

Quick Start Guide to the NES miHealth

What is the NES miHealth?

This is a bioelectric device designed to work either “on body” (with electrodes in contact with someone’s skin) or “off body” (not touching the person, but within 2 feet / 60 cm).

On Body use with the electrodes exchanges energy with the nervous system through the skin. Extremely precise frequencies are rapidly adjusted in response to the skin’s conductance levels to stimulate the body’s natural healing responses.

Whether used On Body or Off Body, corrective information is carried to the body on pulsed magnetic frequencies. The information sent depends on the setting you have chosen on the miHealth, and there are settings for almost any situation. These settings provide instructions to the body’s control system, helping to restore proper energy flow and communication in the body.

If you are working with a NES Health practitioner, the miHealth can also be used as a scanning device to provide you with a wellness assessment. This requires the included charging cord connected to a computer and our free “Biosync” software.

Before You Start:

- Charge the miHealth device with the included charging cord.
- Clean the electrodes between “on body” use of different people. Use slightly damp cleaning wipes but do not get moisture / liquid into the device.
- Dry the electrodes before using.
- Calibrate the electrodes (under the “wrench” icon for Settings):
 - Before your first use.
 - After you have travelled with the device.
 - Any time you plug in or unplug external electrodes.

Setting the Treatment Time:

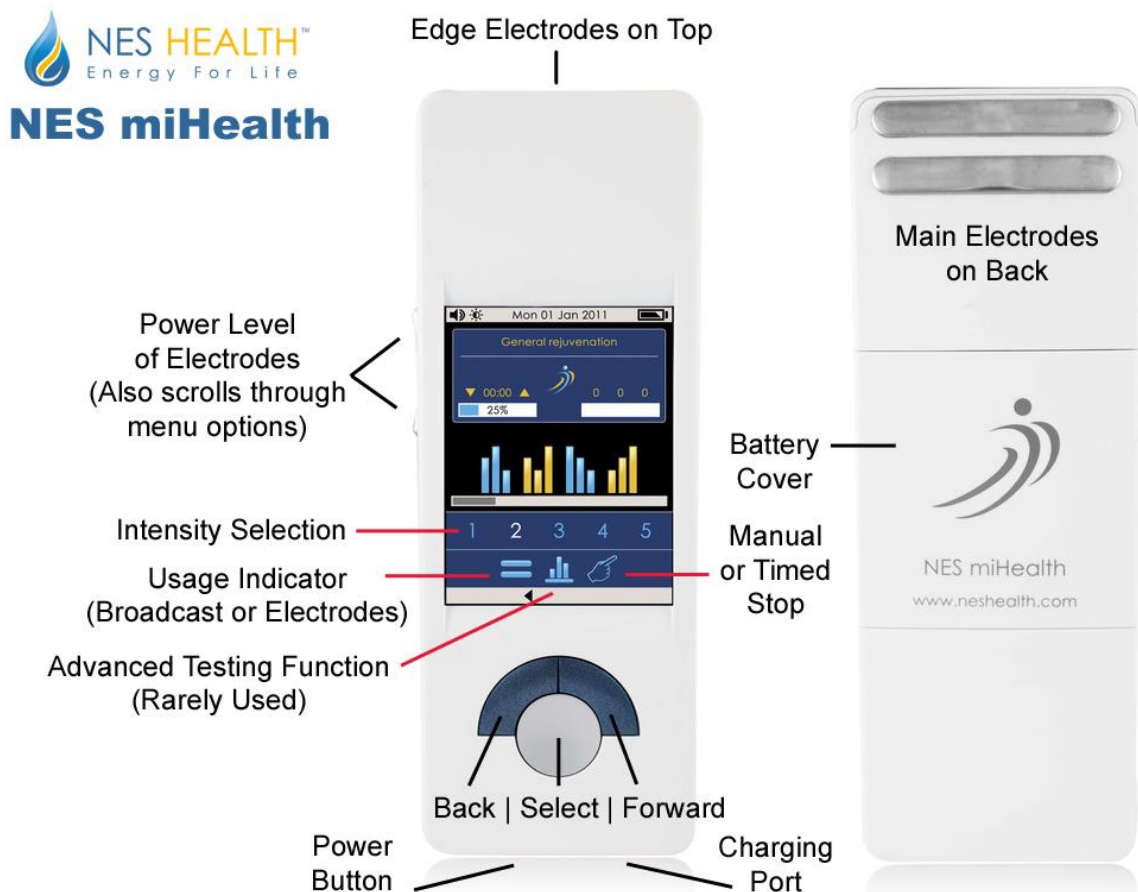
- You can set the treatment time with the Power Level buttons before starting a session.
- If the treatment clock shows 0:00 before you start a session, the clock will count upwards and treatment will continue until you stop it.
- If the treatment clock shows a time like 2:00 before you start a session, the clock will count down to 0:00.
 - If you have set a “Manual Stop” (this icon looks like a hand with an extended finger), it will then repeat until you stop it.
 - If you have chosen a “Timed Stop” (this icon looks like a clock), the device will stop automatically when it reaches 0:00.

Using miHealth Off Body:

- Choose a setting from any of the folders.
- Make sure the Usage Indicator shows a small “i” surrounded by curved lines, representing a broadcast.
- Click the Select button once. The broadcast of corrective information has begun.
- Click the Select button twice to stop the broadcast.

Using miHealth On Body:

- Choose a setting from any of the folders.
- Make sure the Usage Indicator shows two lines, representing the electrodes.
- Leave the “Intensity” setting at 1 as you’re getting started. This is adequate for almost all uses.
- Click the Select button once. The electrodes and broadcast will both turn on.
- Touch both of the Main Electrodes OR the Edge Electrodes (whichever you will use in treatment) to the palm of the person receiving treatment and slowly turn up the Power until they feel a gentle tingling. The feeling should never be painful.
- Treat in the appropriate area until the device stops, or click Select twice to stop.



Contraindications:

Do not use miHealth on body:

- With anyone who has a pacemaker or other implanted electric device.
- With anyone who has atrial fibrillation or other cardiac arrhythmias.
- With anyone who has had an organ transplant.
- With anyone who is pregnant unless approved by her healthcare professional.
- With anyone who has an allergy to stainless steel.
- On skin irritations, including rashes, cuts, and scrapes. You can, however, treat the mirror image location of the body (for instance, the same area of the opposite foot as long as it does not have its own skin irritations).
- In wet / humid conditions or when connected to a computer or charging.
- If there is any damage to the device.

Be cautious or avoid use over metal implants. Some may find relief when using it near such implants; others may find discomfort. Start with low Power Levels.

Keep Power Levels low or avoid use in sensitive areas, like near the mouth or eyes and over the heart.

The miHealth is for external use only.

miHealth Folders & Treatment Settings:

The miHealth treatment settings, which are explained on the next pages, are found in folders. Simply click on a folder to access its available settings. These settings provide corrective information to the body to support it in its various activities, and are used in both on-body and off-body work.

Most settings are used on body for 2 to 5 minutes before switching to another setting. A complete miHealth session typically lasts from 10-30 minutes, with not more than 5-10 minutes in one area of the body. (Not more than 5 minutes over major glands / organs.) It's also recommended to move on from working on one area of the body:

- When improvement is felt by the person receiving treatment.
- When an asymmetry is resolved. (Our manual and videos explain these.)
- If the skin under treatment becomes more than a little red or sensitive.

Energetic Rejuvenator settings (found in the ER folder) are set to run only 2 minutes by default, and this is appropriate when used as part of a cycle that runs through many ERs determined by NES Health scan results. But you can manually set a longer treatment time for individual ERs to support a related area of the body.



Physical Folder

Physical Rejuvenation: used to support rejuvenation of muscle, joint, and bone tissues. Good to use post surgery or after activities that are highly physically stressful.

Acute / Chronic Balance: these support the relief of pain and general relaxation of muscle tension. If there is a chronic situation that only manifests as acute flare-ups, you can use both settings within a session. These work well with ESR and Chill to address emotional connections to pain.

Muscles: used to support any type of muscle issue, including spasms, cramps, tightness, soreness, burning, or pulsing sensations. May help with range of motion. Works well with ESR and Chill, as we often hold emotional traumas in our muscles.

Joints: used to support any type of joint issue, like stiffness, soreness, or range of motion issues. Optional carbon pads are useful for wrapping around a joint.

Nerve: used to support any neurological issues, including memory, nerve sensations, spinal cord complications, loss of feeling, and problems with movement or coordination. Supports a balance of brainwaves, so may assist with sleep.

Bone: used to support all types of issues with bones and teeth. As heavy metals may accumulate in bones, this may support heavy metal detoxification processes.

BioCell: used to support all cellular functions, making this useful to include in any miHealth treatment. May support mitochondrial function, driving energy in the body, as well as cell membrane integrity and resonance, assisting in cellular communication.

After Sport: used to recover from any type of strenuous activity, whether exercise, sports, or a long day at work. Supports: tissue damage, muscle fatigue, muscle enzymes, muscle tone, myalgia, muscle strain, swelling, trauma. Great for use alongside an Epsom salt bath or a massage at halftime during a game.

Myofascial: used while in a recovery mode to support myofascial tissue (muscle covering). Pairs well with After Sport as well as detox baths and massage. May help to release toxins and emotions.

Mind Folder

ESR: “Emotional Stress Release” is used as a go-to rescue setting. It has a general calming effect that helps to balance both physical and emotional healing responses.

Inner Peace: used for centering and cultivating inner peace and honesty with oneself. Focuses on the relationship with the primitive emotions originating inside the brainstem. The auditory nerve is found in this structure and links to auditory messages that have caused disharmony in the energetic memory system. It is also designed to correct the disharmony that occurs between the old brain and the newer parts, particularly the cerebral cortex. Great for meditations or, for health practitioners, for use between clients.

Mental Clarity: used to promote a clear and focused state of consciousness, whether for work, sports, music, art, public speaking, etc. Designed to assist with confusion, poor logic / reasoning, and learning difficulties due to the inability of making sense of what is being said. Great for those in school or those who generally spend time studying.

Sleep: used to help prepare you for falling asleep and staying asleep. (Also found under Wellbeing.)

Liberator: used to help “liberate” you from patterns of the past, this helps to bring subconscious issues to the surface for processing. May lead to emotional detox and/or vivid dreams.

Chill: this helps to connect us in a positive way (through the uplifting energy of the heart) to all our emotions for processing. Helps us to let go of negative emotions and mental tape loops, especially those around worry. May help with sleep for those who cannot stop their thoughts.

Love: matches to the crown chakra and unconditional love. Great for use with breathwork or supporting the connection between the heart and brain.

Energy Folder

Recharge: supports the cellular process of building up energy, helping you to restore energy reserves when they have been depleted.

Energy: working differently than “Recharge,” this helps the body to produce and make use of “source” energy gathered from the environment. This is a general energizer for the whole body and mind.

Matrix Carrier: perfect for the start of every miHealth session, this setting prepares the human body-field to better process information by supporting the communication pathways of the connective tissue matrix.

Female / Male: used to support emotional issues around gender, whether personal or social. May help to clear blocks around confidence, willpower, and social warmth. Strengthens the bioenergetic link between endocrine glands and their use of source energy to help drive their activity and detoxification.

Energy Align: used to help align the energy systems of the body. Useful when parts of the body are disagreeing, and may assist with spinal alignment. May also be used to help align energies between people in a shared environment for better communication / relationships. May be useful for health practitioners personally and in their workspace between client sessions.

General Rejuvenation: designed to reset the whole body / mind back to a natural, harmonious state and restore a centered, grounded feeling. Great for general maintenance.

24-hour Chinese Cycle: traditional Chinese medicine associates different times of the day with different organs, which we can bioenergetically support during these times. Make sure the clock is set correctly on your miHealth before using. Some people sleep with this setting for support throughout the night, but a few minutes with this cycle helps to align your organs with the time of day. May help with the transition to time changes and time zone changes.

Protection Folder

The settings in this folder are designed to help the body-field in its response to various radiation we may be exposed to. They can be used when we know we've been exposed to something: for instance, Air Travel may be used while in flight; Cell Phone Radiation may be of benefit while we're using a cell phone.

The settings can also be used based on the results of a NES Health scan. If several priorities show up in the scan, you can use the 34-minute radiation cycle rather than the individual settings. This cycle includes the information of:

- Polarity: to help restore the slightly negative charge needed in the body
- ED6 (Heart Driver): used because the heart is especially affected by radiation
- EI12 (Spleen Meridian): the Integrator most affected by radiation

Transformations Folder

These are designed to help support personal transformations toward the following important characteristics in one's life:

- Love
- Focus
- Honesty
- Gratitude
- Willpower
- Compassion
- Trust

We have also found that these match to the memory centers that are commonly called "chakras," so that using these settings can also support the balancing and opening of the chakras. These are matched from "Love" at the 7th chakra down to "Trust" at the 1st chakra.

The NES Health scan indicates which of these are most in need of support at any one time. If several are looking for support, you can use the 27-minute Transformations Cycle, which prepares the chakras for energy work, moves through each of them, and then moves through a completion setting. These can of course also be used individually during meditations focused on any given chakra or the associated personal transformations.

Wellbeing Folder

Immune ETs: combines ET15 (our “General” Energetic Terrain, offering high level support for all Terrains, which are involved in the body’s energetic immune system) and ES1 (our Lymph / Radiation Star, offering further immune support).

CFI: known as “Cold, Flu, and Immunity Support,” this is used primarily to support tissues of the ears, nose, throat, and lungs.

Food: used to support a dampening of the body’s response to food and other allergens. Pairs well with Digestion.

Digestion: used to support the entire digestive process. Pairs well with Food.

Head: used to support the body’s response to headaches, migraines, dizziness, light sensitivity, brain fog, vertigo, tension, and cranial dysfunction.

Skin: supports the skin both inside and outside the body; this includes the lining of the lungs and the entire digestive tract. May help with skin tone and rejuvenation.

Memory: great to use when doing research or studying. Pairs well with Mental Clarity. Useful for those who struggle to recall things.

Sleep: used to help prepare you for falling asleep and staying asleep. (Also found under Mind.)

Anti-Aging: used to support the brain, especially in response to the effects of aging. May have an effect on melatonin production, and is designed to help the body better respond to the effects of radiation from the sun and other sources. Helps to ease electro-sensitivity. May support general aging of the skin.

Hearing: for use any time you have a dysfunction in the ears or in the ability to hear.

Fat: for use in supporting the liver’s ability to process fatty acids. This may assist those who are attempting to “fat adapt,” making it useful for those in the Keto community.

Energetic Rejuvenators (ER) Folder

This folder contains settings that support specific areas of the body, thereby unblocking the flow of energy and communication along their associated meridians. The NES Health scan prioritizes which of these are seeking the most support at any time, but they can also be chosen for targeted use at any time by an individual.

Choosing Settings for a miHealth Session

There is no “right” or “wrong” approach to choosing settings on the miHealth. All of them support different aspects of the body, and the body is a holistic unit – everything supports everything else. So any setting should be beneficial.

That said, some settings offer more direct support than others, depending on what you’re trying to address. Here are some examples of how you can choose settings, using each one for 2 to 5 minutes. An entire session may last from 10-30 minutes. Users should generally start with shorter sessions until they know how they respond to this work.

Initialize:

- Matrix Carrier: prepares the body for receiving and using the information from the other settings that will be used.
- BioCell: helps to power the body and support cellular communication to better carry out instructions that other settings will provide.

Treatment Settings (usually 2-3):

- If bones, joints, nerves, or muscles are involved, consider using those settings from the Physical folder.
- If the head is involved, consider using Head from the Wellbeing folder.
- If the lungs are involved, consider using CFI or Skin from the Wellbeing folder.
- If digestion is involved, consider using Food, Digestion, and Skin from the Wellbeing folder.
- If any of the above and / or other parts of the body are involved, consider looking for a related setting in the ER folder.
- If physical pain is involved, consider using Acute or Chronic Balance from the Physical folder.
- If the immune system needs support, consider using Immune ETs or CFI from the Wellbeing folder.

Integrate:

Since emotions are usually if not always involved in physical issues, consider including an appropriate setting from the Mind folder to help align the overall person with the healing process and with accepting the healing instructions that have been provided to the body.

Remember, miHealth does not treat disease, but instead supports the body’s natural healing responses by providing guidance needed by its energy control system.

miHealth Application Techniques

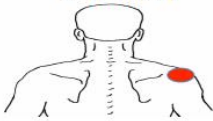
Point of Concern



To help identify where to apply the miHealth have the recipient point at the area of concern.

Brush over or cross brush point of concern.

Asymmetry

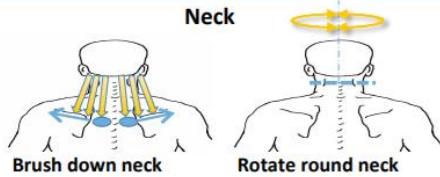


Asymmetries are a prime indicator of where to apply the miHealth. They are usually detected as localised 'sticky' area on the skin. Stickiness is associated with a slight damp, tackiness to the skin. Other indicators include:

- An area that appears slightly 'redder' or a different skin shade to the surrounding skin.
- An area that appears slightly inflamed.
- An area that is itchy or painful.

Brush over or cross brush asymmetry until the asymmetry has dispersed.

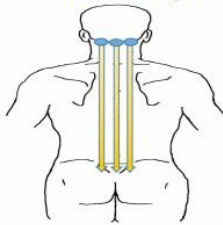
Neck



Method A – starting at the top of the neck where the spine meets with the skull, brush vertically down to the level of the shoulder blades. Repeat the vertical movement several times progressing to the recipient's left. Then repeat going to the recipient's right from the centre point. Cross brush any asymmetries.

Method B – Starting at the mid neck level on the spine, hold the miHealth for 30 seconds and then slowly rotate around the neck until reaching the start point. Reverse the direction. Repeat several times. Cross brush any asymmetries

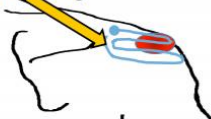
Back Pathways



Brush down the three pathways and cross brush asymmetries.

- The first pathway is down the centre of the back along the spinal protrusions starting level with the top of the neck and going down to the base of the spine.
- The second pathway is about three finger widths (3 – 5 cm) to the left of the spine.
- The third pathway is about three finger widths to the right of the spine.

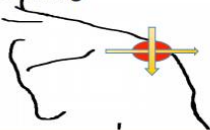
General Brushing



General brushing – moving the electrodes generally with a light to moderately firm pressure over an area of concern with no specific pattern. Useful for general application and to determine the existence of asymmetries.

● = Area of concern ↘ = Apply miHealth

Cross Brushing



Cross brushing – a 'cross type pattern' of application mostly used over areas of asymmetry. This technique basically involves brushing left to right and up and down several times over an area. This is sometimes referred to as 'vector brushing'.

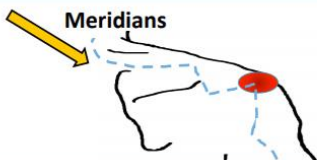
Cross brushing is usually continued until the asymmetry (stickiness) has disbursed.

Trigger Points



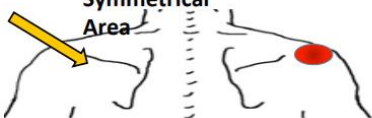
Pain Trigger Point. Apply the front corner of device to an associated pain trigger point. Continue application until effect is noticed.

Meridians

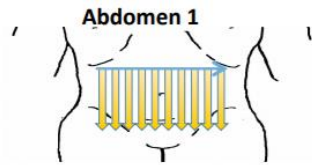


Meridian. Apply to meridian pathway and move along the meridian with the front edge electrodes. Can be used on or off body.

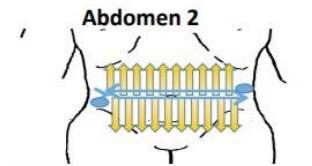
Symmetrical Area



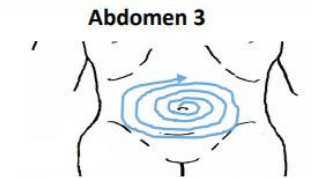
Sometimes it is not convenient to apply the device directly to the area of concern, e.g. – area is in a plaster cast or the area is extremely painful to touch. Apply miHealth to the symmetrically opposite part of the body. This technique can be used generally even if the area of concern is accessible.



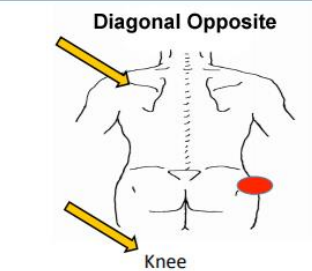
Brush over abdomen in a series of vertical strokes starting at the recipient's right moving towards their left. Cross brush any asymmetries.



Starting at the level of the navel brush over abdomen in a series of vertical strokes starting at the recipient's right moving towards their left. Cross brush any asymmetries. When the left side is reached repeat the process above the navel brushing upwards and moving to the recipient's right.



Rotation brushing:
Starting at the navel, brush in a slow spiral manner in an outward direction. Cross brush any asymmetries.
Use a clockwise direction for – Constipation
Use an anticlockwise direction for - Diarrhoea



Sometimes it is beneficial to apply miHealth to areas diagonally opposite to that of the presenting area of concern. For example links exist between shoulders, hips and knees.