



QuickStart Guide

AS EASY AS

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Get familiar with the essential basics so that you receive great results every time.

TRANQUILITY

Use **TRANQUILITY** anytime during the day or night with full body system or pillow pad. This mode puts the user in a parasympathetic mode, soothing stress levels and the central nervous system, anxiety, depression, insomnia and creates a medium for deep, restful sleep.

STABILITY

Use only during daytime for the full body system. The pillow pad & applicators can be used at anytime. **STABILITY** focuses on Ion-Transport of protons into the cells, stimulating cellular communication and cell regeneration. This is like charging up all the cells in the body and optimizing cellular function including removing cellular waste. There is minimal detox effect felt.

VITALITY

Use **VITALITY** before workout. This setting is rarely used as it puts the body into "warrior" mode. After use, it's important to use a **TRANQUILITY** setting on full body mat for recovery and to put back into parasympathetic mode. **VITALITY** mode also targets activation of nitric oxide and oxygen to blood, tissues and cells.

FULL BODY MAT THERAPY

Quick start guide

AM

STABILITY (basic healing) **INT#3** for **20 minutes** (or) **VITALITY INT#3 through 10** for **10-20 minutes** for pre workout, sports and high level athletes to increase Nitric Oxide.

AFTERNOON

This session is optional. **TRANQUILITY** or **STABILITY INT#3** for **20-30 minutes**.

PM

Before sleep, run **TRANQUILITY INT#3** for **20-30 minutes**.

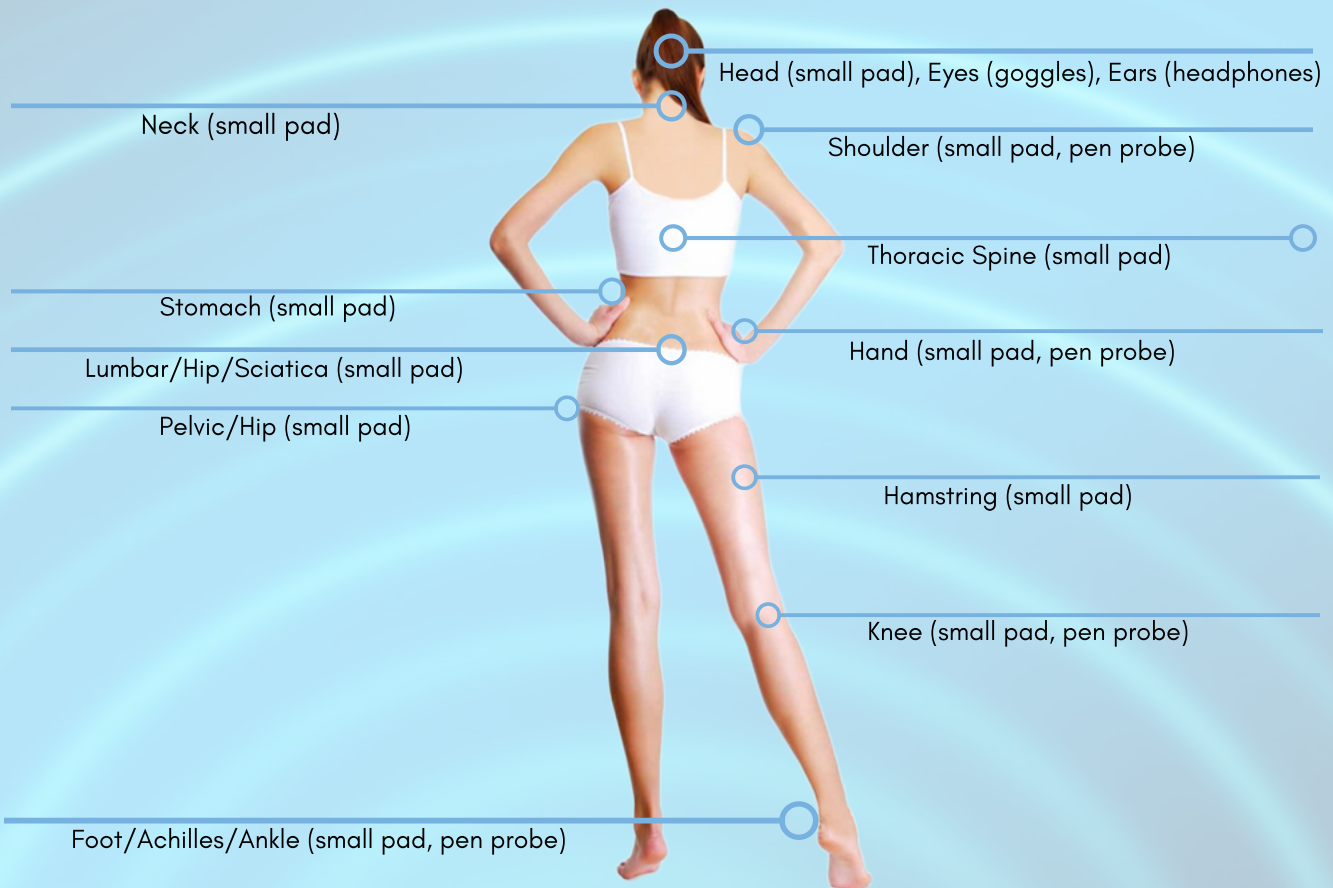
Helpful tips

- The full body mat prepares the body with energy while eliminating EMF radiation.
- Effects last up to 8-12 hours with cumulative improvements with every session.
- Use applicators immediately after a full body session for best results.
- Target sites cannot be repeated 3 times a day.
- Daily maximum use of full body mat is 1.5 hours per day.
- Overuse may cause temporary discomfort and temporary reversal of previous effects. If this happens begin next day at lower settings and durations.
- Before and after session, magnesium supplementation is recommended.
- Set up automated timer for AM for convenience so you get a second session with no effort.



TARGET APPLICATORS

"ALL" run on STABILITY



Small Pad



Eye Goggles



Headset



Pen Probe

- Run **STABILITY INT #10** (Inflammation/emergency mode) for **20-30 minutes** using small pad or pen probe. You must walk or move the body parts for approximately 5 minutes to get the blood flow moving to the issue area. If minimum relief is not **80-100%** then run an additional 10 minutes on **STABILITY INT #1**, you should now have a higher relief 70-100%.
- When goal is achieved, use **Maintenance** Guideline of **STABILITY INT #4** for **20-30 minutes** until completely eliminated.
- Belly and head area use **STABILITY INT #1** for **20-30 minutes**.