

ENERGY4LIFE



miHealth Personal Protocols

v.1.1.6

Protocols for miHealth

The miHealth session protocols guide you in supporting specific conditions effectively. Always consider individual history and use your judgment for the best outcomes.

Choosing Your Session Goal:

- Injury Healing: Focus on the affected area.
- Systemic Conditions: Include the local site along with the spine, abdomen, or head to activate the nervous system for broader responses.

Summary tables and diagrams in this manual outline recommended program presets, application areas, and frequencies.

Session Setup:

- Intensity: Adjust the electrical stimulation to suit the condition—gentle tingling for chronic issues or stronger prickling for acute and recent cases. It should always remain comfortable.
- On-Body use: Move the device slowly and steadily across the target area, covering the entire target area stroke by stroke. In some areas, you may experience ‘drag’ or ‘stickiness’. When the drag substantially stops the device in a particular area, it is called an ‘Active Site.’ Focus the miHealth there for 1 minute without moving it before continuing to move the device. Take note of all Active Sites and, after 1 minute of Focus on each, move the miHealth dynamically across them one at a time, as if erasing the sticky sensation. You can stop working on a Site when the device no longer drags over it, or when significant changes have occurred. Then move to the next Active Site until all Sites in the target area have been resolved in this way.
- ‘Off Body’ use: Place the miHealth next to the part of the body you are targeting (maintaining a close proximity within 2 feet or 60cm), initiate the device, and let it run for 10 minutes or as recommended in the instructions.

Session Guidelines:

- Most Settings: 5-10 minutes ‘On Body.’
- Full session: 15-30 minutes, adjusting for sensitivity.
- Combine ‘On Body’ and ‘Off Body’ modes for enhanced results.

Advanced Tips:

Use the ‘Matrix’ setting under the ‘Rehab’ program to stimulate acupuncture points (on both sides of the body) by placing the electrodes on indicated areas for 1 minute per side.

This manual provides guidance for Wellness, Rehabilitation, and protection from environmental influences.

Optimizing Health – Wellness Programs

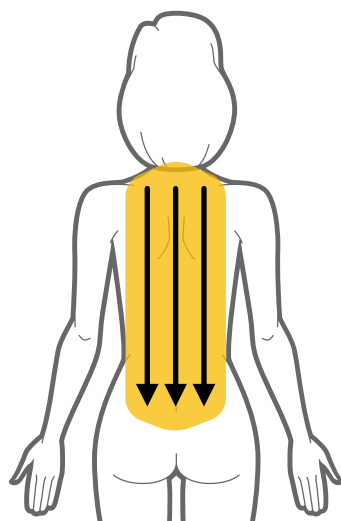
Here you can find guidance to optimize your body's energy and sustain your health at its peak by focusing on quality sleep, emotional balance, mental clarity, a responsive immune system, and strong physical performance.

Supporting Energy

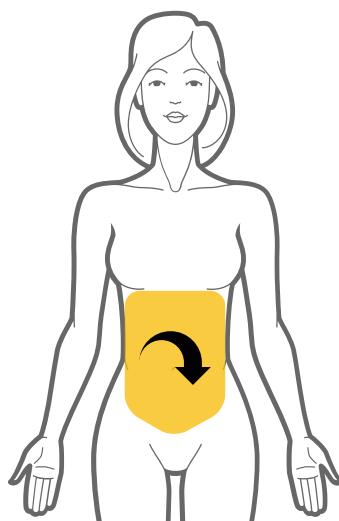
Neurostimulation using the miHealth device delivers electrical stimulation that not only activates local cells by boosting mitochondrial production but also utilizes the conductive properties of the subcutaneous collagen network. This conductivity facilitates the transmission of weak microcurrents through the semiconductive matrix of fascia and the meridian systems. These microcurrents are sufficient to activate various cellular processes and contribute to overall energy. Additionally, the device's proprietary frequencies, embedded in each setting and delivered via Pulsed Electromagnetic Fields (PEMF) and lasers, can send information to remote cells that resonate with these frequencies, enhancing cellular function and increasing their potential reserves.

Settings & Regimen:

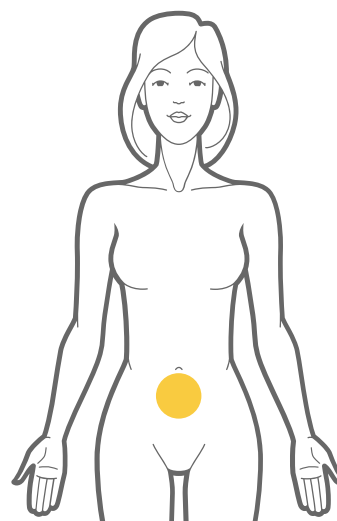
On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Energy	'Tingling'	Spine	10 minutes
Wellness	Energy	'Tingling'	Abdomen	10 minutes



Spine

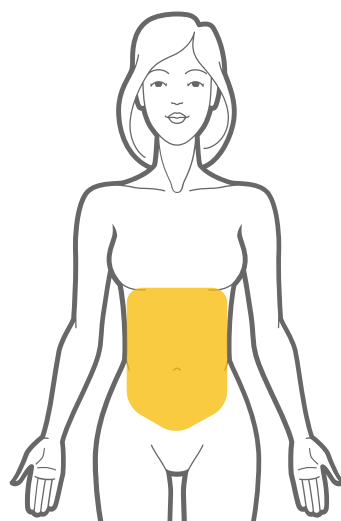


Abdomen



Abdomen (CV6)

Off Body 2 x per day			
Program	Setting	Placement	Time
Wellness	Energy	Abdomen	10 minutes



Abdomen

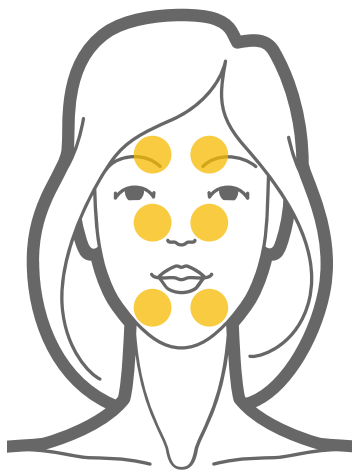
Use miHealth on a regular basis for 2 to 3 weeks. Then have a break for 1 or 2 weeks. You can continue with this protocol until you are satisfied with your results.

Supporting Sleep

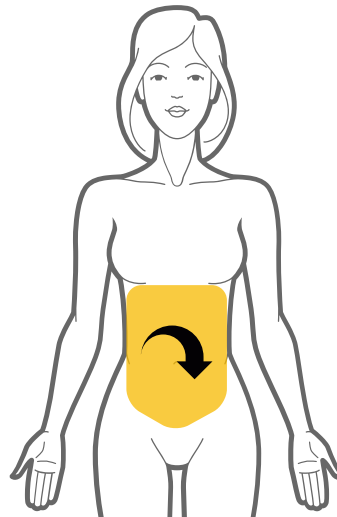
Neurostimulation with the miHealth targets the skin to activate neural communication with the autonomic nervous system. This process helps shift the body's state from dominant sympathetic activation, often caused by pain or inflammation, to increased parasympathetic tone, promoting relaxation and sleep. This natural induction of relaxation facilitates falling asleep and reduces anxiety, contributing to prolonged, restful sleep. The 'sleep' setting, embedded with proprietary frequencies and delivered via Pulsed Electromagnetic Fields (PEMF) and lasers, amplifies the effects of neurostimulation.

Settings & Regimen:

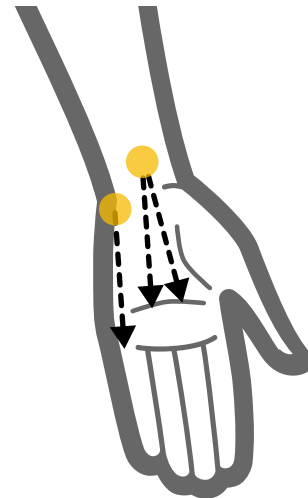
On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Sleep	'Tingling'	Face	10 minutes
Wellness	Sleep	'Tingling'	Abdomen	10 minutes



6 Trigeminal Points
on the Face

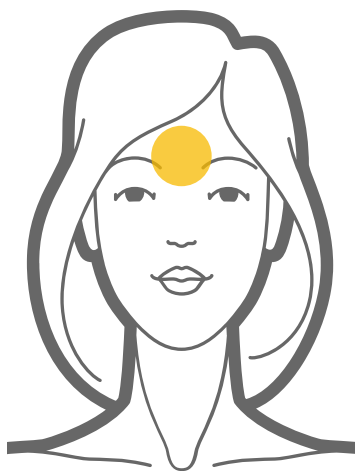


Abdomen

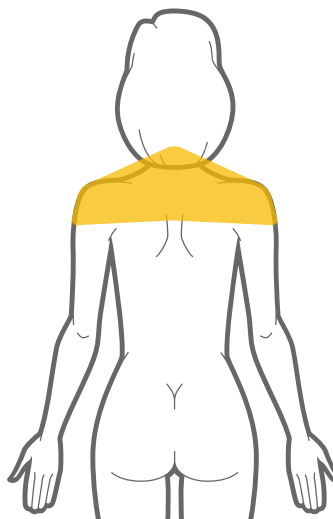


HT7 and PC6

Off Body 2 x per day			
Program	Setting	Placement	Time
Wellness	Sleep	Head	5 minutes
Wellness	Sleep	Neck	5 minutes



3rd Eye



Neck and Upper Back

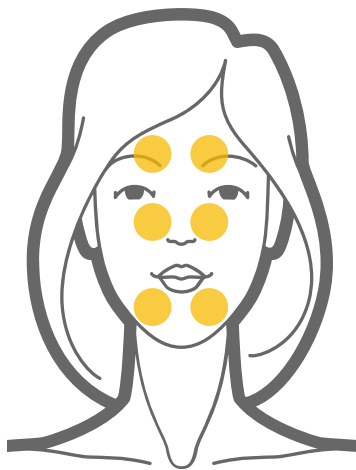
Use miHealth on a regular basis for 2 to 3 weeks. Then have a break for 1 or 2 weeks. You can continue with this protocol until you are satisfied with achieved results.

Supporting Mood

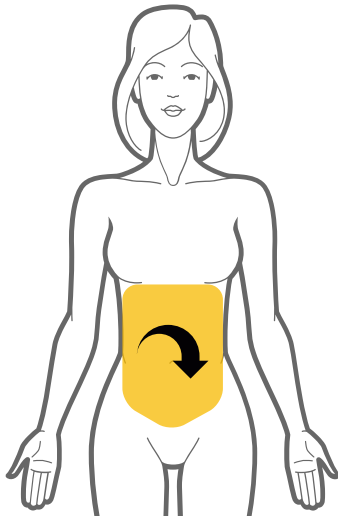
In cases of anxiety and depression resulting from neurochemical imbalances, hormonal changes, or severe physical or emotional trauma, the miHealth may help stimulate the body's essential neurochemicals and promote a balanced state.

Settings & Regimen:

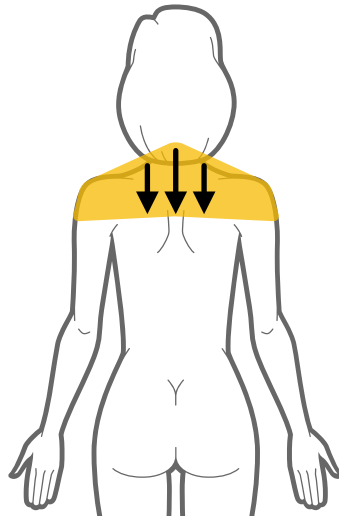
On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Rehab	Matrix	'Tingling'	Face	10 minutes
Wellness	Digestion	'Tingling'	Abdomen	10 minutes
Wellness	Inner Peace	'Tingling'	Neck	10 minutes



6 Trigeminal Points
on the Face

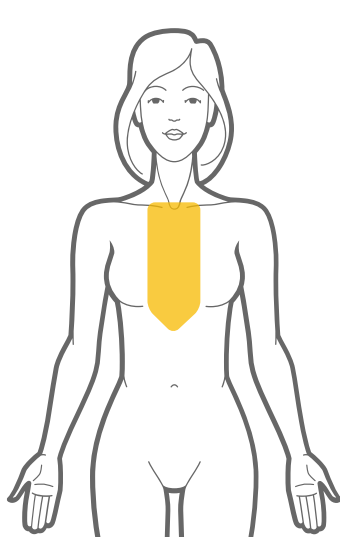


Abdomen

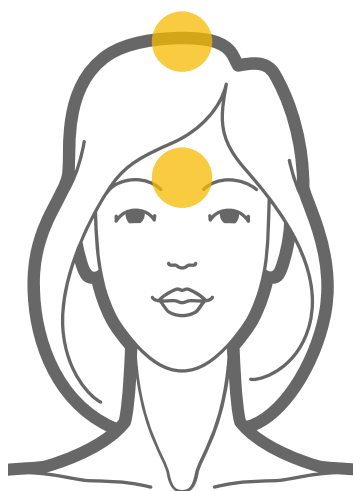


Neck and Upper Back

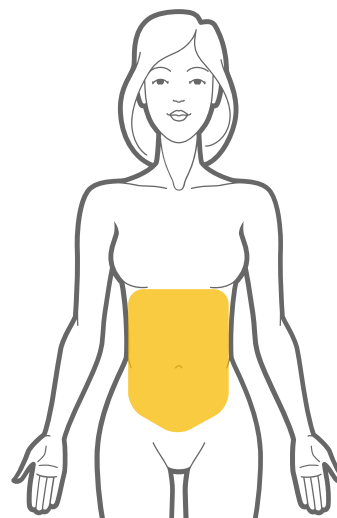
Off Body 2 x per day			
Program	Setting	Placement	Time
Wellness	Inner Peace	Heart	5 minutes
Wellness	Mental Clarity	Head	5 minutes
Wellness	Digestion	Abdomen	5 minutes



Heart



GV20 and 3rd Eye



Abdomen

Use miHealth on a regular basis for 2 to 3 weeks. Then have a break for 1 or 2 weeks. You can continue with this protocol until you are satisfied with achieved results.

Supporting the Immune System

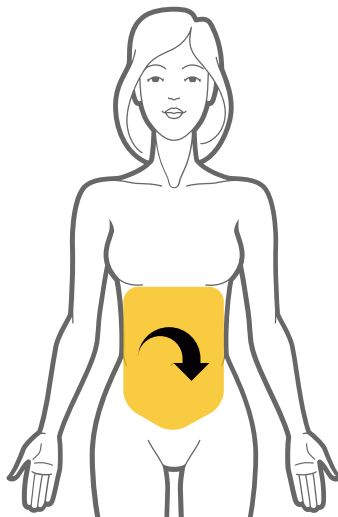
The miHealth targets cutaneous receptors to activate neural communication through the hypothalamus and the autonomic nervous system, resulting in immunomodulation. Its combination of advanced technologies promotes cellular communication and function. PEMF (Pulsed Electromagnetic Fields) and laser stimulation enhance cellular energy, support tissue repair, and reduce inflammation, creating a favorable environment for immune activity. Additionally, the device delivers specific resonant frequencies through Infoceuticals, designed to restore energetic imbalances and strengthen the body's natural defense mechanisms.

Settings & Regimen:

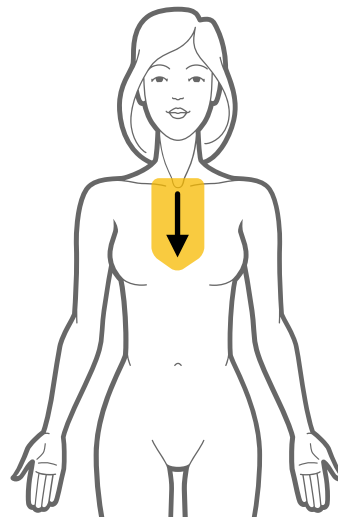
On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Immunity	'Tingling'	Glands	10 minutes
Wellness	Digestion	'Tingling'	Abdomen	10 minutes
Organs / Systems	Thymus / Immune	'Tingling'	Thymus	10 minutes



Sub-Mandibular Glands



Abdomen

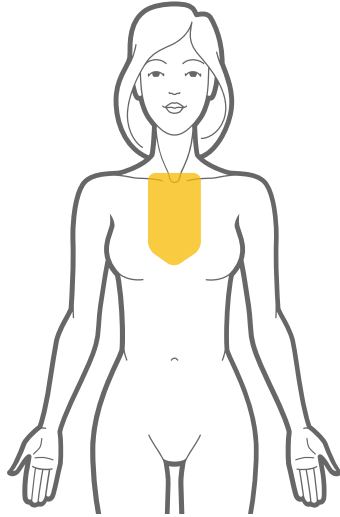


Thymus

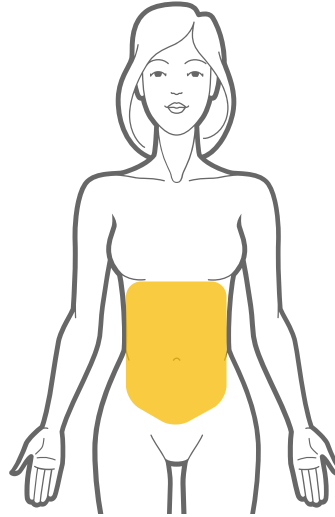


ST36

Off Body 2 x per day			
Program	Setting	Placement	Time
Organs / Systems	Thymus / Immune	Thymus	5 minutes
Wellness	Immunity	Abdomen	5 minutes



Thymus



Abdomen

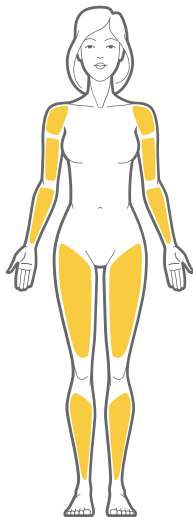
Use miHealth on a regular basis for 2 to 3 weeks. Then have a break for 1 or 2 weeks. You can continue with this protocol until you are satisfied with achieved results.

Supporting Physical Performance

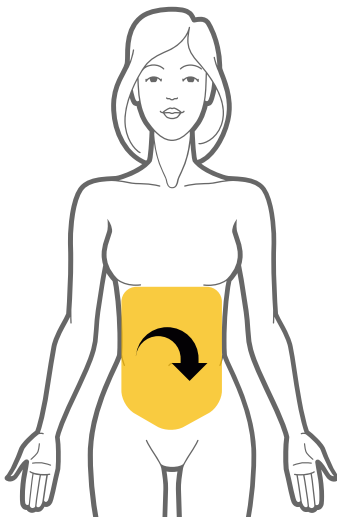
The miHealth has a stimulative effect on mitochondria, directly improving energy processes at the cellular level. Additionally, it exerts a reflexive vasodilative effect on blood vessels, enhancing local circulation and, consequently, muscle performance.

Settings & Regimen:

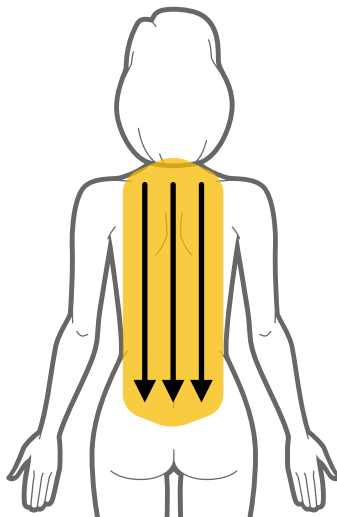
On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Sport	'Prickling'	Target muscles	10 minutes
Wellness	Energy	'Tingling'	Abdomen	10 minutes
Rehab	Fascia or Muscles	'Prickling'	Spine	10 minutes



Most Engaged Muscles
(Do not use on breast tissue)



Abdomen for Relaxation



Spine for Relaxation

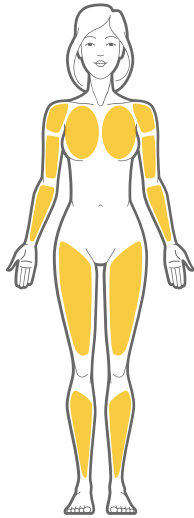


KI1

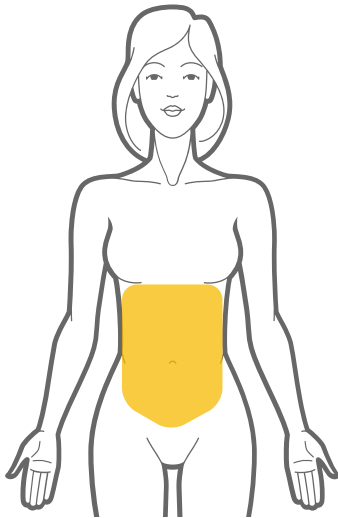


ST36

Off Body 2 x per day			
Program	Setting	Placement	Time
Wellness	Sport	Muscles	5 minutes
Wellness	Energy	Abdomen	5 minutes



Most Engaged Muscles



Abdomen

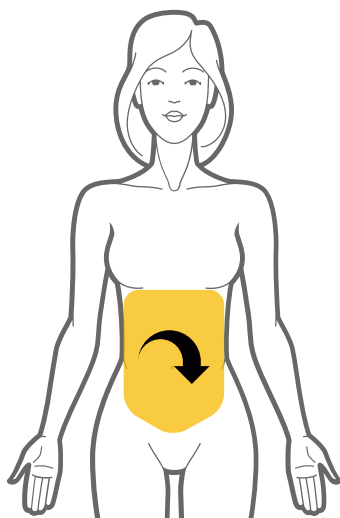
Use miHealth before and after sport activities.

Supporting Digestion & Food Sensitivity

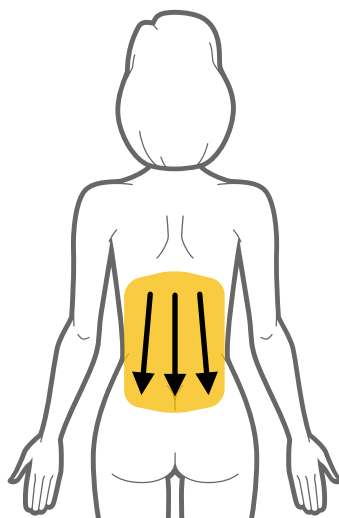
In cases of digestive complaints like constipation, diarrhea, cramps, nausea, belching, and flatulence (except those requiring medical attention), as well as food sensitivity, miHealth may help to relieve some of the symptoms associated with digestive disorders. By working directly with nerve endings of the bowels, it may relax cramps and promote a more balanced state.

Settings & Regimen:

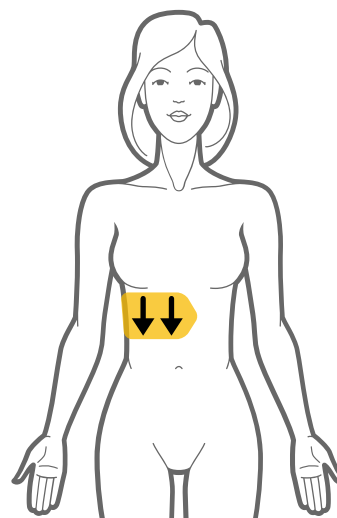
On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Digestion	'Tingling'	Abdomen	10 minutes
Rehab	Fascia	'Tingling'	Mid, lower back	10 minutes
Organs / Systems	Liver / Biliary	'Tingling'	Liver – right arch	10 minutes



Abdomen



Lumbar-Sacral



Abdomen

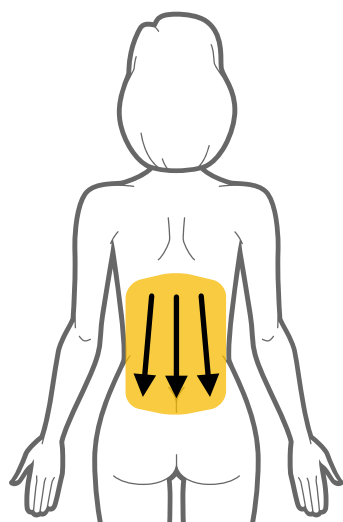


LI4

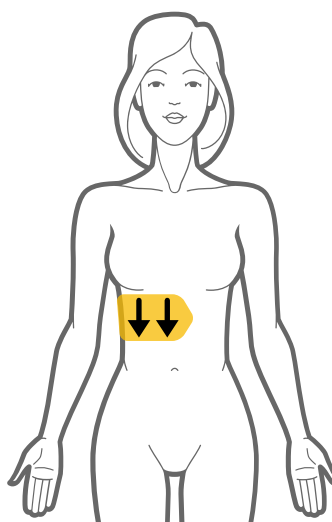


LR3

Off Body 2 x per day			
Program	Setting	Placement	Time
Wellness	Digestion	Abdomen	10 minutes
Wellness	Food Sensitivity	Abdomen	10 minutes
Organs / Systems	Liver / Biliary	Liver	10 minutes



Abdomen



Liver

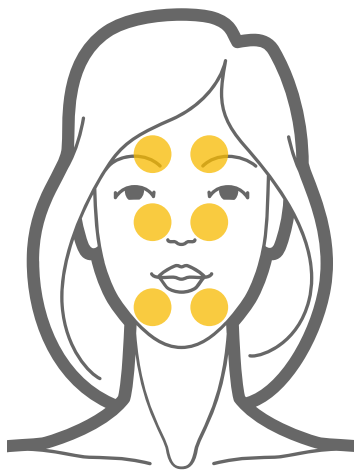
Use miHealth on a regular basis for 2 to 3 weeks. Then have a break for 1 or 2 weeks. You can continue with this protocol until you are satisfied with achieved results.

Supporting Headaches

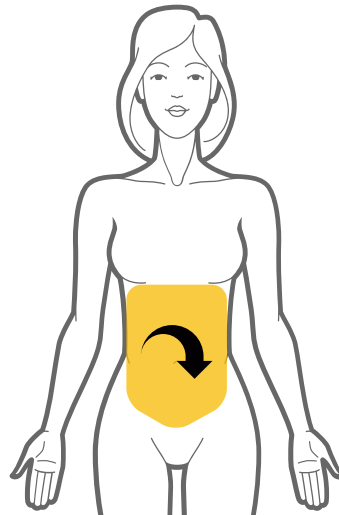
The miHealth provides effective relief for headaches by addressing various underlying causes through microcurrent, PEMF, and biofrequency therapies. Microcurrent therapy helps relax tense muscles and fascia, easing tension headaches, while also triggering endorphin release for natural pain relief. PEMF therapy improves circulation and reduces inflammation, making it beneficial for headaches related to vascular issues. Biofrequencies restore energetic balance, helping to alleviate headaches caused by hormonal imbalances or digestive disorders. Together, these therapies offer a comprehensive approach to reducing the frequency and intensity of headaches.

Settings & Regimen:

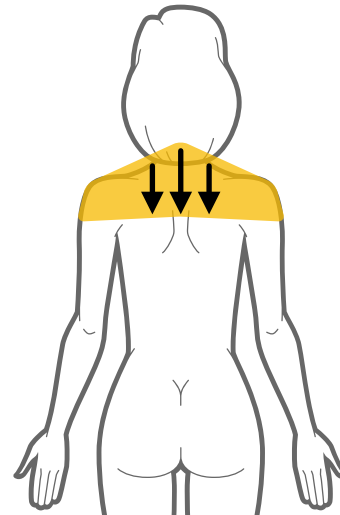
On Body 2 - 3 x per day				
Program	Setting	Intensity	Placement	Time
Rehab	Matrix	'Tingling'	Face	10 minutes
Wellness	Digestion	'Tingling'	Abdomen	10 minutes
Rehab	Fascia or Muscles	'Tingling'	Neck	10 minutes



6 Trigeminal Points on the Face



Abdomen



Neck and Upper Back

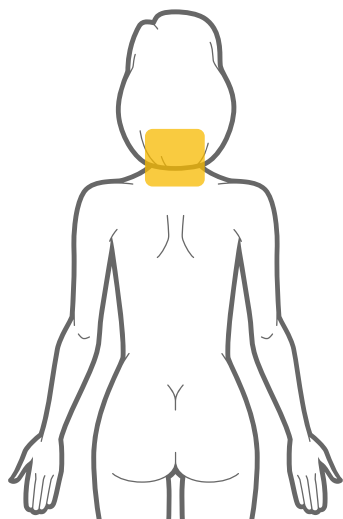


LI4

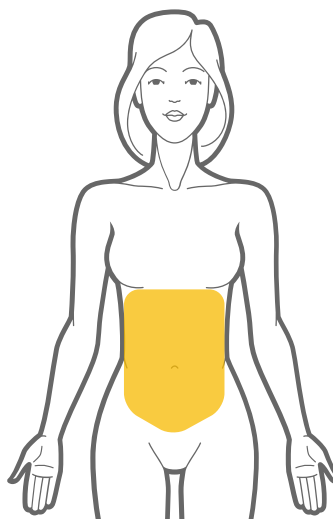


LR3

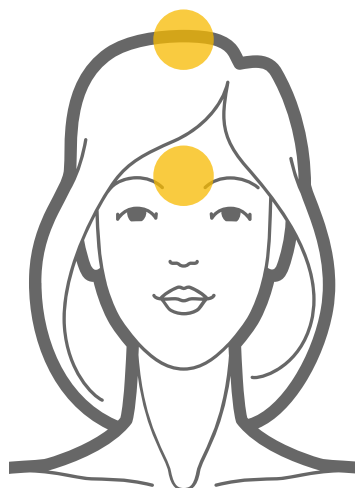
Off Body 2 - 3 x per day			
Program	Setting	Placement	Time
Wellness	Digestion	Abdomen	10 minutes
Organs / Systems	Heart / Circulatory	Neck	10 minutes



Neck



Abdomen



GV20 and Yin-Tan



GB20

Use miHealth until the headache is cleared. In chronic cases, address underlying issues first and use this protocol for 3 – 4 weeks, then introduce a break. If symptoms persist, contact your doctor.

Supporting Cold & Flu Immunity

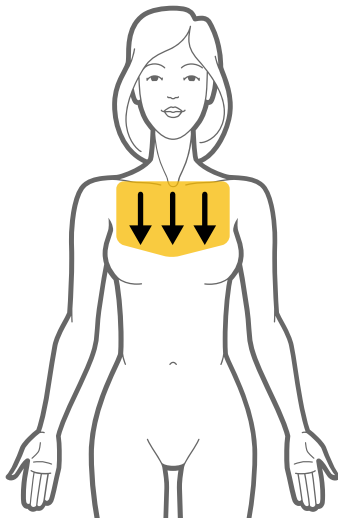
When your immune response to seasonal infection drops, viruses could attack the body and make you suffer with fever, cough, sneezing, malaise, and head and muscle aches. miHealth can support your immune system response and correct informational pathways for your body to process pathogens more quickly.

Settings & Regimen:

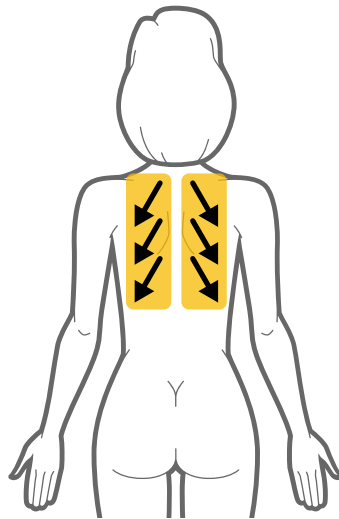
On Body 2 - 3 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Cold & Flu	'Tingling'	Submandibular lymphatics	5 minutes
Wellness	Immune	'Tingling'	Sternum / chest	10 minutes
Organs / Systems	Lungs / Respiratory	'Tingling'	Over the lungs	10 minutes



Sub-Mandibular Glands



Chest



Lungs

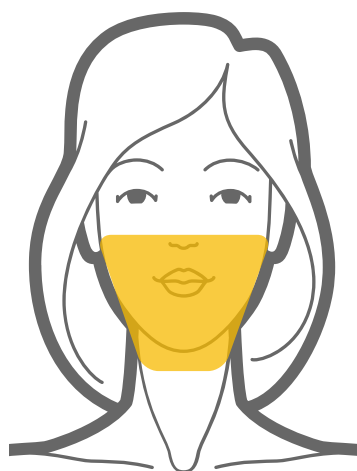


LI4

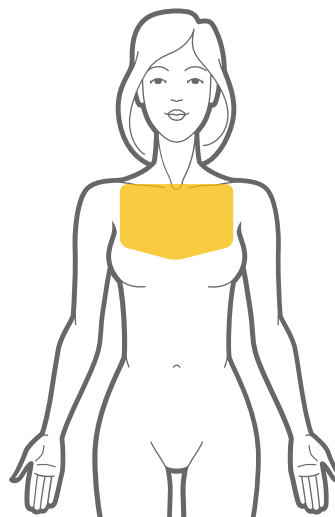


ST36

Off Body 2 - 3 x per day			
Program	Setting	Placement	Time
Wellness	Cold & Flu	Throat / nose	10 minutes
Organs / Systems	Lungs / Respiratory	Bronchi / lungs	10 minutes



Face



Chest

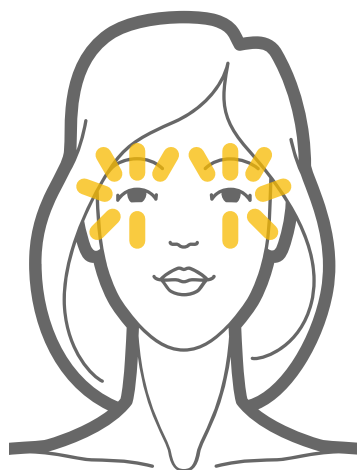
Use miHealth until the cold or flu is cleared.

Supporting Senses like Vision / Hearing

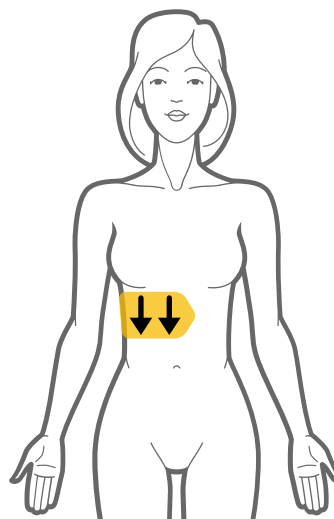
miHealth may benefit age-related hearing loss, tinnitus, macular degeneration, and optic nerve issues by improving circulation and nerve health, and by reducing inflammation. Its PEMF and neurostimulation promote vasodilation, enhancing oxygen and nutrient delivery, aiding tissue repair, and supporting nerve regeneration. The device stimulates nerves responsible for visual and auditory processing, reducing swelling and pressure in the optic and auditory nerves, and potentially enhancing sensory function. Results may vary depending on the condition and severity.

Settings & Regimen:

On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Vision	'Tingling'	Around eyes	10 minutes
Organs / Systems	Liver / Biliary	'Tingling'	Liver	10 minutes



Around Eyes
(30 seconds on each position
around each eye)

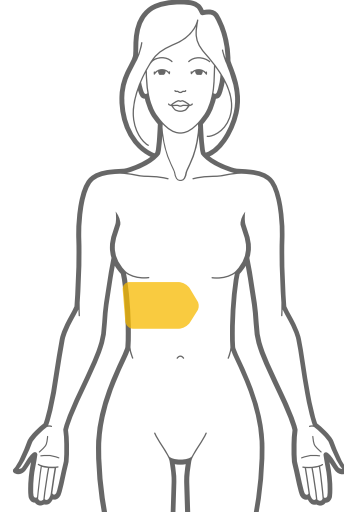
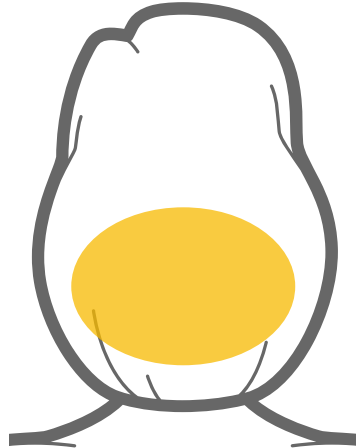
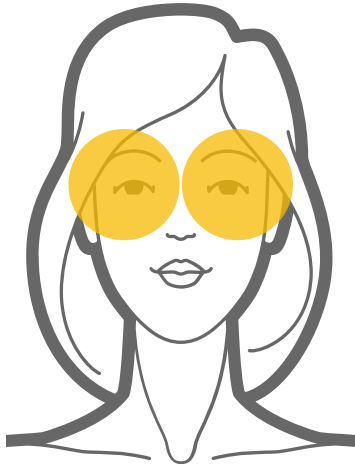


Liver



LR3

Off Body 1 x per day			
Program	Setting	Placement	Time
Wellness	Vision	Head	10 minutes
Organs / Systems	Liver / Biliary	Liver	5 minutes



Chose any of these 3 positions to place miHealth

Liver

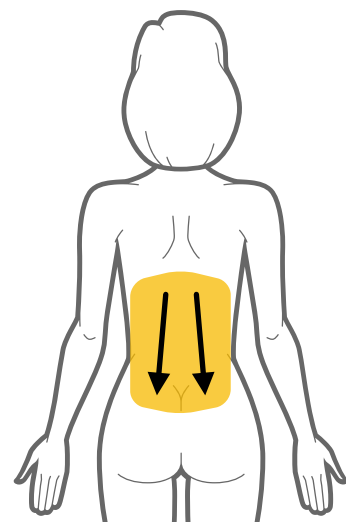
On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Hearing	'Tingling'	Around ears	10 minutes
Organs / Systems	Kidneys / Urinary	'Tingling'	Lower back	10 minutes



KI3

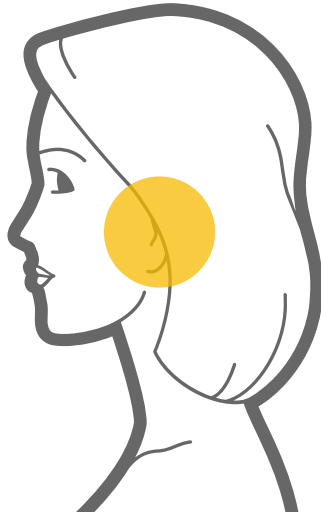


5 minutes around each Ear

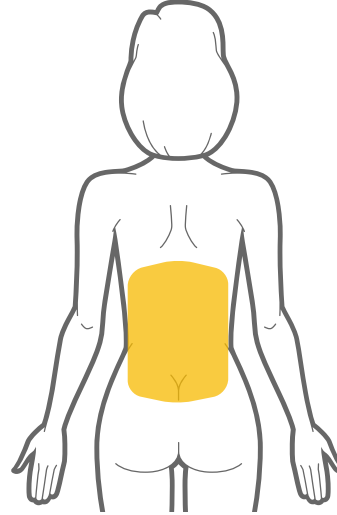


Lumbar

Off Body 1 x per day			
Program	Setting	Placement	Time
Wellness	Hearing	Near ear	10 minutes
Organs / Systems	Kidneys / Urinary	Lower back	5 minutes



5 minutes around each Ear



Lumbar

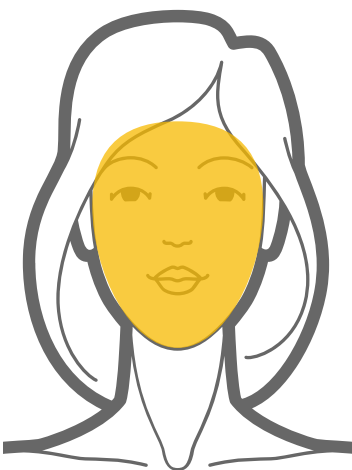
Use miHealth until you are satisfied with the results.

Supporting Anti-Aging

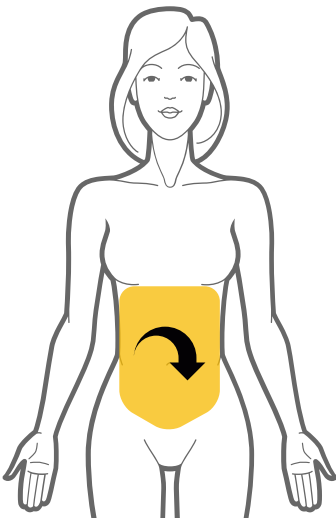
miHealth supports vitality and rejuvenation by increasing cellular energy (ATP), promoting tissue regeneration, and improving circulation. This can reduce wrinkles, enhance skin hydration, and boost overall vitality. Its anti-inflammatory effects reduce oxidative stress and cellular damage, promoting healthier skin, joints, and organs. Neurostimulation helps release endorphins and dopamine, improving mental clarity, emotional well-being, and sleep. It also alleviates age-related discomfort, enhancing mobility and quality of life.

Settings & Regimen:

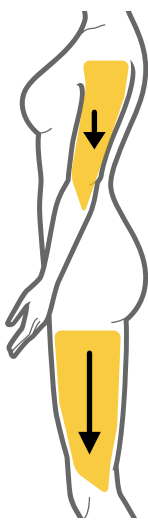
On Body 1 x per day				
Program	Setting	Intensity	Placement	Time
Wellness	Anti-aging	'Tingling'	Face	10 minutes
Wellness	Anti-aging	'Tingling'	Abdomen	10 minutes
Wellness	Anti-aging	'Tingling'	Custom areas	10 minutes



Face



Abdomen

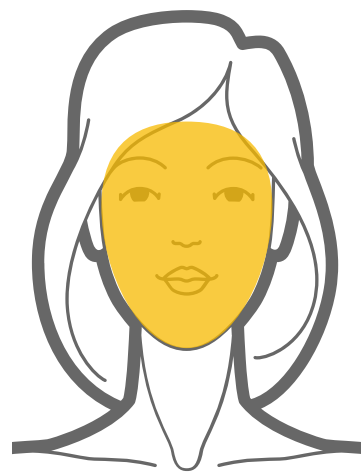


Arms and Thighs

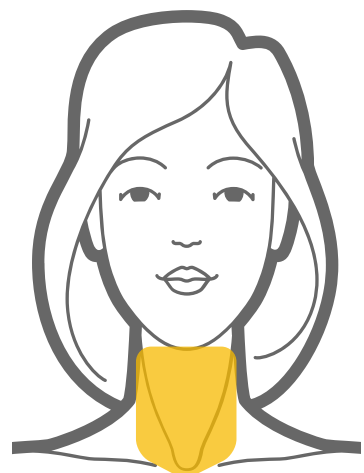


ST36

Off Body 1 x per day			
Program	Setting	Placement	Time
Wellness	Anti-aging	Face	10 minutes
Wellness	Anti-aging	Custom areas	10 minutes



Face



Neck

Use miHealth daily with occasional breaks.

Regulating Biorhythms

The Five Elements theory (Wood, Fire, Earth, Metal, and Water) in Traditional Chinese Medicine (TCM) describes the relationships between these elements through cycles that affect both nature and the human body. Each element corresponds to a season and specific times of day (TCM Organ Clock), influencing health through daily and seasonal rhythms. These innate biological cycles affect physical, emotional, and intellectual states, similar to how Qi flows through the body's meridians, linked to time and season. Disruptions in these cycles can cause fatigue, stress, or illness.

miHealth can optimize and harmonize these cycles, ensuring smooth overall body function. Run the Biorhythm setting for at least 10 minutes any time to support the body's natural rhythm. Run it for several hours, optionally while sleeping, at least once a month for deeper support. There is no need to worry about device placement while you are sleeping, as long as it's kept within about 2' (60 cm) of your body.

Make sure the clock is set correctly on your miHealth before using. After setting your clock to the new time, you can use this setting after a time change or after traveling between time zones to help the body more easily adapt to the change.

Settings & Regimen:

Off Body 1 x per day			
Program	Setting	Placement	Time
Wellness	Biorhythm	Near the body or next to the target organ highlighted on the screen	Minimum 10 minutes, no maximum.

Enhancing Cellular Health

The Cellular Health setting works by promoting balance and vitality at the cellular level, which can lead to improved energy through mitochondrial activity, faster recovery, better immunity, and enhanced vitality while slowing the signs of aging. This setting also impacts the integrity of cellular membrane.

Settings & Regimen:

Off Body 1 x per day in addition to any other programs			
Program	Setting	Placement	Time
Wellness	Cellular Health	Near the body generally, or near a targeted area for improved regeneration	10 minutes

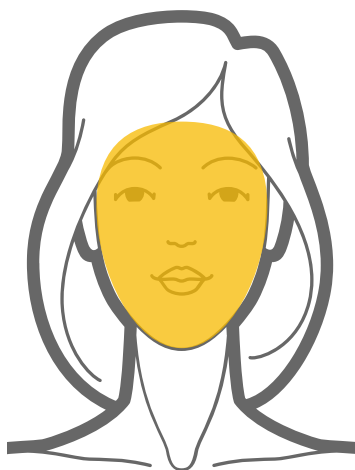
Use miHealth as a routine for 3 to 4 weeks before taking a one-week break. Continue in the same fashion until you are satisfied with the results.

Improving Memory

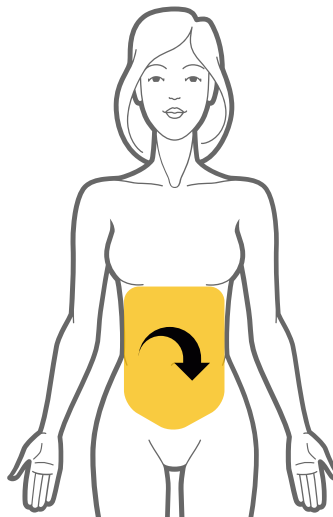
The three therapeutic modalities in miHealth work synergistically to optimize neuron communication. They enhance cellular energy, improve brainwave synchronization, and increase neuroplasticity, making learning and information retention more efficient. Additionally, miHealth supports the protection of brain cells from oxidative stress, toxins, and inflammation, which can impair memory and cognitive function. It can activate specific brain regions involved in memory, such as the hippocampus and prefrontal cortex, enhancing cognitive processes and supporting neuroplasticity, essential for forming new neural connections, especially as we age or after brain injury.

Settings & Regimen:

Off Body 1 x per day			
Program	Setting	Placement	Time
Wellness	Memory	Near the head or forehead	10 minutes
Wellness	Digestion	Abdomen	10 minutes



Face



Abdomen

Use miHealth as a routine for 3 to 4 weeks before taking a one-week break. Continue in the same fashion until you are satisfied with the results.

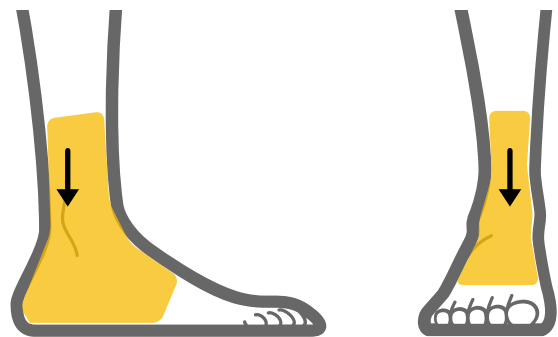
Supporting Injuries and Managing Acute & Chronic Pain – Rehabilitation Programs

Supporting Acute and Post-operative Pain

miHealth provides relief from acute pain through neurostimulation. Microcurrent therapy triggers the release of endorphins—natural painkillers—and modulates pain signals via the central nervous system. It also promotes cellular repair, reduces inflammation, and improves circulation. PEMF therapy enhances tissue regeneration and reduces swelling, making it ideal for post-operative recovery by speeding up healing and relieving discomfort. Biofrequencies restore balance after trauma or surgery, improving the body's response to pain and further easing discomfort. This combined approach makes miHealth highly effective for managing acute and post-operative pain.

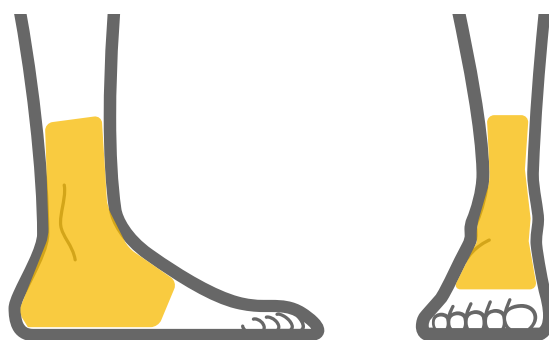
Settings & Regimen:

On Body 2 - 3 x per day				
Program	Setting	Intensity	Placement	Time
Rehab	Acute Pain	'Prickling'	Over the affected area or close to it	10 or 20 minutes



Acute Ankle injury

Off Body 2 - 3 x per day			
Program	Setting	Placement	Time
Rehab	Acute Pain	Area of trauma	10 minutes



Acute Ankle injury

Use miHealth in both 'On Body' and 'Off Body' modes until you experience pain relief. Take occasional breaks if needed.

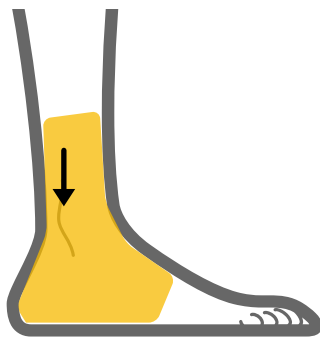
Supporting Chronic Pain

The miHealth offers an effective, non-invasive solution for chronic pain relief by combining microcurrent, PEMF, and biofrequencies therapies. Microcurrent neurostimulation helps to reduce inflammation, promote cellular repair, and trigger the release of endorphins, the body's natural painkillers. It also helps reduce chronic muscle and fascia spasms, contributing to body realignment and relieving pain. PEMF therapy enhances circulation and tissue regeneration, addressing persistent swelling. Biofrequency therapy restores energetic balance, improving the body's ability to process pain signals. Together, these therapies provide lasting pain relief, improving overall well-being and bringing quality of life to the patient.

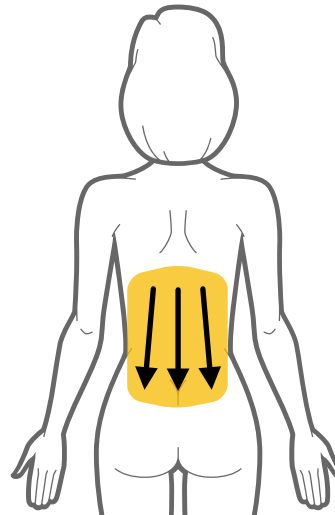
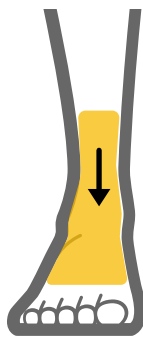
Settings & Regimen:

(Example: Chronic Ligamentous Sprain)

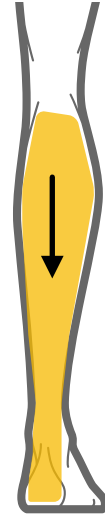
On Body 2 - 3 x per day				
Program	Setting	Intensity	Placement	Time
Rehab	Chronic Pain	'Tingling'	Over the affected area or close to it	10 minutes
Rehab	Fascia	'Tingling'	Corresponding area of the spine	10 minutes
Rehab	Muscle	'Tingling'	Muscles around pain	10 minutes



Chronic Ankle Injury

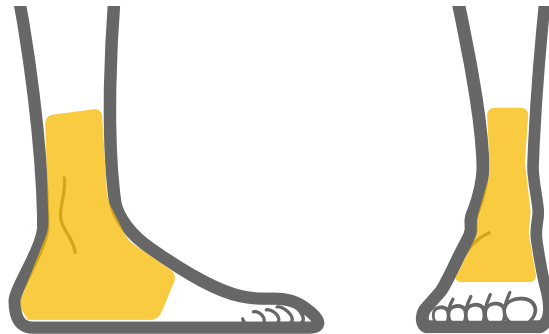


Lower Back



Calves

Off Body 2 - 3 x per day			
Program	Setting	Placement	Time
Rehab	Chronic Pain	Area of trauma / inflammation	10 minutes
Wellness	Cellular Health	Area around trauma / inflammation	10 minutes



Chronic Ankle Injury

Tips: You can always add a setting to support healing of a specific tissue as well. For instance, 'bone' or 'ligament' or 'muscle' options in the Rehab folder. You can run this setting for an additional 10 minutes. E4L Practitioner: add 'ESR' and 'Chill' to address the emotional connection to pain. These could be used Off Body.

Use miHealth in both 'On Body' and 'Off Body' modes until you experience pain relief. Take occasional breaks if needed.

Supporting Bone Health

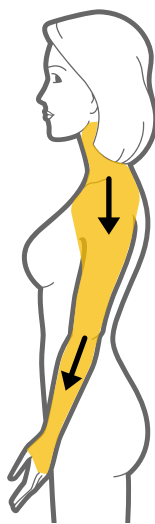
The miHealth supports bone health and injury recovery by promoting cellular repair, reducing inflammation, and improving circulation. It mimics the body’s natural electrical signals, enhancing cellular regeneration, accelerating bone healing, and reducing pain. The device also stimulates new bone cell formation, reduces swelling, and boosts circulation—key factors in healing fractures and improving bone density. miHealth can be used to support the healing of fractures, osteoporosis, osteopenia, and other bone-related issues.

Settings & Regimen: (Example: Distal Radius Fracture)

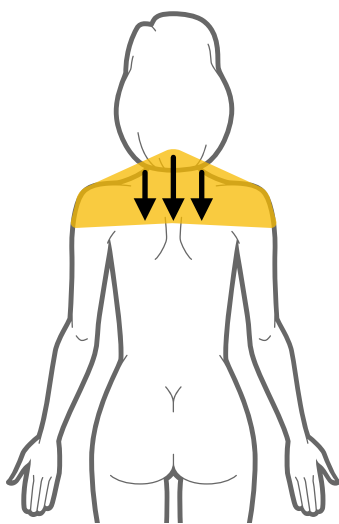
On Body					
Type of injury	Program	Setting	Intensity	Placement	Time
Acute injury 3 x per day	Rehab	Bones	‘Prickling’	Over the injury	10 minutes
	Rehab	Acute Pain	‘Prickling’	Adjacent muscles	10 minutes
Chronic injury 1 x per day	Rehab	Bones or Matrix	‘Tingling’	Over the injury	10 minutes
	Rehab	Chronic Pain	‘Tingling’	Dermatomes: C4-Th1	10 minutes
	Rehab	Muscles or Joints	‘Tingling’	Back of the neck	10 minutes



Local Injury



Muscles & Dermatomes

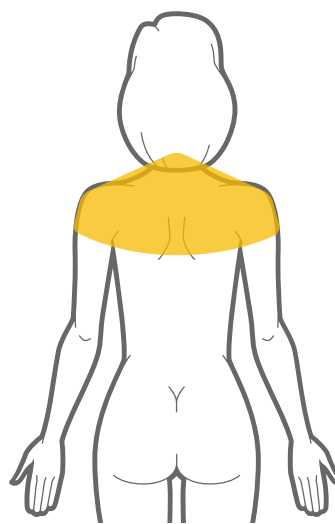


Neck and Upper Back

Off Body				
Type of injury	Program	Settings	Placement	Time
Acute injury 3 x per day	Rehab	Bones or Acute Pain	Injury	10 minutes
Chronic injury 1 x per day	Rehab	Bones or Chronic Pain	Near injury	5 minutes
	Rehab	Muscles or Joints	Neck	5 minutes



Local Injury



Neck and Upper Back

Tips: E4L Practitioner: add 'ESR' and 'Chill' to address the emotional connection to pain.

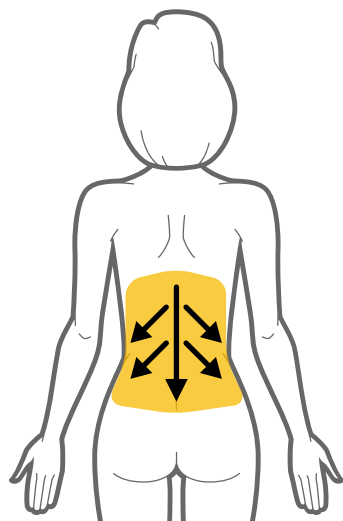
Use miHealth in both 'On Body' and 'Off Body' modes until you experience pain relief. Take occasional breaks if needed.

Supporting Fascia Health

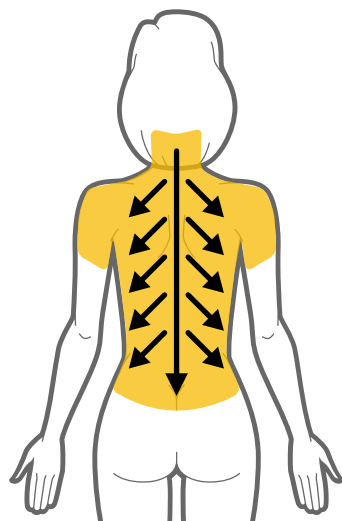
The miHealth impacts fascia by improving flexibility, reducing tension, and enhancing circulation, all of which are essential for faster healing. It mimics the body’s natural bioelectric signals, recharging collagen fibers—the main components of fascia. This process not only structures water within the fascia but also provides instant relaxation and tension release. Additionally, specific fascial biofrequencies stimulate cellular activity, optimizing fascia function, relieving chronic tightness, improving mobility, reducing pain, and accelerating recovery. Conditions such as chronic lower back pain, plantar fasciitis, myofascial pain syndrome, fibromyalgia, adhesions, and scar tissue often require sessions that addresses fascia health.

Settings & Regimen: (Example: Lower Back Pain)

On Body					
Type of injury	Program	Setting	Intensity	Placement	Time
Acute injury 3 x per day	Rehab	Fascia	‘Prickling’	Over injury / pain	10 minutes
	Rehab	Acute Pain	‘Prickling’	Adjacent muscles	10 minutes
Chronic injury 1 x per day	Rehab	Fascia or Matrix	‘Tingling’	Over the injury	10 minutes
	Rehab	Chronic Pain	‘Tingling’	Dermatomes: Th12 – L4	10 minutes
	Rehab	Muscles or Joints	‘Tingling’	Lumbar	10 minutes

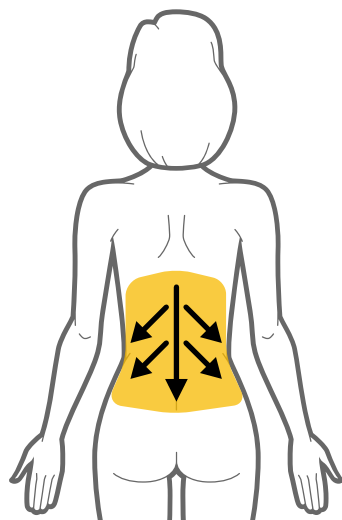


Lumbar

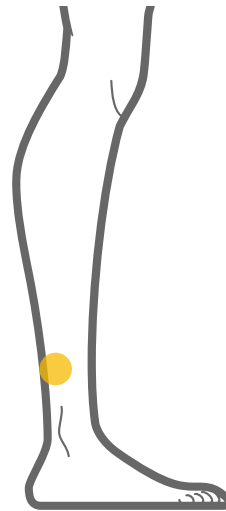


Back Dermatomes

Off Body				
Type of injury	Program	Settings	Placement	Time
Acute injury 3 x per day	Rehab	Fascia or Acute Pain	Injury / pain	10 minutes
Chronic injury 1 x per day	Rehab	Fascia or Chronic Pain	Near injury / pain	5 minutes
	Rehab	Muscles or Joints	Lumbar	5 minutes



Lumbar



GB39

Tips: E4L Practitioner: add 'ESR' and 'Chill' to address the emotional connection to pain.

Use miHealth in both 'On Body' and 'Off Body' modes until you experience pain relief. Take occasional breaks if needed.

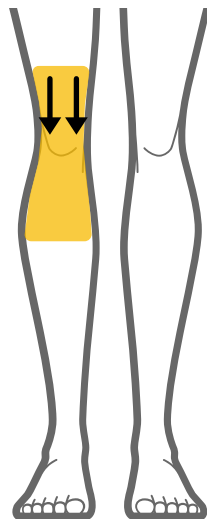
Supporting Joint Health

The miHealth helps relieve joint pain by reducing inflammation, improving circulation, and promoting cellular repair. It produces bioelectric signals, supporting cellular regeneration and repairing tissues around the joints, which helps reduce pain. In addition, it communicates with the body's nervous system to activate local circulation, contributing to the reduction of inflammation, and improves communication within the nervous system, reducing pain signals; as a result, it eases stiffness and swelling. Biofrequencies specific to the tissues composing joints, including bone, cartilage, connective, and muscle tissues, improve cellular vitality. miHealth offers a comprehensive approach to reducing joint pain, promoting tissue healing, and restoring joint function. It can support osteoarthritis and various forms of artralgia.

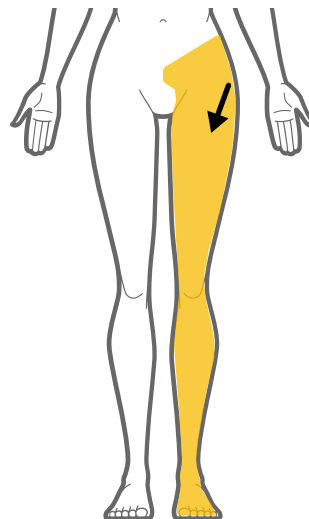
Settings & Regimen:

(Example: Osteoarthritis of the Knee)

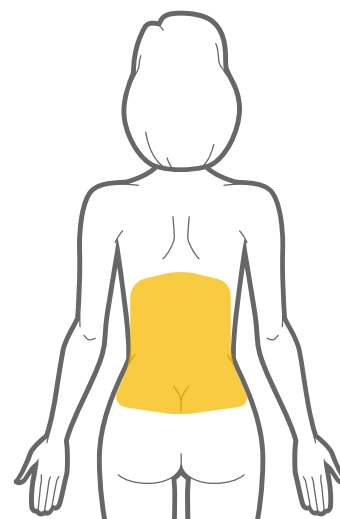
On Body					
Type of injury	Program	Setting	Intensity	Placement	Time
Acute injury 3 x per day	Rehab	Joints	'Prickling'	Over injury / pain	10 minutes
	Rehab	Acute Pain	'Prickling'	Adjacent muscles	10 minutes
Chronic injury 1 x per day	Rehab	Joints or Matrix	'Tingling'	Over the injury	10 minutes
	Rehab	Chronic Pain	'Tingling'	Dermatomes: Th12 – L5	10 minutes
	Rehab	Muscles or Joints	'Tingling'	Lumbar	10 minutes



Knee

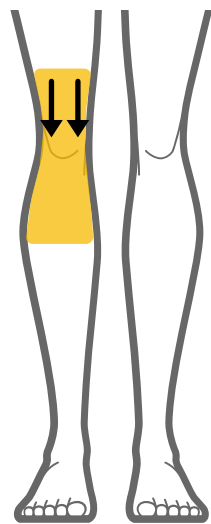


Dermatomes

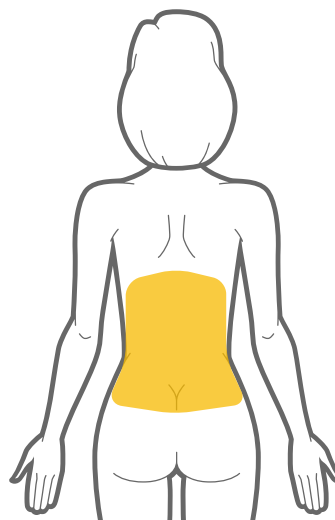


Lumbar

Off Body				
Type of injury	Program	Settings	Placement	Time
Acute injury 3 x per day	Rehab	Joints or Acute Pain	Injury / pain	10 minutes
Chronic injury 1 x per day	Rehab	Fascia or Chronic Pain	Near injury / pain	5 minutes
	Rehab	Muscles or Joints	Lumbar	5 minutes



Knee



Lumbar

Tips: E4L Practitioner: add 'ESR' and 'Chill' to address the emotional connection to pain.

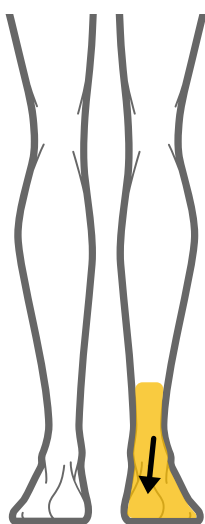
Use miHealth in both 'On Body' and 'Off Body' modes until you experience pain relief. Take occasional breaks if needed.

Supporting Ligament / Tendon Injury

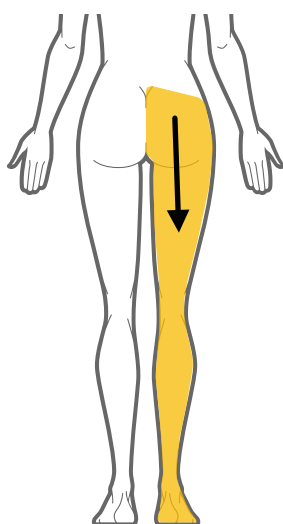
The miHealth supports ligament and tendon tissue healing by promoting cellular repair, reducing inflammation, and enhancing circulation. Microcurrent neurostimulation provides effective pain relief, while PEMF, encoded with biofrequencies specific to connective tissues like ligaments and tendons, enhances energetic processes and stimulates cellular regeneration, both critical for faster healing. The miHealth can accelerate recovery from injuries such as Achilles tendon injuries, carpal tunnel syndrome, and complex knee ligament injuries, improving flexibility and restoring function.

Settings & Regimen: (Example: Achilles Tendon Injury)

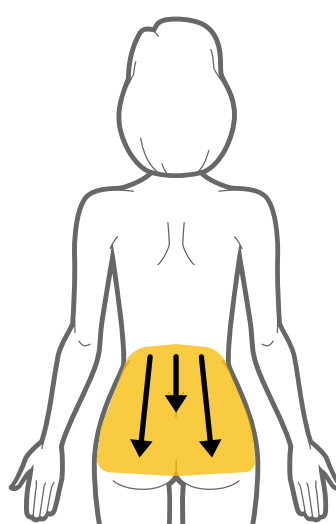
On Body					
Type of injury	Program	Setting	Intensity	Placement	Time
Acute injury 3 x per day	Rehab	Tendons or Ligaments	'Prickling'	Over injury / pain	10 minutes
	Rehab	Acute Pain	'Prickling'	Adjacent muscles	10 minutes
Chronic injury 1 x per day	Rehab	Tendons or Ligaments	'Tingling'	Over injury / pain	10 minutes
	Rehab	Chronic Pain	'Tingling'	Dermatomes: L5 – S2	10 minutes
	Rehab	Muscles or Joints	'Tingling'	Sacral	10 minutes



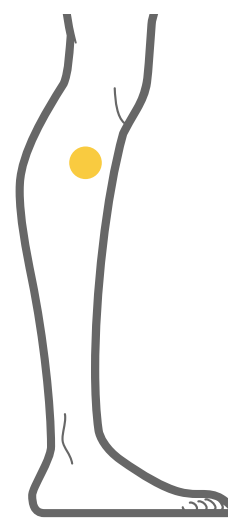
Injury



Dermatomes

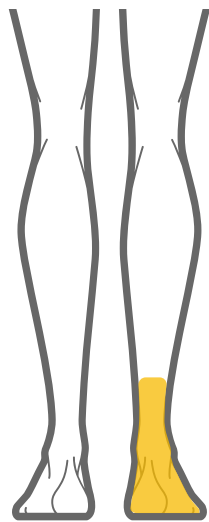


Sacrum

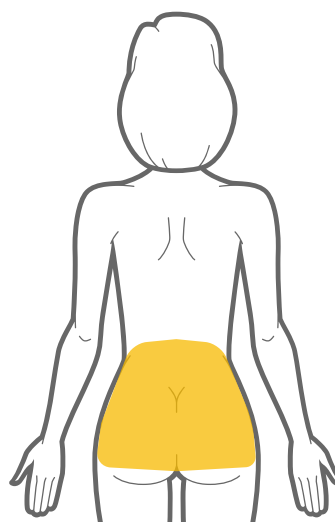


GB34

Off Body				
Type of injury	Program	Settings	Placement	Time
Acute injury 3 x per day	Rehab	Tendons or Ligaments	Injury / pain	10 minutes
Chronic injury 1 x per day	Rehab	Chronic Pain	Near injury / pain	5 minutes
	Rehab	Matrix	Sacral	5 minutes



Injury



Sacrum

Tips: E4L Practitioner: add 'ESR' and 'Chill' to address the emotional connection to pain.

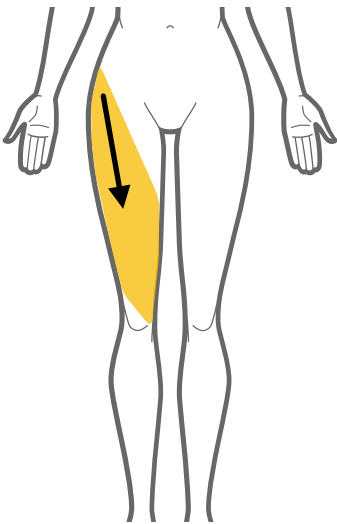
Use miHealth in both 'On Body' and 'Off Body' modes until you experience pain relief. Take occasional breaks if needed.

Supporting Muscle Health

The miHealth aids in muscle healing by promoting tissue repair, reducing inflammation, and relieving pain. Neurostimulation supports cellular recovery and regeneration in damaged muscle fibers while enhancing local circulation, which increases oxygen delivery to muscle cells, leading to faster recovery. The magnetic field, encoded with biofrequencies specific to muscle tissue, further boosts the generation of myoblasts, accelerating the healing process. Overall, miHealth relieves muscle tension, improves flexibility, and helps restore muscle function more quickly after an injury. It can be used to support the recovery of muscular bruising, strains, tears, and even overtrained or fatigued muscles.

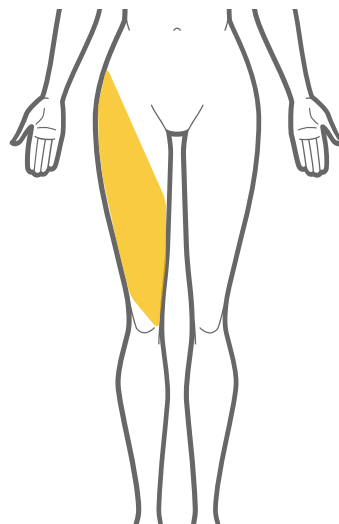
Settings & Regimen: (Example: Biceps Femoris muscular tear)

On Body					
Type of injury	Program	Setting	Intensity	Placement	Time
Acute injury 3 x per day	Rehab	Muscles	'Prickling'	Over injury / pain	10 minutes
	Rehab	Acute Pain	'Prickling'	Adjacent muscles	10 minutes
Chronic injury 1 x per day	Rehab	Muscles	'Tingling'	Over injury / pain	10 minutes
	Rehab	Matrix	'Tingling'	Adjacent muscles	10 minutes



Injury

Off Body				
Type of injury	Program	Settings	Placement	Time
Acute injury 3 x per day	Rehab	Muscle	Injury / pain	10 minutes
Chronic injury 1 x per day	Rehab	Muscle	Near injury / pain	5 minutes
	Rehab	Matrix	Sacral	5 minutes



Injury

Tips: E4L Practitioner: add 'ESR' and 'Chill' to address the emotional connection to pain.

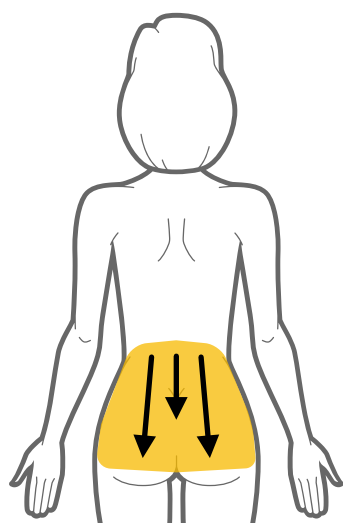
Use miHealth in both, 'On Body' and 'Off Body' mode until the injury has improved. Make occasional breaks if needed.

Supporting Nerve Pain and Degeneration

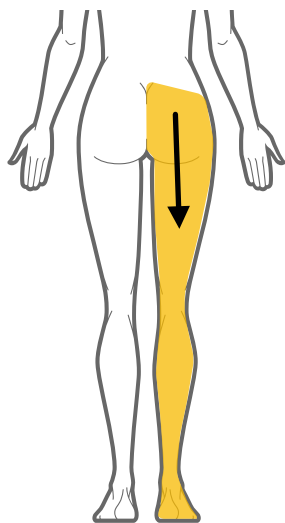
The miHealth helps alleviate nerve pain and supports recovery from nerve degeneration by reducing inflammation, promoting tissue repair, and improving nerve function. The electrical signals from miHealth activate and stimulate damaged nerves while modulating pain transmission, engaging the CNS in responding to injury or inflammation. By improving circulation and reducing muscle spasms, it can relieve compression on nerve tissue. The pulsed magnetic field, encoded with biofrequencies specific to nerve tissue, enhances cellular activity and helps ease inflammation around the nerves, which is crucial for both pain relief and healing. By improving nerve conductivity and supporting regeneration, miHealth can aid recovery from conditions such as neuropathy and sciatica, and can help alleviate pain from other neuropathic causes.

Settings & Regimen: (Example: Sciatica Pain Syndrome)

On Body					
Type of injury	Program	Setting	Intensity	Placement	Time
Acute injury 3 x per day	Rehab	Nerves	‘Prickling’	Over pain / opposite side	10 minutes
	Rehab	Acute Pain	‘Prickling’	Sacrum	10 minutes
Chronic injury 1 x per day	Rehab	Nerves	‘Tingling’	Over pain	10 minutes
	Rehab	Matrix	‘Tingling’	Dermatomes: L5 – S1	10 minutes
	Rehab	Chronic Pain	‘Tingling’	Sacral	10 minutes

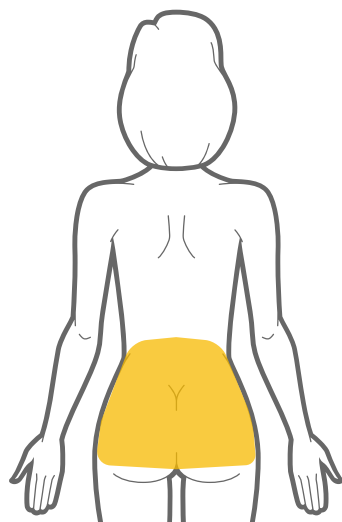


Sacrum

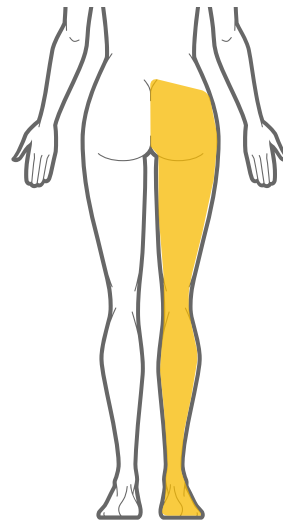


Dermatomes

Off Body				
Type of injury	Program	Settings	Placement	Time
Acute injury 3 x per day	Rehab	Nerves	Over pain	10 minutes
Chronic injury 1 x per day	Rehab	Chronic Pain	Near pain	5 minutes
	Rehab	Matrix	Sacral	5 minutes



Sacrum



Dermatomes

Tips: E4L Practitioner: add 'ESR' and 'Chill' to address the emotional connection to pain.

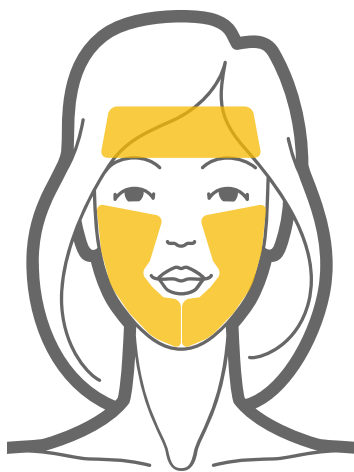
Use miHealth in both 'On Body' and 'Off Body' modes until you experience pain relief. Take occasional breaks if needed.

Supporting Skin Health

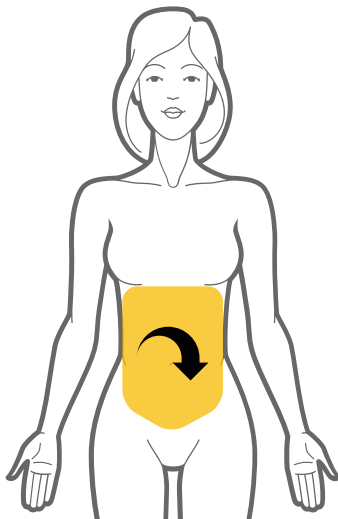
The miHealth supports skin health by promoting cellular regeneration, improving circulation, and reducing inflammation. Electrical stimulation triggers vasodilation, enhancing microcirculation and cellular energy, which reduces local inflammation. This also speeds up wound recovery and nutrient absorption. Additionally, the device helps recharge collagen fibers, improving skin elasticity and hydration. Enhanced healing accelerates skin repair and boosts collagen production, reducing fine lines and scars. The pulsed electromagnetic field and lasers, encoded with biofrequencies specific to skin tissue, support cellular energy processes. Together, these effects soothe conditions like eczema, psoriasis, and acne, while promoting overall skin rejuvenation.

Settings & Regimen: (Example: Acne)

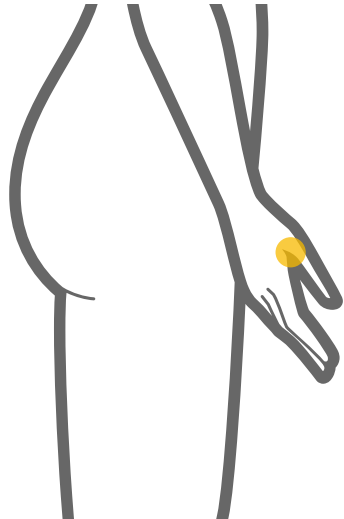
On Body					
Type of injury	Program	Setting	Intensity	Placement	Time
Acute inflammation 3 x per day	Rehab	Skin	'Prickling'	Over area of skin rash	10 minutes
	Wellness	Digestion	'Tingling'	Abdomen	10 minutes
Chronic inflammation 1 x per day	Rehab	Skin	'Tingling'	Over area of skin rash	10 minutes
	Wellness	Digestion	'Tingling'	Abdomen	10 minutes



Face

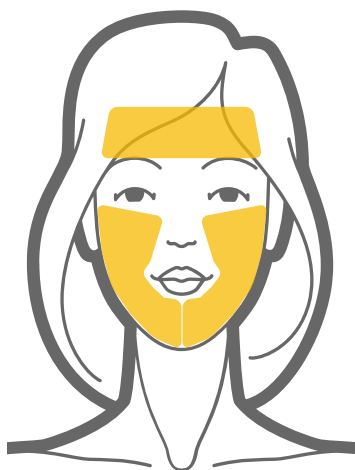


Abdomen

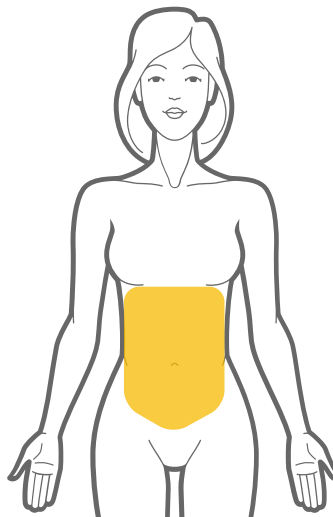


LI4

Off Body				
Type of injury	Program	Settings	Placement	Time
Acute inflammation 3 x per day	Rehab	Skin	Face	10 minutes
Chronic inflammation 1 x per day	Rehab	Skin	Face	5 minutes
	Wellness	Digestion	Abdomen	5 minutes



Face



Abdomen

Tips: E4L Practitioner: add 'ESR' and 'Chill' to address the emotional connection to pain.

Use miHealth in both 'On Body' and 'Off Body' modes until you experience pain relief. Take occasional breaks if needed.

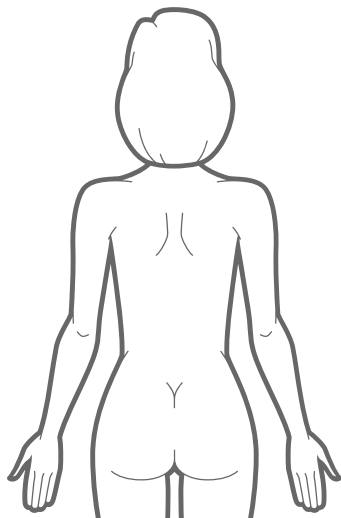
Support against Environmental Stressors – Environmental Programs

Air Travel Protection

Spending prolonged periods in artificial environments, such as airplanes, can disrupt the body's biofield, impacting sleep, cognitive function, and overall energy levels. Using the Air Travel setting Off Body when you're flying provides biofrequencies that help to make the body more resilient to increased radiation and variations in exposure to the Earth's magnetic field. This may support exposure to surrounding electronic devices as well.

Settings & Regimen:

Off Body			
Program	Setting	Placement	Time
Environmental	Air Travel	Near the spine or feet	During the flight or immediately after flying



Spine



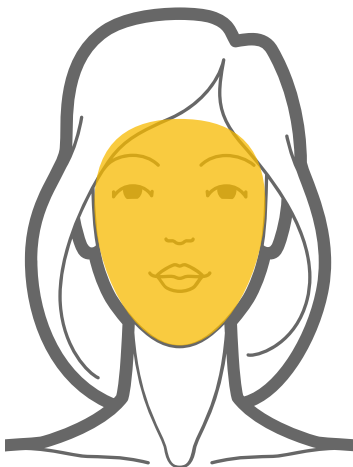
Feet

Cell Phone Radiation Protection

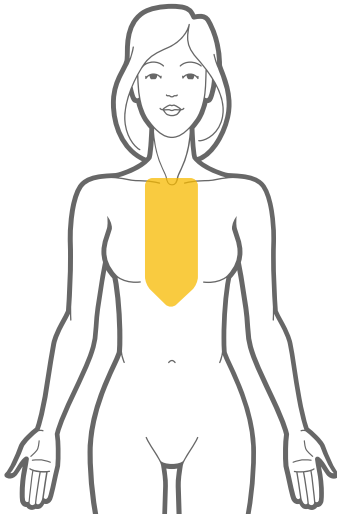
The miHealth can offer protection from cell phone radiation by utilizing encoded biofrequencies emitted by electromagnetic and light signals. These frequencies resonate with the body's natural energy field, helping to mitigate the disruptive effects of radio frequencies emitted by cell phones. By restoring the balance of the body's biofield, miHealth strengthens resilience to EMF exposure, reducing its impact on cellular function, energy levels, and overall well-being. This harmonizing process can create a protective buffer, enhancing the body's ability to cope with the constant bombardment of radiation from everyday devices like cell phones.

Settings & Regimen:

Off Body			
Program	Setting	Placement	Time
Environmental	Cell Phone	Near the heart and head	While using your cell phone excessively



Face



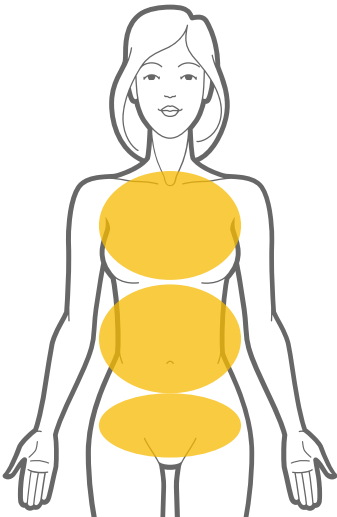
Heart

Computer Radiation Protection

The miHealth can protect you from computer radiation by emitting encoded biofrequencies that support the body's natural resilience to electromagnetic fields. This harmonization of the body's energetic state reduces the negative effects of prolonged exposure to computer radiation, such as fatigue, stress, and cognitive disturbances.

Settings & Regimen:

Off Body			
Program	Setting	Placement	Time
Environmental	Computer Radiation	Near the heart or abdomen or pelvis	While using computer excessively



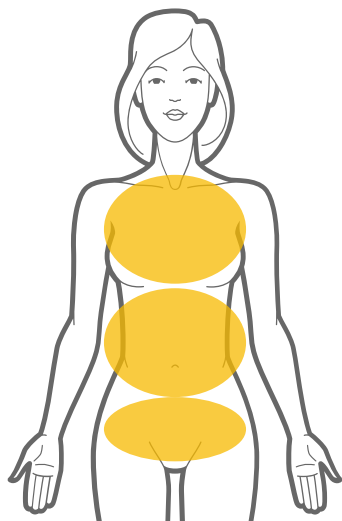
Anywhere within these three cavities

Electromagnetic Fields (EMF) Protection

The miHealth offers protection from EMF radiation by using encoded biofrequencies that support the body's natural resilience to electromagnetic fields. These frequencies work to rebalance the body's biofield, reducing the harmful effects of EMF exposure such as mental fatigue, stress, and disrupted cognitive function. By restoring the body's energetic harmony, miHealth helps enhance overall resilience, making it easier to stay protected in environments with constant EMF exposure.

Settings & Regimen:

Off Body 1 x per day			
Program	Setting	Placement	Time
Environmental	EMF	Near the heart or abdomen or pelvis	While exposed to EMF excessively



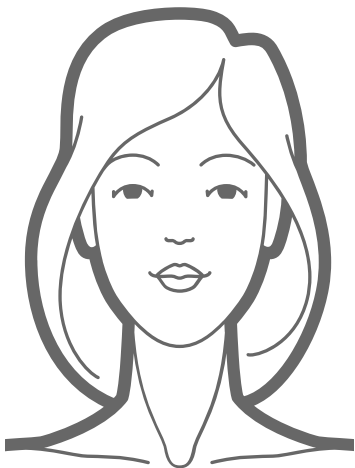
Anywhere within these three cavities

Heavy Metals Protection

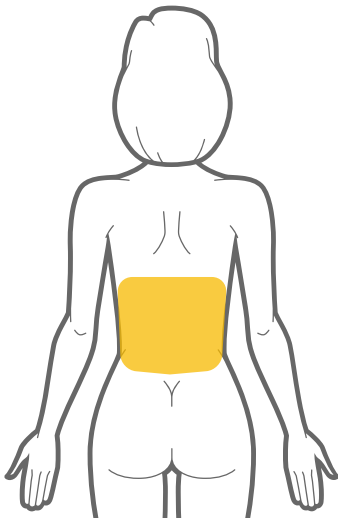
The miHealth can assist with heavy metal detoxification by emitting specific biofrequencies designed to target and neutralize the energetic disturbances caused by heavy metals in the body. These frequencies help restore balance to the biofield, supporting the body's natural detoxification processes. By addressing the energetic imbalances associated with heavy metal accumulation, miHealth can enhance the body's ability to eliminate toxins, reduce related symptoms such as fatigue and brain fog, and promote overall health and vitality. This frequency-based approach complements other detox strategies by optimizing the body's energetic resilience against toxic heavy metals. Use it once heavy metal burden is detected or during the detox.

Settings & Regimen:

Off Body 2 x per day			
Program	Setting	Placement	Time
Environmental	Heavy Metals	Near the head	10 minutes
		Kidneys	10 minutes



Head



Kidneys

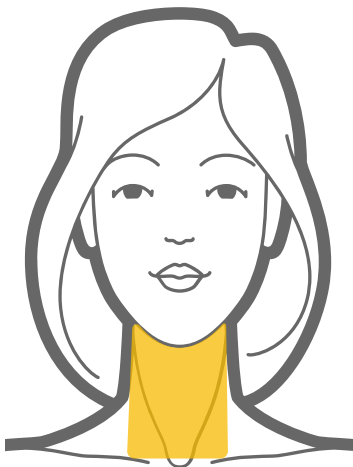
Ionizing Radiation Protection

Ionizing radiation can disrupt cellular function and DNA integrity, leading to various health issues. The miHealth can offer protection from ionizing radiation by utilizing biofrequencies that resonate with the body's natural energy systems, restoring energetic balance and enhancing the body's ability to repair and protect itself from radiation damage. This protective frequency approach can mitigate symptoms such as fatigue, cellular stress, and oxidative damage, promoting resilience and supporting overall well-being in environments with ionizing radiation exposure.

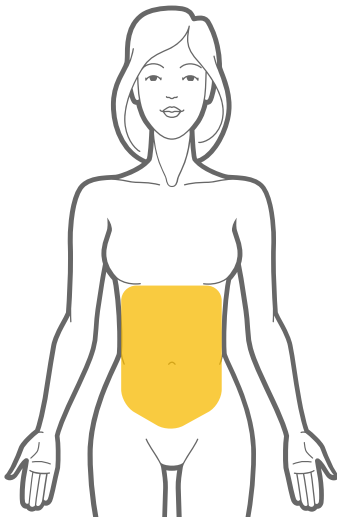
Please note: always minimize exposure to ionizing radiation, as it can cause serious health problems. Always follow safety procedures, maintain distance from sources, and use appropriate shielding. Report any suspected overexposure and seek medical attention if needed.

Settings & Regimen:

Off Body 1 x per day			
Program	Setting	Placement	Time
Environmental	Ionizing Radiation	Head	10 minutes
		Throat	10 minutes
		Abdomen	10 minutes



Head & Throat



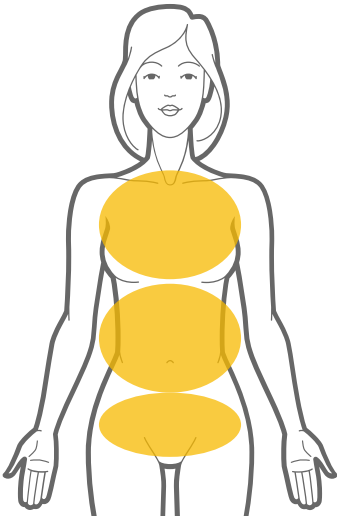
Abdomen

Microwave Radiation Protection

Microwave radiation can interfere with the body's biofield, potentially causing issues like fatigue, headaches, and cellular stress. The miHealth provides protection from microwave radiation by emitting specific biofrequencies that work to realign the body's energetic field, restoring balance and enhancing the body's natural defenses against microwave radiation. This protection can reduce the negative impacts of microwaves from sources like Wi-Fi routers, microwave ovens, and other wireless devices using similar frequencies, supporting overall well-being and resilience in everyday environments.

Settings & Regimen:

Off Body 1 x per day			
Program	Setting	Placement	Time
Environmental	Microwave Radiation	Near the heart	10 minutes
		Abdomen	10 minutes
		Pelvis	10 minutes



Heart, Abdomen, Pelvis