



## ESSENTIAL INFORMATION FOR USING DEVITA MINI DEVICES: ENERGY, AP+ OR RITM+

Whilst using the Devita Mini RITM+, Mini AP+ or Mini Energy devices, there are a few essential points to follow, to ensure the best and most effective treatment:

- **Charging:** When the battery icon displays one red square, it is time to charge your device: Connect your device to a computer's USB port. If you chose to use a USB plug instead, it is essential to check the 'output' level – see back of the plug. It must state: 'Output 5V, 1A'. NB many charging plugs are higher (eg 5V, 2.1 A) and could damage your device!!  
To charge, connect to USB port and TURN DEVICE ON to check that the 3 white 'battery squares' are moving...then switch the device OFF to charge. After approx 3 hours, it will be charged. To check that it is fully charged, turn and check that the 3 white squares are 'full'. If so, eject and use. If not, leave for a while longer. NB The AP will need charging more frequently than the RITM or Energy devices.
- When using your device, ensure that the back of the device faces against your body. (The back of the device emits 15 cm of frequency, the front only 5cm.). It's fine to place your device on skin or over a layer or two of thin clothes.
- Your device needs to be kept IN CONTACT with your body, and be relatively still ie not swinging, moving around or losing contact with your body (e.g. place in a close-fitting trouser pocket as opposed to wearing baggy trousers with device in a side leg pocket.... Or place around neck using neck strap but place UNDER your clothes rather than outside!). If device loses contact with your body, your programs will be interrupted and inhibit the optimal result!
- If device is in your pocket, ENSURE THAT THERE IS NOTHING ELSE IN THE SAME POCKET. Items can press against the screen and accidentally change your program...or damage the screen.
- At night, tuck device under a strip of tubi-grip (approx 20 cm long) placed around your lower leg or arm. Ensure you fold under the bottom edge of the tubi-grip so that the device cannot drop out if you stand up! Alternatively, place in a tightly fitting sock, knickers, pyjama pocket (so long as device cannot fall out) or in a mobile phone jogging holder attached to a limb.

- Please note that only one device can be used at any given time eg use RITM OR AP OR Energy device – You cannot use them simultaneously! Use them separately: one device in the day and one in the night...or one after the other.
- Please take good care of your devices. It is essential to avoid dropping your device or getting it wet! These are the main causes of damage to devices! For extra safety, always loop the neck strap around a belt/belt loop or bra strap etc (even if in a pocket), so that it cannot fall, swing and hit anything...and can't fall in to the loo!!). Alternatively, protective cases can be purchased for the devices – just ask Delia.
- It is also important to avoid moisture from sweat! If you are 'working out' and are getting hot and sweaty, bear in mind that moisture could get into your device and cause the screen to misbehave...and could even eventually corrode the inner workings! In moist, humid or sweaty environments, please place your device in a dry pocket or stop using during your workout!
- If using devices on holiday, please be extra careful to remove a device from swimwear BEFORE entering the sea or swimming pool! It's amazing how often someone accidentally swims whilst wearing a device! Sadly, this will damage the inner workings and you will most likely need to pay for a new internal unit!
- It is essential that you drink at least 1.5- 2 litres of water each day (ideally clean, filtered water). If possible, hydrogenate 3-4 glasses of water daily using the DeAqua hydrogen bottle, designed to work alongside your devices, to enable optimal cleansing and reenergising! (Water is the means whereby the frequencies of your device are transported around your body to every cell....as well as the means whereby toxins are flushed from your body... and so drinking sufficient water is ESSENTIAL.)
- You are in a process of detoxing! Therefore, please avoid junk food, alcohol and sugar as far as possible and minimise coffee intake... Also avoid carbonated alcoholic and soft drinks. This will aid the detoxing and regenerating process.
- Please work WITH your devices: The devices are powerful tools, however they cannot create positive change without your cooperation! For example, if you are playing programs for insomnia whilst also staying up late on a computer, you are working against the devices and blocking them from working, Likewise, it will not work if you are playing programs to detox whilst also eating junk food! Please be sensible and work WITH your devices to support them in doing what they are programmed to help you improve!
- Changing your physiology using bioresonance is a process that takes time. Your body is like an onion and the various microorganisms and toxins that show in your scan, will all be arranged within different 'onion layers', which need to be eliminated one by one in the correct order. It takes approx 2-3 months for a layer of pathogens to be eliminated. After this time, you will be ready for new programs

to target the next, deeper layer. Therefore, for best results, please come for a scan every 2-3 months and have your programs changed according to the scan results. For optimal results, it is essential to use the devices consistently ie every day, without gaps.

- Changes take place gradually and each individual's reactions to the frequencies will be unique. Some people notice changes quickly and others report noticing the effects after a number of months... and so please be patient and enjoy a gradual rebuilding of your health.
- To find out more about the general programs that you can see on the screen of the device, download a copy of the 'Complex Catalogue'. This will also give you information about how to self-treat for day-to-day first aid use (headaches / coughs/ colds etc). Find this on the downloads page at [www.bioresonancegb.com](http://www.bioresonancegb.com)
- Feel free to join Delia's Deta Elis WhatsApp group here: <https://chat.whatsapp.com/H5lkp4w92hGHedoLhjZjr4>
- For regular info about programs, special offers and more about treating with bioresonance, follow Bioresonance GB on Facebook:

<https://www.facebook.com/profile.php?id=61553002591450>

or Instagram: <https://www.instagram.com/bioresonance.gb/>

## **QUESTIONS & FURTHER INFORMATION**

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