



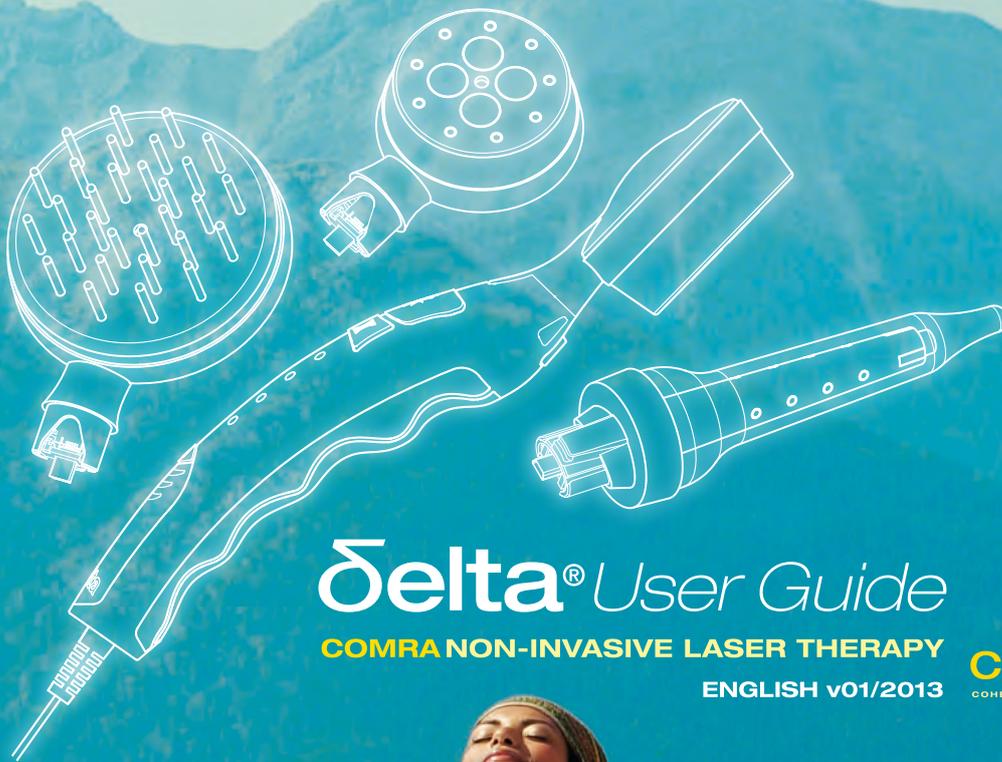
Radiant Life<sup>®</sup>  
TECHNOLOGIES

H O L I S T I C   H E A L I N G   &   S E L F - S U F F I C I E N C Y

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# Beauty & Wellness



## Δelta® User Guide

COMRA NON-INVASIVE LASER THERAPY

ENGLISH v01/2013





# Beauty & Wellness

**delta**<sup>®</sup> *User Guide*  
COMRA NON-INVASIVE LASER THERAPY  
ENGLISH v01/2013



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# *Table of Contents*

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## List of Conditions & Index

---

|                                  |   |
|----------------------------------|---|
| List of Conditions & Index ..... | 1 |
|----------------------------------|---|

---

## Foreword

---

|                                     |   |
|-------------------------------------|---|
| Creating the Beauty we Desire ..... | 5 |
|-------------------------------------|---|

---

## Introduction

---

|  |   |
|--|---|
| “By God, when you see your beauty, you will be the idol of yourself.” ~ Rumi ..... | 7 |
|--|---|

---

## !!! Before You Start...

---

|  |    |
|--|----|
| General Notes .....                        | 9  |
| Using the Terminals .....                  | 9  |
| Cleaning .....                             | 10 |
| Using the Different Frequencies .....      | 10 |
| How <b>coMra</b> ® Supports the Body ..... | 11 |
| Vitality, Well-being & Recuperation .....  | 12 |
| <b>Note Well!!!</b> .....                  | 13 |
| Terminal Layouts .....                     | 14 |
| Operating Instructions .....               | 15 |

---

## **PART 1** – *Cosmetology*

---

### SECTION I

## *Cosmetic Treatments*

---

|   |    |
|---|----|
| General Notes .....   | 17 |
| <b>Face &amp; Neck</b> – Ageing Skin, Blemished Skin, Veinlets & Redness .....              | 18 |
| <b>Hands</b> – Skin Blemishes .....   | 20 |
| <b>Stretch Marks / Striae</b> .....   | 22 |
| <b>Cellulite / Skin Dimpling / Nodularity / Orange Peel Effect</b> .....                    | 24 |
| <b>Tummy Tighten</b> – Post-Operation Flaccid Stomach Muscles, Post-Pregnancy Routine ..... | 26 |

---

---

**SECTION II**  
*Skin Disorders*

---

|   |    |
|---|----|
| General Notes   | 29 |
| Eczema, Neurodermatitis, Allergies, Psoriasis               | 30 |
| Mild Psoriasis, Mild Eczema, Skin Rashes                    | 32 |
| Warts, Plantar Warts, Warty Bumps (Molluscum Contagiosum)   | 34 |
| Psoriasis of Fingernails, Fungus of Toenails or Fingernails | 36 |
| Dermographia  | 38 |
| Acne, Rosacea   | 40 |

---

**SECTION III**  
*Hair Care*

---

|                              |    |
|------------------------------|----|
| General Notes                | 45 |
| Healthy Hair & Scalp         | 46 |
| Hair Loss, Grey Hair & Beard | 47 |

---

**SECTION IV**  
*Meridian Treatments*

---

|  |    |
|--|----|
| General Notes  | 49 |
| Stress Reduction, Improved Circulation, Stimulated Nerve Function,<br>Improved Immune System, Increased Energy | 50 |

---

**PART 2** – *Pain*

---

---

**SECTION I**  
*Migraines & Headaches*

---

|   |    |
|---|----|
| General Notes                                       | 53 |
| Universal 1 ( <i>Head</i> ) – Headaches & Migraines | 54 |

---

**SECTION II**  
*Pain to Skin, Cuts, Bruises & Inflammation*

---

|  |    |
|--|----|
| General Notes  | 57 |
| Cuts & Burns, Bruises & Sprained Muscles, Prevention & Treatment of Infections | 58 |
| Surgical Cuts, Post-Waxing   | 59 |

|  |    |
|--|----|
| Swelling, Inflammation of Tissue, Water Retention (Oedema of Lower Limbs),<br>All types of non-specific Pain | 60 |
| Abscesses, Phlegmons, Carbuncles, Furuncles  | 61 |
| Varicosis (Lower Extremities), Water Retention (Oedema of Lower Limbs)                                       | 62 |

## SECTION III

*Painful Joints, Tendons & Muscles*

|   |    |
|---|----|
| General Notes   | 65 |
| Pain & Inflammation of Muscles, Sore & Tired Back     | 66 |
| Wrist Pain & Lack of Movement, Carpal Tunnel Syndrome | 68 |
| Painful and Deformed Fingers                          | 70 |

## SECTION IV

*Pain in Mouth & Gums*

|   |    |
|---|----|
| General Notes   | 73 |
| Inflammation of Gums (Gingivitis), Inflammation of Mouth & Gums (Gingivostomatitis) | 74 |
| Degeneration of the Gums  | 76 |

**PART 3** – *Core Support*

## SECTION I

*Universal Support Treatments*

|  |    |
|--|----|
| General Notes  | 79 |
| <b>Universal 2 (Heart)</b> – Support for Low Immunity  | 80 |
| <b>Universal 3 (Blood Irradiation)</b> – Stimulate Healing Via the Blood, General Well-Being,<br>Energy Boost, Enhanced Nutrient & Oxygen Supply Throughout the Body, Infections, Anemia   | 82 |
| <b>Universal 4 (Somatic Biostimulation – Routine 1)</b> – Building Physical Strength,<br>Toning for the Whole Body   | 84 |
| <b>Universal 5 (Somatic Biostimulation – Routine 2)</b> – Emotional Exhaustion, Depression,<br>Insomnia, Lethargy, Adrenal Support, Stress, Fainting   | 86 |
| <b>Universal 6 (Vitality)</b> – Building Physical Strength (Enhanced), Recuperation from Illness,<br>Recovery from Surgery, General Well-Being, Vitality, Long-Term Health Care & Preventive Medication,<br>Maintenance & Support for the Ageing Body, Fitness Program | 88 |
| <b>Universal 7 (Nervous System)</b> – Emotional Exhaustion & Debility, Stress – Mental & Emotional,<br>Nervous Disorders, Support for and Recuperation from Nervous Disorders  | 92 |

---

## **PART 4** – *Cleansing Programs*

---

### **SECTION I**

#### *Non-Depleting Natural Cleansing*

---

|  |     |
|--|-----|
| General Notes  | 97  |
| <b>Liver Cleanse &amp; Repair</b>                      | 98  |
| <b>Colon Cleanse &amp; Repair</b>                      | 102 |
| <b>Kidney Cleanse &amp; Repair</b>                     | 106 |
| <b>Comprehensive Cleanse &amp; Elimination Program</b> | 110 |

---

## **PART 5** – *Body Balancing*

---

### **SECTION I**

#### *Vitality & Balance*

---

|  |     |
|--|-----|
| General Notes  | 115 |
| <b>Weight Problems – Healthy Metabolism, Overweight &amp; Underweight Conditions</b> | 116 |

---

## **PART 6** – *Advanced Treatments*

---

### **SECTION I**

#### *Female Reproductive Support*

---

|   |     |
|---|-----|
| General Notes   | 119 |
| <b>Cystitis</b>   | 120 |
| <b>Period Pains and Depression, Pelvic Pain, Spasms</b>                           | 122 |
| <b>Prevention of Mastitis (Infection/Inflammation of the Breasts)</b>             | 126 |
| <b>Mastitis (Infection/Inflammation of the Breasts), Sore and Cracked Nipples</b> | 128 |
| <b>Deficient Secretion of Breast Milk (Hypogalactia)</b>                          | 130 |

### **SECTION II**

#### *Male Reproductive Support*

---

|  |     |
|--|-----|
| General Notes  | 133 |
| <b>Impotence, Low Libido, Premature Ejaculation, Low Sperm Count</b> | 134 |

**SECTION III**

*Nervous System Disorders*

|   |            |
|---|------------|
| General Notes .....                                 | <b>139</b> |
| <b>Delirium Tremens (Withdrawal Symptoms)</b> ..... | <b>140</b> |
| <b>Alcoholism and Other Addictions</b> .....        | <b>142</b> |
| <b>Stuttering</b> .....                             | <b>144</b> |

**SECTION IV**

*Autoimmune Skin Disorders*

|   |            |
|---|------------|
| General Notes .....                           | <b>147</b> |
| <b>Cutaneous Lupus Erythematosus</b> .....    | <b>148</b> |
| <b>Systemic Sclerosis (Scleroderma)</b> ..... | <b>150</b> |
| <b>Vitiligo</b> .....                         | <b>156</b> |

**delta<sup>®</sup>Series LOW-LEVEL LASERS**

*Technical Specifications*

|   |            |
|---|------------|
| Hand Device, Meridian, Medical, Aesthetic & Probe ..... | <b>161</b> |
|---|------------|

*Appendices*

|                  |            |
|------------------|------------|
| Appendix 1 ..... | <b>162</b> |
|------------------|------------|

---

*List of Conditions  
& Index*

---

**A**

Abscesses 61  
 Acne 40  
 Addictions 142  
 Adrenal Support 86  
 Ageing  
   support for body 88, 92  
 Alcoholism 142  
 Allergies 30  
 Anemia 82

**B**

Back  
   sore and tired 66  
 Body Toning 84  
 Boils 61  
 Breasts  
   deficient secretion of milk 130  
 Bruises 58  
 Building Physical Strength 84  
 Building Physical Strength &  
   Stamina – Enhanced 88  
 Burns 58

**C**

Carbuncles 61  
 Carpal Tunnel Syndrome 68  
 Cellulite 24  
 Colon Cleanse & Repair 102  
 Comprehensive Cleanse &  
   Elimination Program 110  
 Cutaneous Lupus Erythematosus 148  
 Cuts 58  
   surgical 59  
 Cystitis 120

**D**

Deficient Secretion of Breast Milk  
   (Hypogalactia) 130  
 Degeneration of the Gums 76  
 Delirium Tremens 140  
 Depression 86, 122  
 Dermographia 38  
 Detox  
   colon 102  
   complete 110  
   kidney 106  
   liver 98

**E**

Eczema 30  
   mild 32  
 Emotional Exhaustion & Debility 92  
 Energy  
   boost 82  
   increased 50  
 Enhanced Oxygen & Nutrient Supply  
   Throughout the Body 82  
 Essential for Stimulating the Body's  
   Own Healing 92  
 Essential Support for Infections 82  
 Exhaustion  
   emotional 86, 92

**F**

Face & Neck 18  
   ageing skin 18  
   blemished skin 18  
   veinlets and redness 18  
 Fainting 86  
 Fingers  
   lack of movement in 70  
   pain in 70  
 Fingers & Hands 70  
 Fitness program 88  
 Fungus  
   Fingernails 36  
   Toenails 36  
 Furuncles 61

**G**

General Well-Being 82, 84, 88  
 Gingivitis 74  
 Gingivostomatitis 74  
 Grey Hair & Beard 47  
 Gums  
   degeneration of 76  
   inflammation of 74

**H**

Hair  
   care 46  
   grey 47  
   loss 47  
   maintenance 46  
 Hair Loss 47

---

## **Hands**

- lack of movement in **70**
- pain in **70**
- skin blemishes **20**

## **Headaches 54**

## **Health Care (long-term) 88**

## **Health Maintenance 88**

## **Healthy Hair & Scalp 46**

## **Healthy Metabolism 116**

## **Hypogalactia 130**

---

## **I**

### **Immunity**

- improved **50**
- low **80**

### **Impotence 134**

### **Improved Circulation 50**

### **Improved Immune System 50**

### **Increased Energy 50**

### **Increased Feeling of Well-Being & Energy Boost 82**

### **Infections**

- prevention and treatment of **58**
- support for **82**

### **Inflammation of the Gums (Gingivitis) 74**

### **Inflammation of the Mouth & Gums (Gingivostomatitis) 74**

### **Inflammation of Tissue 60**

- suppurating **61**

### **Insomnia 86**

---

## **L**

### **Lethargy 86**

### **Liver Cleanse & Repair 98**

### **Low Libido 134**

### **Low Sperm Count 134**

---

## **M**

### **Mastitis 128**

- prevention of **126**

### **Migraines 54**

### **Mouth**

- inflammation of **74**

### **Muscles**

- inflammation of **66**
- pain in **66**

---

## **N**

### **Nervous Disorders 92**

### **Neurological Disorders**

- recuperation from **92**

### **Nipples**

- sore and cracked **128**

### **Nodularity 24**

---

## **O**

### **Oedema**

- of lower limbs **60, 62**

### **Orange Peel Effect 24**

### **Overweight & Underweight Conditions 116**

---

## **P**

### **Pain**

- all types of non-specific **60**

### **Painful & Deformed Fingers 70**

### **Pain & Inflammation of Muscles 66**

### **Pelvic Pain 122**

### **Period Pains 122**

### **Phlegmons 61**

### **Physical Strength**

- building of **84**
- building of (enhanced) **88**

### **Post-Operation Flaccid Stomach Muscles 26**

### **Post-Pregnancy Routine 26**

### **Post-Waxing 59**

### **Premature Ejaculation 134**

### **Prevention of Mastitis 126**

### **Prevention & Treatment of Infections 58**

### **Preventive Medication 88, 92**

### **Psoriasis 30**

- Fingernails **36**
- mild **32**

---

## **R**

### **Recovery from Surgery 88**

### **Recuperation from Illness 88**

### **Regeneration from Stress – Mental & Emotional 92**

### **Rosacea 40**

---

## **S**

### **Skin**

- ageing **18**
- blemished **18**

Neurodermatitis 30  
rashes 32  
redness 18  
**Skin Dimpling** 24  
**Sore & Tired Back** 66  
**Spasms** 122  
**Sprained Muscles** 58  
**Stimulated Nerve Function** 50  
**Stimulates Healing via the Blood** 82  
**Stress** 86  
    emotional 92  
    mental 92  
**Stress Reduction** 50  
**Stretch Marks** 22  
**Stuttering** 144  
**Support for Low Immunity** 80  
**Support for the Immune System** 92  
**Support for the Nerves &  
    Nervous System** 92  
**Surgical Cuts** 59  
**Swelling** 60  
    inflammation of tissue 60  
**Systemic Sclerosis (Scleroderma)** 150

## **T**

---

**Toning for the Whole Body** 84  
**Tummy Tighten** 26

## **V**

---

**Varicose Veins** 62  
**Veinlets & Redness** 18  
**Vitality** 88  
**Vitiligo** 156

## **W**

---

**Warts** 34  
    Plantar 34  
    Warty bumps 34  
**Water Retention** 60, 62  
**Waxing** 59  
**Weight**  
    over 116  
    problems 116  
    under 116  
**Withdrawal symptoms** 140  
**Wrist**  
    lack of movement in 68, 70  
    pain in 68, 70

---

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# *Foreword*

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## Creating the Beauty we Desire

This Beauty and Wellness Guide is dedicated to our founder Théun Mares. Théun believed in the inner beauty of us all, and he provided us with never-ending encouragement, as well as practical tools, so that we could recognise and bring out our inner beauty for all to see. Théun showed that it is all the little things in our lives that have the most powerful impact on our life as a whole. So changes in our life begin with changes to our physical body. All these small changes ripple out into the world. These ripples have a powerful influence and prove that if you uplift yourself, you automatically uplift all those around you.

Yet it is often hard to feel beautiful with the levels of stress, unhappiness and also the feelings of not being safe that abound in our world today. So it is not surprising that a large number of both females as well as males carry excess weight, struggle with all manner of aches and pains, and generally do not feel beautiful, let alone well, for much of the time.

But I have also come to learn that, together with our actions, our beliefs are most powerful too. It is our beliefs and dreams that enable us to create the beauty in our lives that we desire.

One day I discovered that the term “Ladies and Gentlemen” does not mean what I thought it did, as being simply a term of formal greeting – or a phrase often used without ever really understanding its meaning. I now know that it is a term used to address those Ladies and those Gentle-men in our lives for whom we have a very deep respect and love, and for whom there are no words that can express this. So my acknowledgements go to the Radiant Life Technologies® Team of Ladies and Gentle-men who decided to compile this Beauty and Wellness Guide for all our fellow human beings, who too are wanting to respect and love the bodies that they have been given, so that their quality of life will ever be at its optimum. My acknowledgements also go to all those men and women who are supporting us to enrich and expand our knowledge of coMra® and its many applications and healing successes.

In this respect I would like to share another of Théun’s gems of insight into males and females:

*“All females dream of being swept off their feet by a handsome knight in shining armour atop his white stallion. Yet, encapsulated within that dream of dreams, is a deep secret of the female. People may wish to argue this point, but there is nothing upon this earth that is more powerful than belief. The Wright brothers put aeroplanes into the sky because they believed it possible. Man has journeyed into outer space because he believed it possible. People have performed all sorts of miracles because they believed them to be possible. And a man who has a female that insists upon seeing him as a shining knight, has no option other than to live up to that belief.”*

My wish is for you to see yourself as that beautiful Lady and that handsome Gentle-man knight who loves and respects your body enough to give it the support, the care and the attention that it deserves.

In helping us to translate our belief into actions, we have found that our “magic wand”, also known as our Delta® Series Laser, has proven itself as a powerful tool for supporting our bodies in so very many ways, in order that it may heal itself.

We believe in abiding by the Hippocratic Oath of “Do No Harm” and thus our coMra treatments using the Delta Laser are non-invasive and with no harmful side effects – a true miracle of medical science.

We believe and trust that you will enjoy applying the coMra treatments in this Guide, and that you will try combinations of all the different treatments to find a Beauty and Wellness regime for you – in the context of your lifestyle. It is your life – it is your body. It is the only one you are getting in this lifetime!

*Elizabeth Schnugh  
CEO of RLT*

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# *Introduction*

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*“By God, when you see your beauty,  
you will be the idol of yourself.” ~ Rumi*

Their quest for beauty and wellness forms for many people a most important part of their lives. This is a search that really tends to take off at the first signs of adolescence. What is it that we are all wanting and looking for? To live up to the glamorous images of the rich and famous that are portrayed in the media? These images are where many of our ideas of beauty have their roots. But if we look beyond the face value, what most people are really looking for is to feel good about themselves. When we feel good about ourselves, certain characteristics tend to shine from us. A glow to the skin, a clarity to the eyes, an assured walk, a smile and laugh that can stretch for miles, and all of these little things that you can't quite put your finger on. These characteristics add up to something more than “just a pretty face”. They are all part and parcel of the whole person. That is why a holistic approach, which involves one being self-sufficient, is of the utmost importance in our journey to beauty and wellness.

This is not to say that the outer appearance is to be ignored. Whenever we have a dis-ease or obvious flaw that affects our appearance there is the natural desire to fix or improve this. Such conditions range from lifeless, ageing skin to acne and from obesity to acute hair loss. There are countless issues that can affect our skin alone. The skin actually represents the largest organ of our body and it forms our connection between the outside world and our internal organs. Our skin allows substances to enter our body, as well as to be expelled from our body. But if it is bombarded daily with exposure to chemicals, toxins, and other stressors, there comes a point at which our skin becomes overloaded, and this applies to the rest of our body too. So if there is an issue with our skin, we can be sure that there is an underlying imbalance in the body, and as a result, if we wish to correct an imbalance in the skin, we also need to support the whole body. Through looking at the whole body, we can bring about a more comprehensive and long-lasting healing, and we are saying that we can achieve so much more than small improvements, temporary fixes, or covering up the problems.

Another of the immense benefits of coMra® and the Delta® Low-level Laser is that people can now experience this deep level of healing without harming themselves. By supporting the body to do its own healing there is no need to use toxic treatments or invasive procedures. Our approach is to marry beauty and wellness, so that treatments are not just focused on an isolated issue, but that they instead include the health of the whole person.

To conclude, I would like to share a final aspect that ties in with what I quoted from Rumi earlier: *“By God, when you see your beauty, you will be the idol of yourself.”* Through our approach to beauty and wellness, and through looking at the whole body, we can learn more and more about how to bring balance into our lives, and so to bring about our own healing.

The most wonderful effect of our approach to wholeness is that once our own beauty as a human being – our own power and “special something” – begins to shine through, we realize that we can create even more beauty and wellness within ourselves and in our lives. What could be more beautiful and well than this?

*Avril Murrin  
RLT Beauty & Wellness Consultant*

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 *Before You Start...*

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## General Notes

**1** coMra's effects take place at a cellular level, and act to regenerate and stimulate many of the body's essential functions, including *a) the Central Nervous System, b) the blood, c) the lymphatic system, d) the endocrine system* and *e) the organs* and other body parts directly. The treatment points in the User Guide have been selected with these considerations in mind, although additional points are sometimes included in specific treatments, where these are needed.

Therefore practitioners are encouraged to familiarise themselves with the basics of coMra®, and then to experiment, and so build up his or her own working knowledge of coMra-*Therapy* in order to treat any condition he or she encounters, using the treatments given in this manual as a guide.

**2** It should be noted that coMra-*Therapy* has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).

To ensure that you get the optimum value from coMra and the Delta®*Series* Low-level Laser, you should also regularly check the RLT website for the latest additions and amendments to the User Guides.

## Using the Terminals

**1** It is vital that the Terminals are placed **directly onto the skin**, unless stated otherwise in the treatments given in this User Guide.

**2** **Do not do treatments through clothing**, no matter how thin the clothing may be. Clothing will **distort the radiances, as well as inhibit them**.

**3** Notwithstanding the above, it is important to note that live hair does not inhibit the radiances, but instead helps to conduct them. This should be remembered when using the Meridian terminal for treating the hair or the scalp.

**4** For maximum effectiveness do not place any form of covering over the Terminals before using them. However, in certain circumstances a practitioner may wish to place a protective cover over the Terminal for hygiene purposes. In such cases use only a very thin and totally clear transparent plastic cling wrap, stretched tight across the surface of the Terminal, so as not to form creases or wrinkles.

**5** When treating the hands or neck area all **rings and jewellery must be removed** prior to treatment, as the jewellery will distort, reflect and refract the radiances.

---

# Cleaning

If no protective cover is used the Terminals should first be **cleaned and sterilised** before treating another patient. To clean the Terminals follow the instructions below:

- 1** The Medical Terminal, the Aesthetic Terminal and the sheaths of the Probe Terminal are most easily sterilised by dipping a **cotton swab** into either **Colloidal Silver** or **pure alcohol**, and then wiping the surfaces carefully and thoroughly, taking care not to scratch the sheaths of the Probe Terminal, or to get liquid inside the Terminals.
- 2** If the Probe Terminal has been used for **anal** or **vaginal insertions**, the sheath of the probe should first be washed thoroughly on the outside with **warm soapy water**. If water gets inside the sheath, the inside should first be dried before using again, as the water will distort the radiances. After washing, dry the sheath with a soft cloth, and then **sterilise as above**.
- 3** The Meridian Terminal is most easily sterilised by holding it with the **bristles facing down** and tilted slightly to one side, and then washing down the bristles with a small paintbrush, dipped in either **Colloidal Silver** or **pure alcohol**. Take care not to allow any liquid to get inside the Terminal. Once sterilised, the Terminal should be placed bristles down on a piece of clean paper towel and allowed to dry before being used again on another patient.

# Using the Different Frequencies

- 1** **5 Hz** is the frequency used for deep penetration – as in treating the internal organs and skeletal structure of the body, as well as treating internal tumours. **5 Hz is not used on the brain.**
- 2** **50 Hz** is the frequency used for treating most muscle disorders, injuries and ailments that are close to the surface of the skin. Exceptions to this are given in the various treatments listed. This frequency is also used for tumours that are located directly beneath the skin.
- 3** **1000 Hz** is the least penetrating of the frequencies, and is used mostly for treating skin disorders and very sensitive skin – as in burns, open wounds and superficial ulcers. It is also used for treating the inside of the mouth, the nose, the ears, the vagina and the anus, as well as for treating the central nervous system.
- 4** **The Variable Frequency setting (V)**, which varies intermittently between 5 Hz, 50 Hz and 1000 Hz, is used mostly for joints and bone fractures, and also in cases where it is desirable to treat a particular area at various depths of penetration.

## How coMra® Supports the Body

As a consequence of its regenerative and supportive effects, coMra-*Therapy* tends to work differently to conventional medical treatment and allopathic medications, and this is most often visible in the case of certain **serious illnesses, and/or prolonged illnesses**, where the body has become depleted. Therefore, it is of vital importance to take into consideration the following few points when treating these conditions, so as to avoid unnecessary concern:

- 1 In **serious illness, and/or prolonged illness** the body becomes exhausted and depleted in the constant fight against the disease. If this state of affairs goes on for some time, the body is eventually so weak that it will use whatever remaining reserves it has in maintaining only those organs and those bodily functions that are vital to the preservation of life.
- 2 The principal function of coMra-*Therapy* is to act as a **support** for the body. Consequently, if a body has become exhausted and depleted it will, once laser treatment is commenced, first use this support to build up its strength and its depleted reserves. The result of is an immediate feeling of **well-being**.
- 3 After the body has built up sufficient strength it initiates the healing process. If, because of serious illness, the body is still recovering from depletion, it will again become depleted, and the result of this is what can appear to be a complete **relapse**. Occasionally, such relapses can precipitate a state of health in which the symptoms displayed are worse than before treatment was commenced. This state of health, however, will only be temporary, and the treatment should NOT be suspended.
- 4 The reason why it is important to continue with the treatments is because the body will once again use the support given to it by coMra-*Therapy* to build up its strength, and will then continue to fight against the disease. Throughout this time the patient will be making good progress and will feel considerably better. Later on, if the illness has been sufficiently serious or prolonged, the body will at some stage again become depleted, which can also result in yet another relapse, and the patient no longer feeling as well as before.
- 5 This cycle of feeling better, and having a relapse, will continue for as long as it takes the body to recover fully from its initial exhaustion and depletion. But it will be noticed that, if there are relapses, each apparent relapse is **not as severe** as the previous time.
- 6 As the body builds up sufficient strength, any future relapses will become fewer, and intervals between them will become longer, until a full recovery has been achieved.
- 7 As a result of the support needed by the body in healing itself, several of the treatments given in this User Guide stipulate that there should be no periods of rest between courses of treatment until definite improvement has been achieved.
- 8 Please note that the effects of the irradiation will continue to function even during the periods of rest. However, for maximum effectiveness the periods of rest should not be longer than stipulated in the various treatments.

**NONE of these factors apply in cases of physical injuries, or when diseases are treated timeously with coMra.**

---

# Vitality, Well-being & Recuperation

**1** coMra-*Therapy's* actions are non-invasive, and are highly supportive in terms of regenerating the body's functionality in all areas. This it does primarily through its actions on **the Central Nervous System, the blood, the lymphatic system, the endocrine system and the organs directly.**

It is this regenerative support that makes coMra® and the Delta® *Series* Low-level Laser so useful in the treatment of disease, illness and traumatic injuries, whether these are acute or chronic.

**2** However, the uses of coMra and the Delta *Series* Low-level Laser are not limited to illness, but extend to a wide variety of circumstances in which the body has become stressed or depleted, for any number of reasons, due to health or lifestyle – or simply the effects of ageing.

**3** Therefore treatments are invaluable for recuperation and recovery, for trauma and surgical operations, as well as to offset the ravaging effects of old age.

**4** In addition, many people today are finding that their lifestyles are causing them increasing levels of stress. This, in conjunction with the everyday wear and tear of the ageing process, is bringing about an ever-growing array of health-related complaints and illnesses.

The support offered by coMra and the Delta *Series* Low-level Laser will reduce the debilitating effects of these factors on the body.

**5** Because of the effects of lifestyle on long-term health most of the treatments for chronic illnesses in the User Guide specify ongoing treatments at periodic intervals. It is important that these are observed as a preventive measure, so that the effects of a particular lifestyle can be mitigated and do not again lead to a recurrence of the illness.

**6** Its support for the body in addressing health imbalances means that coMra and the Delta *Series* Low-level Laser have a valuable role, irrespective of whether one is ill or not, in bringing about continued vitality and in building the body's overall strength and well-being. This makes coMra particularly valuable for a wide range of people looking for a better quality of health – from athletes seeking increased stamina, to people who are searching for a comprehensive method of prevention from the effects of their lifestyles, as well as age-related deterioration.



**NOTE WELL**

- 1 Under **NO** circumstances should the laser light be allowed to come into contact with the eyes. Prolonged exposure of the eyes to laser light could cause **permanent blindness**, and even brief exposure could result in serious damage to the eyes.

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- 2 If treatment is to be done anywhere close to the eyes, the **eyelids should be closed**, in which case no damage can be done through the laser light accidentally shining into the eyes.

---

- 3 In using the **Meridian Terminal** for the treatment of hair, **NEVER** do this sitting in front of a mirror. The light from the laser can reflect off the surface of the mirror and damage the eyes.

---

- 4 Whenever using the **Meridian Terminal** care must be taken not to direct the laser towards the face or eyes of another person. Take particular care of **children** and **animals** that may wander into the room during treatment.

---

- 5 When using the **Meridian Terminal** to treat infants it is best to shield the eyes of the child from coming into accidental contact with the laser light by holding a piece of firm cardboard upright across the chest of the child before commencing treatment. **Also please note that the Meridian Terminal should NOT be used on the heads of infants until the fontanelles have closed up completely!**

---

- 6 Whenever treating any part of the **brain** with the **Medical Terminal** the ultrasound **MUST** be turned **OFF**. In all other cases the ultrasound should be turned ON.

---

- 7 The lights around the probe are **LED lights** that will **NOT** damage the eyes. However, to avoid any irritation or discomfort it is best to close the eyes if the probe is used in the vicinity of the eyes.

---

- A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) **NEVER** use a frequency other than 5 Hz.

---

- 8 B. A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.

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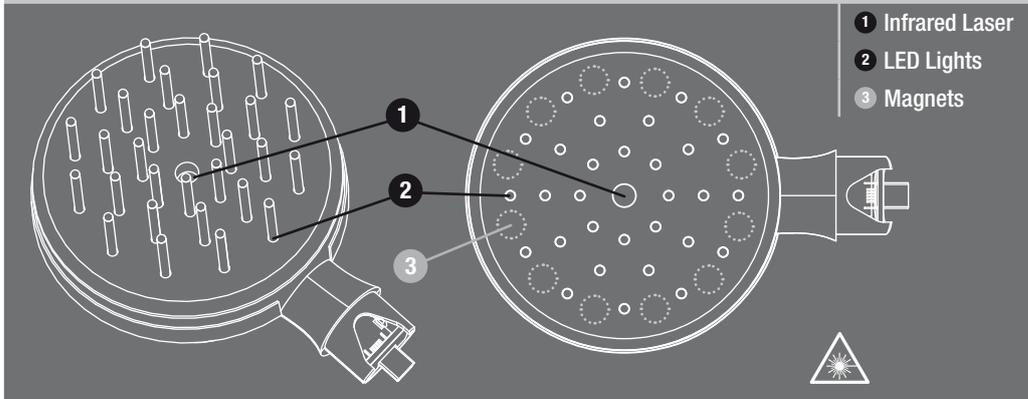
- 9 Do **NOT** use *coMra-Therapy* on patients who have had **heart transplants**, who have hearts with **artificial valves** or who have **cardiostimulators**. To date there is no clinical data which proves *coMra* to be detrimental to such patients, but not enough research has of yet been done to verify the safety of these patients.

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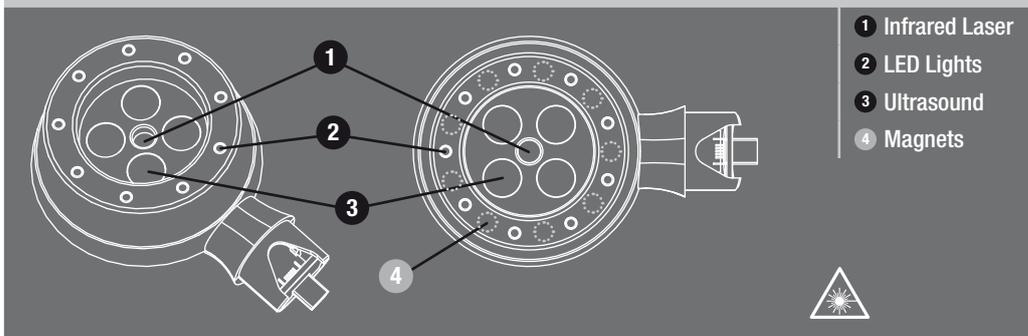
- 10 Do **NOT** place any of the Terminals within **30 cm** of any sensitive electronic equipment (laptops, hard drives, floppy disks, etc.). The magnetic field from the Terminals may damage such items.

# Terminal Layouts

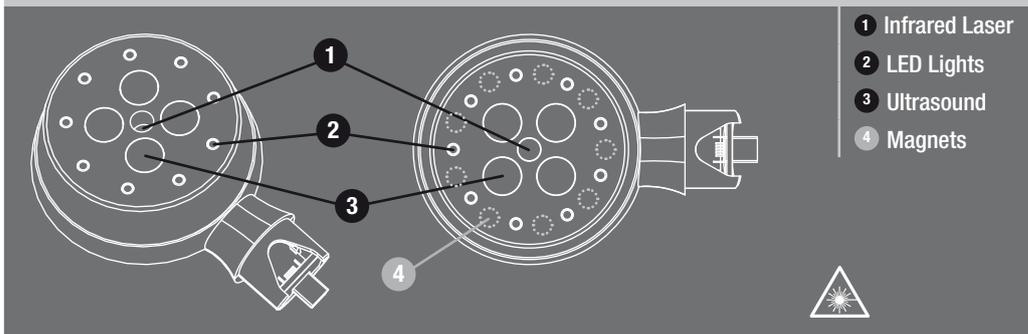
## Delta Meridian Terminal



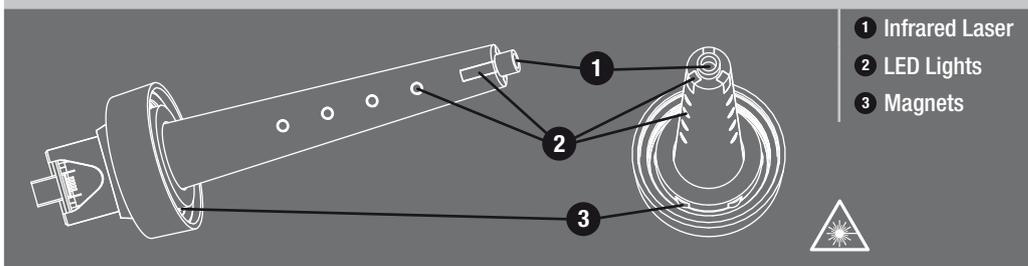
## Delta Medical Terminal



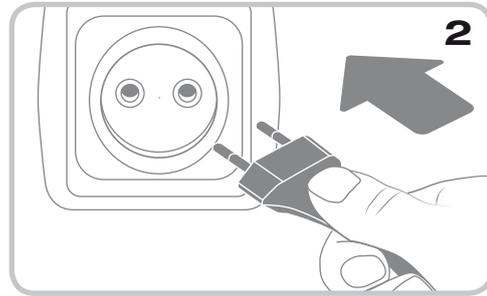
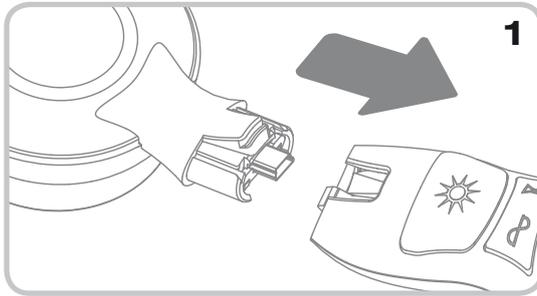
## Delta Aesthetic Terminal



## Delta Probe Terminal



# Operating Instructions



3

**START/STOP Button Functions**

- When first plugged into the mains only the START/STOP light will come on at half-power to show that the Delta is plugged in and is in *Standby Mode*.
- When the START/STOP button is pressed and held the Delta will power-up into *Normal Ready State*. The FREQUENCY and TIME buttons will glow brightly, and the currently selected settings are indicated by the orange LEDs.
- Whenever the START/STOP button is pressed and held and the Delta is not running a program it will power-down to *Standby Mode* again with the START/STOP button light at half-power.
- From the *Normal Ready State* if the START/STOP button is pressed briefly the selected program will start and the button will pulse to show that the program is active.
- If the START/STOP button is pressed briefly during a running program the Delta will pause the program, and the START/STOP light will blink on and off to show *Pause Mode*. If the START/STOP button is pressed again it will resume the program for the correct remaining time, and the START/STOP light will return to slow running pulsation.
- If the START/STOP button is pressed and then held during a running program or during a paused program the program will finish and the Delta will return to the *Normal Ready State*, and will reset to the last run program settings. The Delta will remember its last run program for each Terminal.

**ULTRASOUND Button**

- Press for ON/OFF. (Available only with Medical & Aesthetic Terminals)

⚠ If the Terminal is removed during *Standby Mode*, or *Normal Ready State*, the Delta will power-down to the *Off State*, until a Terminal is reinserted into the handle. Do NOT remove a Terminal whilst running a program.

⚠ If the Delta is not being used for a period of more than 24 hours it is recommended to unplug the power supply unit from the mains.

**FREQUENCY Button**

- Press to cycle through to the desired frequency.

**TIME Button**

- Press to cycle through to the desired time.
- During a running program the LEDs showing the time will change to indicate the full minutes remaining.

**TERMINAL EJECT Button**

Press and hold then remove terminal.

4

**PART 1**

*Cosmetology*

**SECTION I**

*Cosmetic Treatments*

## General Notes



coMra-*Therapy* using the Aesthetic Terminal, which has **enhanced ultrasound**, gives excellent results when used for rejuvenating the skin, and for improving the general condition of the skin, especially on the face and the neck. It is also good for treating mild skin ailments, such as wrinkles, pimples, rashes and mild eczema. Regular use of the Aesthetic Terminal will maintain a good, smooth and healthy skin that is free of wrinkles and skin blemishes.



### NOTE WELL

**Ultrasound**, although safe to use on the face, should **NEVER** be used on the **brain**, and therefore the **Aesthetic Terminal** must **NOT** be used on the **brain** itself.

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).

20 min +



## Face & Neck

-  AGEING SKIN
-  BLEMISHED SKIN
-  VEINLETS & REDNESS

### TREATMENT:



Using the **Aesthetic** Terminal.

1

- A. Starting with the **face**, first **slowly** and **gently** run the surface of the Terminal across the surface of the **forehead** as shown in the diagram for **2 min** at **1000 Hz**.
- B. **Slowly** and **gently** run the Terminal across the surface of **one half** of the **face**, including the side of the **nose** and the **lips**, and as shown in the diagram, for **5 min** at **1000 Hz**. Then **repeat** for the **other side** of the face.

2

- A. **Slowly** and **gently** run the Terminal across the surface of **one half** of the **neck** as shown in the diagram, for **2 min** at **1000 Hz**. Then **repeat** for the **other side** of the neck.
- B. Repeat **2A** for **2 min** at **50 Hz**.

3

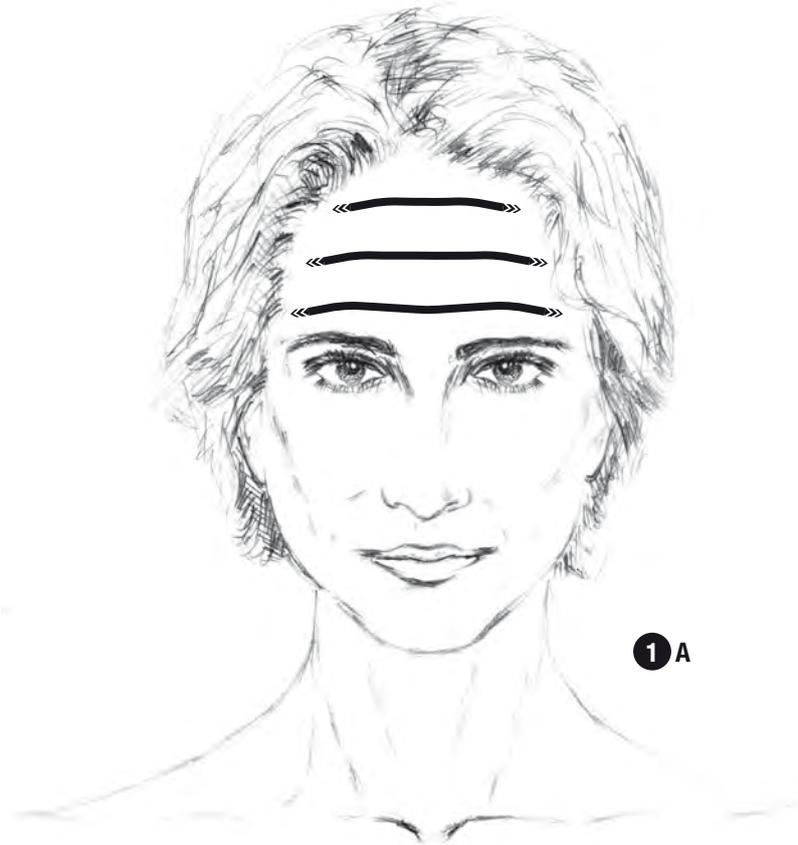
- For **skin blemishes** treat the **affected area** by running the surface of the Terminal over the blemish, including an overlap of **2 cm** of good skin around the blemish. Treat **daily** for **5 min** at **1000 Hz**.

### RECOMMENDED COURSE:

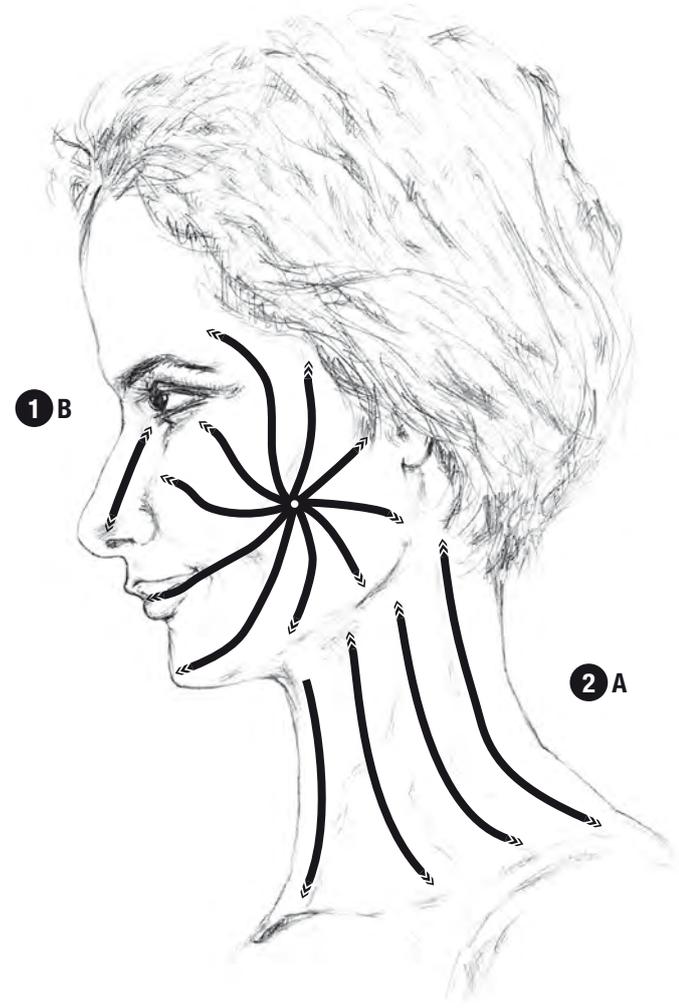
**Once daily**. The overall treatment should not be less than **20 min**. For acute and serious conditions treated at home, treatments can be given more than once a day, as necessary.



Alternatively, practitioners may choose to apply the treatment 3 times a week. In this case, double the treatment time for the areas being treated.



1 A



1 B

2 A

10 min +



# Hands

## SKIN BLEMISHES

### TREATMENT:

 Using the **Aesthetic** Terminal.

1

A. Place one hand flat on a table surface with the fingers slightly spread. Now **slowly** and **gently** run the surface of the Terminal across the surface of the **back** of the **hand** and **fingers**, including the **thumb**, as shown in the diagram, for **5 min** at **1000 Hz**.

B. Repeat **1A** at **50 Hz**.

C. Repeat **all** for the **other hand**.

2

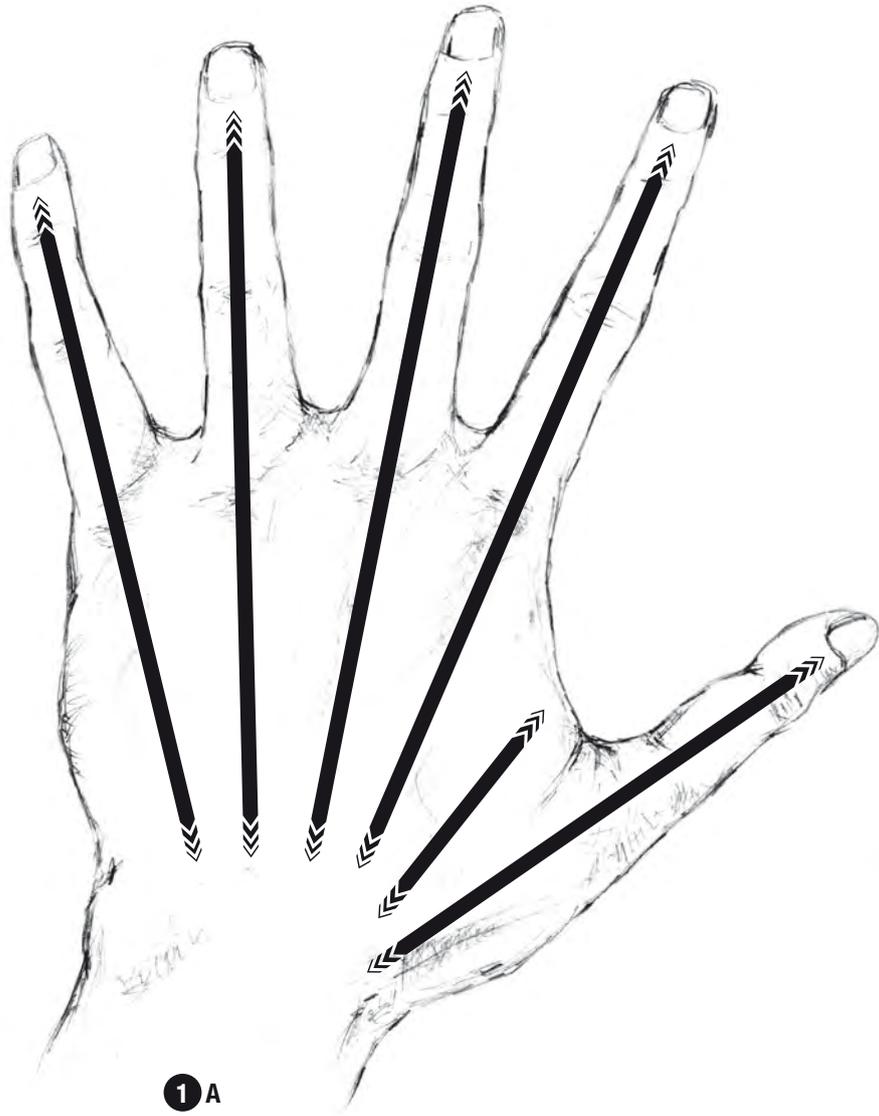
For **skin blemishes** treat the **affected area** by running the surface of the Terminal over the blemish, including an overlap of **2 cm** of good skin around the blemish. Treat **daily** for **5 min** at **1000 Hz**.

### RECOMMENDED COURSE:

Once daily.



Alternatively, practitioners may choose to apply the treatment 3-5 times a week. In this case, extend the treatment time for the areas being treated.



5 min +



# Stretch Marks

## STRETCH MARKS / STRIAE

### TREATMENT:

 Using the **Aesthetic** Terminal.

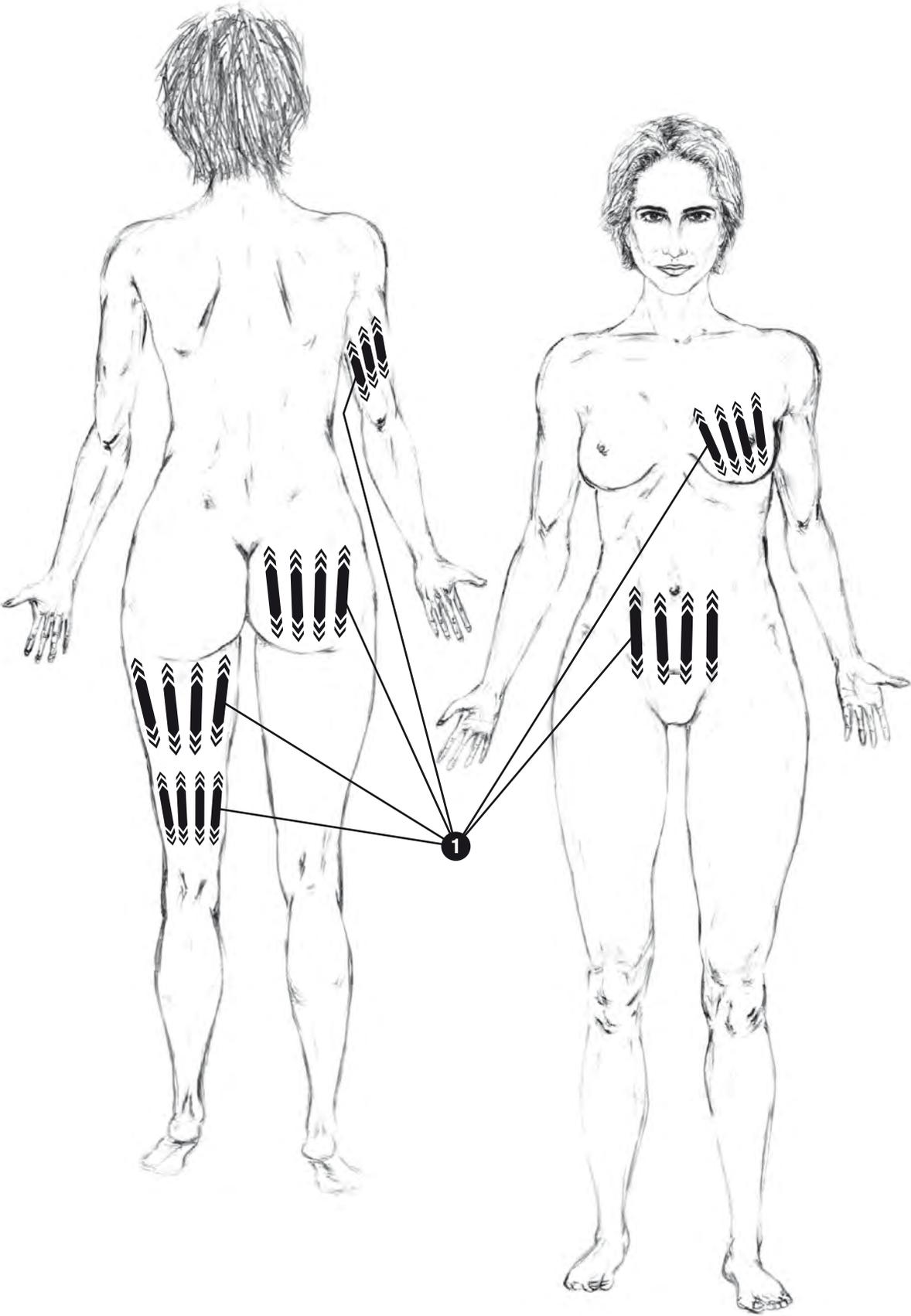
|          | TREATMENT AREA  | FREQUENCY  | TIME  |
|----------|---|--|--|
| <b>1</b> | Run the surface of the terminal backwards and forwards across the stretch marks | 1000 Hz  | 5 min per 15 cm <sup>2</sup>   |

### RECOMMENDED COURSE:

**TWICE per day for 15 days.** Allow 2 weeks rest before doing another course. Repeat until the conditions clears up.

 Alternatively, practitioners may choose to apply this part of the treatment 3-5 times a week. In this case, extend the treatment time for the areas being treated.

 This treatment is best done in conjunction with **Part 3 – Core Support, Section 1 – Universal 3 (Blood Irradiation)**.



5 min +



# Cellulite

-  SKIN DIMPLING
-  NODULARITY
-  ORANGE PEEL EFFECT

## TREATMENT:

 Using the **Aesthetic Terminal**.

|          | TREATMENT AREA   | FREQUENCY  | TIME  |
|----------|--|--|--|
| <b>1</b> | Run the surface of the terminal backwards and forwards across the affected areas | 50 Hz  | 5 min per 15 cm <sup>2</sup>   |

## RECOMMENDED COURSE:

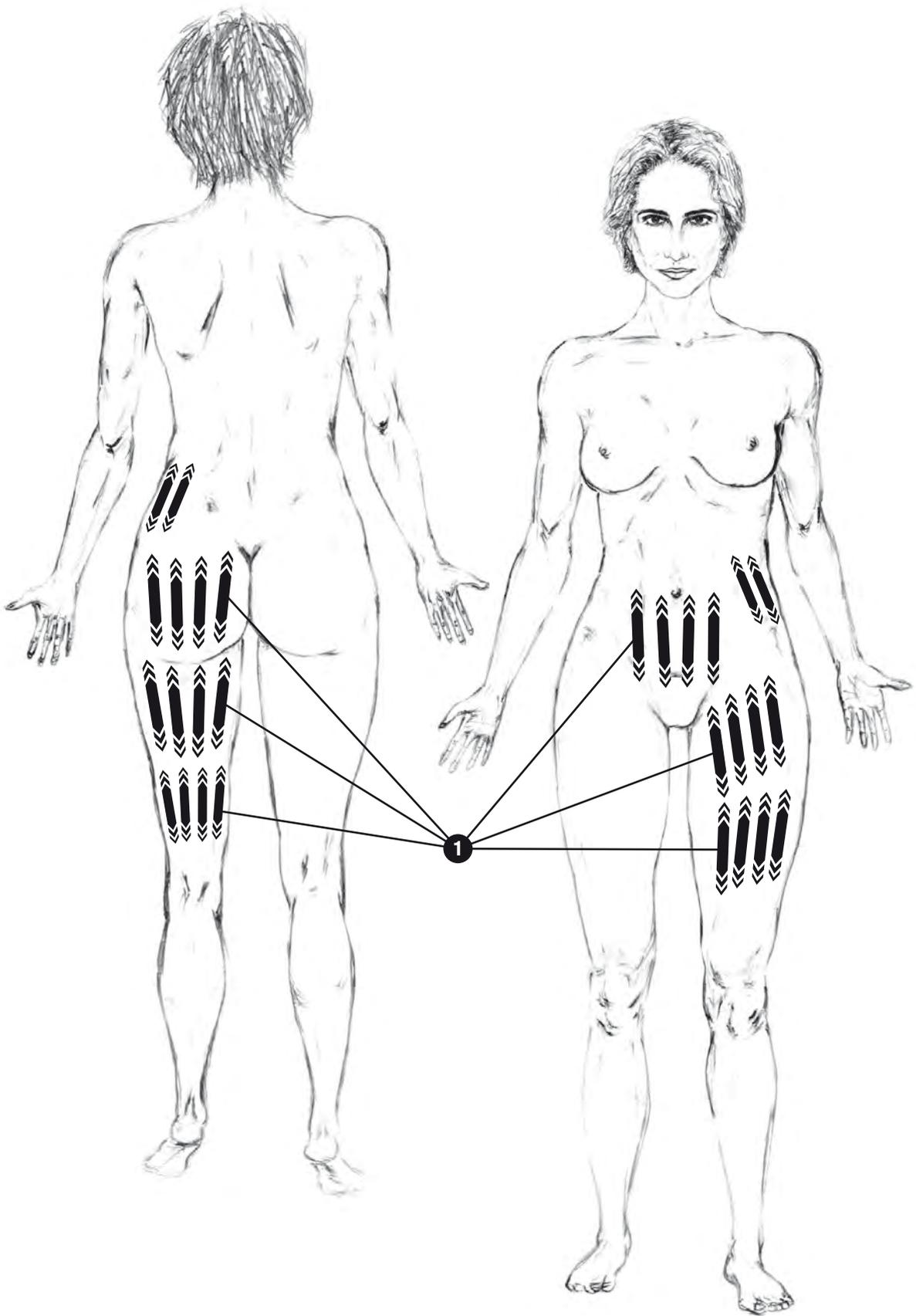
**TWICE per day for 15 days.** Allow 2 weeks rest before doing another course. Repeat until the conditions clears up.



Alternatively, practitioners may choose to apply this part of the treatment 3-5 times a week. In this case, extend the treatment time for the areas being treated.



It is highly recommended that this treatment be done in conjunction with **Part 4 – Cleansing Programs, Section I – Comprehensive Cleanse & Elimination Program.**



25 min



MEDICAL



PROBE (EXT)

# Tummy Tighten

- POST-OPERATION FLACCID STOMACH MUSCLES
- POST-PREGNANCY ROUTINE\*

### TREATMENT:



Using the **Medical** Terminal.

|   | TREATMENT AREA  | FREQUENCY | TIME            |
|---|---|-----------|-----------------|
| 1 | Outer edges of the rectus abdominus<br>4 points, both sides | 50 Hz     | 1 min per point |
| 2 | Inner edges of the rectus abdominus<br>4 points, both sides | 50 Hz     | 1 min per point |
| 3 | Scan the length of the linea alba                           | 1000 Hz   | 5 min           |



Using the **Probe** Terminal with the **Extended** sheath attached.

|   | TREATMENT AREA                     | FREQUENCY | TIME            |
|---|------------------------------------|-----------|-----------------|
| ⊙ | Each point as shown in the diagram | 1000 Hz   | 1 min per point |

### RECOMMENDED COURSE:

**Once daily for 30 days.** Allow 1-2 weeks rest before doing another 30 day course. Repeat until full recovery has been achieved.



Alternatively, practitioners may choose to apply the treatment 3-5 times a week. In this case, extend the treatment time for the areas being treated.

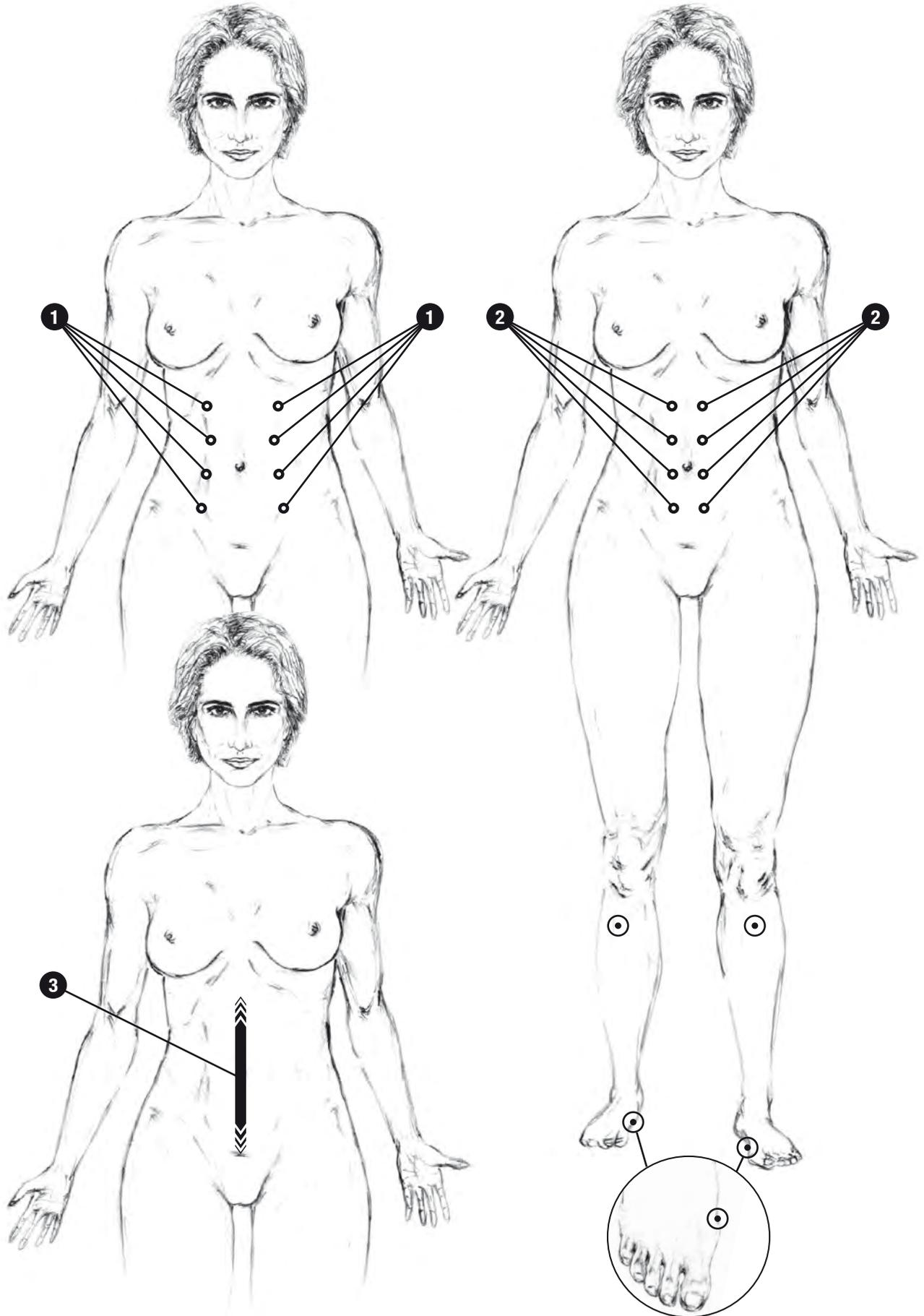


We recommend this treatment be done in conjunction with a form of postpartum or transverse abdominal exercise routine. Each woman's experience and specific needs are unique and so every woman will recover at her own rate. Seek out an exercise program that you feel is right for you. Most importantly, be gentle and patient with yourself.

This treatment is best done in conjunction with **Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)**.



If there is a C-section then this treatment is best done in conjunction with the treatment for **Part 2 – Pain, Section II – Surgical Cuts**.



**PART 1**

*Cosmetology*

**SECTION II**

*Skin Disorders*

## General Notes



### NOTE WELL

A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) **NEVER** use a frequency other than 5 Hz.

1

B. A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.

2

Do **NOT** use *coMra-Therapy* on patients who have had **heart transplants**, who have hearts with **artificial valves** or who have **cardiostimulators**.

3

Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).



## Skin Disorders

-  **ECZEMA**
-  **NEURODERMATITIS** – Skin disorder characterized by self-perpetuating scratch-itch cycle.
-  **ALLERGIES**
-  **PSORIASIS**

### TREATMENT:

 Using the **Medical Terminal**.

| NO. | TREATMENT AREA                               | FREQUENCY  | TIME  |
|-----|--|--|--|
| 1   | 4 <sup>th</sup> intercostal, left of sternum | 5 Hz   | 2 min  |
| 2   | Elbow fossae                                 | 5 Hz   | 5 min per point  |
| 3   | Femoral Arteries                             | 5 Hz   | 5 min per point  |
| 4   | Liver  | 5 Hz   | 2 min per point  |
| 5   | Kidneys                                      | 5 Hz then<br>50 Hz   | 2 min per point for<br>each frequency  |
| 6   | Scan the affected area                       | 1000 Hz  | 1 min per 10 cm <sup>2</sup>   |

### RECOMMENDED COURSE:

**Twice daily for 15 days.** Allow a period of 3 weeks rest before doing another treatment if needed. Thereafter treat every 3 months if ailment re-occurs.

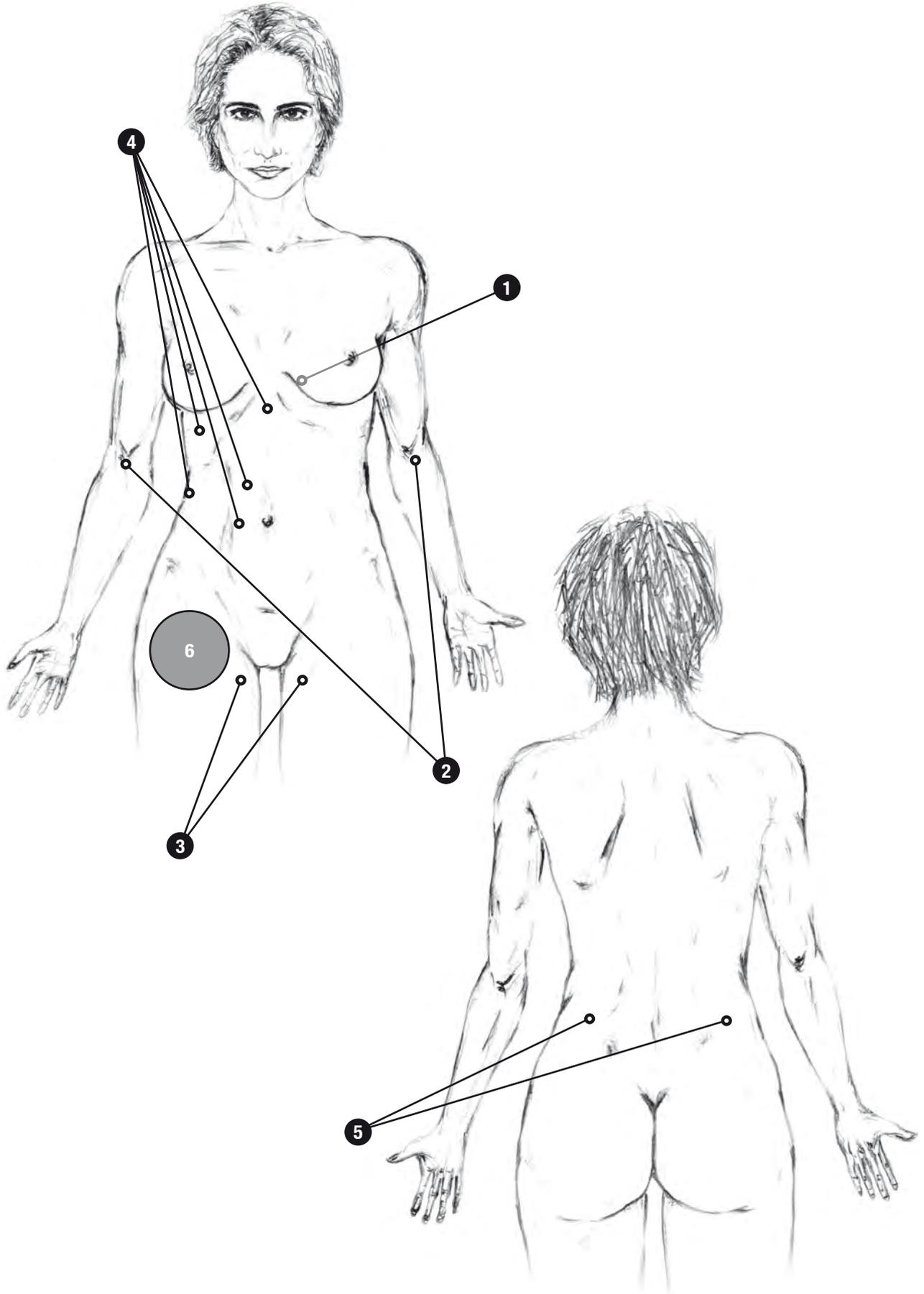


Alternatively, practitioners may choose to apply the treatments 3-4 times a week. In this case, extend the treatment time for the areas being treated.



This treatment should be done in conjunction with **Part 3 – Core Support, Section 1 – Universal 4 (Routine 1)**.

If the affected area is on the **scalp**, use the **Meridian Terminal** with which to scan the affected area. The bristles can be rested lightly **against** the skin.



5 min +



## Skin Disorders

-  MILD PSORIASIS
-  MILD ECZEMA
-  SKIN RASHES

### TREATMENT:



Using the **Meridian Terminal** set at **1000 Hz**.

- 1** In cases of psoriasis on the scalp or when covered by beard on the face, follow **Part 1 – Cosmetology, Section III – Hair Care (Healthy Hair & Scalp)**.
- 2** In the case of **mild eczema** on the **face** and/or **neck**, gently brush the entire face and/or neck with the **Meridian Terminal**, with the **eyes closed**, for **5 min**. Do **NOT** shine the laser light into the open eyes!
- 3** In all other cases of **psoriasis**, **skin rashes** or **mild eczema**, gently brush the **affected area** first at **1000 Hz** for **5 min**, and then at **50 Hz** for **5 min**.

### RECOMMENDED COURSE:

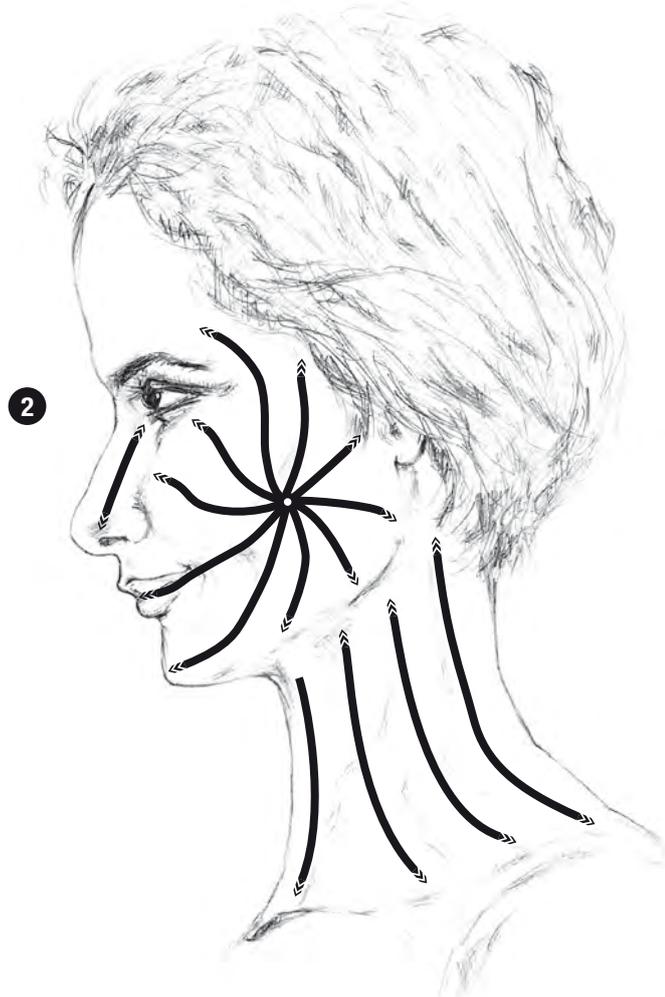
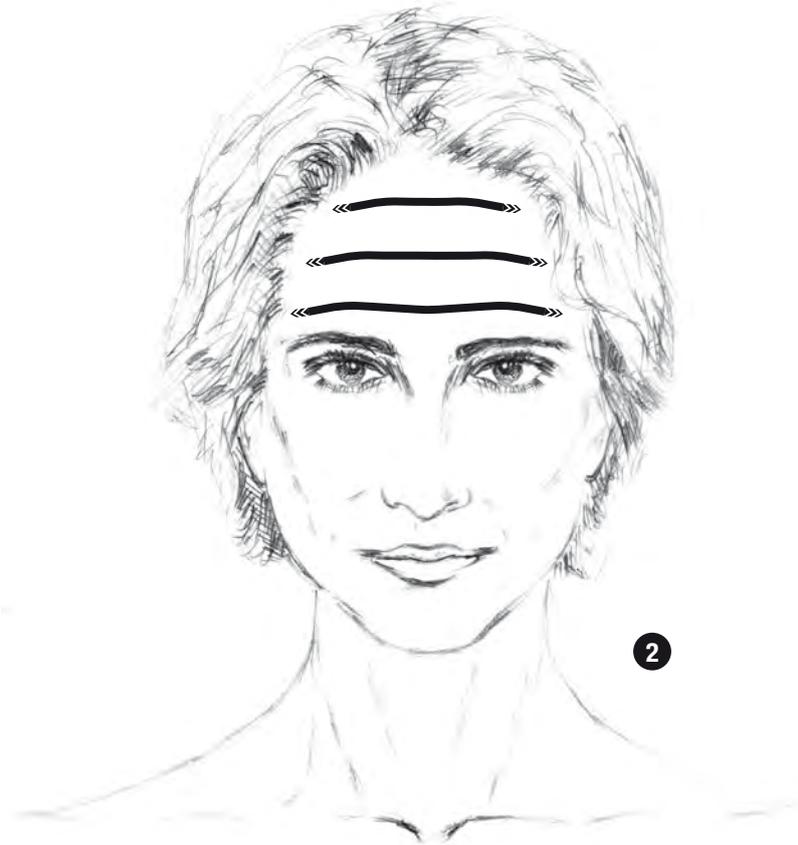
**Twice daily**. Do the treatment until the condition **clears up completely**.



Alternatively, practitioners may choose to apply the treatments 4 times a week. In this case, double the treatment time for the areas being treated.



Clean the bristles of the Meridian Terminal with **Colloidal Silver** or with **pure alcohol** after treatment to avoid spreading the infection.



2-5 min



## Skin Disorders

-  WARTS
-  PLANTAR WARTS
-  WARTY BUMPS (MOLLUSCUM CONTAGIOSUM)\*

### TREATMENT:



Using the **Medical Terminal**.

### WARTS, WARTY BUMPS

- 1 Place the Terminal over the wart and in contact with the skin. Irradiate for **2 min** at **50 Hz**.

**Once daily for 4/5 days.** The wart will immediately start to shrivel, and depending upon the size of the wart it will be considerably reduced in size by the fourth or the fifth day and should by then be ready to peel off the skin of its own accord. If it does not peel off then continue the treatment until the remainder of the wart does peel off.



Do **NOT** force the wart to part from the skin, for this will cause excessive bleeding and the forcing can lead to secondary problems.



For **Molluscum Contagiosum** you can use the same treatment as for warts. However, because they are infectious, **the Terminal MUST be properly sterilised after treatment before being used again!**

### PLANTAR WARTS

- 2 Place the Terminal over the wart and in contact with the skin. Irradiate for **5 min** at **5 Hz**.

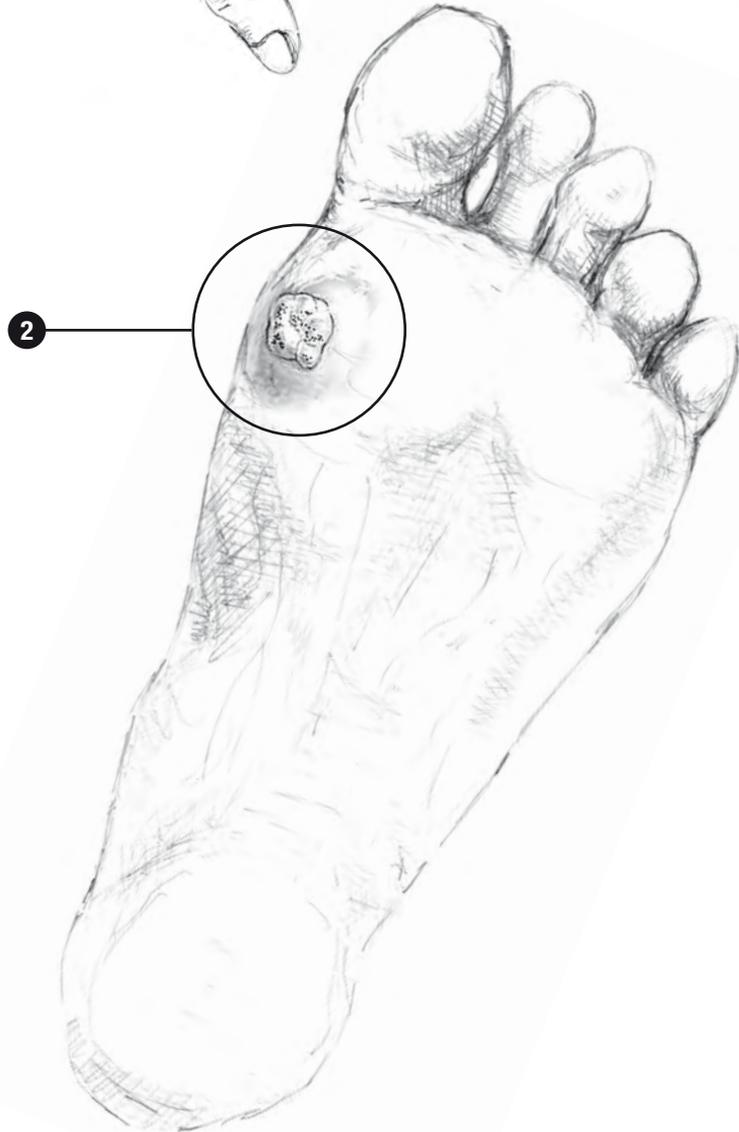
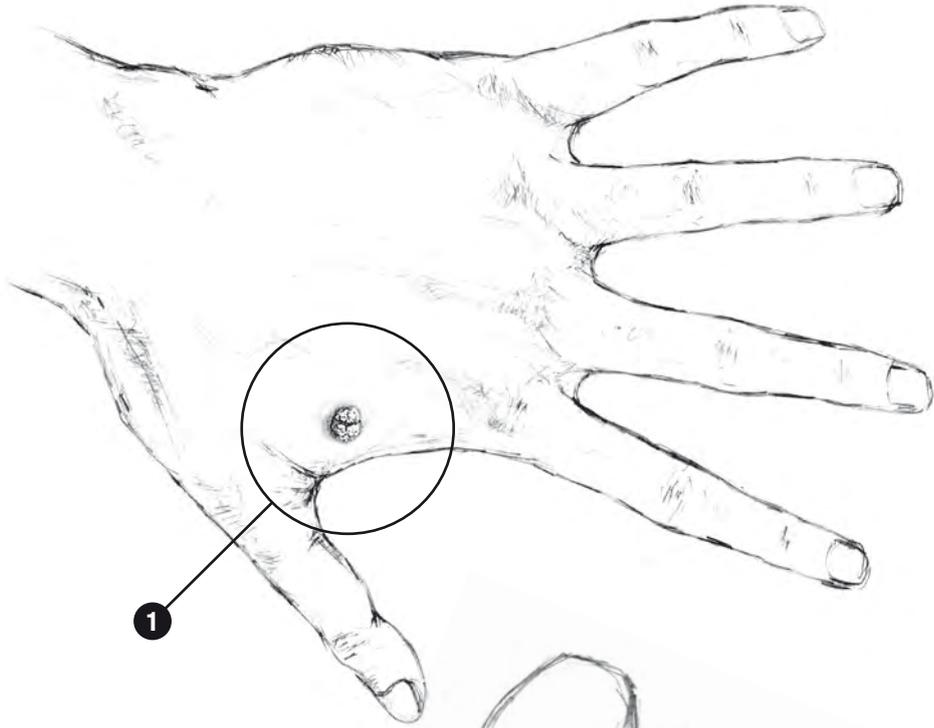
**Once daily until the wart is completely gone.** It is important to understand that in this treatment warts are killed from the surface of the skin down towards the root.

After 5-6 days the body will start to push to the surface of the skin the dead parts of the wart. These dead parts are easily removed by soaking the affected part in some hot water for 5 minutes, and then scraping away the dead bits gently with the thumb nail. The surrounding skin which would also have been infected will scrape away with the dead part of the wart.

Depending upon how deep the wart has developed the wart should be totally out after approximately 15-18 days. If it is not completely out by this time, then continue with the treatment until the whole wart is out.



It is important to ensure that the whole wart has been eliminated, leaving fresh new skin underneath. If any part of the wart remains the wart will grow again.



20 min



## Skin Disorders

- ▶ PSORIASIS OF FINGERNAILS
- ▶ FUNGUS OF TOENAILS OR FINGERNAILS\*

### TREATMENT:

 Using the **Medical Terminal**.

| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | Scan the fingers or toes along the top, making sure the laser beam covers the nails as well                                 | 1000 Hz   | 2 min per finger   |
| 2   | Scan along the underneath of the fingers or toes, making sure the laser beam covers the tips of the fingers or toes as well | 50 Hz   | 2 min per finger   |

### RECOMMENDED COURSE:

**Once daily** until the condition clears up. Repeat treatment after **6 months** if necessary.



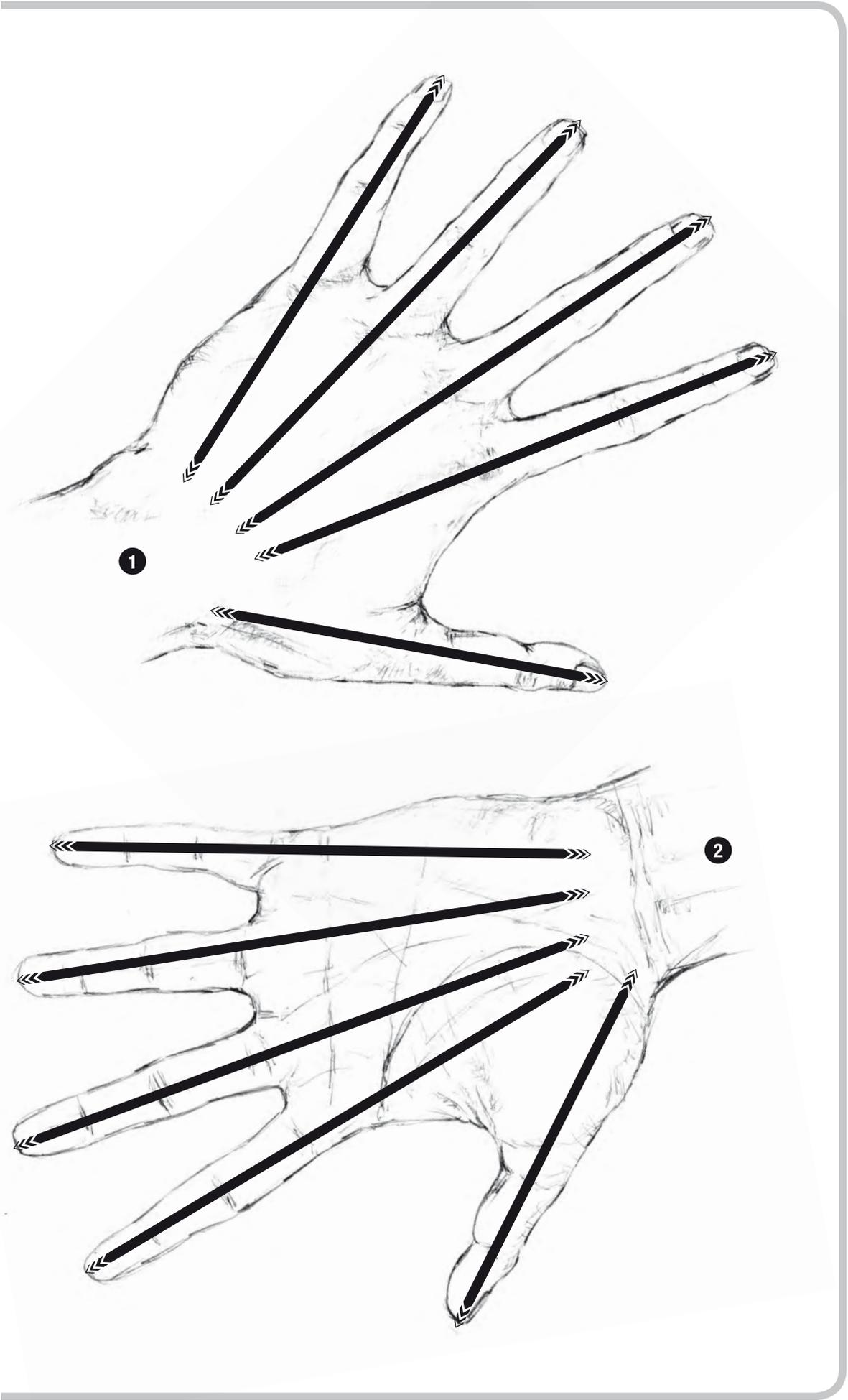
Alternatively, practitioners may choose to apply the treatments 5 times a week. In this case, double the treatment time for the areas being treated.



For fungus of the toenails do the above treatment twice per day until the condition clears up completely.



Since fungus is highly contagious it is of utmost importance to exercise strict personal hygiene during the period of treatment, otherwise re-infection will keep recurring. For example, after showering first dry the rest of the body before drying the feet, and never use the same towel twice. Towels, bedding and clothing should be changed, suitably sterilised and washed on a daily basis. Shoes should be sterilised by placing them in strong sunlight for at least two hours per day. Do not wear the same shoes consecutively.



10 min ±



MEDICAL



AESTHETIC

# Skin Disorders

## DERMOGRAPHIA

### TREATMENT A (MORNING):



Using the **Medical** Terminal.

### *Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)*

Done every **second** day, as prescribed.



Alternatively, practitioners may choose to apply this treatment twice a week. In this case, double the treatment time for the areas being treated.

### TREATMENT B (EVENING):



Using the **Aesthetic** Terminal.

| NO. | TREATMENT AREA  | FREQUENCY | TIME                         |
|-----|---|-----------|------------------------------|
| ①   | Scan the affected area, with the Terminal fractionally above the skin so as to avoid further irritation | 1000 Hz   | 5 min per 10 cm <sup>2</sup> |

### RECOMMENDED COURSE:

Do all 10 treatments in **Treatment A**, and do **Treatment B** until the affected area has cleared up.



Alternatively, practitioners may choose to apply this part of the treatment 2-5 times a week. In this case, extend the treatment time for the areas being treated.



It is highly recommended that **Treatment A** be done at least **4 times per year** as a preventative measure, and for continued well-being.



10 min ±



MEDICAL



AESTHETIC

## Skin Disorders

 ACNE

 ROSACEA

### TREATMENT A (MORNING):

 Using the **Medical** Terminal.

### *Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)*

Done every **second** day, as prescribed.



Alternatively, practitioners may choose to apply this treatment twice a week. In this case, double the treatment time for the areas being treated.

### TREATMENT B (EVENING):

 Using the **Aesthetic** Terminal.

| NO. | TREATMENT AREA   | FREQUENCY  | TIME  |
|-----|--|--|--|
| 1   | Scan the affected area fractionally above the skin to avoid further irritation | 1000 Hz then<br>50 Hz  | 5 min per 10 cm <sup>2</sup><br>for each frequency   |

Continued overleaf 





Using the **Medical** Terminal for serious/severe types of Acne.

| NO. | TREATMENT AREA   | FREQUENCY  | TIME  |
|-----|--|--|--|
| 1   | Scan the affected area fractionally above the skin to avoid further irritation | 50 Hz  | 5 min per 10 cm <sup>2</sup>   |
| 2   | Kidneys  | 5 Hz then 50 Hz  | 2 min per point for each frequency   |

**RECOMMENDED COURSE:**

Do all 10 treatments in **Treatment A**, and do **Treatment B** until the affected area has cleared up.



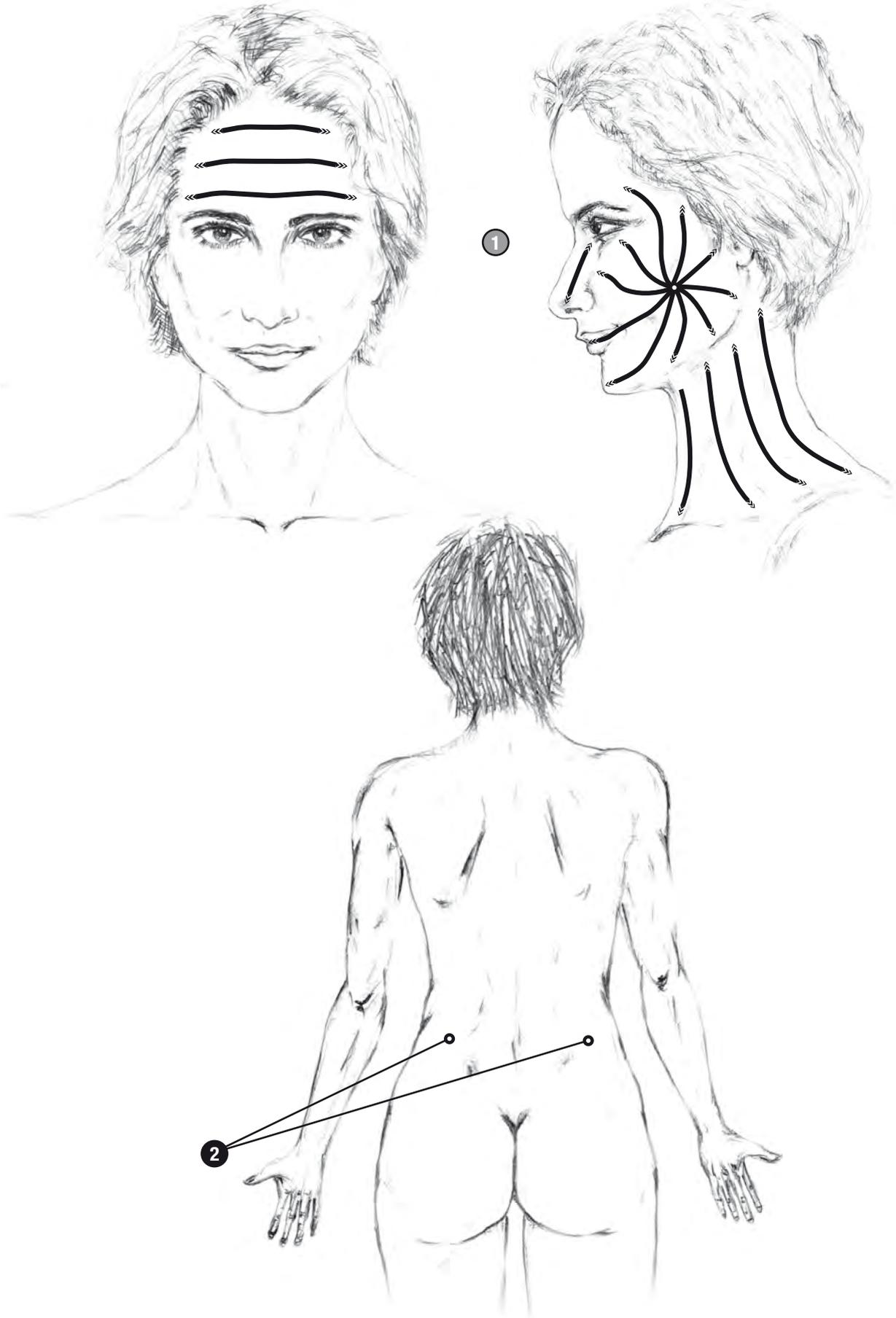
Alternatively, practitioners may choose to apply this part of the treatment 3-4 times a week. In this case, extend the treatment time for the areas being treated.



This treatment can be applied after a 'skin extraction' procedure, but it is highly recommended that you place a protective cover over the Terminals for hygiene purposes. Use only a very thin and totally clear transparent plastic cling wrap, stretched tight across the surface of the Terminal, so as not to form creases or wrinkles.



It is highly recommended that **Treatment A** be done at least **4 times per year** as a preventative measure, and for continued well-being.



**PART 1**

*Cosmetology*

**SECTION III**

*Hair Care*

## General Notes

- 1 coMra® gives excellent results in improving the condition of hair and in preventing the loss of hair. However, although coMra-*Therapy* will stimulate live hair roots into greater health, it cannot reactivate dead roots. This means that coMra-*Therapy* can be used in cases of early hair loss, and also in cases where hair loss has been caused by shock, stress, overuse of toxic hair products and medical procedures, including chemotherapy. In addition, regular use of the Meridian Terminal will ensure good, strong and healthy hair.
- 2 It is also important to know that the entire scalp of the human head contains a great many meridian points or acupuncture points, with the result that when treating the hair, you are also stimulating many vital organs within the body into a state of greater well-being. This alone makes treating the hair on a daily basis an invaluable aid in leading a healthier and happier life.
- 3 coMra first helps to replenish the body's energy reserves in order to deal with serious illnesses and diseases. After this, available energy can be used to deal with any other imbalances. Remember that extreme stress is often the cause of early hair loss, and this should also be addressed.



### NOTE WELL

- 1 **Ultrasound** should **NEVER** be used on the **brain**, and therefore the Meridian Terminal has been made without an ultrasound emitter.
- 2 The Meridian Terminal should **NOT** be used on the heads of infants until the **fontanel**s have closed up completely!

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).

20 min



# Hair Care

## HEALTHY HAIR & SCALP

### TREATMENT:



Using the **Meridian Terminal** set at **1000 Hz**.

1

- A. **Brush** the hair **slowly**, staying on the same course of brushing for approximately **1 min** before moving the brush to another course.
- B. First brush the hair from front to back, starting next to an ear and working up towards the top of the scalp, and then down to the other ear.
- C. Now brush the hair in **diagonal** movements across the scalp, first from **one side** and then from the **other side**.

2

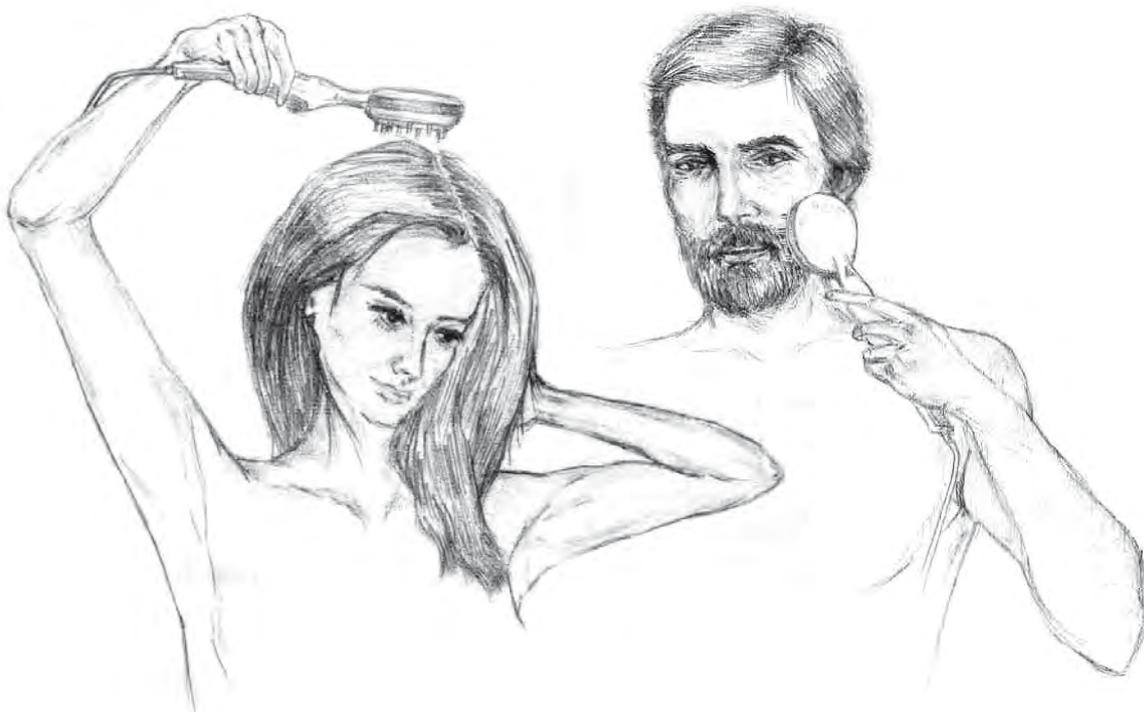
Finally do a quick brushing of the hair all over, using the movements given in **1B**.

### RECOMMENDED COURSE:

**Once daily**. The overall treatment should not be less than **20 min**.



Alternatively, practitioners may choose to apply the treatment 2-3 times a week. In this case, double the treatment time for the areas being treated.



20-30 min



MEDICAL



MERIDIAN

## Hair Care

-  HAIR LOSS
-  GREY HAIR & BEARD

### TREATMENT PART 1:



Using the **Meridian Terminal** set at **1000 Hz**.

1

- A. **Brush** the hair **slowly**, staying on the same course of brushing for approximately **1 min** before moving the brush to another course.
- B. First brush the hair from front to back, starting next to an ear and working up towards the top of the scalp, and then down to the other ear.
- C. Now brush the hair in **diagonal** movements across the scalp, first from **one side** and then from the **other side**.

2

- Finally do a quick brushing of the hair all over, using the movements given in **1B**.

### TREATMENT PART 2:



Using the **Medical Terminal**.

### *Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)*

Done **once** every second day.

### RECOMMENDED COURSE:

**Do the above course of treatments for 20 days.** Allow a period of 2 weeks rest before doing **another** course of treatments. Thereafter treat every 3 months.



Alternatively, practitioners may choose to apply Part 1 of the treatment 5 times a week, and Part 2 of the treatment twice a week. In this case, double the treatment time for the areas being treated.



In the case of extreme stress, also add **Part 3 – Core Support, Section I – Universal 5 (Routine 2)** to reduce the stress.



In the case of chemical toxicity, also add a course of the **Part 4 – Cleansing Programs, Section I – Comprehensive Cleanse & Elimination Program**.

**PART 1**

*Cosmetology*

**SECTION IV**

*Meridian Treatments*

## General Notes

- 1 The hands and the soles of the feet contain many acupuncture points, as well as the pressure points used in reflexology, and these can be most successfully stimulated by the gentle brushing of the hands and the soles of the feet with the bristles of the Meridian Terminal. The Meridian Terminal is therefore also an excellent tool to use on convalescents, patients recovering from trauma or surgical operations, as well as for the elderly that are weak and frail. The gentle brushing of the hands and the soles of the feet is also highly recommended as a soothing treatment for tiny infants who are weak, sickly and restless.



### NOTE WELL

- 1 **Ultrasound** should **NEVER** be used on the **brain**, and therefore the Meridian Terminal has been made without an ultrasound emitter.
- 2 The Meridian Terminal should **NOT** be used on the heads of infants until the **fontanels** have closed up completely!

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16 min



## Meridian Treatments

-  **STRESS REDUCTION**
-  **IMPROVED CIRCULATION**
-  **STIMULATED NERVE FUNCTION**
-  **IMPROVED IMMUNE SYSTEM**
-  **INCREASED ENERGY**

### TREATMENT:



Using the **Meridian** Terminal set at **1000 Hz**.

1

- A. Starting with your feet, first **slowly** brush the **top of one foot** for **2 min**, covering the entire surface including the toes, and then the **top of the other foot** for **2 min**.
- B. Now **slowly** brush the **sole** of first the **one foot** for **2 min**, covering the entire surface including the toes, and then the **sole** of the **other foot** for **2 min**.

2

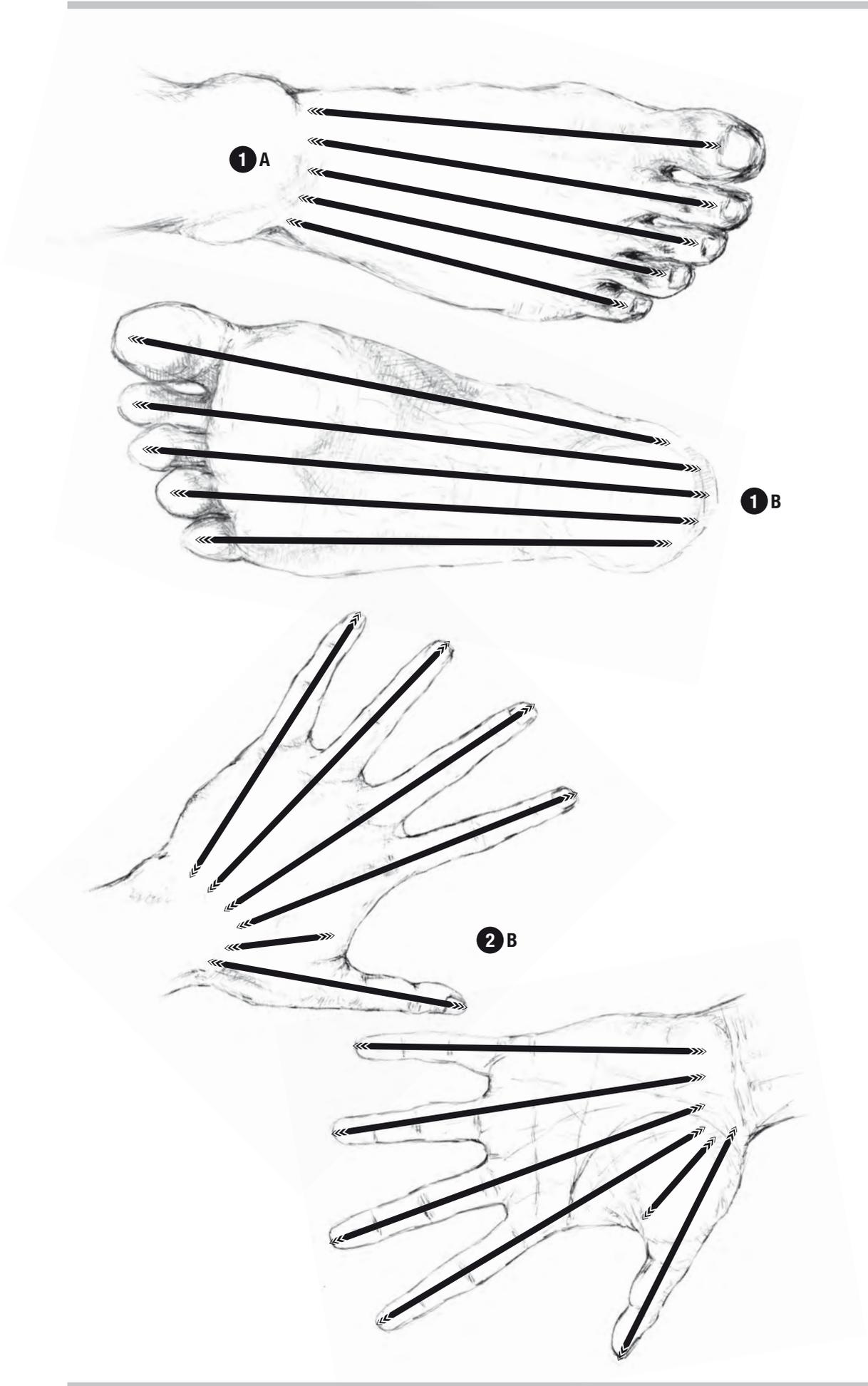
- A. Now place one hand flat on a table surface with the fingers slightly spread.
- B. Brush the **back** of the hand **slowly** for **2 min**, starting from the **wrist** and working down the **full length** of each **finger**, including the **thumb**, as well as the **space between** the thumb and the index finger.
- C. Now repeat **2B** on the palm side of the hand.
- D. Now repeat with the other hand.

### RECOMMENDED COURSE:

**Once daily.** The **overall treatment** should not be less than **16 min**.



Alternatively, practitioners may choose to apply the treatment 1-3 times a week. In this case, double the treatment time for the areas being treated.



**PART 2**

*Pain*

**SECTION I**

*Migraines & Headaches*

## General Notes



### NOTE WELL

A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) **NEVER** use a frequency other than 5 Hz.

1

B. A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.

2

Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

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20 min



## Universal 1 (*Head*)

### HEADACHES & MIGRAINES

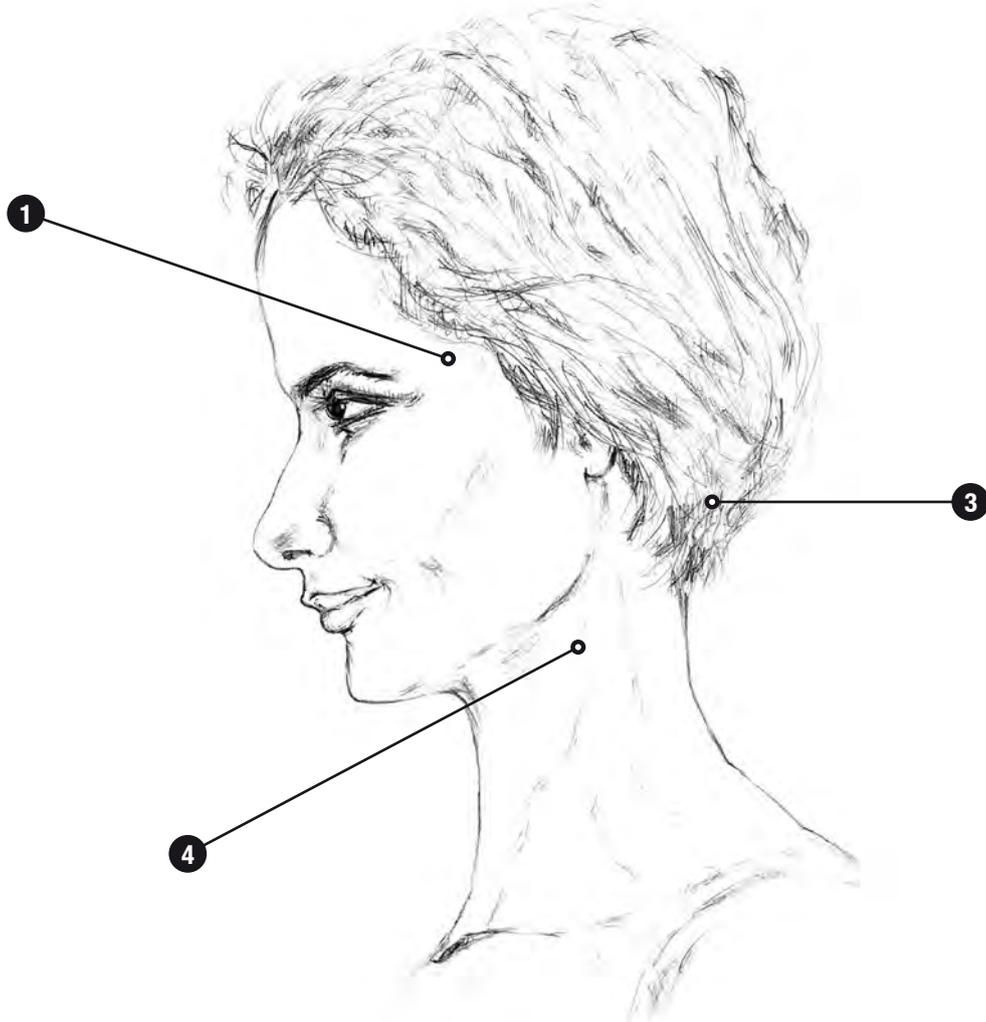
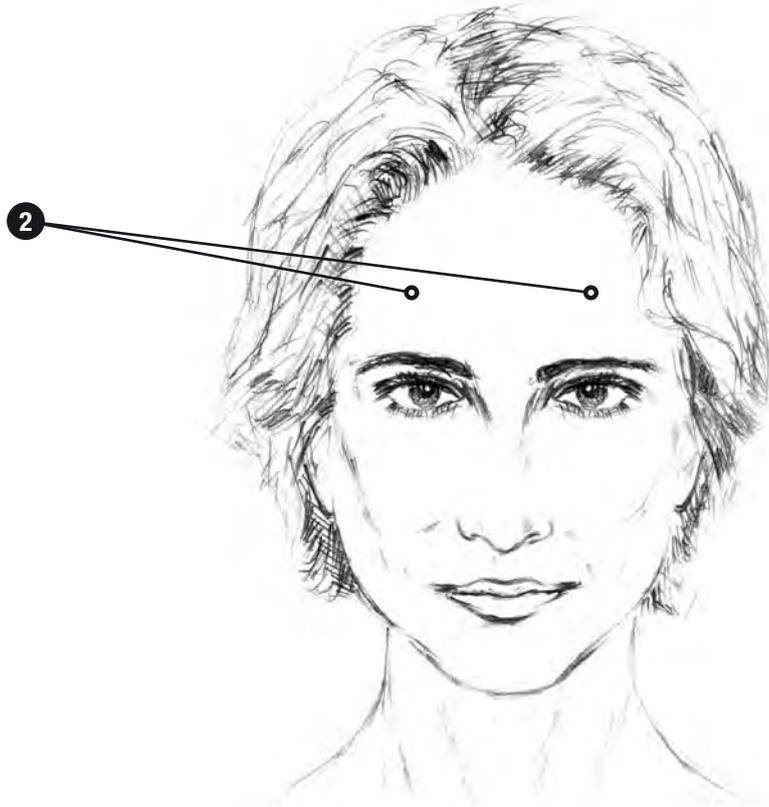
#### TREATMENT:

 Using the **Medical Terminal**. **Ultrasound** switched **OFF**  for points 1, 2 & 3.

| NO. | TREATMENT AREA               |   | FREQUENCY  | TIME  |
|-----|------------------------------|---|---|--|
| 1   | Temples (both sides)         |  | 50 Hz   | 1 min<br>per point   |
| 2   | Frontal (both sides)         |  |   |  |
| 3   | Suboccipital (both sides)    |  |   |  |
| 4   | Carotid Sinuses (both sides) |   |   |  |

#### RECOMMENDED COURSE:

Treat whenever a headache or migraine arises. In cases of stubborn headaches or migraines, increase the time to 2 minutes per point. Repeat, if necessary, every 8 hours.



**PART 2**

*Pain*

**SECTION II**

*Pain to Skin, Cuts,  
Bruises & Inflammation*

## General Notes



### NOTE WELL

A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) **NEVER** use a frequency other than 5 Hz.

1

B. A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.

2

Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).



# Pain to Skin, Cuts, Bruises & Inflammation

- ▶ **CUTS & BURNS** – Accelerated Healing and Reduction of Scarring.
- ▶ **BRUISES & SPRAINED MUSCLES**
- ▶ **PREVENTION & TREATMENT OF INFECTIONS**

## TREATMENT:

 Using the **Medical Terminal**.

### CUTS & BURNS

- 1 Scan just above the surface of the skin for **3 min** at **1000 Hz**.
- 2 Do **Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)** in conjunction with Step 1.

Repeat **daily** until improvement is evident.

### BRUISES & SPRAINED MUSCLES

- 1 Apply Terminal directly to the surface of the skin at the affected area, and treat for **2 min** at **5 Hz** and then for **3 min** at **50 Hz**.
- 2 Do **Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)** in conjunction with Step 1.

Repeat **daily** until improvement is evident.



Alternatively, practitioners may choose to apply the treatment 3-5 times a week. In this case, double the treatment time for the areas being treated.



For injuries treated at home, and during the acute phase, treatments may be applied several times a day.



## Pain to Skin, Cuts, Bruises & Inflammation

-  **SURGICAL CUTS** – Accelerated Healing, Reduction of Scarring, Avoidance of Keloid Build-Up.
-  **POST-WAXING**

### TREATMENT:



Using the **Medical** Terminal.

### SURGICAL CUTS

- 1** Scan the surface of the cut including 3 cm of edges. Treat **twice daily** for **1 min at 1000 Hz** per every 10 cm<sup>2</sup>, for **4 days**. Then repeat the treatment for another **4 days** at **50 Hz**.
- 2** Do **Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)** in conjunction with Step 1, also for **8 days**.

If the wound is still not responding well after the above treatment, then repeat the entire treatment using the **Variable Setting (V)** for Step 1, for **8 days**.



Alternatively, practitioners may choose to apply the treatment 4-5 times a week. In this case, double the treatment time for the areas being treated.



For injuries treated at home, and during the acute phase, treatments may be applied several times a day.

### POST-WAXING

- 1** For small areas, scan just above the surface of the skin, back and forth for **3 min at 1000 Hz**. For larger areas, scan the entire area for **10 mins at 1000Hz**, paying extra attention to the most inflamed spots, during that time. Add any extra time, if needed, in 2 minute intervals.
- 2** Apply after wax products if desired.
- 3** Do **Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)** in conjunction with Step 1, after waxing large areas like the legs or the back. This is also useful for relieving any physical or mental hyper-sensitivity after waxing.

If the skin is still sticky from wax residue and/or if there is any spot bleeding from the follicles, be sure to take precautions to protect the sanitation and quality of your Terminal. Keep the Terminal off the skin, or to really ensure protection of the Terminal a layer of plastic cling-film may be stretched tightly across the face of the Terminal before treatment.



# Pain to Skin, Cuts, Bruises & Inflammation

-  **SWELLING**
-  **INFLAMMATION OF TISSUE**
-  **WATER RETENTION (Oedema of Lower Limbs)** – Post-flight, pre-menstrual applications.
-  **ALL TYPES OF NON-SPECIFIC PAIN**

## TREATMENT:



Using the **Medical Terminal**.

### SWELLING, INFLAMMATION OF TISSUE, WATER RETENTION & ALL TYPES OF NON-SPECIFIC PAIN

- 1**
  - A.** If any of the above are situated anywhere on the body or the face, except on **the head**, apply the Terminal to the surface of the skin in the affected area, and treat for **2 min** at **5 Hz**, and then for **3 min** at **50 Hz** for every 10 cm<sup>2</sup>.
  - B.** If any of the above appears **on the head**, treat the affected area for **5 min** at **50 Hz** for every 10 cm<sup>2</sup>. Ultrasound must be **OFF**.
  - C.** If the patient is experiencing extreme pain from any of these, treat the affected area for **5 min** at the **Variable Setting (V)** for every 10 cm<sup>2</sup>.
- 2** Do **Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)** in conjunction with Step 1 A, B, or C.

Treat **twice daily** until improvement is evident.



Alternatively, practitioners may choose to apply the treatment 3-5 times a week. In this case, double the treatment time for the areas being treated.



For injuries treated at home, and during the acute phase, treatments may be applied several times a day.



MEDICAL

## Pain to Skin, Cuts, Bruises & Inflammation

-  **ABSCESSSES**
-  **PHLEGMONS** – Suppurating inflammations of tissue.
-  **CARBUNCLES** – Suppurating and painful inflammation of the subcutaneous tissue.
-  **FURUNCLES** – Boils.

### TREATMENT:



Using the **Medical Terminal**.

### ABSCESSSES, PHLEGMONS, CARBUNCLES & FURUNCLES

1

- A.** If any of the above, with the exception of boils, are situated anywhere on the body or the face, except on **the head**, apply the Terminal to the surface of the skin in the affected area, and treat for **2 min** at the **Variable Setting (V)**, for every 10 cm<sup>2</sup>.
- B.** If any of the above appears **on the head**, treat the affected area for **5 min** at **50 Hz** for every 10 cm<sup>2</sup>. Ultrasound must be **OFF**.

2

- A.** In the case of boils, the boil should first be **lanced** and then washed clean with **Colloidal Silver** before commencing treatment.
- B.** Irradiate the boil for **5 min** at **1000 Hz** and again for **5 min** at **50 Hz**.

3

- Do **Part 3 – Core Support, Section 1 – Universal 3 (Blood Irradiation)** in conjunction with Step 1 or Step 2.

Treat **twice daily** until healed.



Alternatively, practitioners may choose to apply the treatment 2-5 times a week. In this case, double the treatment time for the areas being treated.



For injuries treated at home, and during the acute phase, treatments may be applied several times a day.



## Pain to Skin, Cuts, Bruises & Inflammation

-  **VARICOSIS (Lower Extremities)**
-  **WATER RETENTION (Oedema of Lower Limbs)** – Post-flight, pre-menstrual applications.

### TREATMENT:

 Using the **Medical Terminal**.

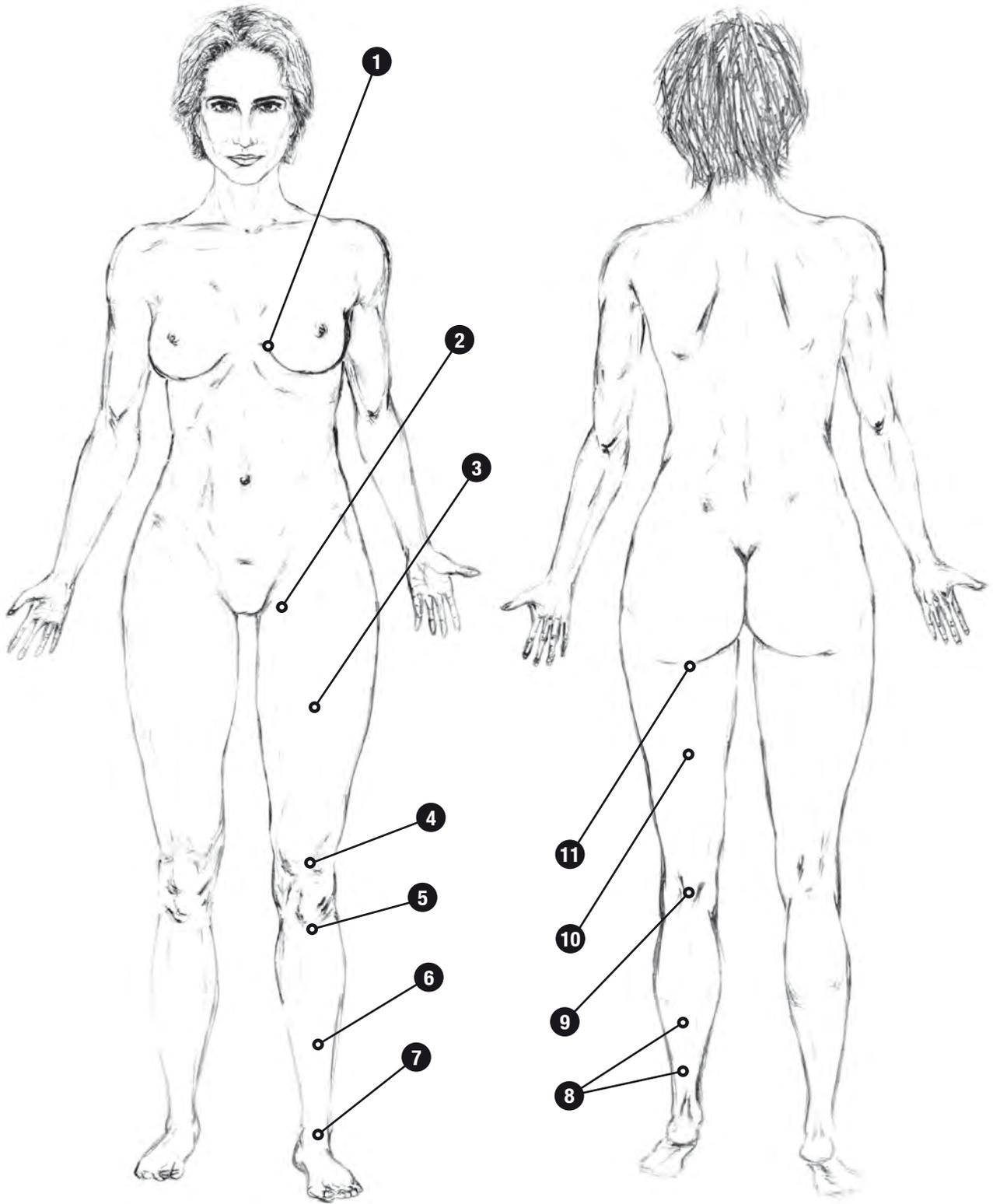
| NO. | TREATMENT AREA                                       | FREQUENCY  | TIME  |
|-----|--|---|--|
| 1   | 4 <sup>th</sup> Intercostal, left of sternum (Heart) | 5 Hz  | 5 min  |
| 2   | Femoral artery                                       | Variable Setting<br>(V)   | 2 min<br>per point   |
| 3   | Front of mid-femur                                   |   |  |
| 4   | Point above patella                                  |   |  |
| 5   | Point below patella                                  |   |  |
| 6   | Middle shin, front                                   |   |  |
| 7   | Talocrural joint                                     |   |  |
| 8   | Back of sural muscle, 2 points 10 cm apart           |   |  |
| 9   | Popliteal fossa                                      |   |  |
| 10  | Middle of thigh, back                                |   |  |
| 11  | Hypo-gluteal fold                                    |   |  |

### RECOMMENDED COURSE:

Treat one side at a time. The **heart** is irradiated **only once** before treating the first leg. **Once daily for 15 days**. Then allow 2-3 weeks rest before doing another course. Repeat until desired results have been achieved. Thereafter do **1 course** of treatment **2-3 times per year** for continued well-being.



Alternatively, practitioners may choose to apply the treatment 3 times a week. In this case, double the treatment time for points 2-11.



**PART 2**

*Pain*

**SECTION III**

*Painful Joints,  
Tendons & Muscles*

## General Notes



### NOTE WELL

Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

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30 min ±



# Painful Joints, Tendons & Muscles

- ▶ PAIN & INFLAMMATION OF MUSCLES
- ▶ SORE & TIRED BACK

### TREATMENT:

 Using the **Medical** Terminal.

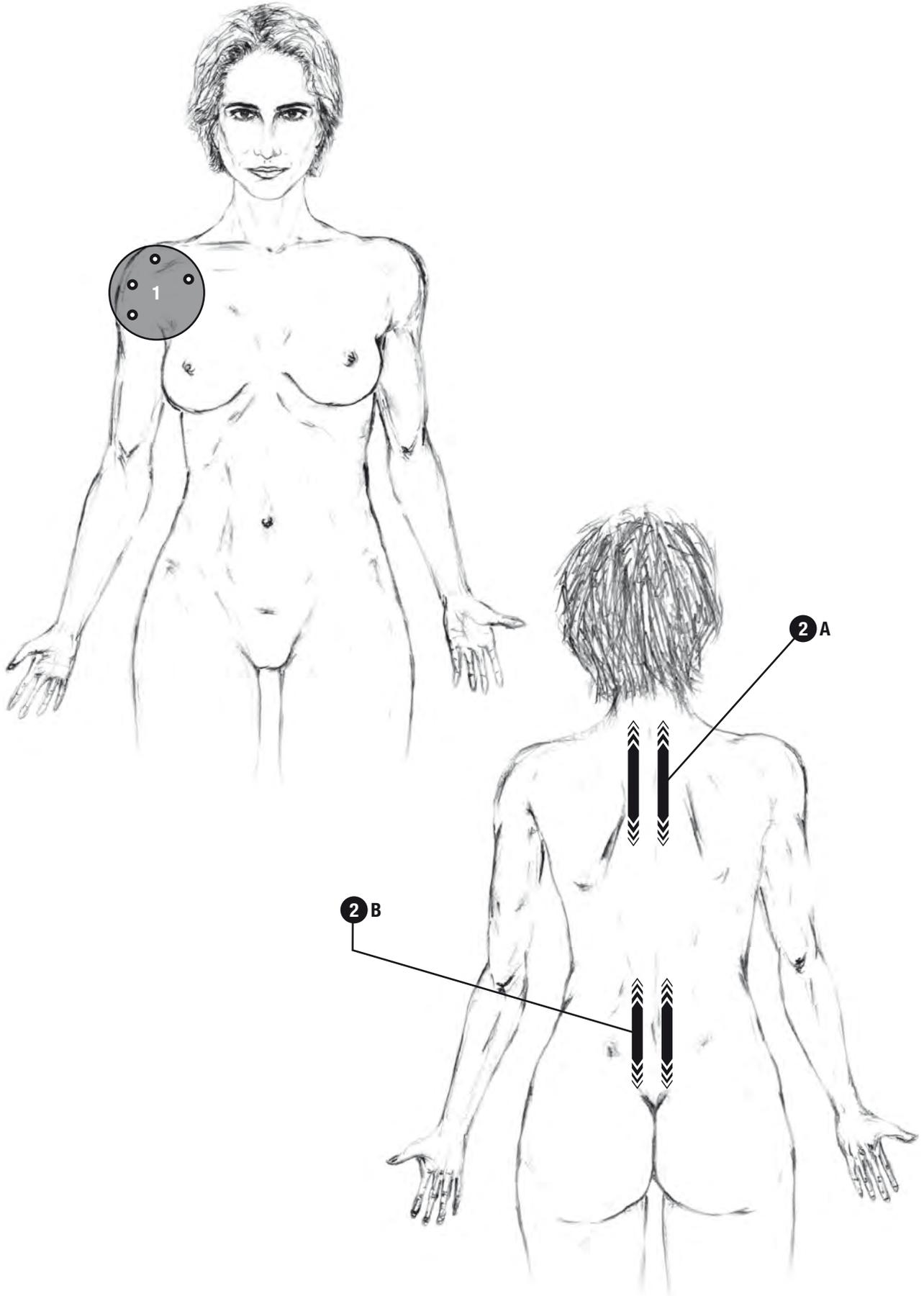
| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | Treat affected muscles at intervals of 5 cm   | Variable Setting (V)  | 5 min per point  |
| 2   | A. Scan along both sides of vertebral column opposite the affected area             | 1000 Hz   | 5 min per side   |
|     | B. If the affected muscles are in the legs scan both sides of the lumbosacral spine |   |  |

### RECOMMENDED COURSE:

**Twice daily** until full relief is achieved.



Alternatively, practitioners may choose to apply the treatment 3 times a week. In this case, increase the treatment time for the areas being treated.



8 min



## Painful Joints, Tendons & Muscles

- ▶ WRIST PAIN & LACK OF MOVEMENT
- ▶ CARPAL TUNNEL SYNDROME

### TREATMENT:



Using the **Medical** Terminal, and treating only the affected side.

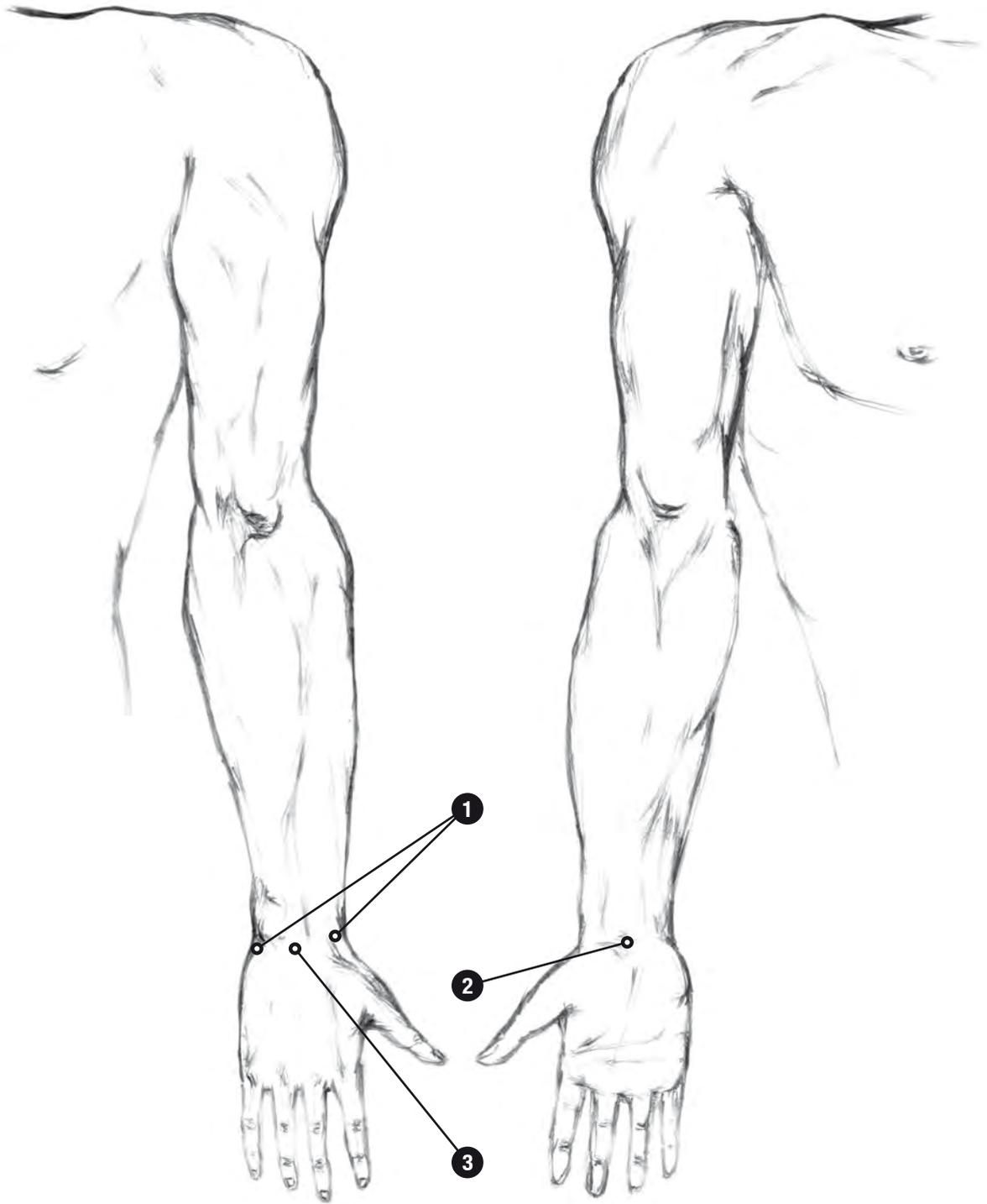
| NO. | TREATMENT AREA                             | FREQUENCY  | TIME  |
|-----|--|--|--|
| 1   | Sides of the articulation                  | 5 Hz then<br>50 Hz   | 1 min per point<br>for each frequency  |
| 2   | The articulation from the palm side        |  |  |
| 3   | The articulation from the back of the hand |  |  |

### RECOMMENDED COURSE:

**Twice daily for 10 days**, followed by a rest of 3 weeks, followed by further courses with 3 weeks rest in between each, until full relief is achieved. Repeat treatment after **6 months** if necessary.



Alternatively, practitioners may choose to apply the treatment 3 times a week. In this case, double the treatment time for the areas being treated.



45 min



## Painful Joints, Tendons & Muscles

 **FINGERS & HANDS** – Pain, Swelling and Lack of Flexibility.

### TREATMENT:

 Using the **Medical Terminal**.

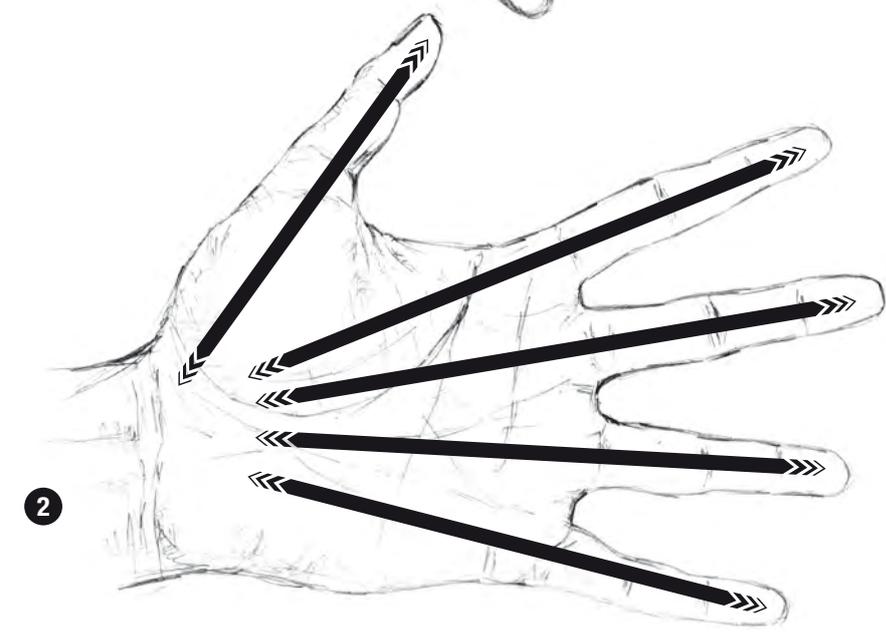
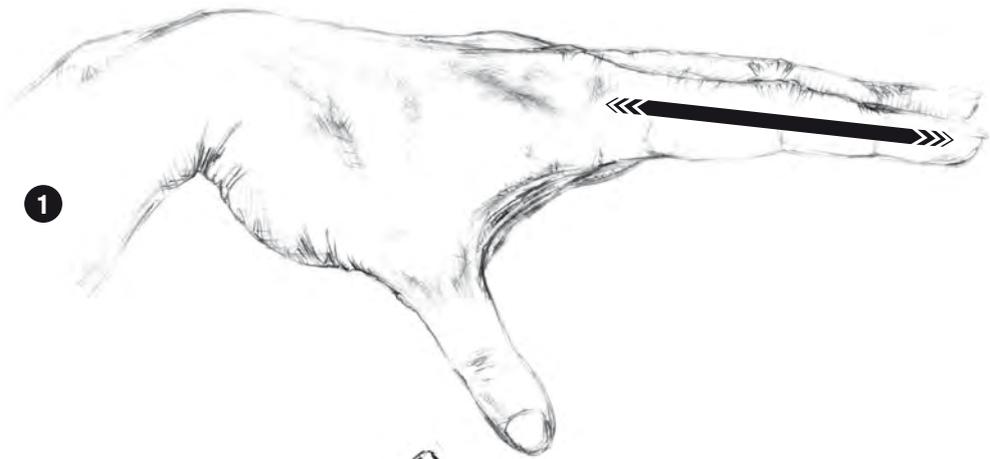
| NO. | TREATMENT AREA                                   | FREQUENCY  | TIME  |
|-----|--|--|--|
| 1   | Scan one side of the articulations               | 5 Hz, 50 Hz then<br>1000 Hz  | 1 min per finger<br>scan for each<br>frequency   |
| 2   | Scan the articulations from the palm side        |  |  |
| 3   | Scan the articulations from the back of the hand |  |  |

### RECOMMENDED COURSE:

**Once daily for 15 days**, followed by a rest of 3 weeks, followed by further courses with 3 weeks rest in between each, until full relief is achieved. Repeat treatment every **6 months** if necessary.



Alternatively, practitioners may choose to apply the treatment 2-4 times a week. In this case, double the treatment time for the areas being treated.



**PART 2**

*Pain*

**SECTION IV**

*Pain in Mouth & Gums*

## General Notes

- 1 All **mouth** and **gum** diseases are best treated by also using **Part 3 – Core Support, Section 1 – Universal 4 (Routine 1)** in conjunction with the prescribed treatment.
- 2 Please note that the **Probe Terminal** does **NOT** have ultrasound.



### NOTE WELL

- 1 Whenever using the probe, **screw off** the probe sheath after treatment, **wash** the **outside** of the sheath well in **warm water** with a few drops of **dish washing** liquid added. Then dry with a clean cloth and sterilise with **Colloidal Silver** or with **pure alcohol** before putting away.
- 2 Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

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25 min



MEDICAL



PROBE (EXT)

# Pain in Mouth & Gums

- ▶ **INFLAMMATION OF THE GUMS** (gingivitis)
- ▶ **INFLAMMATION OF THE MOUTH & GUMS\*** (gingivostomatitis)

### TREATMENT:

 Using the **Medical** Terminal.

| NO. | TREATMENT AREA                          | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | Carotid arteries                        | 5 Hz  | 5 min per point  |
| 2   | Centre of cheeks, opposite rear of gums | 50 Hz   | 5 min each cheek   |



Using the **Probe** Terminal with the **Extended** sheath attached.

| NO. | TREATMENT AREA                                     | FREQUENCY  | TIME  |
|-----|--|---|--|
| 3   | Insert probe into mouth and place on infected area | 1000 Hz   | 5 min  |

### RECOMMENDED COURSE:

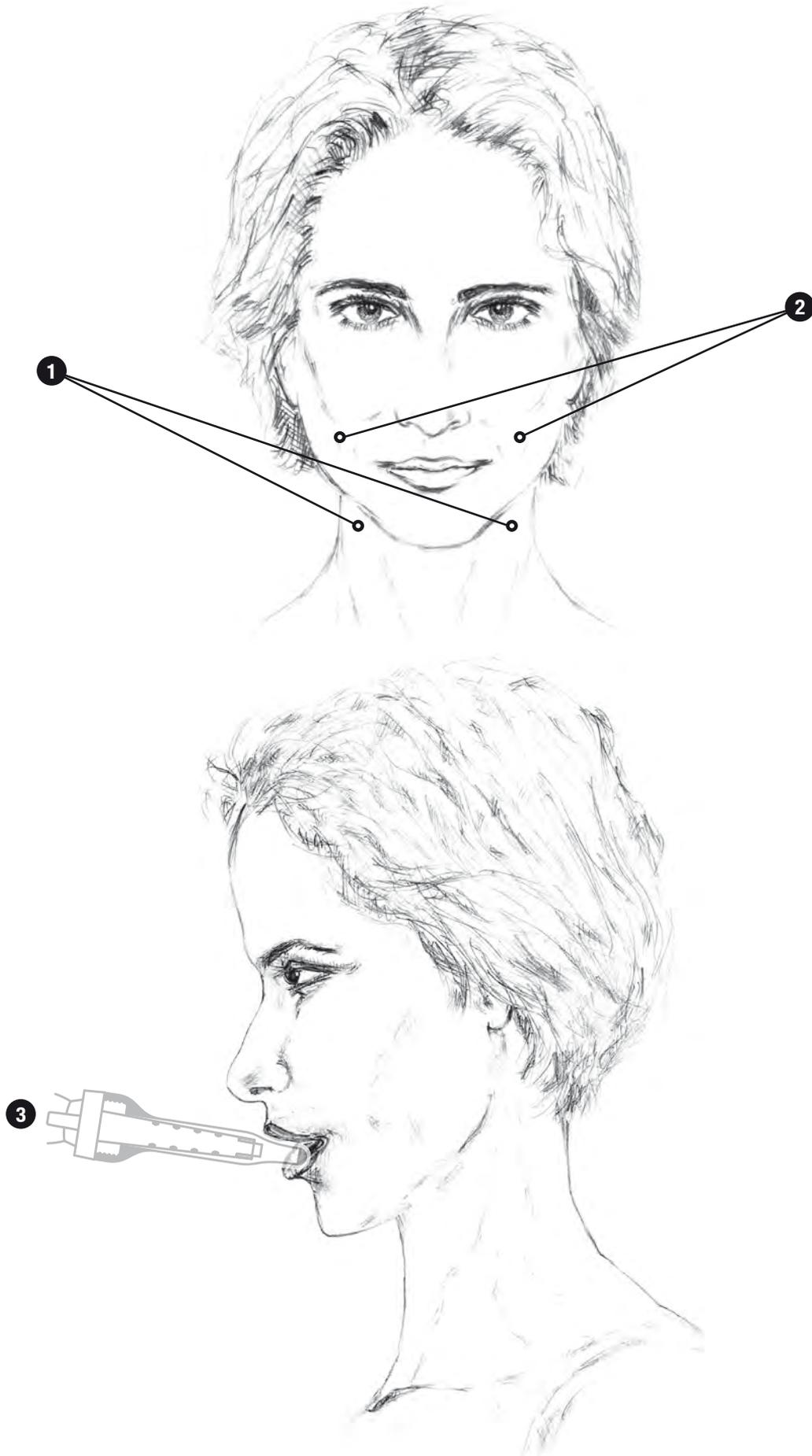
Twice daily for 10 days should be sufficient.



Alternatively, practitioners may choose to apply the treatment 4 times a week. In this case, increase the treatment time for the areas being treated.



In the case of **gingivostomatitis** choose several points along the top and bottom gums for point 3, and treat each point for 2 min.



8 min +



MEDICAL



PROBE (EXT)

# Pain in Mouth & Gums

## DEGENERATION OF THE GUMS

### TREATMENT:

 Using the **Medical** Terminal.

| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | Manubrium sterni  | 5 Hz  | 1 min per point  |
| 2   | Sternum   |   |  |
| 3   | 2 <sup>nd</sup> intercostal, left of sternum              |   |  |
| 4   | 4 <sup>th</sup> intercostal, along mid clavian line, left |   |  |



Using the **Probe** Terminal with the **Extended** sheath attached.

| NO. | TREATMENT AREA                                      | FREQUENCY  | TIME  |
|-----|---|--|--|
| 5   | Insert probe into mouth and place on infected area* | 1000 Hz  | 2 min in front of gum<br>2 min behind gum*   |

### RECOMMENDED COURSE:

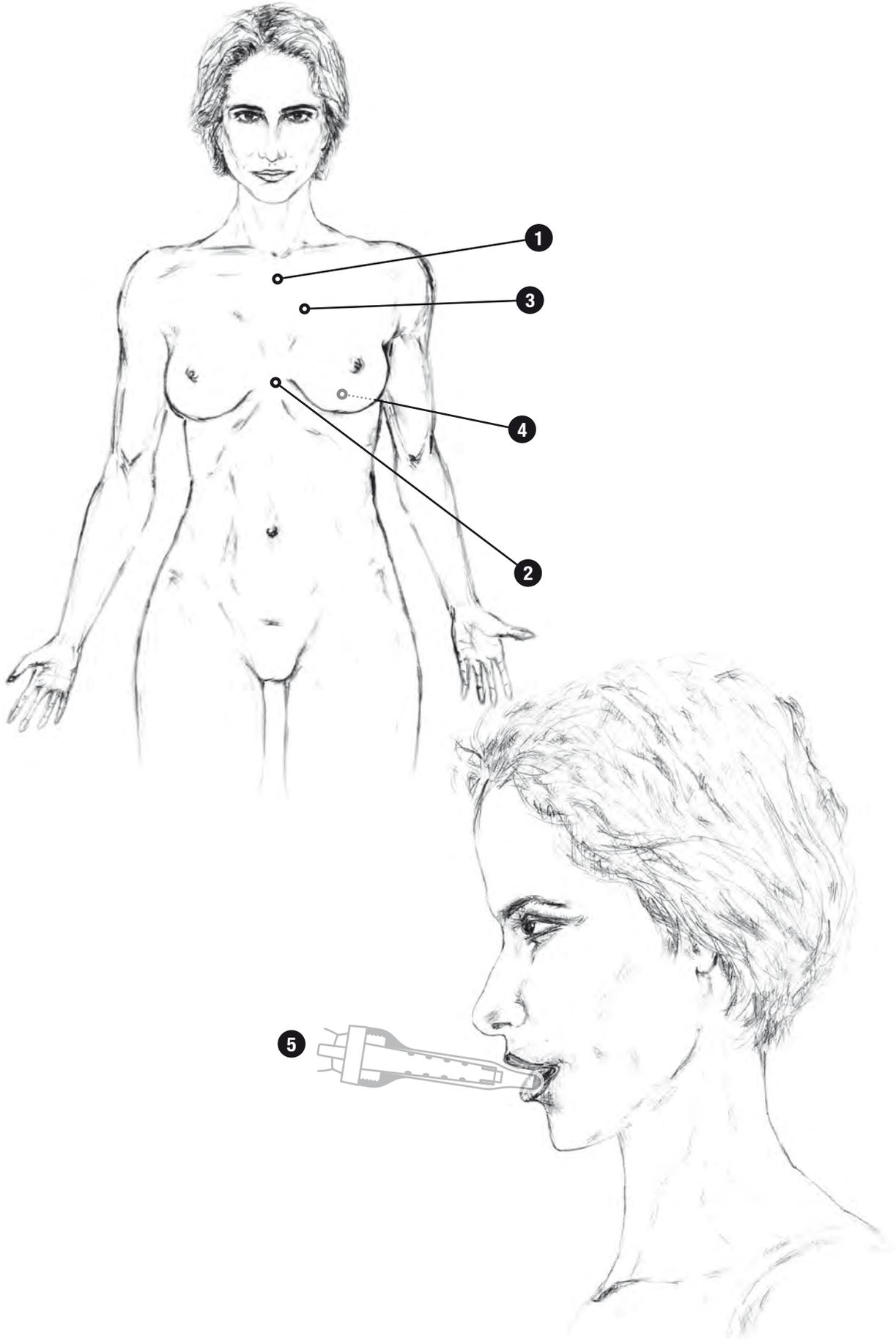
**Once daily for 15 days**, followed by 4 weeks rest, followed by another course. Thereafter repeat the treatment **once every 3 months**.



Alternatively, practitioners may choose to apply the treatment 3 times a week. In this case, increase the treatment time for the areas being treated.



If all the gums are infected, scan one half of the mouth at a time. Do first the front of the top gums, then the back of the top gums. Then repeat all for lower gums. **5 min per scan**.



**PART 3**

*Core Support*

**SECTION I**

*Universal Support  
Treatments*

for Healing, Vitality & Well-Being

## General Notes



### NOTE WELL

- 1 Whenever treating any part of the **brain** with the **Medical Terminal** the ultrasound **MUST** be turned **OFF**. In all other cases the ultrasound should be turned ON for treatments in this section.
- 2 **A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) NEVER use a frequency other than 5 Hz.**  
**B.** A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.
- 3 Do **NOT** use **coMra-Therapy** on patients who have had **heart transplants**, who have hearts with **artificial valves** or who have **cardiostimulators**.

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).

13 min



## Universal 2 (Heart)

 SUPPORT FOR LOW IMMUNITY

### TREATMENT:

 Using the **Medical** Terminal.

| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | 4 <sup>th</sup> intercostal, left of sternum              | 5 Hz  | 5 min  |
| 2   | Manubrium sterni  | 5 Hz  | 1 min<br>per point   |
| 3   | 2 <sup>nd</sup> intercostal, left of sternum              |   |  |
| 4   | 2 <sup>nd</sup> intercostal, right of sternum             |   |  |
| 5   | Sternum   |   |  |
| 6   | 4 <sup>th</sup> intercostal along the mid clavicular line |   |  |
| 7   | 4 <sup>th</sup> intercostal along the mid axillary line   |   |  |
| 8   | Left of vertebral column, middle of scapula               |   |  |
| 9   | Lower angle of left scapula                               |   |  |

### RECOMMENDED COURSE:

**Daily**, until the immune system has improved. Then continue for 7 more days. Allow 2-3 weeks rest before doing another course if needed.

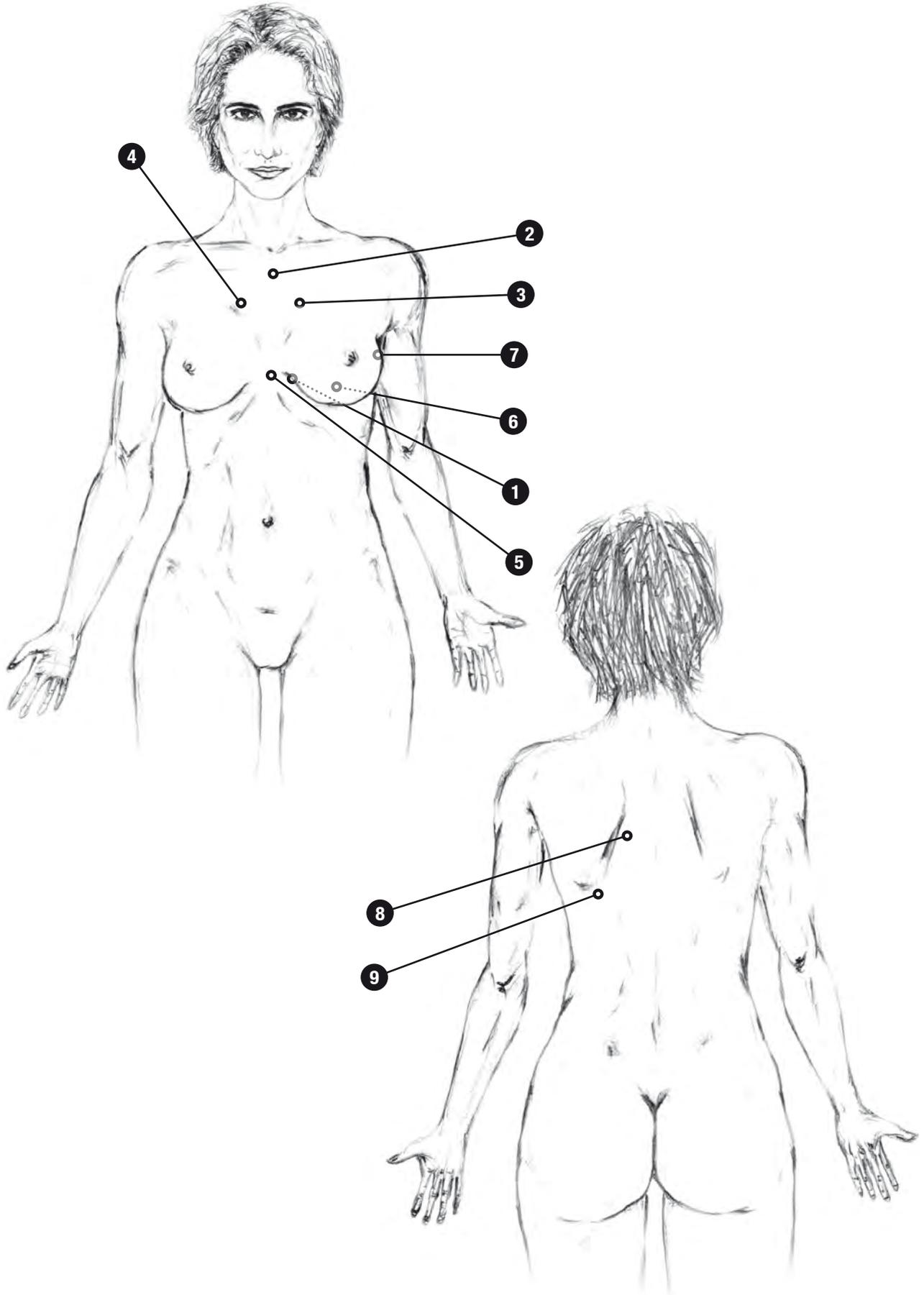


Alternatively, practitioners may choose to apply the treatment 3 times a week. In this case, double the treatment time for points 2-9.



**In treating the heart area NEVER use a frequency other than 5 Hz.**

Do **NOT** use coMra-*Therapy* on patients who have had heart **transplants**, who have hearts with **artificial valves** or who have **cardiostimulators**. To date there is no clinical data which proves coMra-*Therapy* to be detrimental to such patients, but not enough research has of yet been done to verify the safety of these patients.



10 min



## Universal 3 (*Blood Irradiation*)

- ▶ STIMULATES HEALING VIA THE BLOOD
- ▶ INCREASED FEELING OF WELL-BEING & ENERGY BOOST
- ▶ ENHANCED OXYGEN & NUTRIENT SUPPLY THROUGHOUT THE BODY
- ▶ ESSENTIAL SUPPORT FOR INFECTIONS
- ▶ ANEMIA\*

### TREATMENT:

 Using the **Medical Terminal**.

| NO. | TREATMENT AREA                   | FREQUENCY  | TIME  |
|-----|----------------------------------|---|--|
| 1   | Carotid arteries (both sides)    | 5 Hz  | 1 min per point  |
| 2   | Subclavian arteries (both sides) |   |  |
| 3   | Axillary arteries (both sides)   |   |  |
| 4   | Anconeal arteries (both sides)   |   |  |
| 5   | Femoral arteries (both sides)    |   |  |

### RECOMMENDED COURSE:

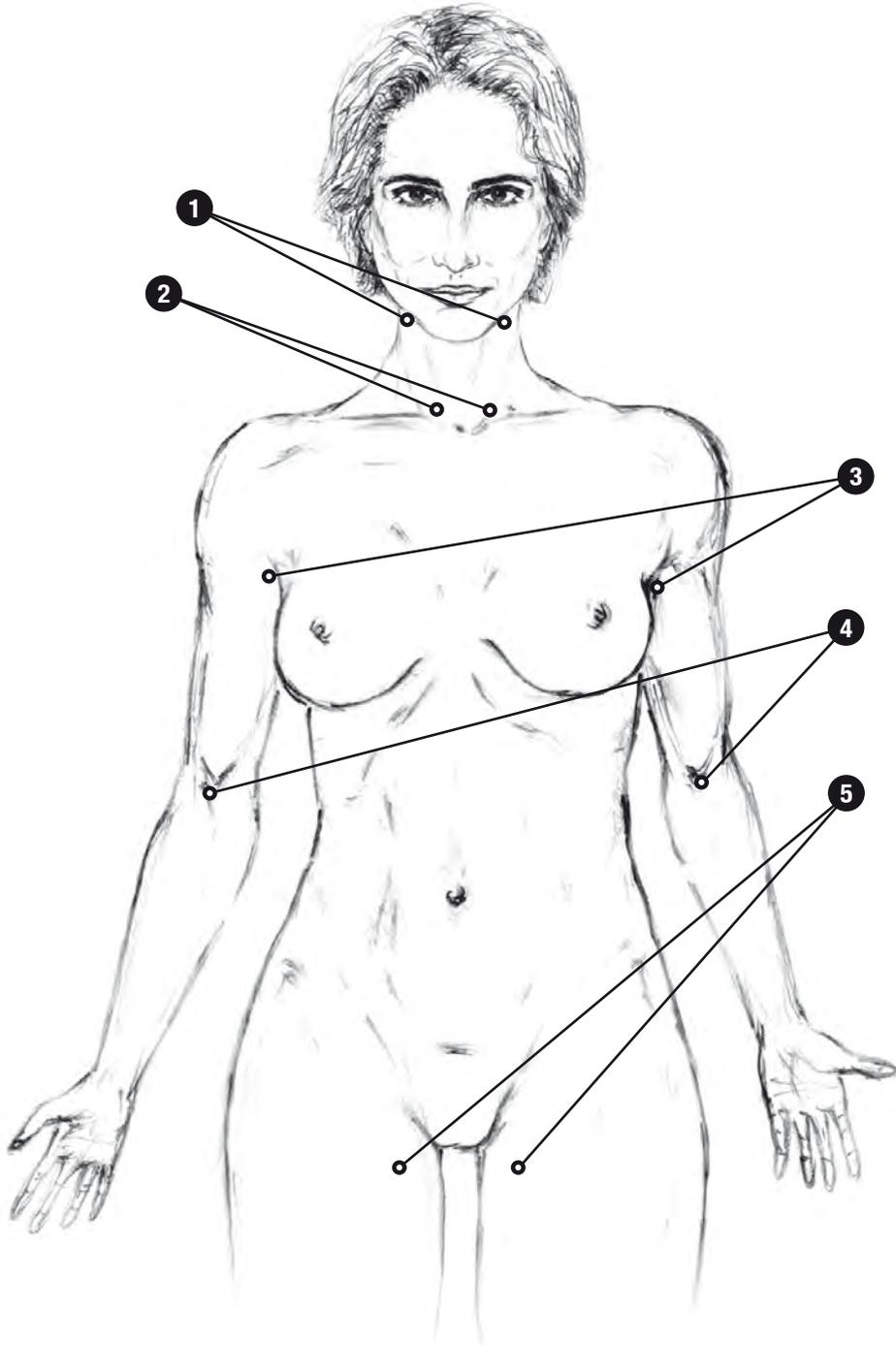
**10 treatments, consisting of one treatment every second day.** Allow 2-3 weeks rest before doing more courses as necessary.



Alternatively, practitioners may choose to apply the treatment twice a week. In this case, double the treatment time per point.



For **anemia** do the above treatment **twice every day for 20 days**, followed by 2 weeks rest, followed by further treatments until the condition has cleared up.





# Universal 4

## (Somatic Biostimulation – Routine 1)

 **BUILDING PHYSICAL STRENGTH** – This treatment is recommended also as a general well-being treatment for anyone doing heavy physical labour, including sportsmen, athletes, gymnasts and classical dancers.

 **TONING FOR THE WHOLE BODY**

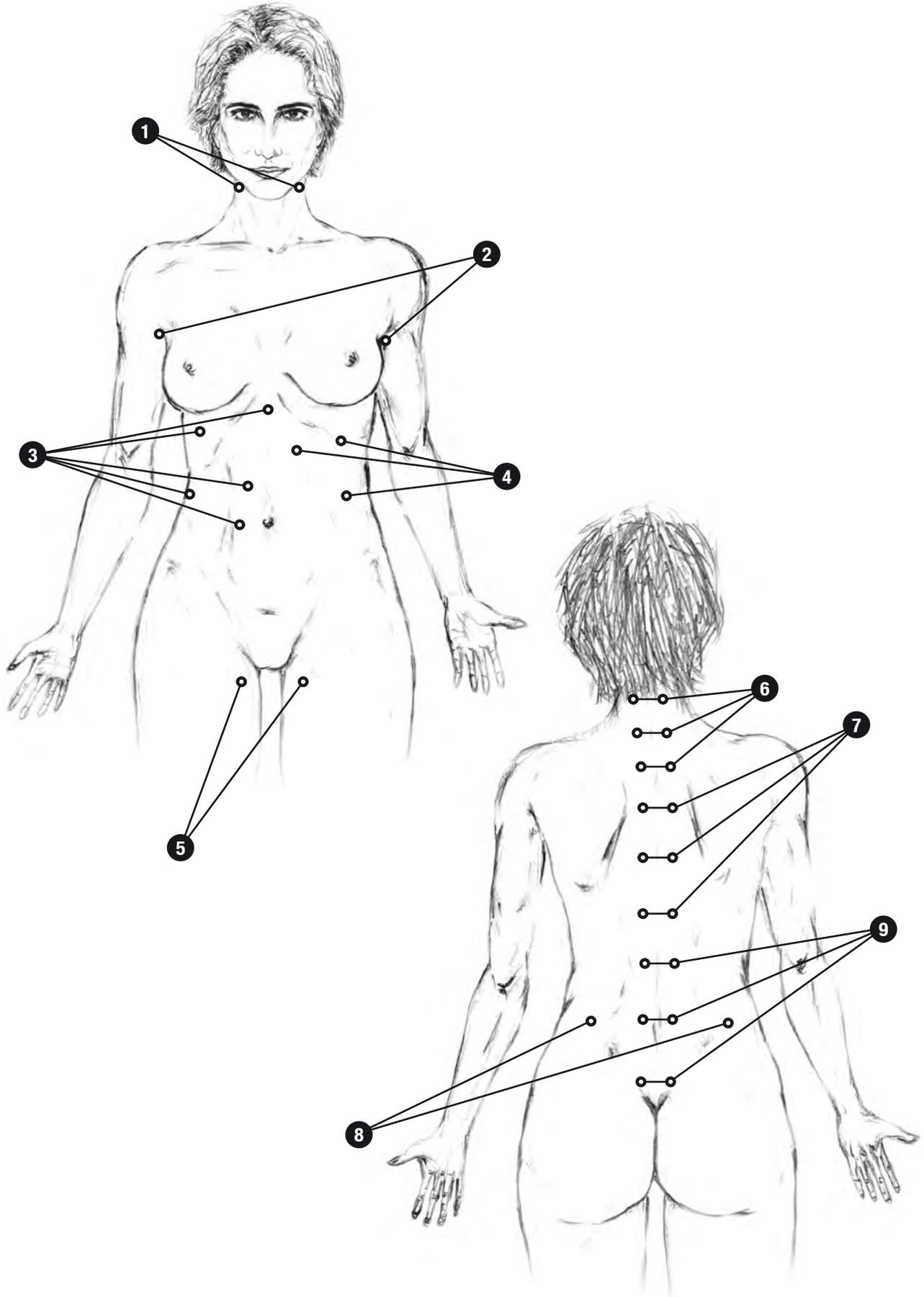
### TREATMENT:

 Using the **Medical Terminal**.

| DAY                  | TREATMENT AREA   | FREQUENCY  | TIME  |
|----------------------|--|---|--|
| <b>1</b><br>(11 min) | <b>5</b> Femoral arteries, one side only<br><b>6</b> Cervical section                | 5 Hz<br>50 Hz   | 5 min<br>1 min per point   |
| <b>2</b><br>(11 min) | <b>5</b> Femoral arteries, other side<br><b>7</b> Breast section of vertebral column | 5 Hz<br>50 Hz   | 5 min<br>1 min per point   |
| <b>3</b><br>(7 min)  | <b>2</b> Axillary cavity, one side only<br><b>8</b> Kidneys                          | 5 Hz<br>50 Hz   | 5 min<br>1 min per point   |
| <b>4</b><br>(10 min) | <b>2</b> Axillary cavity, other side<br><b>3</b> Liver                               | 5 Hz<br>50 Hz   | 5 min<br>1 min per point   |
| <b>5</b><br>(8 min)  | <b>1</b> Carotid artery, one side only<br><b>9</b> Lumbosacral region                | 50 Hz<br>50 Hz  | 2 min<br>1 min per point   |
| <b>6</b><br>(5 min)  | <b>1</b> Carotid artery, other side<br><b>4</b> Spleen                               | 50 Hz<br>50 Hz  | 2 min<br>1 min per point   |

### RECOMMENDED COURSE:

The treatment is divided into 6 parts, (see above), each part being done on a different day over a **period of 6 days**. It is important to follow the order given. Allow 2-3 weeks rest before doing one more course.



22 min



# Universal 5

## (Somatic Biostimulation – Routine 2)

- EMOTIONAL EXHAUSTION
- DEPRESSION
- INSOMNIA
- LETHARGY
- ADRENAL SUPPORT
- STRESS
- FAINTING

**TREATMENT:**

Using the **Medical Terminal**. **Ultrasound** switched **OFF** for points 6, 7 & 8.

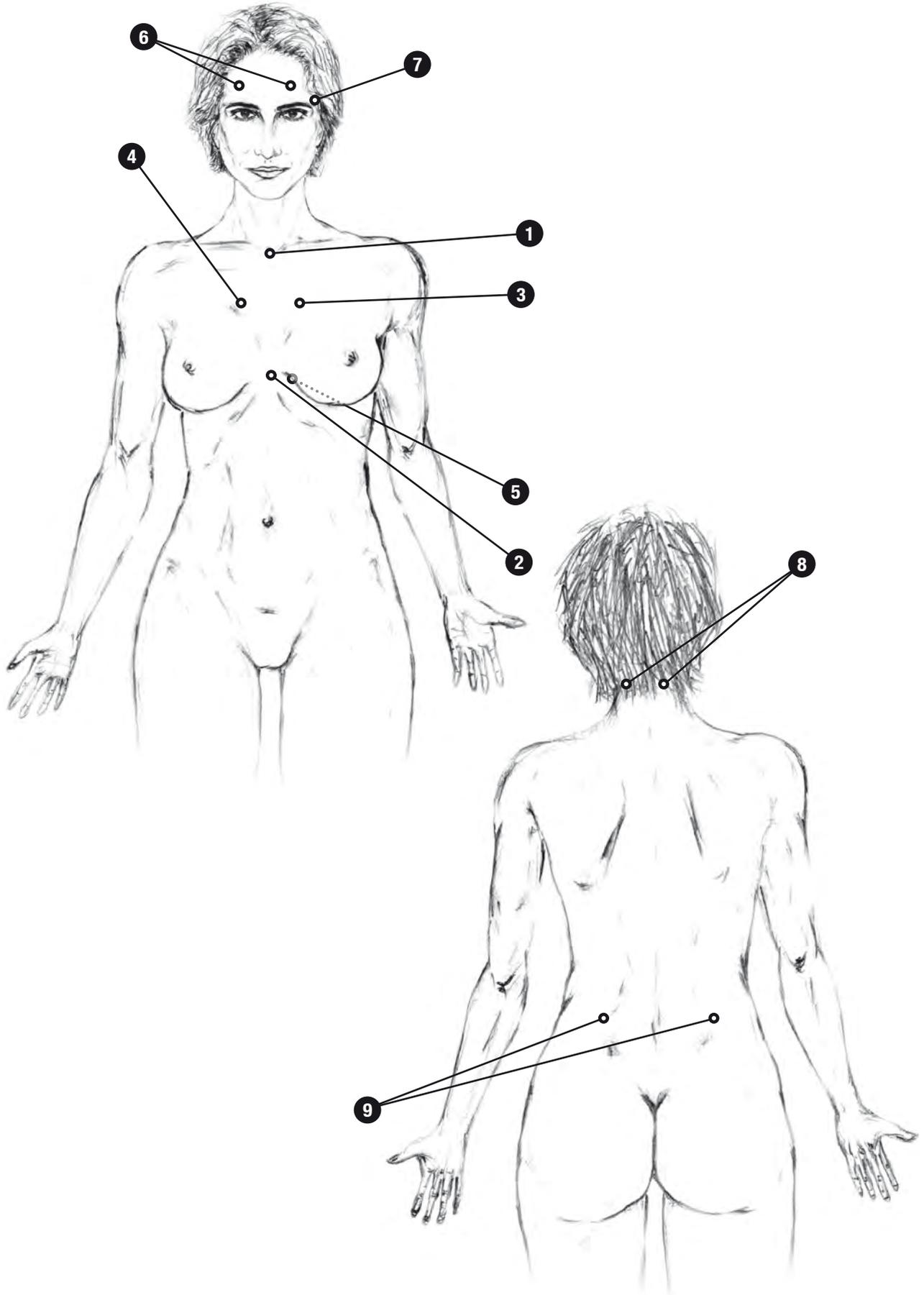
| NO. | TREATMENT AREA                                | FREQUENCY | TIME            |
|-----|---|-----------|-----------------|
| 1   | Top of sternum                                | 5 Hz      | 5 min           |
| 2   | Bottom of sternum                             | 5 Hz      | 1 min per point |
| 3   | 2 <sup>nd</sup> intercostal, left of sternum  |           |                 |
| 4   | 2 <sup>nd</sup> intercostal, right of sternum |           |                 |
| 5   | 4 <sup>th</sup> intercostal, left of sternum  |           |                 |
| 6   | Frontal                                       | 50 Hz     | 1 min per point |
| 7   | Left temple                                   | 50 Hz     | 1 min           |
| 8   | Suboccipital                                  | 50 Hz     | 1 min per point |
| 9   | Adrenal glands                                | 5 Hz      | 2 min per point |
|     |   | 50 Hz     | 2 min per point |

**RECOMMENDED COURSE:**

Daily until improvement is noticed. Then continue daily for 7 more days.



Alternatively, practitioners may choose to apply the treatment 3 times a week. In this case, double the treatment time for points 2-9.





## Universal 6 (*Vitality*)\*

-  **BUILDING PHYSICAL STRENGTH & STAMINA – ENHANCED**
-  **RECUPERATION FROM ILLNESS**
-  **RECOVERY FROM SURGERY\*** – To promote healing and minimise scarring (In conjunction with *Part 2 – Pain, Section II*).
-  **GENERAL WELL-BEING**
-  **VITALITY**
-  **LONG-TERM HEALTH CARE & PREVENTIVE MEDICATION**
-  **MAINTENANCE & SUPPORT FOR THE AGEING BODY**
-  **FITNESS PROGRAM** – for sportsmen, athletes, gymnasts and classical dancers.

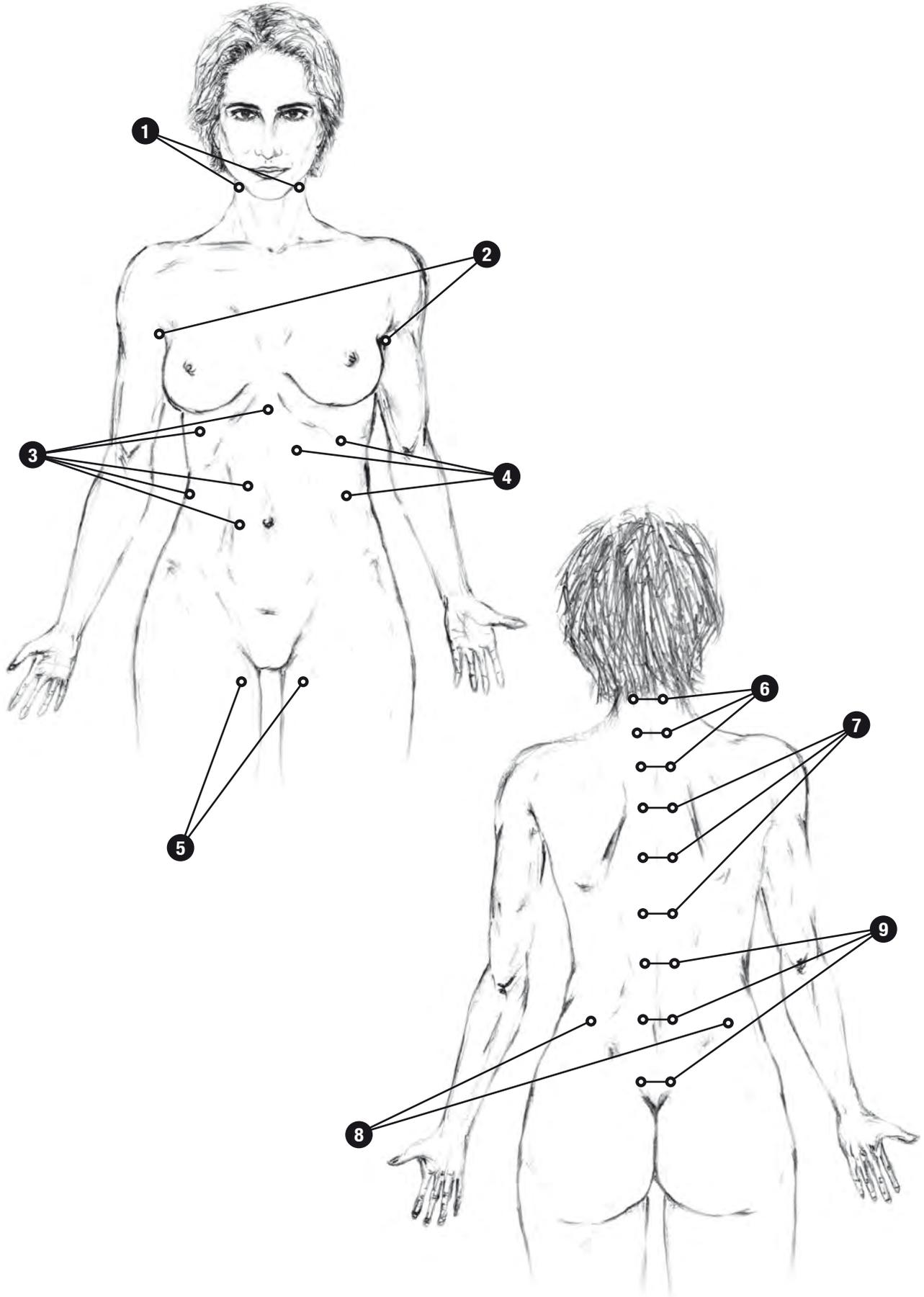
 This treatment consists of two parts, and the parts must be done consecutively.

### TREATMENT PART 1:

 Using the **Medical Terminal**.

| DAY                         | TREATMENT AREA   | FREQUENCY  | TIME  |
|-----------------------------|--|---|--|
| <b>1</b><br><i>(11 min)</i> | <b>5</b> Femoral arteries, one side only<br><b>6</b> Cervical section                | 5 Hz<br>50 Hz   | 5 min<br>1 min per point   |
| <b>2</b><br><i>(11 min)</i> | <b>5</b> Femoral arteries, other side<br><b>7</b> Breast section of vertebral column | 5 Hz<br>50 Hz   | 5 min<br>1 min per point   |
| <b>3</b><br><i>(7 min)</i>  | <b>2</b> Axillary cavity, one side only<br><b>8</b> Kidneys                          | 5 Hz<br>50 Hz   | 5 min<br>1 min per point   |
| <b>4</b><br><i>(10 min)</i> | <b>2</b> Axillary cavity, other side<br><b>3</b> Liver                               | 5 Hz<br>50 Hz   | 5 min<br>1 min per point   |
| <b>5</b><br><i>(8 min)</i>  | <b>1</b> Carotid artery, one side only<br><b>9</b> Lumbosacral region                | 50 Hz<br>50 Hz  | 2 min<br>1 min per point   |
| <b>6</b><br><i>(5 min)</i>  | <b>1</b> Carotid artery, other side<br><b>4</b> Spleen                               | 50 Hz<br>50 Hz  | 2 min<br>1 min per point   |
| <b>7-12</b>                 | <i>Repeat 1-6</i>  |   |  |

Continued overleaf 



**TREATMENT PART 2:**



Using the **Medical Terminal**.

| NO. | TREATMENT AREA                   | FREQUENCY  | TIME  |
|-----|----------------------------------|---|--|
| 1   | Carotid arteries (both sides)    | 5 Hz  | 1 min per point  |
| 2   | Subclavian arteries (both sides) |   |  |
| 3   | Axillary arteries (both sides)   |   |  |
| 4   | Anconeal arteries (both sides)   |   |  |
| 5   | Femoral arteries (both sides)    |   |  |

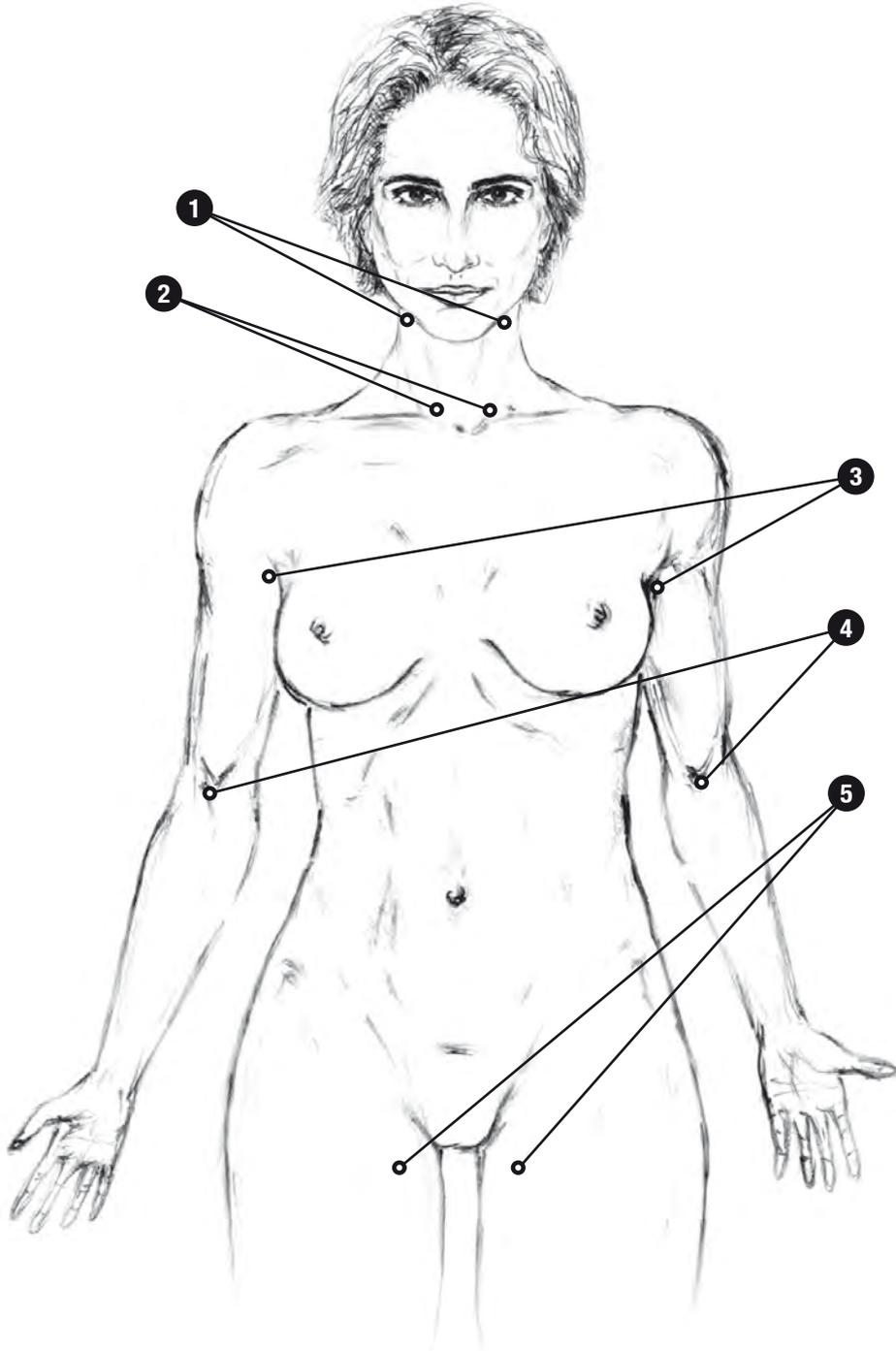
Done every **second** day.

**RECOMMENDED COURSE:**

**12 treatments, consisting of one treatment from Part 1 every day, and one treatment of Part 2 every second day.** Allow 2-3 weeks rest before doing **one** more course. Repeat every 6 months, or as often as desired.



This treatment plan is important for building physical strength, and is excellent for increasing stamina and vitality. This makes it essential for training in all sports, and also for recovery, in situations when the body is depleted, whether from operations or serious illness. It is, in addition, highly valuable as a preventive medication, both as part of long-term health care, as well as to combat the effects of ageing on the body.



49 min ±



## Universal 7 (Nervous System)\*

- SUPPORT FOR THE IMMUNE SYSTEM
- ESSENTIAL FOR STIMULATING THE BODY'S OWN HEALING
- EMOTIONAL EXHAUSTION & DEBILITY
- REGENERATION FROM STRESS – MENTAL & EMOTIONAL
- SUPPORT FOR THE NERVES & NERVOUS SYSTEM

This treatment consists of two parts, and the parts must be done consecutively.

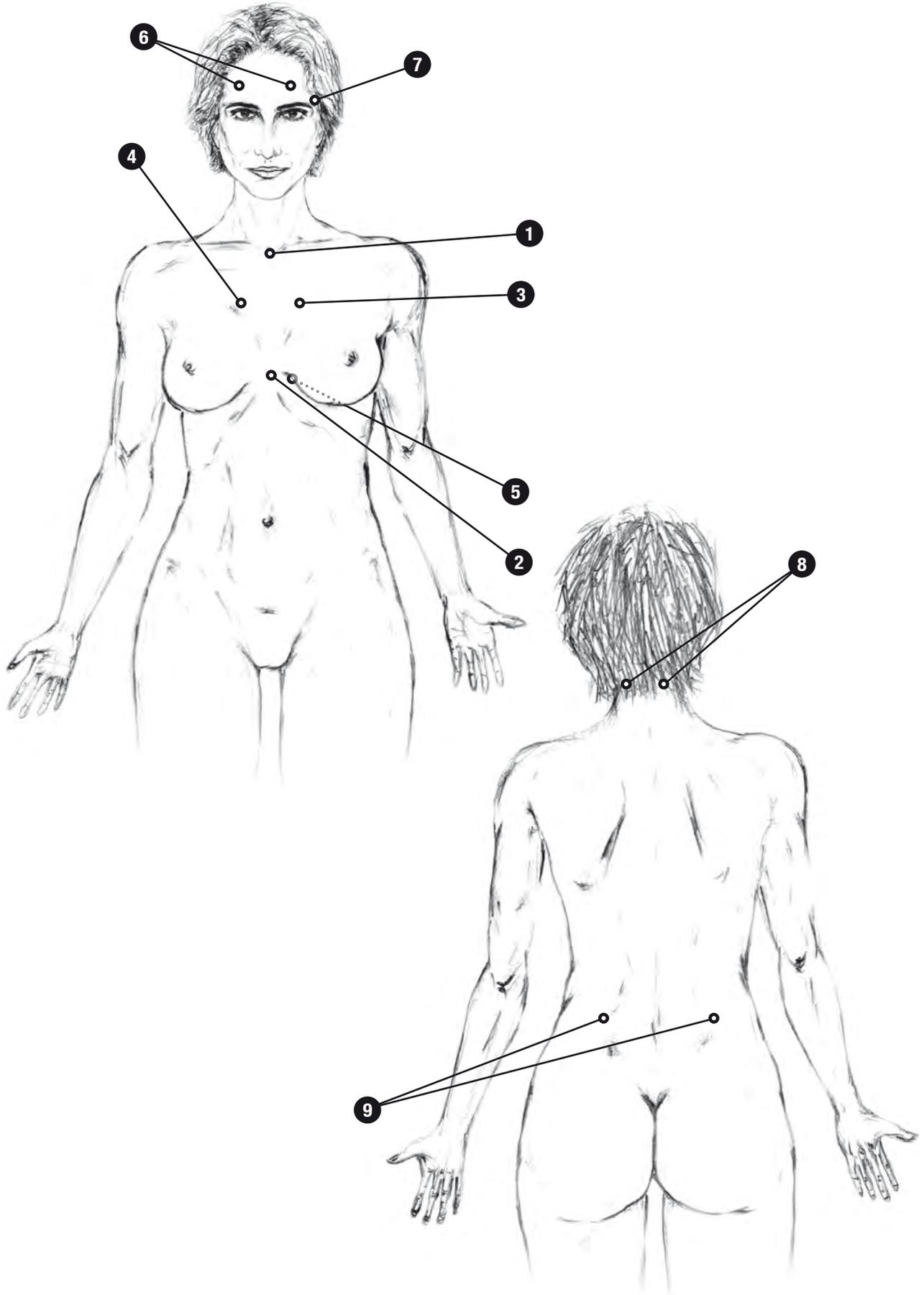
### TREATMENT PART 1:

Using the **Medical Terminal**. **Ultrasound** switched **OFF** for points 6, 7 & 8.

| NO. | TREATMENT AREA                                | FREQUENCY | TIME            |
|-----|---|-----------|-----------------|
| 1   | Top of sternum                                | 5 Hz      | 5 min           |
| 2   | Bottom of sternum                             | 5 Hz      | 1 min per point |
| 3   | 2 <sup>nd</sup> intercostal, left of sternum  |           |                 |
| 4   | 2 <sup>nd</sup> intercostal, right of sternum |           |                 |
| 5   | 4 <sup>th</sup> intercostal, left of sternum  |           |                 |
| 6   | Frontal                                       | 50 Hz     | 1 min per point |
| 7   | Left temple                                   | 50 Hz     | 1 min           |
| 8   | Suboccipital                                  | 50 Hz     | 1 min per point |
| 9   | Adrenal glands                                | 5 Hz      | 2 min per point |
|     |   | 50 Hz     | 2 min per point |

Done **twice** per day.

Continued overleaf



**TREATMENT PART 2:**



Using the **Medical Terminal**.

| NO. | TREATMENT AREA                   | FREQUENCY  | TIME  |
|-----|----------------------------------|---|--|
| 1   | Carotid arteries (both sides)    | 5 Hz  | 1 min per point  |
| 2   | Subclavian arteries (both sides) |   |  |
| 3   | Axillary arteries (both sides)   |   |  |
| 4   | Anconeal arteries (both sides)   |   |  |
| 5   | Femoral arteries (both sides)    |   |  |

Done every **second** day.

**RECOMMENDED COURSE:**

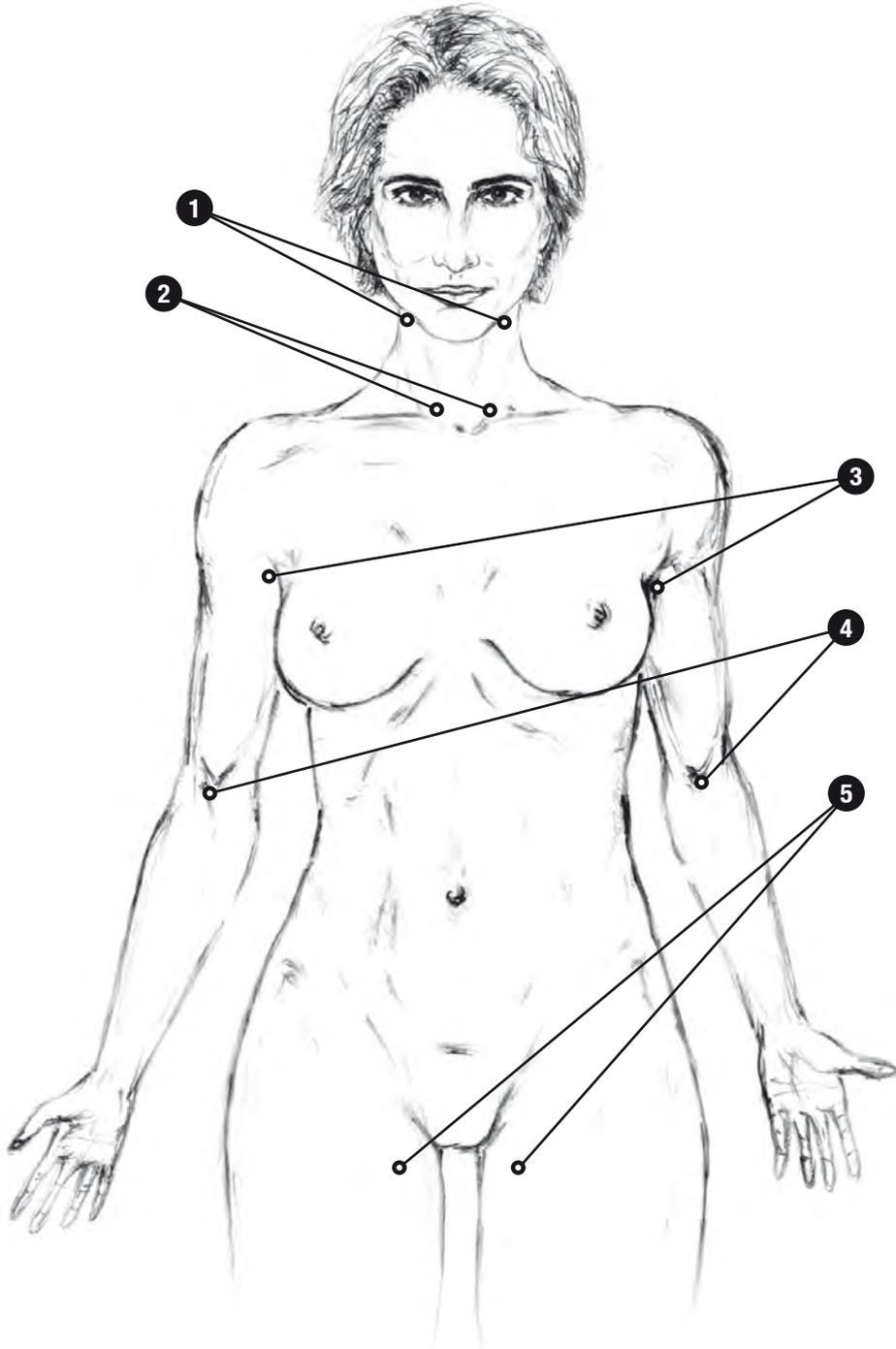
Do Part 1 **twice daily** and Part 2 **once per day every second day** for as long as necessary, or until definite improvement is noticed. Then continue for **7 more days**, after which allow 2-3 weeks rest before doing further courses as and when needed.



Alternatively, practitioners may choose to apply Parts 1 and 2 three times a week. In this case, double the treatment time for all points, except for Treatment Part 1, Point 1.



This treatment plan provides support to the nervous system, including the brain, the heart, and the adrenal glands. This makes it essential for all illnesses in which the nervous system has been compromised, as well as for recuperation when the body has become depleted as a result of severe stress. This treatment plan is also highly valuable in all cases of a stressful lifestyle as a preventive medication, both as part of long-term health care, as well as to combat the debilitating effects of stress and ageing on the body.



**PART 4**

*Cleansing Programs*

**SECTION I**

*Non-Depleting  
Natural Cleansing*

## General Notes

- 1 It should be noted that coMra® does not deplete the body during cleansing treatments. The aim of coMra-*Therapy* is to regenerate, as well as support the body in achieving a natural and non-depleting cleansing or detoxification.
- 2 The vitality-enhancing and regenerative effects of coMra-*Therapy* enable the coMra Cleansing Programs to be an invaluable support whenever they are used in conjunction with other cleansing or detoxification programs.
- 3 As with all cleansing programs, it is important to take your diet into consideration, and also to drink plenty of pure water to help in the elimination of toxins.
- 4 Mild exercise is also beneficial for increased circulation.
- 5 Sauna, hot tub or steam baths may also assist the body to eliminate toxins.
- 6 Be gentle with yourself during the cleansing process. Certain effects such as increased tiredness or skin rashes may be noticed whilst the body is making use of available energy in order to expel toxins.
- 7 We recommend that you allow a 4 week break between cleansing cycles.



### NOTE WELL

A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) **NEVER** use a frequency other than 5 Hz.

- 1 B. A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.

- 2 Do **NOT** use coMra-*Therapy* on patients who have had **heart transplants**, who have hearts with **artificial valves** or who have **cardiostimulators**.

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).

23 min



# Liver Cleanse & Repair

 **FOCUS ON CLEANSING AND REGENERATING THE LIVER**

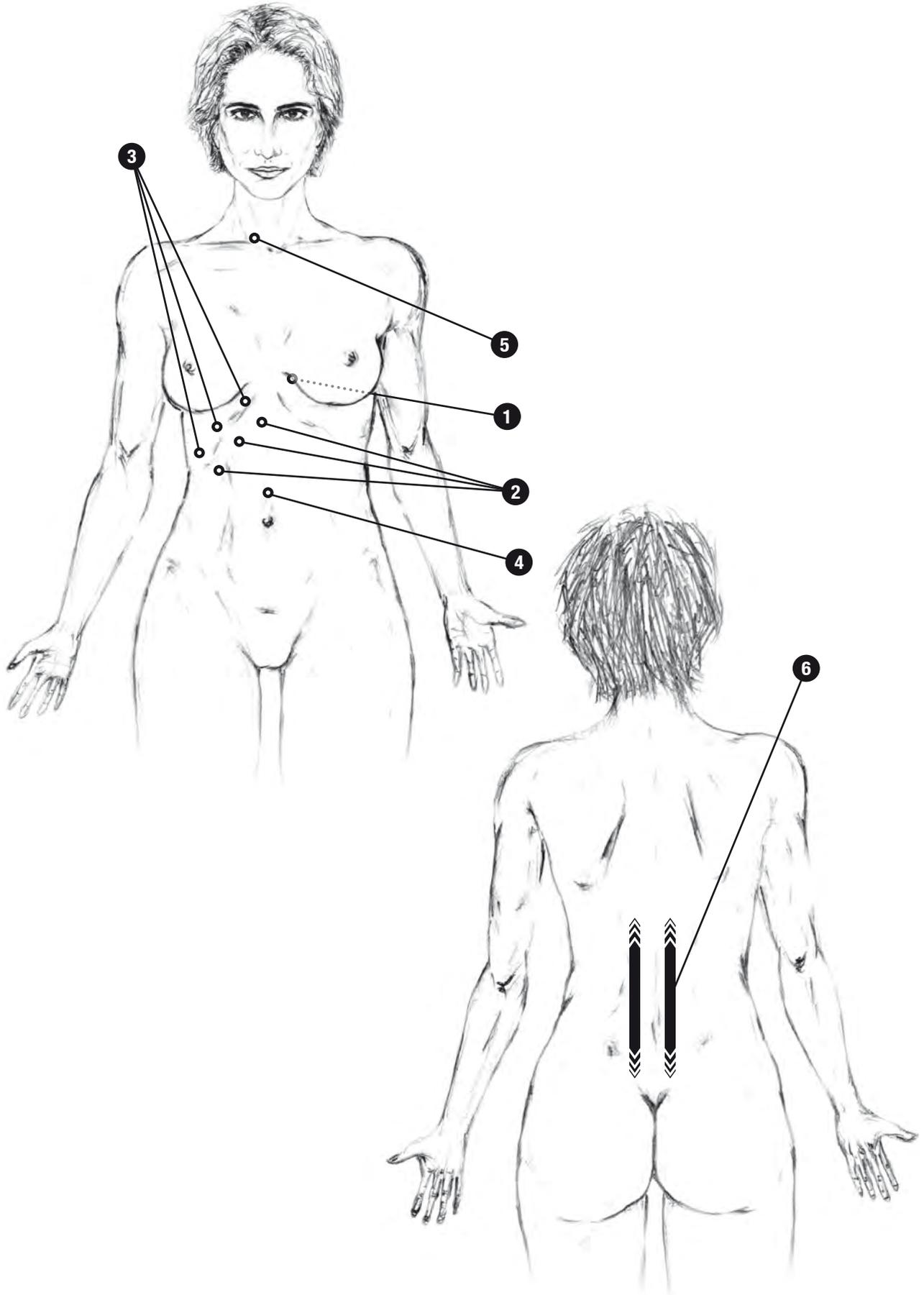
 This treatment consists of two parts, and the parts must be done consecutively.

## TREATMENT PART 1:

 Using the **Medical** Terminal.

| NO. | TREATMENT AREA   | FREQUENCY  | TIME  |
|-----|--|---|--|
| 1   | 4 <sup>th</sup> intercostal, left of sternum                           | 5 Hz  | 1 min  |
| 2   | Right hypochondrium, 3 points 10 cm apart                              | 50 Hz   | 1 min per point  |
| 3   | 3 points 10 cm apart along line parallel to hypochondrium, 5 cm higher | 5 Hz  | 1 min per point  |
| 4   | Middle of stomach  | 50 Hz   | 1 min  |
| 5   | Sternocleidomastoid above clavicle, right                              | 50 Hz   | 1 min  |
| 6   | Scan along both sides of vertebral column, mid to lower back           | 1000 Hz   | 2 min per side   |

Continued overleaf 



**TREATMENT PART 2:**



Using the **Medical Terminal**.

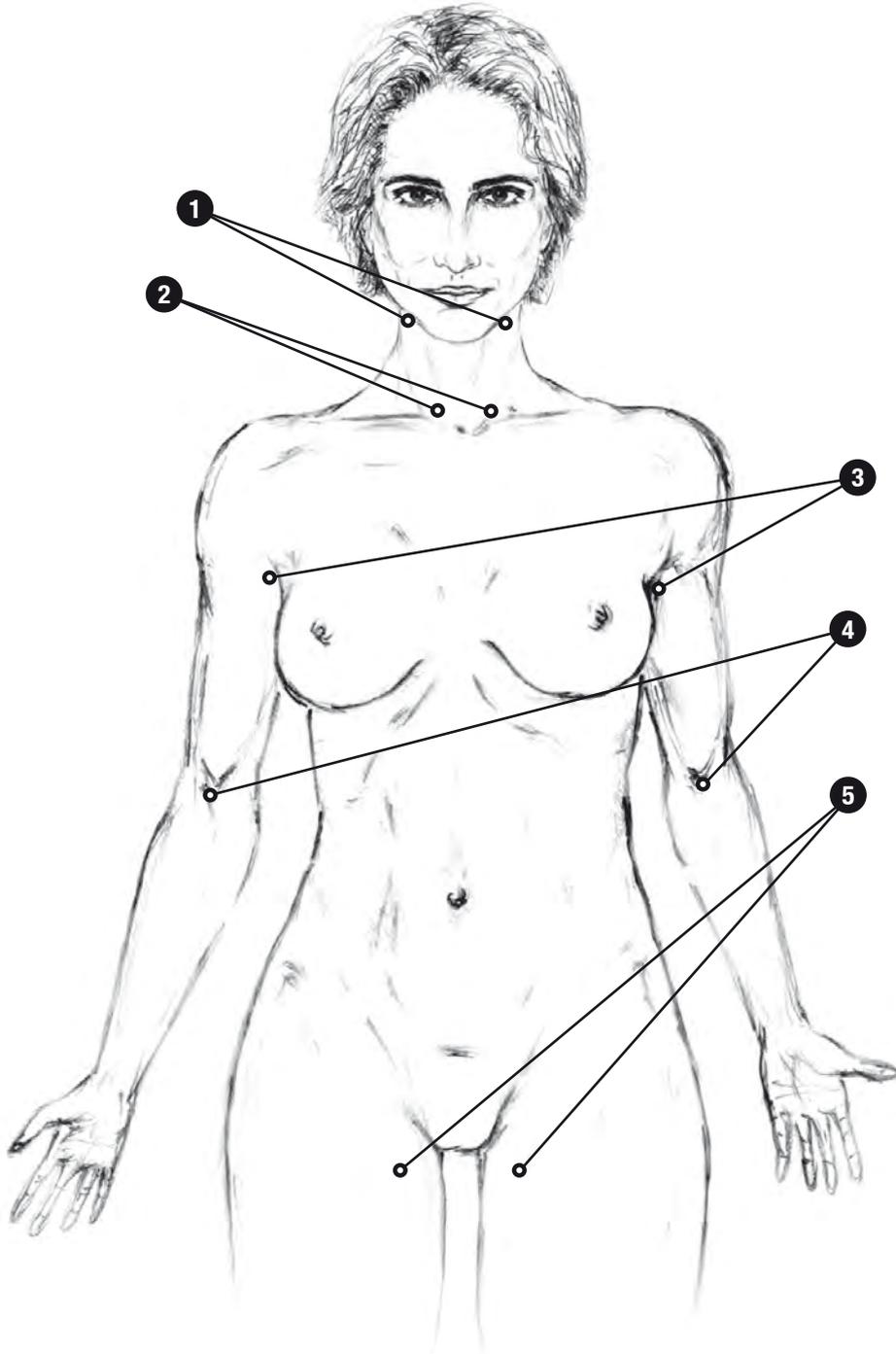
| NO. | TREATMENT AREA                   | FREQUENCY  | TIME  |
|-----|----------------------------------|---|--|
| 1   | Carotid arteries (both sides)    | 5 Hz  | 1 min<br>per point   |
| 2   | Subclavian arteries (both sides) |   |  |
| 3   | Axillary arteries (both sides)   |   |  |
| 4   | Anconeal arteries (both sides)   |   |  |
| 5   | Femoral arteries (both sides)    |   |  |

**RECOMMENDED COURSE:**

Do Part 1 followed by Part 2 **once per day, for 2 weeks**. Allow 4 weeks rest before doing further courses as and when needed.



Alternatively, practitioners may choose to apply the treatment 2-4 times a week. In this case, double the treatment time for all points.



23 min



# Colon Cleanse & Repair

 **FOCUS ON CLEANSING AND REGENERATING THE COLON**

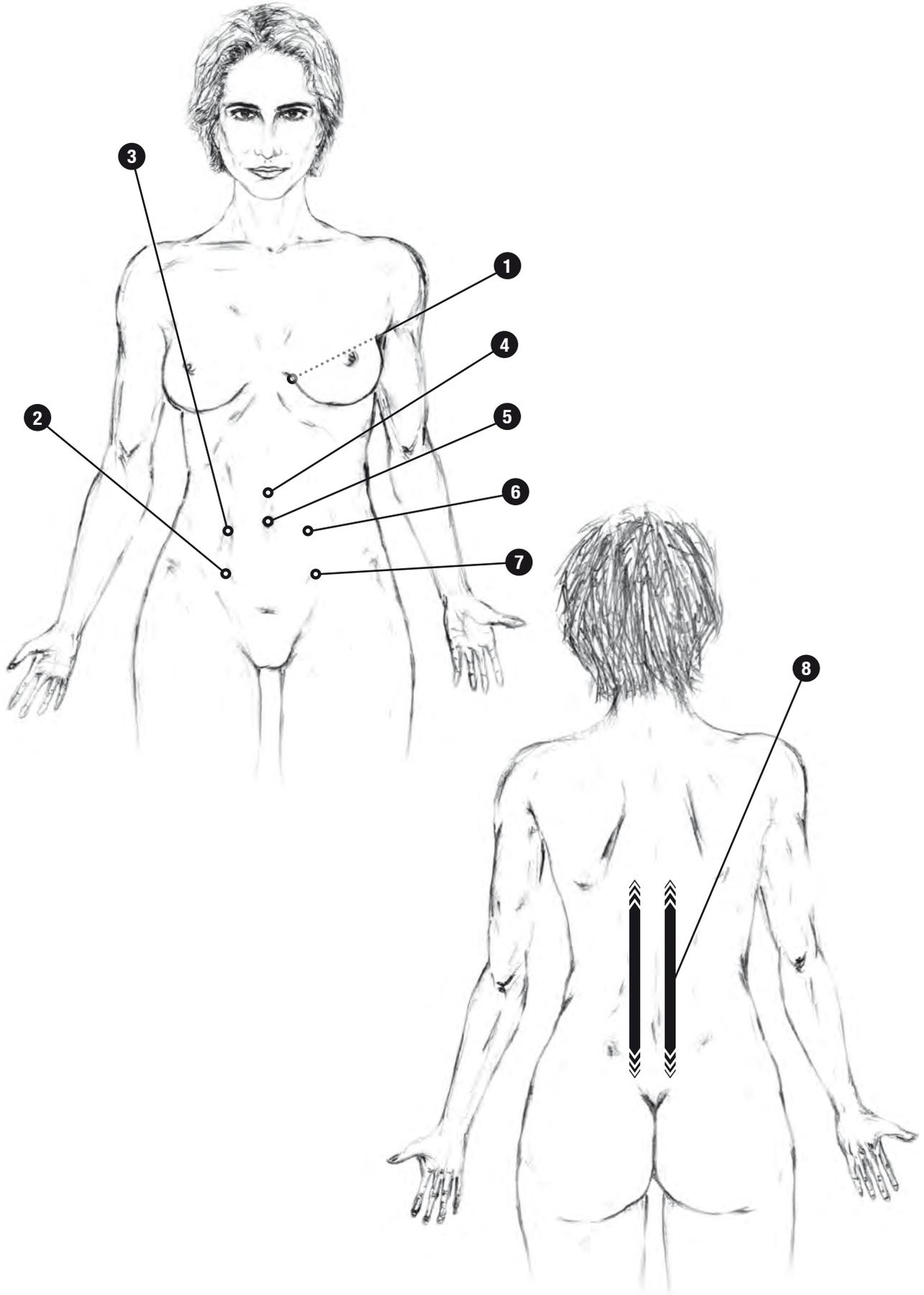
 This treatment consists of two parts, and the parts must be done consecutively.

**TREATMENT PART 1:**

 Using the **Medical** Terminal.

| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | 4 <sup>th</sup> intercostal, left of sternum                          | 5 Hz  | 1 min  |
| 2   | Right iliac   | 5 Hz  | 2 min per point  |
| 3   | Large intestine, liver side   |   |  |
| 4   | Middle of stomach   |   |  |
| 5   | Umbilicus   |   |  |
| 6   | Large intestine, spleen side  |   |  |
| 7   | Left iliac  | 1000 Hz   | 3 min per side   |
| 8   | Scan both sides of vertebral column from below scapulae to lower back |   |  |

Continued overleaf 



**TREATMENT PART 2:**



Using the **Medical Terminal**.

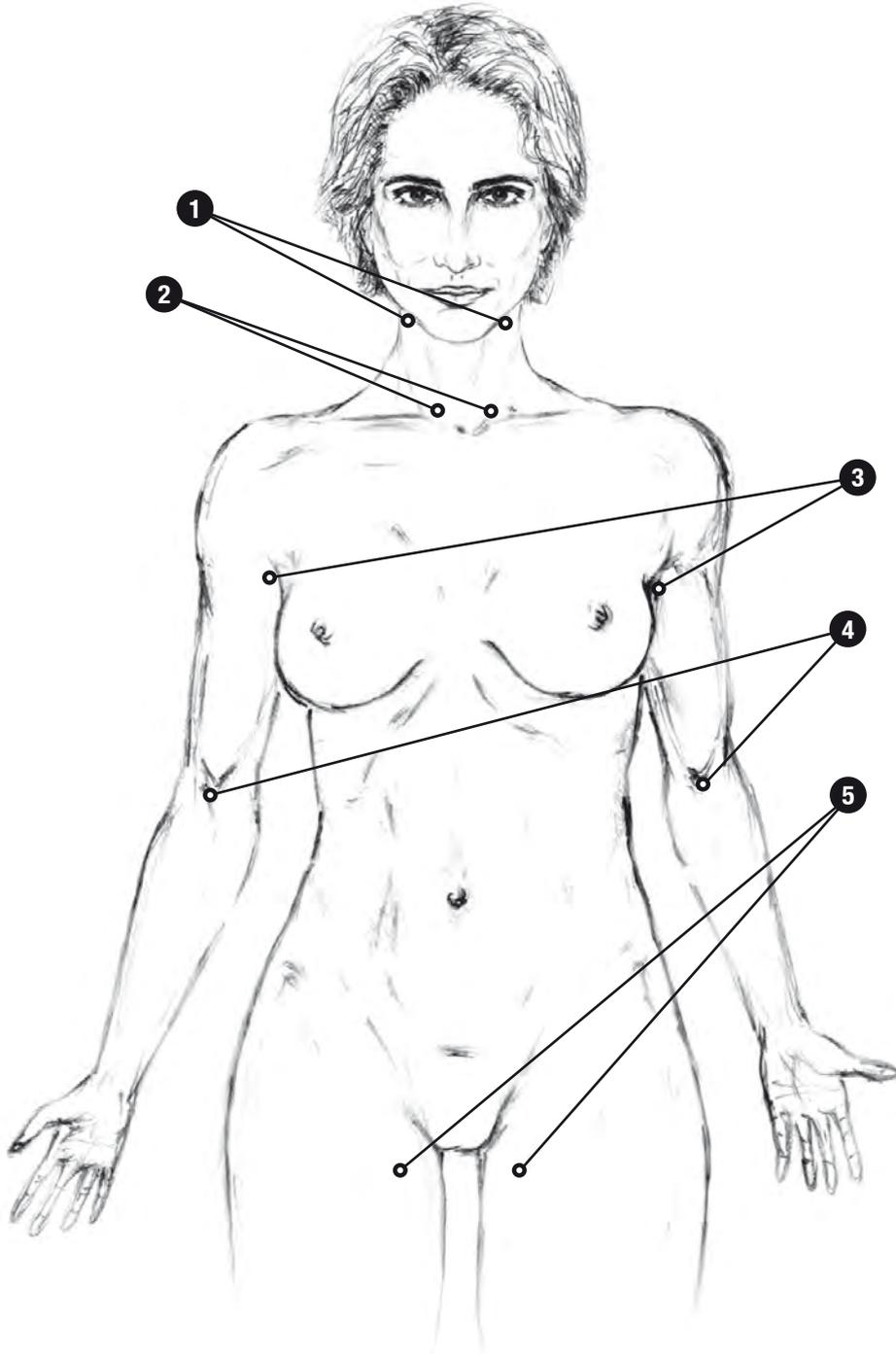
| NO. | TREATMENT AREA                   | FREQUENCY  | TIME  |
|-----|----------------------------------|---|--|
| 1   | Carotid arteries (both sides)    | 5 Hz  | 1 min<br>per point   |
| 2   | Subclavian arteries (both sides) |   |  |
| 3   | Axillary arteries (both sides)   |   |  |
| 4   | Anconeal arteries (both sides)   |   |  |
| 5   | Femoral arteries (both sides)    |   |  |

**RECOMMENDED COURSE:**

Do Part 1 followed by Part 2 **once per day, for 2 weeks**. Allow 4 weeks rest before doing further courses as and when needed.



Alternatively, practitioners may choose to apply the treatment 3-5 times a week. In this case, double the treatment time for all points.



23 min



# Kidney Cleanse & Repair

 **FOCUS ON CLEANSING AND REGENERATING THE KIDNEYS**

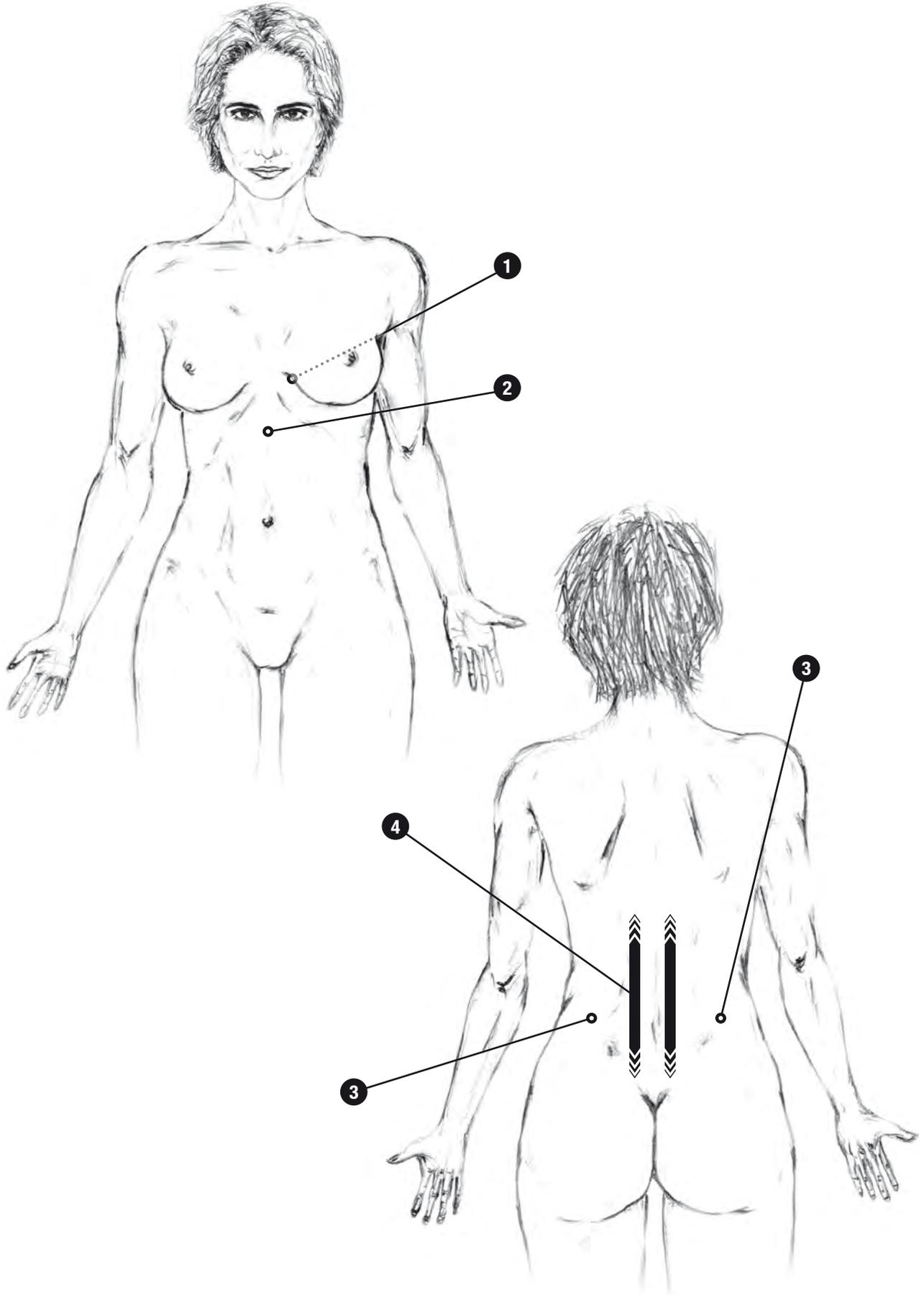
 This treatment consists of two parts, and the parts must be done consecutively.

**TREATMENT PART 1:**

 Using the **Medical** Terminal.

| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | 4 <sup>th</sup> intercostal, left of sternum                        | 5 Hz  | 1 min  |
| 2   | Solar plexus  | 50 Hz   | 2 min  |
| 3   | Kidneys   | 5 Hz  | 5 min per point  |
| 4   | Scan both sides of vertebral column,<br>from mid back to lower back | 1000 Hz   | 5 min per side   |

*Continued overleaf* 



**TREATMENT PART 2:**



Using the **Medical Terminal**.

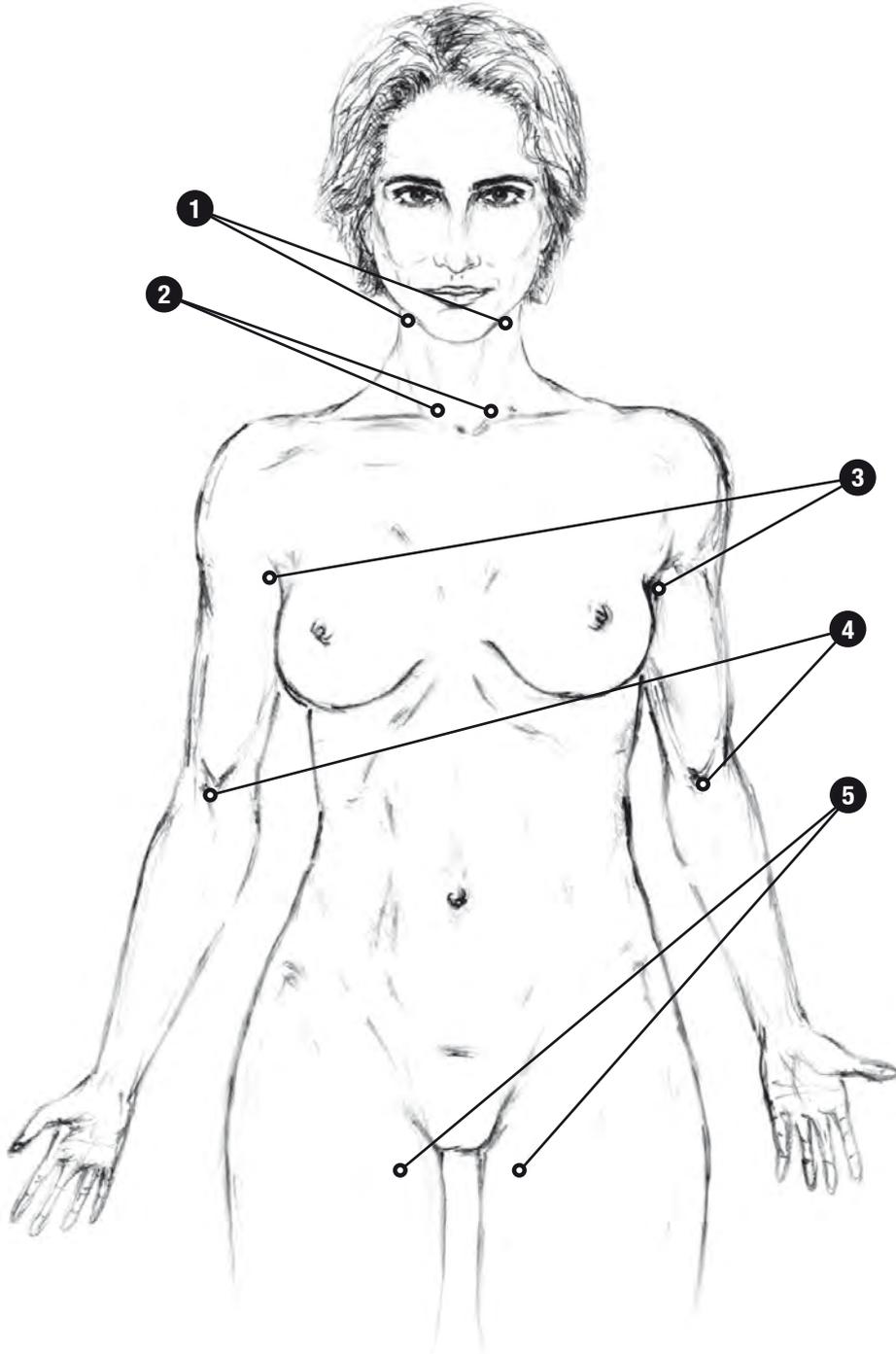
| NO. | TREATMENT AREA                   | FREQUENCY  | TIME  |
|-----|----------------------------------|---|--|
| 1   | Carotid arteries (both sides)    | 5 Hz  | 1 min<br>per point   |
| 2   | Subclavian arteries (both sides) |   |  |
| 3   | Axillary arteries (both sides)   |   |  |
| 4   | Anconeal arteries (both sides)   |   |  |
| 5   | Femoral arteries (both sides)    |   |  |

**RECOMMENDED COURSE:**

Do Part 1 followed by Part 2 **once per day, for 2 weeks**. Allow 4 weeks rest before doing further courses as and when needed.



Alternatively, practitioners may choose to apply the treatment 2-4 times a week. In this case, double the treatment time for all points, except for Treatment Part 1, Point 3 (kidneys).





# Comprehensive Cleanse & Elimination Program

 **FOCUS ON THE MAJOR ORGANS OF ELIMINATION**

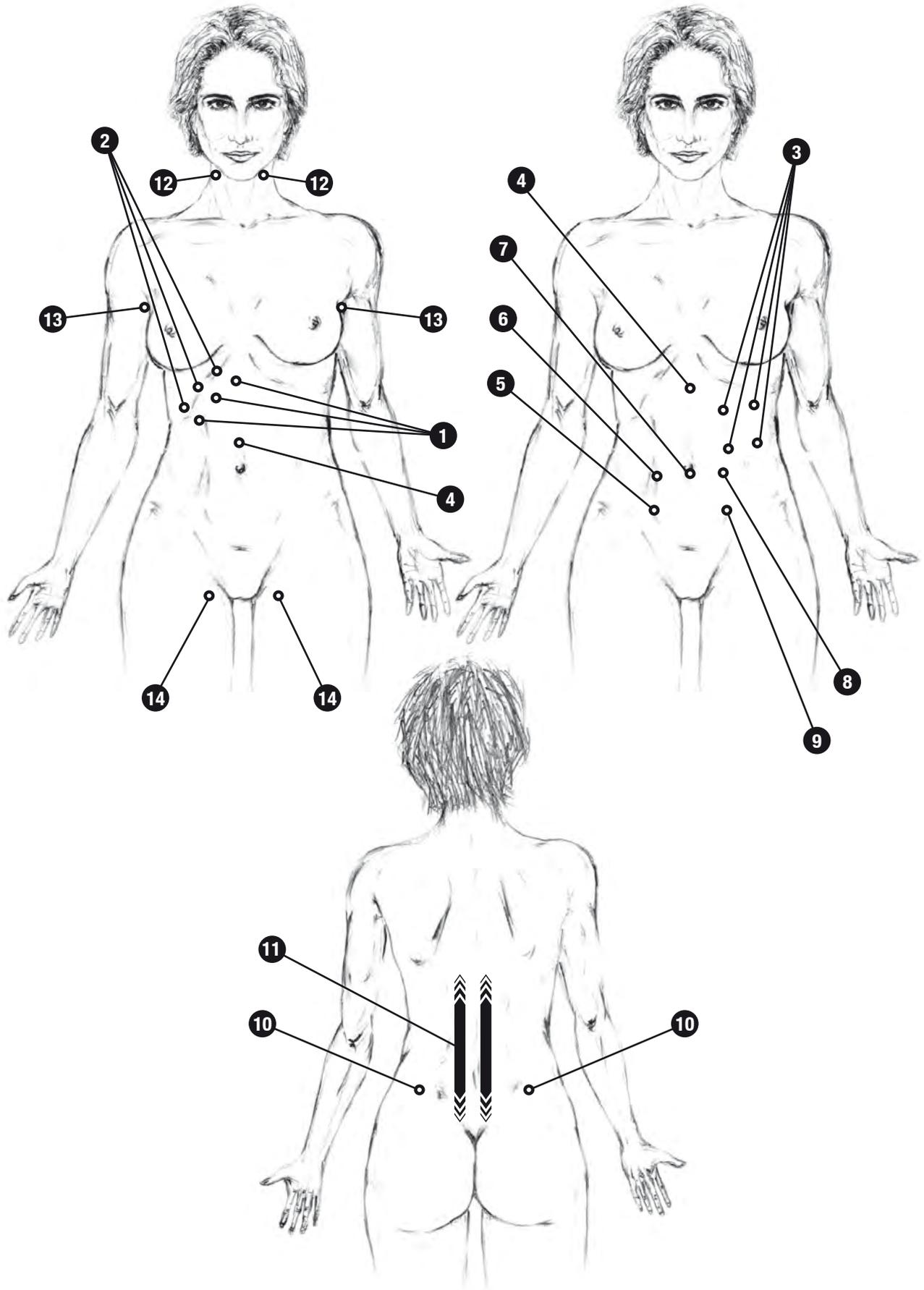
 This treatment consists of two parts, and the parts must be done consecutively.

## TREATMENT PART 1:

 Using the **Medical Terminal**.

| DAY   | TREATMENT AREA   | FREQUENCY  | TIME  |
|---|--|---|--|
| <b>1</b><br><b>Liver</b><br>(16 min)              | <b>1</b> Right hypocondrium, 3 points 10 cm apart                              | 50 Hz   | 2 min per point  |
|   | <b>2</b> 3 points 10 cm apart along line parallel to hypocondrium, 5 cm higher | 5 Hz  | 2 min per point  |
|   | <b>12</b> Carotid artery, 1 side only  | 5 Hz  | 2 min  |
|   | <b>13</b> Axillary cavity, 1 side only   | 5 Hz  | 2 min  |
| <b>2</b><br><b>Spleen &amp; Panc.</b><br>(15 min) | <b>3</b> Spleen and pancreas   | 5 Hz  | 5 min  |
|   | <b>4</b> Solar Plexus  | 50 Hz   | 3 min  |
|   | <b>12</b> Carotid artery, other side   | 5 Hz  | 2 min  |
|   | <b>13</b> Axillary cavity, other side  | 5 Hz  | 2 min  |
| <b>3</b><br><b>Colon</b><br>(12 min)              | <b>5</b> Right iliac   | 5 Hz  | 2 min  |
|   | <b>6</b> Large intestine, liver side   | 5 Hz  | 2 min  |
|   | <b>7</b> Umbilicus   | 5 Hz  | 2 min  |
|   | <b>8</b> Large intestine, spleen side  | 5 Hz  | 2 min  |
|   | <b>9</b> Left iliac  | 5 Hz  | 2 min  |
|   | <b>14</b> Femoral artery, one side only  | 5 Hz  | 2 min  |
| <b>4</b><br><b>Kidney</b><br>(16 min)             | <b>10</b> Kidneys  | 5 Hz  | 4 min per point  |
|   | <b>11</b> Scan vertebral column, mid to lower back                             | 1000 Hz   | 3 min per side   |
|   | <b>14</b> Femoral artery, other side   | 5 Hz  | 2 min  |

Continued overleaf 



**TREATMENT PART 2:**

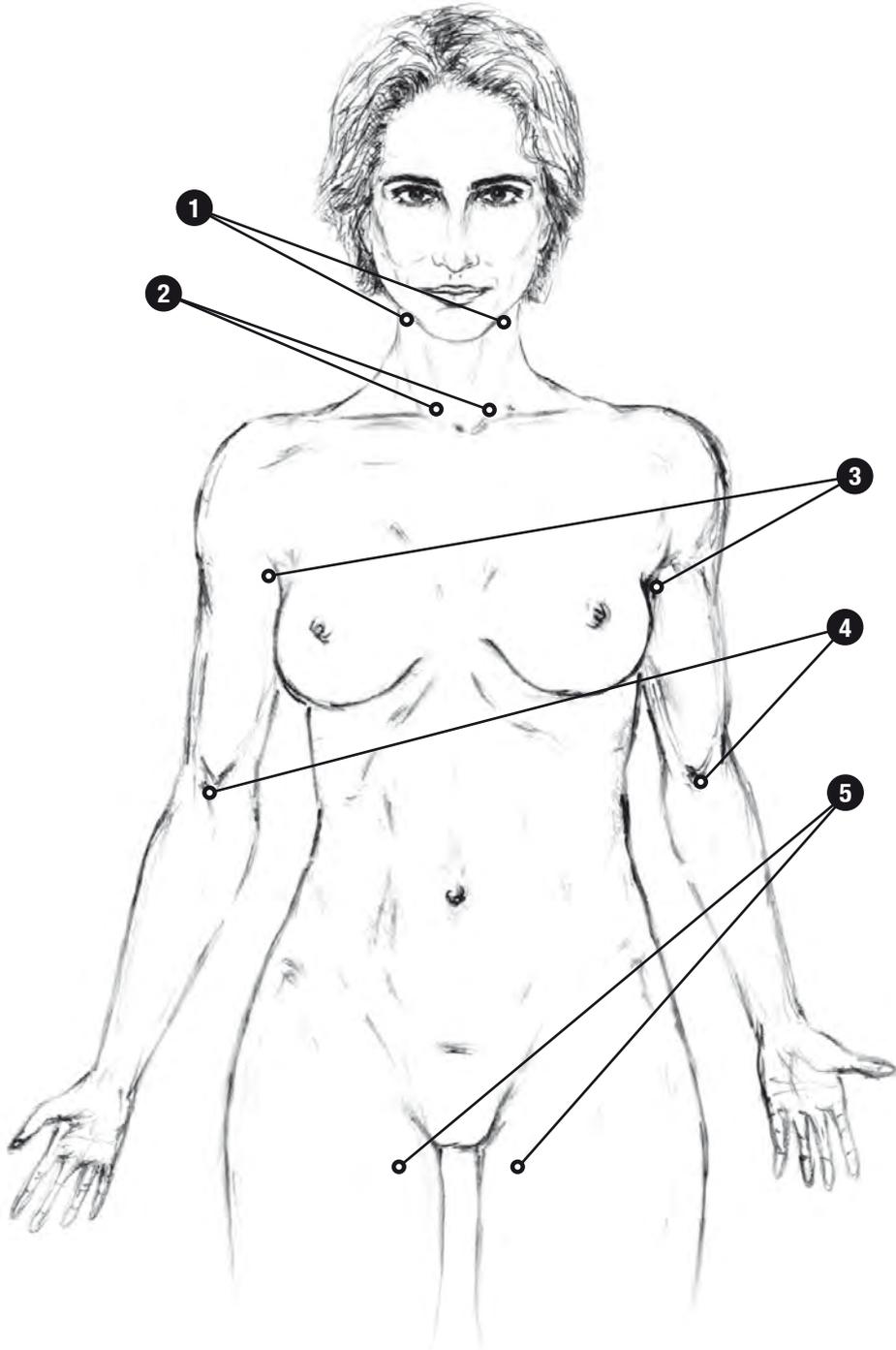


Using the **Medical Terminal**.

| NO. | TREATMENT AREA                   | FREQUENCY  | TIME  |
|-----|----------------------------------|---|--|
| 1   | Carotid arteries (both sides)    | 5 Hz  | 1 min<br>per point   |
| 2   | Subclavian arteries (both sides) |   |  |
| 3   | Axillary arteries (both sides)   |   |  |
| 4   | Anconeal arteries (both sides)   |   |  |
| 5   | Femoral arteries (both sides)    |   |  |

**RECOMMENDED COURSE:**

One treatment from Part 1 every day, and one treatment of Part 2 every day. Continue for 12 days or longer, (up to 24 days,) depending on the extent of the treatment desired. Allow 4 weeks rest before doing additional courses. Repeat as often as necessary.



**PART 5**

*Body Balancing*

**SECTION I**

*Vitality & Balance*

Through a Healthy Metabolism

## General Notes

- 1 Weight problem treatments have been compiled based on positive results reported by practitioners. coMra® first helps to replenish the body's energy reserves in order to deal with serious illnesses and diseases. After this, available energy can be used to deal with any other imbalances. In this respect, it should be remembered that many problems of metabolism and weight are mostly caused by stress, diet and other health issues. In addition, a proper balanced diet and moderate exercise are also necessary to achieve a healthy-looking body.



### NOTE WELL

- A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) **NEVER** use a frequency other than 5 Hz.
  - B. A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.
- 2 Do **NOT** use **coMra-Therapy** on patients who have had **heart transplants**, who have hearts with **artificial valves** or who have **cardiostimulators**.

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatment page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).



# Weight Problems

-  HEALTHY METABOLISM
-  OVERWEIGHT & UNDERWEIGHT CONDITIONS

## TREATMENT:

 Using the **Medical Terminal**.

| NO. | TREATMENT AREA   | FREQUENCY  | TIME  |
|-----|--|---|--|
| 1   | 4 <sup>th</sup> intercostal, left of sternum                           | 5 Hz  | 1 min  |
| 2   | Right hypochondrium, 3 points 10 cm apart                              | 50 Hz   | 1 min per point  |
| 3   | 3 points 10 cm apart along line parallel to hypochondrium, 5 cm higher | 5 Hz  | 1 min per point  |
| 4   | Middle of stomach  | 50 Hz   | 1 min  |
| 5   | Sternocleidomastoid above clavicle, right                              |   |  |
| 6   | Right iliac  | 5 Hz  | 2 min per point  |
| 7   | Large intestine, liver side  |   |  |
| 8   | Middle of stomach  |   |  |
| 9   | Umbilicus  |   |  |
| 10  | Large intestine, spleen side   |   |  |
| 11  | Left iliac   | 1000 Hz   | 5 min per side   |
| 12  | Scan both sides of vertebral column from below scapulae to lower back  |   |  |

## RECOMMENDED COURSE:

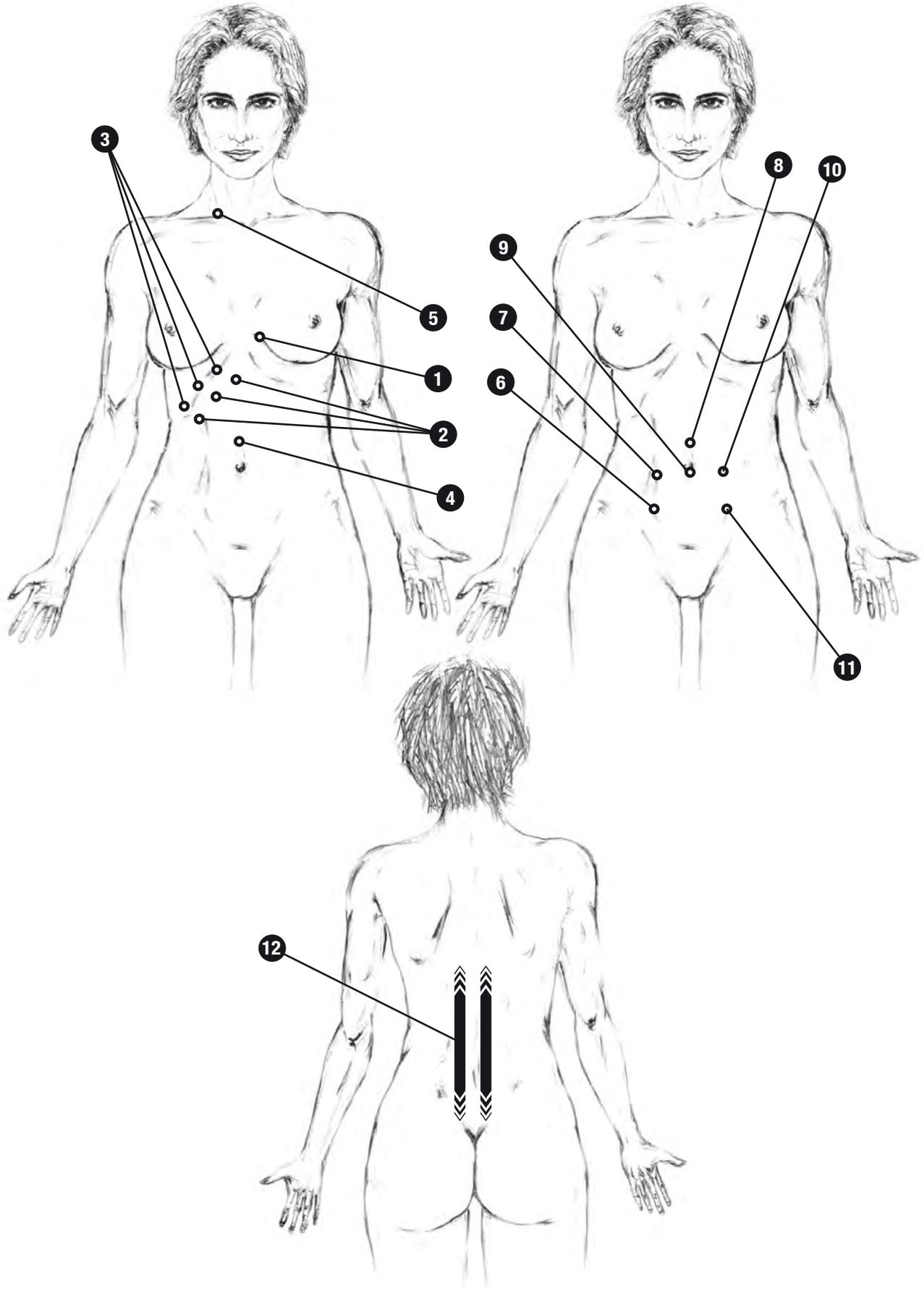
Once daily for 30 days, followed by a further course every 6 months if necessary.



Alternatively, practitioners may choose to apply this treatment 3 times a week. In this case, double the treatment time for the areas being treated.



To tighten up excess skin and flabby stomach muscles use **Part 1 – Cosmetology, Section I – Tummy Tighten** as an additional treatment. In the case of extreme stress, also add **Part 3 – Core Support, Section I – Universal 5 (Routine 2)** to reduce the stress.



**PART 6**

*Advanced Treatments*

**SECTION I**

*Female Reproductive  
Support*

## General Notes



### NOTE WELL

- 1 Whenever using the probe, **screw off** the probe sheath after treatment, **wash** the **outside** of the sheath well in **warm water** with a few drops of **dish washing** liquid added. Then dry with a clean cloth and sterilise with **Colloidal Silver** or with **pure alcohol** before putting away.
- 2 Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

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23 min



# Female Reproductive Health

 **CYSTITIS** – Inflammation of the bladder.

**TREATMENT:**

 Using the **Medical Terminal**.

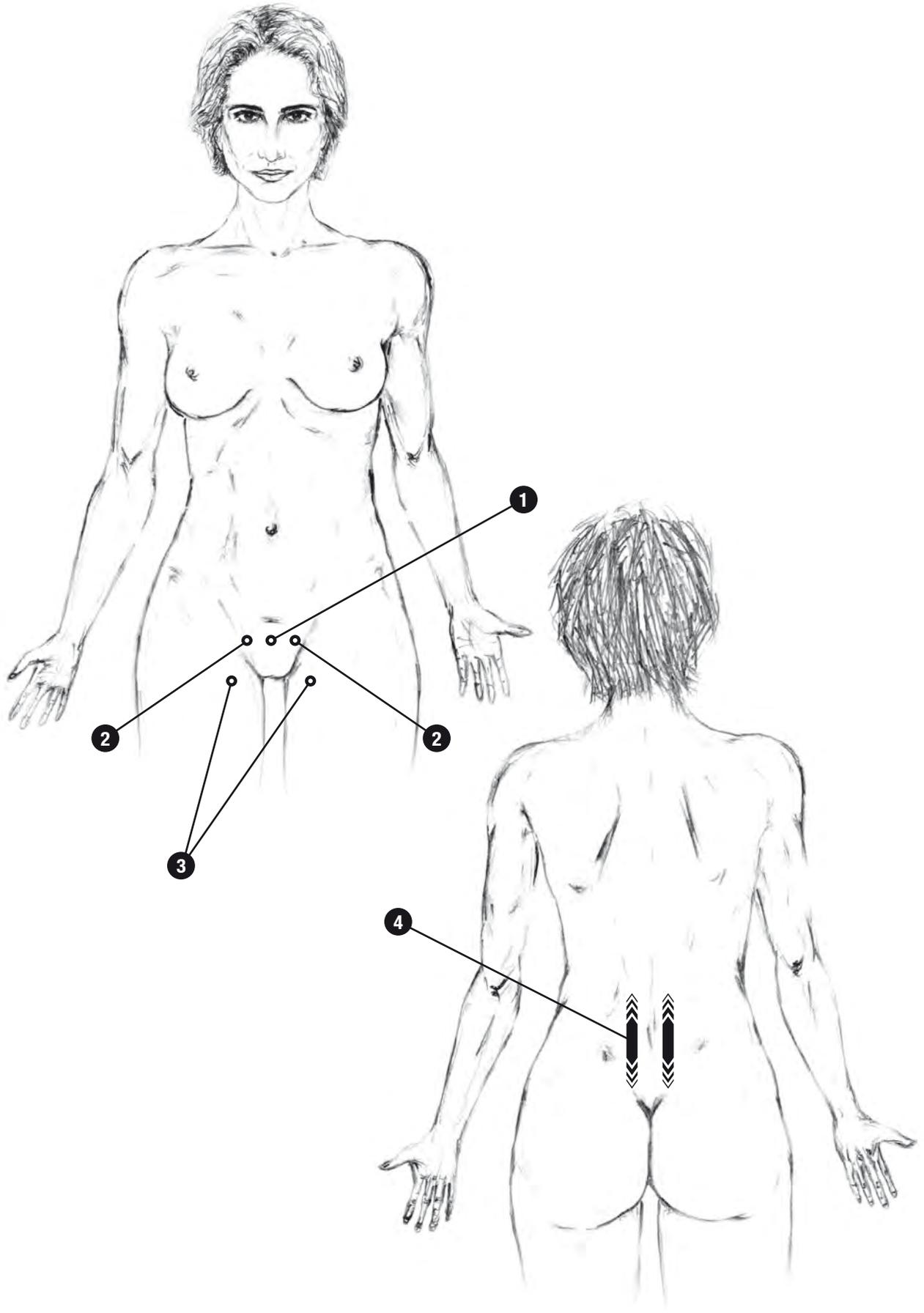
| NO. | TREATMENT AREA                                     | FREQUENCY  | TIME  |
|-----|--|---|--|
| 1   | Bladder  | 50 Hz   | 5 min  |
| 2   | 2 points at 5 cm on either side of first point     | 50 Hz   | 2 min per point  |
| 3   | Femoral arteries                                   | 5 Hz  | 5 min per point  |
| 4   | Scan both sides of vertebral column, sacral region | 1000 Hz   | 2 min per side   |

**RECOMMENDED COURSE:**

**Once daily for 15 days.** Allow a period of 3 weeks rest before doing another course if needed.



Alternatively, practitioners may choose to apply the treatment 3-5 times a week. In this case, double the treatment time for the areas being treated.





MEDICAL



PROBE (NORM)

# Female Reproductive Health

- PERIOD PAINS & DEPRESSION
- PELVIC PAIN
- SPASMS

## TREATMENT:



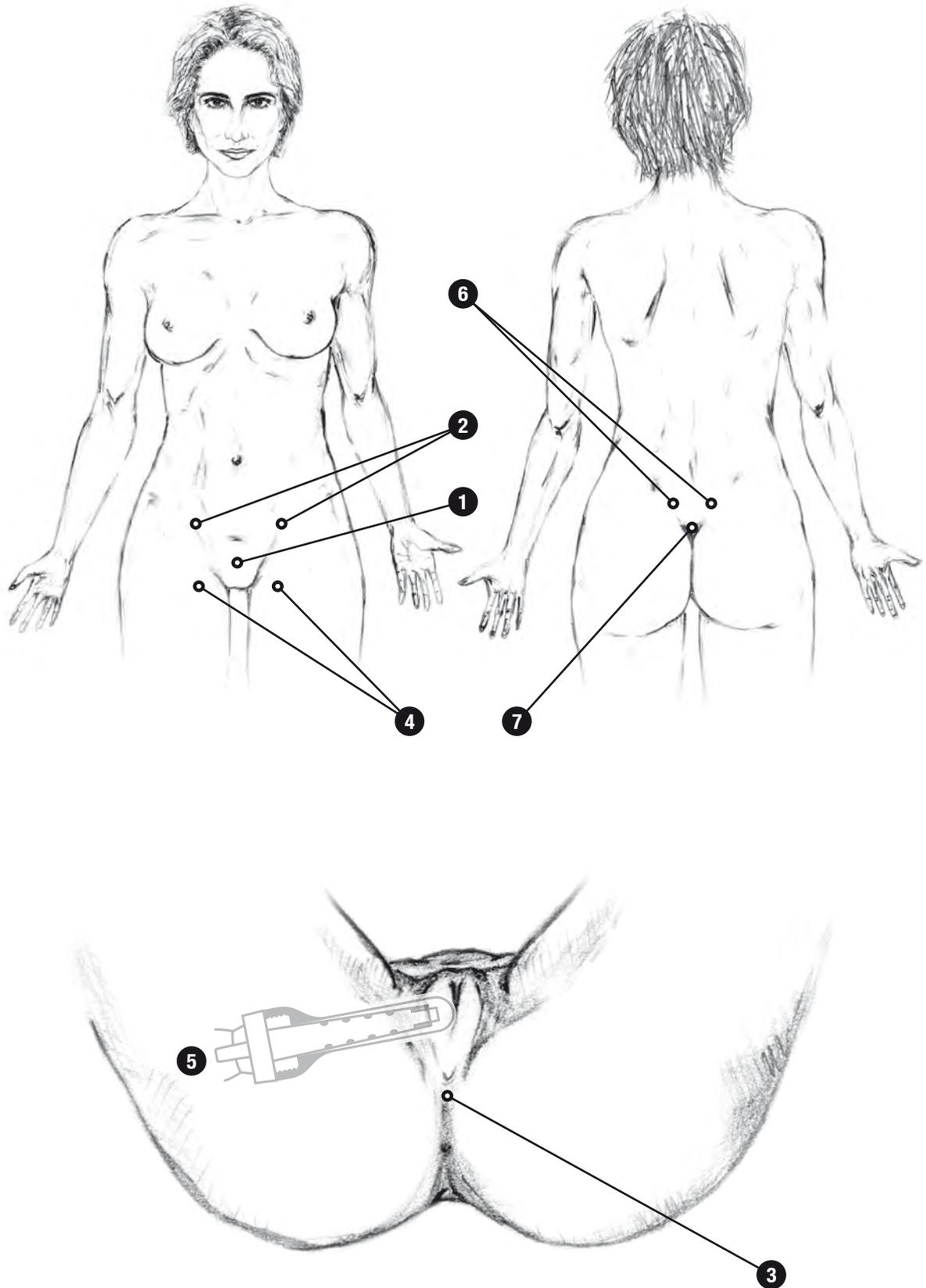
Using the **Medical** Terminal, as well as the



**Probe** Terminal with **Normal** sheath.

| DAY                  | TREATMENT AREA                                      | FREQUENCY | TIME      |
|----------------------|---|-----------|-----------|
| <b>1</b><br>(21 min) | <b>1</b> Vagina projection                          | 5 Hz      | 5 min     |
|                      | <b>2</b> Appendages                                 | 5 Hz      | per point |
|                      | <b>6</b> As shown                                   | 50 Hz     | 2 min     |
|                      | <b>7</b> As shown                                   | 50 Hz     | per point |
| <b>2</b><br>(21 min) | <b>1</b> Vagina projection                          | 50 Hz     | 5 min     |
|                      | <b>2</b> Appendages                                 | 50 Hz     | per point |
|                      | <b>6</b> As shown                                   | 50 Hz     | 2 min     |
|                      | <b>7</b> As shown                                   | 50 Hz     | per point |
| <b>3</b><br>(21 min) | <b>3</b> Perineum                                   | 5 Hz      | 5 min     |
|                      | <b>4</b> Femoral Arteries                           | 5 Hz      | per point |
|                      | <b>6</b> As shown                                   | 50 Hz     | 2 min     |
|                      | <b>7</b> As shown                                   | 50 Hz     | per point |
| <b>4</b><br>(21 min) | <b>1</b> Vagina projection                          | 50 Hz     | 5 min     |
|                      | <b>4</b> Femoral Arteries                           | 50 Hz     | per point |
|                      | <b>6</b> As shown                                   | 50 Hz     | 2 min     |
|                      | <b>7</b> As shown                                   | 50 Hz     | per point |
| <b>5</b><br>(26 min) | <b>2</b> Appendages                                 | 5 Hz      | 5 min     |
|                      | <b>3</b> Perineum                                   | 5 Hz      | per point |
|                      | <b>5</b> Probe inserted into vagina (Normal Sheath) | 1000 Hz   |           |
|                      | <b>6</b> As shown                                   | 50 Hz     | 2 min     |
|                      | <b>7</b> As shown                                   | 50 Hz     | per point |

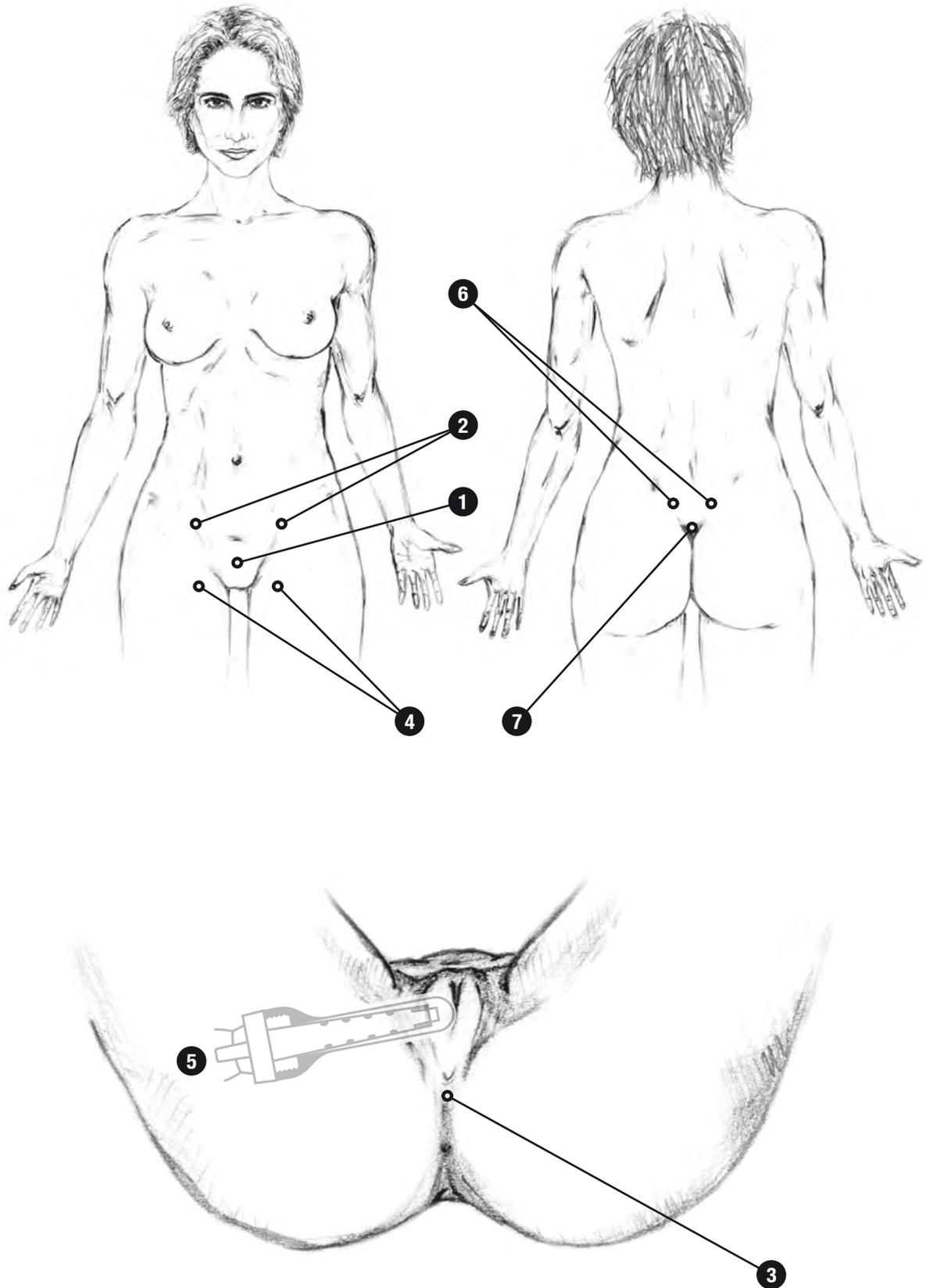
Continued overleaf



| DAY                   | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----------------------|---|---|--|
| <b>6</b><br>(26 min)  | <ul style="list-style-type: none"> <li>① Vagina projection</li> <li>② Appendages</li> <li>⑤ Probe inserted into vagina (Normal Sheath)</li> </ul>       | 50 Hz<br>50 Hz<br>1000 HZ   | 5 min<br>per point   |
|                       | <ul style="list-style-type: none"> <li>⑥ As shown</li> <li>⑦ As shown</li> </ul>  | 50 Hz<br>50 Hz  | 2 min<br>per point   |
| <b>7</b><br>(26 min)  | <ul style="list-style-type: none"> <li>③ Perineum</li> <li>④ Femoral Arteries</li> <li>⑤ Probe inserted into vagina (Normal Sheath)</li> </ul>          | 5 Hz<br>5 Hz<br>1000 Hz   | 5 min<br>per point   |
|                       | <ul style="list-style-type: none"> <li>⑥ As shown</li> <li>⑦ As shown</li> </ul>  | 50 Hz<br>50 Hz  | 2 min<br>per point   |
| <b>8</b><br>(26 min)  | <ul style="list-style-type: none"> <li>① Vagina projection</li> <li>④ Femoral Arteries</li> <li>⑤ Probe inserted into vagina (Normal Sheath)</li> </ul> | 50 Hz<br>50 Hz<br>1000 Hz   | 5 min<br>per point   |
|                       | <ul style="list-style-type: none"> <li>⑥ As shown</li> <li>⑦ As shown</li> </ul>  | 50 Hz<br>50 Hz  | 2 min<br>per point   |
| <b>9</b><br>(26 min)  | <ul style="list-style-type: none"> <li>① Vagina projection</li> <li>② Appendages</li> <li>⑤ Probe inserted into vagina (Normal Sheath)</li> </ul>       | 5 Hz<br>5 Hz<br>1000 Hz   | 5 min<br>per point   |
|                       | <ul style="list-style-type: none"> <li>⑥ As shown</li> <li>⑦ As shown</li> </ul>  | 50 Hz<br>50 Hz  | 2 min<br>per point   |
| <b>10</b><br>(26 min) | <ul style="list-style-type: none"> <li>① Vagina projection</li> <li>② Appendages</li> <li>⑤ Probe inserted into vagina (Normal Sheath)</li> </ul>       | 50 Hz<br>50 Hz<br>1000 Hz   | 5 min<br>per point   |
|                       | <ul style="list-style-type: none"> <li>⑥ As shown</li> <li>⑦ As shown</li> </ul>  | 50 Hz<br>50 Hz  | 2 min<br>per point   |

**RECOMMENDED COURSE:**

As prescribed above. Allow a period of 4 weeks rest before doing another course if needed.



4 min



## Female Reproductive Health

 **PREVENTION OF MASTITIS** (infection/inflammation of the breasts)

**TREATMENT:**

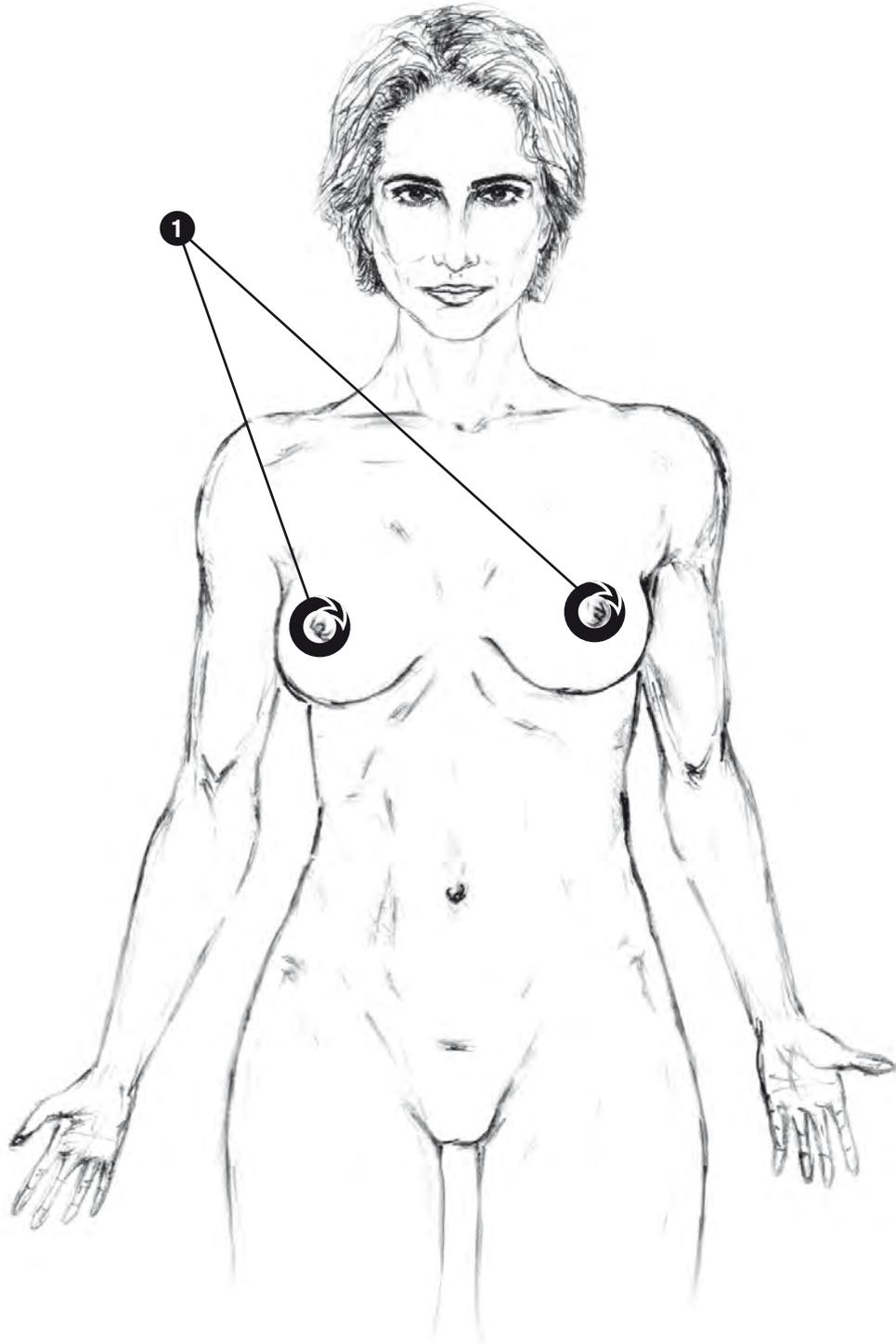
 Using the **Medical Terminal**.

| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | Scan papillae and around them in a small circular motion at a distance of 0.5 cm above skin | 50 Hz   | 2 min per side   |

**RECOMMENDED COURSE:**

**Once daily for 7 days** prior to giving birth. Repeat **after** having given birth. Then do **7 treatments** every **second** day.

 Alternatively, practitioners may choose to apply the treatment 3-5 times a week. In this case, double the treatment time for the areas being treated.



16 min



## Female Reproductive Health

- ▶ **MASTITIS** (infection/inflammation of the breasts)
- ▶ **SORE & CRACKED NIPPLES**

### TREATMENT:

 Using the **Medical Terminal**.

| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | Scan papillae and around them in a small circular motion at a distance of 0.5 cm above skin | 1000 Hz   | 3 min per side   |
| 2   | Scan both sides of vertebral column opposite scapulae                                       | 1000 Hz   | 5 min per side   |

### RECOMMENDED COURSE:

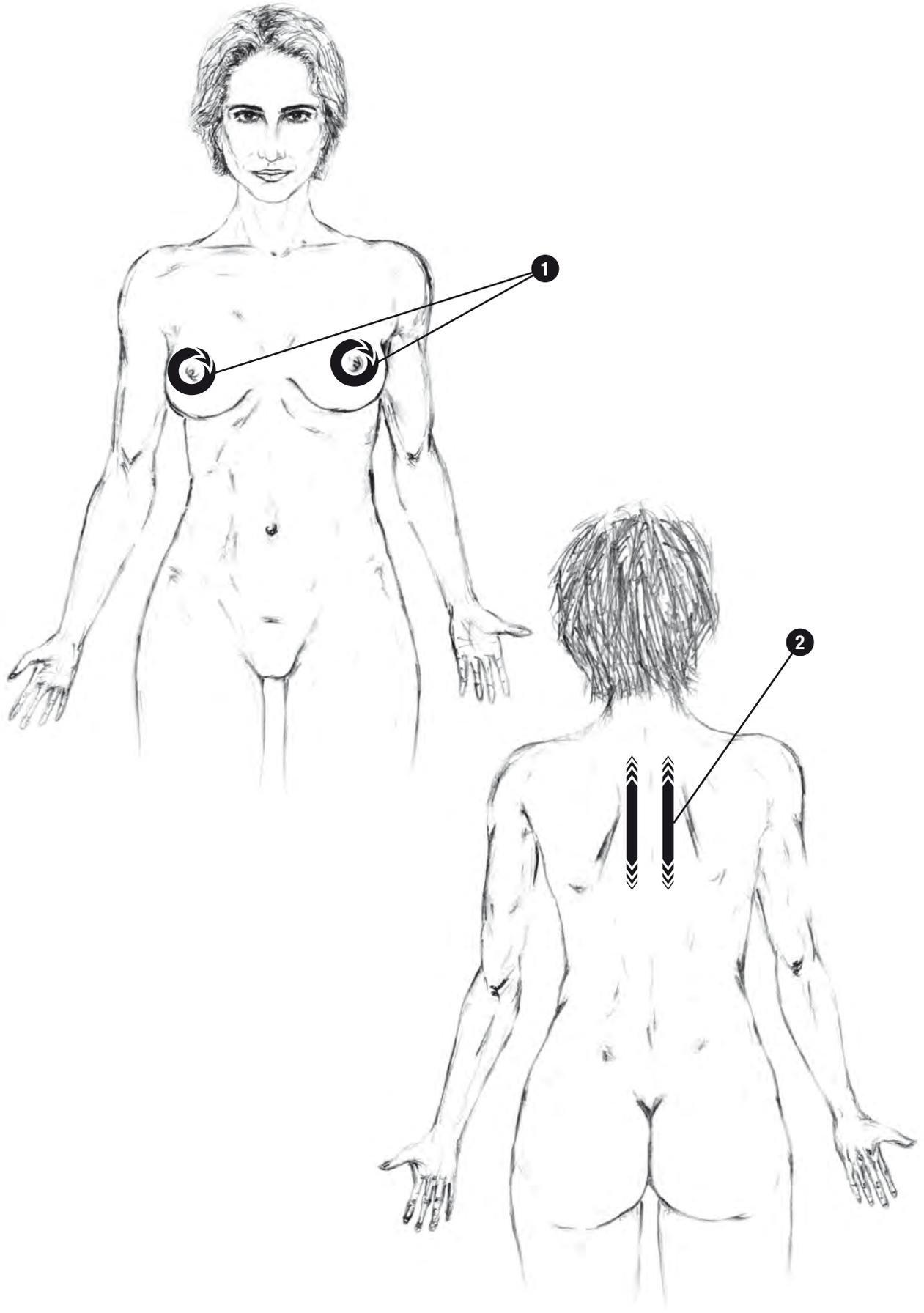
**Once daily for 15 days.** Allow a period of 4 weeks rest before doing another course if needed.



Alternatively, practitioners may choose to apply the treatment 4 times a week. In this case, increase the treatment time for the areas being treated.



This treatment is best done in conjunction with **Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)**. If sore nipples are caused by excessive biting due to insufficient lactation, also do the next treatment (**Hypogalactia**).



20 min



# Female Reproductive Health

 **DEFICIENT SECRETION OF BREAST MILK** (Hypogalactia)

**TREATMENT:**

 Using the **Medical** Terminal.

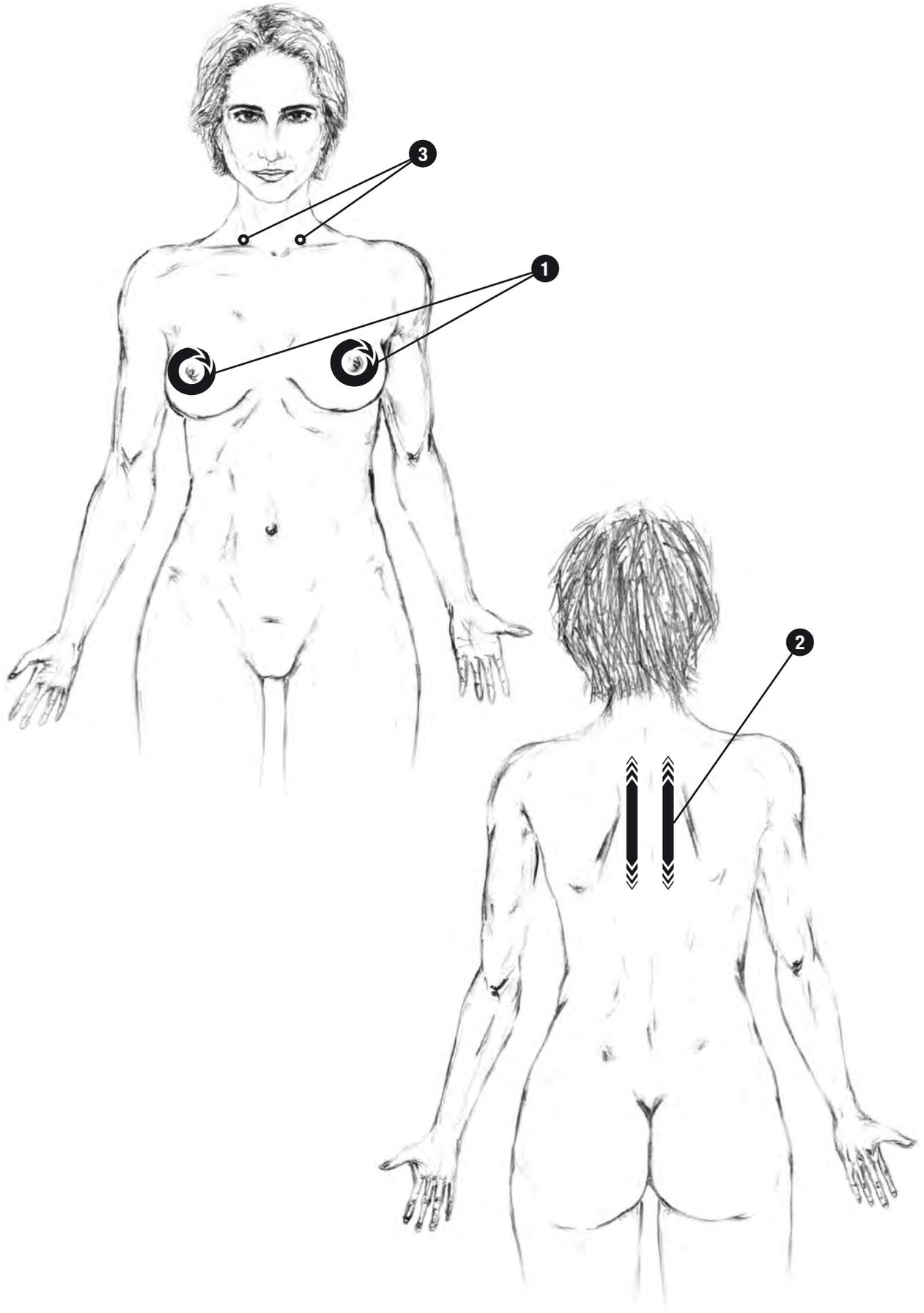
| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|---|--|
| 1   | Scan papillae and around them in a small circular motion at a distance of 0.5 cm above skin | 50 Hz   | 3 min per side   |
| 2   | Scan both sides of vertebral column opposite scapulae                                       | 1000 Hz   | 2 min per side   |
| 3   | Supraclavicular fossae  | 5 Hz  | 5 min per point  |

**RECOMMENDED COURSE:**

**Once daily for 15 days.** Allow a period of 3 weeks rest before doing another course. Then repeat the course every **second day**. Thereafter do a treatment **once per week** during the period of lactation.



Alternatively, practitioners may choose to apply the treatment 2-4 times a week. In this case, increase the treatment time for the areas being treated.



**PART 6**

*Advanced Treatments*

**SECTION II**

*Male Reproductive  
Support*

## General Notes

- 1 These treatments have been compiled based on positive results reported by practitioners. coMra® first helps to replenish the body's energy reserves in order to deal with serious illnesses and diseases. After this, available energy can be used to deal with any other imbalances. In addition, it should be remembered that many different sexual problems are mostly caused by stress, as well as poor health. A healthy sex life is usually restored once the body itself is again in balance and healthy.



### NOTE WELL

- 2 Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).



MEDICAL



MERIDIAN

# Male Reproductive Support

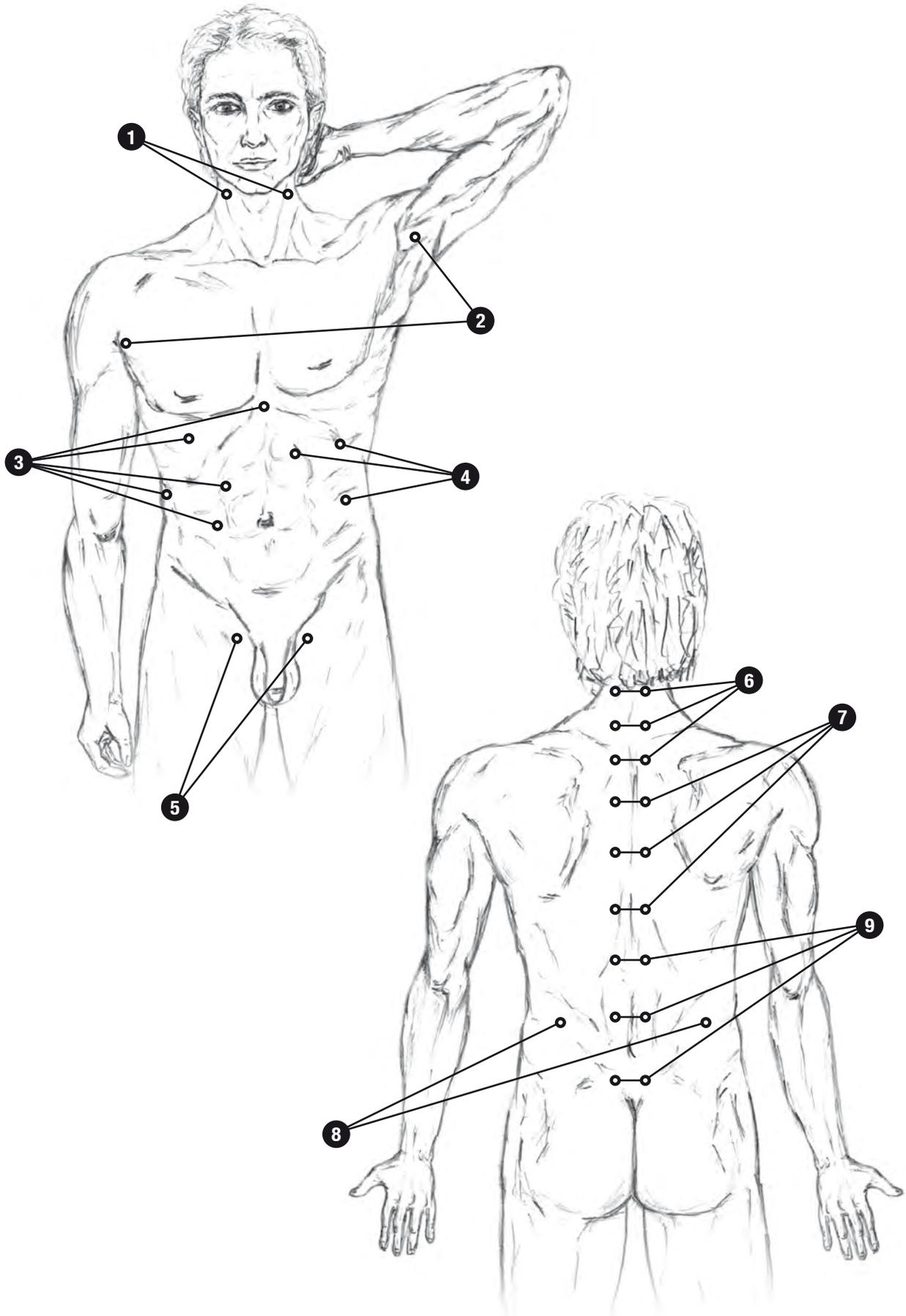
-  IMPOTENCE
-  LOW LIBIDO
-  PREMATURE EJACULATION
-  LOW SPERM COUNT

## TREATMENT PART 1:

 Using the **Medical** Terminal.

| DAY                  | TREATMENT AREA                              | FREQUENCY  | TIME  |
|----------------------|---|---|--|
| <b>1</b><br>(11 min) | <b>5</b> Femoral arteries, one side only    | 5 Hz  | 5 min  |
|                      | <b>6</b> Cervical section                   | 50 Hz   | 1 min per point  |
| <b>2</b><br>(11 min) | <b>5</b> Femoral arteries, other side       | 5 Hz  | 5 min  |
|                      | <b>7</b> Breast section of vertebral column | 50 Hz   | 1 min per point  |
| <b>3</b><br>(7 min)  | <b>2</b> Axillary cavity, one side only     | 5 Hz  | 5 min  |
|                      | <b>8</b> Kidneys                            | 50 Hz   | 1 min per point  |
| <b>4</b><br>(10 min) | <b>2</b> Axillary cavity, other side        | 5 Hz  | 5 min  |
|                      | <b>3</b> Liver                              | 50 Hz   | 1 min per point  |
| <b>5</b><br>(8 min)  | <b>1</b> Carotid artery, one side only      | 50 Hz   | 2 min  |
|                      | <b>9</b> Lumbosacral region                 | 50 Hz   | 1 min per point  |
| <b>6</b><br>(5 min)  | <b>1</b> Carotid artery, other side         | 50 Hz   | 2 min  |
|                      | <b>4</b> Spleen                             | 50 Hz   | 1 min per point  |

Continued overleaf 



**TREATMENT PART 2:**



Using the **Medical Terminal**. **Ultrasound** switched **OFF** for points 6, 7 & 8.

| DAY                     | TREATMENT AREA                             | FREQUENCY | TIME               |                                       |
|-------------------------|--|-----------|--------------------|---------------------------------------|
| <b>7-15</b><br>(49 min) | <b>1</b> Top of sternum                    | 5 Hz      | 5 min              |                                       |
|                         | <b>2</b> Bottom of sternum                 | 5 Hz      | 1 min per point    |                                       |
|                         | <b>3</b> 2nd intercostal, left of sternum  |           |                    |                                       |
|                         | <b>4</b> 2nd intercostal, right of sternum |           |                    |                                       |
|                         | <b>5</b> 4th intercostal, left of sternum  |           |                    |                                       |
|                         | <b>6</b> Frontal                           |           | 50 Hz              | 1 min per point                       |
|                         | <b>7</b> Left temple                       |           | 50 Hz              | 1 min                                 |
|                         | <b>8</b> Suboccipital                      |           | 50 Hz              | 1 min per point                       |
|                         | <b>9</b> Adrenal glands                    |           | 5 Hz then<br>50 Hz | 2 min per point for<br>each frequency |



Using the **Medical Terminal**.

| NO.      | TREATMENT AREA                                  | FREQUENCY | TIME           |
|----------|---|-----------|----------------|
| <b>A</b> | Scanning the lower part of the vertebral column | 1000 Hz   | 3 min per side |
| <b>B</b> | Scanning the jaw area, both sides               | 1000 Hz   | 1 min per side |



Using the **Meridian Terminal**.

| NO.      | TREATMENT AREA   | FREQUENCY | TIME           |
|----------|------------------|-----------|----------------|
| <b>C</b> | Ears, both sides | 1000 Hz   | 3 min per side |

**RECOMMENDED COURSE:**

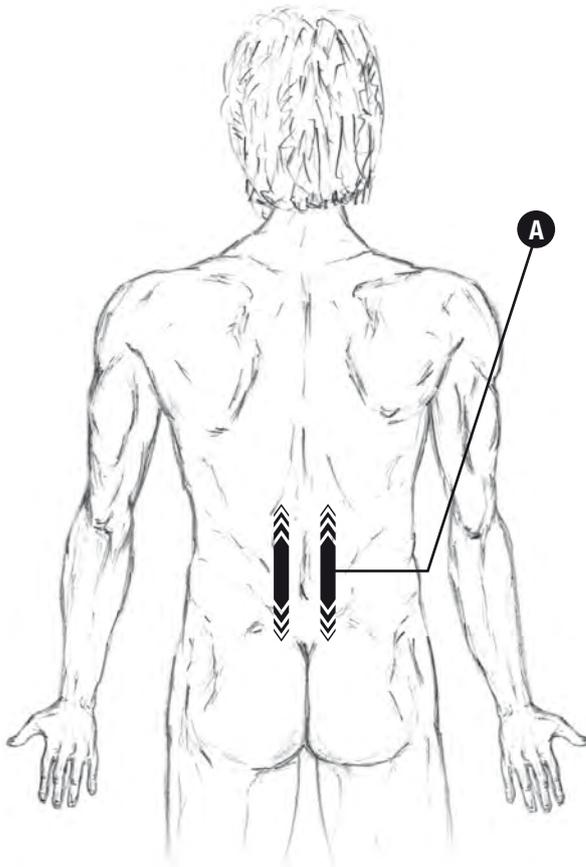
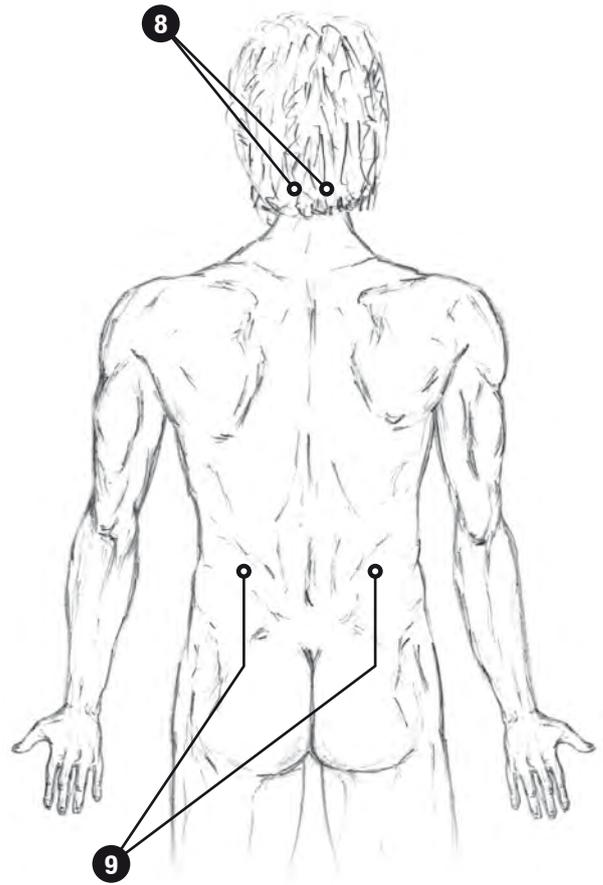
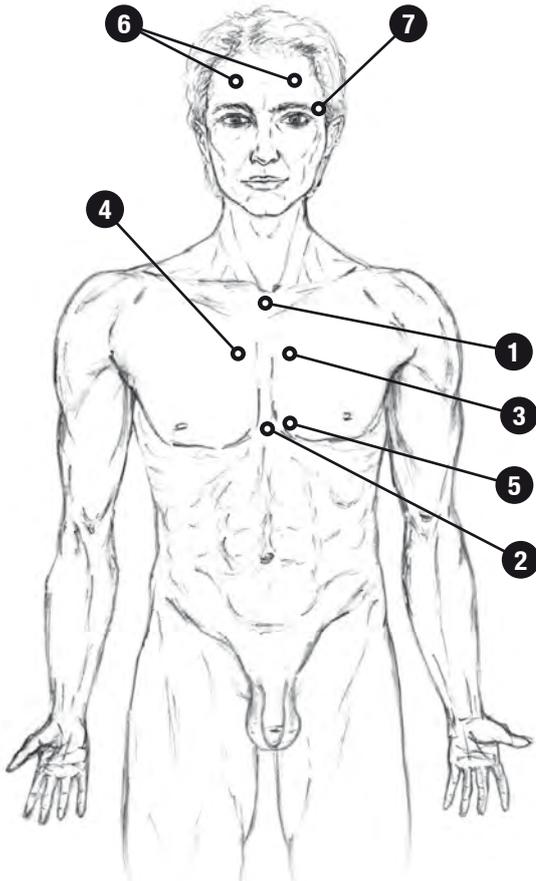
Do Treatment **Part 1 once daily for 12 days**, together with Treatment **Part 2 once daily for 15 days**, after which allow 2-3 weeks rest before doing further courses as and when needed.



Alternatively, practitioners may choose to apply treatments 3 times a week. In this case, double the treatment time for the areas being treated, in Part 2 of the treatment, with the exception of Point 1 (Top of Sternum).



This treatment is best done in conjunction with **Part 3 – Core Support, Section I – Universal 5 (Routine 2)** for stress.



**PART 6**

*Advanced Treatments*

**SECTION III**

*Nervous System  
Disorders*

## General Notes



### NOTE WELL

A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) **NEVER** use a frequency other than 5 Hz.

1

B. A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.

2

Do **NOT** use *coMra-Therapy* on patients who have had **heart transplants**, who have hearts with **artificial valves** or who have **cardiostimulators**.

3

Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

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17 min



# Nervous System Disorders

 **DELIRIUM TREMENS** – Withdrawal symptoms.

**TREATMENT:**



Using the **Probe** Terminal with the **Extended** sheath attached.

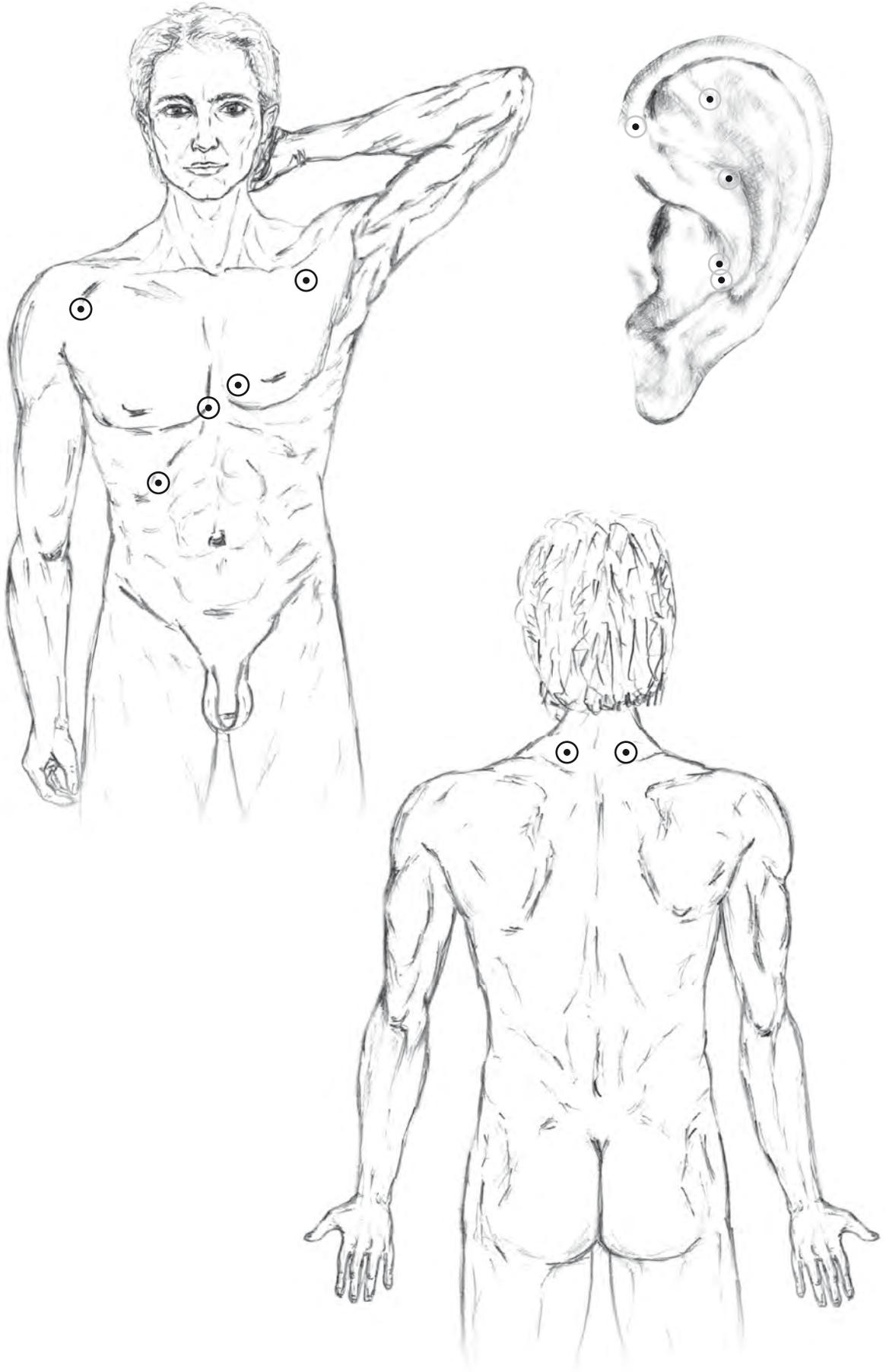
|   | TREATMENT AREA   | FREQUENCY  | TIME  |
|---|--|---|--|
|  | Place the <b>TIP</b> of the probe on each point shown in the diagram.<br>Do the points shown on <b>BOTH</b> ears | 1000 Hz   | 1 min per point  |

**RECOMMENDED COURSE:**

**Twice daily for 15 days.** Allow a period of 3 weeks rest before doing another treatment.



Alternatively, practitioners may choose to apply the treatment 1-2 times a week. In this case, double the treatment time for the areas being treated.



18 min



# Nervous System Disorders

## ALCOHOLISM AND OTHER ADDICTIONS

### TREATMENT:



Using the **Probe** Terminal with the **Extended** sheath attached.

|  | TREATMENT AREA   | FREQUENCY | TIME            |
|--|--|-----------|-----------------|
|  | Place the <b>TIP</b> of the probe on each point shown in the diagram. Point behind the ear should be done on <b>BOTH</b> sides | 1000 Hz   | 1 min per point |



Using the **Meridian** Terminal.

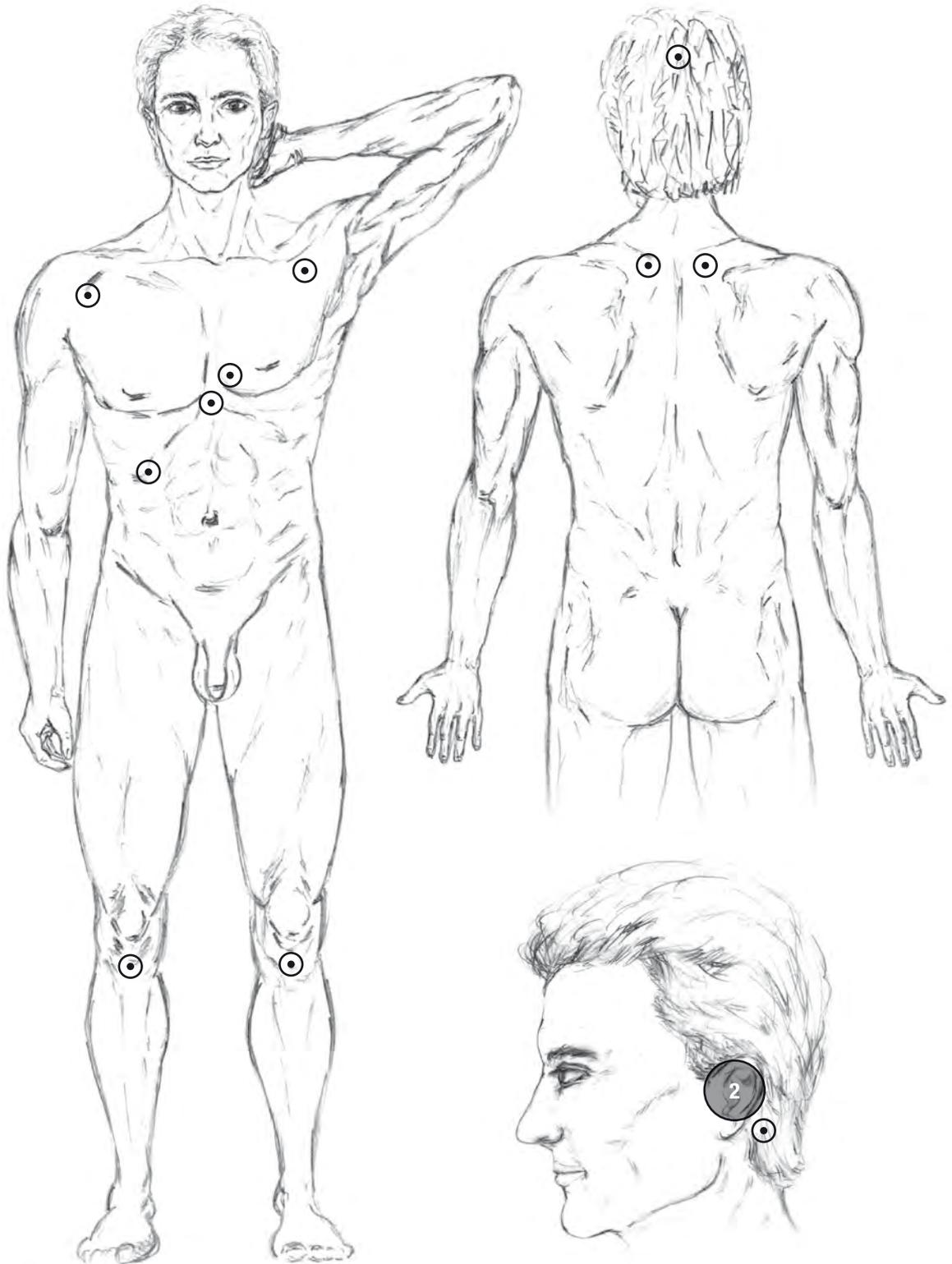
| NO. | TREATMENT AREA   | FREQUENCY | TIME          |
|-----|--|-----------|---------------|
|     | Place Meridian Terminal over entire ear. Do <b>BOTH</b> ears | 1000 Hz   | 3 min per ear |

### RECOMMENDED COURSE:

**Twice daily for 15 days.** Allow a period of 3 weeks rest before doing another treatment.



Alternatively, practitioners may choose to apply the treatment 1-2 times a week. In this case, double the treatment time for the areas being treated.



13 min



# Nervous System Disorders

## STUTTERING

### TREATMENT:



Using the **Probe** Terminal with the **Extended** sheath attached.

| NO.   | TREATMENT AREA   | FREQUENCY  | TIME  |
|---|--|---|--|
|  | Place the <b>TIP</b> of the probe on each point shown in the diagram | 1000 Hz   | 1 min per point  |

### TREATMENT:



Using the **Medical** Terminal.

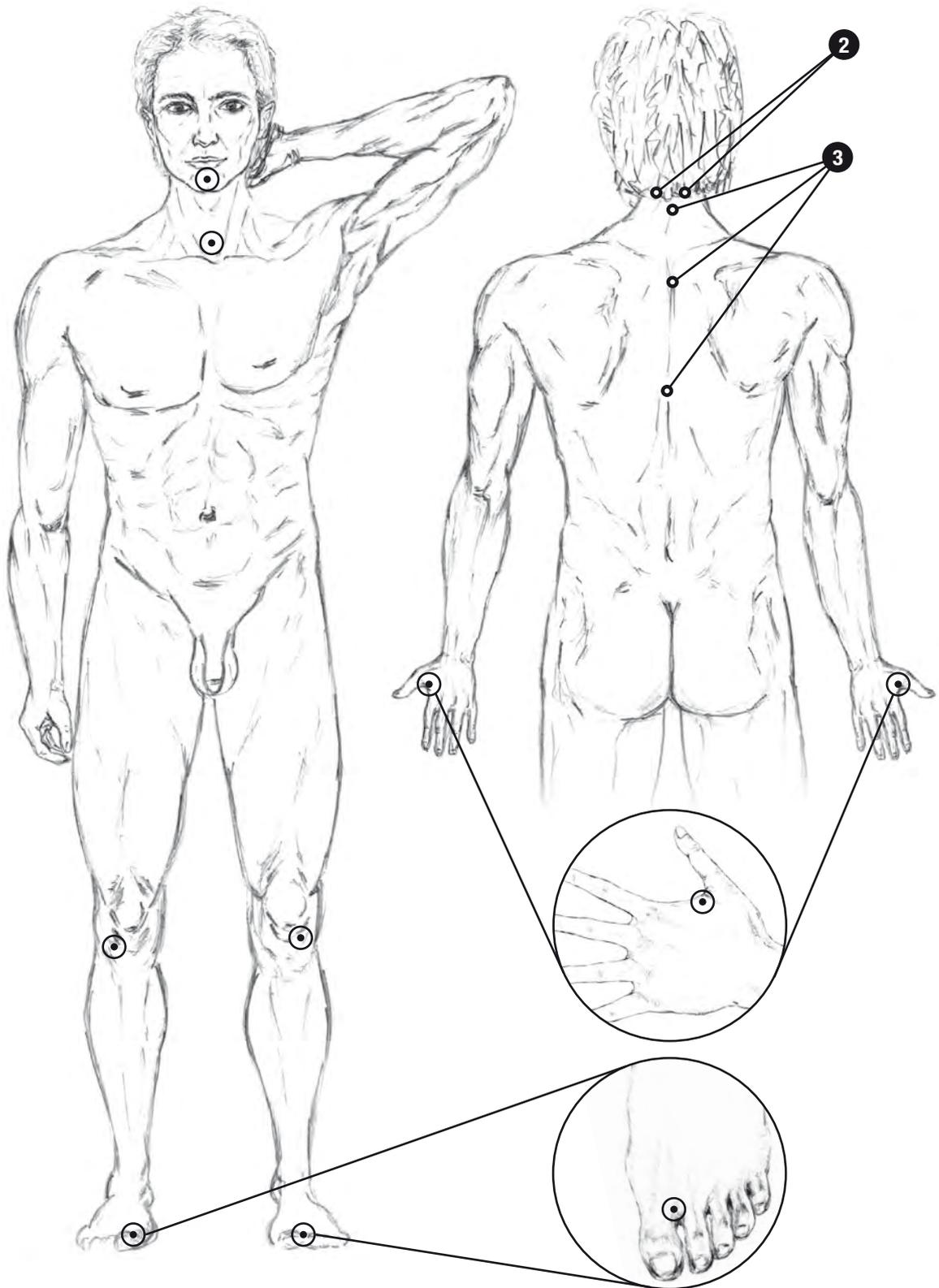
| NO.   | TREATMENT AREA           | FREQUENCY  | TIME  |
|---|--------------------------|--|---|
|  | Suboccipital             | 50 Hz  | 1 min per point   |
|  | 3 points along the spine | 5 Hz   | 1 min per point   |

### RECOMMENDED COURSE:

**Once daily for 15 days.** Allow a period of 3 weeks rest before doing another treatment. Then **repeat** the **entire course** for as many times as necessary until improvement is noticed. Thereafter it is a matter of the patient gaining confidence in not stuttering.



Alternatively, practitioners may choose to apply the treatment 1-3 times a week. In this case, double the treatment time for the areas being treated.



**PART 6**

*Advanced Treatments*

**SECTION IV**

*Autoimmune Skin  
Disorders*

## General Notes



### NOTE WELL

A. In treating the heart area (4<sup>th</sup> intercostal, left of sternum) **NEVER** use a frequency other than 5 Hz.

1

B. A number of treatments in this User Guide are complex treatments in which several stand-alone treatments have been combined to form one course of treatment. If in such cases more than one of the individual treatments calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done **only once** during the whole of the treatment session.

2

Do **NOT** use *coMra-Therapy* on patients who have had **heart transplants**, who have hearts with **artificial valves** or who have **cardiostimulators**.

3

Unless stated otherwise, **ultrasound** (🔊) should be turned **ON** for all treatments in this section.

It should be noted that coMra® has extensive Medical applications, and that these cover a wider range of conditions than those selected for this Beauty & Wellness User Guide. For more information on additional therapies and treatments, please refer to our main User Guide, and also the Treatments page on our website at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com).

54 min ±



MEDICAL



AESTHETIC

# Autoimmune Skin Disorders

## CUTANEOUS LUPUS ERYTHEMATOSUS

### TREATMENT A (EARLY MORNING):



Using the **Medical** Terminal.

#### 1 *Part 3 – Core Support, Section 1 – Universal 5 (Routine 2)*

Done **once** per morning.

#### 2 *Part 3 – Core Support, Section 1 – Universal 3 (Blood Irradiation)*

Done every **second** day, as prescribed.

### TREATMENT B (EARLY EVENING):



Using the **Aesthetic** Terminal.

| NO. | TREATMENT AREA  | FREQUENCY | TIME                         |
|-----|---|-----------|------------------------------|
| 1   | A. Scan affected parts of the skin, moving in slow 'figures of 8' | 1000 Hz   | 3 min per 10 cm <sup>2</sup> |
|     | B. Repeat scanning of affected parts                              | 50 Hz     | 1 min per 10 cm <sup>2</sup> |

### TREATMENT C (LAST THING AT NIGHT):



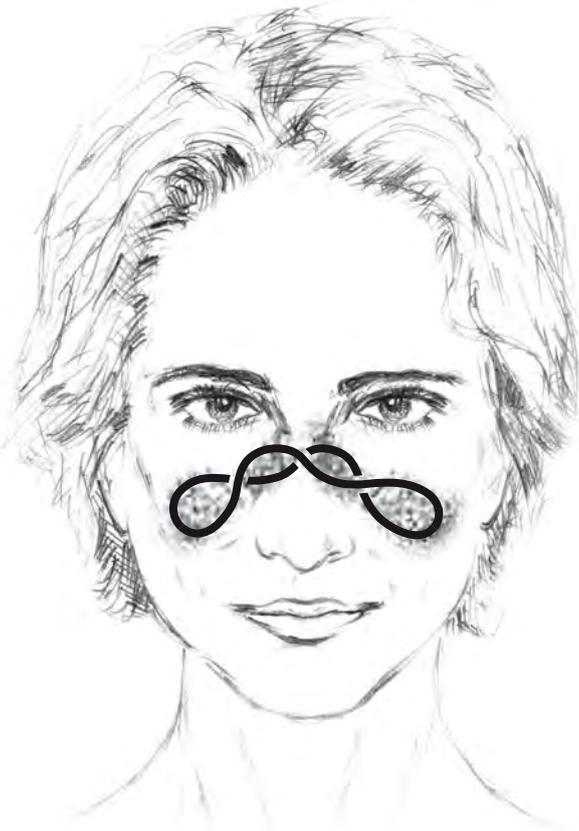
Using the **Medical** Terminal.

#### *Part 3 – Core Support, Section 1 – Universal 5 (Routine 2)*

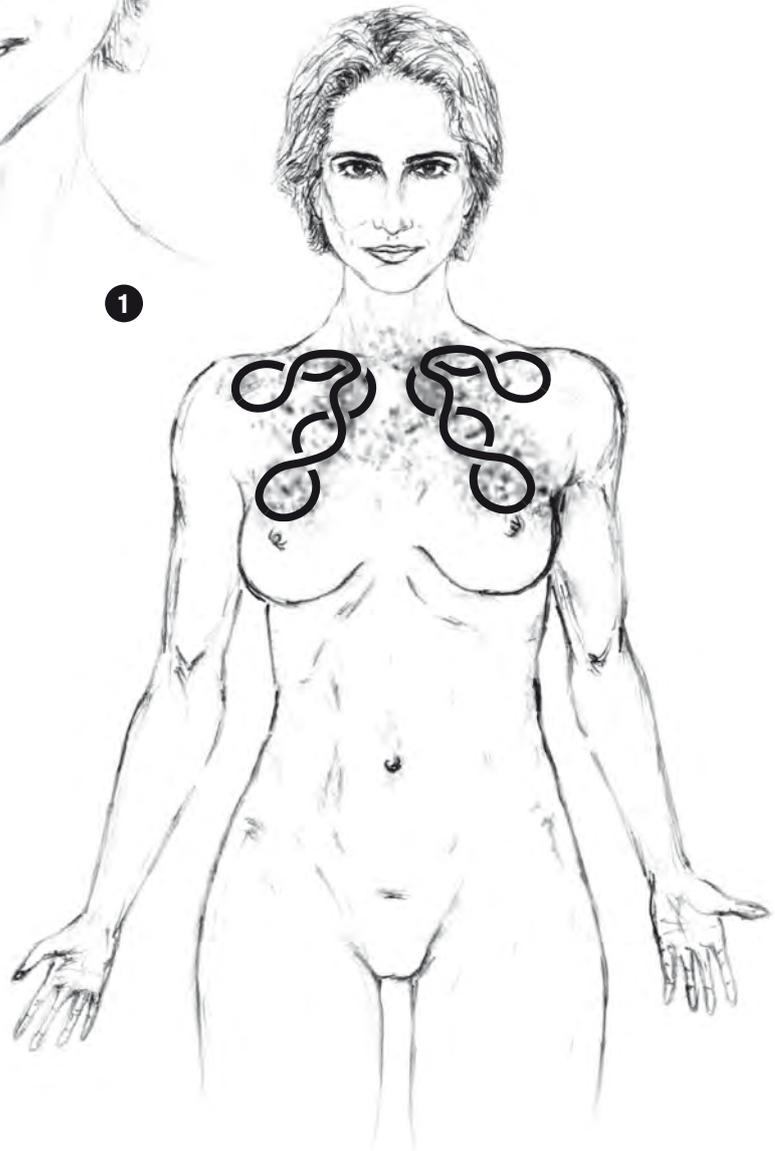
Done **once** per night.

### RECOMMENDED COURSE:

With the exception of Treatment A2 which is done every second day, do the above course of treatments **every day, without taking any of the breaks** mentioned for the various treatments until **definite improvement** is noticed. Allow a period of **2 weeks rest** before doing **another** course of treatments, and again allowing a period of 2 weeks rest. Repeat this cycle until the disease has been cleared completely.



1



2 hr 10 min +



# Autoimmune Skin Disorders

## SYSTEMIC SCLEROSIS (Scleroderma)

 Because this is a complex disease, there is no one treatment for this ailment. Consequently the treatment given here consists of 5 sets of treatments per day given as 1 course of treatment.

Because the symptoms for Systemic Sclerosis are almost identical to, and in many cases overlap those of Lupus, the treatment for Systemic Sclerosis is essentially the same as that given for Lupus but with the addition of the treatment for Raynaud's Syndrome.

### TREATMENT A (EARLY MORNING):

 Using the **Medical** Terminal.

#### **1** Part 3 – Core Support, Section I – Universal 5 (Routine 2)

Done **once** per morning.

#### **2** Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation) | **Raynaud's Syndrome**

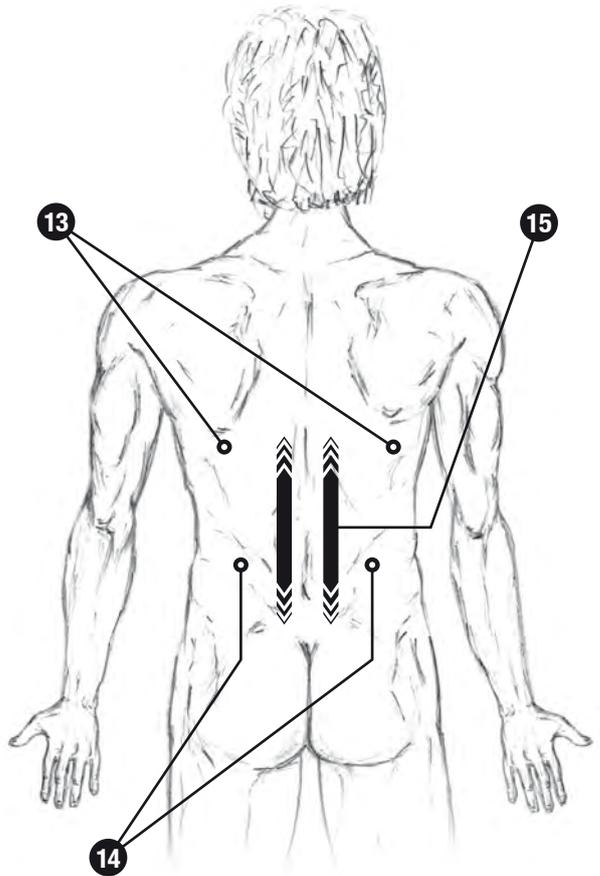
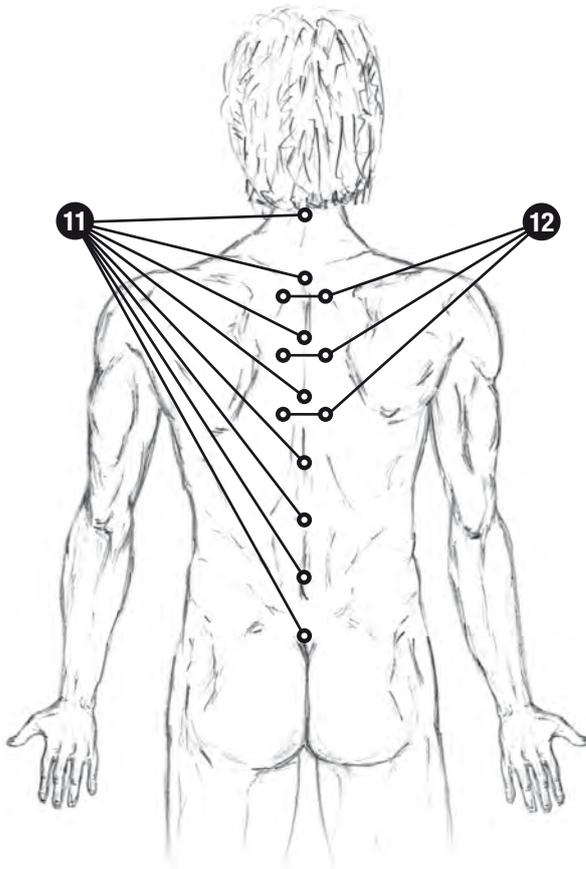
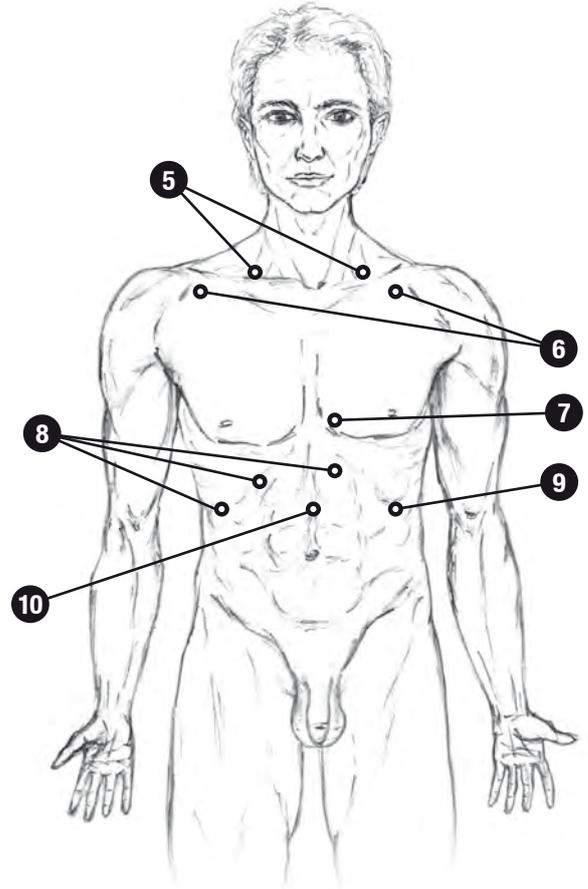
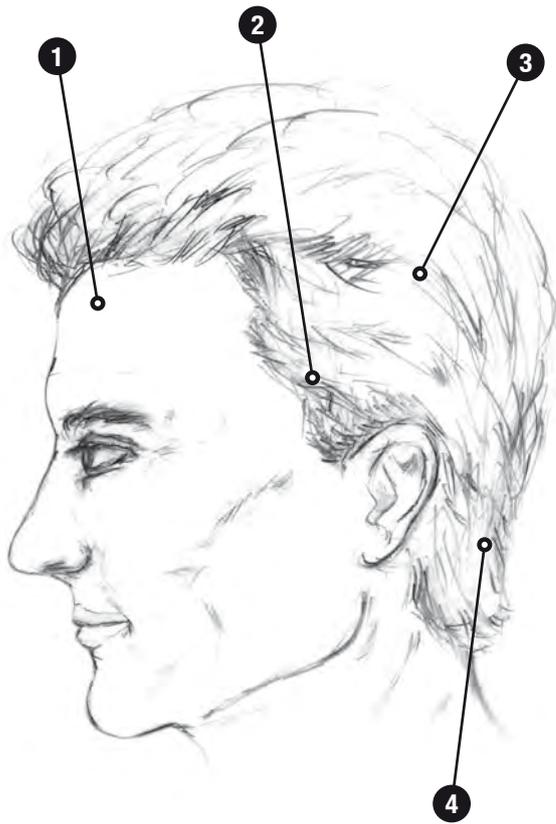
Done every **second** day, alternating with the treatment for **Raynaud's Syndrome** as prescribed in the original Delta User Guide (available for free download at [www.radiant-life-technologies.com](http://www.radiant-life-technologies.com)).

### TREATMENT B.1 (EARLY EVENING):

 Using the **Medical** Terminal. **Ultrasound** must be **OFF**  for points 1, 2, 3 & 4.

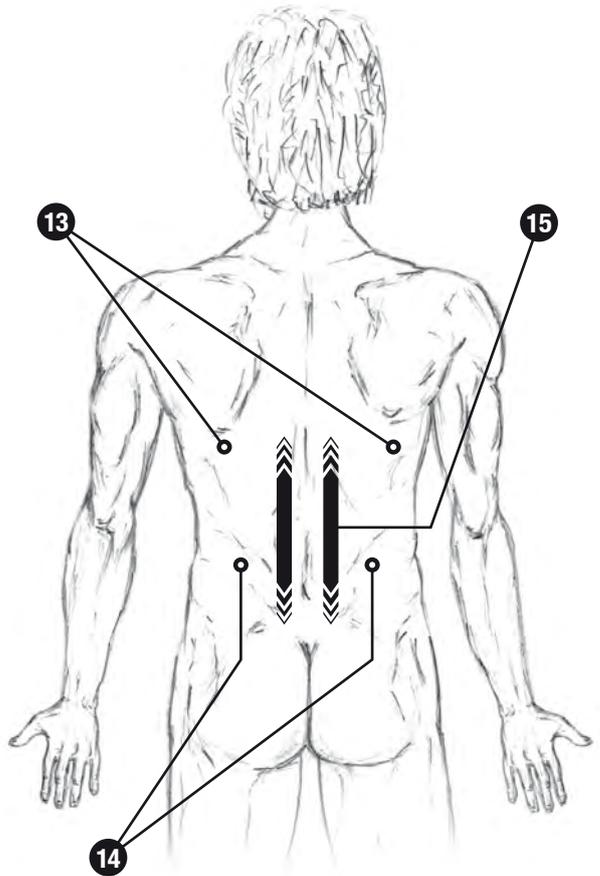
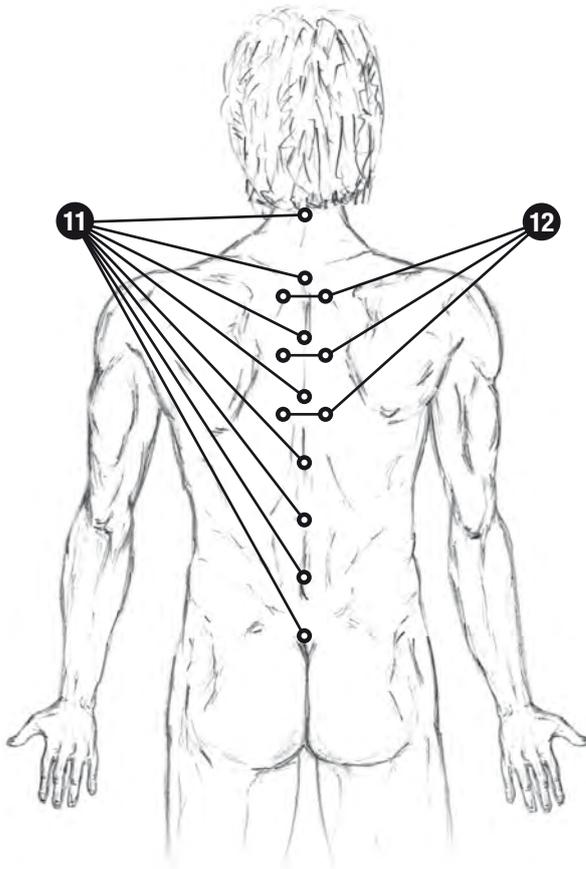
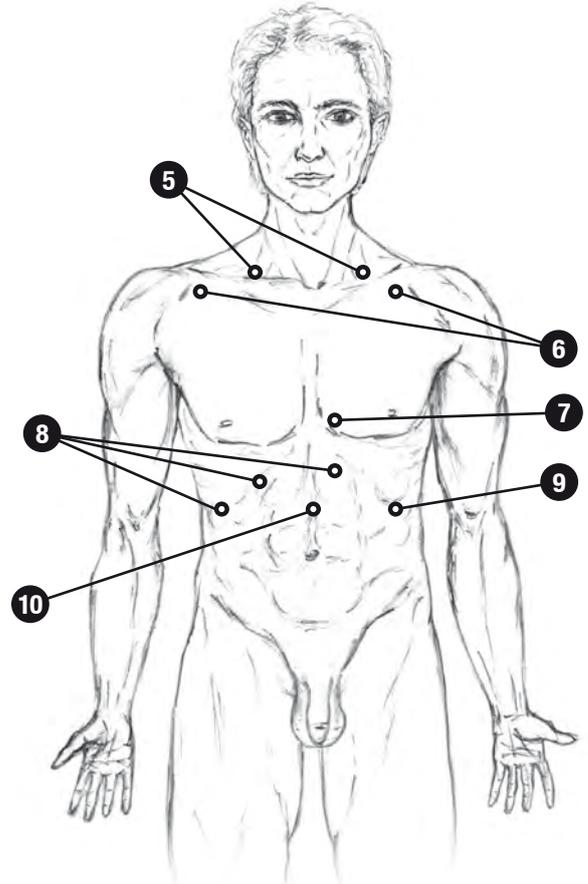
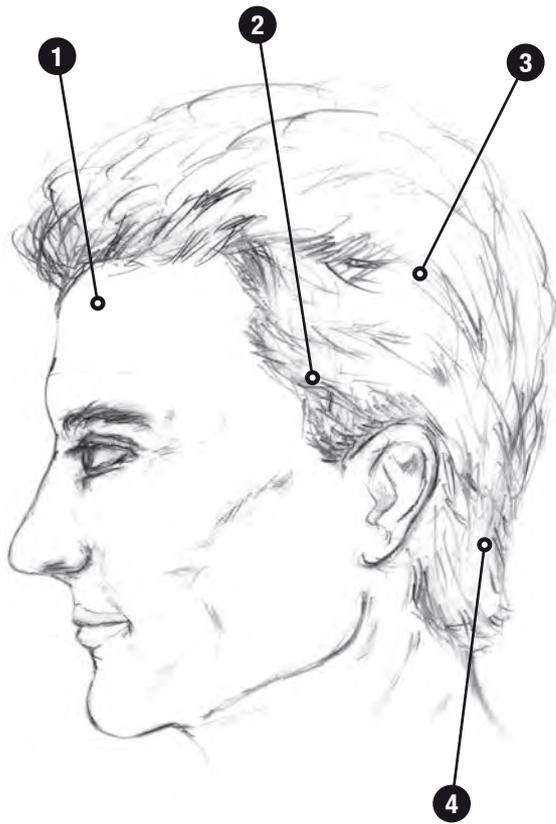
| NO.      | TREATMENT AREA                               |   | FREQUENCY  | TIME  |
|----------|--|---|--|--|
| <b>1</b> | Frontal (both sides)                         |  | 50 Hz  | 1 min per side   |
| <b>2</b> | Temple (both sides)                          |  | 50 Hz  | 1 min per side   |
| <b>3</b> | Parietal (both sides)                        |  | 50 Hz  | 1 min per side   |
| <b>4</b> | Suboccipital (both sides)                    |  | 50 Hz  | 1 min per side   |
| <b>5</b> | Supraclavicular fossae                       |   | 5 Hz   | 2 min per point  |
| <b>6</b> | Subclavian fossae                            |   | 5 Hz   | 1 min per point  |
| <b>7</b> | 4 <sup>th</sup> intercostal, left of sternum |   | 5 Hz   | 2 min  |

Continued overleaf 



| NO. | TREATMENT AREA   | FREQUENCY  | TIME  |
|-----|--|--|--|
| 8   | Liver, 3 points  | 50 Hz  | 1 min per point  |
| 9   | Pancreas   | 50 Hz  | 1 min  |
| 10  | Solar plexus   | 50 Hz  | 2 min  |
| 11  | 8 points from coccyx to occiput, at 10 cm intervals              | 1000 Hz  | 1 min per point  |
| 12  | 3 points along both sides of vertebral column, opposite scapulae | 5 Hz then 50 Hz  | 1 min per point for each frequency   |
| 13  | 2 points below scapulae  | 5 Hz   | 2 min per point  |
| 14  | Kidneys  | 5 Hz   | 5 min per point  |
| 15  | Scan both sides of vertebral column from mid back to lower back  | 1000 Hz  | 5 min per side   |

Continued overleaf 



**TREATMENT B.2 (EARLY EVENING):**



Using the **Aesthetic** Terminal.

| NO. | TREATMENT AREA  | FREQUENCY  | TIME  |
|-----|---|--|--|
| 1   | A. Scan affected parts of the skin, moving in slow 'figures of 8' | 1000 Hz  | 3 min per 10 cm <sup>2</sup>   |
|     | B. Repeat scanning of affected parts                              | 50 Hz  | 1 min per 10 cm <sup>2</sup>   |

**TREATMENT C (LAST THING AT NIGHT):**



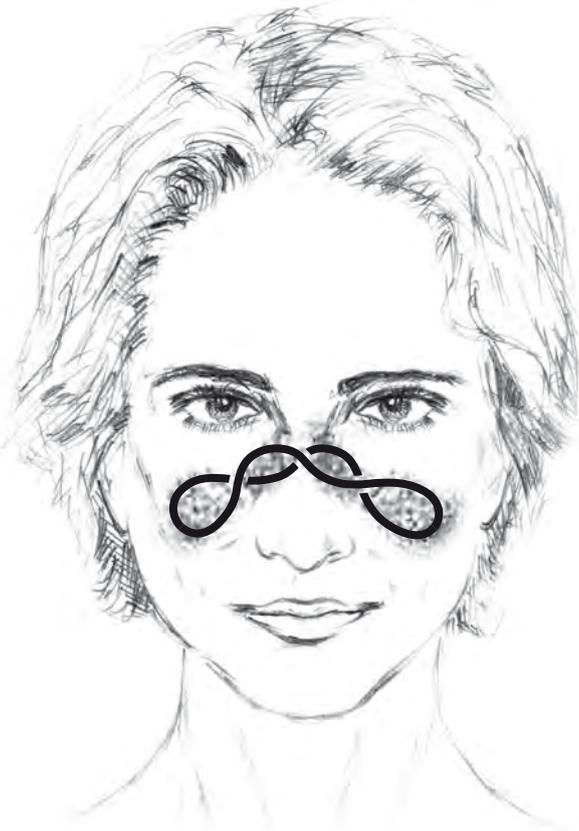
Using the **Medical** Terminal.

**Part 3 – Core Support, Section 1 – Universal 5 (Routine 2)**

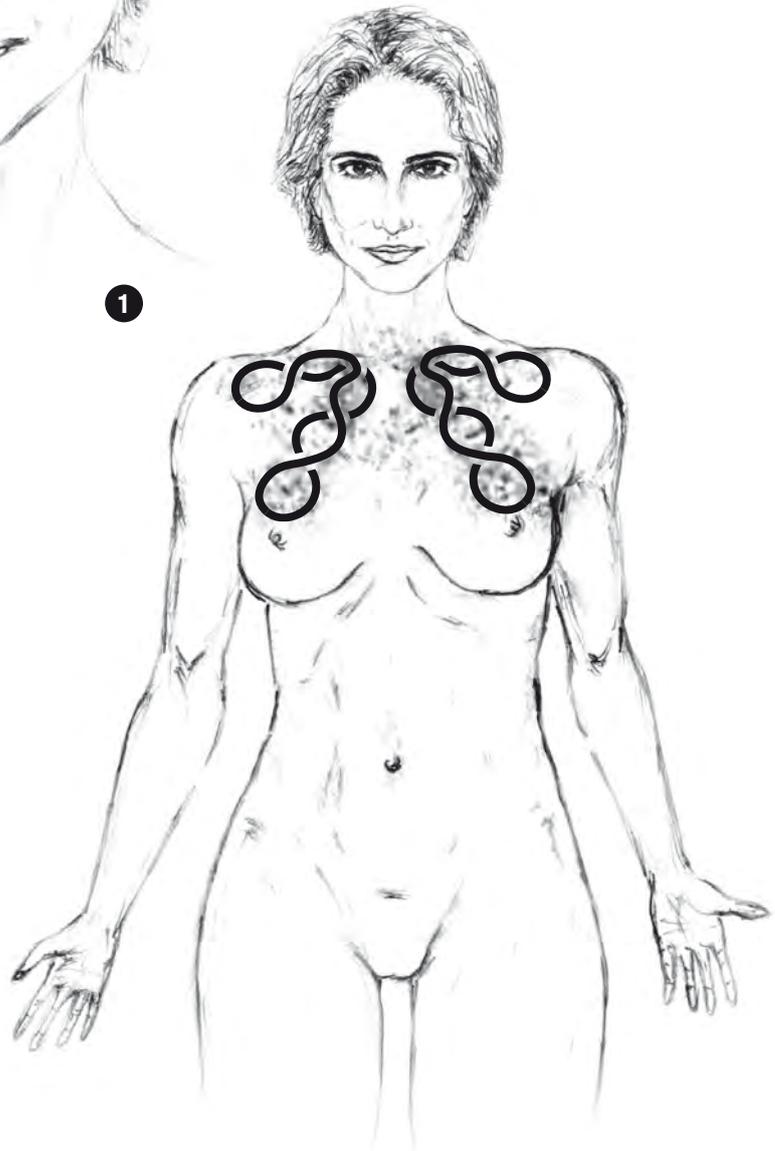
Done **once** per night.

**RECOMMENDED COURSE:**

Do the above course of treatments **every day, without taking any of the breaks** mentioned for the various treatments until **definite improvement** is noticed. Allow a period of **2 weeks rest** before doing **another** course of treatments, and again allowing a period of 2 weeks rest. Repeat this cycle until the disease has been cleared completely.



1



54 min ±



MEDICAL



AESTHETIC

# Autoimmune Skin

## VITILIGO

### TREATMENT A (MORNING):

 Using the **Medical** Terminal.

### Part 3 – Core Support, Section I – Universal 3 (Blood Irradiation)

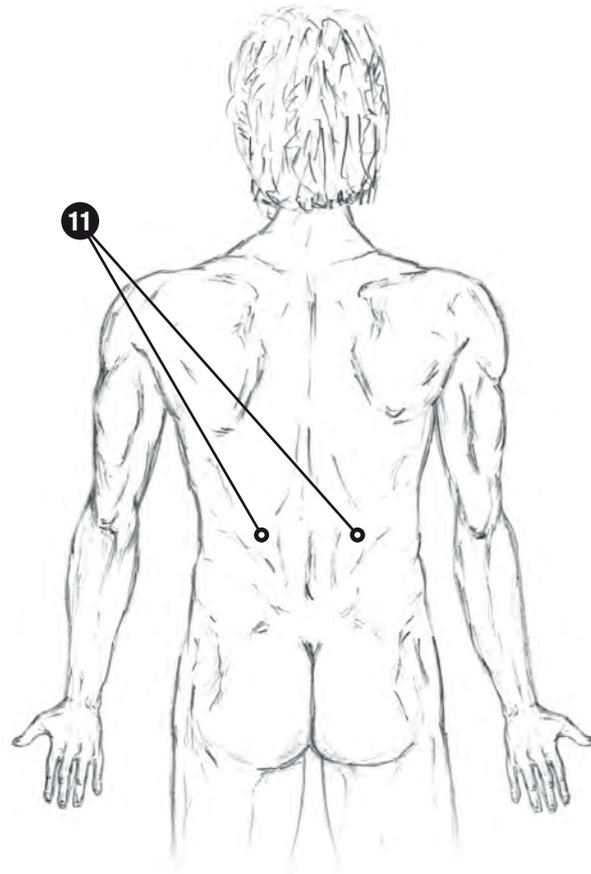
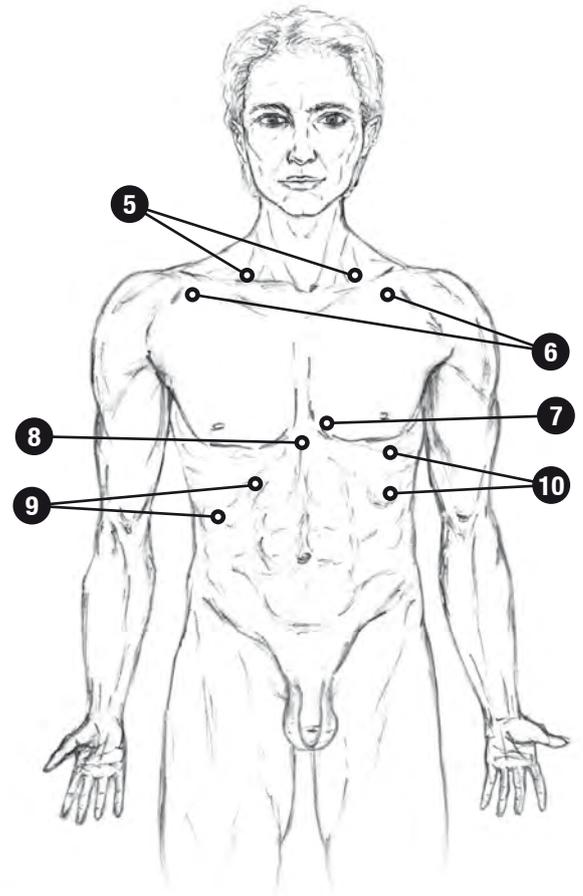
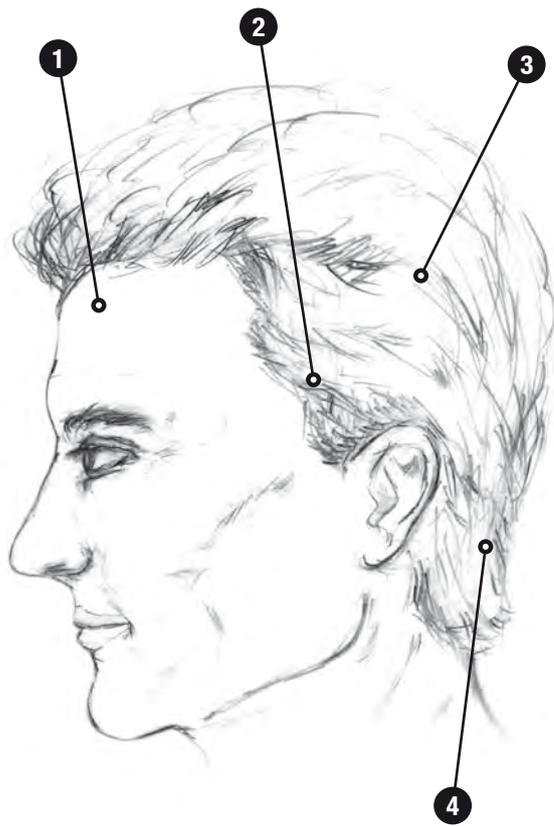
Done **once** per day.

### TREATMENT B (EVENING):

 Using the **Medical** Terminal. **Ultrasound** must be **OFF**  for points 1, 2, 3 & 4.

| NO. | TREATMENT AREA                               |   | FREQUENCY  | TIME  |
|-----|--|---|--|--|
| 1   | Frontal (both sides)                         |  | 50 Hz  | 1 min per side   |
| 2   | Temple (both sides)                          |  | 50 Hz  | 1 min per side   |
| 3   | Parietal (both sides)                        |  | 50 Hz  | 1 min per side   |
| 4   | Suboccipital (both sides)                    |  | 50 Hz  | 1 min per side   |
| 5   | Supraclavicular fossae                       |   | 5 Hz   | 1 min per point  |
| 6   | Subclavian fossae                            |   | 5 Hz   | 1 min per point  |
| 7   | 4 <sup>th</sup> intercostal, left of sternum |   | 5 Hz   | 2 min  |
| 8   | Solar plexus                                 |   | 50 Hz  | 2 min  |
| 9   | Liver  |   | 5 Hz   | 2 min per point  |
| 10  | Spleen                                       |   | 5 Hz   | 2 min per point  |
| 11  | Adrenal glands                               |   | 5 Hz   | 2 min per point  |

Continued overleaf 



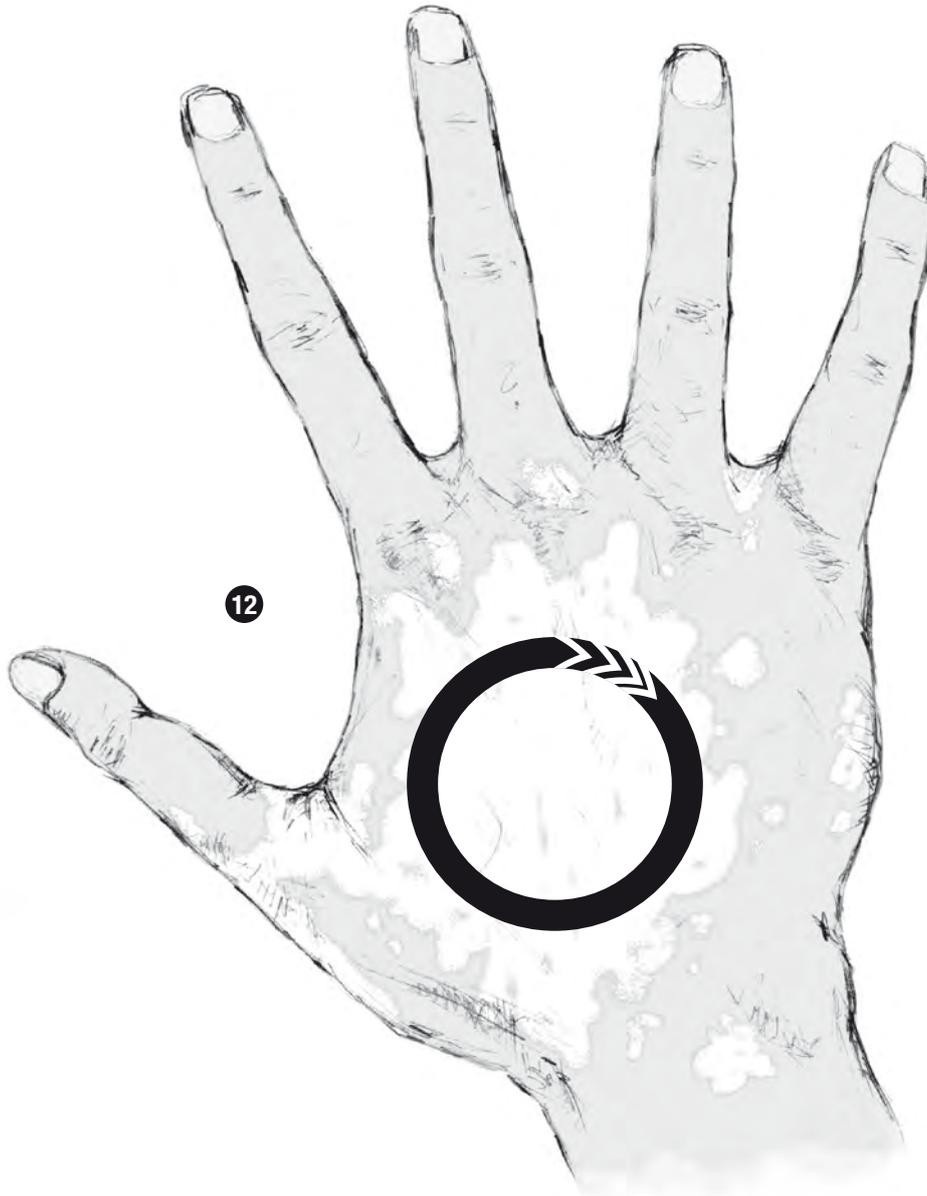


Using the **Aesthetic Terminal**, and doing **twice daily**.

| NO.       | TREATMENT AREA           | FREQUENCY  | TIME  |
|-----------|--------------------------|--|--|
| <b>12</b> | Scan the affected area/s | 1000 Hz  | 2 min per 10 cm <sup>2</sup>   |

**RECOMMENDED COURSE:**

Do the above course of treatments **every day without taking any breaks** until **definite improvement** is noticed. Allow a period of **2 weeks rest** before doing **another** course of treatments. Repeat this cycle until the disease has been cleared completely.



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**delta® Series LOW-LEVEL LASERS**  
*Technical Specifications*

RLT® is a EU registered company dedicated to the development and manufacturing of 21<sup>st</sup> century technology aimed at the self-sufficiency and self-empowerment of the individual.

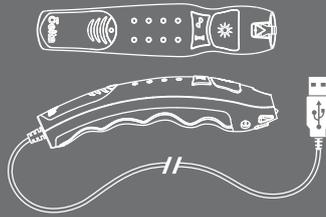
RLT® holds the following ISO certifications:

ISO 13485:2003, ISO 9001:2008, ISO 14001:2004, ISO 14971:2007

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**Delta® Series Low-level Lasers (3RD GENERATION)**

**Hand Device**



**Power**

Input: 5V --- 500 mA  
High Power USB Port Compatible

**Electrical and Operating Requirements**

Line Voltage: 100V to 240V AC  
Frequency: 50Hz to 60Hz  
Operating Temperature: -5° to 50° C

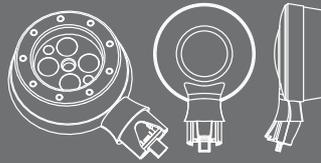
**Size and Weight**

Size: 151.5 x 51.5 x 34.5 mm  
Cable Length: 195 cm  
Weight: 80 g

Laser Class: IIa  
Software Version: 3.0  
CE Certification: 1023



**Medical Terminal**



**Size and Weight**

Size: 90 x 61 x 38 mm  
Weight: 53 g

**Infrared Laser**

Wavelength: 980 nm  
Optical Power: 10 mW (*max*)

**Light Emitting Diodes**

|                | Wavelength | Intensity |
|----------------|------------|-----------|
| Red:           | 650 nm     | 300 mcd   |
| Indigo Violet: | 420 nm     | 240 mcd   |
| Yellow/Green:  | 570 nm     | 240 mcd   |

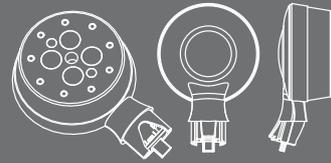
**Ultrasound (plastic end caps)**

Frequency: 40 kHz  
Sound Pressure: 0 dB at contact,  
-30 dB at 30 cm (*max*)

**Magnetic Field**

Strength: 30 mT (*max*)

**Aesthetic Terminal**



**Size and Weight**

Size: 90 x 61 x 38 mm  
Weight: 53 g

**Infrared Laser**

Wavelength: 980 nm  
Optical Power: 10 mW (*max*)

**Light Emitting Diodes**

|                | Wavelength | Intensity |
|----------------|------------|-----------|
| Red:           | 650 nm     | 300 mcd   |
| Indigo Violet: | 420 nm     | 240 mcd   |
| Yellow/Green:  | 570 nm     | 240 mcd   |

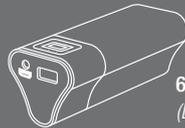
**Ultrasound (plastic end caps)**

Frequency: 40 kHz  
Sound Pressure: 0 dB at contact, -30 dB  
at 30 cm (*max*)

**Magnetic Field**

Strength: 30 mT (*max*)

**Power Banks**



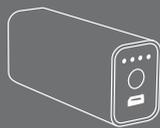
**6600 Power Bank**  
(Delta Multi Set)

**Power**

Input: 5V --- 1000 mA  
Output: 5V --- 1000 mA  
Capacity: 6600 mAh (*Lithium ion battery*)  
Run Time (*constant*): 22 hrs (*approx.*)

**Size and Weight**

Size: 102 x 46.5 x 42.5 mm  
Weight: 193 g



**2600 Power Bank**  
(Delta Go Set)

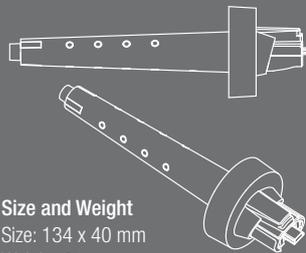
**Power**

Input: 5V --- 500 mA  
Output: 5V --- 1000 mA  
Capacity: 2600 mAh (*Lithium ion battery*)  
Run Time (*constant*): 8.5 hrs (*approx.*)

**Size and Weight**

Size: 75 x 33 x 24 mm  
Weight: 81 g

**Probe Terminal**



**Size and Weight**

Size: 134 x 40 mm  
Weight: 61 g

**Infrared Laser**

Wavelength: 980 nm  
Optical Power: 10 mW (*max*)

**Light Emitting Diodes**

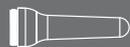
|                | Wavelength | Intensity |
|----------------|------------|-----------|
| Red:           | 650 nm     | 500 mcd   |
| Indigo Violet: | 420 nm     | 400 mcd   |
| Yellow/Green:  | 570 nm     | 400 mcd   |

**Magnetic Field**

Strength: 30 mT (*max*)

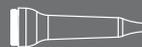
**Sheaths**

**Normal Sheath**



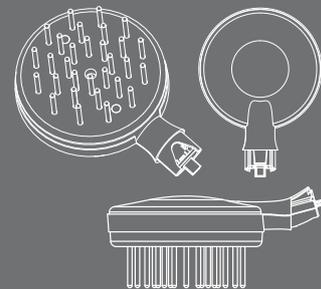
Length: 100.5 mm

**Extended Sheath**



Length: 124 mm

**Meridian Terminal**



**Size and Weight**

Size: 116 x 83.5 x 54 mm  
Weight: 90 g

**Light Bristles**

Length: 22 mm  
Diameter: 2.5 mm

**Infrared Laser**

Wavelength: 980 nm  
Optical Power: 10 mW (*max*)

**Light Emitting Diodes**

|                | Wavelength | Intensity |
|----------------|------------|-----------|
| Red:           | 650 nm     | 1200 mcd  |
| Indigo Violet: | 420 nm     | 800 mcd   |
| Yellow/Green:  | 570 nm     | 640 mcd   |

**Magnetic Field**

Strength: 30 mT (*max*)

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## Appendix 1

### The Impact of the Quality of the Water You Drink

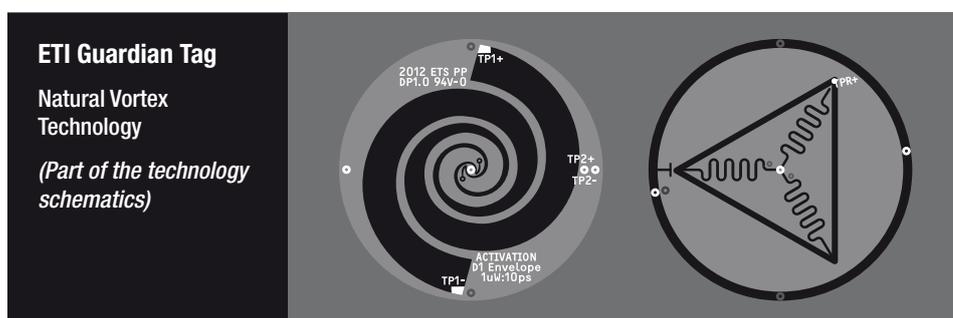
Water is the most fundamental element in sustaining life, and makes up more than two-thirds of our body mass. The effects of de-hydration in the body, or the consumption of contaminated or low quality water are a daily problem in sustaining a balanced and energetic life-style.

There is no doubt that the quality and freshness of our water play a vital role in our body's general health and well-being, energy levels, and psychological balance.

Natural water easily becomes poorer in quality through the addition of man-made processes, including chemicals, bacterial agents, waste products, and through simple stagnation and isolation. The vibration and energetics of this water are considerably different to natural water, and even if this water has been through man-made cleaning, filtering, and purification processes.

The quality of water is dependent on a variety of factors, which include the nature and stability of the molecule clusters within the bulk body of the water. Smaller cluster size and increased energetic dynamics of water are associated with a higher quality of water, and would be similar to water obtained from a fresh running stream. Stagnant and poor water exhibit higher clustering sizes, and a lower overall energetic and vibrational state.

The **ETI Guardian Technology** (patent pending) is a new and scientifically tested approach that utilises the science of electromagnetism and a knowledge of the molecular structure of water to improve the quality and freshness of water, and so to bring about benefits in health and vitality. It has been engineered by Evolving Technology Innovations (ETI), a company that is developing new technologies in support of the natural process of life.



The ETI Guardian has been designed in accordance with the principles of operation of the Delta<sup>®</sup>, and therefore it complements the natural dynamics and healing properties of the RLT<sup>®</sup> Delta<sup>®</sup> Series Laser. RLT enjoys an ongoing co-operation of research and development with ETI to bring into being non-invasive technologies that allow the body to heal in a natural and healthy manner.

For more information on the science and uses of the ETI Guardian Technology please visit: [www.evolving-innovation.com](http://www.evolving-innovation.com)

