



Microcurrent Training

Level 1 - Basic Skills



Introduction

How important is being in CONTROL to you?

In 1963 a television show called "The Outer Limits" first appeared. It would start by having the TV screen appear to be zig-zagged and then wavy lines and you would hear something like, *"There is nothing wrong with your television set. Do not attempt to adjust the picture. We are controlling transmission..."*, and there was nothing you could do except watch for the next hour until they released your TV set back into your control.

For many of us that is how we feel about our own healthcare. Someone else is in control and we have to submit and do whatever they say; and they are not giving us control back! If they say take this pill, have that surgery, go through this radiation, eat (or not eat) this food, we do it because we do not know what else to do.

As evidence, drug commercials play during the evening news often sharing results that are not always good- with possible "side-effects" that can be worse than the original issue.

Further, traditional medicine and healthcare tout this or that as being good for you, only to learn a few years later that it was bad for you or vice-versa! Even in the alternative world of health and wellness we see many conflicting points between the so-called "experts".

You may feel that you do not have control over very much these days, yet you now have the opportunity to take back control over your own life and health when it comes to pain and quality of life.

The following pages offer you a roadmap to better manage and control debilitating pain and loss of movement, thus helping you restore quality of life to levels never before possible for the individual. Most of all...***it's not complicated!***

Bonrich Academy has prepared this course for you to be more in control of your health. You will feel better and you will be better!

Welcome to the amazing world of microcurrent!

Richard Fix/ Bonrich Academy

YOU ARE NOW IN CONTROL.





Microcurrent Training

Level 1 - Basic Skills

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Basic 5

Key Skills for Your Success

Basic 5 skills are the foundation for using the Avazzia microcurrent device. These skills are used when implementing a treatment protocol or on their own. As you practice and learn each skill you will develop the foundation for nearly every treatment protocol.

Remember to set the power level of your device to a comfortable tingle sensation that does not sting. More power or a stronger tingle sensation is not necessarily better.

1 - Stickies	2 - Dosing
3 - Painting & Camping Out	
4 - The Grid	5 - Little Wings

Skill 1 - Stickies

Finding Stickies - The most **common** issue you will find.

Stickies - The noticeable increased "drag" or resistance felt when sliding your device (or Y electrode) over certain areas of the body indicating an "Area of Activity" (aka: inflammation) exists below the skin.

Treat Stickies using Skill #3.



Estimated
Practice Time
2-5 Mins

Skill 2 - Dosing

“Dosing” - The most ***important*** basic skill you will learn.

Dosing with your device-

Best Pro 1



Dose option - in Assess/Relax mode device will run an automatic program. Set the power level to a comfortable tingle- not a sting, near intended treatment area. Then, hold device (or Y electrode, if attached) on the Point of Pain (PoP) and do not move. The automatic program will signal completion of a Dose by all lights in the circle illuminating brightly. This will take approximately 2 to 5 minutes. However, if all 4 lights illuminate within first 10-15 seconds (or less), this indicates a "false dose" and that tissue may be chronic/degenerated with low blood flow requiring user switch to Stimulate or Deep Stim mode for treatment.

RSI



Dose option - in Relax mode device will run an automatic program. Set the power level to a comfortable tingle- not a sting, near intended treatment area. Next, hold device (or Y electrode if attached) on the Point of Pain (PoP) and do not move. The automatic program will signal completion of Dose to user by all lights in the circle illuminating brightly. This will take approximately 2 to 5 minutes. However, if all 4 lights illuminate within first 5-15 seconds, this indicates a "false dose" and that tissue may be chronic/degenerated with low blood flow requiring user switch to Deep Stim or RSI mode for treatment.

Pro Sport III & Pro Sport Ultra



Dose mode options – Relax/Assess; Blue Relax, RSI, AVA. Select the mode desired. Press {LEFT} arrow one time and you will see REACTIONS on the screen. Determine Power Level by placing device (or Y attachment) on skin NEAR, but not on) where you intend to treat and adjust to comfortable tingle sensation/ feeling for patient. Next, place the device directly on the location chosen and hold device steady making sure not to move or shift the device and advise the patient to not move as well.



Usually in about 12 – 35 seconds a "D" will appear on the screen and the backlight illuminates (for 10 seconds). The appearance of the D informs you that the automatic program (in REACTIONS) is effective and the tissue is responding. CONTINUE to hold the device without moving. The next phase usually takes 2-5 minutes and ends by a "Z" appearing next to the "D" showing "DZ" in the window. This indicates that the tissue has reached a point of change where it is essentially functioning normal. This is also called: full Dose Zero.

Note: For more complete information on this procedure see: "Dosing with a Pro Sport – What is a full Dose-Zero." (Appendix 1)

False Dose - all of the Avazzia devices can signal a "false dose". This has several possible meanings that include: moving/shifting the device on skin; lack of hydration; cold tissue (skin); low blood flow (tissue may be chronic/degenerated); or a combination of these situations. Drinking a glass of water is always recommended and other modes may be used to elevate tissue energy and function.



Estimated
Practice Time
7-15 Mins

Skill 3 - Painting & Camping Out

Painting & Camping Out - The most ***useful*** skill you will use.

Painting is the act of sliding the device or, if attached- the Y electrode, over skin- generally in strokes 4 to 8 inches long.

Camping Out means to hold device or Y electrode steady on one spot/location (the Sticky) for a period of time. Usually one to two minutes.

Use the Painting technique to find Stickies. Treat them by both Painting the area where Stickies exist in order to improve the tissue beneath AND Camping Out on those that are slow to improve. Improvement will be recognized as drag is reduced and Painting becomes smoother. Use Camping Out to bring about faster change in a Sticky and this technique may be incorporated into Painting an Area of Activity.

This will be the most useful approach in becoming familiar with using your device and will help enormously in getting control over pain, increasing range of motion and general overall improvement.



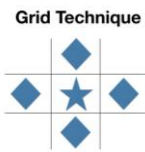
*Estimated
Practice Time
5-10 Mins*

Skill 4 - Grid

Grid - The most **targeted** basic skill you will know.

The Grid is a technique for addressing a Point of Pain (PoP) more thoroughly.

Have patient/client point to exact "spot" where it hurts the most- that is Point of Pain (PoP).



What is the Grid?

It uses PoP location as the center box (the size of the electrode) of an imaginary Tic-Tac-Toe diagram. Treat the center box first, then the left side box; right side box; top box over the center; and finally the lower box just below the center. Essentially a Tic-Tac-Toe shaped "grid", but not using the corners.

Why should I use it?

The Grid is used to insure that PoP location is sufficiently treated and to allow for possibility that true source of pain is slightly away from the Point of Pain, i.e. pain location is referred pain.

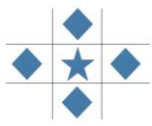
How do I use the Grid?



Option 1)

Devices: Best Pro 1, RSI, Pro Sport III/UITra - use *Acute mode*

Devices: Pro Sport III and Pro Sport Ultra - use *Modulate mode*

Grid Technique



Begin in the center box  and treat spot for 2 minutes, then continue in each of the other four boxes  for 2 minutes, treating the left/right/top/bottom boxes. When completed check for the pain level. If pain remains do Painting & Camping Out until pain is 2 or less, on a scale from 0 to 10.

Option 2)

Devices: RSI - use *Relax mode*

Devices: Pro Sport III/Ultra - use *Relax/Assess mode*

Devices: Best Pro 1 – use *Assess/Relax*

In the appropriate mode do a full Dose Zero in center box, then repeat with full Dose Zeros in left/right/top/bottom boxes. When completed check for pain level. If pain remains do Painting & Camping Out until pain is 2 or less, on a scale from 0 to 10.



*Estimated
Practice Time
15-25 Mins*

Skill 5 - Little Wings

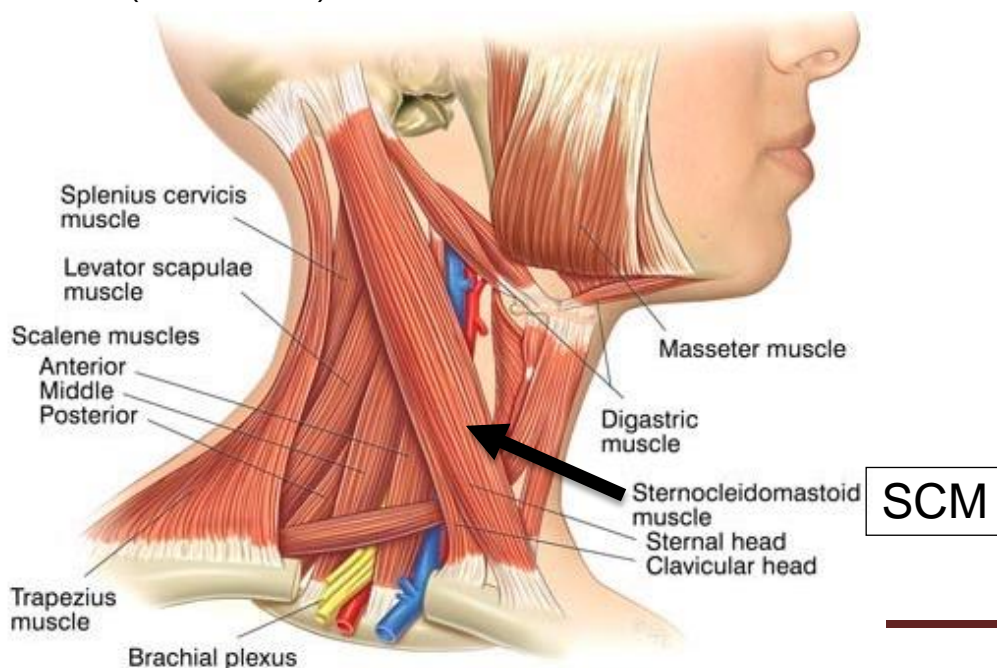
Little Wings - The most **fun** skill in microcurrent.

Little Wings provides relief from muscle tension in the neck and upper shoulders in 3 minutes or less! It is used to help realign body and relaxation. Often used daily for continued benefit.

On your device with the Y electrode attached, select the Acute mode. This skill will stimulate the SCM muscle or Trapezius (see diagram below). First place the Y electrode on the upper shoulder or back of neck and adjust the power level to a comfortable buzz. *Remember, Acute mode is on for 3 seconds, then off for 1 second (cycle) – so don't remove the device between cycles – the contraction releases during the 1 second off.*

Next, start behind the ear on the SCM, and then move lower with Y electrode straddling SCM until about midway down. Pause or hold in this area and wait for contractions to occur. Slight adjustment in positioning may be necessary-see video online. Hold on this "spot" 3 to 5 cycles on each side. For the Trapezius, begin on top of shoulder and slowly move Y electrode up towards the neck. At the crook of the neck, the Trapezius should be "trapped" between the round electrodes – you will know you're in the correct spot when the head starts to rotate to one side. Hold on to the trapped "spot" 3 to 5 cycles, then do the other side.

Expectations from this skill include: neck realignment, leveling of the shoulders and Atlas (C1 vertebrae) resets.



Estimated
Practice Time
10-15 Mins

Additional Skills

Enhancing Joint Flexibility

Use any Stimulate mode available on your device. Attach and use the Y electrode accessory. Set power to comfortable tingle. Apply Y electrode directly on joint so that both spheres are in-between opposing joint bones. For example, for shoulder post place Y electrode on joint with each sphere touching both the top (head) of the Humerus and the top of the Scapula (Acromion of Scapula). Now, you move/ rotate arm while maintaining Y electrode contact directly in joint. Rotate/ swivel, move arm through various positions for 30 seconds. Treat 2 or 3 locations on joint for 20-30 seconds each. Remove Y electrode and ask client to move arm and tell you the ***amount of difference*** they feel.

This technique can be applied to any leg, arm, hip/pelvis, low back, foot, ankle, hand or finger joint location.

The effect is to increase blood flow to joint; lower any pain; increase the range of motion; improve the function of joint; give client feeling of added energy and looseness (limberness).



This technique can affect restrictive connective tissue sheaths allowing a greater range of stretch or motion.

Similarly, using the techniques of Painting & Camping Out and Little Wings (any variation) will likewise reduce restrictive connective tissue sheaths and tend to lessen pain while restoring full, fuller, or maximum function.

Scars - The Problem

It is imperative to treat all scars- AND treat them first unless there is a major pain issue elsewhere that needs immediate attention.

Scar tissue, whether internal or topical, whether recent or decades old, can affect other locations in the body in addition to where it is located. For example, C-section scars are known to be at the root of many apparently unrelated pain issues ranging from foot pain, back pain, to even headaches.

Scars - Clearing the Scar

Use the two key skills- Stickies and Painting & Camping Out- to treat scar tissue. If the scar is any of the following: large size, keloidal, painful, and/or hard, then begin with Acute, Modulate, Blue Stimulate or AVA 350. Once the tissue is softer and is smoother to the touch, switch to Blue Relax and Paint area where scar is located.

Scars - Results

The appearance of the scar will have improved. The color of the tissue will be more skin-like, the feel of the scar will have softened. The elevation (such as in keloids) will have lessened and the valleys (usually where a surgical incision was made) will begin to fill in and be less deep. If it used to itch, it will itch less. If it bled when scratched, the skin will be stronger and thicker and it will no longer bleed when scratched or rubbed.

Classic Back Protocol

No **serious** back pain and you just need to feel better!

Using your choice of mode available on your device from:

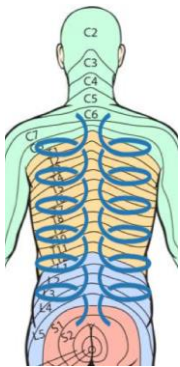
- Relax; Blue Relax;
- Stimulate; Deep Stimulate; Blue Stimulate;
- RSI; Vaso; 783 Harmonics

Set the power level at a strong, but comfortable tingle. Paint each paraspinal (one side at a time) from hairline to (if time and situation possible) coccyx (at least S1).



Expected Elapsed
Time
10 Mins

Paint out any stickies along the way and follow the dermatome around the body looking for additional stickies. (See chart - Appendix 3).



Next step

Use RSI mode (or Blue Stimulate if RSI is not on your device), begin painting the back following vertical pathway upward in a circular motion from waistline to the top of the Trapezius muscle. Gradually shift each pathway to the side the width of the electrode and continue this process until you reach the side of the ribcage. Then repeat process on other side of spine beginning at paraspinal.

Expected Results: General feeling of relaxation and calmness yet elevated energy level and improved breathing.



Expected Elapsed
Time
10-15 Mins

If client has any issues in which standard approved massage methods are not applicable contact Bonrich Academy for specific targeted pain protocol.

Appendix 1

Dosing With a Pro Sport

Dosing With a Pro Sport

What is full “Dose Zero”

The Pro Sport offers the user or practitioner a unique opportunity to locate a problem site on/in the body just from reading the numbers displayed in the window of the device.

The Avazzia manual identifies the numbers, but this brief article is designed to guide the user through the process to achieve a successful result for the patient and the practitioner.

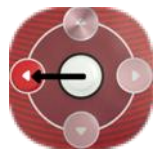
Available in These Modes



When you turn on your Pro Sport - Relax is the default mode. To complete a full Dose-Zero, depress the left arrow on the circle. The Display will read: REACTIONS.



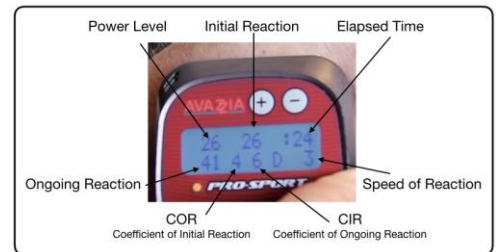
Usually, you will have an idea of the area needing therapy, in which case you set/adjust the power level by placing the device (or Y electrode) on tissue/skin somewhere close to the spot you intend to treat, but not on it.



Next, place the device on the location needing therapy and make note of the number in the center of the top row of numbers. This is the Initial Reaction (IR), and will reflect the condition of the tissue by the number shown. It is only necessary to touch the skin for about 1 second

then lift it off. The numbers on the screen will remain, to be viewed or recorded. Helpful if needed for a protocol.

Check several locations near this area and find the location with the highest "IR".



Next, place the device directly on the location with the highest IR and hold device steady making sure not to move or shift the device and advise the patient to not move as well.

Usually in about 12–30 seconds a "D" will appear on the screen and the backlight illuminates (for 10 seconds). The appearance of the D informs the user that the Reactions mode automatic program is effective and the tissue is responding. CONTINUE to hold the device without moving. The next phase usually takes 2-5 minutes and ends by a "Z" appearing next to the "D" showing "DZ" in the window. This indicates that the tissue has reached a point of change where it is essentially functioning normally.

This is the full **Dose-Zero** sequence.

Next, lift device from skin and place at the next location. Usually you will be following a protocol that provides guidance for continuing.

NOTE: After placing the device on skin for therapy (initializing an attempt at completing a full Dose-Zero) and instead of the "D" appearing a "Z" appears first, retry the location by lifting device and replacing on same spot. If Z appears first again, switch to RSI or Blue Stimulate. The "Z" typically indicates degeneration of tissue or that it may be a chronic issue and needs energy. RSI mode will usually provide the energy needed along with increased perfusion, etc. Treat "spot" for two minutes by both holding the device on the location and by painting the location (alternate between them). After 2 minutes, retry the full Dose-Zero sequence. If it fails and Z appears first, return to RSI or another mode of choice and complete treatment in that mode. If it succeeds, continue with that protocol, etc.

General Observations and Considerations

Once the full Dose-Zero sequence is learned it very quickly becomes 2nd nature. The user will immediately know what steps to take depending upon what the Pro Sport reveals about the tissue to the user.

Meanwhile, there is a learning curve and this manual is targeted to make that as short as possible while helping the user to be as effective as possible in administering therapy and following protocols.

To help the body lower inflammation it is generally taught to use an anti-inflammatory mode, such as Acute or Modulate, before endeavoring to help the body begin the repair process. Please keep in mind that all modes will lead to reducing inflammation, decreasing pain and increasing repair. It is simply understood that certain modes tend to be effective more quickly for certain situations. Modulate is very effective at pain relief and lowering inflammation. Further, we see that Modulate alone will also allow the body to begin the repair process. Low back pain is a prime example where this often occurs. In other words, one might choose to use Modulate first to treat a low back pain and have excellent success at both removing that pain and having the body recover in 2-3 days, such that the pain is completely gone.

Now, with that said, using the IR numbers and REACTIONS in Relax (or Blue Relax or RSI modes), the user will often accomplish all of the above, even though it is commonly taught that Relax (at 60Hz) is primarily a Recovery/Repair mode.

Why is all of this being mentioned?

Because this technology is so effective that the user/Practitioner will frequently have 3 or more options available to begin a treatment. Dosing offers the widest path to successful therapy for the *new* user. The next most likely approach is described in Version 2, discussed shortly. Having two basic approaches (Version 1 & Version 2) keeps it simple when first learning this technology.

Two Primary Approaches

Dosing in Reactions - a subroutine available in Relax, Blue Relax and RSI modes on the Pro Sport models only - is more thorough and complete than with lesser models. Therefore, with a Pro Sport this is the preferred approach. If it is not successful, then switch modes as listed in Version 2.

Version 1 – Dosing in the Grid

Start with the full Dose-Zero (DZ) in REACTIONS and be sure to take readings first to find the "worst" spot (Highest IR). Make that "spot" the center of a tic-tac-toe shaped grid where each box is the size of the electrodes on the device (or Y electrode). After completing the DZ in the "center" square or "spot" continue doing DZs in the left square, the right-hand square on opposite side. Then the top center square and the bottom center square. That is a total of 5 squares you will have completed a full DZ. At that point pain should be reduced. Repeat the process on contra-lateral location.

Version 2 – The 2 Minute Drill in the Grid

Start with Modulate (or Acute) and find the worst pain "spot" and do the "2 minute" drill, which is hold device on spot for two minutes. Then continue this 2 minute approach on the remaining tic-tac-toe grid as above (center/left/right/up/down squares). When completed, paint area and reduce or eliminate "stickies".

Option (*upon completion of either version*)

Paint areas in VASO for 2-3 minutes.

Appendix 2

Sticky Pad Placement

Easy effective therapies using “sticky pads” with your microcurrent device for in-clinic and in-home use to:

Restore and Maintain Function and Reduce Stress and Inflammation.

The Following pages contain Drawings displaying locations for pad placement designed to address several important issues.

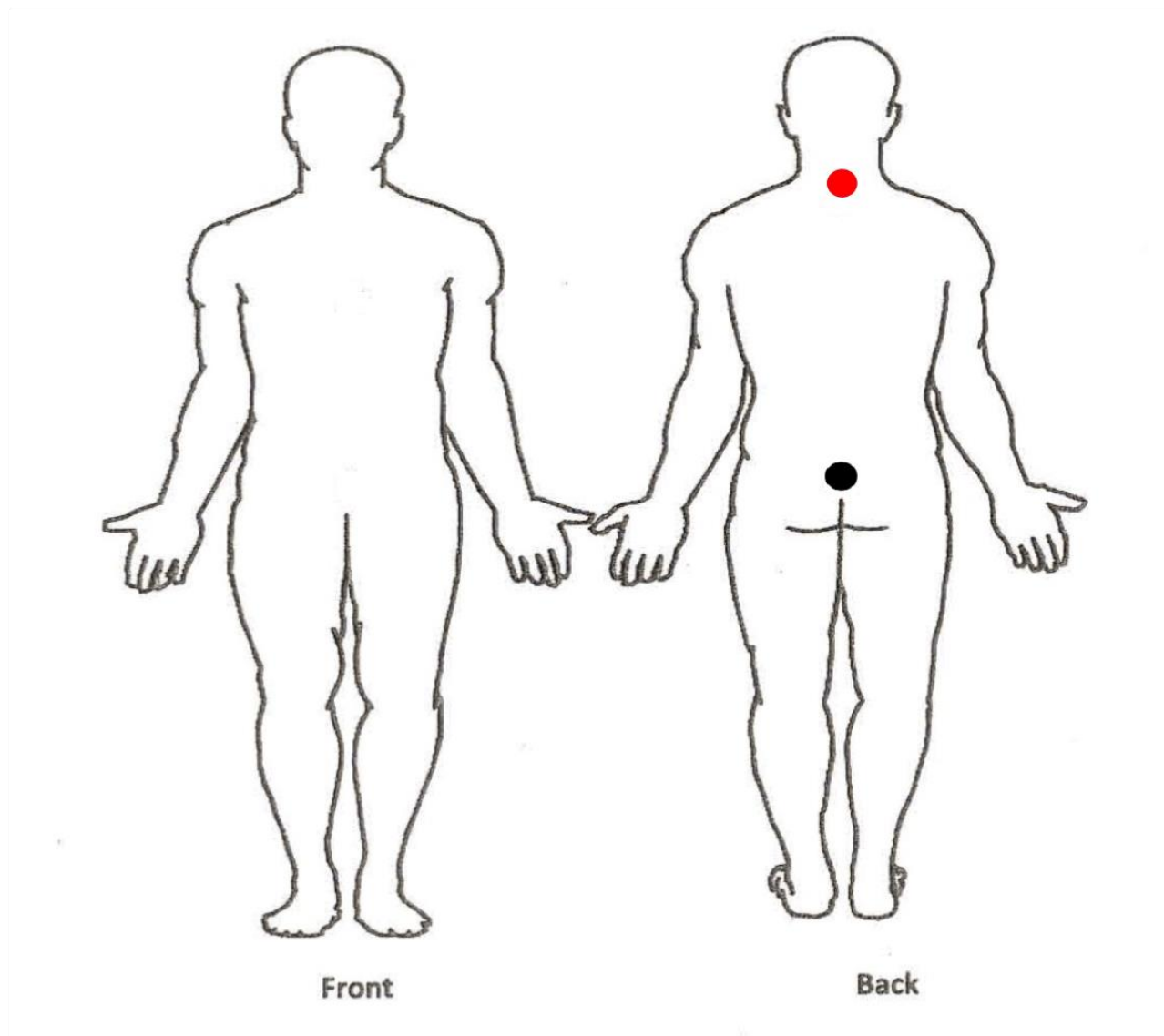
These therapy applications may be followed for general purpose Wellness, meaning keeping healthy, but are ESSENTIAL for serious, and life threatening issues.

Microcurrent device mode selection, time duration or frequency are addressed on each Drawing for the particular focus of the therapy.

The implementation of these therapies when facing serious health issues cannot be overstated.

Axial CNS Pad Placement

Axial CNS Pad Placement – General Protocol



Purpose: Infuse energy to unresponsive low Initial Reactions (Pro Sport)/ CANNOT Dose !

Correlated Purpose: Open or improve spinal nerve/dermatome pathways.

Placement of electrodes & pads:

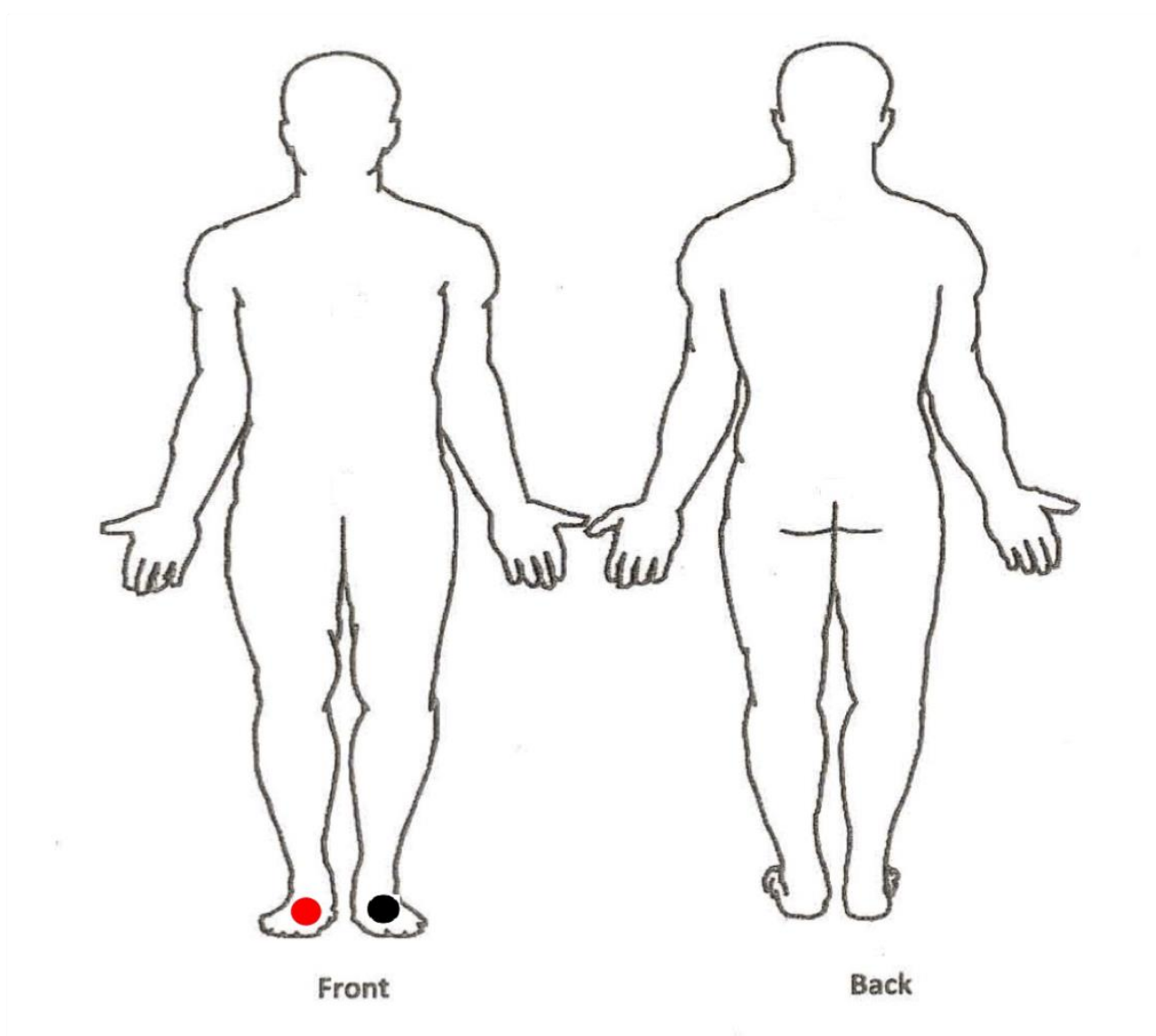
Place Red lead wire on C-7 (base of neck) location and Black lead wire on S-1 at low spine location.

Device Settings:

- Select **RSI** mode
- Set power intensity between Comfortable/ Strong feeling. Body Position: Supine (lie down with face up)
- Length of treatment 15—30 minutes a day. When SERIOUS— run at least one hour or more as needed.

Leg and Pelvic Floor Pad Placement

Legs and Pelvic Floor Pad Placement – General Protocol



Purpose: Increase blood flow; Lymph Drainage; Reduce swelling, Pain Relief, etc.

Secondary Purpose: Improve blood cell vitality/ flow. Reduce inflammation in Pelvic Floor– may effect E.D. in males and reverse vaginal dryness in females.

Placement of electrodes & pads:

Place either color lead on one foot and the other color lead on the other foot.

Device Settings:

- Select the program/mode. Use choice of: RSI; VASO; Blue Stimulate; Deep Stimulate.
- Increase/decrease intensity until strong, but comfortable. Set to- tolerable power level if serious issues.
- Length of treatment 30 minutes to 1 hour. Longer with serious issues.

Why “Legs and Pelvic Floor Pad Placement” and What does it do?

If there is “trouble” down south, then this Pad Placement may be just the help needed.

The main targeted potential benefits **result from** pain relief, improved circulation in the lower limbs, improved RBC (red blood corpuscles) vitality, improved lymph drainage, and more.

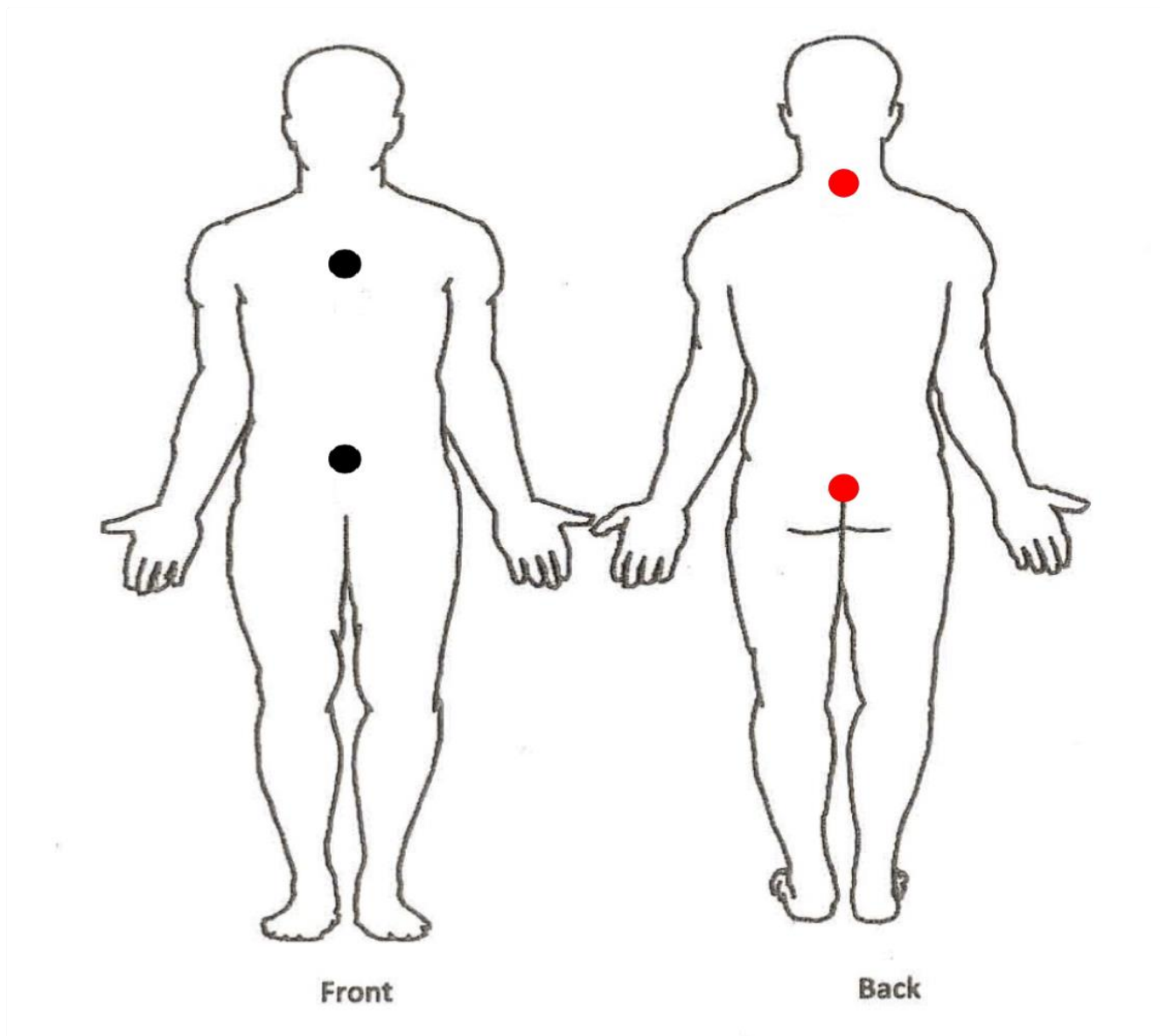
What are the **Targeted potential benefits**? It is imperative Pad Placement therapy for Peripheral Neuropathy and can be used 24/7 when limb or foot is in danger of amputation.

Additional benefits experienced by users are reduced ED in males and reduced vaginal dryness in females.

See Drawing page for modes and suggested time durations.

Core Pad Placement for Body Energy

Core Pad Placement for Body Energy – General Protocol



Placement of electrodes & pads

- Place pads at the same location as the black/red dots
- Connect (1) of the black cords to the chest pad in the front and the red cord connected to the tail bone pad in the back.
- Connect (1) of the black cords to the pelvic pad in the front and connect the red cord to the neck pad in the back.

Device Settings:

- Select the program/mode. Use RSI if available on your device, otherwise any “Stim” mode.
- Increase or decrease the intensity until tolerable.
- Length of treatment should be at least an hour.

Why “Core Pad Placement” and What does it do?

When serious, debilitating, and especially life-threatening issues occur the body requires more energy than ever.

There is a substantial gap between the amount of energy needed by the body for typical healthy day to day living versus the amount of energy required by the body to heal.

In general, let's break this down to a single cell, where normal healthy cellular function consumes “x” amount of energy for a given function or period of time. On the other hand, an injured, damaged, malnourished or sickly cell (perhaps disease related or trauma related) is functioning at a level well below normal, perhaps 30% or worse below normal healthy cells. For example, you wake up one morning and feel terrible and have the flu - you are not going to be able to function at your normal level. Your cells are not able to either, so when you **feel** “off”, they **are** “off”.

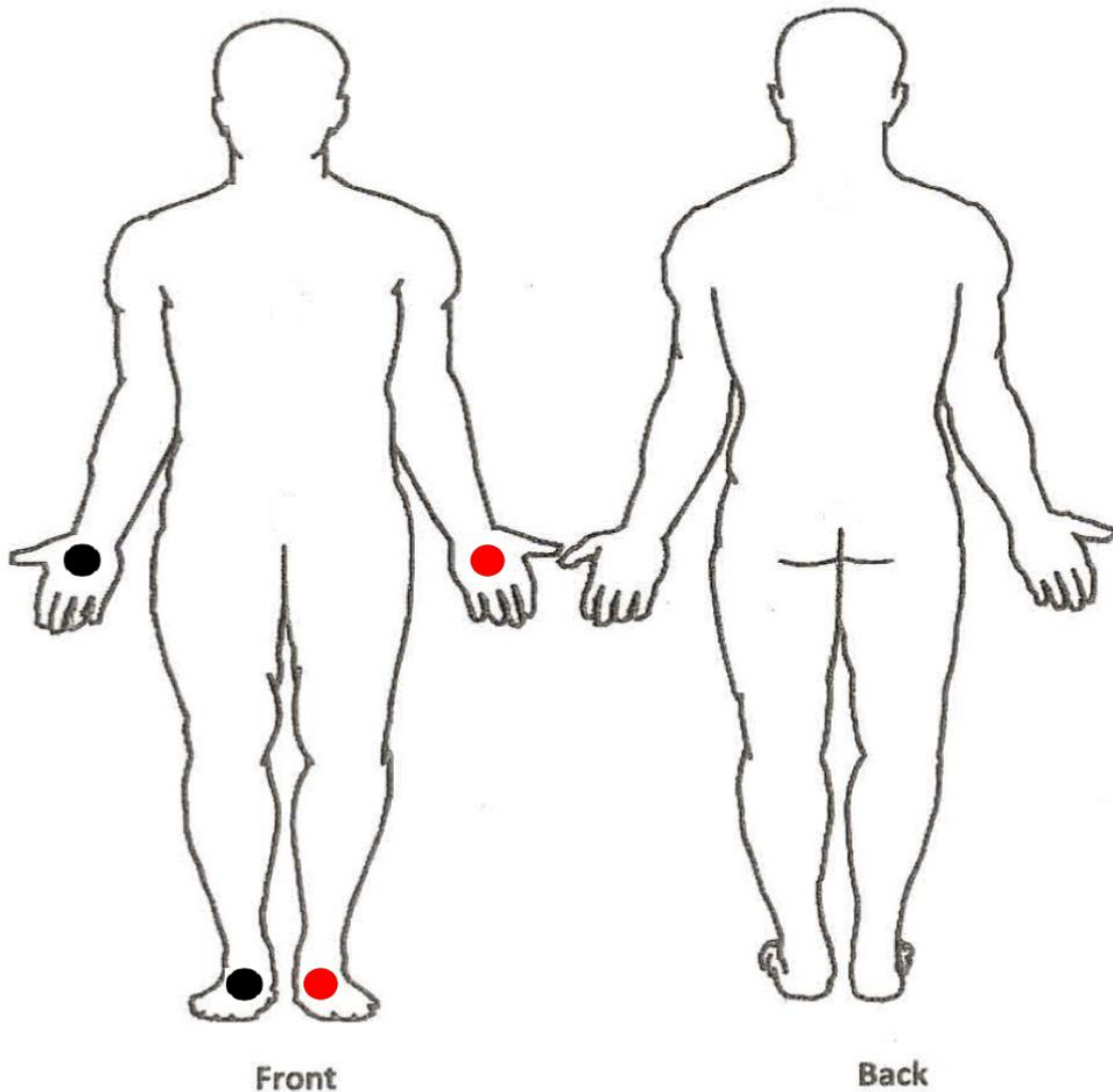
This is where adding energy to the body becomes vital. Especially when under enormous stresses, particularly from pain- emotional or physical or both, trauma or disease. It might seem, at first anyway, to be logical to presume that all we need to do is restore the energy level back to “normal, which we earlier labeled as “x”. However, that is not the case. A cell needs to have an energy level for healing that may approach “1 ½x”, meaning it may require up to as much as 50% more energy to heal than it needs to live a normal cell's life. This means you need more energy. Of the approximately 70 trillion cells in an average human body- if there is a systemic disease or perhaps wide-spread cancer to contend with- a lot more energy is needed to help a person in their effort toward overcoming, recovery, and health.

This Pad Placement is designed to provide extra energy to the vital organs and core functions of the body in its journey back to health. This is also suggested for the “healthy” person and it may be imperative for someone who has gone through the journey back to health, as a means toward sustaining Wellness.

See Drawing page for modes and suggested time durations.

Extremity Pad Placement for Full Body Energy

Extremity Pad Placement for Full Body Energy – General Protocol



Placement of electrodes & pads

- Place pads at the same location as the black/red dots
- Connect (1) of the black leads to the palm of the hand and the red cord to the palm of the other hand.
- If using 2 pair of lead wires- Connect other pair of leads in similar fashion to top of each foot as shown– near Big Toe, but on foot portion.

Device Settings:

- Use 783 Harmonics for General calming and regeneration of body tissue.
- Set power intensity to comfortable level– low enough you can go to sleep.
- Length of treatment is one hour, longer for if recovering from trauma.

Why “Extremity Pad Placement” and What does it do?

-The list of possible benefits by using this Pad Placement for therapy is long-

When the body is under stress or duress for any reason- trauma of any sort meaning physical/emotional/mental, disease, environmental concerns, etc.- body function and resilience decreases, sleep and repair efforts are hindered, digestion suffers, lymph drainage may suffer, circulation decreases and even blood cells can lose their vitality and elasticity.

For example, a red blood cell (RBC) is, on average, about 25% larger than the capillary it has to travel through. A normal energized RBC is elastic and flexible enough to do this, but low energy RBCs struggle to get through and are slower. This means that even though they eventually make it through the capillary, the local cells are not receiving the normal quantities of oxygen and nutrition provided by healthy RBCs that go through faster as they complete their deliveries to the surrounding tissue/ cells.

This Pad Placement enhances virtually every function to some extent. It helps blood cells and blood flow, lymph movement, muscle/ tendon/ and ligament repair, trauma recovery, and has even been known to help the whole body relax, which affects every system in the body.

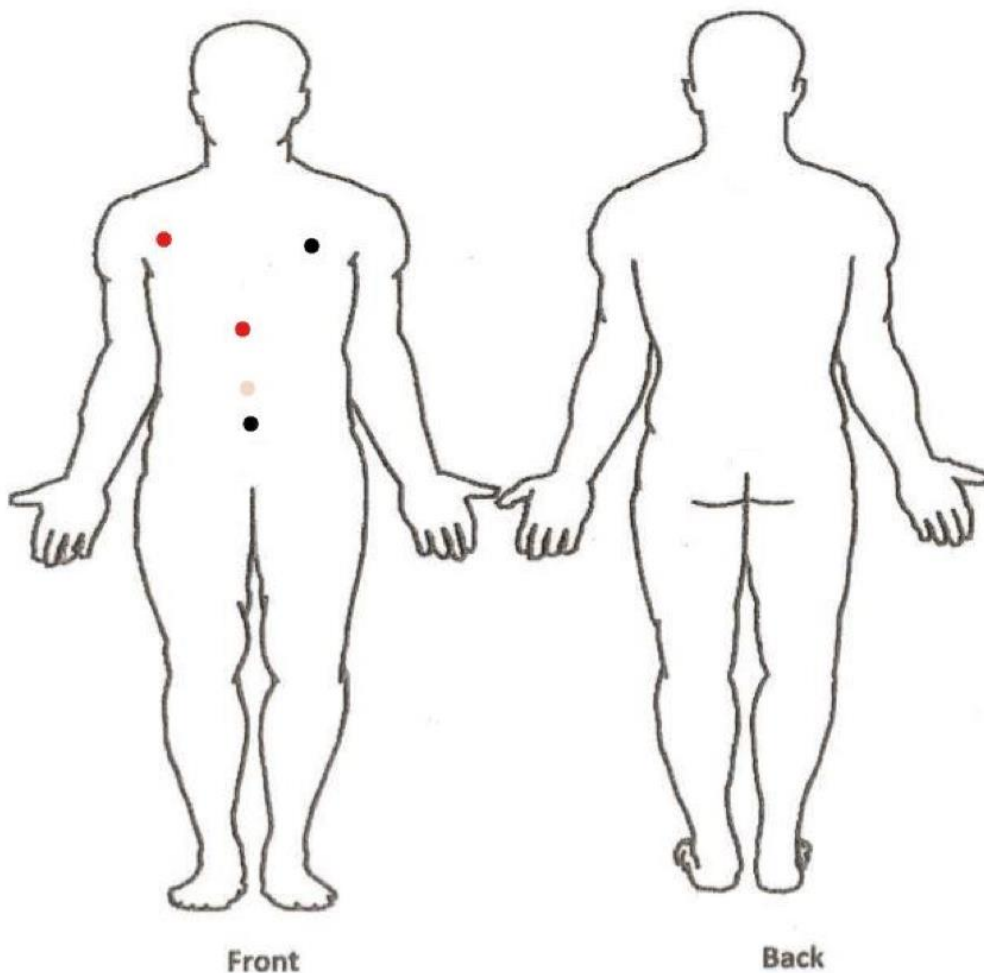
This Pad Placement is a necessity for any low blood flow in a limb- regardless of cause, such as peripheral neuropathy, etc. The entire Pelvic Floor may be helped, including bladder, sex organs (male and female). The hand placements in addition to that previously mentioned also appears to have helped some with breathing and sleep and improved brain function.

This is an excellent therapy for Wellness, too.

See Drawing page for modes and suggested time durations.

Congestion Release Pad Placement

Congestion Release



Objectives: Use for digestive and congestion issues: Head colds, sinus, allergies, lung issues, phlegm, mucus, asthma.

Placement of electrodes & pads: Upper chest red/black leads- Place the black lead where the black dot is, in the groove in front of the left shoulder (Lung Point). Place the red lead on the red dot, in the groove in front of the right shoulder. This is where muscle groups cross. With the other black lead place it 2 fingers below the belly button and the red lead 4 finger above the belly button (san jiao pts).

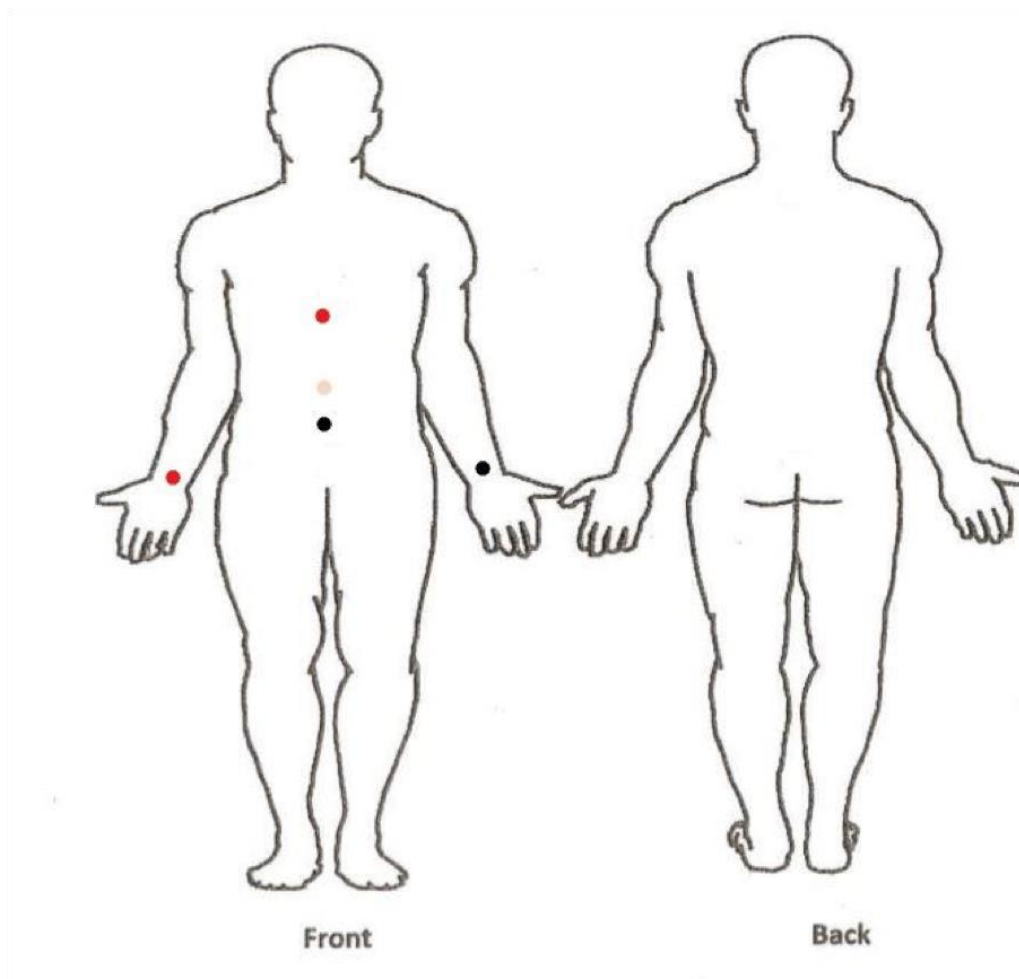
Device Settings:

Choose your program/mode: Choose Blue Stim, RSI, Blue Relax.
Treatment length 15-30 minutes.

Follow-up: Paint 3-Pathways (center of spine/ left and right paraspinals. All from hairline to S1. Duration approx. 5-10 minutes

Restoring Brain Harmony Pad Placement

Restoring Brain Harmony- From *Intense* Fight or Flight!



Calming

Objective: When in crisis; Intense sympathetic tone/ minor panic/ anxiety/ “brain overload”- unable to make a decision because mind is vacillating/ not focused/ scattered/ panicky.

Purpose: Lower pulse rate from Fight or Flight/ Calm Thoughts.

Placement of electrodes & pads:

Place the pads at the same location as the black/red dots

Connect (1) black cord to the left wrist and (1) red cord to the right wrist (Pericardium 7).

Connect (1) black cord to the point 2 fingers below the belly button and (1) red cord to 3 fingers above the belly button.

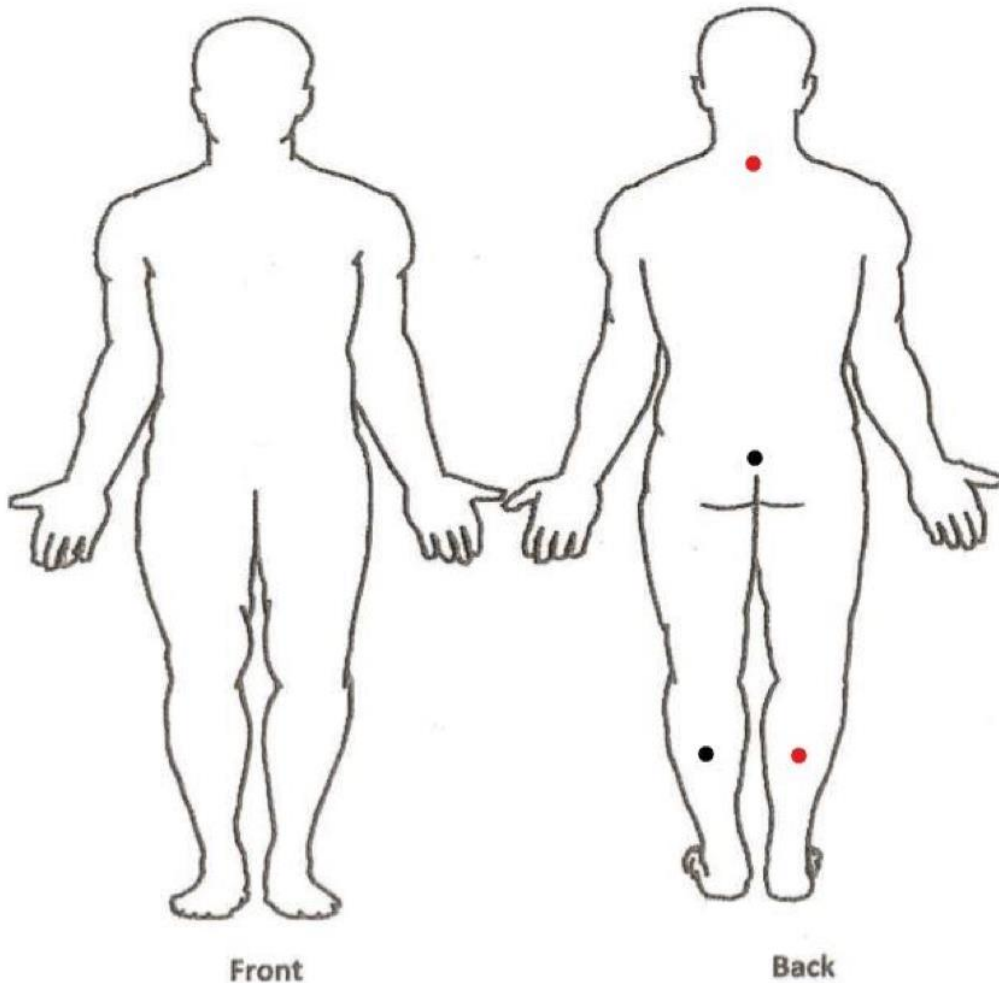
Device Settings:

Select the program mode. Use choice of 783 Harmonics for general calming and regeneration or RSI.

Set power mode to comfortable almost strong feeling. Length of treatment 30 minutes.

Full Body Circulation Pad Placement

Full Body Circulation



Objective: Lower leg pain/ reduce bladder issues/ ramp up circulation/ reduce headaches/ reverse general lethargy.

Purpose: Open or improve circulation from lower body and spinal pathways. Opens up flow of energy bottom to top and top to bottom.

Placement of electrodes/ pads

Place (1) black lead on left mid-calf and (1) red lead on right mid-calf. (Bladder 57)

Place (1) red lead wire at C-7 (base of neck) and (1) black lead wire at S-1 (low back).

Device Settings:

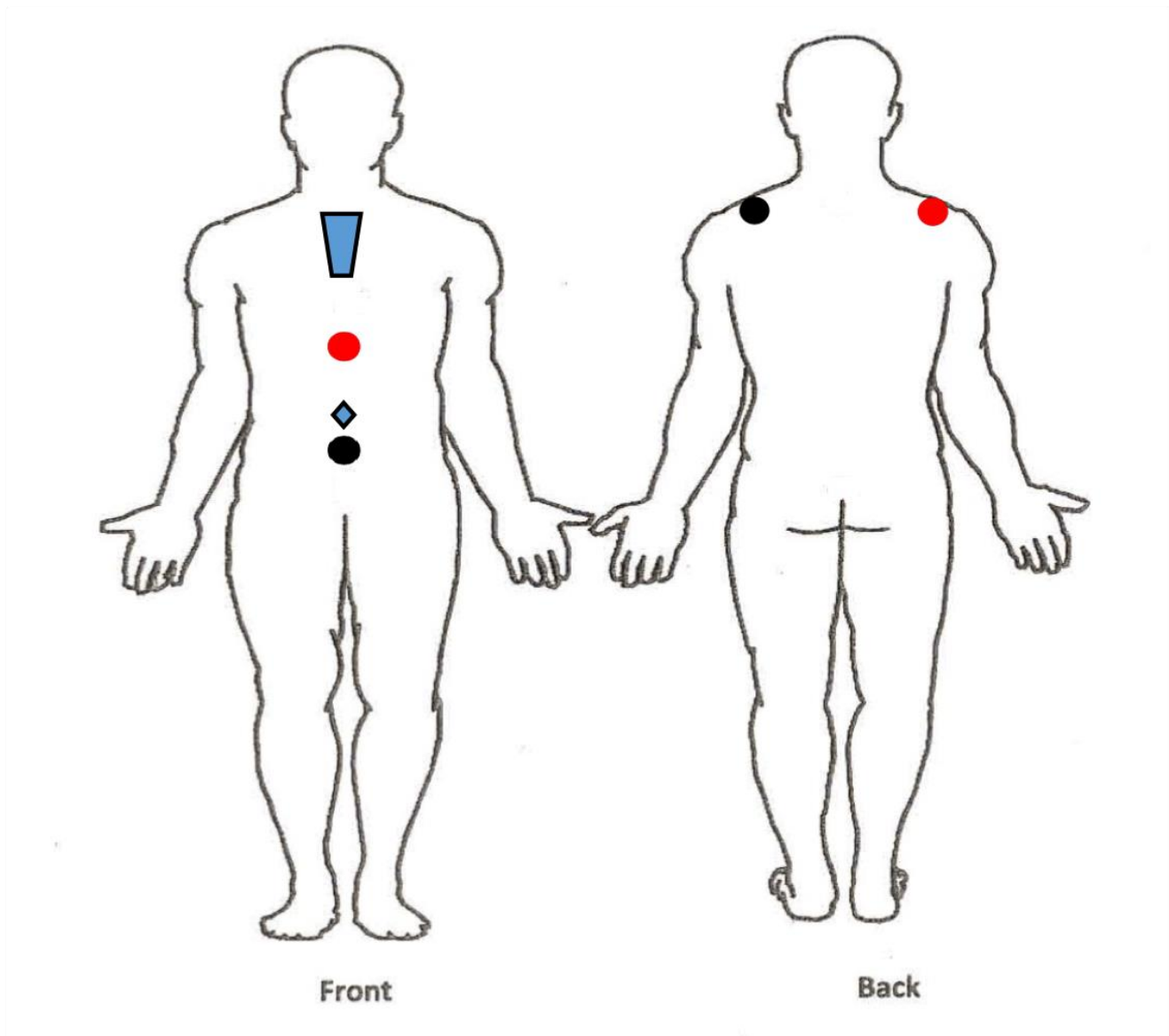
Use RSI mode. (If in pain- use Solfeggio first for 15 minutes- helps calm brain; then continue with instructions)

Set power intensity between comfortable/ strong. Body position either face up or face down.

Length of treatment 20-30 minutes.

Digestion Support-Reset Pad Placement

Digestion Support/Reset – General Protocol



Placement of electrodes & pads

- Place pads at the same location as the black/red dots with one set of Red/Black on front and other set on back as shown.
- Place front Red lead to sticky pad between two blue shapes (representing sternum (breast bone) and umbilicus (belly button) and place front Black lead to sticky pad 2" below umbilicus.
- Attach Red and Black set of leads to shoulder sticky pads as shown– Black to left shoulder; Red to right shoulder.

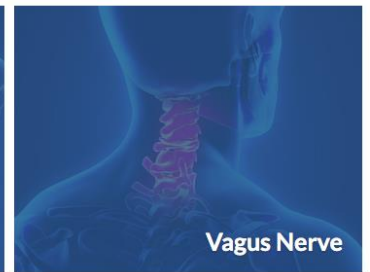
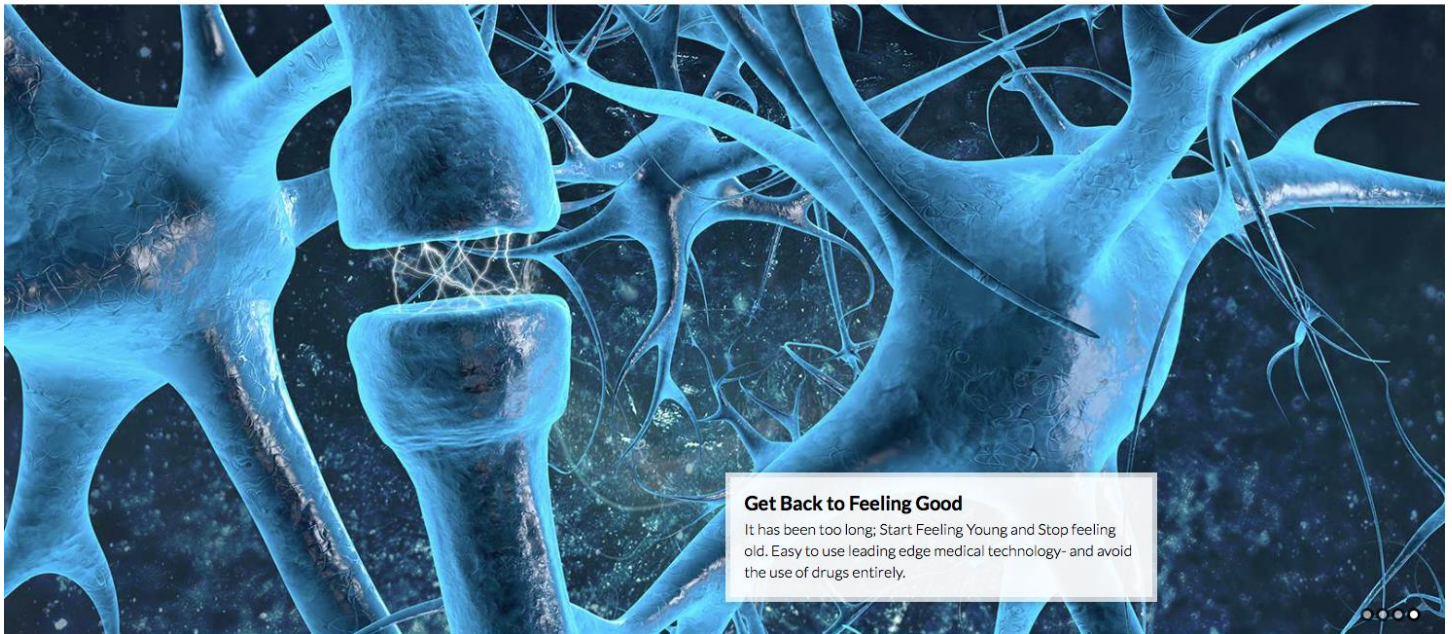
Device Settings: Deep stimulate (or similar); RSI (or VASO)

- Select Deep Stimulate mode first. Run for 15 minutes. Comfortable tingle to strong/comfortable tingle.
- Next, run RSI mode (or VASO; Blue Stimultate, or design mode in AVA on Pro Sport. Run 15 minutes.
- Repeat daily for three days. Best done when clam; reading; watching TV; in bed before sleep. Repeat as needed.

Appendix 3

Video Training

Video Training

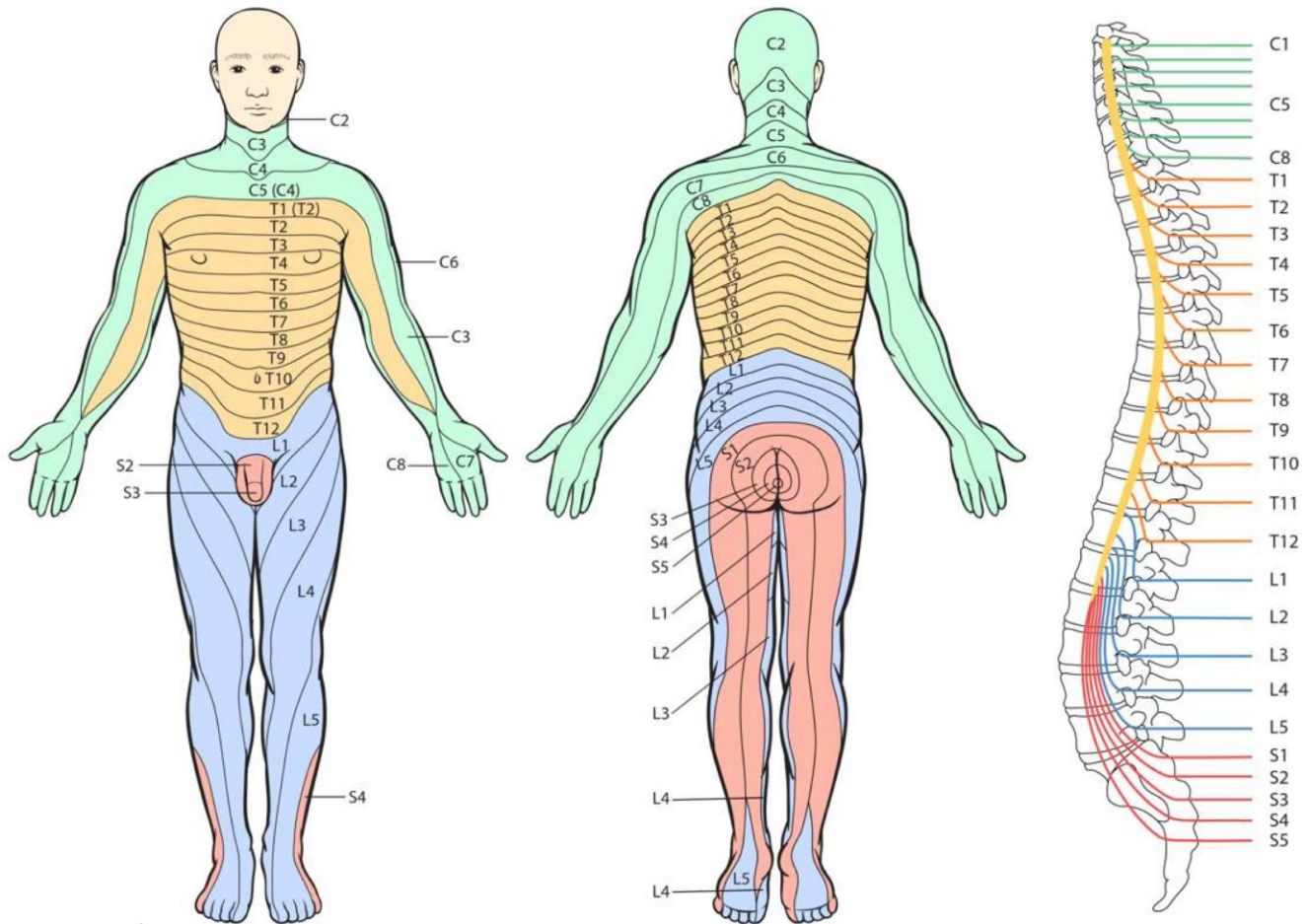


Bonrich Academy Website - www.BonrichAcademy.com

Appendix 4

Dermatomes Chart

Dermatomes Chart



Appendix 5

Key Aspects of Microcurrent

8 Key Aspects - Avazzia Microcurrent

1. Signal triggers repair response from brain.
2. Increased perfusion at site.
3. Neuropeptides released and production ramped up.
 - a. Results in pain relief and speeds healing.
4. Reduces inflammation, swelling, and edema rapidly.
5. Increases ATP in Mitochondria.
6. Stimulates C-fibers, insures continued healing and pain reduction.
7. Increases lymphatic drainage.
8. Continued use is cumulative with pain relief lasting longer between uses which maximizes healing.

How & Why Microcurrent Helps You Look Younger

1. As a result of increased perfusion, the skin experiences a renewed and rejuvenated look.
2. Stimulating the facial muscles will allow the skin to take on a noticeably smoother appearance.
3. The signal activates acupuncture points on the face that affect the entire body and generates a feeling of relaxation.
4. Microcurrent causes an increase in energy, which may be noticed as having a little more "spring in the step".
5. Repeated use provides **cumulative** benefits.
 - a. The results look better and last longer.
 - b. One single use lasts up to 7 to 10 days.
 - c. Twice weekly use maintains peak performance and appearance.
6. Results are immediate
7. Production of collagen and realignment of collagen in skin helps to reduce the appearance of scars/scar tissue.
8. Technology is non-toxic, non-invasive and has no side-effects.
9. It is simple to use and can be used over make-up
10. Plus it is portable (hand-held) allowing it to be used anywhere you see fit.