

Advanced
ELECTRO REFLEX ENERGIZER

and

REFLEXOLOGY

Getting the Most Out of Your ERE



A Full Body Experience

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Safety Information

Read Completely Before Using Your *Advanced* Electro Reflex Energizer

WARNING: Do not use the Advanced Electro Reflex Energizer if you have or use any electronic medical instruments such as the following:

- ❑ Implanted heartbeat regulators.
- ❑ Artificial hearts or lungs.
- ❑ Implanted pacemakers.
- ❑ Heart defibrillator, etc.

Use of the Advanced Electro Reflex Energizer is not suggested for women that are pregnant, menstruating or nursing a baby.

Caution: Consult a physician before using the Advanced Electro Reflex Energizer if you:

- ❑ Have any disease, medical condition or are taking any prescription drugs.
- ❑ Have had any serious or medical procedure within the past two months.
- ❑ Have organ transplants. The Advanced ERE increases the immune system and may trigger a rejection response.

DO NOT USE THE ADVANCED ELECTRO REFLEX ENERGIZER WHILE USING ANY EQUIPMENT OR DEVICE WITH AN ELECTRIC CURRENT!

This includes, but is not limited to:

- ❑ Computers (Desktop, Laptop or hand-held).
- ❑ Ipods, Walkmans, portable stereos.
- ❑ Cell phones, cordless phones, headsets.
- ❑ TV, Cable, Satellite or stereo remote controls.

The History of Reflexology

Definitions 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 gland, 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 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 United States by Eunice Ingham in the 1930's after her studies of Zone Therapy with Dr. William 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, and 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 is 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. As with any complex wiring systems, a **short circuit**, or blockage, 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 (running nose). These reactions though, are cleansing poisons from the body. Succinctly, Reflexology cannot harm a system—it simply brings it back into balance.

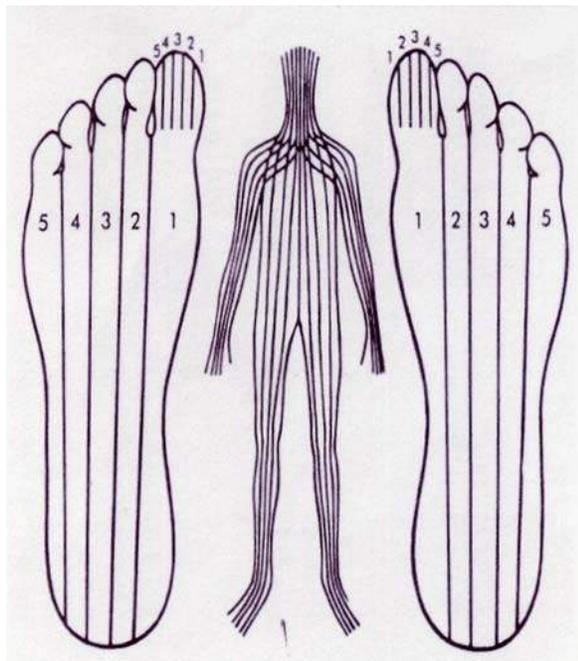
The Zone Theory

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 a specific area 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.

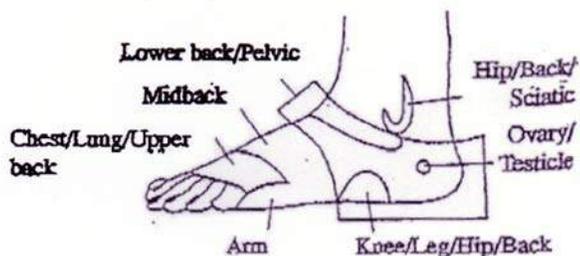
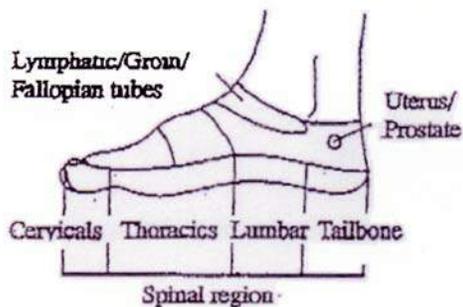
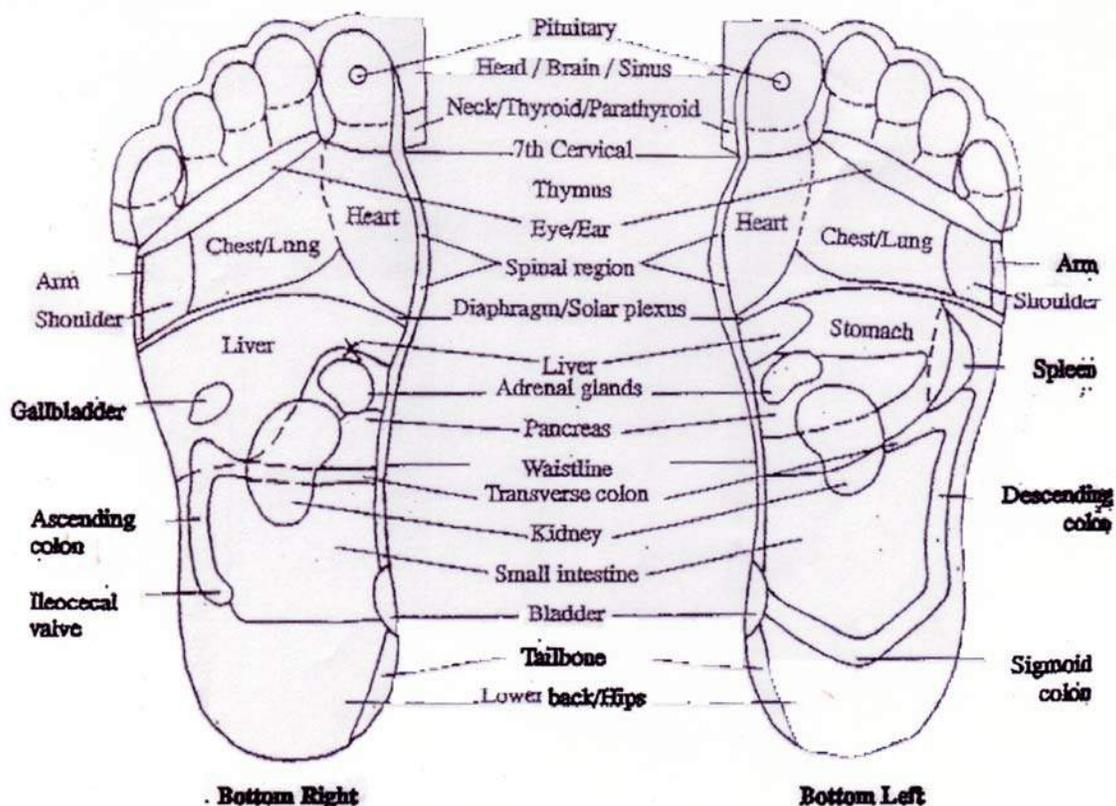
Organs, The Inside Story

The body is packed with vital organs and gland which a 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 Advanced Electro Reflex Energizer (ERE)?

The Advanced Electro Reflex Energizer (ERE) is an instrument that helps reconnect broken or damaged electrical circuits within the body by stimulating it with the correct waveform, 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 Advanced 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 Advanced 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 Advanced 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 Advanced 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 systems and revitalizes energy. The Advanced ERE is a multifunctional modality that has many features and benefits based on this concept as listed below:

- ❑ The footpads on the Advanced ERE are also a heating area and keep the feet warm and soothed by heat stimulation.
- ❑ The Advanced ERE has a single handheld control for ease of operation.
- ❑ The Advanced ERE has four patterns of massage (or modes) that relate to pounding, relaxing, and massage.
- ❑ Frequencies are set by the arrow buttons on the handheld control or the machine, which allow the

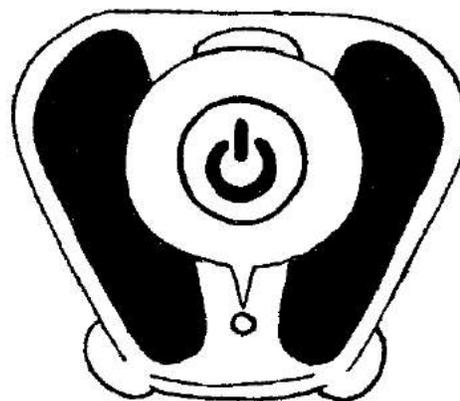
- user to select the desired intensity level.
- ❑ The handheld control's internal timer can be set at 5 to 60-minute intervals.
 - ❑ The Advanced ERE's low-frequency stimulation energizes areas of the feet (Reflexology) from the footpad, therefore working with the entire body.
 - ❑ The Advanced ERE refreshes the body's energy level after a fatiguing day.
 - ❑ No other product compares to this low-frequency machine.

The Advanced 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 Advanced ERE. Those devices also have a frequency and can create little jolts or little pains in the body.

The Advanced ERE also gives one the option of using electro pads to pinpoint and stimulate additional areas, such as the 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 Advanced ERE for both applications is included in the Instruction Section of this manual.

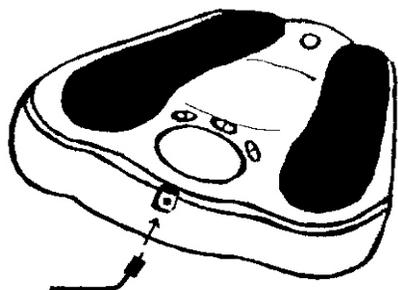
Instructions for Using the ERE on the Feet

- Do not use the Advanced ERE more than three times a day.
- Begin by using the Advanced ERE for five minutes only. Choose the lowest output setting and target the number of sessions at two or three a day. After become accustomed to the Advanced ERE, then extend the duration of each session. Each session should not exceed 60 minutes.
- Press the Power button on the Main Unit. The Foot Pads will warm up gradually as the heating elements inside them are activated.

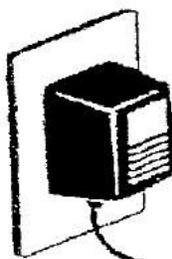


Preparations Beforehand

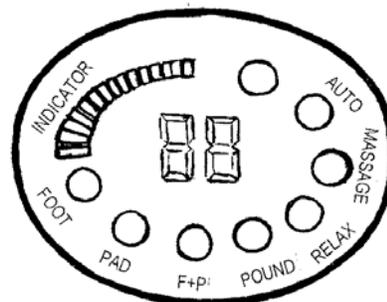
- Plug the AC Adapter into the Receptacle mounted in the Main Unit.



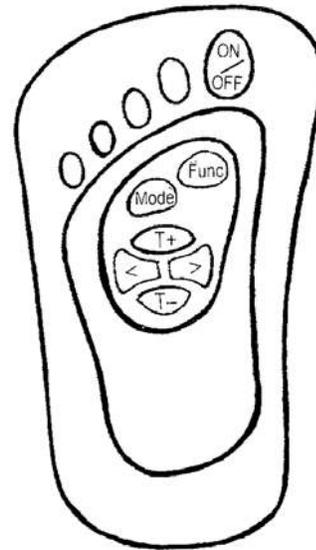
- Plug the other end of the AC Adapter into a duplex wall outlet.



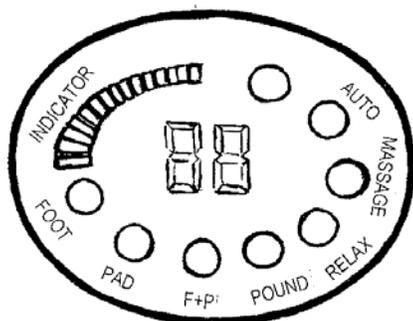
- As soon as the Main Unit is turned **on** a beeping sound will be heard and all the lights on the Display Board will also go on simultaneously. The Advanced ERE is warming up at this time; therefore no Mode, Time, or stimulation will be in effect, except the heating elements inside the Foot Pads will be activated.



- Place a plain piece of paper towel (no design) on each Foot Pad and then spray the towels with water. You can also apply Essential Oils to the paper towels.
- 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 above the knees. **You do not get the full impact without knees together.** When the knees are together it locks in the frequencies.
- Press the On/Off button on the Handheld Controller. This will light up the display screen. You can also push any other button to start programming.
- Note – If you delay during the set-up and wait too long to set the time, the display will turn off and the program will not start. As long as the “Power” button on the machine is lit up, the machine is still on, and you can begin the set-up again by pressing any button or the On/Off button on the Handheld Controller



- Set the Function to “Foot” by pressing the function button (Func) on the Handheld Controller or the Main Unit until “Foot” lights up on the display screen.



- Set the Mode by pressing the Mode button on the Handheld Controller and choose from Mode 1, 2, 3, or 4 according to preference.

Mode	Stimulating Type
Mode 1	Pounding or Pulsing
Mode 2	Relaxing or Rhythm
Mode 3	Massaging-Pressing or Rubbing
Mode 4	Auto-Rotates through all 3

- Set the Timer by pressing T+ or T- to indicate how long the Mode will be activated, from 5 to 60 minutes. The lowest setting of the Timer is 5 minutes. Do not set it at “0” or the Advanced ERE will switch back to the warm-up mode and will not be able to function.

Note – Until the time is set, you cannot adjust the Intensity.

- If the Advanced ERE is switched back to the warm-up mode by accident, it can be restarted by resetting the Timer to any number other than “0”.
- Once the time is set, the program will start automatically and time will count down.
- Use the arrow buttons on the Handheld Controller or the Main Unit to adjust the intensity of the sensation. The more you press the arrow button on the right, the stronger the sensation will be.

Note – There are 2 levels for every lit square indicator on the Display Board, so a new square will not light every time you press the arrow button.

- To change the Mode during the session simply push the Mode Button on the Handheld Controller to reset a new Mode.

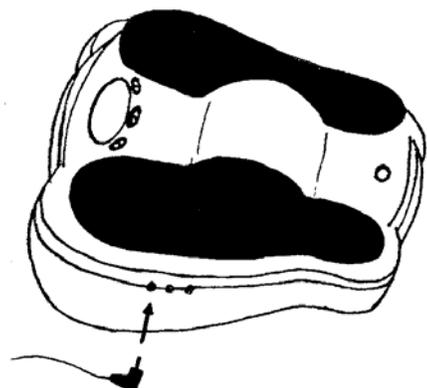
The Timer will continue counting down from the time when you started.

Note – You may need to adjust the intensity on the Electro-Pad Dial if you switch to a different mode.

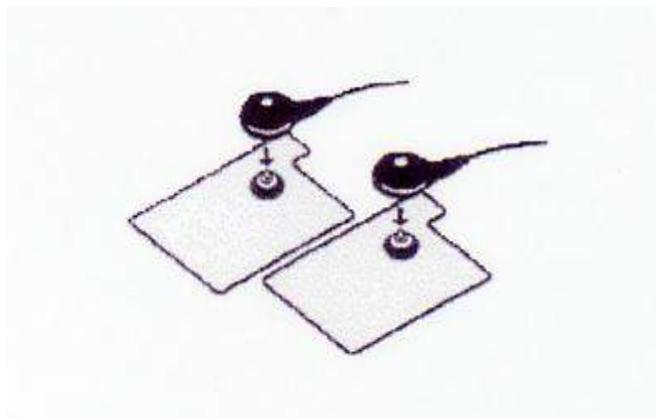
- Note – The Advanced ERE foot plates aren’t just for use with the feet, but can also be used with other limbs of the body, including the calves, the hands, the wrists, and forearms. It can really help with circulation.

Instructions for Using the Advanced ERE with the Electro-Pads

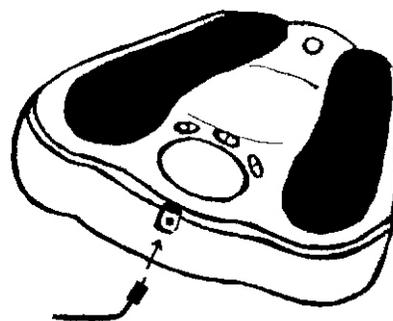
- The Advanced ERE can operate with the Foot Pads and Electro-Pad at the same time. These instructions are for pads only.
- Plug the Electrode Plug of the Electro-Pad into one of the Receptacles mounted in the Main Unit exclusively designed for the Electro-Pad. Plug in as many sets of Electro-Pads as you plan to use: 1, 2, or 3.



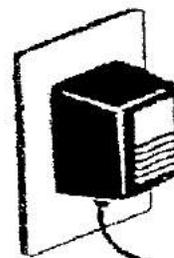
- Snap the Electrode Wire onto the Receptacle of the Electro-Pad. These can remain snapped together after use if you choose.



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



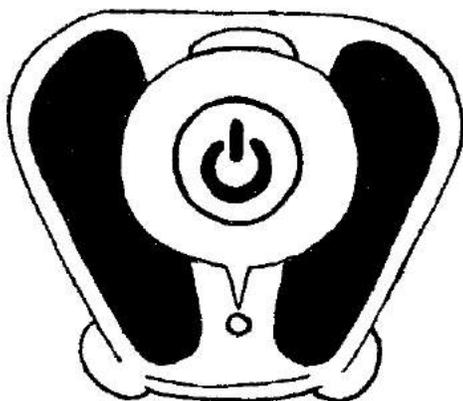
- Plug the other end of the AC Adapter into a duplex wall outlet.



- Make certain the Dial on the Electro-Pads is in the Off position, turned all the way to the left (counterclockwise)

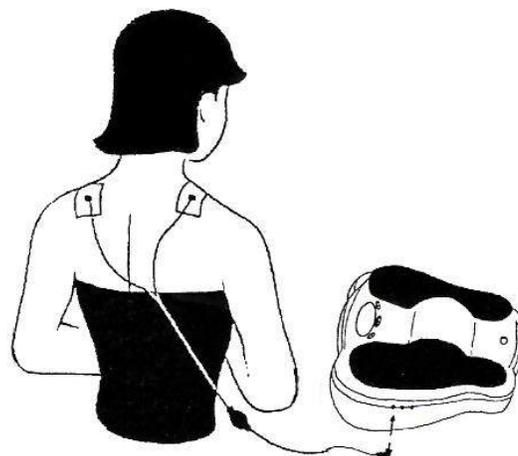


- Press the power button on the Main Unit. The Foot Pads will warm up gradually as the heating elements in them are activated.

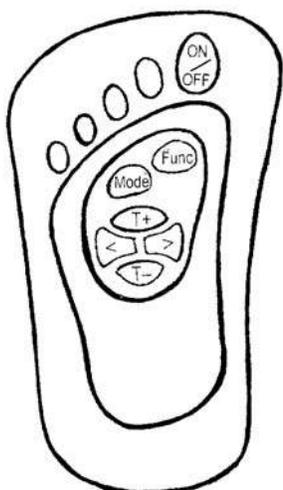


- As soon as you turn on the Advanced ERE you will hear a beeping sound, and all the lights on the display Board will also go on simultaneously. The Advanced ERE is warming up at this time; therefore, except for the heating, no Mode, Timer, or stimulation will be in effect.
- Peel the transparent film off the Electro-Pads before sticking them to your shoulders, waist, or other body areas. Pull the pads away from each other, so that the two wires split away from each other down to the dial. (First time only)

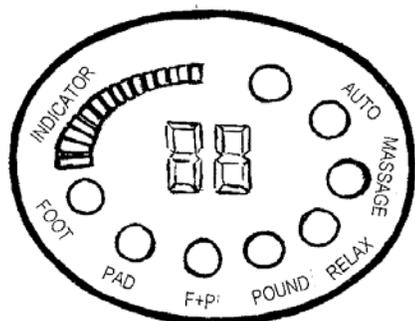
- The Electro-Pads can be moistened with filtered water before applying them to the skin. Wipe your skin dry after a shower or exercise before using the Electro-Pads. Make certain the Electro-Pads are securely attached to your skin.



- After all the above-mentioned preparations are made, sit or stand in a relaxing position that will not encourage the Electro-Pads to fall off.
- Press the On/Off button on the Handheld Controller. This will light up the display screen. You can also push any other button to start programming.
- Note – If you delay during the set-up and wait too long to set the time, the display will turn off and the program will not start. As long as the “Power” button on the machine is lit up, the machine is still on, and you can begin the set-up again by pressing any button or the On/Off button on the Handheld Controller



- Set the Function to “Pads” by pressing the function button (Func) on the Handheld Controller or the Main Unit until “Pad” lights up on the display screen.



- Set the Mode by pressing the Mode button on the Handheld Controller and choose from Mode 1, 2, 3, or 4 according to preference.

Mode	Stimulating Type
Mode 1	Pounding or Pulsing
Mode 2	Relaxing or Rhythm
Mode 3	Massaging-Pressing or Rubbing
Mode 4	Auto-Rotates through all 3

- Set the Timer by pressing T+ or T- to indicate how long the Mode will be activated, from 5 to 60 minutes. The lowest setting of the Timer is 5 minutes. Do not set it at “0” or the Advanced ERE will switch back to the warm-up mode and will not be able to function.

Note – Until the time is set, you cannot adjust the Intensity.

- If the Advanced ERE is switched back to the warm-up mode by accident, it can be restarted by resetting the Timer to any number other than “0”.
- Once the time is set, the program will start automatically and time will count down.
- Use the arrow buttons on the Handheld Controller or the Main Unit to adjust the intensity of the sensation. The more you press the arrow button on the right, the stronger the sensation will be.

Note – There are 2 levels for every lit square indicator on the Display Board, so a new square will not light every time you press the arrow button.

Beginning the Electro-Pad Treatment

- Turn the Intensity all the way up with the ARROW Buttons on the Handheld Controller. If the Dial on the Electro-Pads is turned all the way down (left) then you should not feel any stimulation.

- Turn the Dial on the Electro-Pad slowly toward the right to increase the intensity according to your preference.



- To change the Mode during the session simply push the Mode Button on the Handheld Controller to reset a new Mode.

The Timer will continue counting down from the time when you started.

Note – You may need to adjust the intensity on the Electro-Pad Dial if you switch to a different mode.

- If you press the “Func” button to change the Function, or if you accidentally push the “Func” button, the program will stop and the time will go to “0”. You can continue by starting at the beginning of the instructions for whichever function you desire to use.
- To stop the session, press the On/Off button on the Handheld Controller. At this time the time on the Display Board will return to “0” and the ERE will resume its warm-up mode. At this time press the power button on the Main Unit so that no lights are illuminated.

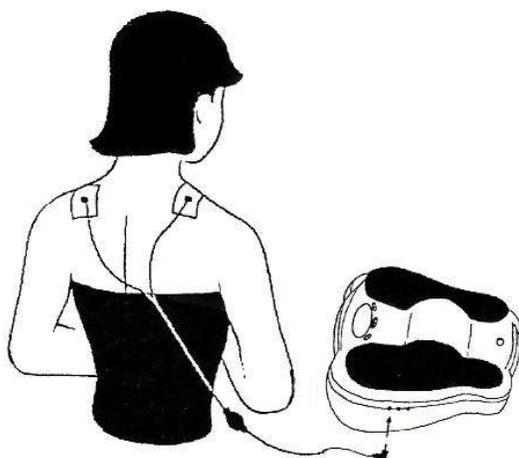
- With use, the Electro-Pads can become contaminated with hair and body oils. Decontaminate the Electro-Pads with rubbing alcohol prior to each use. The Electro-Pads can also be washed with a mild soap and water.
- With proper care the Electro-Pads will last a long time. Eventually the body oils will break down the thick sticky texture on the Electro-Pads and they will need to be replaced. Replacement Electro-Pads can be ordered from your HTE dealer.
- **HELPFUL TIP:** In lieu of trying to keep track of the transparent film, which protects the sticky surface of the Electro-Pads, just stick the Electro-Pads to the included gold plastic plate and they will maintain their stickiness. You can then wrap the wires around the plate to keep them from getting tangled.

Instructions for Using the Advanced ERE with the Electro-Pad and Feet at the same time:

Follow the instructions for using the Advanced ERE with the Electro-Pads, but set the Function to “F+P” instead of “Pad”, and instead of turning the intensity all the way up, turn it up to what is comfortable for your feet. Then turn up the dial on the Electro-Pads.

Using your Electro-Pads

- The two Electro-Pads can be used effectively on most parts of the body. For example, place one Electro-Pad on each shoulder.



- Place one Electro-Pad on the back of the neck and one Electro-Pad on the shoulder.
- Place one Electro-Pad on the shoulder and one Electro-Pad on the top of the wrist.
- Place one Electro-Pad on the shoulder and one Electro-Pad where the bra fastens.
- Place one Electro-Pad at the waist and one Electro-Pad on the opposite side.
- Place one Electro-Pad on the right hip and one Electro-Pad on the left hip.
- Place one Electro-Pad on the hip and one Electro-Pad on the leg.
- For sore muscles, it is important to place the Electro-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 Electro-Pads can then be placed on various muscle groups and the Advanced 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 issues 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 is stress-related.
- The Electro-Pads can be put one on 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 Electro-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 Electro-Pads at the length of a muscle or put them in the width of a muscle. The Electro-Pads can also be placed on opposite sides of the body. Work with the length of the muscle versus going through the body.
- **IMPORTANT:** Avoid putting the Electro-Pads on the front of the heart and on the back of the heart. Either put the Electro-Pads directly above the heart or directly below the heart. The Electro-Pads can be put one on the front of the knee and on the back of the knee, **but not front and back of the heart.**
- There are also auricular points on the ear, so the Electro-Pads can be used on the ears where there are emotional points. Put the Electro-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.
- For example, if the right leg is broken and the muscle cannot be worked on, go to the referral area for the right leg and use the Electro-Pads on those muscles.

About Zone Therapy

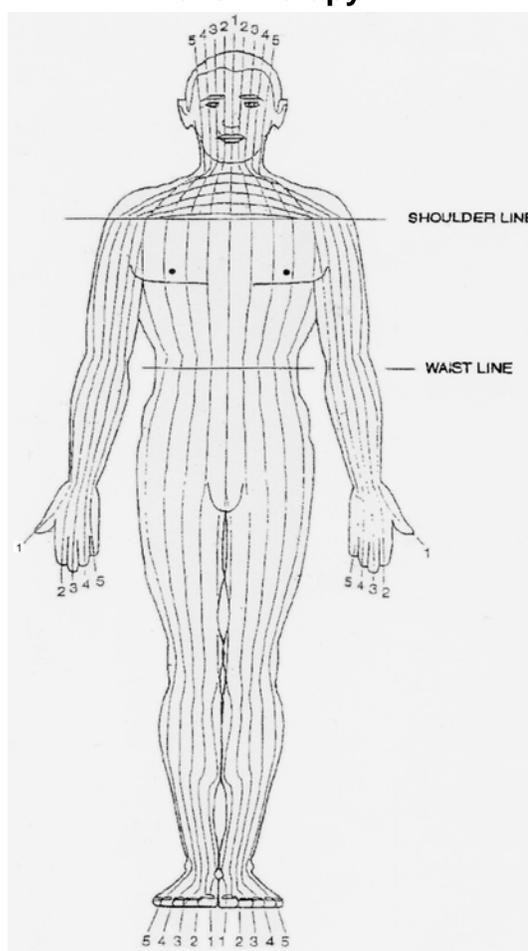
The earth has longitudinal and latitudinal lines through it, which makes the outer grid of the earth and is used by scientists and by weather tracking. Zone therapy within our bodies is similar, meaning that we have a grid in the electrical body that runs through us. The longitudinal lines run straight 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 is 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.

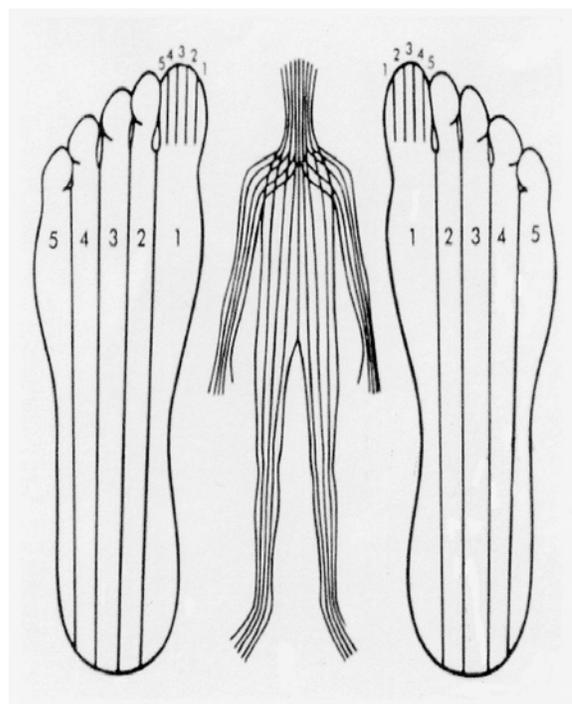
So in zone therapy that's a very powerful way to teach people who have these different tweaks of pain or even concentrated areas of pain that it may not necessarily be coming from that area. That is what referral pain is.

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.

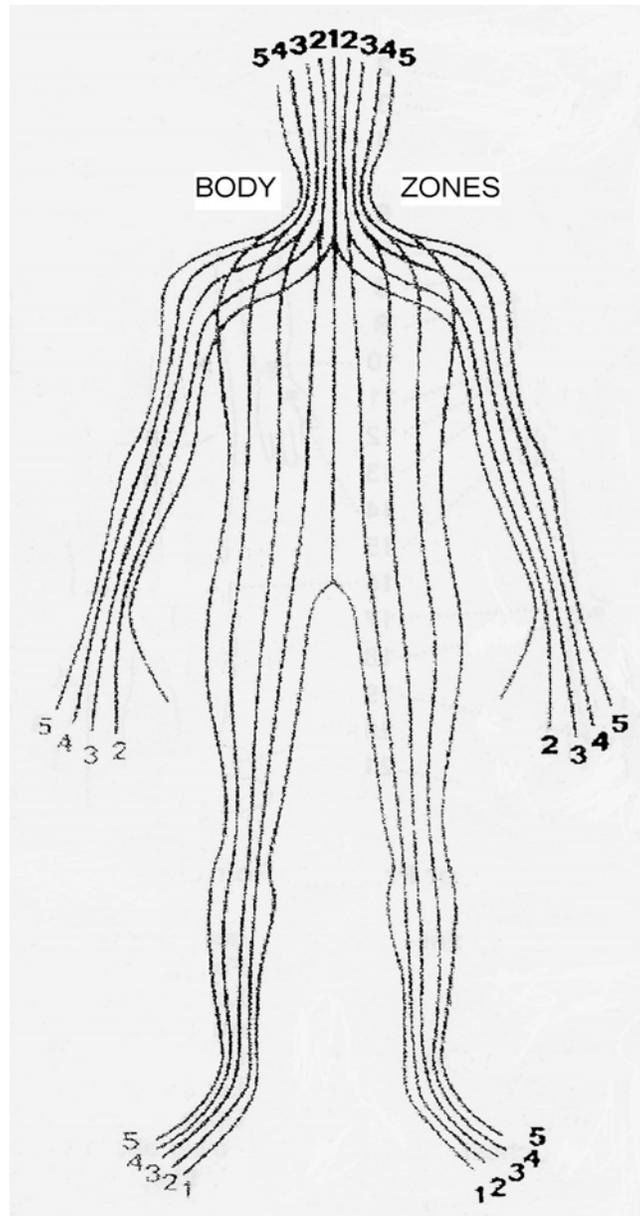
Ten Energy Zones of the Body



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.

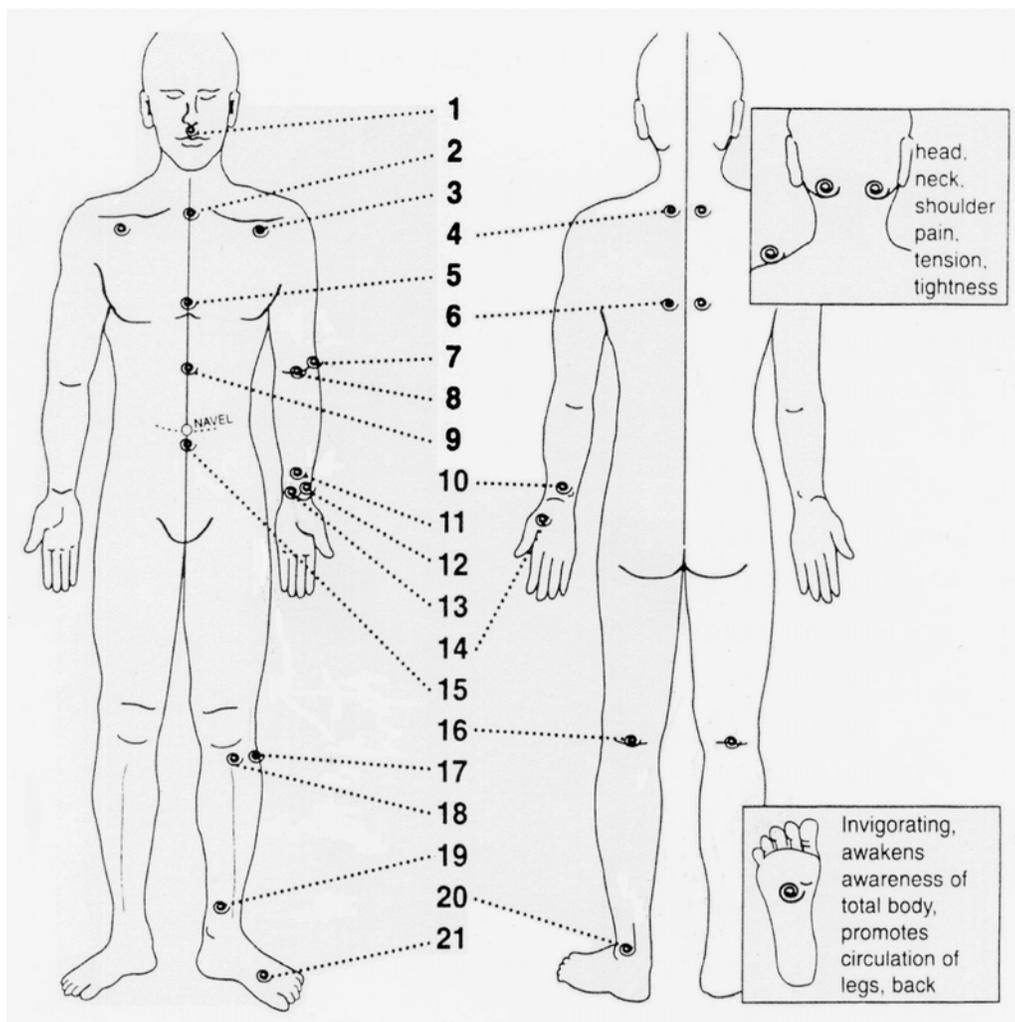
For example, working a zone on the foot along which the kidneys lie will release vital energy that may be blocked somewhere else in that zone, such as in the eyes. Working the kidney reflex on the foot will therefore revitalize and balance the entire zone and improve functioning of the organ.

ZONE MARKINGS



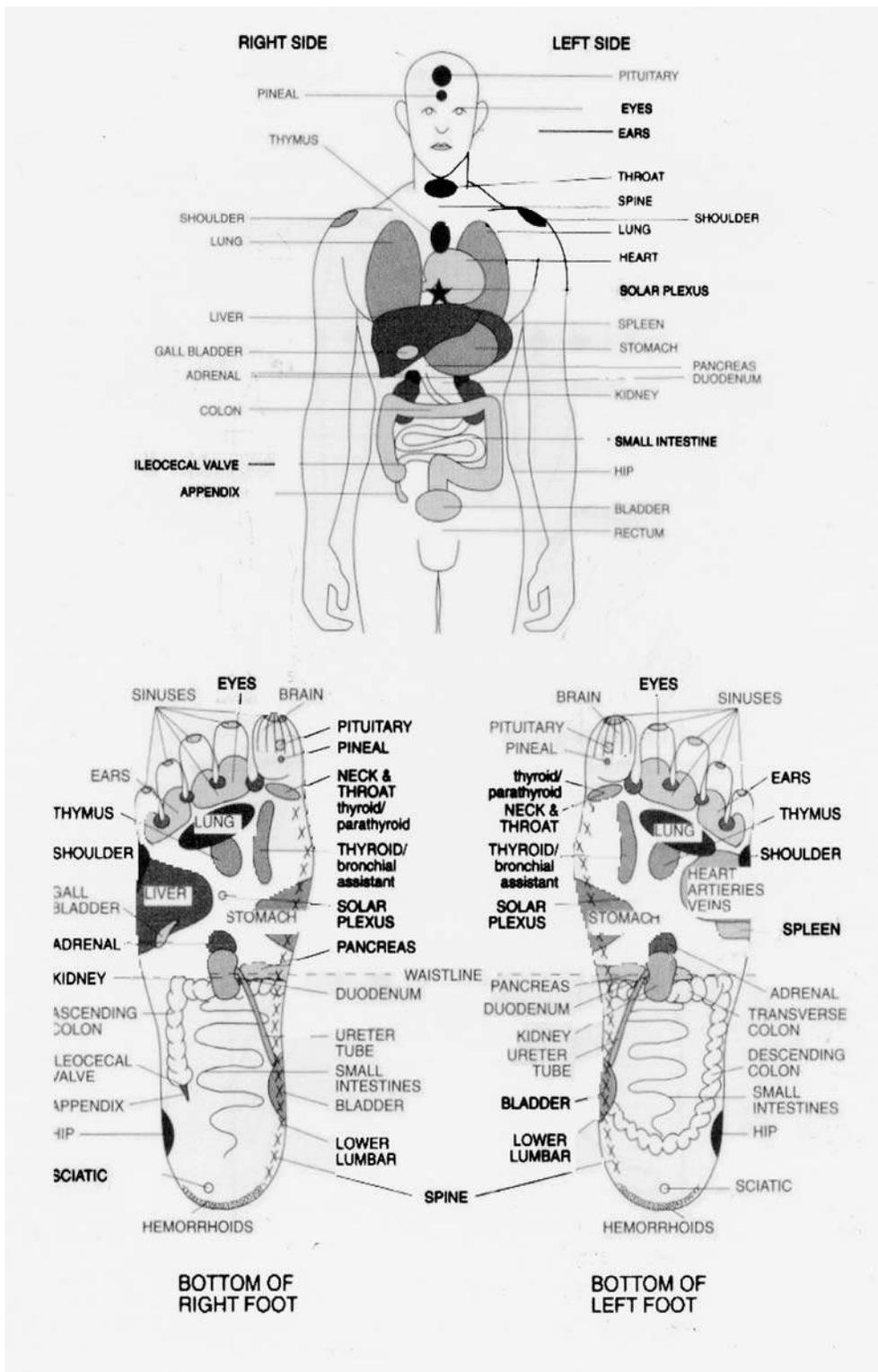
Study this diagram to place in mind the zones of the body. Since there are ten fingers and ten toes, there are ten zones of the limbs and all parts of the body. Each line is drawn through the center of its respective zone, and the entire zone includes all parts and organs through which the respective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

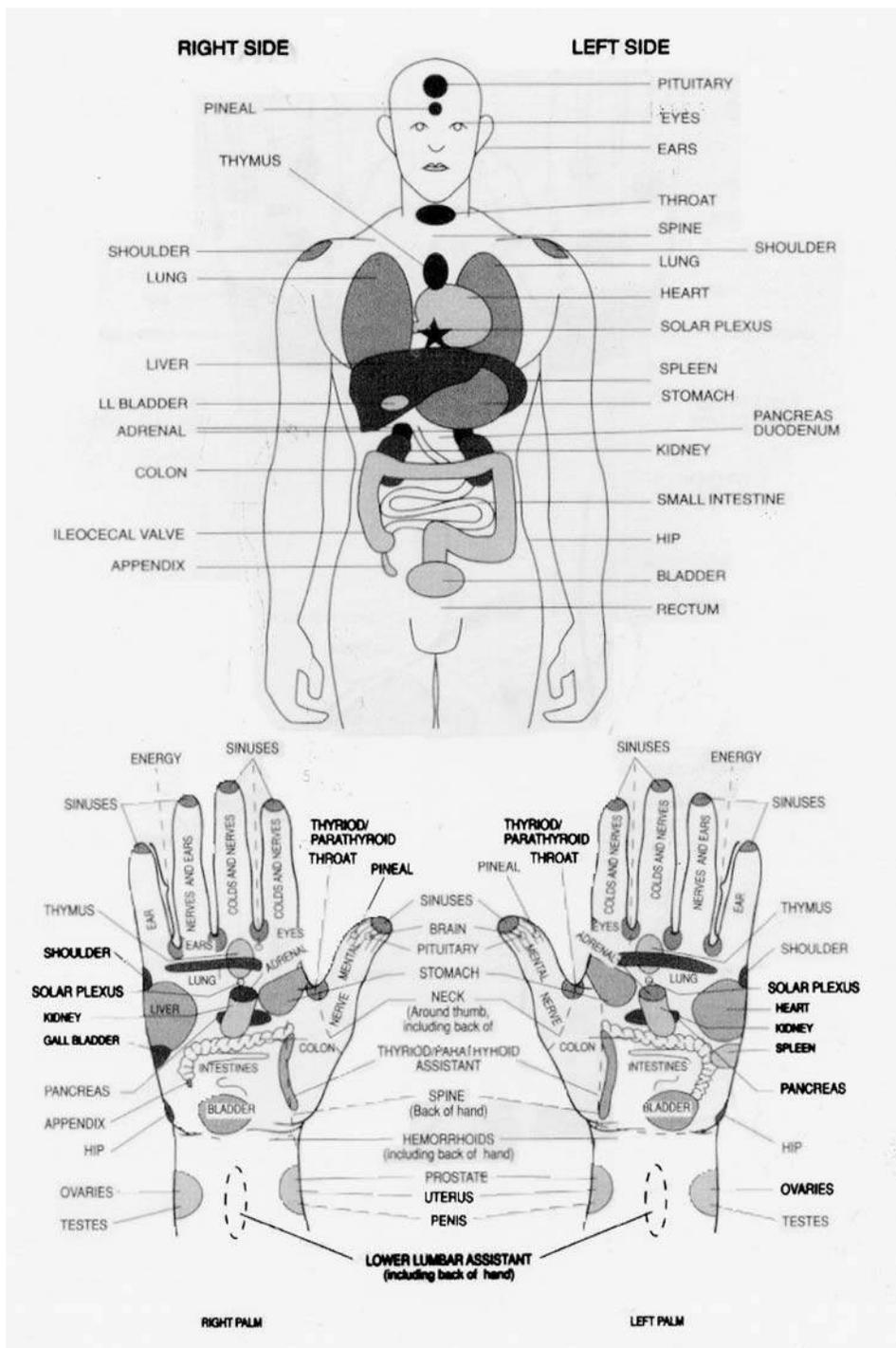
The right and left sides of the body are the same and each one passes through the body from front to back, or from back to front. This is true of the legs and arms, also the feet and hands. Take any of the internal organs of the body and determine what zone lines pass through them according to the chart. 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.



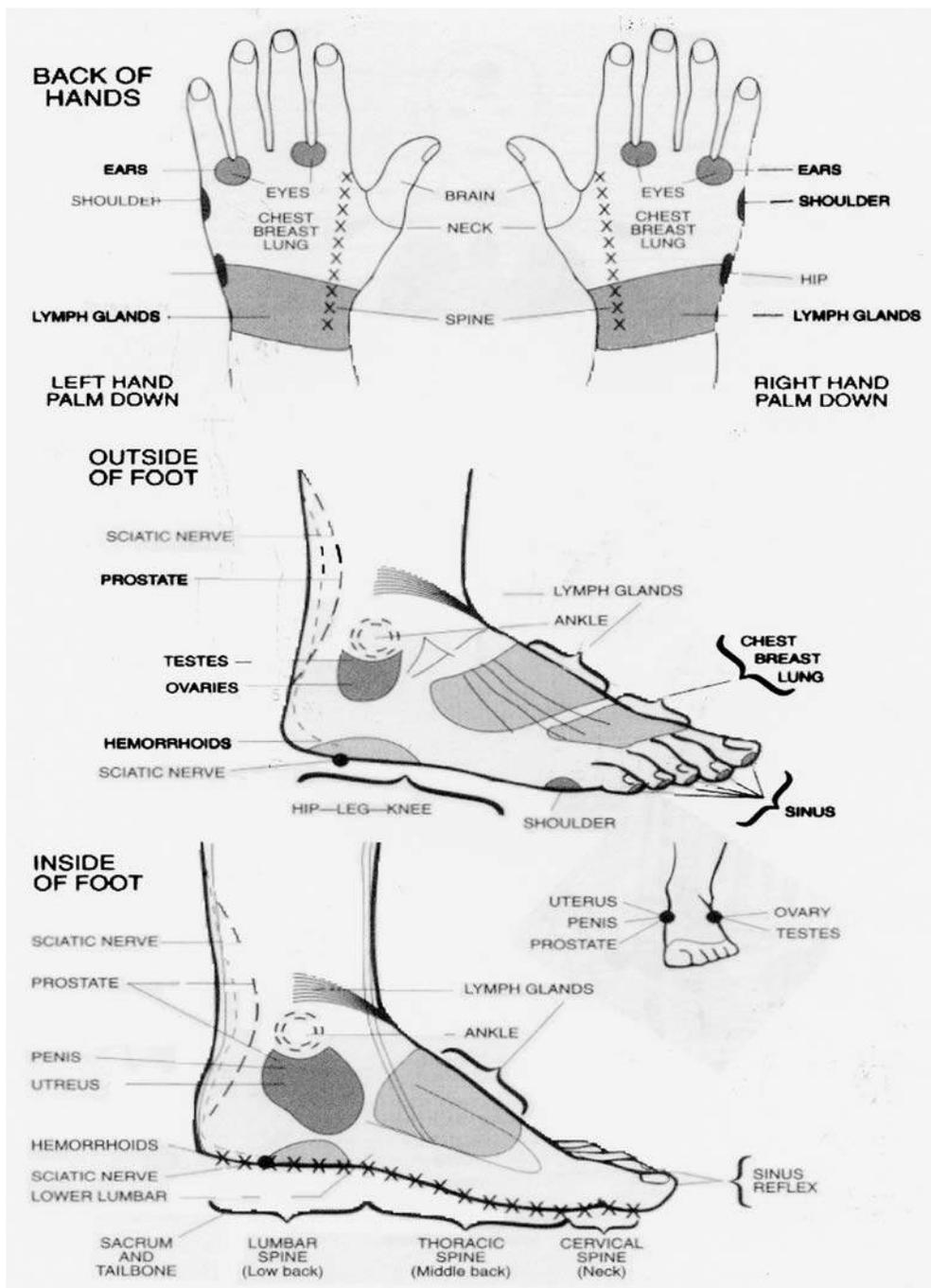
Reflex or Pressure Points

- | | | | |
|-----|---|-----|--|
| 1. | Lower back, emergency pressure point-fainting, unconsciousness. | 11. | Chest, heart, lungs, ribs. |
| 2. | Cough, hoarseness, sore throat, immune system. | 12. | Neck. |
| 3. | Respiratory, chest cold, asthma, letting go/grief release. | 13. | Emergency pressure point-anxiety. |
| 4. | Neck, shoulder, back, bones. | 14. | Face, head, eyes, ears, mouth, teeth. |
| 5. | Pulmonary weakness, cough, chest pain, fluid buildup. | 15. | Lower abdomen, bladder, intestines, male/female organs, energy storehouse. |
| 6. | Mid-thoracic tension, blood, skin, heart | 16. | Lower back, leg. |
| 7. | Arm, skin. | 17. | Leg, knee, muscles, tendons. |
| 8. | Respiratory | 18. | Upper abdomen, energizing point. |
| 9. | Upper abdomen | 19. | Lower abdomen, large intestine, bladder, male/female organs. |
| 10. | Hand, ear. | 20. | Foot, leg, upper back. |
| | | 21. | Chest, ribs, depression, nervous system. |
- Note: Points indicated on arm, hand, leg or foot are located on either arm, hand, leg or foot.



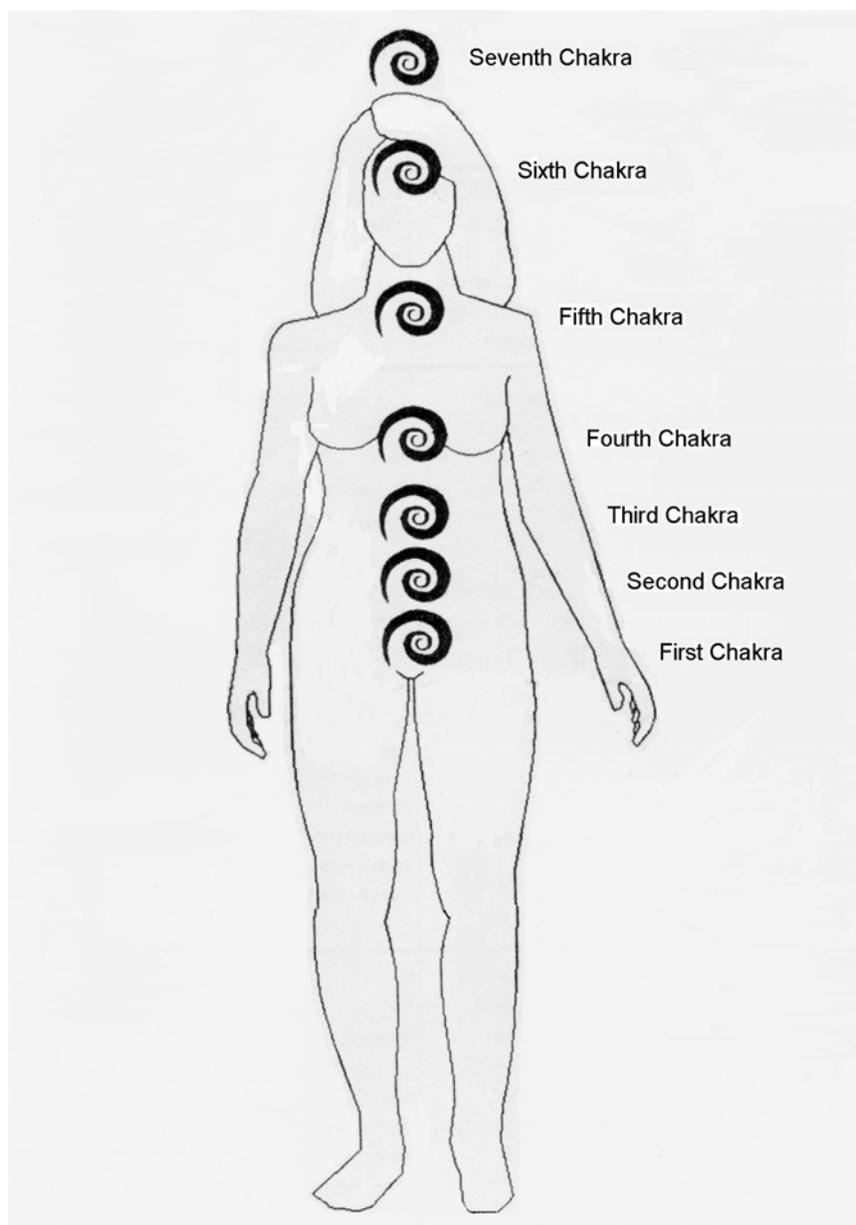


The palm of the **right hand** is positive and stimulates energy, which has a strengthening effect. The palm of the **left hand** is negative and has a sedating, soothing and cleaning effect. The use of both hands will give you the combined effect of both energies.



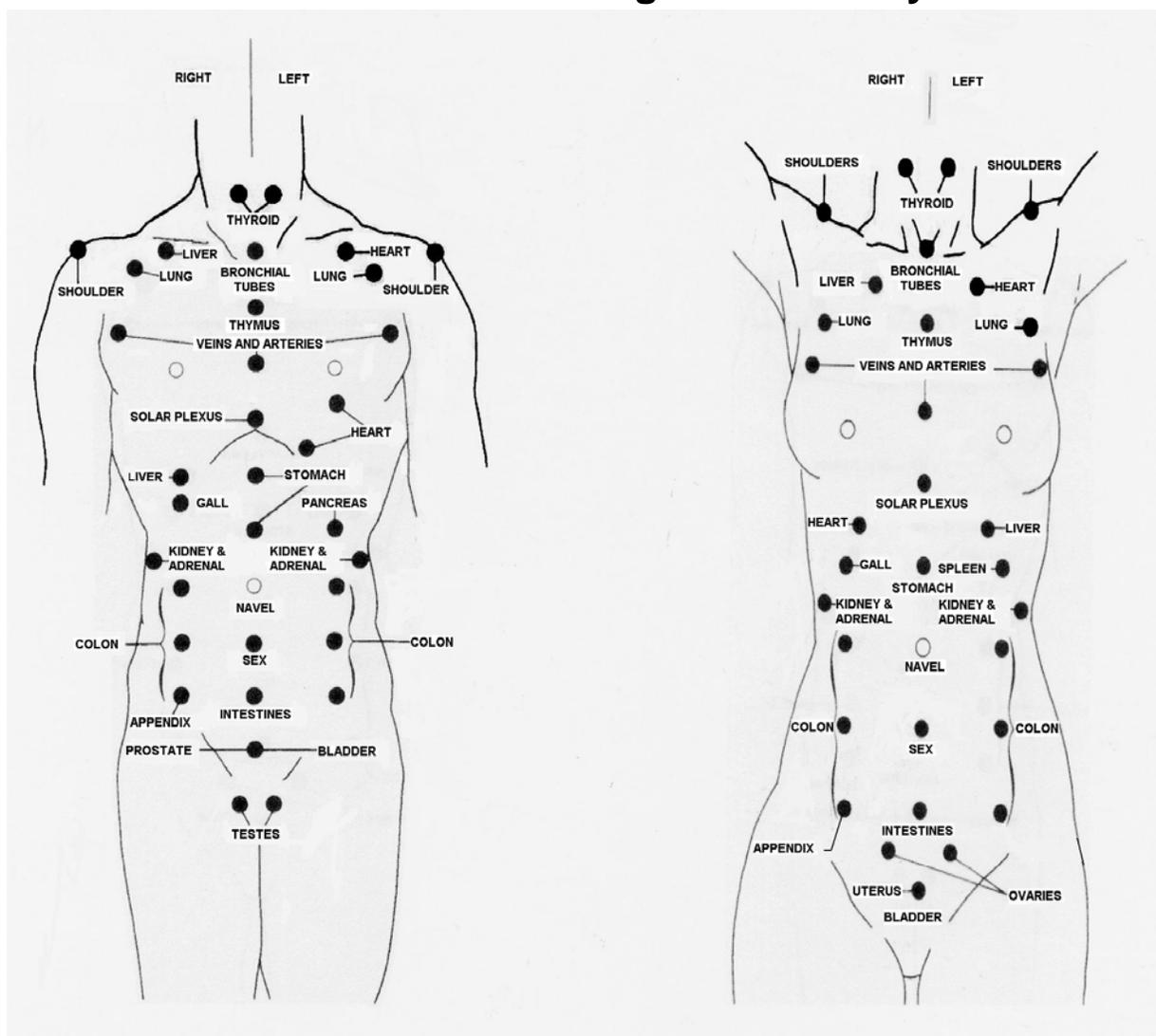
The backs of the hands have the opposite electrical energy from the palms. The **back of the right hand** will be negative (-) and the **back of the left hand** will be positive (+).

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 Chakras 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

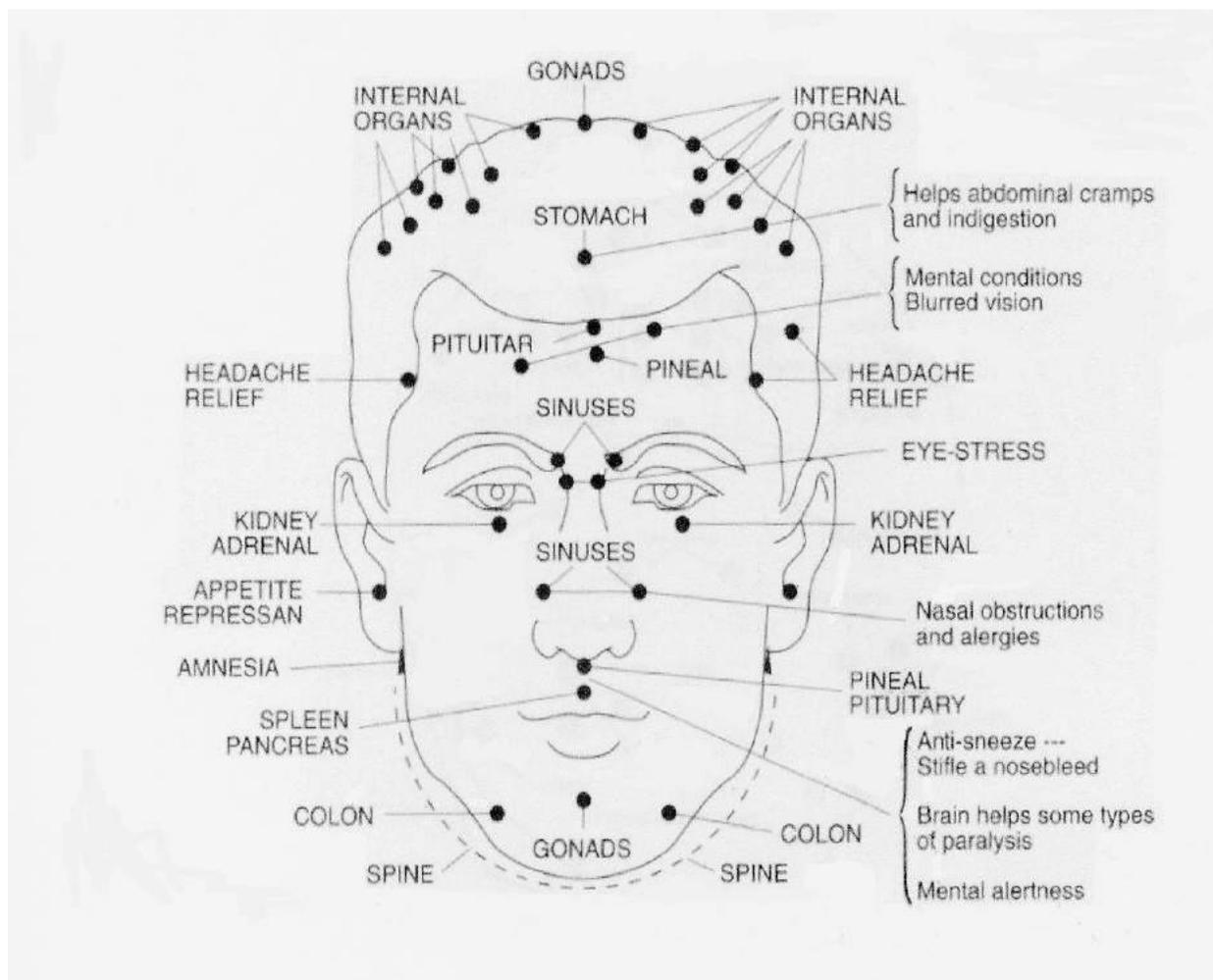


The reflex points are energy junctions that relay and reinforce energy along meridian lines of the body, passing energy toward the organs and the nervous system. Electrical current passes most readily along the body's meridian lines, thus there are special electrical properties at the reflex points and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

Front of the Head

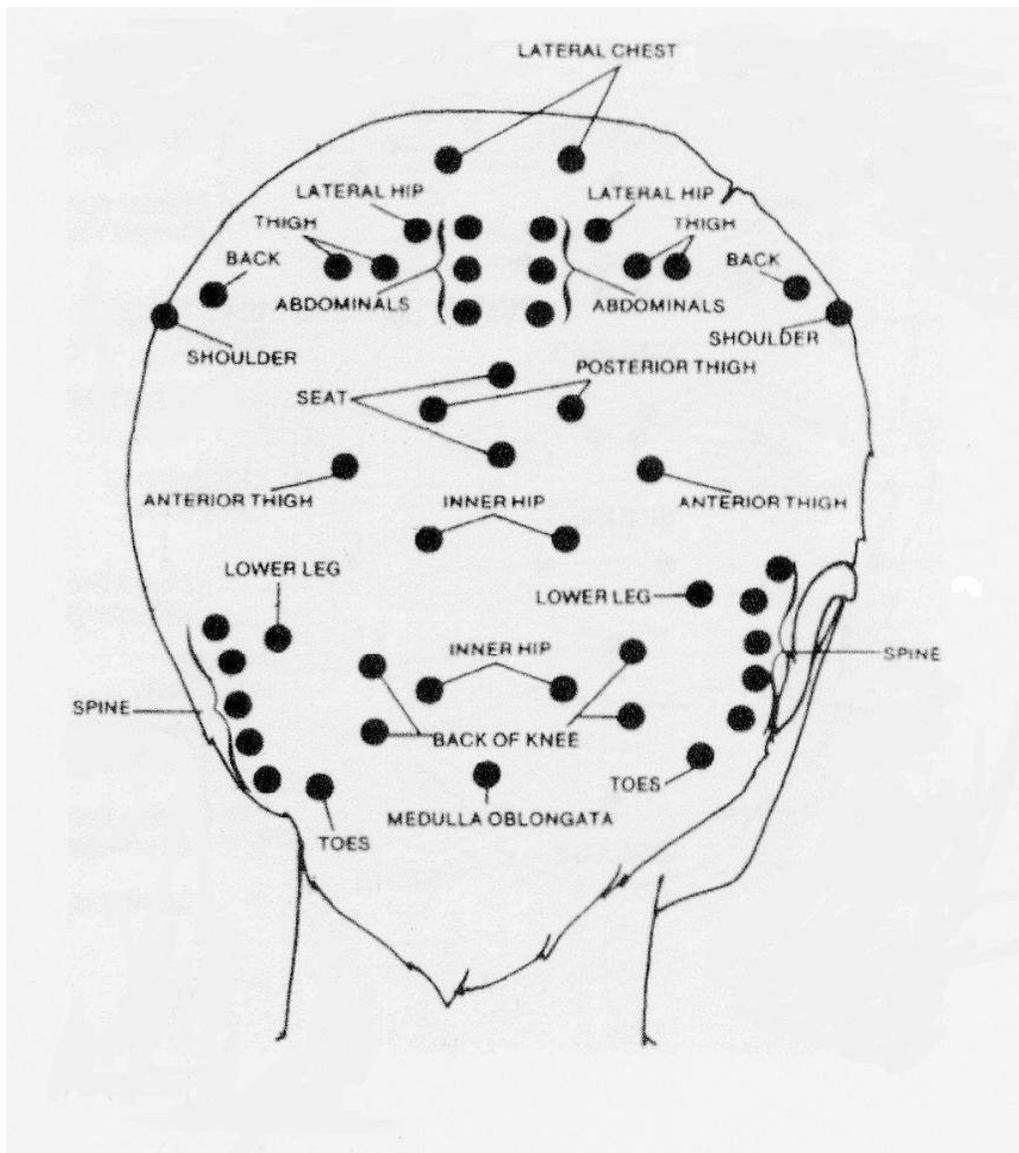


On the very center of the top of the head are the reflexes to the reproductive organs. Down toward the forehead is the reflex to the stomach; under the nose are the reflexes to the pineal and pituitary, then the spleen and the pancreas reflexes. Straight down from these reflexes are the gonad reflexes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

Back of the Head



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 hair 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 head not more than 30 seconds. This stimulating is enough to bring to life every organ and gland in the body.

(3) Use a wire brush to tap the head gently all over. This is an excellent stimulator and also stimulates the hair follicles to promote new hair growth.

Auricular Aroma Technique

D. Gary Young developed the Auricular Aroma Technique, the integration of essential oils with standard auricular technique, after using essential oils in acupuncture applications in his clinic. He found that using essential oils in conjunction with acupuncture was extremely beneficial. He also found that acupuncture stimulation with essential oils was noticeably greater than either acupuncture or essential oils by themselves.

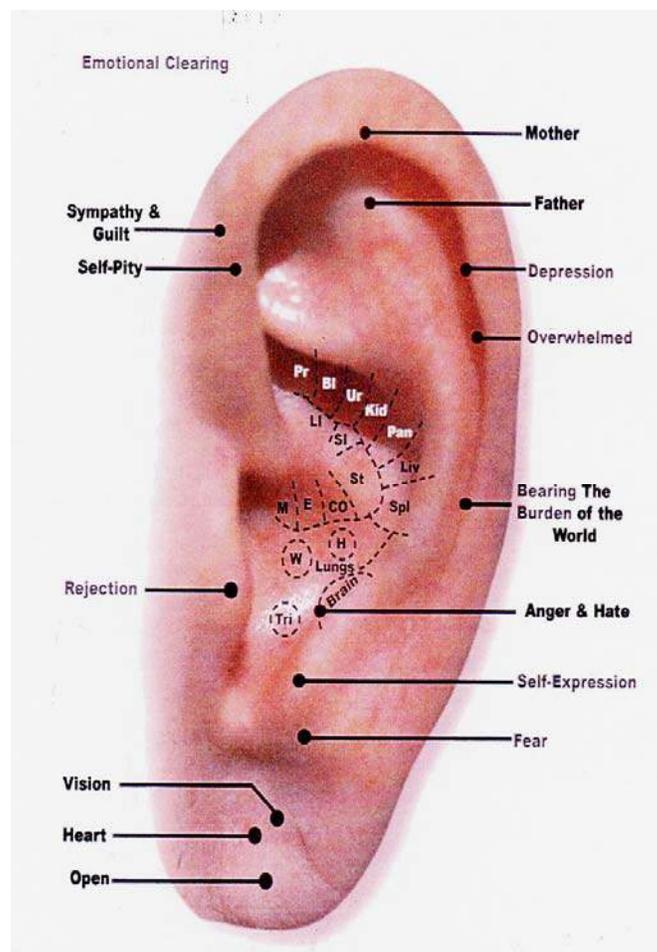
Acupuncture with essential oils seems to enhance benefits substantially. As Gary left his clinical practice and began researching, farming, and teaching, he knew he could not continue the practice of acupuncture, so he started developing a simplified technique that everyone could use. That technique is called the auricular probe technique, using a small, pen-shaped instrument with a rounded end to apply the oils to the acupuncture meridians or Vita Flex points on the ears. This concept can be used in both the emotional and physical realm.

For working the spine and dealing with neurological problems that exist because of spinal cord injury, auricular probe technique was found to be extremely beneficial to deliver the oils to the exact location of the neurological damage.

Auricular probe technique is a program that Gary continues to research and develop, and teach to doctors. It has shown tremendous potential and will

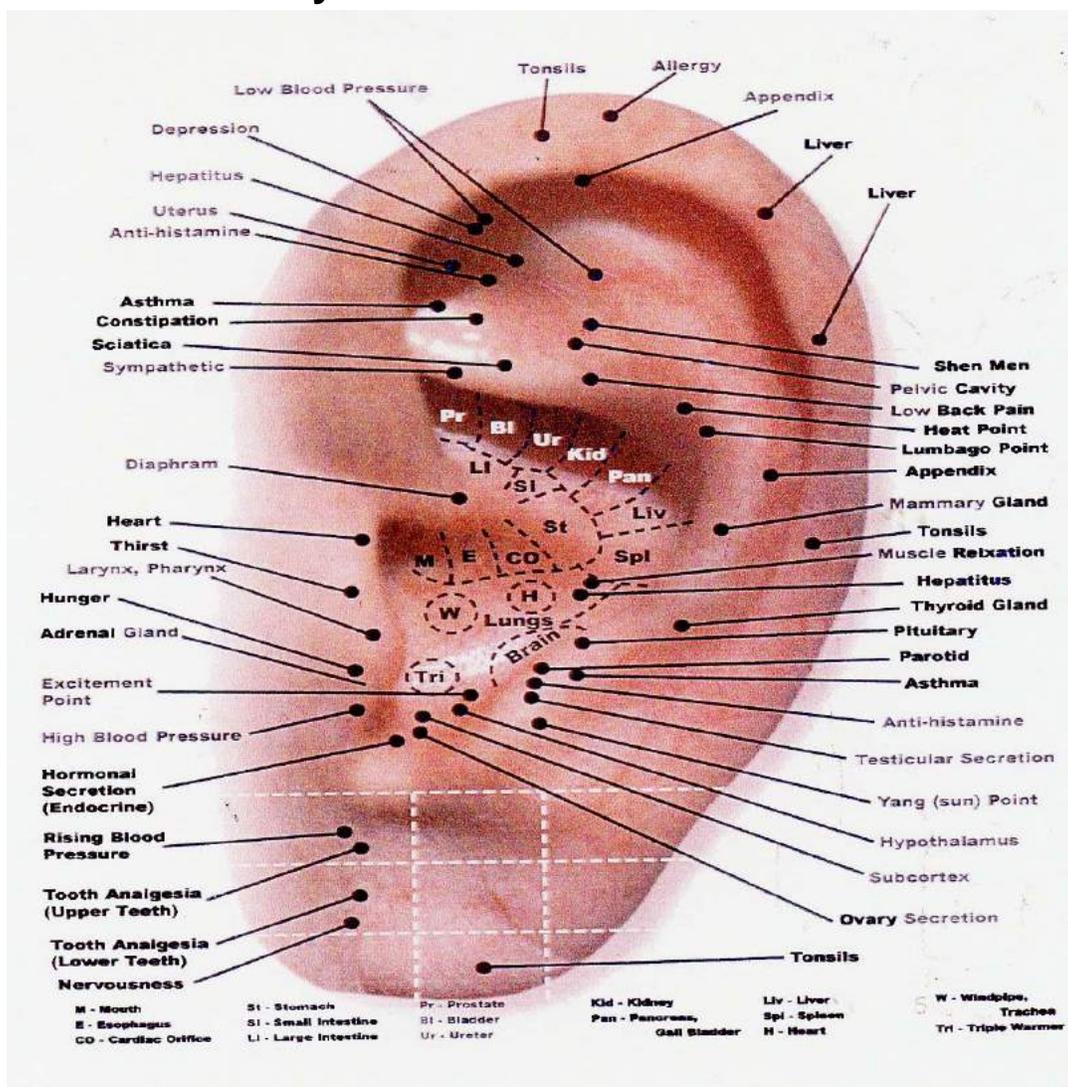
grow to be a well-known modality in the future.

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.

Body Parts Reflected in the Ear



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.

This information can be helpful in many aspects—by placing the Electro-Pads, at specific locations on the ears. The

use of essential oils in connection with the Electro Reflex Energizer may 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 Therapists

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 also 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 waveform, 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.

Case Studies

The following are case studies to show how well the Electro Reflex Energizer 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, and 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 and Stimulator

by Linda Oyama

Linda Oyama is a certified Natural Health Professional who owns and operates the Peaceful Valley Natural 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:

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

How to Begin Using the ERE

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 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 lactic 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 this once or twice weekly or as needed. Relax and enjoy. This detox bath brings great relief to body and mind.

Other Applications

It has been reported that the frequency that you are connected to will flow to whatever touches you. So, babies with colic, small children, and pets can seem to be treated while being held in your lap. Use low frequency during the treatment.

For those who are bedridden, hold the Electro Reflex Energizer to the bottoms of their feet for a five-minute treatment. Use only low frequency on Mode #1.

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 Murdered. These ugly creatures attach themselves to intestinal walls, and 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 guest 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 a 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:

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

- **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.
- **Whiteworms.** These come in all sizes. They are often the color of eggshells and look like spaghetti. They turn black when they grow up.
- **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.
- **Inchworms.** These are thick, black, and bumpy. They are as thick as fountain pens and about 2" long.
- **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.
- **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 have pinworms.

- **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 grey in color. One quarter of the world's population has hookworms, including 50% of Americans.
- **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 ½" long. Everyone has these!
- **Threadworms.** These parasites are as thin as a thread. They are cream-colored and often come out by the hundreds.
- **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.
- **Spiders.** These are a type of parasite that looks just like a spider. They often have many legs and are colored brown. Some look like an octopus. They are often 1" long.
- **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 worm 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 Electro Reflex Energizer (ERE), with its electrocuting effect on these little critters.

If You Suspect Parasites

Anyone who has or suspects they have parasites should **use the Electro Reflex Energizer (ERE) for seven (7) days consecutively.** The reason for this is that different parasites have different life cycles and different longevity, different hatching schedules and so on.

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 electrocuted to death by the electrical frequency of the ERE) can be eliminated.

It is 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 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.

Good for Babies with Colic

For children or babies with colic it is helpful to lay a little child on your lap to get the frequency benefit while using Mode #1 for 5 minutes. Colic is an acid bubble, and this treatment seems to break it right up.

Note:

Always detoxify the body by using Mode #1 before using the other Modes. Kill the parasites and get the toxins out of the body, then use the relaxing and massaging modes.

Benefits of the Electro Reflex Energizer

Asbestos Poisoning (Asbestosis)

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 tinnitus (which is ringing in the ears).

I have **severe digestive problems** for which I have taken many drugs and antacid preparations. Food never seems 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 mm 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 foil 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 has now 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, 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 Electro-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 Electro-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 10 minutes.

Toe Injury

A few days I **tripped and injured my toes**, so I decided to try the Electro Reflex Energizer. I put the two Electro-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 W., Naturopathic Doctor and Herbalist

Deep Bruising

I use the Electro-Pads on particular muscle 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 part of the bruising process.

Herpes

I have assisted my clients by using the Electro Reflex Energizer (ERE) in the treatment of **Herpes**. Herpes are really active viruses that live on the nerve endings. My clients have had a significant decrease in their 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, resulting in a loss of feeling and 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 to regain feeling. The great thing about the ERE is that 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 place your hands on the ERE as well.

Carpel Tunnel Syndrome

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

Lupus

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

“Charlie Horses”

For **Charlie Horses** in the legs you can use the ERE’s Electro-Pads. Place the Electro-Pads above or in back of the heel as well as shortly below the back of the knee (calf area). When people wake up with that kind of pain it’s not a fun thing!

Plantar Fasiitus

Plantar Fasiitis is another condition that can be helped by the Electro Reflex Energizer (ERE). Plantar fasciitis is the most common cause of heel pain. Plantar fasciitis means “inflammation of the plantar fascia.” The plantar fascia is the long, flat band of tissue (ligament) that connects the heel bone to the toes and supports the arch of the foot. If the plantar fascia is strained, it can develop small tears. As a result, it becomes weak, swollen and irritated (inflamed), and hurts when you stand or walk.

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.

Plantar Warts. Warts are a virus that lives within our body. The ERE in Mode #1 is helpful in ridding the body of viruses, bacteria and parasites.

Yeast, fungi and mold can also be treated.

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.

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 Infrared 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 relief as well as with **bunions**. That too causes a lot of pressure in the feet.

Lung Congestion

The Electro-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 Electro-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 and it helped tremendously with the coughing.

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-minute and 15-minutes with my feet on the Foot Pads, I slept wonderfully.

When my husband asked, "How does your back feel?" I had to answer, "What back?" We have all of the machines by the company and swear by them all.

...Testimony of Carolyn, 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 (blood thinner) for the past five years and 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 **the ERE 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, Utah

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 your 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 elevator where it is more comfortable to place the wrist/hands on the Foot Pads.

Additional Electro-Pad Benefits

It has been found that placing the Electro-Pads on the Abdomen can strengthen abdominal muscles.

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 the **muscles and ligaments** seems to help **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. This mode promotes detoxification and elimination of parasites. 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 increase blood circulation so the body can heal itself to the extent possible.

How can I tell if the ERE is helping me?

*Some people receive relief in a short time. Others may not be able to tell for several weeks or even months. Just **do not stop**. Follow the detox instructions for maximum benefit.*

Why is it 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 break-up built-up toxins and you may not feel it working at first. You may even get flu-like symptoms as the toxins are released. Don't quit! Make sure you are drinking adequate amounts of pure water during the detox phase.

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 assist your body to heal itself. Keeping your 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 with the Foot Pads. To insure that your knees stay together, use the strap that is provided with your Electro Reflex Energizer (ERE). With the knees together the electrical frequencies are "locked in".

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 use of the Electro-Pads.