



NES HEALTH
Through Energy & Information

The TWS miHealth

General Guidelines for Professional Practitioners

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Contents

1. Overview of miHealth.....	3
2. Cautions of Use.....	4
3. Cleaning and Maintaining the Equipment.....	5
4. General Recommendations for Use.....	7
4.1 Where to apply the miHealth.....	7
4.2 When to move on.....	8
4.3 Techniques of Use.....	9
4.4 Physical application techniques.....	10
4.5 Off Body Techniques.....	11
4.6 How long to apply miHealth and repeat application.....	11
5. Operating the Device.....	13
5.1 Basic operations.....	13
5.2 Operating modes.....	13
5.3 Setting the power level of the electrodes.....	14
5.4 Intensity.....	15
6. Clinical Use.....	16
6.1 Client Handling.....	16
6.2 Hygiene.....	17
6.3 Case Management.....	17
6.4 Assessing the Client.....	18
6.5 Principles of Change.....	18
6.6 Exacerbations.....	19
6.7 Complementary use.....	20
6.8 Differences between miHealth and Provision/Infoceuticals.....	21

These notes cover general guidelines for using the NES Health miHealth in a clinical setting as part of the Total Wellness System (TWS) approach.

The NES miHealth is a compact, handheld, electronic, multi-functional instrument applied directly to the skin or used a short distance from the body with the aim of clearing energetic blockages and reenergizing the body. The device utilizes short pulsed electrical waves and magnetic fields of a specific nature and frequency to interact with the body's bio-systems, connective tissue matrix and information fields to achieve the desired actions.

The miHealth is used in conjunction with the NES ProVision Human Body Field scanning software to direct its optimum application.

It must be noted that the miHealth is not a medical device and does not claim to diagnose, treat, cure or prevent any medical conditions.

The miHealth operates as a platform for supporting a range of user selectable software driven applications and functions. The applications and functions govern the nature of the electrical and magnetic outputs from the device

The device is flexible in use. It can be used both on and off the body, addressing physical complaints such as muscles, bones, nerves, and also used to stimulate acupuncture points. In addition:

- The Energetic Rejuvenator (ER) functions can be used to rejuvenate energy pathways as indicated by the ProVision software
- The energy settings can be used to align energetic structures
- The mind and transformation options can be combined the Emotional Freedom Technique (EFT), Thought Field Therapy (TFT), Neuro-Linguistic Programming (NLP) and other mind related theory approaches. These functions correlate to the results of the ProVision scan
- The wellbeing functions offer simple approaches to common complaints
- Protection aims to rejuvenate defense mechanisms

This document provides basic guidelines in the use of NES miHealth in the therapeutic environment. This guideline is not designed to provide adequate training for professional use of the miHealth device. It's important that practitioners attend an approved NES Health Total WellNES System training so that sufficient skills can be used to safely and effectively use the device in a therapeutic setting.

2. Cautions of Use

Empirical evidence shows the miHealth device is safe to use in “normal” circumstances. However, there are some situations where it should not be applied or caution should be used. Ultimately, it’s 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
- During pregnancy (with the exception/approval of your healthcare professional)
- Infants (less than five years of age unless suitably qualified to do so)
- Direct contact with open wounds

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 in any way
- The miHealth is for external use only

3. Cleaning and Maintaining the Equipment

The miHealth is a precision electronic instrument and should be treated as such. To maintain the device in good working order, please note the following:

- The miHealth case provides adequate physical protection, but the device should not be dropped, banged or exposed to excessive loads
- In normal use the device requires only gentle pressure on the skin, far less than other types of electrical stimulation devices. The streamline style of the miHealth device was designed to not be used using excessive pressure or force. If a stronger physical massage type force is required, a suitable external electrode should be attached and used
- The device is not waterproof and should not be exposed to liquids. Liquids can destroy the electronics and could potentially offer a safety concern
- Do not use the device in excessively humid conditions or extreme heat (above 35°C)
- The electrodes are made from stainless steel and they are resistant to scratching in normal use, but if they come into contact with sharp objects or abrasive substances the smooth surface of the electrodes could be damaged. Please use caution when putting the device down, and with how the device is stored when being transported
- The miHealth electrodes (and any external electrodes attached to the device) should be cleansed between sessions and after use. Cleansing wipes are recommended for this purpose. These are readily available in a variety of strengths ranging from gentle baby wipes to alcohol wipes and full MRSA wipes. It is up to the practitioner to select and use the most appropriate wipes
- The miHealth case can be cleaned using cleansing wipes or a slightly damp soapy cloth, however be cautious about getting any moisture into the device
- Note, the miHealth is an electronic device and not classified as sealed against moisture ingress. For this reason placing the device in a container of cleansing liquid, ultrasound bath or autoclaving will destroy the device and invalidate any warranty

miHealth Battery Recommendations

- Monitor the level of charge of the battery. Under normal use it should give around 7 hours of use from fully charged. If the battery is low then charge before using. A completely empty battery takes about 3 hours to fully charge. Note: If the device is

charged from a computer USB socket, the socket may not be able to support the fast charge facility and automatically switch to trickle charge which can take up to 12 hours to fully charge. An indication of charge rate is found by looking at the battery icon animation. If it is animated at 1 frame/second it is trickle charging; if 2 frames/second it is fast charging.

- The main drain on the battery is the display screen back light. Reducing the brightness level of this (through the setting screens) increases the length of time the device can be used between charges.
- The battery is of a lithium-iron type and can be charged in any state (fully discharged to fully charge) without degrading its performance.
- If the battery is removed all the device settings will be maintained.
- When connecting or removing electrical cables to the device, E.G. charger, USB cable or external electrode, do so with care. Do not use excessive force.

4. General Recommendations for Use

4.1 Where to apply the miHealth

Upon completion of a NES scan using ProVision Software and consultation using the ER report which provides details of most relevant places to apply the miHealth and the corresponding ER function to use, the miHealth Practitioner will have to select where and how to apply the device on the recipient.

An alternative is to start by applying the miHealth device to the area presenting the main complaint and manually select the functions to use on that area

Below are some descriptions of techniques to select where to apply the miHealth device:

- **As indicated by the ProVision software:** The Energetic Rejuvenator (ER) screen in the ProVision software is a primary indicator for selecting miHealth functions and where to apply them. There are also indicators for the use of the miHealth in the Environmental and MIND screens
- **Point of complaint:** Have the recipient point to the exact point of the complaint. The device can be placed on and around the point of complaint or targeted pain area and used in a general brushing manner. This basic method can be effective when targeting the high priority areas
- **Asymmetries:** Another technique is to look for 'asymmetries' either directly on or around the area to be addressed, or on related areas such as along the spine. An asymmetry can be identified as one or all of the following:
 - Localized 'sticky' area on the skin. When brushing over an area with the electrodes it may be found that the electrodes seem to 'stick' slightly and there is a perceptible need to increase the effort to brush the device compared to the surrounding area. Stickiness is associated with a slight damp tackiness to the skin. Stickiness is the primary indicator of an asymmetry
 - An area that appears slightly 'red' or a different skin shade to the surrounding skin
 - An area that appears slightly inflamed
 - An area that is itchy or painful

The main method of addressing asymmetries is through cross brushing (described below). Usually after working on these areas for a short while they will become less sticky. This is an indicator of improvement and time to move on to the next area.

- **The three spinal pathways:** This is another standard approach which can be used in many situations. It involves working down the spine in three vertical lines. (From a Chinese medicine perspective the three pathways represent the Du (Governor Vessel) and Bladder meridian):

- o The first is down the centre of the back along the spinal protrusions starting level with the top of the shoulders (C7) and going down to the base of the spine
- o The second pathway is about three finger widths (3 – 5 cm) to the left of the spine
- o The third is about three finger widths to the right of the spine

The central idea to this approach is that the nerves associated with the autonomic nervous system (ANS) enter and leave the spinal cord via the inter-vertebral spaces. The ANS functions associated with the nerves and vertebra are well documented and by adopting the three pathways method, ANS activity may be generally improved.

It is common when working down the three pathways to identify asymmetries and use the cross brushing technique on these points.

- **Symmetrically horizontally opposite:** Although often it is appropriate to start directly on the main area of complaint, sometimes the symmetrically horizontally opposite area may be used – e.g. if the right shoulder is giving extreme pain then start on the left shoulder before moving to the right shoulder. This allows the recipient to become familiar with the stimulation feeling of the device and help them to relax before moving onto the tender area. Moving straight onto a tender area can cause tension, stress and unnecessary pain in the recipient.

Some practitioners may adopt a standard approach, for example, always working on the three spinal pathways irrespective of the complaint. Others may work differently for each client. Ultimately, it's about gaining experience and learning how to select the appropriate areas to work on and use the techniques that work for your clients.

4.2 When to move on

With ERs the miHealth will automatically stop 2 minutes after starting an ER function and this is the indicator to move onto the next ER. So ERs are a series of two minute applications.

When working with other functions (and also worth noting when working with the ERs), when to 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.

When working off body, the decision of when to move on from an area becomes more subjective and intuitive. The following are indicators to be aware of:

- The recipient reports an easing of the complaint.
- The dynamics (movement) of an area eases. A physical and energetic release.
- The practitioner 'feels' or senses a shift happening or is intuitively drawn to move on to another area.

4.3 Techniques of Use

It is the responsibility of the miHealth practitioner to determine the appropriate settings and physical techniques to use with each recipient. The decision on what technique to use will be based on the health conditions of the recipient and the ProVision scan recommendations.

Some criteria to consider:

- What miHealth functions to select
- Output power to use
- Physical technique to use
- Where to apply the device
- How long to apply
- The sequence of areas to apply it to
- How to position the recipient so they are comfortable and the device can be applied effectively

Each individual response to the miHealth device is dependent upon various factors. The reaction of your patient should be closely monitored throughout the session, not just limited to the local area being worked on. It is important to note that all aspects of a bio-system are interconnected and applying the miHealth in any one area of the body may produce reactions in other areas. For example, release of tension in the hips could result in a change in breathing pattern or expression on the face. The miHealth practitioner should be cognizant to all reactions of the recipient during the session and use this as feedback to help guide the application of miHealth.

Where the device is to be applied to the skin the area must be free from clothing and excessive hair (unless a comb type attachment is being used). Do not use oils, lotions or moisture on the skin surface. Where the skin has a build-up of oils or lotions these will need to be cleansed before using the device on those areas. If the miHealth is to be used off the body then clothing can remain in place and the skin will not require cleansing.

The electrodes on the device are metallic and they may feel cold to the recipient when placed on the skin in particular more sensitive areas such as the abdomen. It may be worth warming the electrodes before first application by rubbing them in the hand. Do not use any form of naked flame on the device.

Also it's recommended with a client who has not experienced miHealth to demonstrate the sensation it generates on the palm of their hand before using on other areas. This will prepare them for the sensation and help them relax.

4.4 Physical application techniques

A variety of physical application techniques can be used with the miHealth. Determining which to use comes down to assessing the needs of each individual case. Also each practitioner will tend to find techniques they prefer to use over others. A summary of basic techniques follows.

- **Brushing the skin**

"Brushing the skin" is the process of moving the electrodes over a specific areas of skin normally in a slow rhythmic manner. This is the most common method of use and includes:

- o General brushing – moving the electrodes generally with a light to moderately firm pressure over an area with no specific pattern. Useful for general application and determining the existence of asymmetries
- o Vertical brushing – usually from the top down over an area in a series of strokes. For example over the abdomen starting from the top right progressing in a series of vertical downward strokes each consecutively starting further to the left
- o Cross brushing – a 'cross type pattern' of application mostly used over areas of asymmetry. This involves brushing left to right then up and down several times over an area. This is sometimes referred to as 'vector brushing'

- **Static**

Holding the electrodes still over an area. This technique may be used where there is a localised disturbance. It is also used on acupuncture points and pain trigger points, usually using the curved edge of the end electrodes. The device is also used in a static manner when taking point readings.

4.5 Off Body Techniques

This is where the device is used away from the skin utilising the pulsed magnetic fields to interact with the body matrix system. This can be viewed more as an 'energetic' type application for the device, used to influence 'energetic' aspects of the recipient. The effective range of the device is about an arm's length (60 cm).

Various off body actions can be used:

- **Static** – this includes the device being placed in a pocket or sitting on a desk next to the recipient in broadcast mode
- **Oscillating** - remaining in one place but using a slight oscillating motion. Used to 'sense' and 'connect' to the energetic aspect
- **General brushing** – clearing or energising
- **Sweeping** – moving energies. Usually applied several times in a rapid manner. Often used to move away 'negative' type energies in a distal direction

4.6 How long to apply miHealth and repeat application

A normal miHealth session consists of 10-30 minutes of application. On occasions a shorter time may be needed, and in some instances this may extend to 40 minutes. The only exception is when using some Cycle applications that have been designed to run for extended periods, such as the Chinese cycle which can run 24 hours a day.

It is recommended to keep the first miHealth session with your client fairly short, not exceeding 20 minutes of application. This allows the reaction of the recipient to be monitored and adjusted accordingly for each unique individual. miHealth applications that are too long for a new or inexperienced patient may cause over stimulation. It's about the quality of your application not the quantity.

- Similarly, it's recommended that the broadcast mode is restricted to 20 minutes at first. This can be extended if necessary, but it is better to start at a lower level. The exception to this is the use of the miHealth Cycle applications
- When working directly over a major organ, gland or nerve plexus, it is recommended not to spend more than 5 minutes directly in that place. It is advised to not exceed 10 minutes of direct contact with any one area
- If required the device can be used every day however under normal clinical conditions and when working with chronic conditions, applying the device once every 3 days is recommended
- With acute conditions the device can be applied several times a day with 3 hours between applications

It is important to note that the miHealth device incorporates a number of advanced technologies and is designed to be highly efficient in its action. Its potency may be considerably more than other similar looking devices and so noticeable results can be achieved in shorter session times. The effects of one 30 minute session will remain active for three days; in addition the action will continue to consolidate after this time. So don't over-use the device, but give the body time to assimilate each session.

The number of sessions required will vary from person to person and the type and duration of presenting conditions. Sometimes one or two applications are sufficient but more typically 4 or 5 sessions are required.

5. Operating the Device

5.1 Basic operations

Basic instructions such as turning on, charging and navigating your miHealth device may be found on the user guide supplied with the device.

5.2 Operating modes

Basic instructions such as turning on, charging and navigating your miHealth device may be found on the user guide supplied with the device.

The miHealth device offers a selection of operating modes or 'applications' (apps), and each app has a selection of functions. The apps and functions exist as software within the device and the device is supplied with a preloaded set of standard applications. Each application provides a series of individual functions. A brief description of the applications is given below (full descriptions of the functions are provided in the training material):

- **ER** – Energetic Rejuvenators provide a quick, convenient and integrated method for clearing energy blocks and rejuvenating the body. All therapeutic sessions should include a set of ERs.
- **Physical** – A basic set of physical functions designed to address various tissue concerns and aid reoccupation. Mostly on-body techniques are used but the off-body techniques can be equally effective.
- **Energy** – These functions are designed to harmonize energetic aspects of the bio-organism. These can be used directly on the skin but are commonly used in an off body application.
- **Wellbeing** – A series of functions for specific areas of wellbeing fatigue. These are designed to support wellbeing in a number of areas and can be used in a mixture of on and off body applications.
- **Mind** – A series of functions to address mental, emotional and psychological aspects.
- **Protection** – A series of functions to address fatigue of the body's natural protection mechanisms.
- **Transformation** – A series of functions designed to bringing understanding and resolution to negative and disruptive memories allowing a balanced transformation process.

5.3 Setting the power level of the electrodes

The miHealth's electrodes power output setting can be manually adjusted between 2% and 100% using the power setting buttons on the side of the device. When activating the run mode, the output is automatically set to 2%, the practitioner can manually increase this to the desired level.

In normal use the electrodes are placed on the skin and the power is increased until the recipient feels a slight tingling sensation. The sensation should be detectable by the recipient; they should not feel any discomfort.

If the recipient is experiencing significant pain, inflammation or tenderness in the treatment area using the miHealth device, then the electrodes should be placed near but not directly on the area and the power increased to a slight but not uncomfortable 'tingle' level before moving to the painful/inflamed area. Please keep in mind that the power level of the device may need to be adjusted once the electrodes are placed over the treatment area.

While using the miHealth device, continue to monitor the patient to see if the power level is sufficient for them. Some people become more sensitized as the device is applied for a length of time over one area.

In normal use the idea is to keep the sensation at a comfortable level. Increasing power to a strong sensation does not necessarily increase the benefits to the recipient. More pain is not necessarily more gain. It's quite possible to achieve noticeable effects with the power set to minimal levels and the recipient to not feel anything. However, it has been found that if the recipient does feel a slight sensation they tend to be more open to the belief that "something" is happening.

There may be some instances where a higher power level is indicated:

- If there is a localized point of acute pain then an increased power level may be tried in the surrounding area to see if this will reduce the pain
- Where there is numbness in specific areas, it's recommended to use a short duration of high level treatment that may help return sensation
- Body reactions are lowered and a 'stirring up' is required (seems vague?)

Note: For off body mode the power setting has no influence on the broadcast output level. This is fixed, and the power settings do not affect it. The power setting only influences the electrical output from the electrodes when they are touching the skin.

5.4 Intensity

The miHealth run screen provides a series of five numbered preset intensity buttons. These set various parameters including the number of pulses that are emitted in each pulse packet. The intensity varies between 1 (mild) to 5 (strong) with 3 being medium. In normal use the intensity will be set first and then the power increased. However the intensity level can be varied while the device is in use as desired. When increasing the intensity it is important that the recipient remains comfortable, so it may be necessary to reduce the power if the sensation becomes uncomfortable.

In many instances the intensity can be left at '1' achieving desired results. Increasing the intensity may be indicated when:

- Chronic situations which are not responding need extra stimulation.
- Areas that are de-energized or stuck and need extra stimulation.
- A short but intense session is needed.

6. Clinical Use

6.1 Client Handling

Using the miHealth device requires the practitioner to have physical contact with the recipient (unless the entire session is to be performed off body), and it is important to have consent before touching them. In some countries it can be deemed as an assault to touch someone without their permission.

It is advisable to have the recipient sign a consent form showing their understanding of the procedures which will be undertaken within a miHealth session. There may be considerations for working with people of opposite gender particularly where they have to disrobe, and young people also need to be considered. Providing a changing area, possibly utilizing a privacy screen is helpful in these situations. There may be a need for a third party to be present in the case of working with opposite gender or children under the age of consent.

A golden rule to consider when working with people in a therapeutic setting is that both therapist and client should feel comfortable with the situation. If either party is not comfortable, this needs to be addressed. It's worth considering providing an examination gown or towels so that only areas of the body that are being worked on are exposed. This helps provide privacy and helps to keep the recipient warm and comfortable. As part of the therapy process the recipient will be undergoing changes and the feeling of being 'covered up' rather than totally exposed may be important at an emotional level so they can begin to heal and initiate change.

The therapy room should be kept at a pleasant temperature, around 21°C. Sometimes clients may feel hot during a session, however this is usually short lasting and for most people it is better to have a warm room than a cold room.

Remember to provide a reassuring and thorough explanation of what to expect during treatment to your client. They may have something they need to express which would require the appropriate space to communicate. As a therapist it's helpful to be able to read body language of your clients to gain a better understanding of your clients' needs before proceeding with the application of the device.

Please keep in mind, as a therapist you do not have to work on someone if you're not comfortable doing so. If you have concerns about proceeding with a session then STOP and reconsider what you want to do, and remember, it's perfectly acceptable to refer a client to another therapist.

Consider using a massage table and or a massage type therapy chair. Although it's possible to work on people sitting in a conventional chair or standing, these approaches have their limitations. Using the miHealth on people will involve applying physical pressure on them as the device is moved over

the body. the device is moved over the body. If the recipient is not suitably supported against these forces it could cause the recipient to tense up to stop their body from moving excessively. Over time this can cause discomfort and the tension can spread to other areas. However if they are lying on a procedure table or sitting in a front supporting massage chair this will provide the necessary foundation to help stabilize their body during treatment.

6.2 Hygiene

When using a massage or exam table it's advisable to use a disposable cover or sanitary sheet. When using a massage type chair the face rest should be covered with either a cotton or paper cover and changed between each client.

In addition to cleansing the device between clients (see Section 3), please remember the importance of washing your hands between sessions. This is to both physically cleanse the skin and also to wash away the 'presence' of the client once you have finished the session. Ideally you should wash your arms up to the elbows.

6.3 Case Management

It's important to establish an understanding of the recipient's past and present health conditions before using miHealth. This involves gathering information about medical conditions, presenting symptoms, general wellbeing, mental and emotional state, medications, etc.

Although miHealth is not a medical device and does not claim to diagnose, treat, cure or prevent medical conditions, as a therapist it's important to establish their state of health. As a precaution, you need to establish firstly that it is safe to continue with a miHealth session and secondly establish areas and techniques where you must express caution in applying the device.

From a therapeutic perspective the number one thing to establish is what the person wants from the session. It's important that the client feels the session is addressing their concern/s either directly or indirectly. Directly may involve placing the device over the area of concern; indirectly may involve suggesting that the miHealth session is conducted in a supportive manner while other appropriate therapies are used to address the primary concern.

Assessing your client accurately should prepare you to safely proceed with the session with a sound understanding of the client's state of being and what it is they want to achieve. It's recommended to take notes during and after the session to form a permanent record of what happened.

6.4 Assessing the Client

It's important to assess the severity of the main complaints before applying the miHealth and to monitor the level of change during and immediately following the application and on return for the next session. This allows a clear gauging of progress for both the recipient and the practitioner and this feedback can be used to direct how the sessions progress.

There are a number of simple techniques for this. For issues such as pain, discomfort, emotional upset, general wellbeing, stress etc., and a 0 – 10 scale is useful where 0 is no issues and 10 is significant disturbance. The recipient performs a self-evaluation of the level before, during and after their treatment. As a reminder, the practitioner records the level and monitors the level/s as they change and improve.

For physical issues which involve a degree of restricted movement then it is useful to establish the range of comfortable movement before the session and then compare these afterwards. The practitioner should be aware of the anatomy of the area being assessed and the normal expected level of mobility for that area.

Understanding limitations in the client's mobility will help determine the best way of physically supporting the recipient during the session so they are comfortable and the device can be applied effectively.

6.5 Principles of Change

Assessing and monitoring your client's case should have provided you with a clear idea of what the client wants. Generally this will involve a desire of feeling 'better', you will see changes from an aggravated state to a more soothed state. Although miHealth has been designed to address fatigue issues of a physical nature it has also been designed to help with emotional aspects. A skilfully directed series of miHealth sessions has the potential of assisting people in many ways. However, whatever happens will involve a journey of change. If there is no change then things remain as they are.

For some people the route to their desired state is direct and they simply get there. For others the journey involves a number of stages. These processes of change can happen naturally and unconsciously in the body, or they can involve conscious change, say, addressing a habit that has been involved in promoting or aggravating the area of concern. Some changes may be unpleasant to go through, however the ultimate state will be one of a better state of wellbeing. It is the duty of the practitioner to support their clients through the changing process.

In general, the process of wellbeing change follows a sequence. The first stage is a change in the mental/emotional state, and then physical changes start to manifest usually starting from the inside and moving outwards, from the top and moving downward, from more recent conditions to ones that have been present longer, from the vital organs to the less vital. In all stages there may be a temporary feeling of regression, but this should be short lived and resume in a positive direction.

The miHealth sessions should be designed to assist the change process by providing an environment where change can happen in a natural and desirable way. This involves a mixture of the therapist's ability to support the recipient, the selection of the appropriate miHealth functions, and physical application of the device and the intention of the recipient. The use of supplementary support may also be needed, for instance suggesting life style changes or encouraging counselling.

NES Health believes that the body is an intelligent, self-regulating system, far from just being a machine. It adapts to both external environmental factors as well as to the state of mind. The body exists in a state where every part is interconnected to all other parts, not just through nerves and hormones but also fields and a connective tissue matrix system (see technology document for details). The body is holistic in nature and holds memories of all things that have happened to it.

NES Health believes that states of fatigue of a physical and or mind nature are strongly associated with disturbances that reduce the harmonious interplay of the regulation systems.

The miHealth device has been designed to provide an environment through its application that encourages the re-harmonising of the self-regulation, adaption and internal communication systems. However it is not the device that makes the change - it is the intelligence of the whole body system that (1) makes the decision to change and (2) makes the changes. How it makes those changes and how they manifest is unique to each individual.

6.6 Exacerbations

The process of change may well involve the letting go of physical 'toxins', dissolving of tension, evolving counterproductive beliefs, quieting of disturbing thoughts, rearranging the perception of past events and so on. The process of change may be experienced as a temporary, short lasting exacerbation of the presenting condition or even reoccurrence of a past condition. Change is the process of letting go of something to make way for something new. The letting go may involve a degree of discomfort before the experience of 'feeling better' occurs. These effects may happen during or after a miHealth session or both, but they do not have to be noticeable or experienced for change to happen.

When the recipient experiences a sudden and dramatic positive change in their condition during the miHealth session then they are more likely to experience a noticeable exacerbation in the following few hours. It is worth letting the recipient know that this could be case.

The skilful use and setting of the miHealth device along with the practitioner's ability to support the recipient, minimises exacerbation effects. However, practitioners should expect some of these reactions from a proportion of their clients and it is important to understand that this is part of the natural process of change. A good indicator of a 'positive' exacerbation is that it is temporary, tolerable and lasts a short time (few minutes to up to three days). Common examples include: feeling cold/hot, sweating, trembling, headache, itching, pain, digestive upset, skin eruptions.

If the reaction extends beyond three days or becomes intolerable, the case will need to be reviewed and action taken. However, where they do occur, most people will only experience mild reactions.

6.7 Complementary use

The miHealth device can be easily and effectively used as a complement to many forms of holistic therapy. As their experience with the device grows, practitioners will naturally find ways of combining miHealth with other modalities. miHealth can be incorporated with physical therapies such as massage, acupuncture, osteopathy, chiropractic, Bowen, physiotherapy etc. The mind aspect of the device can be combined with NLP, EFT, TFT, counselling, etc.

miHealth has been designed to be fully compatible with the NES Health ProVision system and Infoceuticals. When used with simultaneously, please note:

- It is preferable to perform a body-field scan before starting a miHealth session. The readings can be used to help direct the miHealth session practically with the ERs, Protection and Transformation functions as well as select Infoceuticals to support your clients healing
- Infoceuticals can be used between miHealth sessions; they will complement the effects of the miHealth
- If a recipient is receiving regular (once a week or more frequent) miHealth sessions it's common to prescribe one to five Infoceuticals for your client

6.8 Differences between miHealth and Provision/Infoceuticals

In NES theory, the Human Body-Field (HBF) (Read 'Decoding the HBF' by Peter Fraser and Harry Massey for further details) represents the master control system that oversees, organizes and choreographs the billions of body processes required for life. It is a subtle, complex combination of fields falling within the domains of consciousness, bio-intelligence, bio-information and atomic vibrations.

The ProVision system provides a way of scanning the body-field, highlighting areas of this master governing system which have become 'disturbed' and may be contributing to wellbeing issues. ProVision is not a symptom based approach that follows conventional logic, it is direct communication with the bio-intelligence and high level communications that exist in the body-field. The ProVision scan often reveals the deep underlying cause of wellbeing issues and indicates priorities of what needs to be addressed, and the order of how the body would like these issues to be addressed.

Infoceuticals are liquid mineral drops encoded with bio-information. They are the first method NES Health developed for providing corrective information for disturbances in the body-field. They provide an effective means of delivering an ongoing, holistic program of corrective information addressing deep seated issues. Typically the scan is performed every 7, 14 or 28 days and a program of Infoceuticals is prescribed.

The miHealth has opened up a new, flexible approach for working with the body-field. The Infoceuticals remain the prominent way of addressing deep issues and providing wellbeing maintenance programs, but the introduction of miHealth brings opportunities to work more physically with clients, and seeing them more regularly to address common symptomatic complaints.

Infoceuticals remain the purest method of addressing the deep structural issues of the body-field and work at a base foundation level. The miHealth offers a complementary approach that can be simply, quickly and effectively used with common presenting complaints.

The full NES Health Total WellNES System approach starts with a miHealth session on the main presenting symptoms and the top priority ER functions as indicated by the scan, followed by an Infoceutical and NEStrition protocol to compound the therapeutic effect and provide a tailored, deep level therapy, followed by a reassessment of the Human Body Field after 7, 14 or 28 days.



NES HEALTH
Through Energy & Information