



# MONICOR MR Quick Guide version 1.1.2

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MONICOR MR is a unique system for health checks and natural symptom correction.

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In this version of the Quick Guide, the term "Differential Test" has been changed to "General Test". This change will be implemented in the next update of the MONICOR MR software.

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## 1. General info about MONICOR MR

MONICOR is a unique system for health checks but also allows for effective corrections based on the principle of resonance. Resonance is the ultimate way to correct disfunctions as it restores the normal functions of the body without suppressing or activating them, which helps heal the body in a natural way.

### Monicor MR can be used in many ways

**Balancing the meridians:** having balanced meridians is vitally important for our health. In the program, this is called **General Correction**. MONICOR MR detects if there is a surplus or lack of energy in the meridians. During a 40-minute general correction, usually 1-2 meridians are restored (per session).

**Correction of acupuncture points,** MONICOR MR detects and balances all weak acupuncture points in the body. It also shows which acu points are normal. During a 40-minute **General correction**, all acupuncture points are corrected.

**Stress test,** MONICOR MR reads the frequencies of about 170 different micro organisms, such as viruses, bacteria and parasites. If any of these micro organisms are active, MONICOR MR is able to deactivate them by using specific frequencies. A micro organism is usually activated when the body is weakened or carries stagnations. External viruses and parasites can also affect the body.

**Checking the effect of supplements and foods,** MONICOR MR has a unique ability to check how a certain organ or system is affected by various supplements and foods, such as for ex.,eggs.

**Symptom correction,** with this function, MONICOR MR uses a specific symptom as base and calculates which zones or acupuncture points need to be corrected.

Test / Search	Correction
General Test	General Correction
Stress Test	Stress Correction
Test of Substances	
Search on Symptoms	Symptom Correction

### Good to know

- Do not eat two hours prior to a diagnostic evaluation and correction
- In order to obtain a good energy flow, have the client sit with a straight back
- Remove watches and bracelets
- Do not cross arms or legs, or have them close together (will impact the result negatively by 3%)
- Do not perform corrections during the first and the last two months of pregnancy

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- In the diagnostic evaluation, MONICOR MR will show you which organs are currently stressed (today). You need to perform several diagnostic evaluations to see, for ex. if the liver is still stressed. It is, however, important to pause 24 hours between diagnostic evaluations
- It is not uncommon to experience tiredness or drowsiness after the treatment. In some cases, vertigo, nausea, sweating or lowered blood pressure can occur.

## Information

- \* Included in the package are 3 alligator clamps. The **RED** clamp is used on the left wrist and the **GREEN** clamp is used on the right wrist. The **YELLOW** clamp is used for the Stress Test on the lower part of the left arm. See more info below!
- Handle cords and plugins carefully to avoid loose or faulty connections.
- To obtain optimal contact between the skin and the clamps, moisten a cotton swab of approx. 12 mm with saline solution (NaCl 0.9 %), available at pharmacies. Roll the cotton swab into small round balls and place them on the metal surface of the clamps.
- \* You can mark, copy and insert texts to for ex., Word and then print these.

## Key point – identification and straining

The placement of the key point is marked with a **RED** dot, usually on hands or feet, and is clearly depicted, see example to the right.

In the picture you will see (s) or (d) which means left (s) respectively right (d) hand or foot. "s" is Latin for "sinistra" (left) and "d" for "destra" (right).

Do not strain the key point too much as it can become depleted. Recommended treatment time is max. 60 minutes per 24 hours.

The optimum treatment time for adults is 20-40 minutes.



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## Scan/calibration

Before the General Test begins, MONICOR MR will measure the characteristics of the electro-magnetic environment for approx. 2 minutes. This scan is performed in order to normalize any potential environmental effect on the client.

NB: During this scan, it is important that no cords are attached to the client!

## Recording unit

MONICOR MR comes with a recording unit which is used for **Symptom correction** and **Stress correction**. You can record on one or multiple magnet strips, on water or etheric oils.

### Magnet strips (from VHS tapes)

At symptom correction, it is possible to program several magnet strips at the same time.

The magnet strips can then be taped to the various symptom locations and/or on the inside of both wrists, on points MC7 - the universal points. Max. 6 magnet strips. Use a tweezer when handling the magnet strips to avoid interference with frequencies.

The magnet strips, 1 - 1,5 cm in width, can be left on the points for approx. 6 - 8 hours, thereafter, the body needs to rest until the following day. Thereafter, use new magnet strips.

You should not attach magnet strips from different corrections at the same time.

Nor should you mix magnet strips from symptom correction with stress correction strips.

Recycling magnet strips is only possible for symptom correction. For stress tests of viruses, bacteria and parasites, magnet strips must be discarded after performed correction or after the desired result has been achieved.

### Water

It is well advised to place a glass of water (approx. 50 ml) on the recording unit on top of the magnet strips and drink after the correction. Remember to gurgle the water in the mouth before swallowing.

### Etheric oils

To strengthen the effect of the correction, place a bottle of etheric oil on the recording unit and then rub the oil on the body. The programming in the etheric oil will last a long time.

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## 2 – General Test

When performing a General Test, you will be shown, in real time, 1 170 different stress conditions in the body, the condition of the meridian system, potential disease risks, active viruses and parasites etc. You will also learn where there are under- or over activity in the body's various systems.

### Placement of electrodes

**NB:** Before the first test takes place, MONICOR MR will callibrate, at which time no cords may be attached to the client!

Use the DIN-cord which have been connected to the MONICOR unit. It is important that you use the correct cord and that each cord (red/black) are attached to the correct alligator clamp/wrist in order to obtain correct results. Red cord shall always be placed on the left body part.

1. Attach the cord with the round DIN-plug to Monicor MR.
2. Place a moderately moistened cotton swab of approx. ca 12 mm on the metal surface of the alligator clamps.
3. Place a **RED** alligator clamp on the inside of the client's left wrist (MC7) with the metal part to the inside of the left wrist (on MC7) and the flap pointing outwards.
4. Place a **GREEN** alligator clamp on with the metal part to the inside of the right wrist (on MC7) and the flap pointing outwards.
5. Connect a **RED** DIN-cord to the **RED** alligator clamp.
6. Connect a **BLACK** DIN- cord to the **GREEN** alligator clamp.
7. Lightly press on the alligator clamps to create optimal contact.

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## General Test - step-by-step

Have the client sit with a straight back and, if possible, alone in the room.

The test takes 110 seconds. It is important to only do 1 test/24 hours in order not to exhaust the body's measuring points.

**NB:** Do NOT perform a General Test after the General Correction as this exhausts the body's measuring points. The only exception is the first time a client is treated, then a General Test can be performed again after the General Correction. Read more about this in the full manual!

- 1) **Attach the alligator clamps** as above.
- 2) Select **Client** and then **Go to Measurement/Examinations**
- 3) Check **General Test (previously called Differential diagnosis)**
- 4) Click on **Start MONICOR MR**

During the General Test, MONICOR MR registers information about the body's meridians, acupuncture points, organs etc.

When the General test is completed, click on the button "Analysis ES" to find the result containing a great deal of information. Read more about this in the full manual.

## 3 - Test of substances

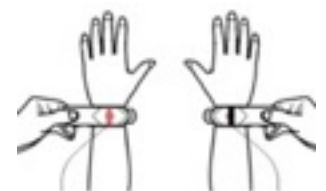
### Placing electrodes

**NB:** When starting the system, the unit will callibrate at which time no cords should be attached to the client!

Cover the substance with cling wrap to avoid contaminating the bowl.  
The client should keep hands and fingers still during the test.



Use the DIN-cord which has been attached to the MONICOR MR unit.  
It is important to use the correct cord and that the red/black cord is attached to the correct alligator clamp and wrist in order to achieve a correct result.



1. Attach the cord with the round DIN-plug to MONICOR MR.
2. Place a **lightly moistened cotton swab** of approx. 0.5 inches on the metal part of the alligator clamps.
3. Place a **RED** alligator clamp with the metal surface on the outside of the client's left wrist (TR 4) with the flap turned outwards
4. Place a **GREEN** alligator clamp with the metal surface on the outside of the client's right wrist with the flap pointing outwards.
5. Attach a **RED** cord to the **RED** alligator clamp
6. Attach a **BLACK** cord to **GREEN** alligator clamp
7. Press lightly on the clamps for optimal contact with the skin

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## Test of substances step by step

This test is great for evaluating how a supplement or certain foods affect the body. It is highly recommended not to do more than 5 tests per 24 hours as it would exhaust the measure points.

- 1) Select the **client**
- 2) Check **Go to Measurement/Examinations**
- 3) Check **Preparations testing**
- 4) Select the number of substances under **Preparations number**
- 5) **Attach the alligator clamps**, see instruction above
- 6) Click on **Start MONICOR MR**

## 4 - Stress test

MONICOR MR registers approx. 170 different pathogens. It is highly recommended to only test 10 variables per 24 hours as more would burden and weaken the body. The program usually only allows for max. 10 pathogens to be analysed per 24 hours.

You can search on pathogens, but also on organs or symptoms. Examples of each category could be: Candida, lungs or cough. All pathogens which are connected to the lungs and acupuncture points connected to the organ or symptom will be presented.

You can read more about this in the full manual.

Via the Stress test, you can also evaluate the condition of the regulating systems, which are the ones that govern the entire body.

- Before performing the Stress test, you always need to perform a General Test (previously called "the differential diagnosis")
- Always perform a Stress test **before** the General Correction
- It is advised **not to talk** during the Stress test, General test, General Correction and Stress Correction.



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## Placing electrodes

NB: Initially, the unit will callibrate at which time no cords should be attached to the client!  
Use the DIN-cord which is connected to the MONICOR MR unit.

In order to achieve a correct result, it is important to use the correct cord and that the red/black cords are placed correctly on the correct alligator clamps and wrists!

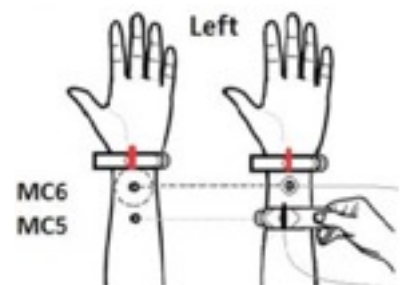
### Placing the DIN-cord

1. Attach the cord with the round DIN-plug to MONICOR MR
2. Place lightly moistened cotton swabs of about 0.5 inches on the metal part of the alligator clamps
3. Place a **RED** alligator clamp on the metal surface on the inside of the client's left wrist (MC-7) with the flap pointing outwards
4. Place a **GREEN** alligator clamp with the metal surface on the inside of the client's right wrist (MC-7) with the flap pointing outwards
5. Attach a **RED** DIN-cord to the **RED** alligator clamp
6. Attach a **BLACK** DIN-cord to the **GREEN** alligator clamp
7. Lightly press on the alligator clamps for optimal contact



### Placing the sound cord

8. Place the **patched electrode** on the inside of the left wrist, point MC6
9. Attach the **RED** sound cord to the patched electrode
10. Place a lightly moistened cotton swab of about 0.5 inches on the metal part of the **YELLOW** alligator clamp
11. Place a **YELLOW** alligator clamp on the inside of the left wrist, point MC5
12. Attach a **BLACK** sound cord to the **YELLOW** alligator clamp
13. Lightly press on the alligator clamp for optimal contact
14. Attach the sound cord to your computer's socket for headphones
15. Verify in Windows that the socket for headphones has been selected



## Stress test Step-by-Step

1. Select **Client**
2. Click on **Result**
3. Select chosen **Date and check selected time**
4. Click on the button **Stress test**
5. Select max. 10 variables from the list, see suggestions below
6. Click **Start**
7. Attach the **audio cord to the ear phone socket**
8. Attach the alligator clamps, see instructions above
9. Click on **Measurement**

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## Stress correction of detected pathogens

Attach the **RED** audio cord to the key point.

Sometimes, the total correction time can be very long - over 170 minutes. If this is the case, you can shorten the time to 10 seconds/frequency and store the information on a magnetic strip, which you tape to the key point as a post-treatment.

1. If required, place a **magnet strip**, water or etheric oil on the recording unit.
2. Also yellow results can be corrected. Check the box "Allow correction of average risk of stress challenges" at the bottom. Read more about this in the full manual.
3. If required, change the **time** to 10 seconds (compression), otherwise, 180 minutes is recommended for achieving optimal live correction. When compressing, observe the initial correction time, for ex. 53 min. This is how yo calculate how long a magnet strip should be worn:  $53 \text{ min.} \times 10 / 60 = 8.8 \text{ hours}$  (9 hours)
4. Click on **Start**

**NB:** The magnet strip cannot be recycled, i.e. reprogrammed, after the stress test programming.

Important when using magnet strips for stress correction: Placing the strip along the meridian increases the flow, placing it across the meridian slows down the flow.

If a magnet strip falls off by itself, do not re-attach it, the body is telling you the treatment is sufficient as it is.

Suggested tests, a few examples from several lists:

Adone virus (3)

Borrelia/Borrelia spiroketer (22)

Chlamydia (35)

Helicobacter (70)

Herpes (77)

Mycoplasma (cough) (97-99)

Babesia (11)

Candida (28-29)

Epstein Barr virus (50)

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Hepatitis B (73)

Legionella (Magonella) (88)

Normalize the heart (109)

Normalize the nervous system (114)

Normalize the immune system (111)

Normalize the pineal gland (115)

## 5 - General correction

Do not perform a general correction until stress test and/or test of substances have been performed. Correction of the meridians and acupuncture points (meridian points) is crucial as it improves the energy in the body and thus the body's general condition, it also affects the body's regulating mechanisms positively. A treatment time of 20 min. is sufficient in order to obtain a satisfactory effect. Optimal treatment time for adults is 20-40 min.

**Tip:** A 20-40 min. General correction will correct all acupuncture points in need of correction. If you have major imbalances, it is recommended to do a 40 min correction, but this can only be performed once/day. By performing a general correction for at least 40 minutes, all acupuncture points in need of correction will be corrected. If there are great imbalances, you can easily perform a 40-minute correction once every day. See suggested treatment times below.

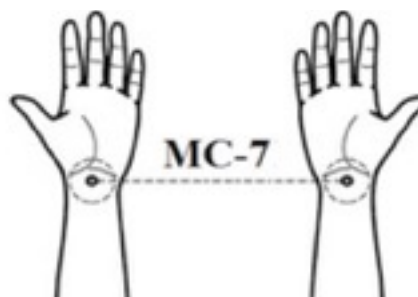
### Placing electrodes

**NB:** At start, the unit will calibrate at which time no cords should be attached to the client!

Use the DIN-cord which is connected to the MONICOR unit. Re. the general correction, it is not important where you place the **RED/BLACK** DIN cord (but should be placed on the left side when performing tests).

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1. Place a patched electrode on the key point as shown in the MONICOR program.
2. Place a patched electrode/alligator clamp on any of the MC7 points or, for ex., on a painful shoulder.
3. Attach the DIN cords to a patched electrode and a alligator clamp.



## Suggested Treatment times for General Correction

Children (-15 years of age): 5-7 minutes + 5 min./treatment (max. 20 min.), 1-3 intervals, 5-8 corrections, then pause 5 days

Adults (15+): 7-10 min. + 5 min/treatment (max. 40 min.), 3-5 intervals, 8-10 corrections, then pause 7-10 days

Elderly (60+): Same as Adults but with 10-15 corrections (max. 45-60 min.), then pause 7-12 days

## General correction step by step

1. Select **Client** and then **Examinations**
2. Insert **correction time in minutes** according to the above in **Time (11)**
3. Insert **Intervals** according to the above in **Stages of Iteration (4)**
4. Check **Correction**
5. **Attach the alligator clamps, see earlier instructions for General Test**
6. Click **Start MONICOR**

**NB:** In this section you cannot use the recording unit as the general correction is always done live!

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## 6 - Symptom correction

A diagnostic evaluation is **NOT** necessary to perform before the symptom correction.

NB: By auto-immune diseases, it is advised to use General Correction instead of Symptom Correction.

You can choose between two methods of corrections:

1. Live correction via electrodes and programming of magnetic strips
2. Only programming of magnetic strips for a magnet based correction.

**NB:** For symptom correction, it is possible to programme several magnet strips at the same time (max 6) and then tape them onto various symptom places and both wrists MC7, the universal points. The magnet strips can be recycled, i.e. reprogrammed at a later session.

### Placing the electrodes

**NB: t start**, the unit will callibrate at which time no cords should be attached to the client!

Use the DIN cord which is connected to the MONICOR unit. Re. symptom correction, the placement of the **RED/BLACK** DIN cord is not important (but should be placed on the left during tests).

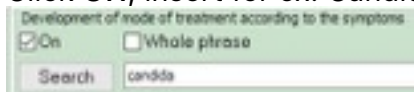
1. Place a **patched electrode/alligator clamp** on the left wrist's point MC7.
2. Place a **patched electrode/alligator clamp** on the right wrist's point MC7 or on, for ex., a painful shoulder.
3. Connect the 2 DIN cords to a patched electrode and alligator clamp.

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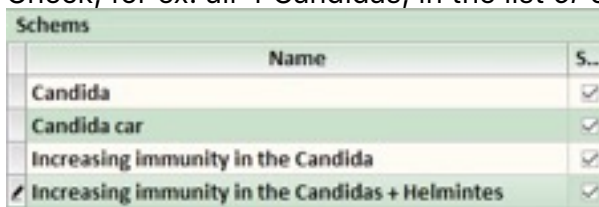
## Symptom correction step by step

You can search on pathogens, organ or symptoms, like lungs and cough.

1. Start the MONICOR program
2. You do **not** need to select a client
3. Click on **Conditions correction by symptom complexes** at the bottom to the left
4. Click **ON**, insert for ex. Candida and press **Search** to see a list to choose from



5. Check, for ex. all 4 Candidas, in the list or click on **Choice**, and all pathogens appear.



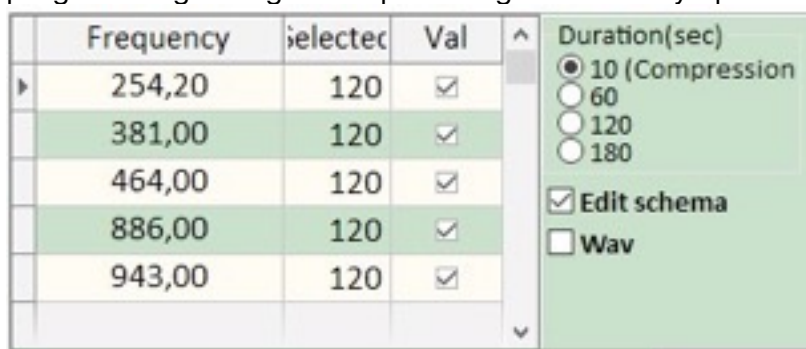
Name	S...
Candida	<input checked="" type="checkbox"/>
Candida car	<input checked="" type="checkbox"/>
Increasing immunity in the Candida	<input checked="" type="checkbox"/>
Increasing immunity in the Candidas + Helmintes	<input checked="" type="checkbox"/>

6. If you want to see chosen acupuncture points on a man resp. a woman, select the sex, F for female and M for Men (the selection option is found in the middle to the right).

7. Click on **Correction**

8. Note the **initial treatment time**, for ex. 97 min.

9. Check the box **Edit schema** and select maximal time/frequency. We recommend 180 seconds (3 minutes) for an optimal correction. You can also select 10 seconds for programming a magnet strip for magnet based symptom correction, see picture below:



Frequency	selectec	Val
254,20	120	<input checked="" type="checkbox"/>
381,00	120	<input checked="" type="checkbox"/>
464,00	120	<input checked="" type="checkbox"/>
886,00	120	<input checked="" type="checkbox"/>
943,00	120	<input checked="" type="checkbox"/>

Duration(sec)  
 10 (Compression)  
 60  
 120  
 180  
 Edit schema  
 Wav

10. Place magnet strips in the recording unit and/or attach the electrodes and click on **Start** to begin the correction. In average, you need 3 magnet strips to treat the key point and accompanying points. Handle the magnet strips with a tweezer to avoid contaminating the frequencies.

11. When you have completed programming the magnet strips, place the magnet strips on a MC7 point. Revisit the formula for how to calculate the treatment time. For more information, see the section "Recording unit" in this document.

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