

## Mi Health Device - Site map + Tips

MiHealth Device - Folders		Notes
Physical	Physical Rejuvenation	
	Chronic balance	
	Acute balance	
	Muscles	
	Joints	
	Nerve	
	Bone	
	BioCell (use 30mins & timer)	aids absorb energy,
	After Sport	
MyoFascial		
Energy	Recharge	
	Energy	
	Matrix Carrier	
	Female	
	Male	
	Energy Align	if moods fluctuating
	General rejuvenation	
Chinese Cycle (Ying-yang)	<a href="#">use@ time 20mins]</a>	
Mind	ESR (Emotional Stress Release)	
	Inner Peace	heart & head, mental state & clarity
	Mental Clarity	
	Sleep	20 mins & timer
	Liberator	
	Chill	mind going like hamster wheel
Love		
Protection	Microwave Radiation	
	Far Infrared Radiation	
	Computer Radiation	
	Cell Phone Radiation	
	Radio Radiation	
	Radiation (Ying-yang)	
	EMF – (Electro Magnetic Fields)	
	Air Travel	
Transformation	Love	
	Focus	
	Honesty	
	Gratitude	
	Willpower	
	Compassion	
	Trust	
	Transformations (Ying-yang)	
WellBeing	Immune ET's	
	CFI (Cold Flu Immunity)	
	Food	
	Digestion	
	Head	
	Skin	
	Memory	
	Sleep	
	Anti Aging	
	Hearing	
	Fat	
EK	ER 1 – ER 70 see other list	
Matrix Regulators	MR1 Super Cell Driver	
	MR2 Calm Mind	
	MR3 Restore Matrix	
	MR4 Microtubule	
	MR5 Harmonise Emotion	
	MR6 Reconnection	
	MR7 Ca & Terrains	
	MR8 Growth Cone	
	MR9 Freedom	
	MR10 CNS Hrt Matrix	
	O Full Matrix Regulation	