SWISSBIONIC SOLUTIONS

iMRS PRIME

Guide
Fast Start Programs

The **iMRS prime Fast Start Programs** are specially designed and sequentially pre-programmed application protocols that enable a user to achieve desired results with a PEMF system very easily, without prior knowledge and with a high degree of efficiency. The duration and parameters used in an individual program sequence are based on the individual characteristics of the PEMF signal available in the iMRS prime:

- **Waveform**
  Information transfer (triple sawtooth, square wave, sine wave)
- **Frequency Bundles**
  Organ clock (morning, noon, evening, night - various carrier frequencies and harmonics)
- **Intensity Levels**
  Signal strength (magnetic field, light, color, FIR temperature)
- **Biofeedback**
  Individual response (HR/HRV/SPO2)

The selection of parameters and the pre-programmed values for each individual Fast Start Program are based on basic scientific research into the influence of electromagnetic waves on biological systems as well as the experience of professional and home users worldwide over the last 30 years.

The Fast Start Programs also help to minimize possible risks and undesirable initial reactions and basically follow the approach: Less is more!

As a general rule, each available Fast Start Program should be used only ONCE a day. The logical use of the individual programs is already apparent from the selected terms. For example, it certainly makes sense to run the Sleep program only when the user wants to fall asleep afterwards. The Regeneration program is best used after physical or mental exertion, etc...

The iMRS prime now has a large number of different Fast Start Programs. These will be adapted and extended from time to time in the course of further system development and according to currently available data. The respective firmware upgrades can be downloaded and installed free of charge by any user via our support page www.imrs-prime.com/support.

Relaxation

A careful selection of low intensities and frequencies to calm the body without causing drowsiness. The choice of green for simultaneous brainwave stimulation enhances the desired calming effect on the mental level.

Duration: 24 minutes

Organ clock: Evening

Color Brainwave stimulation: R 0 | G 255 | B 0 ⬣ Brightness 80%

Parameters:

1. **12 minutes:** Intensity 25, FIR temperature 80%
2. **12 minutes:** Intensity 10, FIR temperature 70%

Performance

The perfect program to prepare for sports activities. Increasing intensity levels provide an immediate increase in blood flow, while the parallel high FIR temperature further supports this effect. The alignment is also known as a passive warm-up and prevents injuries often caused by a «cold» muscle. The color mix of red and a small amount of green has an evenly stimulating effect and promotes concentration and mental alertness.

Duration: 12 minutes

Organ clock: Noon

Color Brainwave stimulation: R 200 | G 45 | B 0 ⬣ Brightness 80%

Parameters:

1. **4 minutes:** Intensity 50, FIR temperature 90%
2. **4 minutes:** Intensity 100, FIR temperature 90%
3. **4 minutes:** Intensity 200, FIR temperature 90%

Activation

As the name suggests, this program is ideal for a good and energetic start to the day. The entire body is successively stimulated with progressively increasing intensities and a higher frequency bundle, and the color selection for brainwave stimulation encourages the brain to produce alpha and beta waves to enter a concentrated state of alertness.

Duration: 12 minutes

Organ clock: Morning

Color Brainwave stimulation: R 155 | G 0 | B 55 ⬣ Brightness 100%

Parameters:

1. **4 minutes:** Intensity 10, FIR temperature 70%
2. **4 minutes:** Intensity 25, FIR temperature 70%
3. **4 minutes:** Intensity 50, FIR temperature 70%

Sleep

This Fast Start Program basically needs no special explanation, yet it is one of the most important and effective applications of a multi-dimensional PEMF system such as the iMRS prime. Very low and gradual magnetic field intensities combined with extremely low frequency spectra and a combined selection of sleep promoting colors move the entire organism into a perfect state for restful and healthy sleep. With continuous daily use over an extended period of time, sleep stages are optimized, the body recovers and the immune system is strengthened.

Duration: 24 minutes

Organ clock: Night

Color Brainwave stimulation: R 0 | G 255 | B 160 ⬣ Brightness 80%

Parameters:

1. **12 minutes:** Intensity 10, FIR temperature 50%,
2. **12 minutes:** Intensity sensitive, FIR temperature 70%

Regeneration

Immediately after a period of intense physical or mental exertion, whether at work, in sports, or during a challenging mental event, the Regeneration program helps bring the body and mind back to a balanced and calming state. The chosen color blue relieves tension and lowers the pulse rate without making you sleepy.

Duration: 24 minutes

Organ clock: Evening

Color Brainwave stimulation: see parameters below

Parameters:

1. **12 minutes:** Intensity 25,
   Color R 0 | G 0 | B 255, Brightness 100%, FIR temperature 70%
2. **8 minutes:** Intensity 10,
   Color R 0 | G 255 | B 0, Brightness 100%, FIR temperature 70%
3. **4 minutes:** Intensity sensitive,
   Color R 0 | G 255 | B 160, Brightness 80%, FIR temperature 70%

Balance/Repair

A balanced stimulation of the whole body with all available frequency bundles during the application period ensures a holistic balance of metabolic activities. The changing sequence of color mixtures activates the process of cellular repair mechanisms and supports the general calming of body and mind through deep heat (when used with Exagon FIR).

Duration: 24 minutes

Organ clock and Color Brainwave stimulation: see parameters below

Parameters:

1. **6 minutes:** Intensity 25, Organ clock Morning,
   Color R 255 | G 160 | B 0, Brightness 100%, FIR temperature 50%
2. **6 minutes:** Intensity 25, Organ clock Noon,
   Color R 200 | G 45 | B 0, Brightness 100%, FIR temperature 60%
3. **6 minutes:** Intensity 25, Organ clock Evening,
   Color R 0 | G 255 | B 160, Brightness 100%, FIR temperature 70%
4. **6 minutes:** Intensity 25, Organ clock Night,
   Color R 160 | G 0 | B 160, Brightness 100%, FIR temperature 80%

Solfeggio Scale 9

The idea and the origin of the first six and now nine solfeggio frequencies are related to historical traditions, according to which there are certain musical frequencies that have healing properties. They have already been demonstrated in Gregorian chants. However, the theory is not based on sufficient scientific evidence. In practice, healing solfeggio frequencies have only been used in music. There are a few scientific publications claiming that one of the frequencies in particular, 528HZ, is capable of repairing DNA. The iMRS prime is the world's first and only PEMF system that generates the 9 defined Solfeggio frequencies as individual electromagnetic sine waves and delivers them to the body. The individual frequencies and their properties are described in the literature as follows:

Duration:
18 minutes

Color Brainwave stimulation:
see parameters below

The 6 original frequencies:

- **396HZ** - Letting go of fear and guilt
- **417HZ** - Letting go of negativity and trauma
- **528HZ** - Repairing DNA, also known as the frequency of love
- **639HZ** - Promoting harmony
- **741HZ** - Elimination of toxins
- **852HZ** - Awakening intuition

The 3 "newly added" frequencies:

- **174HZ** - Relief of pain, stress and tension
- **285HZ** - Restoration and healing of tissue
- **963HZ** - Activation and expansion of consciousness

Application of the following individual frequencies, 2 minutes each, one after the other, sine wave:

174Hz, 285Hz, 396 Hz, 417 Hz, **528 Hz**, 693 Hz, 741 Hz, 852 Hz, 963 Hz

Parameters:

1. **18 minutes:** Intensity 25,
   Color R 0 | G 160 | B 160, Brightness 100%, FIR temperature 70%

Longevity

This automated, dynamic program with pre-synchronized parameters for FIR and Exagon Brain contains a multitude of alternating parameters for a holistic and above all comprehensive energy stimulation of the entire metabolism with exceptional resonance potential. With this Fast Start Program, all known and effective parameters of a holistic, electromagnetic application (magnetic field, light and heat) are cumulated in a single protocol and applied to the body in a carefully coordinated manner. The result is the most comprehensive and complex application ever made available in a PEMF system.

Duration:
50 minutes

Organ clock and Color Brainwave stimulation:
see parameters below

Parameters:

1. **4 minutes:** Intensity 100, Organ clock Morning,
   Color R 255 | G 255 | B 255, Brightness 60%, FIR temperature 100%
2. **4 minutes:** Intensity 50, Organ clock Noon,
   Color R 238 | G 130 | B 238, Brightness 70% FIR temperature, 50%
3. **4 minutes:** Intensity 25, Organ clock Evening,
   Color R 255 | G 165 | B 0, Brightness 70%, FIR temperature 25%
4. **4 minutes:** Intensity 10, Organ clock Night,
   Color R 0 | G 255 | B 0, Brightness 70%, FIR temperature 10%
5. **4 minutes:** Intensity 10, Square Wave,
   Color R 255 | G 255 | B 0, Brightness 70%, FIR temperature 10%
6. **4 minutes:** Intensity 25, Square Wave,
   Color R 0 | G 0 | B 255, Brightness 70%, FIR temperature 25%
7. **4 minutes:** Intensity 50, Square Wave,
   Color R 0 | G 255 | B 255, Brightness 70%, FIR temperature 50%
8. **4 minutes:** Intensity 100, Square Wave,
   Color R 255 | G 255 | B 255, Brightness 60%, FIR temperature 100%
9. **18 minutes:** Intensity 25, Solfeggio Scale 9,
   Color R 0 | G 160 | B 160, Brightness 100%, FIR temperature 70%

Cell Training

A new, specific application approach with the goal of stimulating all body cells dynamically and energetically (in the sense of training) in order to counteract a habituation effect even more actively and to keep the resonance potential of the cell at the highest possible level. In-house tests and measurements also show very good results in combination with simultaneous oxygen therapy = more effective absorption of oxygen molecules leads to a further increase in total ATP production!

Duration:
42 minutes

Organ clock and Color Brainwave stimulation:
see parameters below

Parameters:

1. **6 minutes:** Intensity 25, Organ clock Morning,
   Color R 255 | G 0 | B 255, Brightness 70%, FIR temperature 70%
2. **6 minutes:** Intensity 50, Organ clock Noon,
   Color R 200 | G 45 | B 0, Brightness 70%, FIR temperature 80%
3. **6 minutes:** Intensity 50, Organ clock Evening,
   Color R 0 | G 255 | B 160, Brightness 70%, FIR temperature 60%
4. **6 minutes:** Intensity 25, Organ clock Night,
   Color R 0 | G 255 | B 0, Brightness 70%, FIR temperature 60%
5. **18 minutes:** Intensity 25, Solfeggio Scale 9,
   Color R 0 | G 160 | B 160, Brightness 100%, FIR temperature 70%