

# Harmonic Industries

Research

## BT-AT



## **BT-AT**

Component list:

BT Plus unit

Power adaptor

USB power lead

Ear clips

Instructions

### **Specifications**

**BT 11 plus (Alpha Theta Stim<sup>3</sup>) all in one**

**SIZE** 2 inches x 3 inches x ¾ inch (5cm x 8cm x 2cm)

**POWER SUPPLY** Rechargeable batteries (charger supplied)

**TIMER** Alpha Theta Stim<sup>3</sup>, BT11 - 5, 10, 15, 20 minutes

**FREQUENCIES** (Alpha Theta Stim<sup>3</sup>)

**0.5Hz** The 0.5Hz DELTA brainwave frequency, normally associated with deep sleep and release of deeply embedded stress patterns. Pain relief (temporarily), natural opiates released, lymphatics assisted reported Mitosis reduction or inhibition of rogue cell activity, stress buster.

**1.5Hz** Pain, quiet sleep

**5.0Hz** In the 'Palaces of Memory' they suggest 5Hz as being the optimum learning frequency. Even as you read these words, a tiny portion of your brain is physically changing. New connections are being sprouted – a circuit that will create a stab of recognition if you encounter the words again. Read "In The Palaces of Memory". Increased DNA synthesis; cellular signaling; repair and healing.

**7.83Hz** The 7.83Hz Alpha Theta (border) brainwave frequency and it's associated with a relaxed, but very focused mental state. This is also the Schumann frequency.

**100Hz** Feel better, blast those moods!

**CURRENT** 10 to 600µA

**WAVEFORM** Bipolar asymmetric rectangular waves, 50% duty cycle

**INTENSITY CONTROL** 20 steps

**OPERATING INSTRUCTIONS Alpha Theta Stim<sup>3</sup>**

- **Before any session it is recommended to drink at least 500mls of purified, ozonated or distilled water.**

**This ensures the body is not dehydrated allowing a more positive skin resistance with the electrodes.**

- Press the 'on/off' button once to turn the unit on. A single green LED will flash rapidly on the 'soft' 0.5Hz/5 minute setting.
- Select the desired time by pressing the 'up' button and confirm by pressing 'on/off' once. The LED will flash slowly.
- Select the desired frequency by pressing the up/down buttons. Press the 'on/off' button to confirm desired frequencies. Please note: the 100Hz setting is the top 2 LED's on together.
- Finally select your desired intensity by pressing the centre 'on/off' button once (the LED will glow on NOT flash). Press the 'up/down' button to increase or decrease the intensity, and so on. The 'intensity' will increase with each gradual step from soft-low-med-high. Press 'up' or 'down' to adjust this setting.
- **ALWAYS START WITH THE INTENSITY FULLY DOWN AND STEP IT UP GRADUALLY TO SUIT OPERATORS COMFORT LEVELS.**
- The unit is now operating.
- Connect the ear clips to the electrode lead.
- Plug the electrode lead into the 'output' of the unit.
- Prior to clipping the ear clips onto the ear lobes, make sure the earlobes are clean and free from dirt.
- Wet the earlobes with saline (salty water) or saliva. This will create a suitable conductivity between the earlobe and electrodes.
- To switch unit off, press and hold the 'on/off' button until the LED switches off.
- When the batteries begin to get low on charge, the top LED will light up. Plug the power charger into the unit and fully charge overnight using ONLY the charger supplied. When this is being charged, the bottom 'Batt' LED will light up.

#### **OPERATING INSTRUCTIONS BT11**

- **Before any session it is recommended to drink at least 500mls of purified, ozonated or distilled water. This ensures the body is not dehydrated allowing a more positive skin resistance with the electrodes.**
- Press the 'on/off' button once to turn the unit on.
- The **green** LED on the 'soft/5min' setting will flash. This is asking you to select the desired time

eg. Press the up/down button to select desired time.

- Once this has been selected press the 'on/off' button to confirm.
- Press the 'up' button until the 2 BT11 LED's are flashing (15m and 10m LED's).
- Then press the 'on/off' button to select BT11
- Press 'up/down' button in short second long increments to increase the intensity level. Each increment will require a single press (approx 13 intensity settings in total)
- **ALWAYS START WITH THE INTENSITY FULLY DOWN AND STEP IT UP GRADUALLY TO SUIT OPERATORS COMFORT LEVELS**
- Connect the ear clips to the electrode lead.
- Plug the electrode lead into the 'output' of the unit
- Prior to clipping the ear clips onto the ear lobes, make sure the earlobes are clean and free from dirt.
- Wet the earlobes with saline (salty water) or saliva. This will create a suitable conductivity between the earlobe and electrodes.
- This is now operating at the desired time and intensity
- To turn the unit off at any time, simply hold down the 'on/off' button for 3 seconds and all power will shut down.
- A fully charged battery should last for a couple of weeks.
- To charge the unit plug the charger lead into the unit and plug the USB end into the white power adaptor. The unit is best charged for 24-48 hours. You can even leave it on charge when not in use, this way it will always be fully charged when you decide to use it.

Please note: This is the latest version and may differ slightly from the information on the web.

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