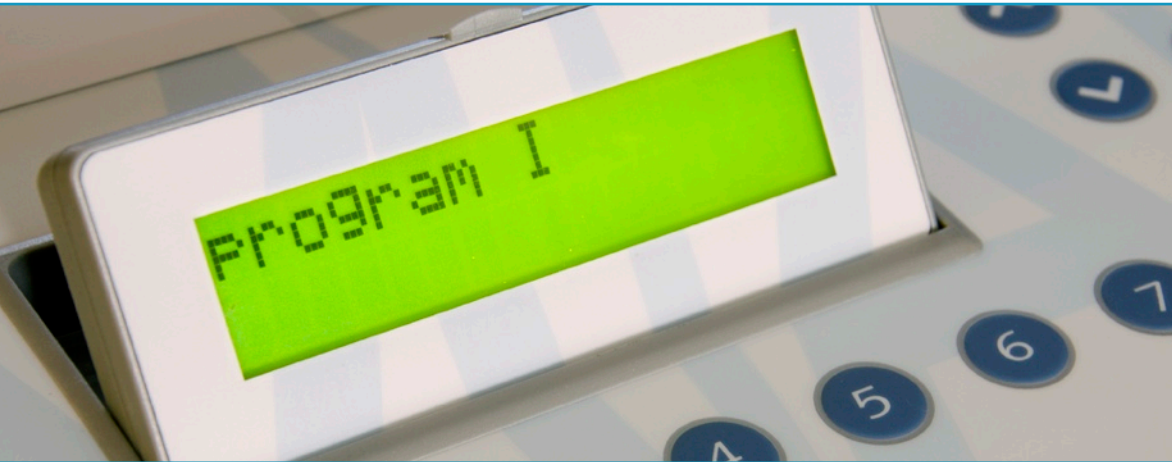
SUGGESTED APPLICATOR AND SETTINGS (BEGIN LOW AND INCREASE WHEN NEEDED)					
Recovery	(M)	1	2	3	
Respiratory tracts, Bronchial tubes	(P)	3	4	6	
Aching muscles	(P)	2	3	4	5
Tension	(P)	4	5	7	
Sport Conditions	(P)	4	10		
Tennis Elbow	(P)	2	4	12	
Arthrosis arthritis, chronic joint complaints, supporting musculoskeletal system	(M) (P)	7	8	9	16
Physical endurance	(M)	9	10		
Sprains, acute injuries, bone formation	(P)	10	11	12	
Wound healing disorder	(P)	4	12	16	
Bruising, effusion of blood, Oedema	(P)	5	12		
Ligaments, Muscle tear, strain	(P)	7	12		
Osteonecrosis	(M) (P)	9	13		
Osteoarthritis	(M) (P)	7	14		

Many people work in professions that put a lot of wear and tear on the body. Injury from heavy lifting, overstraining and repetitive movements may occur. The Sport Program helps to counteract these conditions.

SET.	WAVEFORM	FREQUENCY	POWER	TIME	EFFECT
1	Sine-wave	1-2 Hertz	99%	30 min	Gentle
2	Sine-wave	1-3 Hertz	99%	30 min	Gentle
3	Sine-wave	1-5 Hertz	99%	30 min	Gentle
4	Sine-wave	1-10 Hertz	99%	30 min	Medium
5	Sine-wave	10 Hertz	99%	30 min	Medium
6	Sine-wave	5-15 Hertz	99%	30 min	Medium
7	Sine-wave	25 Hertz	50-99%	20 min	Medium
8	Sine-wave	60 Hertz	10-90%	25 min	Medium
9	Sine-wave	10-70 Hertz	99%	30 min	Intensive
10	Sine-wave	1-1000 Hertz	99%	30 min	Intensive
11	Sine-wave	1500 Hertz	50-99%	30 min	Intensive
12	Sine-wave	990-9900 Hertz	99%	30 min	Intensive
13	rectangular	72 Hertz	1-10%	30 min	Osteonecrosis
14	rectangular	7 Hertz	99%	30 min	Osteoarthritis
15	rectangular	73 Hertz	10-50%	15 min	Tentovaginitis
16	rectangular	0.2 Hertz	10%	30 min	Low Mobility

Tip: Treat acute new injuries by using program 11 or 12. If extreme pain is experienced or gets worse, select the next lower program and reduce the intensity (power)! For a more intensive effect, use of the Pillow.

Program Therapy I - Indications



Individual illnesses and therapy areas are treated more effectively utilizing the specific settings available in Program I. Scan through the following pages to locate the preferred setting that matches the indication.

Tip: You can use the Mat (M) or the Pillow (P) and I suggest that you follow the manufacturers recommended settings.

Acute Inflammation and Injuries

- Haematoma (P)
- Bruising (P)
- Strain (P)
- Muscle Inflammation (M),(P)
- Bursa Inflammation (P)
- Myorrhexis (P)
- Tendovaginitis (P)

SETTING	FREQUENCY	INTENSITY	TIME	EFFECT
6	10 Hertz	50-99%	30 min	Gentle
11	25 Hertz	50-99%	30 min	Medium
17	100 Hertz	50-99%	30 min	Medium
18	1-1000 Hertz	99%	30 min	Medium
19	1500 Hertz	50-99%	30 min	Strong
20	5000 Hertz	50-99%	30 min	Strong
21	990-9900 Hertz	99%	30 min	Strong
22	02 Hertz rectangular	10%	30 min	Applies to all painful problems
24	15 Hertz rectangular	10%	30 min	Bone formation
27	73 Hertz rectangular	10-50%	15 min	Sinew infection

This Program features the Sine-wave at higher frequencies with sweeping intensities and the rectangular waveform at low intensities. Setting 27 uses a very intense pulsed wave. It is recommended that you start with low settings and work you way up gradually over the course of several treatments.

Tip: Only use (CW) high frequencies (above 1500 Hz) with acute (new) pain! Whenever a feeling of discomfort comes up, reduce the intensity (power) by 10%. You simply press the down arrow key during therapy.

For a more intensive effect, use the pillow, except for setting 24.



Head and Chest Areas

- Asthma (P)
- Headaches (P)
- Trigeminal-Neuralgia (P)
- Air Passages, Bronchia (P)
- Migraine (P)
- Toothache (P)
- Eye affection (P)
- Paranasal Sinuses Inflammation (P)
- Concentration Disorder (M),(P)
- Tinnitus (P)

SETTING	FREQUENCY	POWER	EXECUTION	TIME	EFFECT
2	1-2 Hertz	50%	North-South	30 min	Gentle
5	1-5 Hertz	50%	North-South	30 min	Gentle
6	10 Hertz	50-99%		30 min	Medium
7	1-10 Hertz	99%		30 min	Medium
8	5-15 Hertz	99%		30 min	Medium
9	15 Hertz	50-99%		30 min	Medium
21	990-9900 Hertz	99%		30 min	Strong
22	0.2 Hertz rect.	10%		30 min	Applies to all painful problems

The majority of these suggested settings use the (CW) Sine-wave and are in the low frequency range with sweeping frequencies. You might need to experiment to find the right frequency or intensity that relieves the symptoms.

In this Program you will notice that there are settings for North-South. This involves the way the magnetic field is directed in and out through the magnetic coils in the Mat and Pillow. In settings 1 and 2 - the field polarity reverses.

Tip: With a migraine headache that is caused by narrow constricted blood vessels, place the front side (logo side of the pillow) towards you. If you have a migraine that give symptoms of expanded vessels, use the back of the pillow facing you. Use settings 2 and 5. If you don't find relief try setting 6 that uses a variable intensity setting.

Musculoskeletal System

- Arthritis (M),(P)
- Arthrosis (M),(P)
- Slipped Disc (P)
- Inflammation of the Muscles and Tendons (P)
- Calcaneal Spur (P)
- Inflammation and Chronicle Pains of Joints (M),(P)
- Vertebra-Syndrome, Cervical-Syndrome (P)
- Lumbago (P)
- Deterioration of the Hips, Coxarthrosis (M),(P)
- Femoral Head Necrosis (M),(P)
- Ischialgia (P)
- Capsule Injury Carpal Tunnel Syndrome (P)
- Knee-Joint Inflammation - Gonarthrosis (P)
- Broken Bones (P)
- Bone-Healing after Bone Inflammation Operation (P)
- Backache (P)
- Lumbar-Spinal Syndrome (M),(P)
- Loosening of an Artificial Joint Implant (P)
- Muscle Cramps (M),(P)
- Muscle Injury (P)



- Myalgia (M)
- Osteoporosis, Osteopenia (M), (P)
- Paresis Paralysis (P)
- Phantom Pains (P)
- Polyarthrititis (M), (P)
- General Pain (M), (P)
- Chronic Shoulder Pains (P)
- Tendon Sheath (P)
- Sport Injury (P)
- Tennis Elbow (P)
- Injury to the Spinal Column (P)
- Tension (M), (P)

Magnetic frequency therapy is very effective for muscle skeletal disorders. Quite often one treatment will relieve the pain if it is not a chronic condition. In many cases the nerve is pinched in a feedback loop that causes the muscle to tighten and not naturally release itself. The trick is finding the right frequency and related waveform. Frozen shoulders are often freed up in a few minutes. Start low and work up through the settings.

Tip: Use (CW) settings 19, 20 and 21 only for new acute injuries!

SETTING	FREQUENCY	INTENSITY	TIME	EFFECT
6	10 Hertz	50-99%	30 min	Gentle
7	1-10 Hertz	99%	30 min	Gentle
8	5-15 Hertz	99%	30 min	Medium
9	15 Hertz	50-99%	30 min	Medium
10	20 Hertz	50-99%	30 min	Medium
11	25 Hertz	50-99%	30 min	Medium
12	30 Hertz	50-99%	30 min	Medium
13	45 Hertz	50-99%	30 min	Medium
14	70 Hertz	10-99%	30 min	Medium
15	10-70 Hertz	99%	30 min	Strong
16	10-90 Hertz	99%	30 min	Strong
17	100 Hertz	50-99%	30 min	Strong
19	1500 Hertz	50-99%	30 min	Only for acute Injuries
20	5000 Hertz	50-99%	30 min	Only for acute Injuries
21	990-9900 Hertz	99%	30 min	Only for acute Injuries
22 rectangular	0.2 Hertz	10%	30 min	Applicable to *
23 rectangular	72 Hertz	1-10%	30 min	Osteonecrosis
24 rectangular	15 Hertz	10%	30 min	Bone formation
25 rectangular	15 Hertz	1-10%	30 min	Hip Joints
26 rectangular	7 Hertz	99%	30 min	Osteoarthritis
27 rectangular	73 Hertz	10-50%	15 min	Tendovaginitis

* All pain complaints



Flu Infections

- Breathing Problems (P)
- Nasal complaints (P)
- Fever (M)
- Paranasal Sinus complaints (P)
- Throat Infection (P)
- Earache (P)

SETTING	FREQUENCY	POWER	POLARITY	TIME	EFFECT
1	1 Hertz	50-99%		30 min	Gentle
2	1-2 Hertz	50%	North-South	30 min	Gentle
4	5 Hertz	50-99%		30 min	Gentle
5	1-5 Hertz	50%	North-South	30 min	Gentle
12	30 Hertz	50-99%		30 min	Medium
18	1-1000 Hertz	99%		30 min	When flu sign show up
21	990-9900 Hertz	99%		30 min	For acute Pain

All settings in this category utilize the (CW) Sine-wave.

Tip: With a normal flu use setting 5 or 12 with a lower 10% intensity! At 40% intensity (power) the bowel function is also supported. Setting 18 is used for the first signs of flu and chills. In this setting the frequencies sweep up and down from 1 to 1000 Hertz which will signal the immune system to help fight viral infections from taking hold.

Use setting 21 only for acute (new) pain and it is not to be used for chronic conditions. Older individuals with chronic conditions need to recover slowly so it is best not to overwhelm them with high intensities at first use. Whenever a feeling of discomfort comes up, reduce the intensity (power) by 10%. For that purpose you simply press the down arrow key during therapy. For a more intensive effect, use the Pillow.

Skin Problems

- Allergies (M),(P)
- Eczema (M)
- Wrinkles (P)
- Skin injury (P)
- Scars (P)
- Neurodermatitis (M)
- Psoriasis (M)

SETTING	FREQUENCY	INTENSITY	POLARITY	TIME	EFFECT
1	1 Hertz	50-99%		30 min	Gentle
2	1-2 Hertz	50%	North-South	30 min	Gentle
3	1-3 Hertz	50%	North-South	30 min	Gentle
4	5 Hertz	50-99%		30 min	Gentle
5	1-5 Hertz	50%	North-South	30 min	Gentle
21	999-9900 Hertz	99%		30 min	Strong
22 rectangular	0.2 Hertz	10%		30 min	Set for *

* All painful problems

Intimate Areas and Urinary Tract

- Gynaecological Infections (P)
- Urinary Infections (P)
- Impotence (P)
- Incontinence (P)
- Menopause (P)
- Menstrual Pains (P)
- Prostate Complaints (P)
- Metabolism Imbalance (P)

SETTING	FREQUENCY	INTENSITY	POLARITY	TIME	EFFECT
2	1-2 Hertz	50%	North-South	30 min	Gentle
5	1-5 Hertz	50%	North-South	30 min	Gentle
6	10 Hertz	50-99%		30 min	Medium
11	25 Hertz	50-99%		30 min	Medium
14	70 Hertz	10-99%		30 min	Menstruation

Tip: With acute menstruation problems, work with program 14. For more intensive effect use the Pillow.

Heart and Other Body Circulation

- Arterial / Venous Circulation Problems (M)
- High Blood Pressure (M)
- Blood Circulation Disorder (M),(P)
- Lymphatic System Problems (M)
- Low Blood Pressure (M)
- Oedema Swelling in ankles (M)
- Pain in the Region of the Heart (M),(P)
- Strengthening of the Immune System (M),(P)



SETTING	FREQUENCY	INTENSITY	POLARITY	TIME	EFFECT
1	1 Hertz	50-99%		30 min	Gentle
2	1-2 Hertz	50%	North-South	30 min	Gentle
3	1-3 Hertz	50%	North-South	30 min	Gentle
4	5 Hertz	50-99%		30 min	Gentle
5	1-5 Hertz	50%	North-South	30 min	Gentle
6	10 Hertz	50-99%		30 min	Medium
7	1-10 Hertz	99%		30 min	Medium
8	5-15 Hertz	99%		30 min	Medium
9	15 Hertz	50-99%		30 min	Medium
10	20 Hertz	50-99%		30 min	Medium
12	30 Hertz	50-99%		30 min	Medium

Tip: Persons with heart conditions should start the treatment with a minimal intensity/power (also known as amplitude) of 10%. If there are no unexpected reactions, then increase the intensity to 50%! Otherwise I recommend switching to programs in Program Therapy II.

Whenever a feeling of discomfort comes up, reduce the intensity (power) by 10%. You simply press the down arrow key during therapy. For more intensive effect use the Pillow.



Nervous System

- Alzheimers Disease (M)
- Depression (M)
- Fibromyalgia (M)
- Hemiparesis (M)
- Multiple Sclerosis (M)
- Nerve Inflammation (M)

- Neurovegetative Dystonia with Hypotension (M)
- Neurovegetative Dystonia with Sympathicotonia (M)
- Parkinson’s Disease (M)
- Polyneuropathy (M)
- Psychosomatic Syndrome (M)
- Spinal Cord Injury (M)
- Insomnia (M)
- Stress (M)
- Weather Sensitivity (M)

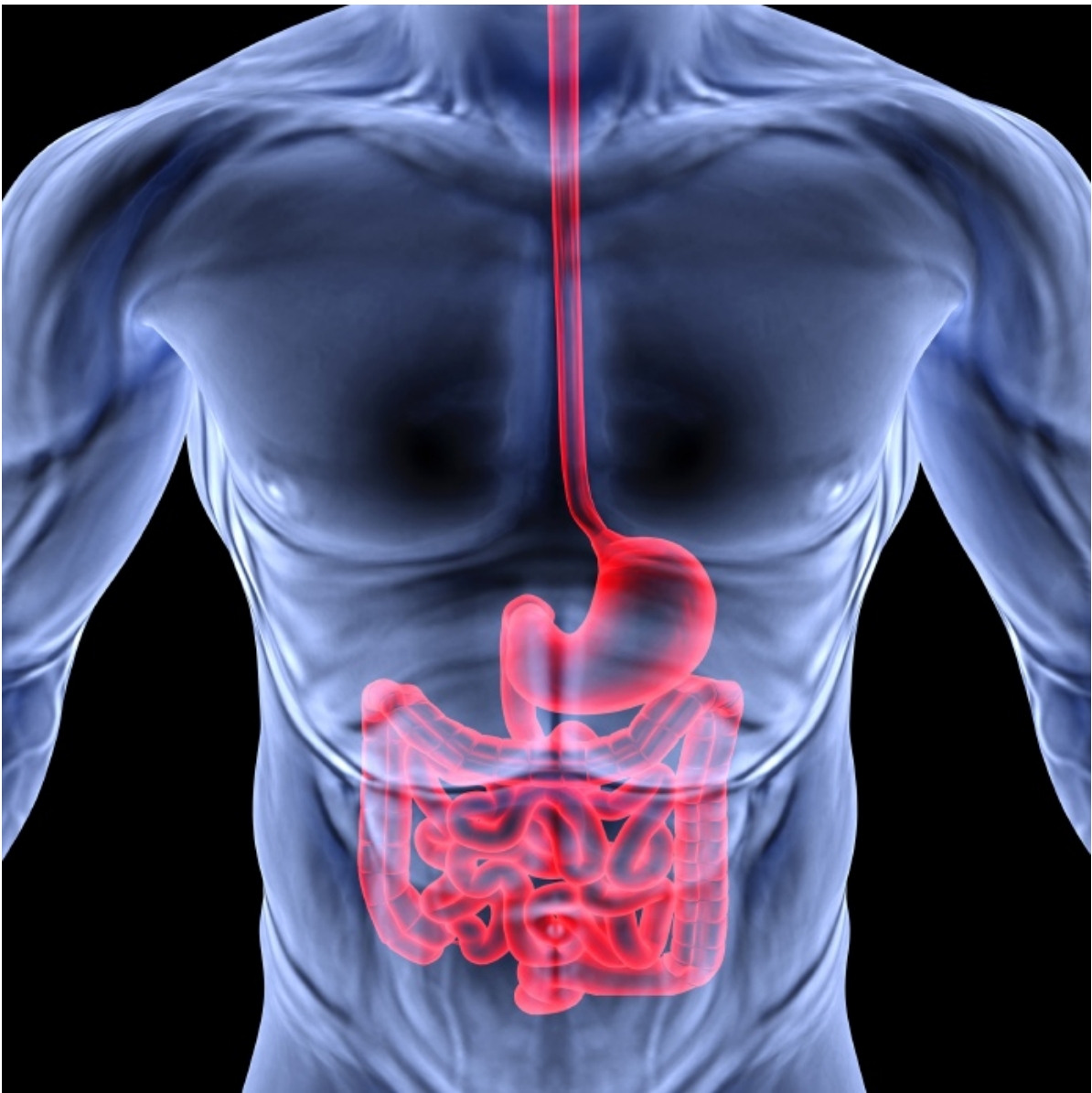
SETTING	FREQUENCY	INTENSITY	EXECUTION	TIME	EFFECT
1	1 Hertz	50-99%		30 min	Gentle
2	1-2 Hertz	50%	North-South	30 min	Gentle
3	1-3 Hertz	50%	North-South	30 min	Gentle
4	5 Hertz	50-99%		30 min	Gentle
5	1-5 Hertz	50%	North-South	30 min	Gentle

Tip: With unexpected reactions, reduce the intensity (power)! Switch to a lower program, shorten the therapy time or choose a program from Program Therapy II. Whenever a feeling of discomfort comes up, reduce the intensity (power) by 10%.

Metabolism, Digestion and Expulsion

- Flatulence (P)
- Diabetes (P)
- Diarrhoea (M)
- Detoxication (M)
- Purification (M)
- Improving Metabolism (M)
- Gastritis (P)
- Stomach Problems (P)
- Constipation (P)
- Cleaning the Connective Tissue (M)
- Digestive Disorder (P)

SETTING	FREQUENCY	INTENSITY	EXECUTION	TIME	EFFECT
2	1-2 Hertz	50%	North-South	30 min	Gentle
5	1-5 Hertz	50%	North-South	30 min	Gentle
7	1-10 Hertz	99%		30 min	Medium
15	10-70 Hertz	99%		30 min	Medium
16	10-90 Hertz	99%		30 min	Medium
18	1-1000 Hertz	99%		30 min	Strong



All of these frequencies are Sine-waves and they sweep up and down during the duration of the treatment. Setting 2 and 5 feature a North-South pole reversal to get a better effect at lower intensities.

For intensive effect use the Pillow.

Wound Healing

- Burns (P)
- Bedsore (P)
- Healing of Scars (P)
- Scar Pain (P)
- Leg Ulcer (P)

SETTING	FREQUENCY	INTENSITY	EXECUTION	TIME	EFFECT
1	1 Hertz	50-99%		30 min	Gentle
2	1-2 Hertz	50%	North-South	30 min	Gentle
3	1-3 Hertz	50%	North-South	30 min	Gentle
4	5 Hertz	50-99%		30 min	Gentle
5	1-5 Hertz	50%	North-South	30 min	Gentle
22 rectangular	0.2 Hertz	10%		30 min	Set for*

* All pain problems.

Tip: set up the intensity (power) only to 50%! Whenever a feeling of discomfort comes up, reduce the intensity (power) by 10%. For that purpose you simply press the arrow key during therapy. For intensive effect, use the Pillow.

Rheumatic Illnesses

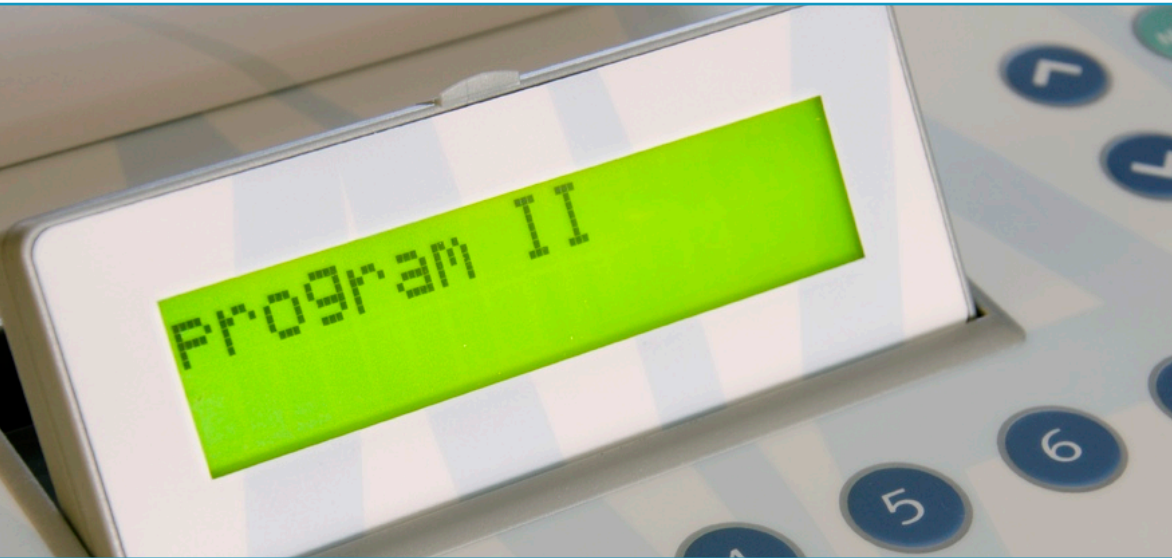
- Rheumatic inflammation of the joints, capsule, tendons and muscles (M),(P)
- Pain in Hip, Knee, Shoulder Joint, Ankle and Wrist (M),(P)

SETTING	FREQUENCY	INTENSITY	TIME	EFFECT
6	10 Hertz	50-99%	30 min	Gentle
11	25 Hertz	50-99%	30 min	Gentle
13	45 Hertz	50-99%	30 min	Medium
14	70 Hertz	10-99%	30 min	Medium
16	10-90 Hertz	99%	30 min	Strong
17	100 Hertz	50-99%	30 min	Strong

Notice the differences between the use of Sine-wave that is used at lower frequencies for wound healing which are on the surface of the body and the higher frequencies in the chart above that sweep the intensity to alleviate pain deep within the joints of the body.

Tip: With unexpected reactions, reduce the intensity (power)! Switch to a lower program, shorten the therapy time or choose a program from Therapy II. Whenever a feeling of discomfort comes up, reduce the intensity (power) by 10%. For that purpose you simply press the arrow key during therapy. For intensive effect use the Pillow.

Program Therapy II - Sensitive 7.83



This is a good program to start with when you are unsure what effect magnetic therapy will have on the body. If you experience unexpected reactions in the other programs or observe an increase of pain, switch to Program Therapy II which utilizes a pure constant Sine-wave. It allows for sensitive settings that are energetically supported.



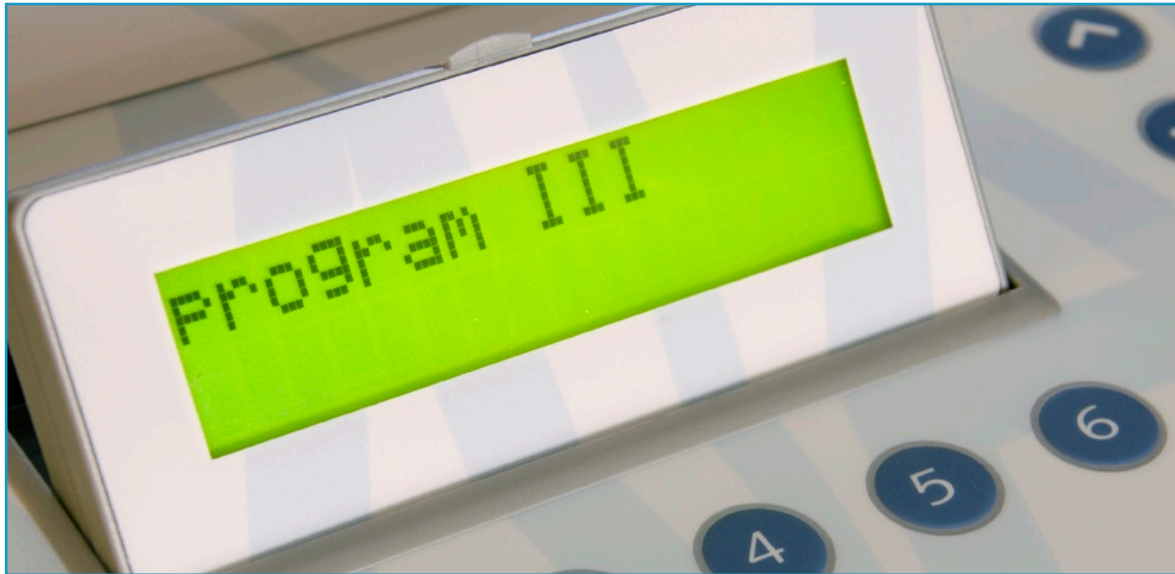
The default program setting (1.2 hertz) can be used to treat all complaints such as thyroid diseases.

*Note: Setting (9) features the Schumann Resonance (7.83 hertz). This is the natural resonating frequency of the earth.

SETTING	FREQUENCY	INTENSITY	POLARITY	TIME	EFFECT
1	1.2 Hertz	1%		30 min	Sensitive
2	1 Hertz	1%		30 min	Sensitive
3	1-2 Hertz	5%		30 min	Sensitive
4	1-3 Hertz	5%		30 min	Sensitive
5	1 Hertz	5-40%	North-South	30 min	Gentle
6	2 Hertz	5-40%	North-South	30 min	Gentle
7	5 Hertz	5-40%	North-South	30 min	Gentle
8	1-5 Hertz	20%	North-South	30 min	Gentle
9	7.83 Hertz	10%		30 min	Normal
10	1-10 Hertz	10%		30 min	Normal
11	10 Hertz	5-20%	North-South	30 min	Normal

Tip: When necessary, increase the intensity (power) during therapy using the arrow key. In North-South setting, maximum power can be set to 50%. Due to the sensitivity setting features of this program application, the mat is preferred.

Program Therapy III - Waveform Shapes



Selecting the appropriate waveform shape is important if you want to achieve good results quickly. Program III only contains Pulsed waveform patterns such as Sawtooth, Rectangular, Multi-resonance etc. These are highly effective waveforms.

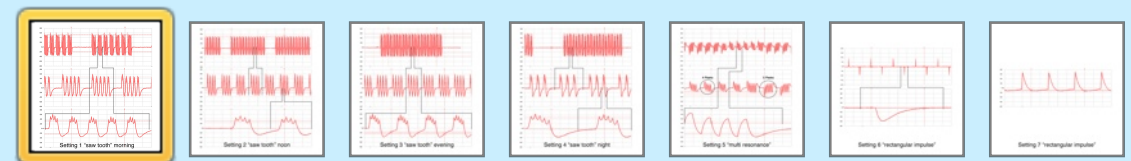
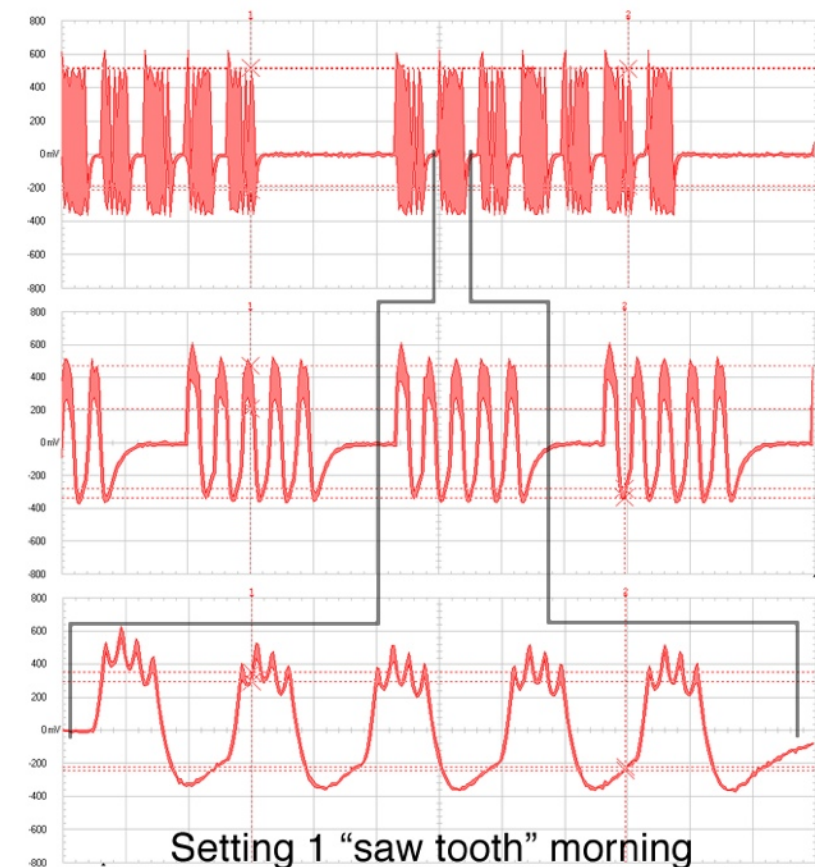
Constant Sine-waves (CW) can be used at higher intensities for longer periods of time. Pulsed Waveforms are highly reactive to the cells in our body and for this reason the intensity and duration of therapy is restricted to prevent over stimulation. Pay attention to the intensity limitations.

The chart to the right is interactive and will provide you with a good over view of what these waveforms look like on an oscilloscope. You will see that there are waves within waves - bundles of pulses. Some PEMF manufacturers will tell you that their devices only produce frequencies within the earth's natural magnetic field. It's often misleading advice.

GALLERY 3.2 - Foot and Hand Reflexology

Setting 1 "sawtooth" morning:

7 pulse bundles with pause - each bundle contains 5 pulses



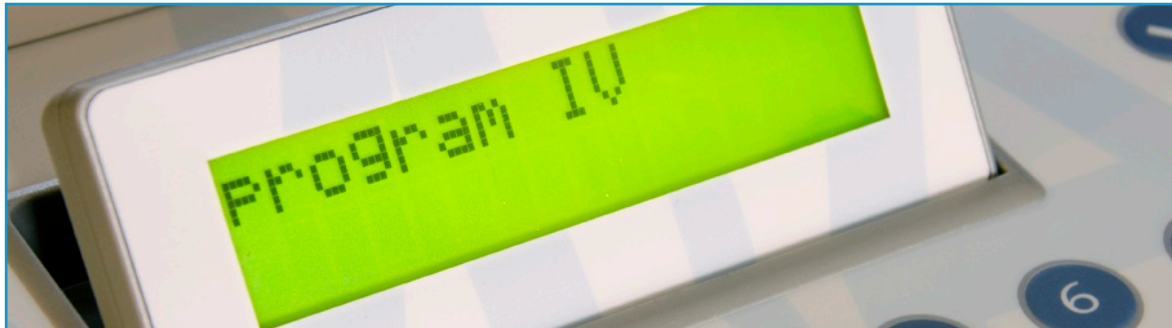
SETTING	WAVEFORM TYPE / TIME OF DAY	FREQUENCY	INTENSITY	TIME		EFFECT
1	“sawtooth” morning (M) (P)	7 pulse bundles	1%	8 min	Intensity Limits **	Strong stimulation for circulation problems, blood flow disorders, improving bone healing, supporting wound healing
2	“sawtooth” noon (M) (P)	12 pulse bundles	1%	8 min		Stimulating : For the prevention and relaxation of strained muscle conditions, and also skin diseases
3	“sawtooth” evening (M)	20 pulse bundles	1%	8 min		Calming, for metabolism disorders, for nerve related illnesses and injuries, to strengthen the immune system
4	“sawtooth” night (M)	20 pulse bundles	1%	8 min		Strongly calming, for insomnia and stress associated illnesses, for depression
5	“multi resonance” (M) (P)	multiple	10-50% > <	30 min		Select freely for acute and chronic illnesses. For unexpected reactions* reduce time to 5 minutes!
6	“rectangular impulse” (M) (P)	0.2 Hertz	10%	30 min		Blood flow disorders, migraine, skin disorders, wound healing, arthritis, rheumatism, arthrosis, body defence, vertebral column blockage
7	“rectangular impulse” (M) (P)	72 Hertz	1-10% > <	30 min		Osteonecrosis
8	“rectangular impulse” (M)	15 Hertz	10%	30 min		Bone Mass Building
9	“rectangular impulse” (M)	15 Hertz	1-10% > <	30 min		Hip Joints
10	rectangular impulse “(M) (P)	7 Hertz	99%	30 min		Osteoarthritis
11	“rectangular impulse” (M) (P)	73 Hertz	10-50% > <	15 min		Tendovaginitis
12	“impulse signal with increasing positive half wave” (M) (P)	30 Hertz	1%	15 min		Select freely for acute and chronic illnesses. For unexpected reaction* reduce time to 5 minutes!

Program III is where the MAS product outshines the competition. The majority of Pulsed PEMF consumer therapy devices are restricted to a few waveforms and the altering of a frequency is not provided. Pulsed Sawtooth waveforms are known to be highly effective for a therapeutic session where time is limited. For some individuals, using these waveforms for extended times will cause overstimulation, resulting in unexpected reactions. For details see chapter titled “Unexpected Reactions”

It’s important to understand waveform shapes and intensities that rise and fall > < sweeping up and down in intensity.

**Intensity limits have been placed on the “sawtooth” and the “multi-resonance” settings. These field strengths have been factored in to minimize adverse biological reactions in the body. Follow the suggestions above for time of day and duration of therapy.

Program Therapy IV - Custom Settings



Create and Save Your Own Setting

If you have altered the intensity or the time of a setting and you want to save it, you will be directed to Program IV.

Select a program setting that you would like to alter, then press the OKAY button to begin customization. At any time during the programming process, press START to run the program. You can save it after it is complete, or press the MENU button during the customization procedure to save the custom setting into one of the thirty slots in Program IV.

Note: not all programs allow you to alter all the settings. For example, if you select the Program III, setting 1, you will be presented with the sawtooth waveform. You can only alter the amount of time that the program will run. Other examples of similar limitations are found in programs that use the square wave and multi-resonance.

An Sample Step-By-Step Procedure to Create a Custom Setting:

Step 1: Select any therapy program.

Step 2: Select one of the settings in that program that you would like to modify and save to store in Program Therapy IV.

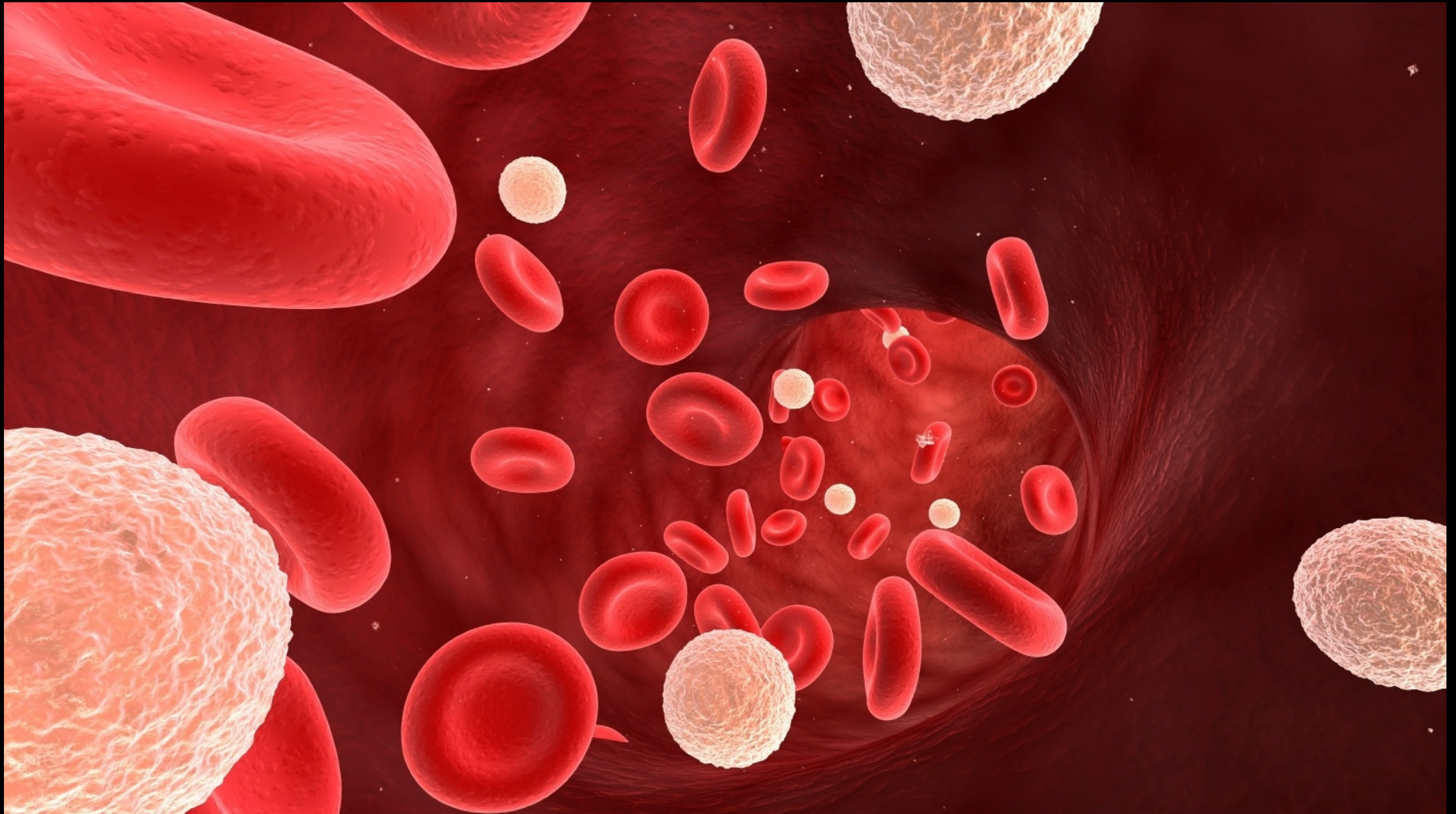
Step 3: Press the OKAY button (similar to an enter key).

Step 4: The first display you will be presented with is the TIME. Here you can select using the number keys how long you would like the program to run (Note: you can only choose a custom value from the range displayed). Press the OKAY button to save the customized value and continue to the next variable (Note: at any time you can press START to run the program, or save the program by pressing MENU and selecting a save slot).

Step 5: Use the arrow keys to navigate to the next variables which include FREQUENCY, North/South POLARITY and INTENSITY. Skipping variables will preserve the preset values. Choose from the desired values from the range displayed. Press the OKAY button to save the value and continue to the next variable. Repeat this process for all variables.

If you would like the frequency and intensity to increase during a specified amount of time, enter values for L-FREQ, H-FREQ, L-INTENSITY, and H-INTENSITY to override the variables that were programmed in Step 5.

Unexpected Reactions Can Be Positive



Observed Reactions To PEMF Therapy

Herxheimer Reactions

Electromagnetic Field Therapy can return vitality to a damaged organ after many years of malfunction. This healing process could express itself as exhaustion and severe sleep to allow the body to heal itself. Sleep is good. Frequency therapy not only relieves the pain symptoms but aids to remove the root cause of the illness which is often from environmental toxins. In the cleaning detox phase, various accompanying symptoms might occur temporarily. Sometimes feeling bad is good! It shows that the magnetic field therapy is working. The most common reactions are:

Headaches

Can occur as a result of detoxing and the symptoms are among the most common first reactions of aggravation.

Increase in Pain

This is as a result of the pain-conducting fibers experiencing sensory overload or saturation.

Taste Sensation

More and less taste sensitivity is a sign of positive influence of the sensory fibre parts in the brain.

Visual Disturbance

As a result of toxins moving throughout the body.

Skin Reactions

Are an indication of high perspiration and detoxification. The circulatory system might choose to bypass the liver and intestinal excretory organs and use the skin as the "third kidney".

Blood Pressure Fluctuation

Can occur due to the search for a desired resting target state, based on the current disordered state. Blood pressure medication should be continued as prescribed and consult your doctor often.

Diarrhea

As a way of getting rid of body poison quickly. Drink much clean, pure, spring water!

Vomiting

Can also be observed as a reaction of the organism that is experiencing a high toxic load.

Reinforced / Odorous Excretions

By stimulating the secretion through the intestine, kidney, skin, lung, vaginal fluid and saliva.

Menstrual Changes

During normalization of the biorhythms, it can lead to changes in the duration and timing of the menstruation. It eventually will lead towards a restoration of the cycle.

Best Practices For Frequency Therapy

Traditional and Alternative Advice

I highly recommend apprenticeship with a licensed healthcare practitioner that is familiar with magnetic therapy. At this point, there are no medical schools that teach frequency therapy, therefore hands on experience is invaluable. Some doctors provide over the phone consultations for a fee. If you or your patients are taking a prescription and find complaints are reduced and need less medication, consult professionals! Do not change the dosage without first consulting a professional. It's also good to share your healing process in frequency therapy as some doctors do learn and are open minded enough to take advice from others. PEMF therapy is now FDA approved to allow doctors alternatives for healthcare. Contraindications

Do not use magnetic field therapy if you or your patient has epilepsy, mental psychosis, or electronic implants such as heart pacemakers. As a safety measure during pregnancy, the manufacturers suggest not to use magnetic field systems. If you are known to be oversensitive to magnetic fields, supervision with a specialist is advised. No side effects are known for persons with stabilized heart-rhythm or hyperthyroidism.

Complimentary Supplements and Treatments

Magnetic field therapy cannot compensate a vitamin and mineral poor diet even though the nutrition will be transported more efficiently to the cells.

Common supplements are calcium for bones and magnesium for the nervous system. Chlorella, spirulina, algae and other ocean based microorganisms will often help the detoxification process.

Chelation therapy of heavy metals such as mercury, cadmium and lead are assisted with Sine-waves and PEMF.

Give your body plenty of fluids. Drink 2 or more liters of natural spring or enhanced mineral water every day and make sure you drink one glass of water before and after therapy. Magnetic field therapy encourages the detoxification and purification in the body and water is the best transport means. Your blood vessels are purified and inflammation as well as pain diminishes.

For serious illnesses, magnetic fields should be used under a doctor's supervision. That's not to mean it would be dangerous for the patient - on the contrary - PEMF is commonly used as a last resort and works well to compliment radiation and chemotherapy.

Create an EMF Free Healing Sanctuary

Remove any fluorescent lights and wireless devices that chronically emit EMF, especially pulsed high intensity microwave radiation such as WIFI, DECT portable phone base stations, baby monitors, wireless security cameras , etc. Turn off your cell phone. Play frequency therapy music that helps to heal the body, the mind and lifts the spirit.

Choose the Right Program and Waveform

If you are new to frequency therapy, start with Program II. These are the most gentle settings. Use the default setting (1) and then work your way up through the higher settings. You can also increase the intensity of the settings during treatment. A popular setting is Setting (9) which features the (CW) Sine-wave Schumann resonance (7.83 Hertz) frequency. This frequency is the natural resonating frequency of the earth.

Once you discover the best Program and Setting, you will feel relaxed; your blood pressure can decline and maintain a regular heart pulse. This is very important if you are sensitive to your environment and do not want to burden yourself with additional stress. 30 minute (CW) twice daily sessions can work successfully to gradually improve your wellbeing. Move to Program III when you feel comfortable with your progress. Treatment with a lower (CW) frequency is suitable for the elderly; the vessels will dilate to allow for an increase in blood circulation and oxygenation.

Resumption of a Previous Healing Process

A previous healing process may have been interrupted in the past by symptom suppressing medications. Or, the body becomes overloaded and passes into a **symptom free** – chronic phase. Unhealed conditions however put a continuous strain on your health; therefore an “**awakening**” of a “**neglected**” organ, bone, muscle, etc., through the application of frequency therapy is of great importance. If repeated treatments suddenly create pain from an old vulnerability such as a tooth ache, it is possible it did not heal properly and is now healing. After a short temporary phase is passed, then a full healing can be achieved. A chronic condition must often first be bridged into a short acute phase so that it can be healed!



Frequency therapy is often found in Austrian clinics that offer massage, acupuncture, laser light, physical therapy, chelation and other related alternative treatments. In the US, electromagnetic therapy is approved by the FDA for nonunion bone fractures, depression and wound healing.

Details of MAS Technology



Technical Data

TECHNICAL DATA	
Pillow Size	ca. Ø 23 cm
Mat Size	ca.178 x 60 cm
Flux Density on Pillow Surface	4.5 mT (= 45 Gauss) 20% (max. at 10 Hz without load)
Flux Density on Mat Surface	1.9 mT (=19 Gauss) +/- 20% (max. at 10 Hz without load)
Flux Density in Pillow Coil Core	8,5 mT (= 85 Gauss) 20% (max. at 10 Hz)
Flux Density in Mat coil Core	3 mT (= 30 Gauss) 20% (max. at 10 Hz)
Nominal voltage	115 V/230 V-AC voltage
Rated Frequency	50 Hz
Device Nominal voltage	500/250 mA
Main Fuse (Built into plug)	2 x T 1 AL (250 V)
Secondary Main Fuse (Internal)	2 x T 1,6 AL (250 V)
Operating Conditions for requirement	+ 15 C to +32° C, 30% to 75% r.F. When operating with the cushion, maximal surrounding temperature +30°C
Storage and transport conditions	-20°C to +50°C, 10% to 80% r.F.
Weight (Control Unit)	3.4 kg
Dimensions (W x H x D)	345 x 115 x 295 mm
Output Frequency	1 to 9999 Hz Sinus; Multi-Therapy Signals
Time designation in Minutes	10% Variations

PERFORMANCE	
Pillow	At max. Intensity of the Power output a Flow Density of 5.2 mT = (52 Gauss) at +/-20 % by 10 Hz can be reached in the Coil Core
Mat	At max. Intensity of the Power output a Flow Density of 1.1 mT = (11 Gauss) at +/-20% by 10 Hz can be reached in the Coil Core. Gauss reading : 10.000 Gauss = 1 Tesla
Operating Mode	Device with Mat is suitable for continuous operation. Use the Pillow only up to a maximum of one hour cycle. Before further use, allow one hour pause between treatments
EXAMINATION	
For recurring tests, the following; ÖVE/ÖNORM E 8751-1 applies.	

If you are not a technical person, I would like to highlight the key feature: the intensity (flux/flow density) of the MAS products are quite high. The reason for this is a (CW) constant sine-wave often requires a strong magnetic field to have therapeutic value under certain conditions. This feature comes with a cost because of the significant number of copper windings that are used in the construction of the coils inside the Pillow and MAT. The quality of the sine-wave magnetic field is what makes the the use of that frequency effective.

Device Classification

It's important for you to know that many electro therapeutic devices are produced in factories that have poor quality control. Products from South East Asia are suspect. I prefer medical devices that are produced in Germany, Switzerland or in the case of MAS - Austria because of their reputation for high quality medical grade manufacturing processes.

EG GUIDELINE 93/42 ADDENDUM IX – Class 11a:

The device complies with the standards for a medical-technical device. [EN60601-1 (A1+A2 acquainted) + A12 + A13: 1996-03] and electric-magnetic compatibility in (EN 60601-1-2)

- Protection Class 1: (according to the type of protection against electric shock)
- It is a common device (enclosed device without protection against ingress of moisture)
- The device is not suitable for use in explosive environment or explosive mixtures of anesthetic agents with oxygen or nitrous oxide.
- The Mat device is suitable for continuous operation. The Pillow device is not suitable for continuous operation. When using the Pillow, the maximal cycle is one hour. Allow a minimum of one hour pause between treatments.
- The device with the applicator is not be used directly near diagnostic devices, monitors or screens. When assembling, be sure that the entire device (including applicator) is kept at a safe distance (minimum 1.5 meters) from sensitive medicine and electronic devices.

Improper Use of the Device

Do not exceed the allowed temperature or fail to comply with the maximum operating time or break/rest duration - especially with high intensity and low frequencies as the surface temperature of the applicator can reach up to 41°C!

Use only the original applicators which were supplied with the device! (I am going to suggest some additions that could be incorporated such magnetic laser applicators).

Avoid contact on injured or damaged skin with the applicator.

The applicators should not be covered during treatment or during treatment breaks so that heat build up can be avoided. To cool the Pillow, it should be positioned with the patient side facing up. If these procedures are not followed, it could result in operation failures (the Applicator switches itself off if the temperature is too high).

Click on the picture below to enlarge.



Fault Warnings and Maintenance Instructions

FAULT PICTURE	CAUSE	SOLUTION
No function	No power	Check whether the power plug is connected. Check the fuses at the back of the device.
No applicator	Applicator not switched on or part of the power supply is defective.	Switch the applicator on and start the program again. Start again with the second applicator, if there are still no functions send the device in for repair.
Temperature too high	Excessive heating	In rare cases, high intensity settings and long duty cycles can come to excessive heating of the power section on the inside of the unit. Let the device cool for at least an hour before using it again!
Overload alarm	Short circuit in the applicator output	Parts of the applicator's connection are defect. Test the connection and if faulty send in for repair.
Attention wrong applicator	Wrong applicator connected	Some programs only allow the Mat or Pillow
Multi therapy program fault	When testing the program, a fault has occurred	Send the device in for repair.
Let applicator cool down	The applicator has overheated or interruption of power circuit	Let the applicator cool for at least an hour. Otherwise send in for repair to the manufacturer.
Wrong language	The wrong language has been programmed	Switch off. Hold Program button "1" down and switch on at the same time, confirm with "OKAY". Language is now set to "German". If you hold Program button "2" down while switching on, you choose the languages "English". With Program button "3" the language is "Spanish". Confirm each with "OKAY".

There are no service centers in North America. If the unit fails to operate, you send in the control unit with Pillow and MAT and a full fault report for repairs to Austria.

Company MAS-Future Medical Medizintechnik GmbH, Josef-Ressel-Weg 14, A-8430 Leibnitz, Austria.

Important: Don't attempt to look inside the control unit. By opening the device, the guarantee is void:

Cleaning: Regular servicing of the computer control unit is not necessary. Before cleaning always remove the power plug.

Wipe with a dry cloth, or if it is a stubborn stain, wipe with a damp cloth that will not harm plastics.

Applicators: Wipe with a dry cloth, or a damp cloth. To disinfect the applicators, use surgical alcohol.

Other Considerations for Proper Maintenance

- Only plug into a power supply with a functional ground wire. The electrical circuit must be protected by a residual current circuit breaker with 30mA availability. When installing the device, use the enclosed main cable or a cable that is shielded with a ground connector. The Pillow and Mat should only be plugged in when the device is turned off. The device should not be used directly near computer or TV monitors or any other sensitive electronic equipment.
- When using, be sure the device is out of reach of children as there is a danger if liquids gets into the device.
- Be careful when transporting the MAT. Fold into 4 even sections to make sure the electromagnets are not bent.
- If allergic reactions occur, use a skin friendly material (towel) on the applicator before therapy. The user is not allowed to wear any magnetic cards, electronic devices or watches.
- Under no circumstances are applicators to be used that have cracks, or non reversible external observable deformations of the foam. The device should be used on hard surfaces. Blankets, beds or similar supports often provide for inadequate ventilation.

Warning:

- The use of another power line, length = 2.5 m, which is attached to the original, may lead to an increased EMV emission or reduced stability of the Unit!
- The device should not be stored / stacked next to or together with other devices!

- Medical electrical devices have special security measurements, therefore the Magnetic Field-Device has to be installed according to the EMV-Table on the Instruction Manual.
- Portable and mobile HF-Communication appliances can be disturbed by the Magnetic Field Device.

My Experiences With MAS

I found the Special Multi+ device and their other products to be extremely well manufactured. If you physically compare their MAT to the others that are on the market, you will soon discover that the weight of the MAS mats are about twice as heavy as the competition. This is from the amount of copper in the coils inside the applicators that are need to deliver a high quality evenly distributed sine-wave magnetic field. If you plan on transporting device for rentals or to provide therapy in other locations, get a soft case with durable wheels and sturdy handles to lift it. It's not something that you are going to want to take with you on vacation:) Tip - Buy their ePad....

The MAS-controller is also rock solid and I am told by other users that there are few returns from faulty parts. The outer casing is durable and the buttons are enclosed so that dirt will not fall into openings. The fan is extremely quiet and efficient to cool the machine. Which brings me to this conclusion - it's meant for professional use in clinics where it will get constant use. For light home use it will last forever.

Closing Remarks

The Future of Frequency Therapy

I hope that this guide has provided you with a good overview of how magnetic fields can be used to heal. I'll admit that this book may appear to be an infomercial for MAS products but there are few devices on the market that provide tutorials on the intricacies of frequencies, waveforms, intensities, north-south polarities, etc., and how they effect the body.

If you really intend to have a career in electromagnetic frequency therapy, the MAS Magnetic Field System is a good overall tool for you to use. There are other MAT type of systems and I have heard criticism that it's too expensive compared to the competition. True. It is more expensive but you can't compare a Rolls Royce to a BMW. The added features allow capabilities far beyond the average home therapy PEMF device that only offer a few waveforms and fixed frequency settings. If you are a health professional and intend to offer frequency therapy sessions, you will want to pay the extra Euros to offer a wide range of treatment options.

Frequency Therapy is slowly gaining momentum because of the information that is being uploaded to the internet by a public that has personally experienced the miraculous healing powers of sound, light and magnetics. The FDA and other government agencies are now approving its use for depression, wound healing and muscle skeletal disorders so it's really just a matter of time until you see "frequency salons" popping up in shopping malls and even airport waiting rooms.

Creating MAS Awareness

The most noticeable comment from professional frequency therapists is "Why have I not heard about MAS?" After working with them for several months I have found the answer to be quite simple: They don't spend money marketing their machines outside of Austria. It's so good - it sells by word of mouth and that says it all. It's a hidden gem, mainly used in Austria's healthcare system and by people that can afford it. I hope this Quick Start guide will change this perception and create a worldwide demand for frequency therapy products.

The timing is right to introduce this form of healing therapy to North America. With NASA now releasing their patents for electromagnetic therapy, the writing is on the wall that foretells the government of the United States wants to participate in the commerce that frequency therapy will bring.

I mentioned earlier that a long format frequency therapy eBook will soon be available that provides details concerning the history and studies that were performed in the republics of the former Soviet Union, Europe, Canada and the United States. You will find it on the iTunes Book Store and it's titled: The History Of Magnetic Field Frequency Therapy. It's a collaboration of several doctors and scientists presented in Apples interactive eBook format - a project that I have been co-writing, animating and filming for several years. Till then:

Ride the Wave & Go with the Flow))
Robert W. Connolly

ABOUT THE AUTHOR - ROBERT W CONNOLLY

Bob is an award winning journalist with a rich history in music, broadcast television and multimedia publications that involve advanced digital communication technologies. His previous book, *Dynamic Media: Music, Video, Animation and the Web* in Adobe PDF was the first interactive rich media text book of its kind and is now a collectors item.

As a public speaker, he has introduced new technologies for clients such as NASA, Adobe and Apple Computer. [Frequency Magazine](#) is his latest endeavor that will spotlight healthcare technologies that feature the use of sound, light and magnetic fields to promote wellness. The role of the magazine and related projects is to advance the research and implementation of frequency therapy with traditional medicine.

Special thanks and appreciations go out to:

Dr Bill Pawluk, for his mentorship and guidance along our journey towards the new paradigm of healing with frequencies. Franz Zach and the people at MAS, for their support to make the MAS product and their experience with it available to our team and the entire world. Jason Lee, who pulls all of our ideas together and makes them digitally materialize in ways that constantly amaze us and the audience that view it.

The mission statement:

The MAS Special Multi+ device that is profiled in this eBook is an approved medical device in the country of Austria. The intent of this Quick Start guide is to provide information as to the methods of healthcare that is officially practiced in Austria and to foster the knowledge of frequency therapy. At the time of publication for this book, the MAS devices have not yet been examined by the FDA - let's hope this situation will change soon so we can all benefit from this new paradigm of medicine. For more info about MAS visit their US website at www.masusa.com

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