Understanding Microcurrent Reaction Technology 101

The Science, The Application, and Its Effective Use.
Taught by Brendan Legel

First Alternatives

AVAZZIA

Updated as of 1/30/25

Course Overview

1. Intro to Avazzia Technology
2. Understanding the Equipment
3. Practical Applications and Techniques
4. Advanced Techniques and Protocols
5. Professional Practices and Ethical Considerations
6. Different Complementary Therapies

Course Objective

- **Feel confident** in using the avazzia technology
- Understand the **importance of painting** and using the technology
- Understand what the device is and is not
- Understand how to use the device to **work on acute and chronic pain**
- Improve your overall efficacy of using the technology
- Learn several key protocols that provides pareto efficacy in usage
- Learn 3 advance techniques that will provide overarch further support
- Understand every mode on the device
- Understand the **basic operation of the device**

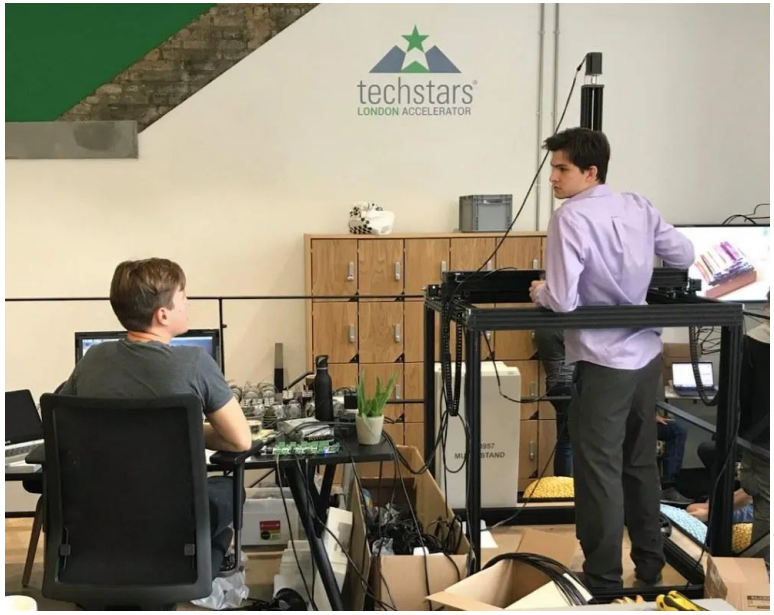
Educators Background:

- Degrees in Computer Science, Operations Research
- Technical background in Robotics, Engineering, and AI
- Specialized Studies in complex delivery systems
- Worked with First Alternatives for the last 6 years
- Been using Avazzia technology for more than a decade

Background focused Approach summed up as:

LESS INDUCTIVE, MORE DEDUCTIVE

With the purpose of creating a field of physics based therapy that works every time, as intended, without side effects or adverse reactions.



Rough* Schedule

Start	9 am est	
First Break	10:30 am	10 minutes
Lunch	12:30 pm	60 minutes
Second Break	03:00 pm	10 minutes
Third Break	04:30 pm	10 minutes
End	05:30 pm	

0. Legal Preamble : No Medical Claims

- The right tool for the right job
- This specific information has not been reviewed or approved by the FDA
- We are not diagnosing diseases, or suggesting treatment for undiagnosed diseases or any medical condition.
- This presentation is for the purpose of discussion, development, and review of referenced technology for the purpose of education and research.
- Avazzia as a manufacturer of Avazzia technology does not make work in the field of medicine or act under the guise of practicing medicine and thus do not advice practitioners except with scope regarding the usage of their manufactured technology.
- This class is recorded live and thus any stories or anecdotal claims made are related to observations seen by other practitioner or in the practice of their own experience during demonstrations and is not meant to be a claim.

Legal Preamble : No Medical Claims

- Treat vs Demonstrate
  - Practitioners can ->
  - Representatives can ->
- Medical Claim vs Observation
  - Billing requires ->
  - Diagnosing is not part of the Avazzia Technology
- Importance of Waiver!
  - Always have some information available
  - Less is More
- Information provided is not a substitute for medical advice or a lab workup
-

Why Legal?
Contraindications, and Precautions

- Cardiac pacemakers or other
- electronically powered implants
- Pregnant
- Cardiac Fibrillation
- Recently Consumed: Drugs or Alcohol
- Sensitivity to Electrical Current
- Lack of Sensation of Skin
- Phlebitis or Thrombophlebitis
- High or Low Blood Pressure
- High or Low Blood Sugar
- Severe Mental Disorder
- Epileptic Tendencies
- Menstruating Uterus
- Organ Transplants
- Cancerous Lesions
- History of Fainting
- History of Strokes
- Botox Treatments (3 wks)
- Recent surgery (1- 2 months)
- Open Wounds

Intended Use / Clearance / Regulatory Status

- FDA-cleared Class II medical device.
- Intended Use:
  - Transcutaneous Electrical Nerve Stimulation (TENS)
- Indications for Use:
  - The symptomatic relief and management of chronic, intractable pain and adjunctive treatment in the management of post-surgical and post-traumatic pain
- Avazzia claims are strictly limited to symptomatic relief and management of chronic, intractable pain, and adjunctive treatment in the management of post-surgical and post-traumatic pain.

AVAZZIA

1. Intro to Avazzia Technology

The perfect 1 Sentence Summary Phd:

The Avazzia Prosport is a microcurrent device cleared as a transcutaneous electrical nerve stimulation that uses damped biphasic sinusoidal wave forms in conjunction with high voltage pulsed current optimize your bodies nervous system.

8th grade level:

The Avazzia Prosport is an electrical device that works with the body to alleviate pain by using very small amounts of electricity in an effective manor.

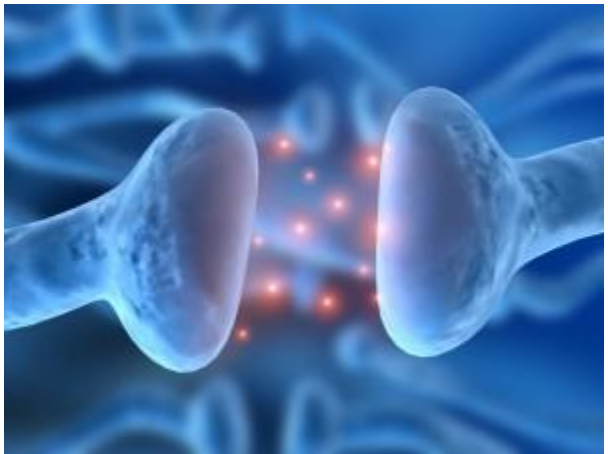
1. Intro to Avazzia Technology Scientific Foundation

- **Overview:**
  - Biofeedback Electro-Stimulation Technology (BEST™)
  - Therapeutic applications and neurophysiology
  - Electron loading and increased cellular capacitance

- **Neurostimulation:**
  - Stimulation of nonmyelinated C and myelinated A nerve fibers
  - Secretion of neuropeptides and other neuro-active substances

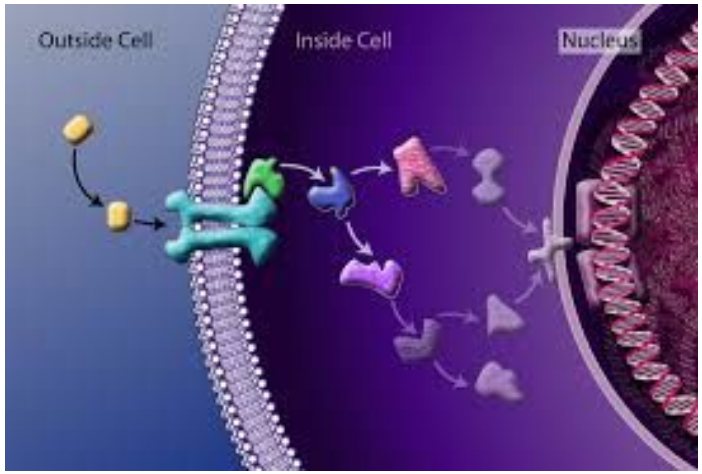
1. Intro to Avazzia Technology
Neuropeptide Secretion and Effects

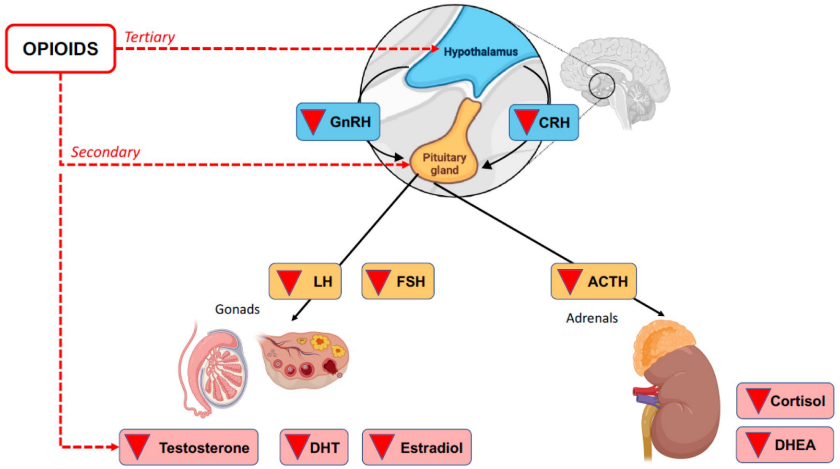
- Primary Mechanism:
  - BEST™ impulses induce neuropeptide secretion, mainly by C nerve fibers
  - Effects include secretion of neurotransmitters, histamine, and serotonin (5-HT)
- Regulative Chains and Cascades:
  - Triggering complex biochemical pathways
  - Involvement of neuro-mediators, hormones, and cytokines



1. Intro to Avazzia Technology
Peptide Half-Life and Gene Expression

- Peptide Stability:
  - Short half-life in body fluids
  - Other mediators in cascades last for hours
- Genomic Activity:
  - Regulatory peptides alter gene expression
  - Reprogramming of tissues from chronic state



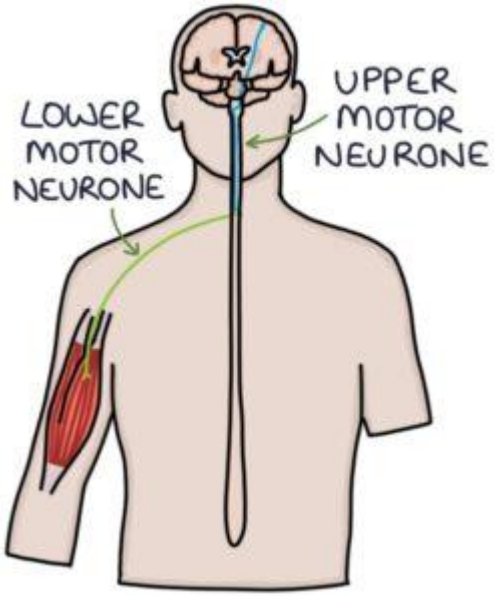


1. Intro to Avazzia Technology
Neural Pathways and Reflexes

- Afferent and Efferent Pathways:
  - Afferent pathways relay impulses to CNS
  - Segmental spinal reflexes and systemic reactions
- Pain Reduction:
  - Efferent signals from cortical and subcortical areas induce endorphin release

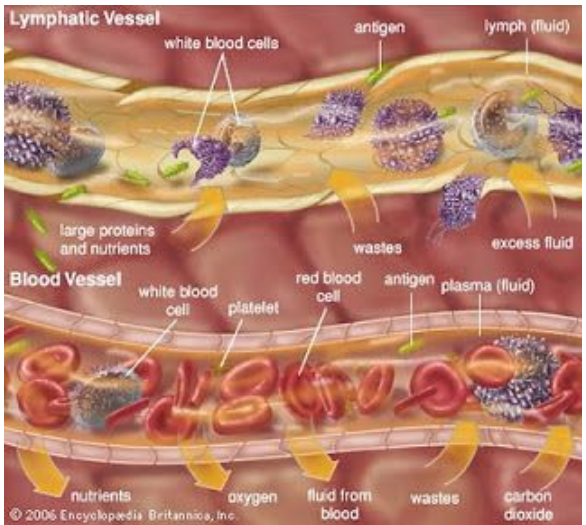
Afferent = From Point to Brain (CNS)

Efferent = From Brain (CNS) to Point



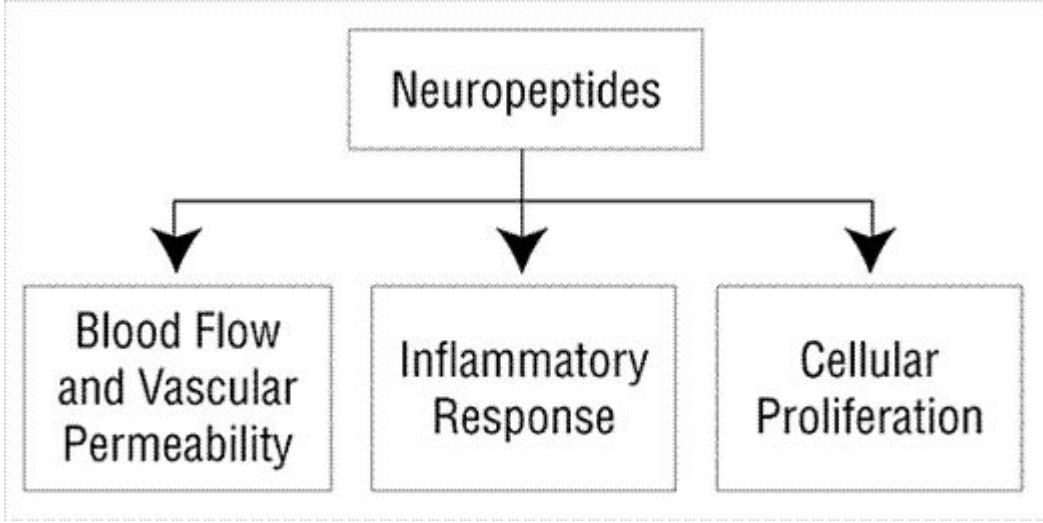
1. Intro to Avazzia Technology
Blood Perfusion and Vasodilatation

- Tissue Perfusion:
  - Increased blood perfusion at treated areas
  - Neuropeptide-induced vasodilatation
- Vaso-Active Substances:
  - Release of kinins, prostaglandins, cytokines, and nitric oxide
  - Significant increase in blood flow



1. Intro to Avazzia Technology
Inflammation and Immune Response

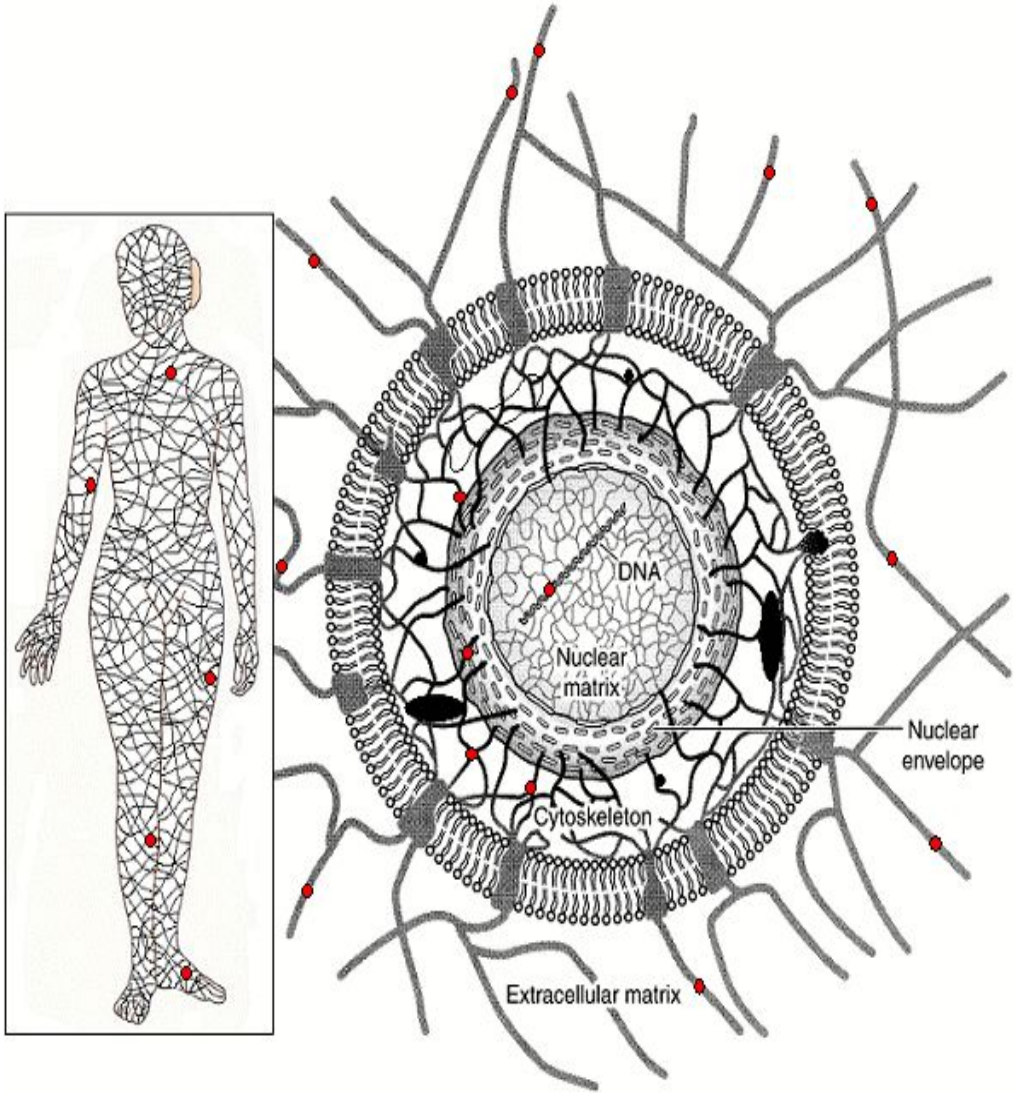
- Inflammation Mediation:
  - Neuropeptides and endocrine secretions mediate inflammation
  - Suppression of immune aggression and complement fixation
- Enhanced Cellular Immunity:
  - Macrophage proliferation and activation
  - Chemotaxis and clearance of extracellular debris



1. Intro to Avazzia Technology
Advancements in Avazzia Technology

- Improved Technology:
  - Novel waveforms, improved circuitry, and cleaner signaling
  - Focused and intensified signaling for specific applications
- Avazzia Unit:
  - First generation of Reaction BEST™ devices
  - Cleaner, more precise waveforms compared to older devices
  - Expanded clinical versatility and improved operational reliability

Body Matrix= **Connective Tissue**

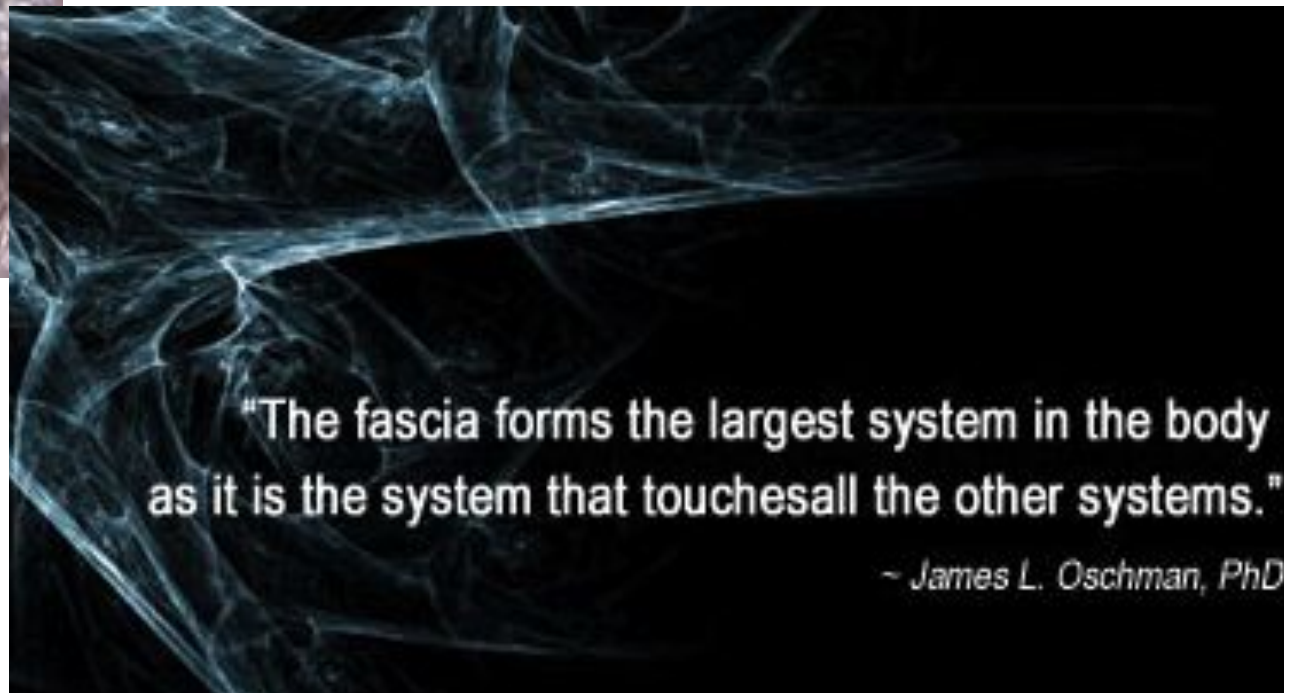


Your body is an electromagnetic system that functions as a human Bio-computer which communicates via microcurrents

How BEST™ Devices Communicate with the Body

- Signal Transmission:
  - BEST™ devices communicate with the neuro-endocrine system through skin contact.
  - Signals travel through the epidermis, dermis, and connective tissue to C and A nerve fibers.
- Connective Tissue Properties:
  - Comprised mainly of collagen with some elastin.
  - Collagen's triple helix structure binds water, forming a collagen liquid crystal continuum (CLCC).
  - Structured water on collagen fibers enables rapid communication via proton conduction.
- Electrical Conductivity:
  - Fibrous collagenous tissues have the highest conductivity and least resistance to current in the body.
  - Ligaments, tendons, organ capsules, and muscles are key conductive pathways.

Fascia and the Importance of Water



Acupuncture Points and Electron Flow

- Fascial Planes and Acupuncture:
  - Fascial planes act as interstitial spaces between muscles, corresponding to acupuncture meridians.
  - Acupuncture points align with fascial planes and have lower electrical impedance.
- Electron Conduction Pathways:
  - Acupuncture points attract electrons and photons.
  - Collagenous tissues and structured water define meridians for electron flow.
- Integrated Connective Tissue Network:
  - Fibrous capsules, sheaths, and connective tissue layers carry electrons.
  - Internal organs and the perineural system facilitate electron flow throughout the body.
- Function of BEST™ Devices:
  - Seek decreased impedance painting the stickiness from the body.
  - Electrons from the device restore energetic equilibrium and redox potential.

Fascia

"Fascia can relay information to the brain faster than nerve impulses"

"Strolling Under The Skin – Dr. Jean-Claude Guimbarteau

1. Intro to Avazzia Technology
Understanding the Electrical Foundation

Amp / Amplitude / Ampere = How much Electrical Charge is flowing per second

Volts / Voltage = How Strongly Electricity is being pushed through a path

Watts / Power = Volts x Amp

Resistance = Difficulty of Traversal through path

Inductance = Resisting change of electrical current through a coil

Practical Information

Microcurrent as in a Millionth of an amp of current*
Avazzia goes up to 500 Volts
Effective Watt output of Avazzia 500 {volts} x **.000001 {amp} = .0005 Watts**

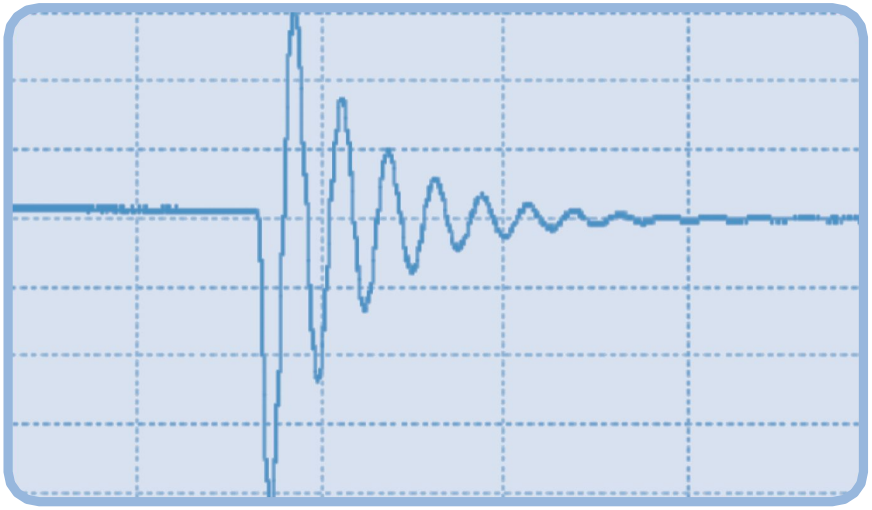
AA Batteries contain 47 Wh (depending on shelf life)
Assuming constant max drain (47 / .0005) 3600 = 25 Hours of Battery Life

Healy

1 - 4000 Microamp at 10 volts
Microcurrent is .000001 Millicurrent is .001
4000 Microamp is 4 milliamp, is a Traditional TENS
~
High End -> .04 Watts
Low End -> .000001 Watts

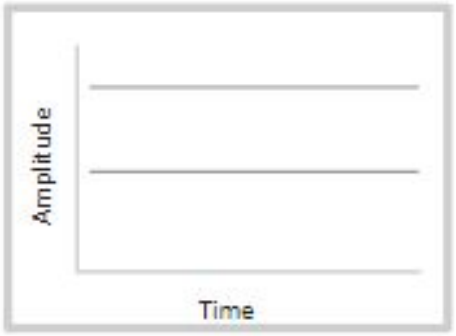
MANY DEVICES CHEAT WHEN THEY SAY THEY ARE MICROCURRENT

Avazzia (definition) the beauty of health



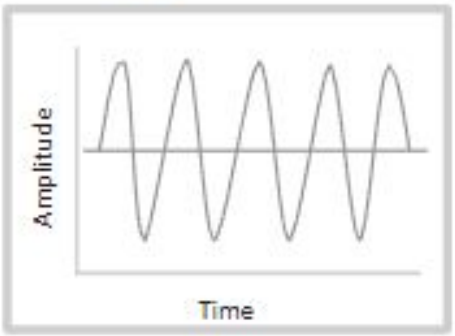
Avazzia Output.
Micro Amp / Time

What Avazzia is not



Direct Current
(DC)

Square Wave
(SW)



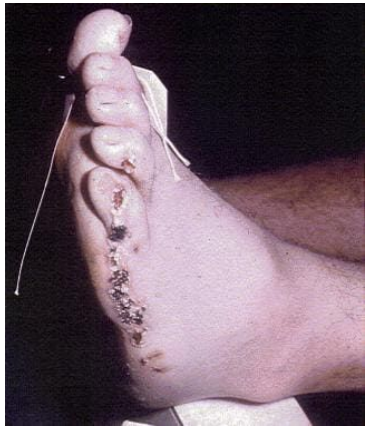
Alternating Current
(AC)

Static/Nonreactive

What Avazzia is NOT

DC ARC BURN

DC STEP BURN

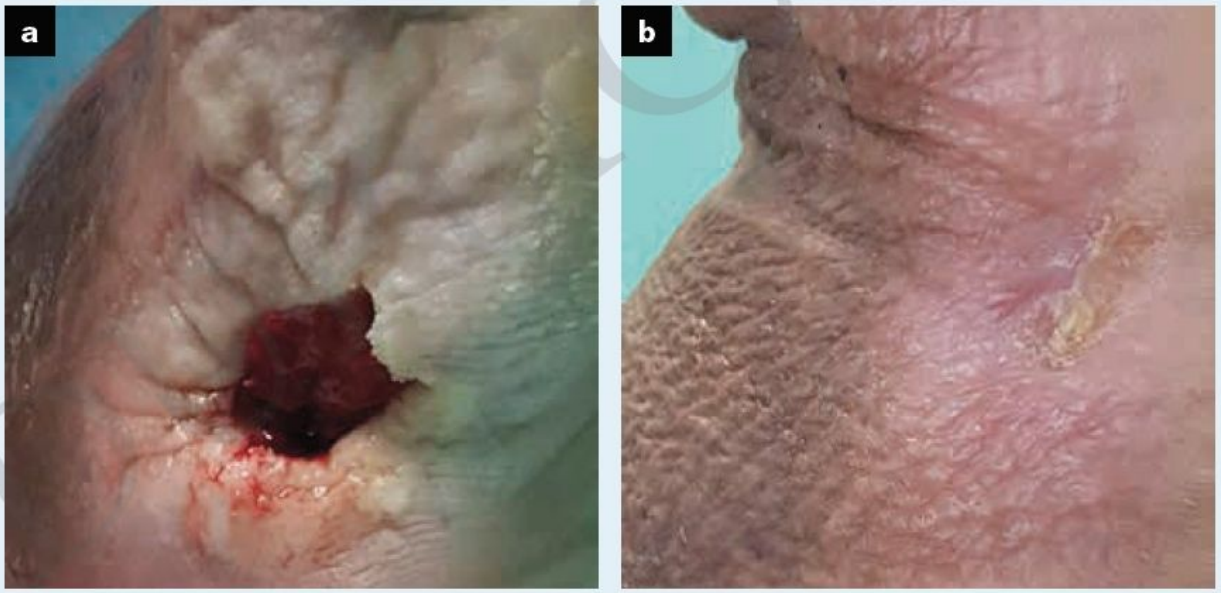


AC WAVE BURN

AC NOMINAL
DISCHARGE BURN

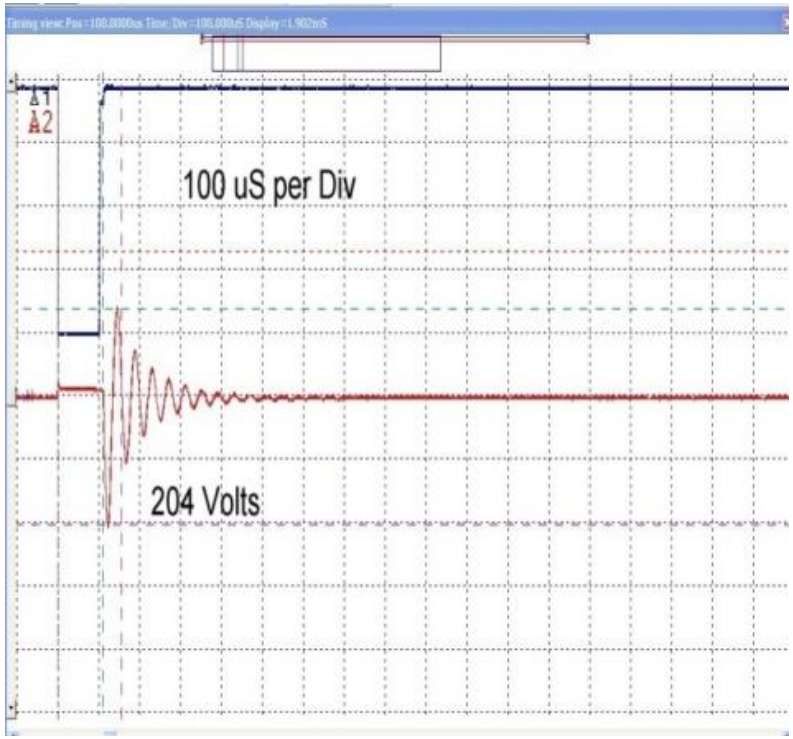
How do we know? Results

Fig 4. Case 3, 66 year-old Malay male with a right diabetic foot ulcer with ray's amputation carried out in 2015 (wound size 2x2x1.5cm) (**a**). After four weeks' microcurrent treatment the wound had completely healed (**b**)



How does it work?

Bio-Electro Stimulation Technology



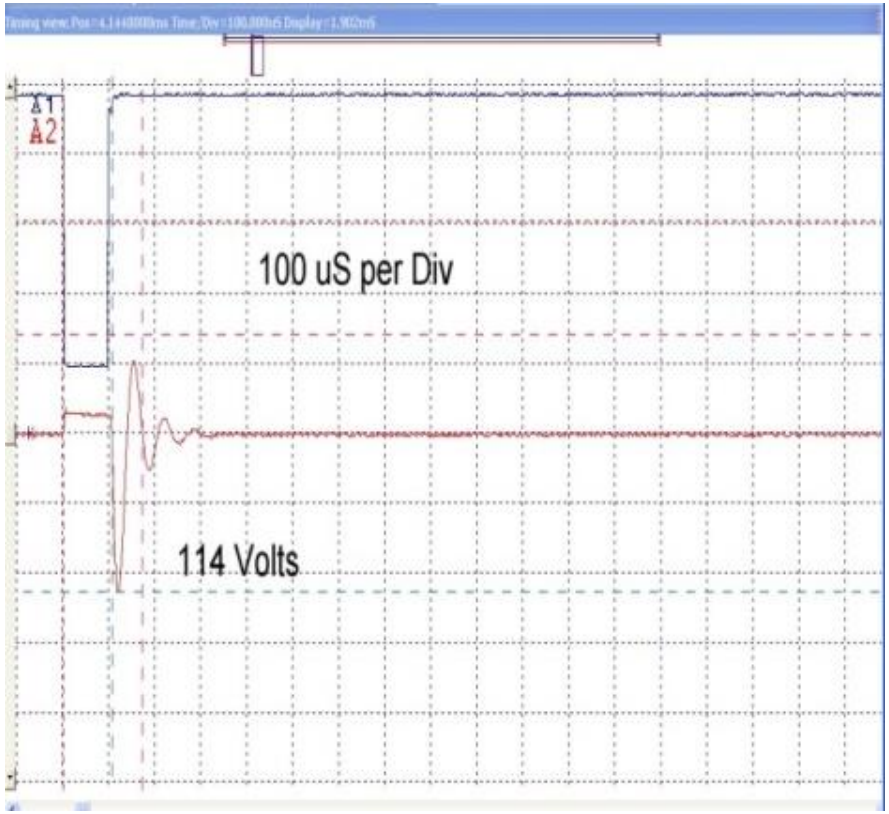
Initial state

When the device is placed in contact with tissue it applies a high voltage, damped, sinusoidal wave form.

AVAZZIA

How does it work?

Bio-Electro Stimulation Technology



Transition state

Passing of the pulsed sinusoidal waveforms causes the electrical properties of the tissue to change resulting in changes in the next applied signal.

Hence Biofeedback.

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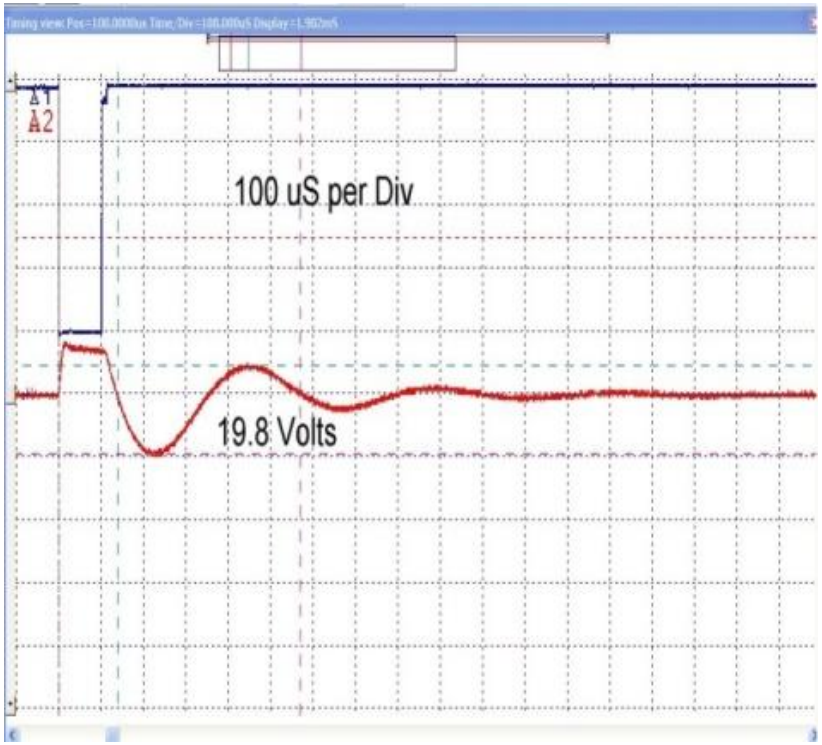
How does it work?

Bio-Electro Stimulation Technology



Treatment complete

Over time *equilibrium* is attained with the applied signal being further damped.

Avazzia technology measures this signal several million times per second to recognize this condition and signals the user.

AVAZZIA

2. Understanding the Equipment
PRO SPORT III

Reaction Technology™

Built-in

electrodes

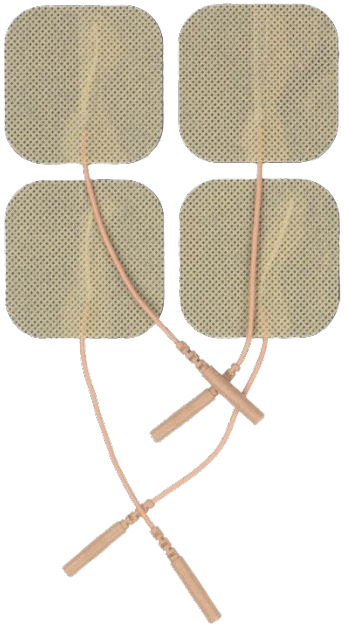
AVAZZIA

2. Understanding the Equipment
PRO SPORT III

As Easy as 1, 2, 3

2. Understanding the Equipment
PRO SPORT III

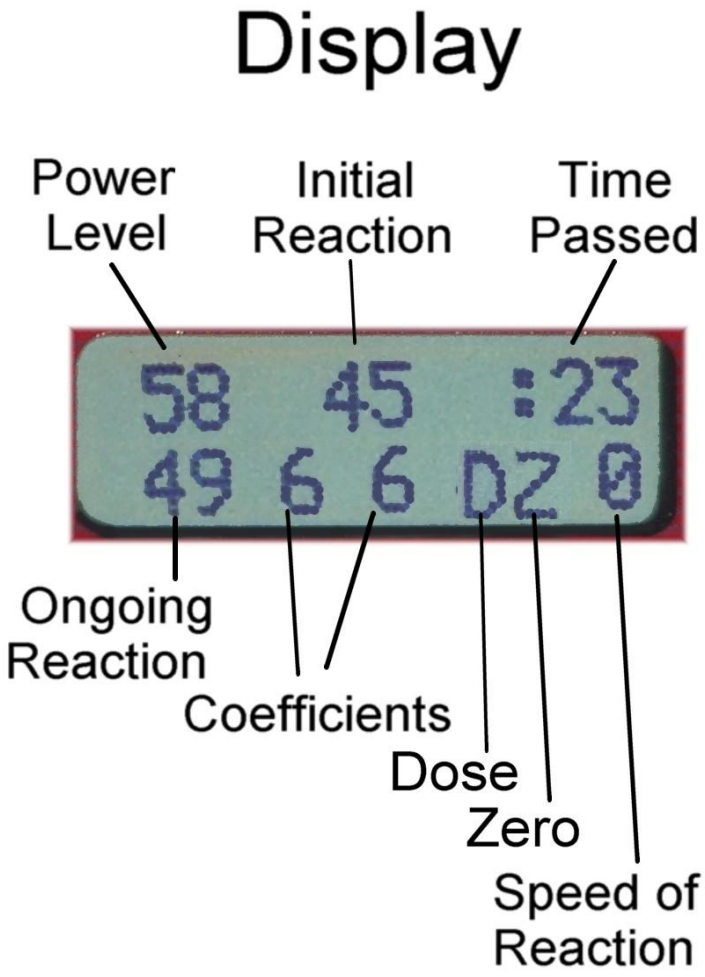
Built in electrode
(wire free)



2. Understanding the Equipment
PRO SPORT III

"Reactions Mode"
On Display

- Reaction
- Initial Reaction
- Ongoing Reaction
- Speed of Reaction
- Coefficients
- "D" – Dose (Dynamic Change)
- "Z" - Zero



Practice Time

- Get out your device
- Turn it on (slide switch)
- Place onboard electrodes on your skin (forearm)
- Turn it up by pressing the + button (hold down = faster)
- Comfortable pricking sensation (not painful)

2. Understanding the Equipment
PRO SPORT III

AVAZZIA

2. Understanding the Equipment
The Modes

RSI -> 4 Modes ->

Relax, Acute, RSI, Deep Stimulate

Prosport Ultra -> 14 modes;

Relax, Blue Relax, Modulate, Stimulate, Deep Stim, Blue Stim, Acute, RSI, VASO, Acute Trauma, Harmonics, PG2500, HGH, AVA.

Prosport III -> 51 modes;

Relax, Blue Relax, Modulate, Stimulate, Deep Stim, Blue Stim, Acute, RSI, VASO, Acute Trauma, Harmonics, PG2500, HGH, fm a, fm t, fm d, fm b, fm g, FM 60-90-120, FM plus, FM Advanced, FM Intense, R-Stim, Fast T, Slow T, Ch Step, RT, SAC, SOLRP, HT, THR, 3RD, CRN, 8th, Meridians; Lu 824, PC 530, Ht 497, SI 791, TE 732, LI 553, SP 702, LR 442, KI 608, BL 667, GB 583, ST 471, Face Stim, Face Smooth, Eye Stim, Eye Smooth, BEE

AVAZZIA

2. Understanding the Equipment Reactions

*Many modes that give you more information on the display and allow you to find the best **active zone** and monitors the tissue change until it has stimulated the tissue enough to bring it to equilibrium:*

Relax Assess, Blue Relax, RSI and AVA

Other modes that have Reaction capability:

Fast T

Slow T

CH RT to CH 8th

All Meridians

2. Understanding the Equipment Reactions

How to decide which Reactions modes to use:

Suggestions
Acute condition – Relax Assess
Condition involving scar tissue – Blue Relax
Chronic or difficult cases – RSI
Channel Theory - Meridians
Operator's Choice - AVA

2. Understanding the Equipment Reactions

The device can tell you the best place to treat *(the active zone).*

It can tell you when the tissue impedance has changed enough to stimulate the collagen network communication system.

It can tell you when the treatment is over.

3. Practical Applications and Techniques

Level 1 Protocols

- **Apply Point of Pain Therapy**
- **Clear scars (use Blue Relax)**
- **Apply therapy to contra-lateral side**
- **The Core Whole Body Technique**
- **Vagus Nerve Protocol**

Application Terminology

Active Zone: or Active Site -

An area of the skin that is different from the surrounding skin. Indications of an Active Zone include.....

Application Terminology

- **Point of Pain:** An area of pain or dysfunction found on the skin.
- **Color:** When the device is moved over a point on the skin, the color of that point or area may change. One spot may become redder even though the entire area is being stroked the same way. A redder or paler area is a sign of an Active Zone

Application Terminology

- **Sound:** Because the Pro-Sport™ device is designed to make a buzzing or humming sound when it is moved along the skin's surface, an Active Site can be detected by sudden changes in the sound of the device. When the electrodes go over the spot, the sound can become louder or quieter. A change in the sound of the device when run over certain spots will indicate an Active Zone.

Application Terminology

- **Stickiness:** When the electrodes are moved along the skin's surface, certain spots can become sticky compared to the area in general. Whenever you move the electrodes over an area of increased resistance to movement, the device might get stuck or seem glued to the skin as you attempt to slide it over the area. This stickiness is a sign of an Active Zone.

Application Terminology

- **Sensitivity:** The patient may feel a little more uncomfortable whenever the device is moved over certain areas of the skin. In certain cases, the spot may feel less sensitive than the surrounding area. This change in sensitivity is the sign of an Active Zone.
- **Primary signs:** In certain cases, there could be small changes to the spot even before treatment begins. There could be itching, redness, dryness, texture differences, etc. These are primary signs. These signs indicate an Active Zone.

Application Terminology

- **Note:** Several signs indicating an Active Zone could show up at the same spot. They could include color and sound, color and stickiness, etc. In the case of stickiness, treat in the direction of the maximum stickiness without paying attention to other signs that may appear.

Simple Therapy

1. Turn device on
2. Power up
3. Select Mode
   a) Which Mode do I Use?
4. Application
   a) Park
   b) Paint – N, S, E, W

Assess Pain level before and after

Practice Time

Cautions:

- Dry skin does not conduct well
- Sweaty areas will conduct more
- Skin not awake at first may suddenly feel stronger stimulation
- Open sore or wound will likely cause sharp pain
- Never hold by the “on board” electrodes or you might drop it
- Slide electrodes on skin – mild to moderate pressure
- Change modes and hear the difference in frequencies

Practice Time

- Get out your device and plug in the Y-Bar
- Turn it on (slide switch)
- Place Y-Bar electrodes on your skin (forearm)
- Turn it up by pressing the + button (hold down = faster)
- Comfortable pricking sensation (not painful)

Initial Reaction -- Practice Time

1. Set device to a reaction mode (Using Relax Assess, Blue Relax, RSI or AVA, etc)
2. Take random IRs in area of pain.
3. Look for highest initial reading (Active Zone)

Point of Pain Therapy

1 Application - Parking

1. Power up device
2. Select Mode
3. Increase intensity
4. Apply (Park) device on Point of Pain for 2 minutes

Point of Pain Therapy

1 Application - Painting

Paint in four directions until stickiness is gone

N,S,E & W

Compare pain level before and after

Point of Pain Therapy with IRs and DZ0

1 Application – using Reactions Mode

1. Set device to a reaction mode (Using Relax Assess, Blue Relax, RSI or AVA)
2. Take random IRs in area of pain. Take highest IR to a DZ0
3. Continue taking random IRs in area and treat to a DZ0 until outcome of pain reduction is complete
4. (Could also finish area by painting for a few minutes)

Point of Pain Practice (on Self)

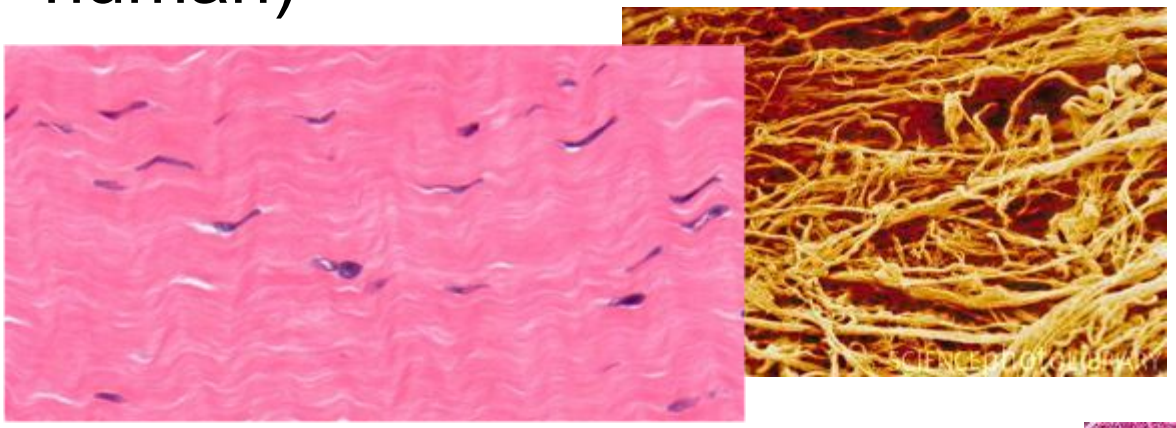
- Park

- Paint

- IRs and DZ0

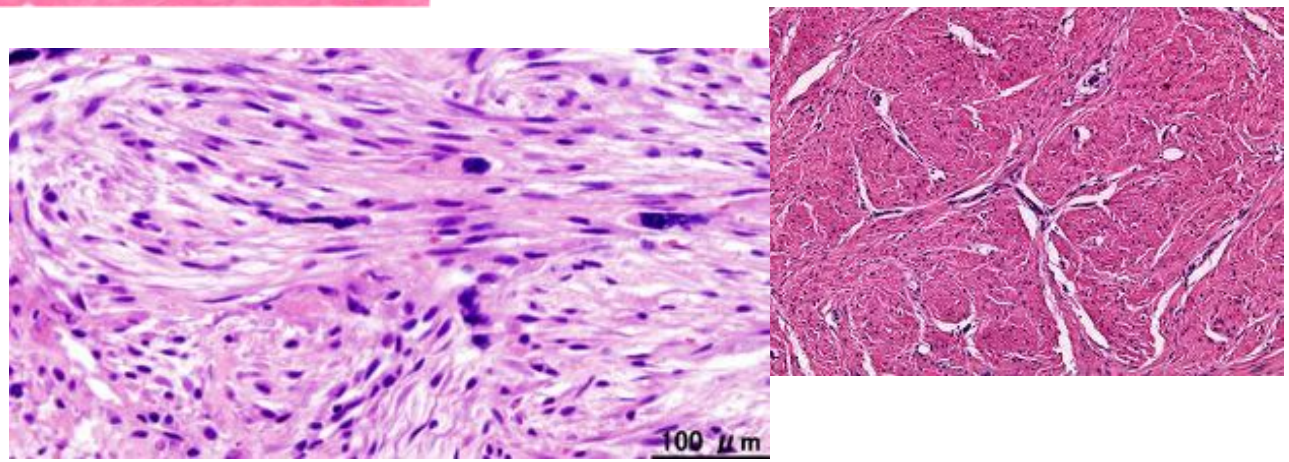
Scar Tissue

- Clearing scars -the block to communication through the collagen network (dissection of human)



Collagen

Scar Tissue



CLEAR SCARS

Scars can be a deterrent to communication in our cellular network of collagen tissue

Six week old hip replacement scar. Two treatments with Blue Relax using the Y bar electrode. Courtesy of Dr. Rick Smith

Courtesy of Lilana DiFiore, PT – 3 treatments

Keloid Scar Before and After 4 Treatments

Courtesy of Mia Severson


Before
After
Pic Stitch
Results from just one 20 min scar clearing session

AVAZZIA Treatment for Scar Pain

Courtesy of Gail Naas, LMT, CT

Before During After

AVAZZIA Treatment – 1 Session

"The appearance is extremely pleasing ……. for the first time in 14 years, I can feel areas of my forearm now after your treatment that have been completely numb for 14 years! Thanks to your technology, I have my arm back! Thank you again for your gentle, life-changing treatment." Sean L., October 2015

Scar Clearing Protocol

- Determine appropriate time for treatment
  - Medical Model – 6 weeks after a cut or wound
  - Acute vs. chronic
- Observation and Documentation
  - Therapist Assessment
  - Client Assessment
  - Clear Scar – (Pro-Sport mode – Blue Relax
    Other Models – Relax)
  - Re-Assess and Document

**Release form is needed for pictures*

Scar Clearing Protocol

- Set device to “Blue Relax” mode. Power up until comfortable pricking on skin. Push left arrow to Reactions setting.

- Check for high Initial Readings over scar and surrounding tissue and zero out the highest spot.

- Then paint N S E W over the scar but spend more time going in the direction of most resistance (stickiness).

Scar Practice

Choice of:

- Park

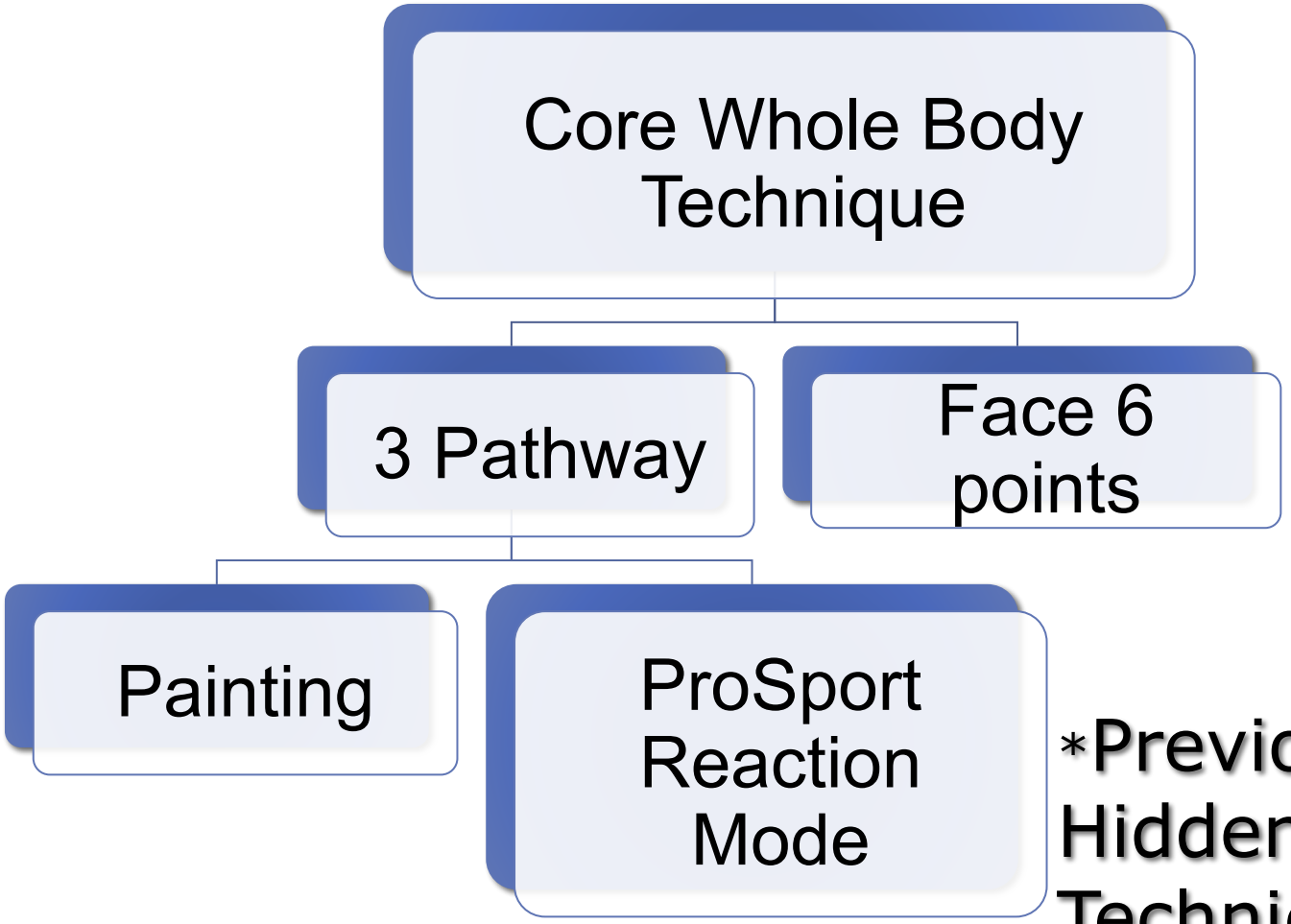
  or

- Paint

  or

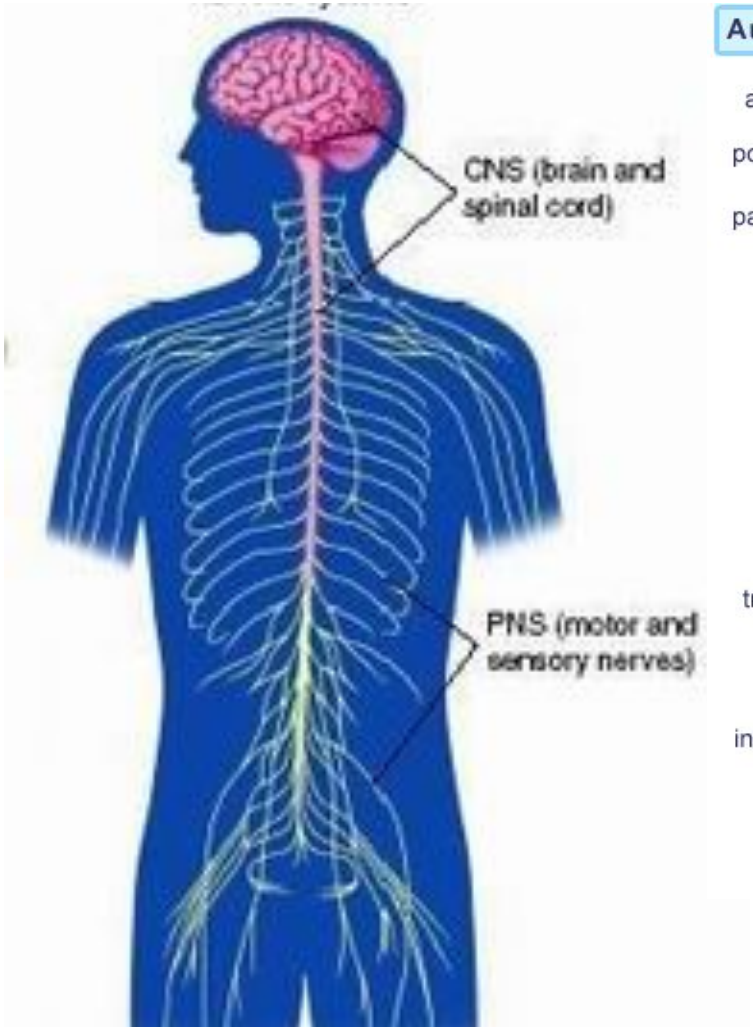
- IRs with DZ0

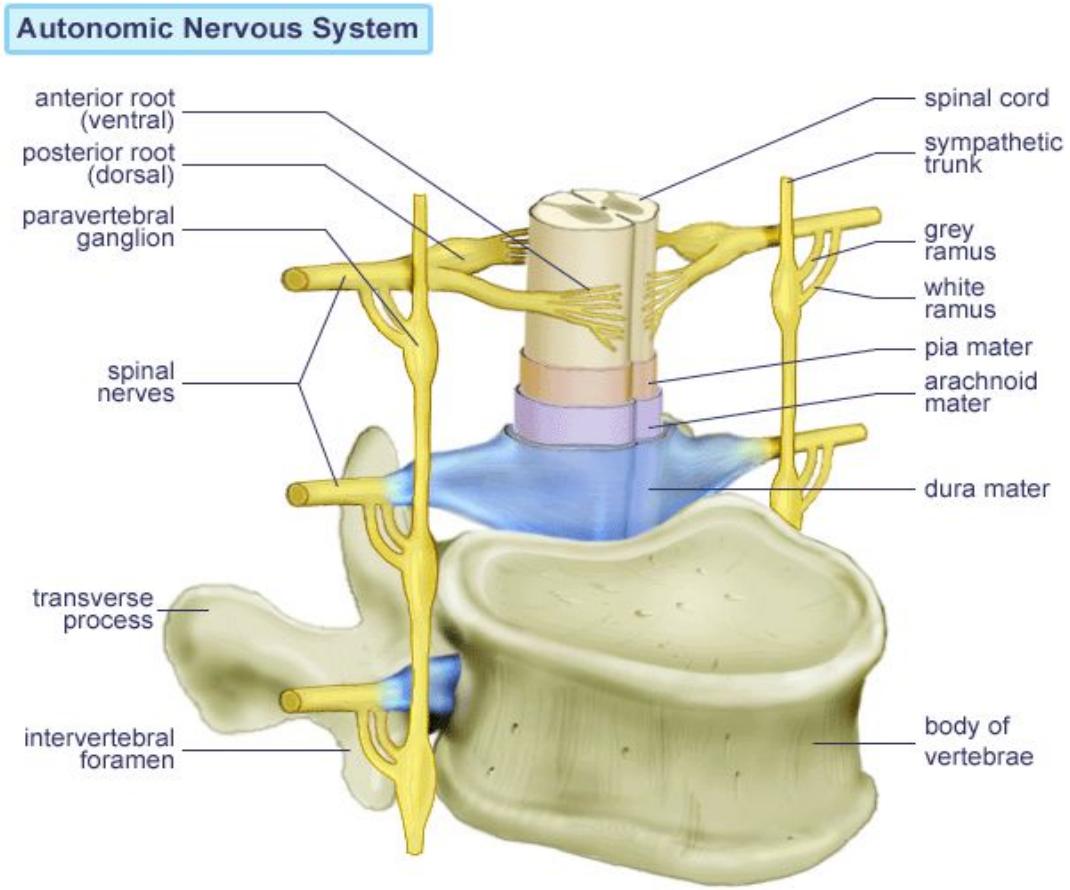
The Core Whole Body Technique™*



*Previously called Hidden Pain Technique and Three Pathway

The Core Whole Body Technique™*





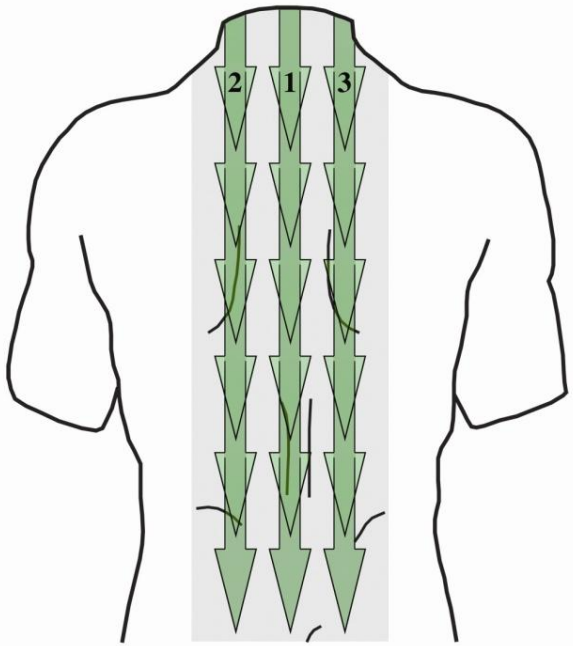
The Core Whole Body Technique™*

Short Variation

Assess Pain level before and after

1. Paint down the spine in short strokes from C7 to the end of the spine, 3 times.

2. Note areas where the device feels like it is sticking (Active areas) and treat those areas. Do not cross over spine. While on spine, paint only in two directions, north and south while on spine.

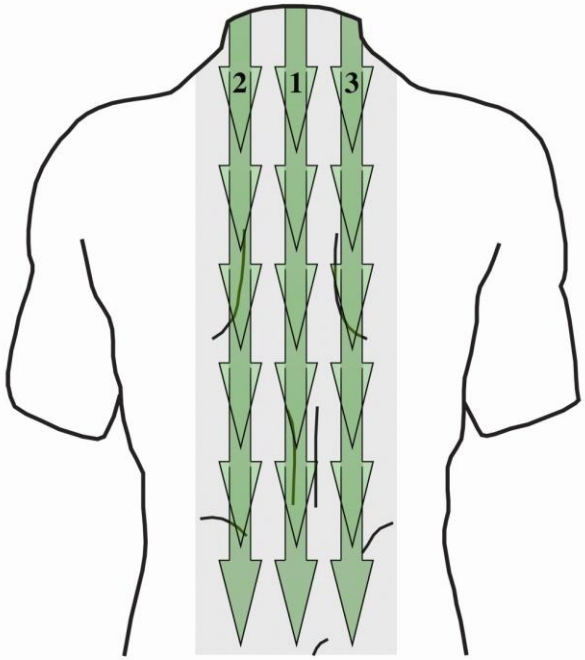


The Core Whole Body Technique™

Short Variation

3. Then paint down the left side of spine

4. Note active areas and treat those, painting in 4 directions N, S, E, W

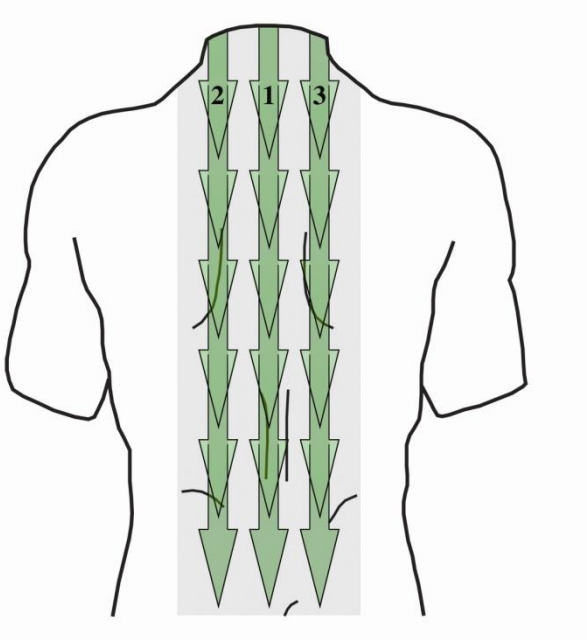


The Core Whole Body Technique™

Short Variation

5. Paint down the right side of spine

6. Note active areas and treat those, painting in 4 directions



The Core Whole Body Technique™

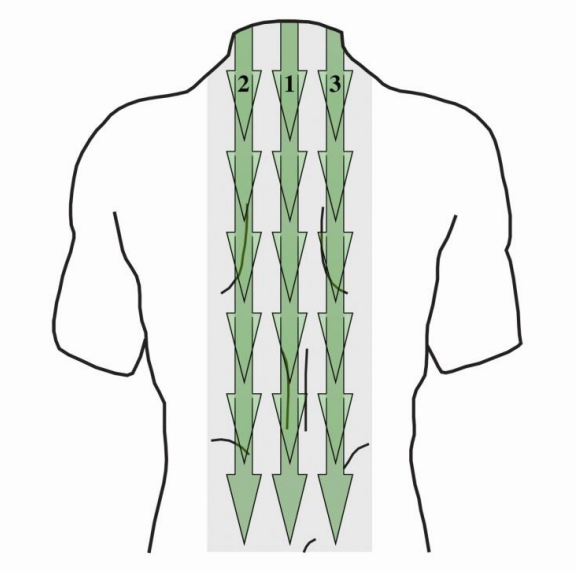
Short Variation

- Next treat cervical area:
  - 3 strokes on spine, treat active spots
  - 3 strokes on left side, treat active spots
  - 3 strokes on right side, treat active spots

The Core Whole Body Technique™

Short Variation

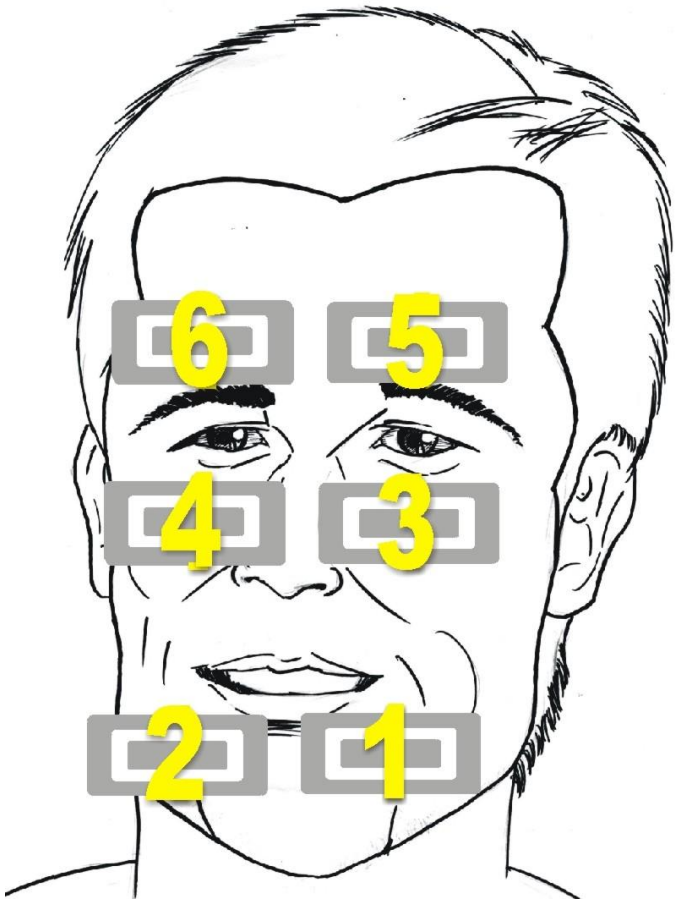
- PRACTICE SESSION



The Core Whole Body Technique™

Six Point Therapy of Face

Assess Pain level before and after



The Core Whole Body Technique™

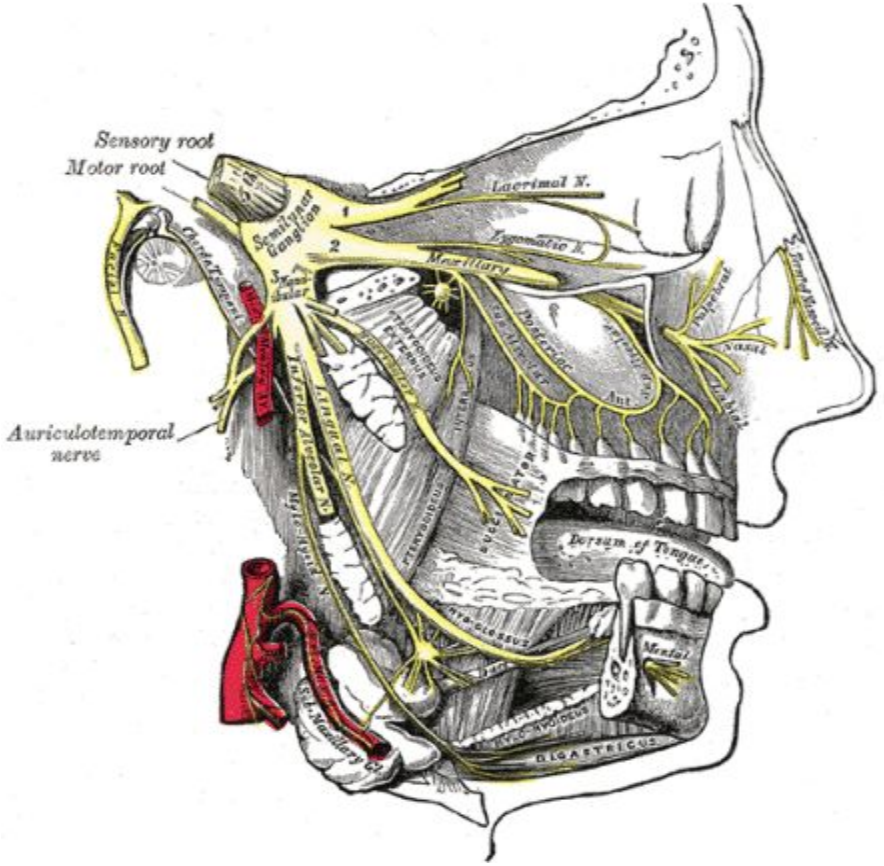
Trigeminal Nerve

The Trigeminal nerve is the most direct route to the Brain and will help stimulate neuropeptides.

The sensory function of the trigeminal nerve is to provide the tactile, proprioceptive, and nociceptive afference (to the brain) of the face and mouth. The motor function activates the muscles of mastication.

The Core Whole Body Technique™

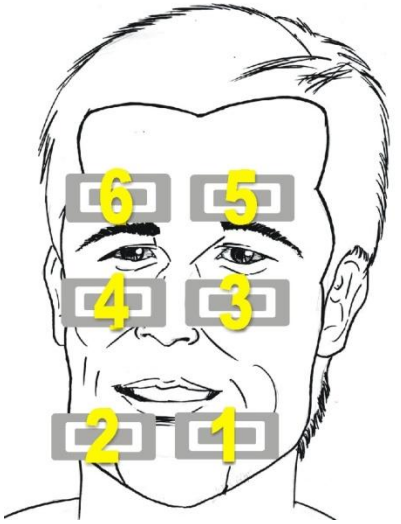
Trigeminal Nerve



The Core Whole Body Technique™

1. Take and record IRs at position 1 and 2
2. Dose highest IR
3. Do same for 3 and 4
4. Do same for 5 and 6
5. Take highest dose on face to zero

Six Point Therapy of Face



The Core Whole Body Technique™

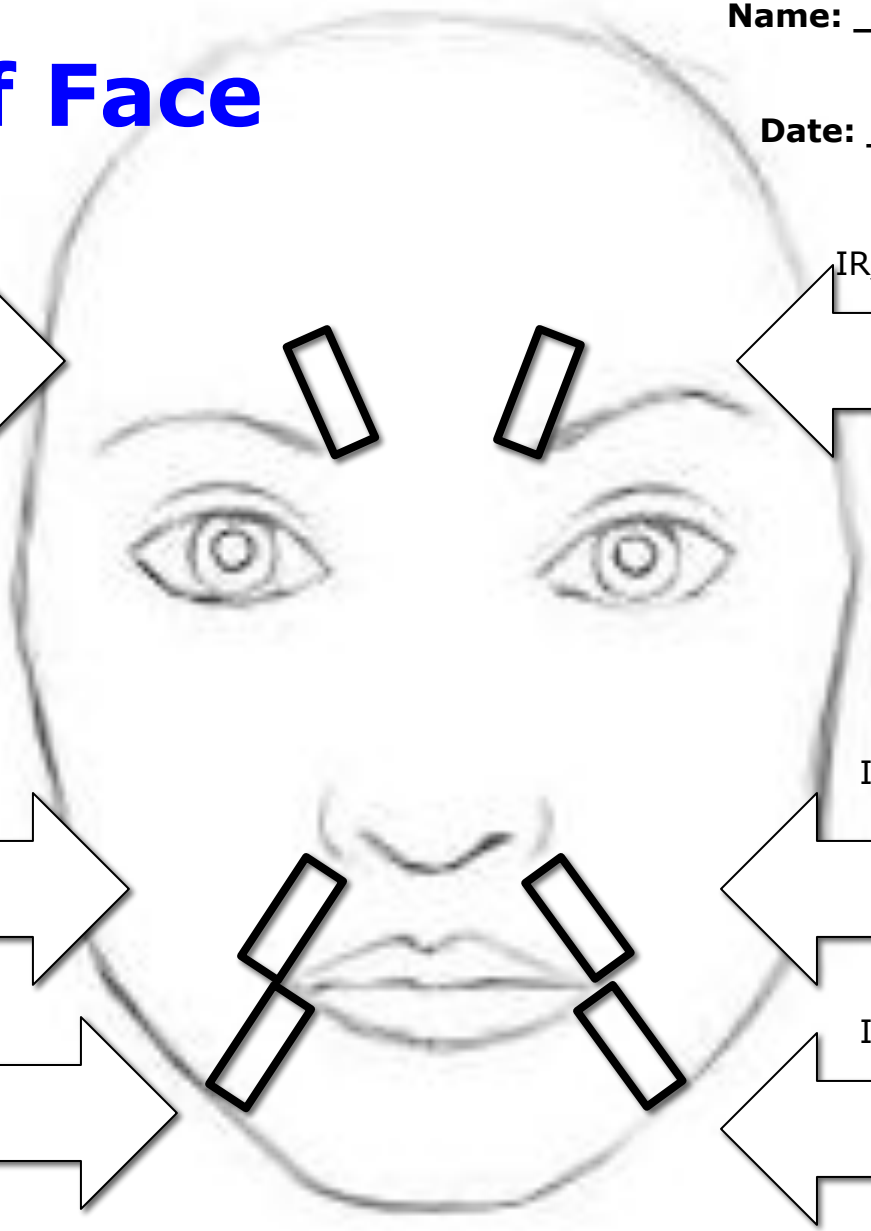
6. Compare DZO on face to stimulated point on back. If the face zero is higher than the back, set device to deep stimulate and park or paint on the DZO for two minutes. If back is higher, you are complete.

Six Point Therapy of Face

Six Point Therapy of Face

Name: _____

Date: _____



IR_____D_____ DZO_____

6

IR_____D_____ DZO_____

5

IR_____D_____ DZO_____

4

IR_____D_____ DZO_____

3

IR_____D_____ DZO_____

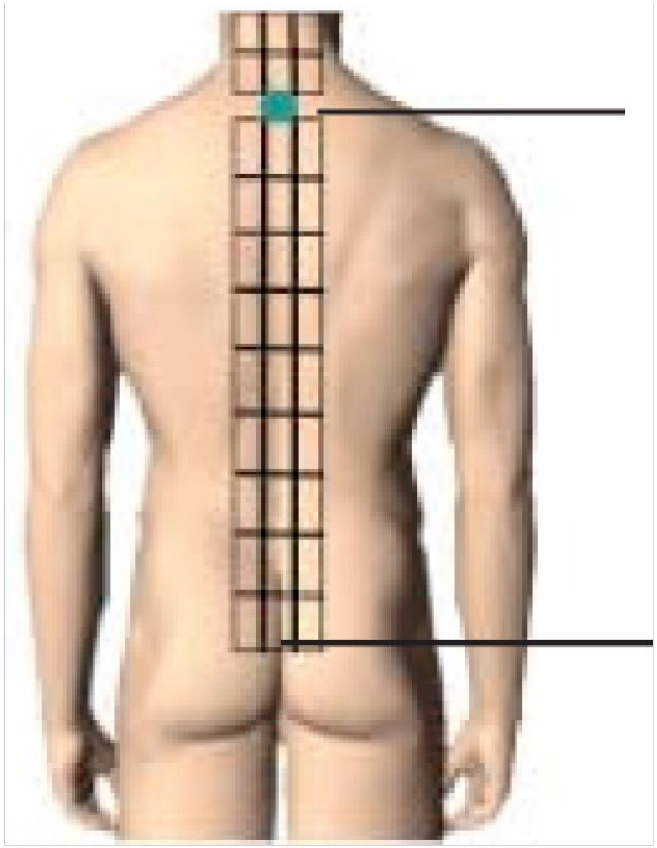
2

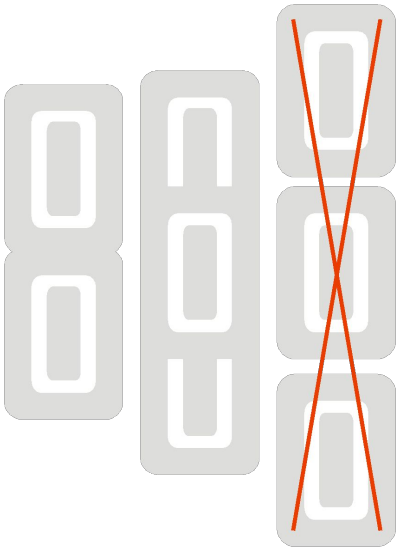
IR_____D_____ DZO_____

1

The Core Whole Body Technique™

Long Variation (using the Pro-Sport™ Display)





The Core Whole Body Technique™

Long Variation

1. Mark the spine using the length of the electrodes
2. Take Initial Readings of spine and L and R paraspinals
3. Record IRs
4. Treat to a D (Dose) the highest IR at each level

The Core Whole Body Technique™

Long Variation

6. Do IRs from C1 to C7 (usually two levels)

7. Take highest IRs to a D (Dose) at each level

8. Including neck and back pathways, compare doses on each pathway. Treat highest D (Dose) to a DZ 0 (Dose, Z, Zero)

***If there is not a D on a pathway, do not DZ

The Core Whole Body Technique™

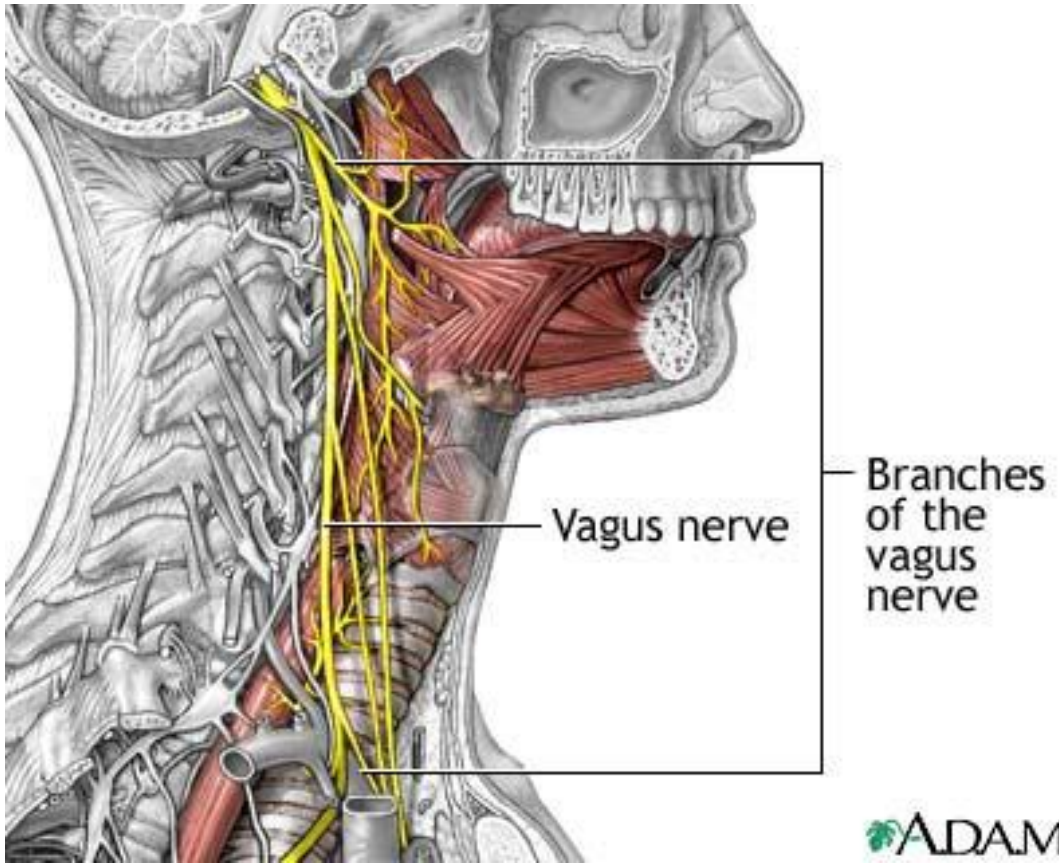
Long Variation

9. Choose highest Z and select Stimulate or Deep Stimulate and paint the spot for 2 minutes.

Practice Time
(on Self)

Vagus Nerve Protocol

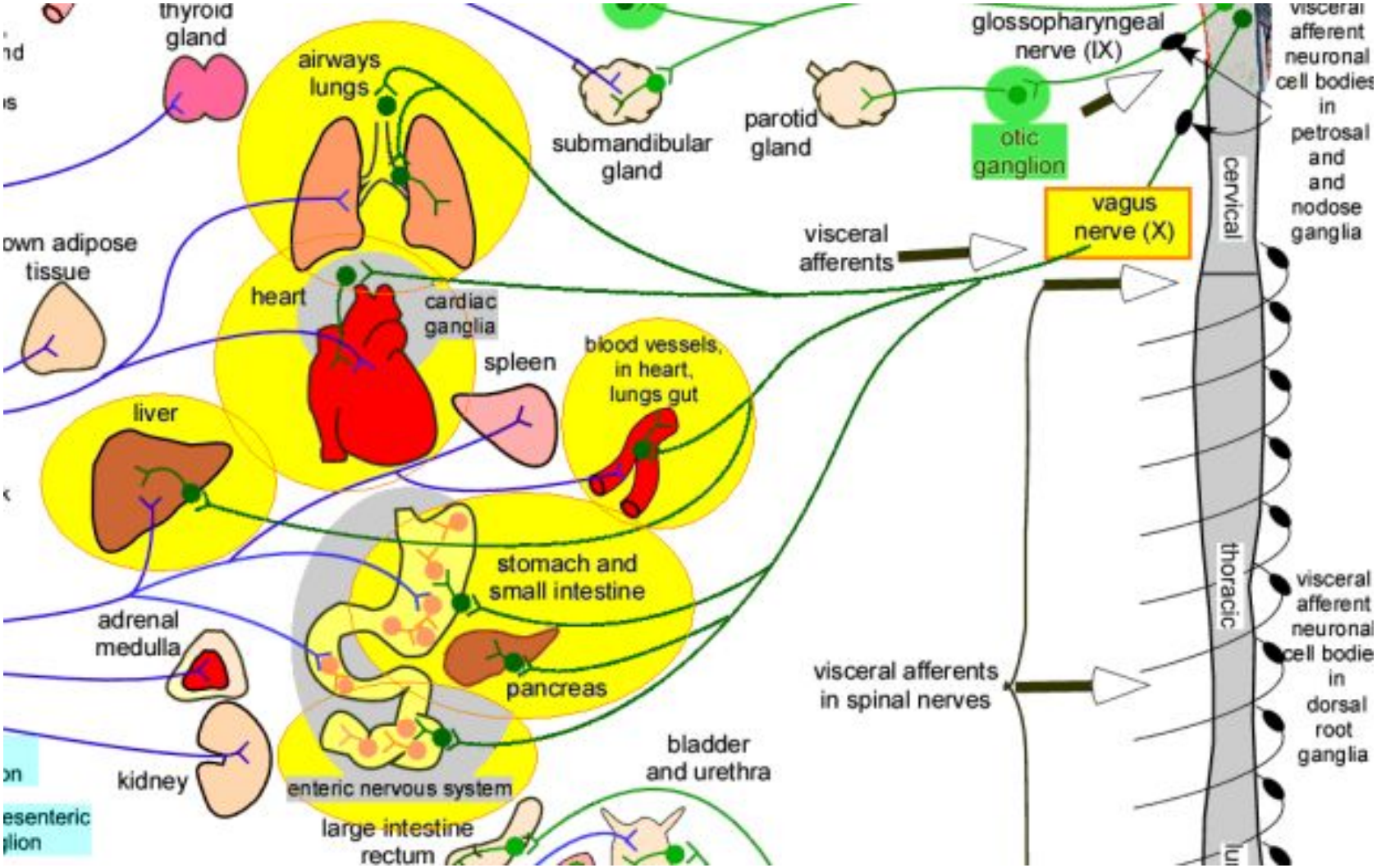
For neck pain, neck/shoulder/arm symptoms, decrease inflammation, release emotions, balance autonomic nervous system, realign atlas and sphenoid bone.



Vasovagal response

A vagal episode of vasovagal response also called a neurocardiogenic syncope, is a malaise mediated by the vagus nerve. When it leads to fainting, it is vasovagal syncope which is the most common type of fainting. It is found in adolescent and in older adults. There are different syncope syndromes which fall under the umbrella. The common element among these conditions is the central mechanism which may lead to the loss of consciousness.

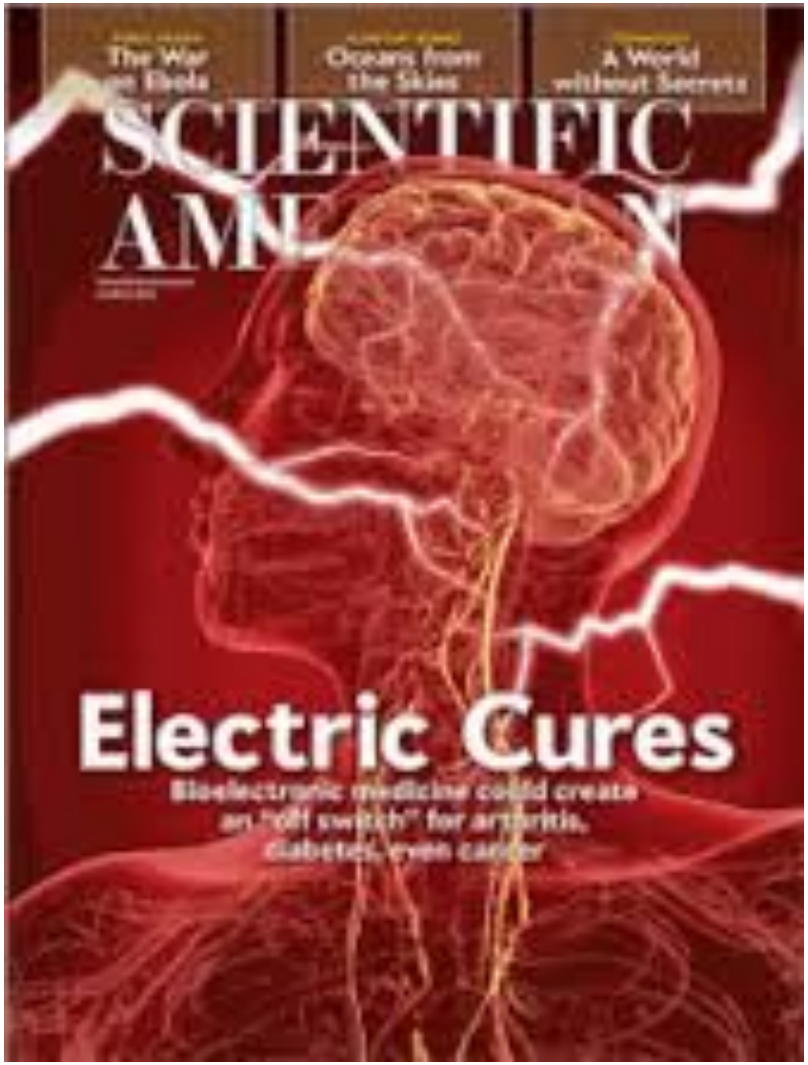
Vagus Nerve


thyroid gland
airways lungs
submandibular gland
parotid gland
glossopharyngeal nerve (IX)
otic ganglion
visceral afferent neuronal cell bodies in petrosal and and nodose ganglia
vagus nerve (X)
visceral afferents
cervical
own adipose tissue
heart
cardiac ganglia
spleen
blood vessels, in heart, lungs gut
liver
stomach and small intestine
adrenal medulla
pancreas
thoracic
visceral afferent neuronal cell bodies in dorsal root ganglia
visceral afferents in spinal nerves
bladder and urethra
kidney
enteric nervous system
large intestine
rectum

The Vagus Nerve

is responsible for activation of the parasympathic nervous system and for such varied tasks as heart rate, gastrointestinal peristalsis, sweating, several muscle movements of the mouth, including speech and keeping the larynx open for breathing.
It also has some afferent (going to the brain) fibers that innervate the inner (canal) portion of the outer ear.

Scientific American Magazine
March Issue 2015



Scientific American Magazine
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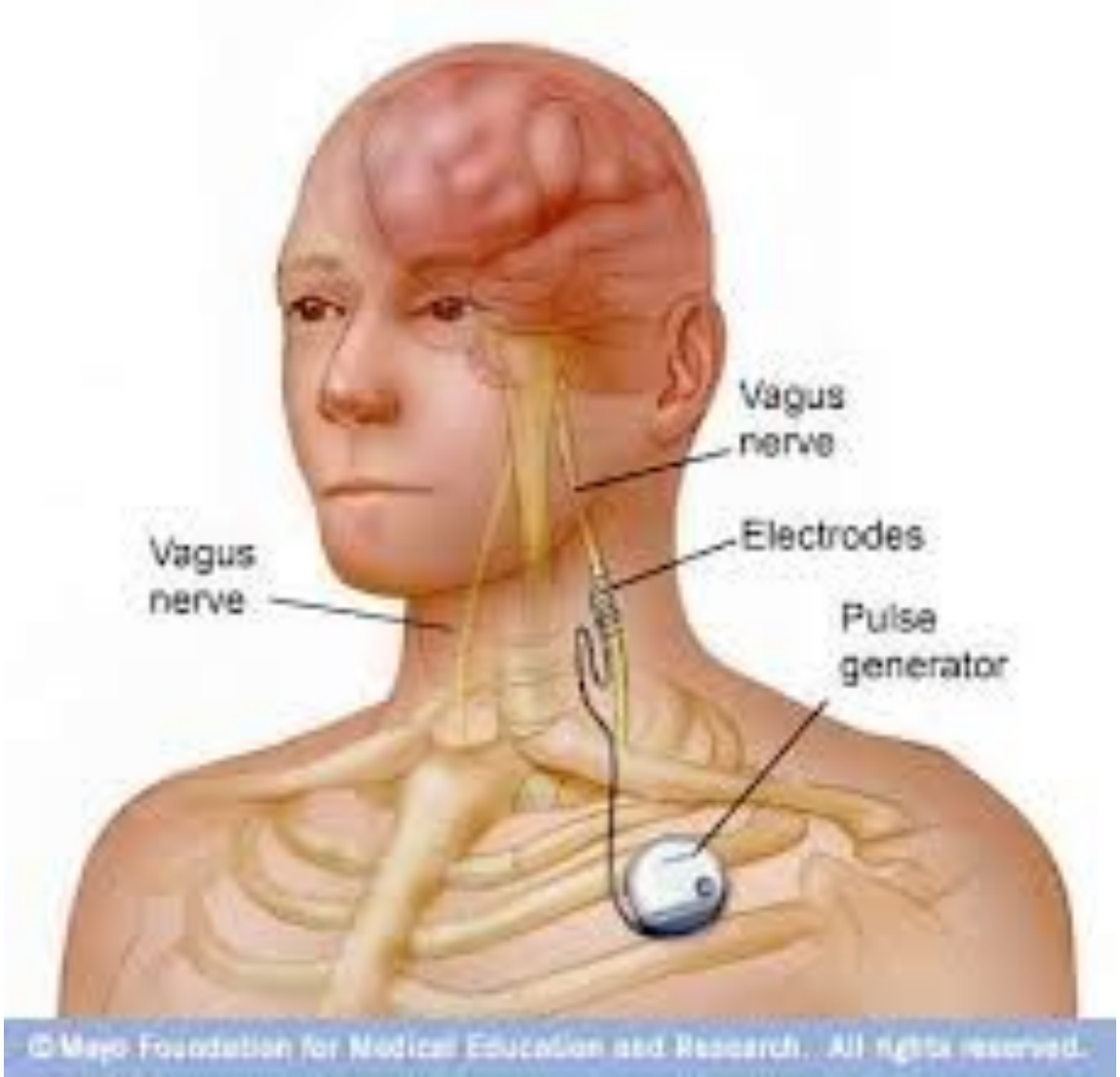
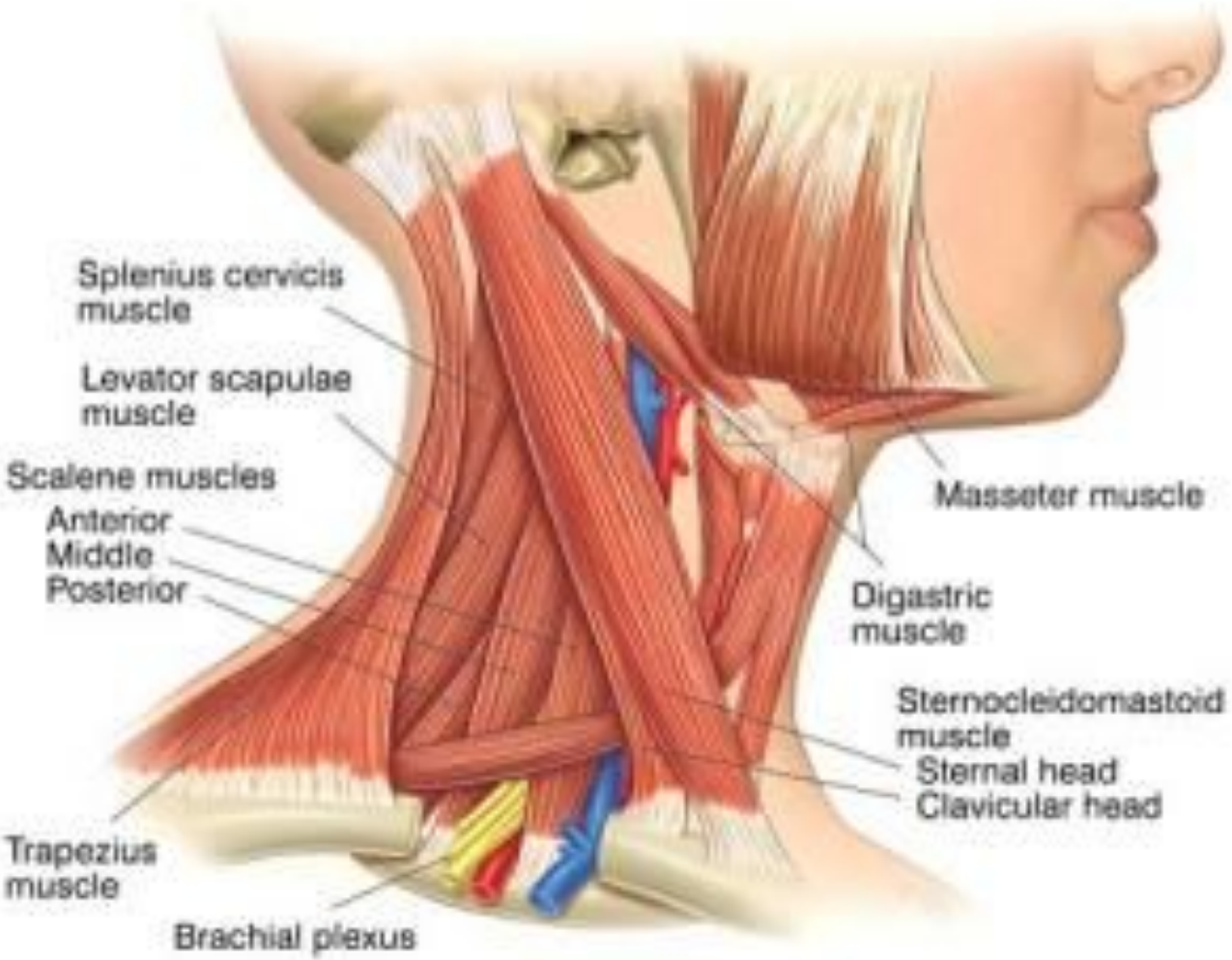


Vagus Nerve Protocol



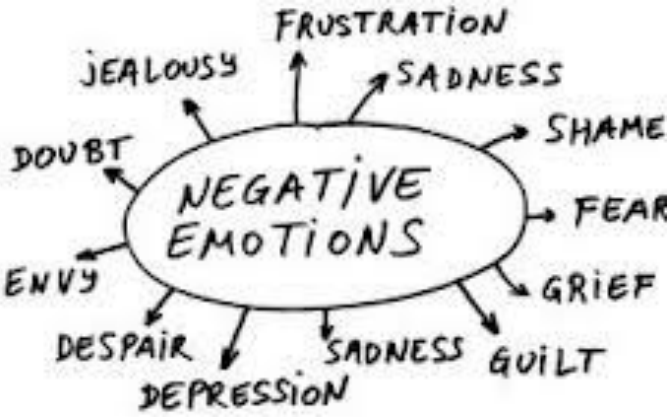
Vagus Nerve Protocol

Dr. Rick Smith
Chiropractic Physician

Brandy Hubbard
Certified Chiropractic
Physician Assistant

Unknown Trapped Emotions could be released with:

- Vagus Nerve Protocol
  - Known to balance the sympathetic and para-sympathetic nervous systems
- 6 Points
- Sometimes 3 Pathways
- (Also good for depression)



This Vagus Nerve Protocol is good for:

- PTSD

Vagus Nerve Protocol

Assess
Pain level and
Range of Motion
before and after…

**Subject will feel strange electric sensations sometimes to ear or face or head and contractions of the muscles of neck and shoulder*

Vagus Nerve Protocol

1. Power up (away from neck) (Relax or RSI)
2. Paint SCM and/or upper trapezius, getting a relaxing effect and watch area for muscle twitching (motor points)
3. Set to “Acute” mode
4. When the device “contracts” the muscle pulling the head over, turn power higher enough to pull shoulder up

Vagus Nerve Protocol

Self Practice Time

Troubleshooting and other tips

- Recalibrating –
  - Device is on, hold plus and minus together. Notice on screen will say recalibrated

Troubleshooting and other tips

- Turning timeout off
  - Device is off – depress and hold plus sign and then turn device on
- Turning sound off
  - Device is off – depress and hold minus sign and then turn device on
- Turning sound and timeout off
  - Device is off – depress and hold plus and minus signs together and then turn device on

Troubleshooting and other tips

- Avazzia units are hand held computers
  - Dropping or getting it wet is not covered in your warranty
    - Find a safe place to keep it while treating
    - Could use the loop side of Velcro on the sides to hold it better in hand
    - Dropping while attached to a wire could damage parts or the entire hardware parts
      - Could cause the port not to work

Homework Practice

- Place Pads on abdomen – Cycle through all algorithms to experience each frequency
- Practice checking for high IRs (Initial Readings) in areas of pain (this is used in many of the advanced protocols)
- Dose and Zero out the high IRs

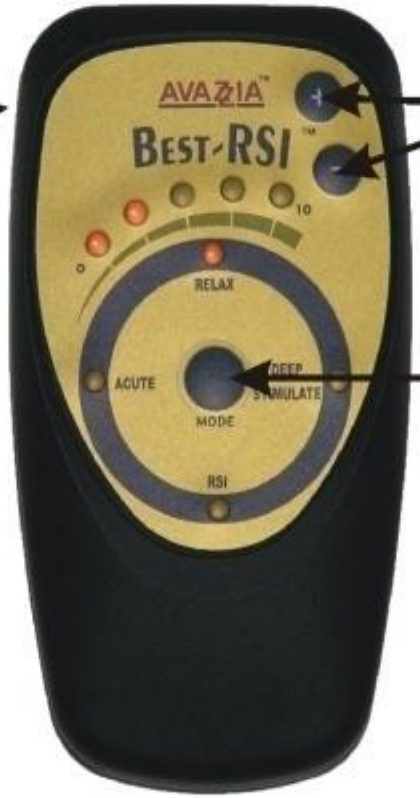
Homework Practice

- Practice painting and parking over areas of pain
- Practice looking for sticky areas
- Practice short version Core Whole Body Technique
- Practice Vagus Nerve Protocol on yourself in the mirror

The more you practice the better you will be.

The Devices: Best RSI™

1. Power On/Off slide switch on side and place on skin



2. Adjust Power level using +/- keys

3. Select Mode

Four Preset Modes:

- Relax
- Deep Stimulate
- RSI
- Acute

AVAZZIA

Avazzia Blue Home Model

Two Preset Modes:

- Blue Relax
- Blue Stimulate

Avazzia donates 10 of these devices per month to the Patriot Project (Wounded Veterans Program)

AVAZZIA

Med Sport Home Model

Four Preset Modes:

- Relax
- Acute
- Modulate
- Blue Stimulate

AVAZZIA

Examples of Accessories

Onboard Electrodes and Various Wraps

Additional Accessories

Qi Wave pads

More Avazzia!!!

Additional Products/Services

UNTREATED TREATED (after one treatment)

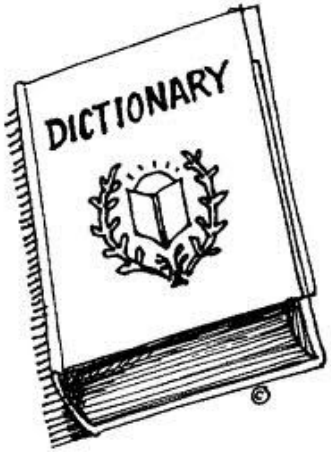
UNTREATED TREATED (after two treatments)

More Avazzia!!!

- Treat Yourself at Home or On The Go!
  - Protocols for:
    - Pain Anywhere
    - Headaches and Sinus Complaints
    - Lung Complaints
    - Abdominal Complaints
    - Wounds/Cuts
    - Neuropathies
    - Tension and Stress
    - Bites and Stings

Glossary

- Avazzia – high voltage – micro-current
- Hertz – number of pulses per second
- Ohm – a unit by which electrical resistance is measured
- Conductance – high conduction – low resistance
- Ampere – the volume of charge (like water – river flowing)
- Micro-current – 1000x less than a regular conventional tens unit
- High voltage – Pressure – how much push
- Micro-seconds – short duration



Thank you,

954-789-2097
First Alternatives, LLC
www.firstalternativetherapies.com