

# Mind Body Harmonizer User Manual

## Version 17-12

### **Please read the following instructions BEFORE using the Harmonizer**

Thanks you for purchasing the Harmonizer. In this user manual, you will find all the information necessary to effectively use and maintain your Harmonizer. Please follow the instructions carefully to ensure best results.

The Harmonizer produces a number of stimulating electrical signals that can be applied through the earlobes for aiding in “USING THE HARMONIZER TO HELP YOUR NEED”.

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#### **Disclaimer & Guarantee:**

The Harmonizer is not a medical device and should not be used as such. The device is guaranteed to be defect-free, and will be replaced free of charge within the first 90 days.

#### **Customer Support:**

If you have any questions or concerns, please contact us at <http://harmonizer.ca> or [mindbodyharmonizer.com](http://mindbodyharmonizer.com). To contact the development team, please visit <http://harmonizer.ca>

#### **Product Function:**

The Harmonizer uses ‘electro-stimulation’ technology that helps promote meditation, relaxation, restfulness, stress relief, concentration, circular thought relief, and mood brightening. This extensively researched technology has existed for a century, and is used across North America and Europe to help treat numerous conditions, like depression, anxiety, insomnia, post-traumatic stress syndrome, drug addiction, and physical pain.

#### **What Comes with your Harmonizer?**

1. Harmonizer – enables you to choose the therapy for your needs
2. Ear Clips – for electro-stimulation
3. Cable – connecting the ear clips to the Harmonizer
4. Conductive Gel – helps with lobe connectivity to apply to the ear clips and your ear lobes to get a good contact
5. Charger – to recharge your Harmonizer battery
6. Carry case – stores your harmonizer and accessories

Supplies and replacement parts can be ordered at <http://harmonizer.ca/>



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### GETTING STARTED

#### Step 1:

Ensure the Harmonizer battery is **fully charged** before each use. A full charge takes approximately **15 hours**.

- **DO NOT** use your Harmonizer while it is charging



#### Step 2:

Select your desired setting **BEFORE** turning on the device.

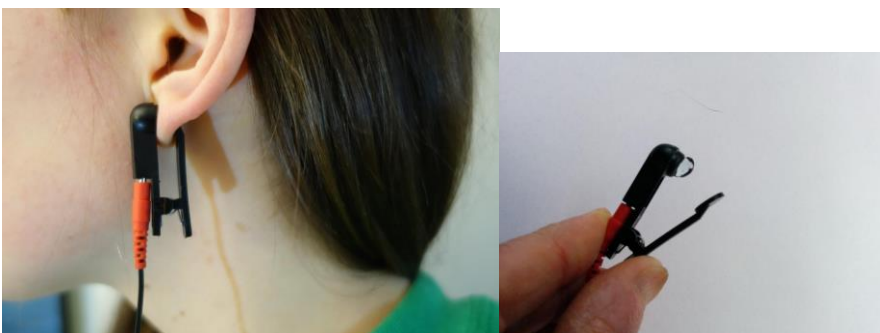
- To choose a setting, move the toggle switch to one of the three available settings:
  - "Relief"
  - "Relaxation"
  - "Standard/Meditation"
- LED lights indicate the selected mode, and show whether the device is properly connected to your ears
- **Do not** change your setting during a session – it will have no effect
- To change your setting, turn the harmonizer off, select a new setting, and turn it back on again.
- See Pages 4 – 5 for more information on the therapy outcome of each setting.



#### Step 3:

Connect the Ear Clips to your earlobes.

- Plug the ear clips into the Harmonizer
- Lightly coat each earlobe with gel, and put a pea-size blob on the rubber side of each ear clip – see image below
  - The gel helps ensure conductivity, and helps the Harmonizer work optimally
  - Failure to use conductive gel can result in earlobe irritation and poor contact.
- Connect the ear clips to your earlobes – the rubber side against the front side of your earlobe



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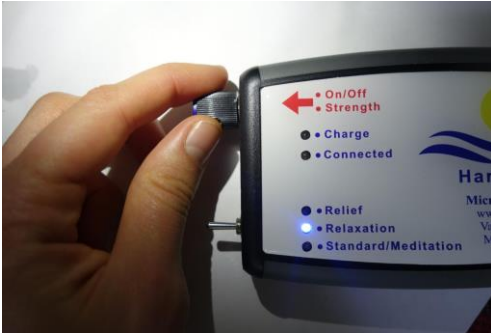
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### Step 4:

**You are now ready to start your session.**

- Turn on the device by turning the strength/on/off knob clockwise.
  - Turning the knob clockwise increases signal intensity
  - When you feel a 'prickly' sensation on your earlobes, stop turning the knob
  - Now, turn the knob counterclockwise until you barely feel the prickly sensation

**NOTE: the Harmonizer is most effective when you barely feel the 'prickly' sensation**



*The idea of "No Pain No Gain" does not apply to use of the Harmonizer.  
Barely feeling the electrical signal is the best strength for the best results.*

**The Harmonizer automatically turns off after 20 minutes, the session is finished**

- At this time, you will no longer feel the signal
- The LED lights will flash every 10 seconds for a few minutes, and then turn off
- Turn the "On/Off" knob counter clockwise until it 'clicks' off. Store your Harmonizer safely.

### **Important Safety Issues & Cautions:**

1. **DO NOT** charge the battery while using the Harmonizer
2. **DO NOT** change your selection (toggle switch) during your session
3. **DO NOT** operate heavy equipment for one hour after use
  - Stimulation can cause drowsiness and ~~even~~ minor dizziness
4. If you are on psychiatric drugs, **consult** your doctor before using the Harmonizer
5. **DO NOT** use the Harmonizer if you have any of the following:
  - Modern brain shunts or electronic implants like cochlear or cranially located electronic devices
  - Muscular Sclerosis (MS) or Guillain-Barré Syndrome
6. **DO NOT** place skin against plated electrodes, as skin irritation can occur
7. Only use the ear clips that come with the Harmonizer
8. **DO NOT** attached the clips to any other part of the body other than the earlobes
9. **STOP USE** immediately if you experience abnormal sensations while using the Harmonizer, such as balance issues, and consult your doctor

**STOP USING THE HARMONIZER if you experience negative effects, and consult your doctor**

### **Not a Medical Device:**

- The Harmonizer is a consumer relaxation/meditation device and is not a medical or certified as a Cranial Electrostimulation (CES) device. We make no medical claims that it is a medical device.
- The Harmonizer was developed with the intention of being used for research

### **Intrinsically Safe:**

- A rechargeable battery safely powers the Harmonizer, giving complete power line isolation while in use
- Transformer isolation of the output provides an AC only signal and avoids the danger of brain polarization sometimes possible with DC stimulation
- The operating mode (waveform) cannot be changed without first turning the device off – this is to prevent an accidental bump of the mode switch from startling the user with a different waveform
- For safety, only a limited amount of current is available at the output

See our website at [www.IDHEALInnovations.com](http://www.IDHEALInnovations.com) or <http://harmonizer.ca/>

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## USING THE HARMONIZER

The Harmonizer provides electrical stimulation through the earlobes with a harmonious and comfortable sensation ideal for helping with meditation, relaxation, sleeplessness, circular thoughts, concentration, and mood brightening.

Visit [www.harmonizer.ca](http://www.harmonizer.ca) for more information

There are three different waveforms: "Relief," "relaxation," and Standard/Meditation."

1. The 'Standard/Meditation' 40hz waveform setting is considered the resonance of a healthy brain.
2. The 'Relaxation' 14.3hz setting is the lightest strength (the 2<sup>nd</sup> harmonic of the atmosphere's electric field).
3. The 'Relief' 0.5hz setting emits the strongest signal the standard waveform used in traditional stimulation tools.

### How Often Should I Use the Harmonizer?

First-time users can benefit from two 20 minute sessions per day on the "Standard/Meditation" setting for the first 2-3 weeks. After that it may be used as needed. Consult a professional therapist or our website for more information.

- **Do not** use the "Relief" or "Relaxation" settings more than once per day.
- The "Standard/Meditation" setting can be used more than once per day.

### What Waveform Setting Should I Use?

The suggested setting for your specific need is a good place to start. See 'USING THE HARMONIZER TO HELP YOUR NEED' below. Your response may differ depending on what setting you use. We recommend you experiment to find one that suits your needs.

### Safety:

Changing the waveform setting during use will have no effect. This is done for safety, since each waveform has different characteristics and some are stronger than others. Restart your session – go to step2 on page 2.

### What's the Best Intensity Setting?

The best intensity setting is where you can barely feel the signal. To achieve this, turn the "on/off" knob clockwise until you just feel a "prickly" sensation on your earlobes, and then turn down until it's barely perceived.

### When is the Session Finished?

Your session finishes after 20 minutes. At which point you will no longer feel the signal, and the lights will flash every 10 seconds for a few minutes and then stop. Make sure that you turn the "On/Off" switch to off.

## USING THE HARMONIZER TO HELP YOUR NEED

We recommend you experiment to find the waveform setting that best suits your needs. However, based on research and user feedback, we recommend certain settings for the following needs.

### Restlessness/Sleeplessness:

The 40hz "Standard/Meditation" setting works best for restfulness/sleeplessness. It also improves brain activity, and may induce lucid dreaming. However, depending on your response, "Relief" or "Relaxation" may be better settings.

Select the preferred waveform, and turn on the Harmonizer turning the knob clockwise until you feel a "prickle" sensation on your earlobes. Then, turn down the intensity down, by turning the 'on/off' knob counter clockwise until you barely feel any "prickle" sensation on your earlobes.

Some users find that using the Harmonizer closer to their bedtime can have an opposite effect due to increased stimulation. If this is the case, we recommend that you do not use the device after noon.

- **Do not** use the "Relief" or "Relaxation" settings more than twice per day.
- The "Standard/Meditation" can be used as frequently as is required.

### Relaxation:

The "Relaxation" setting is designed to encourage relaxation. Once selected, turn the intensity knob clockwise until you feel a "prickle" sensation on your earlobes. Then, turn the intensity knob counter clockwise until you barely feel the prickle. Barely feeling the prickle sensation, if at all, is optimal.

*Barely feeling the electrical signal, if at all, is the best signal strength for best results*

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## **Meditation:**

The “Standard/Meditation” setting is designed to help with meditation. Once selected, turn the intensity knob clockwise until you feel the “prickle” sensation on your earlobes. Now, turn the intensity knob counter clockwise until you barely feel the prickle.

### **REMEMBER**

*The Harmonizer will turn off after a 20 minutes session  
Changing the waveform during a session has no effect. Please restart your session – Step 2*

## **Anxiousness:**

For anxiousness, use the Harmonizer twice daily initially using the “Standard/Meditation” waveform setting. Turn the ‘on/off’ knob clockwise until you feel a prickle sensation on your earlobes. Then, turn the knob counter clockwise until you can barely feel the prickle sensation for optimal results.

Depending on your needs, start with two 20 minute sessions daily using the “Standard/Meditation” setting. You may find that you can reduce this to once per day, every few days, or once per week.

Begin with the “Relaxation” or “Relief” waveform settings. Experiment to discover which waveform works optimally for your needs. As mentioned, don’t use the “Relief” or “Relaxation” option more than, twice per day.

*The Harmonizer can be used as needed on the “Standard/Meditation” waveform setting*

## **Stress Relief:**

Although all three waveforms can work for stress relief, “Relaxation” typically works best. Select the preferred waveform, and turn on the Harmonizer turning the knob clockwise until you feel a “prickle” sensation on your earlobes. Then, turn down the intensity down, by turning the knob counter clockwise until you barely feel any “prickle” sensation on your earlobes.

The harmonizer can be used for this purpose twice per day. As you feel improvement, you can may reduce your sessions to once every few days/once per week.

If the stress is associated with circular thoughts, then “Standard/Meditation” may be better. The Harmonizer can be used as needed on the “Standard/Meditation” setting.

### **REMEMBER**

*Never operate the Harmonizer without using conductive gel on the rubber end of the ear clips provided  
Make sure you smear a little gel on your earlobes to ensure optimal contact and effectiveness*

## **Concentration:**

Typically, the best waveform selection to help improve concentration is the “Standard/Meditation” setting. Select the setting, and turn the “on/off” knob clockwise until you feel a “prickle” sensation on your earlobes. Then, turn the intensity down until you barely feel the “prickle” for optimal results.

## **Mood Uplifting/Brightening:**

The “Standard/Meditation” setting is typically the best for mood brightening. Once selected, turn on the harmonizer to the point you can just feel the “prickle” sensation on your earlobes. Then, turn the intensity down until you barely feel the “prickle” to give you optimal results.

## **Circular Thoughts:**

Circular thoughts can be controlled by selecting the “Standard/Meditation” option. As mentioned above, this setting simulates the resonance of a healthy brain, which is at 40 hertz (Gamma Wave). Select the setting, and turn the “on/off” knob clockwise until you feel a “prickle” sensation on your earlobes. Then, turn the intensity down until you barely feel the “prickle” for optimal results.

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## MORE ABOUT YOUR HARMONIZER

### Historical Perspective

Cranial electrostimulation has been used successfully for over a century. This technology has been researched, developed and used in France since 1902 where it is referred to as “ElectroSleep.” Initially developed to treat insomnia, researchers/therapists also found that very low powered electrical signals (less than 1 milliamp) is an effective, yet harmless treatment for depression, anxiety, drug addiction withdrawal, PTSD, and pain. During the latter part of the century this stimulation therapy has been used in the USA, where it’s called Cranial Electrotherapy Stimulation (CES).

### Research, Design & Development

In developing the Harmonizer, we studied various stimulation devices, including CES devices, used worldwide for over 100 years. Based on these studies, and our own development and testing we incorporated two traditionally used waveforms into our device. However, we have also included 40hz stimulation based on recent studies; including those by Professor J Allan Hobson of Harvard Medical School (2014), and neuroscientist Richard Davidson (sanctioned by the Dalai Lama). These and similar studies have shown that a healthy brain resonates at 40 hertz (Gamma Wave), stimulating brain activities like lucid dreaming. It has also been shown that an externally applied 40hz signal may help to balance the left and right brain. See [http://www.peakachievement.com/articles/40\\_Hertz\\_History.htm](http://www.peakachievement.com/articles/40_Hertz_History.htm)

### Built in Safety

The Harmonizer has been carefully designed from a safety standpoint, incorporating historical designs used for a century; matching the electrical specifications for USA FDA approved CES and “ElectroSleep” devices in France. These devices have been used for over 50 years with no known injuries. The Harmonizer emits a very small electrical pulse (1/1,000<sup>th</sup> of an amp on average, at 30 volts or less). This is passed through a transformer so that no DC power is applied.

### Not a Medical Device

The Harmonizer has been developed for research and consumptive use, and is not a medical device. As such, we make no medical claims.

### Blind Friendly and Easy to Use

We’ve designed it so that it’s easy to use, particularly for the blind. The device has a tactile 3 position toggle (blind friendly) switch for setting the desired waveform, and an “on/off” knob that is consistent with standard ‘strength/intensity’ or volume styled switches.

### Side Effects and Intensity Control

In a century of use worldwide the “CES” or “Electrosleep” type technology rarely produces any side effects. Sometimes it can produce a headache in a small (< 0.1%) of users. This can often be eliminated by turning the stimulation intensity down to where you very barely feel the signal.

However rare, some people may not be able to use the technology because of a neurological condition. See ‘Important Safety Issues & Cautions’ on page 3.

### Battery Recharging

The Harmonizer has a rechargeable battery to ensure that good waveforms are not compromised by bad batteries.

CHARGE FOR 15 HOURS – particularly before using the Harmonizer for the first time. This provides for 1 week of standard operation if used once or twice a day. Weekly charging is recommended. Battery should have a lifespan of about 3-5 years. Never leave the charger plugged in for more than 24 hours. Overnight charging is ideal.

LOW BATTERY INDICATION – When the Harmonizer flashes several times and then shuts down it means the battery is in need of a charge. When this happens the charger is plugged into the receptacle on side of the Harmonizer and the charger is plugged in to house power overnight. It can accept 110 to 240 Volts AC.

### Don’t try to recharge a standard disposable/non-rechargeable battery – this can be dangerous.

Battery replacements are available. To replace the battery, simply slide the battery compartment door open and remove the battery and disconnect battery terminal clip. Attach a fresh Nickel Metal Hydride **rechargeable** battery to the terminal clip and close the door of the battery compartment. Only use a rechargeable battery.

<i>Do not use the device while it is charging!</i>
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