



Information guidance

**How to use  
“BIOMEDIS TRINITY”  
device**

2017

### **General recommendations**

BIOMEDIS TRINITY allows you to use the advanced wellness technology of multifrequency synchronization (MFS) for its practical use in everyday life.

The researches that were the basis of the technology of MFS and correction methods that are used in the device are conducted in Russia, the USA, China, Japan, India and other countries. Programs and correction complexes of BIOMEDIS TRINITY are based on several methods - method of bioresonance therapy, structural resonance therapy, transcranial stimulation, method of correction of psychosomatic pathologies. These methods are implemented in BIOMEDIS TRINITY through the newest unique technology of MFS, which allows scientific research and methods to be used on a completely new quality level, achieving high results of the efficiency of the device application.

### **Description of the impact modes**

**In the modes 1 and 2 the device operates according to the method of bioresonance therapy.** There is used a standard program base for BRT. Programs are used to create complexes aimed to correct and prevent specific pathologies. Correction set of programs (complex) is compiled individually for each person.

### **Purpose of programs for the modes 1 and 2 (BRT method):**

1. strengthening and correction of functions and systems of the body (musculoskeletal, nervous, integument, cardiovascular, respiratory, digestive, urinary, immune, endocrine, reproductive);
2. prevention of premature aging;
3. ensuring infectious safety;
4. body cleansing, elimination of toxic substances.

**In the mode 2, the BRT method is implemented through the multi-frequency synchronization technology (MFS).** Therefore, the impact on the body occurs not only through a network of blood vessels, nerve fibers, biologically active points on the surface of the skin, but also through the water matrix and on the cellular and intracellular levels. As a result, the effectiveness of BRT is increasing significantly. Due to the simultaneous operation of three emitters in the device, the corrective frequencies enter the body on three levels, resonating with the structures of the organism, informing them of healthy vibration frequencies and stimulating the organism to work for self-healing.

**Through the MFS technologies, the device implements methods of correction psychosomatic pathologies and transcranial stimulation. These methods are used in complexes for the mode 4. The method of structural resonance therapy is implemented through the MFS technologies in the modes 2, 3 and 4** (see the informational guidance "Theoretical basis of MFS").

**In mode 3,** the basal rhythms of the organism are affected. Basal rhythms are the initial, basic, deep rhythms of a human, developed in the course of evolution. In a state of health, they are clearly defined and synchronized with each other. Thanks to the fractal interrelation between the modulation frequencies, there is achieved a restoration of basal rhythms and inter-synchronization of these rhythms on all functional-hierarchical levels of the organism, returning the state of health. **Complexes for mode 3 are used as a monocorrection for any deviations in the work of the body and for the prevention of diseases.** They are also used in conjunction with the complexes of the modes 1 and 2.

**In mode 4**, based on the differences in the physical parameters of individual parts of the brain, several modulation frequencies selectively affect the brain. These frequencies are correlated with the brain rhythms. There is carried out a multichannel effect on the body on the same principle that the brain itself uses to maintain homeostasis. There are stimulated deep, ancient structures of the human brain, responsible for managing the reserve and hidden capabilities of the body.

**The use of complexes in mode 4 for the correction of psychosomatic pathologies is effective for achieving the following effects:**

- reduction of stressful influences, fast relaxation, fatigue relief;
- improvement of memory and intellectual functions;
- activation of learning processes and creativity;
- in complex therapy of attention deficit disorder;
- normalization of sleep;
- activation of recovery processes;
- reduction of the severity of chronic pain syndrome;
- reduction of meteosensitivity, prevention of desynchronization during the change of time zones;
- improvement of physical working capacity;
- concentration and mobilization of the will and resources of the body;
- improvement of mood and well-being;
- changing attitudes towards psycho-traumatic situations;
- in complex correction of alcohol and drug dependence;
- a decrease in the level of anxiety;
- in complex correction of somatization disorders of the autonomic nervous system;
- activation of hidden reserves and possibilities of the organism.

Regular use of psychosomatic complexes in mode 4 calms the mind and relaxes the body, synchronizing them and forcing them to work in concert, helps to concentrate more on the present moment. Psychosomatic complexes for mode 4 are used as a monocorrection of psychosomatic problems. They are also used before using any other mode as an activator of the body's reaction to an exogenous electromagnetic field.

**In modes 3 and 4 , as well as in mode 2, there operate three emitters and affect on three levels:**

- through blood vessels, nerve fibers, biologically active points;
- through a water matrix;
- on the cellular and intracellular levels.

### **Scanning tecnology**

In modes 2, 3 and 4, there is used the technology of scanning and detecting resonance frequencies of the body's absorption for accuracy and depth of the impact. When the program is turned on in specified modes, TRINITY scans the body and identifies the resonance absorption frequencies of the organism. The device adjusts and the impact of therapeutic frequencies occurs at resonance frequencies that are "audible" for the body . Resonance frequencies of absorption, being in a functional relationship, constantly change their values, therefore, during the process of influence, TRINITY constantly adapts to these changes and maintains an adequate frequency of influence by the corrective signals. Due to this, the corrective frequencies penetrate the body without hindrance, they affect deeper and more efficiently.

**When turning on the device in modes 2, 3, 4, the camera has to be turned out with the backside to the body and to be placed at a distance of 30 cm for 3-5**

**seconds. At this time activation and initial configuration scanning technology arise**

### **The radius of effective influence**

When using mode 1, the device can be placed directly next to the body (in the pocket) or at a distance of 1 m. In mode 1, it is desirable to place the device with its backside to the body, in such position the efficiency is reduced.

When using modes 2, 3 and 4, the device should always be put with its backside to the person.

In modes 2 and 3 the effective radius of influence is from 20 to 50 cm. If the distance between the device and a person is less than 20 cm or more 50 cm, the efficiency is reduced.

When using mode 4, the device should be placed at the distance of 20-30 cm.

### **Duration and periodicity of using the device**

The correction is carried out by sessions; the session is a one-time impact of a specific set of programs. If it is necessary, you can have several sessions a day. To obtain the result, as a rule, it is necessary to do the course of sessions. The average course of correction is 14-21 days. It is desirable to take a break for a few days between courses. You must take into account the individual characteristics of the organism and recommendations for particular systems and programs.

### **Precautions when using BIOMEDIS TRINITY**

The device is contraindicated in the presence of an implantable pacemaker. People under the influence of alcohol, psychoactive drugs, should not use the device.

In conditions, which are dangerous for health, the use of the device should be carried out strictly in accordance with the recommendations of the medical specialist and under his care.

# PSYCHOSOMATIC PROGRAMS OF MULTIFREQUENCY SYNCHRONIZATION FOR MODE 4

## 1. The balance of frequencies

Using the program helps to maintain the balance between concentration and relaxation. It reduces the pressure of stressful situations, allowing you to stay active, to be in normal state of alertness, to think positive, to feel a bit relaxed.

When using this program, it is recommended to focus on the disturbing issue (upcoming exam, negotiation, bad memories, etc.).

Focusing on a specific problem, we "launch" the generator of pathologically enhanced excitation, herewith we activate not only mental and emotional experiences and associated autonomic disturbance (increased blood pressure, heart rhythm disorders, gastrointestinal dysfunction, respiratory system dysfunction, etc.). As a result we activate pathological reflex.

The program, due to the supply of the rhythms from high frequency to low frequency, constantly stimulates the indicative reflex (the reflex of novelty) according to the law of induction it dramatically reduces the excitability of the cortical centers of the randomly activated conditioned reflex that will lead to the reduction of stressful situations

The program starts with a frequency above 33 Hz, then in the mode of "wave swing", the frequency decreases and increases. It stabilizes in the range of the alpha rhythm for a little while and, then it increases and decreases, and finishes at a frequency of 40 Hz. The average frequency modulation of microwave emitters is 440 Hz.

### 1. "Erasing" thoughts

After using this program there is a feeling as if "the head is empty". Frequency of 40 Hz optimally provides the synchronization pulse activity of neurons, involved in the formation of images and the maintenance of

consciousness. You will have an attitude for productive activity and rejection of disturbing thoughts.

The program starts at a frequency of 40 Hz, then it decreases to a frequency of 10-12 Hz and it remains on this frequency for a short time. Then comes a gradual rise of the frequency to 40 Hz, and the work finishes also at a frequency of 40 Hz. The average frequency modulation of EHF emitters is selected in the range from 420 to 470 Hz with a gradual transition to the frequency 196-200 Hz.

Duration of program is 21 min.

### **3, 4, 5. Alpha-relaxation**

Constant stress has a negative impact on your health. Accumulated throughout the day, stress exhausts mentally and emotionally and it robs the life of joy. Programs of alpha relaxation stimulate alpha waves in the brain. They relax you and help you to get rid of stress. They contribute to the emotional, physical and mental balance.

Programs 3,4,5 are used for stress relief, for rest from stress, for relaxation. Daily application of alpha-relaxation produces the habit of being focused, but not to be tense.

You can use all three programs or choose one as you wish.

#### *1. Alpha relaxation for the restoration of physical strength*

The stimulation frequency 9-11 Hz (average 10 Hz). The average frequency modulation of EHF emitters is equal to 62 Hz.

#### *2. Alpha relaxation for achieving a comfortable state*

The stimulation frequency 9-11 Hz (average 10 Hz). The average frequency modulation of EHF emitters is equal to 196 Hz.

#### *3. Alpha-relaxation to achieve a state of peace*

The stimulation frequency 9-11 Hz (average 10 Hz). The average frequency modulation of EHF emitters is equal to 247 Hz.



Duration is 20 minutes.

## **6, 7. Theta relaxation**

Theta relaxation gives you access to the contents of the unconscious mind, free association, sudden insight, creative ideas. The programs stimulate the brain to produce more beta-endorphins - substances that are responsible for joy, relaxation and pain reduction. Theta state is useful for deep relaxation and extend creativity. It is useful to improve memory.

### *1. Theta relaxation for inspiration*

The stimulation frequency is 6-8 Hz. The average frequency modulation of EHF emitters at 333 Hz.

### *2. Theta relaxation for awakening consciousness*

The stimulation frequency is 6-8 Hz. The average frequency modulation of EHF emitters at 494 Hz. Attention! The program may cause the activation.

## **2. Delta session (for falling asleep)**

The program stimulates Delta waves, which allow falling asleep easily and waking up refreshed and full of energy.

It contributes to deep restoring sleep, when the brain can get rid of toxins and the body produces important hormones such as melatonin and growth hormone.

These processes help you improve the mental, emotional and physical condition and also they strengthen the immune system.

The program is used for falling asleep. If you have sleep disorders, you should use the course of the program again. Before using the program, it is preferable to carry out a stimulation in the alpha range (program alpha-relaxation). The average frequency modulation of EHF emitters is 196 Hz. The duration of stimulation in the Delta range (frequency up to 3 Hz) is 20 minutes. If after using the program, there is a necessity for active actions, it is desirable to turn program alpha relaxation on.

## **9, 10. Metabolism**

Programs help to improve the metabolic level of the body.

### *9. Metabolism 1*

This procedure gives the effect of imitation of physical work

The stimulation frequency is 14-16 Hz. The average frequency modulation of EHF emitters is 41 Hz

Duration is 20 minutes.

### *10. Metabolism-2*

This procedure has the effect of increasing physical strength.

The stimulation frequency is 14-16 Hz. The average frequency modulation of EHF emitters is 62 Hz.

Duration is 20 minutes

## **9. 11. Transition the to changed states of consciousness**

In other words these states are also called out-of-body experience. You can use them for spiritual practices, deep trance states. In this state, the processes of self-restoration and self-healing are the most intense in the body. They contribute to the increase of the serotonin levels, relaxation and decrease of pain. They allow you to show internal interest. They help to relieve insomnia, increase the capacity for empathy, provide deep relaxation and neutralize the effect of "burnout", and also to speed the adaptation and re-adaptation up.

The average modulation frequency is 196 Hz, the stimulation frequency is 3 Hz for 6 min. Then there is a smooth transition to the high modulation frequency of 400 Hz, the stimulation frequency is 10 Hz for 12 minutes, then there is only the change of the average frequency modulation (quickly to the frequency of 196 Hz and then smoothly to the frequency of 400 Hz for 3-7 minutes.)

## **12, 13. Out of time**

Programs allow you to synchronize the mind with the universe, "to stop the time." Tuning the consciousness on this rhythm, you can feel harmony with the world, you can feel the contact with the Universe, you can be out of time. This condition pertains to healers, shamans, psychics, deep believers in prayer.

#### 11. *Out of time 1*

An effective stimulation rate of 7.83 Hz is used to create the feeling of being out of time, combined with a moderate frequency of EHF emitters equal to 60 Hz (3-5 minutes), followed by a sharp change of it to a frequency of 249 Hz (3-5 minutes). Such cyclic changes in the average modulation frequency of EHF emitters are repeated 5-7 times.

#### 12. *Out of time 2*

Also for these purposes it is expedient to average the modulation frequency of the microwave emitters in the range of 210-230 Hz with a stimulation frequency of 7.83 Hz . Such cyclic changes in the average modulation frequency of microwave radiators are repeated 5-7 times. The programs allow you to synchronize the mind with the universe, to "stop the time." Having tuned our consciousness to this rhythm, one can feel harmony with the world, feel the contact with the Universe, be out of time. This is a condition that is characteristic of healers, shamans, psychics who profoundly believe in prayer.

### **10.Suggestion**

This program is recommended to use in the cases when a suggestion is given by a psychologist, a psychotherapist or a person him or herself is engaged in self-suggestion. Self-suggestion (self-hypnosis) is the suggestion to oneself of ideas, thoughts, feelings. For example, recommended by a doctor and aimed at eliminating painful phenomena and improving overall well-being. Self-hypnosis is realized through autogenic training.

The average modulation frequency of EHF emitters is 247 Hz. The introductory part consists in carrying out the stimulation with a frequency of 12 Hz for 6 min. Then the frequency decreases to 6 Hz in 5 minutes. Actually, suggestion is carried out at this frequency for 10 minutes (or other required time interval). Exit from the

state of suggestion comes with an increase in the frequency of stimulation to 12 Hz.

### **11. Morning freshness (theta session)**

The program imitates the state of a child who woke up early in the morning. It is used in the morning after waking up.

It starts at a stimulation frequency of 7 Hz. The average modulation frequency of the EHF emitters is 64 Hz for 3 min. Further, the stimulation frequency rises up to 14 Hz for 7 min with an increase in the average modulation frequency of the EHF emitters up to 125 Hz.

### **12. Half-sleep before sleep**

Imitates the border state between sleep and wake. Can be used before sleep. The frequency of stimulation is from 7 to 10 Hz. The average frequency of modulation of EHF emitters alternates 494 Hz and 247 Hz for 3 minutes per each.

Duration 30 minutes.

### **17. Half-sleep after sleep**

Imitates the border state between sleep and wake. Can be used after sleep. The frequency of stimulation is from 7 to 10 Hz. The average frequency of modulation of EHF emitters alternates 494 Hz and 124 Hz for 3 minutes per each.

Duration 30 minutes.

### **18. Activation of vital energy**

Is used to activate all energy and mental levels of a human. There is a consecutive hopping increase of the average modulation frequency of EHF emitters along the chakras. The duration of each period is 2-5 minutes. The frequency of stimulation is usually in the range of 9-11 Hz (average 10 Hz). For

example, it starts at a frequency of 130.8 Hz, then 146.8 Hz, 164.8 Hz, 174.6 Hz, 196 Hz, 220 Hz and finally 246.9 Hz.

### **19. Reducing anxiety**

This program removes excessive excitement, anxiety.

The frequency of stimulation is 10 Hz. The average modulation frequency of EHF (extra high frequency) emitters is 330 Hz.

Time of the procedure - if necessary, at least 10 minutes.

### **Description of programs when implementing the method of Structural Resonance Therapy (SRT)**

#### **Superprogram-1 (is used in mode 2)**

The program synchronizes all major biophysical processes on various levels. It is used for diseases with unspecified or complex etiopathogenesis, including allergies, intoxications, burns, bronchial asthma, asthenia; in the rehabilitation stage after injuries, surgeries and various diseases; is highly effective in vertebrobasilar insufficiency. The program is used both as a prophylaxis and as an integral part of corrective complexes for all types of pathologies.

All three oscillator-emitters of BIOMEDIS-TRINITI devices are modulated by identical multifrequency signals - trios. Each trio has from 3 to 5 minutes. At the same time, due to the use of rectangular shape of modulation signals of oscillators and nonlinear properties of biological tissues, a smooth "approach" to the synchronization of the basal metabolic rhythm of the cell is provided.

Frequency (Hz) - Frequency F1	Frequency (Hz) - Frequency F2	Frequency (Hz) - Frequency F3
12681,22	8454,14	5636,10
6340,61	4227,07	2818,05
3170,30	2113,54	1409,02

1585,15	1056,77	704,51
792,58	528,38	352,26
396,29	264,19	176,13
198,14	132,10	88,06
99,07	66,05	44,03
49,54	33,02	22,02
24,77	16,51	11,01
12,38	8,26	5,50
6,19	4,13	2,75
3,10	2,06	1,38
1,55	1,03	0,69
0,77	0,52	0,34

### **Superprogram-2 (is used in mode 4)**

The program is used for spasms of smooth muscles of arteries and hollow organs (intestine, biliary tract, pylorus, urinary tract, bronchus, some forms of migraine and neuralgia of cranial nerves).

In mode 4, each generator of the BIOMEDIS-TRINITI device is modulated by one frequency from the SRT frequency table, and the modulation frequency of the first oscillator is the difference frequency between the modulation frequencies of the second and third oscillators. Each trio has from 3 to 5 minutes. In this mode, full synchronization at two neighboring levels of the rhythm hierarchy is ensured by the sliding switching of levels.

Frequency (Hz) - Frequency F1	Frequency (Hz) - Frequency F2	Frequency (Hz) - Frequency F3
176,13	528,38	352,26
132,10	396,29	264,19
88,06	264,19	176,13

66,05	198,14	132,10
44,03	132,10	88,06
33,02	99,07	66,05
22,02	66,05	44,03
16,51	49,54	33,02
11,01	33,02	22,02
8,26	24,77	16,51
5,50	16,51	11,01
4,13	12,38	8,26
2,75	8,26	5,50
2,06	6,19	4,13
1,38	4,13	2,75
1,03	3,10	2,06
0,69	2,06	1,38
0,52	1,55	1,03
0,34	1,03	0,69
0,26	0,77	0,52
0,17	0,52	0,34

### **Superprogram-3 (is used in mode 3)**

The program is used for inflammatory and dystrophic processes of various organs and tissues, including the treatment of phlegmon, abscesses, thrombophlebitis, serositis, lymphostasis, liver cirrhosis with hepatomegaly, as well as atonic varicose of legs veins, internal organs and testicles.

In mode 3, the first oscillator-emitter of the BIOMEDIS-TRINITI device is modulated simultaneously by all three frequencies from the SRT table (multifrequency mode), and the second and third oscillator-generators are modulated at one frequency from the same row of the SRT frequency table, The frequency difference between the modulation frequencies of the second and third

generators is always included in the trio of modulation frequencies of the first generator. Each trio has 1.5 minutes.

Frequency (Hz) - Frequency F1	Frequency (Hz) - Frequency F2	Frequency (Hz) - Frequency F3
12681,22	8454,14	5636,10
5636,10	8454,14	12681,22
8454,14	5636,10	12681,22
6340,61	4227,07	2818,05
2818,05	4227,07	6340,61
4227,07	2818,05	6340,61
3170,30	2113,54	1409,02
1409,02	2113,54	3170,30
2113,54	1409,02	3170,30
1585,15	1056,77	704,51
704,51	1056,77	1585,15
1056,77	704,51	1585,15
792,58	528,38	352,26
352,26	528,38	792,58
528,38	352,26	792,58
396,29	264,19	176,13
176,13	264,19	396,29
264,19	176,13	396,29
198,14	132,10	88,06
88,06	132,10	198,14
132,10	88,06	198,14
99,07	66,05	44,03
44,03	66,05	99,07
66,05	44,03	99,07



49,54	33,02	22,02
22,02	33,02	49,54
33,02	22,02	49,54
24,77	16,51	11,01
11,01	16,51	24,77
16,51	11,01	24,77
12,38	8,26	5,50
5,50	8,26	12,38
8,26	5,50	12,38
6,19	4,13	2,75
2,75	4,13	6,19
4,13	2,75	6,19
3,10	2,06	1,38
1,38	2,06	3,10
2,06	1,38	3,10
1,55	1,03	0,69
0,69	1,03	1,55
1,03	0,69	1,55
0,77	0,52	0,34
0,34	0,52	0,77
0,52	0,34	0,77