

## FIRST ALTERNATIVES PROTOCOL HANDOUT

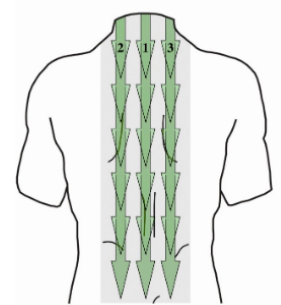
**Stickiness:** When the electrodes are moved along the skin's surface, certain spots can become sticky compared to the area in general. Whenever you move the electrodes over an area of increased resistance to movement, the device might get stuck or seem glued to the skin as you attempt to slide it over the area. This stickiness is a sign of an Active Zone.

### Scar Clearing Protocol

1. Set device to "Blue Relax" mode. Power up until comfortable pricking on skin. Push left arrow to Reactions setting.
2. Check for high Initial Readings over scar and surrounding tissue and zero out the highest spot.
3. Then paint N S E W over the scar but spend more time going in the direction of most resistance (stickiness).

### Core Whole Body Technique

1. Paint down the spine in short strokes from C7 to the end of the spine, 3 times.
2. Note areas where the device feels like it is sticking (Active areas) and treat those areas. Do not cross over spine. While on spine, paint only in two directions, north and south.
3. Then paint down the left side of the spine
4. Note active areas and treat those, painting in 4 directions N, S, E, W
5. Paint down the right side of spine
6. Note active areas and treat those, painting in 4 directions
7. Next treat cervical area:
  - a. 3 strokes on spine, treat active spots
  - b. 3 strokes on left side, treat active spots
  - c. 3 strokes on right side, treat active spots



spots



### Six Point

1. Take and record IRs at position 1 and 2
2. Dose highest IR

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3. Do same for 3 and 4
4. Do same for 5 and 6
5. Take the highest dose on face to zero
6. Compare DZO on face to stimulated point on back. If the face zero is higher than the back, set device to deep stimulate and park or paint on the DZO for two minutes. If back is higher, you are complete.

### Vagus D Nerve Protocols

1. Power up using Relax or RSI (on trapezius)
2. Paint SCM and/or upper trapezius, getting a relaxing effect and watch area for muscle twitching (motor points)
3. Set to “Acute” mode
4. When the device “contracts” the muscle pulling the head over, turn power higher, enough to pull shoulder up

### MODES FOR TREATING PAIN

- Acute: Resets nerve, muscle spasms. (Origin of muscle)
- Blue Relax: Do first to release fascial restrictions (Entire area along chain of motion)
- Modulate 1:1: Use to neutralize Trigger Points. (40 seconds at area)
- RSI: Massage area to release fibrosis and help with pain.
- Lymphatic Circulation AVA: 15.3hz

