

<p>Sleep Sweep</p> <p>REPAIR AND HEAL</p>	<p>This setting will steer your brain to the Delta and Theta Brainwaves to fall asleep, stay asleep and wake up refreshed. Most people put the paddle under their pillow for the 8-hour cycle.</p>
<p>Delta (1-3 HZ)</p> <p>FREE OF PAIN</p> <p>NERVE REGENERATION</p> <p>STRESS REDUCTION</p>	<p>Delta is the slowest band of brainwaves. When your dominant brainwave is delta, your body is healing itself and “resetting” its internal clocks. You do not dream in this state and are completely unconscious</p>
<p>Theta (4-7 HZ)</p> <p>PAIN IS SWITCHED OFF (CAUSED BY INFLAMMATION)</p> <p>BONE, LIGAMENT AND TENDON INJURY HEALING</p> <p>ACTIVATES IMMUNE SYSTEM</p> <p>DENTAL WORK FASTER HEALING</p>	<p>Theta Reduced consciousness, deep meditation, dreams, light sleep, REM sleep and extreme relaxation. Hypnosis and self-programming. Increased creativity and retention of learned material</p>
<p>Beta (13-25 HZ)</p> <p>ENERGIZE CELLS</p> <p>ENHANCE BONE DENSITY</p>	<p>Beta brain waves are associated with normal waking consciousness and a heightened state of alertness, logic and critical reasoning. While Beta brain waves are important for effective functioning throughout the day.</p>
<p>Gamma (25-100 HZ)</p>	<p>Gamma is associated with the formation of ideas, language, and recall processing and various types of learning.</p>
<p>Alpha (8-12 HZ)</p> <p>FEEL MORE</p>	<p>Alpha brain waves are present in deep relaxation and usually when the eyes are closed, when you’re slipping into a lovely daydream or during light meditation. It is an optimal time to program the mind for success and it also heightens your imagination, visualization, recall, learning and concentration. The Schumann resonance is known to be the earth’s frequency. Using the Alpha setting is a great way to synchronize with the earth and ground yourself. Try this cycle to when you are feeling Anxious or stressed.</p>

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Helmholtz Field EARTH'S OWN ENERGY FIELD	A Helmholtz field is created when you bring two magnetic fields together. Sandwich your body between the mat and the paddle to charge up those stubborn low cell membranes between the attachments to recharge and reset
Active Alert	This setting will steer your brainwaves to the Beta and Gamma Brainwaves to be more alert and attain better focus and concentration. Most people use the paddle under their pillow and start their day with this setting.

	Disease	Duration of treatment	Frequency
Musculoskeletal System	Fractures	20 minutes	10 or 20 Hz
	Periostitis	20 minutes	6 Hz
	Pseudoarthrosis (nonunion)	20-30 minutes	10 or 20 Hz
	Osteoporosis	20 minutes	8,9,10, 15 or 19 Hz
	Osteoarthrosis (osteoarthritis)	20 minutes	8-12 or 18 Hz
	Tendinitis	10 minutes	8 Hz

	Ligament injuries	20 minutes	10-15 Hz
	Frozen shoulder	20-30 minutes	7-8 Hz
	Tennis or golf elbow	10 minutes	8 Hz
	Dislocations and sprains	20-30 minutes	10 Hz
	Strains	20 minutes	11-15 Hz
	Herniated disc	20-30 minutes	16-20 or 30 Hz
	Rheumatoid arthritis	20 minutes	10 or 20 Hz
	Psoriatic arthritis	20 minutes	1-5 Hz
	Fibromyalgia	20 minutes	18 Hz
	Musculoskeletal pain	20 minutes	10 Hz
	Osteonecrosis/osteochondrosis	20-30 minutes	10, 19 or 20 Hz

Circulation	Hypertension (high blood pressure)	20-30 minutes (40 minutes for chronic cases)	1-5 Hz
	Arrhythmia	20-30 minutes	7-8 Hz
	Angina pectoris	20-30 minutes	2-8 Hz
	Arteriosclerosis	15 minutes	7-10 Hz
	Circulatory dysfunction	15 minutes	7-10 Hz
	Poor blood supply (e.g. diabetic foot, ulcer)	20 minutes	2-6 or 20 Hz
	Raynaud's syndrome	20 minutes	15 Hz
	Lymphatic disorders	20-30 minutes	1-5 hZ
Nervous System	Stroke	15 minutes	7-10 or 20 Hz
	Alzheimer's disease	20-30 minutes	2-8 Hz

Parkinson's disease	20-30 minutes	20 Hz
Headache	15 minutes	3 or 6-10 Hz
Tinnitus	20 minutes	10 Hz
Sleep disorders	10-20 minutes	1-5 Hz
Carpal tunnel syndrome	10 minutes	6 or 20 Hz
Lumbago	15 minutes	10 or 20 Hz
Sciatica	20 minutes	16-20 Hz
Spinal injuries	20 minutes	1-5 Hz
Multiple sclerosis	20-30 minutes	5, 13 or 20 Hz
Sensitivity to weather fronts	10 minutes	11-15 Hz
Stress	15 minutes	3 or 5 Hz
Depression	10 minutes	3 or 20 Hz

	Hyperactivity	10 minutes	20 Hz
	Nerve pain	10 minutes	6 Hz
Digestion	Diabetes mellitus	15-20 minutes	1-5 Hz
	Inflamed liver, pancreas, or colon	20-30 minutes	1-5 Hz
	Crohn's disease	20-30 minutes	1-5 Hz
	Dental and oral diseases	30 minutes	30 Hz
	Stomach/duodenal ulcer (no bleeding!)	12 minutes	10 or 20 Hz
	Stomach aches	12 minutes	10 Hz
Respiration	Bronchitis	12 minutes	4 Hz (12 Hz for chronic cases)
	Pneumonia, respiratory diseases	20-30 minutes	1-5 Hz

	Asthma	20 minutes	7-10 or 12-15 Hz
	Allergy	10 minutes	5-10 Hz
	Tuberculosis (TB)	12 minutes	4 Hz
Wounds	Wound healing	15 minutes	1-5 Hz
	Pain associated with wound healing	15 minutes	11-15 or 17 Hz
	Bruises	15 minutes	10 Hz
	Phantom pain	15 minutes	16-19 Hz
	Bruises	16 minutes	14 Hz
Other	Psoriasis	20-30 minutes	1-5 Hz
	Chronic pelvic pain	20 minutes	5-7 Hz
	Menstrual pain	20 minutes	5-7 Hz
	Cystitis	10 minutes	5-8 Hz

	Prostatitis	10-15 minutes	2-8 Hz
	Erectile dysfunction	20 minutes	6 Hz
	Hepatitis	20-30 minutes	1-5 Hz
	Systemic lupus erythematosus (SLE)	20 minutes	1-5 Hz
	Chronic blepharitis	20-30 minutes	1 or 2 Hz
	Glaucoma, atrophy of the optic nerve	20-30 minutes	1-5 Hz

# THE REGENETRON PEMF SYSTEM

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The Regenatron is a Solid State Digital unit. Easy to use, 5 separate settings or use 2 at a time. Light weight for moving around or travel. It operates at 2544 Gauss. This unit is comparable to the Bemer, iMRS, QRS, MAS, and several other low powered units.

Why ours? Because this, too, utilizes the Parallel Pulsing System, like none of the others do! It is ready for 110v USA or 220v International power requirements. Weight 3 lbs. Safety tested and ready for use, 3 year warranty.

This unit has two complete separate machines inside. One of the machines delivers the primary treatment frequency and the other delivers a sweep of frequencies. This technology provides a much more effective treatment than every other competing PEMF machine

## ***JUST PUSH PLAY***

PUSH the “Subtle Energy Therapy” button (the one with a little play sign), “push play” and that is your 10 pulses per second. It is great for inflammation, for cell charge, and for lymphatic drainage or the chelation of toxins or heavy metals. This mode has the benefits of bone healing and reducing inflammation – perfect for healing after surgery or strengthening the body systems.

This unit transmits deep healing to all cells, to repair, replace and detox so these cells can better absorb nutrients and push out toxins.

### ***USING THE BODY MAT AND SLEEP PADDLE***

The mat and the paddle are the perfect combination for sleep, a quick recharge or a focused brain balance. You can start and stop in case you need a break during your session. Just push once to start, and when you push the button again it will start to blink, and the pulse will stop. When you're ready to continue just push it again and start it back up. If you want to restart from the beginning just push and hold and the machine will beep and go back to a green screen to begin again.

### ***SLEEP AND HEAL***

Let's talk brain waves...and using the paddle and the brain waves buttons down here at the bottom of the unit. At the side of the machine are the Delta, Theta and Sleep Sweep buttons. These are particularly for people with trouble sleeping or waking up exhausted. You can use the 8 hours of sleep with either the Delta or Theta pulse rates or use the Sleep Sweep, which combines the two.

You might want to try: one night using Delta, one night using Theta, and one night using the Sleep Sweep and see how you sleep by placing the paddle under your pillow (it is going to pulse the two waveforms through your brain). The paddle may get a little bit warm under your pillow, but this is normal.

### ***MEDITATIVE AND CALMING***

People with a lot of stress or needing to ground themselves a little bit better would use the Alpha mode. Or if you want to meditate, and slow down your mind, use either the mat or the paddle.

When the "Alpha button," is pushed, there is a 7.8 pulse rate which is designed to be very similar to the Schumann resonance 7.83, and basically this resonance is

going to allow the brain to sleep into waveforms that are more calm, relaxing, meditative and grounding.

### ***ACTIVE ALERT***

The next part of the machine is “Active Alert”. The Theta and Gamma are faster brain waves so you can use them together or try them individually each morning. If you want to Theta by itself, see how you feel. Gamma by itself, see how you feel. Or just do the active alert for both. Have fun with this setting and it might be a good idea to keep a journal to document what and how you feel after using each setting.

### ***BE MORE ALERT IN THE AM***

This is a super-fast pulse rate and it accesses a higher brain wave form to make you more alert and more clear-minded. For students or older individuals, this higher brain wave makes processing a little faster, and helps you process information and focus better. About 30 minutes in the morning and you will notice a nice, clear focused mind throughout the day.

### ***TRAIN YOUR BRAIN***

PEMF Therapy when applied using applicators such as pads or pillows stimulates the brain using pulsating magnetic fields, which improves circulation and neuro-chemical imbalances that cause depression.

By enhancing the cells and nutrient intake, this unit also balances hormonal functions including serotonin (which helps you feel calm, serene, optimistic and self-confident), dopamine (responsible for making you feel excited, motivated,

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and energized) and the stress hormone, cortisol (which revs you up into a high gear when you need it).

Regular therapy at home is easier to fit in the schedule and benefits can be enjoyed long-term, providing mental and cognitive performance enhancement, it's much more than a little boost of serenity. PEMF therapy also has anti-inflammatory effects on the brain tissues too just like any other part of the body. Brain inflammation can also be responsible for brain fog or decline in cognitive function, depression, stress and anxiety. Research also suggests that you can reverse these trends and take charge of your brain health in as little as two weeks if you give your brain the frequencies it needs to recharge itself to operate effectively. Research also proves pulsed electromagnetic field therapies (PEMF) have beneficial effects upon Alzheimer's disease and its underlying neurophysiological abnormality.

In-depth research using magnetic field therapy for the entire body, or on all the cells of the body, show that cellular functions are also affected. For example, during deep sleep, we tend to regenerate more. When sleeping all night in magnetic field tuned to Schumann resonance amazing health benefits have been reported. Usually reported at 7.8 Hz, the Schumann resonance ensures life on earth.

Schumann – Alpha brain waves are present in deep relaxation and usually when the eyes are closed, when you're slipping into a lovely daydream or during light meditation. It is an optimal time to program the mind for success and it also heightens your imagination, visualization, recall, learning and concentration.

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***PLAY AROUND WITH IT***

Experiment with it, play with it, see how this machine can help your brain and your body with pain and inflammation and regeneration. Use the Therapy Mat to detox and enhance the absorption of nutrients. Improve sleep, use all brainwaves (delta and theta) when using the Alpha and Active Alert settings. Use both the paddle and the mat to create a healing field of energy and promote healing your mind and body all at one.

You will notice relief from pain, inflammation and exhaustion, and the all-important benefit of healing while you get regenerative sleep.



**Great for all ages...**

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