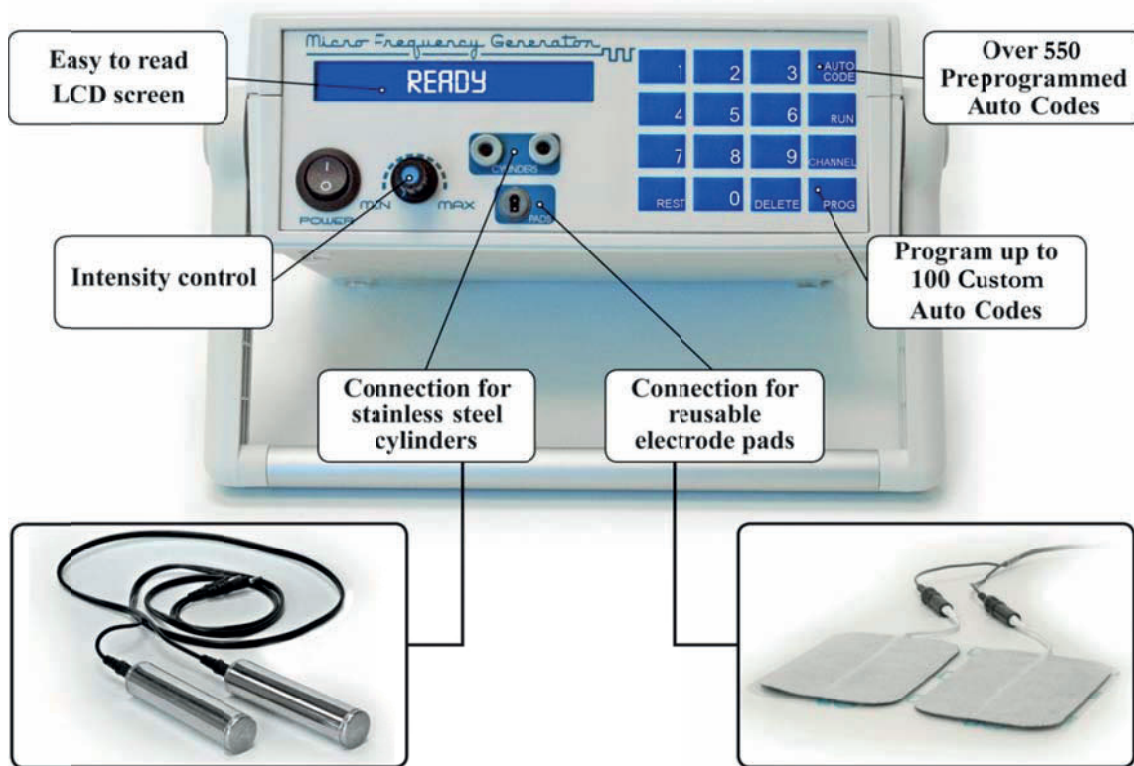


The Detox Box



Congratulations on your purchase of The Detox Box!

**THIS MANUAL IS FOR DEVICE OWNER ONLY.
FOR EXPERIMENTAL RESEARCH & SELF-EDUCATION PURPOSES ONLY.
DEVICE NOT TO BE USED TO TREAT DISEASE.**

Toxins exist everywhere and can lead to serious health problems. They are in the foods we consume and in our environment. Our work place may add to toxin build up from as little as toxins floating in the air system, to as extreme as actually working with petroleum products and chemicals. Therefore, it is easy to conclude that eliminating toxins is essential in our everyday lives. Of course, eating right and exercising regularly is extremely important to a healthy lifestyle; and it is just as important to prevent toxins from building up in our body. Would it not be a great idea if we could support our body's natural ability to remove toxins that have already accumulated in our system? Find out which frequencies may support your body's ability to detoxify.

Frequency devices have traditionally been used for generations, to support a healthy lifestyle. By using The Detox Box to help in a complete detoxification program, you will start to feel better and have more energy. The disease-related toxins that unknowingly invade our bodies can eventually weaken our immune system and cause discomfort. Simply put, if we can support the release of the toxins that are accumulated in our system, our own body will be better able to heal itself.

The information in this manual is presented for educational purposes only. We have no intention of leading anyone away from their current medical protocol. Our purpose is to complement your health care choices.

The Detox Box is for experimental use only. It is not to be considered a medical device.

IMPORTANT!

DISCLOSURES AND DISCLAIMERS

Frequency research and self-educational experimentation device.
The Detox Box is not intended for sale as a medical device.

Not intended to treat disease, support or sustain human life, or to prevent impairment of human health; for nutritional self-education and research purposes only.

Not known to present any potential risk of illness or injury.

This information is not to be considered advice or a substitute for current medical treatment. We make no claims whatsoever expressed or implied of any cure or for any disease. The Detox Box is for experimental use only. Not evaluated or planned to be evaluated by the FDA or other government agency. The use of various terms relating to health and the body are shorthand for multiple frequency channels and are used for convenience only. These statements have not been evaluated by the Food and Drug Administration; not intended to diagnose, treat, cure or prevent any disease. Detoxification benefits are recommended based upon traditional uses and are not yet generally recognized as substantiated by competent and reliable scientific evidence. Not offered to diagnose or prescribe for medical or psychological conditions nor to claim to prevent, treat, mitigate or cure such conditions, nor to recommend specific products as treatment of disease or to provide diagnosis, care, treatment or rehabilitation of individuals, or apply medical, mental health or human development principles, to provide diagnosing, treating, operating or prescribing for any human disease, pain, injury, deformity or physical condition. Any use of the devices is experimental and based upon your informed consent and private license. The information is not a substitute for medical advice from your primary care physician. Testimonial results not typical.

Table Of Contents

Disclosures and Disclaimers.....	ii
Contents And Glossary.....	1
Display Window.....	2
Keypad Functions.....	3
4 Ways To Deliver Frequencies.....	4
Electrode Pads, Crystal Resonators, Cylinders Or Foot Plates.....	5
Importance Of Detoxification.....	6
Importance Of Water.....	7
The 24 Hour Meridian Cycle Chart.....	8
Important Precautions.....	9
Quick Start Guide.....	10
Auto Codes.....	11
Channel Groups And Essential Oils.....	24
Body Cleanses And Detoxification Codes.....	25
Daily Cleansing Schedule.....	27
Daily Detox Schedule.....	28
Detox Maintenance Program.....	29
Color Therapy.....	30

Run A Single Channel.....	32
Customize Your Own Auto Code.....	33
Log For Your Personal Auto Codes.....	34
Additional Codes.....	36
Channel To Frequency Conversion Chart.....	44
Frequency To Channel Conversion Chart.....	46
Frequently Asked Questions.....	48
Troubleshooting.....	49
Warranty.....	50

Contents And Glossary



To change the angle of the handle, simply push the buttons located on both sides of the handle at the same time and rotate to desired position. It can be used for carrying or for sitting at an angle on the table.

Voltage Requirements:

- The A/C adapter that is packed with your Detox Box can be used in Mexico, Canada and USA.
- Any A/C adapter can be used to power your unit provided the adapter meets the following requirements (as shown on the label):
Output: Voltage between 9 and 12 volts DC and 50 to 70 HZ.
Current: Maximum 500 milliamps, 2.5 millimeter plug - has outside negative polarity.
- For other countries, a foreign power converter will be necessary. Plug the adapter supplied with your unit directly into the foreign power converter whose prongs fit their local electric outlets. You may also want a surge protector.

— Glossary—

Auto Code – a preprogrammed code consisting of multiple channels put together to run automatically in a particular session.

Channel – a representation of each unique frequency in The Detox Box.

Frequency – the number of complete oscillations per second of energy in the form of waves. It is usually expressed in units called hertz (Hz), which is equal to one cycle per second. Each frequency has been assigned a channel in The Detox Box.

Run Time – the length of time each channel runs in The Detox Box, which, by default is three minutes.

Broadcast Mode – a mode of delivering the frequencies up to 14 feet using the Crystal Resonators without holding on to them.

Display Window

When you turn The Detox Box on, the display will show "READY".



When the unit is running an Auto Code, the display has three sections. The left side of the display indicates the channel that is currently running. The Detox Box has programmed specific frequencies into each of its 450+ channels. The Auto Codes you select are made up of these channels. You may also run a single channel at a time.



The center of display shows the Auto Code that you have selected to run. This unit provides you with over 550 preprogrammed Auto Codes. You can also program your own Auto Code to experiment on more than one listed term in a single session.



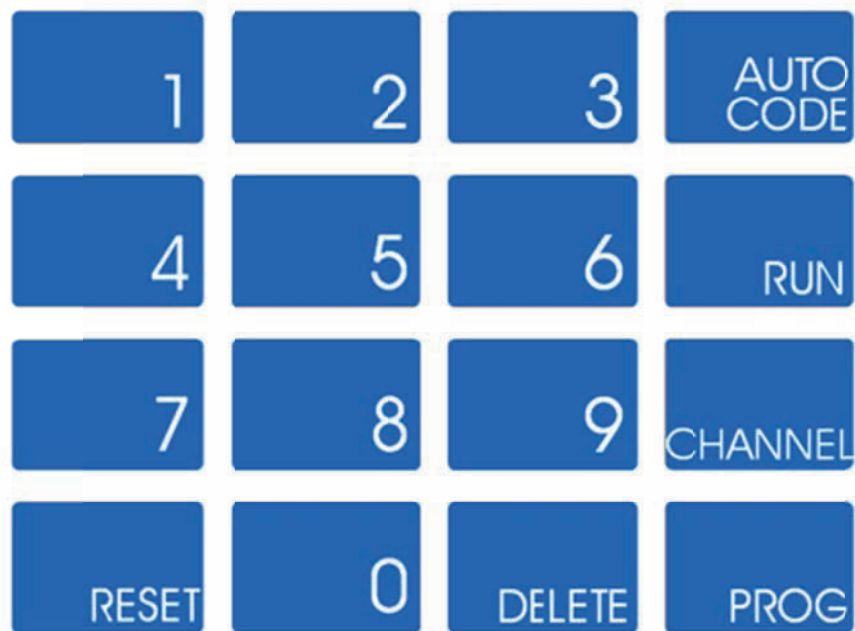
The right side of display will momentarily display the total number of channels in the Auto Code you have selected and which number you are on. An example: 1/11 means you are on the first channel out of eleven channels programmed into the Auto Code.



After displaying this information, you will see a countdown of the remaining time in minutes and seconds for the channel that is running.



Keypad Functions



The **NUMBER** keys are used to select an Auto Code or a series of channels when creating your own customized Auto Code. ***Pressing a number key during a session will put the machine into a “PAUSE” mode. Press “RUN” to restart the cycle.***

RESET will clear the display, ready to accept your next session.

DELETE removes numbers entered by mistake. Also, during a session, you can press DELETE to skip over one or more channels, then quickly press RUN to resume. It also allows you to quickly see all of the channels in an Auto Code.

AUTO CODE is the key used to start an Auto Code cycle. For example: AUTO CODE- 237 - RUN will start a session for Detox experimentation.

RUN starts your Auto Code and/or single channels.

CHANNEL is used for selecting channels. Most often you will use the Auto Code key, but there are two times this key is used. If you only want to run a single channel or when you are programming your own Custom Auto Code.

PROG is short for PROGRAM and is only used when creating your own Custom Auto Code.

4 Ways To Deliver Frequencies

CYLINDERS

1. Plug one end of the cord into the hole in the cylinder.
2. Connect the other end of the cord into the control panel.
3. Make sure that all fingers (including thumb) are touching the cylinders to allow proper conduction.
4. When the machine is running, it is best not to change your hand position on the cylinder and hold on tightly.



ELECTRODE PADS

1. Make sure the electrode cord is NOT plugged into The Detox Box while hooking up the electrode pads.
2. Insert the black round plug of the electrode cord into the white connector of each electrode pad.
3. When placing the electrode pads, peel the protective plastic shield off the electrode pads.
4. Insert the flat black plug of the electrode cord into the control panel of The Detox Box.
5. Now, turn the box on and select a program and **slowly** adjust the intensity to a comfortable level for your session.
6. After use, place the electrode pads back on the protective plastic. Place them on the side that says 'ON'.



(Gap between the electrode pad and the skin will cause arcing and may feel like the machine is shocking you.)

FOOT PLATES

1. Plug one end of the cord into the hole in the foot plate.
2. Connect the other end of the cord into the control panel.
3. Make sure that your feet are touching the foot plates to allow proper conduction.
4. You may also choose to use the foot plates with the covers wet. Conductivity will be increased if saltwater is used to wet the covers.



CRYSTAL RESONATORS

1. Plug one end of the cord into the crystal resonators.
2. Connect the other end of the cord into the control panel.
3. Choose which method you want to use:
 - a. **Broadcast Mode:** Place Crystal Resonators (2 feet apart from each other) within 12-14 feet of the subject.
 - b. **Hand Held:** Hold Crystal Resonators in each hand.
 - c. **Specific Location:** Place Crystal Resonators directly over a specific location of the body for more concentrated energy. An Ace Bandage elastic wrap can be used to keep them in place.



CAUTION: Handle The Crystal Resonators With Care.

Is It Better To Use The Electrode Pads, Crystal Resonators, Cylinders Or Foot Plates?

Although it is a matter of preference as all four choices deliver the frequencies throughout your body, there may be reasons why you would experiment with one over the other.



One of the advantages of using the stainless steel cylinders and the foot plates is that your hands and feet contain all the meridians and pressure points that connect to the organs in the entire body. Many users have experienced better results using the cylinders and foot plates together.



You may choose to use the electrode pads when you are experimenting with frequencies to support muscles, tendons, joints, or specific meridians. With the electrode pads, you get the benefit of the frequencies as well as an electronic massage. With the intensity control, you can increase it to help loosen up stiff muscles and relax tense areas.

Crystal Resonators are an exciting breakthrough now available for frequency use. They are designed for experimenting with frequencies through the cells in the human body. When used with The Detox Box, the necessary carrier waves present an array of energizing frequencies. These frequencies are believed to be delivered to the cellular structure and cellular systems of the body, thus resonating through your entire body.

Crystal Resonators broadcast frequencies over 14 feet, so in addition to being "hands free", more than one person can benefit from a code that is running. Many have also found them to be a great choice for their pets.



With Crystal Resonators you can even use The Detox Box while sleeping.

Pre-selected carrier waves are introduced into the Crystal Resonators that stimulates each crystal to oscillate and or vibrate. These frequencies are then refracted into a multitude of wellness frequencies and are presented to the body for its selection. Crystals are selected for their ability to create a sympathetic resonance in specific cellular systems. The intent is to deliver frequencies to the entire body for experimentation and self-education.

Importance Of Detoxification

What are toxins?

Toxins by definition are substances created by plants and animals that are poisonous to humans. Toxins exist everywhere and can lead to serious health problems. They are found in food and the environment and they persist because of our insufficient metabolic ability to rid the body of all that we are exposed to on a daily basis. They can drain the body of energy and make you more susceptible to disease and infection. Toxins may tend to concentrate in the liver and gastrointestinal tract.

How do they get into our bodies?

Chemicals enter our bodies through the skin, the gastrointestinal tract, and the respiratory tract. Factory workers are exposed to pesticides, petroleum products, plastics, detergents and cleaning chemicals, solvents, asbestos products, fertilizers, plated metals, some cosmetics, perfumes, paints, dyes and drugs in factories that produce or use these. Then, of course, trace amounts of some dangerous chemicals can then be tracked into the home.

How do they affect us?

Here is just a partial list of common sub-clinical symptoms of toxicity: fatigue, lethargy, depression, headaches, allergies, chronic infection, frequent colds, nervousness, sudden anger, sensitivity to perfume/odors, memory loss, and joint pain. Because so many of these symptoms could stem from a multitude of other causes, often toxicity is not readily suspected. With continued exposure, neurotoxins may trigger the expression of a disease for which one has a genetic predisposition.

Potential Benefits of Detoxification:

Once we begin to support natural detoxification of our body through energetic frequencies, the potential benefits are endless! We can feel much better and have more energy. The body's immunity system can be strengthened, enabling us to better fight off diseases and infections. A healthy immune system can also play a large part in losing and or maintaining weight. The Detox Box is not intended to "treat" any disease; rather, it offers a potentially beneficial therapy that complements the body's natural healing ability.

- Energize yourself and feel great!
- Join Tens of Thousands of Satisfied Users!
- Achieve optimum results in only minutes a day!



Importance Of Water

An average person should drink eight to ten 8-ounce glasses.

When using The Detox Box, water becomes extremely important. The traditional view is that as the microorganisms are subjected to the programmed frequencies, they are broken up and need to be flushed out of your body. Without water, these toxins become trapped and can harm you, causing the very symptoms you are trying to eliminate. Drinking enough water is critical to your detoxification program.

Drink a glass of water before and after your Detox Frequency Session.

Water is essential to body cleansing. Making up almost three-fourths of the body, every cell is regulated, monitored and dependent on water. Not one of the processes in our bodies could take place without water. Aside from aiding in digestion and absorption of food, water regulates body temperature and blood circulation, carries nutrients and oxygen to cells, and removes toxins and other waste materials. This “body water” also cushions joints and protects tissues and organs, including the spinal cord, from shock and damage. Dehydration leads to excess body fat, poor muscle tone, decreased digestive efficiency and organ function, increased toxicity, sore muscles and water retention.

Interesting Facts about Water:

- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- Your brain tissue is 85% water. Messages from your brain to everywhere else in your body are transported on “waterways.”



Several Types of Water to Consider:

- Mineral water comes from natural springs with varying mineral content and widely varying taste. The naturally occurring minerals are good for digestion and regularity.
- Distilled water can be from a spring or tap source; it is “de-mineralized”. Distilling is accomplished by boiling water, then converting to steam and re-condensing it. This can be ideal for detoxification, but not for long term use because it can de-mineralize the body.
- Artesian well water is the best of natural untreated waters. It always comes from a deep pure source, has a slight fizz from bubbling up under rock pressure, and is tapped by a drilled well without coming in contact with ground contaminants.

The 24 Hour Meridian Cycle Chart

(Traditional Peak Energy Times)*

Heart Meridian	11AM -1PM
Small Intestines Meridian	1-3 PM
Bladder Meridian	3-5 PM
Kidney Meridian	5-7 PM
Pericardium Meridian (Heart Protector)	7-9 PM
Triple Energizer Meridian	9-11 PM
Gallbladder Meridian	11PM-1AM
Liver Meridian	1-3 AM
Lung Meridian	3-5 AM
Large Intestines Meridian	5-7 AM
Stomach Meridian	7-9 AM
Spleen Meridian	9-11 AM

Your organs need to recharge or reset themselves everyday for your body to be in balance.

Traditionally, it is believed that the body has a 24 hour energy cycle where each energy center or organ peaks during a particular period of time. In 24hrs, you will spend 2 hours in each of the 12 meridians and end up where you started. So each meridian has a 2 hour peak time and 12 hours later a 2 hour low point.

For instance, if someone consistently wakes up at 3:00 AM, then there may be a problem with the Liver or Lung meridian and the corresponding organs. In fact, many breathing issues are actually liver issues, perhaps because of the proximity of their energy patterns in the 24 hour cycle.

Restoring normal sleeping and waking patterns is important because all of our restoration and healing takes place while we sleep. This is a crucial health concern, because the only way we can heal is by sleeping.

This may explain some of the issues with fibromyalgia, where sleep is non-restorative and so every day activities simply drain the body of energy that cannot be easily replaced. The differences in the 24hr cycle also explain different types of insomnia. If someone has difficulty falling asleep, tossing and turning for hours, their liver or gallbladder may be the problem, while if they go right to sleep, but awaken a few hours later, then the lung or large intestine need to be addressed.

Track the periods of time (based on the above chart) when you are fatigued when you shouldn't be, and when you are awake when you shouldn't be. When you figure out the meridians you need to work on, choose codes from the list of Auto Codes and Cleanses.

You may also want to run codes for the meridians before and after the meridian you are working with.



* Times listed are Standard times (non-Daylight saving times).

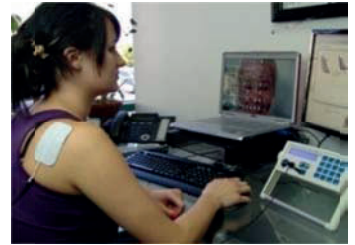
Important Precautions

- For experimentation and self-education only; not intended to treat any medical condition.
- Do not use in conjunction or combination with any electrical implantation medical devices such as life support equipment, artificial heart/lung or respiratory equipment or when pregnant.
- Do not use when you have a pace maker/ Automatic Implantable Cardioverter Defibrillators. However, upon advice of your health care provider, you might consider running The Detox Box using the Crystal Resonators in Broadcast Mode.
- Keep out of the reach of children.
- Do not allow cylinders to touch when The Detox Box is running, doing so could damage your unit.
- In rare instances, long term use of electrode pads may cause isolated cases of skin irritation. In that case, the electrode pads should be moved to a different area.
- Do not use on or near the heart.
- We advise you to use The Detox Box with caution when putting the electrode pads on the head and the neck since these are sensitive areas.
- Do not drop or subject to intense heat, direct sunlight or vibration.
- Do not use if you are dehydrated.
- The Detox Box must be used as indicated in the manual. Any misuse may cause injury.
- Electrode pads should not touch metal objects.

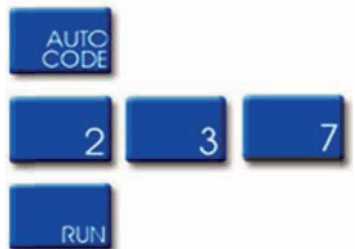


Quick Start Guide

- ☀ Drink plenty of water before and after use.
- ☀ If possible, remove any jewelry before using the machine.
- ☀ Make sure the unit is turned off. Choose from the stainless steel cylinders, crystal resonators, foot plates and electrode pads for your session. If you choose to use both the cylinders or foot plates and the pads, the pads may not feel as strong because our hands and feet contain more nerve endings. Insert the cables into each of the cylinders/crystal resonators and then into the control panel. **OR**
- ☀ If using the electrode pads, make sure the unit is turned off. Insert the two black round plugs into the white electrode pad connectors and the black flat plug into the unit.
- ☀ Plug the power supply into the back of your unit and then into the wall plug.
- ☀ Grip the cylinders tightly with all fingers touching the surface. If using the foot plates, place your feet directly on them (if using the foot plate covers, wet them first and add salt). If using the crystal resonators, you may choose to add a pinch of salt to the palm of your hands to increase conductivity or you can run them in broadcast mode as they will resonate over 14 feet.
- ☀ To target a particular organ, use the electrode pads by placing them over and behind the area.
- ☀ Make sure the intensity is turned down before running an Auto Code. After choosing an Auto Code, say #237 to Detoxify:
 - Press "AUTO CODE"
 - Press the numbers of the Auto Code - 237
 - Press "RUN"
 - Slowly turn up the intensity knob until a very gentle pulsing and tingling sensation of the frequency is felt.
- ☀ Each channel in the Auto Code will run for 3 minutes and The Detox Box will give you an audible signal when changing to the next channel. Each channel is very different from one another and some may be much stronger than the previous one. For example, channels 1 through 7 do not feel as strong as some other channels. This is why it is so important to turn the intensity down before the channel changes. Eventually, you will find an intensity that you are comfortable with for most of the channels.
- ☀ To pause the session, press any of the number keys.
- ☀ To modify the amount of time each frequency runs all you have to do is enter the desired number of minutes before entering the channel or Auto Code. Here is an example of how to run Auto Code 237 for 7 minutes:
- ☀ To turn the buzzer ON or OFF, use the switch on the back of the machine.



PRESS:



PRESS:

