

Please read the following instructions BEFORE using the Harmonizer

Introduction to the Mind Body Harmonizer

Thanks for your interest in the Harmonizer – a consumer/research device that has proven to be effective in helping with any of the following:

- Meditation ...go to Page 4
- Restlessness/Sleeplessness ...go to Page 4
- Anxiousness ...go to Page 4
- Relaxation ...go to Page 5
- Stress Relief ...go to Page 5
- Concentration ...go to Page 5
- Mood Brightening ...go to Page 5
- Circular Thoughts ...go to Page 5

The Harmonizer produces a number of stimulating electrical signals that can be applied through the earlobes for aiding in one or more of the above needs.

Discussion and Support:

Please visit www.IDHEALInnovations.com or www.mindbodyharmonizer.com

Design/Development Team, visit <http://harmonizer.ca/>

Background:

The Harmonizer is based on extensive ‘electro-stimulation’ research and technology that has existed for over a century. Today electro-stimulation is being used in Europe and North America to treat drug addictions, depression, anxiety, and insomnia, post-traumatic stress syndrome (PTSD), and even pain. The devices used for these treatments are referred to as Cranial Electrotherapy Stimulation (CES) or ElectroSleep devices.

Based on ‘electro-stimulation’ research, the Harmonizer has been designed to aid in meditation, relaxation, restfulness, stress relief, concentration, managing circular thoughts, and mood brightening. Through our research user feedback, we added 40hz stimulation. We have established 40hz as the ‘Standard’ setting, because of the positive feedback from users reporting clearer thinking, improved relaxation and meditation, and stress relief.

Disclaimer & Guarantee:

The Harmonizer is not a medical device and should not be used as such.

The Harmonizer is guaranteed to be free from defects in workmanship.

We will replace defective units if they are returned within 90 days.

What Comes with your Harmonizer?

Your Mind Body Harmonizer comes packaged with the following:

1. Harmonizer – enables you to choose the therapy for your needs
2. Ear Clips – clips onto your ear lobes; enabling electro-stimulation
3. Cable – connecting the ear clips to the Harmonizer
4. Conductive Gel – to apply to the ear clips/lobes to get a good contact
5. Charger – to re-charge the battery for your Harmonizer
6. Carry case – stores the harmonizer and accessories

Returns, supplies and replacement parts can be ordered through:

<http://harmonizer.ca/>

For more information on the Harmonizer – continue reading...

Below is more information on:

- getting started
- do’s and don’ts
- research/history around electro-stimulation, etc.



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Getting Started:

Step 1:

Ensure that the battery in the Harmonizer is **fully charged** before using

- Before using the device for the first time, charge the device for at least 15 hours
- DO NOT use your Harmonizer while it is charging



Step 2:

Select the desired stimulation waveform **BEFORE** turning on the device.

- This is done by moving the toggle switch to the following settings:
 - "Relief"
 - "Relaxation"
 - "Standard/Meditation"
- **Your selection is based on your need**
 - See Pages 4 – 5 for the appropriate setting(s) for your desired therapy outcome

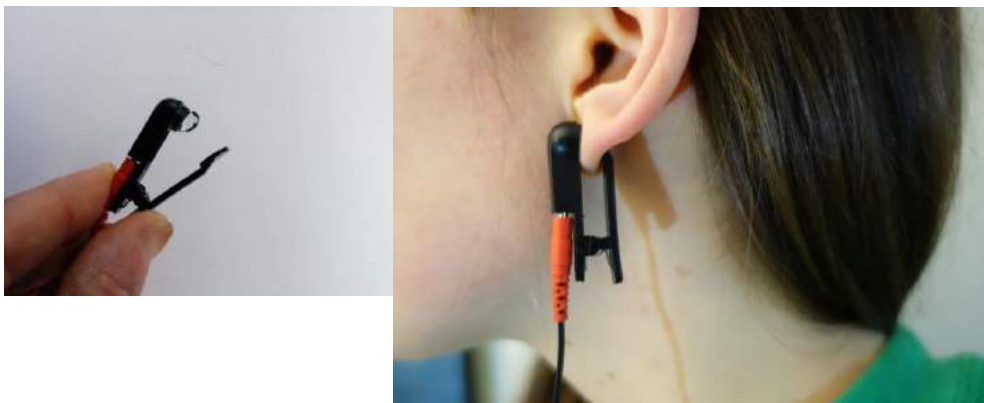


- LED lights on the front of the device show the mode you have selected (i.e. waveform)
 - These lights also show whether the device is properly connected to your ears
- DO NOT change your selection (toggle switch) during your session – it will have no effect
 - Stay with the selected stimulation mode (waveform) you start with, or turn the harmonizer off and start again

Step 3:

Now, apply a tiny blob of gel to your earlobes and each ear clip (rubber bulbous side – see image below)

- Spreading the blob of gel on your earlobes a little helps to ensure that you have good contact
 - This will improve conductivity over the stimulation contact area
 - Failure to use conductive gel can result in earlobe irritation/poor contact
 - Without the conductive gel, the Harmonizer will not work properly
 - After use, clean ear clip with a tissue - wash with warm water every few days of use
- Connect the clips to your earlobes (no other part of the body)



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Step 4:

You are now ready to start your session

- Turn on the device (On/Off/Strength Switch)
- Turn this knob clockwise to increase signal intensity
 - Stop turning knob when you feel the 'prickly' sensation on your ear lobes
 - Now, turn down the intensity so you barely feel this sensation
 - NOTE: the Harmonizer is just as effective when the setting is below the point of barely feeling the 'prickly' sensation



The idea of "No Pain No Gain" is completely wrong!!

Barely feeling the electrical signal – this is the best signal strength for best results

- Your Harmonizer will turn off automatically after 20 minutes – Session is Finished.
 - At this time, you will no longer feel the signal
 - LED lights will flash every 10 seconds for a few minutes, and then turn off
 - Turn the "On/Off" knob to off (click sound) to make sure the Harmonizer is off

Important Safety Issues & Cautions:

1. DO NOT charge the battery while using the Harmonizer
2. DO NOT change your selection (toggle switch) during your session
 - Rather, stop your session and start again – go back to 'step 2'
3. DO NOT operate heavy equipment for an hour after use
 - The stimulation signal can cause sleepiness and even minor dizziness
4. If you are on psychiatric drugs, you must consult your doctor before using the Harmonizer
 - The stimulation from the Harmonizer can interact with these drugs
5. DO NOT use the Harmonizer if you have any of the following:
 - Modern brain shunts, cochlear implants or other cranially located electronic devices
 - MS or Guillain-Barré Syndrome
 - These diseases are characterised by a loss electrical insulation around the nerves. Stimulation by a voltage waveform could make symptoms worse

Before using the Harmonizer – Consult your doctor if any of the above medical issues apply to you, or if you have neurological or psychological issues, or electronic implants

6. DO NOT use plated electrodes against the skin as this can cause skin issues
 - Only use the rubber tipped ear clips supplied
 - DO NOT attached the clips to any other part of the body other than the earlobes
7. If any issues occur or you experience abnormal sensations while using the Harmonizer, including balance issues, STOP using the Harmonizer immediately and consult your doctor

STOP USING THE HARMONIZER if you have any negative effects, and consult your doctor

Not a Medical Device:

- The Harmonizer is a consumer oriented relaxation/meditation device and is not a certified Cranial Electrostimulation (CES) medical device, and we make no medical claims
- The Harmonizer was developed with the intention of being used for research

Intrinsically Safe:

- A rechargeable battery safely powers the Harmonizer, providing complete power line isolation while in operation
- Transformer isolation of the output, provides an AC only signal and avoids the danger of brain polarization sometimes possible with DC stimulation
- The operating mode (waveform) cannot be changed without first turning the device off – this is to prevent an accidental bump of the mode switch from startling the user with a different waveform
- For safety, only a limited amount of current is available at the output

See our website at www.IDHEALInnovations.com or <http://harmonizer.ca/>

USING THE HARMONIZER

Our device provides an electrical stimulation signal through your earlobes with a harmonious and comfortable feeling to help with the likes of meditation, relaxation, sleeplessness, circular thoughts, concentration or mood brightening. Visit www.harmonizer.ca for more information and discussion by users.

The 'Standard/Meditation' waveform setting at 40hz is considered the resonance of a healthy brain.

The 'Relaxation' setting is the lightest strength signal at 14.3 hz (the 2nd harmonic of the atmosphere's electric field).

The 'Relief' setting has the strongest signal at 0.5hz; the standard waveform used in traditional stimulation tools.

How Often Should I Use the Harmonizer?

First time users can benefit from two 20 minute sessions per day for the first 2-3 weeks. After that it may be used occasionally or as needed. Consult a professional therapist or our website for more information.

- **Do not** use the "Relief" or "Relaxation" settings **more than** twice per day.
- The "Standard/Meditation" setting can be used more frequently than twice per day.

Getting the Most out of your Harmonizer:

Find and follow the need options listed below in the section **USING THE HARMONIZER TO HELP YOUR NEED.**

1. The suggest setting for each need is a good place to start. However, you may respond differently to the various waveform settings – so we recommend that you experiment to find the best setting for your need.
2. Intensity setting is very important. Increase the signal intensity by turning the "on/off" knob clockwise until you feel the "prickly" sensation on your earlobes, and then turn down until it's barely perceived.

Research has shown that a barely felt signal works best – a strong signal is in fact ineffective

3. Changing the waveform switch once the unit is operational will have no effect.

When is the Session Finished?:

Your session finishes after 20 minutes. At which point you will no longer feel the signal, and the lights will flash every 10 seconds for a few minutes and then stop. Make sure that you turn the "On/Off" switch to off.

Safety:

Changing the waveform knob once the unit is operational will have no effect. This is done for safety, since each waveform has different characteristics and some are stronger than others. Restart your session – go to step2 on page 2.

USING THE HARMONIZER TO HELP YOUR NEED

The question is which of **the three waveforms**: "Relief", "Relaxation" and/or "Standard/Meditation" would best suite your needs. It is normal for people to respond differently to these three waveforms, and there may be a need to experiment with all waveform settings.

The following is a guide to which waveforms may work best for your needs:

Restlessness/Sleeplessness:

Users find that the "Standard/Meditation" waveform setting works best. This 40hz waveform (Gama Wave) setting simulates the resonance of a healthy brain. Studies show that Gama Wave stimulation will improve brain activities like lucid dreaming. However, some people find that the "Relief" or "Relaxation" waveform settings work better for them. We recommend you experiment to find which setting works best for your needs.

Once the waveform setting has been selected, turn the "on/off" knob clockwise to the point where you can just feel the prickle sensation on your earlobes, and then turn it down to where you barely feel any sensation.

- Let your body and mind relax and drift off.

Users have found that using the Harmonizer closer to their rest/sleep period can have the opposite effect due to increased stimulation. If this is the case, we recommend that you not use the device after noon.

- **Do not** use the "Relief" or "Relaxation" settings more than twice per day.
- However, the "Standard/Meditation" can be used as frequently as is required.

The idea of "No Pain No Gain" is completely false!!

*Barely feeling the electrical signal – this is the **best** signal strength for **best** results*

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Relaxation:

The “Relaxation” setting is the obvious waveform selection for this need. Once selected turn on the harmonizer to the point you can just feel the “prickle” sensation on your earlobes. Then turn the intensity knob down to where you barely feel the prickle sensation. Now just relax your body and mind.

Meditation:

The “Standard/Meditation” setting is the obvious waveform selection for this need. Once selected, turn on the harmonizer to the point you can feel the “prickle” sensation on your earlobes. Now, turn the intensity down to where you barely perceive the prickle sensation. Relax your body and mind.

REMEMBER

*The Harmonizer will turn off after 20 minutes – that ends your session
Changing the waveform selection (toggle switch) once the session has begun, has no effect – This is done for safety*

Anxiousness:

If you need help with anxiousness, trying using the Harmonizer a couple times a day initially using the “Standard/Meditation” waveform setting. As with all sessions, turn the ‘on/off’ knob clockwise until you can feel the prickle sensation on your earlobes., then turn it down to where you can barely feel the prickle sensation.

Experiment by trying the “Relaxation” or “Relief” waveform settings – see what works best for you. Depending on your needs, start with two 20 minute sessions per day. You’ll find that you can reduce this to once per day, every few days, or week.

As mentioned previously, don’t use the “Relief” or “Relaxation” option more than twice per day. However, on the “Standard/Meditation” setting, the Harmonizer can be used repeatedly.

Stress Relief:

Although all three waveforms can work for stress relief, “Relaxation” is a good place to start. Turn on the harmonizer to the point you can just feel the “prickle” sensation on your earlobes. Then turn down the intensity until you barely feel any sensation on your earlobes. Now relax.

The harmonizer can be used for this purpose once or even twice per day. As you feel improvement, you can reduce your sessions to once every few days/week.

If the stress is associated with circular thoughts or worry, then “Standard/Meditation” may be better. On the “Standard/Meditation” setting, the Harmonizer can be used repeatedly.

REMEMBER

Never operate the Harmonizer without using conductive gel on the rubber contact on the ear clips

Concentration:

The waveform for this need varies from person to person, but generally the best waveform selection to use is “Standard/Meditation”. As with all sessions, turn on the harmonizer and turn the “on/off” knob clockwise until you just feel the “prickle” sensation on your earlobes. Then make sure that you turn the intensity down to where you can barely feel that “prickle” sensation.

Mood Brightening:

Mood brightening can be possible by using the “Standard/Meditation” setting. Once selected, turn on the harmonizer to the point you can just feel the “prickle” sensation on your earlobes. Then turn the intensity knob down to where you can barely feel the prickle sensation. Now just relax your body and mind.

Circular Thoughts:

Circular thoughts can be controlled by selecting the “Standard/Meditation” option. As mentioned above, this setting simulates the resonance of a healthy brain, which is at 40 hertz (Gamma Wave). Turn on the harmonizer to the point you can just feel the “prickle” sensation on your earlobes. Then turn the intensity knob down to where you barely feel the prickle sensation.

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MORE ABOUT YOUR HARMONIZER

Historical Perspective

Cranial electrostimulation has been used successfully for over a century. This technology has been researched, developed and used in France since 1902 where it is referred to as “ElectroSleep.” Initially developed to treat insomnia, researchers/therapists also found that very low powered electrical signals (less than 1 milliamp) is an effective, yet harmless treatment for depression, anxiety, drug addiction withdrawal, PTSD, and pain. During the latter part of the century this stimulation therapy has been developed/used in the USA, where it’s called Cranial Electrotherapy Stimulation (CES).

Research, Design & Development

In developing the Harmonizer, we studied various stimulation devices, including CES devices, used worldwide for over 100 years. Based on these studies, and our own development and testing we incorporated two traditionally used waveforms into our device. However, we have also included 40hz stimulation based on recent studies; including those by Professor J Allan Hobson of Harvard Medical School (2014), and neuroscientist Richard Davidson (sanctioned by the Dalai Lama). These and similar studies have shown that a healthy brain resonates at 40 hertz (Gamma Wave), stimulating brain activities like lucid dreaming. It has also been shown that an externally applied 40hz signal may help to balance the left and right brain. See http://www.peakachievement.com/articles/40_Hertz_History.htm

Built in Safety

The Harmonizer has been carefully designed from a safety standpoint, incorporating historical designs used for a century; matching the electrical specifications for USA FDA approved CES and “ElectroSleep” devices in France. These devices have been used for over 50 years with no known injuries.

The Harmonizer emits a very small electrical pulse (1/1,000th of an amp on average, at 30 volts or less). This is passed through a transformer so that no DC power is applied.

Not a Medical Device

The Harmonizer has been developed for research and consumptive use, and is not a medical device. As such, we make no medical claims.

Blind Friendly and Easy to Use

We’ve designed it so that it’s easy to use, particularly for the blind. The device has a tactile 3 position toggle (blind friendly) switch for setting the desired waveform, and an “on/off” knob that is consistent with standard ‘strength/intensity’ or volume styled switches.

Side Effects and Intensity Control

In a century of use worldwide the “CES” or “Electrosleep” type technology rarely produces any side effects. Sometimes it can produce a headache in a small (< 0.1%) of users. This can often be eliminated by turning the stimulation intensity down to where you very barely feel the signal.

In rare cases some people may not be able to use the technology.

In general use the smallest signal that can still be felt will produce no side effects and yet be equally effective

Battery Recharging: The Harmonizer has a rechargeable battery to ensure that good waveforms are not compromised by bad batteries. The charger is plugged into the receptacle on side of the Harmonizer.

CHARGE FOR 15 HOURS – particularly before using the Harmonizer for the first time. This provides for 1- 2 weeks of standard operation. Weekly charging is recommended. Battery should have a lifespan of about 5 years.

Battery replacements are available. To replace the battery, simply slide the battery compartment door open and remove the battery and disconnect battery terminal clip. Attach a fresh **rechargeable** battery to the terminal clip and close the door of the battery compartment. Only use a rechargeable battery.

Don’t try to recharge a standard disposable (non-rechargeable) battery – this can be dangerous.

Do not use the device while it is charging!