

SEDONA Wellness

SEDONA Pro
User Guide

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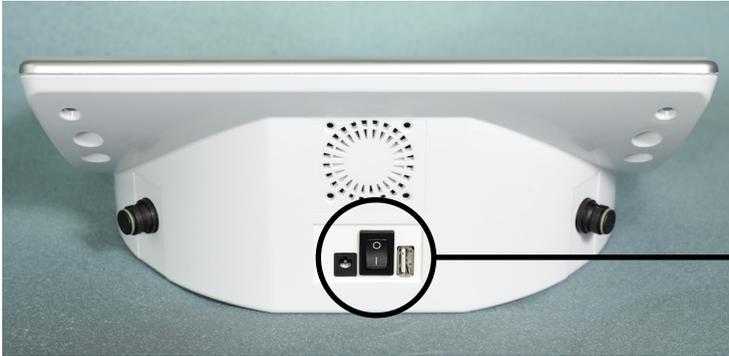
How to Set Up your Machine

Plug in the mat or pillow to applicator 1 or 2.
You can also plug in both at the same time.

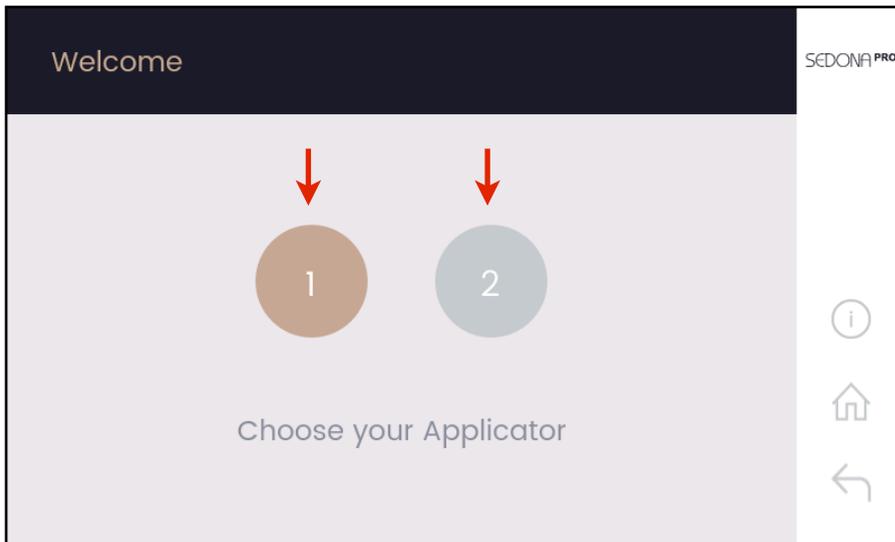


Plug in the power cord

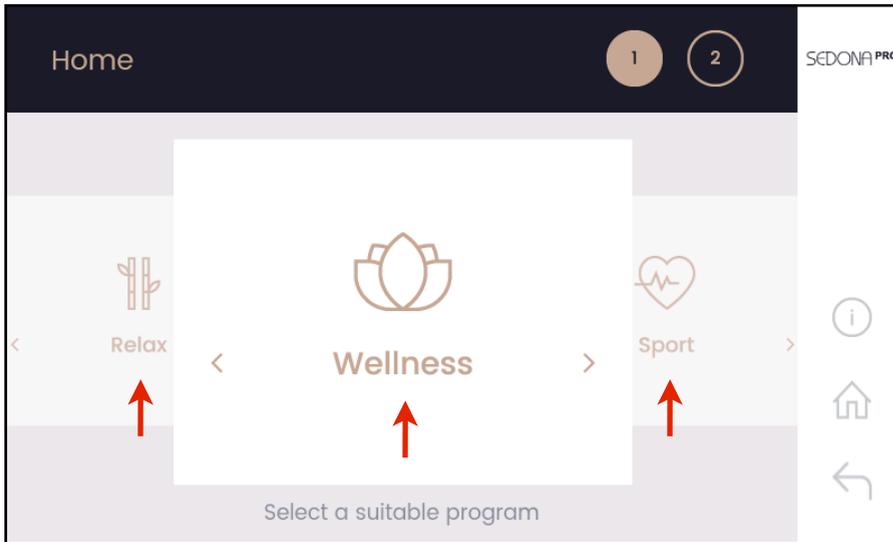
How to Turn On and Use



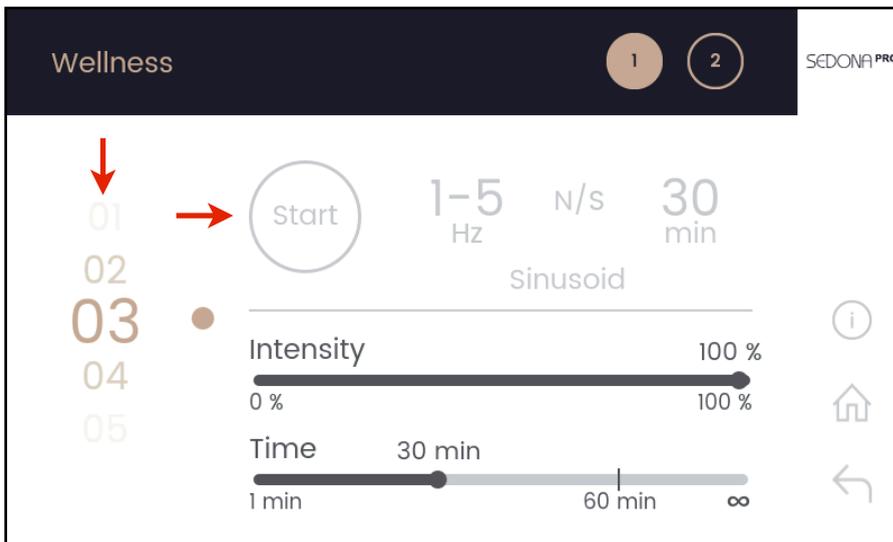
Turn on the power button and wait a few seconds for screen to appear



Choose applicator 1 or 2, if both applicators are plugged in, select one to set up first and then set up the second applicator (see page 8)



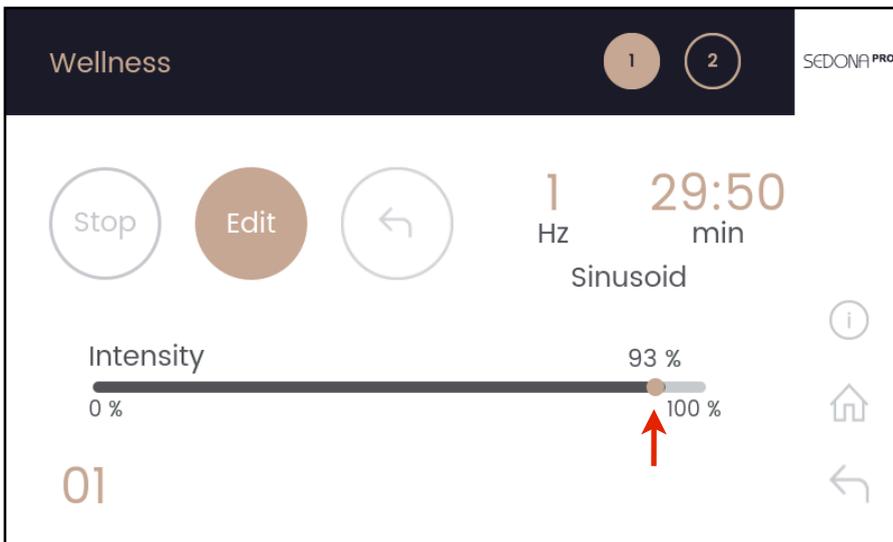
Scroll and select from Relax, Wellness or Sport



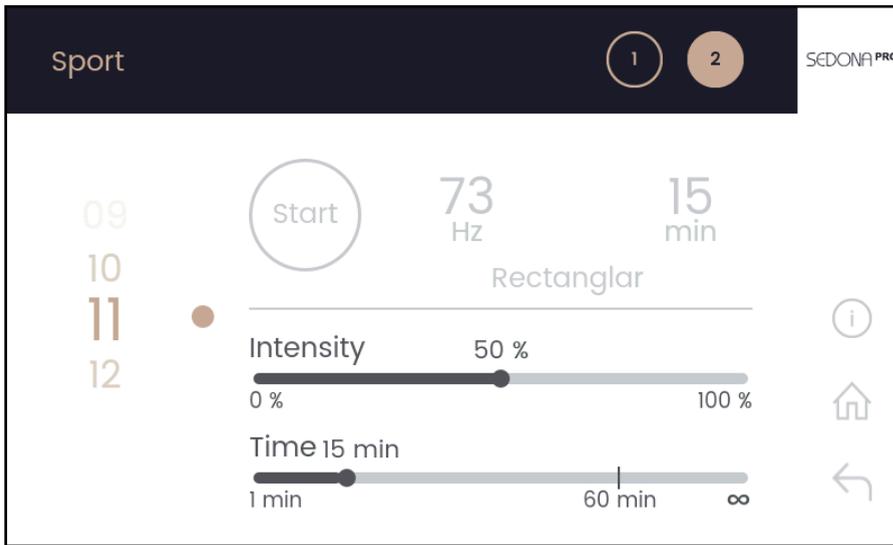
On the left side of the screen scroll through the numbers to the desired program and push the START button, the program will start after a few seconds



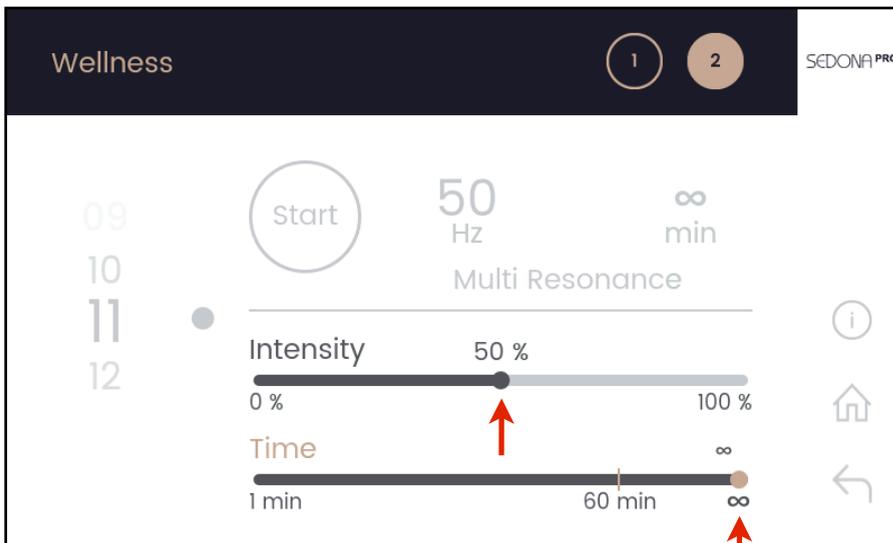
Press the EDIT button to edit the intensity of the program



Scroll the intensity bar or use the built in roller (circle under display) to reach the desired intensity



If a second applicator is plugged in, choose applicator 2 to set up the second applicator



Select desired time and intensity and press START
Now both applicators will run simutaniously

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 | | Rectangular |
| 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.

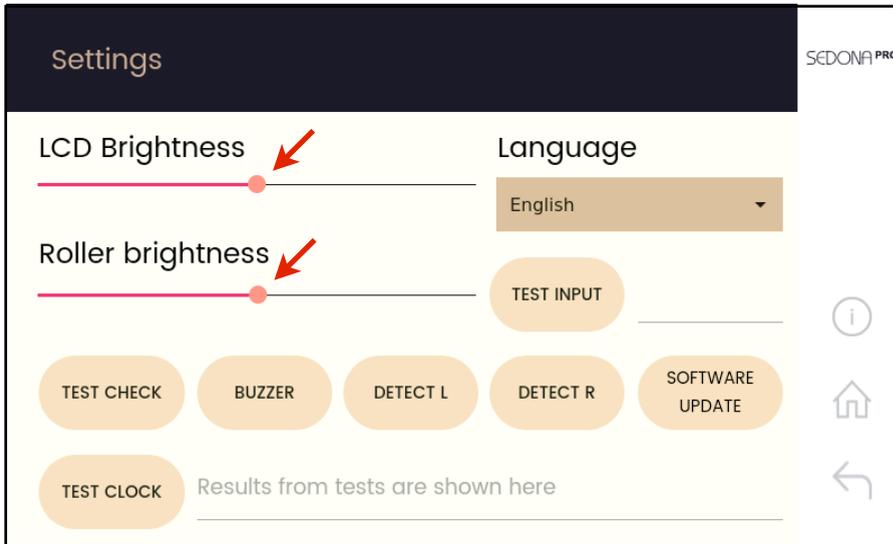
More than 100 Hertz:

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

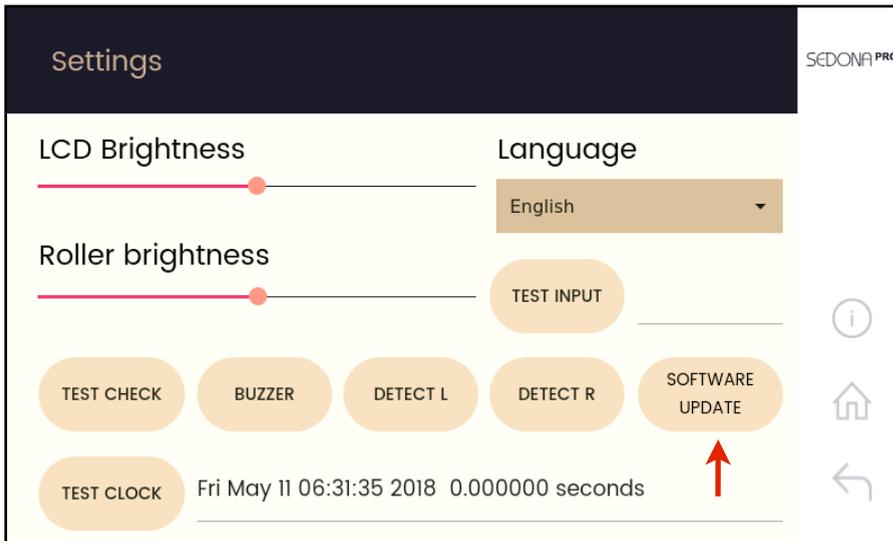
More than 1000 Hertz:

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

Settings and Test



In the settings tab you can adjust screen brightness and the brightness behind the circle roller



You can also test the machine's functions, for example, testing to make sure the clock works properly, or detecting applicators (L = 1, R = 2)

Here you can also make a software update if available

Feel the Magnetic Field



You can feel the magnetic field coming out of the pillow by holding the included magnet over the pillow or mat

To see the most movement in the magnet use programs:

- Wellness 4, 5, 7 and 8
- Sport 5 & 6



To feel the magnetic field on the mat place it on top of one of the mat's coils (circles)

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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