**Step-by-Step Guide: Biofeedback Therapy for Physical Trauma**

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This guide provides a structured approach to using biofeedback therapy for clients experiencing physical trauma—whether from **recent injuries, surgeries, or chronic pain conditions**.

**1. Understanding the Layers of Trauma**

Physical trauma may involve **multiple layers of the body**, such as:
✅ Skin (**external damage, swelling, bruising**)
✅ Muscles (**strain, inflammation**)
✅ Nerves (**pain, shooting sensations, sensitivity**)
✅ Cartilage (**joint discomfort, prolonged stiffness**)
✅ Bones (**fractures, structural misalignment**)

**2. Initial Scan & Identification of Affected Areas**

**A. Locating the Trauma in Oberon Software**

1. **Identify the location of the pain or trauma.**
	* If it's the face, check **head longitude cross-sections (left/right).**
	* For swelling: Check **skin of the upper lip, cheek area, and facial skin.**
	* For lower back pain: Scan **lumbar, pelvic area, and lumbosacral plexus.**
2. **Scan within the affected area:**
	* **Skin** (especially if there was surgery or an open wound).
	* **Nerves within the skin and muscles.**
	* **Muscle tissue** (to determine inflammation).
	* **Cartilage** (especially for joint pain).
3. **Focus on Key Indicators:**
	* **Energy Levels:** Lower values indicate dysfunction.
	* **KOD (Coefficient of Optimal Dispersion):** Lower values show areas that need therapy.
	* **Shape Analysis:** Look for inflammation or degeneration patterns.

**3. Providing Immediate Pain & Inflammation Relief**

**A. Using Allopathy for Pain Management**

1. **Go to Analysis Page → Select Allopathy**
2. **Search & Apply:**
	* **Painkiller** (first line of relief).
	* **Anti-inflammatory** (reducing swelling).
	* **Nerve Pain Remedies** (for shooting pain, pinched nerves).
3. **Adjust Auto Model Settings**
	* Click **"Adjust All Auto Model"** to let Oberon select the most relevant remedies.
4. **Use a High Draw Count in Reprinter:**
	* **Mild pain:** Start at **2,000+ RF.**
	* **Severe pain:** Increase **to 5,000-15,000 RF.**
	* **Chronic issues:** Consider wearable item or tincture.

**4. Layering Therapy for Effective Healing**

**A. Step-by-Step Therapy Plan**

| **Step** | **Therapy Focus** | **Actions in Oberon** |
| --- | --- | --- |
| **1. Pain & Swelling Relief** | **Nerve & Skin Analysis** | Use **Allopathy for painkillers, anti-inflammatory, nerve pain relief.** |
| **2. Infection Prevention** | **Bacterial/Fungal Scan** | Add “ANT” Topics – keyword search for remedies: **Bacteria, Mold, Fungus, Virus, and Helminth (Add only the lowest dispersion remedies)** |
| **3. Deep Tissue Healing** | **Muscles, Cartilage, and Bone Healing** | Scan and apply remedies for **muscles, nerves, and joints.** |
| **4. Hydration Support** | **Cellular Hydration & Organ Function** | Look for **Hemoglobin & Hydration markers.** |
| **5. Constipation & Organ Support** *(if needed)* | **Gallbladder, Digestive Tract, Liver** | Run remedies for **gut motility, hydration, and enzyme support (Key word search hydration and constipation)** |

**5. Finalizing the Therapy & Recommendations**

**A. Completing the Reprinter Therapy**

* **Run therapy 2-3 times per day** for **acute pain relief**.
* Use **wearable items, wax, loctions or tinctures** for **longer-lasting effects**.
* **IMPORTANT TIP: RF remedy preparation holds the strongest potency for a remedy.** If the client is in severe pain you may have to continue RF therapy even if you created the remedy using another modality (ie. Wax, lotion, cream, wearable item, or tincture).
	+ **RF** remedy should be every 3-4 hours until the client states they do not have any discomfort.

**B. Delaying Metatherapy**

* **DO NOT run Metatherapy immediately** after remedy preparation.
* Wait **4+ hours** before introducing Metatherapy for **long-term repair**.
* Metatherapy should be used **after initial pain relief has been achieved**.

**6. Special Considerations for Chronic & Post-Surgical Patients**

For **long-term nerve pain**: Focus on **nervous system therapies & energy balance.**
For **post-surgery recovery**: Prioritize **skin healing, pain relief, and hydration.**
For **chronic pain patients**: Offer **layered therapy over multiple sessions.**
If **constipation is an issue**: Check **hydration, gallbladder, and gut motility.**

**7. Case Study Example: Treating Facial Swelling & Nerve Pain**

**Scenario:** A patient presents with **swelling on the right cheek, nose, and upper lip.**

**Step-by-Step Treatment Plan:**

🔹 Scan **Head Longitude (Right Side)**
🔹 Scan **Skin of Upper Lip & Cheek**
🔹 Scan **Facial Nerve (Right Side)**
🔹 Apply **Painkiller & Anti-inflammatory Remedies**
🔹 Use **Hydration & Nerve Pain Support**
🔹 Delay Metatherapy for **at least 4 hours**

**Live Case Study Summary:**

A male client presented with a **left ankle sprain**. The goal was to identify the source of trauma and imprint a **pain relief remedy** using the **reprinter cup and paraffin output**.

**STEP 1: Initial Scan**

1. **Scan the Affected Area:**
	* Start with all areas of the **left foot** and include the **ligaments**.
		+ Foot Transverse Section
		+ Foot Cut
		+ Joint Foot
		+ Articular Ligaments
2. **Navigate the Thumbs (Left Side of Research Page):**
	* Within the **foot**, select and scan the **muscle**.
	* Within the **muscle**, scan the **nerve bundle**.
	* Return to the **ligaments of the foot**, and scan:

After you complete a scan of the organ – click on the thum to complete a scan of the thumb.

* + - **Osseous tissue (bone)**



* + - **Hyaline cartilage**



**STEP 2: Evaluate Findings**

* Review the following for each scanned structure:
	+ **KOD (Coefficient of Distribution)**
	+ **Energy**
	+ **Shape**



**TIP:** Prioritize the structure with the **lowest KOD and Energy** for remedy preparation. In this case, the **nerve bundle** had the lowest KOD and Energy.

**STEP 3: Prepare the Remedy for Nerve Bundle**

1. **Go to the Analysis Page** for the Nerve Bundle.
2. Select the **Allopathy (Painkiller)** topic.
3. Click **Show All** → highlight a remedy → click **Adjust All** → then **Auto Model**.
4. **Add Additional Targeted Remedies:**
	* Manually add the **Allopathy** topic again.
	* In the **search bar**, type "nerve pain".
	* Review the **Etalon Descriptions** and manually select 1–2 targeted remedies for nerve-related pain.
5. **Go to Reprinter:**
	* Choose **Paraffin** as the output.
	* **Set Draw Count**:
		+ **Sensitive clients**: Start at **500**
		+ **Moderate pain**: **2,000–6,000**
		+ **Severe/urgent relief**: **8,000–15,000**
		+ **Extreme cases**: Up to **25,000**

**WARNING: High Draw Count** Always begin with the lowest appropriate draw count. **Check in with the client** to assess symptom relief before increasing. **High-frequency imprinting (above 10,000)** may cause discomfort or overstimulation in some individuals.

1. Click **Start Preparation** to imprint the remedy into your chosen medium (e.g., tincture, cream, or wearable).

**STEP 4: Repeat for Muscle Discomfort**

1. Return to **Research Page** → select the **muscle of the foot**.
2. Go to **Analysis Page**.
3. Repeat the **Allopathy (Painkiller)** process:
	* Show All → Adjust All → Auto Model.
4. **Add Additional Remedies**:
	* Manually add **Allopathy** topic.
	* Search keyword: "pain".
	* Use **Etalon Description** to identify remedies specific to **muscle pain/discomfort**.
	* Select and send to **Reprinter** using the same paraffin process.

**Output Options & Recommendations**

* **Mediums**:
	+ **Cream or lotion** (e.g., natural pain-relieving base cream)
	+ **Tincture** (50/50 alcohol and water)
	+ **Wearable item** (e.g., metal bracelet)
* **Application**:
	+ Apply topically over injury.
	+ Use wearable daily for continuous frequency exposure.
	+ Reassess symptoms every 3-4 hours for the first day to see if discomfort is at a manageable state.

**REMEMBER – RF** remedies are the most potent and may be necessary for clients experiencing severe pain. When working with a client, offering remote RF therapy as part of their healing plan can help effectively reduce symptoms. For best results, be sure to layer both pain-relief and anti-inflammatory remedies across all sections of the affected area. This approach can be applied to any part of the body with a recent or past injury. Reducing inflammation will help the body respond more effectively to metatherapy and other forms of treatment.

Additional Topics for Joint and Fracture Repair:

| **Remedy Name** | **Category / Topic** | **Primary Function** | **Indications / Notes** |
| --- | --- | --- | --- |
| **Osteoporosis (INV)** | (INV) Pathology  | Indicates decreased bone density; used for identifying trauma progression | Can be local (trauma, fractures) or general (aging, toxins, corticosteroid use) |
| **Minamin – Coral Club** | Phyto-Corrector | Bone & tissue repair, alkalizes pH, improves nutrient absorption | Fractures, sprains, skin conditions, headaches, digestive issues, sinusitis |
| **Skin Line (Art of Life)** | Phyto-Corrector | Anti-allergic, vascular support, mild anti-inflammatory | Allergies, asthma, neurodermatitis, food allergies |
| **Sulphur – MSM with Microhydrin** | Phyto-Corrector | Reduces inflammation, provides sulfur for repair | Arthritis, cystitis, eczema, dermatitis, colon cancer support |
| **White Oak Bark** | Herbal Remedy | Mild astringent and anti-inflammatory properties | Traditionally used for wound healing |
| **Eupatorium Perfoliatum** | Homeopathy  | Pain relief from fever, fractures, influenza | Bone pain, periodic fever |
| **Symphytum** | Homeopathy  | Bone fracture pain relief, bone regeneration | Fractures, phantom limb pain, periosteal pain |
| **Aires +2** | Nutricevtics and Parapharmaceuticals | Reduces pain, inflammation, speeds bone healing | Fractures, injuries |
| **Biogevity** | Nutricevtics and Parapharmaceuticals | Hormonal & cellular regeneration, bone renewal | Osteoporosis, chronic fatigue, poor healing, memory loss |
| **Biozyme – Vitaline** | Nutricevtics and Parapharmaceuticals | Enzymatic anti-inflammatory and circulatory support | Arthritis, fractures, bruises, post-op recovery, inflammation |
| **Calcimid – Optima** | Nutricevtics and Parapharmaceuticals | Calcium replenishment, fracture healing, immunity support | Osteoporosis, infections, menopause, allergic reactions |
| **Calcimax – Artlife** | Nutricevtics and Parapharmaceuticals | Bone & joint support | Systemic osteoporosis, dental health, skin conditions, diabetes |
| **Gel for Joints – Planet M** | Nutricevtics and Parapharmaceuticals | Pain & inflammation relief, joint regeneration | Sprains, joint trauma, sports injuries |
| **MSM with Microhydrin** | Nutricevtics and Parapharmaceuticals  | Sulfur support for tissue repair | Same as MSM above |
| **Planet M – Alexandrine** | Nutricevtics and Parapharmaceuticals | Multi-functional body support | Joint disease, hair & skin health, immune & nervous system support |
| **Quercetin – Joy** | Nutricevtics and Parapharmaceuticals | Anti-allergic, antioxidant | General wellness |
| **Ravsin – Dr. Nona** | Nutricevtics and Parapharmaceuticals | Anti-inflammatory, metabolism support, tissue repair | Skin issues, arthritis, trauma recovery, liver detox, hormone balance |
| **Silimin – SiF** | Nutricevtics and Parapharmaceuticals | Osteosynthesis stimulant, calcium balance regulator | Fractures, joint sprains, dental and hair health |
| **Coral** | Stone Therapy | Mineralization, circulation booster, joint strength | Metabolism, bone healing, cardiovascular support |
| **Serpentine** | Stone Therapy | Pain relief, supports bone healing | Used historically for fractures, pain, lethargy |
| **Bonviva (Allopathy)** | Allopathy | Osteoprotective, bone resorption inhibitor | Postmenopausal osteoporosis, fracture prevention |
| **Botox (Allopathy)** | Allopathy | Neuro-muscular relaxant | Muscle spasms, facial pain, trauma relief |
| **Donalgin (Allopathy)** | Allopathy | Analgesic and anti-inflammatory | Fractures, arthritis, soft tissue trauma, dental/gyn issues |
| **Osteogenon (Allopathy)** | Allopathy | Bone formation stimulator, calcium/phosphate balancer | Osteoporosis, fractures, dental delay, post-pregnancy, hormone-related bone loss |
| **Tycveolum (Allopathy)** | Allopathy | Anti-inflammatory, regenerative for skin and soft tissues | Prostate, digestive, liver issues, also used topically on wounds and trauma |
| **Quercetin Plus with Bromelain** | Nutripower – Nutraceutical | Anti-inflammatory, antioxidant, vascular support | Muscle & joint support, allergies, circulation |

**Meta Therapy Protocol for Physical Trauma Recovery**

**Purpose:**

To promote **long-term healing and regeneration** through regular Meta Therapy sessions targeting the **osteoskeletal**, **nervous**, and **digestive systems** — all of which are commonly impacted in acute injuries such as sprains, strains, or fractures.

**Meta Therapy Schedule Guidelines:**

| **Client Type** | **Frequency** | **Intensity (BY)** |
| --- | --- | --- |
| **Sensitive clients** | 4–5 days per week | BY 10 |
| **Tolerant clients** | 4–5 days per week | BY 20 |
| **Severe injuries** | 2 sessions per day | BY 10–20 |

**Important Note**: Start gently for new clients or clients new to Meta Therapy. Always monitor symptoms and adapt accordingly. Consistency is key for regenerative effects.

Target Systems & Justification:

| **System** | **Reason for Targeting** |
| --- | --- |
| **Osteo** | Bone and joint integrity, tissue recovery |
| **Nervous** | Pain regulation, nerve repair, coordination |
| **Digestive** | Supports nutrient absorption for tissue healing |

Note: completing a full body scan and creating a report will help to create a strong meta therapy plan even after an injury. Refer to Oberon’s training page for videos on how to complete this process.

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