

NES miHealth Focused Function Protocols (V3.15_01)

The information in this chart is based on the experience of NES miHealth practitioners around the world including the USA where it is registered as a 510K medical device exempt for pain under the category of electro-stim/TENS. Please refer to the manual for review of contraindications and precautions regarding NES miHealth use in the USA.

This chart provides suggestions for selecting combinations of NES miHealth functions with the aim of harmonizing the human body-field (HBF) and stimulating the self healing mechanisms of the body in specific areas.



Under normal circumstances the NES miHealth session should be effective in less than 15 minutes. Each function is normally used for between 2 and 4 minutes and usually 3 to 6 functions are used. Use caution when treating initially and be mindful to minimize treatment time. It is generally recommended not to exceed a 20 minute miHealth application

In selecting functions for the NES miHealth it may be helpful to think in terms of the three stages as set out in this chart:

1. **Communication and cell energy** - This first stage is about improving communication between the cells (Matrix Carrier) and energizing cellular activity (Biocell). This stage activates and synchronizes the tissue cells for coordinated healing action and the NES miHealth functions of stages 2 and 3 are more effectively utilized.
2. **Focus on presenting issue** - This stage is about tailoring the NES miHealth application to the presenting main issue. There are three categories in this stage - A, B and C. One category is chosen per session in most cases, based on the clinical decision of the practitioner.
 - A - For significant discomfort in an area, choose Acute or Chronic Balance. Acute Balance should be used in the first few days following a trauma or injury. Use Chronic Balance for discomfort of longer duration.

B - If the consideration is more physiological then consider using: Nerve, Skin, Muscle, Bone, Head, Digestion, Hearing, After Sport, Rejuvenation...

C - If the consideration is energetic in nature, then consider using: Energy, Recharge, *Emotional Energy, Female, Male, General Rejuvenation...

3. **Emotional and Integration** - End the session by using Energy Align and/or use Emotional or Mind Function - ESR, Mental Clarity and Peace. Remember chronic issues often have an emotional background.

Notes

- It is the responsibility of the NES miHealth practitioner to assess the client's individual needs and select the appropriate course of action. These charts are suggestions for general guidance purposes only.
- Suggested application times are for general guidance purposes. The general rules for application times and determining when to move on from one area to another is provided by NES miHealth training and should always be observed.
- On body refers to applying the NES miHealth electrodes directly to the skin. In the USA, the practitioner must be licensed to use TENS devices to apply the NES miHealth to the skin. It is recommended not to shower or apply anything to skin 2 hours before/after an on body miHealth application
- Off body refers to setting the device to 'broadcast mode' and using the device away from the skin, or in the case of cycles the device can be left resting against the body.
- The suggestions in this document do not indicate an absolute results. They are for guidance purposes only. Each client is an individual and may respond differently.
- The NES miHealth is not a medical device and does not claim to diagnose, prevent, treat or cure diseases.
- For medical conditions please consult with a competent professional.

*Emotional Energy - may be applied as first 3 minutes of Transformation Cycle

NES miHealth Discomfort Protocols

State	Functions			Notes
	Initialize	Focus	Emotion/Integrate	
Discomfort	<p>When addressing an area with pain it is important to investigate the root cause. Pain is a symptom. With severe pain it may be advantageous to start working the laterally opposite part of the body first before moving to the area of the pain site. Working off body tends to have a more regulating effect and is a good starting point and may be preferable when there is inflammation. However it may be effective to stimulate the area with on body techniques but this should not be done in a way that aggravates it. It is useful to assess the level of discomfort before and after the application of NES miHealth.</p>			
Acute Discomfort - General	Matrix Carrier, Biocell	A - Acute Balance B - Physical Rejuve, Nerve	Peace, Energy Align	On/off body. 2-4 minutes per function.
Acute Discomfort - Joint area	Matrix Carrier, Biocell	A - Acute Balance B - Joint, Physical Rejuve, Nerve	Energy Align	On/off body. 2-4 minutes per function.
Acute Discomfort - Muscle area	Matrix Carrier, Biocell	A - Acute Balance B - Muscle, Physical Rejuve, Nerve	Energy Align	On/off body. 2-4 minutes per function.
Acute Discomfort - Tooth area	Matrix Carrier, Biocell	A - Acute Balance B - Nerve	Energy Align, Inner Peace	Off body. 2-4 minutes per function or longer if required.
Chronic Discomfort - General	Matrix Carrier, Biocell	A - Chronic Balance B - Physical Rejuve, Nerve C - Energy, General Rejuve	Energy Align, *Emotional Energy	On/off body. If emotionally drained from pain then use *Emotional Energy. 4 minutes per function.
Chronic Discomfort - Joint area	Matrix Carrier, Biocell	A - Chronic Balance B - Joint, Physical Rejuve, Nerve C - Energy, General Rejuve	Energy Align, *Emotional Energy	On/off body. If emotionally drained from pain then use *Emotional Energy. 4 minutes per function.
Chronic Discomfort - Muscle area	Matrix Carrier, Biocell	A - Chronic Balance B - Muscle, Physical Rejuve, Nerve C - Energy, General Rejuve	Energy Align, *Emotional Energy	On/off body. If emotionally drained from pain then use *Emotional Energy. 2-4 minutes per function.
Chronic Discomfort - Nerve area	Matrix Carrier, Biocell	A - Chronic Balance B - Physical Rejuve, Nerve C - Energy, General Rejuve	Energy Align, *Emotional Energy	On/off body. If emotionally drained from pain then use *Emotional Energy. 2-4 minutes per function.

*Emotional Energy - may be applied as first 3 minutes of Transformation Cycle

NES miHealth Skin Protocols

State	Functions			Notes
	Initialize	Focus	Emotion/Integrate	
Skin	Skin is a major organ of the body and its condition may be reflective of deeper issues within the body as well as hydration and electrolyte levels. Skin has a detoxification function and some conditions may be as a result of toxins leaving the body.			
Skin - General	Matrix Carrier, Biocell	B - Skin, Anti Aging C - General Rejuve	Energy Align, ESR, Mental Clarity	On body unless the skin is painful. 2-4 minutes per function.
Skin - Burns (acute)	Matrix Carrier, Biocell	A - Acute Balance B - Skin	Energy Align, ESR, Mental Clarity	Off body over area. Use as soon after burn as possible. 3-5 minutes per function. 3 times per day.
Skin - Cuts (acute)	Matrix Carrier, Biocell	A - Acute Balance B - Skin	Energy Align, ESR, Mental Clarity	Off body over area. 2-5 minutes per function 3 times a day.
Skin - Bruise/Hematoma	Matrix Carrier, Biocell	A - Acute Balance B - Skin, Physical Rejuve	Energy Align, ESR, Mental Clarity	On body around area. Off body over area. 4 minutes per function.
Skin - Eczema, Psoriasis	Matrix Carrier, Biocell	B - Skin, Nerve	Mental Clarity	Off body over area. 5 minutes per function. 2-4 minutes per function. (may be on body, when dry).
Skin - Ulcers	Matrix Carrier, Biocell	B - Skin, Nerve (locally), Physical Rejuve C - Energy	Energy Align, Mental Clarity	On body around area. Off body over area. 2-4 minutes per function.
Skin - Scar	Matrix Carrier, Biocell	B - Skin	Energy Align. After physical shock use - Mental Clarity	On/off body over area. 2-4 minutes per function.
Skin - Bites/Stings	Matrix Carrier, Biocell	A - Acute Balance B - Skin	Energy Align	On body using the corner of the small electrode on or next to site. Continue applying until pain subsides. May require high intensity settings. Maximum 20 minutes.
Skin - Wrinkles	Matrix Carrier, Biocell	B - Anti Aging, Skin	Energy Align	Anti Aging - use 'dosage mode' and multiple points around area. Then Skin in normal mode for 5 minutes on body over wrinkles.
Striae (stretch marks)	Matrix Carrier, Biocell	B - Skin	Energy Align	Off body - 2-4 minutes per function.

NES miHealth Muscle, Nerves & Bladder Protocols

State	Functions			Notes
	Initialize	Focus	Emotion/Integrate	
Muscle	Muscle issues tend to benefit from on body application unless they are very painful to touch. Off body application can still be effective. For chronic conditions the application time may need to be increased. For acute conditions it may be beneficial to apply several times a day.			
Muscle - Strain/Tension	Matrix Carrier, Biocell	B - Muscle, After Sport, Physical Rejuve	Energy Align, Peace	On/Off body over and around area. 2-4 minutes per function.
Muscle - Wasting	Matrix Carrier, Biocell	B - Muscle, Physical Rejuve C - Energy	Energy Align	On/Off body over and around area. 2-4 minutes per function.
Muscle - Tear	Matrix Carrier, Biocell	B - Muscle, After Sport, Physical Rejuve	Energy Align, ESR	On/Off body over and around area. 2-4 minutes per function.
Muscle - Stiffness	Matrix Carrier, Biocell	B - Muscle, After Sport, Physical Rejuve	Energy Align, Peace	On/Off body over and around area. 2-4 minutes per function.
Muscle - Cramps	Matrix Carrier, Biocell	B - Muscle, After Sport, Physical Rejuve	Energy Align, Peace	On/Off body over and around area. 2-4 minutes per function.
Connective Tissue (general)	Matrix Carrier, Biocell	A - Immune ET's B - Physical Rejuve	Energy Align	On/Off body over and around area. 2-4 minutes per function. ('Immune ETs' function seems to benefit connective tissue generally).
Nerves	There are many nervous system health conditions and it is important to understand if the client is suffering from these. The suggestions below are general approaches to help re-establish balance in the central nervous system.			
Nervous System - Under active (lethargic)	Matrix Carrier, Biocell	B - Nerve C - Energy, General Rejuve, Emotional Energy	Mental Clarity	On body along spine. 2-4 minutes per function.
Nervous system - Over active (hyperactive)	Matrix Carrier, Biocell	B - Nerve	Peace, ESR, Energy Align	Off body over spine. 2-4 minutes per function. Peace cycle may also be of benefit.
Bladder				
Infections (recurring)	Matrix Carrier, Biocell	Immune ET's, Transformation Cycle	Peace, ESR, Energy Align	Off body over bladder area and spine.

NES miHealth Bone, Fatigue, Digestion & Neck Protocols

State	Functions			Notes
	Initialize	Focus	Emotion/Integrate	
Bone				
Bone Fracture (repair)	Matrix Carrier, Biocell	A - Acute Balance if fresh B - Bone, Physical Rejuve	Energy Align	Off body over area if acute. On body if chronic. 2-4 minutes per function.
Fatigue				
Fatigue is a sign of many health conditions so it is important to investigate the cause which can include anemia, electrolyte deficiency, thyroid issues, diabetes, depression, heart disease, blood sugar irregularities. Diet, sleep, posture and exercise should also be considered. Suggestions below are for general fatigue issues and other approaches may be required.				
Fatigue - Acute (short term lacking energy - need boost)	Matrix Carrier, Biocell	A - Acute Balance B - After Sport C - General Rejuve, Recharge	Energy Align	Off body. Kidney area, spine. 2-4 minutes per function.
Fatigue - Chronic (long term lacking energy)	Matrix Carrier, Biocell	A - Acute Balance C - Energy, Emotional Energy, General Rejuve, Anti Aging	Mental Clarity, Energy Align	Off body. Kidney area, spine. Three cavities (abdomen, chest, head). 2-4 minutes per function.
Digestion				
There are many forms of digestive issues and the presenting condition should be understood. Usually it is necessary to consider the diet when addressing digestive issues. The suggestions below are for generally calming an over active digestive system or activating a sluggish digestive system.				
Digestion - Overactive (diarrhea, inflammation, sensitive)	Matrix Carrier, Biocell	A - Chronic or Acute Balance B - Digestion	ESR, Energy Align, Peace	Counterclockwise rotation around abdomen. Start with off body. 2-4 minutes per function.
Digestion - Underactive (constipation, sluggish)	Matrix Carrier, Biocell	A - Chronic or Acute Balance B - Digestion C - Energy, General Rejuve	*Emotional Energy, Peace	Clockwise rotation around abdomen. On body 2-4 minutes per function, may require longer with 'focus' section.
Neck				
Neck injuries should be checked by appropriately qualified practitioners.				
Whiplash	Matrix Carrier, Biocell	A - Acute Balance B - Physical Rejuve C - Emotional Energy	Mental Clarity, ESR	Off body. 2-4 minutes per function.

*Emotional Energy - may be applied as first 3 minutes of Transformation Cycle

NES miHealth Sleep & Emotional Stress Protocols

State	Functions			Notes
	Initialize	Focus	Emotion/Integrate	
Sleep	There are many causes for sleep issues and it is useful to investigate these with the recipient. Physical discomfort, medical conditions, stress, depression, lifestyle, diet can all play a part in disturbed sleep.			
Sleep - Falling asleep	Matrix Carrier, Energy Align	C - Energy (when too tired to sleep), Sleep	Peace, Energy Align	Off body. Feet and/or chest. 2-4 minutes per function or just Sleep function for longer.
Sleep issues generally	Matrix Carrier, Biocell	Peace Cycle	Sleep	Use peace cycle just before going to bed then Sleep function for 12 minutes in bed.
Sleep - Staying asleep	Matrix Carrier, Biocell	Sleep, Air Travel	Energy Align, Peace	Off body. Feet and/or chest. 2-4 minutes per function or just Sleep function for longer.
Sleep - Not feeling rejuvenated	Matrix Carrier, Biocell	C - Energy, *Emotional Energy, General Rejuve, Air Travel	Peace	Air Travel function can help balance field alignment issues which can disturb sleep.
Sleep - Waking at night generally		Sleep		Off body. Feet and/or chest. 2-4 minutes per function or just Sleep function for longer.
Sleep - Waking at fixed times	Daytime: Matrix Carrier, Biocell on related organ - Chinese Cycle	Chinese Cycle		Off body - over chest at time of waking.
Emotional Stress	Stress, anxiety, tension are all symptoms of disturbed emotional and/or mind states and it is important to gain some understanding of the underlying causes and triggers. The suggestions below are for the general calming of anxiety.			
Stress - Acute	Matrix Carrier	A - Acute Balance B - Nerve C - *Emotional Energy	Energy Align, Peace, ESR	Spine. Off body. 2-4 minutes per function.
Stress - General (option 1)	Matrix Carrier, Biocell	A - Chronic Balance B - Nerve C - General Rejuve	Energy Align, Peace, ESR	Off body up to 20 minutes
Stress - General (option 2)	Matrix Carrier, Biocell	A - Chronic Balance B - Nerve C - Energy, Emotional Energy	Air Travel, Transformation Cycle (when ready for)	In morning after waking.
Preparing for exams	Matrix Carrier, Biocell	C - Energy	Mental Clarity, Peace	Over chest.

NES miHealth Emotional Shock, Head & Sport Protocols

State	Functions			Notes
	Initialize	Focus	Emotion/Integrate	
Emotional Shock	Emotional shock and trauma can have serious consequences for people and therapists should be appropriately experienced before working with these states. The suggestions below are designed to assist and to be used in conjunction with other approaches to help the client.			
Shock - Acute	Acute Balance, ESR, Matrix Carrier, Biocell	B - Nerve, Air Travel	Energy Align	Spine, feet. Off body.
Shock - Chronic	Matrix Carrier, Biocell	C - General Rejuve, Anti Aging	Energy Align	Off Body. 2-4 minutes per function.
Head	Headaches can be triggered by multiple events including: Stress, insufficient sleep, foods, food additives, grinding of teeth, depression, anxiety, skipping meals, poor posture, lack of exercise, hormones (menstruation, menopause, pregnancy, hormone use), medications, overexerting yourself, sleeping in an awkward position, eye strain, fatigue, smoking, alcohol, sinus infections, colds or flu, dehydration, head injury. It is important to ascertain as much as possible the root cause of the headache.			
Headache	Matrix Carrier, Biocell	B - Head	Energy Align	Off body. 2-4 minutes each over the head and back of neck. Rotate counterclockwise around head. Use Matrix Carrier and Energy Align down spine to sacrum.
Head - Migraine	Matrix Carrier, Biocell	B - Head, Nerve, Immune ET, Air Travel	Energy Align, Peace, ESR	Off body. 2-4 minutes per function over the head and back of neck. Rotate counterclockwise around head. Use Matrix Carrier and Energy Align down spine to sacrum.
Sport				
Before sports - Energise	Matrix Carrier, Biocell	C - Energy, General Rejuve	Mental Clarity	Off body - 7 minutes over chest.
Immediately after sports	Matrix Carrier, Biocell	B - After Sport C - Recharge	Energy Align	Off body - 10 minutes over chest.
General Recovery	Matrix Carrier, Biocell	B - After Sport, Physical Rejuve C - Energy, Air Travel, General Rejuve	Energy Align	Off body - 8 minutes.