

# OPERATING GUIDE

All about operating the device and the treatment programs

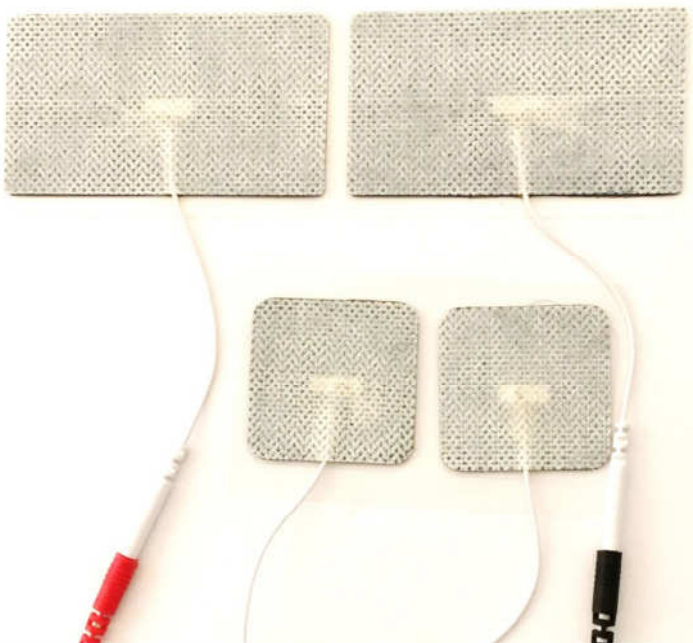


Home BCR System  
SIGNATURE V2.0

BCR-Therapie system used in Power2Cell device is a Holistic and Alternative therapy system and do not serve as a substitute for professional medical advice, examination, diagnosis or treatment.

## 1. Modes of Application

Gel Electrode Pads



Hand Electrodes



The Power2Cell can be applied in two ways – using **Gel Electrode Pads** and **Hand Electrodes**.

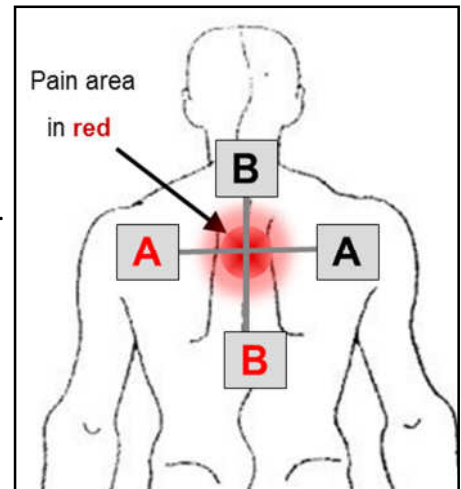


## 2. The Basics of Application

### APPLYING THE ELECTRODE GEL PADS

#### 2.a) A-channel and B-channel

A-channel is the 'Therapy' channel and B-channel is the lymph drainage channel. A-channel is always applied over the target area to be treated. The treatment by A-channel regenerates cells and creates waste. The function of the B-channel is to disperse this waste. The application of B-channel is as a cross over the A-channel or covering the area treated by the A-channel.



#### 2.b) APPLYING GEL ELECTRODE PADS

Assume that you want to treat the area in red in the picture on right. Each cable splits into two wires (positive and negative) indicated with the colours red and black.

Apply the wires connected to 'A- channel' to both sides of the target area to treat. This application will run the treatment between these two points A (red) and A (black). Then apply the 'B-channel' to form a cross against 'A-channel' (as in the picture).

We may call this the treatment cross. It can be a 't' cross or 'x' cross. The target area for treatment should fall around the intersection of the two pathways. Always remember to create the intersection of the two channels at the centre of your symptoms.

When the application of the electrodes is complete, just select a program from the device that has the closest match to the condition you want to treat, and start the treatment.

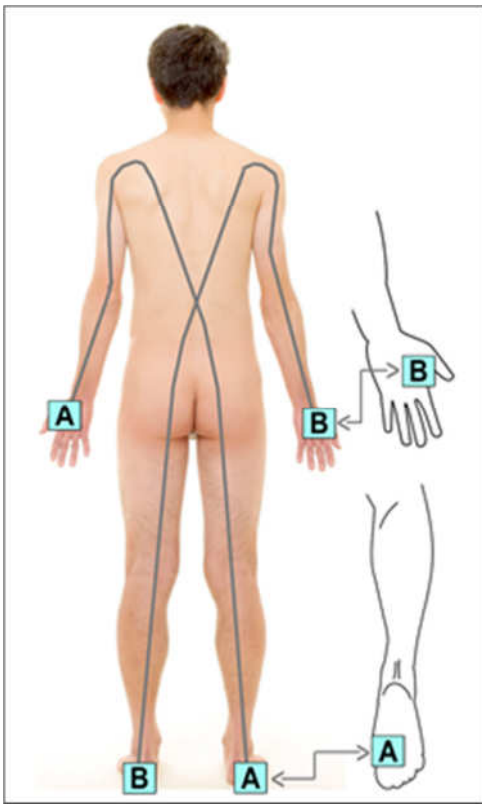
For normal applications you may use the 'Electrode Placement Chart' as a guide on how to apply the pads. It is however, not a rule to follow this chart always. You may improvise the pad placements based on the actual condition you want to treat. As long as the target area for treatment falls within the treatment cross you created with your pad placements, and you have chosen the closest matching program, the treatment will be effective.

It is useful to note that, in the case of pain problems, some pains are 'referred pains', meaning that the area where the pain is felt may not be the actual area of the underlying problem. Try to research, locate and treat the source for an effective result.

## Systemic (whole body) Application

Repeat reversing A and B

This is the recommended systemic application.

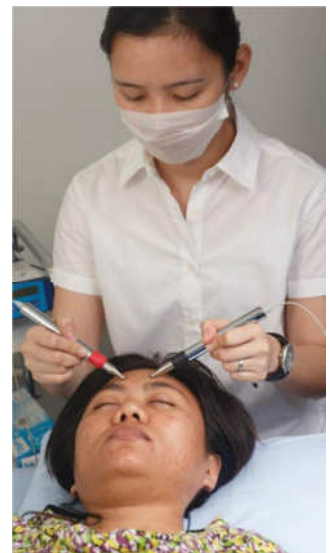


## APPLYING HAND ELECTRODES

Connect the hand electrode to A-Channel always. Select the program and start the treatment. The application works only when the tips of both the electrodes are touching the skin. Gently move both the tips along the targeted area while keeping them on the skin. It is normal to feel a tingling feel. This feeling may sharpen when the tips are at same point in the skin in a stationary position. It is good to keep moving always. If there is too much friction, some water or a conductive gel may be applied to the skin for smoother gliding.

Although all programs run for 24 minutes, there is no fixed time for hand electrodes. Hand electrodes can be applied for as long as you feel comfortable, and repeated regularly for faster result. Often a short treatment of about one minute can have good results.

The usage of Hand Electrodes is most effective when treating problems at the skin level. This includes aesthetics, muscle treatment and scars. It can also be used on all other conditions. Note: Please do NOT use oil-based gels as the electrical conductivity may be compromised.



# PROGRAMS

## FACIAL BEAUTY

- A1 BEAUTY ACNE/SCARS
- A2 BEAUTY CELLULITE
- A3 FACE TONING
- A4 SKIN CONDITIONING
- A5 BEAUTY WRINKLES

## GENERAL HEALTH

- B1 ASTHMA
- B2 INFLAMMATION
- B3 SCARS
- B4 SINUS INFLAMMATION
- B5 SWELLING
- B6 TENSION
- B7 WOUNDS

## INFECTION

- C1 INFECTION - COLD
- C2 INFECTION - VIRUS

## INJURY HEALING

- D1 BRUISE
- D2 DISTORTION
- D3 FRACTURE
- D4 LIGAMENT INJURY
- D5 PULLED MUSCLE
- D6 TENDON IRRITATION
- D7 TENDON INJURY

## PAIN THERAPY

- E1 NECK PAIN SPINE
- E2 ARTHRITIS
- E3 CARPAL TUNNEL
- E4 FROZEN SHOULDER
- E5 HEEL PAIN
- E6 JOINT PAIN ACUTE
- E7 JOINT PAIN CHRONIC
- E8 MUSCLE PAIN
- E9 BACK PAIN SPINE

## PALSY REHAB

- F1 PALSY REHAB MUSCLE
- F2 PALSY REHAB NERVE
- F3 PALSY REHAB SPASTICITY
- F4 PALSY REHAB STIMULATION
- F5 ENERGY MODE

## SPORTS THERAPY

- G1 CONTUSION
- G2 MUSCLE RELAXANT
- G3 MUSCLE TREATMENT
- G4 TENNIS ELBOW
- G5 MUSCLE WARM UP
- G6 MUSCLE WARM DOWN

## WELLNESS

- H1 ALKALISATION
- H2 BLOOD CIRCULATION
- H3 DETOXIFICATION
- H4 LYMPH - FAT BURN
- H5 IMMUNE BOOST
- H6 LYMPH DRAINAGE
- H7 REJUVENATION
- H8 VEGETATIVE BALANCE

# A. FACIAL BEAUTY



**Ms Gina Chan**  
Ex-Flight Stewardess  
Singapore Airlines

"The training I received in my former job as a flight stewardess taught me the importance of looks and personal grooming especially when it comes to putting the best face forward. Facial beauty regiments play a very important part in my life and I have gone for many different types of facials.

When I learnt about the science behind BCR-Therapie treatments it just made good sense to me. I tried one session and immediately noticed and felt the difference. I made the commitment to buy the device and use it at home faithfully.

Today my face looks nice and tight with a radiance and glow. It also makes my skin look fairer. Besides using it for facial muscles and wrinkles, I also use it for my neck and shoulder pain."

## A1 – BEAUTY ACNE/SCARS

This program is for softening Acne scars by using the hand electrodes. This can also be applied over nose pores and frown lines. (Please read general conditions of using hand electrodes in page 2)

## A2 – BEAUTY CELLULITE

This program is for improving the appearance of cellulites by using the hand electrodes.

## A3 – FACE TONING

This program is for helping in the uplifting of sagging facial muscles using hand electrodes in upward movements. When applying this program it is important to apply equally over both sides of the face. This can also be applied from the neck upwards and with quick movements over eye bags.

This program can also be used to tighten and uplift sagging breasts.

## A4 – SKIN CONDITIONING

This program can be used in any part of the body to help in skin conditioning using the Hand electrodes. This is designed to help towards getting the skin healthier, softer, smoother and fairer.

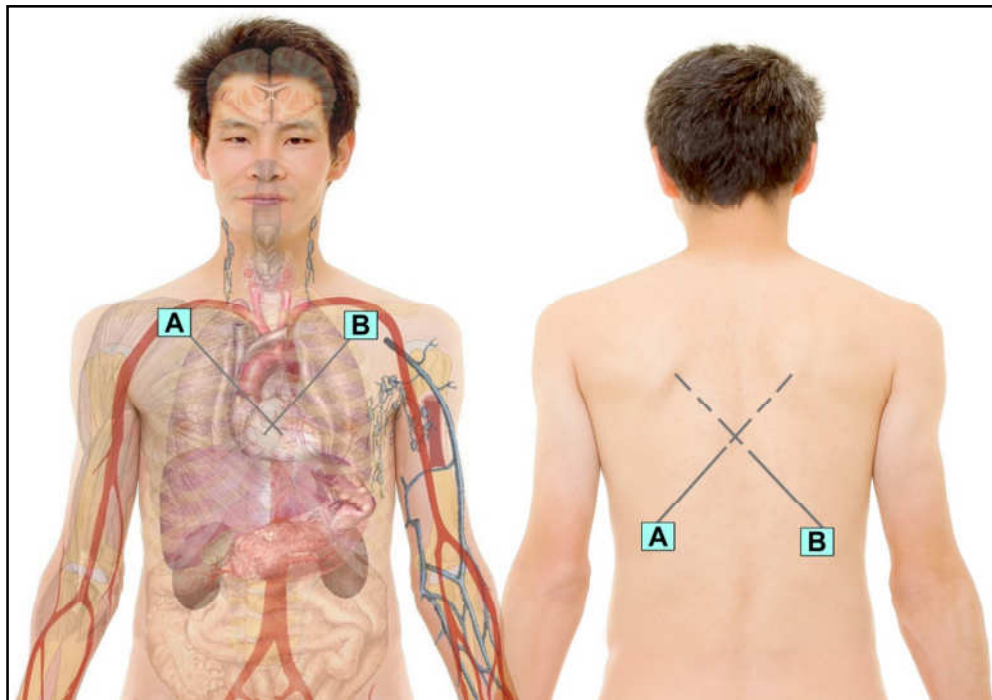
## A5 – BEAUTY WRINKLES

This program can be used to help soften wrinkles using the Hand electrodes. This can be applied in any part of the body.





## B. GENERAL HEALTH



### B1 – ASTHMA

This program is to be used as a home remedy for Asthma. It is not a replacement for professional medical treatment. Apply the electrodes as indicated in the picture. Use regularly for better result. Regular usage also helps reduce the severity and frequency of Asthma attacks.

### B2 – INFLAMMATION

This program addresses complaints that are caused by irritation or inflammation of tendons, ligaments, joint capsules, bursas and also of organs (liver, stomach, pancreas...)

For application of electrode pads, please refer Image 2.a on Page 2 and the Electrode Placement Chart.

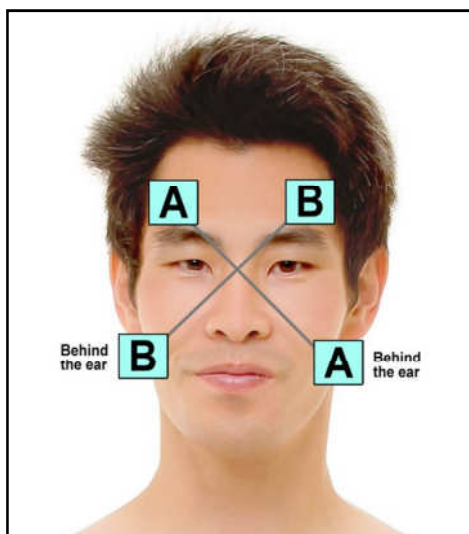
### B3 – SCARS

Tissue scars are not only unsightly, they can also disturb body's regulatory mechanisms and can be the hidden cause of pain problems and metabolic disorders.

This program can be used for both superficial scars as well as deeper scars after surgeries or shrinking of capsules in joints (shoulder, elbow, knee, hip and ankle).

You can also use this program immediately after stomach surgeries and associated adhesions.

## **B4 – SINUS INFLAMMATION**



This program helps to reduce inflammation and clear the cavities. Regular usage has the added benefit of reducing the frequency and severity of future attacks. It is useful to repeat by reversing A and B.

## **B5 – SWELLING**

This program is for localised swelling. For systemic (whole body) swelling use this in combination with program H6.

## **B6– TENSION**

This program relieves the pain of your muscles in Chronic Tension. It thereby promotes blood circulation in the muscle tissue and relieves overly acidic pain. This comes handy when other more direct programs do not give the best result. This is suitable for Migraine.

## **B7 – WOUNDS**

This program treats pain and accelerates healing of a wound sustained in a small accident or after surgery. The sooner the Power2Cell is used after getting the wound the better is the expected result.

# C. INFECTION

## C1 – INFECTION COLD

This program can be used to treat bacterial type infection, both locally and systemically. There are different types of infections; the simple upper wound infection, infection of the joints and bones, infection of the throat, lungs and sinuses caused by influenza and the very serious systemic sepsis.

The treatment with Power2Cell is a complementary measure in addition to conventional medical therapy used by your doctor. If you discover any changes with the use of Power2Cell discuss them with your doctor.

## C2 – INFECTION VIRUS

A viral infection is usually a systemic infection and more rarely a local infection. Viral infections often occur in the context of influenza epidemics and are absorbed through the nose, throat or lungs. In rare cases, there is a local occurrence, as in Herpes simplex (cold sores or shingles).

If possible start immediately after the first occurrence of your symptoms and complement the C2 program with H5 Energy Mode and F5 Immune Boost.

# D. INJURY HEALING

## D1 – BRUISE

For Bruise and typical contusions please use if possible immediately after the injury. Both the gel pads and hand electrodes can be used for this.

## D2 – DISTORTION

Use this program to treat sprained joints (ankle, wrist, fingers, toes, knees, etc.). Signs of distortion are swelling and pain.

Make sure to have the injury checked by a doctor, in order to rule out fractures and tendon injuries.

## D3 – FRACTURE

It is important for fractures to be checked by a doctor first. The healing of a fracture can be sped up substantially by this treatment. Ideally the treatment should start soon after a fracture. However, treatment can start at any point after a fracture.

A treatment application for fracture can be improvised through the casting (as shown in the picture).





## D4 – LIGAMENT INJURY

This is always applied locally where the cause is a ligament injury, especially in the knees.

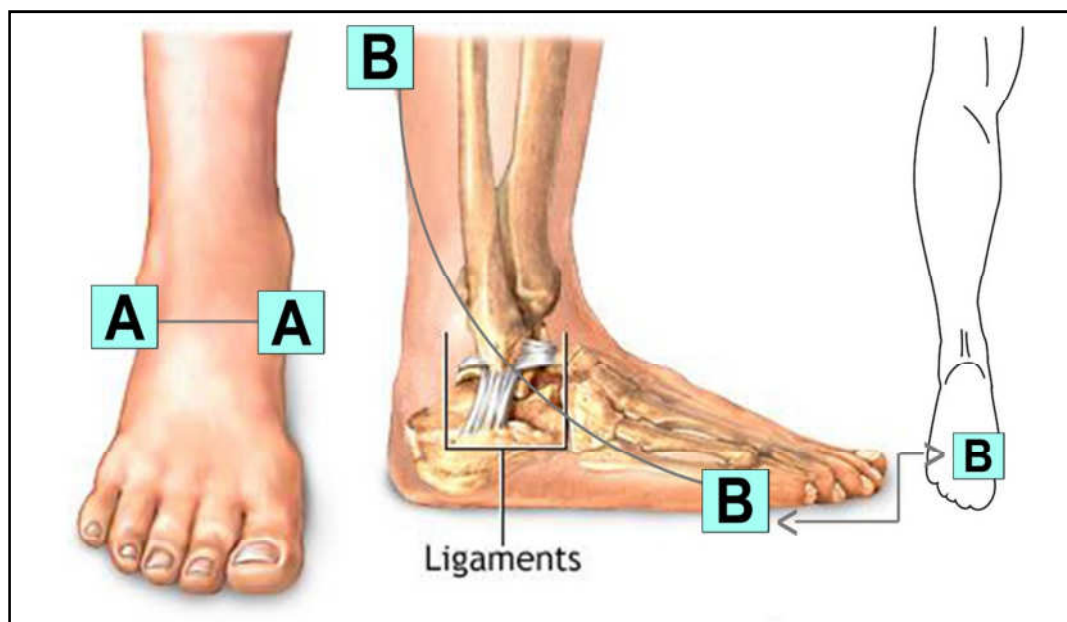
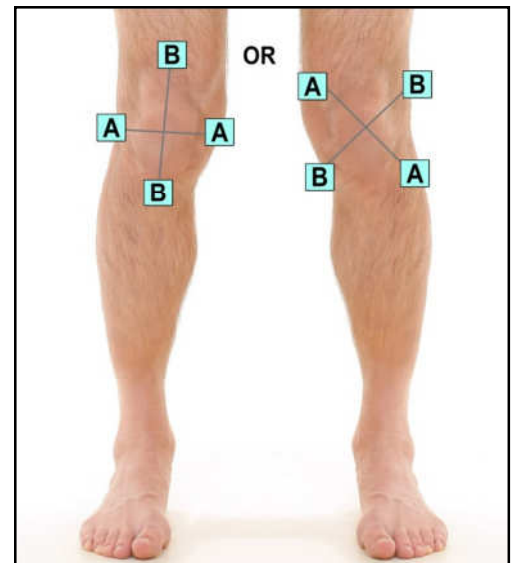
## D5 – PULLED MUSCLE

If you have injuries like sprains or tears of muscle fibre, accompanied by bruising, use this program immediately after detecting them.

## D6 – TENDON IRRITATION

Pulled tendons usually occur around the joints after chronic strain, monotonous movements, or sports. They generally appear in wrist, the shoulders and the ankle (e.g. Achilles tendon).

It is useful to combine Energy Mode F5 and/or Lymph Drainage H6 with this program.



## D7 – TENDON INJURY

This is always applied locally where the cause is a tendon injury.

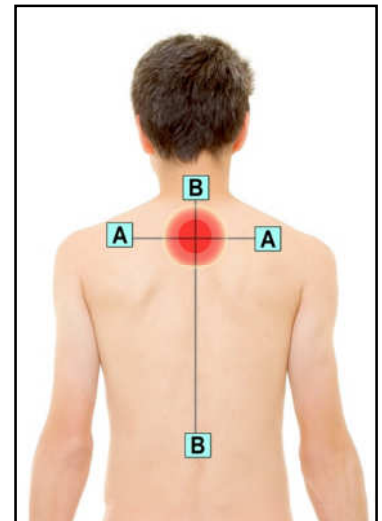
# E. PAIN THERAPY

## E1 – NECK PAIN SPINE

Neck pain usually comes from sore muscles or from signs of wear and tear of the spinal column and /or intervertebral disc damage. Sometimes the pain radiates into the arms.

For application of electrode pads refer to the Electrode Placement Chart.

It is very useful to additionally apply G2 or G3 with hand electrodes for about 5-10 minutes.



## E2 – ARTHRITIS

For arthritis in the joints the electrode applications can be similar to any other application for joints. This can be applied locally or systemically. This is usually treated with gel electrode pads.

To have full coverage of hands and feet you may use a basin of warm water with some basic salt. Place the palms or feet into the water, depending on whether you are treating the hand or the legs. Apply the black ends in the shoulder (for hands) or hip (for legs) and drop the red ends into the water. Repeat the same reversing the positions of A and B.

## E3 – CARPAL TUNNEL

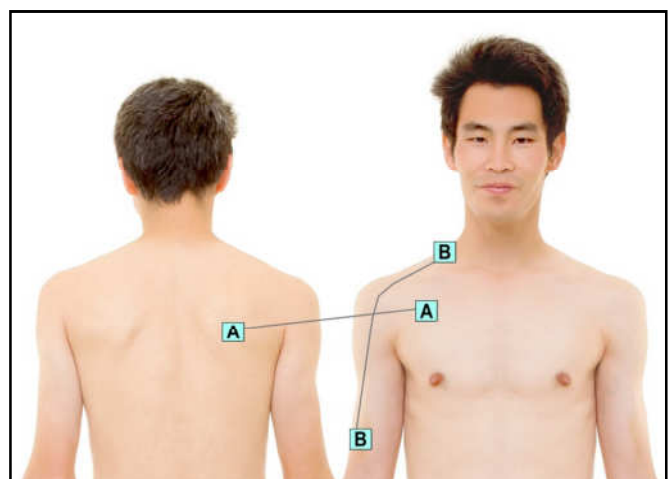
For Carpal Tunnel you may apply on the wrist or using water as in E2 above. When using water, place the black A in the elbow and black B in the shoulder and both red ends into the water.

## E4 – FROZEN SHOULDER

Frozen shoulder or Adhesive capsulitis is a condition causing pain and restricted movement in the shoulder joint.

There are three phases that the condition will pass through; a freezing phase where the joint tightens up, a stiff phase where the movement in the shoulder is significantly reduced and a thawing phase where the pain gradually reduces and mobility increases.

Depending on which condition you are in, it is important to have your expectation correct before



a treatment. Before the treatment lift your arm and remember how much you can raise your arm. Also remember the pain level when you reach the limit. After the treatment you should be able to lift a little more and experience a reduction in pain when you reach the limit. You will need many treatments at close intervals for full recovery.

## **E5 – HEEL PAIN**

You may use both electrode pads and hand electrodes for heel pain.

## **E6 – JOINT PAIN ACUTE**

Acute pains are caused by a recent trauma or injury. Acute pains go away as the injury heals in just days, weeks or not more than 3 months.

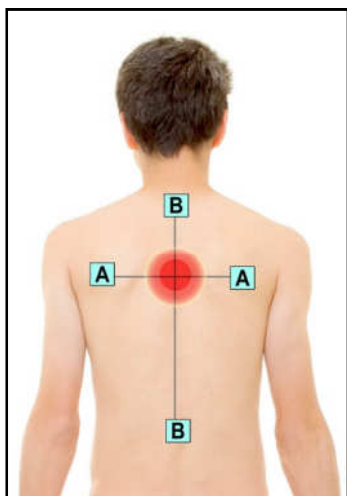
Apply the pads making the treatment cross over the affected joint and run this program.

## **E7 – JOINT PAIN CHRONIC**

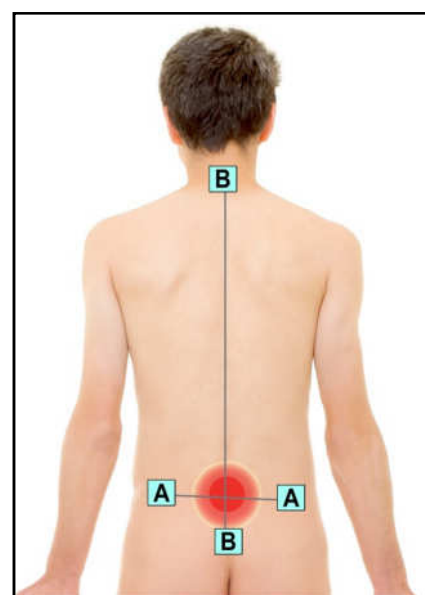
Chronic pains are pains that out live an injury or trauma. Examples are pains lasting over 3-6 months. Chronic pain may reduce quality of life, well-being, and ability to function over the long term.

Apply the pads making the treatment cross over the affected joint and run this program.

## **E8 – MUSCLE PAIN**



This program treats myofascial pains. Before treating, it is useful to research; locate and include the trigger point where the pain generator is located into the area you treat. Both the electrode pads and hand electrodes can be used for this treatment.



## **E9 – BACK PAIN SPINE**

Back pain usually comes from sore muscles or from signs of wear and tear of the spinal column and /or intervertebral disc damage. Sometimes the pain radiates into the legs. The program E9 is for spine/nerve related pain conditions. For muscle related pains use G2 or G3 with gel electrode pads or hand electrodes. Good results have been seen when using E9 with gel electrode pads followed with G2 or G3 with hand electrodes for about 5-10 minutes.

# F. PALSY REHAB

*Programs in this group are developed to help rehabilitate neurological conditions, paralysis and dystrophy cases. It is important to note that treatments mentioned here is not a replacement for professional medical treatments. Please use these only as supplementary treatments.*

## F1 – PALSY REHAB MUSCLE

Use this program to manage muscle dystrophy conditions. It may not be a cure but can substantially help to slow down the progression of the dystrophy.

The application is usually localised and is always used in combination with Palsy Rehab Nerve F2.

## F2 – PALSY REHAB NERVE

1A disorder in the central nervous system is the cause of numerous ailments such as Stroke, Parkinson disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Alzheimer disease, muscle dystrophy, pains caused by spinal spondylosis, carpal tunnel syndrome, etc.

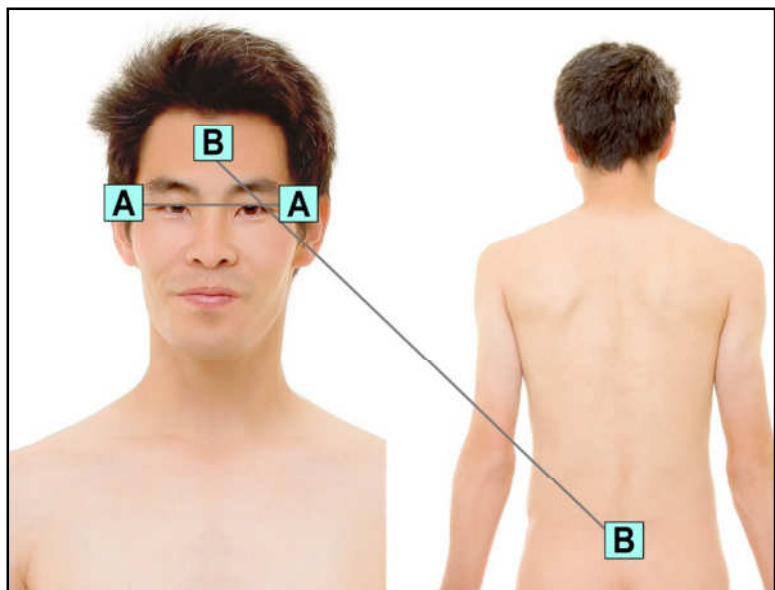
BCR-Therapie system used by Power2Cell is not being taken as a cure for nerve disorders; however, it is used to manage such disorders effectively. The aim is to slow down the progression of the symptoms, in fortunate case to stop such progression and rarely to improve.

The treatment is done in two stages; around the head to target the cranial nerves and over the back to target the spinal nerves.

The electrode applications can be seen in the Electrode Application charts.

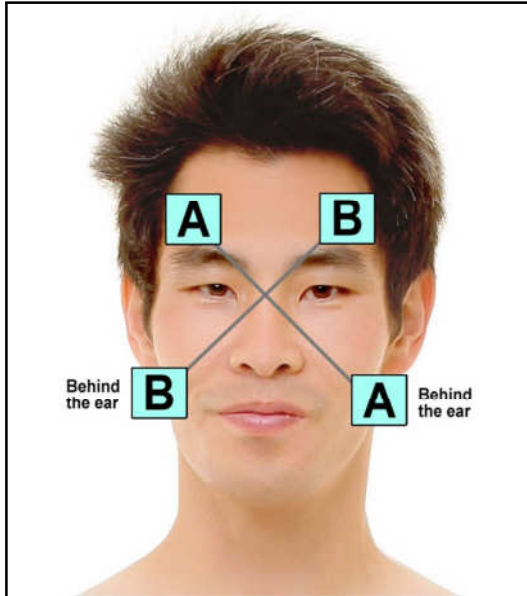
### Step 1 of 2

Repeat reversing A and B



### Step 2 of 2

Repeat reversing A and B



## F3 – PALSY REHAB SPASTICITY

Spasticity is treated in stroke patients using the hand electrodes.

The application is usually localised and is always used in combination with Palsy Rehab Nerve F2.

## F4 – PALSY REHAB STIMULATION

Stimulation is applied locally the affected area and systemically.

The application is usually localised and is always used in combination with Palsy Rehab Nerve F2.

## F5 – ENERGY MODE

Energy Mode can be used with all complaints and is compatible with all other programs. It is usually applied systemically. F5 can be used as a last resort to conditions where all other programs failed.

# G. SPORTS THERAPY

## G1 – CONTUSION

Contusion is one of the main sports injuries. It needs to be treated early to avoid deep tissue damage that can keep the athlete away from the game.

See your doctor first for complete diagnosis.

For treatment with the Power2Cell both the gel pads and hand electrodes can be used.

## G2 – MUSCLE RELAXANT

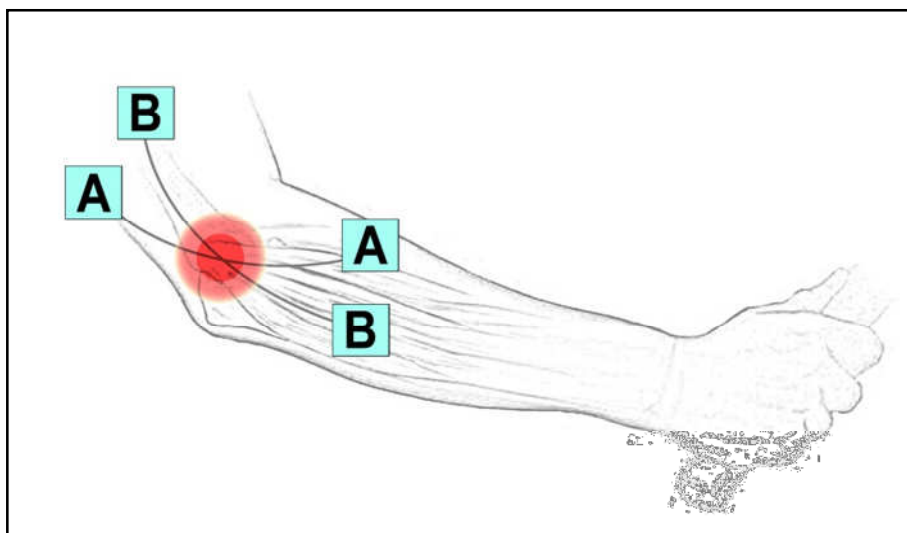
If you expose yourself to severe and repeated strain during sports or at work, your muscles may cramp up to differing degrees and may not fully recover. This is also true for painful muscular conditions due to other causes. Muscle Relaxant program improves the circulation and relaxation of muscles and greatly help with these ailments.

## G3 – MUSCLE TREATMENT

This is used to reduce spasms in the muscle. Both the gel pads and hand electrodes can be used for the treatment of Muscle Treatment.

## G4 – TENNIS ELBOW

This is for normal tennis elbows. For application of electrode pads, please refer to Electrode Placement Chart.





## **G5 – MUSCLE WARM UP**

This program leads the body to produce energy, power and motivation and increase your resistance to stress. It is recommended to use this program ahead of physically stressful situations.

The application is usually systemic.

## **G6 – MUSCLE WARM DOWN**

This is ideally used after physical exercise or stress. It helps to relax and regenerate sore tissue. Often used at night and never before physical activity.

In Sports this helps to shorten the resting period between practices.

The application is usually systemic.

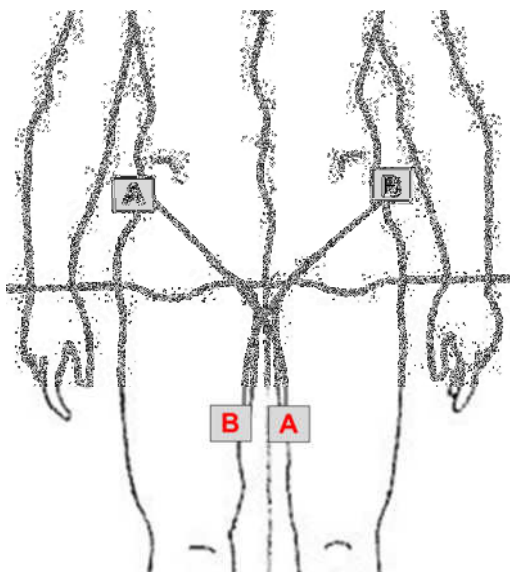
# **H. WELLNESS**

## **H1 – ALKALISATION**

There are no specific symptoms when to use Alkalisation. It is used for general wellness. The application is systemic.

## **H2 – BLOOD CIRCULATION**

This program to improve blood circulation can be used locally as well as systemically.



Suitable for multiple applications. Recommended for Erectile Dysfunction and Urinary Incontinence based on anecdotal evidences, not supported by clinical studies yet.

### **H3 – DETOXIFICATION**

This program supports the liver and the kidney in their functions. It is especially useful after medical treatments, after surgeries and during special diets. This can also be used anytime. Application is usually systemic.

### **H4 – LYMPH – FAT BURN**

This program is used in any part of the body to reduce fat. It can be applied on the upper arms, around the stomach, hips etc.

### **H5 – IMMUNE BOOST**

This program serves to strengthen the immune system and is also used as a prophylactic. If you have travelled to or intent to travel to a disease-prone region, if you are weak after overworking physically you can boost your immune system.

### **H6 – LYMPH DRAINAGE**

This program is usually done systemically to clear lymph blockages. For localised problems you may also use B5 Swelling.

### **H7 – REJUVENATION**

This program can be used for any condition. Application is always systemic. Very useful to apply this program on aged ailing patients together with F5 Energy Mode.

### **H8 – VEGETATIVE BALANCE**

The Vegetative Balance leads to inner harmony and balance after exertion and stress. Use this application exclusively in a resting phase, or in the evening, because you will achieve a very relaxed state after this.

Using this program to rehabilitate internal organs is very beneficial.