

coMra therapy:
The Universal Treatments



"In general, I am in a better mood, happier and my quality of life has improved a lot."

Lifetime migraine sufferer after coMra therapy

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coMra therapy

At the heart of coMra therapy is the concept of supporting the body's own ability to self-regenerate, by using a completely non-invasive and safe combination of infrared laser, low-intensity ultrasound (in the Delta Series devices), magnetic field, and colour LED lights. Their synergy creates a unique and powerful healing effect at the cellular level, primarily by stimulating production of ATP (the "molecular currency" of intracellular energy transfer) within cells. As the diseased cells recover, they in turn take care of the disease symptoms such as pain, inflammation, non-healing wounds or damage to internal organs.

You can use coMra therapy at any time, whenever you need:

- ▶ Pain relief;
- ▶ to heal various conditions;
- ▶ to support the body through the recovery process;
- ▶ preventative medication;
- ▶ whole body conditioning;
- ▶ tissue regeneration and anti-aging;
- ▶ total well-being support.

What can we treat with coMra therapy?

In addition to local treatments, coMra therapy also includes systemic treatments. These are designed to support and restore functionality in the **central nervous system, blood, organs, endocrine and lymphatic systems**, and are used for chronic illnesses, boosting the immune system and preventative medicine.

coMra therapy enables regeneration of cells, and stands at the forefront of regenerative medicine. Safe, non-toxic and easy to use, anyone can use coMra therapy to treat a variety of conditions, as well as for preventative medicine and maintaining health. It is designed to be gentle and non-invasive to the body, and suitable for pregnant women, children and pets.

The list of medical conditions and treatments given in the user guide does not imply that these are the only conditions that can be treated by using coMra therapy. Please contact us if you would like information about treating a condition that is not listed.



coMra therapy acts locally on organs and tissue that are directly affected by the disease or injury, as well as systemically on those organs and systems that are vital for performing a wide range of regenerative functions, including:

- ▶ **Tissue and organs injured or damaged through disease or medication overuse;**
- ▶ **the nervous system: brain, spinal cord, ganglia and nerve pathways;**
- ▶ **circulatory system: arteries, veins, lymph nodes;**
- ▶ **immune system: blood, lymphoid organs;**
- ▶ **endocrine system: adrenal glands, thyroid, etc;**
- ▶ **detoxification: kidneys, liver, lymph, colon, etc.**

How to apply coMra therapy

The primary impetus of coMra therapy is to stimulate cellular metabolism in a variety of ways through the near infrared laser and magnetic field.

Therapeutic effects include the stimulation of ATP production within cells, together with a range of bioenergetic effects that are absorbed and transmitted by blood, lymph and cellular water to all cellular processes. The common denominator of diseased cells is a bioenergetic deficit. This can be recovered at a superficial level within minutes of application, as the laser stimulates the existing energy-producing cellular mechanisms. This fast resolution is felt as symptomatic relief of pain, restoration of digestion and sleep and so on.

Experience has shown that the coMra Palm and Delta devices can be used successfully as a universal approach for injuries, diseases and also for preventative medicine. The transient increase in cellular energy created with the devices is sufficient to provide supportive conditions for healing. Since the regeneration of tissue can take time, depending on the nature and severity of the injury or disease, it is recommended to apply coMra therapy over a number of treatment courses (from weeks to months). For example, it has been shown that it is possible, over time, even to regenerate cartilage tissue.

The healing effects of coMra therapy can manifest from within several minutes (increase of cellular ATP) to up to two weeks (DNA expression, stem cell stimulation). Therefore include rest periods between treatment courses to allow the body to heal itself.

Lack of any change after the first 4-5 treatments generally should point to a necessity to change treatment approach.

In case of chronic/severe conditions, it may be best to carry on with daily treatments and not take any breaks until significant improvements become noticeable. When treating serious and prolonged diseases which have led to depletion in the body relapses can occur after the initial improvements.



The body requires continual bioenergetic input to continue with the healing process when there is severe depletion, so do not stop treatments.

Using the Different Frequencies

To date, coMra therapy devices have four selectable levels of near infrared laser frequency, according to the depth of penetration required:

5 Hz is the frequency used for deep penetration – for treating the internal organs and skeletal structure of the body, internal tumours and also for irradiating the blood. *5 Hz is not used on the brain.*

50 Hz is the frequency used for treating muscle disorders, injuries and ailments that are closer to the surface of the skin. This frequency is also used for treating the brain, as well as for tumours that are located directly beneath the skin.

1000/1k Hz is the least penetrating of the frequencies, but pulses most rapidly, and is used mostly for treating mucous membranes, skin disorders and very sensitive skin – as in burns, open wounds and superficial ulcers.

The Variable Frequency setting (V), which varies intermittently between 5 Hz, 50 Hz and 1000/1k Hz, is used mostly for joints and bone fractures, larger wounds, infections and also in cases where it is desirable to treat a particular area at various depths of penetration.

The coMra therapy user guide

The user guide is mainly written with the home user in mind, and so it speaks of treatments being made daily. However, you can decide for yourself how frequently you wish to treat. Doctors and therapists treat once or twice per week, depending on the condition.

You will find the list of the conditions and the treatments separated in sections. You can **download it as a PDF** from our website, or use it directly on your mobile phone as an **app for both iOS and Android**. In the user guide, you will see illustrations of treatment points on the body and the time set per each point. Each person is unique and their bodies respond differently to treatments. Therefore, the treatment times per point, and the recommended courses in the user guide, should not be regarded as being fixed, but can be extended, depending on your individual needs and situation. Doing longer treatments will not harm, especially with long-standing pain. Experiment to see what works best for you.

Acute conditions, pain and physical injury can be treated as frequently as 4-5 times per day for the first few days, and frequency of treatments can then be reduced as necessary. In these cases, shorter treatments several times per day produce better results than one very long treatment.



In the first section of the user guide are treatments that are fundamental. These provide energetic and regenerative support to the body in different ways, and so are called Universal Treatments.

The coMra therapy Universal Treatments and the benefits to you

We classify 'health' as the perfect balance of all the complex systems within the human body, and the ability of the body to maintain that balance. Thus the Universal Treatments in the coMra user guide have been designed to support the fundamental principles of coMra therapy, and support systemic bio-modulation on:

- ▶ **The immune system;**
- ▶ **the central nervous system;**
- ▶ **the peripheral nervous system;**
- ▶ **the endocrine system;**
- ▶ **the circulatory system and;**
- ▶ **the digestive system.**

As mainstream medical science is beginning to discover, all of the 'separate' body systems are completely interrelated and work together to maintain the overall health of the 'whole'. We now know that there is a constant communication between the body's systems and organs, and that this communication is actually a vital part of that state of being that we call "being healthy".

Here, then, are the eight Universal Treatments as described in the coMra user guide, which you can [download here as a PDF](#) from our website, or use directly on your mobile phone as an [app for both iOS and Android](#):

Universal Treatment 1– Head

This treatment concerns the health of the head and the brain, and is used to control the symptoms of conditions such as; migraines & headaches, fainting, senile dementia, atherosclerosis and intracranial pressure. It is most effective against chronic migraine and headache, support for the eyes and vision and for the brain, for example after long hours of computer work, and whenever you experience brain fog, dizziness or feeling faint, to restore balance to the cognitive systems.

The treatment takes only 8 minutes – one minute per point at the 50Hz setting. Treatment points occur on both sides of the temple, two points on the frontal area, both sides of the suboccipital (on the back of the head) and the both sides of the carotid sinuses. As with all



our treatment plans, please refer to the illustrations in the coMra user guide to see the exact location of each treatment point.

Although coMra therapy does not have any known negative side effects, it is important to note that, when treating the brain area, we do not use the ultrasound component, therefore the ultrasound component on our Delta Series devices can be switched off when necessary.

For best results, we recommended that you combine treatments with other positive changes in your lifestyle, your diet and in your way of thinking. coMra will awaken the natural ability of your body to heal and to recover, and it has proven beneficial to support this process with your actions.

Universal Treatment 2 – Heart

This treatment supports the crucial functions of the heart. Regularly treatments will increase the coronary blood flow over time, which is very important as the heart has its own blood supply. The vessels of the heart will become stronger and more vessels will grow in order for the heart to pump more blood. The muscles of the heart will be supported in their constant work, as coMra therapy will provide the heart with even more energy. As a result, there will be less stress on the heart whilst it performs its coronary functions.

This treatment will help with many cardiological conditions such as; weak heart, insufficient coronary blood flow, ischemic heart, arrhythmia, hypertension, cardiomyopathy, tachycardia, angina pectoris and many others. It is also highly effective for treating low immunity, high levels of bad cholesterol or periods of emotional stress.

There are very few contraindications with coMra therapy, however, when it comes to treating the heart, we stress three very important points;

Firstly, we do NOT recommend the use of our devices for 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.

Secondly, when treating the heart area (In the user guide: 4th intercostal, left of sternum) NEVER use a frequency other than 5 Hz.

Thirdly, regardless of how many treatments you apply in a 24-hour period, make sure that you treat the heart area only ONCE per day, to avoid over-stimulation.

You can apply this treatment plan daily until you feel improvement and then continue it for at least another 7 days. Alternatively, you can use this treatment as a preventative measure during periods of emotional and physical stress, or daily for increased energy.



Universal Treatment 3 – Blood

This treatment was created to increase general well-being and to support the body in healing inflammation, anaemia, overall weakness or chronic fatigue.

The main tool of the body's communication system is the blood, thus we consider this to be the core Universal Treatment, since it is the blood which is the source of communication and nutrition for each and every cell in the body, and is fundamental for general well-being. When we apply this treatment, we are irradiating, in a non-invasive way, the entire volume of the circulating blood in order to increase its oxygen-carrying capacity, to improve blood rheology, to enhance microcirculation and to bio-modulate immunity. It is very beneficial to be applied during the healing of inflammation processes, the presence of viruses, toxins, etc.

The application of this treatment, alone or in combination with others, will lead to normalisation and stimulation of any regenerative process, as well as regulation of the carbohydrate, fat, protein and intracellular bio-energetic metabolism. The red blood cells are energised to become more flexible and to move freely in the body. Blood vessels become stronger, clotting and waste sediments are removed from the bloodstream, and the whole body has more energy to deal with the healing of the organs which need it. You can start to experience this effect for yourself by treating an area of the body where you feel acute pain or injury and combine it with this treatment, which will provide a systemic energy support for your body and the healing process.

Universal Treatment 4 – Somatic bio-stimulation *Routine 1*

This treatment is primarily used for physical conditioning, restoration of energy or combating chronic fatigue. If you are an athlete or following a training program, this treatment plan will prove highly beneficial, as this treatment restores energy and initiates active recovery during periods of fatigue and physical intensity. Your body will use the energy it has to repair muscles and, consequently, the body will become fatigued. Thus, a nutritious diet and this treatment plan spread over 6 days, daily will effectively increase the regeneration process in the body.

You can choose to apply this treatment, or use the Universal Treatment 6 in order to support the regeneration of the tissues and to increase vitality. We encourage you to experiment with the treatment plans in the coMra user guide, keeping a journal with daily improvements to observe how the different plans are working for you. If you are applying more than one treatment plan per day, or you feel that you need to repeat it more than one time, it helps to wait a couple of hours between sessions.



Universal Treatment 5 – Somatic bio-stimulation *Routine 2*

This treatment was created for treating emotional exhaustion, depression, insomnia, lethargy and breathing difficulties. It is very effective for treating a weak heart, adrenal malfunction or Cushing's syndrome, and extremely helpful for high levels of cortisol or stress.

This treatment plan will support your body to deal with the high levels of cortisol and adrenaline associated with emotional stress, and will positively affect hormonal imbalances and all the symptoms of anxiety and emotional instability. The treatment time is 23 minutes done daily until you feel improvement, then add a further 7 days.

Universal Treatment 6 – Vitality

This treatment plan is used during recovery from surgery or long-term health care and medication, and provides maintenance and support for the ageing body. Often used in winter as a preventative measure against the common cold. It can work alongside your fitness training program, to help treat physical exhaustion.

This is a two-part treatment plan consisting of the Universal Treatment 4, plus the Universal Treatment 3. Treating the bloodstream will increase the health of your blood and the blood vessels to support your body while it is fighting with any kind of inflammatory process. It is very versatile treatment and is recommended if you have anemia, overall weakness or chronic fatigue. You can also use it as a preventative measure if you are experiencing more stress than usual.

This treatment plan is spread over 12 days, daily and the second part of it, every other day. Then rest for 2 weeks and repeat again if needed.

Universal Treatment 7 – Nervous system

This is a two-part treatment plan consisting of Universal Treatment 5, plus Universal Treatment 3. It was developed to treat mental or emotional stress, and for nervous or neurological disorders of any kind. It is also helpful for treating emotional exhaustion, a weak heart or breathing difficulties.

Emotional stress can affect almost every organ and system in your body and will require more energy to heal and recover. High cortisol and adrenaline levels in cases of emotional stress are triggered by the emotional response to different life situations, thus you will need to address the way you react to the challenges in life and revise it. You can manage stress more effectively with deep relaxation, meditation, taking care of yourself, fun activities and some quality time spent with friends and family.

This treatment plan takes about 25 minutes if you do both parts. The recommended course is to apply the first part daily and the second part every other day until you notice improvement. Then continue for 7 more days and rest for 2 weeks.



Universal Treatment 8 – Complete organ treatment

This treatment plan was developed as a comprehensive cleanse and regeneration program to support the detox process in your body. It consists of two parts done consequently, and puts the focus on the major organs of elimination. Please follow the instructions that you will find in the coMra user guide, but also feel free to combine this sequence with other treatments if you feel the need.

This treatment is a two-part plan, and it takes a bit less than 20 minutes. The recommended course is 12 days which could be extended up to 24 days depending on the desired result. Allow 4 weeks rest before doing additional courses and repeat as often as necessary.

coMra therapy does not deplete the body during cleansing treatments. The aim is to regenerate and support the body in achieving a natural detoxification. As with all cleansing programs, it is important during this treatment to take your diet into consideration and to drink plenty of pure water to help with the elimination of toxins. Moderate and regular exercising would be quite beneficial for better circulation too.

Be gentle with yourself during the cleansing process and observe yourself carefully for the signals that your body will send you. Certain effects such as increased tiredness, skin rashes, nausea or headache may be noticed whilst the body is making use of the available energy provided during the treatment in order to expel toxins.

It is recommended during the cleansing period to avoid stress, to spend more time in nature, to minimize the usage of alcohol, cigarettes, refined sugar and trans fats. You need to eat more fruits and vegetables, enough proteins and good fats for the body to have all the needed “bricks” to use for filling up the gaps and restoring the inner balance. Once the system is cleansed it will go naturally back to its harmonious state because the body knows how to work in perfect balance and timing. All the hormones, fluids and organs will start working as an orchestra creating the melody of health.

Final notes

The Universal Treatment programs are designed as standalone treatments, but are also used in combination with other treatments to form specific treatment programs – for example in treating complex conditions like multiple sclerosis. It is also worth noting that the Universal Treatments have proven very effective as a professional training and recovery program for athletes and sports persons.

When you apply coMra treatments at home, please read the instructions in the user guide in order to understand the main principles of coMra therapy. coMra therapy is very gentle and non-invasive, without side-effects, however cells have limitations in absorbing energy,



so in acute cases several short treatments per day are recommended instead of one long treatment.

Please note that not all the conditions that can be treated with coMra therapy are to be found in the user guide, since the possibilities with coMra therapy are unlimited.

Supporting your journey to better health

We have several websites where you can find further information, articles, videos and downloadable material related to coMra therapy:

coMra Palm

coMra Therapy

Radiant Life Technologies

Journal of coMra Therapy

Please don't hesitate to email us with any questions or queries at:

support@coMra-therapy.com

Someone from our team will get back to you as soon as possible (And if you're already part of the coMra family, we welcome any feedback you may want to share regarding your experience using coMra therapy).

Finally, we warmly welcome you to the international coMra therapy family! Have joyful moments and stay healthy!

