

A New Approach to Treating Pain with coMra therapy



coMRA® E-BOOK SERIES

2ND EDITION

A New Approach to Treating Pain

Empower Your Body to Heal Naturally

Imagine a life where you can take control of your health and treat pain independently – without relying on invasive procedures or medication. coMra therapy offers a breakthrough solution for finding true relief from pain while empowering you to safely restore your health from the comfort of your own home. This e-book introduces a comprehensive, science-backed approach to treating pain that is easy to use, powerful in results, and safe for anyone looking to take charge of their health. This approach works by treating the symptom as well as the underlying injury, helping your body to regenerate naturally, and healing the source of pain.

Pain is your body's way of warning that there is a cellular injury that needs attention. When the body is able to heal the injury on its own, the pain naturally subsides. But when healing is incomplete, pain becomes chronic – leading to reliance on costly interventions or medications with unwanted side effects. coMra therapy provides a practical, drug-free alternative that works in harmony with your body to relieve pain at its source, **supporting its natural ability to heal**, while giving you the **confidence and freedom** to manage pain safely, on your own terms. By addressing the root causes of pain, reducing chronic inflammation, and supporting cellular regeneration, coMra therapy promotes sustainable, long-term health.

Using advanced therapeutic technologies, coMra therapy combines infrared laser therapy, magnetism therapy, colored light therapy, and ultrasound therapy in a coherent and non-invasive way. This **big step forward in pain recovery** is **easy to apply**, requires no medical expertise, and can be used **anytime, anywhere**. Whether you need relief from back pain, joint injuries, nerve issues, or chronic conditions, coMra therapy is a practical, effective, and **trusted** way to **take control of your well-being – safely and confidently**.

“

It helped to relieve pain in shoulder and increased range of motion. I am very pleased with the results. I would recommend it. – Sheila, Georgia USA

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A New Approach to Treating Pain

Pain is your body's way of communicating that something needs attention – whether it's due to stress, injury, or strain at the cellular level. Given proper time and rest, the body will heal itself and the pain will naturally subside. But when the healing process is disrupted or insufficient, pain persists. An increasing number of people worldwide are becoming afflicted with chronic pain, often relying on medications that come with significant side effects and ongoing costs. Many feel trapped in a cycle with no way out – leading to depression and additional health challenges.

“

My experience with coMra has been amazing. I was first introduced to this treatment in 2016 when I was looking for relief from nagging hip, thigh and glute muscle pain. Amazing that only a few minutes of time and no medication could resolve this. – Cathy, Maryland USA

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To achieve deep relief from pain and a sustained improvement in quality of life, you need to do more than just stop the pain signal – you need to address the source of the pain by supporting your body's natural healing abilities.

This guide introduces you to a revolutionary approach that not only treats pain but addresses its root causes, including tissue regeneration, stress reduction and other key factors that influence your pain experience.

coMra therapy is a drug-free alternative for treating pain and investing in your overall health to achieve a better quality of life – whether you're dealing with:

<i>Back and neck pain</i>	<i>Muscle and joint pain</i>
<i>Arthritic conditions</i>	<i>Nerve pain</i>
<i>Headaches and migraines</i>	<i>Inflammation and swelling</i>
<i>Sports injuries</i>	<i>Post-surgical recovery</i>
See Real Life Experiences with coMra Therapy for examples.	

One of the key benefits of coMra therapy is how easy it is to use. Designed for independent, at-home treatment, coMra therapy requires no medical training. The handheld device can be applied directly to the affected area, following simple treatment guidelines provided in the coMra user guide. With clear, step-by-step instructions and

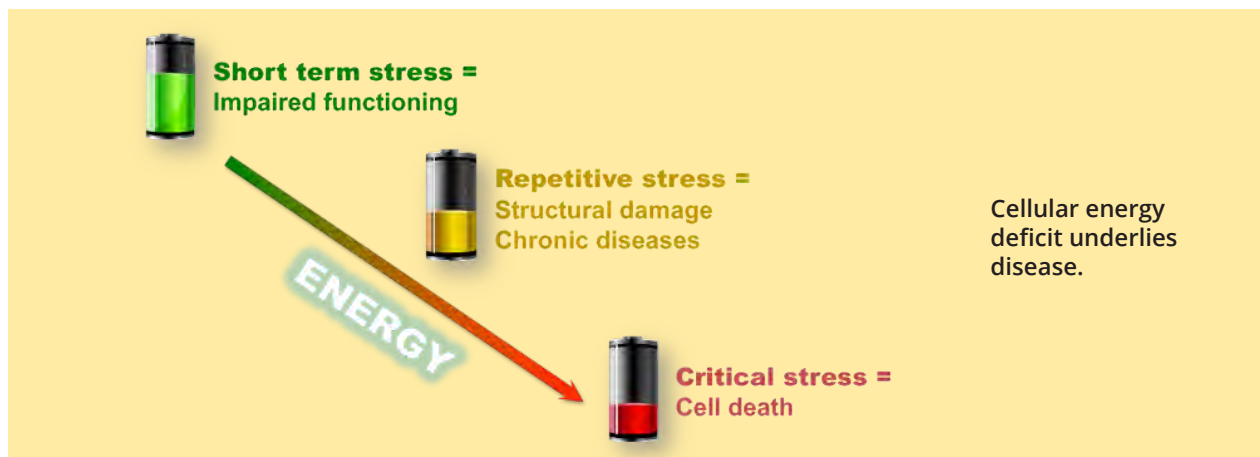
pre-set frequency options, applying coMra therapy takes just minutes per session – allowing you to integrate it effortlessly into your daily routine.

Unlike traditional pain treatments that require frequent clinic visits or ongoing prescriptions, coMra puts control in your hands. Whether treating an injury, managing chronic pain, or supporting post-surgical healing, this self-sufficient approach means you can relieve pain on your terms – without reliance on medication or invasive procedures.

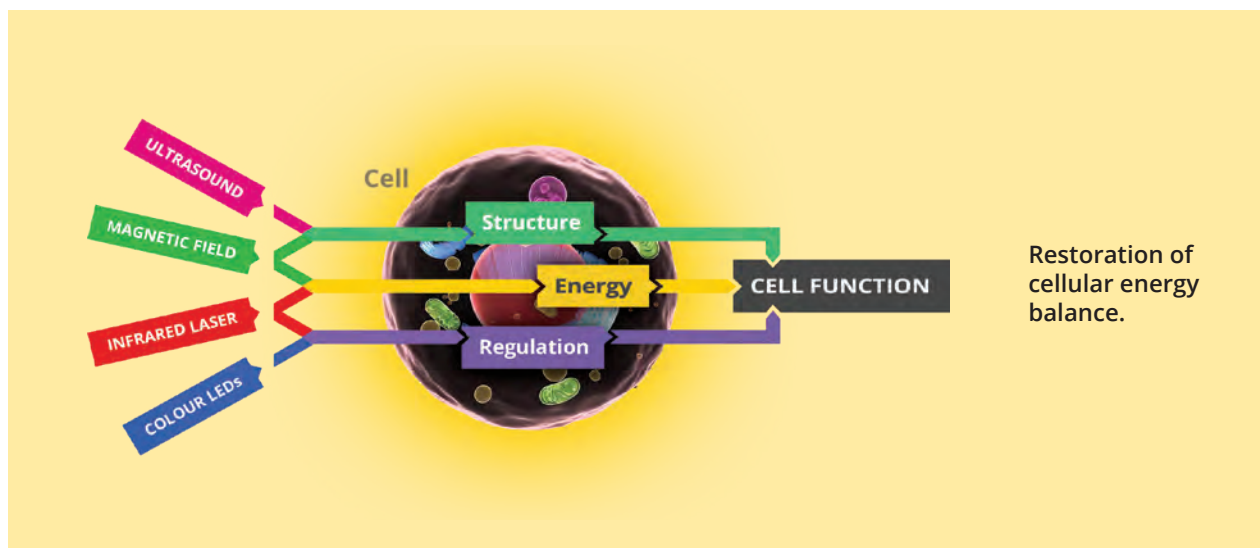


How Pain Relief is Achieved with coMra Therapy

Scientific studies have revealed many insights into pain relief with low-level lasers [1] but a unifying view was provided by a pioneering researcher Rainer Liedtke who explains in an article titled “A General Theory on Pain as an Integrated Thermodynamic Mechanism”, that pain serves as your body’s integrated warning system, signaling when cells face an energy deficit [2]. Such deficits may result from various stressors – physical impact, toxic substance, gradual deterioration, strain of overwork and so on. This understanding forms the foundation of how coMra therapy provides effective pain relief.



When you apply coMra therapy, it works, firstly, to restore cellular energy balance. Within minutes of treatment, the combined action of low-level laser and magnetic field helps cells to start recovering their normal energy metabolism. As cells regain their natural balance, nerve cells in the affected area begin normalizing their activity, generating fewer pain signals.



Secondly, as injured cells repair themselves over time, chronic pain gradually subsides until full recovery is achieved. This process addresses both immediate pain relief and long-term healing – empowering your body to heal itself naturally.

“
I am very impressed with the results I got using the coMra therapy for myself but especially for my patients. On average every patient experienced significant relief of pain. I would highly recommend this to all my patients and health care professionals to use in their offices/homes. – Naturopath, Georgia USA
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How Does coMra Therapy Actually Work?

Every cell in our body is designed to self-heal. In fact, this natural process of self-regeneration never stops. But when a cell is injured, its ability to recover is significantly reduced. coMra therapy enables the cell to resume self-healing by meeting three fundamental requirements of having **1) sufficient energy, 2) proper instructions and 3) uninterrupted flow of nutrients.**

1) coMra therapy restores cellular energy: Simply put, coMra ‘recharges’ your batteries. The combined action of the infrared laser [therapy] and magnetic field [therapy] stimulates cellular energy metabolism, specifically stimulating the synthesis of ATP (adenosine triphosphate). ATP is a universal fuel used by all cells for functioning.

2) coMra therapy delivers specific messages prompting young stem cells to proliferate, migrate to the site of repair and grow into adult cells to replace the irreversibly damaged cells. This is done by colored LED lights.

3) coMra therapy provides a gentle mechanical vibration that enhances the flow of nutrients to the injury site while aiding the removal of waste materials from the site of injury. This is done by ultrasound.

Once cells have enough energy, proper instructions and plenty of materials to work with they return to full functioning – self-healing!

The combined coMra effect in the body results in a universal approach for injuries, various diseases as well as a preventative therapy, since treatments are addressing cellular function, which has a comprehensive effect on the whole body.

So, in practical terms, this means that thanks to its simple, at-home application, coMra therapy users can treat a headache after a long day at the office, a newly-appeared back pain, chronic pain in the knees and an allergy during one evening, without any negative effects.

Examples of How coMra Therapy Has Been Used for Pain

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Sensitive teeth – *I had oversensitive teeth that were terribly susceptible to pain from hot/cold liquids. I can now drink hot/cold beverages with ease. I am just amazed at the healing results I got.* – Robert Scott, Edmonton, Canada

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Knee pain – *I had lots of pain in my knee especially going up and down the stairs. After three weeks it is good now. And it is months later I am reporting this and still it is good.* – Gabor Wald, Toronto, Canada

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Fractured ribs – *I broke my ribs during the last week of February, 2012 and the doctor said I could just rest and that it would take 4-6 weeks during which time there would be pain. I used the Delta Laser and after just one week of three treatment sessions a day my ribs started to feel much better and the bruising decreased significantly. And after just two weeks all appearance of a bruise left completely.* – Debbie, U.S.A



Day 1



Day 3



Day 7



Day 14

”

“

Ear ache – *We used the Delta for my son's ear infection. During the treatments his fever, and all other symptoms, cleared up. We are eternally grateful for the Delta treating and alleviating his sufferings, it's probably the best thing anyone can invest in.* – Julio, U.S.A.

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Cold sores – *I usually get an outbreak every 2 to 3 months. After an outbreak, the sores last an average of 7 days. They are big, painful, and itchy. After 2 courses of the UNI 6 treatment, I didn't experience another outbreak until 6 months later with smaller and less painful sores that left quicker.* – Kerry, U.S.A.

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Joint pain – *About two months ago I noticed my large toe was enlarged and hurting. I tried icing it, working on the calluses, being sure to wear comfortable shoes when I went walking etc., basically I just put up with the hurt. I used the Delta and now have JOY & RELIEF! No more pain or soreness.* – Denise, Canada

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Scientific Studies of Low-Level Laser Therapy for Pain Relief

Low-Level Laser Therapy, also known as photobiomodulation, was developed in the 1960s, and research since then has shown it to be effective in treating a wide range of conditions. In particular, Low-Level Laser Therapy has been proven effective in the treatment of both acute pain as well as chronic pain [3].

A 2015 review paper states that according to **more than 4000 published laboratory and clinical studies** Low-Level Laser Therapy has a positive effect on acute and chronic musculoskeletal pain [4]. Further evidence was presented by a review published in 2021 [5] that diverse forms of musculoskeletal pain respond to Low-Level Laser Therapy:

<i>Sprains</i>	<i>Rheumatoid arthritis</i>
<i>Post-surgical pain</i>	<i>Neck and back pain</i>
<i>Muscular back pain</i>	<i>Fibromyalgia</i>
<i>Cervical or lumbar radiculopathy</i>	<i>Chronic regional pain syndrome</i>
<i>Tendinitis</i>	<i>Osteoarthritis, and many others</i>

“

Upper arm injured July 9th stiffened up next day and could not raise arm above head or move in a normal range of motion, after one treatment I had full range of motion back. – Monica, Alberta, Canada

”

From Pain Relief to Regeneration with coMra Therapy

Research in Eastern Europe in the 1990s showed that combining more than one radiance has a greater therapeutic effect than when each is applied separately. This discovery opened an opportunity to go beyond pain relief with Low-Level Laser therapy and address the source of pain – the cellular injury.

Regeneration is the body's own way of preserving its integrity and function. While daily maintenance needs are easily met during periods of rest and sleep, regeneration of injured cells and organs is a major task that requires not only extra energy, but also building materials and precise regulation.

Low-Level Laser light is the central component of coMra therapy. It provides the energetic stimulus for the whole regenerative process.



coMra *Pro* 905

The magnetic field enhances the effects of the laser, making the commonly used higher doses of Low-Level Laser therapy unnecessary.

The light from the colored LEDs is fully absorbed by the skin, and provides a healing message to skin-embedded elements of the neuro-immuno-endocrine system. The sequencing of colored light activates local response of stem cells in the site of injury as well as systemic response by re-balancing the autonomic nervous system, and this is vital for distributing the body's energies and signals.

The main role of the ultrasound is to accelerate the processes of restoring damaged cellular structures. It works on a microscopic scale to enhance molecular transport and facilitate reconstruction of damaged tissue.

It is this synergistic combination of radiances that has led to coMra therapy becoming such a breakthrough in the evolution of non-invasive medicine.

“

I started getting, you know, 24/7 just that dull ache pain and I knew, I was like, “Oh my gosh, I’m gonna have to have that surgery again. One treatment... I was probably 70% better, which was huge because I couldn’t even sleep at night.

– Janeen, Texas, USA

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Systemic Approaches to Pain

In treating many types of minor injuries, such as cuts and sports injuries, it is often only necessary to treat the injured body part itself. This is a local approach, and with coMra therapy's simple, hand-held application, it can be done quickly and easily at home.

If we want to treat more serious injuries, especially chronic conditions and illnesses, a more holistic approach is required. When it comes to serious diseases a wide variety of different metabolic processes within our cells, and throughout the body, become disrupted and impaired. coMra therapy makes systemic treatments accessible and easy to apply, allowing users to support their health independently. Your body's overall state of health is not only dependent on the health of all its parts, but also on how all those parts function and interact with each other. A systemic (whole-body) approach offers far greater benefits than focusing on just one area in isolation. coMra therapy works across multiple systems, supporting cellular and tissue regeneration and helping to restore balance to essential metabolic functions – all in a way that's non-invasive, drug-free, and simple to use.

⚠ In treating the heart area NEVER use a frequency other than 5Hz. Do not place any of the coMra devices within 30cm of computer monitor or neurostimulator on users who have such implanted devices.

SECTION 1 SYSTEMIC 3

3 x daily
Morning, day & evening for 5-7 days.
Then do SYSTEMIC 2 for 14 days.
Allow 2 weeks rest and repeat SYSTEMIC 2 for 14 days if needed.

Using:
 coMra Palm "Green", coMra Palm, coMra Pro 300 or Delta Medical 300 can be used instead.

To find the adrenal glands and kidneys, trace a line between the elbows to locate the kidneys (blue line), then move up to the last rib and then out about 30cm from the centreline of the spine (red line).

SYSTEMIC PROTOCOLS SECTION 1

PART 1	MUSCULAR	PROTOCOL POINT	MINS	Hz	
14	1	Solar plexus, vagus	2 per point	5	
	2	Heart	2	5	
	3	Brain	1 per point	50	
	4	Carotid sinuses (both sides)	1 per point	5	
	5	Brachial plexus	2 per point	50	
	6	Rest after treatment session	5-10		
14	PART 2	ENDOCRINE	PROTOCOL POINT	MINS	Hz
	14	1	Solar plexus, vagus	1 per point	5
		2	Thyroid gland	2 per point	5
		3	Acupressure points	2 per point	5
		4	Thyroxine	2	5
		5	Liver and pancreas	1 per point	5
6		Adrenal glands and kidneys	2 per point	5	
7	Rest after treatment session	5-10			

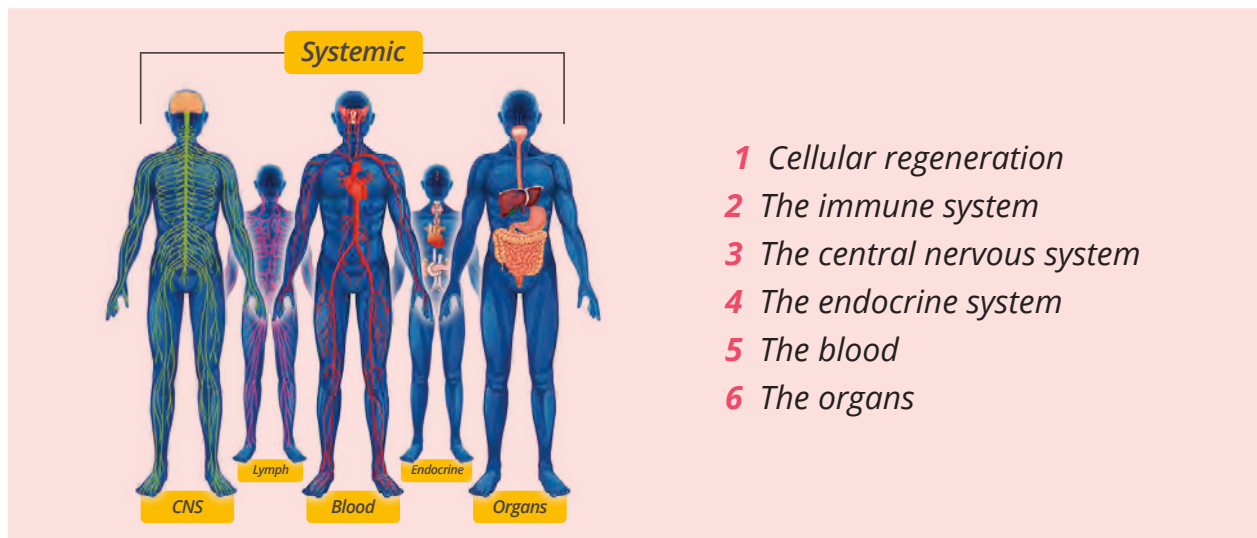
PART 3 continues overleaf...

Systemic treatment from the coMra therapy user guide: Harmony.

A New Approach to Treating Pain with coMra Therapy

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coMra therapy's systemic treatments are designed to target one or more of the following interconnected metabolic processes within the body:



Real Life Experiences with coMra Therapy

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I started off with a torn ACL in my knee and a slip disc in my lower vertebrae. My doctor was scheduling me for an operation, which I chose not to do but rather try coMra therapy. On the 25th May 2014 I left for a holiday in Mauritius, which I would not have been able to do prior to using coMra therapy. I was able to regain full health and mobility without any pain which was quite amazing for me. I have no regrets in purchasing this product, it has given me back my vitality of life. – Sarika, South Africa

”



MULTIPLE SCLEROSIS – 50 year old Cheryl was diagnosed with Multiple Sclerosis in 1999. She experienced 1-2 attacks per year that led to permanent neurological damage. Starting in September 2010, daily coMra therapy treatments resulted in a significant reduction in all the different types of pain, and improvements to other symptoms, including increased co-ordination and balance, mobility and physical function. Her use of medication has substantially reduced.

During the first week of therapy the short term benefits of coMra therapy for acute pain relief, restoring sleep and digestion were very pronounced. Longer term improvements

in walking, fatigue levels and muscle tone achieved after 2-3 months of coMra therapy and continuing improvements during the next two years suggest a drastic change in the course of the disease.

“

...whilst all of my MS symptoms have not disappeared and although pain often makes its presence felt in a strong manner, the use of the coMra Delta has allowed these symptoms to be short lived and be managed. The Delta allows me to continue with a very good quality of life – working, gardening, going for long walks, shopping, cooking, dressing, and bathing – activities that many MS sufferers do not have the luxury of doing. – Cheryl, South Africa

”

GOLFERS’ ELBOW AND TENNIS ELBOW – Injury to the elbows was sustained through repetitive over-exertion whilst moving heavy wheelbarrow loads of crushed stone and laying heavy concrete terracing blocks in 2011. Treatment by means of very painful cortisone injections to both elbows brought relief for a period of time, but had to be repeated. Pain relief periods became shorter and elbow mobility became impaired. Eventually, when I was no longer able to engage my car gear into reverse, was referred to an Orthopaedic Specialist in 2012 for “release surgery” to repair the “Golfers’ Elbow” injury to the left arm with good results. Five months later, and in considerable pain, I underwent surgery on the right elbow. It was not possible to perform surgery for both injuries on the right arm at the same time as this would destabilize the elbow, so only the more severe Golfers’ Elbow injury was repaired whilst the Tennis Elbow injury was once again treated with cortisone.

“

After 4 weeks of regular coMra therapy I began to notice definite pain relief to the surgical intervention setback on the right elbow, and realized I was indeed starting to feel some improvement to the Tennis Elbow injury that had not been surgically corrected. I am now of the belief that longer-term therapy with the coMra Laser Therapy might well heal the Tennis Elbow injury that was not surgically corrected. If this indeed does happen, I would certainly not advise anyone to undergo the surgery I underwent but rather to use the non-invasive treatment of the coMra Laser. – Mandy, South Africa

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HIP PAIN & INFLAMMATION – *During summer vacation, my body temperature suddenly increased and I felt an unbearable pain in the area of the left hip. Doctors diagnosed me with Staphylococcus aureus in the blood and inflammation of the hip joint. A week of hospitalization followed, relieving the joint and applying an antibiotic treatment, which removed the Staphylococcus from the blood. Approximately 14 days after the onset of symptoms, I began applying the Delta Laser every day (using a program for vitality and relieving the inflammation of the hip joint). After three weeks of treatment my hip joint range restored to 90% and hip pain subsided. It allowed me to avoid taking medications to control the pain and energy kept restoring throughout my whole body. My personal experience with the Delta Laser is currently the most positive and most intense of all the resources that I had the opportunity to use for rehabilitation and regeneration during my professional athletic career. – Štěpán Janáček, Czech Olympic Pole Vaulter*

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“

CARPAL TUNNEL SYNDROME – *Some time ago I started waking up at night with a feeling of numbness in my right hand. In the following weeks this occurred more frequently, also in the daytime, and the sensation went from tingling to actual pain in the hand and wrist, sometimes to the elbow, to a point that I had to stay off work. My doctor prescribed anti-inflammatory meds, but as that did not solve the problem, I was told that only surgery could. Luckily my friend had bought a Delta Laser a few weeks earlier for family use, and she showed me that in the User Guide there's a treatment exactly for painful wrist. I decided to give it a try, after all I had nothing to lose, since there are no side-effects with this device, and I wasn't looking forward to having surgery! I followed very seriously the recommended course, twice daily for 10 days, without missing one single treatment, and by the end of the 10 days my wrist was in perfect condition, all the pain had disappeared! Although it was recommended to follow with further courses after 3 weeks rest, there was no need, because the condition did not come back, and still hasn't after several months. – Anna, Italy*

”

“ **ARTHRITIS IN HAND** – *I have arthritis of the hands and it pains me in more ways than one as I love to play the piano. I wasn't able to play due to the pain and stiffness of my hands and fingers. Ever since my son introduced me to the Delta Laser I decided to use it to alleviate my discomfort. I began with Traumatology 8 back in December, 2010. My hands are feeling much better now. The pain in my hands and fingers is gone and I have much better movement.* – Maria Cecilia, Colombia ”

“ **BAROTITIS MEDIA** – *Since I'm a certified SCUBA diver, I spend a lot of time in the water. On one of my outings I noticed tremendous pain in my left ear after the dive. After the 1st treatment, the condition worsened. Upon waking up the next day, I noticed less pain in the ear. By the 3rd day and 3rd treatment the pain had significantly weakened. By day 4 I had fully recovered.* – Matthew, Honolulu, U.S.A. ”

“ **KNEE JOINT PAIN** – *After I was diagnosed with Tendinitis and told that my last resort was going to be surgery, I opted not to pursue surgical intervention as this would keep me bed ridden beyond a time possible, considering my line of work. After this decision, I lived with the pain, swelling and overall discomfort on a daily basis. I gained more weight not being able to exercise and even the most mundane activities were difficult. Fortunately, I heard about coMra therapy and the Delta Laser and decided it was worth a try, knowing that I could still work while going through treatment courses. I immediately noticed a difference in my knee during the first course as my swelling decreased and the pain started to diminish. In total, it took me four courses for my knee to completely heal, and I am eternally grateful for the Delta Laser as now I can exercise again as well as live my life totally devoid of any knee pain.* – Blanca, U.S.A. ”

“ **ACL RECONSTRUCTION** – *After the allograft ACL reconstruction, my knee was very stiff and swollen prior to the Delta Laser treatments. I noticed accelerated rehabilitation gains and decreased pain and tightness of the joint complex shortly after commencing the treatments.* – Luis, U.S.A. ”

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KNEE OSTEOARTHRITIS – *I have been diagnosed with mild generalized osteoarthritis and have experienced pain, swelling and discomfort in my joints for twenty years. Over the past few years, my right knee has become more painful and I was noticing a significant decrease in my range of motion and ability to do simple tasks. I treated my right knee with the Delta Laser for two weeks and I am amazed at the results. Within the first few days, I noticed an increase in my energy level and a decrease in the discomfort and swelling. I also had less stiffness first thing in the morning and after sitting for long periods of time. After a week of treatment, ascending and descending stairs became easier and I was able to straighten my leg fully without pain. I do realize that this is not a cure for my arthritis, but it definitely has improved my quality of life and ability to stay active. I am purchasing my own Delta Laser so that I can treat my other arthritic joints and also share it with my family. I am very grateful for the opportunity to trial this valuable technology and look forward to continued good health.* – Shari, Edmonton, Canada

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RADIAL HEAD FRACTURE – *I fell on August 4th 2012, during a game of football with my 12 year old grandson, and broke the radial head bone in my left arm. Treatment from A&E at the local hospital was initially a cloth sling for 4 days, followed by a plaster cast, with strong painkillers for 4 days and then removal of plaster cast after 5 days with cuff and collar sling provided and advised to try and move my arm but not “overuse” it. At this stage my arm was very painful and I had very limited movement. After a conversation with my therapist, she suggested I try a course of coMra therapy. I had never heard of this but was willing to try anything to speed up the healing process. I had four treatments in total and am pleased to report that the speed at which my arm appears to be healing is amazing. I now have almost full movement of my left arm, with only a small amount of discomfort. I support coMra therapy and would encourage anyone with broken bones to try this wonderful therapy.* – Scotland, United Kingdom

”

CHRONIC MIGRAINE – Hawva, a 42-year-old female from Switzerland, had migraine for about 20 years. Before starting coMra therapy she was in a very bad state and was on the point of being hospitalized for addiction to medication which she took

nearly every other day. She had 1-2 attacks a week with very severe pain, each lasting 1-3 days but also moderate to severe pain on most other week days. Pain free days were scarce. The 980nm Delta Laser was used for daily treatments and at the end of the first two weeks of daily coMra therapy, Hava started to notice improvements in her daily pain levels. From the 7th week onward she was essentially pain free. She stopped taking headache medication and there was no need to go to hospital for medication addiction any more. At the end of November, 4 months after she stopped treating herself, she still was pain free.

“

HIP PAIN – *Since using the Delta for my Hip Pain due to arthritic changes, I have found immediate relief following just 3 days of use. I tend to stop using it when the pain goes away. But alas, the pain does return, so I go back to using it again. It is rather quick just 15 minutes per side. I can feel the healing occurring when I use the Delta. There is no discomfort when using it.* – G. Beasley, U.S.A.

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Further Information

Please contact us by visiting comra-therapy.co.za to find out more about the treatments that coMra therapy can offer for your pain or condition, and how coMra therapy can enhance your general well-being and vitality.

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