

# **ELECTRO REFLEX ENERGIZER and REFLEXOLOGY A Full Body Experience**



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# HISTORY OF REFLEXOLOGY AND THE ERE

## DEFINITION OF REFLEXOLOGY

Reflexology is the art of reprogramming the atoms, cells, and electrons of the body to their original state through the triggering of signal points on the foot or hand. It is a science that deals with the principle that there are reflex areas in the feet and hands that correspond to all the glands, organs and parts of the body. Reflexology is a unique method of using the thumb and fingers on these reflex areas. Reflexology includes, but is not limited to relieving stress and tension, improving blood supply, promoting the unblocking of nerve impulses, and helping nature achieve homeostasis.

The feet have a fundamental relationship to the body. Signal points on the feet provide a link of communication to the major organs, muscles, and the circulatory, respiratory, digestive, elimination, reproductive and skeletal systems.

Reflexology is used to manage energy savings in the body, reduce stress, and build a greater body awareness. It combats the effects of improper diet and environmental pollutants, and aligns the physical, mental and emotional energies.

Reflexology is a very specific technique of applying pressure to these reflexes to bring about the desired results. Its history can be traced back to both the Egyptian and Chinese cultures. Modern-day Reflexology was developed in the U.S. by Eunice Ingham in the 1930's after her studies of Zone Therapy with Dr. Wm H. Fitzgerald. Reflexology is a unique pressure technique and should not be confused with massage.

## REFLEXOLOGY RELAXES TENSION

Since approximately 75% of today's diseases are attributable to stress and tension, various body systems are affected in different ways and to varying degrees. One person may exhibit cardiovascular problems, another gastrointestinal upset, anorexia, palpitations, sweating, headaches, – to mention but a few of the myriad of bodily reactions to stress. This stress or tension could be described as a tourniquet around the body's system, a tightening that can lead to serious consequences.

## REFLEXOLOGY IMPROVES NERVE AND BLOOD SUPPLY

In order to keep the body at a normal balance, it is imperative that the blood and nerve supply to every organ and gland be at a maximum. Of course, the organs and glands contribute to the overall well-being of the body, each making contributions to maintaining an efficient, full operating mechanism, but all receive their instructions from the most intricate of all networks, the nerves.

These cord-like structures, comprised of a collection of nerve fibers, convey impulses between a part of the central nervous system and other regions of the body. They are the wiring system of the house called the human body. As with any complex wiring system, a **short circuit** can mean trouble.

A short circuit is often caused by tension putting pressure on a vital nerve plexus or even a single nerve structure supplying a vital organ. As tension is eased, pressure on the nerves and vessels is relaxed, thus improving the flow of blood and its oxygen-rich nutrients to all parts of the body.

## REFLEXOLOGY HELPS NATURE ACHIEVE HOMEOSTASIS

Overactive glands or organs can be helped to return to normal. Conversely, if an organ or a gland is under active Reflexology can help return it to its normally functioning level.

It is important to note here that the normalization action of Reflexology is never one of opposite extremes. In other words, once homeostasis or a normal condition is achieved, it cannot be unbalanced by working the area too much. Overworking can cause some minor reactions such as diarrhea or perhaps some nasal mucous being secreted (runny nose). These reactions though, are cleansing poisons from the body. Succinctly, Reflexology cannot harm a system—it simply brings it back into balance.

## THE ZONE THEORY

Reflexology embodies the relationship of the reflexes in the feet to all of the glands and organs in the body. Let's now discuss that relationship. Just how does one small area of the foot affect something like the pituitary gland? Just what is the link?

This is where Zone Theory becomes significantly important to every Reflexologist. The zones are like the wiring in a house. The reflexes travel through the zones similar to electricity through the wires, but please note that this analogy is not to be confused with the nervous system in the body. Reflexes as far as we know today, are not nerves.

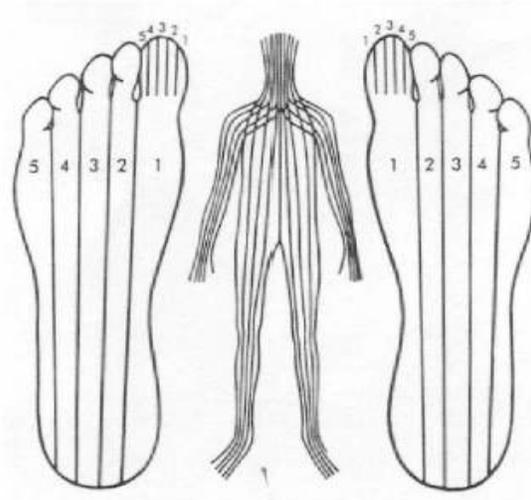
The link from the feet to the organs and the glands in the body is a series of imaginary longitudinal lines, each encompassing a zone. In order to locate the zones accurately in the arms and hands, the thumbs need to be placed toward the body, the opposite of the anatomical position.

Any sensitivity located in specific areas on the foot will signal to you that there could be congestion in that area. It should become evident then, that by working the entire foot, the entire side of the body is being affected (the left foot representing the left half of the body).

It is important to remember another significant aspect of Reflexology—an abnormality in any part of the zone may affect anything in that zone.

(Better Health with Foot Reflexology, the Ingham Method, Dwight C. Byers)

## The Ten Energy Zones



Each zone can be considered a channel for the intangible life energy, called Chi in oriental medicine. Stimulating or “working” any zone in the foot by applying pressure with the thumbs and fingers affects the entire zone throughout the body.

For example, working a zone on the foot along which the kidneys lie will release vital energy that may be blocked somewhere else in that zone, such as in the eyes. Working the kidney reflex area on the foot will therefore revitalize and balance the entire zone and improve functioning of the organ.

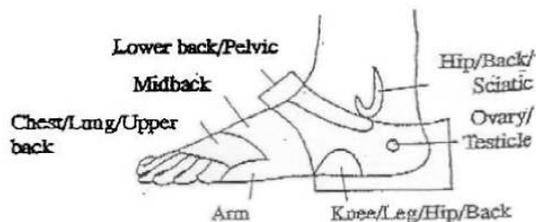
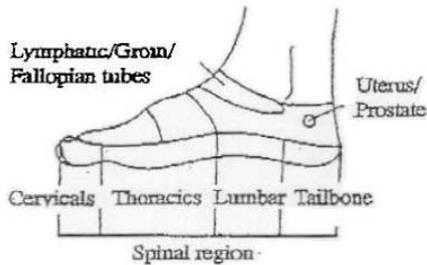
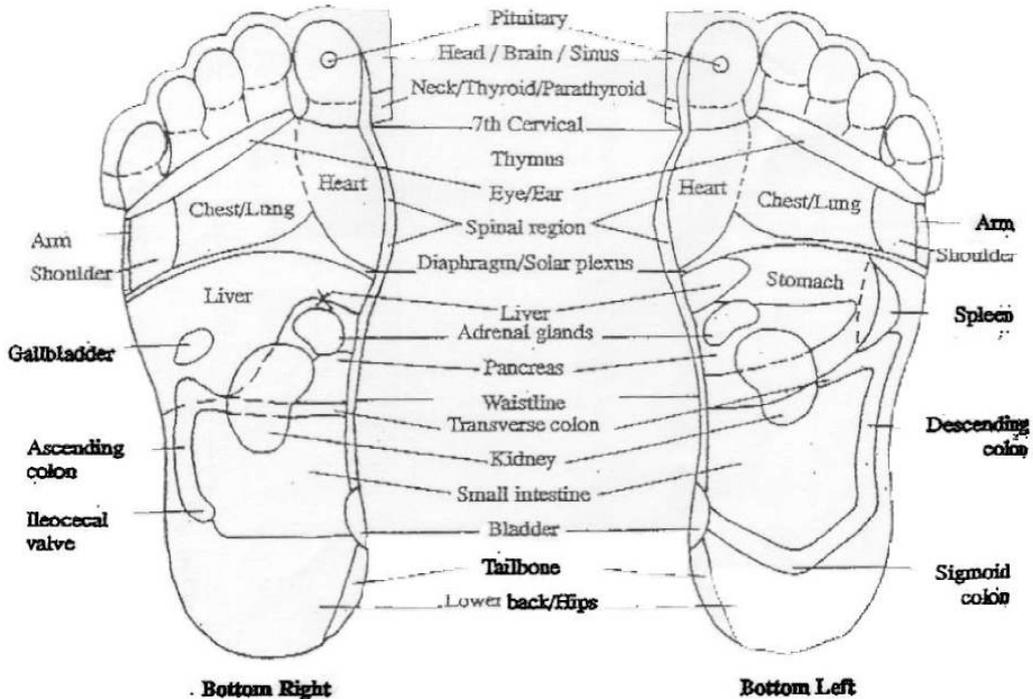
## ORGANS - THE INSIDE STORY

The body is packed with vital organs and glands that are packed on top of everything else in the body.

Start at the spine (the midline of the body) as a means of orienting yourself to the relationship between the foot reflex points and the organs of the body. Now, you have a reference point for each foot. Then use the waistline guideline for your horizontal or lateral marker. The most important body organs are located in four distinct quadrants.

The feet are a reflection of the body with all its glands, nerves, and organs having distinct locations on the feet. Being thoroughly familiar with this concept of location makes the zone theory so much easier.

## Foot Reflexology Chart



Reflexology is a simple, yet dynamic approach to health. Through reflex massage one can eliminate the causes and symptoms of sickness and pain from virtually every part of the body. There are “main circuits” to every organ, gland, and nerve, and these circuits have endings or pressure points in the feet, hands, and other parts of the body. By massaging or working these pressure points, pain can not only be stopped, but a healing force can be sent to all parts of the body by opening up closed “electrical lines” that have shut off the life force.

Reflexology gets to the cause of a problem by restoring the energy flow to the body’s many different systems and functions. The reflex points are energy junctions that relay and reinforce energy along meridian lines of the body, passing energy toward the organs and the nervous system. Reflexology not only helps nature open up these channels when congested, but also sends a supply of magnetic vital life force charging through the channels within the body like a healing shock wave.

## WHAT IS THE ELECTRO REFLEX ENERGIZER (ERE)?

The Electro Reflex Energizer (ERE) is an instrument that helps reconnect broken or damaged electrical circuits within the body by stimulating it with the correct wave form, current, and frequency. When there is pain in the body there is electrical resistance, meaning the electrical signals between cells are suppressed. Consistent use of the ERE can help restore the flow of electricity through the painful area so that circuits remain turned on and healing can be promoted. In her book *The Cure for All Cancers* Dr. Hulda Regher Clark tells about the “zapper.” The ERE is a **whole body zapper** based on the same principles.

There are a number of reasons why the typical American’s electrical system malfunctions on a regular basis. Primarily, because we are exposed to so many types of rays and electromagnetic frequencies—radio waves, microwaves, cell phones, televisions, computers, and other numerous devices—our electrical systems are being constantly compromised, throwing us into a state of imbalance and electrical resistance.

The body is electric and responds much the same way to the ERE as it does to an electric shock treatment given in the hospital to get the electrical system back on track following a heart attack. The medical world uses a lot of electrical devices to determine data in our bodies. The EKG (electrocardiograph) measures the contractions of the heart, the EEG (electroencephalogram) records the electrical activity of the nerves and brain waves, and the EMG (electromyogram) is the electrical signals given from moving muscles.

The ERE is not just a foot massager; it is effective at producing the ultimate feeling in relaxation and body balancing. As noted previously, the foot can be divided into different zones which correspond with various parts of the body in a modality known as Reflexology, which reduces stress and induces deep relaxation, improves circulation, cleanses the body of toxins and impurities, balances the whole system and revitalizes energy.

The ERE is a multi-functional modality that has many features and benefits based on this concept as listed below:

- o The footpads on the ERE are also a heating area and keep the feet warm and soothed by heat stimulation.
- o The ERE has a single handheld control for ease of operation.
- o The handheld control provides three patterns of massage (or modes) that relate to pounding, relaxing, and massage.
- o Frequencies are set by a dial on the handheld control that allows the user to select the desired intensity level.
- o The handheld control’s internal timer can be set at 5 to 30-minute intervals.
- o The ERE’s low-frequency stimulation energizes areas of the feet (Reflexology) from the foot-pad, therefore working with the entire body.
- o The ERE refreshes the body’s energy level after a fatiguing day.
- o No other product compares to this low-frequency machine

The ERE is multi-faceted in the modalities and the number of ailments that it can impact. It is recommended that people not use cell phones or portable home phones or even a TV remote while they are using the ERE. Those devices also have a frequency and can create little jolts or little pains in the body.

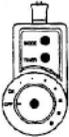
The ERE also gives one the option of using electropads to pinpoint and stimulate additional areas, such as neck, shoulders, back, and extremities. The pads are very effective for deep, severe bruising on particular muscle groups or injury sites. Information on using the ERE for both applications is included in the Instruction Section of this manual.

## INSTRUCTIONS FOR USING THE ERE ON THE FEET

- Do not use the ERE more than three times a day.
- Begin by using the ERE for five minutes only. Choose the lowest output setting and target the number of sessions at two or three a day. After becoming accustomed to the ERE, then extend the duration of each session. Each session should not exceed 30 minutes.

### Preparations Beforehand

- Plug the AC Adapter into the Receptacle mounted in the Main unit. 
- Plug the other end of the AC Adapter into the power box. 
- Make certain the Dial on the Handheld Controller is OFF. 
- Switch ON the Main Unit. Pads gradually as the heating elements inside them are activated. 
- As soon as the Unit is turned ON a beeping sound will be heard and all the lights on the Display Board also go on simultaneously. The ERE is warming up at this time; therefore no Mode, Time, or stimulation will be in effect, except the heating elements inside the Foot Pads will be activated. 
- Place a plain piece of paper towel (no design) on each Foot Pad and apply a few drops of soap on the towels, then spray the towels with water.
- Remove shoes and stockings so that feet are bare. Sit in a chair facing the Main Unit and place feet on the Foot Pads.
- It is important to keep knees together at all times. If necessary, fasten both legs with the attached belts and position them slightly them above the knees.

- Set the Mode by pressing the Mode 5 button and choosing from Mode 1 to 3 according to preference. 

Mode	Stimulating Type
Mode 1	Pounding or Pulsing
Mode 2	Relaxing or Rhythm
Mode 3	Massaging-Pressing or Rubbing

- Set the Dial on the Handheld Controller to adjust the intensity of the sensation. The higher the Dial is turned to the right, the stronger the sensation will be.
- Set the Timer to indicate how long the Mode will be activated, from 5 to 30 minutes. The lowest setting of the Timer is 5 minutes. Do not set it at 0 or the ERE will switch back to the warm-up mode and will not be able to function.
- If the ERE is switched back to the warm-up mode by accident, it can be restarted by resetting the Timer at any number other than "0".
- Begin the Electro Treatment by turning the Dial slowly toward the right. When a clicking sound is heard it means the system is activated. There will also be a beeping sound signifying the Main Unit of the ERE is ON. Now adjust the Dial to choose the intensity preferred.
- The ERE cannot only be used with the feet, but also with other limbs of the body, including the calves, the hands, wrists, and forearms. It really helps.

**You do not  
get the full  
impact  
without knees  
together!**

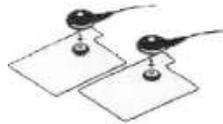


## INSTRUCTIONS FOR USING THE ERE WITH THE ELECTRO-PAD

- The ERE cannot operate with the Foot Pads and the Electro-Pad at the same time.
- Plug the Electrode Plug of the Electro-Pad into the Receptacle mounted in the Main Unit and it will switch the operations from the Foot Pads to the Electro-Pad. \*If you want to activate the Foot Pads, please make sure the Electrode Plug of the Electro -Pad is unplugged from the Main Unit. Remember, they cannot be operated at the same time.

- Once the Electro-Pad is detached, the Foot Pads will still gradually warm up.

- Plug the Electrode Wire into the Receptacle of the Electro-Pad.



- Plug the Electrode Plug into the Receptacle mounted in the Main Unit exclusively designed for the Electro-Pad.



- Plug the AC Adapter into the Receptacle mounted in the Main Unit.



- Plug the other end of the AC Adapter into the power bar.

- Make certain the Dial of the Handheld Controller is OFF.



- Switch ON the Main Unit. The Foot Pads will warm up gradually as the heating elements inside them are activated.



- As soon as you turn on the ERE you will hear a beeping sound, and all the lights on the Display Board will also go on simultaneously. The ERE is warming up at this time; therefore, except for the heating, no Mode, Timer, or stimulation will be in effect.

- Peel the transparent film off the Electro-Pads before sticking them to your shoulders, waist, or other body areas.

- The Electro-Pads can be moistened with filtered water before applying them to the skin. Wipe your skin dry after a

shower or exercise before using the electro-Pads. Make certain the Pads are securely attached to your skin.

- After all the above-mentioned preparations are made, start the electro-Pad treatment by turning on the Handheld Controller.



- Set the Mode by pressing the Mode-setting Button and choose from Mode 1 to Mode 3, according to your preference.



Mode	Stimulating Type
Mode 1	Pounding or Pulsing
Mode 2	Relaxing or Rhythm
Mode 3	Massaging-Pressing or Rubbing

- Set the Timer at an interval of from 5 to 30 minutes. The lowest setting of the Timer is 5 minutes. Do not set it at 0 or the ERE will switch back to the warm-up mode and will not be able to function.

- If the ERE is switched back to the warm-up mode by accident, restart it by resetting the Timer at any number other than "0", or you can switch OFF the Main Unit of the ERE and then turn it back ON again.

### Beginning the Electro-Pad Treatment

- Turn the Dial slowly toward the right. Once you hear a clicking sound it means the system is activated. At this time there will also be a beeping sound signifying the Main Unit of the ERE is ON. Adjust the Dial by turning it toward the right to choose the intensity preferred. As soon as the session starts, the Timer will show the amount of time that remains.

- To change the Mode during the session: (1) Turn the Dial toward the left until it is back the OFF position. All the lights on the Display Board will go on and the ERE will resume its warm-up mode. (2) Press the Mode-setting Button to reset a new Mode. (3) At this time the timer will

show the time you originally set. If you want to make changes, press the Timer-setting Button and reset the preferred time.

- The two Electro-Pads can be used effectively on most parts of the body. For example, place one Pad on each shoulder.
- Place one Pad on the back of the neck and one Pad on the shoulder.
- Place one Pad on the shoulder and one Pad on the top of the wrist.
- Place one Pad on the shoulder and one Pad where the bra fastens.
- Place one Pad at the waist and one Pad on the opposite side.
- Place one Pad on the right hip and one Pad on the left hip.
- Place one Pad on the hip and one Pad on the leg.
- For sore muscles, it is important to place the Pads on the proper areas. Obtain some clear muscle charts showing the muscle groups of the body—arms, legs, etc. in order to know exactly where the muscles are located. The Pads can then be placed on various muscle groups and the ERE will work much more effectively. The body is amazing and to simply work on the deltoid muscle (which is on the top of the shoulder to about mid-arm and attaches almost back by the shoulder blade) it can be complicated.
- Generally, people have issue in between the shoulder blades because that is actually behind the heart, and they carry a lot of grief (heart aches) and it is manifest in those points in the body, which are stress-related.



- The Pads can be put one on the top of each shoulder, but it is most effective to isolate the treatment to one particular muscle that is causing the most trouble.
- Put the pads on the back of the neck or even at the top of the shoulders (between the spine and the top of the scapula), which is the wing-like bone on the back of the shoulder blade.
- Put the Pads at the length of a muscle or put them in the width of a muscle. They can also be placed on opposite sides of the body. Work with the length of the muscle versus going through the body.
- Avoid putting the Pads on the front of the heart and on the back of the heart. Either put them directly over the heart or directly behind the heart. They can be put one on the front of the knee and one on the back of the knee, but not front and back of the heart.
- There are also auricular points on the ear, so the Pads can be used on the ears where there are emotional points. Put the Pads on the outer ear and keep the Intensity low so that it will not interfere with the brain waves.
- Use the charts provided in this manual (the Zone Therapy chart, the Hand and Feet charts, the Meridian chart) as well as pages showing the body's muscular system in order to have information on how the muscles lie in the body.
- The body has referral points; i.e., the palm of the hand refers to the base of the foot, the inner forearm refers to the calf of the leg; the bony part of the forearm refers to the shin bone; the elbow refers to the kneecap; the front of the upper arm refers to the back of the thigh; and the back of the upper arm refers to the front of the thigh; in the case of swollen ankles the ankles correlate with the ribs – all of these are referral points.
- If the right leg is broken and the muscle cannot be worked on, go to the referral area and use the Electro-Pads on those muscles.

- To stop the session, make sure to turn the Dial toward the left to OFF. At this time all the lights on the Display Board will go on and the ERE will resume its warm-up mode. At this time turn OFF the Main Unit.
- 
- Because the Electro-Pads can become contaminated with hair and body oil, they should always be cleaned by putting some rubbing alcohol on each Pad prior to using them.
  - The Electro-Pads can also be washed with a light soap and water. The body oils will break down the thick sticky texture on the Pads and they will need to be replaced in time. Replacement Pads can be ordered.
  - In lieu of trying to keep track of the transparent film, which protects the sticky surface of the Pads, just stick the Pads together and they will maintain their stickiness.
  - Like any other electrical unit, the ERE does have some contraindications. Do not use it if you have anything artificial—heart, lungs, pacemaker, defibrillator, etc.
  - People with **pacemakers** should not use the ERE because it increases the immune system and they may start rejecting artificial implants.
  - Use of the ERE is not suggested for pregnant women. However, the energy shows that it is not harmful, so it is a personal choice whether to use it or not.
  - Do not use the ERE with any equipment having an electrical current: **TV remote control, cell phone, cordless phone, or walk-man headset, etc.**, because each one has an electrical current. Inasmuch as people are constantly subject to many frequencies, they could get short-circuited.

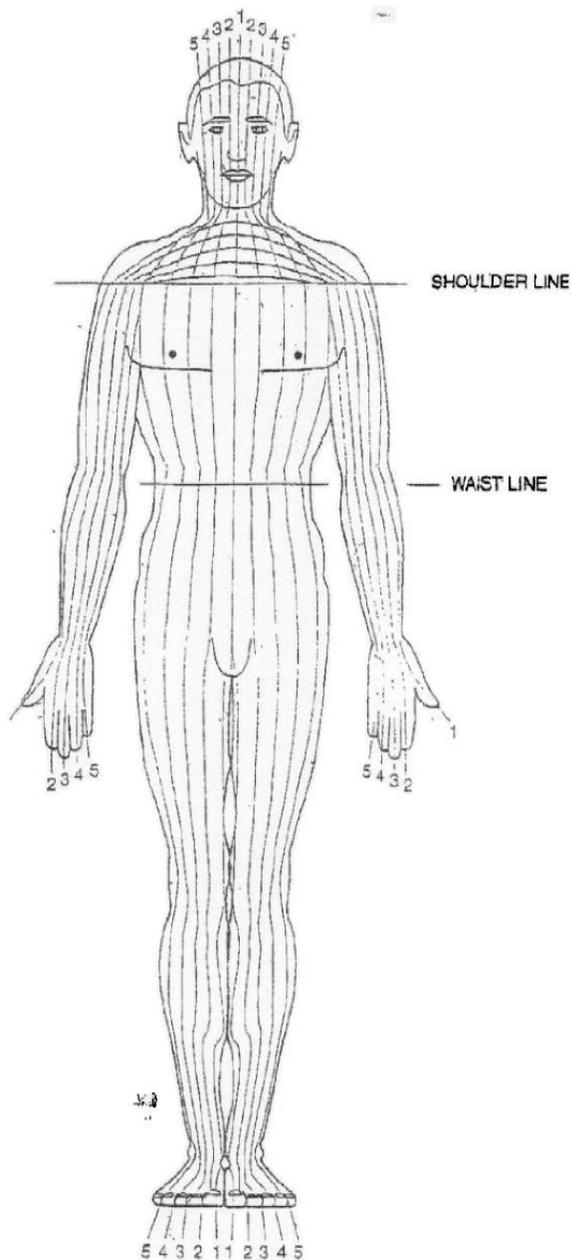
## ABOUT ZONE THERAPY

The earth has longitudinal and latitudinal lines through it, which makes the outer grid of the earth and is used by scientists and by weather tracking. Zone therapy within our bodies is similar, meaning that we have a grid in the electrical body that runs through us. The longitudinal lines run straight up and down through the body. In simple terms, if you were to put your right hand on your right thigh and if you line up your thumb with the big toe, push your leg out in front of you, and draw an imaginary line from your big toe up through the center of your body up and down in the side of your arm out to the thumb, that would be Zone 1.

We have five zones, so the little toe and little finger are Zone 5. You would divide the body in two, right through the center of the body, so you have five on the left and five on the right.

It is akin to electricians who can take a picture of a home and find out where heat may be leaking out or where electricity is being lost. The power company can photograph a home and there will be blue, red, and green spots around the house that shows where there may need to be more insulation in the attic. Essentially, they are photographing the energy. There is a temperature difference within our body, which is very similar to the Kirilian photography.

Not only do these zones run lengthwise, but they pass through the body, so that a zone located on the front of the body can also be reached from behind. All the organs and parts of the body lie along one or more of these zones.



## Zone Therapy

In Zone Therapy each numbered line represents the center of its respective zone on the body. These energy channels run longitudinally through the body.

It is a wonderful referral basis in working with patients and clients, or even people you are talking with. If they have something that is troubling them at the second toe you can draw that line right up through the inside of the shin bone through the knee and the thigh, which comes up through the inner groin area as well as up into the lungs and down through the arm into the hand.

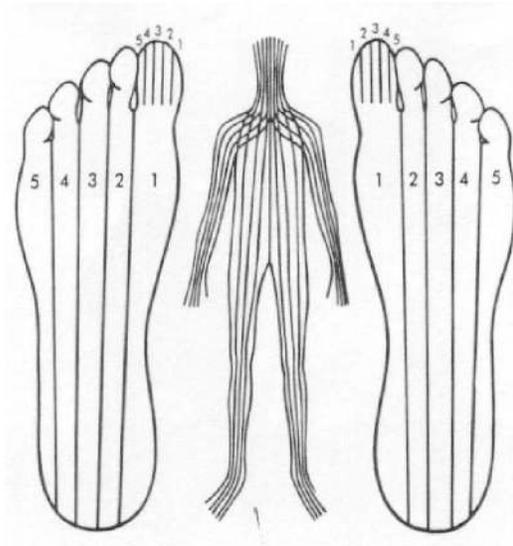
Also, there are referral areas—basically, the palm means the bottom of the foot; the inside of the forearm can refer to the calf of the through the body. The outer side of the arm can refer to the front of the shinbone. The front of the upper arm refers to the back of the thigh, etc.

So in zone therapy that's a very powerful way to teach people who have these different tweaks of pain or even concentrated areas of pain that it may not necessarily be coming from that area. That is what referral pain is.

Reflexology charts show the points of the hands and the feet. There are also auricular charts, which show the points on the ears that cover all of the organs, just as in our hands and feet. We also have emotional body points in our ears as well.

Do you recall ever having little twinges or pings in your body and you wonder what it is? You apply this also to the meridians because we are a layered effect of many subtle systems. You may have a tweak over here—and oddly enough, it's your gall bladder. You may have one of those little bites in the back of the calf, your gastrocnemius muscle—and it may be your spleen meridian. We are a very complicated being and these charts are very valuable tools. We are electrical beings—we have an emittance of frequency.

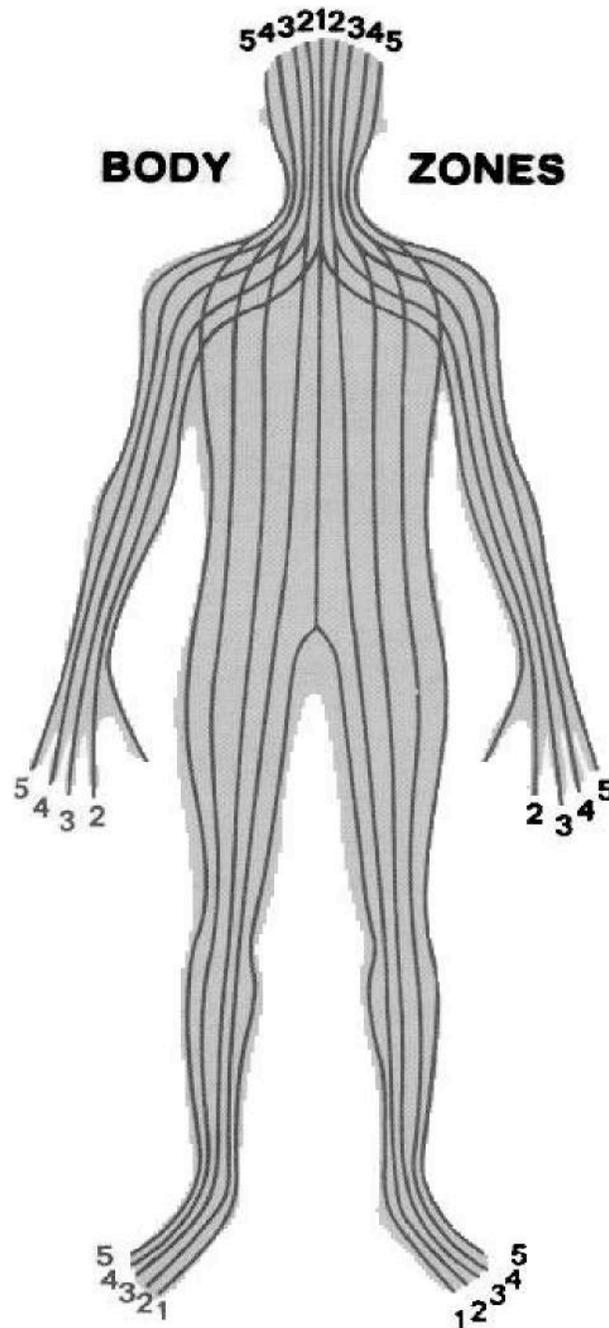
## Ten Energy Zones of the Body



Each zone can be considered a channel for the intangible life energy, called Chi in oriental medicine. Stimulating or “working” any zone in the foot by applying pressure with the thumbs and fingers affects the entire zone throughout the body.

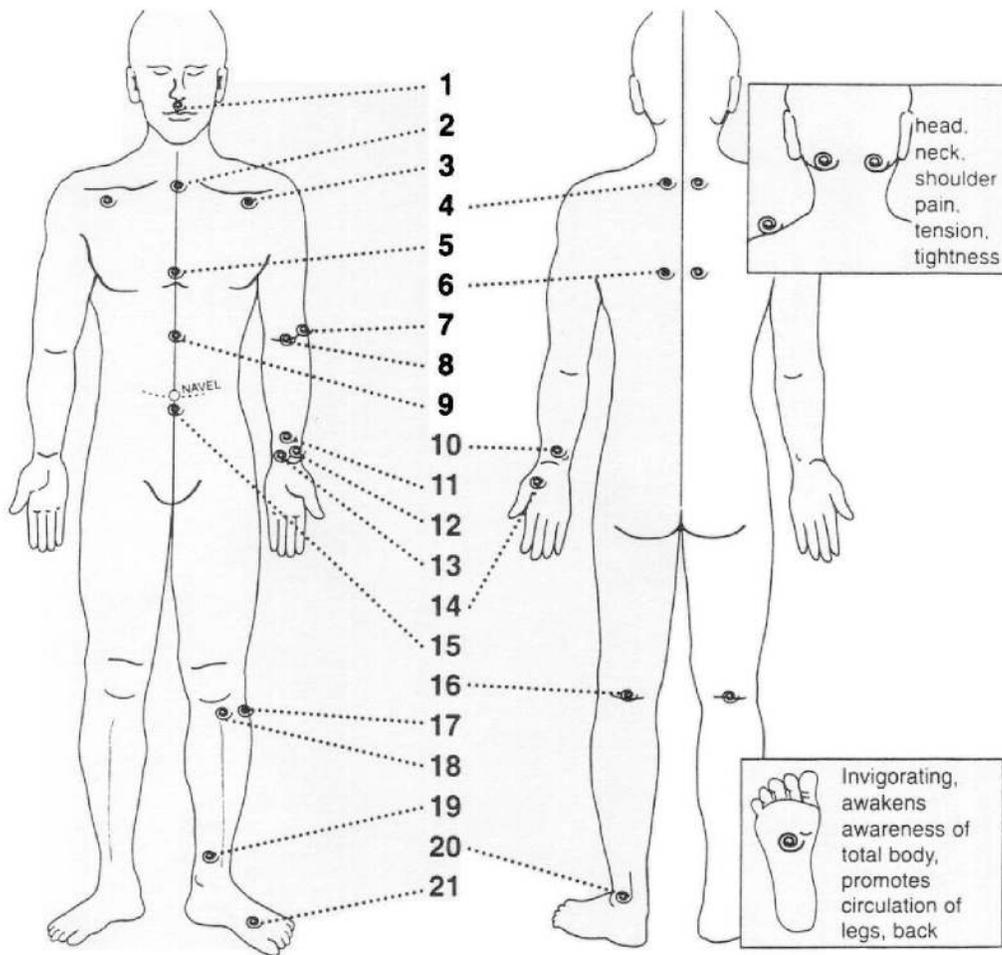
For example, working a zone on the foot along which the kidneys lie will release vital energy that may be blocked somewhere else in that zone, such as in the eyes. Working the kidney reflex are on the foot will therefore revitalize and balance the entire zone and improve functioning of the organ.

# ZONE MARKINGS



Study this diagram to place in mind the zones of the body. Since there are ten fingers and ten toes, there are ten zones of the limbs and all parts of the body. Each line is drawn through the center of its respective zone, and the entire zone includes all parts and organs through which the respective zone line passes.

The right and left sides of the body are the same and each one passes through the body from front to back, or from back to front. This is true of the legs and arms, also the feet and hands. Take any of the internal organs of the body and determine what zone lines pass through them according to the chart. To find the desired reflex point on the feet, picture the part of the foot and follow the line to guide you to the organ involved.

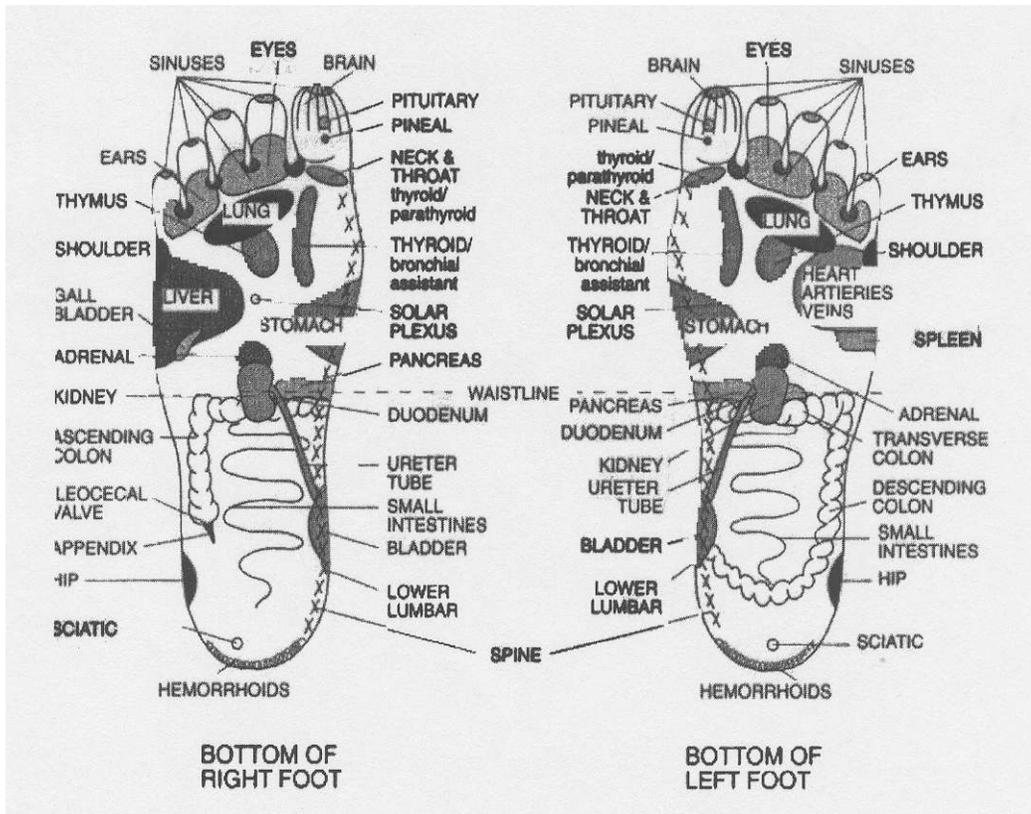
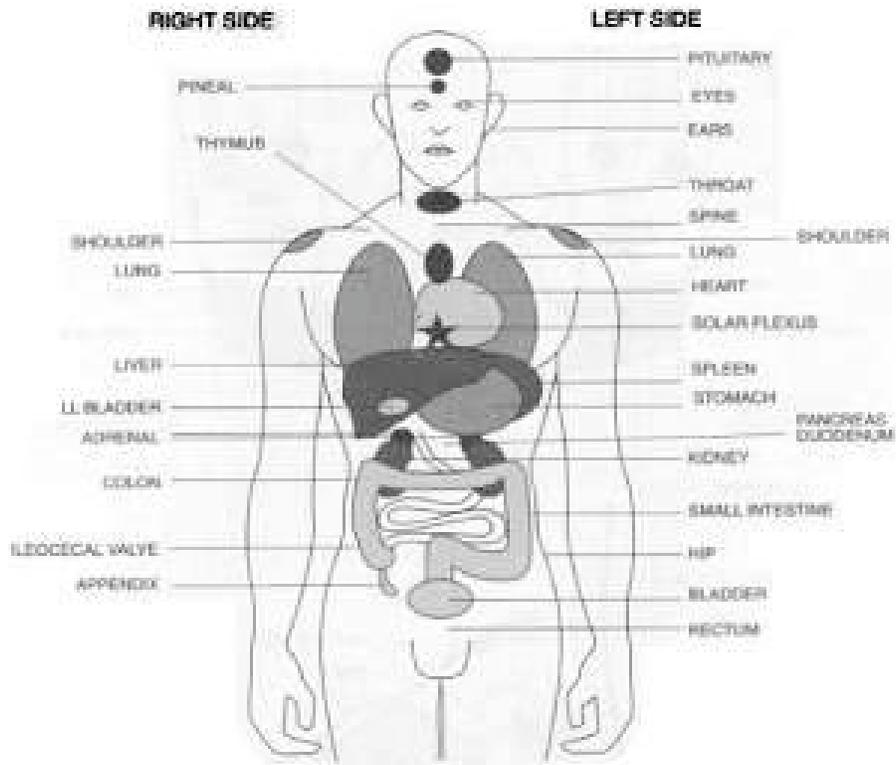


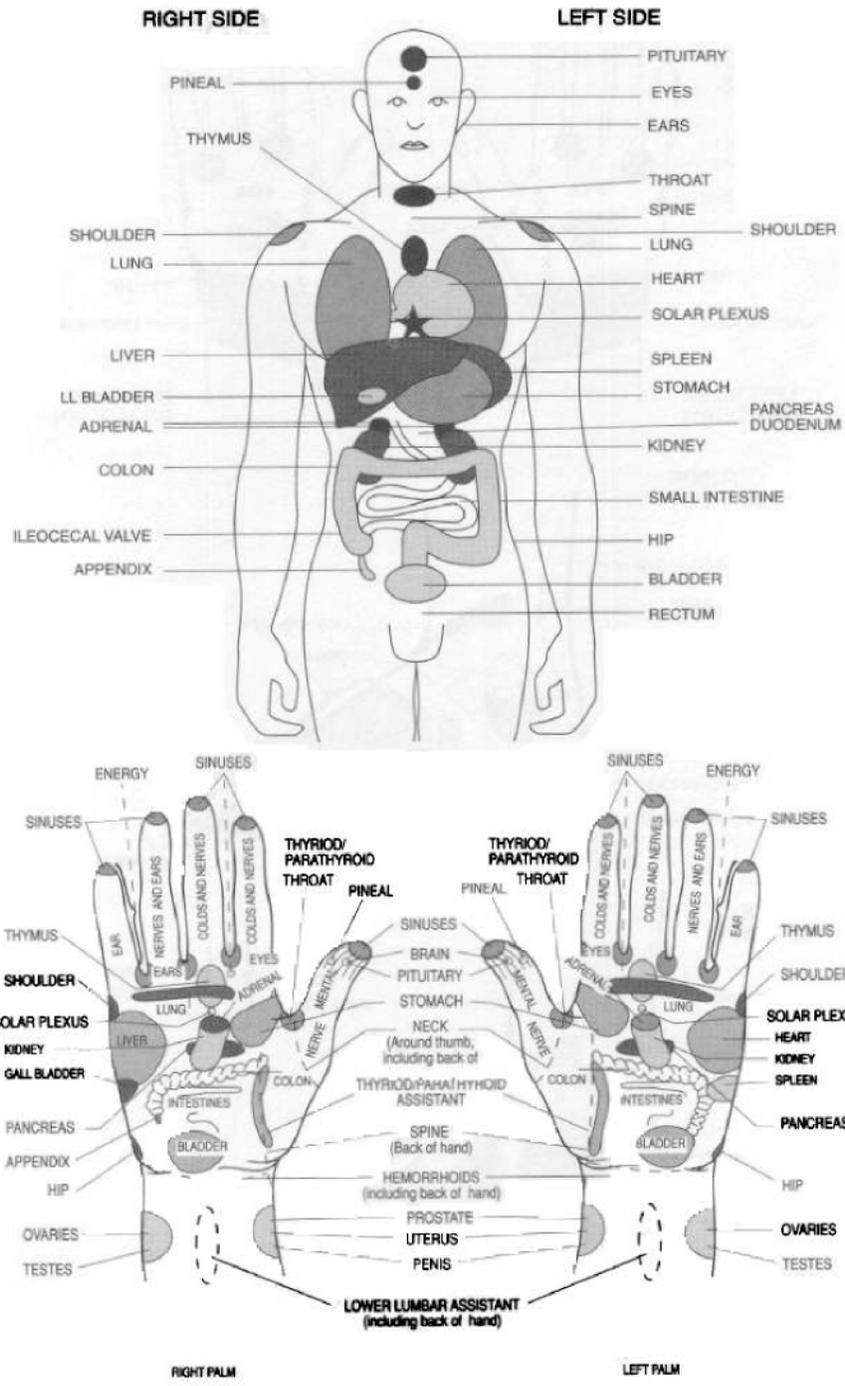
### Reflex or Pressure Points

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. Lower back, emergency pressure point - fainting, unconsciousness.</li> <li>2. Cough, hoarseness, sore throat, immune system.</li> <li>3. Respiratory, chest cold, asthma, letting go/grief release.</li> <li>4. Neck, shoulder, back, bones.</li> <li>5. Pulmonary weakness, cough, chest pain, fluid buildup.</li> <li>6. Mid-thoracic tension, blood, skin, heart.</li> <li>7. Arm, skin.</li> <li>8. Respiratory.</li> <li>9. Upper abdomen.</li> <li>10. Hand, ear.</li> </ol> | <ol style="list-style-type: none"> <li>11. Chest, heart, lungs, ribs.</li> <li>12. Neck.</li> <li>13. Emergency pressure point - anxiety, heart palpitations.</li> <li>14. Face, head, eyes, ears, mouth, teeth.</li> <li>15. Lower abdomen, bladder, intestines, male-female organs, energy storehouse.</li> <li>16. Lower back, leg.</li> <li>17. Leg, knee, muscles, tendons.</li> <li>18. Upper abdomen, energizing point.</li> <li>19. Lower abdomen, large intestine, bladder, male-female organs.</li> <li>20. Foot, leg, upper back.</li> <li>21. Chest, ribs, depression, nervous system.</li> </ol> |
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### **NOTE:**

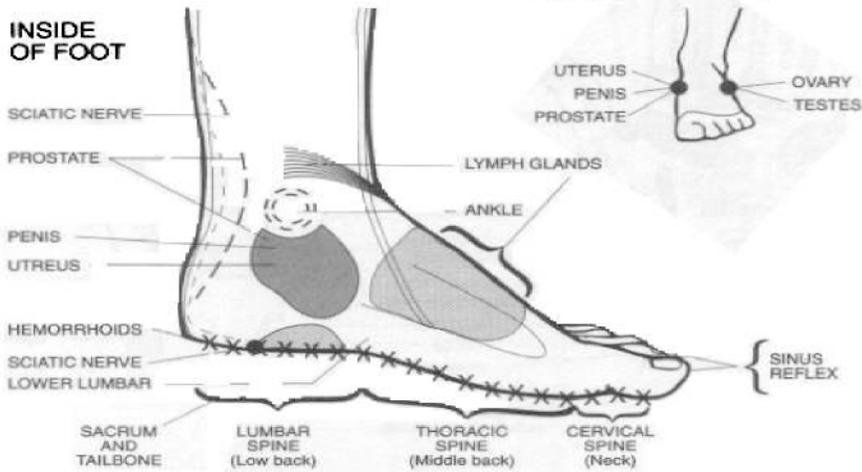
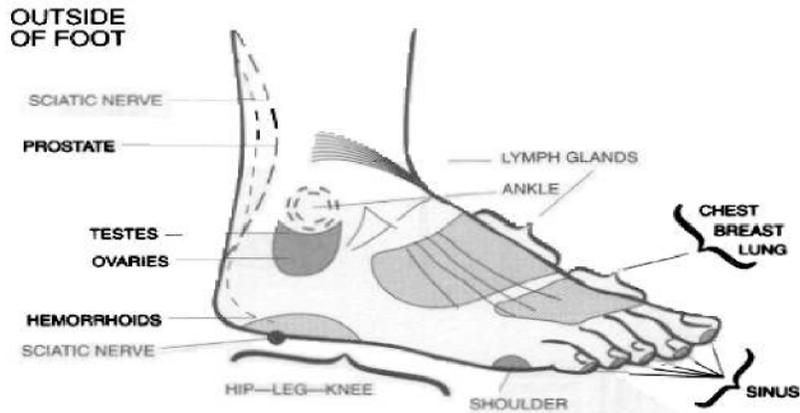
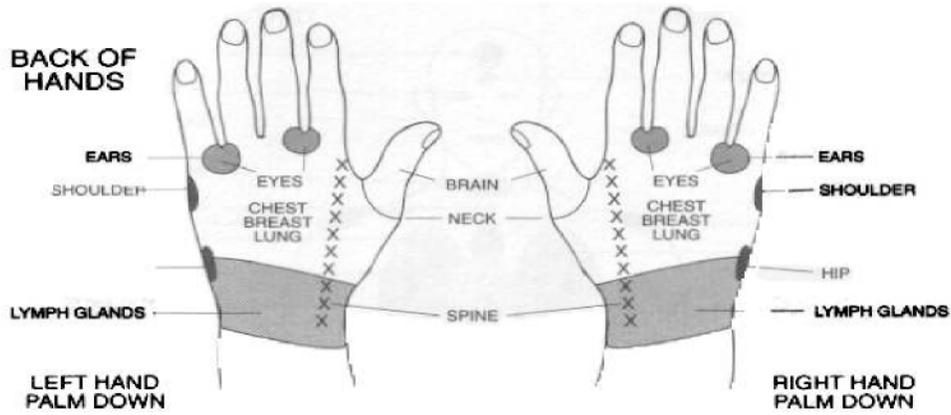
Points indicated on arm, hand, leg, or foot are located on either arm, hand, leg, or foot.



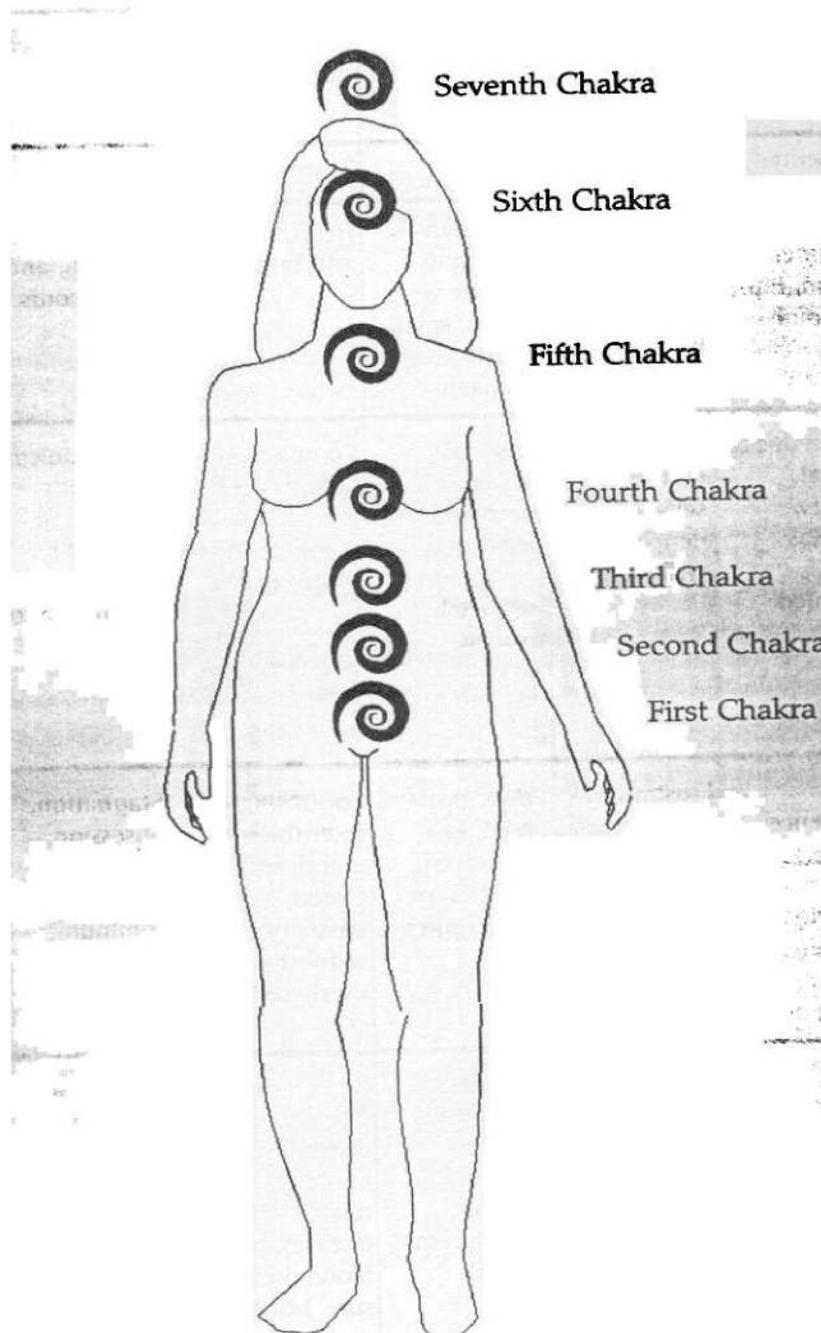


The palm of the **right hand** is positive and stimulates energy, which has a strengthening effect. The palm of the **left hand** is negative and has a sedating, soothing and cleaning effect. The use of both hands will give you the combined effect of both energies.

The backs of the hands have the opposite electrical energy from the palms. The **back of the right hand** will be negative and the **back of the left hand** will be positive.

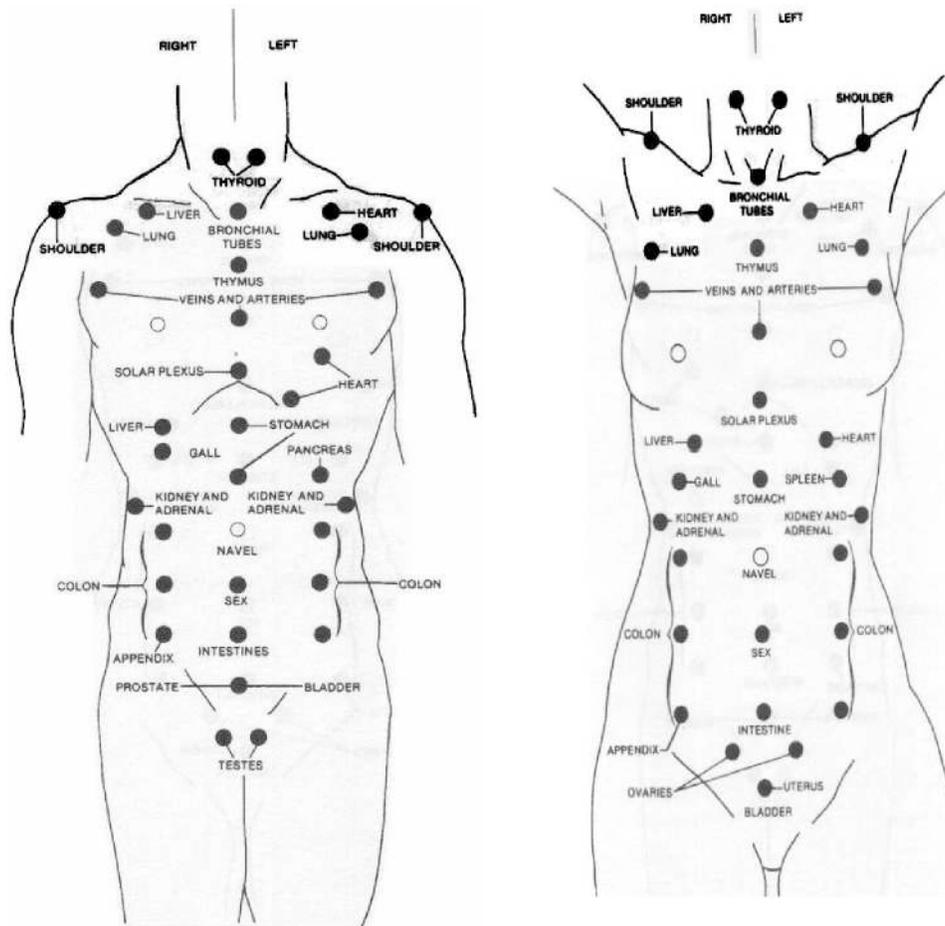


## THE SEVEN CHAKRAS



Chakras are psychic electrical energy centers which are released by the endocrine glands and the nerve centers in the body. The word “Chakra” comes from the Sanskrit language and means a revolving wheel or vortex of energy. These spiraling vortexes of life energy consist of two electrical currents which rise up through each leg and criss-cross each other up through the body. Where these currents cross, the seven major Charkras are found. This energy flows from each Chakra through the body and circles back along the electrical pathways of the meridians. Our Chakras are a reflection of our consciousness. Vitalizing these energy centers will bring about radiant well-being and heightened awareness.

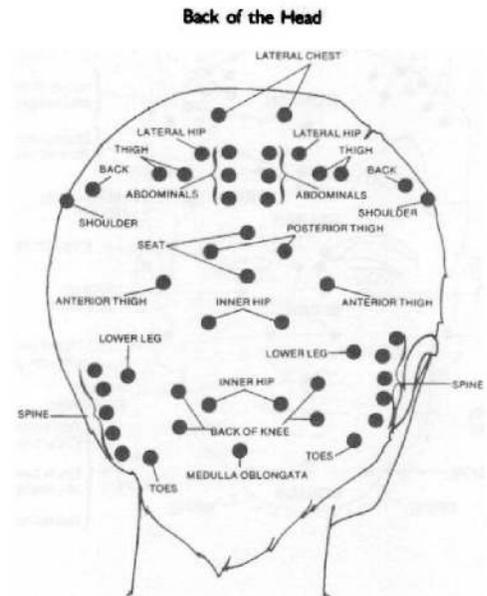
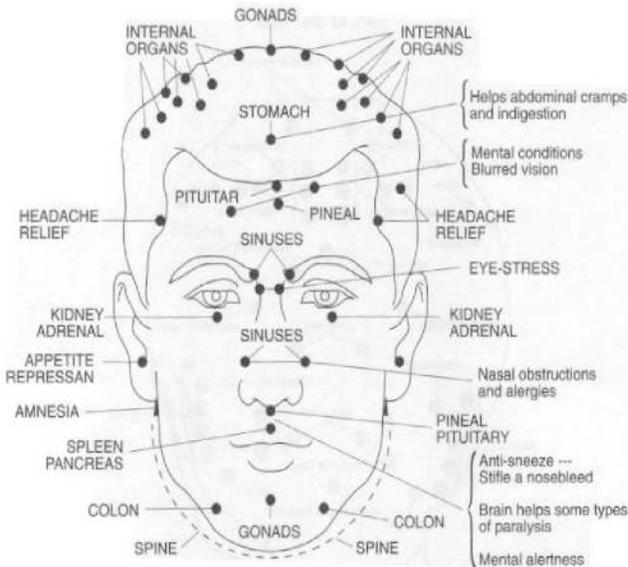
## REFLEX POINTS THROUGHOUT THE BODY



The reflex points are energy junctions that relay and reinforce energy along meridian lines of the body, passing energy toward the organs and the nervous system. Electrical current passes most readily along the body's meridian lines, thus there are special electrical properties at the reflex points and along the meridians that are different from the surrounding tissues.

Unlike the reflexes in the hands and feet, body reflexes do not always follow a straight meridian line. There are several reflex points located in certain areas of the body that will stimulate renewed life to more than one functioning area. You will see reflex points scattered over various parts of the body.

## HEAD REFLEXES



On the very center of the top of the head are the reflexes to the reproductive organs. Down toward the forehead is the reflex to the stomach; under the nose are the reflexes to the pineal and pituitary, then the spleen and the pancreas reflexes. Straight down from these reflexes are the gonad reflexes on the chin.

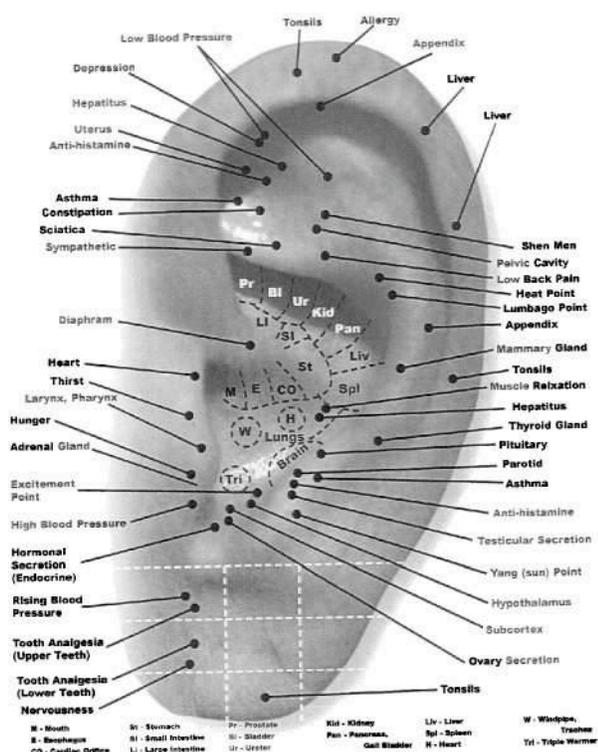
This seems to be the center meridian (or zone) line that runs through the body.

One way to massage these reflexes is to use the center finger, which is called the “fire finger” because it sends out energy more strongly than the other fingers. Do not rub the skin, but rather, rub the bone under the skin very gently.

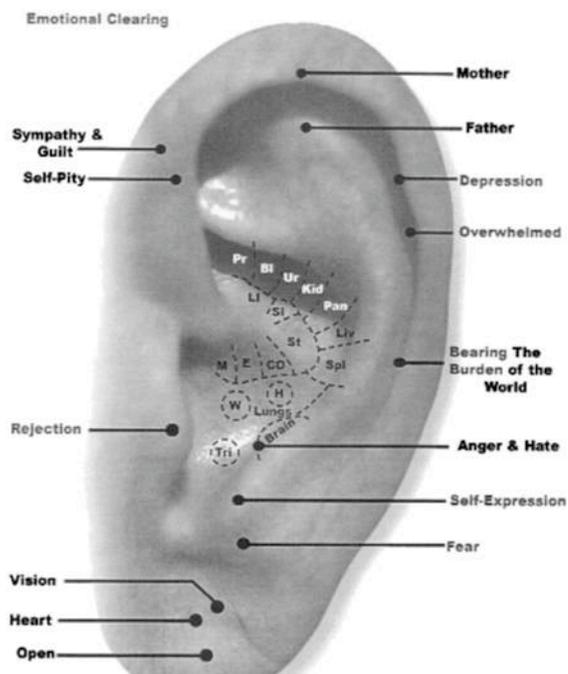
On the back of the head there are many reflexes indicated—areas that are helpful in understanding the science of Reflexology.

There are three methods of stimulation for the head: (1) Grab handfuls of hail and pull. This stimulates not only the hair but also the reflexes to the whole body. (2) Close the fists very loosely and swing them loosely from the wrists as if they were on hinges. Very gently, use the fists to tap the top of the head not more than 30 seconds. This stimulating is enough to bring life to every organ and gland in the body. (3) Use a wire brush to tap the head gently all over. This is an excellent reflex stimulator and also stimulates the hair follicles to promote new hair growth.

## BODY PARTS REFLECTED IN THE EAR



## EMOTIONS REFLECTED IN THE EAR



These charts reflect the auricular points (those pertaining to the external ear). As with the feet and the hands, the ears also reflect body parts as well as symptoms—both physical and emotional.. The points can be useful in accessing the body’s healing energy connections through the ears.

Auricular therapy is done by finding and stimulating acupuncture points in the ear electrically, then by taping tiny seeds on combinations of more than 136 points that have been identified in each ear. The constant 24-hours-a-day pressure from the seeds stimulates corresponding centers in the brain to keep the broken circuits turned on. Healing is thereby achieved in the same way the body heals pain.

This information can be helpful in many aspects—in placing the Electro-Pads, in the use of seeds, or in the use of essential oils to help overcome physical and emotional problems. Essential oils, such as Lavender, Geranium, Helichrysum, and Ylang Ylang are helpful in releasing different emotional problems. Many blends have been developed that address specific needs relating to the emotions.

## SPECIAL INFORMATION FROM NATURAL HEALERS

### PAIN CAN BE HEALED

Severe chronic pain and other diseases can be helped and even cured—often with just one treatment—by treating the cause (without drugs, x - rays, injections, acupuncture, manipulation, or surgery).

This essay presents what may be a breakthrough in the treatment of pain and other diseases and will define what pain is, explain how the body heals pain, describe a new procedure for treatment pain, and then verify the method with case studies from more than 13,000 treatments.

### WHAT IS PAIN?

Doctors have been trying for more than 200 years to find out what causes pain without ever learning what pain is. If we don't know what pain is, all we can do is suppress symptoms and hope the body heals itself.

We give medications that only mask the pain, suppress vital functions, or cause gastrointestinal bleeding. If we can't find anything wrong, we imply that the pain is in the patient's head or tell them they will have to learn to live with the pain. Others are sent to surgery or endless therapy that costs astronomical sums. After all this, the patient may be worse pain than before we started.

Everyone knows that injury causes pain, but what is the cause of pain when there has been no injury? Pain may continue long after an injury takes place. Why does it still hurt? What exactly is pain? How does the body heal pain? Knowing that every cell is a tiny chemical/electric generator connected electrically to other cells, is necessary to answer these questions.

We are aware of the sensation of touch because cells are pushed closer together. This decreases the electrical resistance between cells. Decreasing the electrical resistance increases the flow of electricity to the brain which tells us we have been touched.

When something hits us, it sends a quick burst of electricity to the brain. If pain continues after the blow, it is because tissue has been damaged and electrical connections between cells have been broken. The brain senses the injury because of a signal from the damaged tissue to the brain. The pain signal, however, is **not** the pain. The pain is the broken or suppressed electrical signals between cells in the injured tissue.

What about pain that is not caused by an injury? Degenerative diseases, dehydration, inflammation, infection, ulcers, tumors, lack of minerals, spontaneous fractures, allergies, etc. may also cause the electrical circuits to fail. Whether it is the breaking of the electrical circuits from an injury or the failure of electrical signals for other reasons, the signal to the brain is the same. Both are interpreted as pain.

The failure of electrical connections between cells (blockage of "chi") is not only the cause of pain, but the cause of all degenerative diseases, according to Traditional Chinese Medicine. The theory is not so incredulous when we know that the brain works electrically and that we are "brain dead" when there is no more electricity going across the brain. All cells will die or become degenerate if electrical signals are broken or suppressed.

## HOW IS PAIN HEALED?

If pain is the breaking, suppression, or failure of the body's electrical circuits, how does the body heal pain? Pain is healed when the body reconnects the broken circuits. When we hit our thumb with a hammer it hurts because electrical connections between the cells have been broken. It stops hurting when the body reconnects the broken circuits. This is the way the body heals pain and the only way we can heal pain—by finding and reconnecting the broken circuits that cause the pain.

Suppressing the pain signal with drugs is treating the symptom, not the cause. The medication only masks the pain and does nothing for the broken circuits that cause it.

How do you find and reconnect broken circuits? An instrument that measures electrical resistance can non-invasively detect where the circuits have failed. If the instrument also stimulates with the correct wave form, current, and frequency it is possible to reconnect the broken circuits. The Electro Reflex Energizer is a more discriminating method of electrical stimulation.

Everything that has been said can be measured, quantified, and proven with simple electronic instruments on real patients. When there is pain the part of the body that hurts **always** has more electrical resistance. This means the electrical signals between cells are suppressed. If you can restore the flow of electricity through the painful area, the pain will go away, often immediately. And if you can keep the circuits turned on, the pain will not return.

How do you maintain the flow of electricity (“chi” or “life force”) so the pain does not return? Acupuncture can reconnect broken circuits. To keep the circuits turned on Chinese Medicine provides another answer.

Below are case studies to show how well the treatments work:

**Mike W. had back pain from injury and surgery** that resisted every treatment and drug. It was so severe that more than once Mike went to his gun closet to end his pain, had his finger on the trigger, then couldn't go through with it because of his family. One treatment stopped all pain until Mike re-injured his back. One more treatment relieved the pain again.

**Arthur T. had diabetic peripheral neuropathy** and a painful gangrenous ulcer on his big toe that would not heal. The surgeon wanted to amputate his foot to save his leg. After the first treatment Arthur slept all night with no pain. Three treatments, plus infrared laser light totally healed the ulcer and relieved 100% of the pain.

**Wilma H. had pain in the lower back and down both legs for 30 years.** She was losing the use of her legs. Pain from arthritis, spurs, fusion of disks, and curvature of the spine were so severe her husband had to help her turn over in bed. She started with a brace as the problem advanced, then doctors told her nothing could be done and that she would just have to learn to live with the pain. She received 100% relief after one treatment and it was still 90% better eight weeks later.

**Virginia C. had lower back and hip pain.** She received 95% relief after 17 years and “giggled all week.”

**Dina S. was afflicted with fatigue and depression.** She was unable to do a load of wash and fold it in one day, but did eight loads the day after treatment. The feeling of “impending doom” was gone after one treatment.

# USING THE ELECTRO REFLEX ENERGIZER

By Connie Stonier

*Connie Stonier is a Registered Nurse, Certified Massage Therapist, and a Specialist with the Electro Reflex Energizer. She can be reached by calling 651-439-4890.*

The Electro Reflex Energizer or ERE has proved effective for **neuropathy**. I also use it with a lot of my diabetic patients who suffer with this malady. It's incredible because you do actually see the flesh and the tissue of the feet changing color, as well as the circulation coming back in. The patient feels the temperature and the warmth change when the Far Infra-red emittance takes place in the Foot Pads, so it is a wonderful device. It not only has the electrical impulses, but it also has the Far Infra-Red. A construction worker came to me whose **feet were "on fire,"** so to speak. He could hardly walk, so I had him do five minutes on the ERE and his feet did not burn anymore.

Using the ERE is unbelievable in what it does for the **lungs**, especially in the cold and flu season. It helps the folia (which are the finger-like, hair-like substances in our lungs) to stand up and absorb the oxygen from the air we breathe. Myself, I can feel the difference. **You breathe deeper, you feel more relaxed.** We shallow-breathe as a society; we kind of pant. You can get this amazing benefit just by using the ERE on the feet and hands. You can also place the Pads on the inside of the scapula (those wing-like shoulder blades) to access the lung points.

I have found that using the ERE helps eradicate the **ringing in people's ears**, which is known as tinitis. The ringing can be caused by scar tissue and the vibration in the eardrum or different things. A lot of times when people have this condition it can be caused by parasites.

I work with a number of chiropractors who send referral cases with problems from head to toe, i.e., situations where they hit their brakes real hard and have a **lockup or a spasm in their back.**

A few weeks ago my son had a **sore neck**, so we had him put the Pads on either side of his neck and he soon said his neck felt better and even that his legs weren't so antsy. The restless syndrome can be a potassium deficiency, but it can also be nervous energy.

The ERE is also wonderful for **Charlie horses**. A lot of children get **growing pains** in the backs of their knees which can be relieved by the ERE. As we get older we get what we call **Baker's cysts** in the back of our knees, which is like a little pocket of fluid. It's kind of a bubble and it causes great discomfort under the kneecap. You can put the Pads on each side of the kneecap (the little muscles are called the meniscus, the bony prominence on the side of the knee). It is wonderful for the Baker's cysts as well as the growing pains for children, so I use it in that fashion as well.

My husband **tore his Achilles tendon** two years ago during an injury and that is a long recovery process. He is very athletic, but he was wheelchair-bound, then onto crutches. He developed atrophy of the muscle in his calf so that one looked smaller than the other one. He used the ERE for about five days and he absolutely loved it! He said he felt his muscle worked more by using this machine than he had working out as much as he does. I am anxious to see what it will do over time for his **calf muscle**. He said it hurt, but he felt like the machine had done more for him than he does with his regular workouts. He was just putting his feet on the unit—it was incredible! He absolutely loved it! And he liked it as high as he could get it (which contracts those muscles on a deeper level) and that's why he got sore. He had to turn the intensity down, but he loved it.

The ERE works with the nervous system, which is an incredible system in our body. It is also what sends the signal to the muscle response. A lot of times when people get something like a **Charlie horse in the back of the large calf muscle**, that can indicate many different things, but it is the nervous system that is truly sending those signals to the muscles.

I use the ERE in the healing business. I work very closely with a number of chiropractors in my community with their referrals. They will refer to me with **no-fault accident victims** for massage therapy and rehab work. I do very detailed work with the muscular system in the body.

I have found that I can use the ERE, especially the Pads, as a billable service to these clients as a part of therapy that I can provide for them while they are here. A lot of offices have a very heavy caseload, where I am able to take the time with these individuals and do the adjacent therapy. I use the Electro-Pads which come with the ERE when ordered from Hsin Ten Company. They also have the replacement Pads available.

I use the pads on particular muscular groups or injury sites. They are wonderful for **deep, severe bruising**. I use it for bruising in Mode 3 because it is a softer mode—it's more of a pulsating, massaging mode. The variance of the frequency helps to break up that congested blood which is a part of the bruising process.

In using it with a lot of my **accident victims** I began to realize that in knowing their bodies from working with them, they have other maladies that they deal with. These are a few of the things I have found that have been assisted and/or eliminated by using the ERE with a lot of my patients and clients. Number one is **Herpes**. Herpes are really actually active viruses that live on the nerve endings and they have had a significant decrease of outbreaks by using the ERE, which is wonderful!

**Candida** is a yeast overrun that attacks men and women (it is not exclusively a women's imbalance in their bodies). Infants will get what they call **thrush** and it is almost like a white cottage cheese-looking effect that they get in their mouth and that is essentially Candida which a lot of infants can contract as they go through the birth canal.

One chiropractor has had significant results with people with **neuropathy** associated with diabetes because of the loss of feeling or the tingling. We have found that people with neuropathy have to turn the machine almost all the way up before they even feel it, and when they get it all the way cranked up it feels good to them. They have very little feeling in their feet so they have to have it up high in order to feel it. With one 20-minute session going through all three modes, some have started having feeling, so don't be afraid to use it. That's another thing that is nice about the ERE. You are in control of the intensity.

A lot of times people even have **pinched nerves** in their neck and shoulders and will get that tingling sensation in their hands.

You can actually put your hands on the ERE as well. It is fabulous for **carpal tunnel**. By placing the bend of the wrist on the arch of the machine it is incredible for working on that very specific area of carpal tunnel. You can have major pain relieved in as little as 15 minutes.

It is critically important to **drink water before and after** using the ERE. Also, taking a quality fiber after using the ERE will help to eliminate some of the dead parasites that are being pushed out to the system.

With **lupus** people have a lot of joint pain. They get the rash and the poor circulation in their fingers and their toes, and the ERE has helped heal many people with lupus as well as with the **fibromyalgia** because they deal with a lot of pain.

For **Charlie horses** in the legs you can use the ERE Pads, placing them above and in back of the heel and shortly down from the back of the knee. It would be on the calf area. When people wake up with that kind of pain it's not a fun thing!

**Planter's fastitus** is another thing that can be relieved by the ERE. Planter's fastitus is that muscle that runs on the bottom of the foot (the pads on the back of the foot) and between that and the heel. It's a small spasm in that muscle.

**Heel spurs** and **bone spurs** can be treated. I have a friend with a horrible heel spur and she finds great relief with the ERE.

Another thing I have found are **Planter's warts**. Warts are a virus that live within our body and the ERE in Mode 1 helps delete a lot of the viruses, bacteria, and parasites. Yeast, fungus and mold can also be removed.

**Broken Bones.** This is something that I actually experienced. I was running into the bathroom to grab some tissues and tripped over some wet clothes that were on the floor and went flying into the shower/tub area. I fractured five bones in my right hand (this happened about a year ago). I had x-rays and they said that I would be out of work for about 12 weeks and I said, "I can't be out of work for 12 weeks! I use my hands every day—who is going to take care of my clients and my patients!" Between using the Far Infra-red Dome and the ERE I could actually feel the bones 'itching' and tingling, and I knew that healing was taking place. Between using those two devices I was back to work in seven weeks, which was wonderful.

Another thing we have been successful with is **gout**. This can cause a lot of intense pain in the feet, particularly in the big toe and there is a great deal of swelling. It is a very painful thing. I have had people who experienced healing as well as with **bunions**. That, too, causes a lot of pressure in the feet.

The pads are absolutely incredible for anyone with **lung congestion**. I used it a great deal during the recent horrible flu season. Many people went through the flu and were left with an annoying cough for as long as two weeks. I put the ERE pads on the inside of the shoulder blade, yet far enough from the spine, almost kind of behind the heart area in the upper lung area and it helped tremendously with the coughing.

In a training session in Canada, it was explained that radiation can be removed and prevented from injuring the body by using Mode 1. I haven't had any experience with anyone with that, but it is a very powerful concept.

The **Electro-Pads can be cleaned**. When you put them on skin and hair you tend to pick up flakes of skin and hair and eventually the Pads don't stick anymore. Just take a drop or two of mild soap and water, and using your finger, lightly wash it off and then rinse it with running water and let it thoroughly dry.

They may become sticky again, but you can use them over and over until they finally do wear out and it's time to replace them. You can prolong their life by doing that. You can also clean the Pads with alcohol wipes to cleanse off the body oils. You can't use a cotton ball because it will stick to it, but the alcohol wipes remove the pathogens and work very well. There is a square piece of plastic that comes with every ERE that has little nodes on two sides. The Pads have a clear plastic shield that you can keep on them, but simply hook the Pads to this little plastic square that comes with the device and it preserves the sticking ability.

It is most helpful to users to have a **Zone Therapy chart, the Hand and Feet charts, the Meridian chart**, and also pages showing the muscular system of the body so that they would have a view of how the muscles lie within the body, because most of us don't know that.

Sometimes people think the machine isn't working, but you must remember that **whenever you change Modes** it is necessary to turn the dial all the way to the OFF position and then turn it back up and when the lights start flashing it starts to produce the energy. If the light is not flashing that means it is ON, but nothing is being produced, so turn it to the OFF position and then regulate the frequency. If you don't feel anything at first, keep turning it up until you do.

If you use moistened paper towels it increases the energy flow going through the body. If you just use bare feet that is fine, but the moisture increases the energy. If you are using the machine at a show or with the public always use the moistened paper towels so that each person has his own towel. If you are using your own machine at home just moisten the bottom of your feet. A lot of people think that nylons are like their feet, but you cannot have nylons on and use the ERE. It blocks the energy flow into the body. You will not get the true impact of the device while wearing nylons or panty hose.

In case of **swollen ankles** the ankles correlate with the ribs. We have "referral points" in our bodies, i.e., the palm of the hand refers to the base of the foot; the inner forearm refers to the calf of the leg; the bony part of the forearm refers to the skin bone; the elbow refers to the kneecap; the front of the upper arm refers to the back of the thigh; and the back of the upper arm refers to the front of the thigh—so we have these referral areas in our bodies.

Say you have **broken your right leg** and you can't work on that muscle—you can go to the referral area and use the ERE Pads on those muscles. There can be blockages in the zone lines that run through our bodies. For instance, put your right hand on your right knee so that the thumb and the big toe "line up" with one another. That is Zone 1 and it goes up through the middle of the groin through the very core center of the body, up through the nose and right up through the top of the head. Zone 5 would be the little finger and the little toe and also the outer side of the body. If there are any blockages in those

areas, it is going to cause problems. Also, the bottom of the feet reflect every organ of the body as well as the hands, so by stimulating the hands or the feet with the ERE you can help those organs that may have some congestion or sluggishness.

It has been proven through hundreds of years of research that those **specific areas relate to specific organs** and that is why the ERE can enhance that whole area at the same time by working on the entire foot and the entire hand.

It's not just the feet or the hands, however. When you are using those small sticky Pads you are truly affecting the entire body; you are working with the entire nervous system throughout the whole body.

For those who don't have the charts, the mid section of the foot (going right through the arch zone) is called the "waist line, side line" so that would be about the waist of the body. Pick up one of your feet and take note that **the big toe is your "head."** Drop down to the bone on the side of your big toe and that is the shoulder. Dip down to the arch line (which is the waist), and as you go back you also cover the areas of the spine. There you have the cervical, the thoracic, the lumbar and all the way down to the back of the heel where people have sciatic pain and also in the coccyx (the tail bone of our body) and that referral point is at the very back of the heel. There are gray spots, which would be calcification in different regions and areas of the body.

The **Zone Chart is so helpful** because you can follow that line or zone of the body and find another area of correlation that will refer to the body and whatever it is that you are suffering or ailing with. By adjusting the spine with the Chi Machine you can help those spine areas of the body.

You can use the Pads on the muscles on each side of the spine (left to right, left to right) and enhance those areas that are affecting that part of the spine and that part of the body also.

We have what we call the **parasympathetic** and the **sympathetic** nervous system

(meaning primary and secondary) so the nerves that come out of those vertebrae in the spine are what go to the organs in our body. If your spine is subluxated or out of balance and you have pain, you can almost bet that those organs aren't functioning correctly. For example, if we had a six-cylinder car and one of the cylinders has been shut down and gummed up, the car will run—but it won't run to its best and optimum performance. It's going to choke and sputter and you are going to know something is wrong with your car.

It's a very simple analogy that can be used to explain a lot to different people. If one thing is out it affects many, many other aspects of the body, and it could be lack of a response that can't let the signals can't get through. That comes from the nervous system, and the spinal column is what houses a great core of the nervous system.

You can put the Pads front to back because we have referral points there. A lot of people who get horrible **nagging knots on the inside of the shoulder blade** find the pain is exacerbated or is a worse condition because of the pecs muscle that is in the front of the chest above the breast area (below the clavicle about three ribs down). They run and join in the axillary (which is your arm pit area), so you get all that pulling. You see this in almost every truck driver, because as they steer they are driving with one hand and they will always have a huge knot in their shoulder blades. Sometimes a lot of people who are sitting at the computer all day build up a lot of lactic and uric acid in those muscle zones.

By putting a Pad on the front muscle (on the pecs muscle) and then one in the back on that point inside the scapula towards the spine, you will find great relief from that. You will almost feel it unwind right around the outer rib cage.

One precaution: **You don't want to go over the heart.** The heart has its own impulses and it is a muscle, too, so it will respond slightly to that, but if someone has a weakened heart condition, don't mess with the heart.

Simply **hold your children or your pets on your lap** while you are using the ERE and it will help them with many problems

We actually have about 2,000 pores in the bottom of our feet, and a lot of people will put **essential oils** that are geared to assist specific areas on their feet, and that is an incredibly powerful thing.

## USING THE ELECTRO REFLEX ENERGIZER AND STIMULATOR

By Linda Oyama

*Linda Oyama is a certified Natural Health Professional who owns and operates the Peaceful Valley Naturals Wellness Center in her home near Bozeman, Montana. After six months of using the Electro Reflex Energizer in her practice her clients have experienced the following:*

- o Rapid weight loss—may lose as much as 1 or 2# a day!
- o Parasites were eradicated quickly, including tapeworms.
- o Viruses, bacteria, yeast, fungus, and mold eliminated from the body.
- o Nerves healed—feet with no feeling have come alive.
- o One lady reported her 15 fibroid tumors dissolved.
- o Lung congestion breaks up so it can be removed quickly.
- o Excellent results with pulled muscles and areas of sore back, neck and shoulders using the Elector-Pads.
- o Radiation is removed and prevented from entering the body.
- o Blood purifier and balancer of electro energy.

## **HOW TO BEGIN**

Always start with five minutes on Mode #1. This frequency will break up pockets of toxins, clusters of parasites, and radiation. After several treatments increase the amount of time and mode. Modes #2 and #3 are healing modes, but first you must remove toxins. That is why you always start with Mode #1. If your legs hurt when beginning Mode #2 or #3 reduce the amount of time or switch modes. Mode #2 is relaxing and Mode #3 is massaging. Experiment and you will find what works best for you. Later, you can combine the modes from switching from one mode to another.

## **DON'T GET DISCOURAGED**

After using the Electro Reflex Energizer for several days or weeks many people feel as though it is not working. The stimulation seems to have diminished, but it is only because the Energizer has begun to purify the blood. It is important to keep right on with the treatments and eventually the electro reflex will be felt again. Do not be alarmed or discouraged—this is normal. The electrons are moving and stimulating even when you don't feel them.

## **SOME SIDE EFFECTS**

Those of us that have yeast will find that we can have skin eruptions or scales flaking off. A very tired feeling only means your body has gone into a deep healing and wants to rest so it can recover. This could last for several days. Do not be discouraged—keep going. You may notice more energy, clearer thinking, and less stress.

Diarrhea can occur as the body moves toxins. If you have had parasites you can often see long strings of mucous in the toilet. With tapeworms you might see dead, snake-like skin floating in the bowl. This will be broken up into small pieces. If you have a very serious health condition you may feel slightly ill, nauseated, or maybe feel like you have the flu. Do not quit—your body is flushing toxins.

**It is critical to keep the bowels moving freely, as the poisons dump into the**

**bowels and kidneys for excretion from the body.**

## **DRINK PLENTY OF GOOD WATER**

It is suggested that you drink lots of good purified water. Use only glass bottles for your water, as a virus can easily be in the plastic bottle. Many times we find parasites, viruses, and yeast are in bottled water. (DO NOT drink chlorinated water.)

## **DETOX HELPS**

Baking soda baths help to reduce the acid (aching or irritable) level in the body. As the toxins release they create an acid state in the body.

Use one cup of baking soda in a hot bath and soak for 30 minutes. Do once or twice weekly or as needed. Relax and enjoy. This detox bath brings great relief to body and mind.

## **OTHER APPLICATIONS**

Babies with colic, small children, and pets can be treated while being held in your lap. Use low frequency during the treatment. For those who are bedridden, hold the Energizer to the bottoms of the feet for a five-minute treatment. Use only low frequency on #1 Mode.

## **HUMAN BODY PARASITES**

**By Glenda Patton**

### **WE ARE ALL SUBJECT TO PARASITES**

Every one of us every day of our lives is subject to parasites—anyone who touches doorknobs is subject to parasites. Millions of parasites, including mites, worms, bacteria, fungi, and viruses are eating your flesh right now! The human race is subject to infestation by more than 1,000 types of parasites. These freeloaders can be extremely harmful, wrecking havoc on the health of their unwitting hosts.

## **PARASITES ARE LIKELY WITH YOU NOW**

Virtually all parts of our bodies will host some type of parasite within our lifetimes. Parasitic infestation of the bodies of humans has reached epidemic proportions in some parts of the world, including North America, representing a major health challenge that is often overlooked by medical professionals. There is a tendency to only treat the symptoms—chronic fatigue, skin rashes, muscle and joint pain, weakened immune system, forgetfulness, food allergies, colitis, water retention, and many others—without considering that parasites may be the root cause of health problems.

## **HOOKWORMS ARE VICIOUS!**

Parasites are living beings that exist on the bodies of other living things. Inside the human body parasites enjoy what we eat, sucking the nutrients from our food while we get the leftovers and the parasites' waste products! An example of a particularly nasty parasite is an American species of hookworm, aptly named, *Necator Americanus* or American Murderer. These ugly creatures attach themselves to intestinal walls then suck on tissues and blood, causing the host to suffer from iron deficiency anemia.

## **TAPEWORMS ARE HUGE!**

When we are always hungry we may jokingly say that we have tapeworms. However, there is nothing funny about tapeworms. These huge parasites may be more than 30' long and are capable of producing a million plus eggs a day. Tapeworms consume so much food that the host may actually be hungry all the time, yet may appear obese because of the tapeworm-induced water retention.

## **HARD TO AVOID PINWORMS**

Pinworms are extremely common intestinal parasites. It's hard to avoid pinworm infestation because their eggs are often airborne. Once pinworms are snugly ensconced inside the human body they crawl outside the anus at night, causing severe itching and then lay their eggs on bedding or sleep wear.

One thing to remember about parasites: Although most of them lack a brain as we know it, they are highly developed survival machines. They focus all their energies on eating and reproducing. Getting rid of them is difficult.

## **NOT ALL PARASITES ARE MENACING**

Some living things that park themselves on or in our bodies actually perform a service. One example is the relatively harmless tooth amoeba. Brushing your teeth won't drive these tiny squatters out; they run for cover when they see a toothbrush, then happily emerge to feast on microscopic bits of food or other organic material. This kind of relationship between host and parasite is called mutualism. Another less than dangerous parasite is the dust mite. Although they can cause allergies, dust mites operate as a sort of cleanup crew for our skin.

They march about on our skin and scalps all day, scarfing up dead skin cells. Combine the invisible guests such as worms and bacteria with visible ones like fleas, ticks, mosquitoes, lice and flies – all of whom feed on human blood or tissue – and it's easy to get a little paranoid about being host to an army of parasites!

## **KEEP PARASITES AWAY**

One way you can keep parasites away is to strengthen your own immune system. Eliminate sugar, saturated fat, junk food, white flour, yeast, alcohol, tobacco and caffeine. Avoid eating meat that is not well done. Educate yourself about proper food handling and storage practices. Drink plenty of pure water and consider a moderate exercise program. Practice good personal hygiene by washing your hands often with soap.

## **PARASITES - THE SILENT KILLERS**

Many people take bottles and bottles of the best nutritional supplements, but then can't understand why they don't work. Often this is because the parasites are getting the best nutrients! You get the "scraps and leftovers"

while they grow healthy and fat and your organs starve for nutrition. A silent battle is waging at all times within your body—a battle between YOU and the PARASITES! You swallow the food and they get the good out of it. Maybe this is the reason you have never felt great in spite of eating the most nutritious meals.

Here are some of the things you may be dealing with:

- o Microscopic parasites can get into your joints and eat the calcium linings of the bone. This can lead to excruciating arthritis.
- o Parasites can eat the protein coating on the nerves (the myelin sheath). This causes a disruption in the nerve signal from the brain.
- o Many times when a person has an inflamed appendix, it is removed and found to be loaded with parasites!
- o Microscopic parasites can live in every organ of the body and contribute to just about any disease known to man.

Many people make every effort to keep the inside of their houses spotlessly clean, but they neglect to clean the inside of their body—which is far more important. People often get parasites by eating fruits and vegetables that are not washed properly. They eat spores and these spores later hatch in the colon. Many people eat raw meat and sushi (raw fish). This is a big cause of parasites.

## HOW MANY TYPES?

Here is a list of the different types of worms and parasites that have been identified in humans. It is hypothesized that everyone has all twelve of these worms and parasites in them in different layers of the colon.

- o **Tapeworms.** These parasites have been known to grow up to 36" and longer. One person keeps a jar in her home, full of tapeworms she has removed from people.
- o **Whiteworms.** These come in all sizes.

*Parasites*

They are often the color of eggshells and look like spaghetti. They turn black when they grow up.

- o **Redworms.** These look just like the earthworms you see in the ground. They come out of the colon wrapped in balls. They can be as long as 6 to 7" in length.
- o **Inchworms.** These are thick, black, and bumpy. They are as thick as fountain pens and about 2" long.
- o **Blackworms.** These are 1" to 12" in length. They come out of the colon wrapped around each other with yellow acid water mixed with them. They live deep in the impacted colon wall.
- o **Pinworms.** These are tiny little parasites that wiggle when they come out. They are about 3/4" and live in the intestine. At least one-in-five children, has pinworms.
- o **Hookworms.** These are curved and are about 6" long. They come to a point at both ends and are shaped like a fishhook. They are gray in color. One quarter of the world's population has hookworms, including 50% of Americans.
- o **Little Fish.** These are a type of parasite with a round head and a tail. They actually swim as they come out of the colon. In many cases they will try to swim back up the colon. They come out in schools and are 1/2 " long and everyone has these!
- o **Threadworms.** These parasites are as thin as a thread. They are cream-colored and often come out by the hundreds.
- o **Fuzzballs.** These are parasites that are round and have fur on them. Many cancer patients have these. They are 1/4 to 3/4" in diameter and are yellow.
- o **Spiders.** These are a type of parasite that look just like a spider. They often have many legs and are colored brown. Some look like an octopus. They are often 1" long.
- o **Stickpin worms.** These are still another type of parasite that looks like a stickpin.

They are 1" long and have a head like a pea, which is perfectly round. The babies are white and the adults are black.

### **WORSE THAN AN EPIDEMIC**

There are so many worms and parasites it's worse than an epidemic. Parasites sometimes come out of people by the litter. They nest in the black, impacted colon. As one layer is cleaned, a certain type of worms comes out. Another layer brings out another type of worm. People should go on a parasite-cleansing program a few times a year.

Even more effective would be the consistent use of the ERE, with its electrocuting effect on these little critters!

### **CONNIE STONIER'S EXPERIENCES WITH PARASITES**

When a patient comes in, I have them go through all three modes on the ERE, especially for **parasites**. I urge anyone to use all three modes because different parasites have a different life frequency. For example, you may have a bug zapper hanging outside in the summer months and if certain bugs aren't close enough, it won't affect them because they have a different life force within them.

### **AT-HOME EXPERIENCE**

I have had several clients and patients who actually eliminate worms, one of whom is **my own 11 year-old son**. He is a typical youngster, and we have cats and dogs and he climbs trees and gets in the mud, etc. One day he was not feeling well; he was getting gray circles under his eyes, was lethargic, wasn't eating—just not the busy boy he usually is.

We had done a form of cleansing with our son because he has been raised quite holistically, but it just didn't kick it—it didn't do what I was looking for. He wasn't back to himself. We had done a variety of things trying to remedy this with no success. Then it dawned on me that he hadn't been on the ERE for a while (and this was in the height of summer), so I started having him put his feet on the Foot Pads of the ERE.

First and foremost, we are mammal and in that light we are subject to over 320 different kinds of parasites and those parasites are in many different forms. Anyone who gardens, anyone who touches doorknobs has parasites—and I have said this to many, many people in many workshops and I know I will say it many more times. It's an unpleasant thing to think about, but it's very, very true.

Parasites are just like butterflies or any other insect larva—they have a life cycle. They have different stages of growth and development, so we did the ERE for a couple of days in a row. After setting him up on the ERE I had him do **five minutes on each mode**. He is about average body size for an 11 year-old. (You would prorate the time for children according to their body size). Then later I put him on the ERE and had him do **10 minutes in each mode**. The next day he was in the bathroom before going to school in the morning—and I heard him say, "Mom..." through the bathroom door. When you hear that, you always wonder why? Is there some-thing wrong?

I went to the bathroom door and he said, "Mom, there's worms in my poop!" I told him to leave it there so I could see it (Moms do these things!) He had cleaned himself and left the bathroom. He had the little white pinworms in his stool. You could not deny what they were because you could see them very clearly. We made note of that and obviously continued using the ERE.

Four days later he was in the bathroom again and he said, "Mom..." I asked him what was wrong. He said he had more, but they were different this time. He left the bathroom and when I checked it he had eliminated **flukes**.

We have liver flukes and we have lung flukes and they are tiny, almost transparent gel-like looking parasites that have dot in the center that is like their head or their brain or the nucleus of what they are. So we continue using those things, because you have got to annihilate that life cycle—the larva and the different stages of the growth—of the **parasites**. The ERE is truly incredibly powerful to get rid of the parasites.

To make a long story short, my son did

continue using the ERE every day. His color and his appetite came back. He wasn't as lethargic or moody or temperamental, so it was really a wonderful thing and it was done holistically. It was done with something we had in the privacy of our home. It was a wonderful feeling as a mother to be able to do this for my son.

He doesn't like me to tell that story all the time, but it is a very powerful story! We do have those parasites, and they affect us deeply.

## INTER-CRANIAL TAPE WORMS

One gentleman had **inter-cranium tapeworms** (meaning on the inside of the skull) and he could feel them moving about and it troubled him greatly. He felt like his body was dying because the parasites and the tapeworm were eating his brain matter. I talked with him many, many times, and I urged him to put the Pads on his skull. He had shaved his head so that he could get the adhesion with the Pads, but you want only a very mild sensation coming through them because you don't want to interfere with the brain waves.

Working on the neck isn't as sensitive as placing them directly on the skull because our brain is encapsulated in what is called a "dura" which is very thick inner tube-like substance and it is very similar to a muscle in that it will move. It is what holds the brain matter into our skull.

I don't know that I would use it every day specifically for parasites, but you may want to use it every day for other issues or simply to **release muscle tension**. Different people choose to use it differently, but I strongly advocate all three modes.

## IF YOU SUSPECT PARASITES...

I always suggest to anyone who has or suspects they have parasites to **use the device for seven days consecutively**. The reason for that is that different parasites have different life cycles and different longevity, different hatching schedules and so on.

Mode 1 is actually a frequency of **105 hertz**, so it is **comparable to a big bug zapper**. There is actually a device that has been called the "Zapper." It was developed by Hulda Clark, who is the author of the book "*A Cure for all Cancers*." It's because they cannot exist at that frequencies. There are devices that people can buy for their homes that have a sound frequency that will kill many other insects in their homes—and that too, is a frequency.

The ERE just simply allows our body to absorb the frequency of 105 hertz on Mode 1 and that **deletes a lot of parasites, bacteria, fungus, and viruses**. To start out with I would definitely suggest the five minutes in each mode.

**Depending on the body size, you could do it one or more times a day**. People can also hold their pets on their lap or they can hold their small infants, but I think the five minutes is a nice thing to start out with because you are working with conduction and the nervous system and the muscular system. It's a nice slow process to also dump toxins.

## ABOUT TRICHINOSIS

I have had a lot of different clients pass **parasites** as well. There is one parasite I want to address—it's call **trichinosis** and this is something we can get from eating raw or undercooked pork—ham, bacon, or any form of pork. This is a living larva and it is in encased in a hard cyst and when we ingest this into our body the digestive juices will dissolve the cyst that is housing the larva and then the larva will circulate through the blood and the lymphatic system before digging in the muscular system and creating a cyst again.

Sometimes when people have those little hard nodules in their muscles be aware that they may have that parasite. There are other symptoms that also manifest from this. In a very severe case it will **affect the respiratory system** as well as the cardiovascular (the heart) and **impair the central nervous system**. So if you ever encounter anyone who has little nodules within their muscles—it can be from the size of a B-B up to a small pea-size or even up to

a marble-size.

This parasite can be treated with the ERE. Always go a minimum of seven days up to 11, start out with five minutes and increase the time gradually. It is critically important to drink water before and after using the ERE. Also, taking a quality fiber after using the ERE will help to eliminate some of the dead parasites that are being pushed out to the system.

### **LINDA OYMAMA'S EXPERIENCES WITH PARASITES**

It is well to use the ERE every day. It has heated Pads where the feet rest, so if you like warm feet, turn it on and let it heat up a bit. When you do a new treatment, turn all controls to OFF before starting treatment

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### **GETTING RID OF A TAPEWORM!**

In Montana I visited a family whose young son was curious as to whether or not he might have parasites. Through kinesiology we were able to determine that he **not only had parasites, but he had a live tapeworm** as well. This was very surprising to the whole family because they are strict vegetarians and were extremely careful about what they ate.

After a five-minute treatment on the ERE, we tested him again. The results showed that he still had the tapeworm and the parasites, **but they were now dead.** In determining the origin of the tapeworm it was found that he had eaten sausage at a friend's house four years before, so he had been housing his little "friends" for a long time!

### **ELIMINATING THE DEAD PARASITES**

At this point the challenge is to cleanse the body so that the dead parasites can be eliminated. This involves serious cleansing and keeping the bowels open so that the parasites (which were "shocked" to death by the electrical current on the ERE) can be eliminated.

It is also important to detoxify the body by taking detox baths. A simple routine is to put one cup of baking soda in a tub of hot water

otherwise the brain box (the computer chip) doesn't know what is going on.

**Mode 1** is very specific for **breaking up pockets and cluster of parasites** in the body. Quite often we have people who go to the medical community and they are told they have a tumor. We can't say that (we call them a growth). Actually, it is usually nothing more than a cluster of parasites.

To begin a treatment with the ERE, sit in a chair and remove your shoes and socks. Set the ERE on Model for five minutes. When you turn up the frequency, start at a low level first. Even if it can't be felt, it is still working. It only means there is a block in the meridians and you need to take something to get the bowel going.

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and soak for 30 minutes. Just soak and relax—let go of stress. Do this every day if you are really toxic, or at least once a week until toxins have been released.

As you kill virus, fungus, yeast, and mold they are extremely toxic and they create acid in the body, so you will become very acid. You can get testy and difficult to live with.

### **GOOD FOR BABIES WITH COLIC**

For children or babies it is helpful to lay a little child on your lap to get the benefit while using Mode 1 for five minutes. For colic in babies, lay the baby on your lap for five minutes on Mode 1. Colic is an acid gas bubble, and this treatment will break it right up.

### **RELIEF FOR HORSES WITH PARASITES**

To treat horses for parasites, have a corral fence in one place and your horse in an adjoining place. Sit on the ERE so that you can get your hands on horse's stomach and on top of his spine. The energy will flow right through you into your horse and will kill all the parasites in the horse. Once every six months is sufficient for pets. Do it for

five minutes.

Always detoxify the body before using other

modes. Kill parasites and get the toxins out of the body, then you can do the massaging modes.

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## BENEFITS OF THE ELECTRO REFLEX ENERGIZER

### ASBESTOS POISONING

I have **asbestos-related disease** which consists of shortness of breath and many other complications. I have been hospitalized twice for this. I have **small air veins disease** that obstructs the transfer of oxygen to the blood. I have **extreme reactions to weather changes**, especially approaching thunderstorms and I have **tinitis** (which is ringing in the ears).

I have **severe digestive problems** for which I have taken many drugs and antacid preparations. Food never seemed to go down into my stomach, but stayed up in my throat somewhere. I had three myoscopies and none of these did any good.

I started going to a therapist around April and went through a foot detox, which produced extreme toxic releases. It took layers off my feet for several visits, but not much change in symptoms.

I bought an ERE about the middle of May and I used it three times a day for about two weeks. I was finally able to eat a full restaurant meal and have it go down without any discomfort. It seemed like we had the answer, but then an extreme thunderstorm came and I had severe gas pains again for about three days.

The machine has also **produced a cleansing of the bowel and produced many forms of parasites** and it also produced a red jelly-like substance like pickled jalapeno peppers which has been coming through for weeks in varying amounts and sizes. Other small effects like moles on my feet that had to be shaved off have suddenly disappeared.

My wife had been suffering from **bladder**

**infection** for years and the doctors had never been able to help her and they were giving her more and more antibiotics, which were feeding the condition. She now has been cured for about two months. She also has been **passing parasites and toxins** in her stools since she has been using this machine.

I have friends who have been using the ERE and have all had good results. One girl is a bank teller and she is on her feet all day long. She had **leg and backache and couldn't sleep at night**. After having a few treatments twice a day she is recovering.

I was using the ERE for 15 minutes on each mode three times a day, for a total of 45 minutes. I started using the Electro-Pads on the back of my shoulder blades and I have been getting sort of a greenish, yellowish tinge to the stools, which I hope is the **asbestos coming out**. We think that could be part of it.

We took the parasites to two different laboratories, but they didn't give them back to us. We also had a doctor from Africa look at the parasites and he just lifted the bottle and said, "I can see four different kinds of parasites in there." So now I used the ERE once on the feet for 15 minutes, then on the back, then on the feet, then on the back, etc., alternating each time. I have had no bad effects from using it this way.

*...Testimony of Alan Kirk from Ontario, Canada*

### BACK AND LEG PAIN

Twelve years ago my husband had surgery on his back and recently his back has flared up again. He had **pain down the back, down the legs, the knees and the ankles** and also the **sciatic nerve** was involved.

We had x-rays taken to see if the body had worsened. He was at a point where he **had to roll off the bed in order to get up.**

We **got the ERE** and after that first session the pain was less, so the following day he did it again, and then he decided to try to the Elector-Pads on the inside of the knee and the inside of the ankle.

The ankles on the outside were very swollen, so he put the Pads on the inside of the ankles and also on the outside. He did that twice and the **swelling went down** and that swelling has not come back again. He is in very little pain and is going about his business. It works! We don't know exactly why the swelling was in that location, but we figured it had something to do with the sciatic. He is doing it about every 30 days when he gets around to it and he will continue. He uses Mode 1 for about ten minutes.

## TOE INJURY

A few days ago I **tripped and injured my toes**, so I decided to try the ERE. I put the two Pads on the top of the two toes and also on the bottom. The first time I did it on Mode 1 and the next time I did it on Mode 3. The next day they were blue, but they were not painful and they are still not painful. The **ERE really sped up the healing time.** It is amazing!

*Testimony of Gloria Wilheiser, Naturopathic Doctor and Herbalist*

## DEEP BRUISING

I use the pads on particular muscular groups or injury sites. They are wonderful for deep, severe bruising. I use it for **bruising in Mode 3** because it is a softer mode—it's more of a pulsating, massaging mode. The variance of the frequency helps to break up that congested blood which is apart of the bruising process.

## HERPES

I have been assisted my clients by using the *Benefits of the ERE*

ERE and the number one problem is **Herpes.** Herpes are really actually active viruses that live on the nerve endings and they have had a significant decrease of outbreaks by using the ERE, which is wonderful!

## CANDIDA

**Candida** is a yeast overrun that attacks men and women (it is not exclusively a women's imbalance in their bodies). Infants will get what they call **thrush** and it is almost like a white cottage cheese-looking effect that they get in their mouth and that is essentially candida which a lot of infants can contract as they go through the birth canal.

## NEUROPATHY

One chiropractor has had significant results with people with **neuropathy** associated with diabetes because of the loss of feeling or the tingling. We have found that people with neuropathy have to turn the machine almost all the way up before they even feel it, and when they get it all the way cranked up it feels good to them. They have very little feeling in their feet so they have to have it up high in order to feel it. With one 20-minute session going through all three modes, some have started having feeling so don't be afraid to use it. That's another thing that is nice about the ERE. You are in control of the intensity.

## PINCHED NERVES

A lot of times people even have **pinched nerves** in their neck and shoulders and will get that tingling sensation in their hands. You can actually put your hands on the ERE as well.

## CARPAL TUNNEL

The ERE is fabulous for **carpal tunnel.** By placing the bend of the wrist on the arch of the machine it is incredible for working on that very specific area of carpal tunnel. You can have major pain relieved in as little as 15 minutes.

## LUPUS

With **lupus** people have a lot of joint pain, they get the rash and the poor circulation in their fingers and their toes and the ERE has helped heal many people with lupus as well as with the **fibromyalgia** because they deal with a lot of inflammation.

## CHARLIE HORSES

For **Charlie horses** in the legs you can use the ERE pads, placing them above and in back of the heel and shortly down from the back of the knee. .it would be on the calf area. When people wake up with that kind of pain it's not a fun thing!

## PLANTER'S FASTITUS

**Planter's fastitus** is another thing that can be relieved by the ERE. Planter's fastitus is that muscle that runs on the bottom of the foot (the pads on the back of the foot) and between that and the heel. It's a small spasm in that muscle.

## HEEL AND BONE SPURS AND WARTS

**Heel spurs** and **bone spurs** can be treated. I have a friend with a horrible heel spur and she finds great relief with the ERE.

Another thing I have found are **Planter's warts**. Warts are a virus that live within our body and the ERE in Mode 1 helps delete a lot of the viruses, bacteria, and parasites. Yeast, fungus and mold can also be removed.

## BROKEN BONES

**Broken Bones.** This is something that I actually experienced. I was running into the bathroom to grab some tissues and tripped over some wet clothes that were on the floor and went flying into the shower/tub area. I fractured five bones in my right hand (this happened about a year ago).

I had x-rays and they said that I would be out of work for about 12 weeks and I said, "I can't be out of work for 12 weeks! I use my

hands every day—who is going to take care of my clients and my patients!" Between using the Far Infra-red Dome and the ERE I could actually feel the bones 'itching' and tingling, and I knew that healing was taking place. Between using those two devices I was back to work in seven weeks, which was wonderful.

## GOUT

Another thing we have been successful with is **gout**. This can cause a lot of intense pain in the feet, particularly in the big toe and there is a great deal of swelling. It is a very painful thing. I have had people who experienced healing as well as with **bunions**. That, too, causes a lot of pressure in the feet.

## LUNG CONGESTION

The Pads are absolutely incredible for anyone with **lung congestion**. I used it a great deal during the recent horrible flu season. Many people went through the flu and were left with an annoying cough for as long as two weeks. I put the ERE pads on the inside of the shoulder blade, yet far enough from the spine, almost kind of behind the heart area in the upper lung area and it helped tremendously with the coughing.

In a training in Canada, it was explained that radiation can be removed and prevented from injuring the body by using Mode 1. I haven't had any experience with anyone with that, but it is a very powerful concept.

*Testimonies of Connie Stonier, Registered Nurse, Massage Therapist, Specialist with ERE.*

## BACK PAIN GONE!

I bought the Electro Reflex Energizer in January, but due to extensive travel, I used it for the very first time this week. Wow! After placing the Electro-Pads on three sections of my back for 15 minutes and 15 minutes with my feet on the Pads, I slept wonderfully.

When my husband asked, "How does your back feel?" I had to answer, "What back?" I

**didn't feel a single tiny pain anywhere.** We have all of the machines made by the company and swear by all of them.  
*...Testimony of Carolyn in New Mexico*

## POST POLIO

My husband, Kent is a post polio patient and has noticed that he is **getting feeling back to his left foot** (where he has had no feeling since age 13). That was 55 years ago!

## COUMADIN RELEASE?

I have taken Coumadin for the past five years and consequently have burgundy-colored legs. My heart doctor told me it is nothing to worry about, but since using the ERE for the past two weeks my blood is much too thin (3.5). I believe this is due to the fact that **this machine is breaking up stored Coumadin in my legs.**

Also, the typical "medication hump" that comes in the back of the neck is going down.

*...Testimony of Donna Featherstone, 801-787-6262*

When using the ERE to assist in **wrist or hand problems**, place a moistened paper towel on the Foot Pads (where you will be placing the hands) to more adequately conduct the electrical energy flow. **Turn the ERE around** so that the plug-ins and adapters are facing you. Place the unit on a table or convenient elevation where it is more comfortable to place the wrist/hands on the Pads.

## ADDITIONAL ELECTRO-PAD BENEFITS

It has been found that **abdominal muscles can be strengthened** by placing the Electro-Pads on the abdomen.

Similarly, placing the Electro -Pads over the segments of the ascending, transverse, and descending colon can **stimulate peristaltic motion** and help **overcome constipation.**

Using the Electro-Pads on different segments of **muscles and ligaments** helps

**break up lactic acid deposits** that have accumulated in those areas.

## FREQUENTLY ASKED QUESTIONS

**Why should I start by using only Mode 1 at first for only five minutes at a time?**

*This is the proper way to begin. After a week or two, you can start using the other modes.*

**Will the ERE help me get rid of my arthritis?**

*We cannot say that it will rid your body of arthritis, but it will help with prolonged use.*

**How can I tell if the ERE is helping me?**

*You may not be able to tell for several weeks or even months. Just do not stop. Keep using the machine and then you will see.*

**Why is it that I do not feel anything in my feet when I am using Mode 1?**

*When you first begin using the ERE, Mode 1 is to destroy built-up toxins and you may not feel it working. You may even get flu-like symptoms, but do not quit!*

**What is the reason for three modes?**

*Each mode has a purpose. Mode 1 breaks up toxins and later on it begins purifying the blood. Modes 2 and 3 are both for healing the body.*

**Why do I need to keep my knees together?**

*The ERE is designed to heal your body. Keeping the knees together goes along with Zone Therapy and keeps everything lined up in straight lines. This helps you use the machine correctly. It is best to sit on a chair and have your feet bare to receive the proper contact. To ensure that your knees stay together, use the strap that is provided with your machine.*

**What is the most popular Mode of use on the ERE?**

*Mode #3 (the massaging Mode) has been reported to be the most popular, especially during the use of the Electro -Pads.*