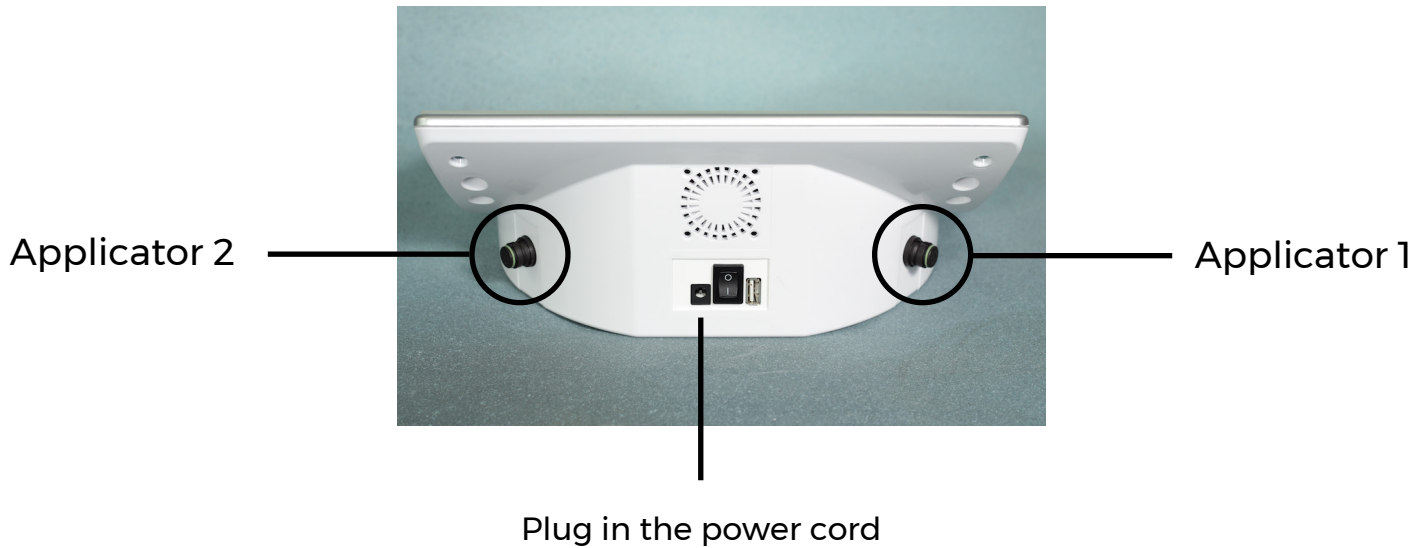


SEDONA Elite

SEDONA Elite
User Manual

How to Set Up your Machine

Plug in the mat or pillow to applicator 1 or 2.
You can also plug in both at the same time.

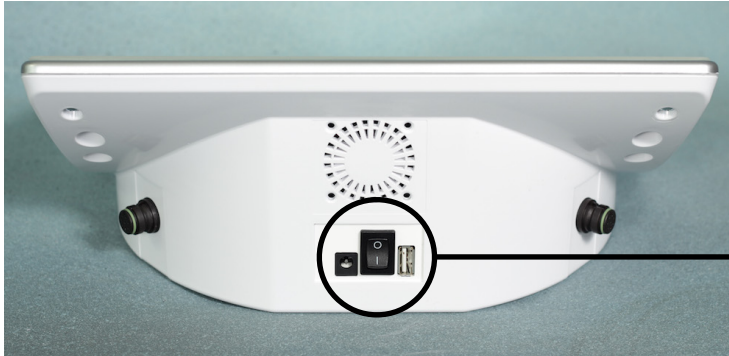




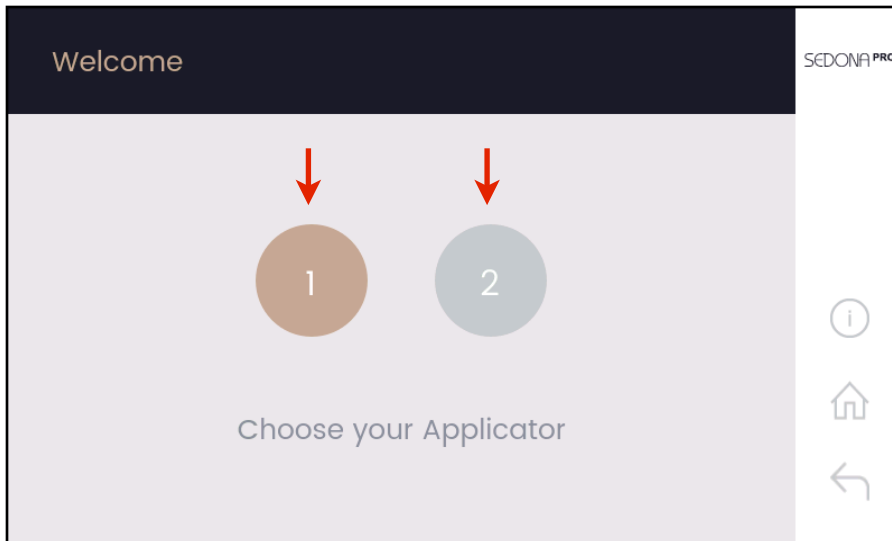
VERY IMPORTANT:
Make sure to line up the white line on the applicator with the white line on the control unit



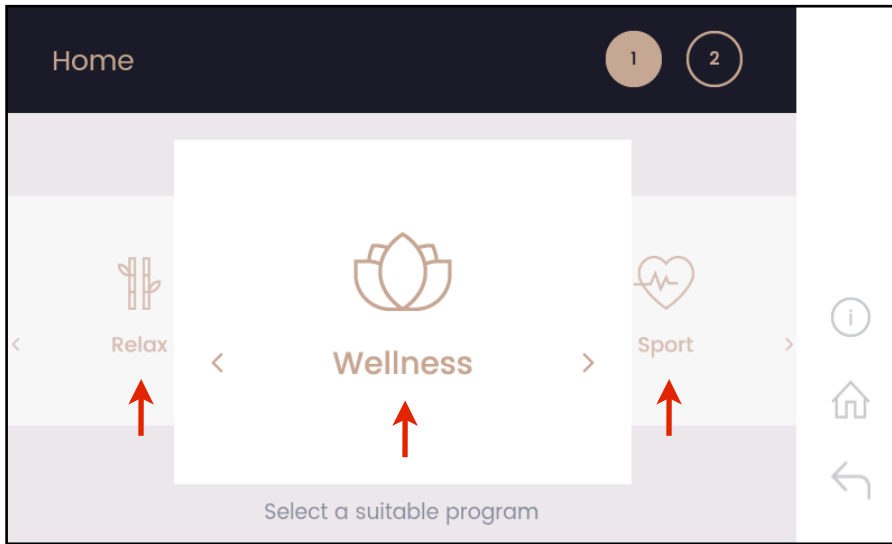
How to Turn On and Use



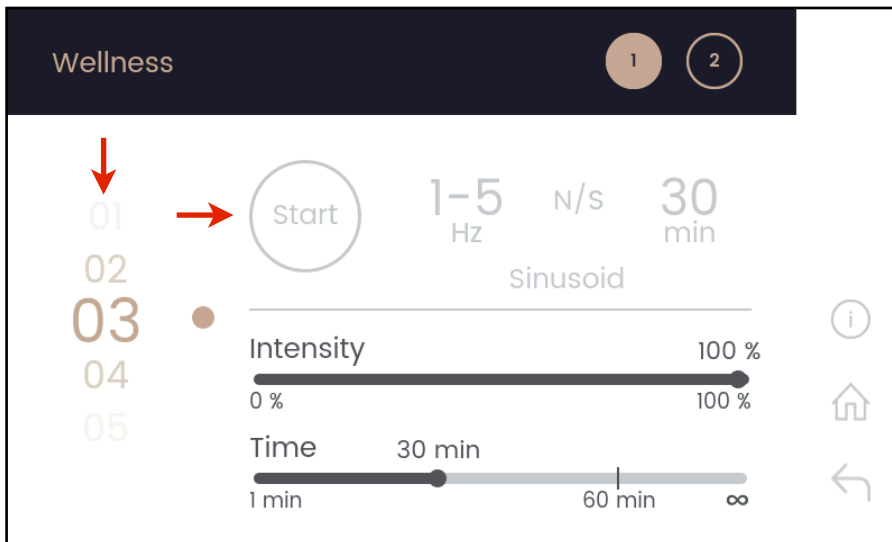
Turn on the power button and wait a few seconds for screen to appear



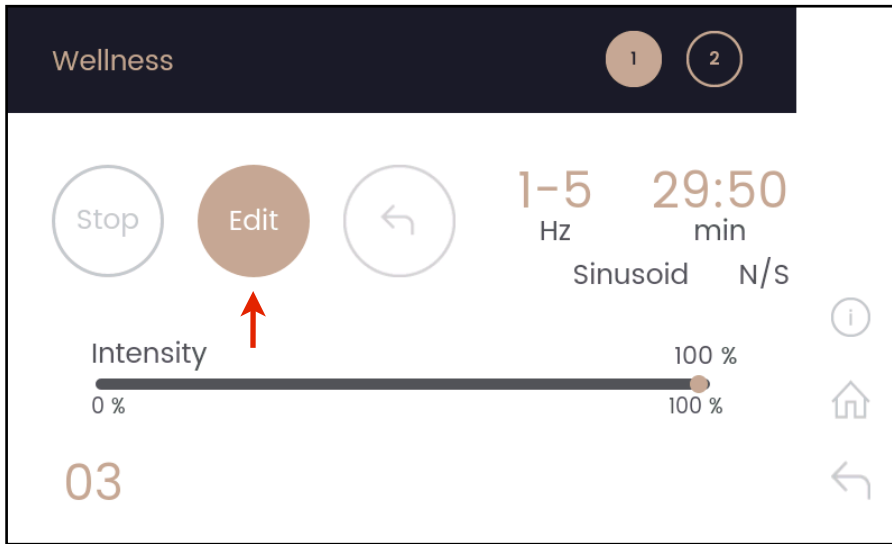
Choose applicator 1 or 2, if both applicators are plugged in, select one to set up first and then set up the second applicator (see page 8)



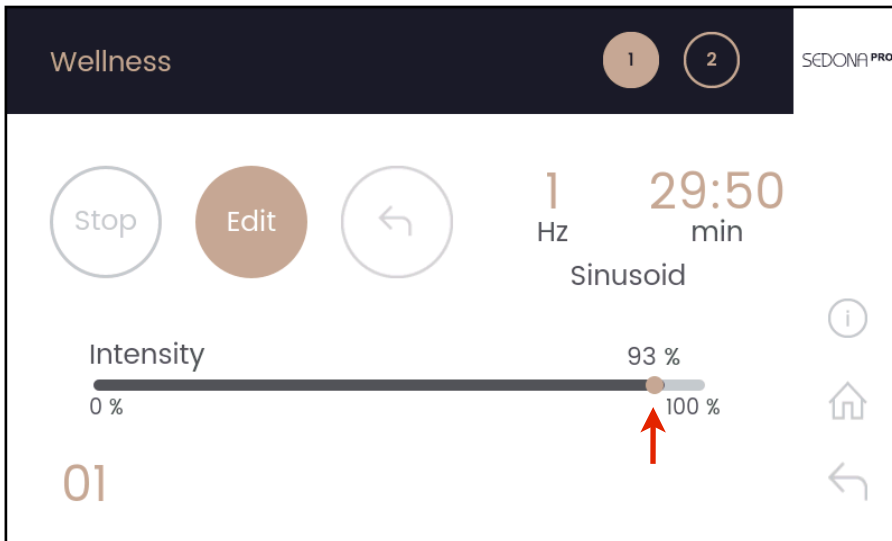
Select from Wellness, Longevity or Custom



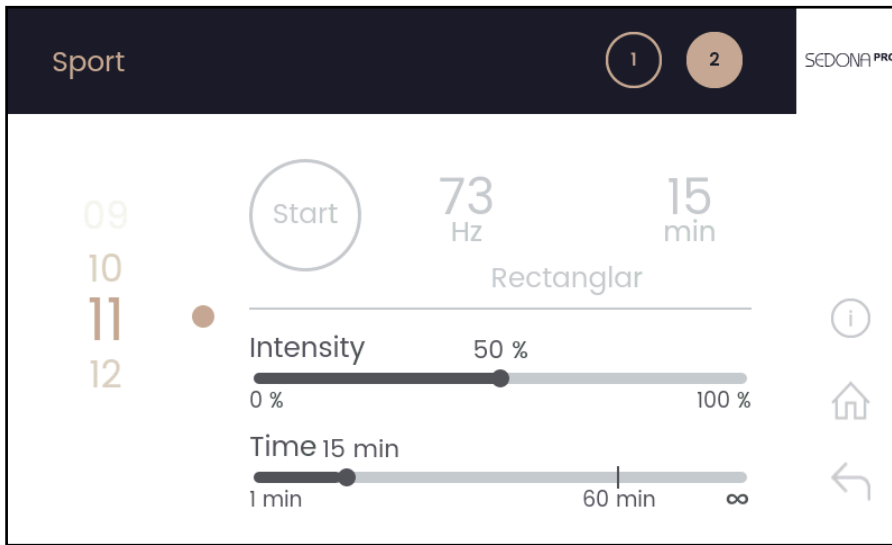
On the left side of the screen scroll through the numbers to the desired program and push the START button, the program will start after a few seconds



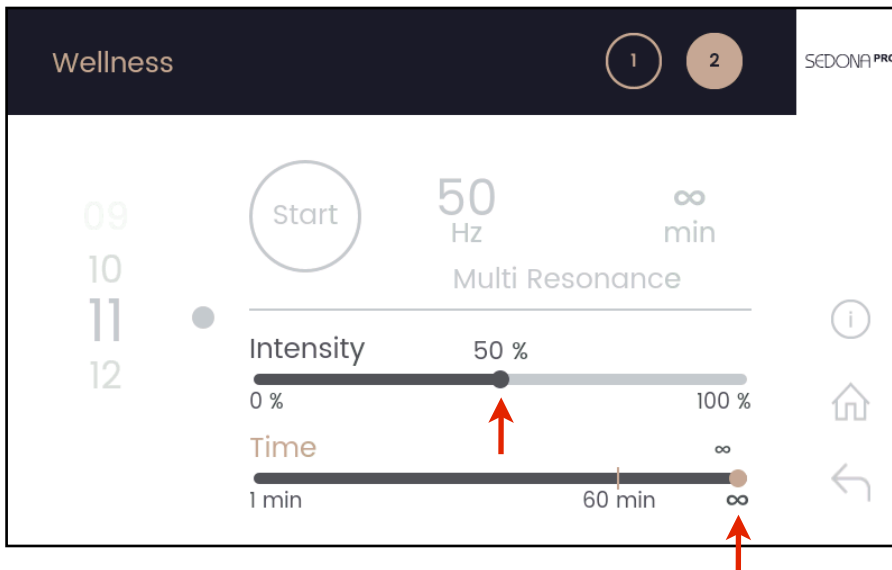
Press the EDIT button to edit the intensity of the program



Scroll the intensity bar or use the built in roller (circle under display) to reach the desired intensity



If a second applicator is plugged in, choose applicator 2 to set up the second applicator



Select deisred time and intensity and press START
Now both applicators will run simutaniously

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Introduction to Pulsating Magnetic Field Therapy

Everything is about frequencies. Every cell in your body is vibrating at a particular frequency in waves. One cycle per second of such waves is one hertz. Your brain sends a multitude of waves as frequencies down the spinal column and throughout your nervous system.

When the cells of the body have been injured, by toxin overload, they may lose their ability to generate proper energy levels to maintain their health. The result may be chronic inflammation which leads to chronic pain and poor healing.

We use Pulsed Electromagnetic Field Therapy to help the body recover from this by giving it the frequencies needed for healing. Chronic and acute conditions will improve and pain diminishes.

Benefits of PEMF (Pulsating Magnetic Field Therapy)

- *Increased blood circulation : Thermo-graphic measuring charts show the increase of circulation under a magnetic field. This leads to better nutrition and rejuvenation of cells. Ion flow is enhanced through pulsating magnetic fields.
- *Improved oxygen supply: PEMF enriches the tissue with oxygen. The interfacial potential and oxygen partial pressure are increased up to 800% (how well oxygen is able to move from the lungs to the blood). The voltage potential of the cell is optimized at -70mV which provides better conductivity for neural pathways.
- *Enhanced metabolism / toxin removal; PEMF enhances both anabolism and catabolism
- *Promotes quick recovery / heals wounds and fractures
- *Reduces pain, inflammation, and swelling
- *Boosts immunity
- *Fixes hormonal imbalances
- *Removes cellular wastes effectively / Restores damaged tissues
- *Increases nutritional absorption
- *Improves bone structure, density and functions
- *Maintains a proper balance between antioxidants and free radicals
- *Regenerates brain function
- *Enables one to better manage stress, sleep disorders and mood fluctuations

How to use settings

In the pages that follow are listed specific conditions with which PEMF can help.

For each setting, use it for 3-4 days and observe reactions.

Then continue on to the next program listed for that condition in ascending order, making note of improvements.

Once the user finds programs the body reacts well to, continue using those programs over a longer period of time as maintenance.

Example: the programs listed for Sleep & Relaxation can be used daily.

Notes:

*Chronic conditions:

Settings that the user notes improvement should optimally be used daily.

*Acute conditions:

Settings should be used for the period of time until condition goes away.

*Each Sedona Wellness PEMF setting stimulates the cells towards a self healing process. It's important to also maintain a healthy lifestyle and exercise regiment to compliment overall well being.

May the following pages guide you to a more energized and healthy you!

Indication List

WELLNESS	LONGEVITY
W	L

Symptom	Recommended Programs
A	
Aching Muscles	W2, W3, , L1, L2, L3, L6
Acute Injuries	W8, L6, L7
Allergies	W1, W2, W3, L1, L4
Alzheimer's	W1, W2, W3, W6, L3
Arthritis	L1, L3, W4, L4, L7, L8
Arthrosis	W1, W2, L1, L4
Asthma	W1, W2, W4
B	
Back Pain	L1, L2, L5, L6
Bone Density	W1, W4, L1, L4,
Broken Bones	W2, W3, W4, L1,
Bronchitis	W1, W2, L1, L2,
Burn Wounds	W8, L1, L2, L7

Symptom	Recommended Programs
C	
Carpal Tunnel Syndrome	W1, W2, W3, L1,
Cervical Spine Syndrome	W2, L1, W3, W4
Circulation Problems	L1, W2, W3, W4
Common Cold	W4, L4, L6
Concentration Disorders	W4, L3
D	
Depression	W1, W2, W3, L1
Detoxification	L1, W4, L4
Diabetes Type 2	W1, W2, W3, L1, L2
Diarrhea	W1, W2, L1
Digestion Disorders	W5, L4
E	
Earache	W1, W2, L1
Eczema	W1, W2, L1, L2
Enhancing Metabolism	W4, L4,

Symptom	Recommended Programs
F	
Fever	W4, W6, L4,
Fibromyalgia	W1, W2, L1, L2
H	
Headaches	W1, W2, W3, L1
Heart Area	W1, W2, L1 L2
High Blood Pressure	W1, W2, L1 L2
Hip Joint	L1, W4, W6, W7
I	
Immune System	W4, L1, L4
Impotence	W1, W2, W3, L1, L2,
Incontinence	W2, W3, L1, L4,
Inflammation in the Joints - Chronic	W1, W2, L1, L2
Irritable Bowel Syndrome	W3, W7, W81, L8,
Ischialgia	W4, L1, L4
L	
Low Blood Pressure	W1, W2, W3, L1,
Lyme's Disease	W1, W2, L1,

Symptom	Recommended Programs
M	
Menstrual Complaints	L1, W8,
Migraine	W1, W3, W6, L1,
Multiple Sclerosis	W1, W2, W3, L1, L2,
Muscle Cramps	W1, W3, L1, W7
Muscle Inflammation	W8, L6, L7, L8
Nerve Inflammation	W1, W2, L1, W6,
O	
Oedema	W2, W3, W4, L1,
Osteoarthritis	L1, L2, L3, L5,
Osteonecrosis	W3, L1, L2, L7
Osteoporosis	W1, W3, L1, L2, L7
P	
Parkinsons	W1, W2, L1, L2,
Phantom Pains	W1, W3, L1 L2,
Polyarthritis	W2, L1, W3, W6,

Symptom	Recommended Programs
Polyneuropathy	W1, W2, L1,
Postoperative Pain	L1, W4, W8,
Prostate complaints	W1, W2, L1, W8, L6
Psoriasis	W1, W2, L1, L2
PTSD Syndrome	W1, W2, L1,
R	
Relaxation	W1, W2, L1
Rheumatic Ailments	L1, L2, W4, W8,
S	
Scars	W1, W2, W4, L1, L2,
Shoulder Pains Chronic	W1, L1, L2, L6,
Sinus Inflammation	W1, W2, L1, L2,
Sleep Disorders	W1, W2, L1
Spinal Cord Degeneration (chronic)	W2, L1, W3, L7
Sport Injuries	L8, L1, W6, W7, L6,
Sport Training	W4, L4,
Sprains	W1, W2, L1 L2,
Stress	W1, W3, W4, L1,

Symptom	Recommended Programs
T	
Tennis Elbow	L1, W4, W8,
Thyroid Ailments (over active)	W1, W2, L1,
Thyroid Ailments (under active)	W1, W2, W4,
Tinnitus	W1, W2, L1, L2, W7,
Toothache	W8, L6, L7, L8,
Torn Ligaments	W4, L1, L4, L6,
Torn Muscle	W4, W7, L1, L2,
Trigeminal Neuralgia	W1, W2, L1, L2,
U	
Urinary Passage Inflammation	L1, W4, W7,
V	
Virus & Bacterial Infection (Preventive) Virus Bacterial Infection (Acute)	W1, W2, L1, W8, L6

Wellness

SETTING	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1 Hertz	30%	30 min	N/S*	Sine-wave
2	1-3.5 Hertz	30%	30 min	N/S*	Sine-wave
3	7.83 Hertz	30%	30 min	N/S*	Sine-wave
4	8-70 Hertz	100%	30 min		Sine-wave
5	100 Hertz	100%	30 min		Sine-wave
6	7 Hertz	100%	30 min		Rectangle
7	50 Hertz	100%	30 min		Multi-Wave
8	1,500 Hertz	100%	8 min		Sine-wave
9	Custom	Custom	Custom		Custom
10	Custom	Custom	Custom		Custom
11	Custom	Custom	Custom		Custom
12	Custom	Custom	Custom		Custom

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Longevity

SETTING	FREQUENCY	INTENSITY	TIME	POLARITY	WAVEFORM
1	1-5 Hertz	100%	30 min		Sine-wave
2	7.83 Hertz	100%	30 min		Sine-wave
3	25 Hertz	100%	30 min		Sine-wave
4	1-1,000 Hertz	100%	30 min		Sine-wave
5	1 Hertz	1%	30 min		Impulse Signal
6	5,000-15,000 Hertz	100%	30 min		Sine-wave
7	73 Hertz	10-15%	30 min		Rectangle
8	0.3 Hertz	2%	8 min		Sawtooth
9	Custom	Custom	Custom		Custom
10	Custom	Custom	Custom		Custom
11	Custom	Custom	Custom		Custom
12	Custom	Custom	Custom		Custom

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Frequencies of the Body

1-5 Hertz:

These frequencies relate to the brain activity in sleep or deep relaxation. In this frequency range the body can repair and regenerate itself.

1-10 Hertz:

The immune system strengthens as your body's resistance becomes stronger and more balanced.

8-15 Hertz:

The body starts to concentrate on relaxing, allowing for deep breaths and a clear mind.

20 Hertz:

An increase of blood flow due to widening of the arteries. This leads to a better supply of oxygen to the body.

25-30 Hertz:

In this range, metabolism increases allowing for a better supply of nutrients to the cells.

10-70 Hertz:

Hormone production as well as stomach and intestine movement can be increased. Proteins, fats and carbohydrates can be dispersed.

More than 100 Hertz:

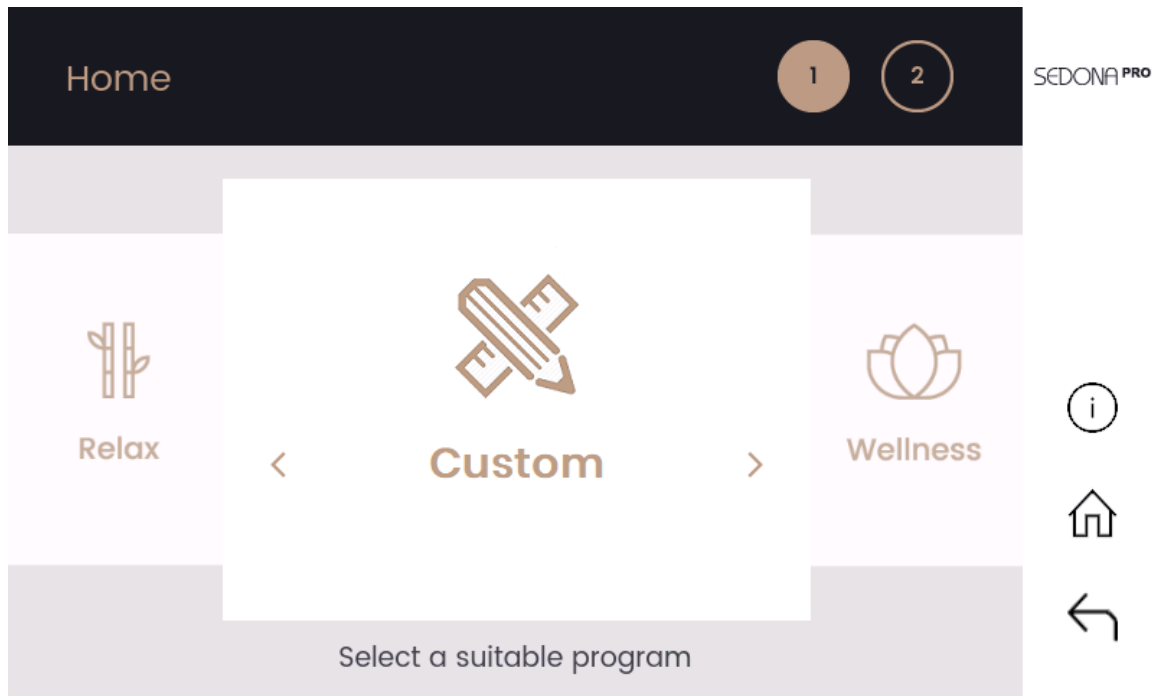
Detoxification, cleansing of the connective tissue and impulsion can be improved.

More than 1000 Hertz:

Muscles, heart and the lungs functions can be stimulated and energy levels can be increased.

Custom Programming

How to Set up a Custom Program



Select CUSTOM from the main menu

Custom 1 2 SEDONA PRO

Start | - | Save
30 min | 100 %

01 ● Waveform Freq. low Freq. high
Sinusoid 1 - 1 ⓘ

02 Intensity 100 % ⓘ
0 % 100 %

03 Time 30 min ⓘ
1 min 60 min ∞

Click to open up waveform options

Custom 1 2 SEDONA PRO

Sinusoid | - | Save
100 %

01 ● Sinusoid Freq. low Freq. high
Rectangular 1 - 1 ⓘ
Sinusoid N/S
Rectangular N/S
Sinusoid 1 - 1 ⓘ

02 Intensity 100 % ⓘ
0 % 100 %

03 Time 30 min ⓘ
1 min 60 min ∞

Select desired waveform

On this page you can also select between the Wellness or Longevity

Custom 1 2 SEDONA PRO

Sinusoid

Start 1.5 - 110.50 Save
30 min | 100 %

Waveform Freq. low Freq. high

Sinusoid 1.5 - 110.50

Intensity 0 % 100 %
0 % 100 %

Time 30 min 1 min 60 min ∞

Click on the frequency to adjust

Keyboard 1 2 SEDONA PRO

1	2	3	1.5	usoid - 110.50 100 % Save
4	5	6	OK	
7	8	9	DEL	
0	.			Freq. low Freq. high 1 - 110.50 100 %

07 0 % 100 %

Time 30 min 1 min 60 min ∞

Type in the desired amount in the keypad for the low frequency and press OK to set. Do the same for high frequency if desired

Sinusoid

Start 1 - 2.5 Save
34 min | 100 %

01 ● Waveform Freq. low Freq. high
 Sinusoid 1 - 2.5

02 → Intensity 100 %
 0 % 100 %

03 → Time 34 min
 1 min 60 min ∞

i
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↶

Select desired
Intensity and Time by sliding.
Click SAVE once complete to finish setting custom program.

Acute Injuries

WEEK:	WAVEFORM:	FREQUENCY:	INTENSITY:
1	SINE-WAVE	1,100 - 1,600 Hz	100%
2	SINE-WAVE	5,000 - 8,000 Hz	100%
3	SINE-WAVE	12,000-15,000 Hz	100%
3	SINE-WAVE	15,000 Hz	100%
4	SINE-WAVE	8 - 59 Hz	100%
5	RECTANGULAR	7.83 Hz	100%

Acute injuries are caused by a sudden trauma, such as a fall, twist or blow to the body. Such examples are but not limited sprains, strains and contusions.

Furthermore, overuse injuries occur over time when athletes do not allow the body to rest in-between occurrences.

In such instances, the inflammatory response increases the amount of blood flow to the site of injury in order to supply it with nutrients and white blood cells. To increase the blood flow to the affected area, the blood vessels get wider.

Alzheimer's

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE-WAVE	1.25 - 3.75 Hz	20%
SINE-WAVE	2.65 - 4.25 Hz	30%
SINE-WAVE	2.78 - 8.45 Hz	40%
SINE-WAVE	4.65 - 7.83 Hz	50%
RECTANGULAR	2 Hz	100%

Alzheimer's disease is a progressive neurologic disorder that causes the brain to shrink (atrophy) and brain cells to die. Alzheimer's disease is the most common cause of dementia. It is thought to be caused by the abnormal build-up of proteins in and around brain cells.

Arthritis

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE-WAVE	2.45 - 7.5 Hz	100%
SINE-WAVE	5.65 - 9.85 Hz	100%
SINE-WAVE	6.5 - 42 Hz	100%
RECTANGULAR	2 Hz	100%
RECTANGULAR	5 Hz	100%

Arthritis is the swelling and tenderness of one or more joints. The main symptoms include joint pain and stiffness.

Autism

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE-WAVE	0.85 - 1.9 Hz	50%
SINE-WAVE	1.25 - 2.75 Hz	100%
SINE-WAVE	1.95 - 6.53 Hz	100%
SINE-WAVE	2.95 - 9.6 Hz	100%
RECTANGULAR	7 Hz	100%

Autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain. People with ASD often have problems with social communication and interaction, and restricted or repetitive behaviors or interests.

Scientists believe that Autism is a mitochondrial dysfunction, which reduces the energy capacity of neuronal cells. Oxidative stress worsens autism spectrum disorder.

PEMF therapy improves mitochondrial function, oxygenation, neuron conduction, production of neurotransmitters and reduction of inflammation from toxicity.

Thus you would find that PEMF therapy can have some immediate benefits.

Depression

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE-WAVE N/S	0.55 - 1.25 Hz	20%
SINE-WAVE N/S	0.85 - 2.25 Hz	30%
SINE-WAVE N/S	1.95 - 4.38 Hz	40%
SINE-WAVE N/S	2.67 - 8.93 Hz	50%

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable. Addressing sleep issues has a huge impact on anxiety and depression. This is where PEMF therapy really helps. PEMF therapy can imitate the brain's natural rhythm at rest and train the brain to follow that rhythm. It can address the hormonal and chemical imbalances associated with anxiety and depression issues by penetrating deeply and directly into the brain. PEMF affects the glucose metabolism of brain regions linked to anxiety and depression. Moreover, it can change the neuron networks and their electrical activities, altering the brain part that controls mood. PEMF stimulates the neurons to vibrate at the frequency of the earth's circadian rhythms and stimulates electrical activity in the brain, changing the neuronal networks and thereby altering the mood, reducing depression and anxiety. Energy medicine is non-addictive.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Diabetes

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE-WAVE N/S	1.65 - 3.2 Hz	30%
SINE-WAVE N/S	2.2 - 5.35 Hz	40%
SINE-WAVE N/S	1.95 - 7.83 Hz	50%
SINE-WAVE	3.95 - 12.85 Hz	100%
SINE-WAVE	4.25 - 18.65 Hz	100%

Vascular disease is one of the most common complications of diabetes. Because of this, wound healing in diabetics is a major health challenge. Diabetes is the leading cause of non-injury-related lower leg and foot amputations in the United States. PEMF therapy initiated early in someone's history of diabetes can be useful to prevent the development of vascular complications. Even if or when vascular problems become obvious, higher intensity local PEMF therapy should be strongly considered.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Fibromyalgia

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE-WAVE N/S	0.75 - 1.65 Hz	30%
SINE-WAVE N/S	1.3 - 2.95 Hz	40%
SINE-WAVE N/S	2.6 - 5 Hz	50%
SINE-WAVE	7.83 Hz	80%
SINE-WAVE	7,83	100%

Low-energy pulsed electromagnetic field (PEMF) therapy has been suggested as a promising therapy to increase microcirculation, which is of great concern in patients with fibromyalgia. This study evaluated the effectiveness of PEMF therapy on the treatment of fibromyalgia.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

High Blood Pressure

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE-WAVE N/S	1.45 - 2.65 Hz	50%
SINE-WAVE N/S	1.95 - 3.55 Hz	50%
SINE-WAVE N/S	2.35 - 6.55 Hz	80%
SINE-WAVE	7.83 Hz	80%
SINE-WAVE	7,83	100%

Regulation of blood pressure is important in reducing the risk for cardiovascular disease. PEMF therapy has been known to impact physiological function at the cellular and tissue level and one possible mechanism is through an impact on endothelial function and nitric oxide (NO) related pathways. PEMF may increase plasma NO availability and improve BP at rest and during exercise.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Lyme's Disease

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE-WAVE N/S	0.25 - 0.85 Hz	10%
SINE-WAVE N/S	0.55 - 1.89 Hz	20%
SINE-WAVE N/S	1.25 - 3.2 Hz	30%
SINE-WAVE N/S	1.10 - 4.80 Hz	40%
SINE-WAVE	5	100%

Chronic pain is unfortunately very common in Lyme patient's. PEMF therapy can help with pain without side effects or downtime. PEMF works at the cellular level. It helps to restore normal cell membrane function, allowing toxins to exit the cell and nutrients to enter the cell. Lyme organisms hide out inside the cell. Improving the health of the cell will enable the cell to better resist the Lyme organisms. PEMF can also be applied to the brain. Neuro-borreliosis (Lyme disease in the brain) is especially difficult to treat, since many medical / alternative therapies do not cross the blood brain barrier. PEMF can improve the permeability of the blood brain barrier allowing the brain better access to treatments, supplements , herbs, etc.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Lymphedema

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE WAVE N/S	1.85 - 3.9 Hz	100%
SINE WAVE N/S	2.65 - 7.83 Hz	100%
SINE WAVE N/S	3.55 - 15.65 Hz	100%
SINE WAVE	7.5 - 55 Hz	100%
SINE WAVE	12.5 - 132 Hz	100%
SINE WAVE	24 - 234 Hz	100%

When the lymph system is functioning properly it effectively cleanses the tissues, aids in cellular repair, and eliminates toxins. Illnesses as wide ranging as allergies, fibrocystic disease and cancer can be related to lymph congestion. A sure sign of lymph congestion is sore or swollen lymph glands and tissue.

Lymphatic fluids move more slowly than blood because they are not pressurized. Small lymph capillaries interact with blood capillaries in the interstitial spaces in tissues.

Fluids from the tissues enter the lymph capillaries and are drained away. Therefore we want to increase vasodilation by using the above programs.

Remember that movement, exercise and vibrational therapy enhances lymph drainage the best because it is not pressurized like the circulatory system that has the heart to pump it.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Neuropathy

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE WAVE N/S	1.2 - 2.65 Hz	30%
SINE WAVE N/S	3.2 - 5.85 Hz	50%
SINE WAVE	3.90 - 7.83 Hz	100%
SINE WAVE	5.55 - 27.8 Hz	100%
SINE WAVE	8.5 - 35.8 Hz	100%

In working with Neuropathy in our extremities we need to take things low and slow. The objective is to enhance microcirculation to help repair the damaged myelin sheathes of the nerves and help regenerate and reconnect.

The programs listed above work to increase circulation and thus assist in inflammation. This leads to restoration of normal nerve conduction and the reversal of the damage that causes peripheral neuropathy.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Osteoporosis

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE WAVE	1.9 - 3.5 Hz	100%
SINE WAVE	2.85 - 4.25 Hz	100%
SINE WAVE	1.10 - 6.75 Hz	100%
SINE WAVE	2.85 - 9.73 Hz	100%
SINE WAVE	3.9 - 22.5 Hz	100%
RECTANGULAR	2 Hz	100%

Osteoblast cells regenerate the bone cells. PEMF can help heal and strengthen bones as it induces micro-currents, which stimulate the osteoblast cells to produce bone matter. This process is critical to healing, especially with those who have arthritis and osteoporosis.

In the use of PEMF with Osteoporosis, we are able to increase the oxygen influx, micronutrients and calcium / magnesium assimilation.

PEMF has been shown to affect bone healing and cartilage regrowth directly. Pulsed electromagnetic fields stimulate the cells responsible for regrowth.

Sleep / Melatonin Enhancement

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE WAVE N/S	0.25 - 0.85 Hz	50%
SINE WAVE N/S	0.55 - 1.85 Hz	50%
SINE WAVE N/S	2.2 - 3.9 Hz	100%
SINE WAVE N/S	2.75 - 4.75 Hz	100%

Your brain produces theta waves when you're sleeping or dreaming. If one has an overactive mind, or is overly stimulated, poor sleep results.

Pulsed electromagnetic fields stimulate the pineal gland to produce melatonin, which is the essential hormone for sleep, anti-aging, and is also a powerful antioxidant.

PEMF also stimulates the pituitary gland to produce the human growth hormone (HGH), which incites growth, cell reproduction and regeneration.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Stress / Anxiety

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE WAVE N/S	1.35 - 3.5 Hz	30%
SINE WAVE N/S	2.75 - 3.95 Hz	40%
SINE WAVE N/S	1.5 - 5.45 Hz	50%
SINE WAVE N/S	2.25 - 7.83 Hz	100%

For stress & anxiety we want to stay under 12 Hz enhancing vasodilation, circulation and micronutrient flow to the muscles, organs and brains. This also promotes emotional stability working within the Delta, Theta and Alpha brainwave zones.

By working on the hypothalamus and increasing urine excretion of adrenaline, PEMF has been shown to inhibit activation of the sympathetic nervous system and adrenal glands. With sustained use of pulsed magnetic therapies, the excitability of the nervous system also decreases and emotional reactions accompanying stress are corrected. PEMF may be able to help the body remodel tissues that tend to be hyper-reactive to chronic or acute stress so that over time they will become less and less reactive.

* If N/S appears on the desired program, we have separated the Negative and Positive Field. Therefore always lay on the side of the mattress with the logo (head is placed at the X sign) and use the pillow applicator always with the minus sign facing towards your body.

Viruses

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE WAVE	12,500 - 15,000 Hz	20%
SINE WAVE	12,500 Hz	40%
SINE WAVE	8,500 - 12,000 Hz	100%

The body requires a sufficient level of oxygen circulation, balanced glucose levels, consistent temperature, but also optimal voltage (or pH levels) to maintain health.

Sedona PEMF stimulates the immune system and optimizes blood circulation and oxygen levels, putting your body in full fighting mode. Cells involved in the battle with the virus are energized with increased ATP production. ATP, the biological fuel cell, powers the cell to full strength in fighting infection.

The programs above can enhance your body's ability to overcome viral attacks.

Vision

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE WAVE	3.65 - 8.9 Hz	100%
SINE WAVE	5 Hz	100%
SINE WAVE	7.5 - 12.3 Hz	100%
SINE WAVE	25 Hz	100%

- * When dealing with many eye and vision issues we must remember that the C1,C2,C3 vertebra root nerves control the vision, hearing and frontal lobe associated with short term memory.
- * Though many things can cause vision issues we must look at the pathway. The above programs will help open these energetic pathways.

Wound Healing

WAVEFORM:	FREQUENCY:	INTENSITY:
SINE WAVE	2.5 - 12.5 Hz	100%
SINE WAVE	5 - 25 Hz	100%
SINE WAVE	3.75 - 12.5 Hz	100%
SINE WAVE	10 Hz	100%
RECTANGULAR	5 Hz	100%

Wound healing refers to the closing up of an acute injury with scar tissue. While we know the skin readily regenerates or heals, other tissues have long been thought to have no regenerative capabilities. But as research and time progresses, we are learning more and more that most cell types can be stimulated to repair, regenerate, and heal themselves.

Regeneration and wound healing require a great deal of cellular communication and adaptation to take place. Whether or not it is as a response to injury, the process of cell regeneration is the same: a cell's contents must be copied. DNA is made up of two strands, each able to serve as a template for a new strand. DNA synthesis or replication requires existing proteins to split and reassemble. RNA messengers help with the transfer of genetic information from the existing cell to the nucleus of the newly formed cell. This process requires electrical energy.

Since magnetic fields interact with and increase natural electrical charges, PEMF therapy can assist with this information transfer. These benefits of PEMF therapy are frequently seen with wound healing and often with tissue regeneration.

Singular Frequencies

SYMPTOM:	SINUSOIDAL WAVE FREQUENCIES:
A	
Adrenals	1,335 Hz
B	
Back Pain	326 Hz
Bones	7.0 Hz
Blood Pressure	15 Hz
Blood Flow	17 Hz
C	
Capillaries	15.2 Hz
Calcium Metabolism	326 Hz
Circulation	337 Hz
Chemical Sensitivity	443 Hz
Colon	635 Hz
D	
DNA Integrity	528 Hz

SYMPTOM:	FREQUENCY:
E	
Emotional stability / Trauma	15 Hz
Electrical Sensitivity	657 Hz
Endocrine System	1,537 Hz
Estrogen	1.351
F	
Fluid retention in Joints / Tissues	15 Hz / 24.3 Hz
G	
Gallbladder	15.2 Hz
H	
Herniated Disc	15 Hz / 25.4 Hz / 326 Hz
Heart	696 Hz
Hypothalamus	1,351 Hz / 1413 Hz / 1534 Hz
Hemoglobin Production	2,452 Hz
I	
Immune System	835 Hz

SYMPTOM:	FREQUENCY:
K	
Kidneys	625 Hz
L	
Ligaments	9.7 Hz
Lymphatic Circulation	15 Hz
Liver	751 Hz
M	
Muscles	13.5 Hz
Mental Clarity	35 Hz
N	
Nerve Repair	2 Hz / 657 Hz
Nervous System	764 Hz
P	
Pineal Gland	480 Hz
Pituitary Function	635 Hz / 645 Hz / 1,342 Hz / 1,725 Hz
Progesterone	763 Hz / 1,443 Hz / 1,446 Hz

SYMPTOM:	FREQUENCY:
R	
RNA Integrity	637 Hz
Red Blood Cell production	1,524 Hz
S	
Scars	5.9 Hz
Spiritual Well-Being	1,565 Hz
Stroke	2,642 Hz
T	
Thyroid	763 Hz
Testosterone	1,444 Hz
W	
White Cell Production	1,434 Hz

Contradictions & Disclaimer

Contradictions

People with electronic implants such as heart pace-makers are not allowed to use Magnetic Field therapy. As a safety measure during pregnancy we suggest you do not use the Magnetic Field System. People with epilepsy, endogenous depression, and known over-sensitivity to Magnetic Field therapy or psychosis should not use Magnetic Field System. With hyperthyroidism and heart-rhythm disorders that are stabilized no side effects are known. With serious illnesses the Magnetic Field therapy should only be used under a doctor's supervision

Disclaimer

The information on this user manual is for reference purposes only and is not intended to recommend our pulsed electromagnetic field therapy device system as a drug or as a diagnosis for any illness or disease condition; nor as a product to eliminate disease or other medical condition.

Sedona Wellness makes no medical claims, real or implied, as to benefit of our device and methods. Our product is not intended to be used to diagnose, treat, cure or prevent any disease. Readers should consult appropriate health professionals relating to their health and well-being. Readers accept all responsibility for self-experimentation.

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