

Mind Body Harmonizer Instruction Manual

Quick Use Guide: Mind Body Harmonizer Three Mode Model, Blind Friendly Design

Mind Body Harmonizer V2 Shown Below



Picture shows operational Harmonizer with ear electrodes

Introduction: Mind Body Harmonizer

Thanks for using our consumer/research oriented relaxation product. This device produces a number of stimulating electrical signals that can be applied to the earlobes for relaxation and stress relief. This version uses a 40 hz stimulation to promote dreaming and proper whole brain functioning.

Blind Friendly Options

The Harmonizer has been designed to be easy to operate for everyone, including blind people. There is no keypad or display. There is a tactile 3 position toggle switch for the three modes. Intensity is adjusted with a volume type control.

How to Use Mind Body Harmonizer

The device is intended for electrical stimulation of the earlobes

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with harmonious and comfortable feeling electrical signals.

Overview of Use

There is a 3 position toggle switch which selects the stimulation waveform. There is an intensity/On/Off knob which can be rotated clockwise to turn on and to increase the signal strength. The machine will continue using the waveform first set by the toggle switch until the automatic termination of the stimulation after 20 minutes. Changing the toggle switch during operation will have no effect. LED lights show the modes of operation and the correctness of connection to the ears.

After each use make sure to wipe the earclip with a piece of tissue and wash with warm water every few days of use.

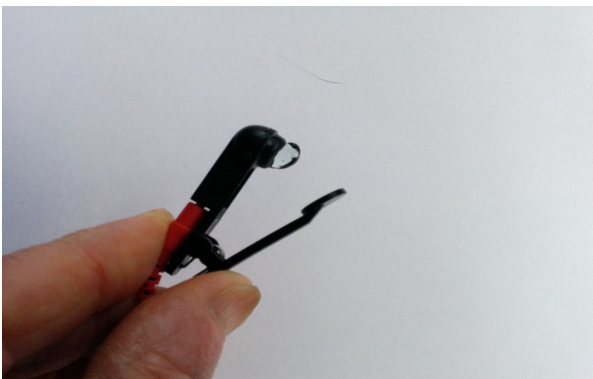
Follow these steps ...

1/ Charge the unit by plugging in for 15 hours. This will give 1 to 2 weeks of operation. Disconnect charger before use.

Low Battery is indicated if the lights flash when turned on and the unit shuts down immediately. Alternatively the lights may not come on at all with a fully discharged battery.

2/ Apply a glob of conductive gel about the size shown to the outside of the ear lobe using one finger. It is shown attached to the earclip to give an idea of the size of the glob. Use only one finger to apply the gel since it may be awkward to work the clips if gel is on the fingers.

While holding open the earclip attach it to the earlobe with the rubber side on the outside of your ear as shown below.



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Proper Ear Attachment

Proper placement on ear is shown in the picture.

3/ Select one of the three waveforms: “Relief”, “Meditation” and “Standard” with toggle switch. Just like with drugs, everyone responds differently to the waveforms. Researchers should experiment with all the waveforms and not assume a particular waveform for a particular use. In the picture below the Standard waveform is selected. See picture here ...

4/ Turn the Harmonizer on using the “strength” knob.



The waveform setting in place when it is turned on will be used for the entire 20 minute session. Changing the waveform knob once the unit is operational will have no effect. This is done for safety since each waveform has different characteristics and some are stronger than others. The 0.5 hz (Relief) is the strongest the 40 hz (Standard) is middle strength and the 14.3 hz (Meditation).

On/Off Strength Knob Adjusted

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5/ The Strength Knob should be increased (by rotating clockwise) only after the ear clips are in place using conductive gel on the ear lobes. The intensity is increased until the pulsing signal on the ears can be gently felt. It can then be decreased until it is barely perceived or until it is just below where you can feel it. Research in the past century has shown that a small barely felt signal works very well but a strong signal is ineffective.

The idea of “No Pain No Gain” is completely false with CES or ElectroSleep type devices. If you can feel it slightly ... this is the best signal strength to use.

Each session turns itself off after 20 minutes.

When the session is finished you will no longer feel the signal and the lights will flash every 10 seconds for a few minutes. After a while the unit will go to sleep, not flash and use almost no power. It is best however to turn the unit off since this uses no power.

After use make sure to wipe the earclip with a piece of tissue and wash under the tap with warm water.

6/ Battery Recharging: The Harmonizer has a rechargeable battery to ensure that good waveforms are not compromised by bad batteries. The charger is plugged into the hole in the side of the Harmonizer. It is left to charge for 15 hours. This provides for one to two weeks of operation. Weekly charging is recommended. It should have a lifespan of about 5 years. Replacements are available.

Do not use the device while it is charging!

To replace the battery simply slide the battery compartment door open and remove the battery and disconnect battery terminal clip. Attach a fresh rechargeable battery to the terminal clip and close the door of the battery compartment.

Side Effects and Intensity Control

In a century of use worldwide the “CES” or “Electrosleep” type technology rarely produces any side effects. Sometimes it can produce a headache in a small (< 0.1%) of users. This can often be eliminated by turning the stimulation intensity down. In rare cases some people may not be able to use the technology. *In general use the*

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smallest signal that can still be felt will produce no side effects and yet be equally effective. If you experience a headache ... this is a symptom of too high a stimulation level. Often headaches can be relieved with the harmonizer.

Never operate the Harmonizer without using conductive paste on the rubber contact on the ear clips. The Gel contains no salt and will never damage the ear clips. It will keep the device from causing irritation of the ear lobes. It is very important to increase conductivity of the earpads. A dry ear clip pad will irritate the earlobes. Saliva can be used in an emergency. Salt water should NEVER be used because it will cause the destruction of the clips.

How Often to Use It

First time users will benefit the most by giving themselves two 20 minute sessions per day for the first 2-3 weeks. After that it may be used occasionally or daily as needed. A USA guide to using CES for Depression (from a USA Nursing Journal) is shown on the website to give guidance to researchers. Other applications can be found in the library of research papers on the website.

Special Case Cautions

People with programmable brain shunts, cochlear implants or other cranially located electronic devices should consult with a physician before use.

People who are suffering from MS or Guillain-Barré syndrome should not use the harmonizer. These diseases are characterised by a loss electrical insulation around the nerves. Stimulation by a voltage waveform could make symptoms worse by encouraging further insulation breakdown.

People who are on antidepressant or other psychiatric drugs need to consult a physician before also using the Mind Body Harmonizer. That is because when antidepressant drugs are used along with CES there is often a need to reduce the antidepressant drug dosage. See the Nursing Guide to CES to treat depression research paper available on this website.

Guarantee

The Harmonizer is guaranteed to be free from defects in workmanship. We will replace such units if they are returned within 90 days.

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Website Support

The website is at <http://harmonizer.ca/>

This site offers the purchasing of the Mind Body Harmonizer, instruction manuals, rechargeable batteries and electrodes. It also offers a library of CES literature from the USA to help Canadian researchers understand the therapeutic uses. A blog allows users and researchers to share experiences and successes.

Replacement Parts

Replacement electrodes, large conductive gel tubes, rechargeable batteries, ear clips and cables are available from our online store.

Shipping List

The product has the following components ...

- 1/ Mind Body Harmonizer box with built in rechargeable battery.
- 2/ 1 Cable for ear clips.
- 3/ 2 Ear Clips.
- 4/ Pill Bottle of conductive gel.
- 5/ Recharging power adaptor.
- 6/ Shipping/Storage box.

Conclusions

The Mind Body Harmonizer is based on brain stimulation techniques used worldwide for over 100 years. Two waveforms are offered in our machine that are similar to waveforms traditionally used. A third waveform offers 40 hz stimulation which was added based on research from Germany in 2014.

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