

iMRS Expanded User Guide

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Congratulations on your selection of the finest pulsed magnetic field equipment available for home use. The following tips will help you feel confident about using your system. We suggest printing this guide and keeping it near your iMRS.

UNPACKING AND SETTING UP

Place the big white box on table or flat surface and carefully open the tabs. A pair of scissors or knife to carefully cut the clear tape covering the tabs will make the process easier and keep your shipping box in good condition. When you open the box you will find the Pillow Pad and a smaller white box inside on top of the mat. The interior box contains the control unit, wrapped in bubble wrap and a small velvet drawstring bag which contains the SD card, or brains of the unit. There is also a zippered dark colored case that holds the Probe and a rectangular box. The rectangular box has the power cord and a variety of plug configurations to enable world-wide use. Find the simple US plug and slide it into the front of the plug until it clicks in place. Also in the box is your invoice. Please note your customer ID and file the invoice.

Remove the SD card and slide it into the slot on the lower front center of the control unit. Make sure you hear it click into place.

Plug the applicators – Pillow Pad, Probe and Mat into the receptacles on the back – no particular order. Next attach the power cord to the back of the unit. It is advised to use a good surge protector to safeguard your iMRS. Belkin makes a surge protector that insures your equipment against loss due to power surges. Surge protection is highly recommended to keep your expensive mat from getting fried. This applies to everyone -- especially those in areas subject to frequent electrical disturbances or power fluctuations, spikes or surges. Click the Setup key and follow the instructions in the manufacturer's User Manual to set your clock, volume, language and whether you would like the contraindications to show each time you turn the unit on. **Do not press "Factory Settings"**.

Placement of the control unit

Control Unit: Uniquely and beneficially, the Mat converts from harmful alternating current (AC) to harmless direct current (DC) at the wall socket, away from the Control Unit. Thus, place the Control Unit as far away from

you as possible, but still within arm's reach so you can easily reach over and make time and intensity adjustments.

Keep the Mat, Pillow Pad and Probe at least 4-6 feet away from anything powered by standard, alternating current (AC), even if the equipment is turned off. This includes computers, microwaves, TVs, wired clock radios, etc. These powered devices create electrical smog that can be harmful to your body's electromagnetic field. A simple table lamp is not a problem.

Mat and Pillow-Pad (PP): These should be laid on a firm, flat surface such as a massage table, the floor, or a firm bed to avoid bending the metal coils inside. Never use the Mat in an arm chair because you risk improperly bending and breaking the coils. If a bed is the only place you have available, slip a stiff piece of cardboard under the middle section of the mat to keep the coils even. The shipping box can be flattened and used for this purpose. Always get on the Mat or PP seat-first, rather than with a sharp knee or elbow as elbows and knees put extreme pressure on fragile coils. It is also a good idea to put anti-skid rug material under the Mat to prevent the Mat from sliding around when placed on the leather or synthetic surface of a massage table.

When transporting the Mat, it should be folded into 3 equal parts like it was when it arrived. Always S-Fold the Mat at the creases. Do not bend the Mat in half as this can break or damage the coils.

The Control Unit switches polarity in all 3 applicators from North to South or South to North every 2 minutes, as each polarity provides unique benefits to the body. Since polarity switching means there is no top surface or bottom surface to the Mat, flip your Mat over once a week or so to avoid uneven wear.

Mat Orientation:

For maximum effectiveness, the head of the Mat, where the cord comes out, should be oriented due North and the non-corded foot end should be due South. However, if you can only lay the Mat in an East-West direction, the iMRS still works.

Head on Mat: Your head should be placed at the end of the Mat with the cord extending from it. The Mat is designed to have a lower intensity at the head end and a higher intensity at the feet end.

Hands on Mat: Lie on your back with thumbs locked under hips and arms and elbows on the Mat, not crossed over the chest. This keeps your extremities closer to the mat to get maximum benefit from the coils.

Pillow-Pad: The PP can be positioned on any part of the body you want, as long as the pad isn't bent. The direction of the PP's cord, doesn't matter, just make sure the cord is not overly stressed. The PP can be applied while

laying on the Mat but remember only one applicator can be run per control unit at the same time.

Probe: The Probe provides extremely focused energy. The probe can be applied directly to a specific sore or injured point. While energy is most intense at the non-corded end of the wand, energy emanates 360 degrees from the wand. Generally, the Probe should be held close to the body and pointed into the problem area, but it can be laid along side a knee or elbow and held on with a scarf, tie, or ace bandage.

NOTE: *All 3 applicators* can be plugged into the control unit at the same time, but only one applicator can be operated at a time.

Blankets, Pillows, and Bolsters: A thin blanket or sheet may be placed over the mat. A second heavier blanket can be used to cover and comfort. The PEMF energy will penetrate clothing, tissue, organs, and bones.

Avoid using pillows or bolsters, unless necessary to relieve a painful position. Use the smallest pillow or bolster possible as energy dissipates quickly the further you get from the applicator.

Empty Pockets: Before using the Mat, remove eyeglasses, watch, and other large metal jewelry. Rings, thin necklace, and regular belt buckle or metal zipper in pants is OK and *empty* pockets of cell phone, keys, coins, flash drives, and wallet -- just as if they were going through airport security.

USE OF THE iMRS

If possible, begin with the Mat: Time permitting, use the Mat immediately before using the Pillow-Pad or Probe. Using the Mat first preps the whole body to support the local work that follows a few minutes later with the PP or Probe. However, do not expect the Mat to immediately help local issues such as an injury, localized pain or tightness. Though it can if given enough time or days or the right person. Local issues are best handled by the PP or Wand (square wave).

Pillow-Pad vs. the Probe: The Pillow-Pad has more shallow penetration, but it covers a bigger area. The Probe has greater penetration, but it only covers the specific spot at which you are aiming. When working with local issues, it can be very effective to start with the PP for some minutes—to energize the whole area—then follow-up with the Probe, if necessary.

Start off easy: For your first Mat session, consider beginning at an intensity of 10 to do a little sensitivity testing (is everything OK with you?) before going higher in later sessions.

You may begin at "Sensitive" if you are ultra-sick, ultra-sensitive (eg. Have body-wide arthritis, candida, chronic fatigue, fibromyalgia, Lyme disease, MS, osteoporosis, or rheumatoid arthritis), very frail, or otherwise is at risk

for an adverse reaction. (the “sensitive” setting can be found by going backwards from level 10)

For all those with a history of unexplained chest pains or other disconcerting symptoms, or those over age 75, or those on multiple medications, do NOT go above an intensity of

25 for more than 8 minutes the first couple of sessions to "*test the waters*" out of an abundance of caution. Of course, at the first indication of any adverse reaction, please STOP.

INTENSITY GUIDELINES

Start low as described above with the idea that the right lower intensity can be more powerful than a higher intensity. This is true with physical medicines (homeopathy, for example) and it is true for electromagnetic medicine. Decades of clinical research in Europe and Asia has shown that intensities of 100 and below are most effective for the mat.

However, if no beneficial effects are noted, the user can experiment with higher intensities. Higher intensities are not harmful, they may simply be less effective.

With the Pillow-Pad or Wand, the maximum intensity depends on the body part -- exceed these maximums only *as necessary* and only if lesser intensities are *well-tolerated*:

Head = Max 50.

Upper Torso = Max 100. Lower Torso = Max 150. Arms & Legs = Max 200. Hands & Feet = Max 400.

Head: The head (brain really) is very sensitive to PEMFs. Going beyond the recommended intensity of 50 on the head can create a harmless, but slightly dizzy, woozy, or nauseous feeling for about 45 minutes. The wand is powerfully concentrated energy. If it is making someone dizzy or nauseous, back off immediately.

Neck: Please note that using the wand on the neck may focus higher than desired intensities at the brain if it is pointed in that direction. Therefore, at intensities higher than 150, using the wand on the neck may prevent any brain symptoms described above. The pillow pad radiates equally in all directions and may expose the head to higher than desired intensities.

TIME GUIDELINES WITH PILLOW-PAD OR WAND

CRUCIAL to SUCCESS: When working on local issues with the Pillow-Pad or Probe, sufficient time is *mandatory!* Typically, be prepared to "bake" a body part for at least 16-24 minutes at an appropriate intensity (see "Intensity Guidelines" above) to yield

good results. If you are starting to get even a tiny result with the PP or Probe, then more sessions are definitely warranted -- just keep going and be consistent. It is like melting a big block of ice with a hair dryer -- if you keep going, you will eventually melt all the ice

Mat Use: While 1x daily on the Mat is beneficial, 2x daily (morning and evening) is recommended as maintenance for healthier people, and 3x daily (add a midday session) is

recommended for people with serious issues. Going more than 3 24 minute sessions per day with the mat may not provide any additional benefit. (think of a battery – once it is charged, additional time on the charger won't help)

Pillow-Pad + Probe Use: There is no time limit to how long at once or in a day the Pillow-Pad or Probe can be run. They can run full strength, all day long, but this has never been necessary in our experience. If you have a local issue that is not resolving with multiple sessions of 16-24 minutes with the PP or Wand, try a much longer session at some point to see if that is what it takes to start to clear up the problem. Also, make sure you are using an appropriate intensity for the body part being worked on (eg. 25 on the feet would be too low -- see "Intensity Guidelines" above).

COMMON MAT SENSATIONS

The most common sensations noticed with a mat session are warmth, tingling, and/or a pronounced relaxation.

However, even if you don't feel anything, something is happening! With the Mat, do not be disappointed if you feel nothing - - this is the case with 40% of people, backed up by studies. It is incorrect to assume that if you do not feel it, then nothing is happening. After all, you do not feel the x-rays a dentist takes, but you can see the results. Even if you feel nothing, the Mat is still having its effect -- this is the nature of the pure magnetic energy (PEMF's) that the Mat produces.

*40-50% of people feel nothing during the initial session *15% sense a warmth or tingling

*70-75% feel a loosening of their back muscles after a session

MAT TIPS

If your unit will NOT TURN ON, check that both the POWER CORD and the CHIP CARD (in the back) are inserted firmly into the Control Unit (do not force) -- a loose connection with either can prevent a POWER-ON.

*There is no OFF SWITCH -- the Control Unit will turn itself off after 2 minutes of inactivity. Do not hit the Power button and expect it to turn off.

These are the very basic instructions to get started. We highly recommend Dr. Joel Carmichael's Book "Maximizing the Field" only available through his office for \$155. He covers hundreds of health conditions with specific recommended settings for each. Dr. Carmichael's office is 303-290-8342 or jcarmichael@center4spine.com

Patience, persistence and consistency are key to your success with PEMF. Please address any questions or concerns to Diane@HealthySpacesNorthwest.com or 503-655-3565.