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More on Monicor

The device Monicor offers unique opportunities to monitor and correct the body's resources and general health condition.

The bodily resources can be compared to a battery where a fully charged battery is able to cope with greater stress than a discharged battery. For ex., you can talk longer in a new cell phone with a new fully charged battery compared to an older phone with an exhaused and worn battery caused by many discharges without sufficient rest in between.

It is similar with the human body. Young people have strong and resilient resources to cope with and handle various stresses. Older people have less resources and their "battery" discharges quicker.

How does the human battery get discharged? Each stressor, such as physical strain, chemical laden foods, stress in general, weather changes, cold, heat etc. tears on our battery. But even every meal and the thoughts we think take energy from us, but in a lesser degree.

So how can we charge our "battery"? Our cells produce energy from the food we eat and the oxygen we inhale. But the energy production is also dependent on the condition of the bodily environment, the fluids, the blood, the lymph - in other words, the entire biochemistry of the body is involved in the energy creating process.

We also receive energy directly from the cosmos, which provides our cells with life force energy via the body's energy centra/meridians. This energy is called Prana or Qi and circulates along the energetic meridians of the body. This energy flow is also affected by our psycho-emotional condition and our thoughts.

If we take good care of our health and create a satisfactory metabolism and have positive thoughts and emotions, our battery can be recharged quickly after strains.

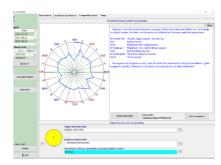
If we manage to keep the balance between creating and consuming energy even, it is easier for the body to deal with short lived or prolonged stress. However, if the body consumes more resources than that are available, serious health problems may arise.

It is important to understand that the body inhabits has a great ability to heal and repair itself as soon as the bodily resources are increased and a balance between consumption and creation of resources are created.

If you have a health issue, it is therefoe important to stop dwelling on the problem and instead focus on how the the bodys' resources can be increased. The human body is the best healer as long as it is in balance and the consumption of energy is less than the creation of energy. Monicor is an excellent tool for balancing and strengthening the body's resources.

Analysis of general diagnostic evaluation

After a general diagnostic evaluation has been performed, Monicor's overall analysis part opens, which graphically depicts the client's health status and how the body's resources are being used as well as the balances of the meridians and organs. It is also possible to select and look at historical



analyses and from there go to the more in depth analysis functions.



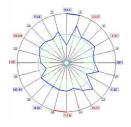
General health status

The coloured circle depicts the general health status of the body. Click on the questionmark (?) next to the description of the various health numbers. Note that it shows the health status at the exact time the diagnostic evalution was performed. If the scan has been performed after a stressful event or after another kind of strain or at the end of the day, the value may be low (2, 3 or 4). This means that the "battery" in this moment is discharged but may likely be improved after a general correction.

About the body's resources:

- if they are not restored or improved the day after a general correction, it may be a sign of exhaution or disease.
- if they are weakened after a general correction, it is a sign of that the body's resources have been consumed after the general correction.
- if the resources are strengthened or remain unchanged after a general correction, the body's resources or "battery" is on a stable and satisfactory level.
- if the resources oscilliate between strong and weak during a general correction, the bodys resources are weak.

It is possible to follow the fluctuations of the resources during and/or after a general correction by going to the function "Expert", see the manual 5.1.4 for more information.



The energy of the meridian organs

The dotted circle shows the resource utilization of the body. If the dotted circle is concentrated towards the center, this indicates that the bodily resources are strained, that they consume more energy in order to fight an impactful stressor or imbalance. Stress and imbalances often ocur in stressful situations or if the body is poisened or at other extreme situations. This could be normal for the body, but if it continues for a longer period of time, too much resources will be consumed, which may lead to various health issues.

<u>The blue spiky circle</u> shows the 12 meridians of the body and their connected organs. The meridians follow the meridian clock and show if either the connected organs on the right

respectively on the left are under- or over active. The organ is under active if the blue line is inside of the dotted circle and over active if it is outside the circle.

The meridian clock shows when it is as most active during the day/night, for ex. the lung meridian (P-LU) is most active between 3 and 4 am. If the lung meridian is over active, the client may be waking up during its active time.



The large circle shows how much energy is available in all meridians. If the circle shrinks and concentrates towards the center, this indicates that the bodily resources are strained, that they consume more energy in order to fight an impactful stressor. For ex., if a person is suffering from a major stress, the body will mobilize all its resources to be able to handle that particular situation. This is also the case if the body would be poisened or at similar extreme situations. This process is normal to the body, but if it continuous for a longer period of time, too much energy will be consumed, which may lead to various health issues.

The expert system

In order to open the function "expert system" you need to select a date and time in the client's list with performed diagnostics.

Stress conditions in organs and systems



This function shows how organs' and systems' functions adapt to the super complicated life of the body. The body is a dynamic system constantly changing within certain parameters.

Thoughts, emotions, weather etc. are some of the factors that change the environment of the body and to which the body needs to adapt. These changes may affect different people differently. If one person starts running, her pulse might change to 90 beats per minute but another person's pulse might change to 120 beats per minute. This means that the second person is weaker, he needs to work harder to cope with the situation.

Similarly, all other organs and systems react. Some organs must work harder than others. And the organs that need to exert more effort are weaker and need more energy to function better.

Red and brown colours indicate major activation - strain - and if the same organ often has red or brown colour, that organ needs help. The same applies if the organ or system alternate between

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high and low values. The functions of organs and systems are dependent on energy from the energetic meridians. Therefore, it is so important to improve the flow in the meridians, and this is precisely what Monicor helps us do.

In order to focus on the, for ex., over active organs and systems, we recommend that you click on "51" or insert a chosen level in the adjoining box and then click "change". In order to see all

under active organs and systems, insert "0" instead and click on "change". Values to pay attention to are those from 0-31 (yellow) and those starting from 51 and onwards (blue, purple, brown and red).

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Diseases risks

This function shows and performs calculations based on the status of the meridian system. Risks may comprise temporary

assessments of situations, in particular if the colours are blue or pink. If the risk has red or brown colour, you need to check if the same risk level appear often. If the same risk is repeated and a high risk level is persistent, you need to be observant on a potential problem.

The Meridian System

Here you will see those acupuncture points which have some sort of deviation from a normal relationship to its meridians. Points with the number 0 have lack of energy. Points with a number of 99 have a surplus of energy.

Numbers exceeding 50 have an excess of energy but to a lesser extent. Points with numbers under 30 have lack of energy in the body.

All these numbers reflect the energetic status of the body where some organs have less energy and others more energy.

As MONICOR distributes energy and removes blockages, the energetic condition of the body is improved and thus significantly improves the health.

| Martin | M

Stress test of bacteria and parasites

In the human body, a large amount of bacteria, parasites and viruses are prevalent and most of them are in a non-active, sleeping, state as long as the body is in balance and in harmony. However, if the body is weakened, in particular if the body is weakened for a prolonged time, these micro-organisms can become activated, spread and in the long run cause health problems.

Various bacteria and prasites can exist in various forms correspondind to different frequencies.

<u>Coarse frequencies</u> correspond to more active bacteria and these are found in the beginning of the respective row.

<u>Subtle frequencies</u> are found at the end of the row and these usually exist in a non-active state, i.e. sleeping. MONICOR discovers bacteria and parasites by resonance. The bactera and viruses in the MONICOR programme have exact frequencies.

When you have selected the bacteria you want to examine, MONICOR will begin emitting the corresponding frequencies, and if resonance arise, this will be depicted with green or dark green colours. Bacteria is often activated when the body is weakened but can disappear as soon as the body regains strength.

Bacteria can be there one day and gone the next depending on the general health status of the body. Monicor will help to deactivate bacteria and parasites and strengthens in this way the body's immune system and de-stresses the body. Bacteria which have existed for a long time in the body are not always easy to deactivate with one single treatment, and several treatments

might be needed in order to deal with them. It is also possible to record a treatment on a magnet strip for self treatment.

General correction

As our health condition largely depends on how much energy we have in the body, it is important to improve the energy flow along the energetic meridians.

MONICOR diagnoses and calculates which acupressure points are either over- or under stimulated. Based on these calculations, MONICOR emits the resonance frequencies of the meridian points aiming to correct these.

Acupuncture points with lack of energy receive more energy and over active points receive less energy in the general correction.

Symptom correction

There are 3 ways to correct symptoms:

- 1. The programme selects the acupressure points usually connected to a <u>specific symptom</u>. For ex., for asthma, the programme will select those points connected to asthma.
- 2. By selecting those points that suit you. You can choose between 2 and 10 points.
- 3. You can choose to do a treatment directly via MONICOR or you can transfer the chosen frequencies to a magnetic strip which you place on the inside of the wrists, on MC7, for 6-8 hours/day. In both cases, the points will be restored. In other words, you perform acupuncture without needles.
- 4. The programme selects those frequencies that correspond to specific problems. For ex., it selects frequencies corresponding to improvement of the liver, pancreas or any other organ connected to specific problems.
- 5. The programme selects both acupunture points and frequencies corresponding to an inner organ.

Test of substances

With this function you have an extraordinary opportunity to check how a vitamin, mineral or other substance or certain food affect the body.

The picture to the rigth shows the results from tests of 3 different substances. The right column



(start) shows the initial resource level of the different organs and systems. For ex., the heart, which is blue with a value of 54. The first and second substance improved the heart to green 48 respectively to 41 while the last substance did not affect the heart at all.

One vitamin or mineral cannot improve all organs, some organs will improve, others may be weakened. It is important to let MONICOR calculate if a certain organ has become better or worse. It is also important to see the improvement or weakening of the entire body caused by a certain substance.

