



BIOMEDI  
USA

# SMART BIO-TECHNOLOGIES FOR HEALTHY LIFE



*Biomedis Trinity is your disease prevention tool,  
healing assistant gadget, self-growth instrument.  
Works on 3 Levels: Body - Mind - Emotions*



## INFORMATION GUIDANCE FOR BIOMEDIS TRINITY

### GENERAL RECOMMENDATIONS

BIOMEDIS TRINITY allows us to use the advanced wellness Multi-Frequency Synchronization (MFS) technology in everyday life.

The researches of MFS are conducted in Russia, USA, China, Japan, India and other countries. Preventative complexes and programs of BIOMEDIS TRINITY are based on several methods: Bio-Resonance Therapy (BRT), Structural Resonance Therapy, Transcranial Magnetic Stimulation (TMS), and Psychosomatic Pathology Correction Method. These methods are implemented in BIOMEDIS TRINITY through the newest unique technology of MFS and allows scientific research and methods to be used on a completely new quality level, achieving high results of efficiency of the device application.

### MODES DESCRIPTION AND EFFECT

**There are 4 types of modes in the Biomedis Trinity device:**

**In Modes 1 and 2,** the device operates according to the method of BRT and programs are aimed to correct and prevent specific pathologies. Preventative and supportive programs are made individually for each person.

#### Purpose of the programs for the modes-1 or 2:

1. Strengthening of the body functions and systems (musculoskeletal, nervous, integument, cardiovascular, respiratory, digestive, urinary, immune, endocrine, reproductive);
2. Prevention of premature aging;
3. Ensuring infectious safety;
4. Body cleansing and elimination of toxic substances.

**In Mode 2, the BRT method is implemented through the multi-Frequency synchronization technology (MFS).** In this mode the impact on the body occurs not only through a network of blood vessels, nerve fibers, and biologically active points on the skin surface, but also through the water matrix and on the cellular and intracellular levels. As a result, the effectiveness of BRT increases significantly. Due to the simultaneous operation of the three emitters in the device, the healthy vibration frequencies enter the body on the three levels! They resonate with the whole structures of an organism and stimulate it to work for self-healing.

**In Modes 3 and 4 the device implements Transcranial Magnetic Stimulation, Structural Resonance Therapy and Psychosomatic Pathology Correction Method through the MFS technologies.**

**In Mode 3, the basal rhythms of the organism are affected.**

Basal rhythms are initial, basic, deep rhythms of a human, developed in the course of evolution. In a state of health, they are clearly defined and synchronized with each other. Because of the fractal interrelation between the modulation frequencies and inter-synchronization of these rhythms on all functional-hierarchical levels of an organism, the basal rhythms return to the state of health. Complexes in Mode 3 are used as a mono correction for any deviations in the body and as disease prevention. They are also used in conjunction with the complexes in Modes 1 and 2.

**In Mode 4, the brain rhythms are synchronized.** The

modulation frequencies are correlated with the brain rhythms. The multichannel effect of the device uses the same principle that the brain itself uses to maintain homeostasis. During therapy the ancient structures of the human brain, which is responsible for managing the reserve and hidden capabilities of the body get stimulated and balanced.

**Mode 4 is effective for achieving the following effects:**

- Stress reduction, Fast relaxation, Fatigue relief;
- Memory improvement;
- Learning process and creativity support;
- Used in complex therapy for ADD and ADHD attention deficit disorder;
- Sleep normalization;
- Recovery processes activation;
- Chronic pain reduction;
- Metro sensitivity reduction, jet lag prevention;
- Physical working capacity improvement;
- Brain and body concentration and mobilization;
- Mood and well-being improvement;
- Psycho-traumatic situations correction;
- Alcohol and drug dependency recovery;
- Anxiety decrease;
- Autonomic nervous system support;
- Brain and body hidden reserves and possibilities activation.

The regular use of the psychosomatic complexes in Mode 4





calms the mind and body, and synchronizes them to work as one unit. Mode 4 complexes are recommended to use before using any other mode as an activator of the body reaction to the exogenous electromagnetic field.

In conditions which are dangerous for health, the use of the device should be carried out strictly in accordance with the recommendations of a medical specialist.

**In Modes 3 and 4, as well as in Mode 2, there are three emitters, which affect the whole body on three levels:**

- through the blood vessels, nerve fibers, biologically active points;
- through the water matrix;
- on the cellular and intracellular levels.

**Scanning Technology**

When the complex is set on for Modes 2, 3 and 4, TRINITY scans the body first and identifies the resonance absorption frequencies of the organism. Scanning technology lets the device adjust its frequencies in such way that the body absorbs them better. Our body's frequencies constantly change their values; therefore, TRINITY constantly adapts to these changes and maintains an adequate frequency of influence. Due to this, the corrective frequencies penetrate the body without hindrance, and more efficiently.

**When starting any complex in the modes 2, 3, 4, turn the device with its backside to body and hold it at a distance of 20-30 cm (8-12 inches) for 7-8 seconds. During this time, the activation of scanning technology takes place.**

**The radius of effective influence**

When using the device in Mode 1, it can be placed directly next to the body (in the pocket) or at distance up to 1 meter (around 3 feet). It is desirable to place the device with its backside towards the body, otherwise, the efficiency is reduced.

When using the device in Modes 2, 3 and 4, it should always be put with its backside toward the person.

In Modes 2 and 3, the effective radius of influence is 20 - 50 cm (about 8-20 inches). If the distance is less than 20 cm or more than 50 cm, the efficiency is reduced.

When using in Mode 4, the effective radius of influence is 20-30 cm (about 8-12 inches).

If the distance is less than 20 cm or more than 30 cm, the efficiency is reduced.

**Duration and Frequency of the session**

A session is a one-time impact of a specific set of programs. If it is necessary, you can have several sessions a day. To obtain the desired results, you need to do a course of sessions. The average course of the therapy is 14-21 days. It is desirable to take a break for a few days between courses. When using Biomedis Trinity, it is recommended to look into the individual characteristics of organism and particular systems before choosing programs.

**Precautions when using BIOMEDIS TRINITY**

The device is contraindicated in the presence of an implantable pacemaker. People under the influence of alcohol and/or psychoactive drugs should not use the device.





**COMPLEXES FOR MODE-4/ Trans- Cranial Magnetic Stimulation and Psycho-Somatic Correction Therapy**

1. Activation of Vital Energy, Mode-4
2. Alpha Rhythms, Mode-4
3. Alpha For Comfort, Mode-4
4. Alpha For Peace, Mode 4
5. Alpha For Physical Strength, Mode-4
6. Altered State of Consciousness, Mode-4
7. Anesthesia, Mode-4
8. Anxiety Reduction, Mode-4
9. Beta Rhythm, Mode-4
10. Brain Frequencies Balancing, Mode-4
11. Cerebral Support, Mode-4
12. Children's Program, Mode-4
13. Conscious Dreaming, Mode-4
14. Conscious Control, Mode-4
15. Creativity Development, Mode-4
16. Deep Relaxation, Mode-4
17. Delta Rhythm, Mode-4
18. Delta For Falling Asleep, Mode-4
19. Depression Program-1, Mode-4
20. Depression Program-2, Mode-4
21. Depression Program-3, Mode-4
22. Endorphins, Hormones of Happiness, Mode-4
23. Energy Boost, Mode-4
24. Entering a State of Drowsiness Before Sleep Mode-4
25. Exiting a State of Drowsiness After Sleep, Mode-4
26. Hypnotherapy Suggestion, Mode-4
27. Immunity Boost-1, Mode-4
28. Immunity Boost-2, Mode-4
29. Increasing Adaptation Resources-1, Mode-4
30. Increasing Adaptation Resources-2, Mode-4
31. Memory Support, Mode-4
32. Metabolism-1, Mode-4
33. Metabolism-2, Mode-4
34. Mind Clearing, Mode-4
35. Negative Thoughts Erasing, Mode-4
36. Neurohumoral Regulation, Mode-4
37. Occasional Regulation, Mode-4
38. Out of Time-1, Mode-4
39. Out of Time-2, Mode-4
40. Overcoming Fears, Mode-4
41. Schumann Waves, Mode-4
42. Self-Esteem Development, , Mode-4
43. Sexual Regulation-1, Mode-4
44. Sexual Regulation-2, Mode-4
45. Short Break, Mode-4
46. Sleep Program-1, Mode-4
47. Sleep Program-2, Mode-4
48. Sport Program, Mode-4
49. Stress Program-1, Mode-4
50. Stress Program-2, Mode-4
51. Stress Program-3, Mode-4
52. Stress Program-4, Mode-4
53. Studying Program-1, Mode-4
54. Studying Program-2, Mode-4
55. Theta Rhythm, Mode-4
56. Theta For Awakening, Mode-4
57. Theta For Inspiration, Mode-4
58. Theta Morning Freshness, Mode-4
59. The Regulatory Centers Activator, Mode-4

**Activation of Vital Energy, Mode-4**

Complex description: This complex is for all chakras activation and mental energy support. There is a consecutive increase of the average frequency along the chakras. The duration of each period is 2-5 minutes. The frequency of stimulation is usually in the range of 9-11 Hz (average 10 Hz). For example, it starts at a frequency of 130.8 Hz, then 146.8 Hz, 164.8 Hz, 174.6 Hz, 196 Hz, 220 Hz and finally 246.9 Hz.

Duration: 00h 35m 00s

**Program's name:** Vitalization-Awakening.

**ALPHA RHYTHM, MODE-4**

Complex description: Alpha rhythm with frequencies ranging from 7.5 to 13.5 Hz is characterized with the state of relaxation and intellectual calmness. It appears when the eyes are closed and connected to the feeling of peace. Alpha rhythm relates to the beginning of meditational relaxation.

Duration: 00h 20m 30s

**Program's name:** Alpha rhythm.

**ALPHA FOR COMFORT, MODE-4**

Complex description: Programs of alpha relaxation stimulate alpha waves in the brain. They relax you and help you to get rid of the stress. They contribute to the emotional, physical and mental balance. The programs of alpha relaxation are used for stress relief and for relaxation. Daily application of alpha-relaxation produces the habit of being focused, but not being tense. You can use all Alpha- programs simultaneously or choose one according to your feeling. The stimulation frequency 9-11 Hz (average 10 Hz). The average frequency modulation of the emitters is equal to 247 Hz. This program helps to achieve the state of comfort feeling.

Duration: 00h 20m 30s

**Program's name:** Alpha rhythm-relaxation to achieve the state of comfort.

**ALPHA FOR PEACE, MODE-4**

Complex description: Programs of alpha relaxation stimulate alpha waves in the brain. They relax you and help you to get rid of the stress. They contribute to the emotional, physical and mental balance. The programs of alpha relaxation are used for stress relief, for rest from stress, and for relaxation. Daily application of alpha-relaxation produces the habit of being focused, but not being tense. You can use all three programs simultaneously or choose one according to your feeling.

The stimulation frequency 9-11 Hz (average 10 Hz). The average frequency modulation of the emitters is equal to 247 Hz. This program helps to achieve a state of peace feeling.

Duration: 00h 20m 30s

**Program's name:** Alpha rhythm-relaxation to achieve a state of peace.

**ALPHA FOR PHYSICAL STRENGTH, MODE-4**

Complex description: Programs of alpha relaxation stimulate alpha waves in the brain. They relax you and help you to get rid of the stress. They contribute to the emotional, physical and mental balance. The programs of alpha relaxation





are used for stress relief, for rest from stress, and for relaxation. Daily application of alpha-relaxation produces the habit of being focused, but not being tense. You can use all three programs simultaneously or choose one according to your feeling.

The stimulation frequency is 9-11 Hz (average 10 Hz). The average frequency modulation of the emitters is equal to 62 Hz. This helps to restore physical strength.

Duration: 00h 20m 30s

**Program's name:** Alpha rhythm-relaxation to restore a physical strength.

#### **ALTERED STATES OF CONSCIOUSNESS, MODE**

Complex description: This program can be used for the spiritual practices, deep trance state or out-of-body experiences. It helps with self-recovery and self-healing work. It contributes the increase of serotonin levels, relaxation and pain relief. It allows your internal interest to manifest. It helps to get rid of insomnia, increases empathy, provides a deep relaxation and eliminate the effect of "burnout".

The average modulation frequency is 196 Hz, the stimulation frequency is 3 Hz for 6 min. Then followed by a smooth transition to an average modulation frequency of 400 Hz, a stimulation frequency of 10 Hz for 12 minutes. Then a change in the average modulation frequency: rapidly to a frequency of 196 Hz and then smoothly up to 400 Hz for 3-7 minutes.

Duration: 00h 51m 00s

**Program's name:** Switching to another state of consciousness.

#### **ANESTHESIA, MODE-4**

Complex description: This program helps to cope with the tension headaches and other types of discomforts using the force of the method 'metaphoric pain transformation'. Patients can diminish and often eliminate the pains and increase the capabilities of the body for self-recovery. The impact of the MFS method increases the endorphin levels and puts one into a state of hypnosis meditation which allows control of pain. The results are especially noticed when the pain has stress-reactive nature and caused by psycho-physiological disorders. Many diseases connected to pain, including those that have a primary physical cause, contribute to the development of emotionally stressful disorders which lead to the development of 'vicious circle'. The application of the anesthesia program allows one to break this circle and significantly weaken or eliminate the pain.

Duration: 00h 20m 30s

**Program's name:** Anesthesia program (P29)

#### **ANXIETY REDUCTION, MODE-4**

Complex description: This complex helps to relieve the excessive excitement and anxiety.

Duration: 00h 10m 00s

**Program's name:** Anxiety reduction

#### **BETA RHYTHM, MODE-4**

Complex description: Beta rhythm range is 14-30 Hz. It is good for concentration, logical thinking, intellectual activity

and intense work. Also, this program can be used if feeling anxious or fear. Some parts of beta rhythm are associated with the release of the stress hormones: adrenaline and norepinephrine.

Duration: 00h 30m 30s

**Program's name:** Beta rhythm

#### **BRAIN FREQUENCIES BALANCING, MODE-4**

Complex description: This program helps to maintain the balance between concentration and relaxation. It reduces the pressure of stressful situations, allows you to stay active, to be in normal state of alertness, to think positive, and to feel relaxed. When using this program, it is recommended to focus on the disturbing issue (upcoming exam, negotiation, any bad memories, etc.). By focusing on a specific problem, we generate the pathologically enhanced excitation and activate mental and emotional experiences, which associated with some autonomic disturbances like: increased blood pressure, heart rhythm disorders, gastrointestinal dysfunction, respiratory system dysfunction, etc. As a result, we activate pathological reflex. Due to the supply of the rhythms from high frequency to low frequency, the program constantly stimulates the indicative reflex (the reflex of novelty) according to the law of induction it dramatically reduces the excitability of the cortical centers of the randomly activated conditioned reflex that will lead to the reduction of stressful situations. The program starts with a frequency above 33 Hz, then in the mode of "wave swing", the frequency decreases and increases. It stabilizes in the range of the alpha rhythm for a little while and, then it increases and decreases, and finishes at a frequency of 40 Hz. Brain frequencies harmonization program is addressing the psycho-emotional problems with the corresponding physical effects, resulting in the balancing of the body at all levels.

Duration: 00h 20m 30s

**Program's name:** Inner balance

#### **CEREBRAL SUPPORT, MODE-4**

Complex description: This program indications are: activation of intellectual activity, difficulties with studying, memory and memorization process diminution, fast fatigability, exhaustion of the mental processes, minimal brain dysfunction, clarity.

Duration: 00h 35m 30s

**Program's name:** Cerebral program

#### **CHILDREN'S PROGRAM, MODE-4**

Complex description: This program helps to synchronize the brain rhythms for psychic stabilization of the burdened children's subconsciousness. Indications: childhood fears; lymphatic diathesis with all its consequences (recurrent sinusitis, bronchitis, tonsillitis, etc.); neurosis-like syndrome (bedwetting, tics, logoneurosis); learning difficulties (difficult memorization, memory loss); ADD; increased fatigue, reduced work capacity; allergies, decreased activity of immune system; as an auxiliary tool for children speech disorders, adolescents; so-called "difficult children"; aggressiveness, isolation of child, violation of behavioral reactions, conflicts with contemporaries, teachers, parents;







headache and dizziness of various etiologies in childhood and adolescence (consequences of brain concussion, neuro-infections transferred, vegetative-vascular dystonia); minimal brain dysfunction.

Duration: 00h 37m 30s

**Program's name:** Program for children

#### CONSCIOUS DREAMING, MODE-4

Complex description: During the whole history of humanity many creative celebrities used art of dreaming in the states close to sleep to resolve great problems. This program will help you if you woke up at night and want to spend the rest of the night useful.

Duration: 01h 07m 30s

**Program's name:** Session for conscious dreaming

#### CONSCIOUSNESS CONTROL, MODE-4

Complex description: This program should be used as a preparation procedure before using the next programs: Development of Creativity and Increasing Adaptation Resources-1.

Duration: 00h 22m 30s

**Program's name:** State of consciousness control

#### CREATIVITY DEVELOPMENT, MODE-4

Complex description: This program helps to expand the creative reservoir of subconsciousness and expand your mind's capabilities. Amplifying effect of the theta rhythm leads to improvement of the problem solution and development of the metaphoric images, which can be used for the creation process. The program allows to reach the childlike creative state of imagination readiness, train the brain to fully use its capacity and codes the images for its better memorization. The program can be used daily. Half an hour before this complex it is recommended to use the program Conscious Control.

Duration: 00h 20m 30s

**Program's name:** Development of creative abilities

#### DEEP RELAXATION, MODE-4

Complex description: This program is for deep internal relaxation and immune system stabilization. Indications: states of anxiety and nervousness; conflict stressful situations inside family or at school; psychological conflicts with contemporaries, teachers and parents; asthenia-neurotic syndrome of children and adolescents; irritability, tearfulness, emotional lability; vegetative-vascular dystonia of pubertal period; phobias; psychosomatic disorders in children and adolescents; biliary dyskinesia, stomach and duodenum ulcer; bronchial asthma; vegetative-visceral paroxysms; disturbance in the process of falling asleep, sleep, restless sleep, frequent awakenings, nightmares, lunatic state; elevated level of cholesterol, triglycerides and gamma; tension in shoulder girdle and spine. No contradictions. A course of 8 - 10 sessions once a week is recommended.

Duration: 00h 30m 30s

**Program's name:** Program of peace

#### DELTA RHYTHM, MODE-4

Complex description: The delta rhythm range is 0.5 - 3.5 Hz. These frequencies are good for deep sleep without dreams, state of trance and deep hypnosis. Delta rhythm is important for the processes of recovery, rehabilitation, and immune system restoration.

Duration: 00h 20m 30s

**Program's name:** Delta rhythm

#### DELTA FOR FALLING ASLEEP, MODE-4

Complex description: This program stimulates delta waves, which allows to fall asleep easily and wake up refreshed and full of energy. It contributes to deep restoring sleep, when the brain can get rid of toxins and the body can produce the important hormones such as melatonin and growth hormones. These processes help you to improve your mental, emotional and physical condition and strengthen the immune system. If you have sleep disorders, you should use the course of this program. Before using the program, it is recommended to do the program of alpha-relaxation. If, after using this program, there is a necessity for active actions, use the program for alpha relaxation again.

Duration: 00h 20m 30s

**Program's name:** Delta rhythm-for sleeping

#### DEPRESSION PROGRAM -1, MODE-4

Complex description: During the impact the patient's eyes should be open. Indications: depression without states of fear, fatigue, joylessness, weakness, state of recovery. Contraindications - manic phase of depression with state of fear.

Duration: 00h 30m 30s

**Program's name:** Depression program -1

#### DEPRESSION PROGRAM-2, MODE-4

Complex description: During the impact the patient's eyes should be closed. Indications: manic phases of depression, anxiety, nervousness, phobias, states of fear, conflict stressful situations, 'vegetative dystonia', psychosomatic complaints about heart and circulatory system organs, vegetative disorders of gastrointestinal tract as well as peptic ulcer, increased level of cholesterol, triglycerides and gamma, states of tension in shoulder girdle and spine.

Duration: 00h 30m 30s

**Program's name:** Depression program-2

#### DEPRESSION PROGRAM-3, MODE-4

Complex description: When using this program your eyes should be closed. This program is for endocrine regulation disorders caused by different types of depressions. In this case it is important to find the cause of the disease and start a corresponding therapy. Indications: menstrual period, depression in adolescents, puberty period depression in girls.

Duration: 00h 40m 30s

**Program's name:** Depression program-3





#### **ENDORPHINS, HORMONES OF HAPPINESS, MODE-4**

Complex description: This complex is for production of endorphins.

Low Frequency antenna works at the 77 Hz Frequency and is the one which is more likely to activate endorphins's production in a humans' body. (Research by Human Brain Institute of Russian Academy of Science, Saint - Petersburg, Russia).

Two high Frequency antennas, which work with modulating Frequencies: First antenna is for Frequencies such as 174, 258, 396, 417, 639, 741, 852, 963 Hz. These are so called SolFeggio Frequencies or Frequencies of Golden Ratio 1, 614 (some esoteric resources would compare these Frequencies to those glands in the human body, which can be reflected to the energetic plane as chakras). Second antenna is meant to maintain the difference between Golden Ratio and regular Frequencies at 77 Hz again.

The purpose of the two high Frequency antennas' algorithm (similar to binaural principle) is to create beats of a third brainwave (77Hz) as a difference between 2 Frequencies mentioned above.

One antenna induces directed vibrations on the surface structures of the brain neuronal network with a Frequency, for example, 174 Hz. Second antenna works with deeper layers of the cortex, inducing vibrations, for example, 251 Hz. As a result, the beat that occurs between them has a Frequency of 77 Hz, which is more natural for perception for the neuronal network, than direct stimulation of the two Frequencies mentioned above. With the 77 Hz Frequency we have both - a direct impact (with low Frequency antenna) and indirectly with the difference of direct Golden Ratio and matched Frequencies, which is more natural for the brain.

Duration: 00h 34m 00s

**Program's name:** Endorphinotherapy

#### **ENERGY BOOST, MODE-4**

Complex description: This program allows to quickly energize your organism in the morning after awakening or after a severe Fatigue. This program is beneficial for children and adolescents during the process of passing exams.

Duration: 00h 15m 30s

**Program's name:** Energizing program

#### **ENTERING A STATE OF DROWSINESS BEFORE SLEEP, MODE-4**

Complex description: The program imitates the state between awakening and sleep. It can be used before sleep. The stimulation Frequency is from 7 to 10 Hz. Average modulation Frequency of the emitters alternates 494Hz and 247 Hz 3 minutes per each.

Duration: 00h 31m 00s

**Program's name:** Entering a state of drowsiness before sleep

#### **EXITING A STATE OF DROWSINESS AFTER SLEEP, MODE-4**

Complex description: The program imitates the state

between sleep and awakening. It can be used after sleep. The stimulation Frequency is from 7 to 10 Hz. Average modulation Frequency of the emitters alternates 494Hz and 247 Hz 3 minutes per each.

Duration: 00h 31m 00s

**Program's name:** Exiting the state of drowsiness post-sleep

#### **HYPNOTHERAPY SUGGESTION, MODE-4**

Complex description: This program supports psychotherapy, hypnotherapy and self-healing. Open the mind to the positive suggestions. It is recommended to use this program if a suggestion is conducted by a psychologist, psychotherapist, or if a person is engaged in self-hypnosis. Self-hypnosis is a suggestion to oneself of ideas, thoughts, and feelings. The average modulation Frequency of the emitters is 247 Hz. The introductory part consists stimulation Frequency of 12 Hz for 6 min. Then the Frequency decreases to 6 Hz for 5 minutes. The actual suggestion time is carried out at this Frequency for 10 minutes. Exit from the state of suggestion comes with an increase in the Frequency of stimulation to 12 Hz.

Duration: 00h 31m 00s

**Program's name:** Altering the state of consciousness

#### **IMMUNE SYSTEM BOOST-1, MODE-4**

Complex description: This program is created to increase the resources of immune system and reverse the thymus dysfunction in case of immunity hypofunction or thymus dysfunction. It can be applied in cases when lymphatic system is burdening or there is an exhaustion of the immune system.

Duration: 00h 34m 30s

**Program's name:** Increasing resources of immunity adaptation -1

#### **IMMUNE SYSTEM BOOST-2, MODE-4**

Complex description: This program is created to increase the resources of the immune system. It is used in case when the previous program does not have the therapeutic effect. This program can be considered as an alternative in those cases where the weak link of the immune system is not obvious.

Duration: 00h 14m 00s

**Program's name:** Increasing resources of immunity adaptation -2

#### **INCREASING ADAPTATION RESOURCES-1, MODE-4**

Complex description: This program is created to increase the adaptation resources if they are low. Half an hour before this complex it is recommended to use the program Conscious Control.

Duration: 00h 24m 30s

**Program's name:** Increasing adaptation resources 1

#### **INCREASING ADAPTATION RESOURCES-2, MODE-4**

Complex description: This is an alternative program to the program 'Increasing Adaptation Resources 1'. Use it if the previous program didn't give you a therapeutic effect. Half an hour before this complex it is recommended to use the program Conscious Control.





Duration: 00h 24m 00s

**Program's name:** Increasing adaptation resources 2

#### **MEMORY SUPPORT, MODE-4**

Complex description: This program has a stimulating effect on glutamine and neurotransmitters in the brain and significantly increases intellectual capacities of the person. Indications: creativity activation, improvement of brain blood circulation. It works best in combination with the Cerebral program and Studying program and recommended to do 5 times with daily alternation.

Duration: 00h 35m 30s

**Program's name:** Remembering program

#### **METABOLISM-1, MODE-4**

Complex description: This program helps to increase the metabolic rate of the body and imitates the effect of physical work. The Frequency of stimulation is 14-16 Hz. The average modulation Frequency of the emitters is 41 Hz.

Duration: 00h 21m 00s

**Program's name:** Metabolism 1

#### **METABOLISM-2, MODE-4**

Complex description: This program gives the effect of increasing the physical strength. This program helps to increase the metabolic rate of the body and gives the effect of increasing the physical strength. The Frequency of stimulation is 14-16 Hz. The average modulation Frequency of the emitters is 62 Hz.

Duration: 00h 21m 00s

**Program's name:** Metabolism 2

#### **MIND CLEARING, MODE-4**

Complex description: This program helps to calm thoughts and achieve a state of tranquility.

Duration: 00h 20m 30s

**Program's name:** Mind clearing

#### **NEGATIVE THOUGHTS ERASING, MODE-4**

Complex description: This program gives you a feeling that your head is empty. The Frequency of 40 Hz optimally ensures the synchronization of the impulse activity of the neurons, which are involved in the formation of images and the maintenance of consciousness. You will feel a transformation of your mood, an increase in the productive activity and rejection to the disturbing thoughts. The program starts at a Frequency of 40 Hz, falls to a Frequency of 10-12 Hz, for a short time remains at this Frequency. Next there is a gradual increase of the Frequency to 40 Hz, and the completion of the work also at a Frequency of 40 Hz. The average modulation Frequency of the emitters is selected in the range from 420 to 470 Hz with a gradual transition to the Frequency of 196-200 Hz.

Duration: 00h 20m 30s

**Program's name:** "Erasing" negative thoughts

#### **NEUROHUMORAL REGULATION, MODE-4**

Complex description: This program is created to increase the resources of the neurohumoral regulation in case these resources are low. For example, according to your health testing results that indicate endocrine system disorders.

Duration: 00h 16m 00s

**Program's name:** Increasing resources of neurohumoral regulation

#### **OCCASIONAL REGULATION, MODE-4**

Complex description: This program helps to regulate the reality of the person's environment in cases when he (she) is not able to identify for sure the area of disturbances. In addition, the program can be used for neurotic states with faint obscure symptomatology states of anxiety, irritability and fatigue that are not accompanied by any distinctive symptoms. Half an hour before this complex, it is recommended to use the program Conscious Control.

Duration: 00h 30m 30s

**Program's name:** Occasional regulation

#### **OUT OF TIME-1, MODE-4**

Complex description: The program allows to synchronize your mind with the universe, "to stop the time." Tuning the consciousness on this rhythm, you can feel the harmony with the world, you can feel the contact with the Universe, you can be out of time. This state of mind close to the healers, shamans, psychics, or when the person is in deep prayer. An effective stimulation rate of 7.83 Hz is used to create the feeling of being out of time, combined with a moderate Frequency of the emitters equal to 60 Hz (3-5 minutes), followed by a sharp change of it to a Frequency of 249 Hz (3-5 minutes). Such cyclic changes in the average modulation Frequency of the emitters are repeated 5-7 times.

Duration: 00h 24m 00s

**Program's name:** Central Coordination 1

#### **OUT OF TIME-2, MODE-4**

Complex description: The program allows to synchronize your mind with the universe, "to stop the time." Tuning the consciousness on this rhythm, you can feel the harmony with the world, you can feel the contact with the Universe, you can be out of time. This state of mind close to the healers, shamans, psychics, or when the person is in deep prayer. For these purposes it is expedient to average the modulation Frequency of the emitters in the range of 210-230 Hz with a stimulation Frequency of 7.83 Hz. Such cyclic changes in the average modulation Frequency of the radiators are repeated 5-7 times.

Duration: 00h 31m 00s

**Program's name:** Central Coordination 2

#### **OVERCOMING FEARS, MODE-4**

Complex description: Gradually and calmly, from session to session, this program helps to face and overcome fears, phobias and anxieties. Constant repetitions help to put together and overcome all these dangerous situations. The







program is adapted to such often-encountered difficulties as fear of public speaking, fear of exams, "school phobia".

Duration: 00h 30m 30s

**Program's name:** Overcoming Fear

#### **SCHUMANN WAVES, MODE-4**

Complex description: This program has imitation of Schumann wave frequencies. Human is in resonance with the world around and needs different signals from the environment which are today called 'biological normal'. The main frequency of Schumann waves is 78 Hz. Professor of electro-physics from Germany Schumann in 1950s calculated resonant frequencies of the Earth's shell space which is formed by the Earth surface that has good electrical conductivity and lower boundary of the biosphere. It is remarkable that hippocampus in the brain of all newborns and mammals has the same frequency. This area is responsible for attention and concentration capacity that is significant for sleep. If the environmental signal of 78 Hz is absent, then, according to the experiments held on volunteers, there is a temporary disorientation and headaches appear. Momentary supply of Schumann waves stabilized a person for a few days. It means that the given 'biological normal' can be present not constantly, and organism can remember the nature frequencies and then continues to generate them independently. The program ends with alpha rhythm to energize a person. A course of 8 - 10 sessions once a week is recommended.

Duration: 00h 25m 30s

**Program's name:** Schumann waves

#### **SELF-ESTEEM DEVELOPMENT, MODE-4**

Complex description: This program allows to look at yourself with the eyes of the person you want to become and helps your old-self use your wish and will. Another very important feature of this program is that the person in a state of recovery can reestablish the inner interconnections and imbued self-sympathy. The program allows to see yourself as whole and normal. This program is very effective for children and adolescents that are timid, shy and prone to low self-esteem.

Duration: 00h 20m 30s

**Program's name:** Development of self-esteem

#### **SEXUAL REGULATION-1, MODE-4**

Complex description: The program is used to increase resources of sexual regulation in case of potency weakening by different from the external point of view reasons.

Duration: 00h 26m 30s

**Program's name:** Sexual regulation-1

#### **SEXUAL REGULATION-2, MODE-4**

Complex description: This program is an alternative to the previous one and is used in cases when the effect is insufficient.

Duration: 00h 30m 30s

**Program's name:** Sexual regulation -2

#### **SHORT BREAK, MODE-4**

Complex description: This program provides a 'short break' when work has a high level of stressful impacts or long mental activity, like during the period of exams preparation. Short period of rest contributes to development of calm states in short period of time. It ends at the energizing frequency which prepares a person to come back to work being rested. The program can be used many times during a day. Indications: Fatigue reduction, increase of working efficiency, improvement of consciousness and concentration.

Duration: 00h 15m 30s

**Program's name:** Short break

#### **SLEEP PROGRAM-1, MODE-4**

Complex description: This program is used for a fast tranquilization of a person. At the end of the program the alpha rhythms range frequencies are conducted for awakening. Indications: insomnia; disturbance while falling asleep and during a sleep; restless sleep and frequent awakenings; nightmares and lunatic state; all states of anxiety which follow by sleep disturbance or cannot be eliminated by using the program Deep relaxation. Before conducting this session, do not take an alcohol, drugs, heavy food and eliminate an irritating influence of the bright light.

Duration: 00h 30m 30s

**Program's name:** Program of peace

#### **SLEEP PROGRAM-2, MODE-4**

Complex description: This program differs from the first one. After the frequency has slowly decreased to the delta rhythm, it is stored in this frequency range until the end of the session without returning to the alpha rhythm range for awakening. Indications: good to use before bedtime; when the child is tired and cannot fall asleep; when waking up at night and not being able to fall asleep for a long time.

Duration: 00h 35m 30s

**Program's name:** Sleep program -2

#### **SPORT PROGRAM, MODE-4**

Complex description: This program allows to simultaneously relax and tone up. Session gives a state of concentration before the beginning of sport competitions.

Duration: 00h 15m 30s

**Program's name:** Sport program

#### **STRESS PROGRAM-1, MODE-4**

Complex description: This program is used to eliminate psychic blocks and release a person from the vicious cycle: stress-disease-stress. Indications: psychic blocks; conflict stressful situations inside the family and at school; psychological conflicts with friends, teachers, parents; states of anxiety and nervousness; psychosomatic disorders in children and adolescents; biliary dyskinesia, stomach and duodenum ulcer; bronchial asthma; situationally conditioned neurotic reactions; asthenia; neurotic syndrome in children and adolescents; tearfulness and emotional lability; neurotic





syndrome; night urinary incontinence; tics, logo neurosis; childhood Fears.

Duration: 00h 30m 30s

**Program's name:** Stress program -1

#### **STRESS PROGRAM-2, MODE-4**

Complex description: This program makes specific effect on regulation of immunological state of a person, since the stress mechanisms are closely connected with immunity system. Stress leads to a stable shear in the hormonal balance and constant oppression to the immunity. The consequences are the immunosuppressive and autoimmune aggressive diseases. Indications: degenerative diseases connected to the immune system; allergies of any etiology; mycoses; lymphatic diathesis in children; preventive purpose to increase the protective forces; headache and dizziness of any etiology in children and adolescents, consequences after brain concussion, neuro infections, vegetative-vascular dystonia.

Duration: 00h 30m 30s

**Program's name:** Stress program -2

#### **STRESS PROGRAM-3, MODE-4**

Complex description: This is the main program that helps with the endocrine regulation disorders that are caused by stressful situation. Indications: should be used as the main program for all the diseases connected to deficiency of endocrine glands; allergies; duodenum ulcers; bronchial asthma; schizoid neuroses; psychosis; hypotension; migraine; primary juvenile amenorrhea; menstrual irregularities in adolescent girls; phimosis; renal stone disease; diabetes; pancreatopathy; endocrine disorders; hormonal-vegetative syndrome, including anorexia nervosa and bulimia; puberty.

Duration: 00h 40m 30s

**Program's name:** Stress program -3

#### **STRESS PROGRAM-4, MODE-4**

Complex description: This is a basic program for all types of 'stitching' pains and spasm. Indications: migraine; all types of spasms; spasmodic pain in shoulder and nape area; umbilical colic in children; all types of 'stitching' pains; vegetative-visceral paroxysms. Contraindications – tumors.

Duration: 00h 41m 30s

**Program's name:** Stress program -4

#### **STUDYING PROGRAM-1, MODE-4**

Complex description: This program is used during the studying process to increase the focus and memorization.

Duration: 01h 00m 30s

**Program's name:** Session for studying

#### **STUDYING PROGRAM-2, MODE-4**

Complex description: This program synchronizes brain rhythms, releases stress loads in the student, and allows elimination of forgotten memories from the subconsciousness. During the impact, the patient feels

a deep relaxation, which corresponds to the high level of intellectual readiness. Since eyes need to be closed, teaching can be carried out only by audio. The text for memorization can be presented in 10 min. after the program was started. For language courses it is recommended to additionally listen to the text the next day after and before session. For therapeutic purposes, the program session should be done 1-2 times a week. Indications: weak studying capacity; studying foreign languages; concentration disorders; visual and hearing acuity reduction; fear before exams; forgetfulness; coordination disorders; disturbance of the process while falling asleep; school stress; minimal brain dysfunction. It should be noted that during the session hypnotic states are possible.

Duration: 00h 35m 30s

**Program's name:** Studying program

#### **THETA RHYTHM, MODE-4**

Complex description: Theta rhythm in the frequency range 4-7 Hz and responsible for specific sleep phases and deep meditation. First comes the activation of deep layers of consciousness, imagination and image memory. Intuition is activated, analytic thinking is absent. There is a big constituent of theta rhythm in children.

Duration: 00h 20m 30s

**Program's name:** Theta rhythm

#### **THETA FOR AWAKENING, MODE-4**

Complex description: Theta relaxation provides access to the content of the unconscious part of mind, free associations, unexpected insights, creative ideas. Theta programs stimulate brain to produce more beta-endorphins - substances responsible for joy, relaxation and pain reduction. Theta status is useful for deep relaxation and expansion of creative possibilities and useful for improving memory. It is also a dreamlike state of consciousness that is useful for deep relaxation and can lead to a higher level of consciousness with corresponding enhancement of creativity. The stimulation frequency is 6-8 Hz. The average modulation frequency of the emitters at the level of 494 Hz. Attention! The program can trigger energy activation!

Duration: 00h 20m 30s

**Program's name:** Theta rhythm-relaxation for awakening consciousness

#### **THETA FOR INSPIRATION, MODE-4**

Complex description: Theta relaxation provides access to the content of the unconscious part of mind, free associations, unexpected insights, creative ideas. Theta programs stimulate brain to produce more beta-endorphins - substances responsible for joy, relaxation and pain reduction. Theta status is useful for deep relaxation and expansion of creative possibilities and useful for improving memory. It is also a dreamlike state of consciousness that is useful for deep relaxation and can lead to a higher level of consciousness with corresponding enhancement of creativity. The stimulation frequency is 6-8 Hz. The average modulation frequency of the emitters at the level of 494 Hz.





The program can trigger inspiration!

Duration: 00h 20m 30s

**Program's name:** Theta rhythm-relaxation For inspiration

#### THETA FOR MORNING FRESHNESS, MODE-4

Complex description: Theta relaxation provides access to the content of the unconscious part of mind, free associations, unexpected insights, creative ideas. Theta programs stimulate brain to produce more beta-endorphins - substances responsible for joy, relaxation and pain reduction. Theta status is useful for deep relaxation and expansion of creative possibilities and useful for improving memory. It is also a dreamlike state of consciousness that is useful for deep relaxation and can lead to a higher level of consciousness with corresponding enhancement of creativity. The stimulation frequency is 6-8 Hz. The average modulation frequency of the emitters at the level of 494 Hz. The program imitates a state of a child who woke up early in the morning. It is used in the morning after waking up.

Duration: 00h 15m 30s

**Program's name:** Theta rhythm-morning Freshness

#### THE REGULATORY CENTERS ACTIVATOR, MODE-4

Complex description: While experiencing local exposure of the electromagnetic field on any organs or systems using bioresonance Multi Frequency correction in mode-2, we need to keep in mind neurohumoral regulation, which brain is responsible for with its regulatory centers - Thalamus, Hypothalamus, Hypophysis, Epiphysis. However to influence brain activity directly in order to have neurohumoral regulation synchronize functioning on all levels, much more advanced brain work technology is needed - it is called Multi Frequency Synchronization (MFS). We use MFS technology in Trinity in mode- 4, to expose regulatory centers and neurohumoral regulation system to frequencies from 2 levels - upper level - cerebral and lower level - cellular.

We can achieve actual results in cellular biochemical processes due to Scanning and Self Adjusting technologies of maximal penetration resonance frequencies on the cellular level. Therefore we impact lower levels in a body system's hierarchy. But in mode- 4 we can effect higher hierarchy structures as well - such as cerebral centers and various of its cellular levels. How does it happen?

First high frequency antenna 22-26 Hz acts more on the surface cell aggregations of Neocortex, while second high frequency antenna 17-19 Hz influence deeper Cerebrum cell aggregations. As a result of the difference between these two aggregations, the brain develops its own frequencies, which are directly perceived by and natural to regulatory centers. In this way we affect the brain by the brain itself. On account of this impact through the central nervous system, endocrine and immune systems and neurohumoral regulation mechanisms, we can see activation and synchronization of all rhythmic-oscillation body activity on all hierarchy levels. Thus, by affecting cortical rhythmic activity in mode- 4 with assistance of specifically designed programs, we assist the recovery and well-being improvement of the whole system.

Duration: 00h 24m 00s

**Program's name:** Thalamus, Hypothalamus, Hypophysis, Epiphysis

#### COMPLEXE FOR MODES 2, 3, 4 / Structural Resonance Therapy

Super Program-1, Mode-2

Super Program-2, Mode-4

Super Program-3, Mode-3

#### SUPER PROGRAM-1, MODE-2

Complex description: This program synchronizes all major biophysical processes on the various levels. It is used for diseases with unspecified or complex etiology, including allergies, intoxications, burns, bronchial asthma, and asthenia; in the stage after injuries, surgeries and various diseases; it is highly effective in vertebrobasilar insufficiency. The program can be used as a preventative and corrective therapy for all types of pathologies.

Duration: 00h 45m 00s

**Program's name:** Superprogram- 1

#### SUPER PROGRAM-2, MODE-4

Complex description: This program is used for spasms of the smooth muscles, arteries and hollow organs (intestine, biliary tract, pylorus, urinary tract, bronchus), some forms of migraine and neuralgia of the cranial nerves.

Duration: 01h 03m 00s

**Program's name:** Superprogram- 2

#### SUPER PROGRAM-3, MODE-3

Complex description: This program is used as an anti-inflammatory and dystrophic processes of the various organs and tissues. Indications: phlegmons, abscesses, thrombophlebitis, lymphostasis, liver cirrhosis with hepatomegaly; atonic varicose of the veins on the legs; internal organs and testicles.

Duration: 01h 07m 30s

**Program's name:** Superprogram- 3





# PROGRAM ALGORITHMS

Recommended interval between complexes is From 10 minutes to 3 hours. Course is 7-14 sessions, 1 session a day.

## DEPRESSION

### 1. Chronic (Neurasthenic) Depression

#### Morning

To eliminate Fatigue, joylessness, exhaustion use “Energy Boost” and “Depression Program-1” complexes, which are intended For steady “awakening”.

#### Afternoon

To eliminate anxiety and nervous tension it is recommended to use “Stress Program-1”, and “Schumann Waves” complexes. In case of headache, tension and any other Form of discomfort occur, use the “Anesthesia” complex and repeat it in a 30 to 60 minutes time slot.

### 2. Depression Conditions with Fear and Anxiety

#### Morning

“Alpha For Peace” and “Depression Program -2” complexes.

#### Afternoon

“Cerebral Support” and “Overcoming Fears” complexes.

#### Evening

“Stress Program - 4”, “Sleep Program-1” and “Sleep Program-2” complexes For expedite relaxation and transition to sleep. For better results it is advised to eliminate all stimulating substances and conditions, such as alcohol, drugs, heavy meals and artificial light.

### 3. Depression Condition with Vegetative Paroxysms

#### Morning

In case of endocrine regulation distress it is recommended to use “Depression Program - 3” complex, which should be executed with closed eyes, and “Overcoming Fears” complex in order to visualize and defeat Fears, phobias and worries, especially due to public appearance, exams, crowds etc.

#### Afternoon

“Neurohumoral Regulation” and “Short Break” complexes to give time to rest if working in a high stress environment.

#### Evening

“Stress Program - 3” complex is recommended as the main program when working with endocrine glands distress. In case of erectile dysfunction due to any reason, it is recommended to use the “Sexual Regulation-1” or “Sexual Regulation -2” complexes. In case of sleep deprivation - use “Sleep Program-2” right before sleep.

## SLEEP IMPROVEMENT

### 1. Onset Insomnia

Can be Found among individuals who normally sleep well, but can't Fall asleep in a particular situation due to the various triggers (noise level, unusual environment). It can also occur at the moments of emotional elevation - joy, Falling in love. It can develop through poor sleep hygiene, systematic late bedtime, prolonged computer use, TV watching. This insomnia type can be developed due adaptive deprivation after jet lag, which can be worse if traveling From West to East, than From North to South. Onset insomnia may develop as well among people working shifts. It usually lasts up to 1 week.

#### Morning

“Entering a state of drowsiness after sleep” and “Increasing adaptation resources - 1” complexes

#### Before sleep

“Entering a state of drowsiness before sleep” and “Sleep Program - 2” complexes

### 2. Acute Insomnia

Usually takes place due to stress, emotional shock (in this case anxiety can be seen which leads to sleep deprivation). This type of insomnia includes sleep deprivation due to stimulants intake (coffee). Acute insomnia could last 1-3 weeks.

#### Morning

“Entering a state of drowsiness after sleep” and “Stress Program - 2” complexes

#### Evening

“Alpha For Comfort” and “Alpha For Peace” complexes

#### Before sleep

“Entering a state of drowsiness before sleep” and “Sleep Program - 2” complexes

### 3. Chronic Insomnia

Most likely to be related to anxiety, depression, alcohol or drug abuse. Around 50% of those suffering From chronic insomnia have neurotic disorders. This type of insomnia could be Found among elderly: as people age, physiological sleep rest time reduces, but psychologically they tend to keep the same sleep routine. In these cases we can see the rising amount of mid-night awakening. Chronic insomnia can lead to very serious repercussions. Among which are tiredness, concentration disorders, low work efficiency, overuse of various stimulating substances, such as caffeine, antidepressants, nootropics. Also insomnia can be caused by antimalaria drugs, hormon regulative drugs and some antibiotics.

#### Morning

“Entering a state of drowsiness after sleep” and “Increasing adaptation resources - 1” complexes





## Day

“Cerebral Program” and “Short Break” complexes

## Evening

“Alpha For Peace Program” and “Sleep Program -1” complexes

## Evening

“Entering a state of drowsiness after sleep” and “Sleep Program - 2” complexes

It is recommended to use “Alpha Rhythm” and “Alpha For Peace” complexes in a time lapse from 10 minutes to 3 hours. In case of headache, neurodermatitis or bronchial asthma occur due to the stress, it is recommended to use “Stress Program – 2” complex once or twice a day.

## STRESS REDUCTION

### 1. Endocrine Regulation Disorders Due to Stress Condition

Recommendations: It is recommended to use “Alpha Rhythm” and “Alpha For Peace” complexes in a time lapse from 10 minutes to 3 hours.

In case of endocrine disorders such as diabetes, dysmenorrhea or amenorrhea, eating disorders (anorexia or bulimia), various allergic reactions it is recommended to use the “Stress Program - 3” complex once or twice a day.

### 2. Spasmodic Stress Related Conditions

Recommendations: It is recommended to use “Alpha Rhythm” and “Alpha For Peace” complexes in a time lapse from 10 minutes to 3 hours.

In case of stress related migraines, “stitching” pain, vegetative-visceral paroxysms it is recommended to use the “Stress Program - 4” once or twice a day.

## COMPLEXES BY CATEGORIES

### Relaxation Therapy

1. Deep Relaxation
2. Sleep Programs 1-2
3. Children's Program
4. Short Break

### Stress Therapy

1. Stress Programs 1-4

### Depression Therapy

1. Depression Programs 1-3
2. Deep Relaxation

### Mental Therapy

1. Studying Programs 1-2
2. Memory Support
3. Cerebral Support
4. Mind Clearing
5. Schumann Waves
6. Creativity Development

7. Self- Esteem Development
8. Conscious Control
9. Sport Program
10. Anesthesia

### Vegetative-vascular dystonia

1. Deep Relaxation
2. Children's Program
3. Stress Program-4
4. Sleep Program 1-2
5. Depression Program -2
6. Cerebral Support

### Minimal brain dysfunction

1. Alpha-Rhythms
2. Cerebral Support
3. Children's Program
4. Studying Programs 1-2
5. Memory Support

### Neuro-like syndrome (enuresis, tics)

1. Deep Relaxation
2. Children's Program
3. Stress Program-4
4. Sleep Programs 1-2

### Obsessive-phobic syndrome

1. Deep Relaxation
2. Children's Program
3. Sleeping Programs 1-2
4. Stress Program 1-4
5. Overcoming Fear
6. Short Break

### Perinatal encephalopathy (hyper excitability syndrome, muscular dystonia syndrome, intracranial hypertension syndrome)

1. Alpha-Rhythms
2. Cerebral Support
3. Deep Relaxation

### Consequences after closed craniocerebral trauma (brain concussion, head injury): cerebrosthenic syndrome, asthenic-hemostatic syndrome, syndrome of cerebrospinal fluid

1. Alpha-Rhythms
2. Cerebral Support
3. Deep Relaxation
4. Children's Program
5. Stress Program-4

### Consequences after neuro infections

1. Cerebral Support
2. Deep Relaxation







Psychosomatic disorders (biliary tract dyskinesia, peptic and duodenal ulcer, bronchial asthma)

1. Deep Relaxation
2. Stress Program-2
3. Stress Program-3

“Difficult children”

1. Children's Program
2. Stress Program-1
3. Self-Esteem Development
4. Depression Program-2
5. Studying Programs 1-2
6. Memory Support

School phobia

1. Deep Relaxation
2. Stress Program-1
3. Short Break
4. Depression Program-2
5. Self-Esteem Development

Epilepsy and episynrome (including Febrile seizures)

1. Deep relaxation
2. Children's Program
3. Stress Program-4



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