



 **BioSinhron**[®]

INSTRUCTIONS
FOR USE:
SIMAG

INSTRUCTIONS FOR USE

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DID YOU KNOW?

There are more than 10,000
satisfied households using
BioSinhron and Simag
in Slovenia,

and more than 60
Retirement and Nursing Homes,
hospitals, medical centers
and institutes.



INSTRUCTIONS FOR USE



SIMAG

Simag is a simultaneous magnetic generator that **generates pulsating magnetic fields** of different frequencies. Use it by placing it to the part of the body you want to treat. It works in 80 cm diameter. With elastic band, you can **place it to or near the body part you want to treat**. Choose the program (A to E) and time from the indication table

Programs and frequencies

A / 1-4 Hz	B / 5 - 8 Hz	C / 9 - 12 Hz	D / 13 - 16 Hz	E / 17 - 20 Hz
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Turning on and off

Turn the button clockwork to the wanted frequency. Green light blinks in the rhythm of frequency. After using it, turn Simag off by turning the button in opposite direction until we hear a click and the light goes off. That way we save the battery.



TABLE OF BASIC FREQUENCIES

Medical condition	Frequency/Hz (programme)	Therapy duration (minutes)	Tool positioning
Infections	1-4 (A)	25	chest
Gallbladder infection	5-7 (B)	20	mid spine
Nerve inflammation	17-19 (E)	30	place of pain
Rib muscle inflammation	11-15 (C, D)	35	place of pain
Bladder infection	5-7 (B)	20	groin
Swelling	10 (C)	20	place of swelling
Pains	15-19 (D, E)	25	place of pain
Headache / migraine	3-15 (A, B, C, D)	20	head / right side
Lumbago	6-12 (B, C)	25	place of pain
Sciatica	15-19 (D, E)	25	place of pain
Rheumatism	9-20 (C, D, E)	30	rheumatic area
Arthrosis	15-19 (D, E)	25	limbs
Arthritis	8-18 (B, C, D, E)	30	limbs
Damaged lower spine disc	10-15 (C, D)	25	back
Nervousness	1-6 (A, B)	20	chest
Sleep disorders	1-4 (A)	30	chest
Depression	1-5 (A, B)	30	chest
Dystonia	5-8 (B)	30	chest
Dizziness	8-15 (B, C, D)	30	neck area
Stress	1-8 (A, B)	20	chest



Medical condition	Frequency/Hz (programme)	Therapy duration (minutes)	Tool positioning
Heart palpitations, Tachycardia	1-8 (A, B)	30	chest
High blood pressure	1-4 (A)	20	chest
Low blood pressure	9-16 (C, D)	20	chest
Weakened blood circulation	7-14 (B, C, D)	30	chest
Meteoropathy	1-5 (A, B)	30	chest
Skin allergies	8-15 (B, C, D)	30	chest
Allergic rhinitis	8-12 (B, C)	20	chest
Asthma, bronchitis	6-18 (B, C, D, E)	30	chest
Incontinence	8-12 (B, C)	20	groin
Prostate	5-14 (B, C, D)	25	groin
Digestion	1-19 (A, B, C, D, E)	25	stomach
Menstrual problems	5-8 (B)	30	groin
Healing of wounds	8-18 (B, C, D, E)	30	place of injury
Healing of bones	12-15 (C, D)	35	place of injury
Diabetes	9-12 (C)	20	chest
Immune system	4-8 (A, B)	20	chest



Frequencies and time of therapy given in the table have proven the best in tests and present basic start points for your therapy. Every user can adjust them to his or her own needs – **you can't overdose** so you can try to see which one works best for you.





EFFECTS OF MAGNETIC THERAPY

MAGNETIC THERAPY

Basic principles of pulsating magnetic field effect to your body is additional supply of the cells with oxygen, food and water. It increases cell oxygen levels, enhances energy balance and makes better terms for body regeneration. Specter of indications for magnetic therapy is wide, it can be used as prevention, relaxation or strengthening of the immune system.

ENERGY BALANCE

You can efficiently improve energy balance with BioSinhron. By activating membrane pump and the exchange of the ions you can reach cell tension renewal, better metabolism, and reactivation of tired cells at the remote areas of oxygen supply. Before you get sick you can feel exceptional fatigue or sense of worn out. BioSinhron therapy improves the use of oxygen in the tissue and creates conditions for the reproduction of energy. A cell can use this increased supply of energy for the renewal of cell tension and with it it creates conditions for recovery and regeneration of the organism.



AUTONOMIC NERVOUS SYSTEM

BioSinhron has a positive impact on the autonomic nervous system and its balanced functioning. The autonomic nervous system controls the most important body functions – breathing, heart rate, digestion, gland functioning and organ functioning – and offers a wide range of possibilities for use of BioSinhron. The effect via the nervous system is proven with sleep disorders, depressions, arrhythmia... Psychological instability can cause the onset of a disease and vice versa. According to this theory there are only psychosomatic conditions (e.g. arthritis, allergies, asthma, ...).

CIRCULATION IMPROVEMENT

Magnetic therapy works according to the Hall law from the 18th century and has been proven to improve blood circulation. If the magnetic effect is set rectangular to the blood stream flow, the opposite magnetic field will reflect the electric field to the ions in the blood. To put in simply: blood turns like a forced-out cork, which accelerates the blood flow, oxygen transfer and nutrients. Because the blood flow is increased, the body finds it easier to remove the redundant cholesterol, toxic particles and other waste products, which normally composite on the vessel walls. This procedure therefore prevents the clogging of the vascular system and accelerates renewal of the blood. Based on this, the body is able to heal faster.



IMBALANCE

BALANCE

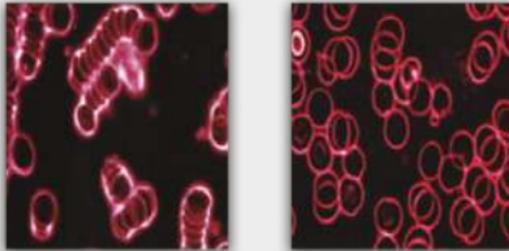
ANALGESIC EFFECT

The Earth has a magnetic field, to which we are exposed to since birth. The idea behind magnetic therapy is that magnets help stimulate an ideal space or environment in which the body heals itself. Magnetic therapy has been used for centuries for pain relief, whereas in the last couple of years it has become recognized because of its successful relieving and remedying of pain (acute and chronic). Magnetic therapy impact on the pain is two-fold – direct and indirect. Directly it influences the reactivation of neurons, movement of calcium ions, membrane tension of the cells... The indirect benefits of the magnetic fields for physiological functions are improved circulation, relaxed muscles, easing edema, greater amount of oxygen in the tissue, easing of swelling, increased content of prostaglandins, better cellular metabolism, increased energy production in the cells. Magnets and magnetic generators, which create a pulsating magnetic field, are a good way to ease discomfort and pain. Simag, which is the component part of the BioSinhron, is such generator.

Our research has shown that for the analgesic effect it is best to use two Simags. By using two, you are quicker to achieve relaxation and pain release than if using only one (in 30 minutes).

INCREASE OF OXYGEN LEVELS

Scientific studies have proven that red blood cells, which receive and bond oxygen in the lungs, submit more of its precious treasure to the blood under the influence of magnetic therapy. The reason behind this is the slight shift of the oxygen connective curve. Oxygen saturation in the blood cells is increased by at least 30%. Numerous researches report that exposure of the body to magnetic field with an increased blood flow and more intensive functioning of the oxygen on the pathological areas helps in self-healing.



Red blood cells pre-and post-therapy

THE IMPORTANCE OF WATER

Water is the basic building stone of life, the chemistry of life bases on water and all living creatures cannot survive without it. The human body contains about 65% of water, the brain up to 80%. Water is the simplest molecular structure, composed of two hydrogen atoms and one oxygen atom (H_2O), and we can't imagine life without it. Practice shows that anyone who drinks enough water can expect even better results from magnetic therapy. Water should be magnetized. Because of the electromagnetic connection, the water particles form organized groups, which follow certain principles. This composition presents stable units, which function as information gatherers.

The water intercellular space is a functional unit in the body. Disturbances in it affect the regulatory system. Magnetic therapy through the regulatory system has a positive effect to the body in the form of intercellular stimulus, which substantially aids in the remedy of certain disturbing effects – therefore it is extremely important for everyone to drink a lot of water. With each BioSinhron therapy we recommend drinking magnetized water. Drinking magnetized water has a positive effect on the blood stream, it strengthens the therapy effect. The water in the body binds hard metals (aluminum, lead, ...), which is then excreted from the body. Drinking water is very important in BioSinhron therapy, because the therapy triggers the process of body cleansing and the water helps in the faster excretion of toxic and waste substances. We recommend preparing water for daily use.

MAGNETIC FIELD EFFECT

1. Regulatory functioning via the autonomic nervous system
2. Stimulation of bones and cartilage
3. Nerve regeneration
4. Faster wound healing
5. Pain relief
6. Improvement of the metabolism
7. Excretion of toxic substances with improved circulation and substance exchange
8. Activation of macrophages – system defense cell
9. Lowering of sensitivity to the stress hormone
10. Digestion regulation
11. Improved production of melatonin
12. Strengthening of the immune system
13. Better effect of medications
14. Heart beat normalization
15. Lung capacity improvement
16. Decrease of blood cell change

WHEN IT IS USEFUL TO HAVE A MEGNETIC THERAPY

1. For prevention and relaxation
2. When healing wounds
3. When healing bones
4. When in pain
5. In cases of muscle tissue damage
6. With sleeping disorders and stress activated diseases
7. For quicker regeneration and better sport results
8. For headaches and migraines
9. For metabolic problems
10. In cases of cardiovascular difficulties
11. When depressed or nervous
12. For nerve illnesses
13. For optimal medication effect
14. For immune system support
15. For skin conditions

EFFECTS OF MAGNETIC THERAPY

Our bodies are made up of billions of cells. The key to produce cellular energy ATP, which is imperative for the functioning of the entire organism, is magnetic field. Live organ tissue does not represent any hindrances to the magnetic field, so the magnetic field equally and powerfully affects all the cells in the body. No cell or tissue is of exception. In each cell and intercellular space there are ions – the carriers of electrical charge. Under the influence of the magnetic field, the ions gather at the cell membrane, which leads to increased electrical tension of the very membrane (hyperpolarization). With this the functioning of the so-called ion pump accelerates, the transition of ions through the cellular membrane increases in both directions. More oxygen reaches the cell, which fosters greater production of energy (ATP – adenosine- triphosphate) in the special cellular organelles – mitochondrion. Cellular activity improves or normalizes, depending on the cellular energy starting state. The described processes take place in all the cells or tissue, which are affected by the magnetic field. Extremely welcome is the effect of the magnetic field to tissue, which through oxygen supply with the diffusion process (transfer of substances from the area with higher concentration of this substance to the area of lower concentration – intervertebral disc, meniscus).

Important:

- Magnetic therapy does not have harmful side effects.
- Scientists unanimously claim that magnetic therapy normalizes the human body metabolism and in this way ensures pain relief. Harmful substances are secreted, the blood flow normalizes and the level of oxygen in the cells increases.
- Skin aging and wrinkle formation slows down, and wrinkles smooth out.
- Its use enables the reduction of prostate and the accelerated functioning of the kidneys ensures the secretion of harmful substances from the body.
- Mental capacity improves, body energy increases and sleeping improves. Tests with

various organic substances under the magnetic field effect show that their life span prolongs. Professional reports state that magnetic therapy in degenerative processes leads to the remedy of the cause, which has a harmful effect on the heart and blood flow, and arthritis. Magnetic therapy is a good way to eliminate stress, which often leads to disease.

- Magnetic therapy at night has a soothing and soporific effect on the central nervous system. The consequence of this natural stimulation is that the body prepares to produce the melatonin hormone. Melatonin releases stress, works against the aging process and protects the body against infections. staranja in ščiti telo pred infekcijami.



WARNINGS

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ADVICE

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TECHNICAL INFORMATION

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GUARANTY

WARNINGS

1. Before starting therapy discuss about them and your condition or diagnosis with your physician and do extra examinations if needed. 
2. We do not recommend people with epilepsy, heart electro-stimulators or insulin pumps as well as pregnant women to use Simag. 
3. Persons who have heart electro-stimulators can do BioSinhron therapy with feet only, in that case magnetic generator Simag is far enough from the heart area so it won't interfere with the electro stimulator. Simag also shouldn't be closer than 80 cm to mobile phones, laptops, and similar gadgets. 
4. Persons with insulin pumps can use Simag when insulin pump isn't on or they can do only feet therapy. Simag should not to be placed closer than 80 cm to the pump. 
5. Persons with metal implants shouldn't use Simag closer than 80 cm to the implant. 
6. Products should not be modified in any way. 
7. Don't use Simag directly on skin. Can trigger allergic reaction. 
8. Don't leave Simag in moist areas, in water or in direct sunlight.  
9. Simag is operating on 9-volt battery. When changing it be careful and don't pull the wires. Always keep in mind that the area where battery connects to wires goes into the device first. 
10. Batteries and electronical parts of Simag are to be disposed in ecologically proper way. 
11. You should always remove the battery from Simag if you're not using it for a while. 
12. Never leave Simag near the source of electromagnetic fields because it can make it malfunction. 
13. The part of the device which is in body contact can on temperature of 40°C reach temperature of 41,4°C. 

SYMBOL CLARIFICATION



Warnings and information labeled with this symbol are to be obeyed for normal use and user security.



Don't leave the product on the sunlight.



Don't leave the product in moist areas or in the water.



Packaging should be properly disposed.



Batteries and electronic parts should be disposed in the proper places and shouldn't be disposed with household waste.



Before using the products read the instructions properly.

ADVICE

1. We recommend using rechargeable batteries.
2. Control the power of the battery. When it's normal the green light pulsates evenly. When it stops pulsating, or doesn't seem to light at all, change the battery.
3. If you're not using Simag for a while remove the battery from it.
4. Clean Simag only with dry soft cloth.

TECHNICAL INFORMATION



Type: SIMAG

Charge: 9 V  (6LR661;6F22; 1604)

El. current: I=54mA

Magnetic field density: max. 100mT

Pulsating frequency: 1 - 20 Hz

Range: to 80 cm

Dimensions: 125x56x40 mm

Weight: 125 g

Work temperature: 10-40°C/50-104°F

Relative moist: 30-95%

Atmosphere pressure: 80-110 kPa

Conditions of keeping, transport:

Temperature: 0-50°C/50-104°F

Relative moist: 20-95%

Atmosphere pressure: 80-110 kPa



GUARANTY

The product has been carefully made and checked multiple times. Guaranty lasts 24 months and starts on the date of product delivery which can be proven with invoice or other documents.

Guaranty covers product malfunctions which are proven to exist because of material mistakes or production. Guaranty doesn't cover improper usage or disobeying the instructions for use.

After guaranty covered repair, guaranty doesn't prolong or restart. If the claim turns out to be unfounded, we retain the right of charging you for testing the product and delivery costs.

When sending the products to service always send the proof of purchase (invoice) with the claim.

Manufacturer:

Lož Metalpres d.o.o.
Muhvić Antuna 52
HR- 51303 Plešće



Service address:

BioSinhron d.o.o
Muhvić Antuna 52
HR- 51303 Plešće
Tel.: +385 51 825 122
www.biosinhron.com





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BioSinhron d.o.o • Muhvić Antuna 52 • HR- 51303 Plešće
+385 51 825 122 • www.biosinhron.com