

ABRIDGED*

USER GUIDE

for the

RHUMART® Regenerator
AUTO-SANTÉ™ Model

by

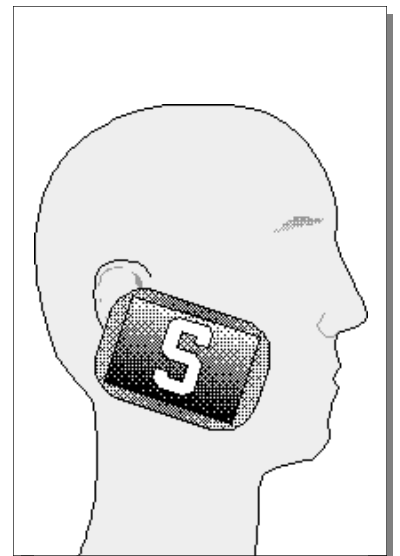
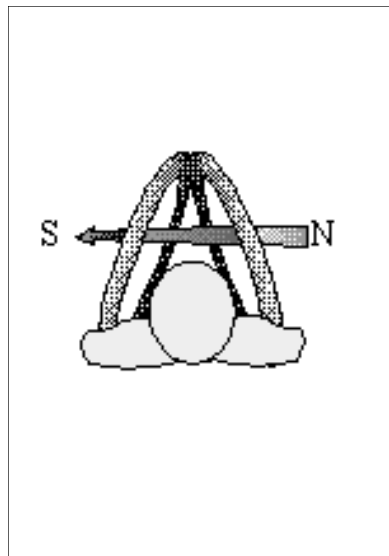
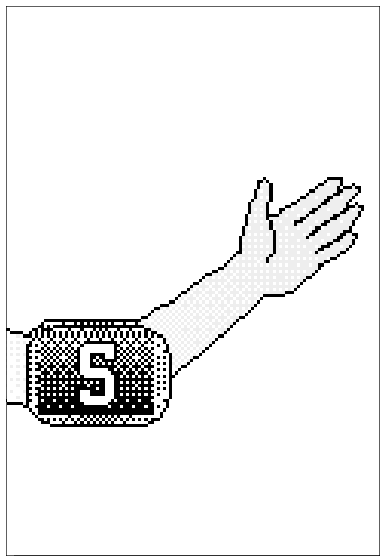
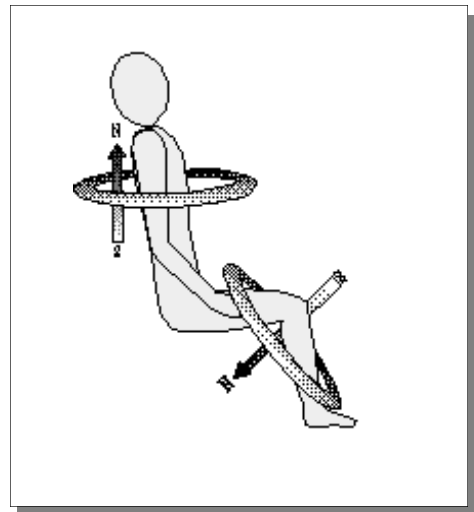
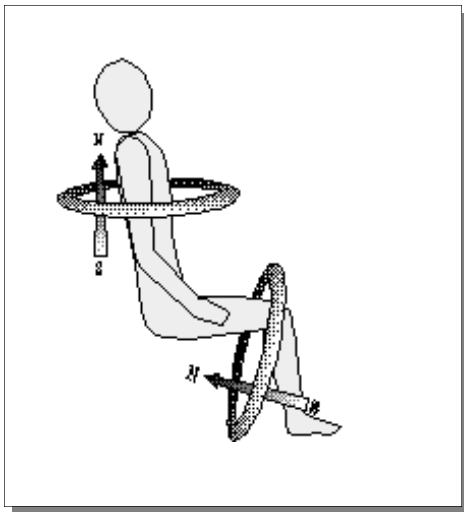
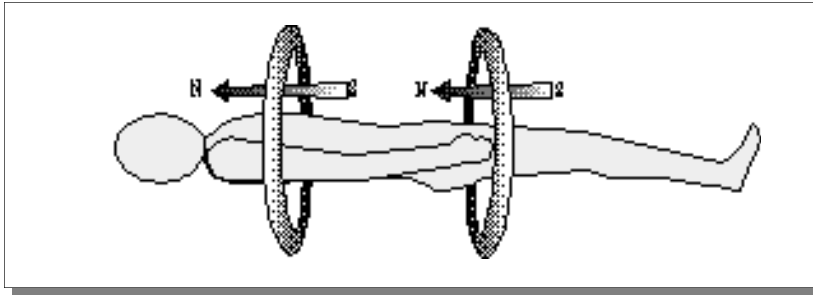
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Scientific Director

International RHUMART Institute (iRi)

* NOTE: In the event of doubt or contradiction, apparent or actual, between this abridged guide and the official Operation Manual, the latter shall in all cases take precedence over this abridged guide.

The ABC of RHUMART®



DEFINITIONS:

(i) **The AUTO-SANTÉ™ system includes:**

- one MBI-3000 RHUMART® bioelectric generator
- a pair of rings (MAXI-2A, approx. 50 cm in diameter)
- a pair of REBONE-4A regional applicators (pads)
- a case and accessories, including 5 VHS video cassettes

(ii) **Abbreviations of parameters:**

Instead of A=2, n=2, T=10 minutes, the abbreviation (A2,n2,T10) or (2-2-10) is used throughout in reference to a RHUMART® cellular conditioning session.

(iii) **Definition of MBI-3000 parameters:**

- **1st control knob on the left:** AMPLITUDE (A),
A = Intensity of the cellular conditioning signal,
- **2nd knob from the left:** FREQUENCY, (f_b , imp/sec),
 f_b = basic impulse frequency
 f_b = 60 impulses per second (in the Regeneration Mode),
- **3rd knob from the left:** MODULATION (n)
n = Mode or type of conditioning.

The MODULATION (n) makes it possible to SELECT THE DOMINANT PHYSIOLOGICAL EFFECT of RHUMART® conditioning.

- **4th knob from the left:** MAG TIME (T, min),
T = duration of a session, in minutes

POLARITY: NORTH (N) or SOUTH (S)

N or S: direction of magnetic field impulse.

N: the magnetic flux exits from the "N" pole.

S: the magnetic flux returns towards the "S" pole.

I. REGULAR GLOBAL CELLULAR CONDITIONING with the RHUMART® AUTO-SANTÉ™ system (MBI-3000 bioelectric generetor and a MAXI-2A pair of 50 cm RHUMART® rings)

Use the following parameters with one MAXI-2A ring around the chest and the other around the knees (polarity N must be directed towards the subject's head):

A5 to A8, n2, T10 to T15 or (5-8,2,10-15) every second day and (A2 to A5, n2, T10 to T15) every second day for **hypersensitive subjects** who may find it difficult to adjust to normal parameters (i.e., A5 to A8).

Individuals referred to as "**hypersensitive to RHUMART® cellular conditioning**" are **often underweight and/or elderly** (over 75). These individuals must generally begin at a lower AMPLITUDE (A), since the poor condition of their cells requires a "**very gentle**" period of initiation to RHUMART® cellular conditioning.

Some young people may also be "**hypersensitive to RHUMART® conditioning**. This hypersensitivity indicates that the individual needs an **extended period of conditioning** (every second day over several months, for example).

IMPORTANT HINTS:

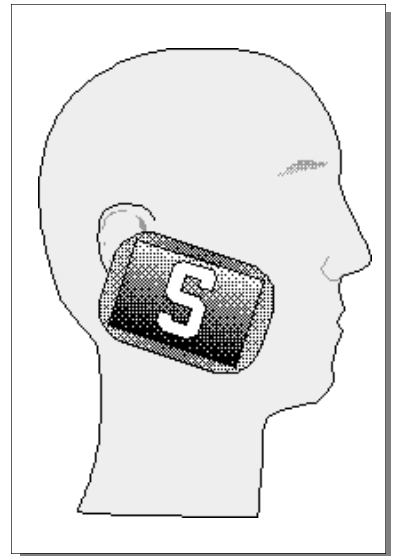
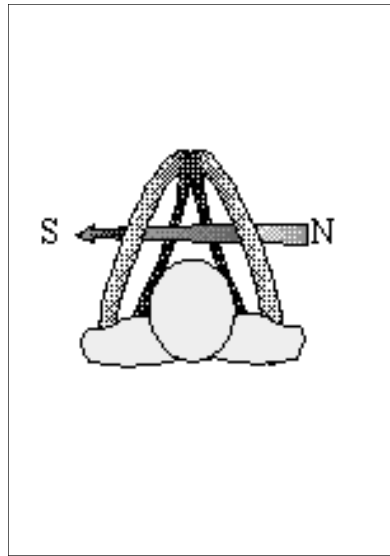
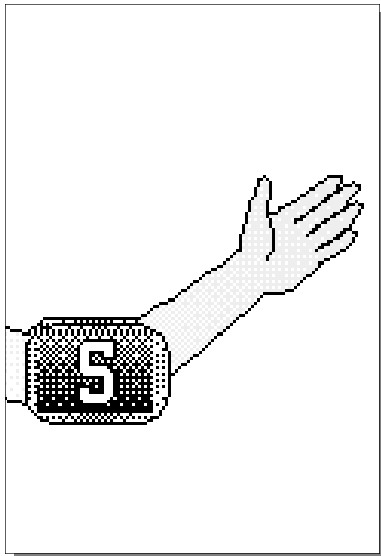
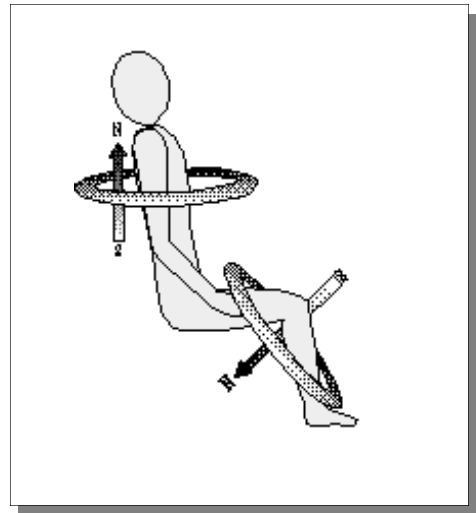
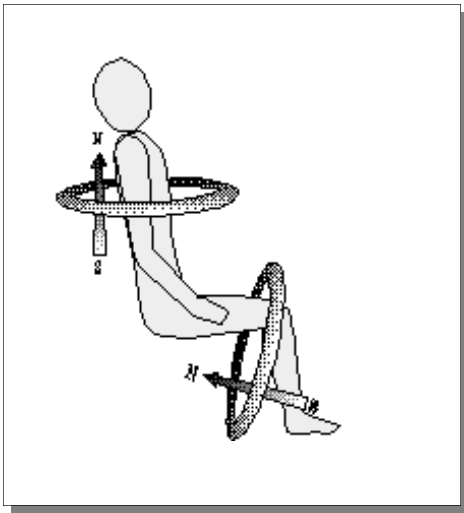
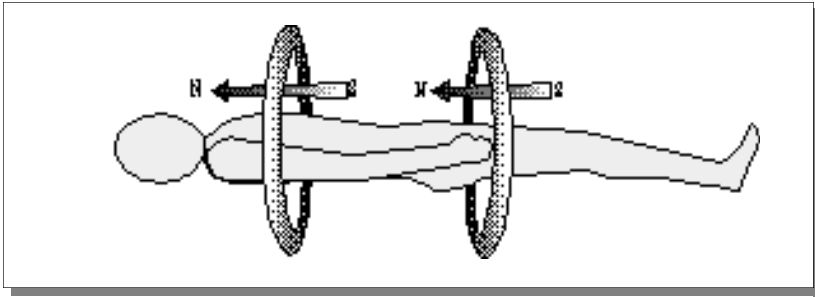
Global Conditioning, from the shoulders down. Never apply the "giant" rings to the subject's head, except with $A \leq 2$ and $T \leq 5$ minutes, or according to the user's tolerance.

Jewellery and ferromagnetic objects should be removed for best results. Arm should be kept inside the upper ring, with the hands clasped to close the circuit.

Position of rings: When the subject is inside the rings, be sure that the North (N) polarity is directed towards the head, (see illustration, ABC of RHUMART® on the following pages).

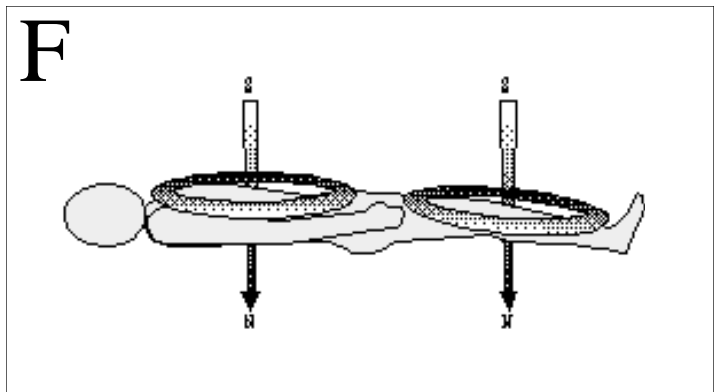
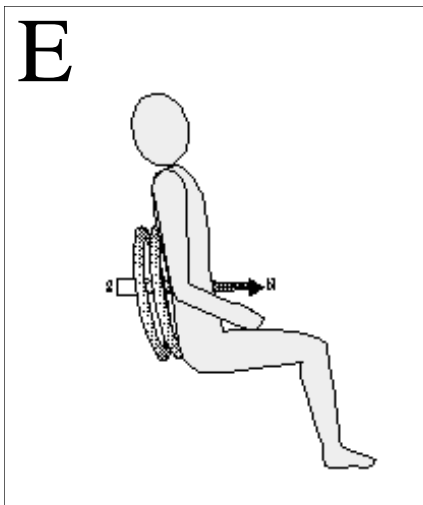
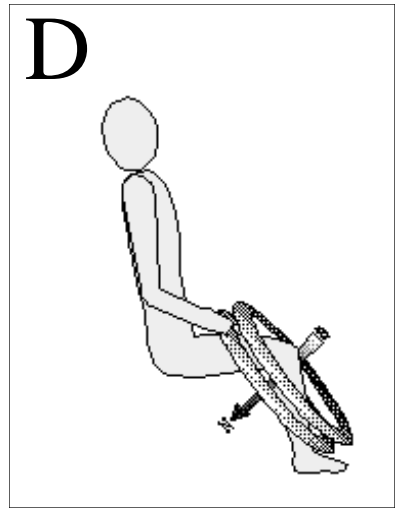
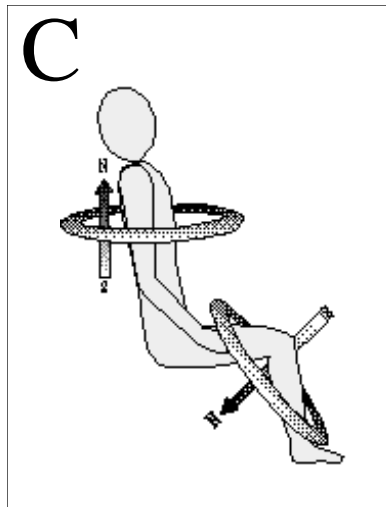
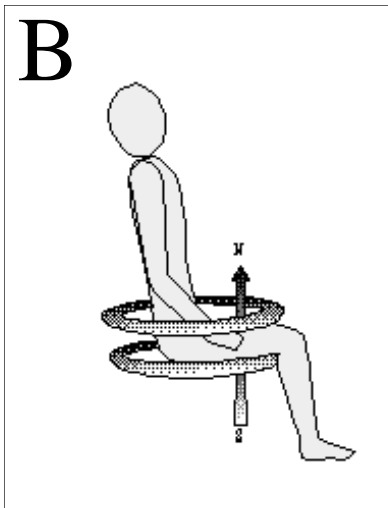
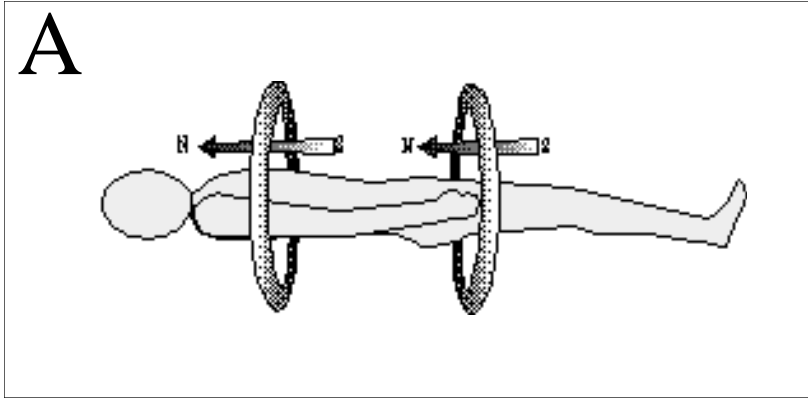
POLARITY (N or S): see "Programming and applications" in the **official Operation Manual for L'étincelle-de-Vie™ RHUMART®** to ensure proper polarity of the pads.

The ABC of RHUMART®



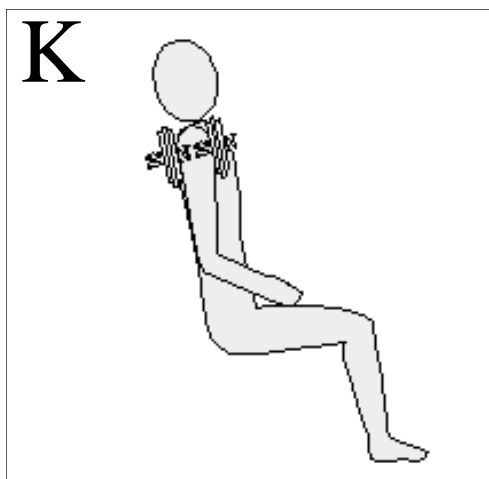
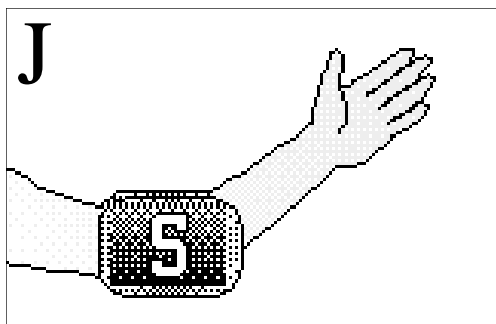
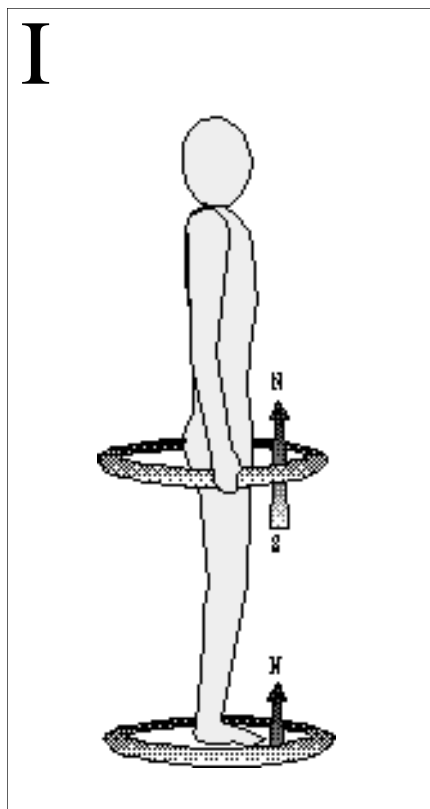
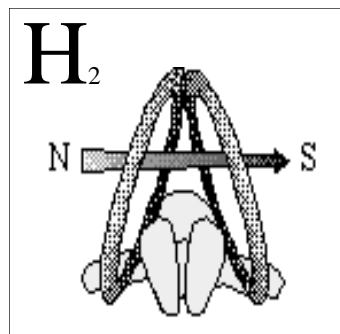
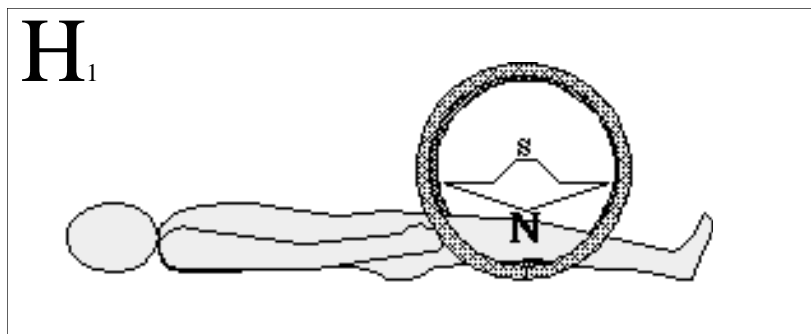
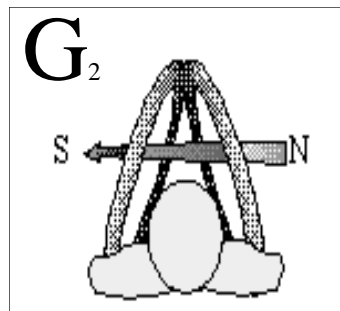
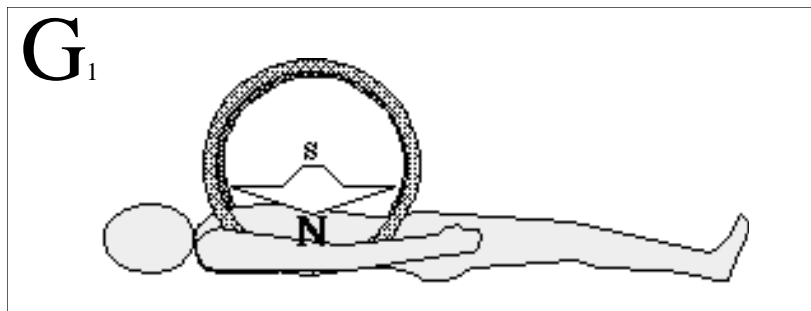
The ABC of RHUMART® (cont.)

Examples of **ring positions** in the AUTO-SANTÉ™ system

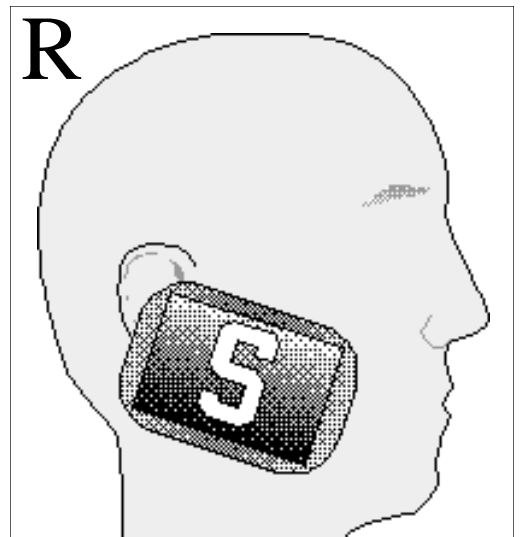
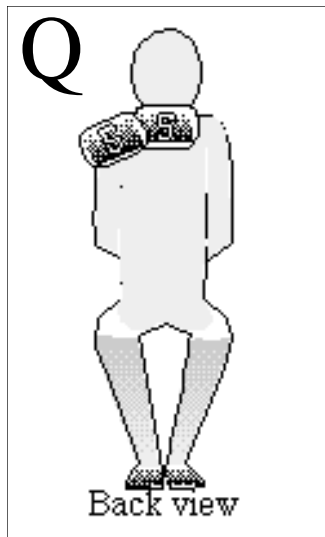
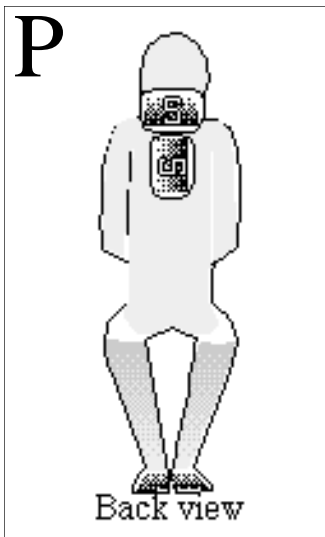
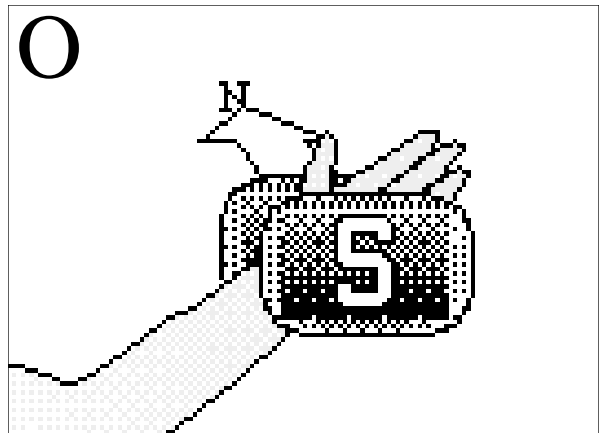
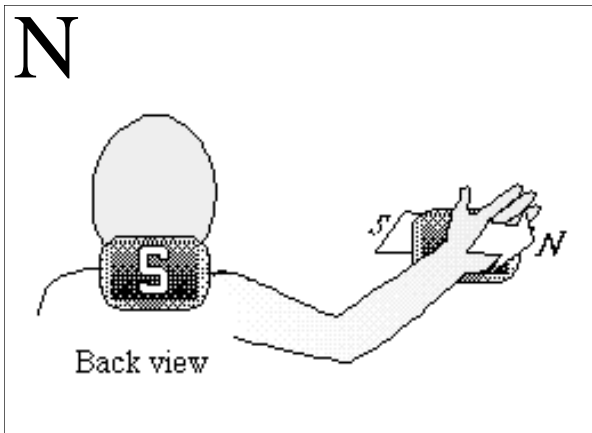
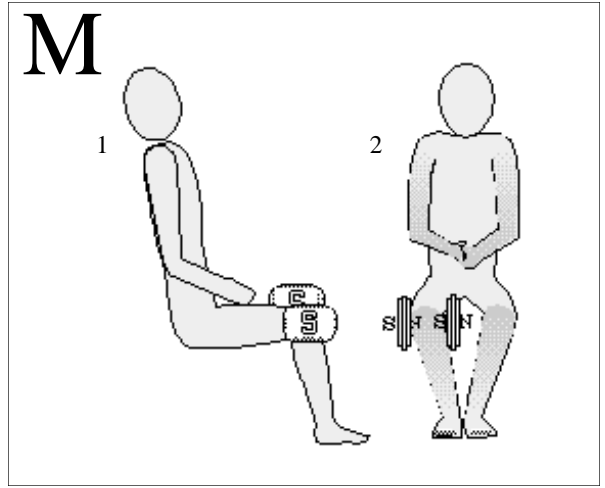
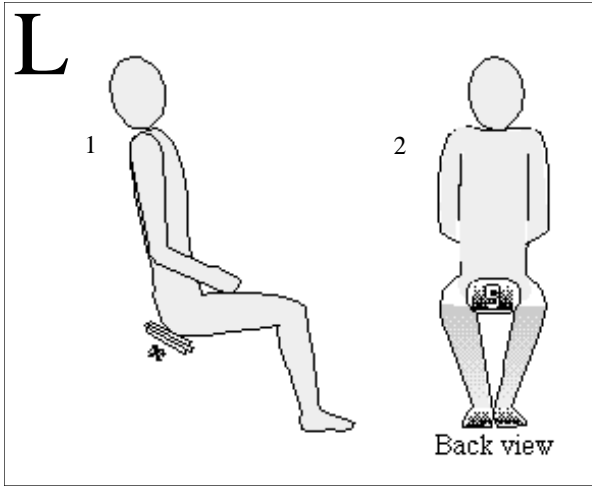


The ABC of RHUMART® (cont.)

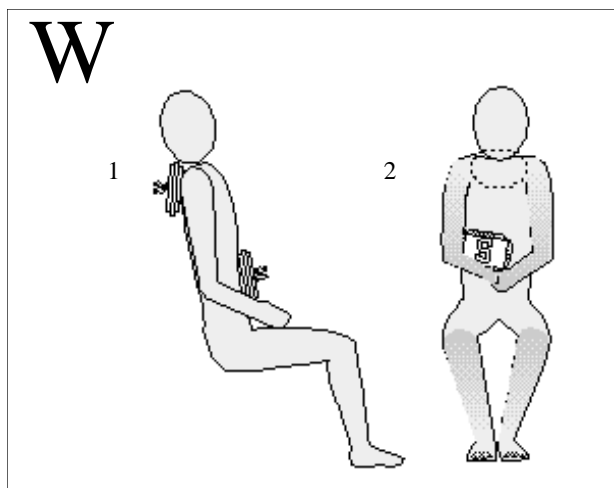
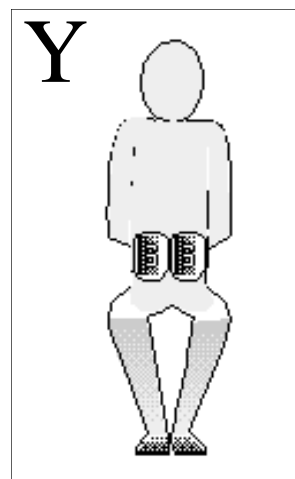
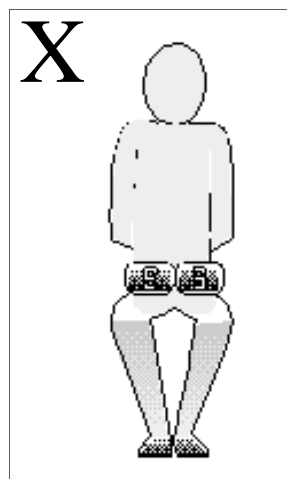
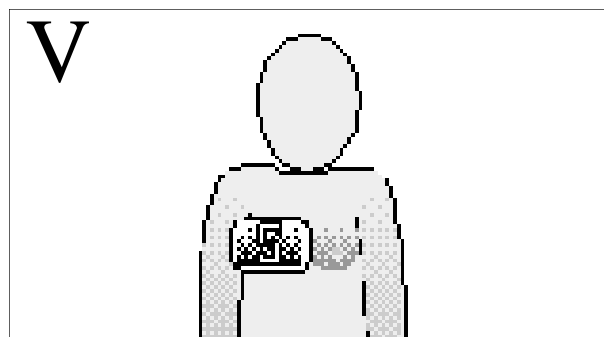
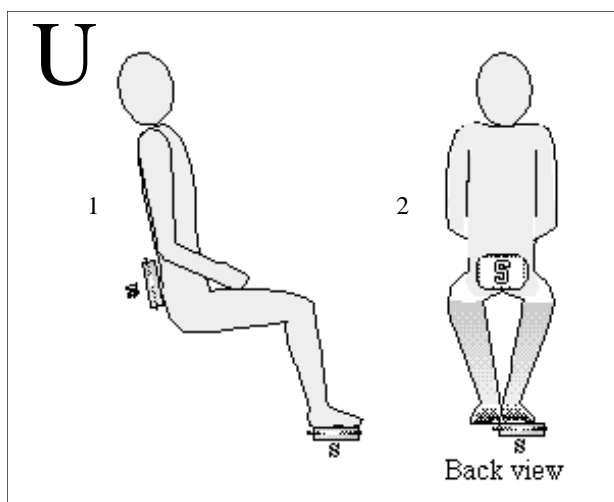
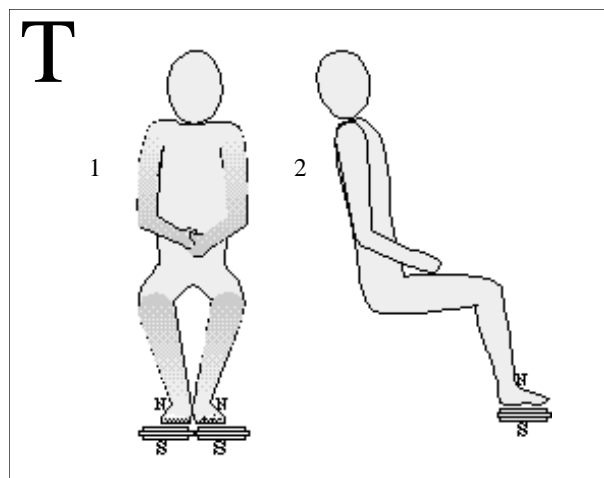
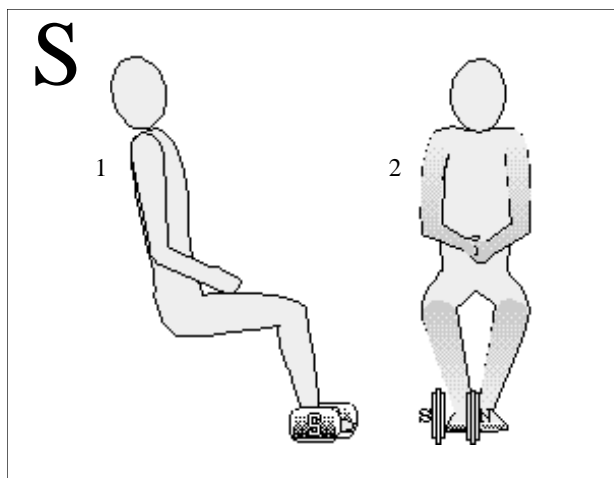
Examples of ring and pad positions in the AUTO-SANTÉ™ system



The ABC of RHUMART® (cont.)
 Examples of **pad positions** in the AUTO-SANTÉ™ system



The ABC of RHUMART® (cont.)
 Examples of **pad positions** in the AUTO-SANTÉ™ system



Z LET YOUR IMAGINATION
 BE YOUR GUIDE...

II. REGIONAL "REBONE-4A" APPLICATION (PADS)

These are used on specific areas of the **head** or **body** (with the MODULATION (n) depending on the desired effect). See section IV for selecting the proper MODULATION.

(a) At the head level (with the REBONE-4A pads)

Use A1 to A2, T5 to T10, every second day: start with (A1, n2, T5) for 5 to 6 sessions, every second day; then go on to (A1, n3, T5) to stimulate cell regeneration, if so desired.

(b) Below the shoulders (with the "n" MODULATION depending on the desired effect and REBONE-4A pads)

Use A2 to A3 for 10 minutes, every second day; or A5 to A6 for 5 minutes, every second day;

(c) Polarity (with the REBONE-4A system): Be sure to place the NORTH (N) polarity facing the area to be conditioned, except in the case of burns or open wounds, in which case the SOUTH (S) polarity should face the wound.

Note: The NORTH (N) polarity has a "**shooting**" effect, while the SOUTH (S) polarity has a "**stimulating**" effect, in the case of wound healing for example.

(d) The RHUMART® Reflexology system (with the REBONE-4A pads): Place the **REBONE-4A** pads **under the feet**, with the NORTH polarity facing the sole of the foot; this is a spot where the entire body's reflex points converge.

For a RHUMART® reflexology session, place a REBONE-4A pad under each foot, and begin by using parameters A2, n2, T10 every second day for 4 to 5 sessions; subsequently, increase to A3 or A4, n2, T10, tolerance permitting (this can be followed by 3 sessions at A3 and A4 if the effect is more beneficial) At the beginning, avoid using $A \geq 3$ for better tolerance there after.

**III. COMBINED CELLURAL CONDITIONING MODE:
GLOBAL (with the 50 cm rings) and
LOCALIZED (with the REBONE-4A pads)**

An excellent method is to alternate "**global**" and "**localized**" conditioning, that is, one day with the MAXI-2A rings for global conditioning and the next with the REBONE-4A pads for localized conditioning.

Just try it!

And, come to the next RHUMART® introductory conference to tell everybody about your success!

IV. SELECTING THE PROPER MODULATION (n) or the PREDOMINANT PHYSIOLOGICAL EFFECT

n = MODULATION = choice of predominant effect.

(a) **"n2" effects:**

For example, n2 enables us to place the emphasis on one or more of the following physiological effects:

TO INDUCE RELAXATION and/or
TO REDUCE PAIN and/or
TO REDUCE INFLAMMATION

(b) **Examples of applications of "n2" effects:**

RELAXATION effect: problems of **stress, insomnia, hypertension** accompanied by stress, and poor oxygenation of cells.

PAIN RELIEF: **bursitis, sprains, rheumatism, arthritis, etc.**

REDUCTION OF INFLAMMATION: general **anti-inflammation effect in musculo-skeletal, arthritic and rheumatismal diseases for examples.**

But, remember, the RHUMART® effects are not specific for one and only disease. They rather strengthen the natural autodefense and autohealing mechanisms.

(c) **"n3" effects:**

With MODULATION n3, the predominating effects are as follows:

it **stimulates REGENERATION** of all types of cells;

and

it **stimulates** blood **CIRCULATION**.

NOTE: Before going on to n3, pain should be controlled using n2; subsequently, for 5 to 6 sessions, alternate between 5 minutes at n3 (n3, T5) and 5 minutes at n2 (n2, T5) during each session, then go on to modulation n3 only.

In the case of **blood circulation** problems, give 2 to 4 sessions using (A5, n2, T10, global) before going on to n3: **the body should be completely relaxed to improve the performance and endurance of the cardiovascular system.**

(d) **"n4" and "n5" effects:**

For examples, MODULATIONS n4 and n5 are particularly effective in the following applications:

- chronic migraines
- abdominal problems
- glandular problems
- hypotension (n3 and n4) / hypertension (n2)
(for comparison, see n2 effects)
- new hair growth (n4)

Begin with n5, using the large rings, and the REBONE-4A pads for glandular and abdominal problems for 5 to 6 sessions before going on to n4.

Exceptions:

In **migraines** caused by **stress**, begin with three global conditioning sessions, using n2 instead of n5.

For hair loss problems (baldness, eyebrows, etc.) with the pads, begins by using (A1, n4, T10) for 3 to 4 sessions per week, then try (A2, n4, T10) every second day, if tolerance to RHUMART® cell regeneration permits.

V. THE KEY TO SUCCESS WITH YOUR RHUMART® system is...

to read several times

the official

Operation Manual for

***L'étincelle-de-Vie™* RHUMART®**

in particular the session entitled "**MBI-3000, Programming and applications**" and keep a detailed record of the PARAMETERS (A, n, T) (Amplitude, Modulation, Duration) you use to improve **your long-term physical and psychological performance, which is named HEALTH!!**

and which is completely yours with the RHUMART® Holistic approach.

**BE CONFIDENT,
AND
PERSEVERANT**

since

YOU DESERVE COMPLETE SUCCESS

Remember that adjusting the **RHUMART®** parameters to your specific needs is **your responsibility**.

This is the most intelligent way I know of to "**become the master of your health**".

*I suggest that
your health is your life
and freedom!*

Is it not?

**Finally, I hope that you will
help us to spread the RHUMART® message
around the world.**

God Bless You!