

LOCKDOWN SURVIVAL GUIDE

Now that we have all been cooped up for a few days, and looking for activities to keep us busy as cabin fever sets in, we here at CellQuicken have decided to put together our own “Lockdown Survival Guide”, for making optimal use of our CellQuicken treatment system.

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LET'S GET STARTED

1) SPINE ALIGN TREATMENT AND ITS BENEFITS

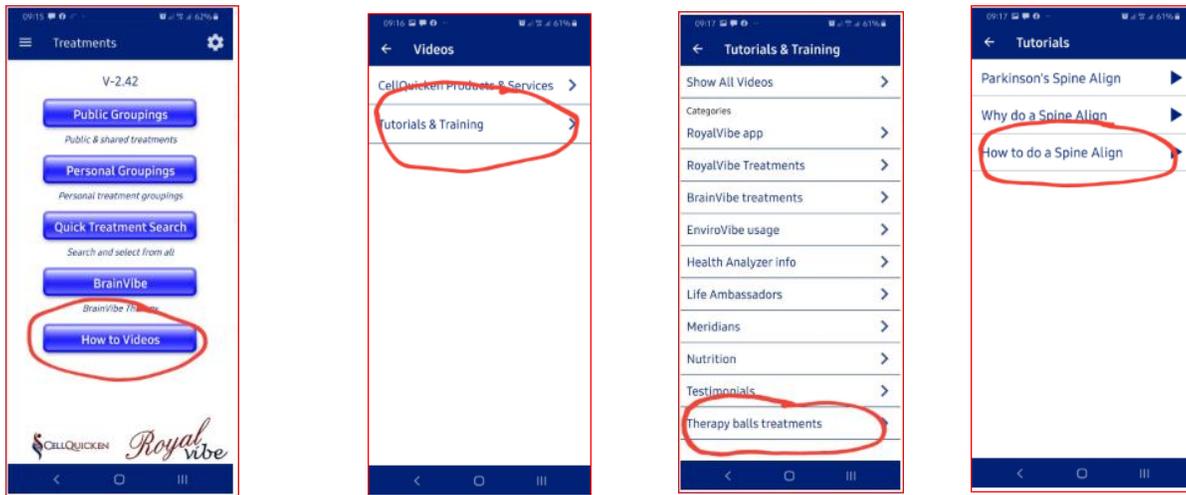
No matter what you are using your RoyalVibe device for, the SPINE ALIGN treatment should be part of your daily routine. Start off doing the treatment, including the crucial stretching afterwards, daily for 1 week, thereafter you can do it every 2 days.

This treatment can be utilized by your entire family for various reasons, such as back pain/ lower back pain/ headaches/ if you are hard of hearing in 1 ear/ if you have 1 “lazy” eyelid , and more. But MOST importantly during the lockdown period, where we are confined with our loved ones and tempers are on edge, let us break it down as to why this quick, simple treatment is so crucial:

- **For you “Googlers”:**
Doing this easy treatment affects your **Autonomic Nervous System** (the part of your brain which is responsible for the functioning of your body which you do not consciously do, such as breathing, heartbeat & digestive processes) and you change from “**Sympathetic nervous system**” (aggressive/ angry/ impulsive reactions), to “**Parasympathetic nervous system**” (Calm/ relaxed/ easy-going).
- **For you “Jarheads”/ military-minded people out there:**
The Spine Align treatment switches your nervous system from “**fight-or-flight**” reaction, to a more chilled-out, relaxed mode in your everyday life.

This will prove to be absolutely essential during this uncertain period for all of us as we are cooped up indoors. If you want to avoid unnecessary arguments, doing the Spine Align treatment on your whole family (every day for the first week, and thereafter, every 2nd day) is an absolutely crucial tool which is very easy and doesn't take up loads of time.

“How do I do the Spine Align Treatment?” I hear you asking? Easy: Go to the HOW-TO-VIDEOS on the main page of your RoyalVibe App, Select “Tutorials & Training” > “Therapy Balls Treatments” (you can have a look at all 3 video's, but if you are in a hurry,) “How to do a Spine Align.”



You will notice that there are a few stretches after you have done the actual treatment. Please note: these stretches are absolutely crucial for the treatment, to “set” the treatment you have just completed on the nerves.

2) **BRAINVIBE: REPROGRAMMING YOUR NEURO-PATHWAYS**

Again, having so much time on our hands all of a sudden has its benefits. What better time to re-program that negative attitude, give new focus to those “pipedream” goals that we say we will achieve “One day...”, help the kids visualize their bright futures, or make that lifestyle change we keep putting off?

You have the most amazing tool at your disposal in the form of your BrainVibe, which is an essential part of your RoyalVibe package. The sad part is that most of us have never even used this incredible tool even once... The purpose of the BrainVibe treatment is to re-program your existing Neuro-pathways, and even create loads of bright, shiny new ones.

You are directly accessing your subconscious brain for a change, instructing IT what you want it to do. How awesome is that?

***(A key for neuron growth in your brain is Zinc. If you are unable to find Zinc supplements, simply chow some pumpkin seeds, they are rich in the mineral. Also, lucky for you, there are loads of Zinc frequencies packed into the Corona Virus treatment, loaded under PUBLIC GROUPINGS on your RoyalVibe, so why not maximize what you are already making use of?)**

Have a look at the handy HOW-TO-VIDEO’s loaded on your RoyalVibe app, where Dr. Raymond explains very nicely how you need to go about setting up your own, personal BrainVibe treatments. Also, we here at CellQuicken have put a LOT of love into setting up the BrainVibe user manual which takes you through the process step-by-step to make things as easy for you as possible.

If you want to REALLY maximize your BrainVibe sessions, why not so a session every 3 hours for the first 3 days, and thereafter once every day? If you do this, your subconscious is already working hard “backstage” to make your dreams a reality, (even if you simply dream of not being such a grump. Haha)

The treatments are only 10-15 minutes per session, so it won't take up too much of your time, and you literally can change your whole life with this very simple tool.

The BrainVibe an incredible tool that you and your family can and absolutely SHOULD make use of to improve your lives, whether you are looking towards the future, or simply want to improve the here-and-now. Trust us, you will thank us later!

When you have designed and loaded your personal BrainVibe images and created that all-important playlist (don't worry, it's all in the manual...) you simply go to the BRAINVIBE menu item on your app, select your treatment, load your phone into your Virtual Reality glasses (supplied with your RoyalVibe package), chill out and let those gorgeous new Neuro-Pathways be born.



3) **ENVIROVIBE: HEALTHY, HYDRATED CELLS = BETTER IMMUNE SYSTEM**

The purpose of the EnviroVibe ("water-magnet") is to restructure the cellular cluster of the water molecules in your drinking water, thus ensuring that your cells are actually able to absorb more water, and are properly hydrated, ensuring optimal cell function. Another benefit is that there is up to 30% more oxygen in your cells, which assists your body to heal faster.

When your cells are properly hydrated, there is better cell communication between the cells in your body and better cell communication naturally means a strengthened IMMUNE SYSTEM!

See what we are getting at here? In this scary time where a strong immune system is our best defense against this invisible enemy, something as simple as drinking restructured water can make such a big difference and give our immune systems a big boost, go and restructure your family's drinking water. Immediately!

For those of you who are not quite sure what I am talking about, this is what your EnviroVibe looks like:



- It is nice and sturdy and you can even place 10 or 20 liter containers on top of it to restructure your family's water. Restructuring takes 30 minutes and the structure lasts for 3 days.
- Simply connect your EnviroVibe to your RoyalVibe device and place your water container on top of it while you run your regular programs on your RoyalVibe device, leave it there for 30 minutes and Voila! Immune system boost from your drinking water!

Easy-Peasy.

(For specific instructions, check out the HOW TO VIDEOS on the app)

4) **LAST, BUT CERTAINLY NOT LEAST: ROYALVIBE: HOW TO MAKE THE MOST OUT OF YOUR ROYALVIBE DEVICE DURING LOCKDOWN.**

Now, although most of you have been diligently running your personalized treatments which were designed specifically for you by our medical team in Germany, (Well done, you!) many of you are actually unaware of the treasure you have in your possession. Let us take this opportunity to educate you:

Aside from your personalized treatments, there is all kinds of stuff that you can treat/ achieve with the “magic” that is CellQuicken RoyalVibe. Here are some suggestions specially aimed at this period of “house arrest” we all find ourselves in right now:

- Most of you are aware of this already, but we have loaded a special treatment under PUBLIC GROUPINGS for prevention and treatment of the Corona Virus.

Prevention: because it contains loads of wonderful immune system boosters (a perfect marriage with your lovely, restructured water).

Treatment: because, (aside from the frequencies for the actual virus, along with its buddy, SARS – remember SARS? It is almost identical to Corona and also affects the lungs and makes it difficult to breathe, so our medical team added this, just in case...) it is absolutely crammed with frequencies for your lungs, phlegm on the lungs, easy breathing, coughing and, very importantly, Zinc. The zinc is essential for blocking the “multiply” function in any virus, stopping the little suckers from multiplying and causing more damage.

- As you know, most of our kids have already begun some form of school work, and the rest will be starting shortly, so as not to fall too far behind on their academic programs with these disruptions. Now, getting children to do school work while they are on “holiday”, is a difficult task for most, and even more so for those children who display so-called ADHD symptoms.

The good news is that our medial team have equipped you with a brilliant tool to assist with this, in the form of ADHD treatments to run from the PUBLIC GROUPINGS. These will assist our precious children to stay focused, concentrate and absorb the tasks they have in front of them. (It is very handy when we are also trying our best to focus on our own work, if we are lucky enough to be able to work from home right now, or simply need a few minutes’ quiet...lol)

- You may have noticed by now that when we are at home all day, we find ourselves drawn to the fridge, and eating more unhealthy foods than we normally would, as this feels a bit like a holiday. Fear not, there is absolutely no need to pile on the extra weight, as we have some fantastic programs for weight loss available on PUBLIC GROUPINGS, and QUICK TREATMENT SEARCH. Our favorite is the FAT BUSTER program, which gives attention to all the things that may be preventing us from losing weight, such as a fatty liver; underactive thyroid; gallbladder & pituitary gland.

- For those of you who are super constructive and working very hard on maintaining your beautiful bodies, or are using all this time at home to finally achieve that beautiful body you have always dreamed of, while the rest veg out on the couch bingeing on series (we see you...haha) we have great news. In the next few days, we will be loading a series of treatments on PUBLIC GROUPINGS when you search for FITNESS, which not only allow you to physically push yourself harder in the gym/ home workouts, but also assist with faster muscle recovery when your workout was really hectic. You're welcome. 😊

Finally, we are going to leave you with this thought:

Most of you don't know even half of the incredible power you have in your hands with the RoyalVibe treatment system. As the frequencies are perfectly safe and there are NO negative side effects ***(see below)**, and it is almost impossible for you to delete anything from your profile, (aside from your Instant Groups, but those are easy to re load should you delete them by mistake...) we would like to urge you to take all this lovely free time to get to know the scientific "magic" of your RoyalVibe.

The BEST way to figure out exactly how MUCH your device can treat, is basically to play with it. Search through the almost 300 "generic" treatments available under PUBLIC GROUPINGS; if you can't find what you are looking for there, you most certainly will find the corresponding frequencies under QUICK TREATMENT SEARCH. This is the "library" of nearly 7000 individual frequencies our medical team uses to design your personalized treatments, as well as the generics available under PUBLIC GROUPINGS.

Believe it or not, there are even several frequencies aimed specifically at our furry/ feathered little family members. You heard us: you can even treat your pets with great success using the Ultrasound treatment!

***NB* Please be aware that medical allergies, such as Penicillin must be considered, as the frequencies for Penicillin will cause a rash on your skin, the same as if you consume it. Also note: if you have High blood pressure and your partner/ someone in the room has Low Blood pressure, it's best to rather make use of Blood Pressure balance/ equalize frequencies. These are the only anomalies that we have been made aware of...**

Any combinations of frequencies and treatments you set up, you can save them for easy access later on, without the hassle of having to search for everything again. (They will be stored in PERSONAL GROUPINGS, under INSTANT GROUPS)



Happy playing. Please be safe during this scary time, and most of all BE HEALTHY!

**Lots of love,
Your partners in Complete Wellness,
The CellQuicken Team 😊**