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**Operational Guidelines for the use of a low-frequency  
electromagnetic device  
the “Life Balance”  
natural biosystems adjusting device**

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# General Instructions

This is an operational guide for **Life Balance natural biosystems adjusting device** (hereinafter the device). This guide is intended for review of the device assignment, its structure, operating procedure, operating rules and maintenance regulations.

## 1. Introduction

Bioresonance technologies became ingrained and embodied in our everyday lives as health-improving devices for the household use. These technologies are based on the fact that all life forms have their own frequency of oscillations and they radiate their own waves of particular type. They can be detected and measured. With the body disfunctions the wavelength changes since frequency abnormal for healthy organs and tissues start occurring. All parameters can be measured accurately enough and adjusted in case these parameters tell about some health issues which the person previously wasn't aware about. It means that any person can undergo primary body examination avoiding gross intervention with special bioresonance devices. According to examination results, such kind of revitalization provides a brilliant effect up to 95%.

**We have a solution - Life Balance natural biosystems adjusting devices intended for boosting body defences and adjusting exposure to electromagnetic radiation of natural biosystems.**

This is a unique, world-class electromagnetic device for maintaining a high health rate. Its operation is based on radiation of electromagnetic waves of the body organs and systems that resonate with oscillations of various parasites, from viruses to helminths. **Life Balance** selectively and pointedly affects pathogens and deactivates allowing the human body to function in natural conditions free of external agents. It helps harmonizing organs and systems. Today, it's Lidomed Bio Research and Development Enterprise LLC, Kharkov, Ukraine, who manufactures such kind of devices.

**Crucial: Now we have devices allowing to save your health!**

**At any age people need to maintain their health. Whether infant or old-aged, the person should always love and take care of himself by saving his health throughout his life.**

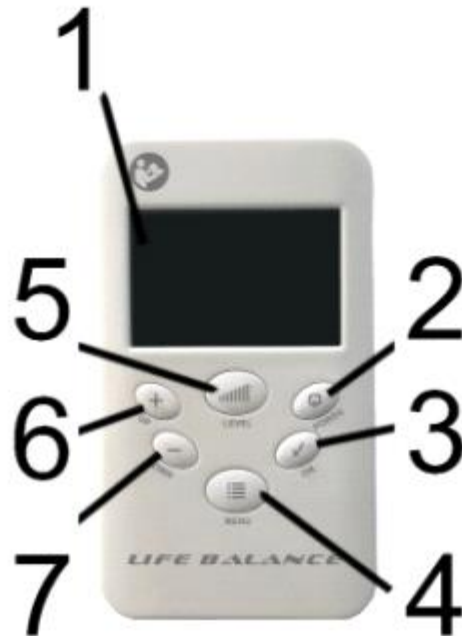
**Note: Life Balance natural biosystems adjusting devices are not medical devices!**

## 2. Device assignment

Operation of **Life Balance** is primarily based on adjustment of the body functions through electromagnetic radiation. The radiation has its own parameters able to interact with biorhythms of the human body. The effect depends on individual selection of particular frequency which, after impact on the body, can intensify physical processes by harmonizing and stabilizing all processes in the human body through low electromagnetic signals.

## 3. Device information

The device body is made of polystyrol



- 1 - Life Balance screen
- 2 - On/Off button
- 3 - Select button
- 4 - Menu button
- 5- Signal Level Setting button
- 6 - Program Selection/Up button
- 7- Program Selection/Down button

#### 4. Pre-setting procedures

- 4.1 After transportation or storing the device at low temperatures, keep it at the room temperature for at least 2 hours.
- 4.2 Take the device out of the package and visually inspect it for any mechanical damage. Check completeness of the device.
- 4.3 Switch on the device and follow instructions on the screen.

#### 5. Operational procedure

- 5.1 Switch on the device by pressing button 2;
  - Use the button to select a relevant program.
  - Once the program is completed, the device will automatically switch off.  
If necessary, use button 4 of the setting menu to select another interface language or button 5 to adjust the signal level.

#### 6. Exposure levels

The **1st optimal level** of the radiation intensity is set in the device by default.

This level is used for the body prevention and adjustment with unpronounced changes in organs and systems. To be used when the device is in immediate proximity, for example, when carrying the device in a pocket

The device should be placed as close as possible to the affected area (for example: heart, bronchopulmonary system - in a breast pocket, urogenital system - in a trousers pocket, etc.).

The **2nd intensity level** is used for sluggish chronic inflammatory processes in organs and systems, during exacerbation or for acute inflammatory changes in the body.

The **3rd intensity level** is recommended when the device is slightly removed during use (for example, the device lies on the car dashboard or table).

The **4th intensity level** is recommended when using it under the care of a physician after testing on Life Profi equipment (with previously recalcitrant diseases). This mode can be used when the device is placed both in immediate proximity to the body, and at a distance of 1 meter.

The **5th intensity level** is used for treatment of the entire family at a distance up to 1.5 meters. In this mode, the device has the strongest signal and, accordingly, consumes the peak current. The level can be used to prevent disease development or eliminate parasitic microbes (helminths, protozoa, viruses, etc.) from the body. For example, preventive use during seasonal viral load (flu, adenovirus, rotavirus, etc) is possible. Using the 5 mode is desirable under the care of a physician.

Please consider, the higher the radiation intensity, the shorter the time of the device continuous operation, since the battery discharges faster.

**Important:** When using individually composed programs in the automatic mode, based on results of testing with Life Expert device, set the 1st or 2nd intensity level. Levels 3, 4 and 5 must be used under medical supervision.

## 7. Device capabilities

- 35 embedded ant-parasite programs, 35 adjusting and harmonizing programs, 1 Life Energy program (general-purpose program to fight fatigue and restore protective body functions)
- Working range up to 1.5 m
- Operating frequency range - 0.1Hz to 100KHz;
- Frequency setting pitch: 0.01 Hz;
- Number of internal radiating antennae - 2pcs, with carrier frequencies of 27mHz and 10kHz
- Device programming without a programming tool through the standard USB cable;
- Signal level manual adjustment;
- Color screen with a multilingual menu;
- Power: Li-Ion battery;

The time of the device continuous operation is 3 to 8 hours depending on the selected radiation intensity level.

## 8. Contraindications

### Absolute:

- Implanted pacemaker
- Transplanted organs

### Relative:

- Benign and malignant neoplasms
- Bleeding disorder
- Acute cerebral and coronary circulation disorders
- Pregnancy (first trimester)
- Epilepsy
- Individual intolerance to electromagnetic exposure
- Mental diseases
- Children under 1 year strictly under medical supervision

**Important:** When using programs, acute exacerbation of the major disease may occur, which can be accompanied by general malaise, weakness, diarrhea, frequent urination, thirst, drowsiness or temperature reaction. In this case, increase the interval between sessions. All reactions may occur only within the first two weeks of using the device. These phenomena are associated with the individual body reaction to the wave impact of the device and indicate intensification of excretory reactions of the contaminated body. In some cases, reactions may occur at a later time and discomfort may persist within 1 month after beginning of the device application.

## 9. Precaution measures

The device is electrically safe, no grounding required.

Connecting and disconnecting electrodes during the device operation is forbidden.

### It's strictly forbidden to:

- carry out any procedures using a faulty device;
- carry out repair work when the device is on;
- carry out therapy with a malfunctioning device.

If you see any faults in the device operation, immediately stop procedures and contact the manufacturer.

**IMPORTANT!** When using programs of Life Balance device, you MUST observe the water intake regime! (30 ml/1 kg of body weight).

## 10. Maintenance

The consumer is responsible for maintenance and testing of the device performance. Keep the device away from moisture and corrosive environment. Protect from shocks and rapid temperature change. **Attention! To avoid damage of the device, don't use solvents or abrasives for cleaning it from outside. As the device is used, the electrodes and terminals oxidize and get dark which is a consequence of the device operation and it doesn't affect its quality.**

**As Life Balance is used, the battery loses capacity over time. This is natural wear of the battery due to the device operation.**

**Life Balance natural biosystems adjusting device** is an electromagnetic device for maintaining a high health rate, it impacts the human body in a gentle and safe way without disturbing its energy balance neither in general, nor locally. The key advantage of **Life Balance natural biosystems adjusting device** is the ability to compose an individual automatic program based on the results of testing with Life Expert device, to use automatic customized programs for maintaining a high health rate under various external and internal conditions. Besides, there's capability of using personally composed preventive programs in a manual mode. It allows to select an individual prevention course for each person. The impact of Life Balance is absolutely harmless, because parasites' frequencies range from 100 to 900 kHz. Resonance frequencies of the human body structures lie in the range 1 to 10 mHz. Frequencies that are harmful for the human body lie beyond the range of 1 mHz.



**Life Balance natural biosystems correcting device is not a medical device!**

**Attention!** The device has a contraindication for women in first trimester of pregnancy and people with transplanted organs. It is also not recommended for use during the first two months after myocardial infarction. In case of severe heart diseases, the device must be located not closer than 0.5 m from the body.

## 11. Capabilities

**Life Balance** is primarily designed for 3 focal areas:

- **Anti-parasite protection**
- **Regulation and harmonization of the human body**
- **The Energy general-purpose program**

## **11.1 Anti-parasite protection.**

The Anti-Parasite Protection programs of Life Balance allow to effectively and safely detox organs and tissues, restore the function of excretory systems, strengthen immunity, and eliminate various infections from the body. The anti-parasite programs are pluripotential thanks to the basic operation principle which is targeted resonant-frequency exposure, preventing development of many diseases.

### **11.1.1 Basic programs**

#### **1. Helminths**

Most often, various intestinal infections get in the body by means of unwashed fruit, thermally underprocessed meat and fish or dirty hands. The body can get infected with helminths (worms). When living in the human body, they feed on its tissues and discharge toxic substances. The Helminthes program allows to clear the body of these microbes. The program is nontoxic for the human body.

**Application:** For preventive purposes, use the program once every 3 days. Not less than 10 sessions in total. Once every 3 days it is recommended to use this program in conjunction with the Detox program.

#### **2. Antiseptic**

Some minor lesions or cuts is an integral part of the active lifestyle. Most often they are simply ignored. But skin disintegration may be followed by penetration of infection and microorganisms causing the inflammatory process. In this case, disinfect them and apply antiseptic. The Antiseptic program will help to kill harmful substances in the body and promote rapid recovery.

**Application:** The program is used for all inflammatory processes. The frequency of application depends on the inflammation degree (2-3 times a day). After that, use cleansing programs for the lymph, liver and kidneys.

#### **3. Basic bacterial infections**



A large number of bacteria, particularly staphylococci and streptococci, are constantly found on the skin and oral or nasal mucosa. During their rips people often don't get enough sleep, get overcooled or tired. The immunity becomes weaker. In this case, bacteria start their harmful effect on the body.

The person starts feeling a sore throat, high temperature and fever. The "Basic bacterial infections" program reduces the negative effect of bacteria and helps the body to restore its strength and immunity.

**Application:** The program must be used daily until full recovery. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

#### ***4. Papilloma virus***

The papilloma virus is believed to be one of the most common human-to-human transmitted infections. According to statistics, the virus is present in the body of nearly 90 percent of people, while they often don't even suspect that. The papilloma virus affects epithelial cells of the entire skin cover, including oral and genital mucosa. The specific feature of the virus is its ability to cause abnormal reproduction of cells, often with genital warts and papillomas. Infection occurs after penetration of the papilloma virus through small fissures, roughness and other skin microtrauma. When getting on the undamaged skin, there will be no infection, because the virus cannot reproduce itself in dead cells, besides, skin upper layers quickly peel off. Only when it hits immature parts of the epithelium does, the papilloma virus quickly reproduce itself causing skin hyperplasia or lesion.

**Application:** The program must be used daily until full recovery. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

#### ***5. Epstein-Barr virus***

The Epstein-Barr virus belongs to the herpesvirus family (HHV-4) and is the most widely spread viral infection.

According to the statistics, up to 60% of children and almost 100% of adults are infected with this virus. The Epstein-Barr virus is transmitted by air (through kisses), through non-sexual contact (shared household items) and less often through the blood (vector-borne) and through mother to child (vertical path).

The only source of infection is a human, most often patients with latent or asymptomatic forms. The Epstein-Barr virus gets into the body through the upper respiratory tract, from where it penetrates to the lymphoid tissue, affecting lymph nodes, tonsils, liver and spleen.

**Application:** For the chronic carrier state the program must be used 1-2 times daily for 10 to 14 days until full recovery in the presence of signs of disease. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***6. Herpes genitalis***

Herpes genitalis is a chronic (long-lasting) disease caused by herpes simplex virus, type 2. The virus remains in the body and may become activate from time to time. On the average, there are 4-5 relapses in the first two years after infection. (relapse is re-development of the disease).

**Application:** For the chronic state the program must be used 1-2 times daily for 10 to 14 days until full recovery in the presence of signs of disease activation. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***7. Herpes zoster***

The Herpes zoster virus gets into the body of a susceptible host by airborne or by airborne transmission or through non-sexual contact. The zoster virus, after having penetrated the human body, initially provokes development of the chickenpox (varicella). After recovery this virus doesn't disappear, but gets into nerve cells of spinal nodes. It can exist there for years without any manifestation. However, under unfavorable conditions, it becomes active and manifest itself as the shingles.

**Application:** The program must be used daily for 10 to 14 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***8. Fungi and mold***

The program protects the body against infection with common fungi, such as candida or mold fungi. These microorganisms is a part of the normal microflora of the intestine, vagina and mouth. But with decrease in immunity, the candida starts to actively multiply and affect the body.

Mold fungi destroy health of people and their homes. The person inhales the air filled with their spores even in a clean room. Once the human immunity weakens after any disease, "secret agents" of the mold that lives in the body start causing diseases by affecting organs and bones.

The mold can release toxic agents - mycotoxins - which may be harmful for people and animals. One can feel effect of the mold when its spores penetrate through the inhaled air, skin or ingested food.

The mold is everywhere, but we mostly ignore it, when cutting green mold stains from

the bread crust or old cheese, removing a thin white layer from the jam or simply eating leftovers without even knowing how dangerous it is. Even if only one orange wedge is affected by mold, it means that the whole fruit is spoiled.

Prevention of candida or mold fungi through the "Fungi and mold" program restores the acid-base balance which inhibits reproduction of fungi.

**Application:** The program must be used 1-3 times per day for 2 to 4 weeks. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***9. Flu***

Influenza is a severe viral infection. But it's not the virus itself which is dangerous, but complications after the disease. With the low immunity, the body becomes susceptible to "attack" of other infections. To avoid unwanted consequences during a mass disease, use the "Flu" program. To prevent bacterial infection, you should also use the "Basic bacterial infections" program and programs for cleaning the lymph, liver and kidneys.

**Application:** For preventive purposes during the epidemic, the program must be used once every 2 days. If necessary - daily. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***10. Dermatomycosis***

Pathogenic microscopic fungi can affect the skin, causing diseases which are commonly known as dermatomycoses. Dermatomycoses are skin diseases caused by several different fungi and usually classified depending on the site of the skin rash. The program helps the body to remove toxins caused by fungi, reducing the load on organs and systems and accelerating removal of harmful agents from the body.

**Application:** The program can be used daily, once a day. The course takes 2 weeks. When using the program, make sure to drink daily not less than 1-1.5 l of pure water.

### ***11. Fungi and mold detox***

The program helps the body to remove toxins caused by fungi, reducing the load on organs and systems and accelerating removal of harmful agents from the body.

**Application:** The program can be used daily, once a day. The course takes 2 weeks. When using the program, make sure to drink daily not less than 1-1.5 l of pure water.

### ***12. Detox***

Every day people eat harmful or dangerous food which is semi-finished and fast food, breathe in poisoned air, drink alcohol or drugs, smother themselves with tobacco smoke and get infected with pathogenic microbes. As a result, the body starts malfunctioning. Headaches, memory impairment, backaches, constipation or loss of taste sensation. What should be done in all such cases? Body detox!

The program helps to accelerate removal of harmful agents from the body.

**Application:** The program can be used daily, once a day. The course takes 2 weeks. When using the program, make sure to drink daily not less than 1-1.5 l of pure water.

### ***13. Drainage***

The program is aimed at activating excretory functions for removal of toxins.

The obligatory condition of the Drainage therapy is increased intake of pure still unboiled water - min. 30 ml per kilogram of weight per day. The program ensures removal of toxins from the body both from chemical poisoning, as well as from parasites and their byproducts. It regulates the nervous, immune, lymphatic and endocrine systems, activity of the gastrointestinal tract - liver, kidneys, intestines - circulatory system and hematopoiesis.

**Application:** The program must be used once every 3 days. The course takes 2 weeks. The obligatory condition of the Drainage program is increased intake of pure still unboiled water - min. 30 ml per kilogram of weight per day.

### ***14. Respiratory tract and nose***

Easy breathing is a key to the sense of well-being. With poor breathing the body lacks oxygen leading to underproduction of the energy which is crucial for the normal body functioning and all vital processes. The "Respiratory tract and nose" program fights nasal blockage caused by various factors.

**Application:** The program must be used once every 2 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***15. Candida***

Candida is a yeast fungus parasitizing in the human body and causing candidiasis. Candidiasis is a frequent side effect of prolonged and uncontrolled intake of antibiotics. The prolonged antibiotic treatment destroys all bacteria and causes microbial imbalance which leads to active reproduction and distribution of fungi. The program helps the body by preventing reproduction of yeast fungi.

**Application:** The program must be used once every 2 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### **16. *Candida albicans***

Nearly 80% of the planet population are carriers of *Candida Albicans*, the parasitic fungus. And only few know what it is. Though, the disease called "thrush" is known by many. In medicine it is called candidiasis. It can occur at any age, with newborn babies or grown-ups. The program protects the body against such common fungus as *Candida albicans*. With decrease in immunity, *Candida albicans* starts to actively multiply and harm the body. Prevention of candida with the help of the "Stop Candida" program regulates the acid-base balance, thus preventing reproduction of the fungus.

**Application:** The program must be used 1-3 times per day for 2 to 4 weeks. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### **17. *E. Coli***

The program is able to suppress the negative effect of *E. coli* and increase the body's resistance to its impact. Pathogenic *E. coli*, when getting into the human body with poor-quality or undercooked foods or water, cause severe poisoning. The "E. Coli" program helps to protect the body against pathogenic microorganisms, without any harm to the intestinal microflora.

**Application:** The program is recommended daily for 10 to 20 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### **18. *Lymph and detox***

One of the main programs for cleansing the body is "Lymph and detox." The lymphatic system not only incapacitates harmful and toxic agents, but also cleanses organs and tissues from them. With various diseases, the amount of harmful agents increases manifold. The lymphatic system is unable to remove them all and the body can get intoxicated again. The "Pure Lymph" program is aimed at accelerating of the lymph cleansing without loading the lymphatic system itself.

Application is recommended a week before your vacation, which will boost your immune system and prepare the body for acclimatization.

**Application:** The program is recommended for use once every 3 days. When using the 'Pure lymph' program, make sure to drink daily not less than 1-1.5 l of pure water.

### **19. *Lamblia intestinalis***

The *Lamblia intestinalis* parasitizes only in the human body causing Giardiasis. During life. Many people deal with it during their life. Parasites get into the body by means of dirty hands, unwashed food and unboiled water. The program protects against the negative impact of these Microbes on the human body. Personal hygiene activities and regular use of the "Lamblia intestinalis" program as a preventive measure protects a person against these microorganisms.

**Application:** The program is recommended for use 1-2 times per day for 10 to 14 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### **20. *Foot and nail fungus***

The athlete's foot is a prosodemic ailment of any nature affecting the skin or nails. Most often, the primary site of the pathological process are web spaces (with rare exceptions). In 30% of cases the infection occurs in the family from a family member with fungus. The infection is mostly transmitted by means of shared shoes and other household items. With the same frequency the infection occurs in public places, such as baths, showers, gyms, fitness centers or swimming pools.

The "Foot and nail" program makes the body more resistant to the impact of fungi and reduces their growth. Select this program for prevention of fungal diseases and you will always have clean and neat feet.

**Application:** The program is recommended for use 2 times a day for 15 days until subsidence of clinical signs. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### **21. *Mycoplasma***

Mycoplasma are parasitic or saprophytic bacteria, which have adverse effects on the human body. They can provoke infertility in women and men, cause inflammatory diseases or affect a gestation course. Mycoplasma is usually diagnosed late in case of its asymptomatic course causing, in its turn, the chronic inflammation of the uterine adnexa, bladder or prostate gland in men.

**Application:** For preventive purposes the program is recommended once every 3 days, for the chronic state the program is used 1-2 times daily for 10 to 14 days. The total number of sessions is 10. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

## **22. Nematode (ascarids)**

Nematode or ascarides is the second largest group of the most common types of helminths in humans and metazoans on Earth (after arthropods). The most famous representatives of nematodes for us are ascarids, pinworms and whipworms. Living in the human body, they feed on its tissues and release toxic agents. The "Nematode (ascarids)" program cleanses the body of these toxins. The program is completely safe for the human body.

**Application:** For preventive purposes the program is recommended once every 3 days, The total number of sessions is 10. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

## **23. ARVI**

Most acute respiratory viral infections are airborne. Someone can sneeze at work, in public transport or in the cinema, thus immediately putting those around at risk! If you were in the same room with a sick person or got your body supercooled, you should take preventive measures - use the "ARVI" program. It will prevent viral shedding and protect your body.

**Application:** For preventive purposes the program is recommended for use twice a day, Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

## **24. Enterobiasis**

Enterobiasis is the most common parasitic disease caused by helminths (pinworms). Pinworms are often found in children, so enterobiasis is the most common type of helminthoses. Infection often occurs by means of unwashed fruit, thermally underprocessed meat and fish, dirty hands and is characterized by intestinal dysfunction, body intoxication and pronounced itching the anal area. The "Enterobiasis" program cleanses the body of these microbes. The program is completely safe for the human body.

**Application:** For preventive purposes the program is recommended for use once every 3 days. The total number of sessions is 10. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

## **25. Periodontosis**

Parodontium are tissues surrounding the tooth and holding it in its place. Parodontosis is a systemic lesion of the periodontal tissue. It's not an isolated process, but always a generalized disease affecting the entire oral cavity. Although it's not so common, the main danger is that it runs almost asymptomatic, so they usually start treatment very late. In addition, pathogenic microorganisms may start developing in cavities forming due to the tissue atrophy, thus further complicating patients' lives.

**Application:** For preventive purposes the program is recommended once every 3 days. The total number of sessions is 10. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***26. Protozoans***

The program protects against the negative impact on the human body of a large number of unicellular parasites. They get into the body by means of dirty hands, unwashed food and unboiled water. The program affects protozoans, destroying them. Personal hygiene activities and regular application of the "Say No to Protozoans" program as a preventive measure protects a person against these microorganisms.

**Application:** The program is recommended for use 1-2 times a day for 10-14 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***27. Herpes simplex***

Oral herpes is the most common form of herpes. It can also appear on the genitals, neck, head or hands as small lesions or vesicles. Herpes can get into the nervous system causing various disorders. It remains in nerve cells asymptomatic, manifesting only when your immune system goes low. The virus carrier can infect other people through kissing and even simply through open skin areas.

**Application:** The "No Herpes" program is recommended for use 1-3 times a day for one week, and then once a day for 3 weeks. Once every 3 days this program is recommended in conjunction with the "Detox" program.

### ***28. Rotavirus***

Rotavirus is a specific pathogenic agent provoking intestinal influenza with the pronounced intoxication, body dehydration and various symptoms of the cold. If you were in the same room with a sick person or got your body supercooled, you should take preventive measures - use the "Rotavirus" program. It will prevent viral shedding and protect your body.

The program will also help to avoid disease development after contact with a sick person.

**Application:** For preventive purposes the program is recommended for use twice a day, Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***29. Staphylococcal and streptococcal infections***

Staphylococci and streptococci are constantly found on the skin and oral or nasal



mucosa. During their rips people often don't get enough sleep, get overcooled or tired. The immunity becomes weaker. In this case, bacteria start their harmful effect on the body. The person starts feeling a sore throat, high temperature and fever. The "Staphylococcal and streptococcal infections" program reduces the negative effect of cocci and helps the body to restore its strength and immunity.

**Application:** The program must be used daily until full recovery. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***30. Toxoplasma***

Toxoplasma is a protozoan microorganism. When it gets into the human body, toxoplasma may start developing. Toxoplasma gets into the body after contact with cats, since cats are the final host of toxoplasma. The program protects against the negative effects of toxoplasma on the human body. Personal hygiene activities and regular application of the "Toxoplasma" program as a preventive measure protects a person against these microorganisms.

**Application:** The program is recommended for use 1-2 times a day for 10-14 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### ***31. Strengthening the body defense***

Immunity is the ability of the body to resist action of pathogenic viruses, bacteria, and other harmful environmental factors. The stronger the immunity, the less a person is liable to disease. Strengthening your body defense is key in the Wellness program. It can be promoted by giving up bad habits, a balanced diet and healthy lifestyle. The "Strengthening the body defense" program maintains your body's immunity and provides reliable protection against any external impact.

**Application:** The program is recommended once a day for 10-14 days straight after waking up. Don't use the program before sleep as it may cause insomnia.

### ***32. Ureaplasma***

Ureaplasma is the smallest bacteria inhabiting the genital mucosa and urinary tract. Ureaplasma can provoke inflammation of any part of the urinary tract - bladder, urethra, prostate, testicles and their appendages, or vagina, uterus and appendages in women, it can cause inflammation of joints, especially with rheumatoid arthritis. Protective means against genital infections are sometimes unable to provide the absolute safety. To protect yourself, you can use the "Intimate Health" program aimed at preventing a wide range of sexually transmitted infections.

**Application:** The program is recommended once a day for a course of 10 to 20 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### **33. *Helicobacter pylori***

*Helicobacter pylori* is a unique harmful bacterium causing numerous diseases of the gastrointestinal tract. It's proved that it easily resists the powerful destructive action of the typical acid medium of the stomach. With the help of its flagella, this bacterium can easily move in the gastric mucosa and become attached to it.

During reproduction, these microorganisms affect all cells of the stomach causing to a various inflammatory processes. To date, fighting such dangerous bacteria can prevent the inevitable development of many pathologies. The "Helicobacter pylori" program improves activity of the intestines and stomach and removes dangerous substances from the body.

**Application:** The program is recommended once a day for a course of 10 to 20 days. Once every 3 days this program is recommended for use in conjunction with the "Detox" program.

### **34. *Chlamydia***

Chlamydia is a group of acute and chronic infections caused by intracellular parasites - chlamydiae. It is one of the most common urogenital infections, often asymptomatic. According to different data, from 5 to 15% of young sexually active people are infected with Chlamydia. Chlamydia is also a cause of the half of infertile couples. The "Chlamydia" program allows to prevent infection with intracellular parasites - chlamydia.

**Application:** The program is recommended 1-2 times a day for a course of 10 to 20 days. Once the course is completed, for the body detox use the programs for cleansing the lymph, liver and kidneys.

## **11.2 Body regulation and harmonization**

The body regulation and harmonization programs of the for **Life Balance natural biosystems adjusting device** are based on the pilot projects of R. Voll and A. Cramer who studies the body electromagnetic radiation. According to the scientists, each body has its own oscillations. Oscillations of compromised organs differ from healthy ones.

Life Balance device is a unique device. It's designed to improve a general state of the body. Each human organ has its own resonance frequencies emitted by it. With the influence of various side factors, these parameters deviate from the norm and the exposure to diseases develops. This trend is mostly common for large cities with a rapid pace of life accompanied by stress. The device has 35 basic programs allowing to maintain health and well-being.

Special low-intensity bioresonance frequencies of Life Balance simulate oscillations of healthy organs and "reset" the body to a healthy wave, promoting its self-healing.

**Attention: Life Balance** impacts the human body without causing imbalance of the energoinformational balance, both generally and locally (through the organ projection area), adjusting all internal organs to a healthy one wave. It improves activity of the body and fights stress and chronic fatigue.

### 11.2.1 Basic programs

#### 1. Allergy

Allergy is increased sensitivity of the body to any substances: products, wool, dust, pollen, and chemical or infectious agents. Almost half of the world's population suffers from allergies. The common cause of allergies is malnutrition and unhealthy lifestyle. The program helps to prevent the development of allergy symptoms, reduce manifestations of allergies, alleviate the human condition and stabilize the immune system.

**Application:** For preventive purposes, the program must be used daily in the morning once a day for 5 days. To soothe allergy attacks, the program is recommended 1-2 times a day. After application of the program you will feel better. Also, it has effect on sinusitis promoting easy breathing.

#### 2. Liver function activation

The liver is a unique organ of the human body. It is the largest organ in the human digestive system. Unlike other internal organs responsible for just a few or even one process, the liver performs nearly five hundred functions. It works as a huge filter, passing blood through - it removes toxins, regulates production of the bile and level of fats and carbohydrates in the body. Its immediate role lies in the formation of the half of all human lymph and urea.

With lack of energy, this is our battery or a spare generator, since it contains glycogen, which under certain conditions turns into glucose, supporting vital forces of the body.

**Application:** The program is recommended for use once a day. When using the 'Liver activation function' program, make sure to drink daily not less than 1-1.5 l of pure water.

#### 3. Active protection

The human body exists in conditions of ever-lasting changes of the external and internal environment to which it has to permanently adapt. Many of external influences cannot be deemed useful. The paramount importance for health is the balance of all body

processes, as well as their ability to self-regulation. A healthy diet, fresh air, regular physical activity, positive emotions and the "Active Protection" program are the first helpers in taking care of your health.

**Application:** The program is to be used daily in the morning. Don't use it before sleep as it the excess energy can cause insomnia.

#### ***4. Antivibration***

The vibration syndrome is caused by prolonged exposure to vibration. Vibrations are divided into local (from hand tools) and general (from machines, equipment, moving vehicles or underground). The impact of vibration is found in many professions. The long-term exposure to vibration has a very harmful effect on the human body. In men, it causes impotence.

**Application:** The 'Antivibration' program can be used at any time of the day when necessary. The device must be kept in the pocket or on the dashboard.

#### ***5. Antistress (sleep disorder)***

Every day the person faces stressful situations: at work, on the road, at home, even on vacation. A healthy trained state of mind easily suppresses effects of the stress. With a constantly occurring stress or with a sharp change in the routine rhythm of life, the body might need help. The "Antistress" program is your assistant in any difficult situation followed by psychological or physical stress. It improves activity of the nervous system and promotes fast and deep sleep. Also it has a soothing effect on other biological systems.

**Application:** The program is to be used before bedtime. Put the device under your pillow. If you still cannot fall asleep after completion of the program, repeat the session. Attention! This program is not recommended for use at work or when driving.

#### ***6. Arthritis-arthritis***

Limited abilities or joint pain don't allow to work properly, do activities or fitness. One of the reasons for limited mobility is blood supply disturbance in joints and accumulation of toxic substances in them. The "Arthritis-arthritis" program improves blood circulation and eliminates harmful substances allowing you to fully enjoy your favorite pastime and stay active and healthy.

**Application:** The program is recommended for use once every two days in daytime.

### **7. Bronchospasm**

It's good in restoring activity of bronchi and lungs, normalizing the lung function, relieving spasms and improving blood supply and oxygen absorption.

Put the device in your breast pocket, closer to lungs. In neglected cases repeat the session twice.

**Application:** Turn off 'Bronchospasm' as a first-aid program for bronchial spasms.

### **8. Deep cleansing**

Every day, we may deal with such kind of issues as overeating, heaviness in the stomach, malaise, fatigue, dyspepsia and even poisoning. To help the body overcome these loads, use the "Deep body cleansing" program is designed to eliminate various toxins from the body.

**Application:** The "Deep body cleansing" program can be used at any time of the day when necessary. The device must be kept in your breast pocket or directly near the body. When using the program, make sure to drink daily not less than 1-1.5 l of pure water.

### **9. Deep cleansing, a treatment program**

"Deep body cleansing, a treatment program" is designed to eliminate toxins from the body during acute or exacerbation of a chronic process in the body. The program is effective for elimination of toxins with a molecular weight of up to 4,000, including snake venoms. They are excreted through the circulatory system. The "Deep body cleansing" program has proven itself in restoring the body after alcohol poisoning. It can also be used for excessive alcohol intake.

**Application:** "Deep body cleansing, a treatment program" can be used at any time of the day when necessary. The device must be kept in your breast pocket or directly near the body. When using the program, make sure to drink daily not less than 1-1.5 l of pure water.

### **10. Depression**

Depression, anxiety and fear - these are interrelated concepts. Anxiety and fear are signs of depression. Very often this condition causes psychosomatic diseases, emotional exhaustion or absence of self-reliance. Fears are strong factors prevent the person from self-fulfillment and achieving success. The program allows you to relieve a depressed state, reduce anxiety, regulate sleep and improve your mood and mental activity.

**Application:** Use once a day in the day- or night time.

### **11. Liver detox**

The liver is the main organ incapacitating toxic and other harmful substances that form in the body. The liver is under heavy load, its performance goes low and it needs detoxification.

**Application:** The program is used once every 3 days. When using the program, make sure to drink daily not less than 1-1.5 l of pure water.

### **12. Life energy**

The life energy defines the person's urge to live. If there is enough life energy, the person has a wish, desire, strive and creative mood, he has itchy feet and sparks others around.

The life energy permeates and fills all cells and atoms of our body, uniting them into a single entity, causing the smallest particles of the body to vibrate at their frequency, eventually merging into one most powerful natural energy absorber and emitter. The "Life Energy" program increases mental activity, regulates sleep, relieves anxiety and emotional tension.

**Application:** The program can be used once a day.

### **13. Constipation**

Constipation is delayed, difficult or systematically insufficient defecation. The situation when the person has no stool for more than 24 hours. Only few out of the multimillion crowd of people actually know about a key role of the intestine in maintaining a strong and stable health. Long ago ancient sages, yogi, Tibetan and Egyptian healers knew were aware that the large intestine should be kept in perfect order if the person wants to be healthy.

**Application:** The program must be used daily. When using the program, make sure to drink daily not less than 1-1.5 l of pure water.

### **14. Immune system**

Immunity is the ability of the body to resist noxious agents. The stronger the immunity, the less a person is liable to disease. The state of your immune system depends on several factors:

- no bad habits
- a balanced diet
- a healthy lifestyle

The "Immune system" has a stimulatory effect on the body, increases resistance to external adverse factors and improves physical activity.

**Application:** This mode can be used at any time of the day. Perfect for prevention of cold-related disease.

Attention! Don't use the program before sleep as it may cause insomnia.

### ***15. Skin treatment program (regulation)***

Skin regeneration is a process restoring tissues after mechanical damage. Appearance of scars and traces depends on how quickly this process runs. Such recovery is all about the immune system, nutrition and state of health. This program is designed to help the body when restoring the skin after mechanical damage.

**Application:** The program can be used at any time of the day.

### ***16. Liver function improvement***

The processes of natural regeneration is a real salvation for the liver. With the vast range of liver diseases say a firm No to despair or giving up, since the liver is perhaps the only organ **able to fully recover** even after serious damage of its cells. Even if a large part of the liver is out of order, remaining healthy cells can, by gradually dividing, eventually take place of the injured ones and perform their work to the fullest - it might be compared with the lizard's capacity to re-grow its tail. In this way the nature reliably protected the liver, an organ without which the normal vital activity of the whole body is impossible. In most terminal, last-stage diseases, the liver can be saved and recovered. The "Liver function improvement" will help to boost recovery of the liver after diseases.

**Application:** The "Liver function improvement" program can be used at any time of the day.

### ***17. Resistant treatment***

The "Resistant treatment" program allows to synchronize, regulate functioning of all body organs and system, increase conductivity of meridians and ensure the full circulation of energy and blood. It improves the blood circulation and metabolism, activates cells, increases vitality of the body, cleanses the blood, reduces its slugging and viscosity.

**Application:** The "Resistant treatment" program can be used at any time of the day as needed.

### ***18. Pancreas (pilot frequencies)***

The pancreas is a unique organ. This is the only gland in the human body which has mixed secretion. It produces hormones regulating all types of metabolism, and therefore it is considered to be the organ of the endocrine system. At the same time, the pancreas releases enzymes into the duodenum cavity, and, therefore, be certainly called a digestive organ.

**Application:** The "Pancreas" program can be used at any time of the day as needed. Desirable to use in conjunction with the "Regulation of the gastrointestinal function" program

### ***19. Regulation of the gastrointestinal function***

The good and balanced nutrition is one of the most important conditions for maintaining good health. Switching to new, unusual foods, diet violation, long-term stresses inevitably cause higher load on the gastrointestinal tract, which can lead to very unpleasant consequences. The "Digestion" program has a beneficial effect on all organs of the gastrointestinal tract, helping to digest food easier and reducing a risk of eating disorders.

**Application:** The program can be used at any time of the day. The best recommended time is from 7.00 am to 9.00 am. Re-use in half an hour.

### ***20. Regulation of the female genitourinary system***

Bad ecology and bad habits have an adverse effect on the female body, accelerate its aging and cause malfunctions in the female body. The program covers a wide range of health problems encountered by women and is useful at any age. It reduces premenstrual tension and pains, and adjusts the climacteric syndrome. The program is designed to prevent disorders of the female genitourinary system and is useful for women at any age.

**Application:** For prevention purposes, the program is used once a week at any time. Girls during puberty are advised to use it 1-2 times a week. Women suffering from pain and discomfort during menstruation are recommended to use it daily during this period.

**Important!** It is not recommended to use the program during pregnancy or planning for pregnancy.

### ***21. Regulation and cleansing of the lymphatic system***



The lymphatic system controls purity of the body 24 hours a day. It plays an important role in removal of byproducts and maintenance of the immune system. Basically, the lymph gets cleared in a natural way when passing through lymph nodes, but sometimes it's not enough. When functions of the lymphatic system are impaired, up to 83% of harmful substances accumulate in the intercellular space. This increases the load on all emunctories - the liver, intestines and kidneys.

The program helps lymph thinning, removal of toxins and excess water from the body, improves metabolism in cells, stabilizes the blood pressure and boosts your immunity system.

**Application:** The program can be used at any time. When the program is working, the light stroking massage is recommended.

**Attention!** For the most effective detoxification, make sure to drink daily not less than 1-1.5 l of pure water.

### ***22. Regulation of the blood flow***

A sedentary lifestyle, bad habits, malnutrition and stress are conditions affecting the blood circulatory system and not only disrupting its activity, but also the metabolism in general. The "Blood flow" program is designed to prevent malfunctioning of the circulatory system which is key in maintaining health and good performance.

**Application:** The program can be used at any time of the day as required, but the best recommended time is from 11am to 1pm. The device should be kept in your breast pocket or nearby the body.

### ***23. Regulation of the male genitourinary system***

Men's health is not only a good sexual potency, but also the proper functioning of other internal organs. Taking care of men's health is a must starting from a young age. The program is designed to harmonize the male genitourinary system. It regulates the process of urination, activity of male sexual glands, including the prostate gland. The older the man, the more helpful this program is.

**Application:** The program to be used once a week, but the best recommended time is from 9pm to 11pm.

### ***24. Regulation of the endocrine system***

The endocrine system regulates activity of organs with the help of hormones and ensures constancy of the internal environment (homeostasis). The endocrine system is involved in the body development, its growth and reproductive function. It also regulates the mental state and emotional reactions. The program improves function of the hypothalamus-pituitary-genital gland system and regulates excretory processes in the body.

**Application:** The program can be used at any time of the day

### ***25. The Anti-pain mode***

Pain is the response of the body organs and systems to attack of the external environment or malfunctioning of internal organs. Pain causes a serious discomfort, depriving of the feeling of abundance in life. The only effective way to combat pain is to eliminate causes of its occurrence. The "Anti-pain program includes the set of frequencies eliminating causes of the pain of different nature.

**Application:** The program can be used at any time of the day. If the pain persists during one hour, repeat the session.

### ***26. The Kidneys mode***

Functions performed by kidneys are variable . The main one is regulation of the water and electrolyte metabolism in the body which maintains a constant volume and pressure of the blood and other fluids. Also, kidneys regulate the acid-base balance in the body. They excrete byproducts of the nitrogen metabolism - urea, creatinine, uric acid, etc. Malnutrition (especially, over-nutrition), metabolic disorder, lack of vitamin A, hypothermia and infections cause kidney contamination and lithiasis. The program promotes active removal of toxins from the body, regulates kidney function and prevents lithiasis.

**Application:** The program can be used at any time of the day when necessary, the best recommended time though is from 5pm to 7pm. In case of toxic or infectious diseases repeat after 0.5 hours. For normal kidney activity, make sure to drink daily not less than 1-1.5 l of pure water.

**Attention!** The increased urine flow is possible when applying this program.

### ***27. The Seven chakras***

The human is a complex energy structure based on seven energy centers (chakras), which are located along the spine. Each chakra is associated with certain organs, if chakras are in disorder, the function of corresponding organs is disrupted. The energy

accumulates in chakras. The negative energy clogs chakras and affects the body as a whole.

The program's action: it harmonizes lost energy and distributes it correctly, thus restoring activity of organs and systems as a whole.

**Application:** The program is used during the daytime.

### ***28. Regulation of the heart***

Activity of the heart ensures supply of organs with oxygen and nutrients, which means good performance of the whole body. Heart disorders are caused by the wrong lifestyle, stress and physical overload.

The program regulates the complex blood circulation and blood pressure, provides normal blood supply to the heart muscle, promotes self-regulation of the heart and its stable activity.

**Application:** Use twice at any time of the day as necessary (the best recommended time is from 11am to 1pm).

**Important!** The program is not recommended for 2 months after myocardial infarction

### ***29. Chronic fatigue syndrome***

Everyone has experienced this state in the everyday life after hard, stressful work and lack of sleep. Usually fatigue is gone after a good, proper rest and sleep. If symptoms persist, it means that your body is sick.

Long periods of fatigue can be a sign of a serious illness known as chronic fatigue syndrome (CFS), mainly affecting women.

To prevent this condition, it is recommended to use the "Chronic fatigue syndrome" program.

**Application:** Use the program 1-2 times in the first half of the day.

### ***30. Weight loss (treatment of obesity)***

Obesity is a body condition when fat deposits start excessively accumulating in its fiber, tissues and organs. Obesity which symptom is the weight increase of 20% and more comparing to average values, isn't only the cause of general discomfort. It also evolves into psycho-physical disorders, problems with joints and spine, problems related to sexual life and development of other conditions accompanying such changes in the body. The "Weight loss" program is recommended for use during the treatment of obesity by any available means

**Application:** The program can be used daily.

### ***31. Visual fatigue relief***

The constant eye strain (reading, working at the computer) or change in living conditions or routine cause visual fatigue, irritation and blurring.

The program reduces eye strain, relieves fatigue and pain and promotes normal vision.

**Application:** Use daily at bedtime for 7 days. Discontinue for one day. Repeat sessions until the desired result is obtained. Avoid eye strain after application of the program.

### ***32. Mental fatigue***

The mental fatigue and associated performance decrement have their specifics. They usually occur after long-lasting intense work and are associated with excessive increase or impairment of the activity of external senses. Mental fatigue causes memory impairment followed by washout which is a rapid deletion from memory of what was learnt shortly before. The "Mental fatigue" program increases brain efficiency, improves memory and, in conjunction with a healthy lifestyle, sets the psycho-emotional component of a person to positive.

**Application:** Daily. 1-2 times in the first half of the day.

### ***33. Back fatigue***

The spine plays a role of the core of the body. It gets overloaded the when carrying heavy weights. Spine injuries are particularly common in athletes and those doing physically demanding job. A bad posture also gives rise to future spine problems.

The program is designed to strengthen your spine.

The "Back fatigue" helps to keep the spine in good condition. It improves the exchange of phosphorus and calcium and intensifies protective functions of the body.

### ***34. Cholesterol***

Hypercholesterolemia is not yet a disease, but a risk factor for atherosclerosis. This term indicates an increased content of cholesterol in the blood. Cholesterol is a part of cell membranes. However, an excessive amount of cholesterol in the blood causes formation of atherosclerotic plaques.

The "Cholesterol" program will reduce cholesterol in the blood, reduce the risk of atherosclerosis and clean and strengthen vessels.

**Application:** The program is recommended to be taken as courses, not less than for 1 month. The more pronounced violations of the lipid metabolism, the longer application of the program is needed. For prevention, the program can be used 1-2 times a week.

### **34. Teeth sensitivity**

The increased teeth sensitivity (hyperesthesia) can cause lots of troubles. Our teeth start being sensitive to any irritants - hot, cold, sweet or spicy. The recent statistics has shown that seeking dental care for the increased teeth sensitivity has increased several times - it indicates the growth of non-carious diseases. The "Teeth sensitivity" allows to prevent development and relieve the increased teeth sensitivity.

**Application:** The program can be used at any time as necessary.

**Attention!** The device must not be used by pregnant women during their first trimester and persons with transplanted organs. It's also not recommended for use during the first two months after myocardial infarction. In case of severe heart diseases, the device should be located minimum 0.5 m away from the body.

### **11.3 Energy general-purpose program**

The Energy general-purpose program is a unique program which can combat fatigue and prevent its occurrence, fight sleepiness, bad mood and other daily malaises encountered by any modern person. The problem of low energy and ill-being is particularly topical for townspeople. It's not only associated with stresses or bad environmental condition, but also with surrounding biopathogenic fields (computers, smartphones, electrical appliances etc).

The Energy general-purpose program embedded in Life Balance radiates harmonic electromagnetic waves adjusting bioenergy indicators, triggering the body's regulation functions based on resonance phenomena and protecting against bio- and geopathogenic factors. A well-designed program for electromagnetic exposure restores and intensifies physiological parameters, relieves psychoemotional tension, re-charging the person with energy and promoting his good mood and perfect well-being. In development of the Energy general-purpose program, the principle of "varying frequencies" was used, which by definition are more physiologically favorable and well-tolerated.

The energy is known to flow continuously in the human body. However, some spaces of negative stagnant energy often occur in the body. The Energy general-purpose program will stream your energy in the right direction to remove any stagnation of negative information.

**Application:** This program can be used 1-2 times a day, during daylight hours.

**Attention!** Don't use the program more than 2 times a day. Don't use at nighttime.

**The Energy general-purpose program is used for boosting body defenses and adjusting exposure to electromagnetic radiation of natural biosystems.**

The key advantage of **Life Balance natural biosystems adjusting device** is the capability of composing an individual automative program based on the results of testing performed using Life Expert device and availability of automative, customized programs for maintaining a high health rate regardless of various external and internal factors. What is more, the user can apply his personally composed programs in manual mode. It allows to select an individual preventive course for each particular person.

**Life Balance natural biosystems adjusting device is not a medical device!**

**Attention!** The device must not be used by pregnant women during their first trimester and persons with transplanted organs. It's also not recommended for use during the first two months after myocardial infarction. In case of severe heart diseases, the device should be located minimum 0.5 m away from the body.

**12. Note: For best results, Life Balance natural biosystems adjusting device is recommended to use in conjunction with Life Expert natural biosystems testing device.**

