

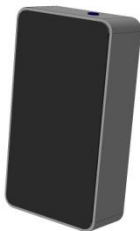
Bion-X Co.Ltd

BION-X

**The Device Generating Modulated
Electromagnetic Signals**

«Bion-X»

**EXPLANATION OF CORRECTIVE
PROGRAMS**



INTRODUCTION

The device is a low-power ultra-broadband (UGB) electromagnetic field emitter with properties suitable for the formation of stochastic resonance on cellular structures. The use of a noise-like modulating UGB signal has a high effect on synchronizing and correcting the body's natural radiation. The parameters of the span are adjusted using the microprocessor according to the selected program. The Bion-X device contains 15 default correction programs. The programs have been designed taking into account all deviations present in the functioning of the body's functional systems today.

THE LIST OF CORRECTIVE PROGRAMS

(in alphabetical order)

1. Alpha (30 min. 6 sec.)
2. Analgesia (36 min. 42 sec.)
3. Antiparasite (3 hours 48 min. 40 sec.)
4. Beta (30 min. 6 sec.)
5. Body (30 min. 36 sec.)
6. Cerebral (30 min. 6 sec.)
7. Comfort (1 hours 6 min.)
8. Delta (30 min. 6 sec.)
9. Energizer (15 min. 6 sec.)
10. Good morning (24 min. 54 sec.)
11. Immunity (1 hours 1 min.)
12. Shuman (1 hours 9 min. 36 sec.)
13. Sleep (1 hours 10 min.)
14. Tetha (30 min. 6 sec.)
15. Time break (15 min.)

1. ALPHA (30 minutes, 6 seconds)

Do you remember how joyful and exciting everything was in childhood, how life was deprived of stress and tension, and how the whole world was marvelous and wonderful? According to research conducted by scientists, the secret of such a perception lies in the fact that the alpha rhythm is naturally prevalent in the child's brain. Then, as we grow up, the alpha activity of the brain decays, we begin to perceive our world more rationally, more critically, and we end up with stress and tension in our lives. Our consciousness feels "longing" for the light, relaxed situation we had as a child, and we want to return to this situation in our subconscious. But why? Because it's nothing more than missing alpha activity in the brain. 99% of adults lack alpha brain activity. Most of the time, to get back to alpha, the person would resort to alcohol, because alcohol would increase alpha activity, but that's a very catchy situation. People who use alcohol to stimulate Alpha brain activity then experience a sudden decline in this activity: people start to get angry and nervous, and the world often starts to look desperate and pessimistic to that person. Alcohol is not a good way to increase alpha activity. In people who are addicted to alcohol, alpha brain activity is suppressed and only occurs when people under the influence of alcohol. What if we artificially stimulate the alpha activity of the brain using exclusive technical materials? These kinds of experiments have been done many times, and the results, each time, astonished the scientists: After the alpha session where brain stimulation was applied with alpha

waves, there was little difference between the EEG of a 50-year-old man and the EEG of a 25-year-old adult. Memory and cognitive abilities developed following the artificial stimulus. A group of scholars from Italy came to an entirely unique conclusion that was confirmed by clinical trials: Stimulating the brain at alpha frequencies increases heart rate variability, which can improve health and even prolong life. An article was published in *The World Journal of Neuroscience*, 2013.3, pages 213-220. "Stimulating the brain with alpha rhythms increases heart rate variability in people with low heart rate variability," the article included the results of these clinical studies. By applying stimulation with alpha waves, scientists were able to increment this indication, achieving an increase in heart rate variability. What is heart rate variability and why is its increase so useful for our health?

heart rate variability is a characteristic of biological processes associated with the need to adapt the body to changing environmental conditions. In other words, variability is the factor of manifold parameters in response to the effect of any factor, including heart rate. As a result, heart rate variability (HRV) reflects both the operation of the cardiovascular system and the operation of all body adjustment mechanisms. Scientists have found an association between the autonomous nervous system and death from cardiovascular diseases, including sudden deaths. The higher the heart rate variability (i.e. ability to adapt to the environment and environmental influences), the lower the risk of developing cardiovascular diseases as well as other diseases.

Heart rate variability is the most appropriate indicator to evaluate the effectiveness of the interaction between cardiovascular and other body systems. The task of “**Alpha**” programme is to stimulate the brain's alpha activity. Unlike other methods of alpha meditation, this program effectively affects the brain, bringing it to the alpha stage. This feature of this programme has been thoroughly tested and rechecked: a group of volunteers were asked to implement this programme and they were shot electroencephalograms during the experiment. Whereas the program was implemented, all participants showed an increase in brain alpha activity without exception.

The Features of the Programme

The aim of this programme is to stimulate the alpha activity of the brain. The following mechanism has been implemented in this program: amplitude modulation at 8 Hz to 12 Hz frequencies with a stimulating effect on the brain is added to the ultra broadband signal. In order to gain maximum benefits, it is recommended to work with the programme no later than 3-4 hours before going to bed in the first half of the day. The work done in the morning will have the greatest impact. When working with this programme, one should imagine moments of childhood that were full of happiness and lack of anxiety. This is done to help stimulate the alpha activity of the brain, because in childhood, the brain provided this activity absolutely seamlessly, so a person's brain was naturally in the stage of alpha. Your brain is your best doctor, and it will immediately remember how you felt in those years, and a special

electromagnetic background will assist your brain with that. After working with the programme, suddenly you'll feel a sense of perception, start to perceive the world more alive, and soon you'll get used to it yourself. It is recommended that you drink a glass of water before using the programme.

The programme is not a medicine and is not designed to treat or diagnose any disease.

2. Analgesia (36 minutes. 42 seconds)

Based on the study scientifically proving that ultra-low rhythms can relieve pain, the "**Analgesia**" programme has been developed. Pain is often a symptom of many diseases, and there is nothing in modern medicine but taking painkillers to end these pains. The efficacy of electromagnetic effects in pain syndrome have been proven clinically, by research using subdelta frequencies of **0,4 Hz to 1 Hz** for treatment of chronic pain, or epsilon rhythms, clinically proof the efficacy of electromagnetic interference on pain syndrome. Through stimulating subdelta (epsilon) rhythms has led to a significant improvement in the patient's condition, the levels of serotonin and beta-endorphin have increased, pain has dropped dramatically, furthermore, the pain is completely gone in some cases. Another important effect of this programme is to lower blood pressure in people with high blood pressure problems. There has also been an improvement in the function of the body's immune and limbic systems. Stimulation of our body by Sub-delta (epsilon) rhythms has a positive effect, helps partially or completely get rid of pain

syndromes that modern medicine is ineffective, its effectiveness is much higher than traditional pharmacological medicines.

The "**Analgnesia**" programme combines the body's healing, the production of beta-endorphins with epsilon rhythms. As a result, a unique programme has been developed that will not only affect chronic (and non-chronic) pain, but also normalize body functions.

How to work with the programme?

Take a comfortable position for your body, keep your eyes **STRICTLY** closed, stop your internal dialog, thus, in a few minutes, you'll be in a pleasant state of relief. It takes about eight minutes for a normal person to get into this situation. It is recommended that you drink a glass of water before implementing the programme. It is necessary to work with the programme 1-2 times a day. The programme's working time is 6-8 weeks, followed by a 2-week interruption, and then work with the programme should continue. Please understand that the programme is not a "magic pill" or something like that - you will need to work with the programme for a few weeks to get results, but you will still notice a general improvement in your situation a few days later. In the early few days of the programme, one can sometimes experience symptoms such as pain and tingling in different parts of the body. This is the natural adaptation process for a body that typically lasts for three to four days without a trace. Programme process: The most convenient times for working with the programme are noon and after 7 pm. You can

work with the program before you go to bed, thus after working with the program, dreams will be more vivid, but they will have a sedative effect.

The program is not a medicine and is not designed to treat or diagnose any disease.

3. Antiparasite (3 hours 48 minutes, 40 seconds)

This programme was developed based on the latest research in the area of frequency exposure. The effects of radio frequency on cellular and sub-cellular organisms, and research that has lasted for years, have created software and hardware that prevents the growth, division and functionality of pathogenic microorganisms. In addition to blocking the physical mechanism, metabolic, and motor functions, such an effect includes preventing DNA replication (against some RNA viruses) by using resonance phenomena for various release processes. The programme also includes frequencies affecting the immune system and the body's water matrix.

How to use the Programme?

This programme is in process of testing and has no resemblance in the world yet. We do not claim that it can cure cancer or any other disease, but a series of studies prove the suppressive effect of this programme on pathogens. It is necessary to work every 2 days, preferably every morning or in the afternoon. Users should drink at least 2 liters of structured water the day you use the programme.

The programme is not a medicine and is not designed to treat or diagnose any disease.

4. Beta (30 minutes, 6 seconds)

What is the "**Beta**" programme and for what purpose it has developed? The brain's beta rhythms naturally emerge during the alertness, inextricably connected with the cognitive processes in our brains, and what their amplifications depend on our ability to think. So, is it possible to artificially stimulate this activity to increase the potential of our brain? The answer is yes, it is possible. Beta activity is crucial to the thinking process; insufficient beta activity may lead to emotional disorders, depression and attention deficit. According to the results of the study, the brain's ability to solve arithmetic operations has increased significantly after being stimulated at frequencies between 12 Hz and 15 Hz. During clinical studies, students were asked to solve a series of simple arithmetic processes. After the students' brain beta frequencies were stimulated, there was a significant increase in the rate of solving arithmetic procedures and the accuracy of the results. A study was conducted in which students were subjected to beta stimulation. The study investigated the fatigue-relieving of beta rhythms. For seven weeks, beta rhythms were applied to a group of 12 students. The control group was not subjected to these rhythms. Seven weeks later, following the end of the course, much less fatigue was observed in the first group compared to the control group. In addition, an

improvement was observed in the sleep quality of the first group. One of the areas that is being investigated is the use of beta stimulation in the treatment of attention deficit. In another study, a frequency of 12Hz to 14Hz was applied to the subjects for 30-40 minutes and for 6 weeks. After the stimulation course, a significant improvement in the ability of paying attention, improvement in learning skills and an 81% increase in focus skills were observed. During the research, it has been scientifically proven that stimulation with beta rhythms leads to a significant increase in focussing.

So who will this programme be useful for?

Beta stimulation programme will be useful for many people who, for one reason or another, have low beta brain activity. Thanks to this programme, your focussing will strengthen, your fatigue will wane, your amperage will increase and your habit of mind will improve. The programme's duration is 30 minutes, during which time, the beta rhythms of the brain will be stimulated in the range of 12Hz to 20Hz using the stokastic synchronization method. After working with this programme, you will notice the improvement in fine motor skills, easiness to perceiving and grasping the information. The programme will also have a positive effect on people with attention deficit, people prone to seasonal depression, as well as the programme will be beneficial for the conception of large amounts of information, intense mental activities etc.

Proper Using of the Programme.

The Beta programme has a set of features and you should definitely follow the recommendations below.

- You must work with the programme only in the first half of the day, from 4 p.m. to 4 p.m. or you may experience insomnia. The programme **CAN BE ACTIVE** in the background while performing any mental activity, but you can also use the program with open eyes, **WITHOUT HAVING TO CLOSE** your eyes when you work with programs.

IMPORTANT NOTICE: Over-stimulation with Beta rhythms can lead to increased anxiety and tension. You must not use this programme **more than 3 times per day!** Compliance with these rules is entirely your responsibility, in case of excessive use of the programme, you may experience headaches, and feelings such as anxiety and worry may increase. Please pay attention to this warning. Extremely sensitive people are recommended to work with this programme every other day, this is quite enough to stimulate the beta activity of the brain.

The programme is not a medicine and is not designed to treat or diagnose any disease.

5. Body (30 minutes, 36 seconds)

The "**Body**" program is a program that uses frequency matrix of main energy centers and meridians. These frequencies affect the distribution and normalization of energy flows in the body. The program contains frequencies that stimulate the body's energy centers. These frequencies are used to modulate the ultra-broadband signal in stock and thus completely interpenetrate the control information channels of the nervous system without obstruction. The program is designed for general health development, meditation, and normalization of energy flows. The program consists of 7 sections, each four minutes, which take up to 4 minutes, which affect appropriate body energy centers and the associated meridians. The "**Body**" program is comparable to an acupuncture, which has an impact on the body by weaving and manipulating specific needles in traditional Chinese medicine (from Latin "acus" means "needle" and from Latin "punctura" means "dip, sting"). The acupuncture method first comes up in 100 BC. In traditional Chinese medicine, it is believed that the causes of disease were the deterioration of the circulation of Chi energy. By affecting certain points, you can normalize energy flows and eliminate the cause of the disease. By using of needles, it can affect specific spots in which the blockades are removed, and the energy normally travels along the meridians again, which causes the body to recover. The "**Body**" program takes the traditional acupuncture to the next level. In this program, the impact to the energy centers is not done with needles, but with special frequencies that correspond to the energy centers. The program also affects small energy

channels, and stimulates and improves the whole body's energy-knowledge exchange.

How is this session done?

With this program, you can do a session on your own by choosing the right time to yourself. To do that, you will need a sofa or a bed. Lie on the couch or on the bed. Close your eyes. During the entire session, the eyes should be closed, which is a condition to be observed. You can start the program after you're completely calm and relaxed. Do not change your body position or move while using the program. Imagine that your whole body is covered with pointed needles and in no case should you move. The effectiveness of the program depends on your inactivity. You can feel temperature or vibration at certain parts of the body during the program's execution, which means it is starting to work. Stay still, not even mentally imagine anything moving! Your full attention should be focused on the center of your chest and fixed on your breath. Focus all your attention on your breathing and your breath alone. After the program is over, stay in a horizontal position for another 2-3 minutes, then open your eyes and get off the sofa or the bed. Never restart the program!

You can do such sessions 5 times a week, 1 or at most 2 times a day.

Features of the Program:

- The "**Body**" program has a number of features. If you follow the demands stated in this description, you will feel the result after the first application.
- Thirst should not be felt while implementing the program, this is very important. Before working with the program, it is recommended to drink a glass of water, not any other beverage, ie drinking water only.
- Do not activate the program while intoxicated.
- You can work with the program at any time of the day, but it is most useful if it is implemented in the morning or evening, but not immediately after waking up or before bed.
- It is recommended to apply the program 1 or 2 times per day (do not abuse the program!), not more than 5 times per week. The program will continue for approximately 4-6 hours after it is finished. Please keep this in mind and other programs are not recommended during this period.
- In people with hypersensitivity, the program can lead to a very strong reaction and even cause a health condition to deteriorate. Which is normal, since the program has initiated the repair mechanism and likely to be accompanied by symptoms. In this case, perform the program 2-3 times per day, i.e. per week. Over time, the negative effects will diminish and you will start to feel better.

6. Cerebral (30 minutes, 6 seconds)

"Cerebral" is a revolutionary new technology that significantly expands the brain rhythm range. If an ordinary person has a very narrow rhythm range, this range is wide for a person who has completed the treatment with the **"Cerebral"** program. After only a few weeks of implementing this program, positive results will occur: cognitive abilities will develop, new neural connections will emerge, and the curtain of established settings and stereotypes will be taken out of your consciousness, and you will begin to think extraordinarily. And physically, your brain circulation will normalize. Endorphin, melatonin, serotonin, DMT (Dimethyltryptamine) secretion increases. It should be noted that this program will have a unique effect on every person, which is quite unpredictable. Some will get rid of bad habits, some will forget what depression, bad mood, chronic disease is like, some will gain an awareness of sports or creativity. The results are definitely specific to every person. One can not find his identical copy, since every humanbeing is unique, from this point of view, the results are not similar to each other like humans. Every person who will benefit from this program will gain something unique.

Working Principle

The **"Cerebral"** program consists of three parts. The first part (Deceleration) decreases the frequency of brain rhythms from 30 Hz to 3 Hz, ie from the gamma level to the delta level. The second part (Stabilization) helps the brain maintain a wider range of rhythms. The third part(Acceleration) increases the frequency of brain rhythms from delta to gamma level, i.e. 3 Hz

to 30 Hz. All three of these parts are "gyms" for your brain, and "teach" your brain to use a very wide range of frequencies so that you can solve any problem you may encounter in life. A person who has completed "**cerebral**" program treatment will outperform many aspects of people who are living with stereotypes who have not trained their brains and have almost failed to think, and who have embraced the ready templates provided by our society. After a few weeks of implementation, you will understand what we mean. Recommended application time is at 2:00 a.m. and noon (2:00 p.m. latest).

The program is not a medicine and is not designed to treat or diagnose any disease.

7. Comfort (1 hour, 6 minutes)

Are you over-concerned? Did you reach into the medicine drawer? You've been looking for a herbicide, corvalol or some other drug? Do not haste. Now you have a tool to help you control your emotions. Moreover, unlike medication, it not only provides temporary relaxation, it also improves overall emotional stability. The "**Comfort**" program is a modern solution that will relieve you from stress and make you more balanced. It will not be that easy to make you exasperate anymore. The program uses alpha rhythms that help alleviate emotional excitement and contribute to a calmer nervous response to emotional stimuli. In contrast to

pharmacological substances, the **“Comfort”** program has no side effects (why fill your body with chemicals?) and it is more effective than a heliotrope drug or Corvalol. After 20 minutes of using, your nerve tension will be completely overcome and you will become calm and balanced. There is nothing supernatural or mystical in this. When you experience an emotional breakdown or stress, your brain's beta activity increases dramatically, your right hemisphere becomes active, and you begin to lose control over your emotions. The "Comfort" program eliminates this over-stimulation and streamlines nerves in a very short period of time with the help of hemispheres in stochastic synchronization. The uniqueness of this program is that it trains the brain. And that's the difference between drugs. No matter how much you use the kettle drug, it does not make you more resistant to stress, but the Comfort program can help your brain learn to react less emotionally to external stimuli. You will notice that your nerves are getting stronger during periodic use, and you will see that it is no longer that easy to get angry. Also, unlike drugs, **“Comfort”** is impossible to overdose. If necessary, you can reapply the program as many times, as you like, but usually only one application is required. Tek yapmanız gereken programı açmak ve gözlerinizi kapatmak. Gerisini ise program sizin için halleder.

Features of the Program:

- **“Comfort”** has a range of features. If you follow the instructions in this description, you will perceive the result after the first application.

- When implementing the program, thirst must not be felt, this is very important. It is recommended to drink a glass of water before working with the program. Do not consume any other beverages instead of water.
- When using the program, your eyes should be closed and your attention should be focused on your breathing. It is not recommended to use the program as a background when you are at any activity.
- Never implement the program while drunk.
- You can implement the program at any time of the day, there are no time constraints on the duration of the program.
- It is recommended that you work with the program immediately after the beginning of the temper state, but you can also use it for prophylactic purposes when you are calm, so your sensory stability will increase.

It is recommended that you drink a glass of water before using the program.

The program is not a medicine and is not designed to treat or diagnose any disease.

8. DELTA (30 minutes, 6 seconds)

Delta rhythms are the slowest rhythms in our brains. They become apparent when people are in a deep sleep stage. Then, what are the positive effects of delta rhythms? **Answer: reduction in problems such as stress, anxiety and pain.**

While awake, it has been proven by scientists that stimulating delta brain activity has a beneficial effect on consciousness, reduces stress and, for example, helps relieve certain chronic pain. The first study was conducted in 1985 and clinically proven that delta rhythms help alleviate various pain, especially headache. In this study, 15 patients were exposed by delta waves at frequencies ranging from 1Hz to 3Hz for 15 minutes. All patients, except one person, said that the pain they felt before the session started was reduced or completely lost. To counteract the placebo effect, the control group was advised to use delta rhythms as well, however, they were exposed to normal sound instead of delta rhythms. As a result, pain relief was recorded in only one of the eight patients. This research showed that there was no "placebo effect" when stimulated with delta rhythms.

Improvement in sleep quality

In clinical trials, a group of 49 subjects was divided into three sub-groups. The first sub-group was regularly subjected to delta rhythms. The second subgroup used drugs to improve sleep. The third subgroup used food supplements, amino acids, minerals, and vitamins. The first subgroup applied the delta rhythms 30 minutes before going to bed. Every morning for a month, all patients completed a survey to assess sleep quality. The results surprised

scientists; The sleep quality of the first group was 58 percent higher than in the second and third groups.

Healthcare improvement, regaining strength.

Sleep is extremely crucial for the human being, because during sleep strength is restored, energy is accumulated, and the body is renewed. Many researchers state that there is an inextricable link between sleep quality and healthy longevity. As it is known, all of the long-lived people have high sleep quality compared to ordinary people, and often have no problems such as sleep disorders and insomnia. In today's world, we are exposed to a variety of negative factors and stresses, and as a result, many people may experience sleep quality disorder. Stimulation with delta rhythms at evening-time, will help improve sleep, treat insomnia, make sleep deeper and ultimately restore strength. When this program is used regularly, you will be more relaxed, more confident, less responsive to negative influences that are an integral part of life in a modern technological society. Delta stimulation allows you not only to restore power, but also to treat various disorders, because the root of many psychosomatic disorders is "hidden" at the delta frequency level of the brain.

When to implement the program?

The best time to use this program is just before going to bed. Before dormant state, the body is very sensitive to delta rhythms. This does not mean that delta stimulation cannot be used at another time of the day, of course you can, but it will provide the best effect if used just before dormant state. Don't worry if

you fall asleep while using the program, for there's nothing wrong with it, but it's a good sign.

It is recommended that you drink a glass of water before using the program. This is very important, because during delta stimulation, the body dissolves from various toxins and requires a certain amount of liquid to be discharged from the body. The program uses many technologies that complement and reinforce each other in order for consciousness to pass to the delta state.

The program is not a medicine and is not designed to treat or diagnose any disease.

9. ENERGIZER (15 minutes, 6 seconds)

The "**ENERGIZER**" program has two tasks that seem dissonant at first glance; relieving anxiety and tension, increasing energy potential. So you can either relax or activate the energy. But the question is, how can you combine them? The "**ENERGIZER**" program uses a variable alpha rhythm that does both simultaneously. The relaxation phase replaces the stimulation phase, and continues throughout the entire program. The sudden alteration of these two phases is like a contrast shower, and then you begin to feel better. This program is nothing more than a contrast shower for your consciousness. When using the programs, all you have to do is close your eyes and allow the program to do the rest for you. The program also has a strong sedative effect, immediately after the implementation you will notice that your nerves have

subsided, that you are calm and energized. **You will be in a mild, tranquil mood, your worries will be a thing of the past, you will have more power to achieve your goals. You will notice that your amperage is rising.**

You just took a contrast shower, your body was revitalized and your amperage increased. Not only you, but also those around you will notice this difference. When you're tranquilized and energetic, people around you feel that. You can share your energy with others. People are instinctively attracted to people who have ample energy. This program is a universal tool, literally, for all situations. You can use the program at any time and anywhere: On the subway, on the bus, on the office, on the plane, on the train. All you have to do is turn on the **Bion-X**, select this program, and close your eyes by placing the device with its back facing you. You can use this program in any situation when you need to enhance the amperage of your body, not only to rest and relax, but also when you need to recharge your life energy.

Features of the Program

- **“Energizer”** has a range of features. If you follow the instructions in this description, you will perceive the result after the first application.
- When implementing the program, thirst must not be felt, this is very important. It is recommended to drink a glass of water before working with the program. Do not

consume any other beverages instead of water.

- Never implement the program while drunk.
- The program allows you to work at any time of the day. There is no time limit, the program may be used in the morning, afternoon, evening, but not before going to bed. The program must have been implemented 2 hours before going to bed.
- It is recommended that the program be implemented 6 days a week, 1 to 4 times a day. Take a break once a week. It is recommended to take a week break after 6 weeks of work with the program and then continue to apply.

The program is not a medicine and is not designed to treat or diagnose any disease.

10. Good morning (24 minutes, 54 seconds)

The "**Good morning**" program simulates the condition of a child who wakes up early in the morning. When we wake up, we feel broken, sleep deficiency and similar unpleasant feelings. This program is designed to quickly become relaxed and energetic after waking up. This program may replace your coffee in the morning, and the effect will be as if

you had a good espresso. The specially selected frequencies of this program will help you increase your amperage. It is necessary to implement this program after waking up in the morning. The program uses frequencies that start in the gamma range and gradually switch to the sonar alpha and then beta range. During the program, the brain's activity is stimulated, this is only achieved by an electromagnetic stimulation, not caffeine!

The program can be implemented every day after waking up. Even after diurnation.

The program is not a medicine and is not designed to treat or diagnose any disease.

11. Immunity (1 hour 1 minute)

The corner stone of the program is based on the research of scientists regarding the effect of frequencies in the 6Hz - 12Hz range on the immune system. It has been proven that stimulating the brain with frequencies in this range leads to an improvement in the immune system. "**Immunity**" program was developed based on the principle of bioresonance-synchronization of natural brain rhythms with external influences. This principle was first discovered in 1656 by the Danish scientist Christian Huygens, who saw that after placing two pendulum clocks side by side, they were synchronized. The same thing happens with our brains when it is exposed to external electromagnetic rhythms. This principle has been proven many times

in scientific research. The "**Immunity**" program uses a combination of beta-alpha-theta frequencies in forward and reverse direction, and works on the range that is responsible for the normalization of the body's immune system. This combination of frequencies reduces the stress and normalizes the functionality of our immune system. The unparalleled program would be equally effective in all forms of autoimmune disorder, allergies and other diseases associated with both reduced immune activity and the over-degradation of the immune system. According to research at the University of South Florida, normalizing the immune system helps slow the ageing process and can prevent Alzheimer's, a very serious disease. The water reconstruction frequencies were used to increase the program's impact, taking into account that 70 percent of our body was water. With the program, we're engineering our body's water to enhance the influence of the bioresonant. It is therefore recommended that a glass of water be drunk before working with the program, which will enhance the program's effectiveness. The program also uses frequencies that directly affect the metabolic activity of white blood cells, timus cells, spleen and liver. You can work with this program 1-2 times at any time of day. To get the most out of the program, it is recommended that you take a 2-4 interval before working with other programs.

The program is not a medicine and is not designed to treat or diagnose any disease.

12. Shuman (1 hour 9 minutes, 36 seconds)

Since the emergence of all life on Earth, human beings have lived surrounded by an electromagnetic background that is a result of storm activity, and we have been tuned into this natural electromagnetic background deep in our subconscious at the very beginning of our existence. As a result of numerous researches, it is verified that the human condition is in harmony when it is with nature. Most people now live in cities that are surrounded by human-made radiation, which affects our consciousness tremendously negatively. The level of fatigue, nervousness and stress is continuously rising.

Immersion in the natural electromagnetic environment has an extremely positive therapeutic effect on our brain. Our brains react as if "back home" because the electromagnetic background of nature has surrounded us throughout our history, and a positive response towards it has been hidden deep in the subconscious. The "**Shuman**" program used parameters of an organic nature's electromagnetic background. The ultrabroadband radiation of the Bion-X device is modulated with a Schumann resonance frequency of 7.83 Hz, when our consciousness was tuned to the natural biorhythms of our planet. The transition to the natural electromagnetic environment has an extremely beneficial effect on humans. Pressure returns to normal, stress disappears, discomfort and aggression disappear. This program is a universal way of normalizing the mental state, which will be useful to everyone without exception. You will notice an

improvement in your state of mind after the first implementation, that your level of fitness will increase, and you will look at the world from a new perspective. The program will kindly put you in a state of relaxation and recumbency, and feed you the natural energy that comes alive. The program consists of three parts: the first part, the introductory part, lasts for 5 minutes and has been developed to put you in a state of meditation. The second part lasts 60 minutes, and starts at the fifth minute, designed to prepare the body to be deeply adjusting to natural biorhythms. The third and final part of the program will take 5 minutes and is designed to take you out of meditation state. It is recommended to work with the program 1-2 times a day, in this case the effect will be maximum. It is recommended to avoid excessive frequent use as a background.

Features of the Program

- The "**Shuman**" program has a number of features. If you follow the instructions outlined in this description, you will feel the result immediately after the first implementation.
- While implementing the program, thirst should not be felt, this is very important. It is recommended to drink a glass of water before working with the program. No liquid other than water should be consumed.
- Never implement the program while drunk.

- You can work with the program at any time of the day, especially midday and midnight.
- For maximum efficiency, while working with the program, eyes should be closed and the user's attention focused on breathing.

The program is not a medicine and is not designed to treat or diagnose any disease.

13. Sleep (1 hour, 10 minutes)

"**Sleep**" is a unique program that not only helps people to fall asleep, but also stimulates the production of rhythms that train the brain and support fast sleep and healthy sleep. This program is a "simulator" that will teach your brain to fall asleep faster and sleep more efficiently. Unlike other sleep programs that stimulate the brain with delta rhythms just before bedtime, the "**Sleep**" program uses a completely different, but more effective method: a stimulation method that provides the loading required by the brain with specially selected frequencies before bedtime. So what's the secret? Why do stimulating rhythms help one sleep better and be healthy? Gerçek şu ki, günümüz insanı uyanırken beynine çok sık yüklenmiyor ve bu nedenle, uyku zamanı geldiğinde, beyin hiç yorgun olmadığı ve gün boyunca gerekli yükü almadığı için uyku moduna geçemiyor. The truth is that people today do not overload their brains when they are awake, and therefore, when it comes time to sleep, the brain cannot go to sleep as it is not tired at all and does not take the necessary load

throughout the day. The "**Sleep**" program solves this problem, creates a workload for the brain, increases the activity of the brain, allowing you to fall asleep faster and sleep healthily. With its efficiency of 99.9%, this program can significantly improve your sleep and boost your energy while awake. But that's not all, the program is "train" the brain, so even after the implementation process is over, you will still be able to sleep properly.

The uniqueness of the program lies in the fact that it can be used passively, ie not meditate in accordance with the program. It is recommended, but not mandatory, to use the program with your eyes closed. Then the effect of the program will be stronger, but even if you use it with your eyes open, it will continue to affect and adjust your brain to the appropriate rhythms.

The "**Sleep**" program is a completely new approach designed to solve the problem of insomnia and recovery from sleep. During clinical trials, this program has shown an immersive effect. 99% of people using this program reported that they experienced an improvement in sleep quality. After that, the user's orders have a highly reliable, guaranteed and effective mechanism to help you forget about sleeping pills, which you will never need again. You will now be able to sleep soundly and will not need any chemicals. Finally, thanks to the "**Sleep**" program, sleep problems were completely and permanently resolved. In order for the program to work well, it must be used correctly. Please read the "Features of the Program" section very carefully and strictly follow the instructions given in it. Remember

that the effect of the program will increase with each application, you will need from 1 week to 1 month to reach the highest effect. After that, it will be enough to use the program occasionally, but it will still be effective even if you do not use it regularly! This is where the uniqueness of the program lies because it not only helps you to fall asleep, it also trains the brain to do it on its own, regardless of whether you use the program or not.

Features of the Program

- The "**Sleep**" program has a number of features. If you follow the instructions outlined in this description, then perhaps you will feel the result immediately after the first implementation.
- Thirst should not be felt while implementing the program, this is very important. Before working with the program, it is recommended to consume a glass of water, not any other beverage, ie drinking water only.
- For maximum results, use the program with your eyes closed.
- Never implement the program while drunk.
- The program should be implemented before bed.

Do not use this program more than 1 time in a row. Re-implementation is not allowed immediately after the end of the program. This is

because your consciousness has gradually switched to delta rhythms during the program and the re-implementation will start from the beta rhythm, so if you re-use it right after the end of the program, the effect will disappear. A single application just before going to bed is sufficient, it is not recommended using the program twice in a row.

The effect of the program will increase with every application. Some people experience the effect after the first use, while in others it takes 2 to 7 days for the program to take effect. After the program treatment period (1 month) is completed, the use of the program can be continued from time to time, for example once a week or once every two weeks. With the correct completion of the process, the duration of the program will increase up to 4 months, even without prophylactic use.

For some people, the program may cause increased sensitivity to ultraviolet rays, in this case, the time spent under the sunlight should be limited on the days when the program is used.

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14. Teta (30 minutes, 6 seconds)

This program is designed to stimulate the theta rhythms of the brain, it will help you enter a deep state of theta. Theta rhythms naturally occur in all humans at the time of falling asleep and during waking. Theta rhythms are extremely important for humans as they

are associated with the process of regulating the mind and body by removing the negative effects we are exposed to throughout life. Stimulating theta rhythms helps our body restore its protective functions, this technique is used by many healers in their practice. Entering the theta state is based on theta healing technique and this program can be used for theta healing sessions. Theta healing is a technique of entering a state of deep relaxation that helps a meditator to dive deep into the subconscious and adjust their subconscious to a healthy and harmonious lifestyle. Scientific studies have confirmed the positive effects of theta rhythms on the human body. Moreover, the increased theta activity of the brain has also been seen in priests, healers, people who have been engaged in spiritual practices for a long time. In addition, another interesting feature has been noted: The theta brain activity of the healers suddenly increased during the treatment sessions. The effect of theta rhythms on the brain leads to improved memory, better control over the emotional sphere. Exposure to theta waves brings more vivid impressions to meditation practices, makes it easier to enter a state of self-hypnosis, and dreams become more varied. Further studies of the effects of Theta frequencies have shown that there are advances in intuition, creativity and human brain capacity. After being diagnosed with theta rhythms in studies for about five minutes, around 80 percent of patients were found to have entered a hypnotic state, which is about 50 percent higher than the successes of other hypnotic methods.

This program stimulates the theta activity of the brain, which was revealed during studies in which an electroencephalogram was taken from meditators under this program. Increased theta brain activity was observed in all subjects without exception. What's the Theta situation? What happens in the Theta situation? When you're in a theta, you're getting higher learning skills, improved intuition, and improved body regeneration. The treatment of Theta frequencies has been clinically confirmed. There are hundreds of clinics around the world that benefit from the impact of teta frequency combined with traditional treatment. When you're in a Theta state, you're free of fear, anxiety and negative thoughts. In this very state, harmony with yourself, a sense of wholeness and joyfulness returns. Theta waves are the boundary between your consciousness and your subconscious and provide access to free associations, unexpected insights, and creative ideas.

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15. Time break

"Time break" program is specially designed for people who are dealing with mental work. In just 25 minutes it will relieve stress and tension, restore performance, increase concentration and have a positive impact on workforce productivity. The person practicing this will feel herself/himself in the

atmosphere of nature, and the frequencies of the alpha rhythm modulated into this program will not only help her/him to relax but also to be re-filled with energy. The program does not allow the user to enter a deep state of meditation (because it does not have such a task), but it helps you restore strength and vital energy level. The ultra-wideband electromagnetic field modulated with specially selected alpha rhythms in the range of **9-11 Hz** will allow the user to regain much needed relaxation and strengths without entering a deep meditation state. The "**Time break**" program is an effective tool for the efficient operation of consciousness. You can use the program at your office during the break; just take 15 minutes to do so. During this time, you can rest well and regain your strength. After a while, you will see how different you are from other employees who are often very tired at the end of the day. Compared to them, at the end of your working day, you will feel like you have spent the day in nature, not in the office. We are confident that this program will provide invaluable benefits to people doing mental work and will improve their quality of life. To get the most out of the program, please familiarize yourself with the features of the program and follow the instructions exactly.

Features of the Program

- The "time break" program has a number of features. If you follow the instructions outlined in this description then perhaps you will feel the result immediately after the first application.

- Thirst should not be felt while implementing the program, this is very important. Before working with the program, it is recommended to consume a glass of water, not any other beverage, ie drinking water only.
- When working with the program, eyes must be closed and the user should be focused on breathing. The users are allowed to use the program on the background while occupied with other activities.
- Never implement the program while drunk.
- It is recommended to work with the program only during the daytime. If the program is used at night or in the evening, it may cause insomnia. The best hours for the application are between 11:00 and 17:00.
- It is recommended to apply the program 2-3 times a day with an interval of at least 2 hours. Avoid repeating the application immediately after the program ends. Although seemingly simple, the program is a very powerful bioenergetic tool and should be used with caution. It is recommended that you work with the program a maximum of 5 times a week, two days apart.

**The program is not a medicine and is not designed to
treat or diagnose any disease.**