



LEVEL ONE TRAINING
Pain Management
with Biofeedback
Electro-Stimulation
Therapy



1



Pain Management with Biofeedback
Electro-Stimulation Therapy




**Introduction to
Avazia ProSport
Technology
And Basic Protocols**

Updated as of 9/2022

1

2

NAME: _____

EMAIL ADDRESS: _____

PHONE: _____

SEMINAR DATE: _____

LOCATION: _____

INSTRUCTOR: _____

INSTRUCTOR INFO: _____

2

3

Scheduled Breaks:
10:30am (10 minute), 12:30pm (lunch 1 hour),
3:00pm (10 minute), 4:30 (10 minute)

3

4

No Medical Claims

- The information contained in this presentation has not been reviewed or approved by the FDA.
- It is not intended to diagnose or suggest a treatment for any medical condition.
- It is intended for discussion and planning for clinical studies and research that may lead to clearance of medical claims

4

5

No Medical Claims

- Avazzia does not make medical claims.....
 - In this presentation, you may hear from health care providers what we have clinically seen in the course of our practices.
- **If you are not a health care provider, then you CANNOT use Avazzia devices to "TREAT" people. You may "DEMONSTRATE" the use of the device.**
- It is advised that you have the person you are performing a demonstration on sign a "waiver" such as supplied here today.

5

6

- No information presented is intended or should be used as a substitute for qualified medical advice.
- Nothing takes the place of a good diagnostic workup. You should know what you are dealing with.
- All rights are reserved. No parts may be reproduced, altered or stored in a retrieval system or transmitted in any form by any means, electronic, mechanical, photocopying, recording or otherwise without prior written permission.

6

7

Contraindications

- Pacemakers and other electricity powered implanted devices
- Pregnancy

These contraindications are for all microcurrent devices categorized under TENS.

7

8

Precautions

- Cardiac Arrhythmias
- Cancer and Cancerous Lesions
- Organ Transplants
- Open Wounds
- Severe Mental Disorders
- Epilepsy
- Thrombophlebitis – treat away from site.

8

9

Precautions

- Botox Treatment (not within 2 weeks)
- Pain medication, alcohol intoxication
- Lack of sensation on skin, or over sensitivity
- Menstruating uterus



Please hand in your First Alternative waiver and let our instructor know if you have any contraindications or precautions.

9

10

FDA Clearance and Compliance:


➤ *Avazzia devices are "US FDA 501K cleared for symptomatic relief and management of chronic, intractable pain, and adjunctive treatment in the management of post-surgical and post-traumatic pain.*

10

11

Water



Hydration is of paramount importance when using this technology...

Have the subject drink water before, during and after sessions for the best results!


11

12

Dr. Mae Won Ho

Book: ***The Rainbow and the Worm*** and other published works, she notes that...

"water bound on surfaces of proteins and membranes conducts positive electricity and could enable cells and tissues to intercommunicate rapidly and efficiently".




PhD – Biochemistry
Genetics Lecturer

12

13

Fascia and the Importance of Water



"The fascia forms the largest system in the body as it is the system that touches all the other systems."
 - James L. Oschman, PhD

13

Fascia



"Fascia can relay information to the brain faster than nerve impulses"

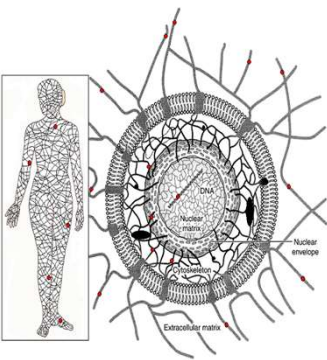
"Strolling Under The Skin" – Dr. Jean-Claude Guimbarneau



14

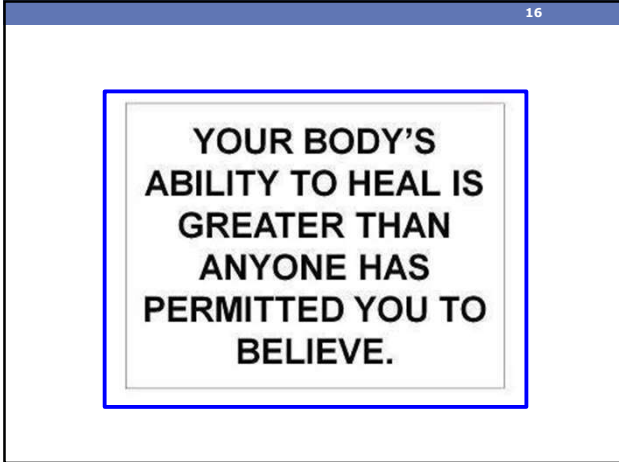
15

Body Matrix = Connective Tissue




Your body is an electromagnetic system that functions as a human Bio-computer which communicates via microcurrents

15



16

Cellular Voltage 

- Maintaining cellular voltage is crucial for creating a healthy body
- When voltage is low, disease, pain and aging can occur
- Using AVAZZIA has been known to increase voltage

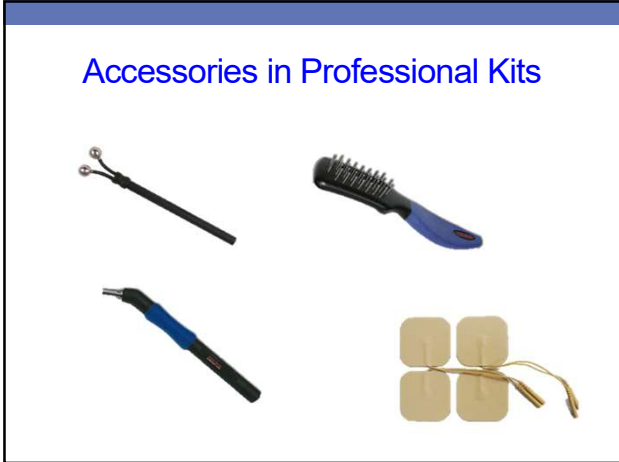
17

ProSport™ Professional Devices



AVAZIA

18



19

- Avazzia Devices and Accessories
- On Board Electrodes
 - Accessory Electrodes
 - Adhesive Electrode Pads
 - Y-Bar
 - Pencil
 - Brush
 - Conductive Clips (a.k.a. Ear Clips)
 - Garments
 - Duo Electrodes
 - And others:

20

21

ProSport™ Display

➤ This menu is available to use for advanced techniques which will allow us to be more precise in treatment

Display


Power Level	Initial Reaction	Time Passed
58	45	:23
49	6 6	02 0
Ongoing Reaction	Coefficients	Dose
		Zero
		Speed of Reaction

21

22

Simple Therapy

Point of Pain -
One Variation



1. Turn device on
2. Power up
3. Select Mode
 - a) Which Mode do I Use?
4. Application
 - a) Paint - N, S, E, W
 - b) Park

Assess Pain level before and after

22

23

Practice Time

- Get out your device
- Turn it on (slide switch)
- Place onboard electrodes on your skin (forearm)
- Turn it up by pressing the + button
- Turn it down by pressing the - button
 - (hold down = faster)
- Comfortable pricking sensation (not painful)

23

24

Point of Pain Therapy

1 Application - Parking

1. Power up device
2. Select Mode
3. Increase intensity
4. Apply (Park) device on Point of Pain for 2 minutes



24

25

Point of Pain Therapy

1 Application - Painting



Paint in four directions until stickiness is gone
N,S,E & W

- Slide electrodes on skin – mild to moderate pressure
- Compare pain level before and after

25

26

Awareness:

- Dry skin does not conduct well
- Sweaty areas will conduct more
- Slippery skin – lack of circulation needs more attention
- Skin not awake at first may suddenly feel stronger stimulation
- Open sore or wound will likely cause sharp pain
- Never hold by the “on board” electrodes or you might drop it

26

27

Electro-Stimulation Technology

➤ History

- Galen (AD 131–201) reports the use of electrical fish for pain abatement
- Kane and Taub in 1967 reported abolishing chronic pain by using TENS – **T**ranscutaneous **E**lectrical **N**erve **S**timulation



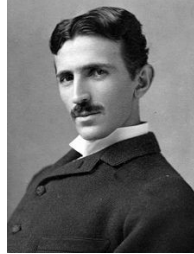
27

Electro-Stimulation Technology

History

- Nikola Tesla 1856 - 1943
- Invented the Tesla Coil - 1882

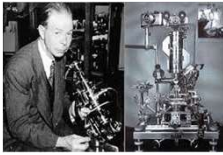
which produces high-voltage, low current, high frequency, alternating current electricity.



28

Royal Rife

1888-1971



Dr Rife Working the Rife Machine in 1936

Developed "Mortal Oscillatory Rate" for various pathogenic organisms, and to be able to destroy the organisms by vibrating them at this particular rate.

29

Physiological Effects

General physiological effects of electro-stimulation presented herein are taken from broadly accepted principals and published medical research papers.

Dr. Royal Rife

- 3.5 Hz Depression and Anxiety
- 14 Hz Mumps
- 160 Hz Rapid Relief from Headaches
- 465 Hz Fungal and Yeast infection
- 690 Hz Leukemia

www.rife.org www.rifevideos.com

30

2022

Electro-Stimulation Technology

➤History

- Thomas Wing 1980 – Introduced a microcurrent device that effectively stimulated muscles in Bells Palsy and stroke patients with face paralysis. This earned FDA approval.
- 1990 Microcurrent technology became very popular in cosmetic procedures

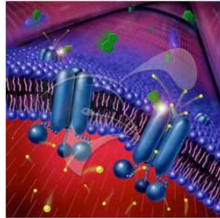
31

32

(History cont.)

➤Neher and Sakmann

- Ion channels – ionic current of cell membrane



32

33

(History cont.)

➤Ravenko and Karasev

- SCENAR –(Self Controlled Energetic Neuro-Adaptive Regulation) – mid 1970's



Ravenko



Karasev

33

34

Founder of Avazzia – Tim Smith



- BSEE and MSEE Southern Methodist University
- 45 years engineering experience
- Designed semiconductor chips
 - US space program
 - The lunar lander
 - Minuteman and Poseidon missiles
 - Computers, telecom, military systems



34

35

Founder of Avazzia cont.



- Started **Low Power Schottky, Linear** and **CMOS** businesses for Texas Instruments. Each became number one in its market sectors.
- Awarded the **Patrick E. Haggerty Innovation** Award at Texas Instruments for inventing TI's premier logic product line
- Now focused on engineering of medical devices



35

36

(History cont.)

- Tim Smith and Avazzia
 - 2004 – founded Avazzia
 - 2005 – 1st products in market
 - 2007 – FDA clearances for pain
 - 2007 – present – continues to add products
 - Including ProSport for professional use
 - Expanded to foreign markets
 - Present and **Future.....**



36

37

The Problem = Pain Management

- CDC Reports: 2019, 20.4% of adults had chronic pain
- According to a recent article by the Cleveland Clinic approximately 25% of adults in the United States experience chronic pain.
- Many sources say chronic pain costs the US economy billions of dollars per year.



37

38

The Problem = Pain Management

- Arthritis: Currently In the United States, 24% of all adults, or 58.5 million people, have arthritis. It is a leading cause of work disability with annual costs for medical care and lost earnings of \$303.5 billion.
- PROJECTIONS: suggest by 2030 there will be an additional 67 million adults diagnosed with arthritis and 25 million of these will have restriction of activities due to arthritis pain



38

39

The Problem = Pain Management

- According to the National Center for Health Statistics: August, 2021, 58.9 percent of adults are living with pain. Back pain being the most common.



39

40

The Problem: Pain Management

- The Minnesota Department of Health says “The United States makes up 4.4% of the world’s population, and consumes over 80% of the world’s opioids. The US consumes approximately 99% percent of the world’s hydrocodone.”



- According to the National Institute on Drug Abuse 2 million Americans abuse opioids and more than 90 Americans die by opioid overdose every day, on average

40

41

The Problem = Pain Management

- Diabetic Neuropathy results in the amputation of thousands of feet each year
- No good solution was available – until now!



41

42

There is a better way




42

43

The Avazzia Solution

- Pain Relief Without Drugs or Surgery
- Safe
- Effective
- Low Cost
- Ease of Use
- Handheld and Portable
- Battery Operated



43

44

The Avazzia Solution

- Safe and effective, even for children
- Side effects are minimal:
 (**However**, as with any natural treatment, the initial effect may be a healing crisis that makes the patient/client feel worse before feeling better. A lack of energy or general malaise may result as old problems are brought to the surface for treatment and elimination)

44

45

Things you need to know in order to understand how it works...

- Skin / tissues are an extension of the nervous system (Collagen network conducts faster than nerves)
- Skin communicates with the nerves, muscles, organs and the brain

45

46

Things you have to know in order to understand how it works...

- The brain and CNS is in charge of healing
- The brain communicates with the rest of the body via **microcurrents** (the body's language)
- Our brain and CNS produces its own pain killers and healing agents (Neuropeptides)

46

47

Things you have to know in order to understand how it works...

- Chronic pain is a repetitive signal that the brain can adapt to. Often times the brain no longer recognizes there is a problem (you still feel the pain but the brain shuts off its attention and healing to the area)
- Pathological signals can become self-perpetuating gradually spreading and possibly leading to organ dysfunction (may be a cause of disease)

47

48

Things you have to know in order to understand how it works...

For chronic problems, treatment may be needed daily or 3-4 times per week for up to 6 weeks, however acute problems often resolve after only 1 or 2 treatments

- Can be used to "treat pain" associated with many different ailments
- Adjunctive and adaptive to numerous other healthcare modalities

48

What Avazzia Does...

- Impulses sent by the Avazzia device are similar to the body's own nerve impulses
- Avazzia treatment can stimulate the brain's healing and pain relief by causing production of neuropeptides ("feel good" and "healing" chemicals)

49

Microcurrent is known to:

- Reduce Pain and Inflammation
- Promote healing
- Increase perfusion (nutrition in and waste out)
- Increase circulation
- Increase ATP production (by 500%) = Energy
- Increase production of pain relieving neurochemicals
- Increase production of healing neurochemicals
- Increase nitric oxide
- *Tap into the body's own pharmacy!*

50

Application Terminology

- **Point of Pain:**
 - An specific area of pain or dysfunction
- **"Active Zones or Site"**
 - An area of the skin that is different from the surrounding skin and are areas of greater conductivity - the best location for treatment to communicate with nervous system and brain

51

52

Application Terminology

- **Color:** When the device is moved over a point on the skin, the color of that point or area may change. One spot may become redder even though the entire area is being stroked the same way. A redder, paler or blanched area is a sign of an Active Zone
- Red circles – maybe signs of inflammation, needs more attention

52

53

Application Terminology

- **Stickiness:** In the case of stickiness, paint in the direction of the maximum stickiness without paying attention to other signs that may appear.
- **Note:** Several signs indicating an Active Zone could show up at the same spot. They could include color and sound, color and stickiness, etc.

53

54

Application Terminology

- **Sound:** Because the Pro-Sport™ device is designed to make a buzzing or humming sound when it is moved along the skin's surface, an Active Site can be detected by sudden changes in the sound of the device.
- Different modes will make different sounds
- *Note: While painting in a "Reactions" mode, device sound will skip when a D or a Z appears*

54

Application Terminology

- **Sensitivity:** The patient/client may feel a little more uncomfortable whenever the device is moved over certain areas of the skin. In certain cases, the spot may feel less sensitive than the surrounding area. This change in sensitivity is the sign of an Active Zone.
- **Primary signs:** In certain cases, there could be small changes to the spot even before treatment begins. There could be itching, redness, dryness, texture differences, etc. These are primary signs. These signs indicate an Active Zone.

55

ProSport™ Professional Models



56

ProSport™ Professional Models

ProSport Ultra

- 14 modes
- AVA programmable mode that can be saved into 4 different settings.

ProSport III

- 52 modes
- AVA programmable mode that can be saved into 4 different settings.



***See Frequency Chart

57

58

ProSport Ultra and ProSport 3

Modes:

<ul style="list-style-type: none"> ➤ Relax Assess ➤ Blue Relax ➤ Modulate ➤ Stimulate ➤ Deep Stim ➤ Blue Stim ➤ Acute 3:1 ➤ RSI ➤ VASO 	<ul style="list-style-type: none"> ➤ Acute Trauma ➤ 7.83 Harmonics ➤ PG 2500 ➤ HGH ➤ AVA ➤ VAZ 1, VAZ 2, VAZ 3, VAZ 4
---	---

58

59

ProSport 3

Modes: All from Ultra and:

<ul style="list-style-type: none"> ➤ Solfeggio ➤ FM .5 – 4.0 d ➤ FM 3-8 t ➤ FM 7-12 a ➤ FM 12 -31 b ➤ FM 37-43 g ➤ FM 60-90-120- ➤ FM Plus 	<ul style="list-style-type: none"> ➤ FM Advanced ➤ FM Intense ➤ R-Stim ➤ Fast T ➤ Slow T <p>And.....</p>
--	---

59

60

ProSport 3

<ul style="list-style-type: none"> ➤ Ch Step ➤ CH RT ➤ CH Sac ➤ CH Solrp ➤ CH Ht ➤ Ch Thr ➤ Ch 3rd ➤ Ch Cmn ➤ CH 8th ➤ LU 824 ➤ PC 530 ➤ Ht 497 ➤ SI 791 	<ul style="list-style-type: none"> ➤ TE 732 ➤ LI 553 ➤ SP 702 ➤ LR 442 ➤ KI 608 ➤ BL 667 ➤ GB 583 ➤ ST 471 <p>And....</p>
---	---

60


61

ProSport 3

And....

- Face Stim
- Face Smooth
- Eye Stim
- Eye Smooth

- BEE



61

62

ProSport™ Display

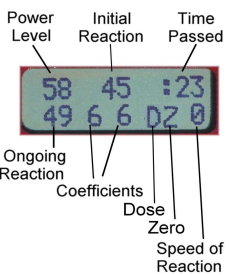
"Reactions Mode"

Reaction

- Power Level
- Initial Reaction
- Time Passed
- Ongoing Reaction
- Coefficients
- "D" – Dose (Dynamic Change)
- "Z" - Zero
- Speed of Reaction

Display

58	45	:23
49	6 6	DZ 0



62

63

"Reactions" Modes

Many modes that give you more information on the display and allow you to find the best **active zone** and monitors the tissue change until it has stimulated the tissue enough to bring it to equilibrium:

Relax Assess, Blue Relax, RSI and AVA

Other modes that have Reaction capability:

- Fast T
- Slow T
- CH RT to CH 8th
- All Meridians

63

64

"Reactions" Modes

How to decide which Reactions modes to use:

Suggestions

- Acute condition – Relax Assess
- Condition involving scar tissue – Blue Relax
- Chronic or difficult cases – RSI
- Channel Theory - Meridians
- Operator's Choice - AVA

64

65

"Reactions" Modes:


- The device can tell you the best place to treat (*the active zone*).
- It can tell you when the tissue impedance has changed enough to stimulate the collagen network communication system. "D" will appear
- It can tell you when the treatment is over. "DZ0" will appear. Tissue has reached a level of equilibrium.

65

66

Practice Time


- Get out your device and plug in the Y-Bar
- Turn it on (slide switch)
- Place Y-Bar electrodes on your skin (forearm)
- Turn it up by pressing the + button (hold down = faster)
- Comfortable pricking sensation (not painful)



66

67

Initial Reaction -- Practice Time




1. Set device to a reaction mode (Using Relax Assess, Blue Relax, RSI or AVA, etc)
2. Take random IRs in area of pain.
3. Look for highest initial reading (Active Zone)

67

68

Point of Pain Therapy with IRs and DZ0

1 Application – using Reactions Mode



1. Set device to a reaction mode (Using Relax Assess, Blue Relax, RSI or AVA)
2. Take random IRs in area of pain. Take highest IR to a DZ0
3. Continue taking various IRs in local area and treat to a DZ0 until outcome of pain reduction is complete
4. (Could also finish area by painting for a few minutes)

68

69

Point of Pain Practice (on Self)

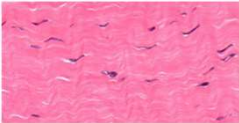
- Paint 
- Park 
- IRs and DZ0 

69

70

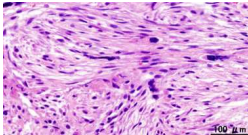
Scar Tissue

- Clearing scars -the block to communication through the collagen network (dissection of human)



Collagen

Scar Tissue




70

71

Scar Tissue

- *"Scar Tissue is normal tissue that has undergone derangement on virtually every level."*




Russell Schierling, DC

71


72

CLEAR SCARS

Scars can be a deterrent to communication in our cellular network of collagen tissue



→



Six week old hip replacement scar. Two treatments with Blue Relax using the Y bar electrode. Courtesy of Dr. Rick Smith

72



73



74



75

76

Scar Clearing Protocol

- Determine appropriate time for treatment
 - Medical Model – 6 weeks after surgery
 - Acute vs. chronic
- Observation and Documentation
 - Therapist and Client Assessment
 - Color, texture, sensitivity, stickiness, High IRs, local and systemic pain level

76

77

Scar Clearing Protocol

- Clear Scar
 - Pro-Sport 3, Ultra or Avazzia Blue use Blue Relax
 - Other Models use Relax
- Re-Assess and Document

**Release form is needed for pictures*

77

78

Scar Clearing Protocol

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


78

79

Scar Practice

Choice of:

- > Paint
- or
- > Park
- or
- > IRs with DZO

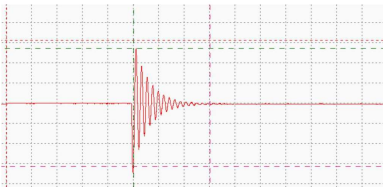


79

80

Technology

AVAZZIA devices use the patent-pending Bio-Electro Stimulation Technology (**BEST™**)



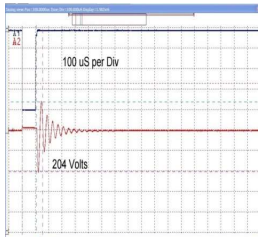
AVAZZIA High voltage damped biphasic sinusoidal current

80

81

How does it work?

Bio-Electro Stimulation Technology



Initial state

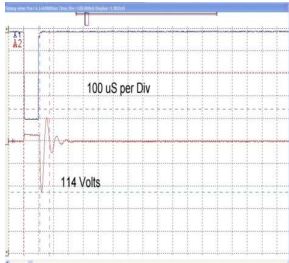
When the device is placed in contact with tissue it applies a high voltage, damped, sinusoidal wave form.

AVAZZIA

81

82

How does it work?
Bio-Electro Stimulation Technology



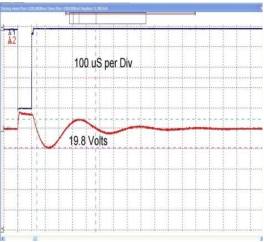
Transition state

Application
 Continuation of the pulsed sinusoidal waveforms causes the electrical properties of the tissue to change resulting in changes in the next applied signal.
 Hence Biofeedback.

82

83

How does it work?
Bio-Electro Stimulation Technology



Treatment complete

Over time *equilibrium* is attained with the applied signal being further damped.
 Avazzia technology measures this signal several million times per second to recognize this condition and signals the user.

83

84

The Body Responds to Electrical Stimulation



Releases neuropeptides that include neurotransmitters, endorphins, natural opiates, nitric oxide anti inflammatory factors

Neuroscience Research Institute, Peking University, 38 Xue Yuan Road, Beijing 100083, China

84

85

AVAZZIA Technology

- Increases perfusion
- Better blood circulation
- Improved lymphatic drainage

85

86

AVAZZIA Technology

- Restores normal electro dynamic properties of tissue
- Normalizes cell signaling

86

87

AVAZZIA Technology

- Donates electrons
- Neutralizes free radicals and toxins


An Electronic Antioxidant!

87

88

AVAZZIA Technology

- Increases neuro-peptides
- Pain management
- Sense of well being



88

89

Definition of Neuropeptides:

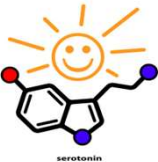
- **Neuropeptides** are small protein-like molecules (peptides) used by neurons to communicate with each other. They are neuronal signaling molecules that influence the activity of the brain in specific ways.
- *Different neuropeptides are involved in a wide range of brain functions, including analgesia, reward, food intake, metabolism, reproduction, social behaviors, learning and memory.*

89

90

Neuropeptide Examples:

- Vassopressin
- Serotonin
- Oxytocin
- Cholecystikinin
- Beta endorphin
- Met Enkephalin
- Anti-diuretic hormone
- Growth hormone
- Intestinal Vasoactive Peptide
- Many more.....



90

91

How does it work?

- Communicates with the neuro-endocrine system through the direct touch to the skin, sending a signal through the epidermis and dermis into underlying fascia planes and is transmitted through connective tissue to the smaller C and A delta nerve fibers

91

92

How does it work?

- Employs Electrical signals targeted towards releasing of nitric oxide, endorphins and neuropeptides into the blood stream
- Nitric oxide causes vascular dilation and thereby increases blood circulation
- Endorphins are the body's natural pain management chemicals
- Neuropeptides are the body's regulatory elements

92

93

Apply Therapy to Contralateral Side / Horizontals

➤ Follow Dermatomes

93

94

Apply Therapy to Oblique Reflex Relations

94

95

The Core Whole Body Technique™*

Autonomic Nervous System

- anterior root (ventral)
- posterior root (dorsal)
- paravertebral ganglion
- spinal nerves
- transverse process
- intervertebral foramen
- spinal cord
- sympathetic trunk
- grey ramus
- white ramus
- pia mater
- arachnoid mater
- dura mater
- body of vertebrae

CNS (brain and spinal cord)

PNS (motor and sensory nerves)

95

96

The Core Whole Body Technique™*

- When to use:
 1. Multiple symptoms (instead of Point of Pain)
 1. Multiple injuries
 2. Illnesses with multiple body system involvement
- *Many providers start out with this technique and find that it helps narrow down the involvement preparing for better results*

96

97

The Core Whole Body Technique™*

- **Core Whole Body Technique**
 - **3 Pathway**
 - Painting (Short Version)
 - Pro-Sport Reaction Mode
 - **Face 6 Points**
 - Treat for 1-2 minutes (Short Version)
 - Pro-Sport Reaction Mode

*Previously called Hidden Pain Technique and Three Pathway

97

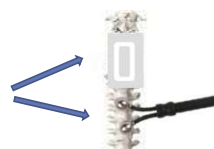
98

The Core Whole Body Technique*


Electrode placement on Spine

It is NOT recommended to straddle the spine with both positive and negative electrode plates on both sides of spine simultaneously

Correct:



Wrong:



98

99

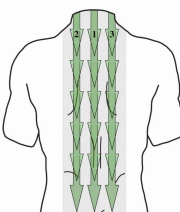
The Core Whole Body Technique™*

Short Version

Determine Pain level before and after

1. Paint down the spine (Column 1) 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.



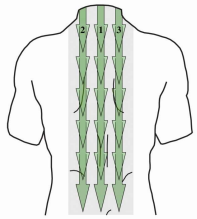
99

100

The Core Whole Body Technique™

Short Version

3. Then paint down the left side of spine (Column 2)
4. Note active (sticky) areas and treat those, painting in 4 directions N, S, E, W



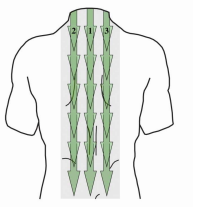
100

101

The Core Whole Body Technique™

Short Version

5. Paint down the right side of spine (Column 3)
6. Note active areas and treat those, painting in 4 directions N, S, E, W



101


102

The Core Whole Body Technique™

Short Version

➤ Next treat cervical area:

- 3 strokes on spine, treat active spots (Column 1)
- 3 strokes on left side, treat active spots (Column 2)
- 3 strokes on right side, treat active spots (Column 3)



102

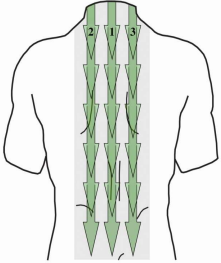
103

The Core Whole Body Technique™

Short Version

➤ PRACTICE SESSION


***Note: If you are using Relax, or Blue Relax, it may be best to end with RSI to help keep the back toned*



103

Practice Time

Grab a partner or observe

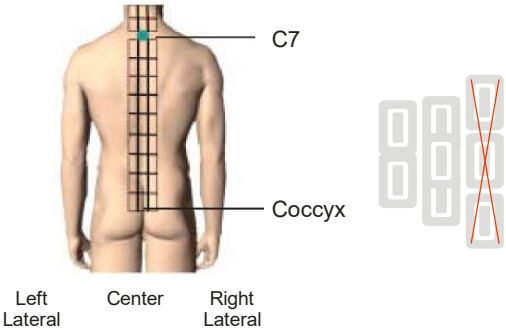


104

105

The Core Whole Body Technique™

Long Version (using the Pro-Sport™ Display)



Left Lateral Center Right Lateral

105

106

The Core Whole Body Technique™

Long Version

1. Mark the spine using the length of the electrodes
2. Start at the level below C7
3. Take Initial Readings of spine and L and R paraspinals
4. Record IRs
5. Take highest IRs to a D (Dose) at each level
6. Record the OR

106

107

The Core Whole Body Technique™

Long Version

7. Do IRs from C1 to C7 (usually two levels)
8. Take highest IRs to a D (Dose) at each level
9. Record the OR
10. Including neck and back pathways, compare the OR doses on each pathway. Treat highest D (Dose) to a DZ0 (Dose, Z, 0)

***If there is not a D (OR) on a pathway, do not DZ

107

108

The Core Whole Body Technique™

Long Version

11. Choose highest DZ0
 - a. Select Stimulate or Deep Stimulate
 - b. Paint or Park on the spot for 2 minutes.

108

Practice Time

Grab a partner or observe



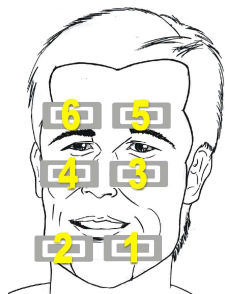
109

110

The Core Whole Body Technique™

Six Point Therapy of Face

Determine Pain level before and after



110

111

Face 6 Point

Trigeminal Nerve

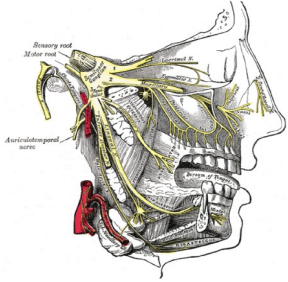
- The Trigeminal nerve is the most direct route to the Brain and will help stimulate neuropeptides.
- The sensory function of the trigeminal nerve is to provide the tactile, proprioceptive, and nociceptive afference (to the brain) of the face and mouth. The motor function activates the muscles of mastication.

111

112

Face 6 Point

Trigeminal Nerve



112

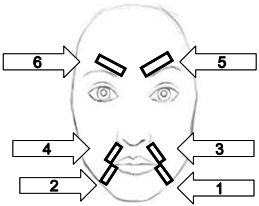
113

Face 6 Point

Short Version

1. Select Mode – such as
 - a. RSI
 - b. Relax Assess
 - c. Stimulate
2. Treat each location for 1 -2 minutes, in order 1 thru 6

Six Point Therapy of Face



113


114

Face 6 Point

Long Version

1. Take and record IRs at position 1 and 2
2. Dose highest IR
3. Do same for 3 and 4
4. Do same for 5 and 6
5. Take highest dose on face to DZO and record OR

Six Point Therapy of Face




114

115

Face 6 Point

6. Compare DZO on face to stimulated point on back. If the face DZO 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 done.

Six Point Therapy of Face



115

2022

Six Point Therapy of Face

Name: _____
Date: _____

1. Take and record IRs at positions 1 and 2
2. Dose highest IR – record the OR
3. Do same for 3 and 4, and then 5 and 6
5. Take highest OR dose on face to DZO
6. Use deep stimulate and treat the DZO for two minutes.

IR ___ D (OR) ___ DZO ___

6

IR ___ D (OR) ___ DZO ___

5

IR ___ D (OR) ___ DZO ___

4

IR ___ D (OR) ___ DZO ___

3

IR ___ D (OR) ___ DZO ___

2

IR ___ D (OR) ___ DZO ___

1

© 8-2022Gail Naas, LMT/CT
Natural Health Unlimited

116

117

Practice Time (on Self)

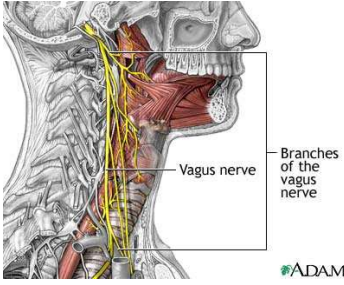


117

118

Vagus Nerve Protocol

For neck pain, neck/shoulder/arm symptoms, decrease inflammation, release emotions, balance autonomic nervous system, realign atlas and sphenoid bone.



118

119

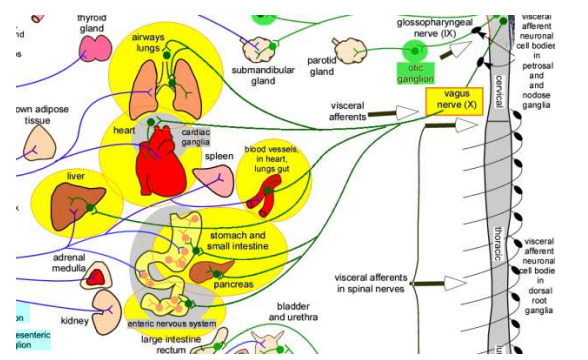
Vasovagal response -- Caution

- Vasovagal syncope (vay-zoh-VAY-gul SING-kuh-pee) **occurs when you faint because your body overreacts to certain triggers, such as the sight of blood or extreme emotional distress.** It may also be called neurocardiogenic syncope. The vasovagal syncope trigger causes your heart rate and blood pressure to drop suddenly.
- Working with the Vagus nerve can lower BP, make sure people are hydrated and fed. As well as body position not impinging blood flow

119

120

Vagus Nerve



120

121

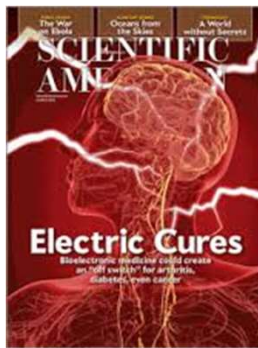
The Vagus Nerve

- Responsible for activation of the parasympathetic nervous system and for such varied tasks as heart rate, gastrointestinal peristalsis, sweating, several muscle movements of the mouth, including speech and keeping the larynx open for breathing.
- It also has some afferent (going to the brain) fibers that innervate the inner (canal) portion of the outer ear.

121

122

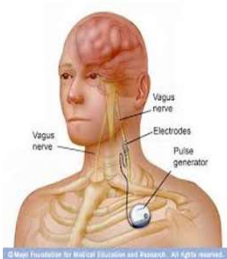
Scientific American Magazine March Issue 2015



122

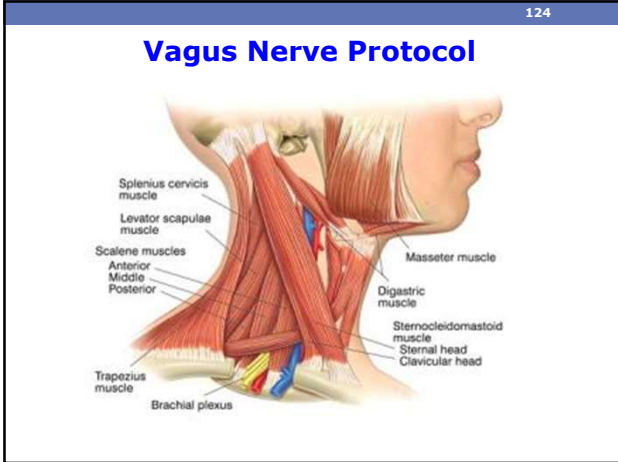
123

Scientific American Magazine March Issue 2015

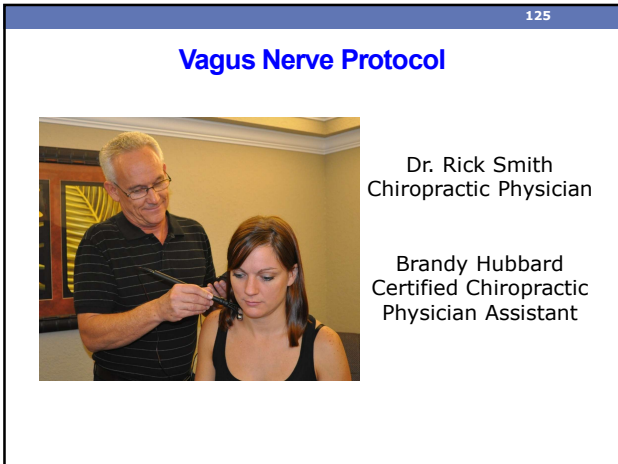


- Vagus nerve implants to help with pain relief

123



124


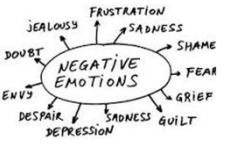


125

126

Unknown Trapped Emotions could be released with:

- Vagus Nerve Protocol
 - Known to balance the sympathetic and para-sympathetic nervous systems
- 6 Points
- Sometimes 3 Pathways
- (Also good for depression)





126

127

This Vagus Nerve Protocol has been known to help:

➤ PTSD



127

128

Vagus Nerve Protocol

Assess pain level and range of motion before and after...

**Subject will feel strange electric sensations sometimes to ear or face or head and contractions of the muscles of neck and shoulder*

** Easy does it at first – non-contraction of muscles or in odd direction may signify trauma*

128

129

Vagus Nerve Protocol


1. Power up (away from neck) (Relax or RSI)
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

129

130

Vagus Nerve Protocol

Self Practice Time



130

131

PANDAS* Study

By: Dr. Cynthia Keller M.D. & Angela Zappone RDH

PANDAS affects 1 in 200 KIDS

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections

- AVAZZIA therapy is successful in treating children with PTSD-like symptoms, as seen in post PANDAS, and carries over to the other “stress disorders”.
- [They] exhibited physical symptoms such as aches, pain, headaches, muscle tension and pain in shoulders/neck....

131

132

PANDAS Study

With Avazzia, Every child ... noticed significant changes in symptoms and their ability to cope with day to day living.

Evaluated symptoms based on intensity and frequency, using a one-to-five point scale:

- Of the 7 who completed the study, the cumulative scores for intensity of symptoms at start were 176, Dropping to 105 at study end decreasing 71 points or 40.3%
- Scores for frequency went from 192 to 127, decreasing by 33.9%

132

133

2012 Study: Effectiveness of AVAZZIA Microcurrent Stimulation Device for Pain and Symptoms Associated with Pain

➤ Participants reported effectiveness in pain reduction (97.4%), improved range of movement (100%) and improved return to daily activities (94.1%). In addition, 70% of respondents reported reduced use of medicine.

Category	Percentage
93% Report BEST Device Effect for Pain	93%
No Answer	5%
Very Effective	59%
Effective	34%
Little Effect	2%
No Effect	0%

133

134

Troubleshooting and other tips

- Check your serial # -
 - Under batteries
 - Depress and hold gray button, Serial # will be 2nd display
- Use high quality alkaline or lithium batteries, **NOT** re-chargeable
- Wires
 - Careful of use: Disconnecting from device, folding, etc.
 - Have a spare set

134

135

Troubleshooting and other tips

- Recalibrating –
 - Device is on, hold plus and minus together. Notice on screen will say recalibrated

135

136

Troubleshooting and Other Tips

- Avazzia units are hand held computers
 - Dropping or getting it wet is not covered in your warranty
 - Dropping while attached to a wire could damage parts or the entire hardware and could cause the port not to work
 - Find a safe place to keep it while treating
 - Could use the loop side of Velcro on the sides to hold it better in hand

136

137

Additional Tips

- Turning timeout off
 - With device off – depress and hold plus sign and then turn device on
- Turning sound off
 - With device off– depress and hold minus sign and then turn device on
- Turning sound and timeout off
 - With device off– depress and hold plus and minus signs together and then turn device on

137

138

ProSport Device Training:

www.FirstAlternativeTherapies.com

- Online
 - Zoom/Skype
- Event
- On-Site training available

138

139

Warranty

Automatic 2-year warranty.
By registering device will receive another year

www.AVAZZIA.com

139

140

Homework Practice

- Place Pads on abdomen – Cycle through all algorithms to experience each frequency
- Practice checking for high IRs (Initial Readings) in areas of pain (this is used in many of the advanced protocols)
- Dose and Zero out the high IRs

140

141

Homework Practice

- Practice painting and parking over areas of pain
- Practice looking for sticky areas
- Practice short version Core Whole Body Technique
- Practice Vagus Nerve Protocol on yourself in the mirror

The more you practice the better you will be.

141

142

The Devices: Best RSI™



1. Power On/Off slide switch on side and place on skin

2. Adjust Power level using +/- keys

3. Select Mode

Four Preset Modes:

- Relax
- Deep Stimulate
- RSI
- Acute

AVAZIA

142

143

BEST Pro1 Home Model



Four Preset Modes:

- Relax Assess
- Stimulate
- Deep Stimulate
- Acute

AVAZIA

143

144

Avazzia Blue Home Model



Two Preset Modes:

- Blue Relax
- Blue Stimulate

Avazzia donates 10 of these devices per month to the Patriot Project (Wounded Veterans Program)

AVAZIA

144

145

Med Sport Home Model



Four Preset Modes:

- Relax
- Acute
- Modulate
- Blue Stimulate

AVAZIA

145

146

Examples of Accessories



146

147


Onboard Electrodes and Various Wraps



147

148

Additional Accessories




Qi Wave pads

148

149

More Avazzia!!!
Scalar Qi and Qi Pulse




Pulsed Electro-Magnetic Frequency
P.E.M.F.

149

150

More Avazzia!!!
Can be used for animals



150

151

More Avazzia!!!

Additional Products/Services





UNTREATED
TREATED
(after one treatment)



UNTREATED
TREATED
(after two treatments)

151

152

More Avazzia!!!


- Treat Yourself at Home or On The Go!
- Protocols for:
 - Pain Anywhere
 - Headaches and Sinus Complaints
 - Lung Complaints
 - Abdominal Complaints
 - Wounds/Cuts
 - Neuropathies
 - Tension and Stress
 - Bites and Stings

152

153

Glossary

- Avazzia – high voltage – micro-current
- Hertz – number of pulses per second
- Ohm – a unit by which electrical resistance is measured
- Conductance – high conduction – low resistance
- Ampere – the volume of charge (like water – river flowing)
- Micro-current amperage – 1000x less than a regular conventional tens unit
- High voltage – Pressure – how much push
- Micro-seconds – short duration



153

154

Review and Questions

- Remember: Keep It Simple
 - When in doubt do the "Texas Two Step":
 - Turn it on, Put it on
- Study, Study, Study
- Let your intuition guide you
- Call us to help you

154

155

Thank you,

First Alternatives, LLC
www.firstalternativetherapies.com

954-789-2097

155
