

# OMNIUM1

INTELLIGENT LIFESTYLE

## User Guide



# Congratulations on your decision to use an Omnium1 System from Swiss Bionic Solutions!

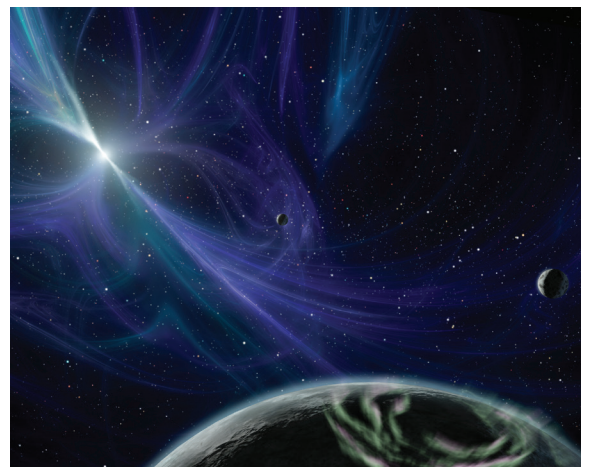
We have created the following information and guide to provide you with practical instructions as well as tips and strategies to achieve the best results possible using the Omnium 1 System together with the PEMF application „iMRS one W@pp“! In case of additional questions or trouble shooting support, please check out our “FAQ“ section: <https://www.omnium1.com/en/hardware.html>

Please visit <https://www.omnium1.com/documents> to download our latest Omnium1 documentation.

## What does „PEMF“ stand for?

**The term PEMF means „pulsed electromagnetic fields“ and describes the specific application of unique pulsed, electromagnetic frequencies and intensities for the overall health benefit of human beings and animals.**

More than 3500 years ago different ancient cultures already used the healing power of magnets. During the Greco-Roman empire (when Aristotle and Hippocrates were actively contributing to ancient wisdom) magnets were often used to heal different illnesses. The Egyptians have been researching the correlation and impact of the earth magnetic field on human beings and animals. In the ancient civilizations of Central and North America the mystic and medical importance of magnetic field therapy was well known.



Early clinical studies on electromagnetic fields were conducted in the 1960s in Russia and Japan. Beginning in 1973 the beneficial effects of time-varying low energy magnetic fields were documented with increasing frequency in North America. In 1982, working from Columbia University School of Medicine Dr. Andrew Bassett published a series of 4 articles on the positive effects of pulsating electromagnetic fields for non-healing bone fractures in 3 well-known North American medical journals.

In the decades to follow there has been an explosion in scientific research pertaining to pulsating electromagnetic fields. Today there are many thousands of research articles published in scientific journals worldwide. Magnetic field therapy is considered safe and effective for a wide variety of health promoting benefits. Unfortunately PEMF is not yet completely recognized in allopathic medicine.

## Magnetic Resonance Stimulation for wellbeing of humans and animals

Research has shown that low energy pulsating fields within the frequency range of “the biological window” (0,5-25 Hz), as well as the inner and outer wave patterns of the Earth’s magnetic field (7.83-11.79 Hz) can produce remarkable positive changes within the body. In exploring this technology for your health and the health of your family, insist upon true and low intensity PEMF with the iMRS one W@pp!



The term “magnetic resonance stimulation” simply indicates that by applying a weak pulsating electromagnetic field that matches the Earth’s magnetic field properties and it’s correlating harmonic over waves, nearly all 75 trillion cells of the body can be stimulated into harmonic resonance. As a result the powerful capacity within the cell membrane increases and enables the cells to produce more energy. This energy enhances the self-healing powers of the body. We call it a holistic approach!

In addition the iMRS one W@pp is providing a built-in “organ clock.” That is, certain frequencies are excluded, while other frequencies are delivered according to the biorhythm of the human body. Blending natural frequencies with the body’s rhythms ensures that all organs receive automatically the most beneficial stimulation no matter what time of the day an iMRS one session is applied.

# Application spectrum

Magnetic resonance stimulation offers a broad spectrum of benefits to human health with essentially no adverse reactions and very few legal contraindications (pregnancy, epilepsy, electronic implants). Consistent home use is strongly correlated with increased energy balance resulting from the integrated whole-body stimulation of the immune, metabolic, neurological, endocrine, circulatory and musculoskeletal systems. The result is increased energy and vitality, improved sleep, less stress, reduced pain and overall a greater enjoyment in life.

## For Your Business Life:

- ✓ To maximize your mental clarity, focus & productivity
- ✓ For efficient 8 - 24 minute work breaks, providing essential renewal
- ✓ In the midst of your projects requiring heavy concentration
- ✓ For healthy on-the-job stress management



## For Professional and Amateur Sports:

- ✓ For pre-competition warm-up
- ✓ To reduce or eliminate lost training days
- ✓ For rapid post-exercise recovery after strenuous workouts
- ✓ To support faster rehabilitation for injuries



## For the Elderly:

- ✓ To improve mobility
- ✓ To increase energy, vitality and strength
- ✓ To provide metabolic support for bed-bound people
- ✓ To optimize physical and psychological balance



## For Wellness and Anti-Aging:

- ✓ To improve circulation and immune system function
- ✓ To activate cellular metabolism and repair
- ✓ To aid relaxation and detoxification
- ✓ To provide optimal overall vitality



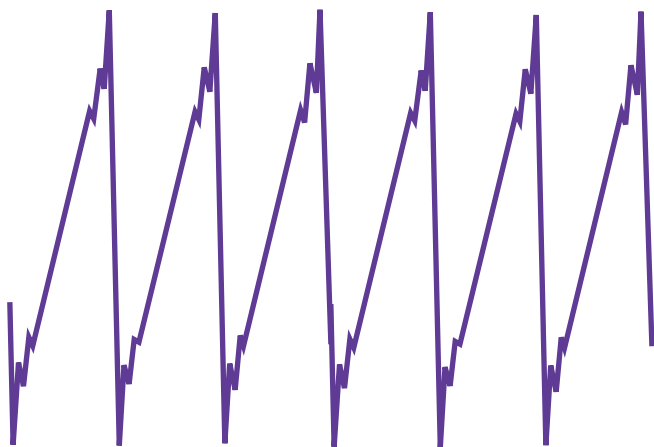
# The Omnium1 together with the iMRS one W@pp comes with several applicators to be used overall or locally:

## OmniMat (Whole Body Applicator)

In order to provide the purest pulsating electromagnetic fields, the OmniMat contains 3 pairs of solid and non-insulated copper coils divided in the head/neck, torso/hips and legs/feet area. The coils have



different amount of windings to control the intensity levels on the surface accordingly. The lower body is capable of resonating better with higher field intensity than the head. Therefore it is crucial to place the OmniMat correctly before you lay on it: The side where the cable is coming out is where the head has to be placed!



The OmniMat exposes a very sophisticated physical impulse composition called „Triple Saw Tooth“ waveform. This particular signal structure is able to deliver a very high amount of single frequencies and it`s harmonic over waves (mainly 0,5-25HZ + harmonics up to the higher KHZ range) simultaneously within a very short period of time.

Because each cellular structure within the body responds to different frequencies the applied signal structure creates a high resonating effect. The rapid rise and fall time of the triple saw tooth wave form is hereby the ideal signal structure to enhance and optimize metabolism and literally acts as a “battery charger“ for the nearly 75 trillion cells an average human body contains of. The countless layers of impulse variation and it`s resonance properties along with the built-in and automated organ clock makes the iMRS one Omnimat session the most varied, complex and efficient holistic application. It also means, that the benefits will never reach a plateau, unlike static magnets and simple sine wave PEMF systems.

## The NASA Proven Square Wave

The 4-year NASA study lead by Dr. Thomas Goodwin, PhD on the ability of PEMF to improve the growth and repair of tissues in mammals resulted in the discovery of the most efficient properties of an applied pulsed electromagnetic field in terms of:

- ✓ Energy
- ✓ Frequency
- ✓ Intensity
- ✓ Waveform



**Reflecting and interpreting the results, NASA found the best physical parameters of PEMF as stated below:**

1. Rapid time varying waveform - specifically square wave (triple saw tooth also matches the criteria, but not a simple sine wave).
2. Very low frequency (10 Hz), close to 7.83 and 11.79 (almost exactly between main carrier frequencies of the earth magnetic field and atmosphere incl. Schumann waves)
3. Low Intensity (1 - 20 Microtesla), which is even less than the strength of the earth magnetic field (roughly fluctuating between 30 - 70 microtesla)

NASA discovered that the benefits of very low frequency, very low intensity and rapidly varying PEMF's promote better healing and regeneration of damaged or disease tissue, improves cell longevity, accelerates cell growth, improves cellular voltage (mainly observed in nerve cells), up regulation of genes related to collagen production, cell restoration and growth. For more information on the NASA study please contact your personal Lifestyle Consultant, who referred you the Omnium1! tension.

## OmniPad

The local applicator OmniPad contains of one pair of equally winded and non-insulated, solid copper coils and is designed for localized applications.

The OmniPad exposes the above described and NASA proven „Square Wave“ signal structure. The applicator can be placed over all related areas on

the body, mainly to relief pain, to increase blood circulation locally and to relief muscle



## OmniSpot (optional)

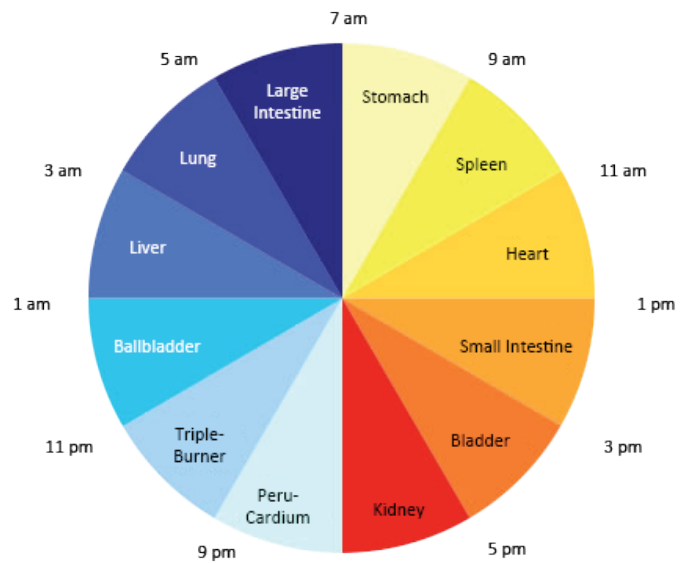
The local applicator OmniSpot contains of one pair of equally winded and non-insulated, solid copper coils and is designed for pinpointed applications. The OmniSpot also exposes the above described and NASA proven

„Square Wave“ signal structure. The applicator can be placed and fixed around specific areas of the body (using the attached Velcro Strap), mainly to relief pain, to increase blood circulation punctually and to relief muscle tension in defined areas. The OmniSpot exposes higher magnetic field intensity than the OmniPad. In addition the OmniSpot is designed to create a specific physical phenomenon called Helmholtz Effect. This effect appears, whenever two copper coils face each other during a pulsed magnetic field exposure. This constellation leads to a homogenous field exposure in the center of the opposing coils and provides a higher efficiency factor.



## The Built-In Biorhythm Clock

The biorhythm clock is unique to the iMRS one W@pp and is perfect for giving your entire organism the frequency spectrum it needs for the time of the day you use it. For example, you want activating frequencies during a morning session and relaxing frequencies at night. The applied frequencies are based on established brain wave research in traditional and mainstream medicine (using EEG's for evaluation).



The carrier frequencies of the 4 organ clock settings are as following:

1. 15 Hz	morning setting (Beta)	great for an energetic start into the day
2. 5.5 Hz	afternoon setting (Alpha)	great for stress relief in the afternoon
3. 3 Hz	evening setting (Theta)	great for deep relaxation in the evening
4. 0.5 Hz	night setting (Delta)	great for preparing the body and mind for deep, rejuvenating sleep

NOTE: The OmniPad and OmniSpot (optional) applicators do not have a biorhythm clock setting as their purpose is different

# iMRS one W@pp Getting Started Protocols

NOTE: Before proceeding make sure you have properly installed and setup the Omnium1 together with your iMRS one components! Check your owner's manual(s) in case you need advice and also watch our tutorials at <http://www.omnium1.com/en/tutorials.html>. If you need personal support please contact your Swiss Bionic Solutions LifeStyle Consultant who referred you the system.

## The general protocol of using the Omnium1 together with the iMRSone W@pp should be performed as following:

Always start with a whole body application first to achieve the best results. The application opens up the energy pathways, enhances overall circulation and balances body and mind. It also perfectly prepares the body for an additional local application afterwards. Please make sure, that you place your head on the side of the whole body applicator, where the connection cable is coming out. Also make sure, that you are lying on the smoother side of the OmniMat, the solid side is facing down. In general ensure, that the OmniMat is placed on a solid surface to prevent from bending the built-in copper coils. Firm mattresses, carpet floor or firm loungers are fine as long as the applicator does not bend. You don't need to undress as the low pulsed electromagnetic fields penetrate through material. Remove jewelry, wallet and watch before the application and do not use your cell phone, tablet or computer during a session. If you suffer from back pain or spinal issue you may bend the knees to create a comfortable position during the application. A small pillow underneath your head is fine as well. Drink a glass of purified water BEFORE and AFTER the session to promote hydration and the effects of PEMF!

### Basic Settings:

Morning:	Intensity 25 for 8 Minutes
Midday:	Intensity 25 for 8 Minutes
Evening:	Intensity 10 with 16 to 24 Minutes

In case you would like to additionally apply PEMF to specific areas, you may continue with a local application right after the whole body session. It is also possible to add a local application at any time of the day based on your available time. Place the OmniPad or OmniSpot (optional) at the designated area and use the following parameters as described in the chart below (**Wolfe's Law**):

	<b>Chronic (older)</b>	<b>Acute (new)</b>
Head/Neck	<b>10 - 25</b> <b>8 min</b>	<b>25 - 50</b> <b>16 - 24 min</b>
Torso	<b>25 - 50</b> <b>8 min</b>	<b>50 - 100</b> <b>16 - 24 min</b>
Legs	<b>50 - 100</b> <b>8 min</b>	<b>100 - 400</b> <b>16 - 24 min</b>

These settings are for: persistent conditions and pains that have been bothering you for a long time.

These settings are for: acute conditions and pains, overall situations that are relatively new.

## Exceptions

If you suffer from severe chronic conditions such as Burn Out, Insomnia, Electro-magnetic Hypersensitivity (EMS) or Toxicity, please follow the protocol below (only applicable for a whole body application):

Morning:	Intensity sensitive for 8 Minutes
Midday:	Intensity sensitive for 8 Minutes
Evening:	Intensity sensitive with 16 to 24 Minutes

Note: You cannot use the various applicators at the same time! The suggested protocols are based on 20 years of experience with PEMF and collected feedback from more than 1 Billion single applications! However, every organism is individual and this uniqueness should be taken into account using the Omnium1 with the iMRS one W@pp. In case you feel any sensations, which create agitation, you might experience a so-called healing reaction or “Herxheimer” effect. In this case please lower the intensities to give the body the necessary time to adapt to the applied signal.

Omnium1 together with the iMRS one W@pp is considered safe to use and does not create any known side effects or interactions. According to the general laws for safety and security we need to inform you about the following contraindications. Make sure you DO NOT have any of these conditions or check with your doctor first prior to a PEMF application:

- ✓ Pregnancy
- ✓ Implanted electronic device (pacemakers etc.)
- ✓ Epilepsy or seizure disorder



### Specific protocol for athletes

The entire metabolism of athletes works in general on a much higher level and therefore the settings for a basic PEMF application might be more effective with the following settings:

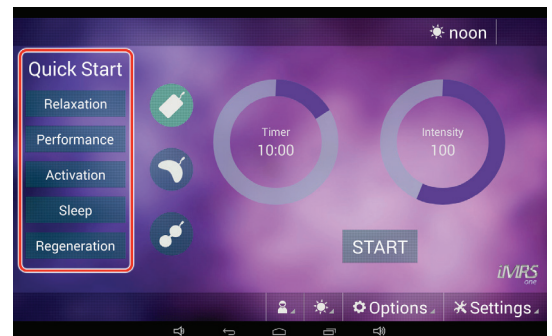
Morning:	Intensity 100 for 8 Minutes
Midday:	Intensity 100 for 8 Minutes
Evening:	Intensity 10 with 24 Minutes
Pre competition:	Intensity 100 for 24 Minutes
Post competition:	Intensity 10 with 24 Minutes

For a local application use the same settings than described above in Wolfi`s Law! If you are looking for a specific protocol you may always contact your SBS LifeStyle Consultant!

# Quick Start Programs iMRS one W@pp

The iMRS one W@pp comes with 5 pre programmed quick start protocols for the following purposes:

- ✓ Relaxation
- ✓ Performance
- ✓ Activation
- ✓ Sleep
- ✓ Regeneration

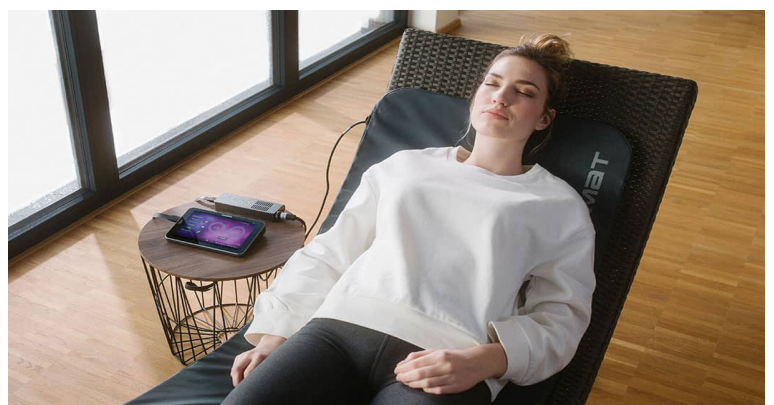


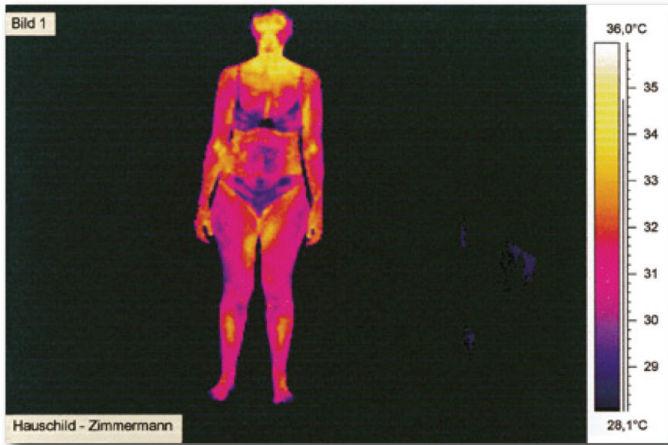
With the touch on one of the designated buttons on your operating surface, the iMRS one W@pp will automatically start and perform a pre programmed OmniMat application. No need to further set any additional patterns. Duration of application and intensity levels may vary depending on the selected quick start program!

## What do I feel during a PEMF session?

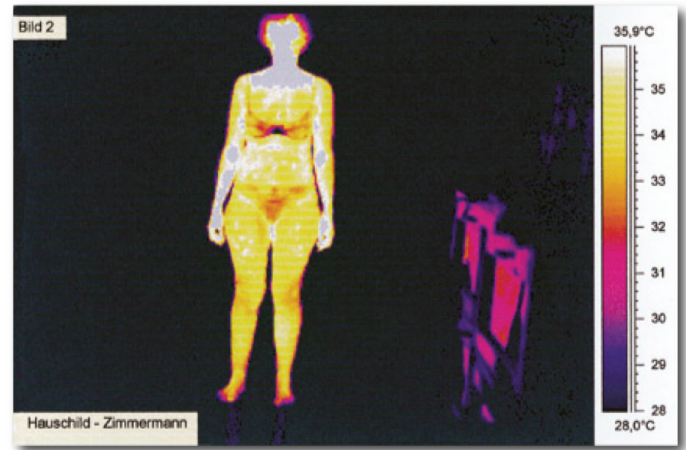
The most common sensations during a whole body application are warmth, slight tingling in various areas of the body and a deep feeling of relaxation. Many users fall asleep during a session. And even if you feel nothing, a lot is happening inside your body. Do not be disappointed if you do not sense the field. It is incorrect to assume, that no sensation is equal with no effect! Unlike applications, which we can easily detect with our senses, electromagnetic fields are hard to perceive. However, the resonance phenomena create a very pleasant reaction and you will feel it's benefits over time if you consistently use PEMF. Based on the feedback from thousands of users:

- ✓ Only 10% of users feel absolutely nothing during the first couple applications
- ✓ 50% feel pleasant warmth and deep relaxation
- ✓ 40% feel a slight tingling
- ✓ Approximately 20% of the above fall asleep during an application

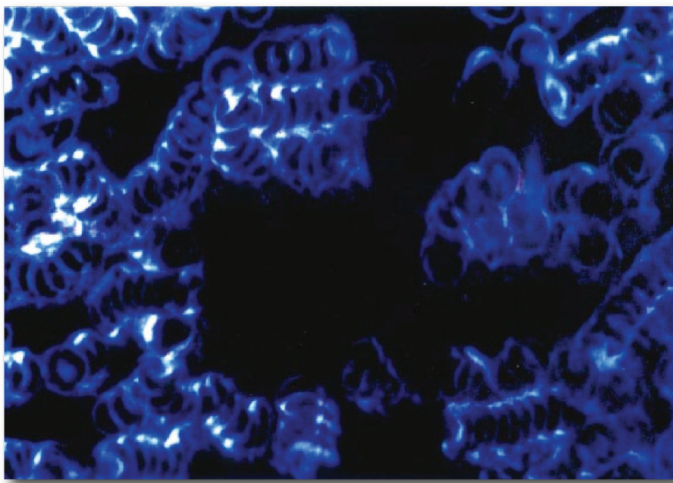




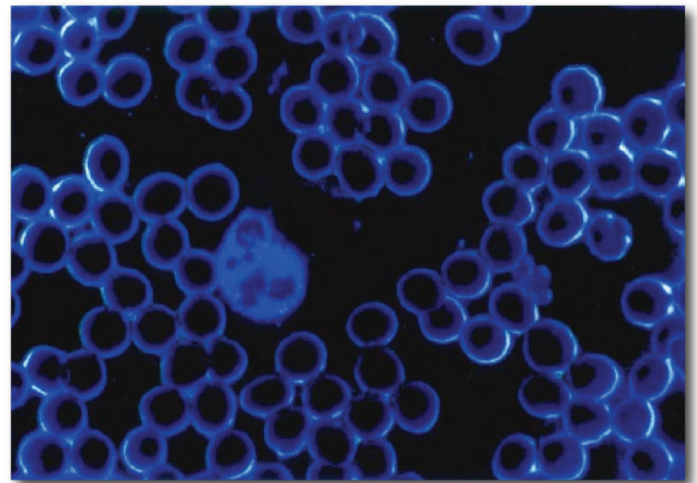
Before PEMF



After PEMF



Before PEMF



After PEMF

## FAQ Section

### How can I achieve the best results?

- ✓ Drink a glass of water before and after a session. This is CRITICAL for success!
- ✓ Try to perform an OmniMat session from 5-10am (morning organ clock) and at least one additional in the evening (evening or night organ clock). One more session after lunch (noon organ clock) will further improve results!
- ✓ If you intend to add a local session during daytime, you may take your Omnium1 system to work and apply a local application 3-4 times during work, in the car, in the plane or during a lunch break!
- ✓ Alkalize the body. Try fresh lemon in water in the morning!
- ✓ Try to eat more alkalizing foods like green vegetables (especially dark green), fruits, seeds, avocados, and certain nuts like almonds!
- ✓ Regular food intake (calorie watch) - don't overeat!

- ✓ Avoidance of radical diets, junk food, soft drinks, processed food and fast food!
- ✓ Deliberate deep abdominal breathing during treatment
- ✓ Follow the correct settings (read this guide carefully)
- ✓ Be aware of a possible healing crisis (Herxheimer effect)
- ✓ Remove metal eyeglasses, metal jewelry, watches, smartphones (just like you are going through airport security)
- ✓ Consistency beats intensity (use the above described protocols)

## Are Blankets and Pillows Ok?

- ✓ Yes. For warmth and comfort, it is perfectly fine to lay one blanket over the OmniMat and even a second blanket over you. The PEMF waves will completely penetrate through anything non-conducting (metallic)!
- ✓ Try to avoid using pillows, unless it is absolutely necessary to relieve a painful position Use only small, flat pillows. The intensity of PEMF energy decreases very quickly over distance.

## When can I expect results?

With daily and consistent use of the proper protocols, several benefits will be experienced quickly - primarily more energy, better sleep and pain relief. Most people will see results and improvements within 30 days. Chronic and severe chronic conditions may take longer depending how serious and how long the condition has been present.

## Other Tips for Using your Omnium1 system together with the iMRS one W@pp

### **iPhone and Android App`s for Detecting Magnetic Fields**

- ✓ Android (Google Play), Magnetic Field Detector by Mobile Develop Team, search for “magnetic field detector”!
- ✓ iPHONE/iPAD (AppStore), Magnetic Detector by Daniel J. Pérez

Both apps are complementary and serve to detect the pulsed electromagnetic fields exposed by the iMRS one applicators (audio and video). You can even display the waveforms of the different applicators (Triple Saw Tooth and Square Wave)!

Because it is difficult to “sense” electromagnetic fields, these apps can assure you the system is working properly. You will create the best measuring results while finding the center of one built-in copper coil in the designated applicator. Move the smartphone or pad slowly over the surface of the applicator and observe the fluctuation of the magnetic field intensity. The stronger the field, the more close you are to the center of the copper coil, the easier you are able to measure the field and visualize the applied wave patterns.

## Are there any side effects?

In general the application of low-pulsed electromagnetic fields are free of side effects and the application is well tolerated, if the applied field strength is within a secure range in accordance with the respective legal thresholds. The highest intensity level of the iMRS one W@pp is even lower or equal to the strength of the earth magnetic field and therefore absolutely safe to use. No side effects or interactions are known to date.

**For More Information or personal support, please contact your Swiss Bionic Solutions LifeStyle Consultant!**

# OWN YOURSELF !

## Disclaimer

The iMRS one W@pp is not a medical device, however the system is listed and regulated with the FDA as a Class 1 device (therapeutic massager) and the medical intent of use is limited to relieve minor muscle aches and pains.

The Omnium1 together with the iMRS one W@pp are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product or following these recommendations. The information in this guide is not intended as medical advice and may not be used as medical advice. It should not be used to replace the advice of your own doctor. A low PEMF system such as the Omnium1 together with the iMRS one W@pp simply improves the body's native energy to facilitate repair, foster overall wellness, and improve speed, endurance and performance.

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