

PACEMAKER NOTE:

THE PUREWAVE PEMI APPLICATION IS UNOBJECTIONABLE FOR METAL IMPLANTATION OR PACEMAKERS WHICH COMPLY WITH THE STANDARDS OR EN 60601-2-31. IN THE CASE OF PATIENTS WITH OTHER IMPLANTED ELECTRONIC EN DEVICES, A RISK ASSESSMENT SHOULD BE CARRIED OUT, AND IF NECESSARY, USE THE THERAPY UNDER MEDICAL SUPERVISION.

USING SEPARATES (3 SEPARATE DEVICES)

STAGE 1: PEMF



USAGE Run the PEMI/PEMF on program Vital for 10 min @ intensity 7. Before beginning any session of PEMF, make sure to remove all electronic devices from your person, cell phone, smartwatch, et cetera.

TIPS Hydrating with Electrolyte Balance (sodium, calcium, potassium and magnesium) prior to stage 1 (~10-20 min. prior) helps the efficacy of Pulsed Electronic Magnetic Field. To help optimize each session make sure the body is calm and relaxed. By focusing on breathing through the nose and from the belly/diaphragm, it allows the body to turn down the sympathetic nervous system (responsible for signaling alerts, fight or flight, et cetera) while engaging the parasympathetic nervous system (calm, restoration, cell growth and autophagy).

OBJECTIVE PEMF assists in up-regulating cellular activity by stimulating ion and electrolyte movement. Therefore, starting a session with a well composed assay of critical electrolytes allows for maximum activation at the cellular level, transporting the most needed elements to lagging areas of availability, and allowing PEMF to reset the electrical pathways of the body. A properly informed treatment can lead to an increase of up 500% of cellular activity. Be calm and allow the mind and body to reset.

WARNING:

DO NOT USE SYSTEM IF YOU HAVE COPD AND/OR SEVERE COPD WITH CO₂ RETENTION.

STAGE 2: EWOT



USAGE Once the user is set up and ready to go, begin to exercise at a comfortable pace (low heart rate) until the 3 minute mark, at which time engage in a 30 second high intensity sprint. Repeat this high intensity interval every 3 minutes, for 30 seconds. Keep this brief interval at a high output, but moderated to never be uncomfortable. There is no need to exceed a heart rate of 120BPM to receive exceptional benefits.

After the last sprint, cool down gently for 1-2 minutes on the exercise system before getting off the bike, standing in place, and breathing O₂ until the heart rate is close to resting BPM. This brief recovery period will allow for maximum oxygen uptake, particularly in skeletal and cardiac muscle fibers, which would otherwise see a slight acidic shift in PH, due to lactic acid generation during exercise, and Co₂ generation both during exercise as well as during recovery. Allowing the body to remain alkaline during and after exercise allows for greater metrics in recovery, growth, and autophagy.

TIPS A good goal here is 3-5 sprints in a 15 minute period. Work up to this goal. Start out with 1-2 sprints and try to increase sprints weekly, but do not over do it! A safe rule of thumb is to always be below your max heart rate by 10%. To determine your functional max heart rate, simply subtract your age from 220. For example if you are 50; $220 - 50 = 170$ bpm. With a safety reduction of 10%, the maximal target heart rate is 153 during interval peak time, although this high of an output is not a necessary for significant benefit.

OBJECTIVE Increase pressure in the lungs and arteries through exercise, forcing more oxygen into red blood cells and total blood profile. This exercise is NOT about consuming all 900 liters from the bag, and it is not about maximum O₂ purity. 40% Oxygen saturation or higher will suffice, though all our oxygen generators produce 90% percent purity or higher. A good exercise session with EWOT will allow for greater stimulus in cell growth, muscle growth, muscle recovery, and an overall picture of health due to the enhanced levels of oxygenation and alkalinity. Each session can be seen as a fundamental reset of all physiological systems as they uptake oxygen at a greater rate and saturation. All vital organs including the brain, and skeletal tissues get a chance to perform at peak metrics, clearing out metabolic waste, and inundating with proper fuel.

STAGE 3: LIGHT



USAGE There are 4 general “go to” programs on your touch pad. Immunity, Pain, Recovery and Sleep. Based on your target goal, select the program that aligns with your needs at the time. Do not be concerned that all benefits of light will not be seen; they will be. Like any positive use modality, continued and consistent use will yield the greatest results

TIPS Make sure you are well hydrated for the most comprehensive effects. Red light and all photobiomodulation therapies work best when cells are well hydrated. For best usage, make sure you are not wearing any skin cream, cosmetics, or mineral based topicals as they may interfere with the penetration of various light wavelengths. Users may find increased benefits by being in a fasted state for 2 or more hours ahead of time, due to a reduction in residual metabolic waste at the cellular level, i.e., mitochondrial use byproducts.

OBJECTIVE Light therapy has long been heralded in clinical settings for increased enzyme activity, ATP production, oxygen usage; and can be a great resource for decreasing inflammation, chronic pain and fatigue. Based on some of these use cases, it is always best to engage your use with those in mind; calm, relaxed, and mindful. Due to the photodissociation of inhibitory Nitric Oxide, light therapy allows for oxygen to be used better in the absence of competitive NO. This heightened use of oxygen creates a more efficacious environment for all cellular activity.



AUXILIARY FACULTIES:

COLD PLUNGE (BEFORE ALL MODALITIES)

USAGE Cold exposure refers to a broad range of cryotherapy concepts. This can be as simple as a cold shower, or as nuanced as a 4-minute plunge at 4 degrees centigrade done in preparation for high nervous system output modalities such as compound lifting. Whatever your goals and target functions are with cold plunge, they can be assisted by following a simple guide of use. The goal is to bring the heart rate down as quickly as possible after entering the cold, this target of calm will elicit the greatest positive response to any nature of usage.

TIPS Cold plunge is usually best if it's done first thing in the day. It's a great way to wake up the nervous system, which gives better accessibility to the nervous system for other use cases; compound lifting, max cardio output, deep work sessions with high mental focus, et cetera; which may be required later in the day.

After a cold plunge, allowing the body to naturally come up to temp enlists a wonderful thermogenic response which has the benefit of brown fat breakdown. For this and many other reasons, cold is best done at the earliest step of a longer training profile.

OBJECTIVE Cold plunge has an incredibly wide array of benefits, among the most unique is the enormous boost of dopamine levels which may remain for roughly 6 hours. For this reason, it comes with a bolstering positive affect for the brain and body. On the other end of the spectrum there is fractional dopamine, from a phone for example. This nature of dopamine builds up over a long period of content switching, but inevitably drops off a cliff, once the screen or dopamine agonist is removed. This cycle of use can often lead to behavioral variability (fatigue, irritability, et cetera). Regular use of cold exposure is an incredibly effective way to reset the dopaminergic cycle. In fact, the part of the brain associated with willpower and personal resolve, the anterior midcingulate cortex, has been shown to elicit greater oxygen use, and even grow, following a protocol of consistent cold exposure therapy.

SAUNA (AFTER LIGHT THERAPY)

USAGE Along with cold therapy, this modality should be considered alongside input from your primary care physician. Sauna use can range broadly to target a wide variety of use cases. Make sure you are well hydrated, you have good electrolyte balance, and never use past a margin of fatigue, lethargy, dehydration, or dizziness. Sauna use should be enjoyable, if it is not, simply end your session.

TIPS Sauna use can be a great accelerant for muscle growth, HGH production, recovery, autophagy, and cardiac health. With this in mind, it is often most efficacious following your workout schedule. This also means that extra precaution should be made to ensure proper hydration and electrolyte balance.

OBJECTIVE Pair this excellent modality with your light therapy for a force multiplier of efficacy. It is suggested that photobiomodulation is done before sauna, if they are going to be stacked:

Photon absorption by CCO increases enzyme activity, oxygen consumption, and ATP production, due to photo-dissociation of inhibitory nitric oxide (NO). Since NO is non-covalently bound to the heme group, it competitively BLOCKS OXYGEN at a 1:10 ratio. When it's kicked out, it allows for better oxygen binding.

Because of this, consider sauna to be even better after light therapy as it allows for the maintenance of said various metabolites. The increased heart rate/blood pressure can sweep the bodies hardware of metabolic waste and do so in a greater state of oxygenation, making the housekeeping more efficient. If they are not "stacked" it is recommend doing sauna immediately after whatever workout is planned for the day. For maximum effect, consider doing sauna after EWOT or physical training, if all protocols are used in the day.

If you do not see these programs, call tech support: 888-391-5350, M-F, 9AM-5PM, PST
or email: info@davincimedicalusa.com

WITH THE SUPERHUMAN SYSTEM (INTEGRATED LIGHT BED WITH PEMF)

LIGHT BED + OXYGEN SIMULTANEOUSLY

STAGE 1 Use light bed on a 15-20 minute session using the "recovery program" or 2000Hz while doing 3-4 30 second sprints with the exercise bands. The PEMF signal will be ON while the light bed is on. This is the default.

Each 30 second sprint should be approximately 2-3 minutes apart. Breathe through your nose to optimize nitric oxide production. If you or the client cannot do the 30 second sprint, use the next level down in resistance bands. The systems comes with 3 levels of resistance.

LIGHT BED + OXYGEN SEPARATELY

STAGE 1 LIGHT/PEMF
Use light bed on a 15-20 minute session using the "recovery program" or 2000Hz and the PEMF signal will be running simultaneously. During this session, another excellent options is to breathe H2 (hydrogen) using Da Vinci's hydrogen generator.

STAGE 2 EWOT
Exercise at a comfortable pace (low heart rate) and then sprint for 30 seconds at the 3 min. mark every 3 minutes. No need to exceed a heart rate of 120BPM. After your last sprint, cool down for 1-2 minutes on the exercise system and then get off bike and stand in place breathing O2 until your heart rate is close to resting BPM.



MODALITY ORDER



SUPERHUMAN PROTOCOL WITHOUT COLD PLUNGE OR SAUNA

- PEMF
- EWOT
- LIGHT

SUPERHUMAN PROTOCOL WITH COLD PLUNGE

- COLD PLUNGE
- PEMF
- EWOT
- LIGHT

SUPERHUMAN PROTOCOL WITH COLD PLUNGE AND SAUNA

- COLD PLUNGE
- PEMF
- EWOT
- LIGHT
- SAUNA

SUPERHUMAN PROTOCOL WITH SAUNA

- PEMF
- EWOT
- LIGHT
- SAUNA