

**Active medical device for stimulation by  
electromagnetic field**

**TRIOMED COMPACT 1,5 (31-38)**

# **USER MANUAL**



**Version 2**

**Introduced on 18.12.2012**

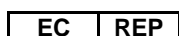
**2012**

## Declaration of Conformity



### MANUFACTURER

Name of the company: TRIOMED LLC  
Address: 59A, Malaya Balkanskaya str., 192289 Sankt-Petersburg, Russia  
BSRN 1097847122416



### AUTHORISED REPRESENTATIVE IN THE EUROPEAN UNION

Name of the company: TRIOMED EU Ltd

ID-code: 12146269

Address: 4, Mäealuse str., EE-12618 Tallinn, Estonia

Telephone: + 372 56888978

e-mail: [triomed@cemmed.eu](mailto:triomed@cemmed.eu)

**TRIOMED LLC declares that the following device meets the requirements of Directive 93/42/EEC + 2007/47/EC.**

**Reg. No in Russia: ΦCP 2009/06554**

**Product: Active medical device for stimulation by electromagnetic field.**

**TRIOMED COMPACT** emitters integrated with device

Options:

1. 40-43 GHz,
2. 52-57 GHz,
3. 57-63 GHz,
4. 50-75 GHz,
5. 250-375 THz.



### MEDICAL CLASSIFICATION

Classification: II a

Classification rule according to 93/42/EWG: Annex IX Rule: 9

GMDN 35169

### CONFORMITY ASSESSMENT

Evaluation of this medical device was carried out with the participation of the Notified Body No 2274 TÜV NORD Polska Sp. z o.o, ul. Mickiewicza 29, 40-085 Katowice. Country: Poland.

**Dear Customer!**

*This manual on how to use the TRIOMED COMPACT device is meant for users and medical staff.*

*The device is supplied ready for use and can be utilised only for its intended purpose in strict compliance with the operation instructions, safety measures and rules of therapeutic application.*

*Please read this Manual carefully before using the device and follow all the instructions! Please take notice of the contraindications for use and prohibitions. You will be able to achieve high therapeutic efficiency, avoid possible dangers and increase the longevity of the device.*

*In the event of improper use of the device the right to make claims shall be forfeited and the risk of possible dangers shall be exclusively with the owner.*

*This Manual is an integral part of the device. To have the information at hand, always keep the Manual together with the device.*

*If you have any questions concerning the use of the device, please refer to the information provided on the website of the manufacturer or contact your Seller.*

*After its manufacture, the device is carefully examined to ensure its normal operation as well as cleaned and disinfected using Aerodesin® 2000 disinfection agent.*

*The use of the device does not eliminate the need for the patient to remain under medical supervision.*

**The document cannot be amended without prior negotiation with Triomed LLC.**

Last updated on 18.12.2012

**The following signs have been used in the Manual and for labelling the device.**



Manufacturer



Authorised representative in the European Community



CE marking and notified body number



Device serial number



Not for general (household) waste



Point of contact with the body of the patient



Non-ionising radiation



Important information about the device or its operation.



Caution, consult accompanying documents



Consult instructions for use



Keep dry!



Fragile, handle with care!



On/off (press/press)



Class II equipment

**TABLE OF CONTENTS**

## Page

1	Purpose
2	Mechanisms of operation of millimeter wave therapy
3	Indications and contraindications for use
3.1	Indications by disease group
3.2	Contraindications
4	Technical and operational characteristics
4.1	General technical characteristics
4.2	Structure and functioning
4.3	Use of device
5	Package contents
6	Labelling
7	Packaging
8	Disposal
9	Warranty
10	Preparing the device for use
10.1	Operating restrictions
10.2	Safety precautions
10.3	Preparing the device for use
10.4	List of possible faults and suggested remedies
10.5	Technical maintenance
11	Procedure for using the device
11.1	Guidelines for programme selection
11.2	Treatment description
11.3	Use of the device in Zakharyin-Head's zones
11.4	Plans for using the device in biologically active zones

## 1. Purpose

The millimeter wave therapy is a noninvasive method of soft and innocuous stimulation of areas of the human skin to provide therapeutic relief and increase the general resistance of the body.

The TRIOMED COMPACT device has been designed for treating and preventing various pathological conditions of the human by stimulating cellular structures of the body with low intensity (less than  $0,6 \mu\text{W}/\text{cm}^2$ ) impulse modulated electromagnetic radiation (EMR) in the millimeter (MM) and infrared (IR) bands. Built-in radiators provide the EMR stimulation in the frequency band between 40 and 43 GHz (wave length between 7,5 and 6,9 mm) as well as the IR radiation (wave length between 1,2 and 0,8  $\mu\text{m}$ ).

The device is easy to operate, safe, secure and lightweight and can be used in medical and preventive care institutions as well as independently under the supervision of a doctor in in-patient and out-patient departments, at home and while moving in a vehicle. Unassisted use of the device by the patient ensures the necessary continuity of the treatment process.

In terms of its utilisation the device is classified as a product of multiple cyclic use.

## 2. Mechanisms of operation of millimeter wave therapy

The healing effects of the millimeter wave therapy are achieved through the central and peripheral nervous system as well as through the non-specific adaptive, protective and regulatory systems of the body. The millimeter radiation absorbed by skin receptors mildly stimulates the autonomic, endocrine and immune systems as well as the system of opioid receptors (enkephalins) and the production of neuroimmunoendocrine factors. Stimulation signals transmitted to the CNS through the hypothalamic-pituitary tract may effect changes in the functional activity of endocrine glands as well as directly influence the functional activity of any organ through efferent nerve fibres. The neuroendocrine system participates in the transformation of the primary information about the millimeter exposure into the factors of neurohumoral stimulation and regulation which elicit response from immunocompetent cells.

The said effects are clinically manifested in the following:

- anti-inflammatory, analgetic and anti-oedematous action,
- stimulation of tissue regeneration processes,
- increase in the general resistance of the body by boosting the immune system,
- improvement of the systemic and regional hemodynamics,
- stress-relieving action,
- normalised regulation of the autonomic nervous system.

The inclusion of the millimeter wave therapy into the comprehensive treatment allows to speed up the treatment process, lower the number and extent of complications and exacerbations, achieve more sustained therapeutic effects, improve the patient's quality of life, reduce the side effects of particular medicinal products and, in certain cases, obtain positive clinical results in drug-resistant patients.

The benefits of the millimeter wave therapy include: painlessness (especially important for children and hypersensitive patients), lack of side effects and impossibility of accidental harm to patients and medical staff.

Under the influence of functional disorders the human body tends to develop extreme and resonant millimeter-wave sensitivity which depends on the frequency and is localised on the surface of the body.

The structure of the TRIOMED device makes use of this regularity and implements the idea of a super-adaptive biotechnical system in which the electromagnetic radiator acts as a link between the biological system (an area of the human body) and the technical device creating a single bio-parametric radiator.

The parameters of this radiator are determined not only by the characteristics of the technical components of which it is comprised but also by the parameters of space and the biological object.

The biological object and the technical device interact through a low-intensity (power flux density is less than  $0,05 \mu\text{W}/\text{cm}^2$ ) electromagnetic field in the millimeter band.

This biotechnical system periodically changes the carrier frequency within a limited range in response to the changing location of the radiator on the human body and its functional state.

The use of the bio-parametric radiator allows to maintain and intensify information and control signals from the biological object in the high-frequency band which stimulate regeneration processes at the cellular level. Signals are created by the acoustoelectric oscillation in the cells which initiates biochemical processes. Through the radiators, the energy of the electromagnetic field is transmitted to the biological object where it synchronically corrects physiological processes in real time and provides therapeutic relief while the properties of the object are constantly changing.

The technology of using the biotechnical system has been defined by the authors as “bio-controlled transduction of the electromagnetic signal” or “BioTrEM”.

The invention has been patented based on the research materials (Patent registration No. EE 05541)

### 3. Indications and contraindications for use

The main purpose of the device is to prevent acute conditions and exacerbations of chronic diseases as well as to alleviate injuries and burns.

#### 3.1. Indications by disease group

- central nervous system diseases,
- peripheral nervous system diseases,
- autonomic nervous system diseases,
- cardiovascular system diseases,
- bronchial, pulmonary and pleural diseases,
- gastrointestinal diseases,
- hepatobiliary diseases,
- pancreatic diseases,
- kidney and urinary tract diseases,
- gynaecological diseases,
- male diseases,
- musculoskeletal diseases (including joint, spinal cord and muscle diseases),
- skin and hypoderm diseases,
- endocrine diseases,
- otorhinolaryngologic diseases,
- eye diseases,
- pain syndrome in any location,
- wounds, fractures, burns,
- allergic diseases.

#### 3.2. Contraindications



- general contraindications to physical therapy;
- unknown diagnosis;
- idiosyncrasy to millimeter therapy;
- febrile states of unclear aetiology;
- patients having an implanted device with autonomous power supply (in the area of the device installation);
- in the case of diseases which pose a serious threat to life and health the device can be used only under the supervision of a doctor as part of a comprehensive treatment.

## 4. Technical and operational characteristics

### 4.1. General technical characteristics

The device is produced without using any harmful chemical substances in compliance with the TRIOMED LLC technical documents and meets the requirements of Directives 93/42/EEC and 2007/47/EC.

As far as potential risks of use are concerned, the device is classified as Class IIa equipment according to Directive 93/42/EEC and has been designed as a product with internal safe power supply.

The TRIOMED COMPACT device has in-built "BioTrEM" generators no.1 of millimeter electromagnetic radiation (MM EMR) (between 40 and 43 GHz, wave length between 7,5 and 6,98 mm) and generators no.5 of IR radiation (wave length between 1,2 and 0,8  $\mu\text{m}$ ).

The software allows to generate MM and IR radiation with various modulation and distribution of stimulation during the treatment session. The device features 8 programmes described in Section 11.

The number (1, 5) following the name refers to the type of radiator installed and the number in brackets (31-38) refers to one of the eight treatment programmes (according to the unified register of the manufacturer).

The main technical characteristics of the TRIOMED COMPACT device are given in Table 1 below.

Table 1

No.	Characteristics	Description
1.	Start-up time	no more than 5 sec
2.	Type of work with specified characteristics	continuous, uninterrupted
3.	Automatic shutdown function	after the end of the programme
4.	Overall dimensions	no more than 75×45×13 mm
5.	Weight	no more than 0,1 kg
6.	Mean time between failures	no less than 1500 hours
7.	Life cycle	no less than 8 years
8.	Body material	polycarbonate plastic
9.	Ambient temperature during use	between + 10 °C and + 35 °C
10.	Rated air humidity (combination of relative humidity and temperature)	80 % at 25 °C
11.	Rated direct voltage	3,0 V
12.	Consumption current	no more than 30 mA
13.	Power consumption	no more than 100 mVA

The device comes with a CR2032 battery. поликарбонат

Millimeter electromagnetic radiation is modulated by a simple low-frequency or complexly modulated signal. The frequency, duration and form of modulating signals are changed during the treatment session according to original programmes labelled by identification numbers.

The modulation of millimeter radiation in accordance with various programmes ensures multimodality of exposure enhancing the therapeutic effect.

The external surfaces of the device are disinfected using a 3% solution of hydrogen peroxide or a 1% water solution of chlorhexidine.

No special safety measures are required.

### 4.2. Structure and functioning

The device is a monoblock unit.

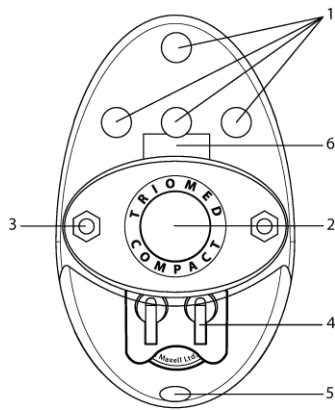
The top panel of the body of the device (fig 1) houses the control button.

The following can be found under the top panel: a battery holder, 4 LEDs indicating the switched-on state and the stimulation programmes and a beeper.

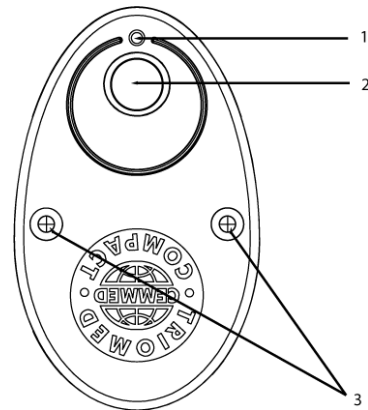
The bottom panel of the body (fig 2) houses the IR radiator (IR diode) and two screws.

The generator of the MM EMR is located under the bottom panel.

The side panels (fig 1) house a hanging loop and a bridge for fastening a strap.

**Fig. 1 General view**

- 1 - light indicators  
2 - control button  
3 - hanging loop  
4 - battery holder  
5 - strap fastening  
6 - beeper

**Fig. 2 Bottom**

- 1 - IR radiator  
2 - location of the MM EMR generator  
3 - screws of the bottom panel

The device is switched on by pressing the control button. The programmes are selected by holding the button pressed while the LEDs switch on briefly (for approx. 2 seconds) in various combinations (fig 3-10). If the control button is kept pressed, the programme switching cycle is repeated. When the button is released during the indication of a particular programme, the device activates it turning the radiation on.

To confirm that the device is working according to the programme selected, the corresponding LEDs (fig 3-10) are switched on and a sound signal is produced briefly at certain intervals (3-4 sec).

To use the device without sound, enter again the programme selection mode by pressing and holding the control button. Wait for the LED combination selected earlier and release the control button. The device is programmed to switch on the sound in every other programme selection cycle.

The device memorises and activates at the next start-up the programme used in the previous session. A brief press on the control button switches the device on and activates the programme that has been memorised skipping the selection mode. The programme currently in use is indicated.

Having finished its operation according to the programme selected the device switches off automatically. The device can be switched off at any time by pressing again the control button.

### 4.3. Use of the device

Decide on the suitable treatment programme (Section 11.1). Find out the LED combination by which it is indicated (table 2).

Switch the device on and select the programme.

The device will activate the programme and start generating radiation after you release the control button. If you want to use the programme that was running during the previous session, switch on the device by briefly pressing the control button.

The LED indication of the programmes in the selection and operation modes is shown in pictures 3-10 in Table 2.

**Table 2**

Picture numbers							
3	4	5	6	7	8	9	10
Programme numbers							
31	32	33	34	35	36	37	38

## 5. Package contents

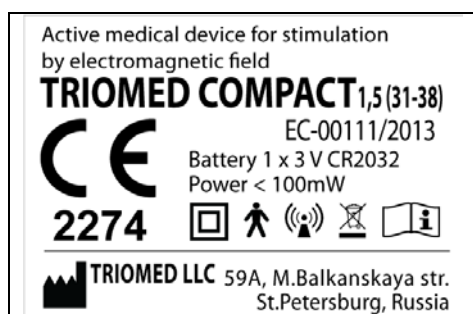
Package contents:

- TRIOMED COMPACT device;
- CR2032 battery installed;
- User Manual;
- consumer packaging;
- warranty.

## 6. Labelling

The marking is shown on the label placed at the bottom of the device.

The label specifies:



- name and model of the device,
- manufacturer and its legal address,
- factory number (serial number/year of manufacture)
- battery type,
- power consumption
- handling symbols,
- CE marking,
- certification body number.

## 7. Packaging

The packaging protects the device from weather and mechanical damage. The packaging (box) provides all the required information in English and the language of the seller's country about the product, package contents, manufacturer and authorised representative in the EU. It also contains handling symbols and data concerning the certification in the European Union.

## 8. Disposal



The device is produced in accordance with the EU requirements for the content of harmful chemical substances. The device should be disposed of into a special container for radioelectronic equipment.

## 9. Warranty

The warranty is provided on a separate sheet which can be found in the box.

## 10. PREPARING THE DEVICE FOR USE

### 10.1. Operating restrictions



The device can be used only after reading the User Manual.



#### It is forbidden



- to use the device without reading the User Manual,
- to use the faulty or damaged device,
- to use the device in rooms with high humidity,
- to put the device into the water,
- to let water and chemical substances get inside the device,
- to handle the device roughly, expose it to excessive mechanical vibrations or shocks, crush or drop the device,
- to use self-made power supply devices,
- to keep the device in places accessible to children and animals,
- to use the device after it has been stored at a temperature below 0° C without leaving it first for at least 4 (four) hours to lie unpacked at the room temperature.

### 10.2. Safety precautions



- ☐ no special safety precautions are required for the patient in the case of device failure, emergency or urgent evacuation of the medical staff;
- the patient can assume any comfortable position during the treatment session.

### 10.3. Preparing the device for use

Before switching on the device, inspect the outside of the device and make sure that the body is not damaged. **IT IS FORBIDDEN** to use the device with the damaged body!

Fig 11 shows how to replace the battery.

		<ul style="list-style-type: none"> <li>– use a cross-point screwdriver to unfasten the screws;</li> <li>– take off the top panel;</li> <li>– remove the battery from the battery holder;</li> <li>– insert a new CR2032 battery into the battery holder observing the polarity;</li> <li>– reinstall the top panel and fasten it to the bottom panel with the screws.</li> </ul>
<p align="center"><b>Figure 11. Battery replacement</b></p>		

The level of the battery charge is indicated by the brightness of the LEDs.

The serviceability of the device should be checked before every use. The normal functioning of the device is described in Section 4.2 “Structure and functioning”.

### 10.4. List of possible faults and suggested remedies

Possible faults and suggested remedies are listed in Table 3.

**Table 3**

No	Signs of a fault	Likely reason	Remedy
1	The LEDs do not switch on when the control button is pressed	The battery is defective or has discharged.	Replace the battery. If following the insertion of a non-defective battery the device cannot be switched on, send it to be repaired

2	Lack of sound in the beepers following the activation of the programme	The silent mode has been selected	Select the programme with sound and activate the programme selected (Section 4.2) If there is no sound, send the device to be repaired
3	The device does not exit the selection mode and does not switch off	Electric circuit failure	Send the device to be repaired
4	The battery installed in the device discharges quickly (within less than a month) even if the device is used rarely.	Electric circuit failure	Send the device to be repaired
5	No radiation is generated when checked with the CKIT indicator	Electric circuit failure	Send the device to be repaired

In the case of other faults please contact the Seller. The addresses and contact numbers can be found in this Manual and on the packaging.

#### 10.5. Technical maintenance

No technical maintenance is provided during the life cycle of the product.

The serviceability of the device and the characteristics of the radiation it generates are checked once a year at the technical maintenance centres of the Seller.

## 11. PROCEDURE FOR USING THE DEVICE

This User Manual regulates the therapeutic use of the device.

By exposing the body surface to a millimetre electromagnetic field using the TRIOMED COMPACT device, you can exert a positive effect on the internal organs, trophic processes, metabolic processes, secretory activity and other vital functions of the organism.

The treatment programme, the treatment regimen specifying the location and the duration of the stimulation as well as the number of treatment sessions should be determined individually depending on the location of the pathological focus, the extent of manifestation of clinical syndromes, the stage of the disease and the state of the organism.

When using the device one can also follow methodological recommendations, new and advanced medical technologies as well as guidelines for doctors.

### 11.1. Guidelines for programme selection

Programmes no.31-37 generate electromagnetic radiation in the MM band with a uniform carrier frequency characterised by the distribution of modulation during the session and integral capacity.

Programmes no. 36 and 37 generate electromagnetic radiation in the MM band and infra-red radiation. Programme no. 38 generates infra-red radiation.

The combination of various programmes ensures multimodal exposure and enhances the therapeutic effect.

#### Programme description

**Programme no. 31 "Harmony"** – a remote stimulation used to prevent the occurrence of acute conditions and exacerbations of chronic illnesses by activating the general adaptation and optimising the response of the human organism to the stress factors. Distance stimulation helps restore the balance of activity of the sympathetic and parasympathetic parts of the autonomic nervous system, increases the total activity of neurohumoral influences in the human body and prevents the exhaustion of the sympathoadrenal system and development of chronic stress as an inadequate adaptive response of the organism.

**Programme no. 32 "Universal"** is designed to prevent the occurrence of acute conditions and exacerbations of chronic illnesses by stimulating the immune system to optimise the immune response. It is used for 1st-2nd degree pathological conditions accompanied by the disadaptation syndrome.

Recommended to be used as a treatment course.

**Programme no. 33 "Healer"** – the exposure helps relieve the functional deficiency of the organs. It is used in pathological conditions to compensate serious malfunctions (the 2nd-3rd degree) of the organs. **To use the "Healer" programme, first place the device on the area selected and only then switch it on.**

It is recommended:

- for use between treatment courses carried out in accordance with programmes no. 32-37 during the supportive therapy;
- in the case of pronounced dysfunction of the organs.
- for weak patients;
- for the treatment of chronic diseases the "Healer" programme can be used for several months in a row.

**Programme no. 34 "Stressbuster"** is recommended in the case of increased fatigability, over fatigue, increased irritability, psycho-emotional distress, sleep disorders and low spirits.

The programme improves local microcirculation due to the increase in capillary permeability, enhances the rheological properties of the blood, intensifies the regional lymph and blood flow, normalises the regulation of the activity of the central and autonomic nervous system and has a sedative and antidepressant effect.

The programme is used to reduce the severity of the lingering stress syndrome in order to prevent stress damage to the cardiovascular, digestive as well as central and peripheral nervous system and to relieve the

pain syndrome as an auxiliary treatment during pharmacotherapy considerably reducing the dose of the medication.

**Programme no. 35 “Fenix”** has a anti-inflammatory effect. It is used for treating wounds, scratches and burns (as it reduces the likelihood of infection and considerably accelerates regeneration of damaged tissues) as well as various acute and exacerbated chronic (incl. articular) inflammations (as it reduces oedema and pain).

**Programme no. 36 “Edelweiss”** has an antihypoxic and antioxidant effect.

It helps increase the resistance to hypoxia of all types both exogenous (caused by low oxygen content in the inhaled air, for instance, high in the mountains) and endogenous (respiratory, hemic, circulatory, tissue hypoxia). Endogenous hypoxia may develop due to the disturbance of gas exchange in the lungs and in the tissues and often accompanies chronic cardiovascular and respiratory diseases.

The programme improves microcirculation and tissue respiration and normalises the functioning of the respiratory chain (gas exchange in the lungs, haemoglobin in the blood, respiratory ferments, oxygen transport and utilisation, ATP synthesis). The activation of oxidation-reduction processes increases the supply of energy to the body.

The antioxidant protection system starts functioning more actively.

Programme no. 36 should be selected for conditions which create the risk of poor oxygen supply to the cells and acidosis of the blood (mountaineering, staying in poorly ventilated environments, living in air-polluted cities, suffering from over fatigue). It is recommended for acute and chronic diseases accompanied by intoxication and disturbed microcirculation or exacerbated by respiratory failure or circulatory deficiency.

**Programme no.37 “Youth”** is used in the case of metabolic-dystrophic processes to slow down aging by restoring trophism and normalising metabolism. The programme helps improve microcirculation, restore cells, increase the sensitivity of the receptor system to biologically active substances and hormones and improve the functioning of the organs.

**Programme no.38 “Photon”** is used in the case of metabolic-dystrophic processes. Low-intensity IR stimulation allows to optimise the energy supply to the cells, normalise the system of intracellular regulation and intensify biosynthetic processes. It facilitates resonant absorption of energy by the cell helping improve metabolic processes and increase the energy efficiency of the cell in situations of oxygen deficiency.

In addition to being good in themselves, these processes are important for preparing the body for further MM therapy and in certain cases considerably increase its efficiency.

The main indications for using infra-red radiation are: preparation of reflexogenic zones for MM stimulation, cicatricial changes in tissues, subacute and chronic non-purulent inflammatory diseases of internal organs, sluggish wounds and trophic ulcers, diseases of the peripheral nervous system with the pain syndrome, residual effects of burns and frostbites, autonomic dysfunctions, sympathalgias, diabetes mellitus.

The contraindications for using infra-red radiation are: benign and malignant tumours, active forms of tuberculosis, hypertension of the 3<sup>rd</sup> degree, bleeding and circulatory deficiency of the 2<sup>nd</sup> and 3<sup>rd</sup> degree. It is not recommended to stimulate areas around the eyes.

## 11.2. Treatment description

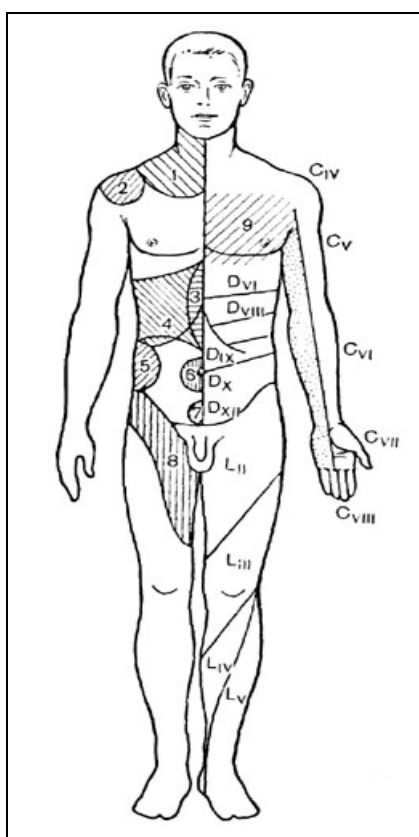
- The patient assumes a comfortable position.
- To begin the treatment, the suitable programme of stimulation is selected and the device is switched on by pressing again the control button.
- For programmes no.32-38, the device is placed on the patient's body with the top panel facing up and is held by hand.
- To switch on the radiation and begin the treatment session, the control button needs to be pressed. When the device is working normally, the LEDs are periodically switched on in the combination that corresponds to the programme selected; the beeper produces sound.

- The duration of the stimulation is determined by the programme. **It is recommended not to break off the session.** At the end of the treatment session the device will switch off automatically.
- You can switch the device off earlier, by pressing the control button at any time.
- The device should be moved in slow circular motions to stimulate large biologically active zones and in longitudinal motions to stimulate the spinal column and great vessels.

**Attention:** in the case of deterioration or discomfort that persists after 3 treatment sessions, it is recommended to stop using the device and contact the doctor.

### 11.3. Use of device in Zakharyin - Head's zones

In accordance with the rules and principles of physical therapy, reflexotherapy and restorative medicine, the TRIOMED COMPACT device can be used to stimulate the following areas: the area of projection of biologically active points, biologically active zones, pathological focus or the area of its projection, direct projection of the organs, the area of the spinal column, joints and great vessels, the projection of the organs in Zakharyin-Head zones (fig 12).



**Figure 12. Projection zones  
Zakharyin-Head**

1 – lungs, 2 – liver; 3 – stomach and pancreas; 4 – liver; 5 – kidneys; 6 – small intestine; 7 – large intestine; 8 – ureter; 9 – heart

It has been established that there is a close link between the internal organs and segments of cerebrospinal innervation. That is why visceral diseases are accompanied with reflex changes in segmentally related functional formations mostly innervated by the same segments of the spinal cord. Reflex changes can occur in the skin, muscles and connective and other tissues and, in their turn, exert influence on the primary focus and support the pathological process.

The figure shows the zones of increased skin sensitivity (hyperesthesia) which are called the Zakharyin-Head projection zones. In these areas of the skin, any normally painless irritation in the form of pressure, touching, heat or cold causes pain.

The epicentres of projection zones are the so-called active spots of anxiety or points of concentrated pain where the affected organs send their signals of distress. Such spots are easy to find when the functioning of an internal organ is disturbed. When touched, they become very sensitive and even cause pain. Hypersensitivity disappears after the functioning of the organ or system of organs is normalised.

The majority of treatments in physical therapy is carried out through the Zakharyin-Head zones and, thus, targets certain affected internal organs. In most cases such treatment gives positive results.

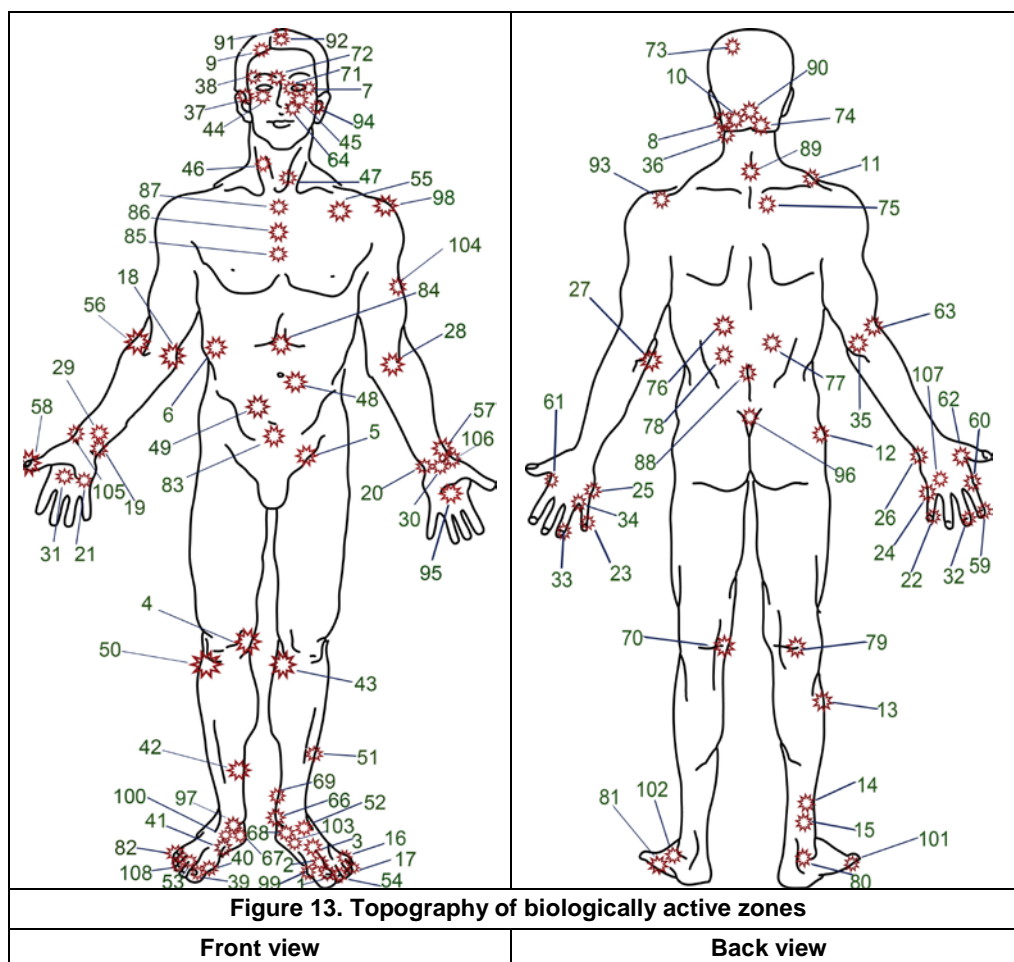
It is recommended to stimulate the area corresponding to the sick organ.

A specific zone or biologically active point is stimulated for 10 to 15 minutes. The total duration of the stimulation should not exceed 30-35 minutes per day.

In addition to segmental reflexogenic zones there are also other reflexogenic zones on the human body which correspond to the projection of various organs and body parts to the brain cortex and are topographically localised in particular areas. Such zones include the palmar surface of the hand, the plantar surface of the foot, the nasal region, the auricle and the cranial integuments.

### 11.4. Plans for using the device in the biologically active zones (fig 13).

The stimulation programmes should be implemented in accordance with the recommendations given in Section 11.



**1. Programme no. 31 “Harmony”**  
 The programme is recommended for everyday use: 30 minute sessions twice a day for 3 months. The device should be located at a distance of 50 cm from the patient.

**Programmes no. 32-38 should be used once a day in accordance with the following plans:**

- 2. Programme no. 32 “Universal”**  
 1<sup>st</sup> day: zone 58 on the left + zone 3 on the right  
 2<sup>nd</sup> day: zone 58 on the right + zone 3 on the left  
 3<sup>d</sup> day: zone 35 on the left + zone 42 on the right  
 4<sup>th</sup> day: zone 35 on the right + zone 42 on the left  
 5<sup>th</sup> day: zone 80 on the left + zone 3 on the right + zone 19 on the left  
 6<sup>th</sup> day: zone 80 on the right + zone 3 on the left + zone 19 on the right  
 7<sup>th</sup> day: zone 10 on the left + zone 13 on the left + zone 57 on the right  
 8<sup>th</sup> day: zone 10 on the right + zone 13 on the right + zone 57 on the left

Additionally: **Programme 33** – in zone 3 every day for 1 month alternating the sides: one day on the left, the next day on the right, etc.

- 3. Programme no. 33 “Healer”**  
 1<sup>st</sup> day: zone 63 on the left + zone 3 on the right  
 2<sup>nd</sup> day: zone 63 on the right + zone 3 on the left  
 3<sup>d</sup> day: zone 35 on the left + zone 41 on the right  
 4<sup>th</sup> day: zone 35 on the right + zone 41 on the left  
 5<sup>th</sup> day: zone 80 on the left + zone 50 on the right  
 6<sup>th</sup> day: zone 80 on the right + zone 50 on the left  
 7<sup>th</sup> day: zone 57 on the left + zone 13 on the right  
 8<sup>th</sup> day: zone 57 on the right + zone 13 on the left

9<sup>th</sup> day: zone 19 on the left + zone 94 on the right  
 10<sup>th</sup> day: zone 19 on the right + zone 94 on the left  
 11<sup>th</sup> day: zone 89 + zone 88  
 12<sup>th</sup> day: zone 89 + zone 88.

#### 4. Programme no. 34 “Stressbuster”

1<sup>st</sup> day: zone 13 on the left + zone 94 on the right  
 2<sup>nd</sup> day: zone 13 on the right + zone 94 on the left  
 3<sup>rd</sup> day: zone 19 on the left + zone 57 on the right + zone 89  
 4<sup>th</sup> day: zone 19 on the right + zone 57 on the left + zone 89  
 5<sup>th</sup> day: zone 11 on the left + zone 55 on the right + zone 3 on the left  
 6<sup>th</sup> day: zone 11 on the right + zone 55 on the left + zone 3 on the right  
 7<sup>th</sup> day: zone 9 on the left + zone 94 on the right  
 8<sup>th</sup> day: zone 9 on the right + zone 94 on the left  
 9<sup>th</sup> day: zone 8 on the left + zone 89  
 10<sup>th</sup> day: zone 8 on the right + zone 89  
 11<sup>th</sup> day: zone 58 on the left + zone 13 on the right  
 12<sup>th</sup> day: zone 58 on the right + zone 13 on the left

Additionally: **Programme 33** – in zone 94 every day for 1 month alternating the sides: one day on the left, the next day on the right, etc.

#### 5. Programme no. 35 “Fenix”

**In the case of acute inflammations, injuries and burns – from the first day daily in the damaged area.**

Additionally: **Programme 33** – from the first day **daily in the damaged area** + zone 41 alternating the sides: one day on the left, the next day on the right, etc.

Additionally:

1<sup>st</sup> day: zone 57 on the left + zone 3 on the right + locally  
 2<sup>nd</sup> day: zone 57 on the right + zone 3 on the left + locally  
 3<sup>rd</sup> day: zone 41 on the left + zone 80 on the right + zone 33 on the left  
 4<sup>th</sup> day: zone 41 on the right + zone 80 on the left + zone 33 on the right  
 5<sup>th</sup> day: zone 14 on the left + zone 66 on the right + locally  
 6<sup>th</sup> day: zone 13 on the right + zone 66 on the left + locally  
 7<sup>th</sup> day: zone 33 on the left + zone 43 on the right  
 8<sup>th</sup> day: zone 33 on the right + zone 43 on the left

#### 6. Programme no. 36 “Edelweiss”

1<sup>st</sup> day: zone 70 on the left + zone 58 on the right  
 2<sup>nd</sup> day: zone 70 on the right + zone 58 on the left  
 3<sup>rd</sup> day: zone 57 on the right + zone 89  
 4<sup>th</sup> day: zone 57 on the left + zone 89  
 5<sup>th</sup> day: zone 35 on the right + zone 4 on the left  
 6<sup>th</sup> day: zone 35 on the left + zone 4 on the right  
 7<sup>th</sup> day: zone 74 on the left + zone 80 on the left  
 8<sup>th</sup> day: zone 74 on the right + zone 80 on the right  
 9<sup>th</sup> day: zone 13 on the left + zone 91 + zone 94 on the right  
 10<sup>th</sup> day: zone 13 on the right + zone 91 + zone 94 on the left  
 11<sup>th</sup> day: zone 50 on the left + zone 63 on the right  
 12<sup>th</sup> day: zone 50 on the right + zone 63 on the left

Additionally: **Programme 33** – in zones 80 and 70 every day for 3 months, 1 week in each zone, alternating the sides: one day on the left, the next day on the right, etc.

#### 7. Programme no. 37 “Youth”

1<sup>st</sup> day: zone 55 on the left + zone 4 on the right  
 2<sup>nd</sup> day: zone 55 on the right + zone 4 on the left  
 3<sup>rd</sup> day: zone 28 on the right + zone 50 on the left  
 4<sup>th</sup> day: zone 28 on the left + zone 50 on the right  
 5<sup>th</sup> day: zone 76 on the right + zone 80 on the left + zone 19 on the right  
 6<sup>th</sup> day: zone 76 on the left + zone 80 on the right + zone 19 on the left  
 7<sup>th</sup> day: zone 35 on the left + zone 43 on the right  
 8<sup>th</sup> day: zone 35 on the right + zone 43 on the left  
 9<sup>th</sup> day: zone 55 on the left + zone 89

10<sup>th</sup> day: zone 55 on the right + zone 89

Additionally: **Programme 33** – in zones 80 and 70 every day for 3 months, 1 week in each zone, alternating the sides: one day on the left, the next day on the right, etc.

#### **8. Programme no. 38 “Photon”**

1<sup>st</sup> day: zone 55 on the left + zone 35 on the right

2<sup>nd</sup> day: zone 55 on the right + zone 35 on the left

3<sup>rd</sup> day: zone 89 + zone 88

4<sup>th</sup> day: zone 89 + zone 88

5<sup>th</sup> day: zone 4 on the right + zone 89

6<sup>th</sup> day: zone 4 on the left + zone 89

Information on other methods of using the device can be obtained from the Seller.