



## NES miHealth – Functions Chart – V3.15

- Compact, hand held, electronic, multi-functional precision instrument
- Harmonising the self adaptation and regulation systems of the body.
- Accelerating fatigue recovery within cells, tissues and the mind.
- Utilises short pulsed electrical waves and magnetic fields of a specific nature and frequency spectrum
- Interact with the connective tissue matrix and Human Body Field



### Safety

miHealth is safe in use in normal circumstances. It is the responsibility of the practitioner to determine if and how to use the miHealth device with their clients. It is suggested not to use the device with:

- Cardio Stimulator (pace maker).
- Deep Brain Implants and other electrical implants.
- Mental disorders of a severe nature.
- Cardiac Fibrillation.
- Pregnancy (unless qualified).
- Infants (less than five years of age unless suitably qualified).
- Direct contact with open wounds.
- Direct contact over metal implants, eyes, mouth, genitals.
- Undiagnosed conditions and conditions of unknown origin.
- Conditions the practitioner is not familiar with.

Also due to the electric nature of the device it should not be applied in:

- Wet conditions.
- When the device is connected to a computer or charger.
- If there is damage to the case, electrodes or if the device is malfunctioning.

### Timings

Timing of miHealth Applications and Sessions

- Standard session time: 5 – 20 minutes of total application time.
- Keep first session shorter: 10 minutes
- Broadcast mode restricted to 20 minutes on first few uses.
- Major organs, glands, nerve plexus – max 5 minutes.
- Any one area: max 10 minutes.
- Acute condition - can apply several times a day, 10 minutes max – 3 hours between sessions.
- Give the body time to assimilate and change
- Number of sessions: 1 – 5. If no responses after 3 then probably need an alternative approach.
- Cycles have pre-programmed run times ranging from 27 minutes to 24 hours.










### When to Stop

Determining when to stop or move on from working on one area to the next can be indicated through a number of means:



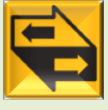




- The recipient reports an easing of the complaint.
- When a cross brushing method is being used on an asymmetry and the 'stickiness' of the area reduces to a normal level.
- The skin under the electrode starts to redden. Some mild reddening of an area is to be expected, but this should not be unduly pronounced.
- The recipient reports the area is becoming very sensitive and painful.
- The dynamics (movement) of an area eases. For instance a stiff joint loosens up or muscle spasms release. There is a noticeable physical and or energetic release.
- The time on one fixed area reaches 10 minutes duration or when working directly over a major organ, gland or nerve plexus 5 minutes duration is reached.

## miHealth PHYSICAL Functions

V3.15-UK-TWS

Name	Function	Suggested Areas to Apply	Notes
 <b>Physical Rejuvenation</b>	For the general fatigue rejuvenation of muscle, joint and bone tissues.	Apply over area giving issue.	This is used as a general application for musculoskeletal issues.
 <b>Chronic Balance</b>	For neural fatigue due to chronic pain (present for more than a few days). General relaxation of chronic muscle tension.	Apply over area giving issue. Symmetry areas. Pain trigger points.	Apply until pain eases. Use in conjunction with Liberator for trauma memory and Matrix Carrier for meridian blocks.
 <b>Acute Balance</b>	For neural fatigue due to acute pain (present for up to a few days). General relaxation of acute muscle tension and emotional tension.	Apply over area giving issue. Symmetry areas Pain trigger points	Apply until acute fatigue eases.
 <b>Muscles</b>	For the general fatigue rejuvenation of muscle tissues.	Apply over area giving issue. Antagonistic group.	Specifically used for muscular issues.
 <b>Joints</b>	For the general fatigue rejuvenation of joint tissues.	Apply over joints giving issue. Distal and proximal joints to main issue.	Specifically used for joint issues.
 <b>Nerve</b>	For the general fatigue rejuvenation of nerves and the nervous system.	Apply over area giving issue. Along spine.	Specifically used for nerve issues. May help with balancing sympatric and parasympathetic. Use off body for calming effect.
 <b>Bone</b>	For the general fatigue rejuvenation of bone tissue.	Apply over area giving issue.	Specifically used for bone issues.
 <b>BioCell</b>	For general cellular fatigue rejuvenation and energising. This can be used anywhere there is tissue fatigue. Generally stimulates healing activity where it is fatigued.	Apply over area giving issue. Use broadcast mode for open wounds.	This is a general cell activity energiser and can be used whenever there is doubt about what function to use.
 <b>After Sport</b>	For general fatigue rejuvenation after exertion. Supports: tissue damage, muscle fatigue, muscle enzymes, muscle tone, myalgia, muscle strain, swelling, trauma.	Apply over area giving issue. Symmetry areas. Pain trigger points.	Usually gives relief for general aches, pains, stiffness as an acute result of strenuous activity.
<b>MyoFascial</b>	For aiding the release of blockages in myofascial tissue (muscle covering).	Apply over muscular areas requiring release	Apply on hyperirritable spots in fascia associated with palpable nodules in taut bands of muscle fibers.

## miHealth ENERGY Functions

Name	Function	Suggested Areas to Apply	Notes
 <b>Recharge</b>	Works at cellular level to recharge the whole body with energy, building up reserves ready for action.	Area feeling de-energised. Three primary cavities – broadcast. Kidney area – broadcast. Acupuncture points (tonify).	Much more powerful than energy, like an adrenal boost and is more short terms for lifting of energy when depleted.
 <b>Energy</b>	A general energiser for the whole body/mind. Revitalises the body's energies. Re-establishes 'source' energy. Works at deepest level of allowing the body to take in and make use of environmental energy.	Area feeling de-energised. Three primary cavities – broadcast. Kidney area – broadcast. Acupuncture points (tonify).	Works well in broadcast mode but can use contact for specific areas. Use in conjunction with General Rejuvenation for severe depletion.
 <b>Matrix Carrier</b>	For the general restoration of integrated communication within the connective tissue matrix. For the restoration of flow in meridian pathways.	Apply along blocked parts of meridian pathway. Apply over areas of the body that are lacking integration.	Works well in broadcast mode. For stubborn blocks use direct contact. Use 'Energy' first to energise area before using Matrix carrier to integrate.
 <b>Male</b>	For fatigue of the male energy system. Related to general male hormone balance and regulation. May help with personal charisma, attractiveness, confidence, will power, social warmth and a general feeling of well-being.	Kidney area, sacrum – broadcast.	Start with a few minutes. Build up if required. Add client's intension focus.
 <b>Female</b>	For fatigue of the female energy system. Related to female hormone balance and regulation. May improve social ability, attractiveness, sexual charisma and general feeling of well-being.	Sacrum, above pubic bone - broadcast. Above inside ankle	Start with a few minutes. Build up if required. Add client's intension focus.
 <b>Energy Align</b>	For re-establishing the correct alignment of 'energy' in the body. For when 'energies' are blocked, incorrect flow or lacking integration. May help with reestablishment of energy structures/centres in a general way.	Areas of poor 'energy' alignment. Soles of the feet. Spine.	Re-establishes energetic body connections resulting in a calm, centred state. May help with normalising the nervous system.
 <b>General Rejuvenation</b>	For general fatigue rejuvenation of the whole body system. Includes Earth Carrier Wave for restoring a centred, earthed feeling. Designed to reset the body/mind as a whole back to a natural harmonious state.	Over spine generally Kidney area Abdomen Sole of foot	Works well in broadcast mode. Use in conjunction with 'Energy' function for severe depletion.







**Chinese  
Cycle**

Cycles through each of the 12 Chinese meridians over a 24 hour period. Used to re-synchronise the body's natural daily cyclical energy flow.




Broadcast only

This cycle will start at the current hour of the day.

## miHealth MIND Functions

Name	Function	Suggested Area	Notes
 <b>ESR</b>	Emotional Stress Release	Along spine Sole of foot Between shoulder blades (Heart level)	Works well in broadcast mode
 <b>Peace</b>	Promoting a calm mental state. Honesty with oneself. Inner Peace focuses on the relationship with the primitive emotions originating in the Brainstem. The auditory nerve is found in this structure and links to auditory messages that have caused disharmony in the HBF memory system. It is also to correct the disharmony that does occur between old brain and the newer parts, particularly the Cerebral Cortex.	Inside of the arm generally Sole of foot Between shoulder blades (Heart level)	Works well in broadcast mode
 <b>Mental Clarity</b>	For assisting with confusion, bewilderment, loss of ability to reason, learning difficulties (due to inability to make sense of what is being said), poor logic reasoning.	Between shoulder blades (Heart level)	Works well in broadcast mode
 <b>Sleep</b>	Helps with fatigue associated with not being able to fall asleep or stay asleep.	Sole of foot Abdomen	Best in broadcast Use in conjunction with ESR and possibly Energy Alignment
<b>Liberator</b>	Aids with liberating the mind from past shocks and traumas.	If associated with physical trauma place on the area of trauma.	Best in broadcast. Use in conjunction with ESR and possibly Energy Alignment
<b>Chill</b>	Helps with processing emotional upsets so a more peaceful, relaxed and happy state of being can be achieved.	3 primary cavities Reflective zones of hands/feet	Best in broadcast ESR and possibly Energy Alignment









## miHealth PROTECTION Functions

Name	Function	Suggested Area	Notes
Microwave Radiation	For fatigue due to exposure to microwaves emanating from space, radio transmitters and microwave ovens.	3 primary cavities Reflective zones of hands/feet, refer to EI12 for any high subreading areas within scan	Works well in broadcast mode, EI 12 and ES14 can be used for addt'l support
Far Infrared Radiation	For fatigue due to exposure to far infrared radiation.	3 primary cavities Reflective zones of hands/feet, refer to EI12 for any high subreading areas within scan	Works well in broadcast mode, EI 12 and ES14 can be used for addt'l support
Computer Radiation	For fatigue due to exposure to electromagnetic radiation emitted from computer equipment.	3 primary cavities Reflective zones of hands/feet, refer to EI12 for any high subreading areas within scan	Works well in broadcast mode, EI 12 and ES14 can be used for addt'l support
Cell Phone Radiation	For fatigue due to exposure of radio waves emitted by cell phones.	3 primary cavities Reflective zones of hands/feet, refer to EI12 for any high subreading areas within scan	Works well in broadcast mode, EI 12 and ES14 can be used for addt'l support
Radio Radiation	For fatigue due to radio waves generally.	3 primary cavities Reflective zones of hands/feet, refer to EI12 for any high subreading areas within scan	Works well in broadcast mode, EI 12 and ES14 can be used for addt'l support
 Nuclear Radiation	For fatigue due to chronic atomic radiation exposure.	Broadcast only Chest Front and Back and Suprasternal Notch	For continued exposure use every day, otherwise use every three days.
 EMF	Helps with fatigue associated with the effects of Electro Magnetic Frequencies (E Smog). Works with low frequency such as mains power (50/60 Herts.) medium frequency such as computers, mobile phones, radio transmitters, microwaves and higher frequencies such as X rays	3 primary cavities Reflective zones of hands/feet	Works well in broadcast mode, may use when EMF shows priority in ENV screen of scan
 Air Travel	Helps to maintain the body's natural alignment with the earth fields which can become fatigued when flying.	Spine, Feet	Works well in broadcast mode

## miHealth TRANSFORMATION

Name	Function	Suggested Area	Notes
Love	For assisting in bringing balance to the way you Interconnect with the outer and inner world in a loving accepting way. May use full Transformation Cycle or support individually when Love shows priority in Mind Solutions or Transformation screens of scan.	Vertex (crown of head) and surface of cranium	Best in broadcast and when in a calm, reflective state with inner focus on change.
Contentment	For assisting in bringing balance to feelings of contentment about life. May use full Transformation Cycle or support individually when Contentment shows priority in the Transformation screen of scan.	Located just above eyebrows on the midline.	Best in broadcast and when in a calm, reflective state with inner focus on change.
Honesty	For assisting in bringing balance in being true and honest with yourself and others.	Located anterior to the spine opposite the suprasternal notch.	
Charisma	For assisting in bringing balance in the way you connect with others at the heart level. May use full Transformation Cycle or support individually when Charisma shows priority in the Transformation screen of scan.	Located at the heart level deep to the anterior spine.	Best in broadcast and when in a calm, reflective state with inner focus on change.
Tolerance	For assisting in bringing balance to tolerating yourself and situations around you. May use full Transformation Cycle or support individually when Tolerance shows priority in the Transformation screen of scan.	Located anterior to the spine opposite the diaphragm.	Best in broadcast and when in a calm, reflective state with inner focus on change.
Will Power	For assisting in bringing balance to motivating activities, believing in your capabilities to achieve and sticking with the process. May use full Transformation Cycle or support individually when Will Power shows priority in the Transformation screen of scan.	Located between the navel and lumber 4.	Best in broadcast and when in a calm, reflective state with inner focus on change.
Trust	For assisting in bringing balance to trusting your abilities and that of others to support you. May use full Transformation Cycle or support individually when Trust shows priority in the Transformation screen of scan.	Located between the anus and perineum.	Best in broadcast and when in a calm, reflective state with inner focus on change.
 Transformations Cycle	Cycles through each of the seven Transformations over 27 minutes. Helps with transforming old restrictive beliefs and patterns. Frees the mind allowing physical transformation. Using this cycle is the preferred way of using the transformation functions.	Can be placed at the solar plexus, 3 <sup>rd</sup> chakra, located anterior to the spine opposite the diaphragm. Broadcast only	Best used when in a calm, reflective state with inner focus on change.

## miHealth WELLBEING Functions

Name	Function	Suggested Area	Notes
 Immune ET's	For fatigue of the immune system.	3 Cavities, Lymph System, palms/soles of hands/feet, specific tissues related to ET scan priorities	Works well in broadcast mode
 CFI	For the general relief of fatigue associated with colds and flu.	Lung and Large intestine meridian	Works well in broadcast mode
 Food	For general easing of fatigue associated with allergic reactions to foods.	Abdomen, Abdominal Cavity	Works well in broadcast mode
 Digestion	For fatigue of the digestive system.	Abdomen spiral rotation – clockwise (constipation), anticlockwise (diarrhoea)	May use on or off body
 Head	General easing of fatigue associated with headache pain and tension. Headaches can be triggered by multiple events including: Stress, Not enough 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.	Shoulders and neck. Point of pain (not hair) Base of neck Base of foot Circle around head in an anticlockwise direction (off body) Reciprocal zones of abdomen and buttocks.	Use off body. It is important to ask questions about the cause of headaches. Use minimal intensity settings. Use contact to first relax muscles and then broadcast to open up energy channels. Do not use contact directly over point of pain (broadcast is OK). Can be used in conjunction with ESR, Energy (on feet), Acute.
 Skin	For general fatigue of the skin – tone and rejuvenation.	Area of concern Lung meridian	May use on or off body
 Memory	For fatigue of memory where there are issues with short term memory and retention	Sole of feet	May use on or off body
 Sleep	Helps with fatigue associated with not being able to fall asleep or stay asleep.	Soles of feet Abdomen	Best in broadcast Use in conjunction with ESR and possibly Energy Alignment



	Anti-Aging	For fatigue of hormone, enzyme production and nervous system associated with younger bodies. May be of help with: electro-sensitivity, senility, mental confusion. Poor sleep due to Melatonin deficiency, degeneration of tissues, X-ray exposure. General aging of Skin (sun exposure).	Spine, 3 cavities, reflective zones of palms/soles of feet	May use on or off body
	Hearing	For aiding fatigue in hearing practically when related to viral infection and vaccines.	Around head , ears, and reciprocal and reflective zones of ears on sides under f/b rids, and hands and feet	May aid with auditory acuity – ability to interpret language.
	Fat	For fatigue of the fat metabolism processes where they have become disturbed through issues with the liver, hormones and toxins in the nervous system. May also help regulate appetite.	Liver area	May use on or off body