



Harmony

BALANCE AND RELAXATION FOR THE BODY & NERVOUS SYSTEM



BALANCE AND RELAXATION FOR THE BODY & NERVOUS SYSTEM

ENGLISH, REV 1.0



Life-changing solutions by
Radiant Life Technologies
www.radiant-life-technologies.com

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FOREWORD

We dedicate this Harmony User Guide to Elizabeth Schnugh, Founder and Director of the Institute for the Study of Man and Co-CEO of Radiant Life Technologies. With Elizabeth's guidance, support and friendship we've walked together the path of learning about our selves, our emotions, relationships and healing.

We experience life not only physically, but also emotionally and mentally. When these aspects of our being are all in harmony we enjoy lasting wellbeing and vitality. But when it comes to overcoming ill health all too often we limit ourselves only to a mechanistic manipulation of the physical body. This approach works well in emergency care, such as in treating injuries, but what about health issues that seem to just "spontaneously" appear in the body? In fact, in the 20th century we saw an explosive growth of conditions that became chronic, since the main causes of feeling unwell remain out of reach of medication or surgery. Clearly, if pain and a state of illness keep coming back, then we also need to look beyond the purely physical aspects of the body.

A major step towards a more holistic approach to health is a growing recognition of how emotions colour our experience of life and also profoundly alter the state of the physical body. The immediate effects are apparent when, for example, a sudden fear or anger sends shockwaves across the entire body. But prolonged intense emotions, like reliving again and again a particular emotional pattern, introduce minute but persistent changes in cells and organs. The initial signs are a lack of restorative sleep, persistent fatigue and/or muscles aching with tension. Later, without sufficient rest and recovery, the most weakened organs structurally degrade, manifesting a chronic deficiency in the heart, lungs, kidneys or joints. When many organs and entire systems of the body are affected, the condition could be diagnosed as metabolic, autoimmune or degenerative. In spite of the wide diversity of symptoms and organs involved, the bottom line in nearly all of these chronic conditions is that they are all deeply rooted in intense negative experiences, unresolved conflicts and suppressed emotions.

Obviously, all of us are familiar with feeling unwell due to emotional stress. But what exactly are emotions? Are we set up that we have to suffer from their consequences? And most importantly, what exactly can one do to resolve them practically in a busy day-to-day life, since emotional stress seems to be unavoidable, without having to self-isolate on a remote island?

In this user guide we introduce a two-fold approach to working with emotional stress. Firstly, coMra therapy provides a very practical means to alleviate the immediate negative effects of everyday life demands and to rebalance the physical body. With timely application coMra therapy can help prevent the accumulation of physical stress in the body, without having to wait for a full-blown disease and resorting to invasive and drastic measures. Secondly, we point out direct connections between physical manifestations of stress and specific emotional states. Following the physical and emotional clues, one can eventually arrive at the mindset and the lack of knowledge that have initiated the disease in the first place, and then resolve them.

We thank Dr Anna Klassen MD in providing assistance with the coMra therapy protocols.

Radiant Life Technologies

INTRODUCTION

Bridging physical and emotional health

As a rule, coMra therapy is applied directly to organs and systems that are under excessive stress and show signs of dysfunction or even damage. As the condition of these organs improves after treatments, we feel an enhanced sense of wellbeing and vitality. Therefore, it takes only a little practice to read the feedback from the body and tailor the user guide protocols to the individual needs of the body.

In a very similar way, we can learn about the clues that the body provides about the emotional stresses that lie behind its physical counterpart. But since there are a number of schools of thought about the “anatomy” of emotions, in this article we will adopt an approach that we’ve developed, based on a set of concepts presented by Théun Mares, the founder of coMra therapy. For a deeper introduction to these concepts we recommend reading his books “Health & Holism in the 21st Century” and “This Darned Elusive Happiness”.

What are emotions?

Emotions are not random flukes of mood to be waited out like bad weather. Emotions are essential to our experience of life, because they are expressions of something deeper that we want. In fact, we can say that there is only one pure emotion: desire. This pure emotion, however, has four distinct aspects – fear, melancholy, anger and joy:

Emotion	“I want to...”	Call to Action
Anger	Fight	Discriminate between what uplifts and what destroys
Melancholy	Change	Change course according to new knowledge
Joy	Live	Proceed forward, I am on the right path
Fear	Retreat	Reassess the situation and proceed with caution

The key to working with emotion is to recognize that it is a secondary impulse – an echo that arises after we have perceived a thought or a feeling. Which particular aspect of emotion was sparked will depend on our inner desire towards that which we have perceived. So when we utilise our emotions in a skillful way and uncover the underlying call to action, then our actions without fail lead to upliftment of our self and others.

For example, “I need to prepare for a live presentation tomorrow” is just a thought. If I experience joy in thinking about it then most probably I am already well prepared. But if I feel significant fear then I need to take action and double check whether I have missed something in my preparations. On the other hand, if I notice anger when thinking about the presentation, then I can use the energy provided by this emotion not to fight against someone, but to fight for clarity to find what exactly I am upset about. Only once I have a

clear vision of the situation, can I take the best course of action for all concerned.

However, all too often our emotions are completely misunderstood for what they are. For example, we allow fear to completely paralyze us, thus preventing us from taking any action. And since anger is considered as a negative emotion, we suppress it in order to “be nice” to people around us. Yet, suppression of anger does not resolve the initial call to action, but instead leads to a pressure-cooker effect and eventually to indiscriminate destruction. We can somewhat release the pressure by taking a walk, but unless we take some definitive action, the primary cause of our anger will continue to fester in the subconscious. The result is chronic emotional stress as shown in the table below:

Emotion	Misdirected action	Emotional stress
Anger	Indiscriminate destruction	Hostility, rage, chronic anger
Melancholy	Self-isolation to avoid listening and making changes	Depression
Joy	Pursuits of temporary satisfaction & elusive happiness	Exhaustion
Fear	Freeze and avoid taking any action	Anxiety

Emotions and the physical body

Just like our emotions help us to understand our own desires, emotions also help our body to interpret what is being expected of it. For example, the concept of public speaking on its own means nothing to the body. But when the body registers fear around the thought of public speaking, this is a clear message that the body needs to be fully alert and rally its resources to the task at hand. Here, emotion plays a most useful role of “explaining” to the body what it is expected to do in the given situation.

However, if fear grows out of control, like for example: “I am going to fail my presentation and my career will be over!”, the body will still respond to the generated emotion as if it was a reality. Being in such a state of panic attack the body sends its available resources to cope with imminent injury and possible threat to life. As a result, it is all but impossible to think straight when we are in such a physical state, and much less to deliver a presentation.

Here it is important to understand that our physical body has evolved over millions of years to be the most responsive apparatus to every nuance of human desire. Emotions are first registered in the nervous system of the body and then relayed to the rest of the body via chemical substances such as neurotransmitters and hormones. Therefore, every subtle shift in human emotion will be mirrored in the immediate environment of each cell. In response to the signals from the environment, cells will modify their activities and can even go into self-destruct mode when instructed to do so.

From emotional stress to chronic disease

The acute biological effects of emotions such as fear are very well understood and involve the activation of

certain parts of the nervous and endocrine systems that govern the body. These changes are known as the fight-or-flight response, because the body is getting ready to sustain possible injury, reduce blood loss, fight off or escape from a predator, etc. However, it is the long-term effects of unresolved emotional stress and fixed emotional patterns that lead to persistent imbalances in cell biology and eventually chronic disease.

At first glance it may seem impossible to establish a clear link between emotions and specific disease, because medical science identifies tens of thousands of different diseases. However, there are four universal hallmarks of disease that show that the body is shifting away from a healthy or physiological state to a stressed or pathophysiological state. These hallmarks of disease are a direct result of the body accumulating specific aspects of emotional stress:

Emotion stress	Hallmark of disease	Disease examples
Chronic anger	Chronic inflammation	Neurodermatitis, colitis, inflammation of mucosa, varicose veins, stomach ulcers
Depression	Metabolic dysregulation	Diabetes, high blood pressure, endometriosis
Exhaustion	Mitochondrial dysfunction	Chronic fatigue syndrome, adrenal dysfunction, migraine
Anxiety	Degeneration, accelerated ageing	Osteoporosis, muscular dystrophy, heart failure, asthma

To understand the direct link between the four types of emotional stress and the four hallmarks of disease, we need to keep in mind that emotion is a universal call to action and that it is registered both in our human awareness and also within the physical body.

The emotion anger calls for discrimination between what uplifts or destroys, is useful or useless, important or meaningless. Only with such clarity can we stand our ground and protect ourselves when necessary. In terms of our body it is the primary function of the immune system to discriminate between self and not-self and to protect its own cells and organs from foreign particles, bacteria, and viruses. So when anger becomes a persistent signal in the neuroendocrine system, the immune system becomes overactive, due to a perceived threat and disproportionately elevates its reactions in response to even the slightest provocations in, for example, our skin or digestive tract. Minor irritation may then provoke inflammation and gradual weakening of tissue. Further worsening may lead to an autoimmune condition when immune cells attack and destroy even healthy cells.

The nagging longing of the emotion melancholy signals that a change is required in our approach to life. If for some reason we refuse to change, then to escape from the emotion we may try to block the growing emotional impact through distractions such as alcohol, binge eating, watching TV and so on. However, our attempts to block the signals of change will be mirrored in the body. Resistance of one part of the body to listen to signals from another will lead to metabolic dysregulation of the entire body. For example, when cells develop resistance to the insulin hormone they cannot properly process blood sugar, thus disrupting our energy metabolism and causing type 2 diabetes.

Joy is the most natural emotion and response to life when our feelings, thoughts, words and actions are in tune with each other. The result of such internal harmony is an inflow of vitality and energy. However, when we mistake joy, an internal state of being, for a pursuit of happiness that requires meeting outside conditions, such as approval from others, career success and so on, then we quickly find out that the pleasant sensations brought on by our happiness-seeking are inevitably fleeting. Instead of gaining vitality, the endless struggle for happiness leads to exhaustion and lack of energy. Unrelenting emotional stress and high demands placed on the body prevent it from rest. Without sufficient recovery a cell will eventually reach a stage of exhaustion when mitochondria, the cell's powerhouse, start to disintegrate. Mitochondrial dysfunction and energy deficit are the most common signs of a cell in stress that underlie most chronic conditions.

The emotion fear is fundamental to the survival of all living beings. But if we submit to fear whenever a challenge appears, we end up not taking any action at all out of concern that something just might go wrong. Constant anxiety may be subconscious, but it is still registered by the body and manifests in a loss of resilience and strength throughout the body. A significantly weakened immune system makes us prone to infections and a prolonged recovery time. Muscle and bone tissue degrade to the point of dysfunction and loss of structural integrity.

Knowing which hallmark of disease is manifesting in your body gives you an important clue to your emotions and what action in life is being called for. It is very important to remember that simply venting out your emotions or trying to dismiss them by mere thinking, or waiting for them to pass are not enough. It is the desire behind the emotion that has to be fulfilled in action.

Note that we rarely experience only one aspect of emotion. Instead, more often than not we register a mix of different aspects. For example, irritation is a product of anger intermixed with fear. In addition, emotions generated in the current moment could be entangled with emotions arising from the past and be combined with heavy emotional influences from family, friends and others. Therefore, the hallmarks of disease also manifest in a mixed form and relatively few diseases will involve only one emotion.

Also keep in mind that symptoms may differ when the same hallmark of disease manifests in different parts of the body. For a detailed list of conditions and diseases and their deeper causes in human awareness we recommend studying Chapter 7 in "Health & Holism in the 21st Century" by Théun Mares.

Colour and emotion

The effect of different colour lights is to modulate the state of our neuroendocrine system in a way that is very similar to the way we perceive emotion: the colour red is registered as perception of anger, indigo/violet as melancholy, yellow as joy, green as fear. Note that the effects of colour are not limited to visual perception through the eyes, but also can be delivered directly to various parts of the body through the skin-embedded elements of the neuroendocrine system.

Various colour therapies apply specific colours to offset particular imbalances, such as hyperactivation of the sympathetic or parasympathetic branches of the nervous system. For example, the effect of the calming indigo/violet colour reduces chronic irritation, be it in the skin or in human awareness. However, since the colour red will worsen this condition, any choice of colour for therapeutic purposes has to be highly specific to the condition to ensure a balancing effect.

coMra therapy introduces a universal approach that uses different colours applied in specific sequences, instead of only one colour for a particular imbalance. The rhythmical changes of colour applied in a cycle help the body to shift away from a single dominating state (hallmark of disease), which is characteristic of the specific type of emotional stress (anxiety, chronic anger, etc). The overall effect of coMra therapy is one of balance and harmony, regardless of the initial state of the body and the type of emotional stress.

Steps for working with emotional stress

- 1 | To quickly alleviate the immediate effects of emotional stress on the body we recommend using a version of coMra therapy that uses the 520nm green laser, together with the protocols presented in this user guide. The coMra Palm “Green” device is particularly good for achieving balance and relaxation for the body and nervous system.
- 2 | Acknowledge your emotional state for what it truly is. Behind any emotion there is always a deeper feeling or a thought process that carries vital knowledge. For practical examples and tools we recommend “This Darned Elusive Happiness” by Théun Mares as well as many other resources and learning opportunities available through The Institute for the Study of Man (<https://www.institute-for-the-study-of-man.com>).
- 3 | With new insights and new awareness gained from your emotions, take the necessary action in your life. With sufficient skill it is possible to take the required action in the moment, thus avoiding a build up of emotional stress altogether.
- 4 | Above all, remember to have fun and give yourself time. It takes practice to undo a lifetime of emotional habitual patterns, but each step taken on the healing journey brings joy and upliftment.



BEFORE YOU START



IMPORTANT

1

Under no circumstances should the laser light be allowed to come into contact with the open eyes. Bear in mind that although the green laser light is visible to the human eye, the infrared laser light is invisible. Please note that prolonged exposure of the open eyes to laser light could cause permanent blindness, and even brief exposure could result in serious damage to the eyes.

2

If treatment is to be done directly to the eyes or anywhere close to the eyes, the eyelids must be closed, in which case no damage can be done to the eyes.

3

For best results rest for 5-10 minutes after a treatment session.

4

In treating the heart area NEVER use a frequency other than 5Hz.

5

When combining several protocols in one treatment session, treat the repeating points from different protocols only once.

6

Do not place any of the coMra devices within 30cm of cardiostimulator or neurostimulator on users who have such implanted devices.

7

Do not place any of the coMra therapy devices within 30cm of any sensitive electronic equipment (laptops, hard drives, etc.). The magnetic field from the devices may damage such items.



This *Harmony* volume of the coMra user guides describes the protocols that use the advantages provided by coMra therapy with the 520nm laser as implemented in the coMra Palm “Green” device. However, it is also possible to use these protocols with coMra devices with the 980nm or 905nm laser. Please refer to the relevant versions of the appropriate coMra user guides that describe important precautions for using the coMra Palm, coMra Pro and coMra Delta series devices in cases of severe exhaustion and advanced disease.

General notes

1

The list of conditions and protocols given in this guide by no means implies that these are the only conditions that can be treated by using coMra therapy. The protocols given are merely examples of the versatility of coMra therapy. The user is encouraged to familiarise him or herself with the basics of coMra therapy, and then to experiment, and so build up his or her own working knowledge of coMra therapy in order to treat any condition he or she encounters, using the protocols given in this manual as a guide.

To assist the user in this, it may be helpful to note that coMra therapy acts primarily on the innate ability of a cell to self-repair by enhancing efficiency of cellular energy metabolism, accelerating repair of cell structure and harmonising regulatory processes. Once cells sufficiently restore their structure and resources, they are capable of resuming normal function as a part of an organ (read more: <https://doi.org/10.1016/j.jphotobiol.2020.112083>).

Since the ability to self-repair is fundamental to all cell types, coMra therapy can be applied to all parts of the body that are under stress:

- a) the central and peripheral nervous systems,
- b) the immuno-endocrine system,
- c) the blood,
- d) the lymphatic system,
- e) the organs and other body parts directly.

The points illustrated in the protocols have primarily been selected with these considerations in mind, although additional points are sometimes included in specific protocols, where these are needed.

2

Every effort has been made to illustrate with accuracy the protocol points in this user guide. However, taking into account the differences in body geometry for each patient, we are only able to give a general indication of placement on our illustrations. We are aware that locating the treatment points, for the non-professional, may prove to be a little challenging therefore we suggest using a free online resource such as:

Zygote Body 3D Anatomy <https://www.zygotebody.com>, or;

Z-Anatomy <https://www.z-anatomy.com> to help with any confusion that may arise.

3

Since coMra therapy is an innovative form of medical science, we are constantly updating our knowledge base to reflect the growing body of clinical data. In response to growing demand, new protocols are also being developed, compiled and added on an ongoing basis. Consequently, to ensure that you get the optimum value from coMra therapy you should regularly check the **coMra therapy website** (www.comra-therapy.com) and update the mobile application for the latest additions and amendments to the user guide.

Versions of coMra therapy

There are several complementary versions of coMra therapy. All of the versions implement the same fundamental principle of supporting the body's ability to heal itself and therefore can be used for a variety of purposes - from wellness, to recovery from serious injury. But the choice of laser in coMra therapy does provide additional advantages for specific uses:

LASER IN COMRA	BEST FOR:
Green 520nm laser	Balance and relaxation for the body and nervous system
Infrared 980nm laser	Vitality and preventive care
Infrared 905nm laser	Recovery from serious injuries or diseases

Also, coMra therapy can be applied with or without ultrasound:

ULTRASOUND IN COMRA	BEST FOR:
With ultrasound	Faster recovery in case of serious injury, degenerative changes
No ultrasound	Normal speed of recovery in all other cases

Depending on the version of coMra therapy, there are different models of devices:

MODELS	VERSIONS				
	520nm laser	980nm laser		905nm laser	
	NO ultrasound	WITH ultrasound	NO ultrasound	WITH ultrasound	NO ultrasound
coMra Pro		coMra Pro 980		coMra Pro 905	
coMra Palm	coMra Palm "Green"		coMra Palm		
coMra Delta Series		Medical 980		Medical 905	
		Aesthetic 980		Aesthetic 905	
			Probe 980		Probe 905

The user is encouraged to experiment with various combinations of coMra therapy device models, since our health needs change in the course of life and even in the course of recovery from a disease or injury.

The following sections of this Harmony User Guide refer specifically to the coMra Palm “Green” device unless stated otherwise.

coMra therapy with 520nm green laser

- 1 Generally speaking, coMra therapy with the 520nm green laser is best for recovery from day-to-day stress, expressed as a general discomfort, lack of sleep or exhaustion, as well as in various parts of the body such as skin irritation, disorders of digestion and so on. Such a proactive approach prevents development of more serious conditions and greatly enhances overall quality of life and well-being.
- 2 Since coMra therapy with 520nm green laser acts primarily on the nervous system, this version of coMra therapy is particularly good for chronic conditions of the central and peripheral nervous systems that show signs of long-term stress and dysfunction.
- 3 Ongoing emotional stress is also an active component in the majority of serious chronic diseases, making the recovery process particularly difficult. We therefore recommend the addition of coMra therapy with 520nm green laser to the treatment program in order to help the body switch from stressed to healing mode.

Using the different frequencies

- 1 **5Hz** is the frequency used for modulating regulatory activity of the internal organs.
- 2 **50Hz** is the frequency used for modulating regulatory activity of the muscles and tissues close to the surface of the skin. Exceptions to this are given in the various protocols listed.
- 3 **1k/1000Hz** is the frequency used mostly for treating skin and very sensitive nerves in the skin.
- 4 **Variable (V)**, which varies intermittently between 5Hz, 50Hz and 1000Hz, is used in cases where it is desirable to modulate regulatory activity at various depths.

How to apply and care for coMra Palm “Green” device

- 1** | It is vital that the device is placed directly onto the skin, unless stated otherwise in the protocols given in this user guide. Do not treat through bandages or fabric, no matter how thin the fabric may be. Fabric will distort the radiances, as well as inhibit them.
- 2** | Before applying coMra protocols, ensure that the skin is clean and free from daily grease, dirt or dust. Do not apply oils and creams beforehand. These substances can build up over time and may negatively affect the functioning of the coMra device.
- 3** | Use a standard alcohol-based cleaning solution, a 3% solution of hydrogen peroxide or colloidal silver to disinfect and clean your coMra Palm “Green” device.

SECTION 1

SYSTEMIC PROTOCOLS

Protocols for restoring
systemic balance



IMPORTANT

1

Select the Systemic 1, 2 or 3 protocol depending on the severity of emotional stress. For children, select Systemic 4 or 5 depending on the age.

2

When Systemic effects of stress are combined with local symptoms, combine one of the Systemic protocols with Local. When combining several protocols in one treatment session, treat the repeating points/areas from different protocols only once.

3

In treating the heart area NEVER use a frequency other than 5Hz.

4

Do not place any of the coMra devices within 30cm of cardiostimulator or neurostimulator on users who have such implanted devices.

5

For best results rest for 5-10 minutes after a treatment session.



For best results apply Systemic protocols using the coMra Palm “Green” device. It is also possible to use coMra devices with 980nm laser: coMra Palm, coMra Pro 980 in Healing Mode, coMra Delta with Medical 980 Terminal.



In treating the heart area NEVER use a frequency other than 5Hz.

Do not place any of the coMra devices within 30cm of cardiostimulator or neurostimulator on users who have such implanted devices.

SECTION 1

SYSTEMIC 1

8 mins

Protocol time.

1-2 x daily

As needed after stress.

Using:

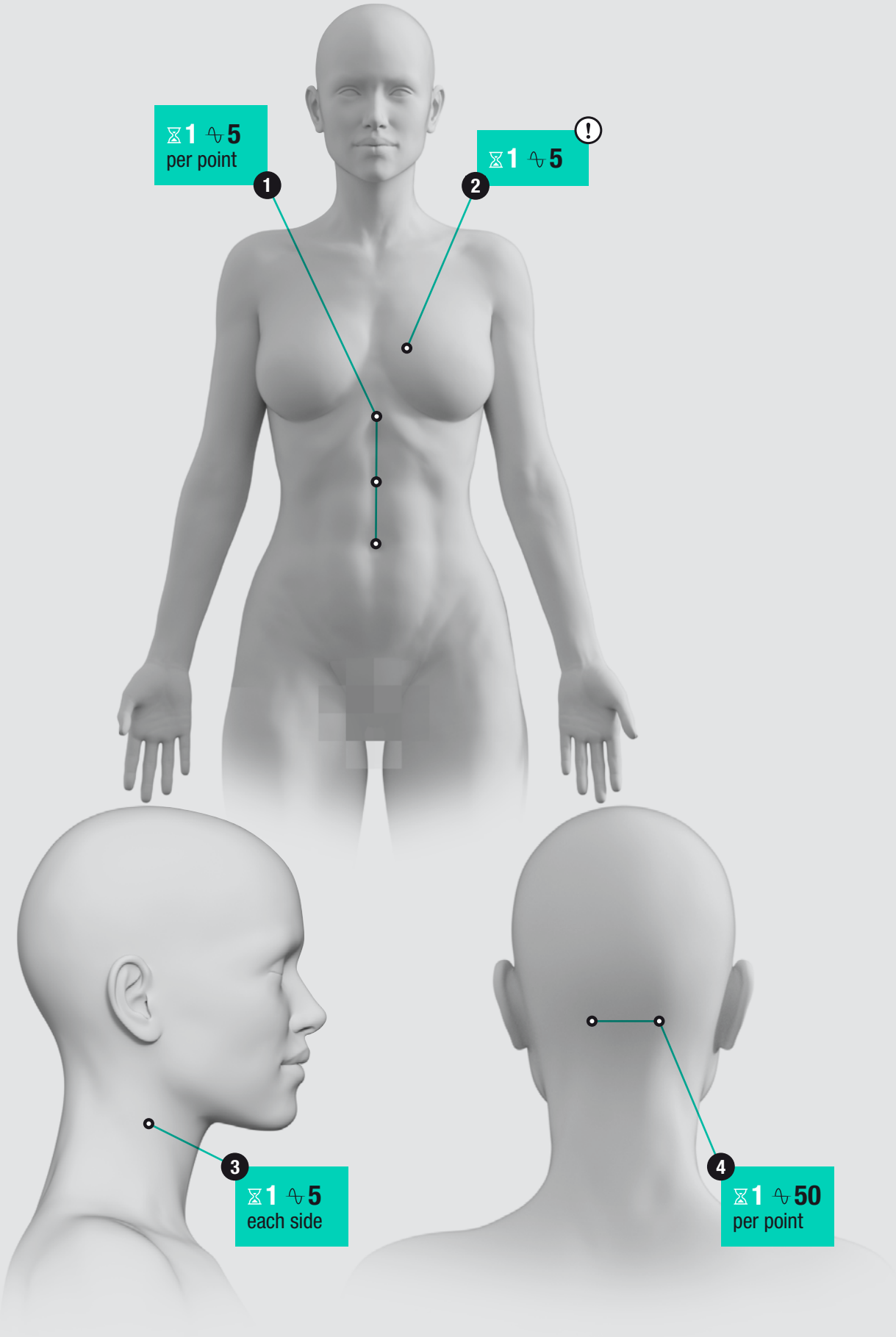


coMra Palm “Green”.

*coMra Palm,
coMra Pro 980 or
Delta Medical 980
can be used instead.*

• SHORT-TERM EMOTIONAL STRESS

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	1 per point	5
2 Heart	1	5
3 Carotid sinus (both sides)	1 per side	5
4 Brainstem	1 per point	50
✓ Rest after treatment session	5-10	





In treating the heart area NEVER use a frequency other than 5Hz.

Do not place any of the coMra devices within 30cm of cardiostimulator or neurostimulator on users who have such implanted devices.

SECTION 1

SYSTEMIC 2

27 mins

Protocol time.

2 x daily

Until improvement is noticed, then continue for 7 more days.

Using:

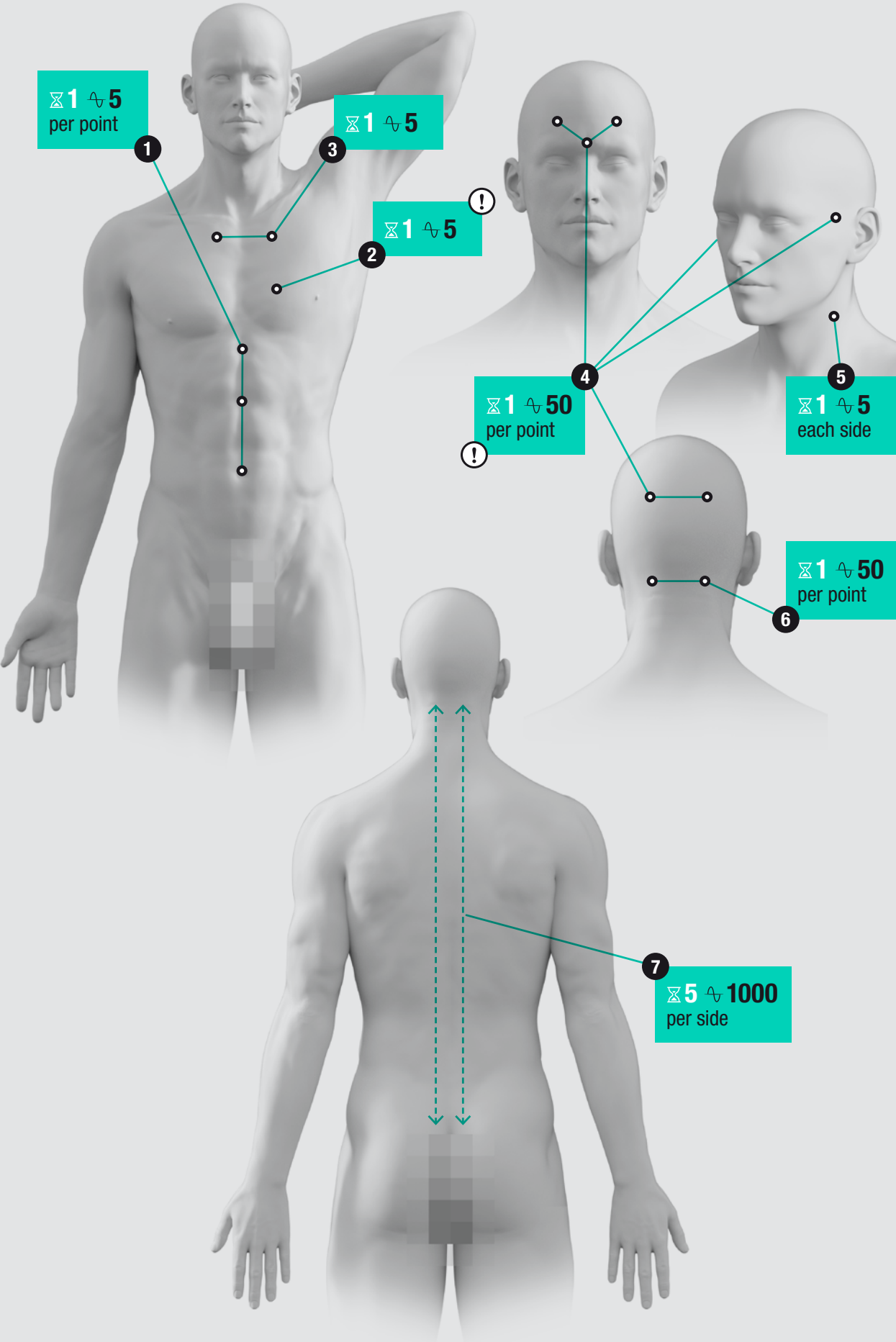


coMra Palm "Green":

coMra Palm,
coMra Pro 980 or
Delta Medical 980
can be used instead.

- LONG-TERM EMOTIONAL STRESS
- FREQUENT MOOD SWINGS
- LOW QUALITY OF SLEEP
- ANXIETY

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	1 per point	5
2 Heart	1	5
3 Acupressure points	1 per point	5
4 Brain	1 per point	50
5 Carotid sinus (both sides)	1 per point	5
6 Brainstem	1 per point	50
7 Scan nerve roots (both sides)	5 per side	1000
✓ Rest after treatment session	5-10	





In treating the heart area NEVER use a frequency other than 5Hz.

Do not place any of the coMra devices within 30cm of cardiostimulator or neurostimulator on users who have such implanted devices.

SECTION 1

SYSTEMIC 3

3 x daily

Morning, day & evening
for 5-7 days.

Then do SYSTEMIC 2
for 14 days.

Allow 2 weeks rest and
repeat SYSTEMIC 2
for 14 days if needed.

Using:



coMra Palm "Green":

*coMra Palm,
coMra Pro 980 or
Delta Medical 980
can be used instead.*

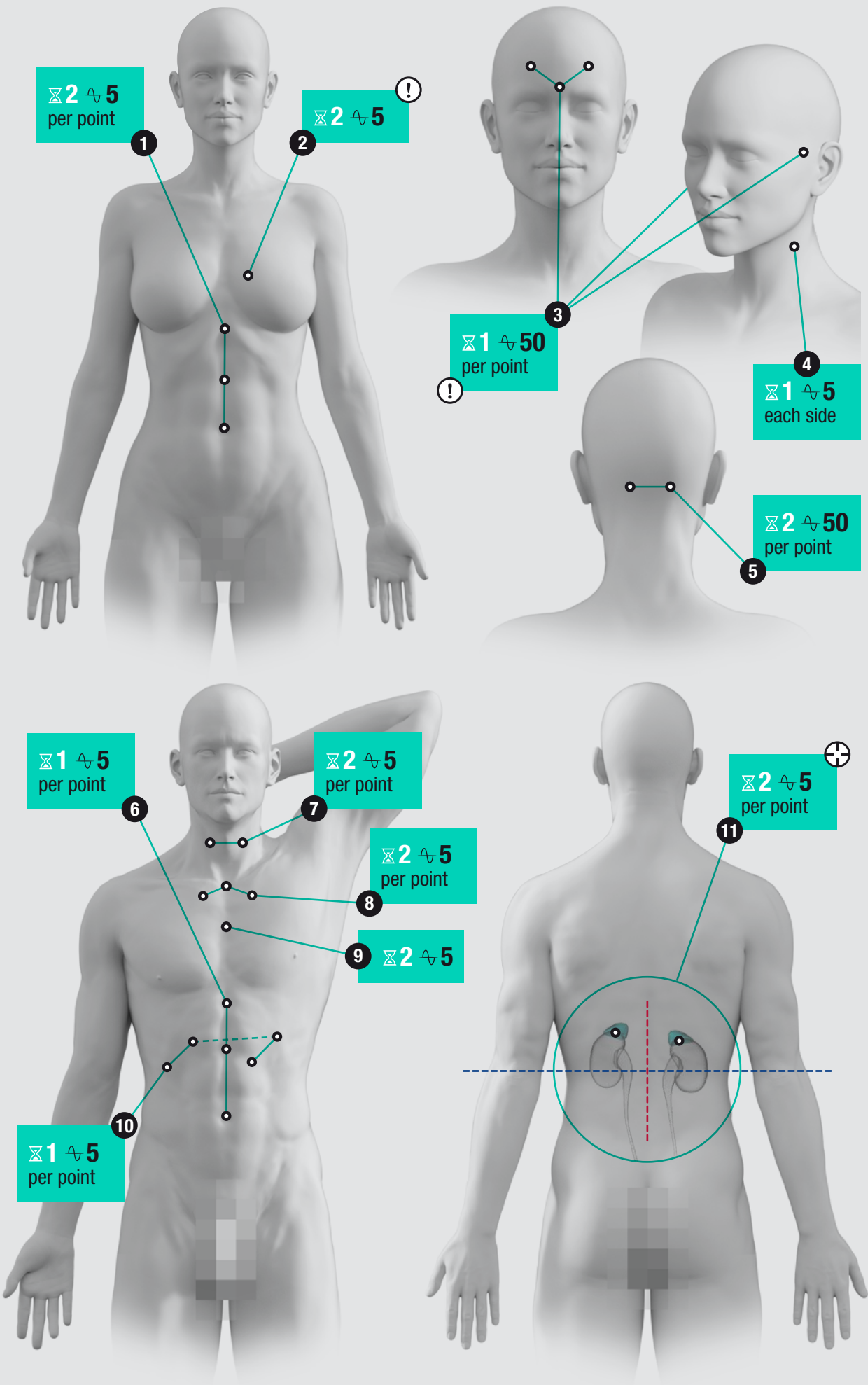


To find the adrenal glands
and kidneys, trace a line
between the elbows to
locate the kidneys (blue
line), then move up to the
last rib and then out about
3cm from the centreline of
the spine (red line).

- EMOTIONAL EXHAUSTION AND DEBILITY
- MENTAL EXHAUSTION
- DEPRESSION
- INSOMNIA
- APATHY

PART 1		MORNING		
PROTOCOL POINT		⌚ MINS	📡 HZ	
1	Solar plexus, vagus	2 per point	5	19 mins
2	Heart	2	5	
3	Brain	1 per point	50	
4	Carotid sinus (both sides)	1 per point	5	
5	Brainstem	2 per point	50	
✓	Rest after treatment session	5-10		
PART 2		DAYTIME		
PROTOCOL POINT		⌚ MINS	📡 HZ	
6	Solar plexus, vagus	1 per point	5	23 mins
7	Thyroid gland	2 per point	5	
8	Acupressure points	2 per point	5	
9	Thymus	2	5	
10	Liver and pancreas	1 per point	5	
11	Adrenal glands and kidneys	2 per point	5	
✓	Rest after treatment session	5-10		

PART 3 continued overleaf...





In treating the heart area NEVER use a frequency other than 5Hz.

Do not place any of the coMra devices within 30cm of cardiostimulator or neurostimulator on users who have such implanted devices.

3 x daily

Morning, day & evening for 5-7 days.

Then do SYSTEMIC 2 for 14 days.

Allow 2 weeks rest and repeat SYSTEMIC 2 for 14 days if needed.

Using:



coMra Palm “Green”:

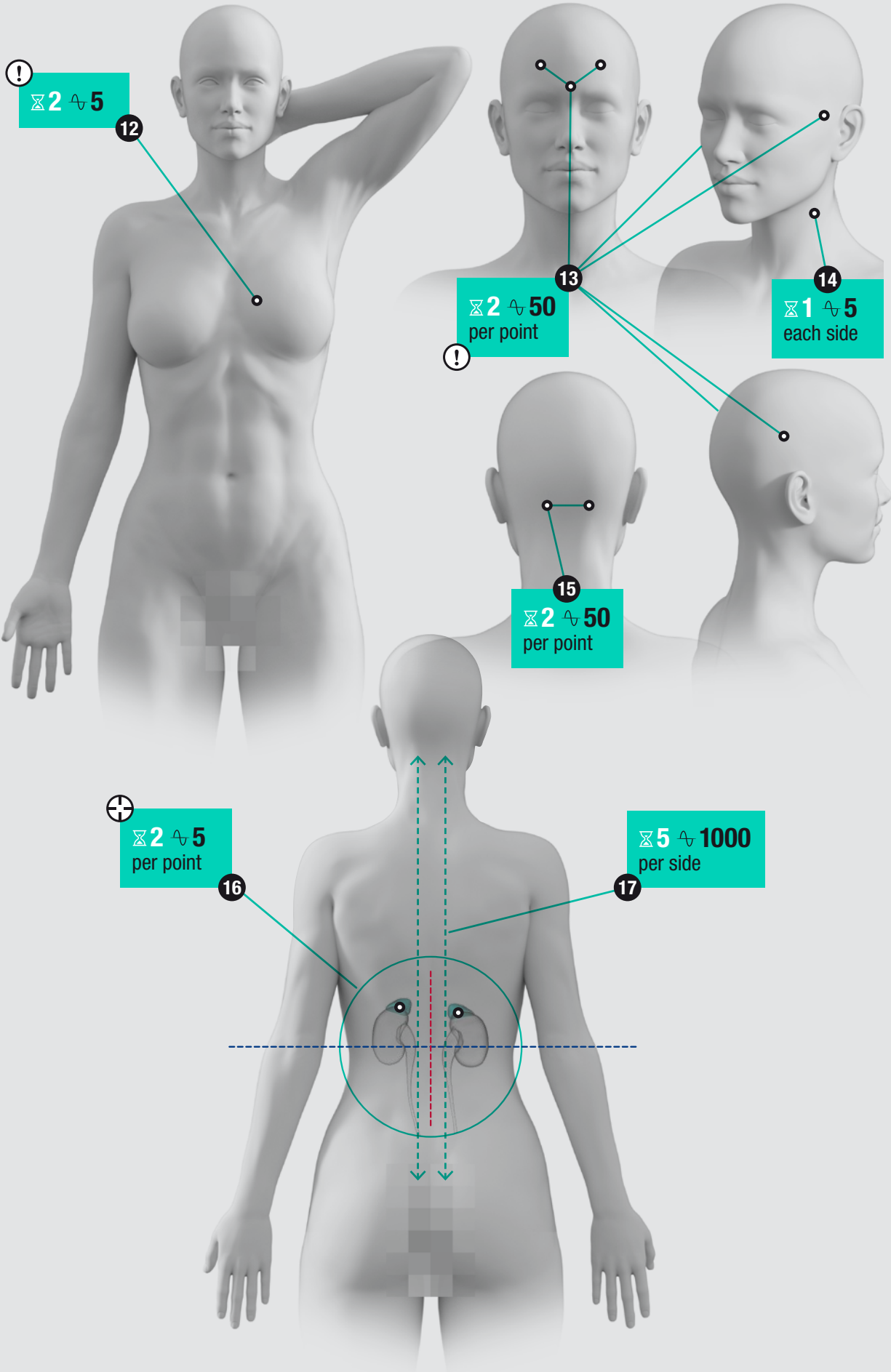
coMra Palm,
coMra Pro 980 or
Delta Medical 980
can be used instead.



To find the adrenal glands and kidneys, trace a line between the elbows to locate the kidneys (blue line), then move up to the last rib and then out about 3cm from the centreline of the spine (red line).

PART 3		EVENING	
PROTOCOL POINT		⌚ MINS	📡 HZ
12	Heart	2	5
13	Brain	2 per point	50
14	Carotid sinus (both sides)	1 per point	5
15	Brainstem	2 per point	50
16	Adrenal glands and kidneys	2 per point	5
17	Scan nerve roots (both sides)	5 per side	1000
✓	Rest after treatment session	5-10	

36 mins



SECTION 1

SYSTEMIC 4

10 mins

Protocol time.

1-2 x daily

As needed for 5-7 days.

Using:

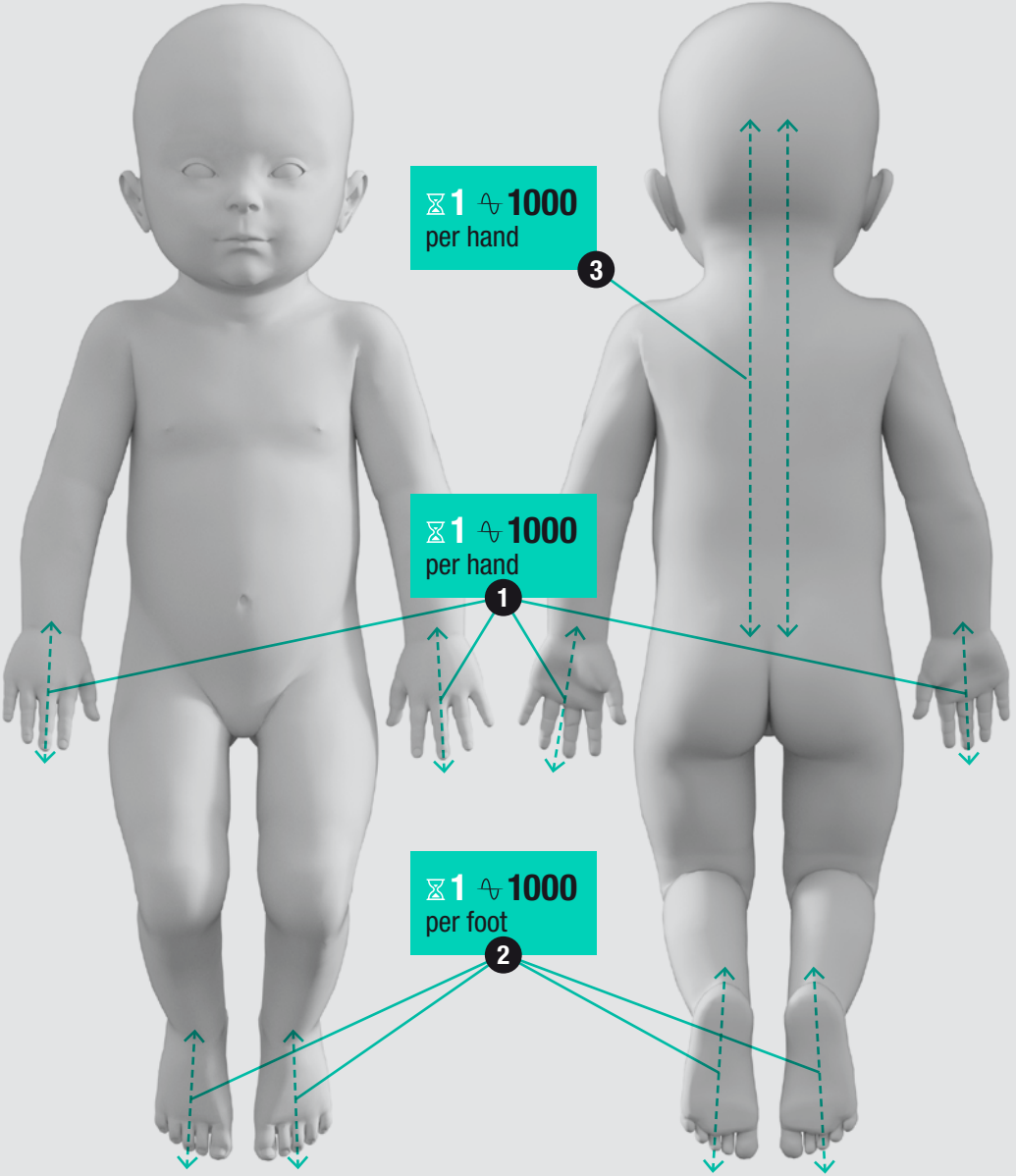


coMra Palm "Green".

coMra Palm,
coMra Pro 980 or
Delta Medical 980
can be used instead.

- **EMOTIONAL STRESS** – for infants younger than 1 year old.
- **LOW QUALITY OF SLEEP**
- **FRIGHT**

PROTOCOL POINT	⌚ MINS	📡 HZ
1 Acupressure zones of the hand	1 per hand	1000
2 Acupressure zones of the foot	1 per foot	
3 Scan nerve roots	1 per side	





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SECTION 1

SYSTEMIC 5

14 mins

Protocol time.

1-2 x daily

As needed for 7-14 days.

Using:

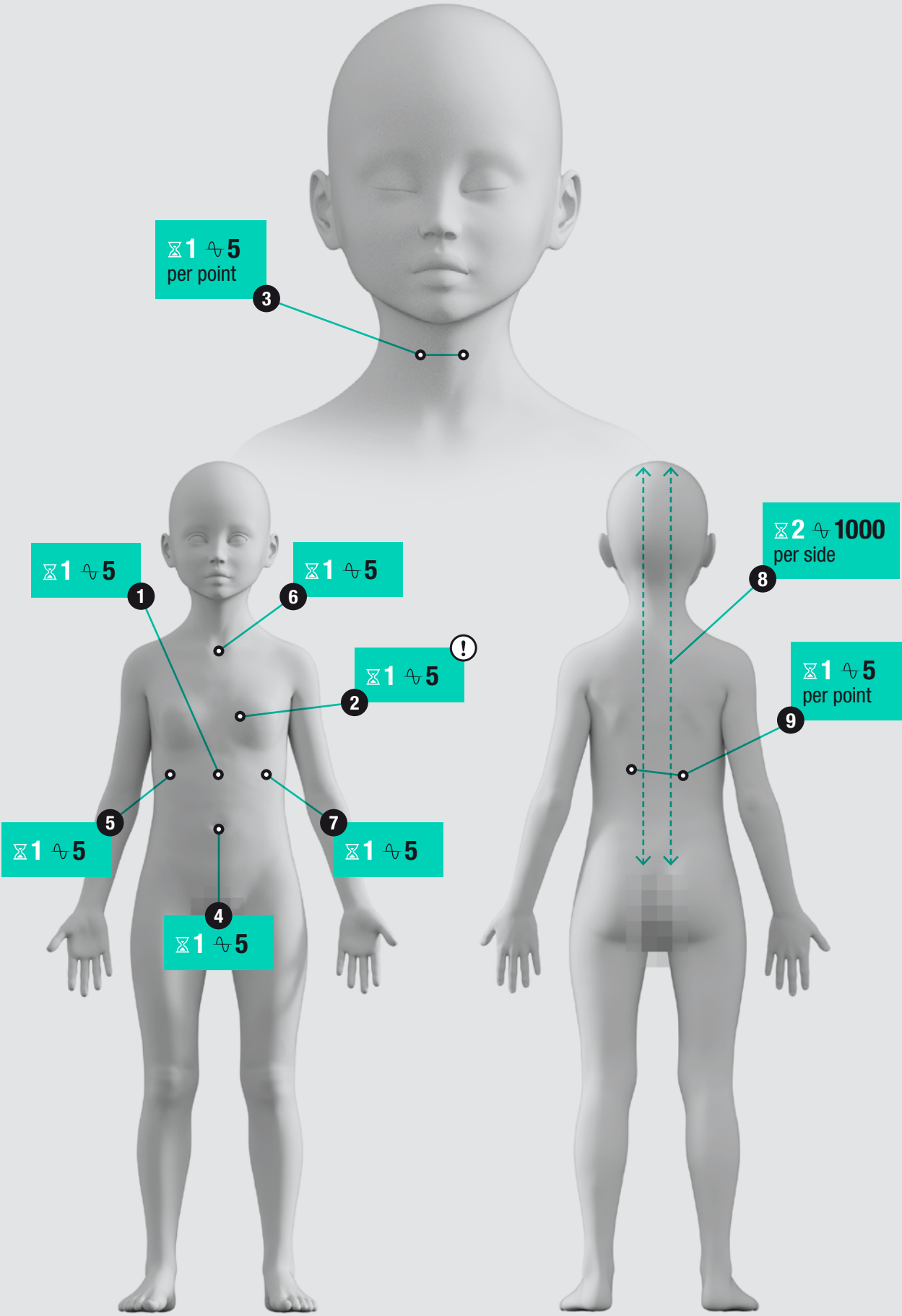


coMra Palm "Green".

*coMra Palm,
coMra Pro 980 or
Delta Medical 980
can be used instead.*

- **EMOTIONAL STRESS** – for children 1-10 years old.
- **LOW QUALITY OF SLEEP**
- **ANXIETY**

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	1 per point	5
2 Heart		
3 Thyroid gland		
4 Acupressure point		
5 Liver		
6 Acupressure point		
7 Pancreas		
8 Scan nerve roots, brain	2 per side	1000
9 Adrenal glands and kidneys	1 per point	5
✓ Rest after treatment session	5-10	



SECTION 2

LOCAL PROTOCOLS

Protocols for restoring
local balance



IMPORTANT

1

For best results combine Local protocols with one of the Systemic protocols. When combining several protocols in one treatment session, treat the repeating points from different protocols only once.

2

All Local protocols can be applied for children but reduce the time per point in half.

3

In treating the heart area NEVER use a frequency other than 5Hz.

4

Do not place any of the coMra devices within 30cm of cardiostimulator or neurostimulator on users who have such implanted devices.

5

For best results rest for 5-10 minutes after a treatment session.



For best results apply Systemic protocols using the coMra Palm “Green” device. It is also possible to apply these protocols using coMra devices with 980nm or 905nm laser where indicated.

SECTION 2

SKIN 1

20 mins

Protocol time.

1-3 x daily

As needed for 21 days.

Rest for 14 days then repeat the course if needed.

Using:



coMra Palm "Green"

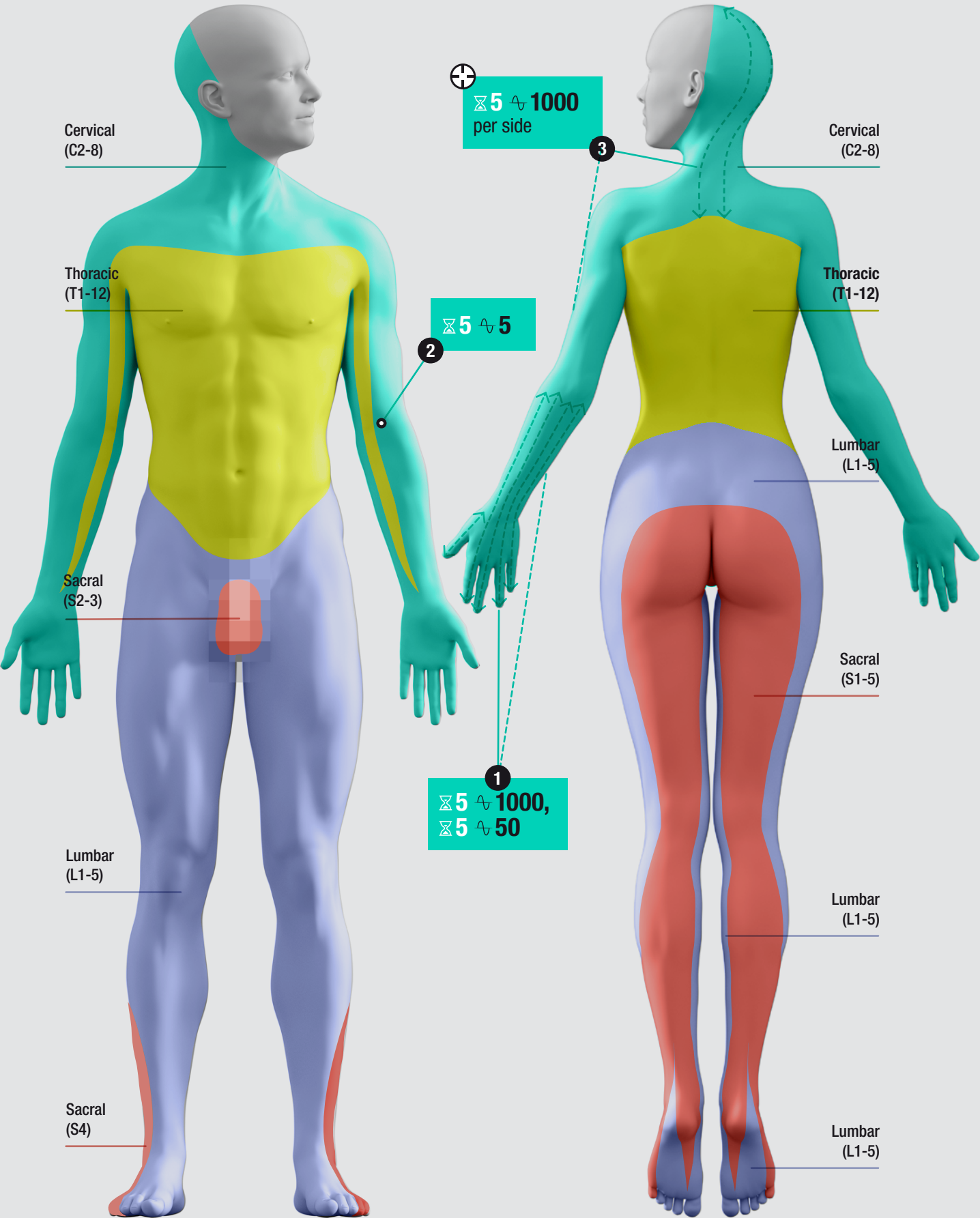
coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.



To determine the location of protocol point 3, use the coloured dermatome zone models to identify the roots of the spinal nerves corresponding to the affected skin area.

• IRRITATION, ITCHING, RASH

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Scan affected area (in this example left forearm and hand)	5 per frequency	1000 then 50
2 Artery closest to the affected skin area	5	5
3 Nerve roots, brain	5 per side	1000
✓ Rest after treatment session	5-10	





In treating the heart area NEVER use a frequency other than 5Hz.

Do not place any of the coMra devices within 30cm of neurostimulator on users who have such implanted devices.

SECTION 2

HEAD 1

22 mins

Protocol time.

1-3 x daily

As needed for 14 days.

Using:



coMra Palm “Green”:

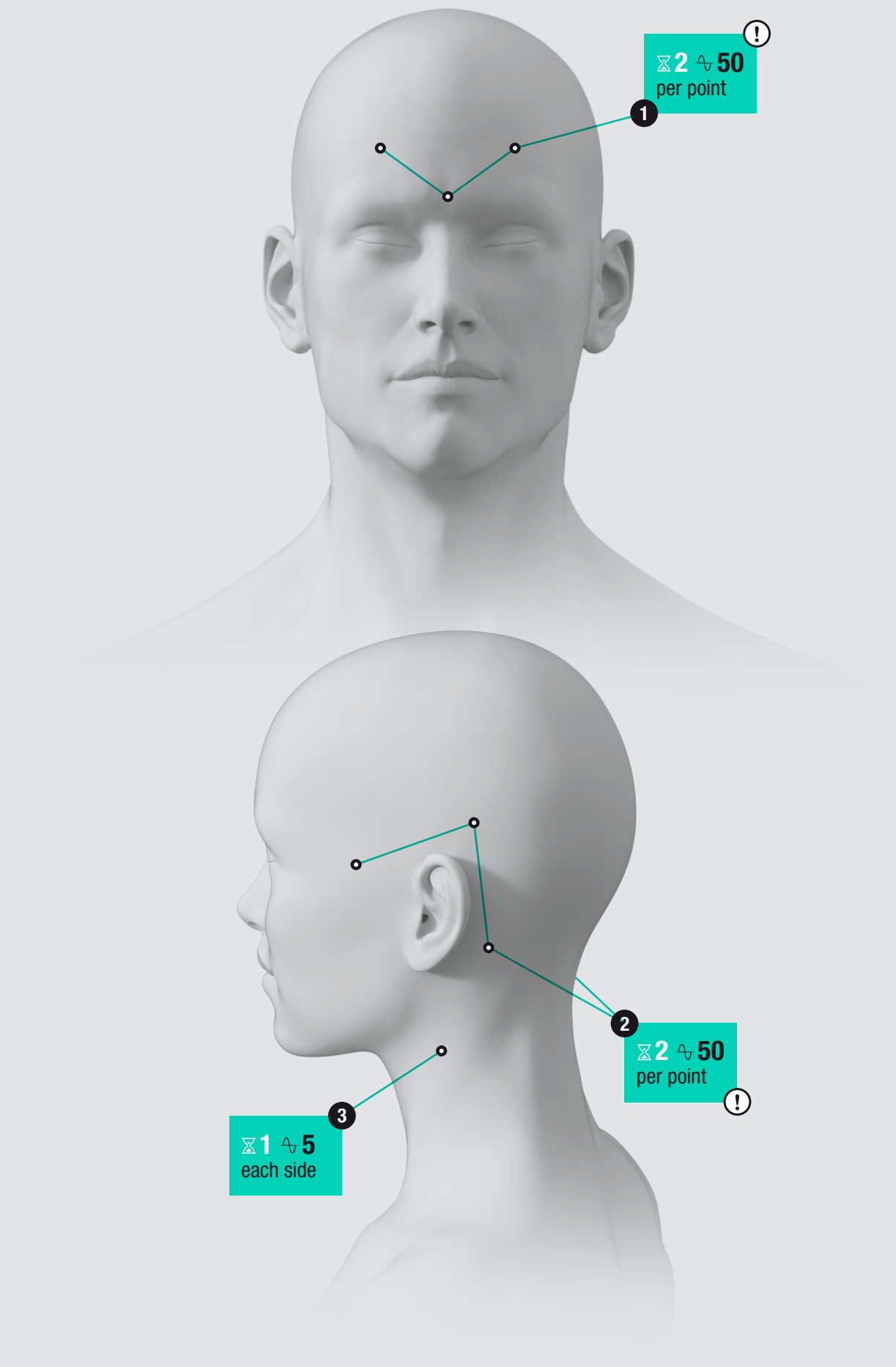
*coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.*

- LOW QUALITY OF SLEEP
- DISCOMFORT
- PRESSURE
- PAIN

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Brain	2 per point	50
2 Brain (both sides)		
3 Carotid sinus (both sides)	1 per side	5
✓ Rest after treatment session	5-10	



In case of significant discomfort also do [NECK 1](#).



⌚ 2 ⌘ 50
per point

1



2

⌚ 2 ⌘ 50
per point



3

⌚ 1 ⌘ 5
each side



The eyes must be closed during this protocol.

Do not place any of the coMra devices within 30cm of cardiostimulator or neurostimulator on users who have such implanted devices.

SECTION 2

EYES 1

23 mins

Protocol time.

1-3 x daily

As needed for 14 days.

Using:



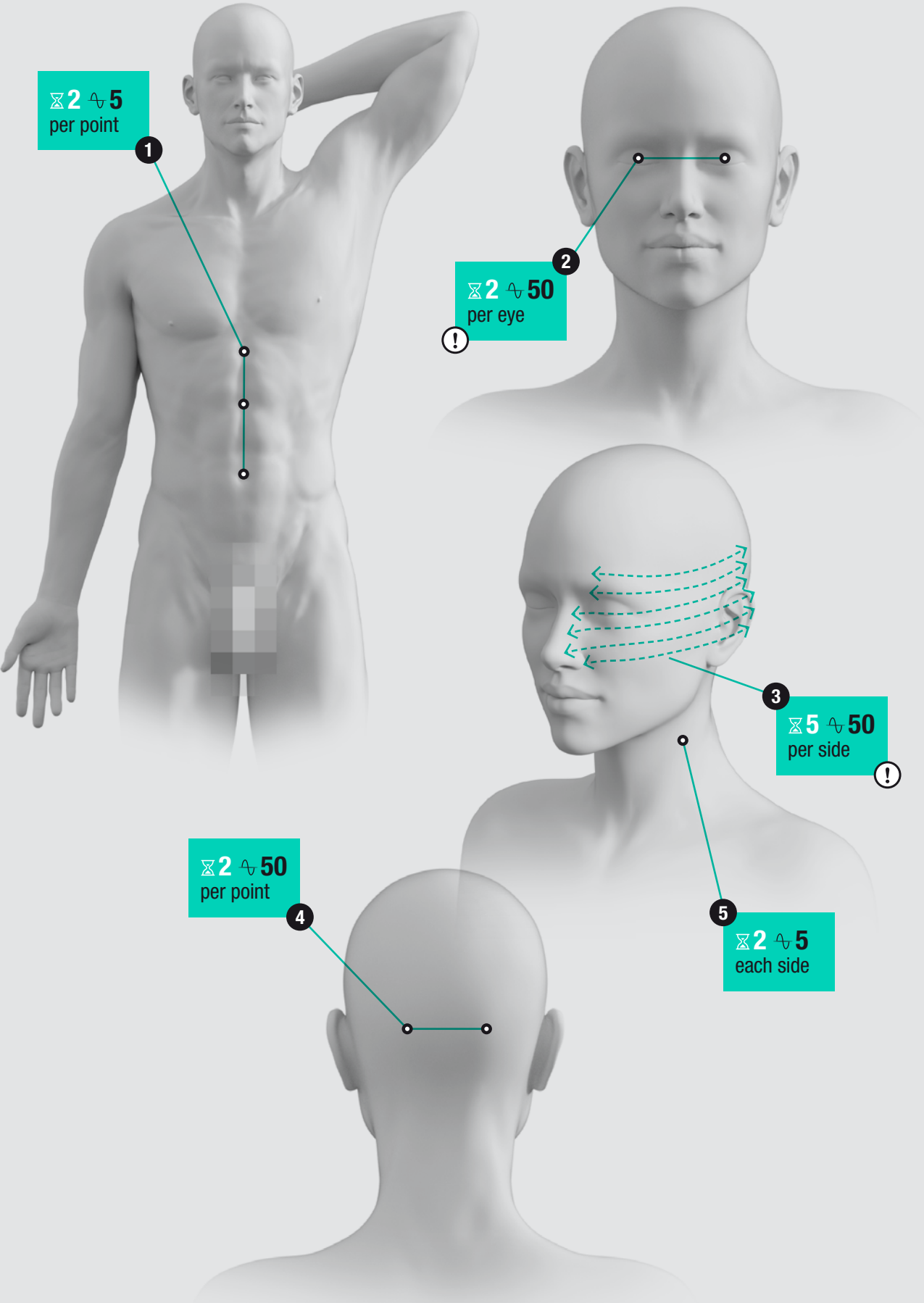
coMra Palm "Green".

*coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.*

- DISCOMFORT IN THE EYES
- PRESSURE
- PAIN

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	2	5
2 Over each closed eye	2 per eye	50
3 Both sides of the face as shown	5 per side	50
4 Visual cortex of the brain (both sides)	2 per point	50
5 Carotid sinus (both sides)	2 per side	5
✓ Rest after treatment session	5-10	

i In case of significant discomfort also do NECK 1.





The eyes must be closed during this protocol.

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SECTION 2

FACE 1

9 mins

Protocol time.

1-3 x daily

As needed for 7-14 days.

Using:

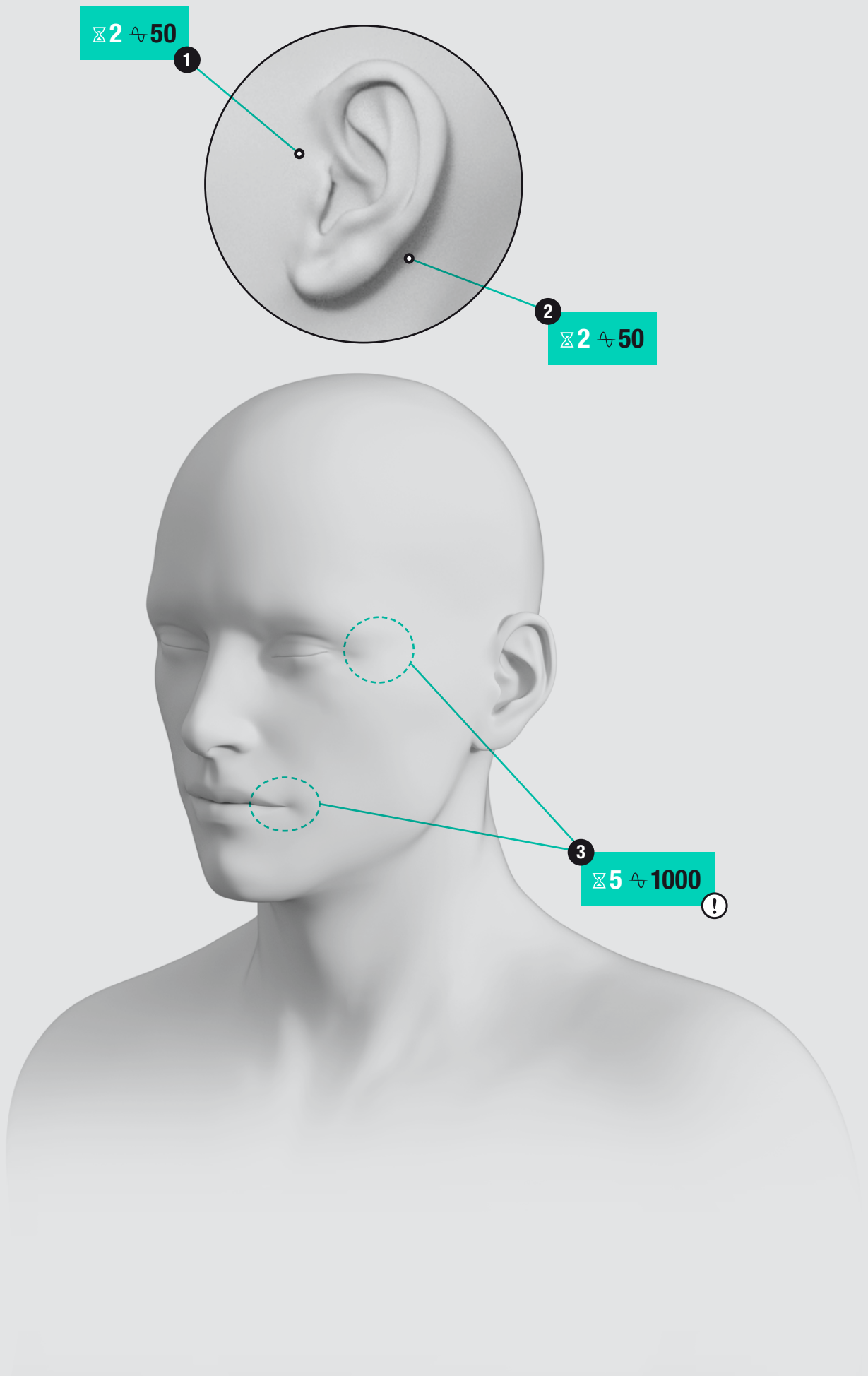


coMra Palm “Green”:

coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.

- TWITCHING OF FACIAL MUSCLES
- DISCOMFORT

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Trigeminal nerve	2	50
2 Facial nerve		
3 Scan affected area (in this example corner of the eye or of the mouth)	5	1000
✓ Rest after treatment session	5-10	



SECTION 2

NECK 1

28 mins

Protocol time.

1-3 x daily

As needed for 7 days.

Using:

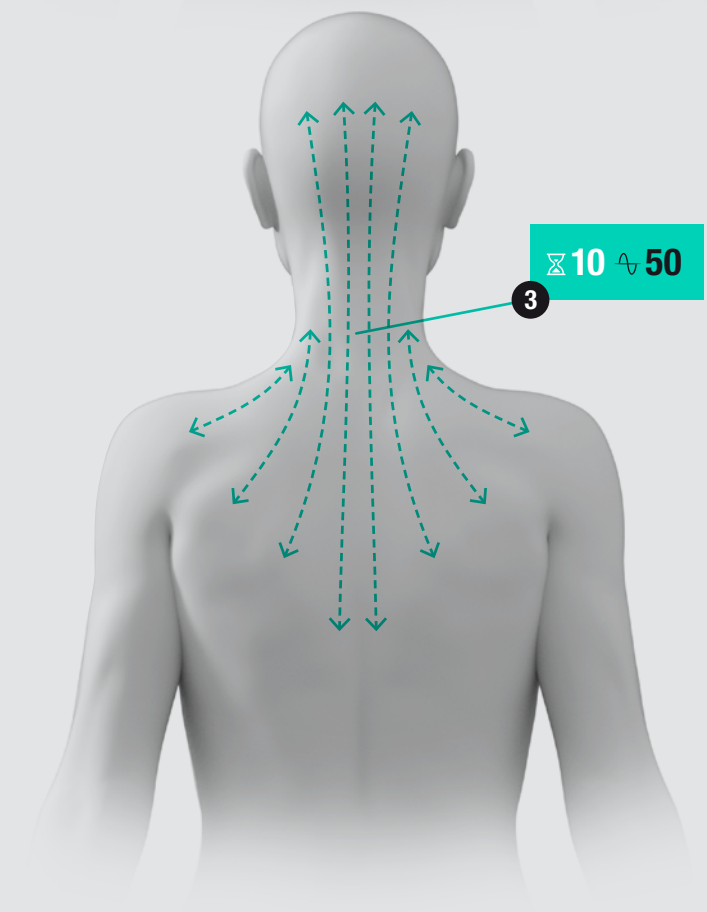
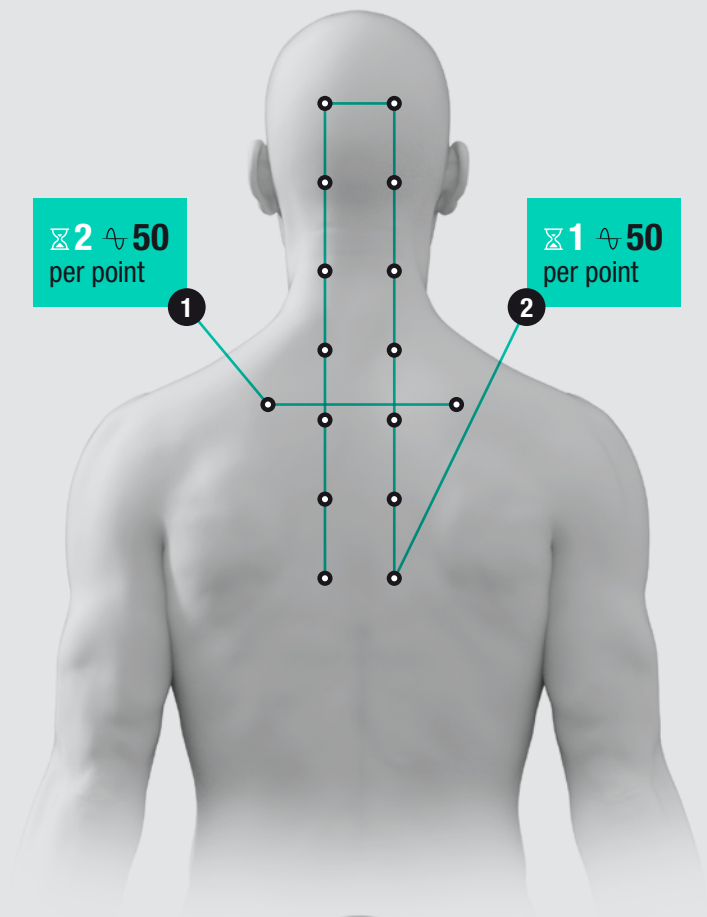


coMra Palm “Green”:

coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.

- DISCOMFORT
- STIFFNESS
- PAIN

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Affected muscle	2 per point	50
2 Nerve roots and muscles	1 per point	50
3 Nerve roots and muscles	10	50
✓ Rest after treatment session	5-10	



SECTION 2

SPEECH 1

15 mins

Protocol time.

2 x daily

For 14 days.

Using:

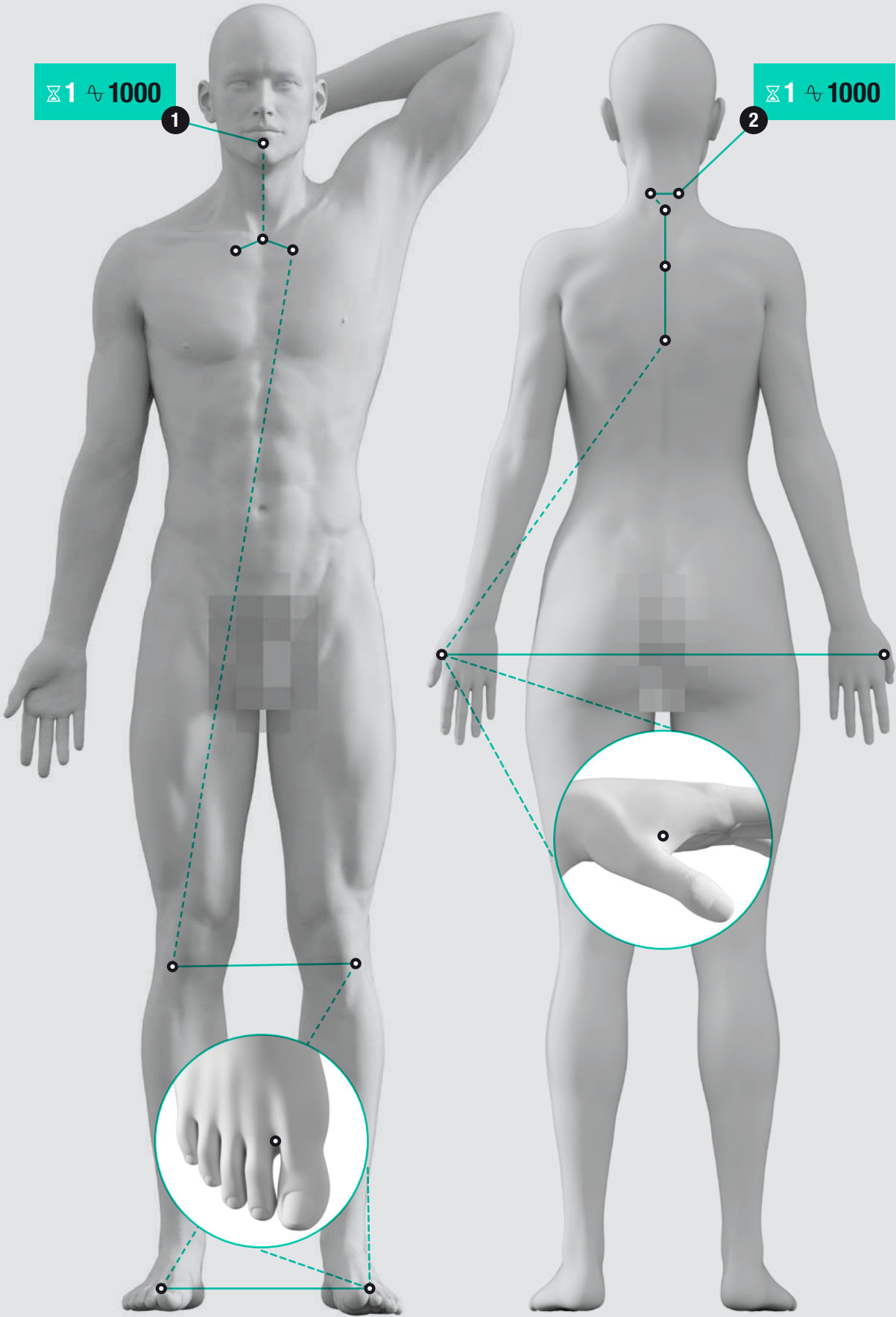


coMra Palm "Green".

coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.

• STUTTERING

PROTOCOL POINT	⌚ MINS	📡 HZ
1 Acupressure points, front	1 per point	1000
2 Acupressure points, back		
✓ Rest after treatment session	5-10	



SECTION 2

UPPER BACK 1

26 mins

Protocol time.

1-3 x daily

As needed for 14 days.

Using:

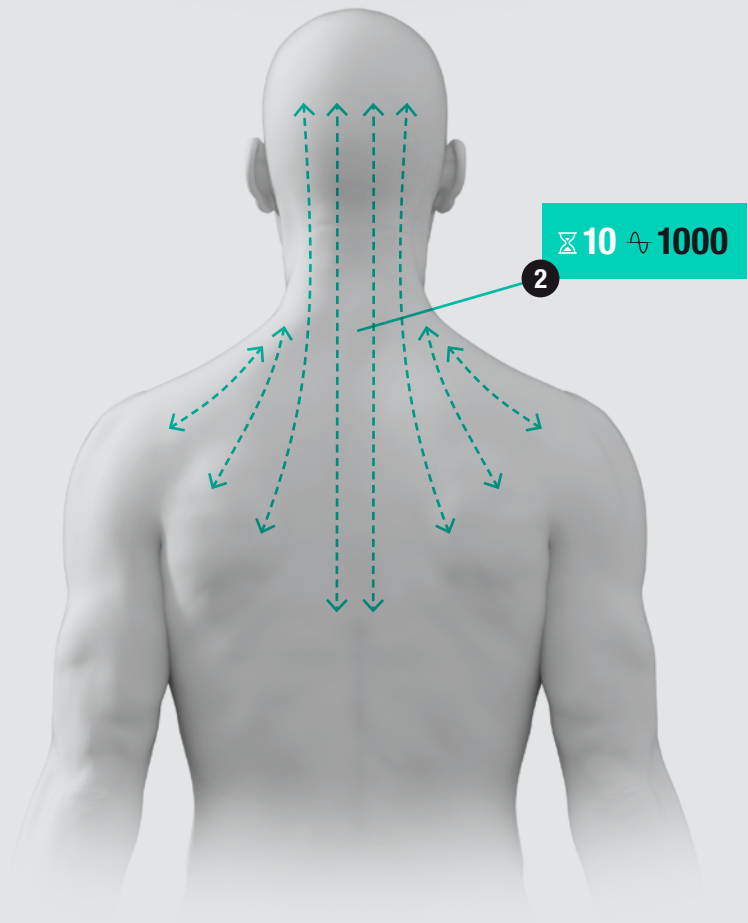
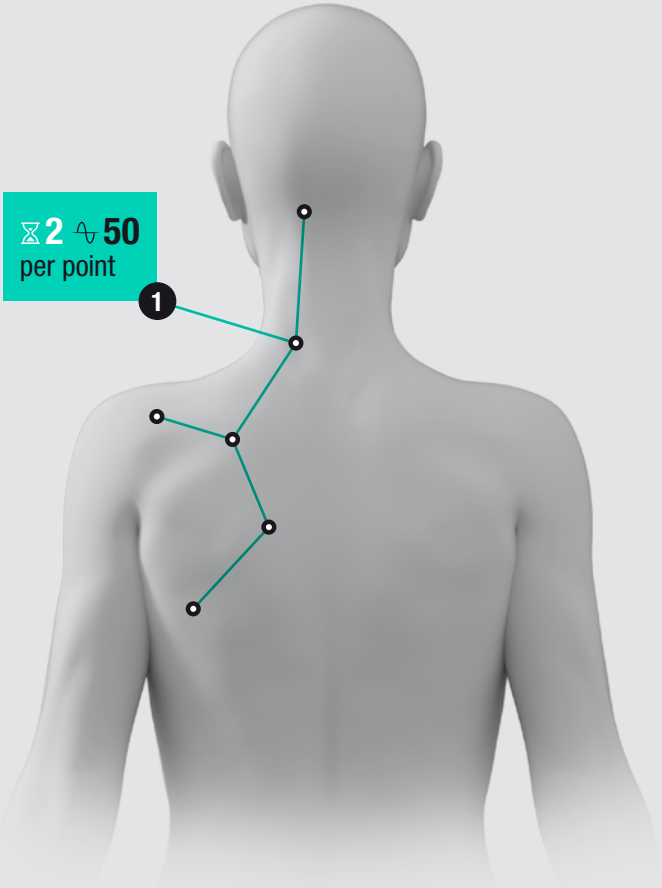


coMra Palm “Green”.

coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.

- DISCOMFORT
- STIFFNESS
- PAIN

PROTOCOL POINT	⌚ MINS	📡 HZ
1 Muscles on the affected side	2 per point	50
2 Muscles (both sides)	10	1000
✓ Rest after treatment session	5-10	





In treating the heart area NEVER use a frequency other than 5Hz.

Do not place any of the coMra devices within 30cm of cardiostimulator on users who have such implanted devices.

SECTION 2

LEGS 1

35 mins

Protocol time.

2 x daily

For 14 days.

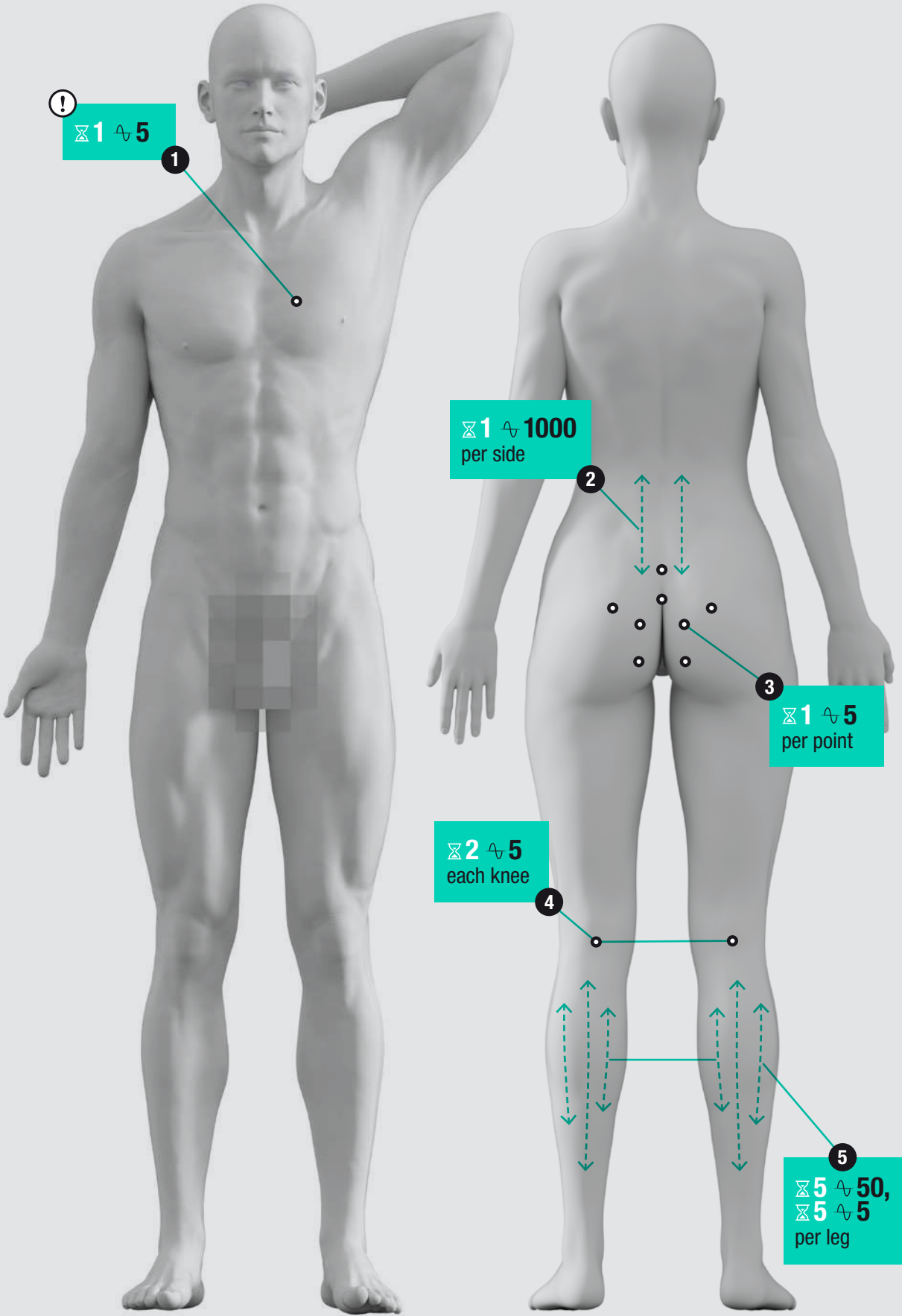
Using:



coMra Palm "Green".

• RESTLESS LEGS SYNDROME

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Heart	1	5
2 Roots of femoral nerve	1 per side	1000
3 Spinal nerves and their roots	1 per point	5
4 Nerve and arteries behind the knee	2 per knee	5
5 Legs (both sides)	5 per frequency	50 then 5
✓ Rest after treatment session	5-10	





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SECTION 2

HEART 1

27 mins

Protocol time.

1-2 x daily

As needed for 7 days.

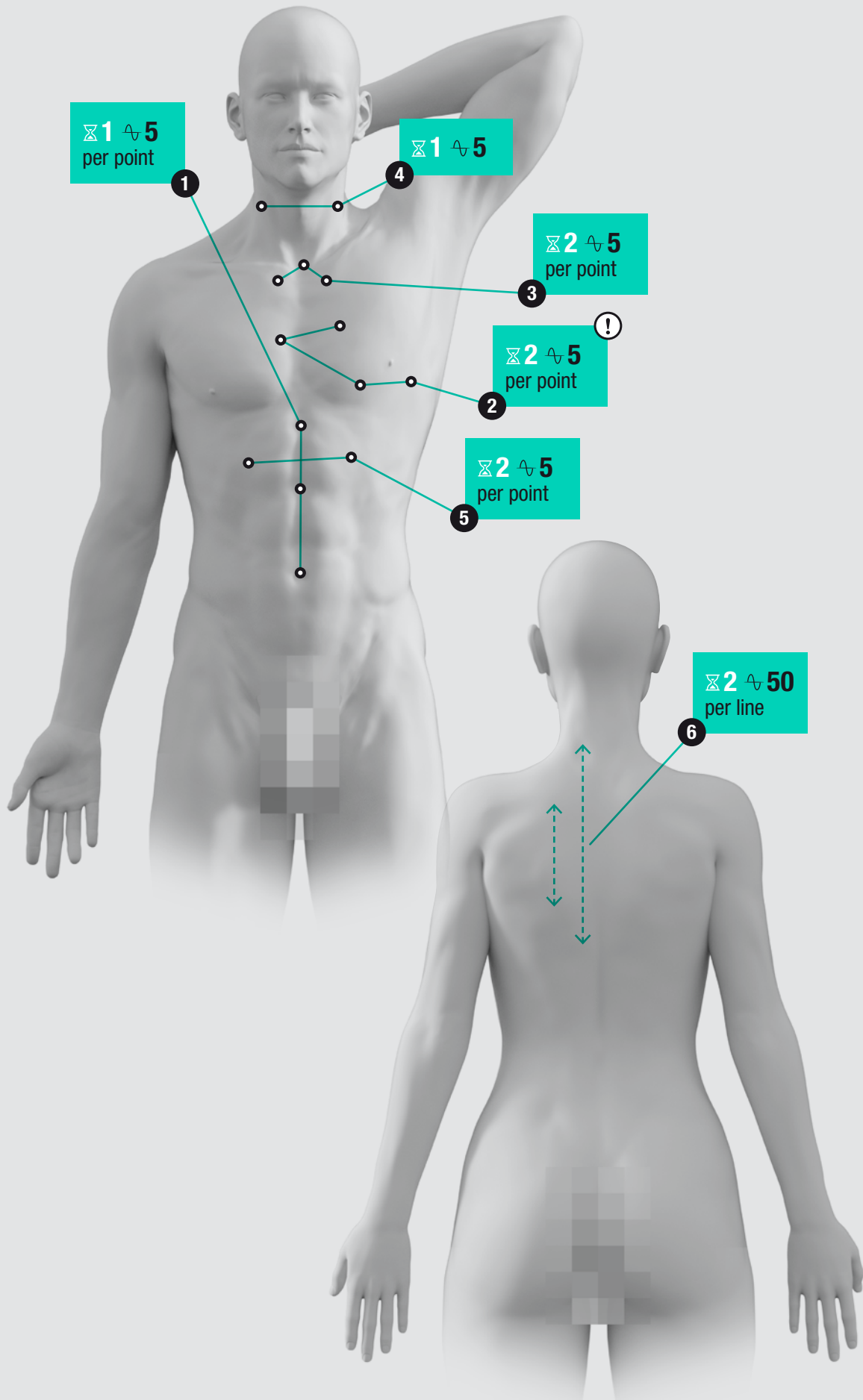
Using:



coMra Palm "Green".

• DISCOMFORT, PAIN

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	1 per point	5
2 Heart	2 per point	5
3 Acupressure points	1 per point	5
4 Carotid sinus (both sides)		
5 Diaphragm	2 per point	50
6 Nerve roots	2 per line	50
✓ Rest after treatment session	5-10	





In treating the heart area NEVER use a frequency other than 5Hz.

Do not place any of the coMra devices within 30cm of cardiostimulator on users who have such implanted devices.

SECTION 2

DIGESTIVE SYSTEM 1

29 mins

Protocol time.

1-2 x daily

As needed for 7 days.

Using:

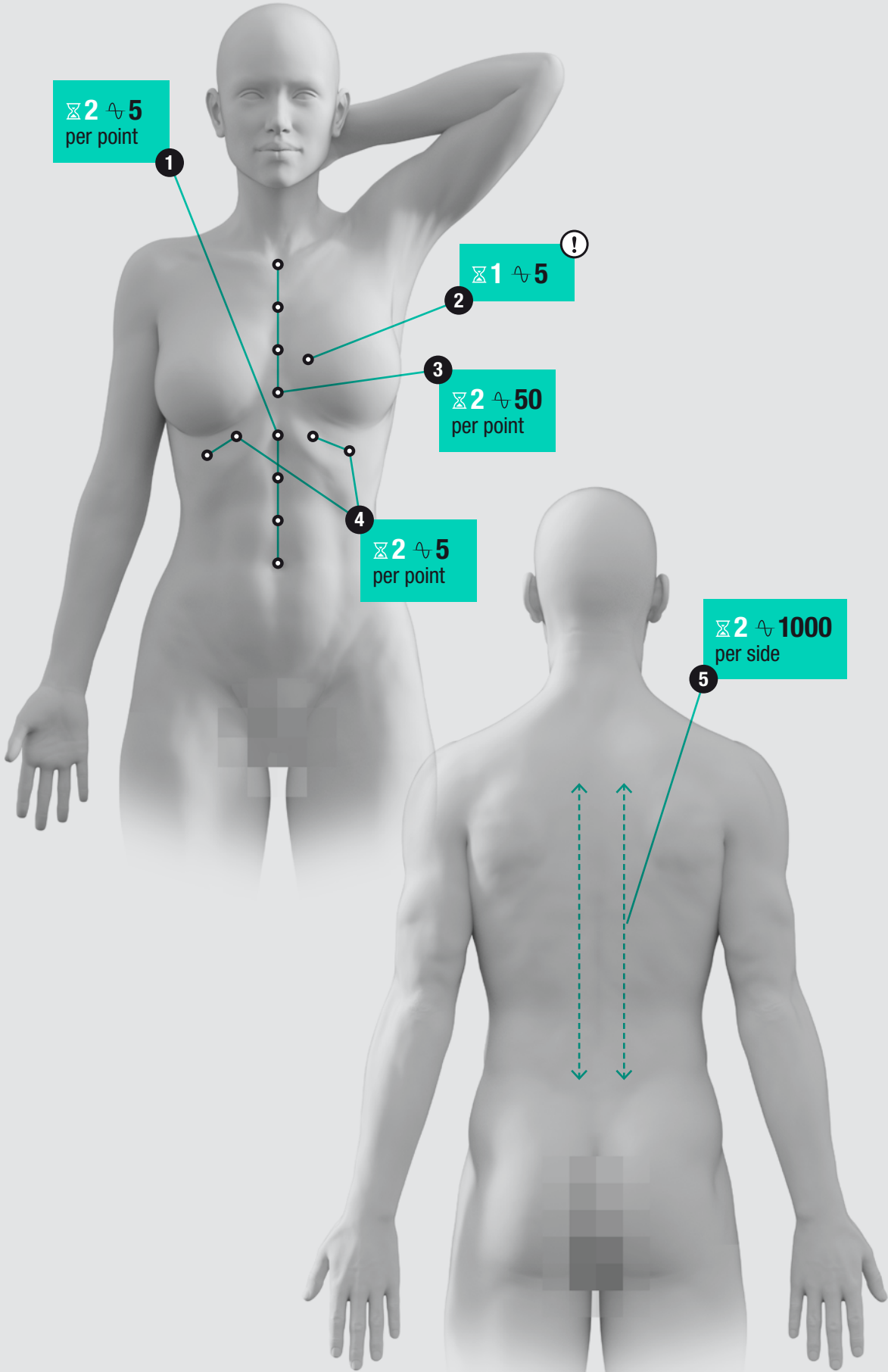


coMra Palm “Green”:

coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.

- DISCOMFORT, HEAVINESS IN THE STOMACH
- HEARTBURN

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus, stomach	2 per point	5
2 Heart	1	5
3 Esophagus	2 per point	5
4 Diaphragm	2 per point	50
5 Nerve roots	2 per side	1000
✓ Rest after treatment session	5-10	





In treating the heart area NEVER use a frequency other than 5Hz.

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SECTION 2

DIGESTIVE SYSTEM 2

30 mins

Protocol time.

1-2 x daily

As needed for 7 days.

Using:

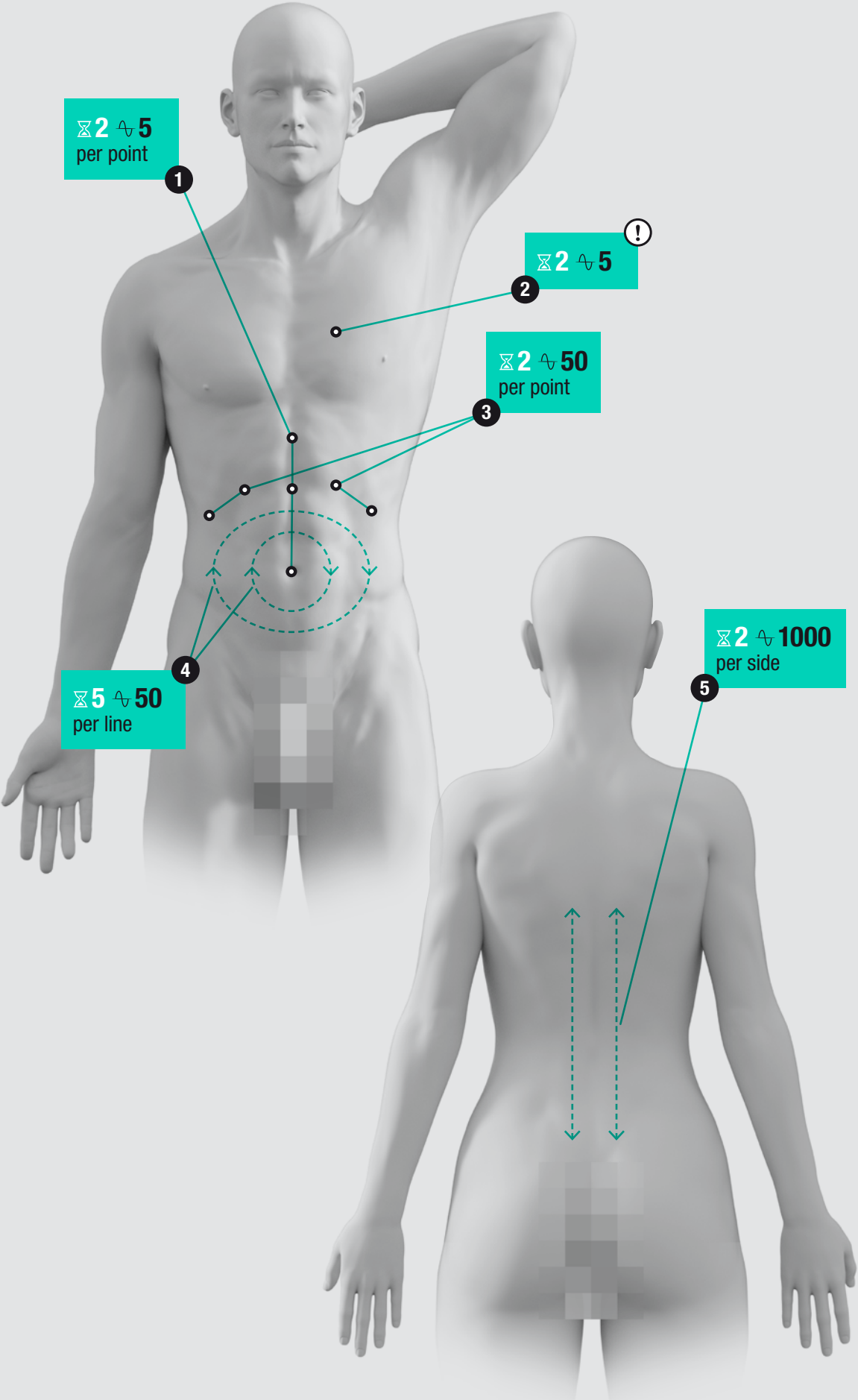


coMra Palm "Green".

*coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.*

- ABDOMINAL DISTENTION
- BLOATING

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	2 per point	5
2 Heart	2	5
3 Liver, pancreas	2 per point	50
4 Scan intestines	5 per line	50
5 Nerve roots	2 per side	1000
✓ Rest after treatment session	5-10	





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SECTION 2

DIGESTIVE SYSTEM 3

25 mins

Protocol time.

1-2 x daily

As needed for 7 days.

Using:

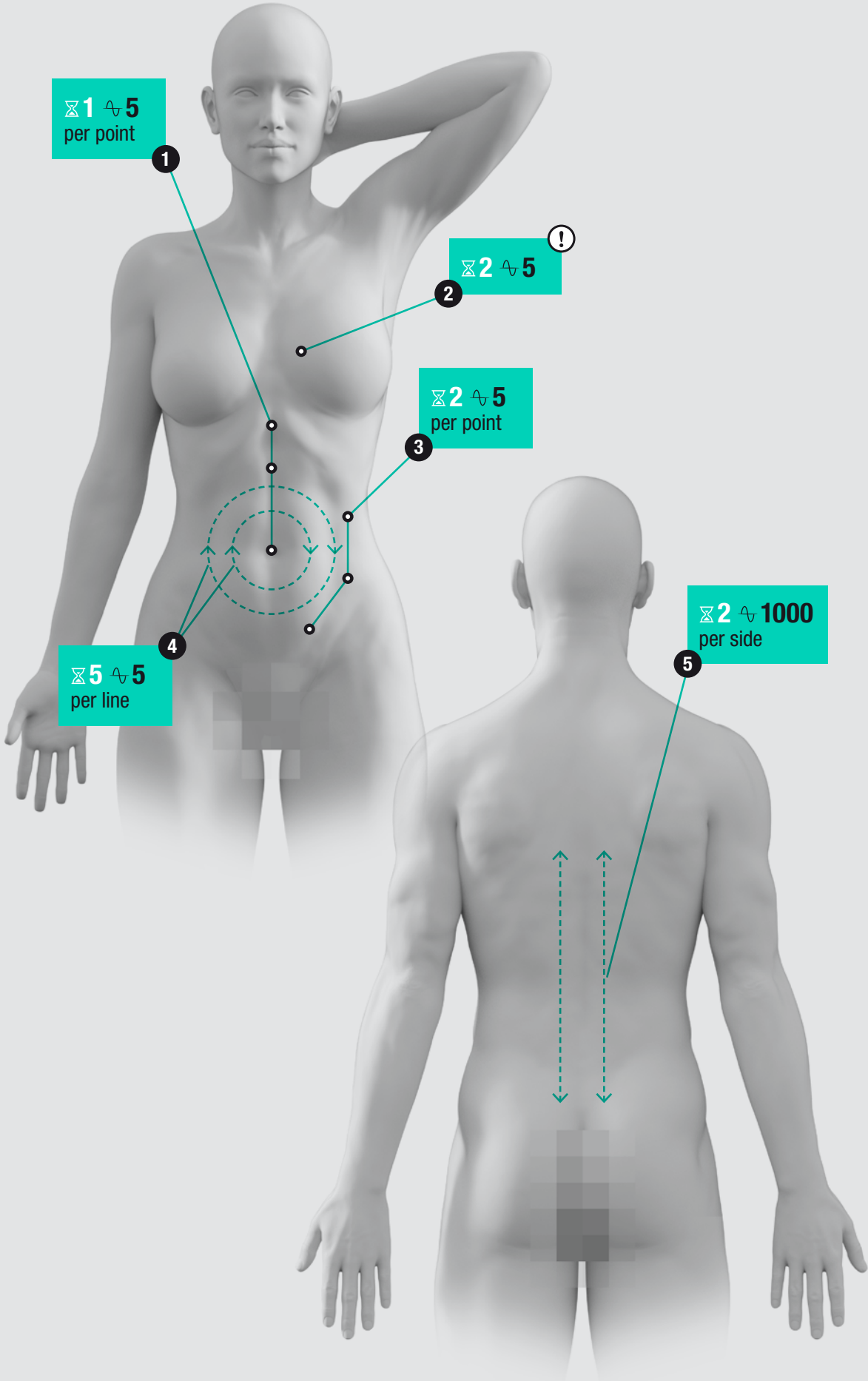


coMra Palm “Green”.

*coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.*

- CONSTIPATION
- DIARRHEA

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	1 per point	5
2 Heart	2	5
3 Colon	2 per point	50
4 Scan intestines	5 per line	50
5 Nerve roots	2 per side	1000
✓ Rest after treatment session	5-10	



SECTION 2

LOWER ABDOMEN 1

24 mins

Protocol time.

1-2 x daily

As needed for 7 days.

Using:

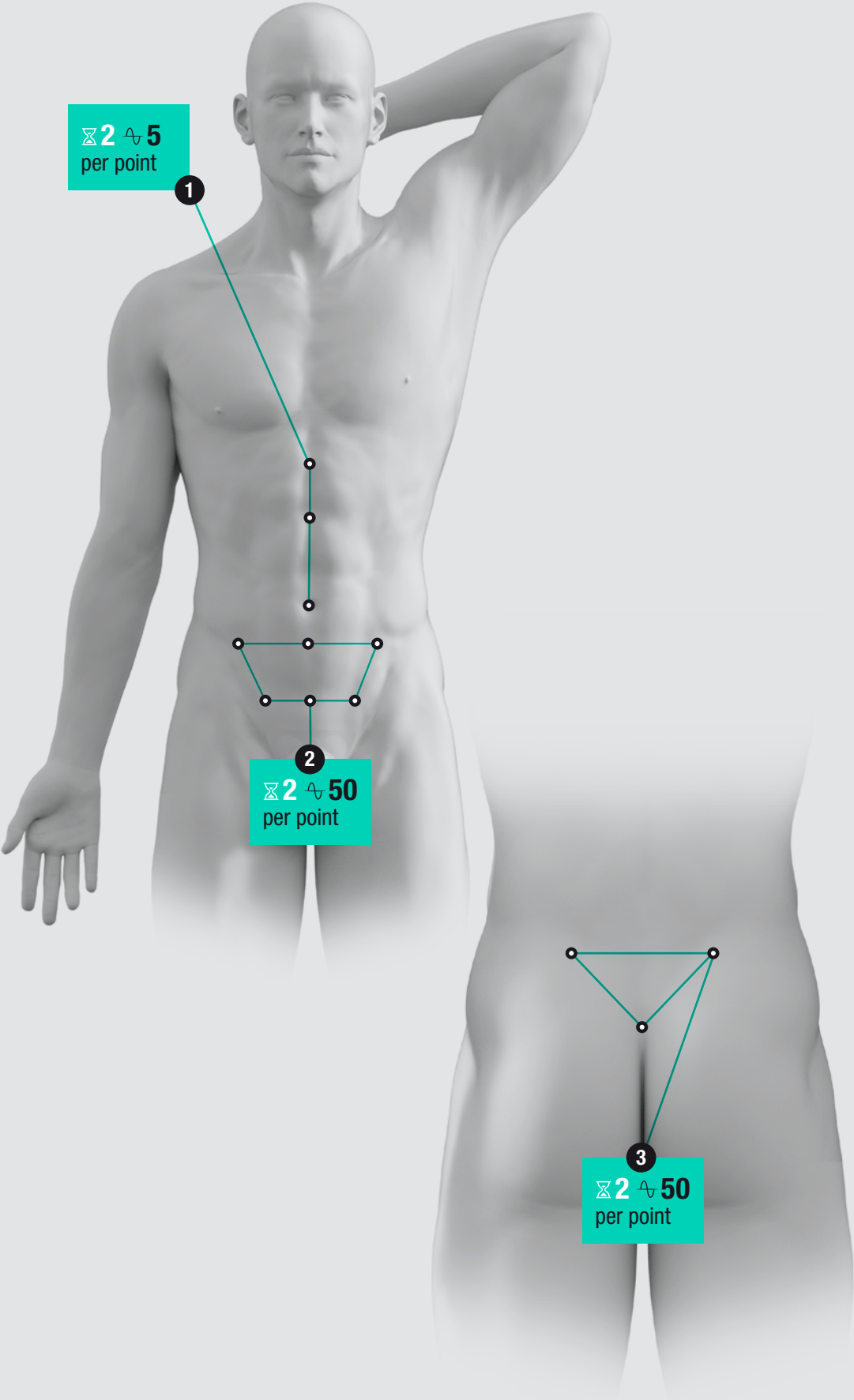


coMra Palm “Green”.

coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.

• PAIN, DISCOMFORT IN PELVIC AREA

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	2 per point	5
2 Lower abdomen	2 per point	50
3 Nerve roots		
✓ Rest after treatment session	5-10	



SECTION 2

LOWER ABDOMEN 2

30 mins

Protocol time.

1-2 x daily

As needed for 7 days.

Using:

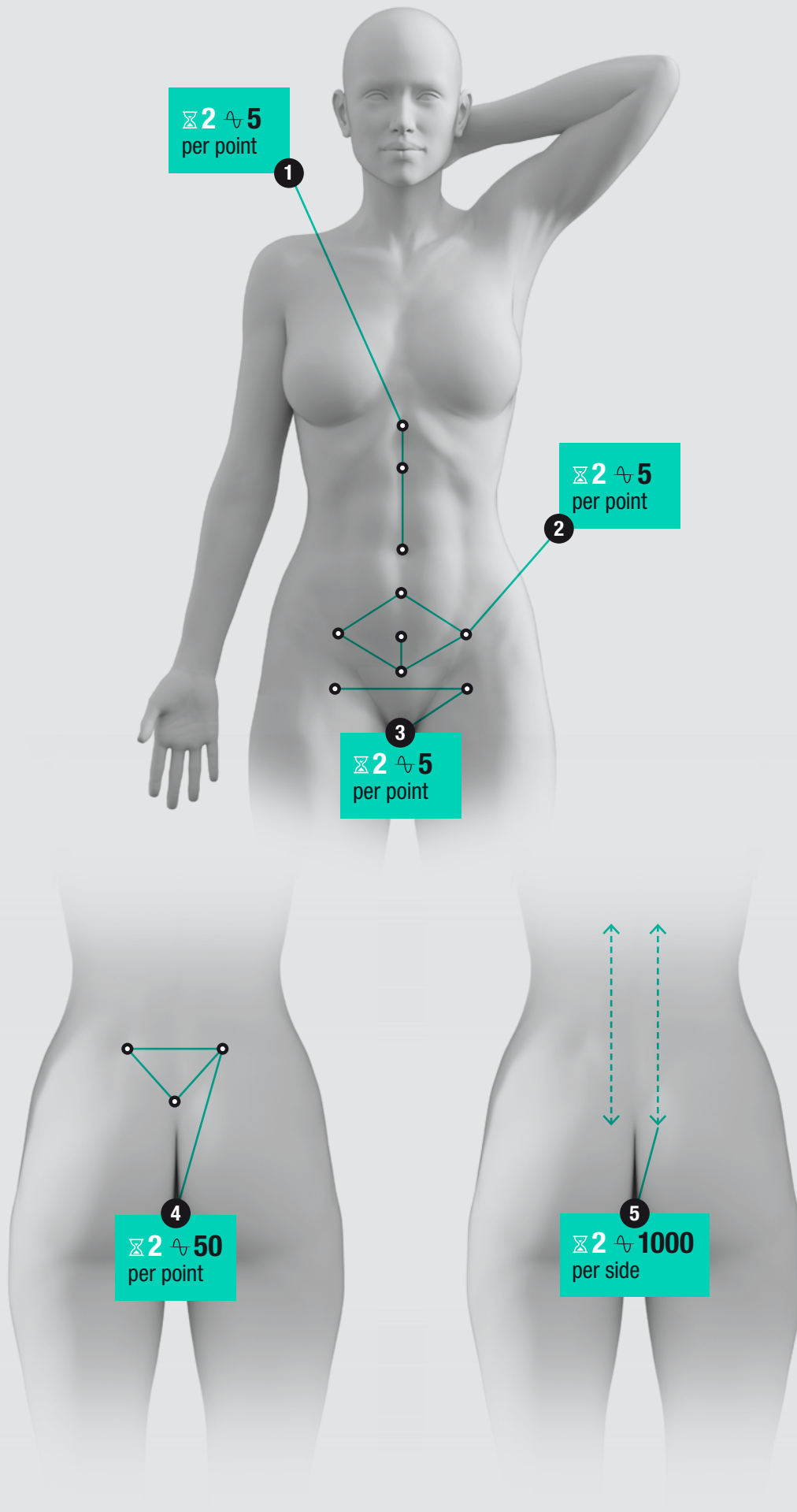


coMra Palm "Green".

coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.

• PERIOD PAIN, DISCOMFORT

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus, vagus	2 per point	5
2 Lower abdomen		
3 Arteries		
4 Nerve roots	2 per point	50
5 Scan nerve roots	2 per side	1000
✓ Rest after treatment session	5-10	





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SECTION 2

LOWER ABDOMEN 3

16 mins

Protocol time.

1-2 x daily

As needed for 7 days.

Using:



coMra Palm "Green".

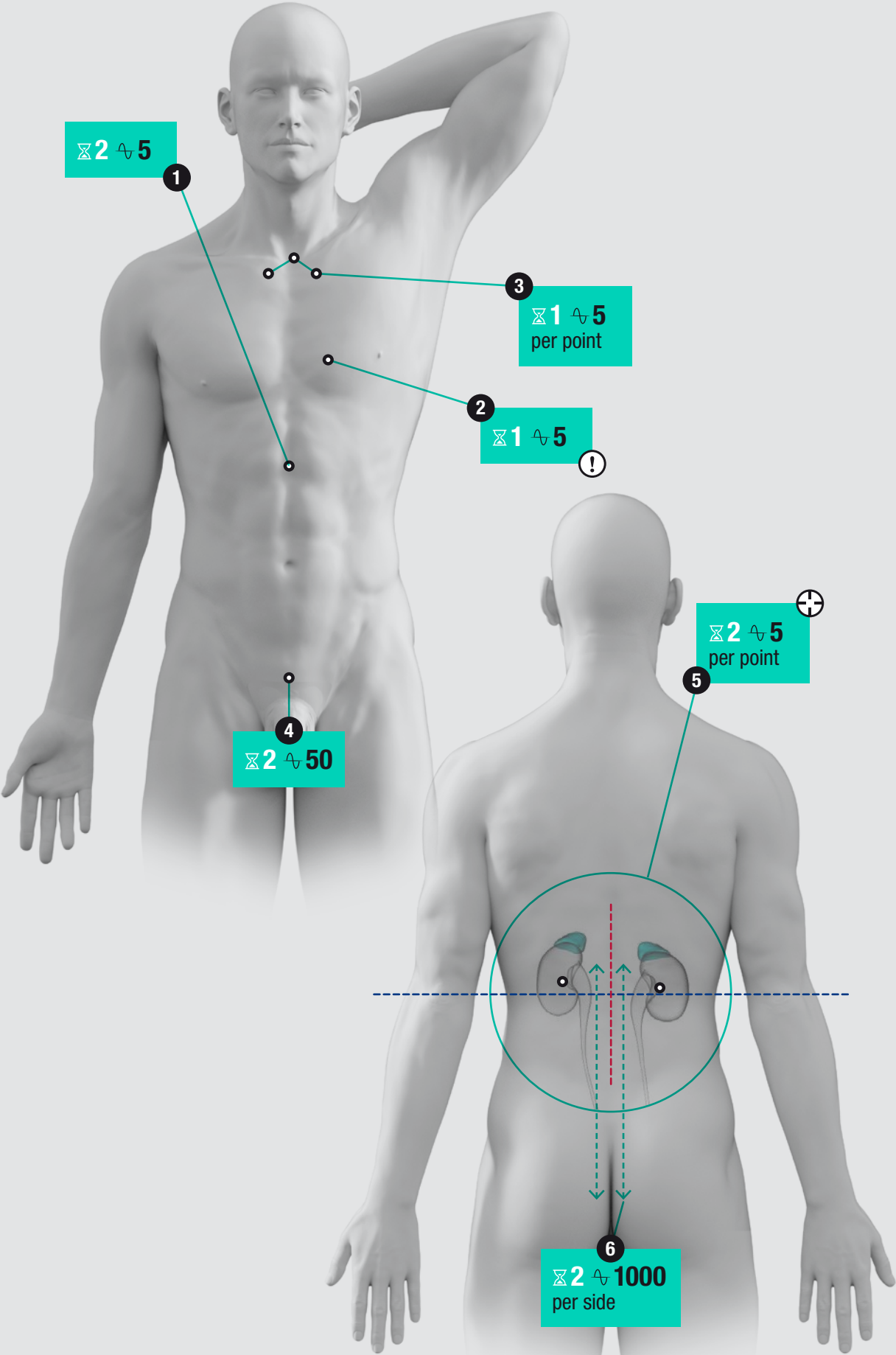
*coMra Palm,
coMra Pro 980/905 or
Delta Medical 980/905
can be used instead.*



To find the kidneys, trace a line between the elbows to locate the kidneys (blue line), then move up to the last rib and then out about 3cm from the centreline of the spine (red line).

• URINARY DYSFUNCTION

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Solar plexus	2	5
2 Heart	1	5
3 Acupressure points	1 per point	5
4 Bladder	2	50
5 Kidneys	2 per point	5
6 Nerve roots	2 per side	1000
✓ Rest after treatment session	5-10	





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