

iMRS PEMF Usage & Application Guide



Version 1.0 (June 2015)
Compiled by Eastbay Wellness Pte Ltd

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Disclaimers

This document is not an official guide by Swiss Bionics Solutions GmbH nor in any way represent direct endorsement by SBS. The purpose of this document is to serve as a handy summary for basic and important usage instructions and explanation as documented by various authors and document sources.

Contraindications

Use of the iMRS one system is contraindicated for the following conditions:

- Pregnancy
- Epilepsy
- Electronic implants such as pace makers or insulin pumps (with the exception of approval by the consulting physician)

The iMRS one system may only be used with the approval of a health care practitioner and under medical supervision under the following conditions:

- Presence of tumors
- Serious cardiac arrhythmia
- Acute attacks of hyperthyroidism
- Extreme sensitivity to electromagnetic radiation

Side Effects

In therapeutic treatment of chronic cases, a so-called initial worsening (healing reaction) arises in approximately 10% of the patients treated in the first days or weeks of application, such as through an increase in the symptoms. This should be frequently expected after prolonged medication, which should be interpreted as a side effect of the medicinally induced regulatory habit and of the transfer process to the activation of self-regulation.

A light itching on the body or a warm feeling may be felt in the prophylactic use. In exactly the same manner, bruises, cramps, strains, wounds and problems with the bones, joints, teeth or jaw may make themselves known as light pain as a consequence of the activation of the circulatory system. In all cases in which previously unnoticed physical reactions become noticeable as an accompaniment of the application, consultation with a doctor or therapist with experience in the application of magnetic resonance stimulation is recommended for purposes of safe clarification.

The iMRS one magnetic resonance stimulation system can be used:

- For wellness purposes and to generally increase vitality and well-being.
- For palliative purposes, such as the temporary relief of minor muscular aches and pains.
- For a temporarily increase of local blood circulation.
- To relax muscles locally.

The magnetic field not only works directly above the applicator, but also spreads itself out in all directions. The flux density of the pillow applicator is less than or equal to 120 μT (1.2 Gauss) at its highest intensity. The recommended threshold for harmlessness in low-frequency electromagnetic fields is 400 μT in accordance with the standard that preceded DIN 0848. As reference, earth's magnetic field, also known as the geomagnetic field ranges from 25 to 65 μT microtesla (0.25 to 0.65 gauss).

General Application Rules

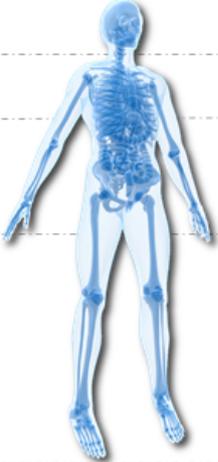
Without any detailed knowledge, an application on the mat for an adult person from the age of 40 years onwards should always be started with a lower intensity level e.g., an intensity level of 25 / 8 minutes in the morning and an intensity of 10 / 8 minutes in the evening. You should only deviate from this rule if you can assume that your body has a higher vitality level e.g. which is the case for a young or a very active person who has a generally higher level of capacity. The intensity level “sensitive” is intended for very sensitive people.

Intensity level of 100 or more with the applicator mat is not necessary for most individuals. In general, we recommend that you do the application twice a day – in the morning and in the late evening. In addition, the electro-magnetic massage can be supplemented by an additional application at mid-day and another one in the late afternoon. More frequent mat applications are not recommended.

Chronic and Acute

As a general rule of thumb, the more chronic the condition, the lower the impulse must be. The more acute the condition, the stronger the impulse. The reason behind is quite simple: the more chronic, the less energy is in the organism because the immune system is constantly under stress and uses a lot of energy on its own. With a chronic problem even a small stimuli from the outside is often enough to produce a reaction. We know this effect from holistic medicine very well: when starting a holistic, causal treatment and the dose is too strong, in most cases a so-called healing crisis begins. This has nothing to do with side effects it is merely an acute healing reaction, which is in itself a very good sign. However, a person who is suffering from a chronic illness for many years does not necessarily understand this.

For local application with the probe or pillow the following general rule applies: the more chronic, the weaker the settings, which you already know; yet there is another principle: the further away from the head towards the legs, the higher the intensity can be. This results in three application levels (head and neck, thorax-abdomen everything below the waist) and the values mentioned in this table. If we take the previously discussed rules for the whole body mat and both local applicators into account, we provide fast, effective results on one hand and avoid a strong healing crisis on the other hand.





chronic	acute
10-25 8 min	25-50 16-24 min
25-50 8 min	50-100 16-24 min
50-100 8 min	100-200(400) 16-24 min

Exceptions

For these conditions as listed there is a special intensity in iMRS: sensitive, we call this intensity also homeopathic intensity.

- Multiple Sclerosis
- Parkinson
- Alzheimer
- Fibromyalgia
- Cancer (before, during and after Chemotherapy)
- Crohn's Disease
- Colitis
- all additional severe chronic diseases
- exclusively sensitive / 8 minutes for all 4 Organ Settings



People who suffer from above mentioned diseases are usually energetically "depleted" and the intensity 10 would normally trigger too much of a reaction. Therefore we would "sneak in" with the setting "sensitive" for all 4 Organ Clock settings. Only if after at least 2 weeks there is no response can we slowly increase the intensity.

Specific Probe Applications (for iMRS Professional)

- Electro-Acupuncture
- Sedating: Intensity 25 / 2-4 minutes
- Tonifying: Intensity 100-400 / 2-4 minutes
- Reminder: The probe does not need to be moved during the application in an area as the magnetic field already pulsates. The magnetic field extends equally in all directions.



The probe can be used instead of needles (not everyone tolerates them) or a classical electro-acupuncture for this method of treatment. Two different objectives can be achieved: one to remove energy from the Meridian points to sedate or to inject energy into the meridian to tonify. For sedation we use a low intensity: 25 and a very high intensities: 100-400 to tonify. In both cases apply the tip of the probe over the acupuncture point perpendicular and remain in that spot for 2-4 min.

Detoxification Support



Drink Water. Water helps to eliminate toxins released by treatment. It's best to give a glass of water before treatment, and one afterwards. Always remind the value of drinking $\frac{1}{2}$ the person's weight in ounces i.e. a person who weighs 160 lbs (72kg). Divided in half equals 80 ounces (2.27 litres) of water.

Local application using the Pad and Spot

When use with local applicators, higher intensity levels can be selected. We recommend that you select lower intensity levels for the head/neck region of the body (i.e. shoulder = 25-50, back = 50-100, hips =100-150, thigh = 150-200, calf and foot = 200 – 400).

Intensity Table for Omnium1 Applicators

Intensity	Measures Values in μ T OmniMat whole body applicator			Measures Values in μ T OmniPad pillow applicator	Measures Values in μ T OmniSpot applicator
	Foot	Abdomen	Shoulder		
Sensitive	.27	.22	.09	.35	.65
10	1.35	1.22	.54	1.7	3.14
25	4	3.6	1.6	5	9.23
50	8	7.2	3.2	10	18.46
100	16	14.4	6.4	20	36.92
150	24	21.6	9.6	30	46.15
200	32	28.8	12.8	40	55.38
400	45	30	17.5	65	120

General Conditions:

Headaches

Treatment:

Mat: 8 minutes 2-4 times daily: morning 25 % level midday 10 % level evening sensitive level

Pad: 24 minutes 1-2 times daily 25 -50 % level, in the area of the neck muscles.

Probe: (*migraine*):

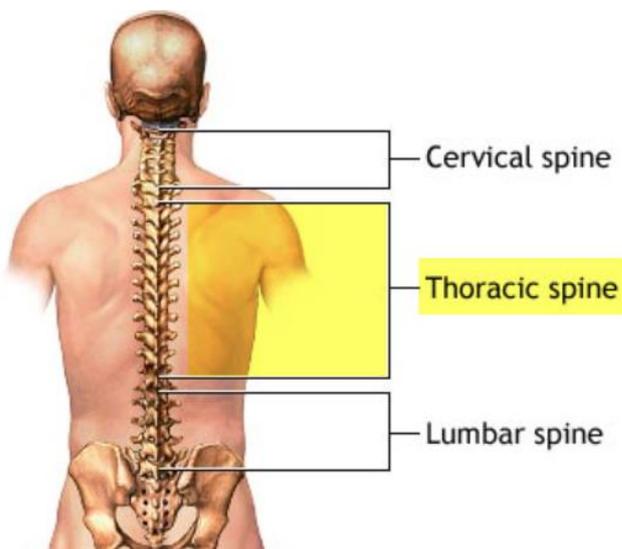
24 minutes 1-2 times daily 100-150 % level, on the temple for acupuncture and local treatment

Ailments of the Respiratory Tracts

Treatment:

Mat: 16 minutes 2-3 times daily morning 150 % level (building up from 10%), midday 100 % level (building up from 10%), evening 25 % level

Pad: 24 minutes once daily 100 % level, in the region of the thoracic vertebral column (reduce whole-body application from 16 to 8 minutes)



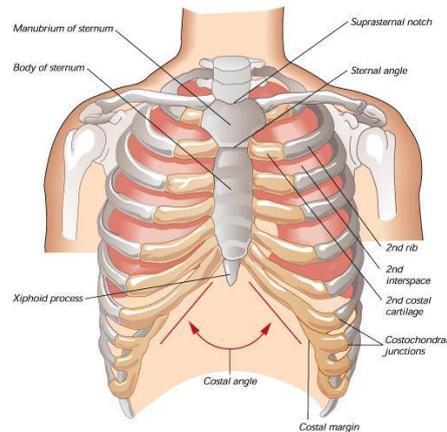
Ailments of the Digestive Organs

Intestinal disease, gastritis, gastroenteritis, gastric and duodenal ulcer, operation, pancreatitis, reflux disorder, digestive disorder, diarrhoea, nausea, vomiting, constipation etc.

Treatment:

Mat: 16 minutes 3 times daily: morning 25 % level, midday 25 % level, evening 10 % level

Pad or probe: 8 minutes twice daily 50 % level: at the lower edge of the costal arch (epigastria angle)

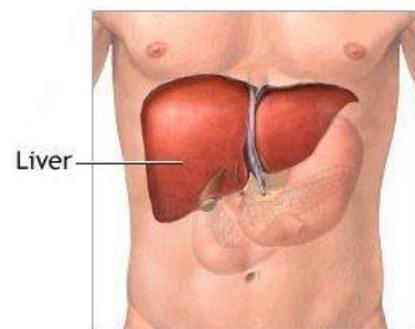


Ailments of the Liver

Treatment:

Mat: 8 minutes 1-2 times daily: morning 100 % level, evening 10% level

Pad or probe: 16 minutes twice daily 150 % level, at the right upper abdomen



Infectious Illnesses, ailments of the Auto-Immune System

Influenza, common cold, herpes zoster, herpes simplex etc.

Treatment:

Mat: 8 minutes 4-6 times daily: morning 150 % level, midday 100 % level, afternoon 50 % level, evening 10 % level

Herpes zoster

Treatment:

Pad: 16-24 minutes 2 – 4 times daily 150-200 % level,' alternating between the spinal column and the affected part of the skin

Herpes simplex

Treatment:

Pad (*cover with a fresh towel for each treatment*): 24 minutes twice daily 150 % level
Probe: 16 minutes 2-3 times daily, 200-400 % level (for a short period)

Allergies

Treatment:

Mat: 16 minutes 3-4 times daily: morning 100 % level (building up from 10 %) midday 50 % level afternoon 25 % level evening 10 % level

Infectious Disease in Childhood and Youth

Treatment:

Mat: 8 minutes 3 times daily: morning 50 % level midday 25 % level evening 10 % level

Ailments of the Urinary Tract and Male Sexual Organs

Ailments of the urinary tract, impotence, kidney disease, prostatic hypertrophy etc.

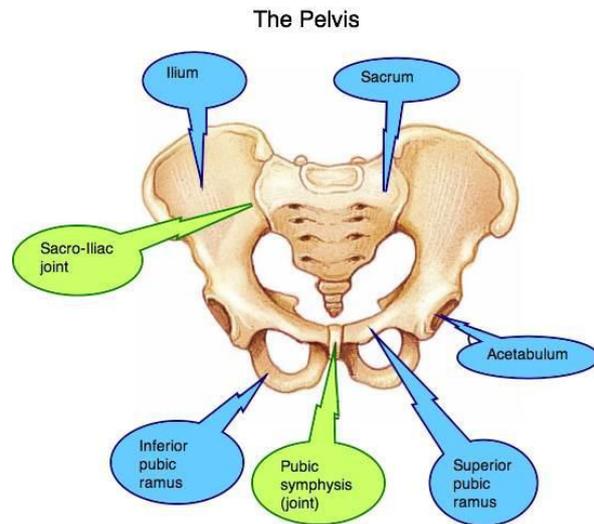
Treatment:

Mat: 8 minutes 3 times daily: morning 100 % level, midday 25 % level, evening 10% level

Disorders of the urinary tract:

Treatment:

Pad: 16 minutes twice daily 150 % level (building up gradually), 8 minutes each at pubic bone and sacral bone



Impotence

Treatment:

Pad: 16 minutes twice daily 150 % level, 8 minutes each in sacral area and at pubic bone

Ailments of the Nervous System

Paralysis, multiple sclerosis, polyneuropathy, injuries to the spinal column, sensory disturbances etc.

Treatment:

Mat: 8 minutes 2-4 times daily: morning 150 % level (building up from 100/0), midday 100 % level, afternoon 50%, evening 10%

Pad: 16-24 minutes twice daily 150-200 % level, at the point of injury

Ailments of the Eye

Treatment:

Pad or probe: 16 minutes twice daily 150-200 % level (building up gradually), on the temple

Pad: possibly 8 minutes 50 % level in the neck area

Tinnitus: Hearing Loss

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Pad: 8 minutes once daily 50 % level, at the neck

Probe: 16 minutes 2-3 times daily 150 % level (building up gradually from 10%), at the concha of the auricle

Sinusitis

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Pad or probe: 8-16 minutes 2-3 times daily - 100-150 % level, probe left and right side of the nose or, in the case of frontal sinusitis, at the root of the nose

Sleep Disorders and Mental Illnesses

Depression, stress, restless legs syndrome, schizophrenia, anxiety, restlessness, difficulty in falling asleep and disturbed sleep etc.

Treatment:

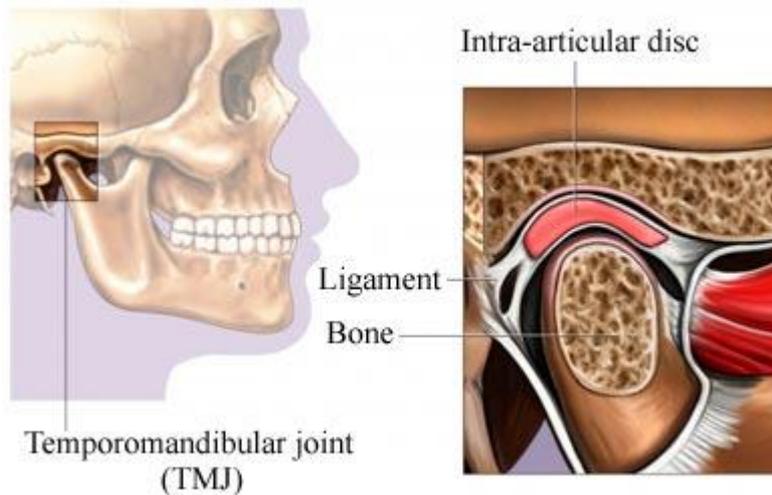
Mat: 8 minutes 4 times daily: morning 50 % level, midday 25 % level, afternoon 10 % level, evening sensitive level

Disorders of the Teeth and Gums

Treatment:

Pad: 8-16 minutes 3-4 times daily 10-200 % level (building up gradually from 10 %)

Probe: 16 minutes 3-5 times daily 10-200 % level, at the temporomandibular joints and outer gums, with circular movements over the entire area of the jaws and the seat of the illness



Tumour Diseases

Treatment:

Mat: 8 minutes 3-4 times daily: morning 50 % level, midday 25 % level, afternoon 10 % level, evening sensitive level

Skin Complaints

Acne, decubitus ulcer, eczema, boils, hair loss, lupus erythematosus, neurodermatitis, psoriasis, hyperhidrosis, burns, wound healing etc.

Treatment:

Mat: 16 minutes 3-4 times daily: morning 50 % level (building up from 10%), midday 25 % level, afternoon 10 % level, evening sensitive level

Pad or probe: 24 minutes 2-3 times daily 100 % level (building up gradually), in the local problem zones

Gynaecological complaints

Oophoritis and oophoritic cysts, hormone imbalance, menopausal disorders, menstrual irregularities, myoma, premenstrual syndrome etc.

Treatment:

Mat: 16 minutes 3 times daily: morning 100 % level (building up from 25 %), midday 50 % level, evening 10% level

Pad: 16 minutes 1-2 times daily 100 % level: 8 minutes each in the sacral area and at the pubic bone.

Metabolic Ailments

Obesity, gout, thyroid disease, diabetes etc.

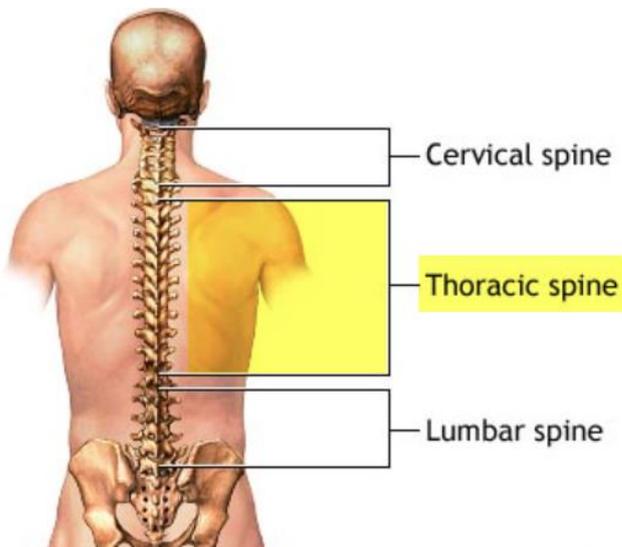
Treatment:

Mat: 8 minutes 2-3 times daily: morning 100 % level (building up from 25 %), midday 25 % level, evening 10 % level

Diabetes

Treatment:

Pad: 16 minutes twice daily 150 % level, in the central area of the thoracic vertebral column



Thyroid Insufficiency

Treatment:

Pad or probe: 8 minutes twice daily 50 % level, in the neck area

Gout

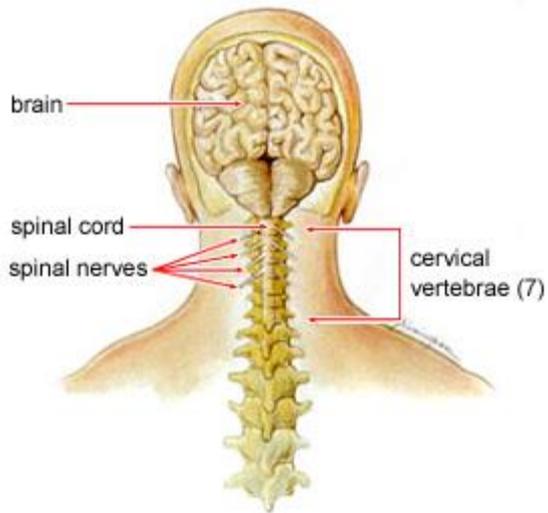
Treatment:

Pad:

16-24 minutes 2-3 times daily 150-200 0/& level, locally

Hyperthyroidism

Treatment of ailments in the area of the cervical vertebral column must be preceded by thyroid treatment with drugs



Preventative

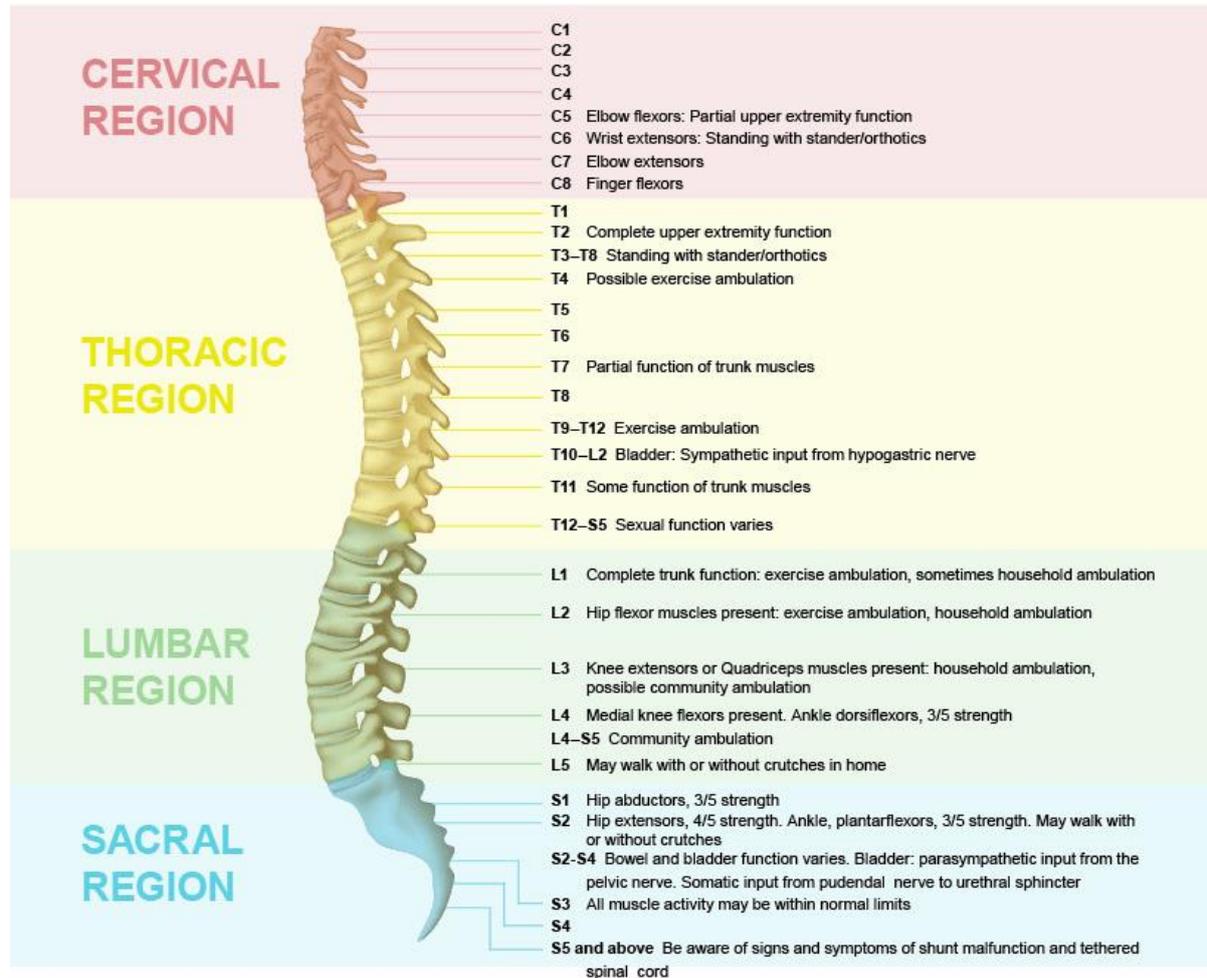
8 minutes twice a day, if preferred three times a day

Young (up to 50 years old), athletic: Morning – 100%, midday – 50%, evening – 25%

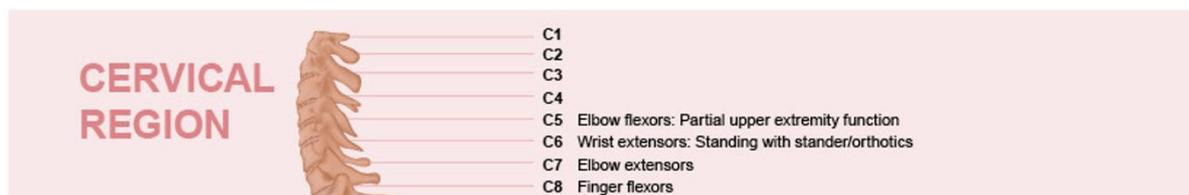
Older, tired: 8 minutes preferably three times a day Morning – 50%, midday – 25%, evening 10%

Drink 6 to 8 cups of water

Health Challenges of the Locomotors System and Supporting Apparatus



Cervical Vertebral Column I



Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Pad: 24 minutes 2-3 times daily 25-50 % level, **Posture:** knees bent

Cervical Vertebral Column II

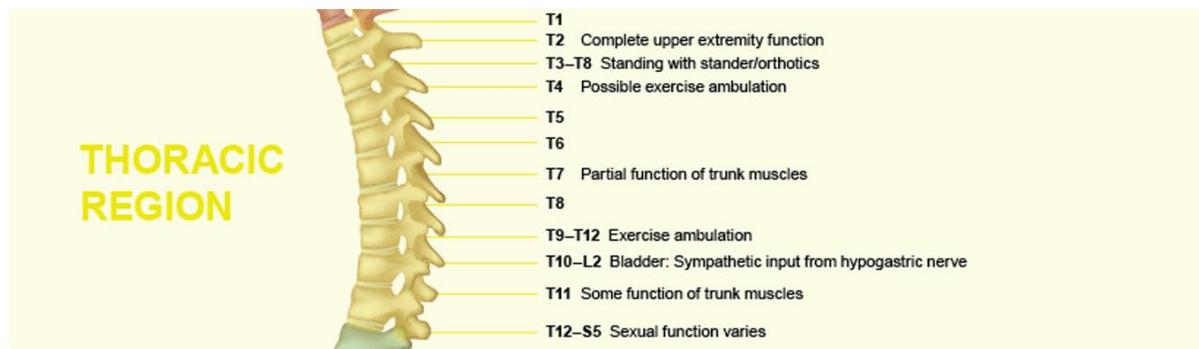
Arthrosis, arthritis, discitis, injuries to the nervous system, osteochondrosis, osteoporosis, whiplash syndrome, rehabilitation, torticollis, injuries of the spine, spinal cord, musculature or skin, tension, cervical syndrome etc.

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Pad: 24 minutes 2-3 times daily 25-50 % level

Position with pad: sitting or lying



Thoracic vertebral column I

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Pad:

16-24 minutes 2-3 times daily 50-100 % level

Position with pad: lying **Posture:** knees bent

Thoracic vertebral column II

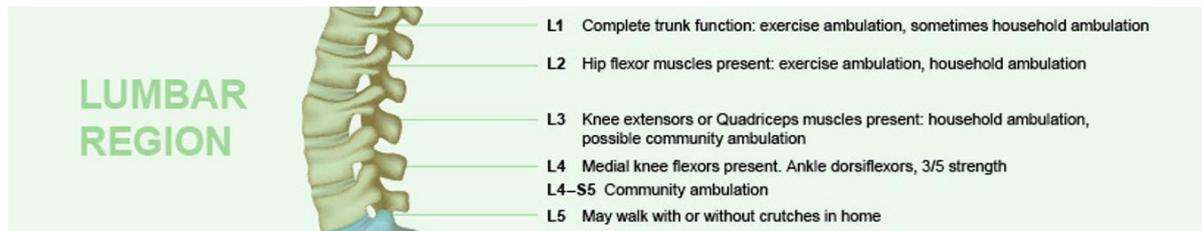
Arthrosis, arthritis, discitis, injuries to the nervous system, osteochondrosis, osteoporosis, rehabilitation, scoliosis, injuries of the spine, spinal cord, musculature or skin, tension etc.

Treatment:

Pad: 16-24 minutes 2-3 times daily 50-100 % level

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Position with pad: sitting



Lumbar Vertebral Column I

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level **Pad:** 24 minutes 2-3 times daily 100-150 % level

Position with pad: lying **Posture:** knees bent

Lumbar Vertebral Column II

Slipped disc, lumbago, lumbar ischialgia, spondylolisthesis, paralysis, following operations, rehabilitation, injuries to the musculature, bones, discs, skin, tension etc.

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level **Pad:** 24 minutes 2-3 times daily 100-150 % level

Position with pad: sitting **Posture:** knees bent

Shoulder

Arthrosis, arthritis, circulatory disorders, inflammation of the muscular insertions and sinews, frozen shoulder, capsule injuries, myalgia, injuries to the nervous system, operations, rehabilitation, rotator cuff, synovial bursitis, shoulder-hand syndrome, accidents, strains etc.

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Pad/Spot 16-24 minutes 2-3 times daily 50-100 % level

Position with pad: sitting or lying **Posture:** knees bent

Hand

Arthrosis, arthritis, fractures, carpal tunnel, tenosynovitis, muscle injuries, trigger finger, osteoporosis, Sudeck's disease, skin, nerves, circulation, accidental injuries, rehabilitation, restricted mobility etc.

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Pad/Spot: 24 minutes 3 times daily 150-400 % level (400 % with MRS 2000+MED)

Elbow

Tennis elbow, golf arm, fractures, neural lesions, injuries to muscular tendons or blood vessels, restricted mobility, arthrosis, arthritis, operations, rehabilitation, bursitis etc.

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10 % level

Pad/Spot: 16-24 minutes 2-3 times daily 100-150 % level

Wrist**Treatment:**

Mat: 8 minutes twice daily: morning 50 % level, evening 10% level

Pad/Spot: 16-24 minutes 2-3 times daily 100-150 % level

Hip

Luxation, malposition, arthrosis, arthritis, fracture, Perthes's disease, femoral-head necrosis, myalgia, circulatory disturbances, neural lesion, synovial bursa, artificial hip joint, operation, accident, rehabilitation etc.

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 10% level

Pad/Spot: 16-24 minutes 2-3 times daily 50-100 % level

Knee

Arthrosis, arthritis, meniscus, disc injury, synovial bursa, Baker's cyst, injuries to sinews, muscles and neural system, circulatory disorders, joint replacements, rehabilitation, patella fractures etc.

Treatment:

Mat: 8 minutes twice daily: morning 50 % level, evening 100/0 level

Pad/Spot: 16-24 minutes 2-3 times daily 100- 150 % level

Health Challenges of the Cardiovascular System

Ailments of the Veins

Varicose veins, haemorrhoids, thrombophlebitis and other vein problems

Treatment:

Mat: 16 minutes 3 times daily: morning 100 % level (building up from 10%), midday 50 % level, evening 10 % level

Posture: legs elevated

Apoplexy (unconsciousness or incapacity resulting from a cerebral haemorrhage or stroke)

Treatment:

Mat: 8-16 minutes 2-4 times daily: morning 150 % level, midday 100 % level, afternoon 50 % level, evening 10 % level

Angina Pectoris; Bypass; Myocardial Infarction; Cardiac Insufficiency, Arrhythmia; Coronary Heart Disease

Treatment:

Mat: 8 minutes 3 times daily: morning 100 % level (building up from 25 0/0), midday 50 % level, evening 10 % level

Pad: 1-6 minutes once daily: thoracic vertebral column 100 % level, thorax 50 % level (8 minutes each)



Illustration: Thorax Position

Blood-pressure problems

Treatment:

Mat: 8 minutes 2-3 times daily: morning 25 % level, midday 10 % level, evening sensitive level

Pad: 16 minutes twice daily, 50 % level, in the neck area (up to the hairline) intermittent claudication

Circulatory disorders

Treatment:

Mat: 8 minutes 3 times daily: morning 100 % level, midday 50 % level, evening 25 % level

Pad: 24 minutes 1-2 times daily 150 % level, at the point of poor circulation

Use of MRS on animals



Treatment of cats:

Mat: 8 minutes 1-2 times daily 50 % level: **Pad:** up to 100 % in local complaints

Treatment of dogs:

Mat: 8 minutes twice daily up to 100 % (depending also on the size of the dog); gradual introduction of the therapy appears useful.

Pad: 24 minutes twice daily 100-150 % level in larger dogs, particularly in arthrosis and problems with' wound healing

Treatment of horses:

Mat: 8 minutes twice daily 10-25 % level, place the mat like a saddle for calming purposes

Pad: several times daily up to 24 minutes, 100 % level, for joint problems

Treatment of cattle and sheep:

Pad: up to 200%, as primary immune responses occur only rarely.