

SEDONA Wellness

SEDONA Pro
Indication List

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Indication List

RELAX	WELLNESS	SPORT
R	W	S

Symptom	Recommended Programs
A	
Aching Muscles	W2, W3, S1, S2, S3, S8, S9, S10
Acute Injuries	W5, S6, S8, S9, S11
Allergies	R2, R5, R10, W2, W3, W4, W10, S7, S8
Alzheimer's	R1, R3, R5, W2, W3, W4
Arthritis	S5, S8, S9, S10, S11
Arthrosis	S1, S2, S3, S4, S5
Asthma	R1, R2, R3, R4, R5
B	
Back Pain	W1, W2, W3, W4, W5, W6, W11, W12, S1, S4, S6, S8, S9, S10, S12
Bone Intensity	S1, S2, S3, S4, S5, S6, S10, S11
Broken Bones	S1, S2, S3, S4, S5, S8, S9, S10
Bronchitis	W1, W2, W3, W4, W6
Burn Wounds	S1, S2, S3, S4, S8, S9, S10

Symptom	Recommended Programs
C	
Carpal Tunnel Syndrome	S1, S2, S3, S4, S8, S9, S10
Cervical Spine Syndrome	S1, S2, S3, S4, S8, S9, S10
Circulation Problems	W1, W2, W3, W4, W5, W6, W7, W8, W9
Common Cold	R10, W10, S7
Concentration Disorders	W4, W6, S6
D	
Depression	R5, W4, S6
Detoxification	S6
Diabetes Type 2	R1, R2, R3, R4, R5, R7, W1, W, W5, S1, S2, S3, S4
Diarrhea	R5, W4
Digestion Disorders	S6
E	
Earache	R11
Eczema	R4, R5, W3, W4, W6, S2, S3, S4
Enhancing Metabolism	R7, R9, S6

Symptom	Recommended Programs
F	
Fever	R10, W10, S7
Fibromyalgia	R5, W4
H	
Headaches	W1, W2, W3, W4, W5, W6, S8
Heart Area	R1, R2, R3, R4, R5 W1, W2, W3, W4, W5, W6
High Blood Pressure	R1, R2, R3, R4, R5, R6, W1, W2, W3, W4, W6
Hip Joint	W12, S8, S9, S10, S11, S12
I	
Immune System	S7
Impotence	W1, W2, W3, W4
Incontinence	W4, S8, S9, S11, S12
Inflammation in the Joints - Chronic	W4, S8, S9, S11, S12
Ischialgia	W4, S8, S9, S11, S12
L	
Low Blood Pressure	R7, W7, S6, S7
Lyme's Disease	R1, R2, R3, R4, W1, W2, W3, W4

Symptom	Recommended Programs
M	
Menstrual Complaints	W1, W2, W3, W4
Migraine	W1, W2, W3, W4, W6
Multiple Sclerosis	R1, R2, R3, R4, W4, S1, S2, S3, S4, S5, S10
Muscle Cramps	R1, R2, R3, R4, R5, S1, S2, S3, S4, S5
Muscle Inflammation	S8, S9
Nerve Inflammation	R1, R2, R3, R4, W1, W2, W3, W4, W5
O	
Oedema-various reasons	R1, R2, R3, R4, W1, W2, W3, W4, W5 S1, S2, S3, S4, S10
Osteoarthritis	R6, R11, S5, S8, S9
Osteonecrosis	R6, R11, S5, S8, S9
Osteoporosis	W1, W2, W3, W4, W5, W6, W9, S1, S2, S3, S4, S5, S10, S11
P	
Parkinsons	R1, R2, R3, R4, W1, W2, W3, W4, W5
Phantom Pains	R1, R2, R3, R4, W1, W2, W3, W4, W5
Polyarthritis	W4, W12, S8, S9

Symptom	Recommended Programs
Polyneuropathy	R1, R2, R3, R4, W1, W2, W3, W4, W5
Postoperative Pain	S1, S2, S3, S4, S5, S8, S9
Prostate complaints	W1, W2, W3, W4, S8, S9
Psoriasis	R3, R4, R5, W3, W4
PDSD Syndrome	R4, R5, W1, W2, W3
R	
Relaxation	W1, W2, W3, W4
Rheumatic Ailments	S1, S2, S3, S4, S5, S8, S9
S	
Scars	R1, R2, R3, R4, W1, W2, W3, W4, S1, S2, S3
Shoulder Pains Chronic	W4, W8, W9, W11, S5, S10, S11
Sinus Inflammation	W1, W2, W3, W4
Sleep Disorders	R1, R2, R3
Spinal Cord Degeneration (chronic)	R5, W4, W8, S5, S6
Sport Injuries	W11, W12, S2, S3, S4, S5, S8, S9, S10
Sport Training	W3, W4, W6, S3, S4
Sprains	R11, W12, S8, S9
Stress	R2, R3, R4, R5, W2, W3, W6, S2, S3, S4

Symptom	Recommended Programs
T	
Tennis Elbow	R5, W4, S8, S9
Thyroid Ailments (over active)	R1, R2, R3, R4, R5, W1, W2, W3, W4
Thyroid Ailments (under active)	R7, R9, W7, W9
Tinnitus	R1, R2, R3, W1, W2, W3, S1, S2
Toothache	R11, S8, S9
Torn Ligaments	R11, W12, S8, S9
Torn Muscle	R11, W12, S8, S9
Trigeminal Neuralgia	R1, R2, R3, R4, R5, W1, W2, W3
U	
Urinary Passage Inflammation	W3, W4, S8, S9
W	
Wound Healing	R1, R2, R3, R4, R5, W1, W2, W3

Relax

SETTING	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1 Hertz	10%	30 min		Sine-wave
2	1-3.5 Hertz	10%	30 min		Sine-wave
3	1-5 Hertz	10%	30 min	N/S*	Sine-wave
4	1-10 Hertz	10%	30 min	N/S*	Sine-wave
5	7.83 Hertz	10%	30 min	N/S*	Sine-wave
6	25 Hertz	10%	30 min		Sine-wave
7	5-15 Hertz	10%	30 min		Sine-wave
8	0.1 Hertz	1%	8 min		Saw-tooth
9	8-70 Hertz	10%	30 min		Sine-wave
10	1-1000 Hertz	10%	30 min		Sine-wave
11	1000-10,000 Hertz	10%	30 min		Sine-wave
12	0.2 Hertz	10%	30 min		Rectangle

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Wellness

SETTING	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1 Hertz	100%	30 min		Sine-wave
2	1-3.5 Hertz	100%	30 min		Sine-wave
3	1-5 Hertz	50-100%	30 min	N/S*	Sine-wave
4	7.83 Hertz	100%	30 min		Sine-wave
5	10 Hertz	100%	30 min		Rectangle
6	1-10 Hertz	100%	30 min		Sine-wave
7	5-15 Hertz	100%	30 min		Sine-wave
8	25 Hertz	100%	30 min		Sine-wave
9	7 Hertz	100%	30 min		Rectangular
10	1-1000 Hertz	100%	30 min		Sine-wave
11	50 Hertz	10-50%	30 min		Multi-Resonance
12	30 Hertz	1%	30 min		Impulse Signal

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Sport

SETTING	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1-2 Hertz	100%	30 min		Sine-wave
2	1-3.5 Hertz	100%	30 min		Sine-wave
3	1-5 Hertz	100%	30 min		Sine-wave
4	1-10 Hertz	100%	30 min		Sine-wave
5	25 Hertz	100%	30 min		Sine-wave
6	8-70 Hertz	100%	30 min		Sine-wave
7	1-1000 Hertz	100%	30 min		Sine-wave
8	1,500 Hertz	100%	30 min		Sine-wave
9	5,000-15,000 Hertz	100%	30 min		Sine-wave
10	7 Hertz	100%	30 min		Rectangular
11	73 Hertz	10-50%	15 min		Rectangular
12	0.3 Hertz	2%	8 min		Saw-tooth

Frequencies of the Body

1-5 Hertz:

These frequencies relate to the brain activity in sleep or deep relaxation. In this frequency range the body can repair and regenerate itself.

1-10 Hertz:

The immune system strengthens as your body's resistance becomes stronger and more balanced.

8-15 Hertz:

The body starts to concentrate on relaxing, allowing for deep breaths and a clear mind.

20 Hertz:

An increase of blood flow due to widening of the arteries. This leads to a better supply of oxygen to the body.

25-30 Hertz:

In this range, metabolism increases allowing for a better supply of nutrients to the cells.

10-70 Hertz:

Hormone production as well as stomach and intestine movement can be increased. Proteins, fats and carbohydrates can be dispersed.

More than 100 Hertz:

Detoxification, cleansing of the connective tissue and impulsion can be improved.

More than 1000 Hertz:

Muscles, heart and the lungs functions can be stimulated and energy levels can be increased.

Recommendations

- Always lay on the side of the Sedona Pro logo on the mat and when using the pillow, the minus (-) sign should always face towards the body.
- It's recommended to drink a glass of water before and after the session (due to increases detoxification)
- While laying on the mat you can always use a regular pillow as neck and knee support
- To wash the unit use a lightly wetted rag or towel with regular hand soap. Dry off when finished.

Contradictions & Disclaimer

Contradictions

People with electronic implants such as heart pace-makers are not allowed to use Magnetic Field therapy. As a safety measure during pregnancy we suggest you do not use the Magnetic Field System. People with epilepsy, endogenous depression, and known over-sensitivity to Magnetic Field therapy or psychosis should not use Magnetic Field System. With hyperthyroidism and heart-rhythm disorders that are stabilized no side effects are known. With serious illnesses the Magnetic Field therapy should only be used under a doctor's supervision

Disclaimer

The information on this user manual is for reference purposes only and is not intended to recommend our pulsed electromagnetic field therapy device system as a drug or as a diagnosis for any illness or disease condition; nor as a product to eliminate disease or other medical condition. The information has not been evaluated by U.S. Food and Drug Administration. Worldwide, there are no governmental health agencies that recognize a need to supplement natural magnetic fields using pulsed electromagnetic fields. Also, the website, company, employees, practitioners or its distributors make no warranty of any kind, expressed or implied with regard to the Information or how you use it.

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