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BT Plus

Component list: BT Plus unit, Power adaptor, USB power lead, Ear clips, Instructions

Specifications

SIZE 2 inches x 3 inches x ¾ inch (5cm x 8cm x 2cm)

POWER SUPPLY Rechargeable batteries (charger supplied)

TIMER 5, 10, 15, 20 minutes

FREQUENCIES (Alpha Theta Stim³ and BT11)

0.5Hz The 0.5Hz DELTA brainwave frequency, normally associated with deep sleep and release of deeply embedded stress patterns. May help with pain relief (temporarily), natural opiates released, supports the immune system, stress buster.

1.5Hz May experience pain relief and can promote quiet sleep

5.0Hz 'In the Palaces of Memory' they suggest 5Hz as being the optimum learning frequency. Even as you read these words, a tiny portion of your brain is physically changing. New connections are being sprouted – a circuit that will create a stab of recognition if you encounter the words again. Supports the body to repair and heal.

Read "In The Palaces of Memory" by George Johnson.

7.83Hz The 7.83Hz Alpha Theta (border) brainwave frequency and it's associated with a relaxed, but very focused mental state. This is also the Schumann frequency. Ideal for meditation and relaxation.

100Hz Feel better, blast those moods!

BT11 Brain tuner, endorphin release, natural mood enhancer.

Read "Hooked?" by Dr. Meg Patterson

CURRENT 10 to 600µA

WAVEFORM Bipolar asymmetric rectangular waves, 50% duty cycle

INTENSITY CONTROL 20 steps

OPERATING INSTRUCTIONS

- **Before any session it is recommended to drink at least 500mls of purified, ozonated or distilled water. This ensures the body is not dehydrated allowing a more positive skin resistance with the electrodes.**
- **The BT Plus has 3 stages of operation;**
 1. Set desired operation time

Press the 'on/off' button once to turn the unit on. A single green LED will flash rapidly on the 'soft' 0.5Hz/5 minute setting.
Select the desired time by pressing the 'up' button and confirm by pressing 'on/off' once. The LED will then flash slowly.
 2. Set intended program

Select the desired frequency or program by pressing the up/down buttons. Press the 'on/off' button to confirm desired frequencies or program. Please note: the 100Hz setting is the top 2 LED's on together (20 and 15m LED's), the BT11 program is the middle 2 LED's (15m and 10m LED's together).
 3. Set comfortable output levels (intensity).

Finally select your desired intensity by pressing the centre 'on/off' button once (the LED will glow on).
Press the 'up/down' button to increase or decrease the intensity. The 'intensity' will increase with each gradual step from soft-low-med-high. Press 'up' or 'down' to adjust this setting (approx 20 increments)
- **ALWAYS START WITH THE INTENSITY FULLY DOWN AND STEP IT UP GRADUALLY TO SUIT OPERATORS COMFORT LEVELS.**
- The unit is now operating.
- Plug the ear clip electrode lead into the 'output' of the unit.
- Prior to clipping the ear clips onto the ear lobes, make sure the earlobes are clean and free from dirt.
- Wet the earlobes with saline (salty water) or saliva. This will create a suitable conductivity between the earlobe and electrodes.
- To switch unit off, press and hold the 'on/off' button until the LED switches off.
- When the batteries begin to get low on charge, the top LED will light up. Plug the power charger into the unit and fully charge overnight using ONLY the charger supplied. When this is being charged, the bottom 'Batt' LED will light up.
- We suggest charging the unit after every 2-3 days. Leave on charge overnight.

Please note: This is the latest version and may differ slightly from earlier information.

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