

 **BEFORE YOU START**

 IMPORTANT	
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.
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. Use a piece of firm cardboard between the area of treatment and the eyes. 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 stationary point over the brain with the Medical Terminal (this does not apply when scanning over the area) 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.
8	In treating the heart area (4 th intercostal, left of sternum) NEVER use a frequency other than 5 Hz.
9	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 th intercostal, left of sternum) to be treated, ensure that this is done only once.
10	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.
11	Do not place any of the Terminals within 30 cm of any sensitive electronic equipment (laptops, hard drives, etc.). The magnetic field from the Terminals may damage such items.

General notes

The list of medical conditions and treatments given in this guide by no means implies that these are the only conditions that can be treated by using coMra therapy. The treatments given are merely examples of the versatility of coMra therapy. The practitioner is encouraged to familiarise him or herself with the basics of coMra therapy, and then to experiment, and so build up his or her own working knowledge of coMra therapy in order to treat any medical condition he or she encounters, using the treatments given in this manual as a guide.

1

To assist the practitioner in this, it may be helpful to note that coMra therapy acts primarily on:

- a) **the central and peripheral nervous systems,**
- b) **the immuno-endocrine system,**
- c) **the blood,**
- d) **the lymphatic system,**
- e) **the organs and other body parts directly.**

The points illustrated in the treatments have primarily been selected with these considerations in mind, although additional points are sometimes included in specific treatments, where these are needed.

2

Every effort has been made to illustrate with accuracy the treatment points in this user guide. However, taking into account the differences in body geometry for each patient, we are only able to give a general indication of placement on our illustrations. We are aware that locating the treatment points, for the non-professional, may prove to be a little challenging therefore we suggest using a free online resource such as the Biodigital Human Visualization Platform (<https://human.biodigital.com/index.html>) to help with any confusion that may arise.

3

Since coMra therapy is an innovative form of medical science, we are constantly updating our knowledge base to reflect the growing body of clinical data. In response to growing demand, new treatments are also being developed, compiled and added on an ongoing basis. Consequently, to ensure that you get the optimum value from coMra therapy you should regularly check the RLT website (www.radiant-life-technologies.com) for the latest additions and amendments to the user guide.

4

In the first edition of the user guide each treatment was accompanied by herbal medications that were found to be complementary to the healing process. However, clinical feedback has confirmed that coMra therapy is highly effective on its own, and so it was decided to remove these medications from future editions of the user guide. Those who are interested in these herbal medications can find them in the book entitled, *Health & Holism in the 21st Century*, published by Renascent Legacy Press.

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

Notwithstanding the above, it is important to note that in treating animals and birds it is not necessary to first shave the animal or to pluck the bird before treatment. As opposed to clothing, which is finely woven cloth, the fur of animals and the feathers of birds do not inhibit the efficiency of the radiances. Instead it has been found that both live fur and feathers act as conductors of the radiances, rather than inhibiting them.
- 2** | Furthermore, animals and birds are far more responsive to the radiances than are human beings. Therefore even if there are some of the radiances that become distorted by the fur or the feathers, and do not penetrate fully through to the skin, animals and birds still respond very well and very quickly to coMra therapy as a result of just those radiances that do penetrate through to the skin.

This same principle applies when using the Meridian Terminal for treating human hair or the scalp. Live hair does not inhibit the radiances, but instead helps to conduct them.
- 3** | In certain circumstances a practitioner may deem it wise 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.
- 4** | 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.

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** | **1k / 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** | **Variable (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 therapy supports the body

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 therapy.**

Vitality, well-being and recuperation

- 1** | coMra therapy's actions are non-invasive, but are nonetheless highly supportive in terms of building the body's functionality in all areas. This it does primarily through its actions on the central nervous system, the blood, the lymphatic system and the organs directly.
It is this level of support that makes coMra therapy so useful in the treatment of disease, illness and traumatic injuries, whether these are acute or chronic.
- 2** | However, the uses of coMra therapy 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.
- 3** | Therefore treatments are recommended in all situations of Recuperation and Recovery, whether from disease, or from accidents, from trauma or surgical operations.
- 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 therapy will reduce the debilitating effects of these factors on the body.
- 5** | It is in recognition of the effect of their lifestyle on anyone's long-term health that 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** | All of the above means that coMra therapy has 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 therapy 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.