**Enter Balancing Rays Presents Anti-Aging and Skin Care Biofeedback Training**

**Disclaimer**

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**1. Setting Up the Preset**

1. **Create a New Preset:**
	1. Go to **Setup** in the Oberon system.
	2. Click **Create New Preset** and name it appropriately, e.g., *Anti-Aging Skin Care*.
	3. Ensure all previous selections are cleared by clicking **Deselect All**.
	4. Verify the preset count is at zero before beginning.
	5. Select **Manual Choice** the click on **Store Checks to Current Preset.**
		* A notification pops up to save select **Yes.**
2. **Adding Chromosomes and DNA:**
	1. Include relevant chromosomes and DNA strands for skin repair and anti-aging:
		* **Chromosomes:** 4, 6, 8, 12, 16, 20, X (for female) or Y (for male).
		* **DNA Strands:** Include all 16 relevant strands. (List and rationale provided in handouts.)
		* Tip: Copy and paste DNA strand identifiers carefully to avoid errors in the system.

**2. Adding Body Areas**

* **Focus on Key Body Regions:**
	+ Include all **skin-related areas**, such as:
		- Scalp: Prevents sagging and supports circulation.
		- Facial Skin: Include upper lip, chin, and forehead for anti-wrinkle effects.
		- Feet: Addresses cracking and thickened skin.
		- Astrocytes: Supports inflammation control through the nervous system.
		- Thyroid: Ensures hormonal balance critical for skin health.
		- Adrenal Glands: Regulates stress hormones impacting skin repair.
		- Lymphatic System: Facilitates detoxification.
		- Liver: Essential for over 300 functions, including detox and skin repair.
		- Fibroblasts: Enhances skin elasticity and wrinkle reduction.
		- Endothelial and Epithelial Cells: Strengthen internal and external skin barriers.
		- Hemoglobin: Supports oxygen and nutrient delivery system-wide.

**3. Scanning Within Specific Organs**

* **How to Scan Within Organs:**
	1. Navigate to the desired organ or region, e.g., **Head → Facial Skin → Skin of the Upper Lip**.
	2. Hover over the thumbs to identify sub-regions like nerves, capillaries, or specific skin sections.
	3. Click **Scan Within** to isolate data for specific sub-regions.
	4. Add scanned regions to the preset automatically.
* **Important Areas for Skin Care:**
	1. Facial Regions: Scan **upper lip, chin, and scalp** for specific wrinkle and elasticity treatments.
	2. Body Regions: Include **femur, pelvic region, and buttocks skin** for cellulite and acne treatments.
	3. Hemoglobin: Always include this for systemic support.

**4. Adding Remedies**

* **Remedy Topics to Include:**
	+ **Allopathy**
	+ **Therapeutic Cosmetology**
	+ **Q # Medicinal Cosmetics**
	+ **BAA (Russia, NNPTSTO)**
	+ **Health and Beauty Total**
	+ **Cell-Com**
	+ **Anti-Aging Table**
* **Selecting Remedies:**
	+ Use keyword searches such as **“anti-aging,” “wrinkle,” “Botox,” “hydration,” “stretch marks,” or “cellulite.”**
	+ Focus on remedies with low dispersion (e.g., below 0.5) for optimal targeting.
	+ For acne, add antibacterial, antiviral, antifungal, and anthelmintic remedies.
* **Draw Count Recommendations:**
	+ Start with **4,500–8,000** for acute issues.
	+ Adjust based on sensitivity and client response.



**5. Running the Protocol**

* **Frequency:**
	+ For Acute Conditions: Run RF therapy **2–3 times daily** for the first 3–4 days.
	+ Maintenance: Use Meta Therapy **4–5 times per week**.
* **Monitoring Progress:**
	+ Re-scan key areas weekly to assess energy and KOD improvements.
	+ Adjust remedies and regions as needed.

**Handouts to Be Updated**

**1. Chromosomes and DNA Rationale**

* Include a concise explanation of each included chromosome and DNA strand, emphasizing its role in skin health and anti-aging.



**2. Remedy Selection**

* Expand to include remedies specific to:
	+ **Anti-Wrinkle Treatments** (e.g., Botox, collagen serums).
	+ **Acne Relief** (antibacterial, antifungal, antiviral, and anthelmintic preparations).
	+ **Skin Elasticity** (fibroblast-boosting remedies).

**3. Specific Scans**

* Provide visual guides for locating and scanning within:
	+ Skin of the scalp, upper lip, and chin.
	+ Pelvic region, buttocks, and femur for cellulite and acne.
	+ Internal systems like hemoglobin, lymph nodes, and thyroid.

**Case Study: Acne Therapy Using Meta Therapy and Remedies**

**Background:**

* **Client:** 27-year-old female presenting with persistent acne primarily around the chin and lower facial region.
* **History:**
	+ Acne flare-ups began in adolescence but have intensified in recent years.
	+ Skin sensitivity to many over-the-counter acne treatments.
	+ Recently experienced heightened breakouts with redness and inflammation.
	+ Diet and stress levels are potential contributors.

**Initial Scan and Findings:**

1. **Facial Skin Scan (Chin Region):**
	* **Energy Level:** Low (43%).
	* **KOD:** Below average, indicating poor nutrient delivery and potential inflammation.
	* **Key Indicators:**
		+ Dermatosis (eczema or acne-prone skin).
		+ Inflammation and blocked sebaceous glands.
2. **Additional Scans:**
	* **Hemoglobin:** Moderate energy but signs of oxygen delivery issues to affected regions.
	* **Nerves:** Nerve bundles show mild inflammation, likely contributing to skin sensitivity.

**Therapy Plan: Step-by-Step**

**1. Preparation**

* Conduct a detailed skin scan focusing on:
	+ **Facial Skin (Chin Region):** Map specific areas showing inflammation or poor energy.
	+ **Systemic Scans:** Include hemoglobin and nerve bundles to assess contributing factors.
* Record energy and KOD levels before initiating therapy to track progress.

**2. Meta Therapy Protocol**

* **Regions to Include:**
	+ Facial skin (chin region and adjacent areas).
	+ Hemoglobin to improve oxygen and nutrient delivery.
	+ Nerves to calm skin sensitivity and inflammation.
* **Therapy Frequency:**
	+ Acute Phase: **2–3 sessions daily** for the first 3–4 days.
	+ Maintenance Phase: **4–5 sessions per week** after initial improvement.

**3. Remedies**

* **Remedy Topics to Use:**
	+ **Allopathy Remedies:**
		- Example: *Dermatosis, Acne Remedies.*
		- Suggested Draw Count: **4,500–5,000**.
	+ **Therapeutic Cosmetology Remedies:**
		- Example: Anti-wrinkle or anti-inflammatory creams (e.g., *Botox, Hydration Serums*).
		- Suggested Draw Count: **4,000**.
	+ **Antibacterial Remedies:**
		- Focus on combating bacterial contributions to acne (e.g., *Antibacterial Creams*).
		- Suggested Draw Count: **4,500**.
* **Keyword Search Tips for Remedies:**
	+ Use terms like *acne, dermatosis, hydration, antibacterial* to locate relevant remedies.
	+ Select remedies with a low dispersion factor (below 0.5 preferred).

**4. Application Methods**

* **Meta Therapy:**
	+ Apply RF therapy directly to the scanned facial regions (chin and lower face).
* **Wearable Remedies:**
	+ Create a **bracelet or necklace** infused with selected remedies.
	+ Suggested Draw Count: **4,500–8,000** depending on severity.
* **Topical Application:**
	+ Infuse remedies into a **non-perfumed base lotion** (e.g., vaseline or nipple cream).
	+ Apply directly to affected areas 2–3 times daily.

**5. Monitoring Progress**

* Re-scan the facial region every 3–4 days to track changes in energy and KOD levels.
* Note reductions in redness, inflammation, and acne lesions.
* Adjust therapy frequency and remedy selection based on improvement.

**6. Client Education**

* **Lifestyle Recommendations:**
	+ Reduce inflammatory foods (e.g., sugar, processed foods).
	+ Include skin-supportive nutrients (e.g., zinc, omega-3s).
	+ Encourage hydration and stress management (e.g., yoga or meditation).
* **Skincare Routine:**
	+ Use gentle, non-comedogenic products.
	+ Avoid harsh exfoliants during active flare-ups.
	+ Apply sunscreen to prevent hyperpigmentation.

**Expected Results**

* **First Week:** Reduction in inflammation and acne size with improved energy levels in the facial skin region.
* **Weeks 2–4:** Clearer skin with decreased redness and fewer breakouts.
* **Long-Term:** Maintenance therapy helps prevent future acne while improving overall skin health.

**Case Study: Acne on the Back (Back Acne or “Bacne”)**

**Background:**

* **Client:** 34-year-old male presenting with persistent acne on the upper back and shoulders.
* **History:**
	+ Flare-ups triggered by excessive sweating and tight clothing.
	+ Reports occasional itching and redness.
	+ Previous treatments included over-the-counter salicylic acid washes with limited success.

**Initial Scan and Findings:**

1. **Skin of the Shoulders and Upper Back:**
	* **Energy Level:** Low (38%).
	* **KOD:** Reduced, indicating inflammation and bacterial overgrowth.
	* **Key Indicators:**
		+ Sebaceous gland blockages and dermatosis.
		+ Potential fungal or bacterial involvement.
2. **Additional Scans:**
	* **Hemoglobin:** Moderate energy, slight reduction in oxygen delivery to affected areas.
	* **Microbiome Indicators:** Presence of bacterial imbalances and potential fungal overgrowth.

**Therapy Plan:**

**1. Preparation**

* Conduct a detailed scan of:
	+ **Shoulder and Back Skin Regions.**
	+ **Hemoglobin and Microbiome.**
* Record energy and KOD levels for baseline tracking.

**2. Meta Therapy Protocol**

* **Regions to Include:**
	+ **Horizontal Cross-Section of Trunk at the Level of Shoulder joints**
	+ **Hemoglobin for systemic support.**
	+ **Capillaries and venules for oxygen and nutrient delivery.**
* **Therapy Frequency:**
	+ Acute Phase: **2–3 sessions daily** for the first 5 days.
	+ Maintenance Phase: **4 sessions weekly.**

**3. Remedies**

* **Remedy Topics:**
	+ **Allopathy:** Botox and other acne related remedies
	+ **Antibacterial Preparation:** Target bacterial infections contributing to acne.
	+ **Antifungal Preparation:** Address potential fungal overgrowth due to sweat retention.
	+ **Antiviral Preparation:** For any underlying viral triggers.
	+ **Anthelmintic Preparation:** To target potential parasitic contributions (less common but included preventatively).
	+ **Therapeutic Cosmetology:** Include hydration and skin repair remedies.
* **Example Remedies:**
	+ *Dermatosis Preparations:* For skin irritation and acne.
	+ *Botox and Anti-Wrinkle Creams:* For skin smoothing and inflammation reduction.
* **Draw Count Recommendations:**
	+ Start with **4,500** for acute conditions and increase to **6,000–8,000** if severe.

**4. Application Methods**

* **Meta Therapy:**
	+ Focus on specific skin regions (shoulders, upper back).
	+ Include systemic hemoglobin therapy.
* **Wearable Remedies:**
	+ Infuse remedies into a necklace or bracelet for consistent exposure.
* **Topical Application:**
	+ Mix remedies into a lotion or vaseline base for application after showers.

**5. Monitoring Progress**

* Re-scan affected regions every 5–7 days.
* Track reductions in acne lesions, redness, and inflammation.

**Case Study: Acne on the Buttocks**

**Background:**

* **Client:** 29-year-old female experiencing recurrent acne-like bumps on the back and buttocks area.
* **History:**
	+ Primarily appears after prolonged sitting or workouts.
	+ Skin is often dry and irritated, with occasional pustules.

**Initial Scan and Findings:**

1. **Skin of the Pelvic Region:**
	* **Energy Level:** Low (42%).
	* **KOD:** Reduced, indicating poor circulation and clogged follicles.
	* **Key Indicators:**
		+ Inflammation in sebaceous glands.
		+ Dryness exacerbating follicular blockages.
2. **Additional Scans:**
	* **Lymph Nodes:** Slightly congested, indicating suboptimal detoxification.
	* **Capillaries:** Low energy in localized regions, suggesting poor oxygen delivery.

**Therapy Plan:**

**1. Preparation**

* Conduct a detailed scan of:
	+ **Pelvic Skin and Gluteal Regions.**
	+ **Lymphatic Nodes and Capillaries.**
* Note specific areas with the lowest energy and KOD.

**2. Meta Therapy Protocol**

* **Additional Thumbs to Include:**
	+ Skin of the pelvic and gluteal areas.
	+ Nerves of the skin of the pelvic and gluteal areas.
	+ Lymph nodes in the groin for detoxification.
	+ Hemoglobin to improve circulation and healing.
* **Therapy Frequency:**
	+ Acute Phase: **2 sessions daily** for 5–7 days.
	+ Maintenance Phase: **3–4 sessions weekly.**

**3. Remedies**

* **Remedy Topics:**
	+ **Allopathy:** Botox and other acne related remedies
	+ **Antibacterial Preparation:** Target bacterial infections contributing to acne.
	+ **Antifungal Preparation:** Address potential fungal overgrowth due to sweat retention.
	+ **Antiviral Preparation:** For any underlying viral triggers.
	+ **Anthelmintic Preparation:** To target potential parasitic contributions (less common but included preventatively).
	+ **Therapeutic Cosmetology:** Include hydration and skin repair remedies.
* **Example Remedies:**
	+ *Hydration Serums:* To restore moisture and prevent dryness.
	+ *Stretch Mark and Skin Smoothing Preparations:* To improve texture.
* **Draw Count Recommendations:**
	+ Begin with **4,000** and adjust to **6,000–8,000** for persistent issues.

**4. Application Methods**

* **Meta Therapy:**
	+ Target the pelvic and gluteal regions with focus on lymphatic support.
* **Topical Application:**
	+ Use remedies in a fragrance-free lotion for daily use after workouts or showers.

**5. Monitoring Progress**

* Monitor changes in lesion size, redness, and skin texture.
* Adjust frequency based on healing progress and client feedback.