



GUIDE TO COMRA THERAPY



WWW.COMRA-THERAPY.CO.ZA **COMRA SA** INFO@COMRA-THERAPY.CO.ZA

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Supporting your journey to better health

COMRA THERAPY

coMra stands for Coherent Multi-Radiance Therapy. It is the next step forward in healing technology that uses a patented method of combining various radiances that have been shown to have a healing and regenerative effect on the body. These radiances are Low-Level Laser, coloured Light, Magnetism and Ultrasound, all four of which are used in the coMra Delta device. In the coMra Palm which is a more affordable and portable device, Low-Level Laser, coloured Light and Magnetism are used. These radiances are arranged in a way that is specifically sequenced and modulated to provide an energetically coherent healing impulse to the body.

Low-level lasers have been employed for relieving pain and healing since the 1960s. Although they are used extensively in physiotherapy and very specifically for treating pain, the benefits of low-level lasers are more extensive than simple pain relief. This is because one of the unique properties of low-level lasers is that they have been shown to regenerate cells, and therefore tissue, including muscle and nerve tissue. In vitro studies have shown that the effect of low-level laser light on cells has the same regenerating effect as growth factor hormone.

Much of the early developmental work was carried out in Russia, where two important developments were pioneered. Firstly, using lasers to treat systemically, where treatments were developed that work not only locally, but on the whole body. For example, blood irradiation was developed to treat the blood, and it was so effective that it was further developed as a mono therapy.

The second development was to combine laser light with other radiances - specifically magnetism and coloured LED lights. These devices were used extensively and successfully in Russian hospitals to treat conditions ranging from hypertension to pneumonia.

coMra therapy can be used:

- *For pain relief*
- *To treat a variety of chronic conditions*
- *For tissue regeneration and anti-aging*
- *To support the body through recovery processes*
- *To increase quality of life*
- *As preventive medicine*
- *For total well-being support*

coMra therapy is very gentle and absolutely safe. Almost everyone can be treated, including children, pregnant women and animals, as it is totally non-invasive and free from toxins. An important thing to remember about coMra therapy is that it is working coherently and in harmony with your body's own healing intelligence.

"I used the Delta and now have JOY and RELIEF! No more pain or soreness." – Denise, Canada



CONDITIONS THAT CAN BE TREATED WITH COMRA THERAPY

There are many possible applications that benefit from coMra's regenerative effects. For example, in traumatic or surgical wounds, where early treatment will significantly prevent the formation of scar tissue.

CoMra therapy acts locally on organs and tissue that are directly affected by the disease or injury, as well as systemically on related organs and systems that are vital for performing a wide range of regenerative and healing functions, including:

- * Tissues and organs that have been injured or damaged,
- * The nervous system: brain, spinal cord, ganglia and nerve pathways;
- * Circulatory system: arteries, veins, lymph nodes;
- * Immune system: blood, lymphoid organs;
- * Endocrine system: adrenal glands, thyroid, etc;
- * Detoxification: kidneys, liver, lymph, colon, etc;

"I suffered ever since I was 10 from rhinitis. I started my coMra Delta treatments, and at the end of three cycles I was cured. I was so enthusiastic that of course I went on using my Delta for all my other problems that appeared"
– Athens, Greece.

HOW TO APPLY COMRA THERAPY?

coMra therapy can be used successfully as a universal approach for injuries, diseases and also as preventative medicine. The increase in cellular energy created by coMra therapy is sufficient to provide supportive conditions for healing. Since the regeneration of tissue can take time, depending on the nature and severity of the injury or disease, it is recommended to apply coMra therapy over a number of treatment courses (from weeks to months). For example, it has been shown that it is possible, over time, to even regenerate cartilage tissue.

The healing effects of coMra therapy can manifest from within several minutes (increase of cellular ATP) to up to two weeks (DNA expression, stem cell stimulation). Therefore one should, if possible, include rest periods between treatment courses to allow the body time to undergo its natural self-healing process.

In the case of chronic and severe conditions, it may be best to carry on with daily treatments and not take any breaks until significant improvements become noticeable.

Lack of any change after the first four or five treatments generally points to a necessity to change the treatment approach, or to seek further diagnostic investigation so as to determine if other medical or lifestyle influences are at play.

"I have treated myself since I bought the Delta last year and the results are remarkable. I am healed about 70% of my skin infection and about 90% of my nails infection." – Volos, Greece.



USING THE DIFFERENT FREQUENCIES

coMra devices have a range of frequency settings and different frequencies are appropriate for different types of treatment:

- 5 Hz is the frequency used for deep penetration – for treating the internal organs and skeletal structure of the body, internal tumours and also for irradiating the blood. 5 Hz is generally not used on the brain, except as part of a neurorehabilitation program.
- 50 Hz is the frequency most often used when treating muscle disorders, injuries and ailments that are closer to the surface of the skin. This frequency is also used most often for treating the brain, as well as for tumours that are located directly beneath the skin.
- 1000 Hz mainly works on the skin and subcutaneous levels, and pulses most rapidly, so it is used mostly for treating mucous membranes, skin disorders and very sensitive skin – as in burns, open wounds and superficial ulcers to name a few.
- The Variable Frequency setting (V), which varies intermittently between 5 Hz, 50 Hz and 1000 Hz, is used mostly for joints and bone fractures, larger wounds, infections and also in cases where it is desirable to treat a particular area at various depths of penetration.

Details of the frequency settings to use for specific conditions are available in the coMra Therapy User Guide. However, each individual has their own response, so it is quite usual to experiment and see which frequencies work best in your situation.

THE COMRA THERAPY USER GUIDE

The coMra Therapy User Guide is a very important and valuable resource. You will find the list of many conditions in the Index, and treatments are also grouped into areas of application; e.g. Gastroenterology, Neurology, etc. The User Guide is available as a .pdf file download from our website or you can download it as a mobile App. from the Apple or Google stores, (search for coMra User Guide). Visit <https://www.comra-therapy.co.za/how-to/downloads> for the links.

In the User Guide, you will see drawings showing the points on the body, the frequency and the time recommended per point. However, please remember that every person is unique and their bodies respond differently to treatments. Therefore the treatment times per point and the recommended courses in the User Guide are guides only, and should not be regarded as being fixed. They can be extended or shortened, depending on your individual needs. The User Guide is mainly written with the Home User in mind, and so it speaks of treatments being made daily. Again, this is not always necessary, and doctors and therapists normally treat once to twice per week, depending on the condition to be treated.

There is no harm in longer treatments which are often necessary for severe pain. Experiment to see what works best for you.

Acute conditions, pain and physical injury can be treated as frequently as 4-5 times per day for the first few days, and frequency of treatments can then be reduced as necessary.



GUIDELINES FOR TREATING PAIN

Local pain is generally straightforward to treat. Identify the points of most severe pain and treat these, as well as four to five points around and in the immediate vicinity. You can adjust the treatments and treatment points to suit your own particular situation.

Some people experience relief with one or two applications. Where there is tissue damage, bear in mind that this may take longer to resolve.

The different frequencies also have different effects. For some people 5Hz works best, for others the Variable setting is ideal. Also experiment with the length of treatments, as well as the frequency of treatments. You cannot over-treat.

It is not necessary to take the recommended breaks if you are still feeling pain. Instead, you can wait until you experience a substantial improvement.

As a support for your body in healing pain, the User Guide often recommends that you treat the nearest artery point. This is because the blood plays an important role in healing and illustrates the power of systemic treatments in coMra therapy as well.

With more complex types of pain, such as migraines, fibromyalgia and diabetic neuropathy, there are a range of systemic treatments that address these, by providing healing to a network of associated causes in the whole body, in addition to treatments that address the pain locally.

"I first started treatment a few days after the accident. There was a lot of bruising, a lot of swelling, I couldn't bend my knee, I had a lot of pain. And after 5 or 6 days of treatment I was able to bend my leg completely, the swelling was completely gone, the pain was almost completely gone and the bruising healed really quickly." – Korea.



THE COMRA UNIVERSAL TREATMENTS

In the first section of the User Guide are treatments that are fundamental. These provide energetic and regenerative support to the body in different ways, and so are called Universal Treatments.

The state of being known as 'health' is a result of balance in the complex system that we call the human body. The body has its own ways to maintain its balance, to heal and recover from injuries. coMra therapy is a very gentle and non-invasive way to help your body return to that natural and balanced state where it is easy to be healthy and strong.

You will find the Universal Treatments very useful and effective if you have chronic diseases that you want to treat or at least control the symptoms of. For example, Universal 3 and 5 form part of many treatments in the User Guide for serious conditions. If you have inflammation or trauma in the body you can treat it locally with a coMra Palm or a Delta, and you can do one or more of the Universal Treatments to boost your vitality as well. Universal treatments 1 – 8 are fundamental to a holistic approach to healing with coMra therapy.

In addition, you can apply them any time you feel you are tired or have a low immune system, or when you just want to feel more energetic and toned. These treatments can be used also as part of a course for preventative measures.

Universal Treatments demonstrate principles of systemic biomodulation of the:

- * Immune System;
- * Central Nervous System;
- * Peripheral Nervous System;
- * Endocrine System;
- * Immune System;
- * Circulatory System;
- * Digestive System.

Details of the Universal treatments can be found in the User Guide at <https://www.comra-therapy.co.za/how-to/downloads>. There is also an e-book dedicated to explaining the Universal Treatments in more detail which is available on the Downloads page too.

"I could not sleep for two months, I dreaded evenings. I walked in the city for hours in a row, for I could not sleep, it was brutal. The Delta laser resolved this condition for me after three weeks of treating myself twice a day, following the Universal 5 recommended treatment from the User Guide." – Toronto, Canada.



SUPPORTING YOUR JOURNEY TO BETTER HEALTH

On the website www.comra-therapy.co.za/ you will find a great deal of useful information about applying coMra therapy in the form of articles, videos and download materials. However, we know that you still might have questions about your journey and your specific case. We want to support you in every possible way, so you can write to us anytime you need help and someone from our team will be in touch with you to share the additional information you need. Contact information is available at <https://www.comra-therapy.co.za/contact-us/> . We would love to hear your feedback on how coMra therapy works for you and what results you have achieved.

We want to warmly welcome you to the international coMra therapy Family!

Have joyful moments and stay healthy!

