



ELEMENT Elite

Dual-Coil PEMF System

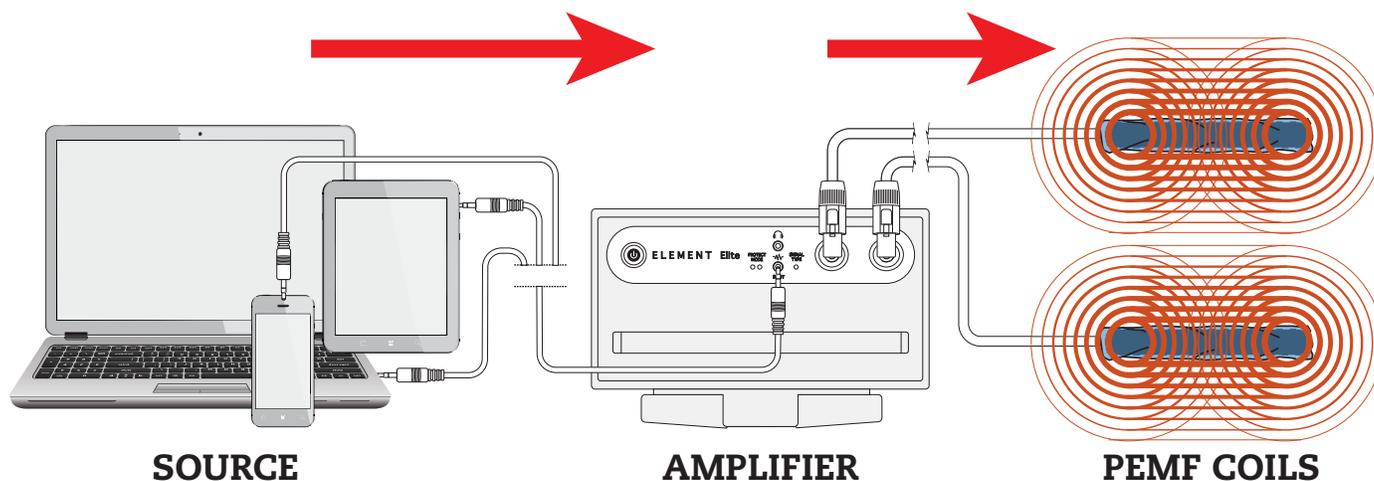
Owner's Manual

TIVERTON AUDIO

WELCOME

...to the next advancement in PEMF devices.

Congratulations! You now own the dual-coil ELEMENT Elite Elite by Tiverton Audio, the most powerful Pulsed ElectroMagnetic Field (PEMF) device for home use on the market today.



Although complex in the variety of personal health benefits that can be obtained using this type of PEMF device, the principle of how it works is elegantly simple. A frequency, or set of frequencies, is generated on the source device (laptop, smart phone, or tablet) and sent as an audio signal to the ELEMENT Elite chassis.

The powerful amplifier in the ELEMENT Elite chassis amplifies the audio signal and sends it out to the ELEMENT Elite coil creating a magnetic field with the frequency imbedded in it. By putting your body in the magnetic field, the frequency is transferred to your body.

The concept is simple but your choices are broad. With the ELEMENT Elite, you can choose from long, low intensity sessions to short, deep penetrating high intensity sessions, or anything in between.

The ELEMENT Elite also gives you the ability to run the full range of rife frequencies, not just 50Hz or under like most machines on the market.



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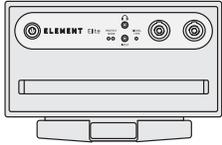
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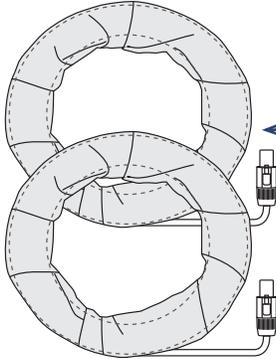


UNPACKING your ELEMENT Elite PEMF System

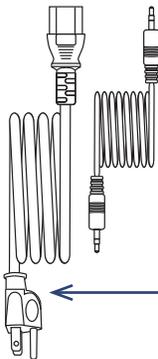
After unpacking your ELEMENT Elite, if possible keep the outer box, foam packing, and plastic bag. It's handy for moving or in the unlikely event that your ELEMENT Elite would need to be returned to us for service or repair. In the carton you will find:



- **ELEMENT Elite Chassis.** One of the most powerful units on the market, the chassis is also one of the smallest in size. This allows you to have the unit set up and ready to use at all times, since it will comfortably fit on a nightstand or end table.



- **ELEMENT Elite Coils.** Their advanced design is engineered to make the most of the chassis's power and abilities. They will deliver the magnetic field where you want it and at the levels you need it. The Coils come with removable, washable covers that also help provide padding. The twelve-foot coil lead wires allow you to use coils up to ten feet or more from the ELEMENT Elite chassis.



- **12-foot audio cable** for connecting your remote source device to the input of the ELEMENT Elite chassis. The 1/8" (3.5mm) stereo plugs are compatible with the outputs of most source devices. You will need an inexpensive, Apple Lightning® or USB C-to-1/8" headphone adapter for newer iPhone®s.
- **AC Power Cable.**

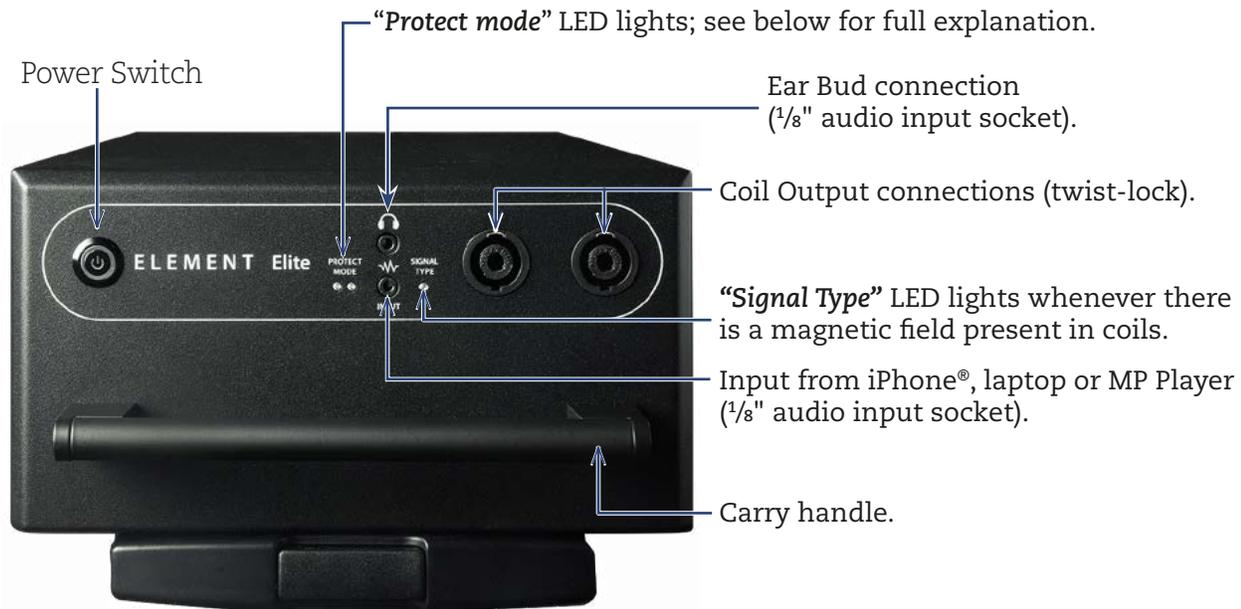
PLACEMENT of your ELEMENT Elite PEMF System

- The ELEMENT Elite chassis should be placed on a sturdy, well-supported surface such as a table or night stand. Be sure that the coil lead wires will reach to where you are comfortable using the coils for extended periods of time.
- Use the front panel carry handle to transport the ELEMENT Elite chassis.

A GUIDED TOUR of the ELEMENT Elite PEMF system

UNDERSTANDING THE ELEMENT Elite CHASSIS.

As with any sophisticated piece of equipment, it is best to first go over and understand all of the connections, buttons, and lights on the front panel so you will know what the machine is doing and how to use it properly for maximum benefit. Besides...our manual designer likes to draw arrows.



SYSTEM PROTECTION MODE LED LIGHTS:



The "*amplifier protect mode*" (left) LED will come on for a few seconds when you first power up the machine. Otherwise, the red "*amplifier protect mode*" (left) and "*system overheat protect mode*" (right) LEDs will **not** come on unless those issues occur.

If the amplifier goes into protect mode and the LED comes on during operation, it will reset back to normal operation within about 30 seconds.

If the system goes into *system overheat protect mode* and the right LED comes on, it will reset after cooling 15 degrees Fahrenheit. If this should happen, the coil will most likely be getting too hot as well. **DO NOT TURN THE POWER OFF DURING COOL DOWN.** If you do, the system fans will turn off and it will take much longer to cool.



THE SIGNAL TYPE LED:

This is a current sensor so that you positively know that a signal is going to one or both coils. When it's lit, there is a magnetic field in the coils.

The SIGNAL TYPE light will come on with one of three color options when the system senses minimum or greater current going to the coils:

GREEN – Frequencies above 100Hz to 15kHz

GREEN/RED – Frequencies from 5Hz to 100Hz. We cut the volume in half for this range. For these frequencies you never need to run at full power to have maximum benefit. Lowering the volume greatly reduces the risk of over-heating the system.

RED – Frequencies that are out of range...below 5Hz or above 15 kHz (these frequencies will also be blocked so they do no harm to the amplifier)

No other PEMF machine has this valuable, common sense feature. It actually directly senses current from the wire leading to the coil and “reports” to the LED.

If this LED is not lit when you're sure a signal is going to the ELEMENT Elite (you can plug a set of earbuds into the other 1/8" audio input socket to confirm), turn up your volume control. At frequencies above 10,000 Hz, this LED might not light up when the volume is too low. If there is very high frequency (above 10,000 Hz), material in the middle of a program, the light may go out during that time, but you will still be getting a magnetic field in the coil.

THE SIGNAL INPUT CONNECTORS:



There are two 1/8" (3.5mm) audio sockets that can serve as either inputs or outputs. Use one for the signal input and the other for plugging in a set of ear buds when you want to check that the signal is getting to the chassis (this will help in troubleshooting).

Both sockets are wired together, so it *does not matter* which one you use for each function.



THE SIGNAL OUTPUT CONNECTORS:

Each of the large coil sockets is a bayonet-style, push-in-and-twist. It must be twisted (clockwise) until it clicks and latches to make good contact. This is a heavy duty socket and it is OK

to plug or unplug it while a signal is on, if you need to, although we recommend turning the *input signal* off before unplugging a coil.

ELEMENT Elite CAN STAND UP (MOBILE OPTION ONLY):

The foot on the top rear of the chassis is for standing the unit up and is adjustable so the unit will stand straight up. There is no problem operating the unit standing up if you want to. When placed on a table, the ELEMENT Elite telescoping handle adds only about ½” to the overall height of the unit and hides completely underneath when contracted. Important: **DO NOT LIFT THE UNIT WITH THE TELESCOPIC HANDLE.** Instead, use the original handle to lift it to and from the floor.

Be aware that if you operate it in this mode, it may kick up dust or allergens from the floor.

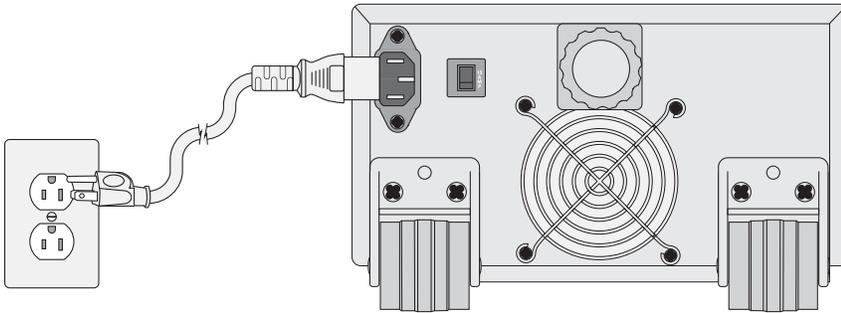
ONE-COIL AND TWO-COIL OPERATION

You can use the ELEMENT Elite with one coil or both, depending on your needs.

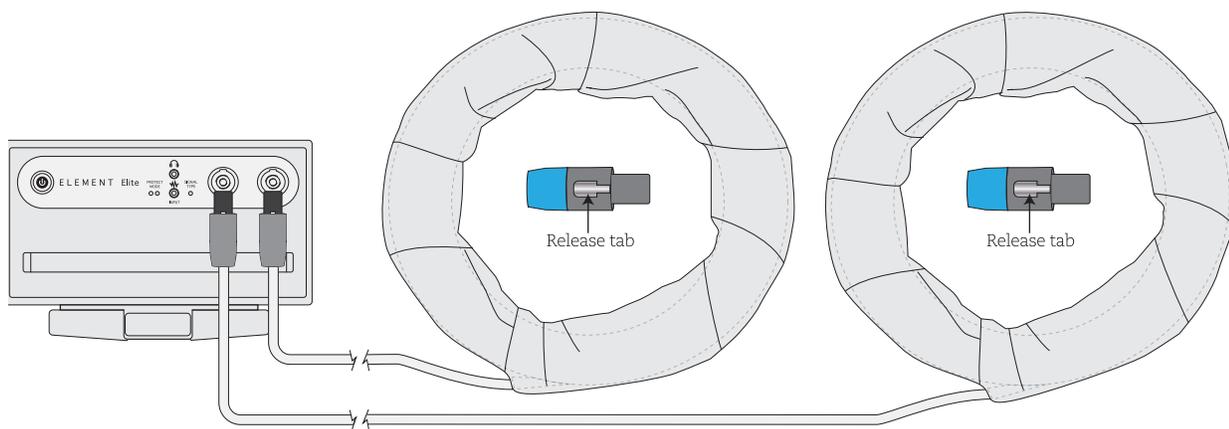
See the sections below on coil placement and on session type to help you determine if using one or two coils is best for the type of issue you wish to work on.

CONNECTION of your ELEMENT Elite System

- 1** Plug the power cord into the back of the ELEMENT Elite chassis and into a wall outlet. If an outlet is not within reach of the power cord make sure any extension cord used is rated for 15 amps and is not longer than needed.

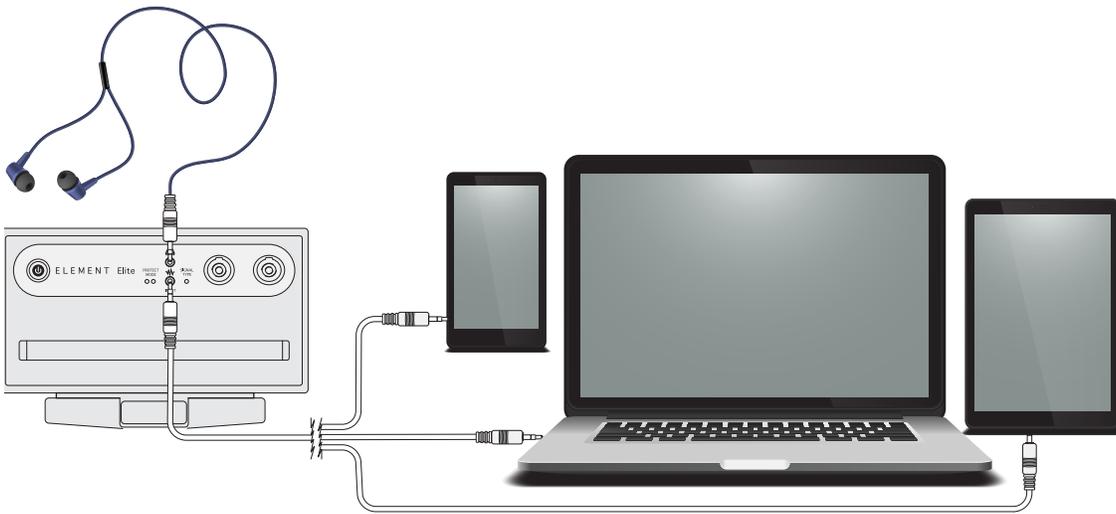


- 2** Plug the coils into the sockets at the upper right of the ELEMENT Elite chassis. They will only go in one way. After pushing them in as far as they will go, twist them to the right (clockwise) until they



click and latch in place. The silver release tab should now be at the top of the plug. To disconnect, slide the release tab away from the chassis and twist a plug to the left (counter clockwise) until it will pull out.

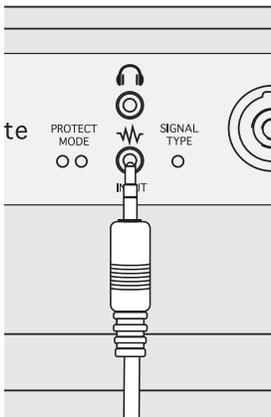
- 3** Plug one end of the 12-foot audio cable into your source device, such as a smart phone, MP3 player, tablet or laptop. **We strongly recommend using a laptop.** Plug the other end of the audio cable into the ELEMENT Elite chassis audio input socket. The other front panel audio socket is for plugging in a set of ear buds if you ever need to confirm the source signal is getting to the chassis (you will be able to hear the frequency being sent...you will only hear it in one ear because it is a monaural system.)



- 4 Carefully read the **Audio Sources and Software** section beginning on page 12 for source signal software details.
- 5 Download and familiarize yourself with the software that you have chosen. As noted above, you can test it by plugging a pair of ear buds or headphones into the other ELEMENT Elite audio socket.

INITIAL SET-UP (Only needs to be done once)

- 1 Plug in the power cord, audio cable from the laptop, and both coils as explained in the previous steps. Push the coil plug into the jack and turn clockwise until it latches (you should hear a click).
- 2 Open your signal generating software and set it up to play 5000 Hz for around 2 minutes (that should be plenty of time to complete the procedure).
- 3 Set the signal generating software to use a square wave.
- 4 Set the laptop volume all the way **up**.
Set the program volume all the way **down**.
- 5 Turn on the ELEMENT Elite. Make sure the POWER button light is solid blue.
- 6 Start the signal generating program.





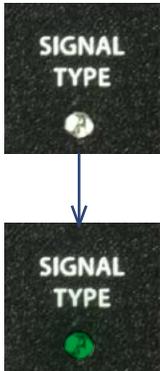
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While watching the SIGNAL TYPE light, slowly increase the volume until the light comes on green.

It may flash red for less than a second before turning green.

This is normal.

It is because the programming of the computer chip inside the ELEMENT Elite samples at one second intervals, so depending on the timing of that sampling there may be enough current to light the LED but it has not yet been sampled to tell it to light green and it defaults to red until sampled.



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Save this volume setting as your “**base line**” volume. For most metabolic issues, this setting should create a strong enough magnetic field.

You can increase the volume from there if you find, through experimentation, it provides improved benefit.

How much higher the volume will need to be depends on the issue you are working on.

For pathogens, you will need to increase the volume to find the MOR (Morbidity Osculation Rate) of the particular pathogen you are targeting. We suggest doing so slowly over several sessions so as to not cause a Herxheimer Reaction¹ that you cannot tolerate.

This initial set up only needs to be done once.

However, if you use multiple devices such as different laptops, it should be repeated for each device.

Repeat initial set up steps any time you change devices.

¹The Herxheimer Reaction is a short-term detoxification reaction in the body. As the body detoxifies, it is not uncommon to experience flu-like symptoms including headache, joint and muscle pain, body aches, sore throat, general malaise, sweating, chills, nausea or other symptoms.

The Carry Handle

Only use the front panel carry handle to pick up the unit.

Mobile Chassis

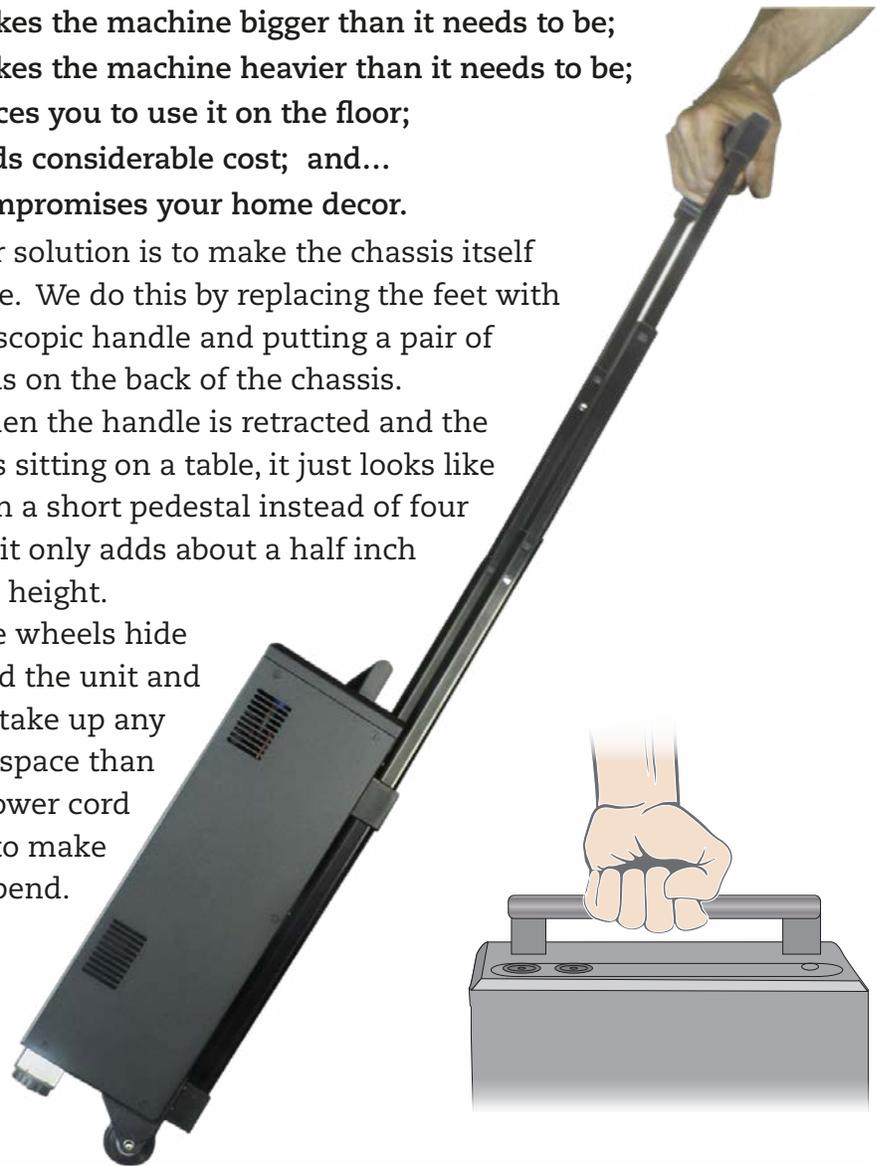
Some people like to travel and take their machine with them. Others find the chassis a bit heavy when moving from room to room. Other companies solve this by building their machines in a travel case, which....

1. Makes the machine bigger than it needs to be;
2. Makes the machine heavier than it needs to be;
3. Forces you to use it on the floor;
4. Adds considerable cost; and...
5. Compromises your home decor.

Our solution is to make the chassis itself mobile. We do this by replacing the feet with a telescopic handle and putting a pair of wheels on the back of the chassis.

When the handle is retracted and the unit is sitting on a table, it just looks like it is on a short pedestal instead of four feet...it only adds about a half inch to the height.

The wheels hide behind the unit and don't take up any more space than the power cord does to make a 90° bend.



AUDIO SOURCES AND SOFTWARE

The ELEMENT Elite serves as a very powerful, laboratory-grade amplifier requiring the input of a remote frequency generator. This is really just a technical way of saying that ELEMENT Elite amplifies the signal fed by an external device, such as a tablet, laptop, or smart phone with a program or app downloaded to generate the frequencies.

Or, you can simply play a frequency directly from the internet via your laptop, tablet or smart phone. Sites like YouTube® have hundreds of frequencies to choose from that people have created for the benefit of everyone.

Choosing a remote device.

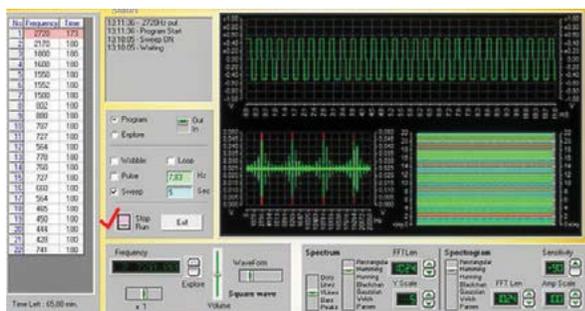
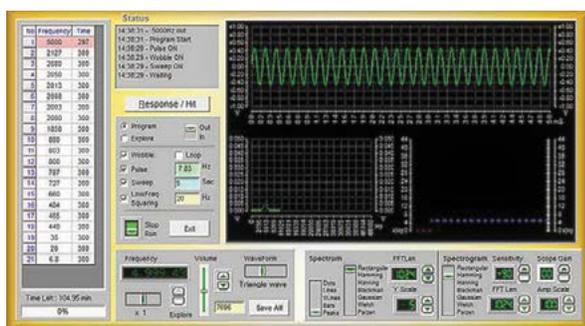
It all comes down to what app or program you want to run, for example programs that feature Resonance Initiated Field Effects (R.I.F.E.²).

As far as we know, the only program that has R.I.F.E. frequencies preprogrammed in is FreX16 (<http://spectrotek.com/frex/>). It only runs on a Windows® platform, so you would want to use a laptop.

If that is the only thing you will be using the laptop for, the smallest, cheapest unit you can find will be plenty capable of running the ELEMENT Elite, so long the laptop has an audio out socket.

You can download the program at no cost to have a look at it. Frequencies will run for 6 minutes, then requires you to click away the registration invitation to continue the program. Registration (requiring purchase) removes these signal interruptions.

A valuable related site is **Welcome to FreX — Help & Tips:** <https://www.scribd.com/document/268339185/Welcome-to-FreX>. This site includes an extensive database of FreX16 frequency sets



FreX for Windows®

² R.I.F.E / Resonant Initiated Field Effects is both a term coined by Dr. James Bare D.C. who pioneers research in biology and warm fusion plasma instruments using frequency therapy, and the pioneering work of The Rife machine (also called the Rife Frequency Generator) was developed by Royal Raymond Rife, an American scientist working in the 1920s. Rife and his supporters say that each disease or condition has its own electromagnetic frequency. They also say that finding that frequency and producing an impulse of the same frequency will kill or disable diseased cells.

that can be accessed from within FreX16.

The downside of the FreX16 program is that, although relatively inexpensive, it is not free like some apps, and it does not allow you to run multiple frequencies at once (it does allow different frequencies programmed to run one after the other as a single setup, just not different frequencies at the same time).

Any Android device will work...but....

If you don't care about preprogrammed frequencies because you are familiar with finding the proper ones to use and are comfortable with setting up apps with frequencies that you want to use as a routine, then any Android® device will work.

The downside of Android devices is that we currently know of only one app (**Zapp**) that has preprogrammed R.I.F.E. frequencies, but it has lots of frequency sets below 7Hz and can not be edited, so you have to be extremely careful and still create replacement sets yourself when you want to work on issues that have out of range frequencies. .

There are a few different apps to choose from that will play multiple frequencies simultaneously, which seems to be the newest twist in getting the most out of using PEMF.

A simple way to discover them is to use your favorite search engine to search “PEMF software” — be sure to include the quotation marks. Or visit YouTube® and search rife frequencies or PEMF software. A particular favorite of ours is *Audio Function Generator* by Thomas Gruber <https://itunes.apple.com/us/app/audio-function-generator/id768229610?mt=8>

Another alternative: *Tone Generator* for Mac® OSX,

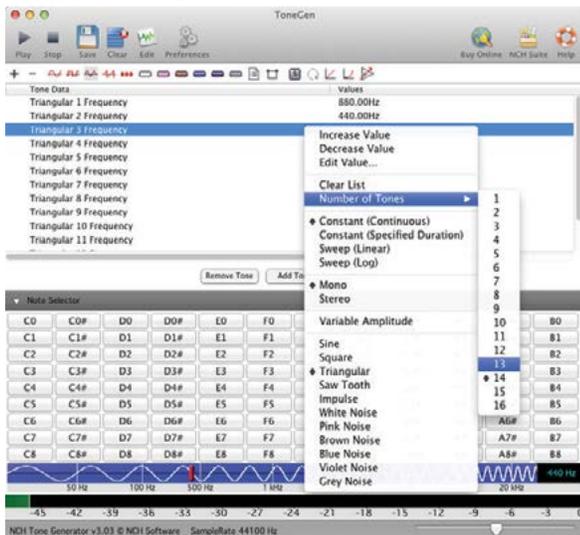
Windows® Android®, iPhone®,

iPad® and Kindle® NCH

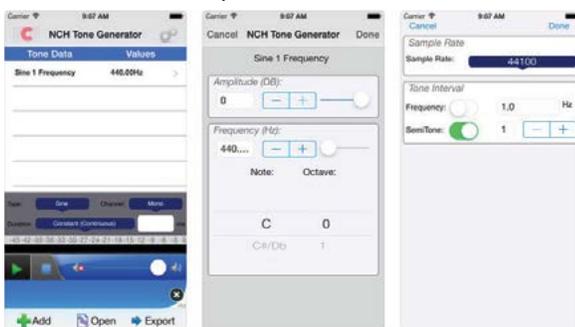
Software's *Tone Generator* is a much simpler program than FreX16, and has the advantage of running on virtually every current platform — but does not have pre-programmed frequencies.

The program allows you to run multiple frequencies at once and to make and save

Tone Generator for Mac OS



Tone Generator for smart phones



files of those multiple frequencies. You can try it for free but it will ask you to buy it after using it a few times. Discounts are often offered on their site:

<http://www.nch.com.au/tonegen/platform>

...or **Tone Generator** can be downloaded from the Google Play Store or Apple Store (note that it has received good user reviews.) According to one ELEMENT Elite user, *“The free version has worked well for me and I recommend paying for it if the free version is not available or fully functional for you. It is a little bit unwieldy at first as you save files with multiple frequencies but it works pretty well once you have saved several files that you want to use.”*

If the ELEMENT Elite is the only thing you will be using the Android laptop or tablet device for, the cheapest unit you can find will still be plenty powerful enough to do the job so long as it has an audio out socket.

REVIEW

the following before operating your ELEMENT Elite

The ELEMENT Elite PEMF System is a precision, laboratory-grade instrument for applying the beneficial properties of PEMF to your body. It is reliant on an audio source provided by a signal as basic as a sound file or as complex as some R.I.F.E.-based software programs.

PRECAUTIONS

- Although nighttime while sleeping is a great time to use PEMF, DO NOT EVER run a program while sleeping that you have not run while awake, to know if any problems like over heating will occur.
- Keep all ferrous metal objects that you do not want to become magnetized at least 3 feet from the coil(s) while operating.
- Do not use high intensity settings (high volume) with low frequencies for extended session durations. These three things combined (high volume, low frequencies, and long sessions) can lead to system overheating.
- Drink plenty of water before and after a session.
- Follow appropriate detoxification protocols between sessions.
- Do not use with alcohol.
- Do not use while bathing.
- Do not place the coil on fabrics that are heat sensitive.

- Do not allow the coil to be within 3 feet of any electronic devices that have magnetic memory (most laptops, desktop computers, and hard drives) while operating.
- Do not use on children younger than 5 years of age without consulting a qualified practitioner.
- During longer sessions, occasionally check to see that the red Amplifier Protect Mode or System Overhead LEDs are not lighted.
- Do not use if you are wearing a pacemaker. (Stints and most implants are OK) Rule of thumb: If you can go in an MRI machine, you can use the ELEMENT Elite.
- Use only 15 amp rated extension cords and as short as possible.

Fundamentals to Know Before Running a Session

PEMF Session Types

When using any PEMF device, it's important to understand the session types and proper application of the magnetic field. PEMF sessions break down into three basic categories or types of sessions:

- 1) applying frequencies to kill pathogens in the body that originated from outside the body and are causing the body harm;
- 2) applying frequencies that give the body signals at the cellular level to perform tasks they naturally do but need some assistance due to the deterioration our bodies go through with age, improper nutrients, stress, and/or toxins.
- 3) applying frequencies to help heal metabolic diseases (originated from within the body) such as diabetes.

The first type is like taking an antibiotic; the second type is like taking a multi-vitamin; the third type is like taking specific medications. With PEMF, unlike pills, there is no problem mixing anything from the three types together in one session.

PEMF Sessions to kill pathogens.

First we will discuss the type of session for using PEMF to get rid of the bad things in the body that originated from outside the body. To understand this, an understanding of *resonance* needs to be accomplished first. Resonance is a phenomenon in which a vibrating system or external force drives another system

to oscillate with greater amplitude at a specific preferential frequency.

This is demonstrated by a singer breaking a wine glass. When the singer creates a specific note (frequency) with their voice that matches the resonant frequency of the wine glass, the glass will oscillate (vibrate) with greater amplitude (volume). The louder the note, the more the vibration. Soon, the glass can no longer withstand the shaking and it breaks.

The glass has its own resonant frequency (natural, or preferential frequency) due to the structure of the glass (material, shape, size, etc.) Other notes can be much louder without breaking the glass because they are a different frequency and therefore are not combining with the glass's natural frequency to oscillate with greater amplitude.

Two different frequencies, the natural frequency or resonant frequency of the glass and a different frequency being applied to the glass, will play nicely side by side, each happy to have its part of the glass. But two of the same frequency — one natural in the glass and one from outside the glass that matches the resonant frequency of the glass — will combine to be louder because they add to each other.

Everything has a natural resonance frequency. From the smallest things like an atom or molecule, to the largest things... the earth and our solar system, even the Milky Way galaxy. By knowing the natural resonance frequency of a pathogen, you can oscillate it to greater amplitude and break it just like the singer breaks the glass.

Because the natural resonance frequency of each thing is different, you can "pin point" the forces so that only the pathogen is broken. Once the pathogen is killed (shattered like a wine glass) it cannot do its pathogen thing to you and your body can expel the dead material, although sometimes using a detoxification protocol is necessary to accomplish this. Now you might ask, "*But what if I accidentally picked a frequency that is the natural resonance frequency of my cells? Wouldn't that make them explode too?*" Well, yes it would. But fortunately for us, the natural resonance of the living cells within our body are all well above the range that any PEMF machine will produce. Although the FDA has approved the use of PEMF for only a few things, they have gone so far as to say that there are no frequencies within the range of

what these machines will produce that can cause any harm to the cells of the body. Your cells are safe with PEMF but you may want to watch out for that microwave!

PEMF Sessions for cellular re-building

This brings us to the second use of PEMF; to help the body do what it does naturally, but needs a little help...maybe because it isn't working up to full capacity or maybe just to help speed healing up a bit.

An example of the latter would be bone healing. The body will naturally heal a broken bone, but by applying PEMF therapy, the time needed to heal is significantly reduced. In cases where the body is not working to full capacity (such as blood circulation) or maybe at all (such as neuropathy...not healing itself due to nerve damage). PEMF is a much safer way of dealing with these issues, compared to drugs, in order to stimulate repair or at least alleviate symptoms.

PEMF can do this because of the way your body naturally signals cells to perform their proper tasks. We think in terms of our bodies being an electrical system sending electrical signals to our muscles and organs to signal things to happen, but our bodies are actually an electromagnetic system since all electrical systems are electromagnetic. This is why the body responds very well to PEMF. Fortunately for us, the range of frequencies that are these "signaling" frequencies is in a completely different part of the full spectrum of frequencies than the ones used to kill pathogens.

Why is it beneficial to make use of the signaling frequencies? In the case of healing damage, giving the cells a boost of signaling helps them do their job faster. In the case of general wellness, it is giving the cells the signals that they otherwise would not sufficiently receive, or not receive at all, through the natural signaling process of the body.

You can think of it in the same way you regard dietary supplements. If your diet is properly structured to provide all of the nutrients, vitamins, and minerals your body needs to operate at its peak and you live in a clean, stress free environment, you don't need to take any supplements. But if you are like most people, it is extremely difficult to maintain such a diet or clean, stress free lifestyle and taking the proper supplements will be very beneficial or even necessary for optimum health. In the same way that there are many factors as to why we don't receive all

of the nutrients we need in our diets, there likewise are many factors as to why our body's signaling system is not working at its optimum. These factors vary as much as your own life varies from everyone else.

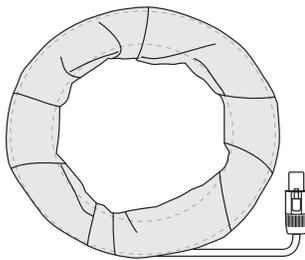
PEMF Sessions for metabolic disease

In a similar way as cellular rebuilding above, these frequencies are targeted rather than systemic. They signal specific glands, organs, etc. stimulating them to produce what is needed to regain balance in the areas of the body where imbalance was manifesting as disease.

Coil Placement

FOR USING ONLY ONE COIL

For the first two types of PEMF usage — to eliminate pathogens that originate from outside the body and to assist the body in cell signaling to do what is natural — there are cases where putting the coil in particular places on your body is somewhat important.



Likewise, for both types there are cases where it is not so important and a good “rule of thumb” is to put the coil on your stomach since the gut is where many things originate. If a condition is localized, be it a pathogen like an infection, or a malfunction of the body like arthritis pain, it's pretty obvious to place the coil where the issue is. In these cases it's also better to surround the area when possible.

For example, for arthritis in your knee, it's better to put the coil around your knee rather than beside your knee. However, this can be balanced with duration to achieve better comfort.

If you are planning to use a higher intensity for 5 minutes, most people can put up with the discomfort of the heavy coil around their knee. But if you are planning to use a lower intensity while you watch your favorite one-hour TV show, then placing the coil under or beside your knee will do the job just fine.

There is an “optimum” spot within the magnetic field where the frequencies are at their highest potency, but the field itself is quite large (especially with higher intensity settings) and will reach the area that needs the field even if it is not in the optimum spot of the field.

For the targeted sessions, the coil should always be placed near the core of the issue. For example, for diabetes the coil should be

by your gut whereas for neuropathy of the lower limbs caused by diabetes, the coil should be placed down by your feet.

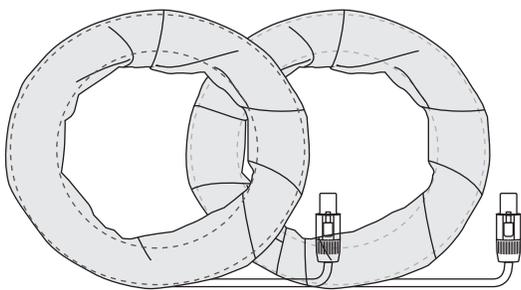
Once again, comfort is important. The coil does not have to be on you or in contact with you. Placing the coil beside you is quite acceptable, so long as the area of your body that needs the treatment is within the magnetic field of the coil.

FOR USING TWO COILS

With two coils, the basic principles of coil placement are much the same as with one coil.

However, with two coils there are several advantages. For pathogens, placing a coil on each side of your body so the magnetic fields work from two sides (or front and back) toward the center is reported to have better efficacy compared to using only one coil that applies the magnetic field all the way through your body from one side.

This also applies to targeted metabolic disease, but there is another way two coils can be used for this type of session, which is when running frequencies for two different issues in the same session.



For example, *diabetes* and *neuropathy*. Place one coil by your stomach and the other coil by your feet. Both coils will be creating the same magnetic field but the coil by your stomach will be doing the work while the diabetes frequencies are running and the

coil by your feet will be doing the work while the neuropathy frequencies are running. This way, you won't have to pay attention to where you are in your session and move a single coil at the appropriate time. This is especially helpful if you run sessions while sleeping.

For sessions dealing with systemic issues, such as improved blood circulation, place one coil about one quarter of your height down from the top of your head and the other one quarter of your height up from the bottom of your feet. This spreads the magnetic field the most evenly over your entire body, like a mat would.

An additional use of two coils should be pointed out: If two people are doing a session for the same issue, each can have one of the coils. You just need to remember to turn the volume up to compensate for the signal being shared by two coils so that each coil has the same magnetic field strength as a single coil would have in a one coil session. For shared sessions, the coil placement

for both would be the same as a single coil session described above.

When possible, put one coil on each side of your body, rather than one under and one on top of your body.

Power and Duration

One additional thing to understand is the proper application of power and duration for the three types of sessions. Just because you have a high horsepower engine in your car does not mean you have to go 100 mile per hour every time you drive. It's nice to have that power because there are times when driving fast, or at least accelerating quickly, can save you.

However, you must be extremely careful making use of that power because if you exceed your ability to handle it more harm than good can be the result.

The same holds true for the use of PEMF. If you kill pathogens at a rate beyond what your body is able to expel naturally it can cause a toxic buildup in your system, which can cause more harm than the pathogen you are trying to get rid of.

You have two choices to remedy this. The first is to increase the rate of expulsion with a proper detoxification protocol, and the second is to reduce the rate of kill off by using a shorter session duration.

Using a little common sense will go a long way here. If the pathogen is eminently life threatening, the use of power and the risks associated with that is better than being too little, too late. Just be prepared to follow through with what is needed to mitigate the results of taking the risk. Otherwise, you may be replacing one life threatening situation with another. Fortunately, these occurrences are extremely rare.

Again, it's a bit like taking an antibiotic. You wouldn't think of taking the entire prescription at one time even though you have heard of situations in an emergency room that similar doses were given to save a person's life.

What you may not realize when hearing the story is the emergency room doctor also knew, and was prepared for, the consequences resulting from such a life saving tactic. We all want to eliminate health problems as quickly as possible but a little patience will better serve you.

Therefore, use the full power of the ELEMENT Elite with discretion and in general, use no more power than your body is able to handle. The same principle holds true when using PEMF for general wellness (cell signaling). You wouldn't take an entire bottle of a supplement at once thinking, "OK, good for six months" so don't think you can do that with PEMF. The metabolic targeting is somewhere between the other two. Not as aggressive as antibiotics, not as gentle as multivitamins, and working on a more specific area of the body.

In general, the higher the intensity is set for a session, the shorter the duration of the session should be. And, it's generally better to use longer session durations (or sessions more often) with lower intensity than the other way around. Even with that said, if you are dealing with an issue that is deep in the core of your body, the intensity needs to be sufficient to create a magnetic field that will penetrate your body to where the problem resides.

This is in general because, as with other things in life, there is a limit to how short the session can be to have any benefit. It's a bit like needing an antibiotic...you want one that acts quickly, but you would never think of taking the entire prescription at once thinking it would work faster...it would instead cause more problems than what you are taking it for in the first place.

Again in general terms, the higher the frequency, the higher the intensity needs to be set. When using two frequencies, the intensity levels will be relative to each other. In other words, you need to set the intensity level for the higher of the two frequencies to be greater than the intensity level set for the lower frequency in order for the two combined frequencies to produce an approximate equal magnetic field at the coil.

The intensity levels relative to the frequencies are not linear.

A frequency of half the value of another does not need to be set at half the intensity for equal magnetic field. Rather, a frequency of half the value would be set at 10% less for equal magnetic field, a frequency of one quarter the value would be set at 20% less and so on.

You may, on the other hand, choose to run one of the frequencies at a higher level of magnetic field when you desire to concentrate on the benefits of that frequency while using a lower level of the second frequency for getting just a minor boost. Since all bodies — and the body's natural reaction to things — are

different, experimentation of relative intensity settings between the two frequencies is encouraged to find what works best for you.

In all cases of intensity level settings, it is important to keep in mind that you don't have to run the machine at its maximum output to achieve good results. It's a little like having a high horse power engine in your car...just because you have it, does not mean you must go 100 mile per hour every time you drive (sorry we repeated ourselves). On the other hand, it doesn't benefit you to drive at 5 miles per hour every where you go. It's good to have the power when you need it, but a little common sense and discretion are well advised.

Begin a Session – follow these steps

It is important to be as comfortable as possible while having a PEMF session. Discomfort puts additional mental and physical stress on the body and thus will diminish (even if only slightly) the effectiveness of the session. When setting up for a session, choose a place where you can be comfortable. If the weight of the coil is too much, use a towel to pad it. When possible, put one coil on each side of your body, rather than one under and one on top of your body.

Next, make sure you are using the correct frequency for the issue you are dealing with. Some programs have pre-installed frequencies for a whole array of maladies. Otherwise, some simple research on the Internet can yield some great results.

- 1 Make sure you have:
 - ...followed the initial set-up and hook-up instructions
 - ...downloaded an appropriate frequency generator program to your source device
- 2 Plug in one or both coils. If you're using just one coil, it does not matter which socket you plug it into.
- 3 Push and release the **POWER** button located on the left side of the Element Elite front panel.

You will hear the cooling fans come on. The left PROTECT MODE light will come on for 2 – 3 seconds when the machine is turned on. This is normal...it's the amplifier's built in protection...

it powers up in protect mode until the amplifier is warmed up and the circuitry is filled with current.

- 4 After setting up your external source device with the frequency generator program, follow the instructions in the program. Set up your session for coiling by selecting a frequency (or frequency set), intensity, and duration.

In setting up your session, be sure to use the **SQUARE WAVE** for your signal type. When you click the “start” or “play” button from the program your session will begin. Sorry if we repeat this:

- 5 Check to see if the Signal Type LED is lit in one of the following:

GREEN – Frequencies above 100Hz to 15kHz

GREEN/RED – Frequencies from 5Hz to 100Hz

RED – Frequencies that are out of range...below 5Hz or above 15kHz

PLEASE NOTE: The Signal Type LED may come on RED for less than a second when you first start your Frequency Generator software.

- 6 Enjoy the benefits of the ELEMENT Elite.

Ending a Session

When your session for the day is finished, there are the obvious things like turning the system power off and storing the coil so it won't get damaged.

There are also the less obvious. Be sure to drink plenty of water and, most importantly, follow through with your detox protocols as needed.

Additional Hints and Tips

- This is essentially an audio device since it uses an audio source frequency amplified to create the magnetic field at the coil. As such, the amplifier will only reproduce frequencies within the audio range (5Hz to 20,000Hz) which is further limited by the working range of the coil (5Hz to 10,000Hz) in the same way that a woofer in your speaker is limited to lower range frequencies and will not play a high note.
- If you find a frequency programmed in a routine you would like

to use that is higher than 15,000Hz, simply find the harmonic of that frequency by dividing it by 11.

If the harmonic you find is not within the working range of the ELEMENT Elite coils, you can find the second harmonic by dividing again by 11, but it is better to find a different set of frequencies to use for the particular issue. The more harmonics away from the original frequency, the less effective they are. Likewise, if your routine has a frequency below 5Hz, find its harmonic by multiplying by 11.

Even though the ELEMENT Elite will play up to 15,000Hz, due to the limitation of the coils, we recommend using the harmonic for any frequency above 10,000Hz.

- Different source devices will have different maximum volume outputs. Laptops, for example will typically put out more volume than a smart phone or tablet, and will even vary greatly between different brands. It's best to set your source device at maximum volume and then control the volume actually used with the software. If you change devices (or have more than one you routinely use), see the section on INITIAL SET UP.
- When it comes to volume, start out low. Imagine you bring home a brand new stereo system you are unfamiliar with. When you try it for the first time to play a CD, do you turn the volume all the way up and then push the play button? NO! Same thing here. Start with a lower volume setting. Does the coil get warm (especially at lower frequencies)? If not, you can feel safe to turn it up a bit the next time. If it does, you're as high as you should go...and maybe ought to consider turning it down a bit. If the coil gets warm, you are getting as intense of a session as you can. Turning it up from here will only cause damage to the system.
- The lower the frequency, the more power is consumed. Where a low frequency (double digit and below) will work the amplifier to its maximum at a 50% (or even lower) volume setting, a high frequency will not work the amplifier much at all even at a full volume setting.
- While the above is true, keep in mind that the higher the frequency, the easier it is to penetrate deep into tissue, so it's not

necessary to run every frequency at the highest possible volume to have great benefit from PEMF.

Troubleshooting and Service

System quickly goes into Overheat Protect mode (right LED).

- Check there is no blockage of the rear cooling fan and the chassis is at least 1" from any wall.
- Check the intensity setting and turn down.

GREEN LED (Signal Type) is not lighting.

- If this LED is not lit when you're sure you're running a signal to the ELEMENT Elite (just plug a set of earbuds into the 1/8" audio input socket to confirm), first turn up your volume control. At frequencies above 10,000 Hz, this LED might not light up when the volume is too low. If there is high frequency material in the middle of a program, the light may go out during that time, but you will still be getting a magnetic field in the coil.

Chassis makes loud humming sound when turned on.

- This is caused by "dirty" AC power. Try a different outlet. Try a different time of day. If it does not clear up, consult an electrician to install a filter on the electrical circuit.

For service and support, call 425.343.7976

Limited Lifetime Warranty

The ELEMENT Elite system, chassis and coils, are warranted against manufacturing defects for the life of the equipment and does not cover normal wear and tear. Warranty repairs or replacement will be at the discretion of Tiverton. All repairs must be provided by a qualified Tiverton Audio service provider or the manufacturer. After the first year, shipping costs, to and from the repair provider, will be the responsibility of the purchaser. Misuse of the ELEMENT Elite system voids the warranty.

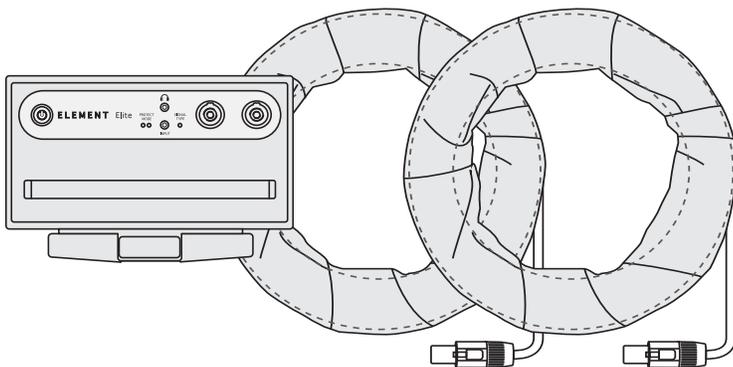
Specifications

ELEMENT

System Voltage	120v AC
Maximum System Power	2500w
Peak continuous gauss	292*
Chassis Size	10-5/8"W x 8-3/8"H x 15-1/2"D
Chassis Weight	30 lbs.
Coil Size	10.75" x 11.25" oval
Coil Weight	10 lbs.
Coil Cross Section	1.5" x 1.5" square
Coil Lead Length	12ft
Wave Form	any**
Frequency Range	5 to $\pm 15,000$ Hz
Amplifier over drive protection	YES
System overheat protection	YES
Thermal circuit breaker protection	YES
Onboard Timer	NO, not needed (signal generator program controls time)
Number of Programs	thousands, depending on software
Max. number of frequencies at one time	depends on program used
Warranty	LIFETIME

* This is at 50% duty cycle (50% is the most any waveform can generate). Machines with higher gauss use cycle times of only 10% or less, so for duration time you need to balance gauss level with cycle time.

** Square Wave recommended, but any wave form shake the signal generator program supports can be used.



TIVERTON AUDIO

Keep up with the latest information by visiting our blog:
ElementPEMF.wordpress.com

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