

**BEAUTY & WELLNESS**  
**USER GUIDE** ENGLISH, REV 2.0







**COMRA®**  
COHERENT MULTI-RADIANCE

**BEAUTY & WELLNESS**  
**USER GUIDE** ENGLISH, REV 2.0



Life-changing solutions by  
**Radiant Life Technologies**  
[www.radiant-life-technologies.com](http://www.radiant-life-technologies.com)

# ACKNOWLEDGEMENTS

This *Beauty & wellness user guide* is dedicated to our founder Théun Mares. Théun believed in the inner beauty of us all, and he provided us with never-ending encouragement, as well as practical tools, so that we could recognise and bring out our inner beauty for all to see.

Théun showed that it is all the little things in our lives that have the most powerful impact in our life as a whole. This includes the way in which we think and feel about ourselves. If we wish to change this, the best way in which to do this is to begin by changing our physical actions. In other words, if you hold your head up high, sit up straight, walk tall, and look others straight in the eye, you will automatically feel and think better about yourself.

All these small changes ripple out into the world. These ripples have a powerful influence and present us with the opportunity to uplift ourselves, therefore uplifting all those around us.

Yet it is often hard to feel beautiful with the levels of stress, unhappiness and also the feelings of not being safe that abound in our world today. So it is not surprising that a large number of both females as well as males carry excess weight, struggle with all manner of aches and pains, and generally do not feel beautiful, let alone well, for much of the time.

But I have also come to learn that, together with our actions, our beliefs are most powerful too. It is our beliefs and dreams that enable us to create the beauty in our lives that we desire.

One day I discovered that the term “Ladies and Gentlemen” does not mean what I thought it did, as being simply a term of formal greeting – or a phrase often used without ever really understanding its meaning. I now know that it is a term used to address those Ladies and those Gentle-men in our lives for whom we have a very deep respect and love, and for whom there are no words that can express this. So my acknowledgements go to the Radiant Life Technologies team of Ladies and Gentle-men who decided to compile this beauty and wellness user guide for all our fellow human beings, who too are wanting to respect and love the bodies that they have been given, so that their quality of life will ever be at its optimum. My acknowledgements also go to all those men and women who are supporting us to enrich and expand our knowledge of coMra and its many applications and healing successes.

In this respect I would like to share another of Théun’s gems of insight into males and females:

*“All females dream of being swept off their feet by a handsome knight in shining armour atop his white stallion. Yet, encapsulated within that dream of dreams, is a deep secret of the female. People may wish to argue this point, but there is nothing upon this earth that is more powerful than belief. The Wright brothers put aeroplanes into the sky because they believed it possible. Man has journeyed into outer space because he believed it possible. People have performed all sorts of miracles because they believed them to be possible. And a man who has a female that insists upon seeing him as a shining knight, has no option other than to live up to that belief.”*

My wish is for you to see yourself as that beautiful Lady and that handsome Gentle-man knight who loves and respects your body enough to give it the support, the care and the attention that it deserves.

In helping us to translate our belief into actions, we have found that our “magic wands”, also known as our coMra Delta Series laser and coMra Palm device, have proven themselves as powerful tools for supporting our bodies in so very many ways, in order that it may heal itself.

We believe in abiding by the Hippocratic Oath of “*Do No Harm*” and thus our protocols are non-invasive and with no harmful side effects – a true miracle of medical science.

We believe and trust that you will enjoy applying the protocols in this *Beauty & wellness user guide*, and that you will try combinations of all the different protocols to find a beauty and wellness regime for you – in the context of your lifestyle. It is your life – it is your body. It is the only one you are getting in this lifetime!

**Elizabeth Schnugh – Co-CEO of RLT**

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# FOREWORD

# “By God, when you see your beauty, you will be the idol of yourself.” ~ Rumi

Their quest for beauty and wellness forms for many people a most important part of their lives. This is a search that really tends to take off at the first signs of adolescence. What is it that we are all wanting and looking for? To live up to the glamorous images of the rich and famous that are portrayed in the media? These images are where many of our ideas of beauty have their roots. But if we look beyond the face value, what most people are really looking for is to feel good about themselves. When we feel good about ourselves, certain characteristics tend to shine from us. A glow to the skin, a clarity to the eyes, an assured walk, a smile and laugh that radiates for miles, and all of these little things that you can't quite put your finger on. These characteristics add up to something more than “just a pretty face”. They are all part and parcel of the whole person. That is why a holistic approach, which involves one being self-sufficient, is of the utmost importance in our journey to beauty and wellness.

This is not to say that the outer appearance is to be ignored. Whenever we have a dis-ease or obvious “flaw” that affects our appearance there is the natural desire to fix or improve this. Such conditions range from lifeless, ageing skin to acne and obesity. There are countless issues that can affect our skin alone. The skin actually represents the largest organ of our body and it forms our connection between the outside world and our internal organs. Our skin allows substances to enter our body, as well as to be expelled from our body. But if it is bombarded daily with exposure to chemicals, toxins, and other stressors, there comes a point at which our skin becomes overloaded, and this applies to the rest of our body too. So if there is an issue with our skin, we can be sure that there is an underlying imbalance in the body, and as a result, if we wish to correct an imbalance in the skin, we also need to support the whole body. Through looking at the whole body, we can bring about a more comprehensive and long-lasting healing, and we are saying that we can achieve so much more than small improvements, temporary fixes, or covering up the problems.

Another of the immense benefits of coMra is that people can now experience this deep level of healing without harming themselves. By supporting the body to do its own healing there is no need to use toxic treatments or invasive procedures. Our approach is to marry beauty and wellness, so that treatments are not just focused on an isolated issue, but that they instead include the health of the whole person.

To conclude, I would like to share a final aspect that ties in with what I quoted from Rumi earlier: *“By God, when you see your beauty, you will be the idol of yourself.”* Through our approach to beauty and wellness, and through looking at the whole body, we can learn more and more about how to bring balance into our lives, and so to bring about our own healing.

The most wonderful effect of our approach to wholeness is that once our own beauty as a human being – our own power and “special something” – begins to shine through, we realize that we can create even more beauty and wellness within ourselves and in our lives. What could be more beautiful and well than this?

**Avril Murrin – coMra Beauty & Wellness Consultant**

## 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 the infrared laser light is invisible to the human eye. 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 The lights around the Probe are LED lights that will not damage the eyes. However, to avoid any irritation or discomfort it is best to close the eyes if the probe is used in the vicinity of the eyes.
- 4 Rest for 5-10 minutes after a treatment session that includes head or heart area.
- 5 In treating the heart area (4<sup>th</sup> intercostal, left of sternum) NEVER use a frequency other than 5 Hz.
- 6 A number of protocols in this user guide are complex protocols in which several stand-alone protocols have been combined to form one course of treatment. If in such cases more than one of the individual protocols calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done only once during a treatment session.
- 7 Do not place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.
- 8 Do not place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.
- 9 Do not place any of the Terminals within 30 cm of any sensitive electronic equipment (laptops, hard drives, etc.). The magnetic field from the Terminals may damage such items.

# General notes

- 1 The list of medical 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 practitioner 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 medical condition he or she encounters, using the protocols given in this manual as a guide.

To assist the practitioner in this, it may be helpful to note that coMra therapy acts primarily on the innate ability of a cell to self-repair by coherently enhancing efficiency of cellular energy metabolism, accelerating repair of cell structure and harmonising regulatory processes. Once cells sufficiently restore their structure and rebuild 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 involved in the disease pathology:

  - 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 the Biodigital Human Visualization Platform (<https://human.biodigital.com/index.html>) 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](http://www.comra-therapy.com)) and update the mobile application for the latest additions and amendments to the user guide.
- 4 In the first edition of the user guide each treatment was accompanied by herbal medications that were found to be complementary to the healing process. However, clinical feedback has confirmed that coMra therapy is highly effective on its own, and so it was decided to remove these medications from future editions of the user guide. Those who are interested in these herbal medications can find them in the book entitled, Health & Holism in the 21<sup>st</sup> Century, published by Renascent Legacy Press.

## Using the Terminals

- 1 | It is vital that the Terminals are placed directly onto the skin, unless stated otherwise in the protocols given in this user guide. Do not treat through clothing, no matter how thin the clothing may be. Clothing will distort the radiances, as well as inhibit them.
- 2 | Notwithstanding the above, it is important to note that in treating animals and birds it is not necessary to first shave the animal or to pluck the bird before treatment. As opposed to clothing, which is finely woven cloth, the fur of animals and the feathers of birds do not inhibit the efficiency of the radiances. Instead it has been found that both live fur and feathers act as conductors of the radiances, rather than inhibiting them.  
Furthermore, animals and birds are far more responsive to the radiances than are human beings. Therefore even if there are some of the radiances that become distorted by the fur or the feathers, and do not penetrate fully through to the skin, animals and birds still respond very well and very quickly to coMra therapy as a result of just those radiances that do penetrate through to the skin.
- 3 | In certain circumstances a practitioner may deem it wise to place a protective cover over the Terminal for hygiene purposes. In such cases use only a very thin and totally clear transparent plastic cling wrap, stretched tight across the surface of the Terminal, so as not to form creases or wrinkles.
- 4 | When treating the hands or neck area all rings and jewellery must be removed prior to treatment, as the jewellery will distort, reflect and refract the radiances.

## Using the different frequencies

- 1 | **5 Hz** is the frequency used for deep penetration – as in treating the internal organs and skeletal structure of the body, as well as treating internal tumours. **5 Hz is not used on the brain.**
- 2 | **50 Hz** is the frequency used for treating most muscle disorders, injuries and ailments that are close to the surface of the skin. Exceptions to this are given in the various protocols listed. This frequency is also used for tumours that are located directly beneath the skin.
- 3 | **1k / 1000 Hz** is the least penetrating of the frequencies, and is used mostly for treating skin disorders and very sensitive skin – as in burns, open wounds and superficial ulcers. It is also used for treating the inside of the mouth, the nose, the ears, the vagina and the anus, as well as for treating the central nervous system.
- 4 | **Variable (V)**, which varies intermittently between 5 Hz, 50 Hz and 1000 Hz, is used mostly for joints and bone fractures, and also in cases where it is desirable to treat a particular area at various depths of penetration.

# How coMra therapy supports the body

coMra therapy tends to work differently to conventional medical treatment and allopathic medications, and this is most often visible in the case of certain serious illnesses, and/or prolonged illnesses, where the body has become depleted. Therefore, it is of vital importance to take into consideration the following few points when treating these conditions, so as to avoid unnecessary concern:

- 1** | In serious illness, and/or prolonged illness the body becomes exhausted and depleted in the constant fight against the disease. If this state of affairs goes on for some time, the body is eventually so weak that it will use whatever remaining reserves it has in maintaining only those organs and those bodily functions that are vital to the preservation of life.
- 2** | The principal function of coMra therapy is to act as a support for the body. Consequently, if a body has become exhausted and depleted it will, once coMra treatment is commenced, first use this support to build up its strength and its depleted reserves. The result of this is an immediate feeling of well-being.
- 3** | After the body has built up sufficient strength it initiates the healing process. If, because of serious illness, the body is still recovering from depletion, it will again become depleted, and the result of this is what can appear to be a complete relapse. Occasionally, such relapses can precipitate a state of health in which the symptoms displayed are worse than before treatment was commenced. This state of health, however, will only be temporary, and the treatment should NOT be suspended.
- 4** | The reason why it is important to continue with the treatments is because the body will once again use the support given to it by coMra therapy to build up its strength, and will then continue to fight against the disease. Throughout this time the patient will be making good progress and will feel considerably better. Later on, if the illness has been sufficiently serious or prolonged, the body will at some stage again become depleted, which can also result in yet another relapse, and the patient no longer feeling as well as before.
- 5** | This cycle of feeling better, and having a relapse, will continue for as long as it takes the body to recover fully from its initial exhaustion and depletion. But it will be noticed that, if there are relapses, each apparent relapse is not as severe as the previous time.
- 6** | As the body builds up sufficient strength, any future relapses will become fewer, and intervals between them will become longer, until a full recovery has been achieved.
- 7** | As a result of the support needed by the body in healing itself, there is no need to take the periods of rest as specified in a protocol between courses of treatment until definite improvement has been achieved.
- 8** | Please note that the effects of the irradiation will continue to function even during the periods of rest. However, for maximum effectiveness the periods of rest should not be longer than stipulated in the various protocols.



**NONE of these factors apply in cases of physical injuries, or when diseases are treated timeously with coMra therapy.**



## Using the 980 nm or 905 nm laser

- 1 The coMra therapy devices are available in two complementary versions of infrared laser: 905 nm and 980 nm. The 905 nm laser light is about 6 times less absorbed in water (intracellular fluid/blood/lymph/) than the 980 nm laser light, thus allowing more energy to be delivered directly into deeper target tissues. This translates into more intensive localised healing processes with the 905 nm laser. The 980 nm laser delivers less amount of energy to the deeper tissue thus providing a more gradual and less localised healing process.
- 2 The 980 nm laser in the Delta Terminals and the coMra Palm is best suited for overall support and gradually building up the body's own resources. The supportive action of the 980 nm laser means that it can be used safely at home for a wide range of diseases, for infants, animals, the elderly, as well as for general well-being and fitness.
- 3 The 905 nm laser in the Delta Pro 905 Terminals is recommended for treating more severe forms of acute and chronic conditions, such as trauma, autoimmune, degenerative, oncological diseases. Also, in professional medical practices the 905 nm laser allows for shorter treatment times and more space between treatment sessions.
- 4 Note that if the patient is in a severely exhausted state, always use the 980 nm laser to do the first 1-2 courses of treatments to build up the body's resources. Only once the body has overcome the initial exhaustion and depletion, gradually introduce the 905 nm laser for a more intensive healing process.

## Ultrasound in coMra therapy

- 1 coMra therapy can be applied with or without ultrasound, depending on the degree of tissue damage due to injury or disease. Generally speaking, minor injuries and diseases impair only the function of organs while their structure remains largely intact. Diseases in moderate to severe stages and serious injuries involve both functional deficits and extensive structural damage. The role of ultrasound in coMra therapy devices is to enhance fluid flow and molecular transport, thus greatly shortening the time needed for restoration of structural damage that is necessary for the healing of more serious conditions.
- 2 The coMra Palm device without ultrasound is aimed at treatment of a variety of different pain conditions, minor injuries and diseases, general well-being as well as for preventative and palliative medicine following the same User Guide protocol recommendations. Also, the coMra Palm device can be used for initial recuperation after severe injury or exhaustion.
- 3 The ultrasound in the Delta and Delta Pro Terminals greatly accelerates healing of serious injuries of skin, muscles, joints as well as reversing degenerative changes in the internal organs. Note that in the previous versions of the User Guide ultrasound was not recommended for treatment over the brain. Clinical experience, however, has shown that ultrasound in the Delta and Delta Pro terminals is completely safe and highly effective for treating the brain.

# Vitality, well-being and recuperation

- 1** | Although coMra therapy's actions are non-invasive, they are highly supportive in terms of building the body's functionality in all areas. This it does primarily through its actions on the central nervous system, the blood, the lymphatic system and the organs directly. It is this level of support that makes coMra therapy so useful in the treatment of disease, illness and traumatic injuries, whether these are acute or chronic.
- 2** | However, the uses of coMra therapy are not limited to illness, but extend to a wide variety of circumstances in which the body has become stressed or depleted, for any number of reasons, due to health or lifestyle.
- 3** | Therefore protocols are recommended in all situations of recuperation and recovery, whether from disease, or from accidents, from trauma or surgical operations.
- 4** | In addition, many people today are finding that their lifestyles are causing them increasing levels of stress. This, in conjunction with the everyday wear and tear of the ageing process, is bringing about an ever-growing array of health-related complaints and illnesses. The support offered by coMra therapy will reduce the debilitating effects of these factors on the body.
- 5** | It is in recognition of the effect of their lifestyle on anyone's long-term health that most of the protocols for chronic illnesses in the user guide specify ongoing treatments at periodic intervals. It is important that these are observed as a preventive measure, so that the effects of a particular lifestyle can be mitigated and do not again lead to a recurrence of the illness.
- 6** | All of the above means that coMra therapy has a valuable role, irrespective of whether one is ill or not, in bringing about continued vitality and in building the body's overall strength and well-being. This makes coMra therapy particularly valuable for a wide range of people looking for a better quality of health – from athletes seeking increased stamina, to people who are searching for a comprehensive method of prevention from the effects of their lifestyles, as well as age-related deterioration.



## SECTION 1

# UNIVERSAL PROTOCOLS

Vitality, well-being  
and recuperation

## IMPORTANT

- 1** Rest for 5-10 minutes after a treatment session that includes head or heart area.
- 2** In treating the heart area (4<sup>th</sup> intercostal, left of sternum) NEVER use a frequency other than 5 Hz.
- 3** A number of protocols in this user guide are complex protocols in which several stand-alone protocols have been combined to form one course of treatment. If in such cases more than one of the individual protocols calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done only once during a treatment session.
- 4** Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.
- 5** Do NOT place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.



If the body is severely exhausted, always use the 980 nm laser (Delta Terminals or the coMra Palm) to do the first 1-2 courses of treatments to build up the body's resources. Once the body has overcome the initial exhaustion and depletion, gradually introduce the 905 nm laser (Delta Pro 905 Terminals) for a more intensive healing process.



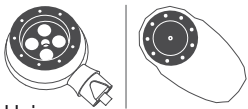
Do NOT place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.

## SECTION 1

## UNIVERSAL 1 (HEAD)

**8** mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

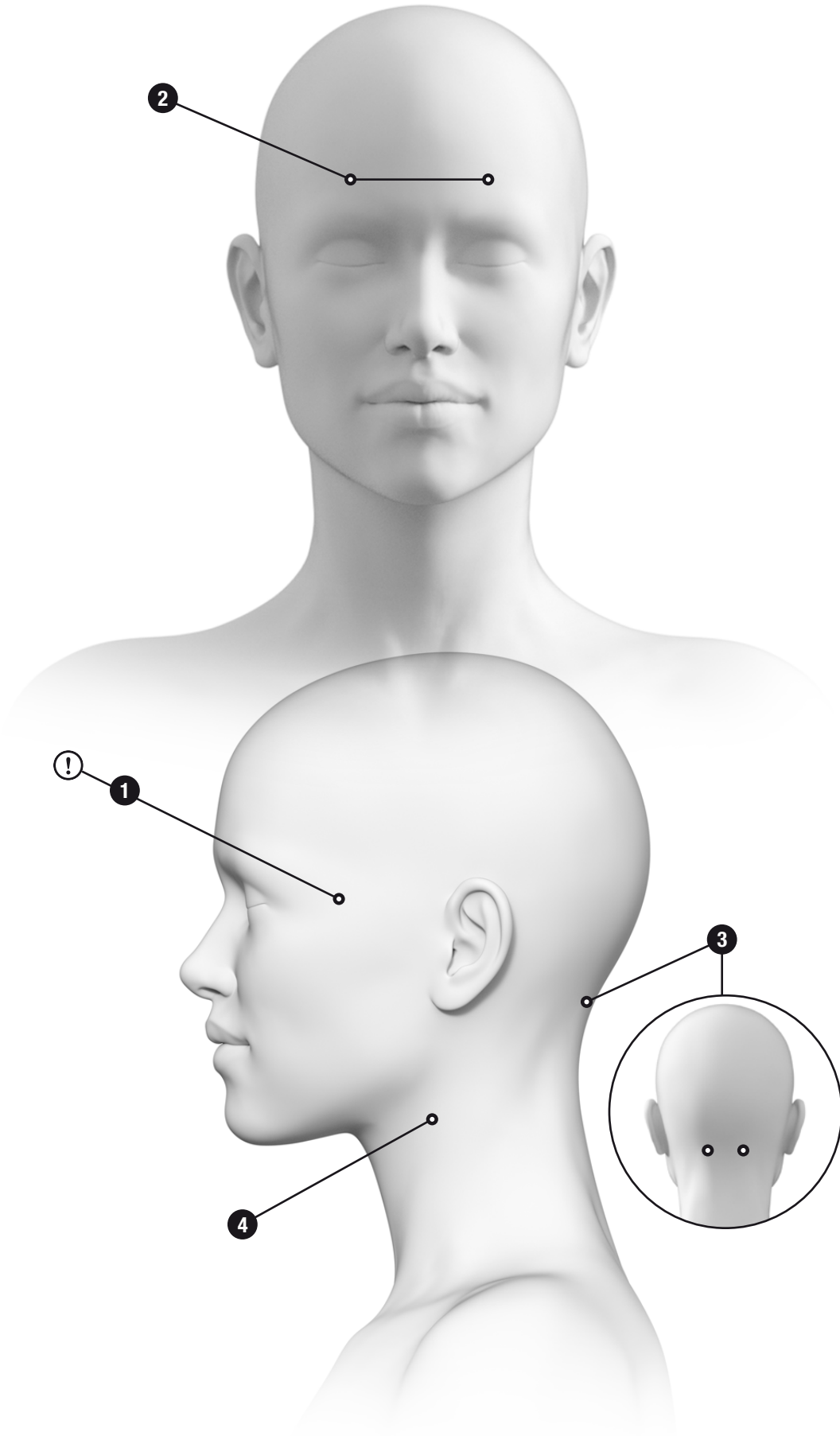
**2** x daily

Until improvement is noticed then continue for 7 more days.

Allow 2 weeks rest and repeat course if needed.

- HEADACHES
- MIGRAINES
- FAINTING

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Temple (both sides)	1 per point	50
2 Frontal		
3 Suboccipital (both sides)		
4 Carotid Sinuses (both sides)		
✓ Rest after treatment session	5-10	





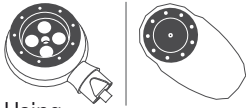
In treating the heart area NEVER use a frequency other than 5 Hz.  
Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.

## SECTION 1

## UNIVERSAL 2 (HEART)

# 13 mins

Protocol time



Using:  
Delta Medical Terminal or  
coMra Palm.

# 2 x daily

Until improvement is  
noticed then continue for  
7 more days.

Allow 2 weeks rest and  
repeat course if needed.

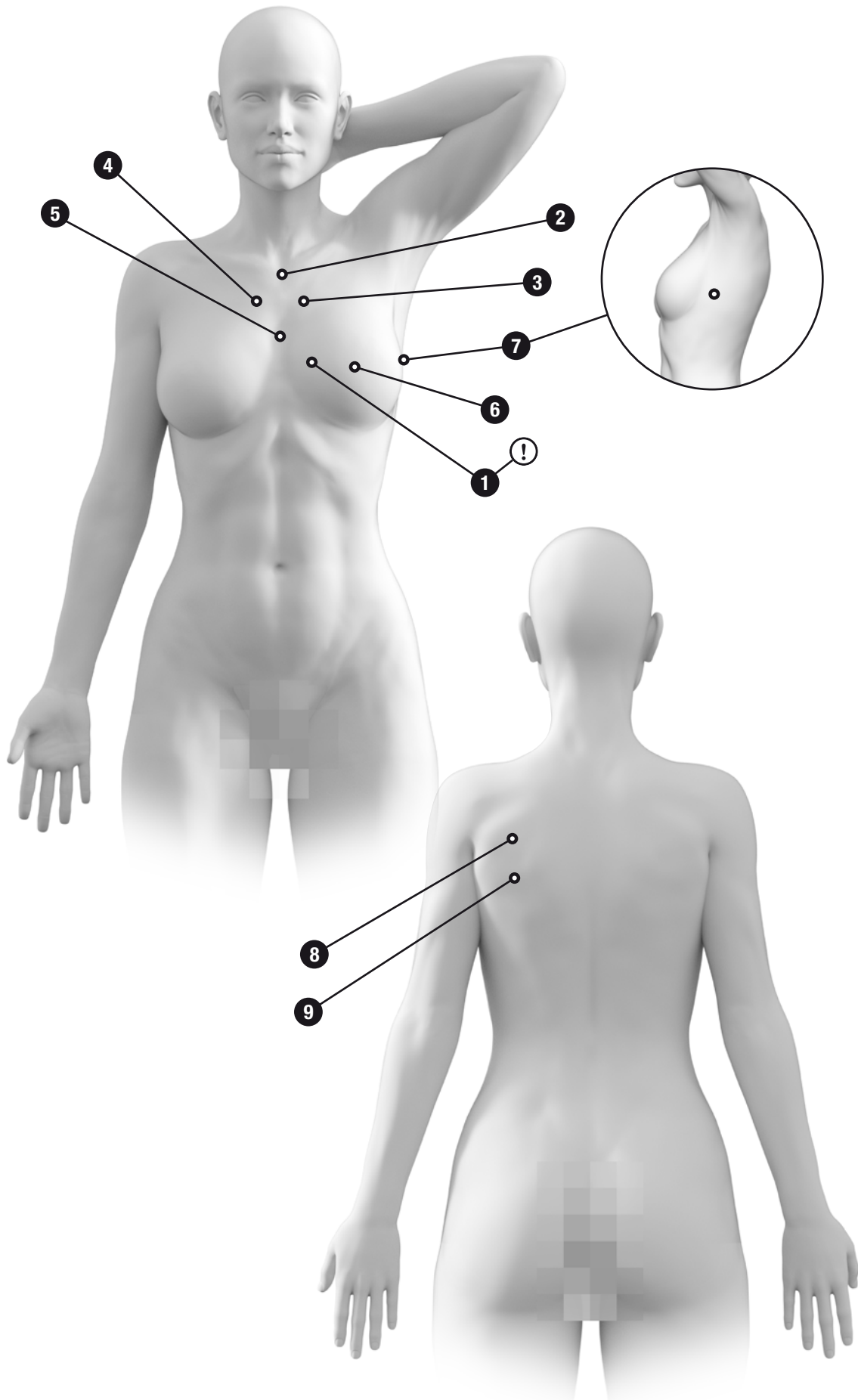
- WEAK HEART
- LOW IMMUNITY
- CHOLESTEROL

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 4 <sup>th</sup> intercostal, left of sternum	5	5
2 Manubrium sterni	1 per point	
3 2 <sup>nd</sup> intercostal, left of sternum		
4 2 <sup>nd</sup> intercostal, right of sternum		
5 Sternum		
6 4 <sup>th</sup> intercostal along mid clavicular line		
7 4 <sup>th</sup> intercostal along the mid axillary line		
8 Left of vertebral column, middle of scapula		
9 Lower angle of left scapula		
✓ Rest after treatment session	5-10	



If the body is severely exhausted, always use the 980 nm laser (Delta Terminals or the coMra Palm) for the first 1-2 courses of treatment to build the body's resources. Then gradually introduce the 905 nm laser (Delta Pro 905 Terminals) for a more intensive healing process.



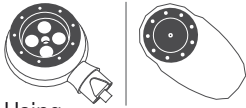


# SECTION 1

# UNIVERSAL 3 (BLOOD)

**10** mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

**1** x daily  
every 2<sup>nd</sup> day  
for 20 x days

Allow 2 weeks rest and  
repeat course.

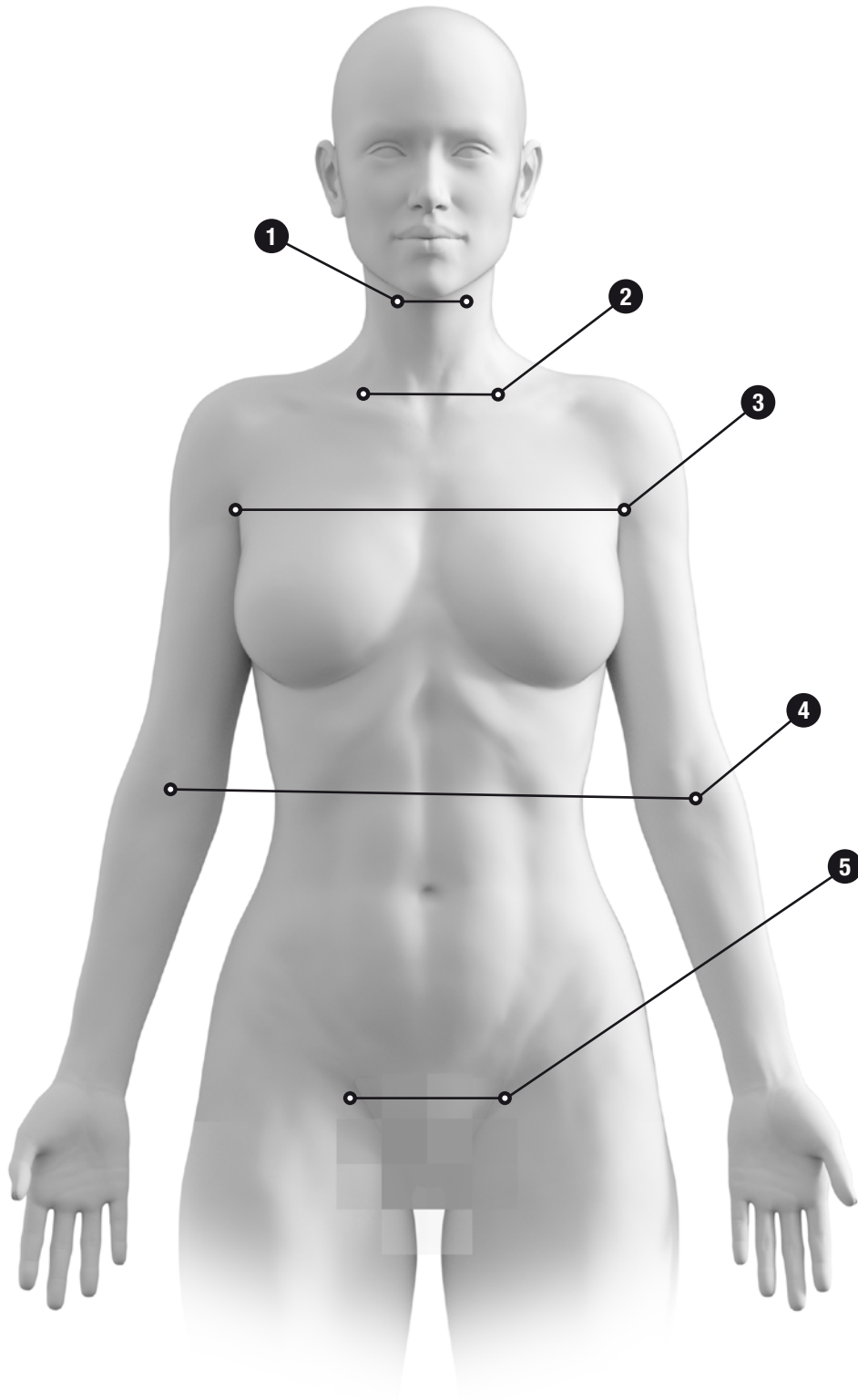
Repeat every 6 months.

**\*2** x daily  
for 20 x days

Allow 2 weeks rest and  
repeat cycle as necessary.

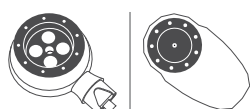
## • GENERAL WELL-BEING

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Carotid arteries	1 per point	5
2 Subclavian arteries		
3 Axillary arteries		
4 Anconeal arteries		
5 Femoral arteries		



# SECTION 1

# UNIVERSAL 4 (SB-1)



Using:  
Delta Medical Terminal or  
coMra Palm.

**6** x days  
**1** part per day

Allow 2 weeks rest and  
repeat course once.

## SOMATIC BIOSTIMULATION – ROUTINE 1

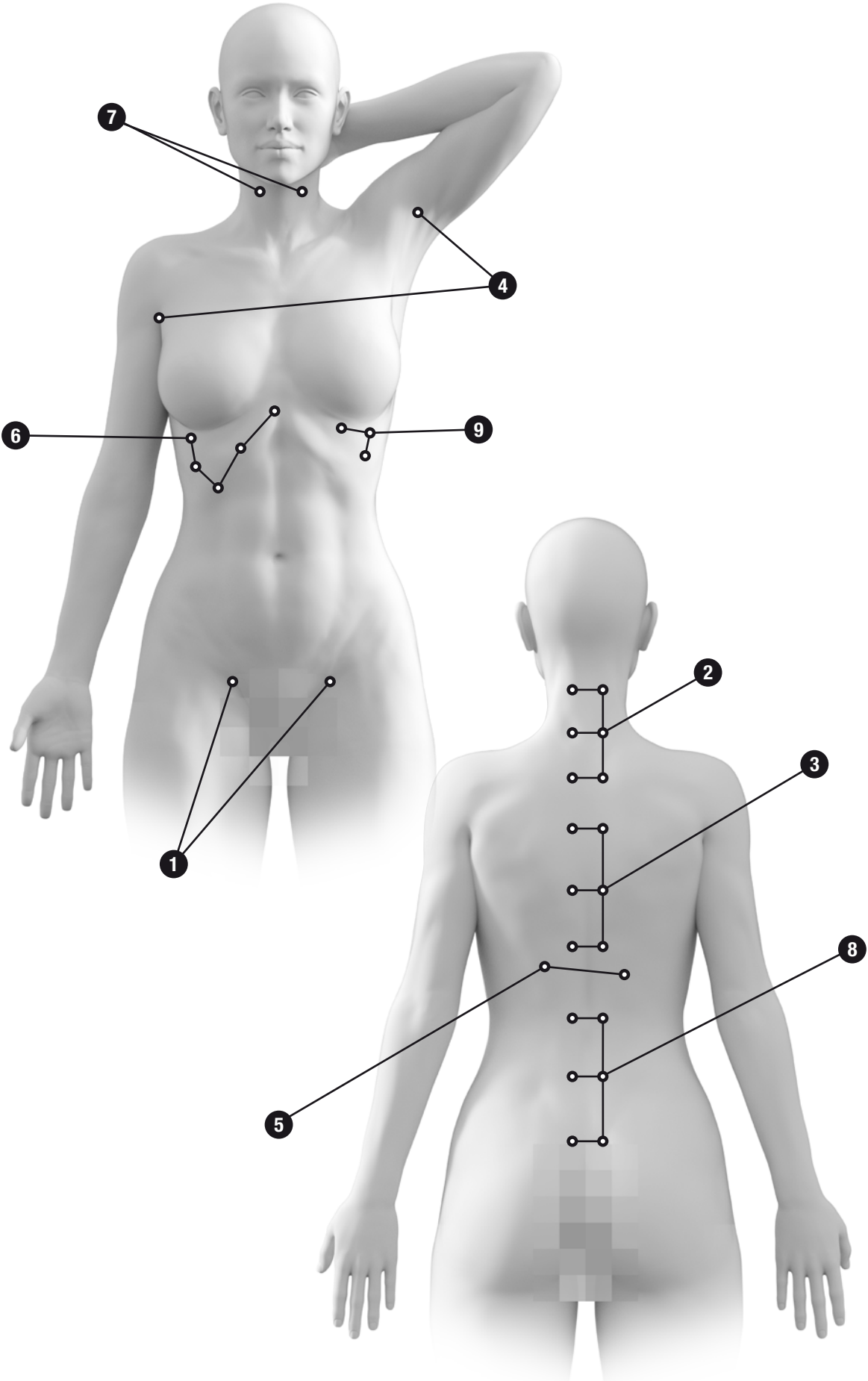
### • PHYSICAL EXHAUSTION

	PROTOCOL POINT	⌚ MINS	⚡ HZ	
Day 1	① Femoral arteries, one side only	5	5	11 mins
	② Cervical section	1 per point	50	
Day 2	① Femoral arteries, other side	5	5	11 mins
	③ Breast section of vertebral column	1 per point	50	
Day 3	④ Axillary cavity, one side only	5	5	7 mins
	⑤ Kidneys	1 per point	50	
Day 4	④ Axillary cavity, other side	5	5	10 mins
	⑥ Liver	1 per point	50	
Day 5	⑦ Carotid artery, one side only	2	50	8 mins
	⑧ Lumbosacral region	1 per point		
Day 6	⑦ Carotid artery, other side	2	50	5 mins
	⑨ Spleen	1 per point		

*i* Recommended as a general well-being protocol for anyone doing heavy physical labour, including sportsmen, athletes, gymnasts and classical dancers. For specific athletic daily training protocols, download the [coMra Training & Performance user guide](#) instead.



If the body is severely exhausted, always use the 980 nm laser (Delta Terminals or the coMra Palm) for the first 1-2 courses of treatment to build the body's resources. Then gradually introduce the 905 nm laser (Delta Pro 905 Terminals) for a more intensive healing process.



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



Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.

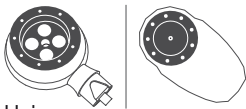
Do NOT place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.

## SECTION 1

## UNIVERSAL 5 (SB-2)

# 23 mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

# 2 x daily

Until improvement is noticed then continue for 7 more days.

Allow 2 weeks rest and repeat course if needed.



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

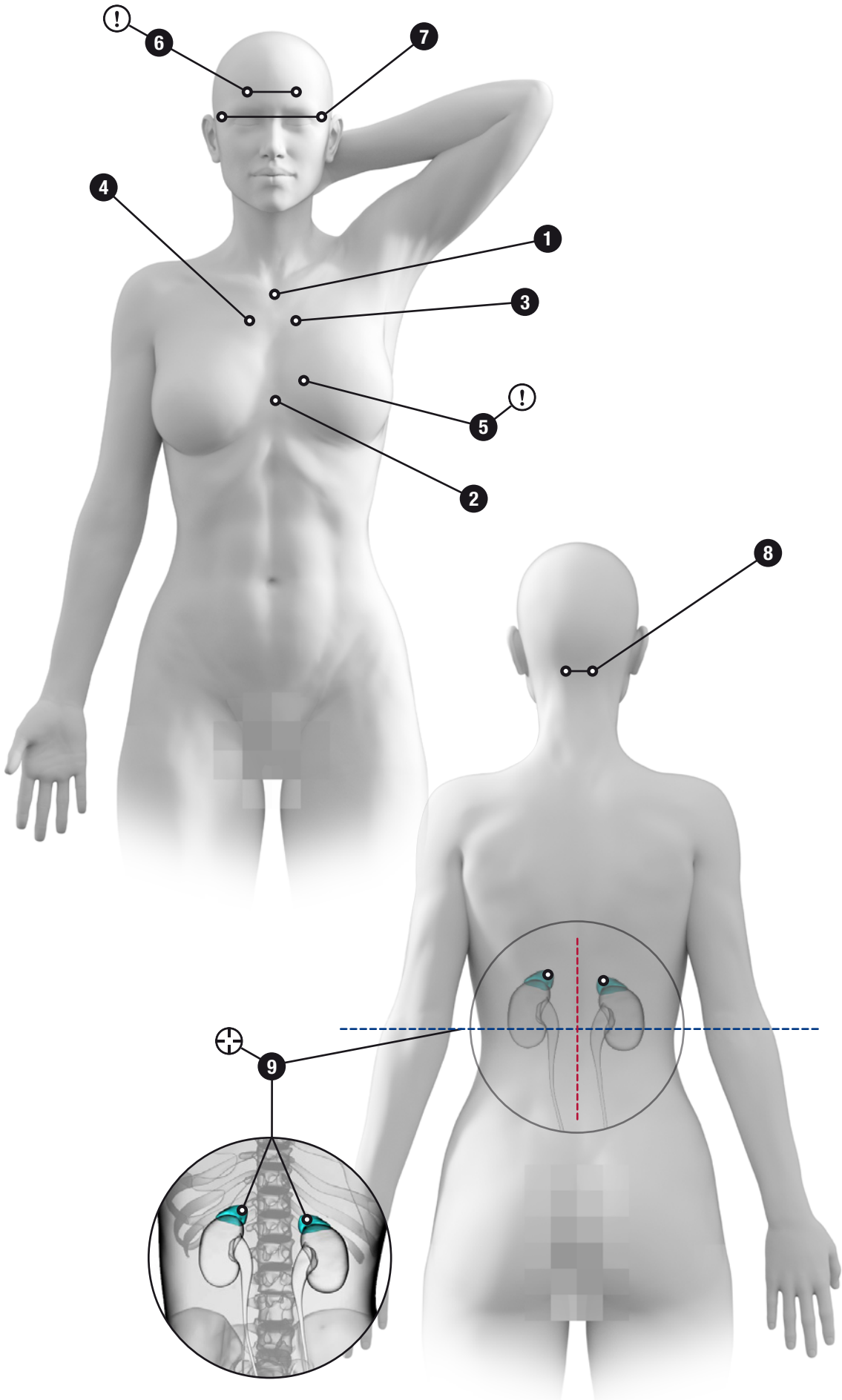
### SOMATIC BIOSTIMULATION – ROUTINE 2

- EMOTIONAL EXHAUSTION
- DEPRESSION
- INSOMNIA
- LETHARGY
- BREATHING DIFFICULTIES
- WEAK HEART
- ADRENAL DYSFUNCTION
- STRESS

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 Top of sternum	5	5
2 Bottom of sternum	1 per point	
3 2 <sup>nd</sup> intercostal, left of sternum		
4 2 <sup>nd</sup> intercostal, right of sternum		
5 4 <sup>th</sup> intercostal, left of sternum		
6 Frontal	50	
7 Temples		
8 Suboccipital		
9 Adrenal glands	2 per point per frequency	5 then 50
✓ Rest after treatment session	5-10	

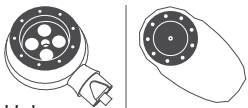


If the body is severely exhausted, always use the 980 nm laser (Delta Terminals or the coMra Palm) for the first 1-2 courses of treatment to build the body's resources. Then gradually introduce the 905 nm laser (Delta Pro 905 Terminals) for a more intensive healing process.



# SECTION 1

# UNIVERSAL 6 (VITALITY)



Using:  
Delta Medical Terminal or  
coMra Palm.

## 12 x days

Apply one protocol from  
PART 1 every day, and  
PART 2 every 2<sup>nd</sup> day.

Allow 2 weeks rest and  
repeat course once.

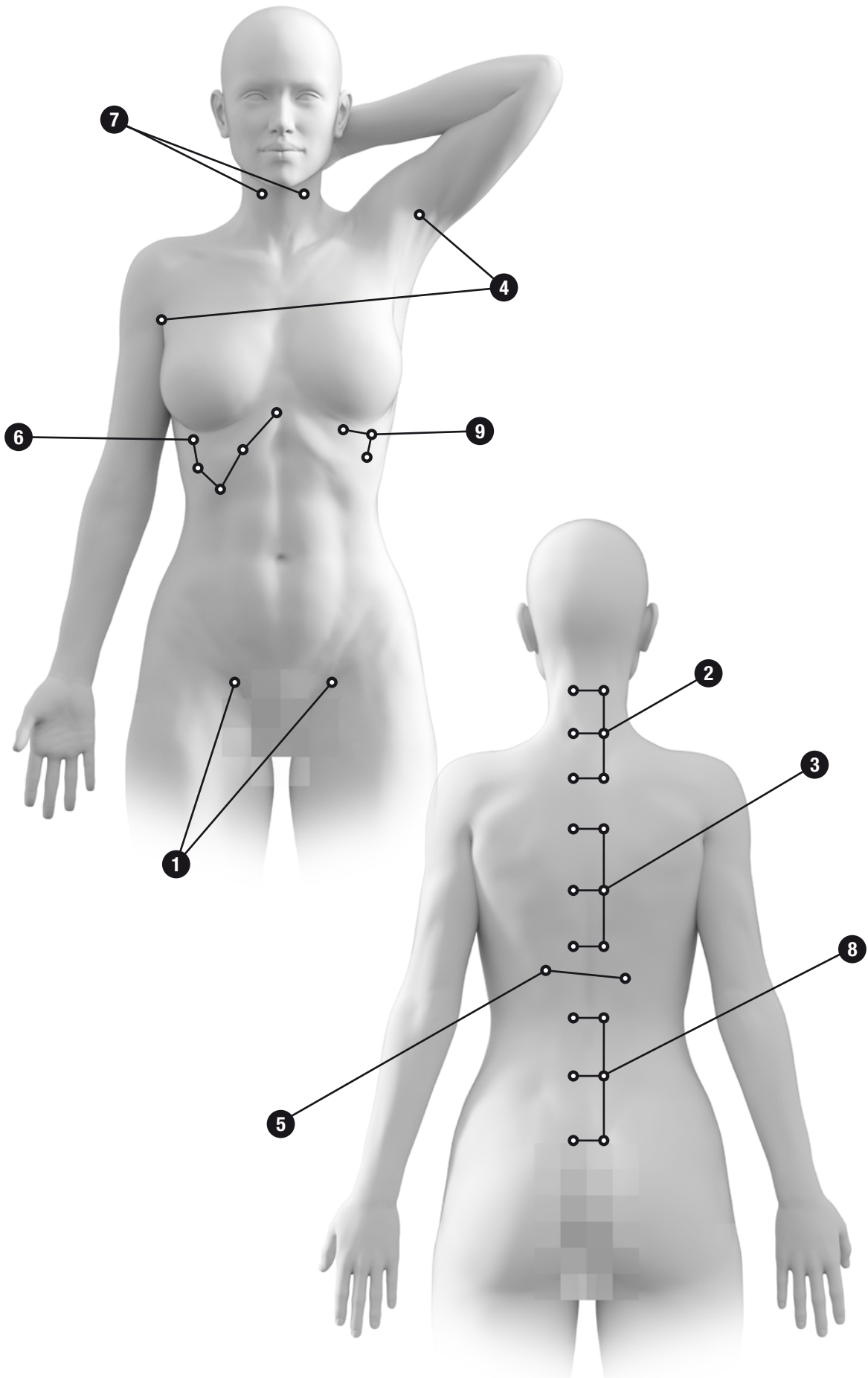
Repeat every 6 months,  
or as often as desired.

- PHYSICAL EXHAUSTION
- RECUPERATION FROM ILLNESS
- GENERAL WELL-BEING
- VITALITY
- LONG-TERM HEALTH CARE & PREVENTIVE MEDICATION
- MAINTENANCE & SUPPORT FOR THE AGEING BODY
- FITNESS PROGRAM
- CHRONIC FATIGUE SYNDROME

PART 1	PROTOCOL POINT	⌚ MINS	⚡ HZ	
Day 1	① Femoral arteries, one side only	5	5	11 mins
	② Cervical section	1 per point	50	
Day 2	① Femoral arteries, other side	5	5	11 mins
	③ Breast section of vertebral column	1 per point	50	
Day 3	④ Axillary cavity, one side only	5	5	7 mins
	⑤ Kidneys	1 per point	50	
Day 4	④ Axillary cavity, other side	5	5	10 mins
	⑥ Liver	1 per point	50	
Day 5	⑦ Carotid artery, one side only	2	50	8 mins
	⑧ Lumbosacral region	1 per point		
Day 6	⑦ Carotid artery, other side	2	50	5 mins
	⑨ Spleen	1 per point		
Day 7-12	Repeat Day 1-6 above			

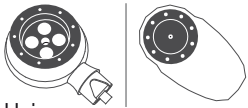
PART 2 continued overleaf...





# 10 mins

Protocol time (Part 2).



Using:  
Delta Medical Terminal or  
coMra Palm.

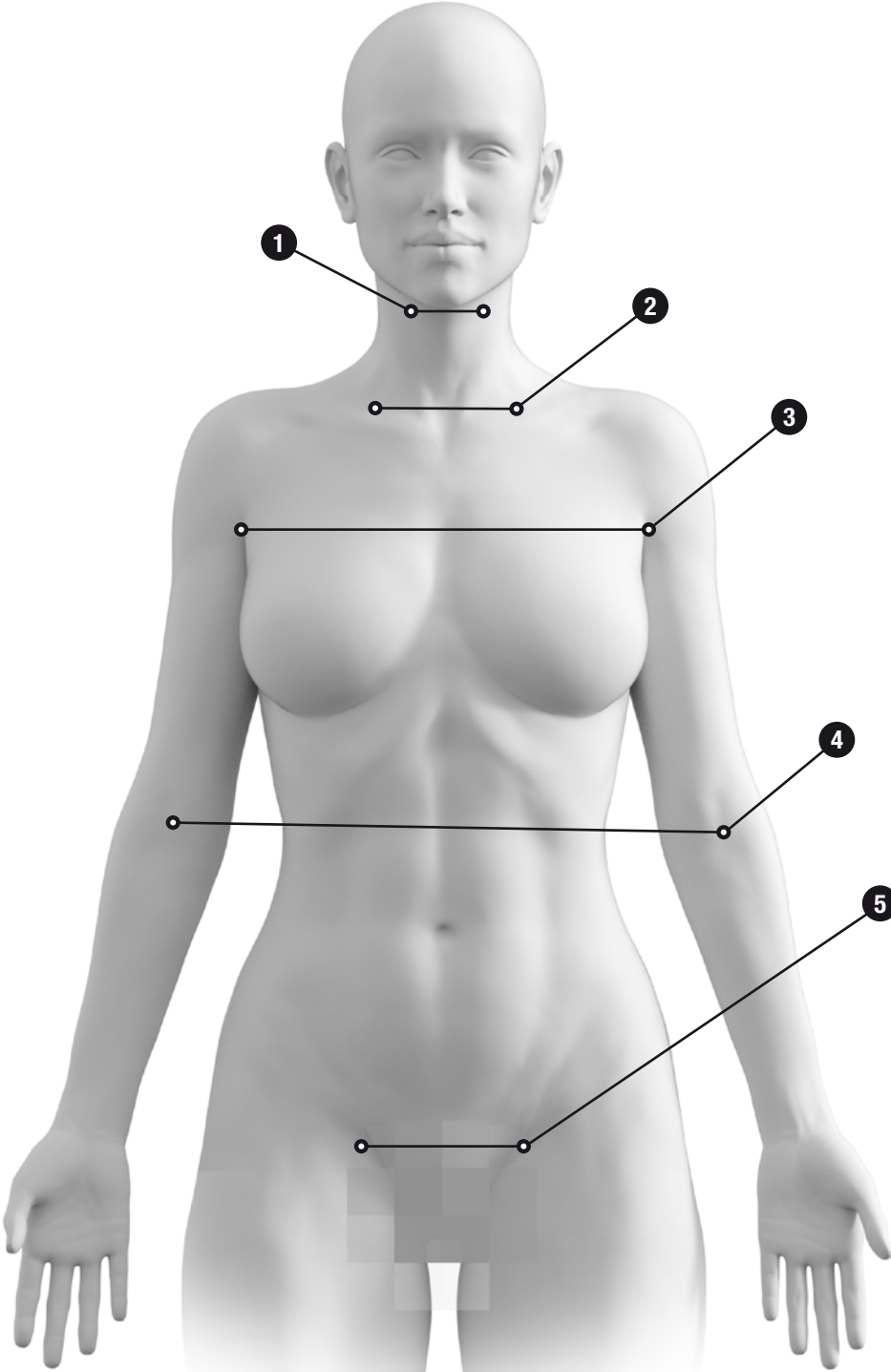
PART 2	PROTOCOL POINT	⌚ MINS	⚡ HZ
1	Carotid arteries	1 per point	5
2	Subclavian arteries		
3	Axillary arteries		
4	Anconeal arteries		
5	Femoral arteries		

*i* This protocol plan is important for building physical strength, and is excellent for increasing stamina and vitality. This makes it essential for training in all sports, and also for recovery, in situations when the body is depleted, whether from operations or serious illness. It is, in addition, highly valuable as a preventive medication, both as part of long-term health care, as well as to combat the effects of ageing on the body.

For specific athletic daily training protocols, download the free [coMra Training & Performance user guide](#) instead.



If the body is severely exhausted, always use the 980 nm laser (Delta Terminals or the coMra Palm) for the first 1-2 courses of treatment to build the body's resources. Then gradually introduce the 905 nm laser (Delta Pro 905 Terminals) for a more intensive healing process.



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



Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.

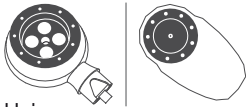
Do NOT place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.

## SECTION 1

## UNIVERSAL 7 (NS)

# 23 mins

Protocol time (Part 1).



Using:  
Delta Medical Terminal or  
coMra Palm.

PART 1, 2 x daily every day.  
PART 2, 1 x daily every  
2<sup>nd</sup> day.

Until definite improvement.  
Then continue for 7 days.

Allow 2 weeks rest and  
repeat course as and  
when needed.



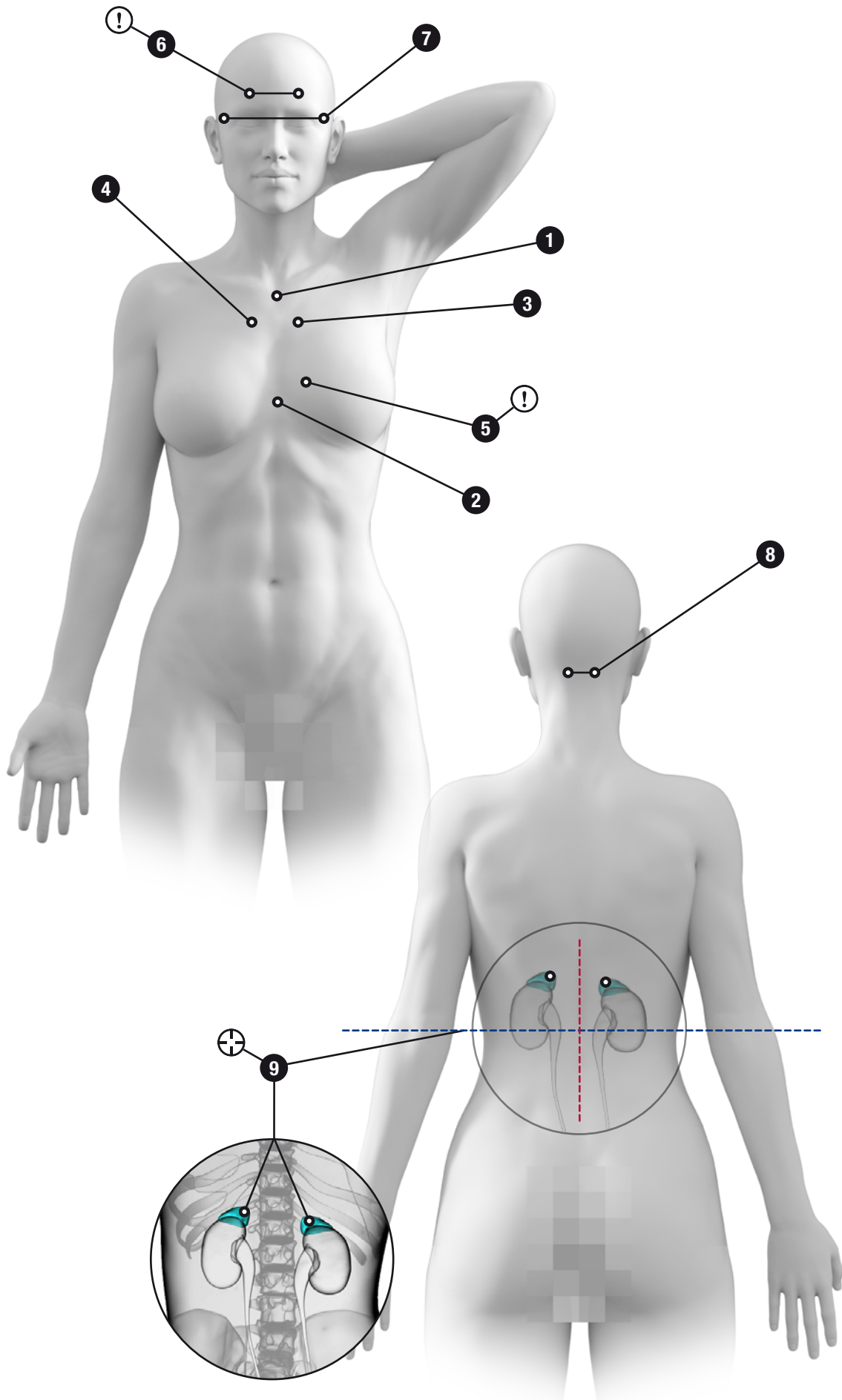
To find the adrenal glands,  
trace a line between the  
elbows to locate the  
kidneys (blue line), then  
move up to the last rib and  
then out about 3 cm from  
the centreline of the spine  
(red line).

### **NERVOUS SYSTEM**

- **EMOTIONAL EXHAUSTION AND DEBILITY**
- **STRESS** – mental and emotional.
- **NERVOUS DISORDERS**
- **BREATHING DIFFICULTIES**

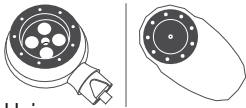
PART 1	PROTOCOL POINT	⌚ MINS	⚡ HZ
1	Top of sternum	5	5
2	Bottom of sternum	1 per point	
3	2 <sup>nd</sup> intercostal, left of sternum		
4	2 <sup>nd</sup> intercostal, right of sternum		
5	4 <sup>th</sup> intercostal, left of sternum		50
6	Frontal		
7	Temples		
8	Suboccipital	2 per point per frequency	5 then 50
9	Adrenal glands		
✓	Rest after treatment session	5-10	

PART 2 continued overleaf...



# 10 mins

Protocol time (Part 2).



Using:  
Delta Medical Terminal or  
coMra Palm.

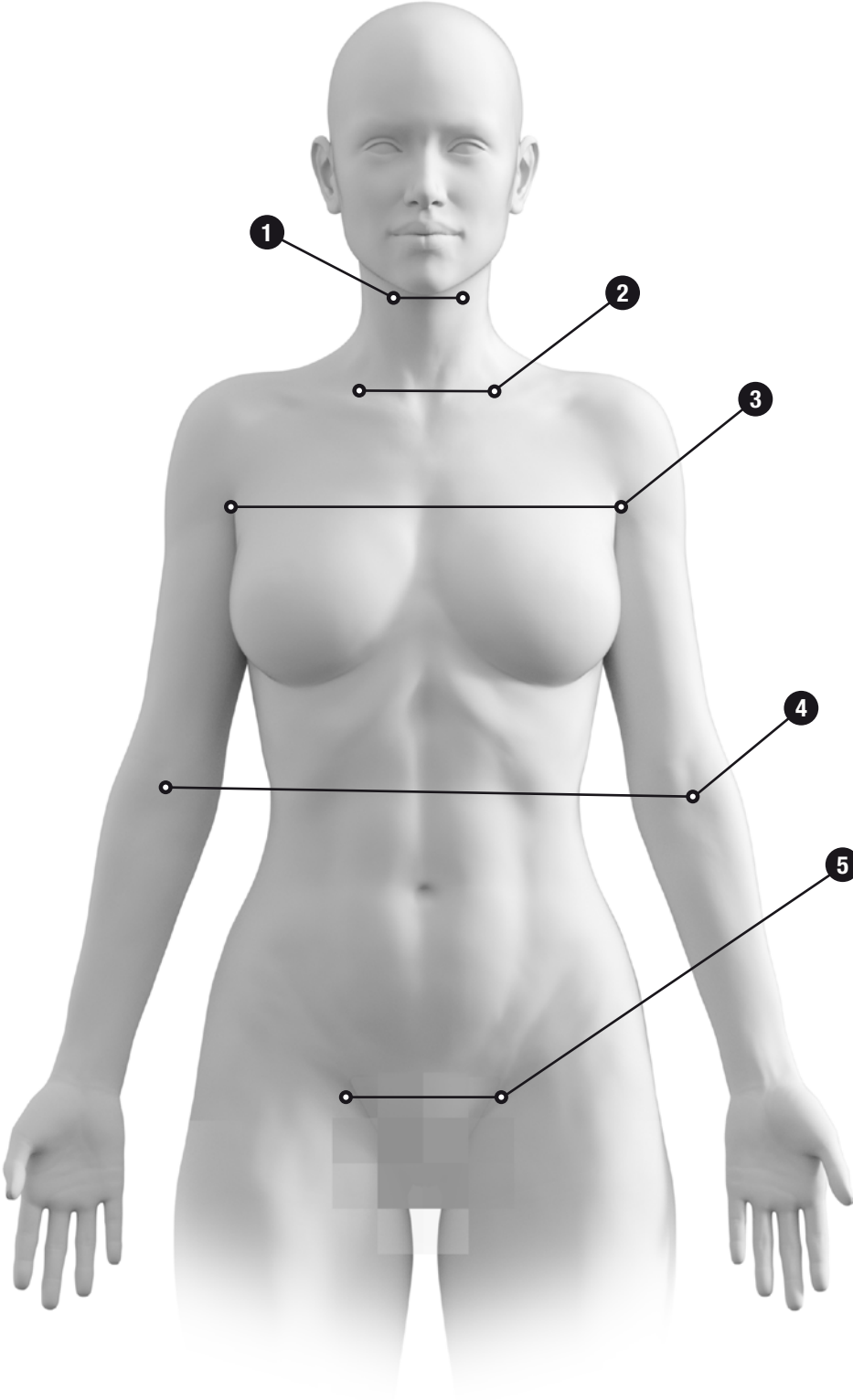
PART 2	PROTOCOL POINT	⌚ MINS	⚡ HZ
1	Carotid arteries	1 per point	5
2	Subclavian arteries		
3	Axillary arteries		
4	Anconeal arteries		
5	Femoral arteries		

*i* This protocol provides support to the nervous system, including the brain, the heart, and the adrenal glands. This makes it essential for all illnesses in which the nervous system has been compromised, as well as for recuperation when the body has become depleted as a result of severe stress.

This protocol plan is also highly valuable in all cases of a stressful lifestyle as a preventive medication, both as part of long-term health care, as well as to combat the debilitating effects of stress and ageing on the body.



If the body is severely exhausted, always use the 980 nm laser (Delta Terminals or the coMra Palm) for the first 1-2 courses of treatment to build the body's resources. Then gradually introduce the 905 nm laser (Delta Pro 905 Terminals) for a more intensive healing process.



## Cosmetic protocols





## IMPORTANT

**1**

Do NOT place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.

**2**

coMra therapy using the Aesthetic Terminal, which has enhanced ultrasound, gives excellent results when used for rejuvenating the skin, and for improving the general condition of the skin, especially on the face and the neck. It is also good for treating mild skin ailments, such as wrinkles, pimples, rashes and mild eczema. The daily use of the Aesthetic Terminal will maintain a good, smooth and healthy skin that is free of wrinkles and skin blemishes.

**3**

It should be noted that coMra has extensive medical applications, and that these cover a wider range of conditions than those selected for this beauty & wellness user guide. For more information on additional therapies and protocols, please refer to our main user guide at [www.comra-therapy.com](http://www.comra-therapy.com).



Do NOT place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.

## SECTION 2

## FACE & NECK

# 20 mins

Protocol time.



Using:  
Delta Aesthetic Terminal.

# 1 x daily

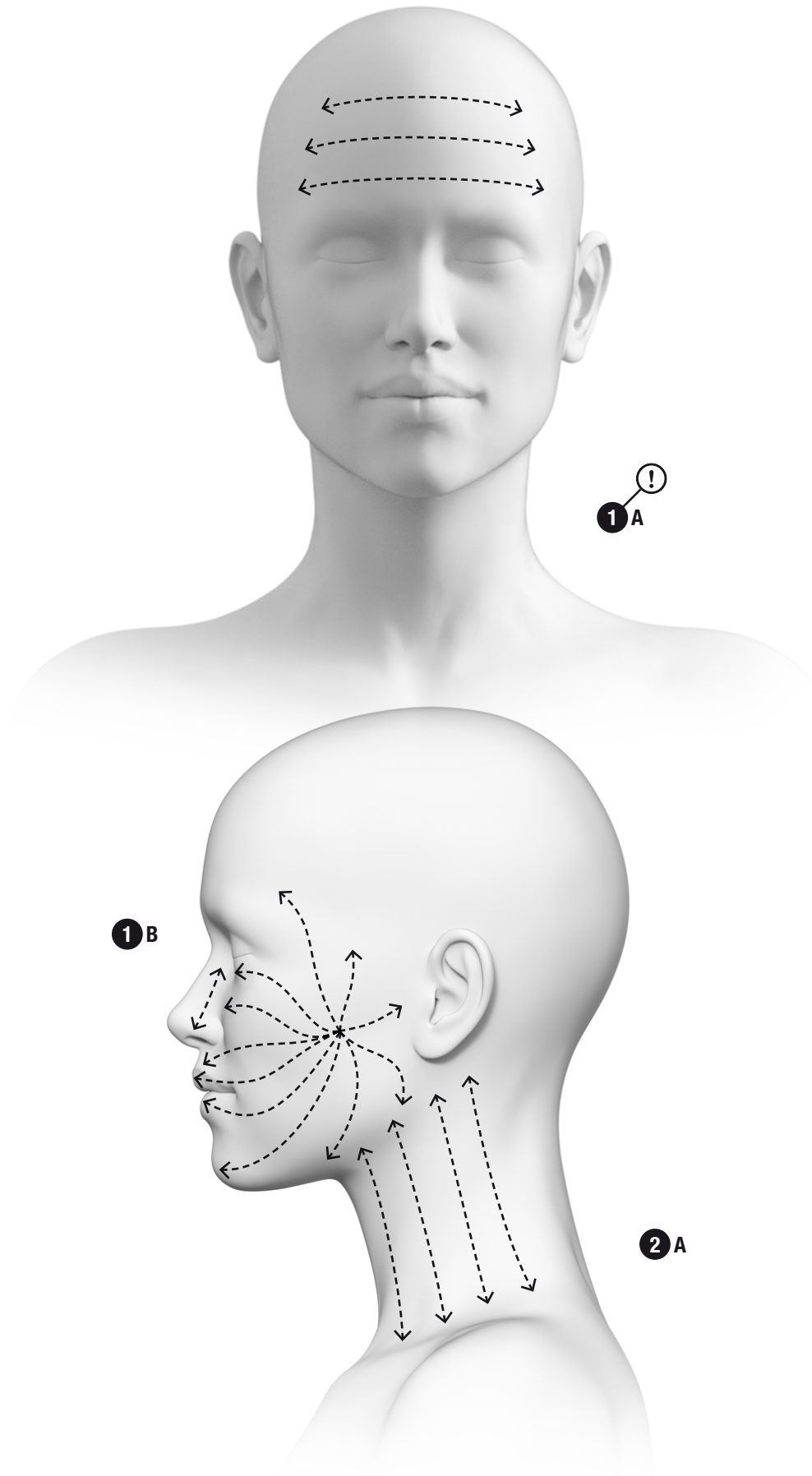
For acute and serious conditions treated at home, treatments can be given more than once a day, as necessary.

- AGEING SKIN
- BLEMISHED SKIN
- REDNESS
- VEINLETS

1	A	Starting with your face, first slowly and gently run the surface of the Aesthetic Terminal across the surface of the forehead as shown in the diagram for 2 mins @ 1000 Hz.
	B	Slowly and gently run the surface of the Aesthetic Terminal across the surface of one half of the face, including the side of the nose and the lips, and as shown in the diagram, for 5 mins @ 1000 Hz. Then repeat for the other side of the face.
2	A	Slowly and gently run the surface of the Terminal across the surface of one half of the neck as shown in the diagram, for 2 mins @ 1000 Hz. Then repeat for the other side of the neck.
	B	Repeat 3A for 2 mins @ 50 Hz.



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 3 times per week, instead of daily.



## SECTION 2

## HANDS

**10** mins +

Protocol time.



Using:  
Delta Aesthetic Terminal.

**1** x daily

- HANDS
- SKIN BLEMISHES

1

A

Place one hand flat on a table surface with the fingers slightly spread. Now slowly and gently run the surface of the Terminal across the surface of the back of the hand and fingers, including the thumb, as shown in the diagram, for 5 mins @ 1000 Hz.

B

Repeat 2A @ 50 Hz.

C

Repeat all for the other hand.

2

For skin blemishes treat the affected area by running the surface of the Terminal over the blemish, including an overlap of 2 cm of good skin around the blemish. Treat daily for 5 mins @ 1000 Hz.



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 3 times per week, instead of daily.



## SECTION 2

# STRETCH MARKS

**5 mins +**  
Protocol time.



Using:  
Delta Aesthetic Terminal.

**2 x daily**  
**for 15 x days**

Allow 2 weeks rest before  
doing another course.

Repeat until the conditions  
clears up.

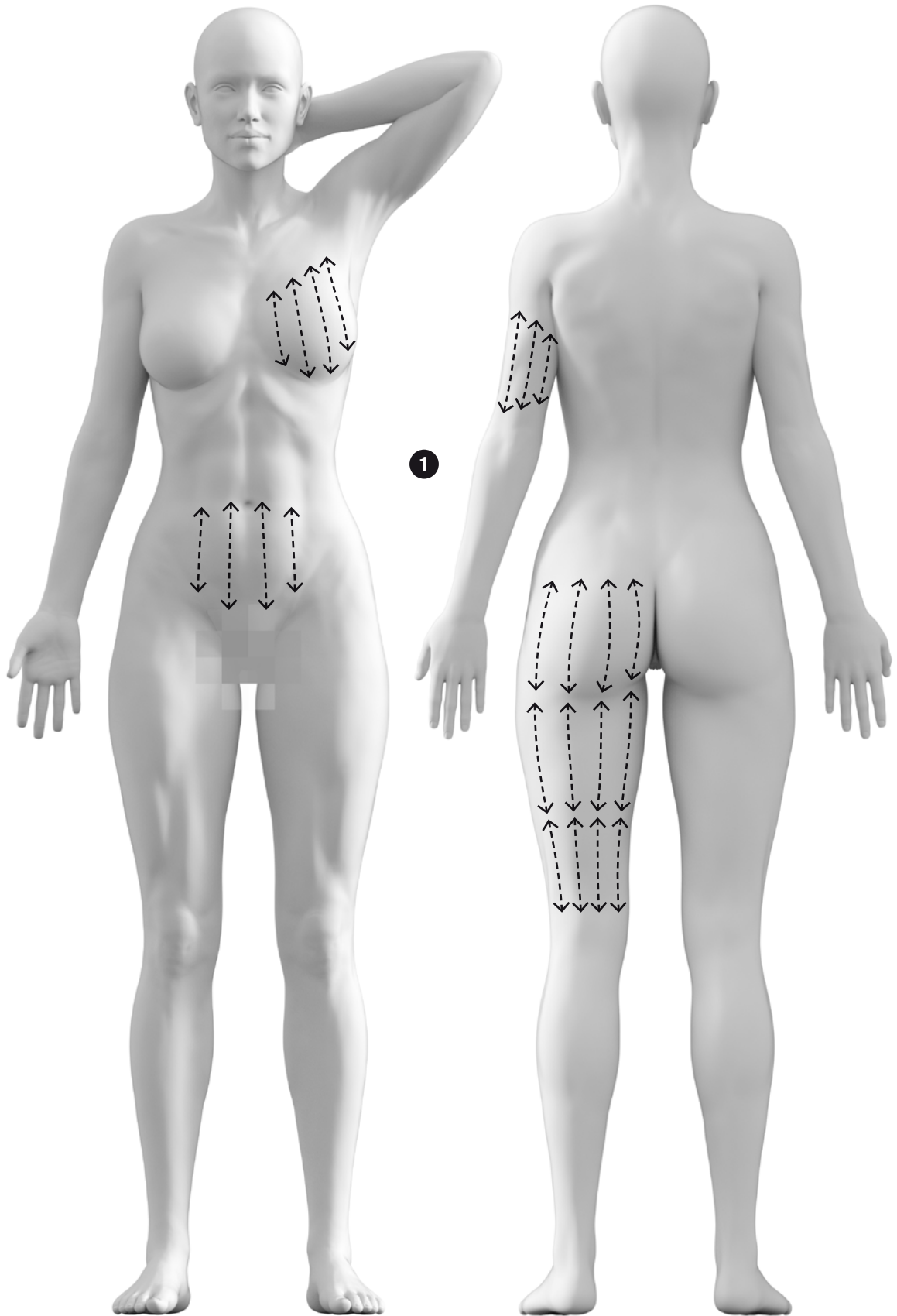
### • STRIAE

PROTOCOL POINT	⌚ MINS	⚡ HZ
<b>1</b> Run the surface of the terminal back and forth across the stretch marks	5 min per 15 cm <sup>2</sup>	1000

*i* This protocol is best done in conjunction with SECTION 1: UNIVERSAL 3 (BLOOD).



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 3 times per week, instead of daily.



## SECTION 2

## CELLULITE

**5 mins +**

Protocol time.



Using:  
Delta Aesthetic Terminal.

**2 x daily**  
**for 15 x days**

Allow 2 weeks rest before  
doing another course.

Repeat until the conditions  
clears up.

- SKIN DIMPLING
- NODULARITY
- ORANGE PEEL EFFECT

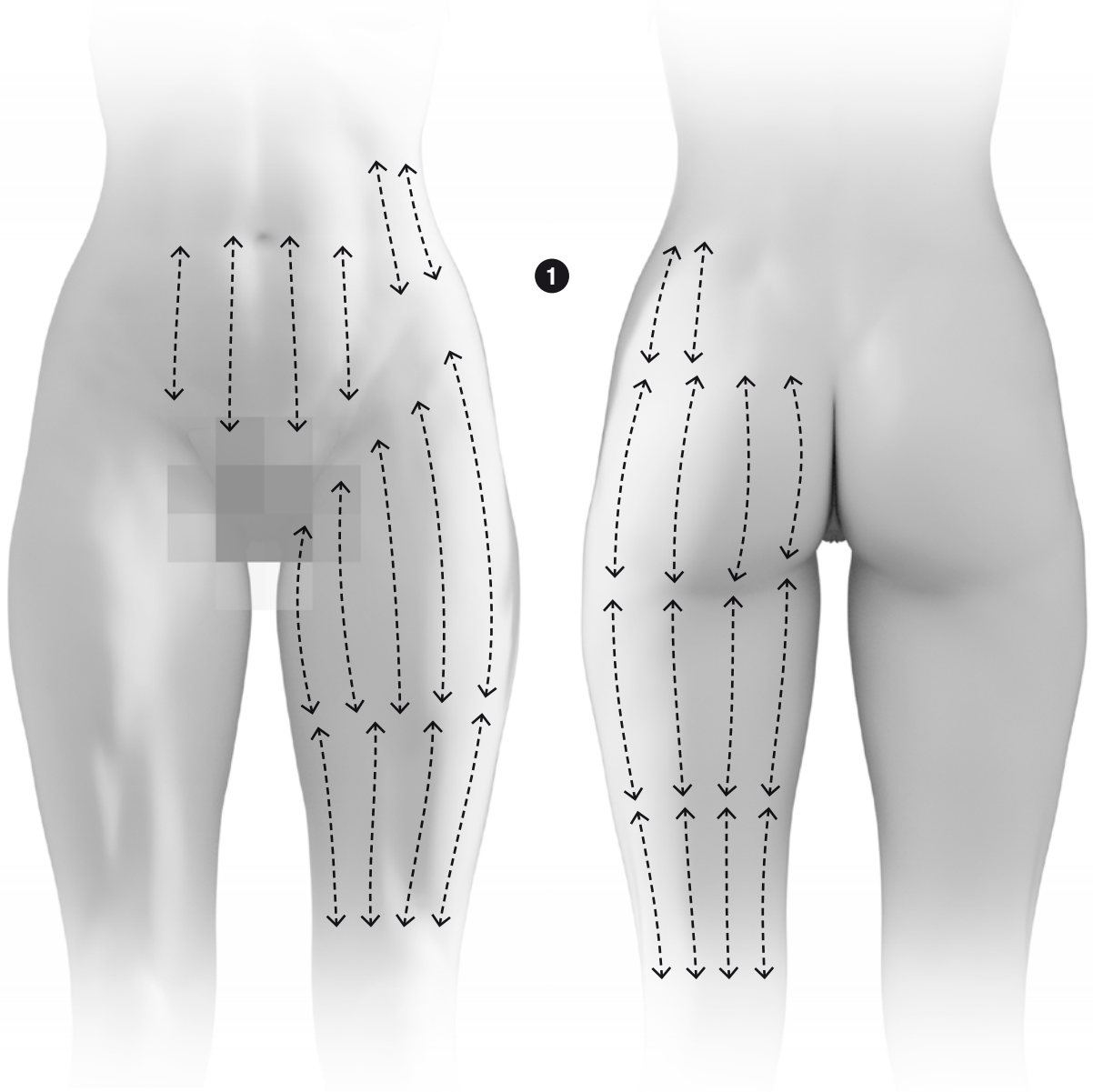
PROTOCOL POINT	⌚ MINS	⚡ HZ
<b>1</b> Run the surface of the terminal back and forth across the stretch marks	5 min per 15 cm <sup>2</sup>	1000

*i* This protocol is best done in conjunction with SECTION 4: COMPLETE CLEANSE.



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 3 times per week, instead of daily.



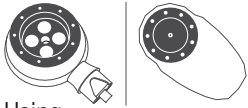


## SECTION 2

# TUMMY TIGHTEN

## 25 mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.



Using:  
Delta Probe Terminal  
with Extended Sheath.

## 1 x daily for 30 x days

Allow 1-2 weeks rest before  
doing another course.

Repeat until full recovery  
has been achieved.

- FLACCID STOMACH MUSCLES
- POST-PREGNANCY ROUTINE\*

PROTOCOL POINT	⌚ MINS	📡 HZ
1 Outer edges of the rectus abdominus 4 points, both sides	1 per point	50
2 Inner edges of the rectus abdominus 4 points, both sides	1 per point	50
3 Scan the length of the linea alba	5	1000
⊙ Each point as shown	1 per point	1000

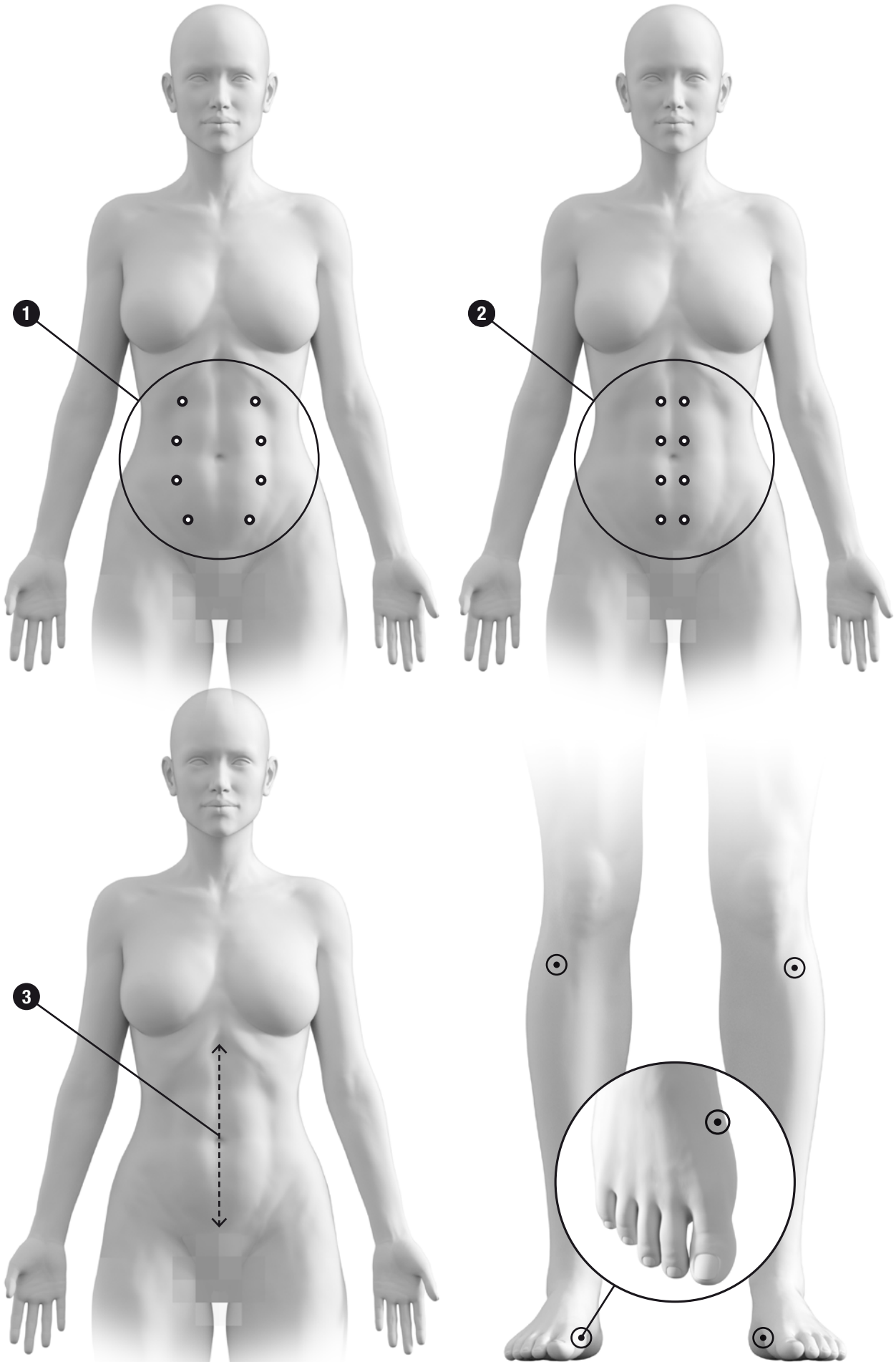
*i* We recommend this treatment be done in conjunction with a form of postpartum or transverse abdominal exercise routine. Each woman's experience and specific needs are unique and so every woman will recover at her own rate. Seek out an exercise program that you feel is right for you. Most importantly, be gentle and patient with yourself.

This treatment is best done in conjunction with [SECTION 1: UNIVERSAL 3 \(BLOOD\)](#)

\* Where there is a C-Section procedure then this protocol is best done in conjunction with [SURGERY 2](#), found in the main coMra user guide available for download on our website.



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 3 times per week, instead of daily.



## SECTION 3

## DERMATOLOGY

### Skin disorders



## IMPORTANT

- 1** Rest for 5-10 minutes after a treatment session that includes head or heart area.
- 2** In treating the heart area (4<sup>th</sup> intercostal, left of sternum) NEVER use a frequency other than 5 Hz.
- 3** A number of protocols in this user guide are complex protocols in which several stand-alone protocols have been combined to form one course of treatment. If in such cases more than one of the individual protocols calls for the heart area (4<sup>th</sup> intercostal, left of sternum) to be treated, ensure that this is done only once during a treatment session.
- 4** Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.
- 5** Do NOT place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.

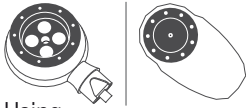


In treating the heart area NEVER use a frequency other than 5 Hz.  
Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.

## SECTION 3

## DERMATOLOGY 1

**25** mins +  
Protocol time



Using:  
Delta Medical Terminal or  
coMra Palm.

**2** x daily  
for **15** x days

Allow 3 weeks rest and  
repeat if necessary.

Thereafter treat every 3  
months if ailment re-occurs.

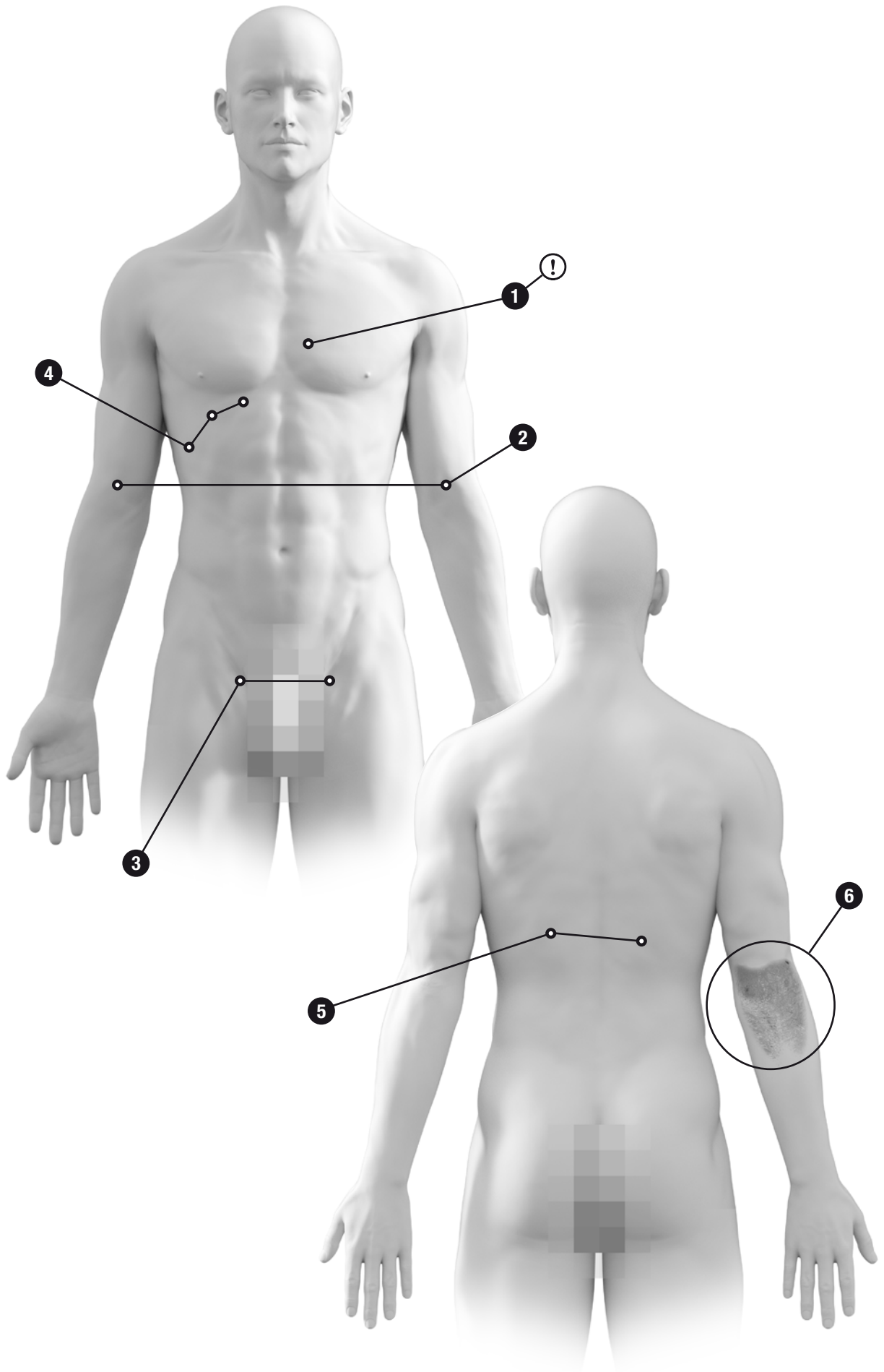
- ECZEMA
- NEURODERMATITIS
- ALLERGIES
- PSORIASIS

PROTOCOL POINT	⌚ MINS	⚡ HZ
1 4 <sup>th</sup> intercostal, left of sternum	2	5
2 Elbow fossae	2 per point	
3 Femoral Arteries		
4 Liver		
5 Kidneys	2 per point per frequency	5 then 50
6 Scan the affected area	1 per 10 cm <sup>2</sup>	1000
✓ Rest after treatment session	5-10	

*i* This protocol should be done in conjunction with  
SECTION 1: UNIVERSAL 4 (SB-1).



Professionals using the 905 nm laser (Delta Pro 905 Terminals)  
may administer this protocol 3 times per week, instead of daily.





Do not force warts to part from the skin, for this will cause excessive bleeding and can lead to secondary problems.

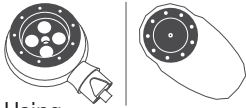
It is important to ensure that the whole wart has been eliminated, leaving fresh new skin underneath. If any part of the wart remains the wart will grow again.

## SECTION 3

## DERMATOLOGY 2

# 2-5 mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

# 1 x daily

## for 4-10 days

Continue with protocol until completely cleared.

- WARTS
- PLANTAR WARTS
- WARTY BUMPS (MOLLUSCUM CONTAGIOSUM)\*

WARTS		⌚ MINS	⚡ HZ
1	Place the Terminal over the wart and in contact with the skin.	2	50

The wart will immediately start to shrivel, and depending upon the size of the wart it will be considerably reduced in size by the fourth or the fifth day and should by then be ready to peel off the skin of its own accord. If it does not peel off then continue the protocol until the remainder of the wart does peel off.

PLANTAR WARTS		⌚ MINS	⚡ HZ
2	Place the Terminal over the wart and in contact with the skin.	5	5

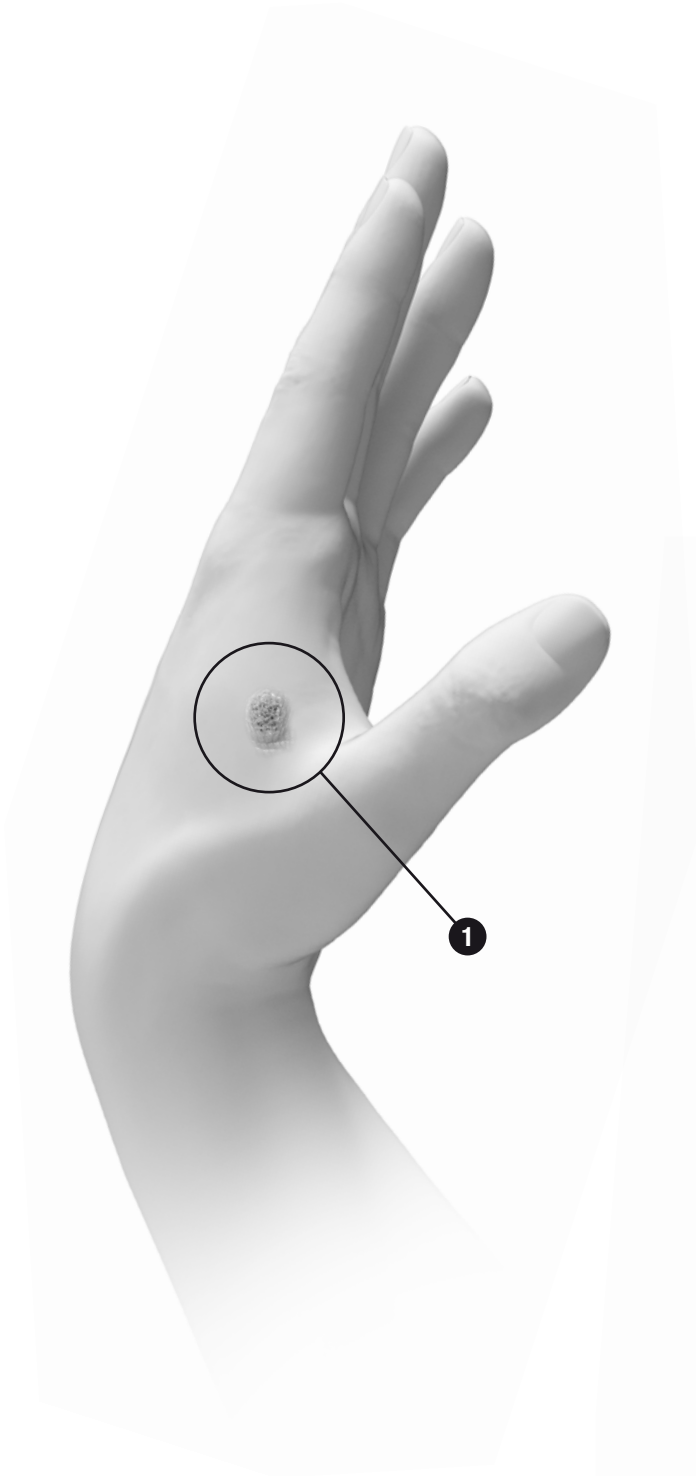
After 3-4 days the body will start to push to the surface of the skin the dead parts of the wart. These dead parts are easily removed by soaking the affected part in hot water for 5 minutes, and then scraping away the dead bits gently with the thumb nail. The surrounding skin which would also have been infected will scrape away with the dead part of the wart.

\* For molluscum contagiosum use the same protocol as for warts. However, because they are infectious, the Terminal **MUST** be properly sterilised after treatment before being used again.



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 3 times per week, instead of daily.







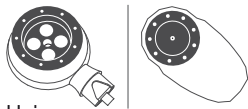
Since fungus is highly contagious it is of utmost importance to exercise strict personal hygiene during the period of treatment, otherwise re-infection will keep recurring. [1]

## SECTION 3

## DERMATOLOGY 3

**20** mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

**1** x daily

Continue with protocol until completely cleared.

Repeat protocol after 6 months if necessary.

**\*2** x daily

Continue with protocol until completely cleared.

Repeat protocol after 6 months if necessary.

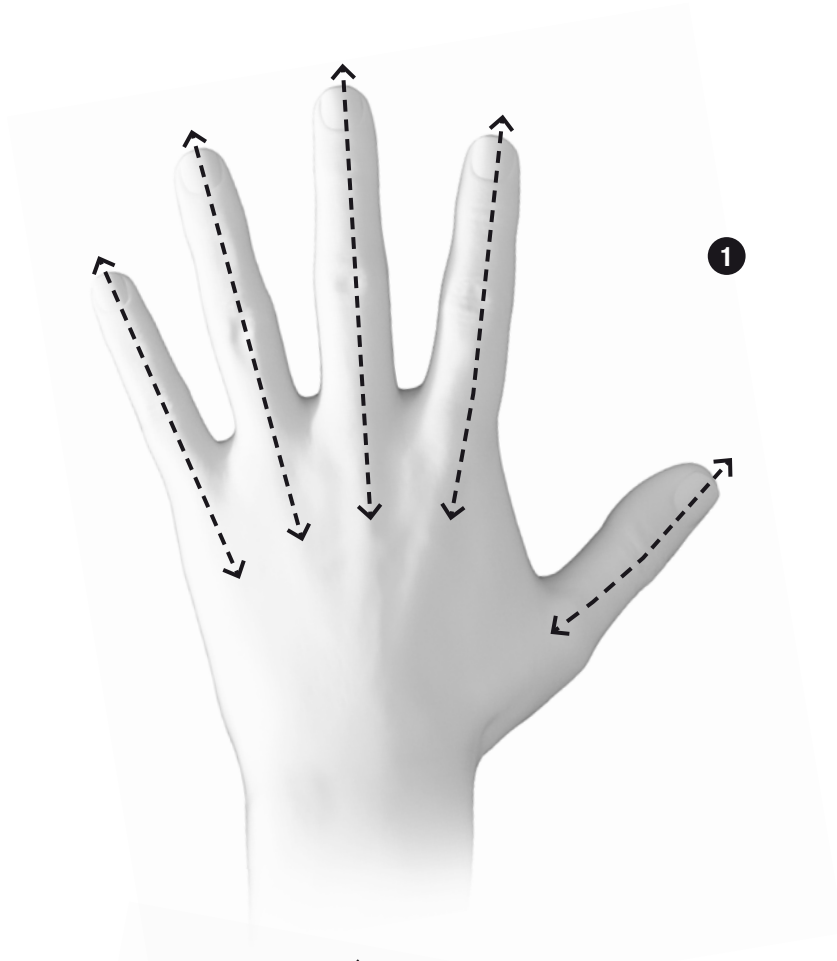
- PSORIASIS OF FINGERNAILS
- FUNGUS OF TOENAILS\*

PROTOCOL POINT	⌚ MINS	⚡ HZ
<b>1</b> Scan the fingers or toes along the top, making sure the laser beam covers the nails as well	2 per digit	1000
<b>2</b> Scan along the underneath of the fingers or toes, making sure the laser beam covers the tips of the fingers or toes as well		50



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 3 times per week, instead of daily.

[1] For example, after showering first dry the rest of the body before drying the feet, and never use the same towel twice. Towels, bedding and clothing should be changed, suitably sterilised and washed on a daily basis. Shoes should be sterilised by placing them in strong sunlight for at least two hours per day. Do not wear the same shoes consecutively.



1



2





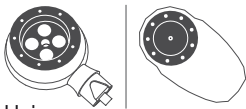
Do NOT place any of the Terminals within 30 cm of neurostimulator on patients who have neurostimulators.

## SECTION 3

## DERMATOLOGY 4

# 15 mins ±

Protocol time



Using:  
Delta Medical Terminal or  
coMra Palm.



Using:  
Delta Aesthetic Terminal.

# 1 x daily

Apply PART 1 every 2<sup>nd</sup> day for 10 treatments, and apply PART 2 until the affected area clears up.

It is highly recommended that PART 1 be done at least 4 times per year as a preventative measure, and for continued well-being.

- DERMOGRAPHIA
- ACNE

### PART 1 MORNING

Apply SECTION 1: UNIVERSAL 3 (BLOOD) every 2<sup>nd</sup> day

### PART 2 EVENING – FOR DERMOGRAPHIA

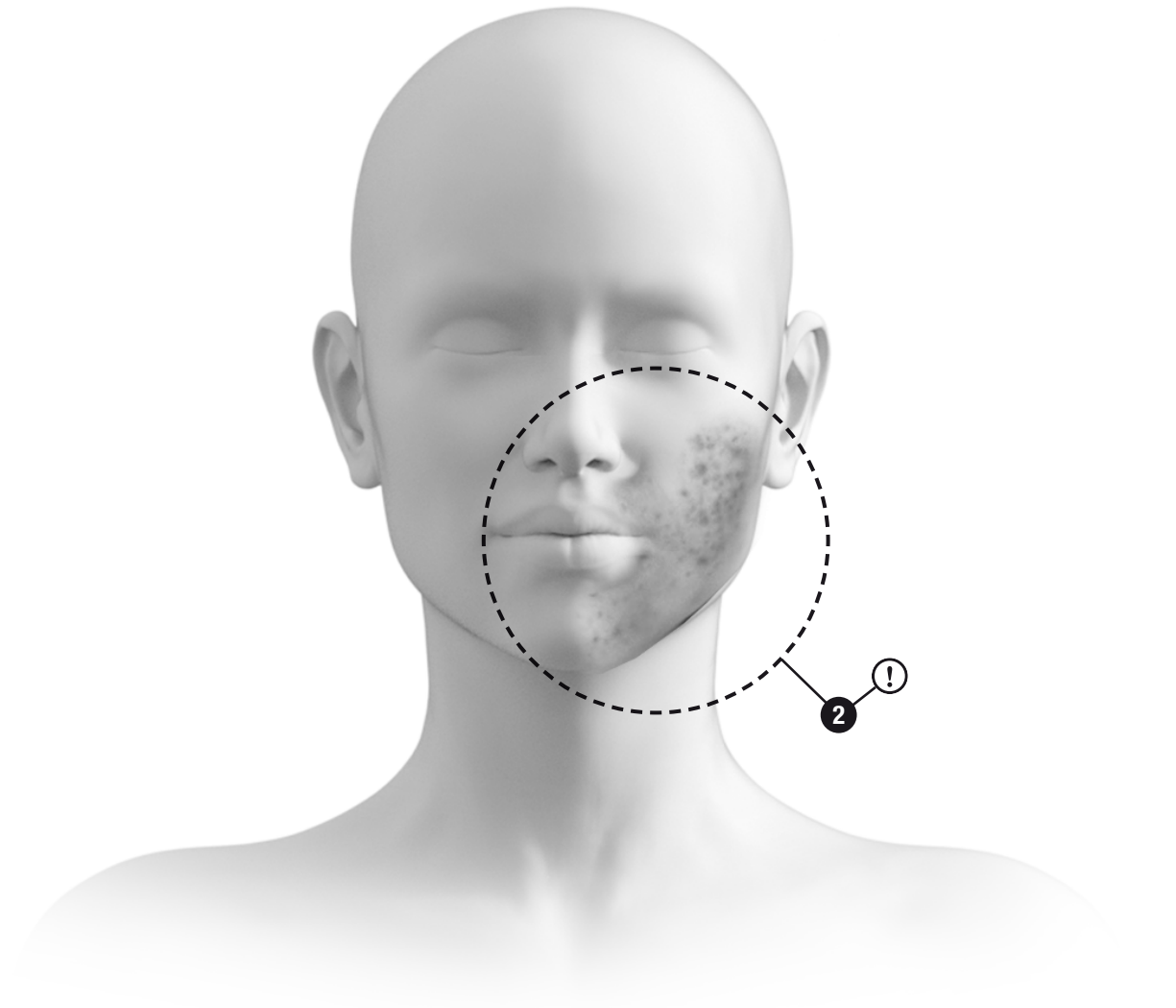
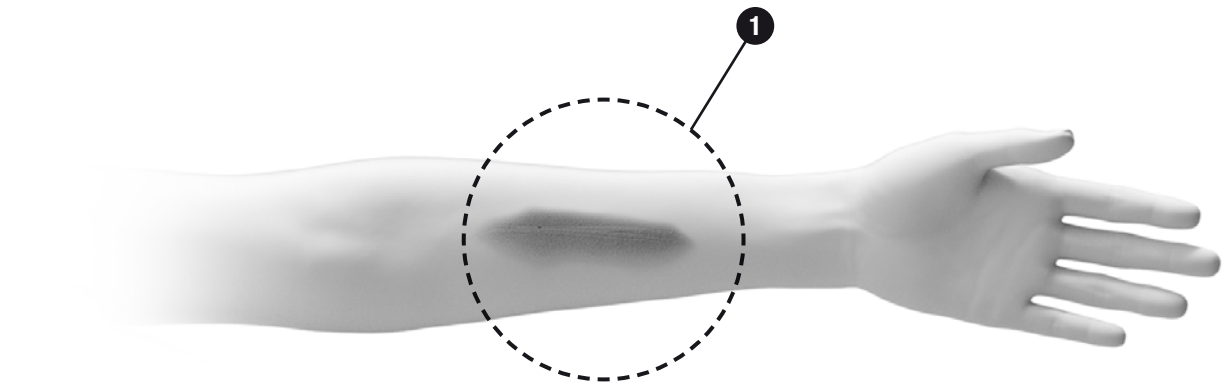
PROTOCOL POINT	⌚ MINS	⚡ HZ	
1 Scan the affected area with the Aesthetic Terminal fractionally above the skin so as to avoid further irritation	5 per 10 cm <sup>2</sup>	1000	

### PART 2 EVENING – FOR ACNE

PROTOCOL POINT	⌚ MINS	⚡ HZ
2 Scan the affected area with the Medical Terminal or coMra Palm	5 per 10 cm <sup>2</sup>	1000



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 3 times per week, instead of daily.



## SECTION 4

# CLEANSING PROTOCOLS

Non-depleting  
natural cleansing



## IMPORTANT

- 1** Rest for 5-10 minutes after a treatment session that includes head or heart area.
- 2** In treating the heart area (4<sup>th</sup> intercostal, left of sternum) NEVER use a frequency other than 5 Hz.
- 3** Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.
- 4** It should be noted that coMra therapy does not deplete the body during cleansing treatments. The aim of is to regenerate, as well as support the body in achieving a natural and non-depleting cleansing or detoxification.
- 5** The vitality-enhancing and regenerative effects of coMra enable the cleansing protocols to be an invaluable support whenever they are used in conjunction with other cleansing or detoxification programs.
- 6** As with all cleansing programs, it is important to take your diet into consideration, and also to drink plenty of pure water to help in the elimination of toxins.
- 7** Mild exercise is also beneficial for increased circulation.
- 8** Sauna, hot tub or steam baths may also assist the body to eliminate toxins.
- 9** Be gentle with yourself during the cleansing process. Certain effects such as increased tiredness or skin rashes may be noticed whilst the body is making use of available energy in order to expel toxins.
- 10** We recommend that you allow a 4 week break between cleansing cycles.



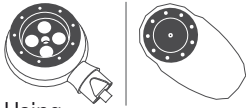
In treating the heart area NEVER use a frequency other than 5 Hz.  
Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.

## SECTION 4

# LIVER CLEANSE

## 23 mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

## 1 x daily for 14 x days

Allow 4 weeks rest before  
doing further courses as  
and when needed.

### • CLEANSING AND REGENERATING THE LIVER

PART 1	PROTOCOL POINT	⌚ MINS	⚡ HZ
1	4 <sup>th</sup> intercostal, left of sternum	1	5
2	Right hypochondrium, 3 points 10 cm apart	1 per point	50
3	3 points 10 cm apart along line parallel to hypochondrium, 5 cm higher		5
4	Solar plexus, mid-distance between xiphoid process and umbilicus	1 per point	50
5	Right sternocleidomastoid, above clavicle		
6	Scan along both sides of vertebral column, mid to lower back	2 per side	1000
✓	Rest after treatment session	5-10	

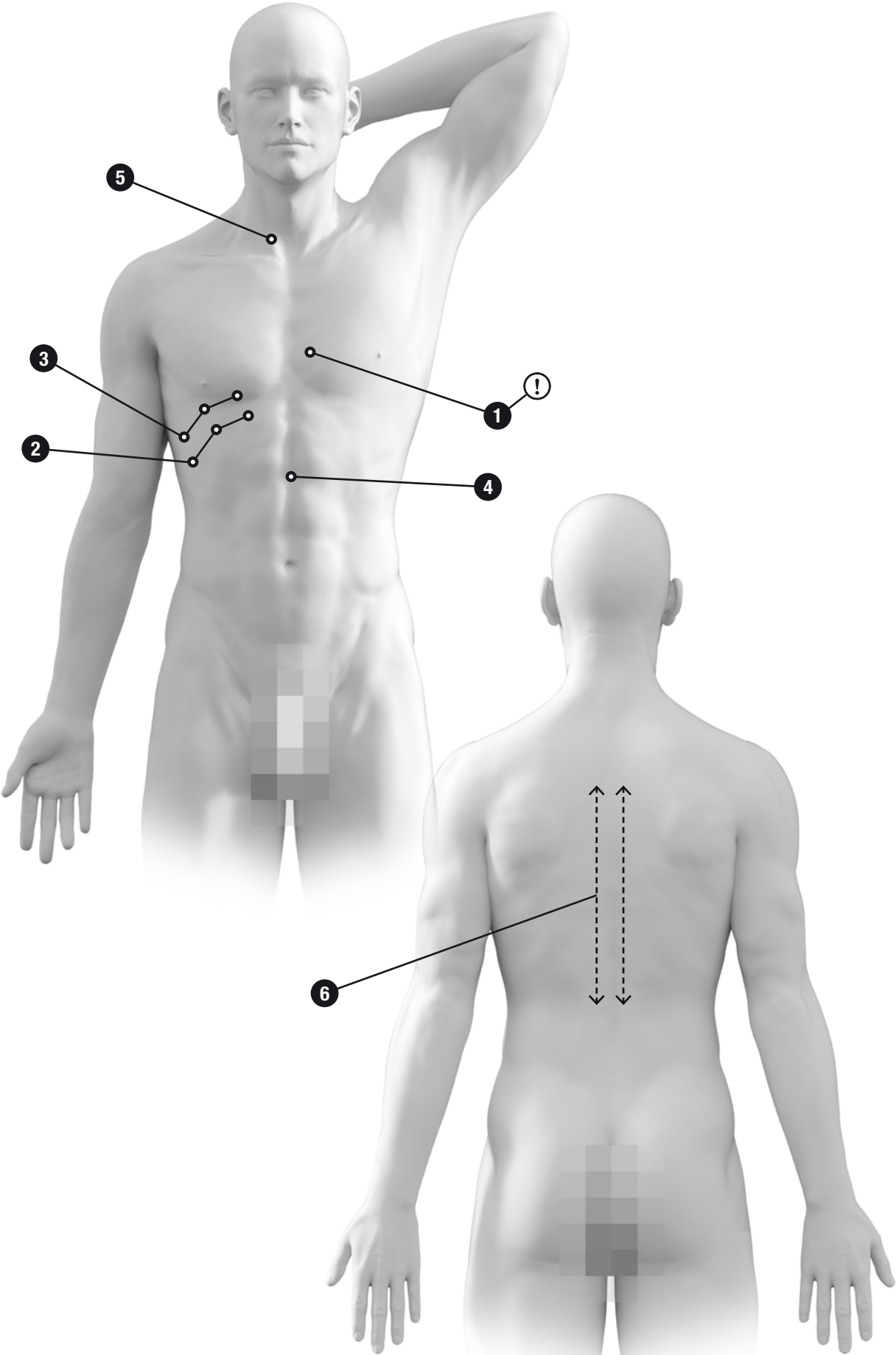
### PART 2

Apply SECTION 1: UNIVERSAL 3 (BLOOD)



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 2-4 times per week, instead of daily.







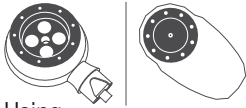
In treating the heart area NEVER use a frequency other than 5 Hz.  
Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.

## SECTION 4

# COLON CLEANSE

### 31 mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

### 1 x daily for 14 x days

Allow 4 weeks rest before  
doing further courses as  
and when needed.

### • CLEANSING AND REGENERATING THE COLON

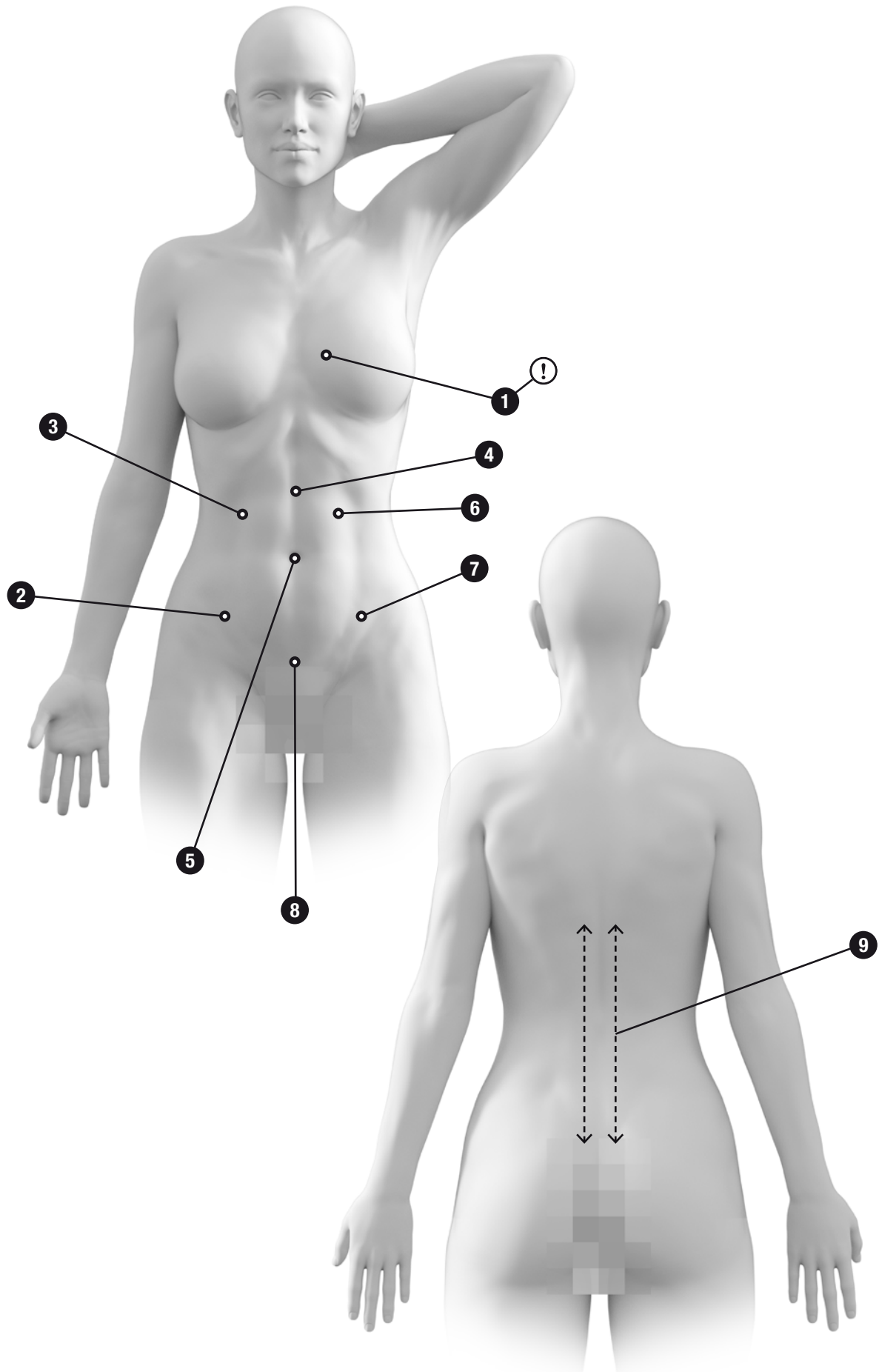
PART 1	PROTOCOL POINT	⌚ MINS	⚡ HZ
1	4 <sup>th</sup> intercostal, left of sternum	1	5
2	Right iliac	2 per point	5
3	Large intestine, liver side		
4	Solar plexus, mid-distance between xiphoid process and umbilicus		
5	Umbilicus		
6	Large intestine, spleen side		
7	Left iliac		
8	As shown		
9	Scan both sides of vertebral column from below scapulae to lower back		
✓	Rest after treatment session	5-10	

### PART 2

Apply SECTION 1: UNIVERSAL 3 (BLOOD)



Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 2-4 times per week, instead of daily.





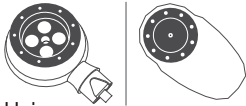
In treating the heart area NEVER use a frequency other than 5 Hz.  
Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.

## SECTION 4

# KIDNEY CLEANSE

### 43 mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

### 1 x daily for 14 x days

Allow 4 weeks rest before  
doing further courses as  
and when needed.

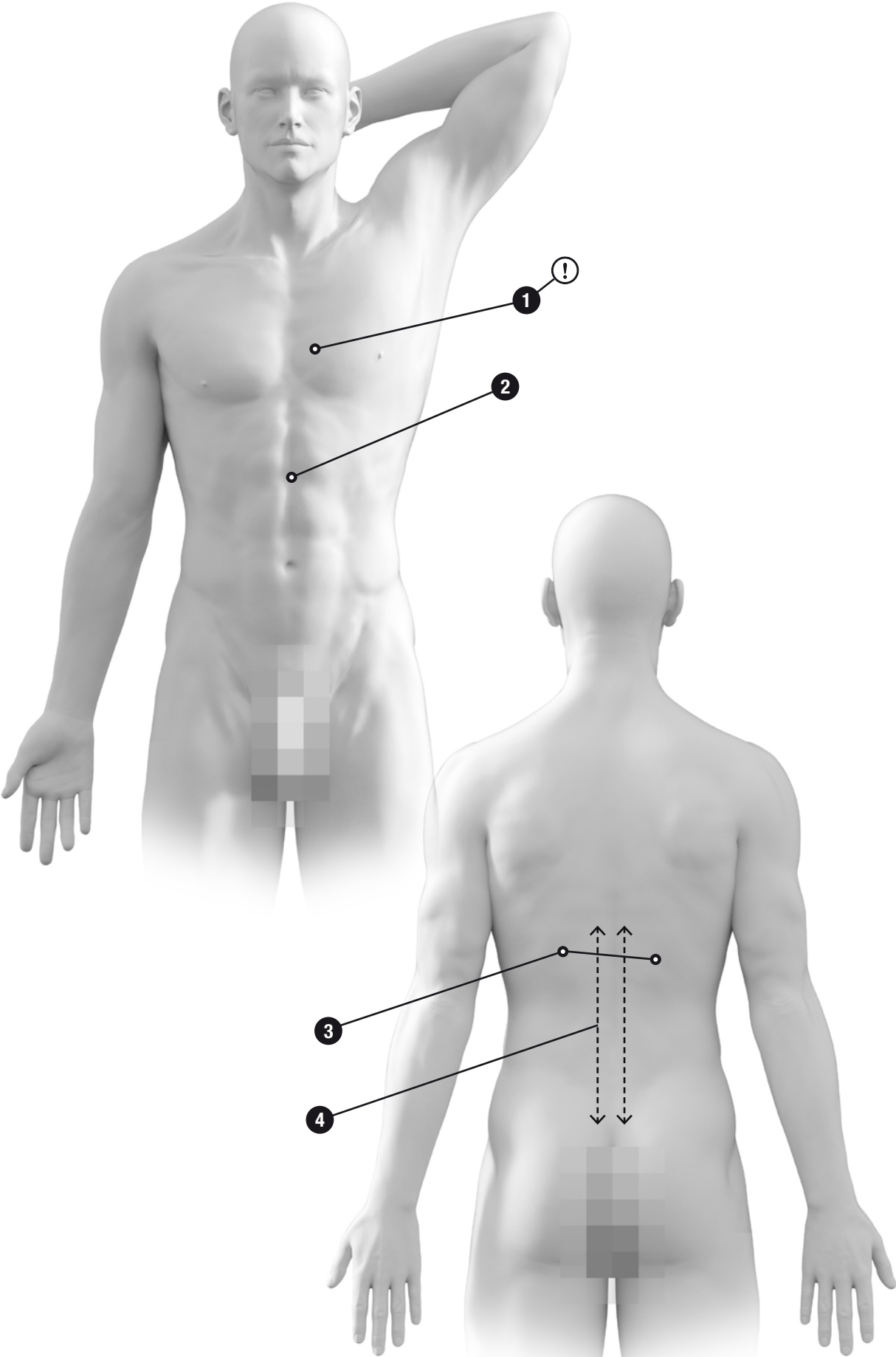
#### • CLEANSING AND REGENERATING THE KIDNEYS

PART 1	PROTOCOL POINT	⌚ MINS	⚡ HZ
1	4 <sup>th</sup> intercostal, left of sternum	1	5
2	Solar plexus	2	50
3	Kidneys	5 per point per frequency	5 then 50
4	Scan both sides of vertebral column, from mid back to lower back	5 per side	1000
✓	Rest after treatment session	5-10	

#### PART 2 Apply SECTION 1: UNIVERSAL 3 (BLOOD)

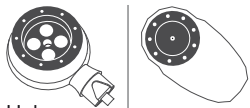


Professionals using the 905 nm laser (Delta Pro 905 Terminals) may administer this protocol 2-4 times per week, instead of daily.



# SECTION 4

# COMPLETE CLEANSE



Using:  
Delta Medical Terminal or  
coMra Palm.

**1** x daily  
for 10 x days

PART 1 every day,  
PART 2 every 2<sup>nd</sup> day.

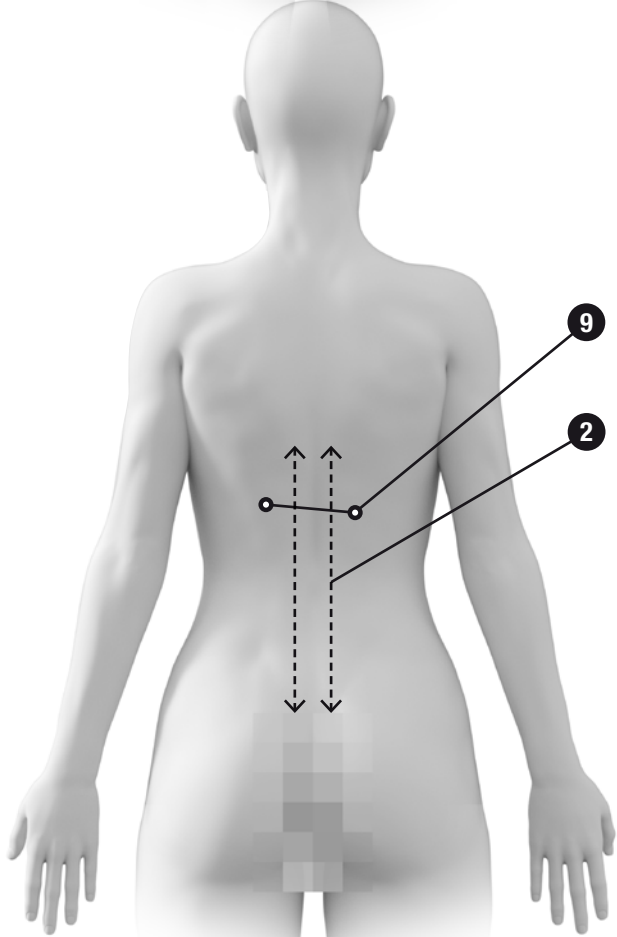
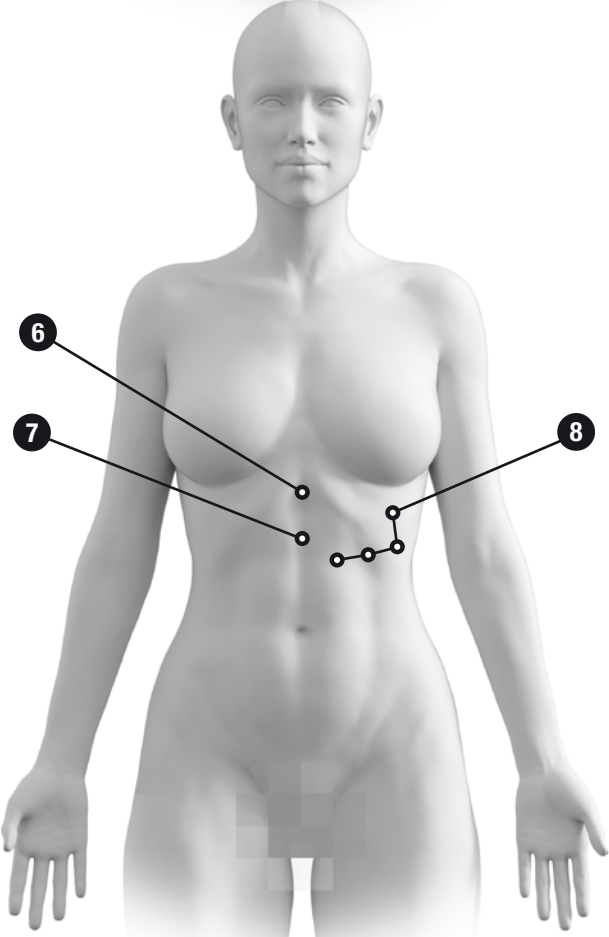
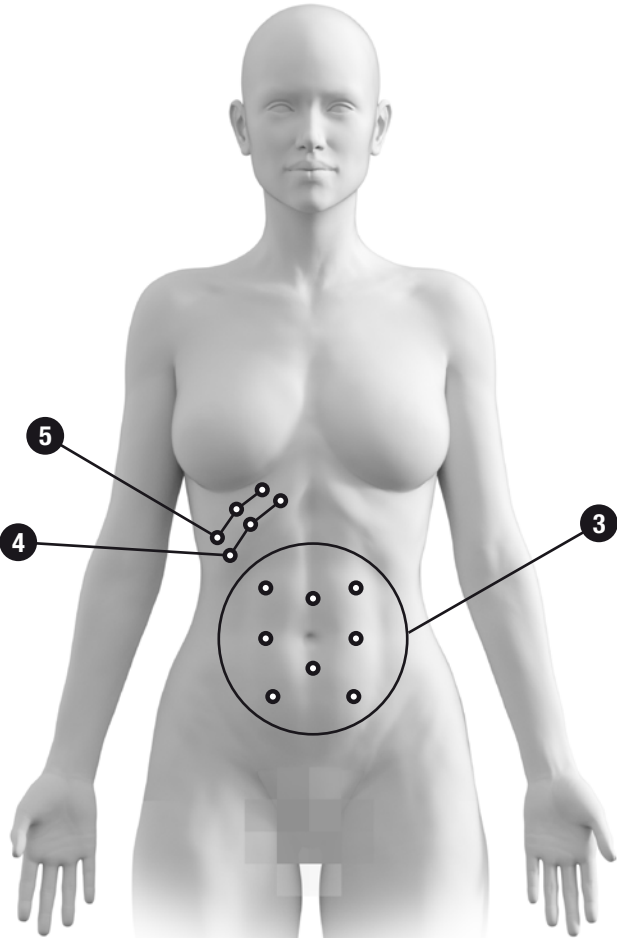
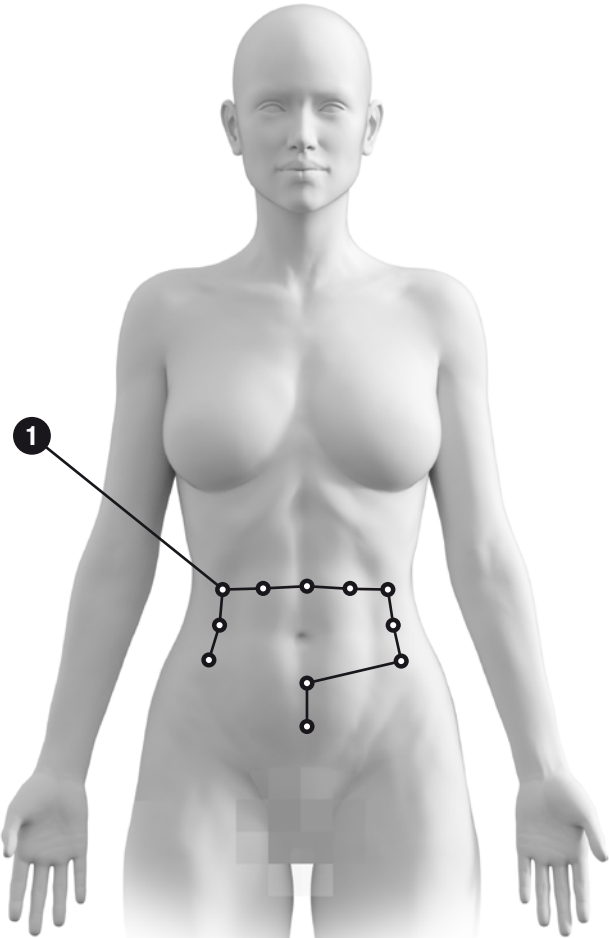
Allow 2 weeks rest and  
repeat course.

Repeat every 6 months,  
or as often as desired.

- DETOXIFICATION
- DIET

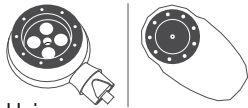
PART 1	PROTOCOL POINT	⌚ MINS	📡 HZ		
Day 1	① 11 points over colon	2 per point	v	28 mins	
	② Scan vertebral column, below scapulae to lower back	3 per side	1000		
Day 2	③ Abdomen area, 8 points	1 per point	50	14 mins	
	② Scan vertebral column, below scapulae to lower back	3 per side	1000		
Day 3	④ Right hypochondrium, 3 points 10 cm apart	1 per point	50	10 mins	
	⑤ 3 points 10 cm apart along line parallel to hypochondrium, 5 cm higher		5		
	⑥ Epigastrium		2 per point		50
	⑦ Solar plexus, mid-distance between xiphoid process and umbilicus				
Day 4	⑧ Spleen and pancreas	2 per point	5	12 mins	
	⑥ Epigastrium		50		
	⑦ Solar plexus, mid-distance between xiphoid process and umbilicus				
Day 5	⑨ Kidneys	2 per point per frequency	5 then 50	14 mins	
	② Scan vertebral column, below scapulae to lower back	3 per side	1000		
Day 6-10	Repeat Day 1-5 above				

PART 2 continued overleaf...



# 10 mins

Protocol time (Part 2).



Using:  
Delta Medical Terminal or  
coMra Palm.

PART 2	PROTOCOL POINT	⌚ MINS	📡 HZ
1	Carotid arteries	1 per point	5
2	Subclavian arteries		
3	Axillary arteries		
4	Anconeal arteries		
5	Femoral arteries		

**i** coMra does not deplete the body during cleansing protocols. The aim is to regenerate, as well as support the body in achieving a natural and non-depleting cleansing or detoxification.

Mild exercise is also beneficial for increased circulation.

Be gentle with yourself during the cleansing process. Certain effects such as increased tiredness or skin rashes may be noticed whilst the body is making use of available energy in order to expel toxins.

As with all cleansing programs, it is important to take your diet into consideration, and also to drink plenty of pure and preferably restructured/re-energised water to help with the elimination of toxins.

Visit [coMra-wave.com](http://coMra-wave.com) for a range of affordable devices that will re-energise your drinking water, and the water within your body:



### coMra Wave Cell

Rest better. Digest better. Work better – converts harmful electromagnetic radiation into harmonic wave forms that re-energise your water, your body and your mind.



### coMra Wave Coaster

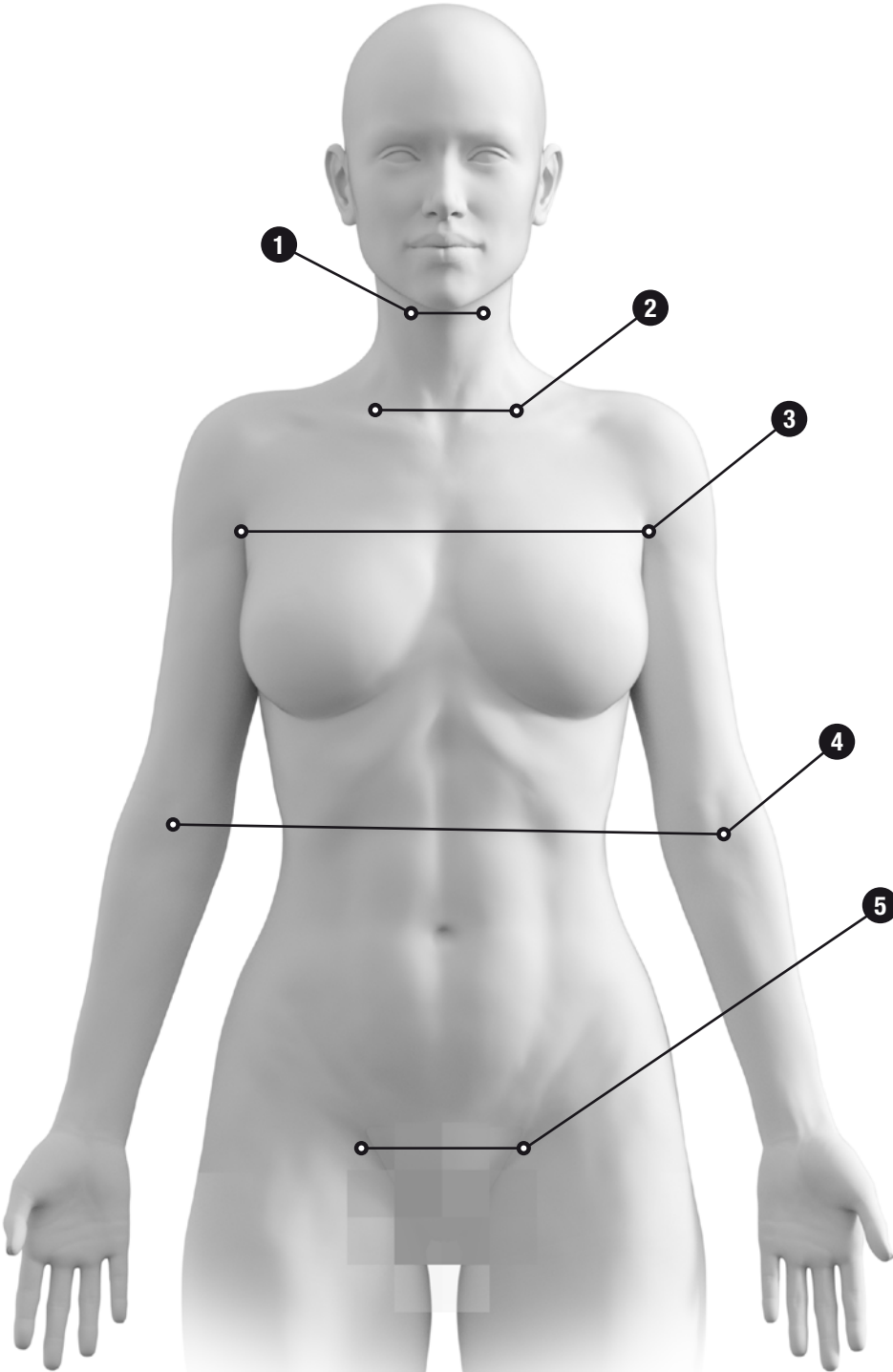
A coMra Wave Cell embedded within a hard-wearing, food-grade silicone coaster. It takes only 10 minutes to re-energise 1 litre of your drinking water.



### coMra Wave Pendant

Stunning zirconium, unisex, black/white reversible design, Sterling silver necklace & clasp and additional quartz crystal layer for top of the line protection.





## SECTION 5

## METABOLISM

### Weight disorders



## IMPORTANT

**1**

Weight disorder protocols have been compiled based on positive results reported by practitioners. coMra first helps to replenish the body's energy reserves in order to deal with serious illnesses and diseases. After this, available energy can be used to deal with any other imbalances. In this respect, it should be remembered that many problems of metabolism and weight are mostly caused by stress, diet and other health issues. In addition, a proper balanced diet and moderate exercise are also necessary to achieve a healthy-looking body.

**2**

Rest for 5-10 minutes after a treatment session that includes head or heart area.

**3**

In treating the heart area (4<sup>th</sup> intercostal, left of sternum) NEVER use a frequency other than 5 Hz.

**4**

Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.



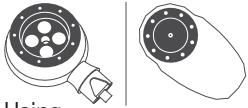
In treating the heart area NEVER use a frequency other than 5 Hz.  
Do NOT place any of the Terminals within 30 cm of the heart and cardiostimulator on patients who have cardiostimulators.

## SECTION 5

# WEIGHT DISORDERS

**27** mins

Protocol time.



Using:  
Delta Medical Terminal or  
coMra Palm.

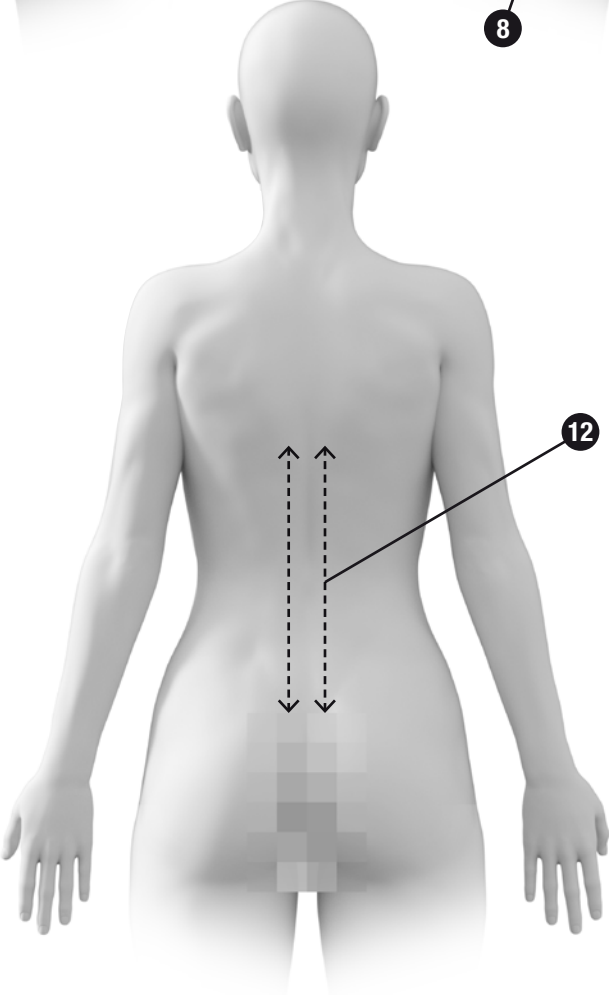
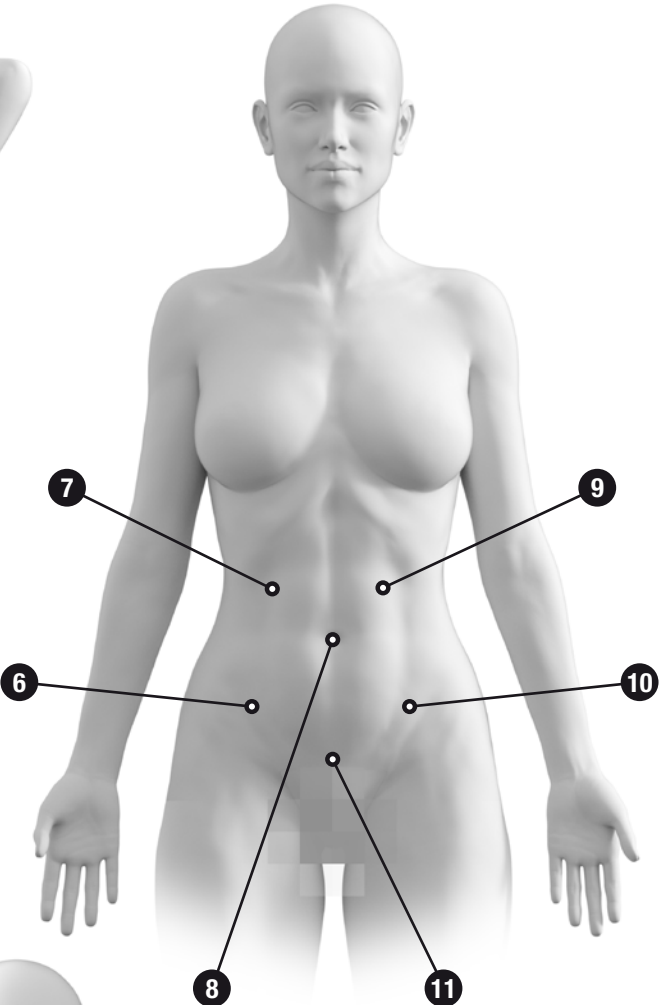
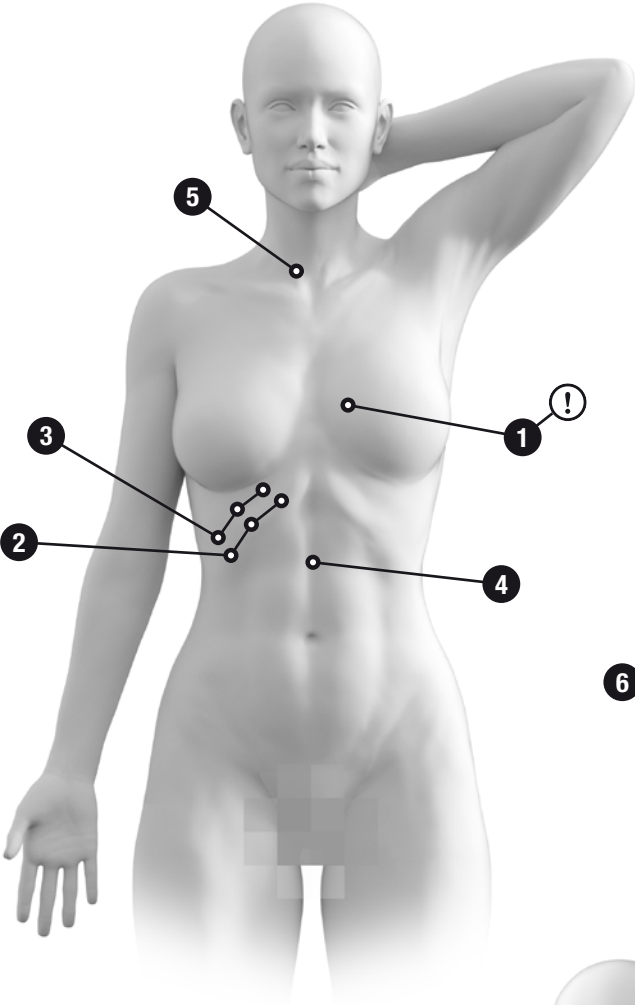
**1** x daily  
for 30 x days

Followed by a further  
course every 6 months  
if necessary

### • OVERWEIGHT AND UNDERWEIGHT CONDITIONS

PROTOCOL POINT	⌚ MINS	⚡ HZ
<b>1</b> 4 <sup>th</sup> intercostal, left of sternum	1	5
<b>2</b> Right hypochondrium, 3 points 10 cm apart	1 per point	50
<b>3</b> 3 points 10 cm apart along line parallel to hypochondrium, 5 cm higher		5
<b>4</b> Solar plexus, mid-distance between xiphoid process and umbilicus		50
<b>5</b> Right sternocleidomastoid, above clavicle		
<b>6</b> Right iliac	2 per point	5
<b>7</b> Large intestine, liver side		
<b>8</b> Umbilicus		
<b>9</b> Large intestine, spleen side		
<b>10</b> Left iliac		
<b>11</b> As shown		
<b>12</b> Scan both sides of vertebral column from below scapulae to lower back	3 per side	1000
<b>✓</b> Rest after treatment session	5-10	

*i* To tighten up excess skin and flabby stomach muscles, apply [SECTION 2: TUMMY TIGHTEN](#). In the case of extreme stress, also apply [SECTION 1: UNIVERSAL 5 \(SB-2\)](#) to reduce the stress.

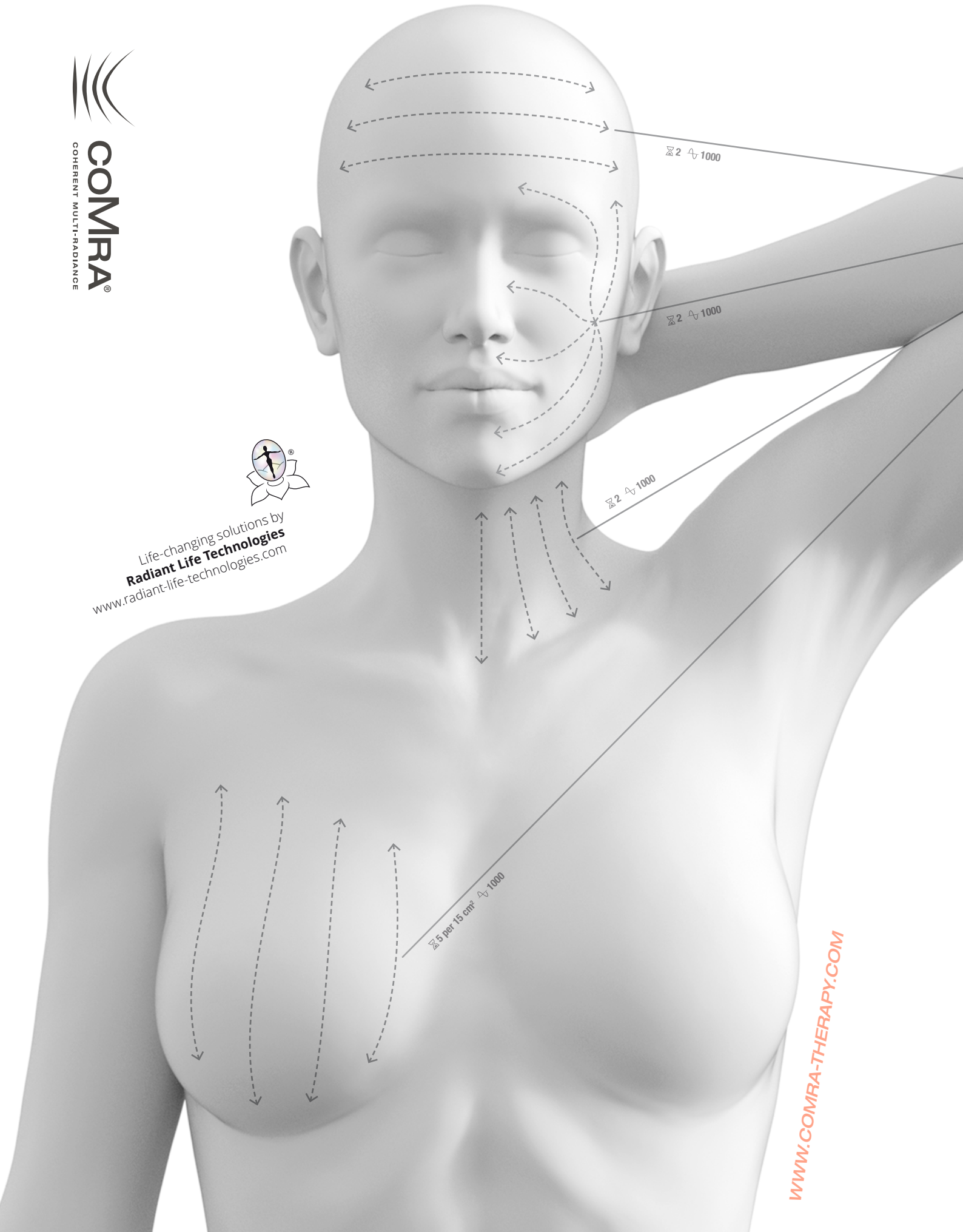




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