

# DO NOT USE THE ELECTRO REFLEX ENERGIZER WHILE USING ANY EQUIPMENT OR DEVICE WITH AN ELECTRIC CURRENT!

This includes, but is not limited to:

- ⊕ **Computers (Desktop, Laptop or hand-held).**
- ⊕ **Ipods, Walkmans, portable stereos.**
- ⊕ **Cell phones, cordless phones, headsets.**
- ⊕ **TV, Cable, Satellite or stereo remote controls.**

## The History of Reflexology

### Definitions of Reflexology

Reflexology is the art of reprogramming the atoms, cells, and electrons of the body to their original state through the triggering of signal points on the foot or hand. It is a science that deals with the principle that there are reflex areas in the feet and hands that correspond to all gland, organs and other parts of the body. Reflexology is a unique method of using the thumb and fingers on these reflex areas. Reflexology includes, but is not limited to relieving stress and tension, improving blood supply, promoting the unblocking of nerve impulses, and helping nature achieve homeostasis.

The feet have a fundamental relationship to the body. Signal points on the feet provide a link of communication to the major organs, muscles, and circulatory, respiratory, digestive, elimination, reproductive and skeletal systems.

Reflexology is used to manage energy savings in the body, reduce stress, and build greater body awareness. It combats the effects of

### Neuropathy

One chiropractor has had significant results with people with neuropathy associated with diabetes, resulting in a loss of feeling and tingling. We have found that people with neuropathy have to turn the machine almost all the way up before they even feel it, and when they get it all the way cranked up it feels good to them. They have very little feeling in their feet so they have to have it up high in order to feel it. With one 20-minute session, going through all three modes, some have started to regain feeling. The great thing about the ERE is that you are in control of the intensity.

### Pinched Nerves

A lot of times people even have **pinched nerves** in their neck and shoulders and will get that **tingling sensation in their hands**. You can actually place your hands on the ERE as well.

### Carpel Tunnel Syndrome

The ERE is fabulous for carpel tunnel syndrome. By placing the bend of the wrist on the arch of the ERE it is incredible for working on that very specific area of carpal tunnel. You can have major pain relief in as little as 15-minutes.

### Lupus

With lupus people have a lot of joint pain; they get a rash and have poor circulation in their fingers and their toes. The ERE has helped many people with Lupus as well as those with fibromyalgia because they also deal with a lot of inflammation.

### “Charlie Horses”

For **Charlie Horses** in the legs you can use the ERE's Electro-Pads. Place the Electro-Pads above or in back of the heel as well as shortly below the back of the knee (calf area). When people wake up with that kind of pain, it's not a fun thing!

### Plantar Fasiitus

Plantar Fasiitis is another condition that can be helped by the Electro Reflex Energizer (ERE). Plantar fasciitis is the most

## Toe Injury

A few days I **tripped and injured my toes**, so I decided to try the Electro Reflex Energizer. I put the two Electro-Pads on the top of the two toes and also on the bottom. The first time I did it on Mode #1 and the next time I did it on Mode #3. The next day they were blue, but they were not painful and they are still not painful. **The ERE really sped up the healing time.** It is amazing!

*...Testimony of Gloria W., Naturopathic Doctor and Herbalist*

## Deep Bruising

I use the Electro-Pads on particular muscle groups or injury sites. They are wonderful for deep, severe bruising. I use it for bruising in Mode #3 because it is a softer mode---it's more of a pulsating, massaging mode. The variance of the frequency helps to break up that congested blood which is part of the bruising process.

## Herpes

I have assisted my clients by using the Electro Reflex Energizer (ERE) in the treatment of **Herpes**. Herpes are really active viruses that live on the nerve endings. My clients have had a significant decrease in their outbreaks by using the ERE, which is wonderful!

## Candida

Candida is a yeast overrun that attacks men and women (it is not exclusively a women's imbalance in their bodies). Infants will get what they call thrush and it is almost like a white cottage cheese---looking effect that they get in their mouth and that is essentially Candida which a lot of infants can contract as they go through the birth canal.

improper diet and environmental pollutants, and aligns the physical, mental and emotional energies.

Reflexology is a very specific technique of applying pressure to these reflexes to bring about the desired results. Its history can be traced back to both the *Egyptian* and *Chinese* cultures. Modern-day Reflexology was developed in the United States by Eunice Ingham in the 1930's after her studies of Zone Therapy with Dr. William H. Fitzgerald. Reflexology is a unique pressure technique and should not be confused with massage.

## Reflexology Relaxes Tension

Since approximately 75% of today's diseases are attributable to stress and tension, various body systems are affected in different ways and to varying degrees. One person may exhibit cardiovascular problems, another gastrointestinal upset, anorexia, palpitations, sweating, and headaches—to mention but a few of the myriad of bodily reactions to stress. This stress or tension could be described as a tourniquet around the body's system, a tightening that can lead to serious consequences.

## Reflexology Improves Nerve and Blood Supply

In order to keep the body at a normal balance, it is imperative that the blood and nerve supply to every organ and gland is at a maximum. Of course, the organs and glands contribute to the overall well-being of the body, each making contributions to maintaining an efficient, full operating mechanism, but all receive their instructions from the most intricate of all networks, the nerves. These cord-like structures, comprised of a collection of nerve fibers, convey impulses between a part of the central nervous system and other regions of the body. As with any complex wiring systems, a **short circuit**, or blockage, can mean trouble.

A short circuit is often caused by tension putting pressure on a vital nerve plexus network or even a single nerve structure supplying a vital organ. As tension is eased, pressure on the nerves and vessels is relaxed, thus improving the flow of blood and its oxygen-rich nutrients to all parts of the body.

## Reflexology Helps Nature Achieve Homeostasis

Overactive glands or organs can be helped to return to normal. Conversely, if an organ or a gland is under active Reflexology can help return it to its normally functioning level.

It is important to note here that the normalization action of Reflexology is never one of opposite extremes. In other words, once homeostasis or a normal condition is achieved, it cannot be unbalanced by working the area too much. Overworking can cause some minor reactions such as diarrhea or perhaps some nasal mucous being secreted (running nose). These reactions though, are cleansing poisons from the body. Succinctly, Reflexology cannot harm a system—it simply brings it back into balance.

## The Zone Theory

Reflexology embodies the relationship of the reflexes in the feet to all of the glands and organs in the body. Let's now discuss that relationship. Just how does one small area of the foot affect something like the pituitary gland? Just what is the link? This is where Zone Theory becomes significantly important to every Reflexologist. The zones are like the wiring in a house. The reflexes travel through the zones similar to electricity through the wires, but please note that this analogy is not to be confused with the nervous system in the body. Reflexes as far as we know today, are not nerves.

The link from the feet to the organs and the glands in the body is a series of imaginary longitudinal lines, each encompassing a zone. In order to locate the zones accurately in the arms and hands, the thumbs need to be placed toward the body, the opposite of the anatomical position. Any sensitivity located in a specific area on the foot will signal to you that there could be congestion in that area. It should become evident then, that by working the entire foot, the entire side of the body is being affected (the left foot representing the left half of the body). It is important to remember another

I have friends who have been using the ERE and have all had good results. One girl is a bank teller and she is on her feet all day long. She had **leg and backache and couldn't sleep at night**. After having a few treatments twice a day she is recovering.

I was using the ERE for 15 minutes on each mode three times a day, for a total of 45 minutes. I started using the Electro-Pads on the back of my shoulder blades and I have been getting sort of a greenish, yellowish tinge to the stools, which I hope is the **asbestos coming out**. We think that could be part of it.

We took the parasites to two different laboratories, but they didn't give them back to us. We also had a doctor from Africa look at the parasites and he just lifted the bottle and said, "I can see four different kinds of parasites in there." So now I used the ERE once on the feet for 15 minutes, then on the back, then on the feet, then on the back, etc., alternating each time. I have had no bad effects from using it this way.

*...Testimony of Alan Kirk, Ontario, Canada*

## Back and Leg Pain

Twelve years ago my husband had surgery on his back and recently his back has flared up again. He had **pain down the back, down the legs, the knees and the ankles** and also the **sciatic nerve** was involved.

We had X-Rays taken to see if the body had worsened. He was at a point where he **had to roll off the bed in order to get up**.

We got the ERE and after that first session the pain was less, so the following day he did it again, and then he decided to try to the Electro-Pads on the inside of the knee and the inside of the ankle.

The ankles on the outside were very swollen, so he put the Electro-Pads on the inside of the ankles and also on the outside. He did that twice and the **swelling went down** and that swelling has not come back again. He is in very little pain and is going about his business. It works! We don't know exactly why the swelling was in that location, but we figured it had something to do with the sciatic. He is doing it about every 30 days when he gets around to it and he will continue. He uses Mode #1 for about 10 minutes.

## Benefits of the Electro Reflex Energizer

### Asbestos Poisoning (Asbestosis)

I have asbestos-related disease which consists of shortness of breath and many other complications. I have been hospitalized twice for this I have small air veins disease that obstructs the transfer of oxygen to the blood. I have extreme reactions to weather changes, especially approaching thunderstorms and I have tinnitus (which is ringing in the ears).

I have **severe digestive problems** for which I have taken many drugs and antacid preparations. Food never seems to go down into my stomach, but stayed up in my throat somewhere. I had three myoscopies and none of these did any good.

I started going to a therapist around April and went through a foot detox, which produced extreme toxic releases. It took layers off my feet for several visits, but not much change in symptoms.

I bought an ERE about the middle of May and I used it three times a day for about two weeks. I was finally able to eat a full restaurant meal and have it go down without any discomfort. It seemed like we had the answer, but then an extreme thunderstorm came and I had severe gas pains again for about three days.

The machine has also produced a cleansing of the bowel and produced many forms of parasites and it also produced a red jelly-like substance like pickled jalapeno peppers which has been coming through for weeks in varying amounts and sizes. Other small effects like moles on my feet that had to be shaved off have suddenly disappeared.

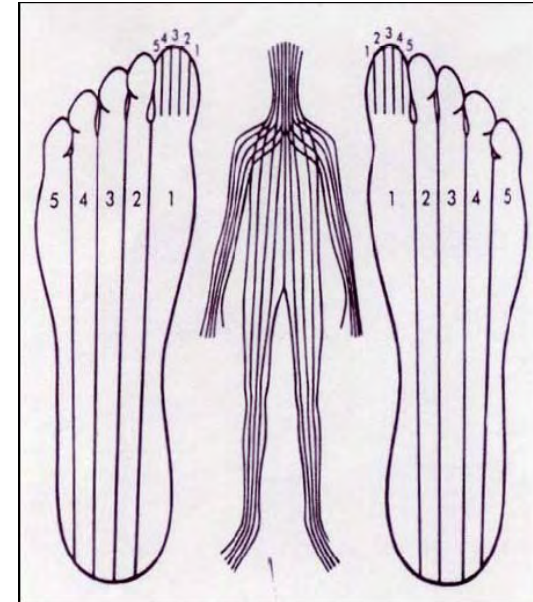
My wife had been suffering from bladder infection for years and the doctors had never been able to help her and they were giving her more and more antibiotics, which were feeding the condition.

She has now been cured for about two months. She also has been **passing parasites and toxins** in her stools since she has been using this machine.

significant aspect of Reflexology—an abnormality in any part of the zone may affect anything in that zone.

(Better Health with Foot Reflexology, the Ingham Method, Dwight C. Byers)

### The Ten Energy Zones



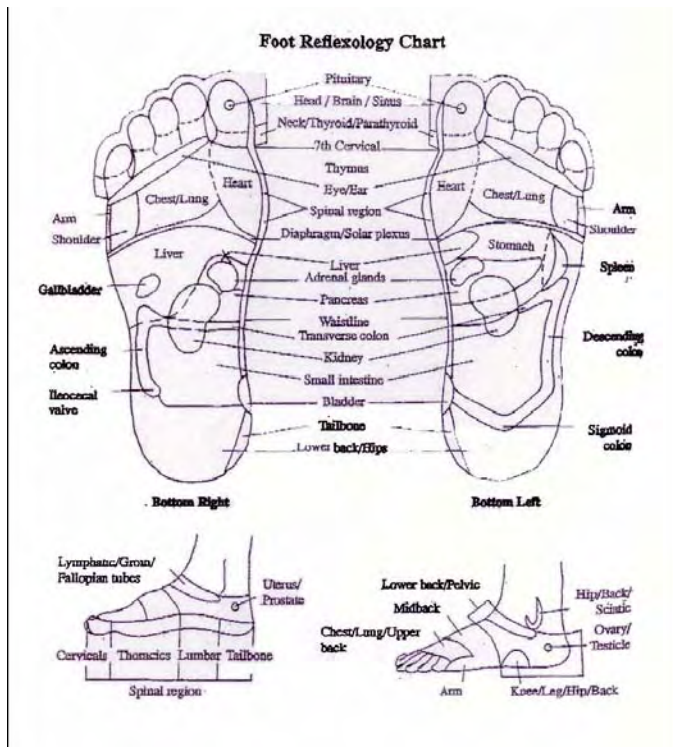
Each zone can be considered a channel for the intangible life energy, called Chi in oriental medicine. Stimulating or “working” any zone in the foot by applying pressure with the thumbs and fingers affects the entire zone throughout the body.

For example, working a zone on the foot along which the kidneys lie will release vital energy that may be blocked somewhere else in that zone, such as in the eyes. Working the kidney reflex area on the foot will therefore revitalize and balance the entire zone and improve functioning of the organ.

## Organs, the Inside Story

The body is packed with vital organs and gland which a packed on top of everything else in the body. Start at the spine (the midline of the body) as a means of orienting yourself to the relationship between the foot reflex points and the organs of the body. Now, you have a reference point for each foot. Then use the waistline guideline for your horizontal or lateral marker. The most important body organs are located in four distinct quadrants. The feet are a reflection of the body with all its glands, nerves, and organs having distinct locations on the feet. Being thoroughly familiar with this concept of location makes the zone theory so much easier.

## Foot Reflexology Chart



## Good for Babies with Colic

For children or babies with colic it is helpful to lay a little child on your lap to get the frequency benefit while using Mode #1 for 5 minutes. Colic is an acid bubble, and this treatment seems to break it right up.

### Note:

**Always detoxify the body by using Mode #1 before using the other Modes. Kill the parasites and get the toxins out of the body, then use the relaxing and massaging modes.**

## Worse than an Epidemic

There are so many worms and parasites it's worse than an epidemic. Parasites sometimes come out of people by the litter. They nest in the black, impacted colon. As one layer is cleaned, a certain type of worm comes out. Another layer brings out another type of worm. People should go on a parasite-cleansing program a few times a year.

Even more effective would be the consistent use of the Electro Reflex Energizer (ERE), with its electrocuting effect on these little critters.

## If You Suspect Parasites

Anyone who has or suspects they have parasites should **use the Electro Reflex Energizer (ERE) for seven (7) days consecutively**. The reason for this is that different parasites have different life cycles and different longevity, different hatching schedules and so on.

## Eliminating the Dead Parasites

At this point the challenge is to cleanse the body so that the dead parasites can be eliminated. This involves serious cleansing and keeping the bowels open so that the parasites (which were electrocuted to death by the electrical frequency of the ERE) can be eliminated.

It is important to detoxify the body by taking detox baths. A simple routine is to put one cup of baking soda in a tub of hot water and soak for 30 minutes. Just soak and relax---let go of stress. Do this every day if you are really toxic, or at least once a week until toxins have been released.

Reflexology is a simple, yet dynamic approach to health. Through reflex massage one can eliminate the causes and symptoms of sickness and pain from virtually every part of the body. There are "main circuits" to every organ, gland, and nerve, and these circuits have endings or pressure points in the feet, hands, and other parts of the body. By massaging or working these pressure points, pain can not only be stopped, but a healing force can be sent to all parts of the body by opening up closed "electrical lines" that have shut off the life force.

Reflexology gets to the cause of a problem by restoring the energy flow to the body's many different systems and functions. The reflex points are energy junctions that relay and reinforce energy along meridian lines of the body, passing energy toward the organs and the nervous system. Reflexology not only helps nature open up these channels when congested, but also sends a supply of magnetic vital life force charging through the channels within the body like a healing shockwave.

## What is the Electro Reflex Energizer (ERE)?

The Electro Reflex Energizer (ERE) is an instrument that helps reconnect broken or damaged electrical circuits within the body by stimulating it with the correct waveform, current, and frequency. When there is pain in the body there is electrical resistance, meaning the electrical signals between cells are suppressed. Consistent use of the ERE can help restore the flow of electricity through the painful area so that circuits remain turned on and healing can be promoted. In her book *The Cure for All Cancers* Dr. Hulda Regher Clark tells about the "zapper." The ERE is a **whole body zapper** based on the same principles.

There are a number of reasons why the typical American's electrical system malfunctions on a regular basis. Primarily, because we are exposed to so many types of rays and electromagnetic frequencies---radio waves, microwaves, cell phones, televisions, computers, and other numerous devices---our electrical systems are being constantly compromised, throwing us into a state of imbalance and electrical resistance.

The body is electric and responds much the same way to the ERE as it does to an electric shock treatment given in the hospital to get the electrical system back on track following a heart attack. The medical world uses a lot of electrical devices to determine data in our bodies. The EKG (electrocardiograph) measures the contractions of the heart, the EEG (electroencephalogram) records the electrical activity of the nerves and brain waves, and the EMG (electromyogram) is the electrical signals given from moving muscles.

The ERE is not just a foot massager; it is effective at producing the ultimate feeling in relaxation and body balancing. As noted previously, the foot can be divided into different zones which correspond with various parts of the body in a modality known as Reflexology, which reduces stress and induces deep relaxation, improves circulation, cleanses the body of toxins and impurities, balances the whole systems and revitalizes energy. The ERE is a multifunctional modality that has many features and benefits based on this concept as listed below:

- ⌚ The footpads on the ERE are also a heating area and keep the feet warm and soothed by heat stimulation.
- ⌚ The ERE has a single handheld control for ease of operation.
- ⌚ The handheld control provides three patterns of massage (or modes) that relate to pounding, relaxing, and massage.
- ⌚ Frequencies are set by a dial on the handheld control, which allows the user to select the desired intensity level.
- ⌚ The handheld control's internal timer can be set at 5 to 30-minute intervals.
- ⌚ The ERE's low-frequency stimulation energizes areas of the feet (Reflexology) from the footpad, therefore working with the entire body.
- ⌚ The ERE refreshes the body's energy level after a fatiguing day.

⌚ **Blackworms.** These are 1 to 12" in length. They come out of the colon wrapped around each other with yellow acid water mixed with them. They live deep in the impacted colon wall.

⌚ **Pinworms.** These are tiny little parasites that wiggle when they come out. They are about 3/4" and live in the intestine. At least one in five children has pinworms.

⌚ **Hookworms.** These are curved and are about 6" long. They come to a point at both ends and are shaped like a fishhook. They are grey in color. One quarter of the world's population has hookworms, including 50% of Americans.

⌚ **Little Fish.** These are a type of parasite with a round head and a tail. They actually swim as they come out of the colon. In many cases they will try to swim back up the colon. They come out in schools and are 1/2" long. Everyone has these!

⌚ **Threadworms.** These parasites are as thin as a thread. They are cream-colored and often come out by the hundreds.

⌚ **Fuzzballs.** These are parasites that are round and have fur on them. Many cancer patients have these. They are 1/4 to 3/4" in diameter and are yellow.

⌚ **Spiders.** These are a type of parasite that looks just like a spider. They often have many legs and are colored brown. Some look like an octopus. They are often 1" long.

⌚ **Stickpin worms.** These are still another type of parasite that looks like a stickpin. They are 1" long and have a head like a pea, which is perfectly round. The babies are white and the adults are black.

## Here are some of the things you may be dealing with:

- ⌚ Microscopic parasites can get into your joints and eat the calcium linings of the bone. This can lead to excruciating arthritis.
  - ⌚ Parasites can eat the protein coating on the nerves (the myelin sheath). This causes a disruption in the nerve signal from the brain.
  - ⌚ Many times when a person has an inflamed appendix, it is removed and found to be loaded with parasites!
  - ⌚ Microscopic parasites can live in every organ of the body and contribute to just about any disease known to man.
- Many people make every effort to keep the inside of their houses spotlessly clean, but they neglect to clean the inside of their body- which is far more important. People often get parasites by eating fruits and vegetables that are not washed properly. They eat spores and these spores later hatch in the colon. Many people eat raw meat and sushi (raw fish). This is a big cause of parasites.

## How Many Types?

Here is a list of the different types of worms and parasites that have been identified in humans. It is hypothesized that everyone has all twelve of these worms and parasites in them in different layers of the colon.

- ⌚ **Tapeworms.** These parasites have been known to grow up to 36" and longer. One person keeps a jar in her home, full of tapeworms she has removed from people.
- ⌚ **Whiteworms.** These come in all sizes. They are often the color of eggshells and look like spaghetti. They turn black when they grow up.
- ⌚ **Redworms.** These look just like the earthworms you see in the ground. They come out of the colon wrapped in balls. They can be as long as 6" to 7" in length.
- ⌚ **Inchworms.** These are thick, black, and bumpy. They are as thick as fountain pens and about 2" long.

- ⌚ No other product compares to this low-frequency machine.

The ERE is multi-faceted in the modalities and the number of ailments that it can impact. It is recommended that people not use cell phones or portable home phones or even a TV remote while they are using the ERE. Those devices also have a frequency and can create little jolts or little pains in the body.

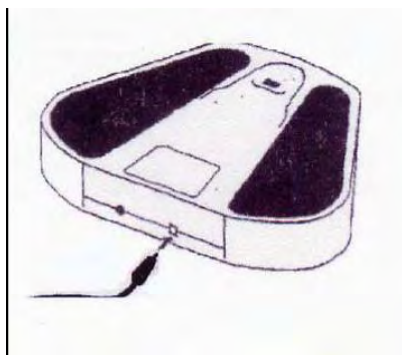
The ERE also gives one the option of using electro pads to pinpoint and stimulate additional areas, such as the neck, shoulders, back, and extremities. The pads are very effective for deep, severe bruising on particular muscle groups or injury sites. Information on using the ERE for both applications, is included in the Instruction Section of this manual.

## Instructions for Using the ERE on the Feet

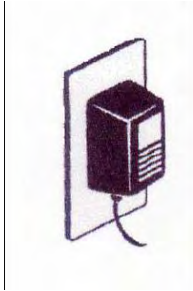
- ⌚ Do not use the ERE more than three times a day.
- ⌚ Begin by using the ERE for five minutes only. Choose the lowest output setting and target the number of sessions at two or three a day. After become accustomed to the ERE, then extend the duration of each session. Each session should not exceed 30 minutes.

### Preparations Beforehand

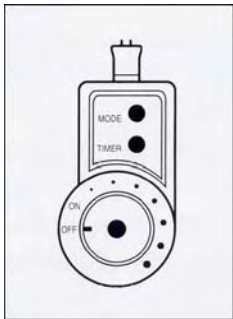
- ⌚ Plug the AC Adapter into the Receptacle mounted in the Main Unit



- ⌚ Plug the other end of the AC Adapter into a duplex wall outlet.



- ⌚ Make certain the Dial on the Handheld Controller is in the “OFF” position.



- ⌚ Switch “ON” the Main Unit. The Foot Pads will warm up gradually as the heating elements inside them are activated.



## Not All Parasites are menacing

Some living things that park themselves on or in our bodies actually perform a service. One example is the relatively harmless tooth amoeba. Brushing your teeth won't drive these tiny squatters out; they run for cover when they see a toothbrush, then happily emerge to feast on microscopic bits of food or other organic material. This kind of relationship between host and parasite is called mutualism. Another less than dangerous parasite is the dust mite. Although they can cause allergies, dust mites operate as a sort of cleanup crew for our skin. They march about on our skin and scalps all day, scarfing up dead skin cells. Combine the invisible guest such as worms and bacteria with visible ones like fleas, ticks, mosquitoes, lice and flies---all of whom feed on human blood or tissue---and it's easy to get a little paranoid about being a host to an army of parasites!

## Keep Parasites Away

One way you can keep parasites away is to strengthen your own immune system. Eliminate sugar saturated fat, junk food, white flour, yeast, alcohol, tobacco and caffeine. Avoid eating meat that is not well done. Educate yourself about proper food handling and storage practices. Drink plenty of pure water and consider a moderate exercise program. Practice good personal hygiene by washing your hands often with soap.

## Parasites-The Silent Killers

Many people take bottles and bottles of the best nutritional supplements, but then can't understand why they don't work. Often this is because the parasites are getting the best nutrients! You get the "scraps and leftovers" while they grow healthy and fat and your organs starve for nutrition. A silent battle is waging at all times within your body-a battle between YOU and the PARASITES! You swallow the food and they get the good out of it. Maybe this is the reason you have never felt great in spite of eating the most nutritious meals.

pain, weakened immune system, forgetfulness, food allergies, colitis, water retention, and many others-without considering that parasites may be the root cause of health problems.

## Hookworms are Vicious!

Parasites are living beings that exist on the bodies of other living things. Inside the human body parasites enjoy what we eat, sucking the nutrients from our food while we get the leftovers and the parasites' waste products! An example of a particularly nasty parasite is an American species of hookworm, aptly named, *Necator Americanus* or American Murderer. These ugly creatures attach themselves to intestinal walls, and then suck on tissues and blood, causing the host to suffer from iron deficiency anemia.

## Tapeworms are Huge!

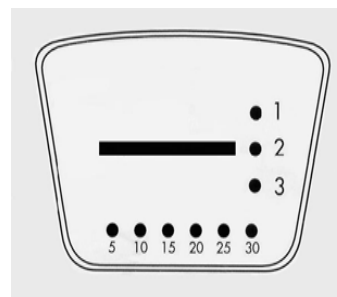
When we are always hungry we may jokingly say that we have tapeworms. However, there is nothing funny about tapeworms. These huge parasites may be more than 30' long and are capable of producing a million plus eggs a day. Tapeworms consume so much food that the host may actually be hungry all the time, yet may appear obese because of the tapeworm-induced water retention.

## Hard to Avoid Pinworms

Pinworms are extremely common intestinal parasites. It's hard to avoid pinworm infestation because their eggs are often airborne. Once pinworms are snugly ensconced inside the human body they crawl outside the anus at night, causing severe itching and then lay their eggs on bedding or sleep wear.

One thing to remember about parasites: Although most of them lack a brain, as we know it, they are highly developed survival machines. They focus all their energies on eating and reproducing. Getting rid of them is difficult.

⌚ As soon as the Main Unit is turned “**ON**” a beeping sound will be heard and all the lights on the Display Board will also go on simultaneously. The ERE is warming up at this time; therefore no Mode, Time, or stimulation will be in effect, except the heating elements inside the Foot Pads will be activated.



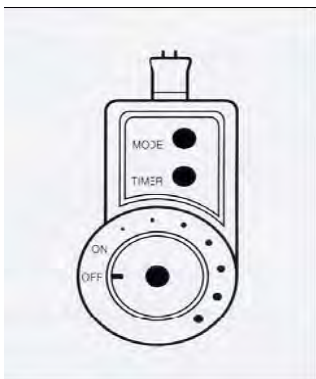
⌚ Place a plain piece of paper towel (no design) on each Foot Pad and apply a few drops of liquid soap on the towels, then spray the towels with water.

⌚ Remove shoes and stockings so that feet are bare. Sit in a chair facing the Main Unit and place your feet on the Foot Pads.

⌚ It is important to keep knees together at all times. If necessary, fasten both legs with the attached belts and position them slightly above the knees. **You do not get the full impact without knees together.** When the knees are together, it locks in the frequencies.



Set the Mode by pressing the Mode button on the Handheld Controller and choose from Mode 1, 2 or 3 according to preference.



Mode	Stimulating Type
Mode 1	Pounding or Pulsing
Mode 2	Relaxing or Ryhthm
Mode 3	Massaging-Pressing or Rubbing

## Detox Helps

Baking soda baths help to reduce the lactic acid (aching or irritable) level in the body. As the toxins release they create an acid state in the body.

Use one cup of baking soda in a hot bath and soak for 30 minutes. Do this once or twice weekly or as needed. Relax and enjoy. This detox bath brings great relief to body and mind.

## Other Applications

It has been reported that the frequency that you are connected to will flow to whatever touches you. So, babies with colic, small children and pets can seem to be treated while being held in your lap. Use low frequency during the treatment.

For those who are bedridden, hold the Electro Reflex Energizer to the bottoms of their feet for a five-minute treatment. Use only low frequency on Mode #1

## Human Body and Parasites

### By Glenda Patton

### We are all Subject to Parasites

Every one of us every day of our lives is subject to parasites--- anyone who touches doorknobs is subject to parasites. Millions of parasites, including mites, worms, bacteria, fungi, and viruses are eating your flesh right now! The human race is subject to infestation by more than 1,000 types of parasites. These freeloaders can be extremely harmful, wrecking havoc on the health of their unwitting hosts.

### Parasites are Likely with You Now

Virtually all parts of our bodies will host some type of parasite within our lifetimes. Parasitic infestation of the bodies of humans has reached epidemic proportions in some parts of the world, including North America, representing a major health challenge that is often overlooked by medical professionals. There is a tendency to only treat the symptoms-chronic fatigue, skin rashes, muscle and joint

## Don't Get Discouraged

After using the Electro Reflex Energizer for several days or weeks many people feel as though it is not working. The stimulation seems to have diminished, but it is only because the Energizer has begun to purify the blood. It is important to keep right on with the treatments and eventually the electro reflex will be felt again. Do not be alarmed or discouraged---this is normal. The electrons are moving and stimulating even when you don't feel them.

## Some Side Effects

Those of us that have yeast will find that we can have skin eruptions or scales flaking off. A very tired feeling only means your body has gone into a deep healing and wants rest so it can recover. This could last for several days. Do not be discouraged---keep going. You may notice more energy, clearer thinking, and less stress.

Diarrhea can occur as the body moves toxins. If you have had parasites you can often see long strings of mucous in the toilet. With tapeworms you might see dead, snake-like skin floating in the bowl. This will be broken up into small pieces. If you have a very serious health condition you may feel slightly ill, nauseated, or maybe feel like you have the flu. Do not quit--your body is flushing toxins.

***It is critical to keep the bowels moving freely, as the poisons dump into the bowels and kidneys for excretion from the body.***

## Drink Plenty of Good Water

It is suggested that you drink lots of good purified water. Use only glass bottles for your water, as a virus can easily be in the plastic bottle. Many times we find parasites, viruses and yeast are in bottled water. (DO NOT drink chlorinated water.)

- ⌚ Set the Dial on the Handheld Controller to adjust the intensity of the sensation. The higher the dial is turned to the right, the stronger the sensation will be.
- ⌚ Set the Timer to indicate how long the Mode will be activated, from 5 to 30 minutes. The lowest setting of the Timer is 5 minutes. Do not set it at "0" or the ERE will switch back to the warm-up mode and will not be able to function.
- ⌚ If the ERE is switched back to the warm-up mode by accident, it can be restarted by resetting the Timer to any number other than "0".
- ⌚ Begin the Electro Treatment by turning the Dial on the Handheld Controller slowly toward the right. When a clicking sound is heard it means the system is activated. There will also be a beeping sound signifying the Main Unit of the ERE is "ON". Now adjust the Dial to choose the intensity preferred.
- ⌚ The ERE cannot only be used with the feet, but also with other limbs of the body, including the calves, the hands, the wrists, and forearms. It really helps with the circulation.

## Instructions for Using the ERE with the Electro-Pad

- ⌚ The ERE cannot operate with the Foot Pads and Electro-Pad at the same time.
- ⌚ Plug the Electrode Plug of the Electro-Pad into the Receptacle mounted in the Main Unit and it will switch the operations from the Foot Pads to the Electro-Pad. \*If you want to activate the Foot Pads, please make sure the Electrode Plug is completely unplugged from the Main Unit. Remember, they cannot be operated at the same time.
- ⌚ Once the Electro-Pad is detached, the Foot Pads will still gradually warm up.
- ⌚ Plug the Electrode Wire into the Receptacle of the Electro-Pad.