**Usage:**

1. Install a fresh 9 Volt alkaline battery in the battery holder area by sliding the cover off.
2. Make sure the BBZ unit is off (not blinking) and connect two pads to the white wire pins.
3. Wash the wrist area with warm water, dry off well and mark the outer wrist arteries with a marker to make it easier to see for placement as shown. Place the pads as shown centered over the marks. Pads may be cut down to a smaller width on the 3 non wire sides for smaller wrists.
4. Adjust the level for comfort. You will feel a pulsing and the blue led will flash showing a good battery.
5. Some units have a blue pushbutton on the top left to change the pulsing frequency.
6. When done, click the control to off, put the pads back on the plastic sheet to preserve the gel.

THE FOUR PARTS OF THE DR. BOB BECK PROTOCOL

1. Micropulsing to revitalize the blood. Also known as Blood Electrification or Microcurrent Therapy.
2. Pulsed Magnetic Fields for lymph and tissue electrification.
3. Ionic Colloidal Silver to help the immune system.
4. Freshly Ozonated Water to oxygenate and help flush wastes.

A key to overcoming almost all body discomforts and diseases or to regain health is a strong immune system. Robert C. Beck, D.Sc. developed this protocol to help strengthen the immune system and better allow the body to heal itself. The following guidelines for using the Beck Protocol have been developed since 1997. This instruction will deal with only the first part, micropulsing.

Every area of the body affects the whole body. An understanding of the electrical nature of the body helps to recognize how all body systems work as one. Every cell works in concert with all other cells. The subtle currents of the body's electricity are keys to health as they stimulate and control the chemical reactions so the nutrients nourish our cells.

Micropulsing is the most important element of the program. The unit that Bob developed was first based on laboratory research by Dr. Kaali and Dr. Lyman at Albert Einstein College of Medicine. It is fundamental to the Beck Protocol as the blood circulates throughout our bodies and cleansing the blood of pathogens is a key to strengthening our immune systems. Bob Beck developed a simple way to apply microcurrents. By positioning electrodes over the arteries on the wrist, (radial and ulnar), electrons enter the blood. They are close to the skin at these pulse points so electrons are better able to enter the bloodstream.

Starting out:

Drink plenty of pure (ozonated if possible) water one hour beforehand. If you are well hydrated, this will improve the current and help flush out wastes later.

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To allow the body to keep up with the need to eliminate wastes or toxins, it is often best to build up the time gradually—starting with about 15 minutes a day and building to 2 hours or more daily and continue for a minimum of 8 to 12 weeks. Drink plenty of water to help reduce any possible side effects as the toxins leave your body.

Ongoing Use:

After initial use, set yourself an regular program in order to refresh the beneficial effects of applying microcurrents to blood. Consider what suits you for ongoing use.

For example, you might want to micropulse for 2 hours: a) 2 days per week, b) 1 week per month, or for c) 1 month twice yearly. It is always wise to gradually decrease the time rather than stopping abruptly.

How Does Micropulsing Feel?

The sensation is a gentle buzzing/thumping feeling. Don't turn the up to its highest output. Instead, adjust the intensity to a comfortable level. At a higher intensity, your fingers may twitch, this is normal. Over time, you may not feel the current as strongly or as easily so turning the unit up to a higher intensity may be necessary. If you don't feel the current, it may be because you are not well enough hydrated. You may be able to turn it up slightly 2 or 3 times during a session so every 5 or 10 minutes you may be able to tolerate a little more tingling. If it is very uncomfortable then back off on the dial just a little bit. Make sure you drink plenty of pure water while on the Beck Protocol.

Dietary Restrictions:

There are NO dietary restrictions. The health benefits of micropulsing are naturally improved with good nutrition. We achieve better health when we eat as healthy as possible—fresh foods rather than processed or dead foods. To ensure the body is able to eliminate increased wastes when micropulsing, drink several glasses of pure water before and after a session for cleansing.

Use of Drugs:

Bob Beck cautioned about applying blood electrification when it is necessary to take prescription drugs. He decided to err on the side of caution after reviewing research about electroporation. There may be a mild increase in the transport of substances while micropulsing. For this reason, Bob suggested waiting to take any drug following a session, rather than before, so there would be a minimal amount of drug in the bloodstream for the time of the next session. **Dual frequency units** allow you to change the frequency to improve of transfection-protection that you may want. In other words, if at 4 hertz you may feel bad from using the device right after taking your herbal supplements and you want less of that “electroporation” from your treatment, so then use the higher pulsing speed with the button pressed in.

Other Cautions:

1. Do not place the electrodes over skin lesions, new scars, cuts, eruptions or sunburn.
2. Do replace the pads if they are no longer sticking properly.
3. Do not sleep while using the device.
4. During the first weeks of use, the skin may become irritated. Over time, irritation usually decreases or disappears. Alternating wrists each session allows any irritation to better heal.

Here are suggestions to reduce irritation:

1. Alternate wrists each day and apply a healing lotion—aloe vera, vitamin E, etc. later
3. Drink plenty of pure water. If you are well hydrated, this may decrease skin irritation.
4. Worst case, reduce the time you use the blood electrification unit each day to allow the skin to better adapt. Once the skin irritation heals, you can gradually increase the time.

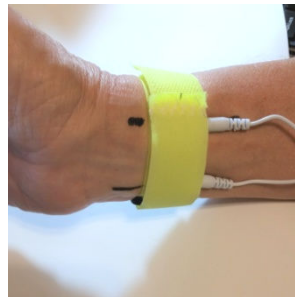
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Do not use this device if:

- You are pregnant, nursing or trying to get pregnant.
- Have a pacemaker or other active implanted device.
- Do not fully understand the instructions

Alternate pin connection method:

For those who do not choose to use the pad or cannot get an adequate connection due to possible skin dryness, you can use the direct pin method.



1. Make sure the BBZ unit is off (not blinking).
2. Wash the wrist area with warm water, dry off well and mark the outer wrist arteries with a marker to make it easier to see for placement as shown.
3. Wrap the pin ends with a wrap of thin cotton gauze. Lightly wet the gauze with a light salt water solution. Just a drop each or so. Saline eye drops will work as well.
4. Place the pads as shown centered over the marks using a Velcro strap (not supplied) or some wide medical tape to hold in place.
5. Adjust the level for comfort. You will feel a pulsing and the blue led will flash showing a good battery. You should feel the pulsing at the 2/3 or so of the control.
6. When done, click the control off and store the device. Rinse or discard the cotton gauze.

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