



GUIDE TO COMRA UNIVERSAL TREATMENTS

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INTRODUCTION

coMra stands for coherence achieved through Modulation of different radiances and utilises the combined radiant properties of laser, coloured light, magnetism and ultrasound to provide an effective, drug-free treatment for pain and many other conditions. It stimulates cellular regeneration and repairs damaged tissue and is a gentle and non-invasive method which anyone can learn to use safely.

At the heart of coMra therapy is the concept of supporting the body's own ability to self-regenerate. The synergy of the combined radiances creates a unique and powerful healing effect at the cellular level, primarily by stimulating production of ATP (the "molecular currency" of intracellular energy transfer) within cells. As the diseased cells recover, they in turn take care of the disease symptoms such as pain, inflammation, non-healing wounds or damage to internal organs.

coMra has two devices that can be used to treat a wide variety of conditions. The coMra Delta is our flagship product and uses all four radiances, including ultrasound which speeds up the regenerative process. It has a number of terminals which can be attached to the device allowing a wider range of conditions to be treated. The coMra Palm is a more affordable and portable device which uses laser, colored light and magnetism and is a great way to obtain coMra benefits on your healing journey.

There is a wealth of information on the website www.comra-therapy.co.za/ including articles, videos and e-books and you can always reach out to us using the details that you can find on the Contact Us page. If you are new to coMra therapy we suggest reading the coMra Therapy 101 Article and the article entitled How It Works: Coherent Multi-Radiance Therapy.

If you have just purchased a coMra device, we have a very useful Guide to coMra therapy to give practical insights and tips which you can find on the Downloads page of the website.

Although many people use coMra therapy to treat pain, it is also used widely to treat a broad range of chronic conditions that relate to systemic problems as well as for general health and well-being and preventative medicine. To this end there are eight so-called Universal Treatments described in the coMra Therapy User Guide (Available at www.comra-therapy.co.za/how-to/user-guide/).

This e-book is a guide to these Universal Treatments.



UNIVERSAL TREATMENTS

Health can be considered a state of balance or equilibrium of multiple, complex symptoms within the human body that an individual has established internally and between themselves and their social/physical environment. As science is beginning to discover, all the 'separate' body systems are completely interrelated and work together to maintain the overall health of the 'whole'. We now know that there is a constant communication between the body's systems and organs, and that this communication is a vital part of that state of being we call "health".

In Russia (then the USSR) in the mid-sixties the study of the biomodulation action of low-intensity laser was widely studied and from 1965 to 1972 several dozen scientific conferences were held, and hundreds of studies were published. The data was practically implemented in fields as diverse as oncology, surgery, dermatology and dentistry. The understanding of how this biomodulation works has evolved significantly and has shown how aside from treating separate areas of the body, it has a powerful effect on the body's own ability to regenerate. Experience has shown that the coMra Palm and Delta devices can be used successfully as a universal approach for injuries, diseases and also for preventative medicine. The transient increase in cellular energy created with the devices is sufficient to provide supportive conditions for healing.

Holistic and integrative medicine start from the premise of the systemic nature of healing and use a number of supportive modalities that complement each other in creating overall healing. That's where coMra comes in, and specifically, the Universal Treatments.

UNIVERSAL 1	Head	Migraines, fainting, senile dementia, atherosclerosis, intracranial pressure
UNIVERSAL 2	Heart	Weak heart, insufficient coronary blood flow, low immunity, cholesterol
UNIVERSAL 3	Blood	General well-being, thalassemia major (anemia)
UNIVERSAL 4	Somatic Biostimulation 1	General well-being
UNIVERSAL 5	Somatic Biostimulation 2	Emotional exhaustion, depression, insomnia, lethargy, breathing difficulties, weak heart, adrenal dysfunction, Cushing's syndrome, stress
UNIVERSAL 6	Vitality	Physical exhaustion, recuperation, recovery from surgery, general well-being, vitality, long-term health care and preventive medication, maintenance and support for the ageing body, fitness program
UNIVERSAL 7	Nervous System	Emotional exhaustion and debility, stress – mental and emotional, nervous disorders, recuperation from neurological disorders, weak heart, breathing difficulties
UNIVERSAL 8	Complete Organ Treatment	Comprehensive cleanse and regeneration program



You will find the Universal Treatments very useful and effective if you have chronic diseases that you want to treat or at least control the symptoms of. For example, Universal 3 and 5 form part of many treatments in the User Guide for serious conditions. If you have inflammation or trauma in the body you can treat it locally with a coMra Palm or a Delta, and you can do one or more of the Universal Treatments to boost your vitality as well.

Universal Treatments 1 – 8 are fundamental to a holistic approach to healing with coMra therapy. In addition, you can apply them any time you feel you are tired or have a low immune system, or when you just want to feel more energetic and toned. These treatments can also be used as part of a course for preventative measures.

Universal Treatments demonstrate principles of systemic biomodulation of the:

- * *Immune System;*
- * *Central Nervous System;*
- * *Peripheral Nervous System;*
- * *Endocrine System;*
- * *Immune System;*
- * *Circulatory System;*
- * *Digestive System.*

UNIVERSAL 1 – HEAD

The Universal Treatment 1 is applied on the area of the head and can be done in cases of pain in that area, either as a separate treatment or as complementary to another treatment.

If you have a headache or a migraine, brain fog, dizziness or feeling like you will faint, this treatment will be beneficial for you. You can also include it in cases of senile dementia, atherosclerosis and intracranial pressure.

The Universal Treatment 1 takes only 8 minutes, as each point is treated for 1 minute at the frequency of 50Hz. You will treat both sides of the temple, two points on the frontal area, both sides of the suboccipital (on the back of the head) and both sides of the carotid sinuses. Please refer to the pictures in the coMra User Guide to see the location of each point on your body. Gently place the coMra therapy device on the skin, switch it on and wait for the signal that the time has finished before moving to the next point to be treated.

If you want to have good results sooner, it is highly recommended that you combine the coMra treatments with other positive changes in your lifestyle, in your diet and in your way of thinking. The coMra will awaken the natural ability of your body to heal and to recover, so you want to support this process with your actions in every possible way; being more in contact with nature, doing moderate exercises, or any other healthy habits, will increase the ability of your organism to heal and get better.

To give you an idea of the science behind this treatment, a study at the University of Texas in 2016 found that Low-Level Laser Therapy applied to the forehead can transcranially improve cerebral oxygenation in healthy humans. The researchers concluded that Laser stimulation induced an increase of oxygenated hemoglobin concentration and a decrease of deoxygenated hemoglobin concentration in both cerebral hemispheres. These effects increased in a dose-dependent manner over time during laser stimulation (10 minutes) and persisted after laser stimulation (6 minutes).

In another example from a 2009 Moscow clinical trial, a treatment group of 102 patients with chronic cerebrovascular disease received standard pharmacological therapy combined with Low-Level Laser Therapy. After three weeks, the treatment group clearly had larger degrees of improvement in all assessed outcome parameters.



UNIVERSAL 2 – HEART

This treatment course was created to support and heal the heart. When you treat the heart regularly with coMra therapy the coronary blood flow gradually increases. Over time, the vessels of the heart become stronger and the muscles of the heart are more supported and thus there is less stress on the heart.

Universal Treatment 2 assists with many cardiological conditions such as a weak heart, insufficient coronary blood flow, ischaemic heart, arrhythmia, hypertension, cardiomyopathy, tachycardia, angina pectoris and any other issue connected to the heart. Regular coMra application strengthens your heart, slowly improves its function and eases symptoms. You can also apply it when you have low immunity, high levels of bad cholesterol or when you go through a period of great emotional stress.

You should use only the 5Hz frequency when applying coMra therapy directly on the heart. Please read the instructions in the coMra User Guide carefully.

Universal Treatment 2 is also useful for overall health and can be used as a prevention treatment during stressful periods, when physically exhausted or regularly when your heart needs more energy.

Looking at the science, a 2009 study by Ryan Maloney of Erchonia Medical Inc looked at the efficacy of laser therapy for reducing cholesterol. The research showed that 75 percent of participants realised an overall reduction in cholesterol serum of 16.1 points. 93 percent experienced a reduction in LDL levels (commonly referred to as “bad cholesterol”), with 47 percent revealing a reduction in LDL levels without experiencing a reduction in HDL levels (or “good cholesterol”). Of the 20 participants, 60 percent demonstrated a reduction in triglyceride levels.

UNIVERSAL 3 – BLOOD

In coMra therapy we put emphasis on blood health, since the blood is the main tool of the body to maintain communication and nutrition transportation to each cell. The goal of this non-invasive treatment is to irradiate the circulating blood in order to increase oxygen-carrying capacity, to improve blood rheology, to enhance the microcirculation, to biomodulate immunity, to regulate the blood pressure and to improve the health of the blood vessels.

Treating various diseases

You will find it beneficial to apply blood irradiation during any kind of inflammation process that takes place in the body, for example, in the presence of viruses, bacteria, or in case of exposure to toxins. As it is very versatile it can be used as a general prevention from disease and is highly recommended if you have anemia, overall weakness or chronic fatigue.

Since the blood reaches every cell in the body, this treatment will improve any recovery process that is already underway, giving the white blood cells more energy so they can fight against infection. It also supports other healing procedures or treatments like massages, physiotherapy, topical applications and so on. You can use it as a preventative measure if you are in a period of your life where you experience more stress than usual.

Stimulation of any regenerative process

The application of the Universal Treatment 3 alone, or in combination with other treatments, will lead to normalisation and stimulation of any regenerative process, as well as regulation of the carbohydrate, fat, protein and intracellular bioenergetic metabolism. The red blood cells are supported to become more flexible and to move faster. When the blood moves freely in the body, it is thinner and the blood vessels are stronger, clots and waste sediments are removed from the bloodstream, and the whole body has more energy to deal with the healing of the organs.

The Universal Treatment 3 is well described in the coMra User Guide and illustrates how all the main points of the bloodstream are treated. It takes only ten minutes, as you treat for a minute each: both sides of the carotid, subclavian, axillary, anconeal and femoral arteries at the 5Hz frequency.



As a support for local treatments you can start by treating the area of the body where there is pain or injury and combine it with the Universal Treatment 3. In this case you do not need to treat all the artery points, but you can simply apply coMra therapy to the nearest artery point for two to five minutes.

There is extensive evidence and clinical research showing that blood irradiation can increase oxygenation of organs and tissue due to the increased oxygen-carrying capacity of erythrocytes, improved blood flow and systemic enhancement of microcirculation.

UNIVERSAL 4 AND 6 - VITALITY

During periods of highly intense physical activity you can apply Universal Treatment 4 – Somatic Biostimulation Routine 1. If you are an athlete in training or just feel physical exhaustion, this treatment will restore your depleted energy and will help you to recover quickly. During periods of fatigue and physical intensity, your body will use the energy it has to recover the functioning of the muscles to the detriment of some of the organs. That's why a proper diet is also a very important part of your training program, since your body will be in higher need of nutrients. Nonetheless, you can support your physical energy levels using this treatment every time you feel tired, when you want to increase the regeneration process in your body or to condition your muscles and enhance recovery after working out.

The Universal Treatment 6 – Vitality is a two-part healing sequence, consisting of the Universal Treatment 4 – Somatic Biostimulation Routine 1, together with the Universal Treatment 3 – Blood.

Universal 6 is very versatile and is also recommended if you have anemia, overall weakness or chronic fatigue, as well as recovery from surgery or medication and for long-term health care. It can also provide maintenance and support as part of an anti-ageing program, as preventative medicine, or to support other healing procedures.

You can choose to apply the Universal Treatment 4 or try the Universal Treatment 6 in order to support the regeneration of tissues and to increase your vitality. We highly encourage you to experiment with the treatment courses that you will find in the coMra User Guide. Keeping a journal with the daily improvements is a good way to follow your own results and to observe how the different courses are working for you.

One example of the application of Universal 4 and 6 is in sports medicine. If we talk about recreational sport, then coMra therapy is generally used for local injuries. But when we talk about competitive sports and especially elite athletes, these sportspeople operate at the peak capability of the body and are looking for increased power and/or endurance of muscles. Universal 4 and 6 provide that support in terms of increased oxygen supply to muscle tissue, shift from anaerobic to aerobic metabolism, prevention of lactic acid build-up and overall stimulation of the body's metabolism.

**** For more information as well as programs designed specifically for sportspeople refer to our detailed Training and Performance User Guide, available on the Downloads page of our website.***



UNIVERSAL 5 AND 7 - NERVOUS SYSTEM

It is very common nowadays for people to suffer from depression, anxiety or constant emotional stress. The results of stress on the body can lead to various conditions like high blood pressure, weight gain, irritability and many more. If you are in a period of emotional stress and you feel overwhelmed, exhausted and anxious, coMra therapy can help you not only with the symptoms but also with the cause of your condition. The Universal Treatments 5 and 7 from the coMra User Guide, which focus on the neuroendocrine system, are key for physical, as well as emotional and mental health.

Universal Treatment 5 – Somatic Biostimulation Routine 2

This sequence was created to assist the healing process during periods when you feel emotional exhaustion or have breathing difficulties. It is very helpful for depression and insomnia. It is also effective if you have a weak heart, adrenal malfunction or Cushing's syndrome. This treatment supports your body in dealing with high levels of cortisol and adrenaline. It positively affects hormonal imbalances, such as during menopause or menstruation.

Universal 5 is a fundamental treatment which, together with Universal 3, is incorporated into many of the treatments for serious conditions in the coMra User Guide.

Universal Treatment 7 – Nervous System

One step further is the Universal Treatment 7 – Nervous System. This is a combination of Universal Treatment 5 and Universal Treatment 3 – Blood, one after the other as directed in the User Guide.

This treatment consists of two parts and they need to be done consecutively. It will help you if you have nervous or neurological disorders of any kind, if you feel emotional exhaustion, have a weak heart, or have difficulties in breathing. This coMra treatment can be done separately or as complementary to others and is used in cases of mental or emotional stress in order to support the nervous system.

Many people find the Universal 3 treatment to be quite energising, so in treating insomnia, experiment between Universal 5 and Universal 7.

Emotional stress can affect almost every organ and system in your body and you will need more energy to heal and recover. The healing power of coMra therapy is very gentle and yet effective, with no side effects. It can help you address each of the results of the emotional imbalance and you can experiment and combine treatments to see which of them are making you feel better.

Many people have used Universal Treatments 5 and 7 in:

- *Reducing or stopping anti-depressants*
- *Increasing ability to tackle difficult challenges in life*
- *Relaxation after daily stress*
- *Preparing the ground for working with causes of emotional and mental diseases*

From a scientific point of view there is a large body of literature concerning using MIL-Therapy in psychiatry in Russia and most of it is quite specialised. So just to use one example, Kartelisev (2003) presents summary data of using MIL-Therapy in schizophrenia with acute events. Long term observations showed a significant improvement in the condition of patients.



UNIVERSAL 8 - COMPLETE ORGAN TREATMENT

The Universal Treatment 8 was created in order to support any healing process, to cleanse, detox and regenerate organs in the body. Each organ receives additional energy, assisting with restoring cellular functionality, as well as the elimination of toxins and waste products.

This treatment scheme can be used as a comprehensive cleanse and regeneration program if you want to support the organs. It consists of two parts that must be done consecutively and puts the focus on the major organs of elimination. Please feel free to combine this sequence with other treatments if you feel the need and in order to achieve better results.

coMra therapy does not deplete the body during cleansing treatments. The aim is to regenerate, as well as support the body in achieving a natural detoxification. As with all cleansing programs, it is important during this treatment to take your diet into consideration and to drink plenty of pure water to help with the elimination of toxins. Moderate and regular exercising would be beneficial for better circulation too.

Be gentle with yourself during the cleansing process and observe yourself carefully for any signals that your body will send you. Certain effects such as increased tiredness, skin rashes, nausea or headache may be noticed whilst the body is making use of the available energy provided during the treatment in order to expel toxins.

It is recommended during the cleansing period to avoid stress, to spend more time in nature, to minimize the usage of alcohol, cigarettes, refined sugar and trans-fats. You need to eat more fruits and vegetables, enough proteins and good fats for the body to have all the needed "building blocks" to use for filling up the gaps and restoring inner balance. Once the system is cleansed it will naturally go back to its harmonious state.

SUMMARY

The Universal Treatments can be used in many ways and are highly effective when done in conjunction with specific or localised treatments. They can also be used as a separate healing course or as part of a prevention routine. The Universal Treatments really emphasise the fact that coMra therapy is not just beneficial for treating illness but also for supporting people in good health who want to improve the performance of their bodies or who just wish to feel better and more energized.

Please visit <https://www.comra-therapy.co.za/> where you will find a wealth of information about coMra therapy including articles, videos and download material. You will also find interesting insights and articles about the Universal Treatments as well as on many other topics.

However we know that you may have specific questions about your own healing journey and we want to support you in every possible way. You can write to us anytime you need help and someone from our team will gladly provide you with the additional information you need. Our contact details are available at <https://www.comra-therapy.co.za/contact-us/>. We would love to hear your feedback on how coMra therapy works for you and what results you have achieved.

We want to warmly welcome you to the international coMra therapy Family!



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