BIREGS

B.E.A.T. LIGHT RENT

Instructions for Use

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Introduction

Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth. (Genesis 9:16)

If we had the extraordinary power to see X-rays, ultraviolet and infrared rays, microwaves and radio waves with the naked eye, what would it tell us about the world and our own bodies? We would then have to be able to see the X-rays, ultraviolet and infrared rays, microwaves and radio waves within solid bodies. In other words, solid objects consisting of molecules would appear completely transparent and all the electromagnetic waves would become visible to us.
Imagine if we were to possess such extraordinary powers: we would, of course, see the world in a totally different way than before.
(Chang-Lin Zhang)

Those people who are at one with themselves and with their environment and who live their lives in balanced harmony should enjoy a feeling of well-being. One of the most significant characteristics of our new modern affluent society, however, is that this ideal is not so easy to attain.
The important pillars of a harmonious co-existence between us and our environment are good nutrition, exercise, sleep, intellectual satisfaction, spirituality and prevention of illness. But what can we do for our health and to prevent illness and disease? Biregs has developed an innovative wellness device called „B.E.A.T. Light Rent“, which can support you in your efforts to achieve this sort of harmony and, above all else, maintain it.

It has been known for a long time in physics that all things in this world consist of vibrations. Current scientific knowledge tells us that sunlight, as well as artificial light from lamps, is made up of electromagnetic waves. If we look at the light spectrum, we see that we are only able to perceive visible light and that the area of electromagnetic waves is perceived quite poorly by us.

Reading suggestion:
Der unsichtbare Regenbogen und die unhörbare Musik
(by Professor Chang-Lin Zhang)

Because these electromagnetic waves are associated with quantum medicine, the expression of „melodic light“ is often used. International studies have shown that monochromatic (unicoloured) red light and infrared light of certain wavelengths stimulate the enzymes involved in antioxidant protection. In addition, they also effect an increase in the liver‘s production of glutathione peroxidase. They also stimulate the formation of ATP, which makes up the energy reserves of the body‘s cells. It has also been determined that such light has a positive influence on the calcium ion balance in the cells. Red light and infrared light regulate oxidative processes which, in turn, increase cell metabolism and collagen synthesis in fibroblasts, the action potential in nerve cells and the formation of DNA and RNA in the cell nuclei, as well as stimulating the mitochondria and leukocytes. Even catalase and superoxide dismutase, the enzymes involved in antioxidant protection, have an absorption maximum for red and infrared light.

This form of regulation is often known under the name „low-level lasers“, which can be traced back to the year 1963, when the researcher Endre Mester at Semmelweis University published a study on the influence of low-level lasers on tissue. What most people do not know is that a lot of studies have been done in this area. These studies can be found in the databases of PubMed and Medline, for instance, but have never penetrated the consciousness of end consumers.

How can I use the B.E.A.T Light Rent sensibly?
The B.E.A.T. Light Rent offers 53 regulation programmes, which you can have a look at in the section entitled „Technical characteristics“. The irradiation from the B.E.A.T Light Rent can be applied locally. In addition, the device is often used by applying it to the body‘s acupuncture points. Many users also apply the irradiation to the different chakras of the body.

Use the B.E.A.T. Light Rent in these hectic and often stressful times as a regular personal treatment and allow yourself to relax.

1.0 SAFETY INFORMATION

1.0 Safety information

- **WARNING: Source emits infrared (IR) radiation.**
- **Please read the operating instructions before use.**
- **During use, heating up of the power supply unit and of the radiation surface is normal and not a cause for concern.**
- **The system should not be covered or operated near radiators or under direct sunlight.**
- **Never use the B.E.A.T Light system if the system has a defective power supply line or if the casing is damaged.**
- **Repairs may only be carried out by an authorised technician.**
- **Protect the B.E.A.T. from splashing water and from dampness.**

2.1 Purpose

The B.E.A.T. Light Rent is a wellness device designed to improve physical well-being. It works at wavelengths of 650 nm (red light) and 840 nm (infrared light). Depending on the programme being used, this light is pulsed differently. The different programmes can help bring greater harmony to your body.

2.2 Programmes

The different programmes available can be found in the list below. In this context, it is important to remember that there are different types of regulation:
inhibition , stimulation , relaxation, stabilisation

We therefore ask you not to view the programmes in static terms. Instead, be creative with your B.E.A.T. Light Rent and try to find the best programmes and intensities for you, as every person reacts differently. You are also welcome to register on our website http://www.biregs.com and view reports from users there. We would also appreciate your feedback, which will always help improve the product or help other therapists.

Nr	Programmes
1	Inhibit Muscular tension
2	Stimulate Muscular tissue
3	Stimulate Muscular growth
4	Stimulate Muscular tone
5	Relax Tension headache
6	Relax Ocular muscle
7	Stimulate Ocular muscle coordination
8	Stimulate Sleep assuagement
9	Inhibit Chronic pain
10	Stimulate Longterm memory
11	Stimulate Shortterm memory
12	Stimulate Cognitive ability
13	Inhibit Sleeping disorders
14	Relax Mental stress

Nr	Programmes
15	Stimulate Cell metabolism
16	Stabilize Blood pressure
17	Stimulate Regenerative capacity
18	Stimulate Release of endorphin
19	Inhibit Polyneuropathy
20	Stimulate Serotonin production
21	Inhibit Acute pain
22	Inhibit Headache
23	Stimulate Speech centre
24	Inhibit Pain - severe
25	Inhibit Pain - moderate
26	Inhibit Chronic pain
27	Inhibit Acute addiction
28	Inhibit Chronic addiction

Nr	Programmes
29	Stabilize Puls rate
30	Stabilize Spleen
31	Stabilize Gall bladder
32	Stabilize Kidney
33	Stimulate Cell metabolism
34	Stabilize Cell metabolism
35	Inhibit Chronic ENT infection
36	Stimulate learning
37	Inhibit Acute ENT
38	Stimulate Wound healing
39	Stimulate Oxygen supply
40	Stabilize Immune system
41	Inhibit ENT infection
42	Inhibit Infection severe

Nr	Programmes
43	Inhibit Infection bland
44	Inhibit Allergic reactions
45	Inhibit Inflammation
46	Stabilize Bacteriostasis longterm
47	Stabilize Bacteriostasis medium term
48	Stabilize Bacteriostasis severe
49	Stimulate general vitalization
50	Inhibit Allergic reactions
51	Stimulate Immune system longterm
52	Stimulate Bone regeneration
53	Inhibit Physical stress

2.3 Technical information

Nominal voltage DC	+24V DC
Nominal current	max. 0,3 A
Weight in g (grams)	215 g (excluding power supply unit)
Size in mm (length x width x height)	145 mm x 85 mm x 20 mm
Casing material	PETG diaphanous PVC-hard white
Protection class	II
Red LEDs (nm)	645
Infrared LEDs (nm)	850

2.4 Pictograms & symbols

Please read the instructions for use.	**SN** Serial Number
The device should not be disposed of with household rubbish.	CE CE Mark
WARNING: Source emits IR radiation.	

2.5 Cleaning & maintenance

The B.E.A.T. Light Rent shall not be cleaned with alcohol or alcoholic solutions!
The B.E.A.T. Light Rent shall be opened and repaired only by authorized technicians of Biregs GmbH&Co.KG!
During cleaning, you must take care that no liquid enters the housing.

2.5.1 Disinfectant

For cleaning of the B.E.A.T. Rent Light system following disinfection product has been tested and approved:

- **mikrozid® sensitive liquid**
  from the company Schülke & Mayr GmbH
- **mikrozid® sensitive wipes**
  from the company Schülke & Mayr GmbH

These products are fast-alcoholic disinfectants preparations for alcohol-sensitive areas with a fast and good efficacy.

2.5.2 Application Note

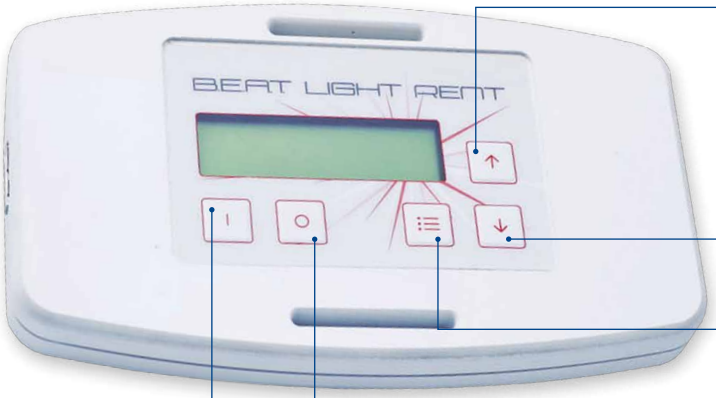
While using the disinfectant it is recommended to wear protective gloves (e.g. of nitrile-rubber). Use disinfectants safely and read the label and product information before use.

The product **mikrozid® sensitive liquid** is a ready-to-go solution. Raise undiluted to objects and surfaces and rinse. Ensure complete wetting. If necessary removed amounts of drug quantities with disposable undyed towels.

Wipe surfaces with a soaked cloth thoroughly and check for full wetting and influence. For use on very large areas may use several towels.

More product information you will find at the manufacturer`s website http://www.schuelke.com
You can get the products from the company Biregs GmbH&Co.KG or from your distributor.

3.1 B.E.A.T. Light Rent buttons



Up
With the Up button, you can navigate your selection upwards in the „Settings“, „Program“ and „Language“ menus.

Down
With the Down button, you can navigate your selection downwards in the „Settings“, „Program“ and „Language“ menus.

Menu
By pressing the menu button for around 3 seconds, you will arrive at the B.E.A.T. Light Rent system menu where you can adjust your settings for the program you wish to execute, its intensity, duration and language.

Switch off / Cancel
By pressing the Off button for around 3 seconds, the B.E.A.T. Light Rent system is turned off.
If you make a mistake when entering settings in the system and do not wish to apply the program you have selected, you can cancel this operation with a brief touch of a button and you'll arrive back at the operating status.

Switch on
By pressing the On button for around 3 seconds, the selected treatment from the display will be activated.

3.2 Display symbols on the B.E.A.T. Light Rent

100%

75%

50%

25%

The intensity refers to the strength of the radiation coming from the LEDs.
Every human organism reacts differently to irradiation with light. In very sensitive subjects, just 25% of the radiation is sometimes sufficient to achieve the desired results. You should choose the best intensity for you.
The intensity can be set in increments of 25% under the heading of Intensity in the menu.

Operating time

0:01
1 minute

0:20
20 minutes

The operating time shows the period of time for which the B.E.A.T. Light Rent radiates light with the selected programme.
Once this period of time is up, the irradiation level set is turned off automatically.
The operating time can be set in increments of 1 minute under the heading of Duration in the menu.
The maximum irradiation setting is 20 minutes.

B.E.A.T. Light Rent modi

Programm mode

In Programme mode, all programmes of the B.E.A.T. Light Rent system are displayed and can be independently selected by the user.

Stick Mode

In Stick mode, only the programme that has been installed with a B.E.A.T stick will be executed on the B.E.A.T. Light Rent system. Independent selection of programmes like in Programme mode is not possible.

Importing data from the B.E.A.T. stick

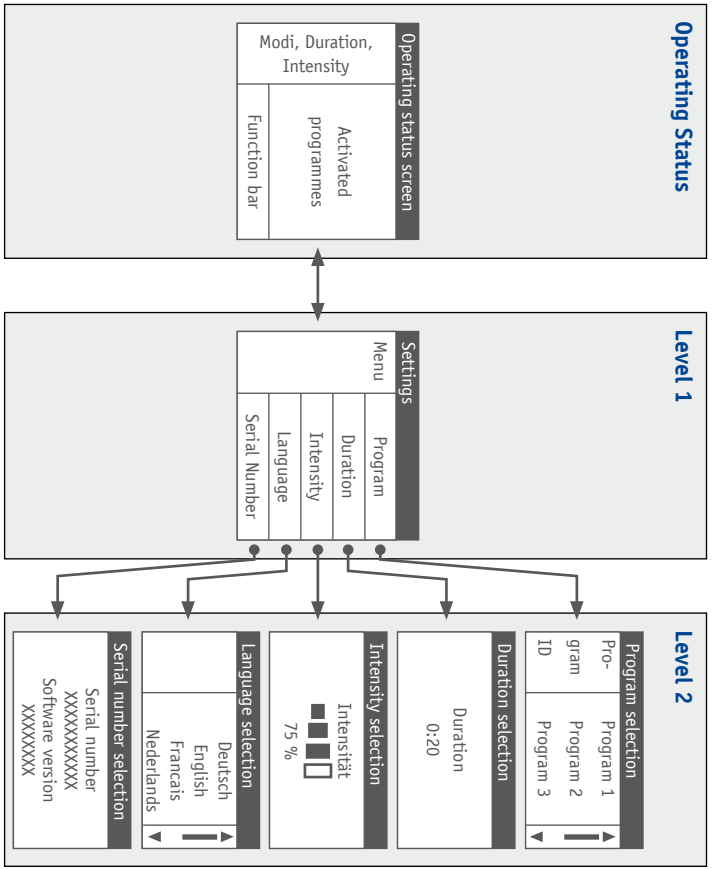
This symbol indicates that programmes are being imported into the B.E.A.T. Light Rent system.

B.E.A.T. Light Rent Errors

Error or Problem

This symbol show an error or a problem with the BEAT Rent Light System. Contact the support of this B.E.A.T. Light Rent.

3.3 Menu Structure



Level 1 / Settings

Menu for the B.E.A.T. Light Rent settings

In the B.E.A.T. Light Rent settings, basic configurations like the serial number can be viewed or the B.E.A.T. Light Rent system languages changed.

Furthermore, the treatment programmes, along with their duration and intensity, can be set here too. After selecting one of these options, you will arrive at Level 3 where you can specify the parameters.

Level 2 / Submenus

Program selection:

Here, you can select the programme that you wish the B.E.A.T. Light Rent to execute.

Duration selection:

The duration of the selected programme can be set here.

Intensity selection:

You can set the irradiation intensity here.

Language selection:

The system language of the B.E.A.T. Light Rent can be set here.

Serial number selection:

You can view the serial number of your B.E.A.T. Light Rent here. In addition, the current software version installed on your B.E.A.T. Light Rent is also displayed.

Level 3 / Operating status

Overview of treatment settings

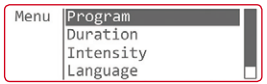
In the Operating Status window, the selected programme, the modi of the B.E.A.T. Light Rent, the intensity set for the programme and the amount of time left to run are shown. If the irradiation is active, a dot will run from right to left at the bottom edge of the display.

3.4 Commissioning the B.E.A.T. Light Rent

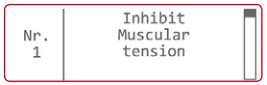
To commission the B.E.A.T. Light Rent, insert the power plug into the socket.

After the B.E.A.T. Light Rent is connected to the power supply, the logo of the distributor will appear for around 5 seconds on the display. Afterwards, you will be able to operate the system using the buttons.

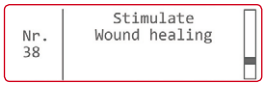
3.5 Setting the program



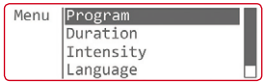
To set a **programmes**, press the menu button ☰ for around 3 seconds.
This will bring you to the main menu of the B.E.A.T. Light Rent.
Here, select the Program menu item using the ↑ or ↓ buttons.
Confirm your selection with the menu button ☰.

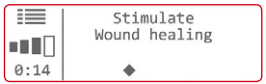


You will then arrive at the drop-down menu for the programmes.



Here, using the ↑ or ↓ buttons, select your desired treatment programme, e.g.: programme no. 38 *„Stimulate Wound healing“*
Tipp: In order to move faster between programmes, you can also press the ↑ or ↓ buttons for a longer period of time. This will allow you to run through the programmes faster.
Use the ☰ menu button to save your settings and return to the main menu, where you can adjust more settings.



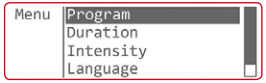


By pressing the On button ⏻, you start the selected programme with the settings you have made and the Operating Status screen will be displayed to you. At the bottom edge of the screen, a dot will run from left to right.

By pressing the Off button ○, you can cancel your operation, after which you will be brought back once again to the Operating Status screen without any changes being made to your previous settings.
If, after 30 seconds, you have not made any further selection or performed any other activity, your most recent selection will be confirmed and you will be brought back automatically to the Operating Status screen with the new settings.

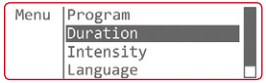
3.5.1 Turning on the irradiation

To start an **irradiation** session or to restart one after the time set has elapsed, click on the ⏻ button.
After doing so, you will see the logo of the distributor on the display.



After 5 seconds, you will arrive at the menu where you can set the programme, duration, intensity, etc.
Here, you can adjust further settings.

3.5.2 Setting the duration



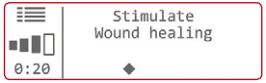
To change the **duration** of the treatment, press the ☰ menu button. This will bring you to the main menu of the B.E.A.T. Light Rent.

Here, select the Duration menu item using the ↑ or ↓ buttons. Confirm your selection with the ☰ menu button.

You will then arrive at the drop-down menu for the programmes.

Here, using the ↑ or ↓ buttons, you can increase or decrease the duration of treatment by one minute until you reach the desired duration.
The maximum duration setting is 0:20 (20 minutes).

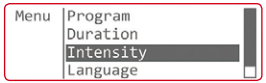
Use the menu button to ☰ save your settings and return to the main menu, where you can adjust more settings.



By pressing the On button ⏻ , you start the selected programme with the settings you have made and the Operating Status screen will be displayed to you. At the bottom edge of the screen, a dot will run from right to left.

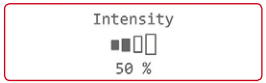
By pressing the Off button ○, you can cancel your operation, after which you will be brought back once again to the Operating Status screen without any changes being made to your previous settings.
If, after 30 seconds, you have not made any further selection or performed any other activity, your most recent selection will be confirmed and you will be brought back automatically to the Operating Status screen with the new settings.

3.5.3 Setting the intensity



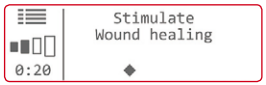
To change the **intensity** of the irradiation, press the menu button. This will bring you to the main menu of the B.E.A.T. Light Rent.

Here, select the Intensity menu item using the ↑ or ↓ buttons. Confirm your selection with the menu button.



You will then arrive at the drop-down menu for intensity.
Here, using the ↑ or ↓ buttons, you can increase or decrease the desired intensity in increments of 25%.

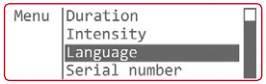
Use the menu button to save your settings and return to the main menu, where you can adjust more settings.



By pressing the On button I, you start the selected programme with the settings you have made and the Operating Status screen will be displayed to you. At the bottom edge of the screen, a dot will run from right to left.

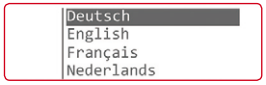
By pressing the Off button O, you can cancel your operation, after which you will be brought back once again to the Operating Status screen without any changes being made to your previous settings.
If, after 30 seconds, you have not made any further selection or performed any other activity, your most recent selection will be confirmed and you will be brought back automatically to the Operating Status screen with the new settings.

3.5.4 Setting the language



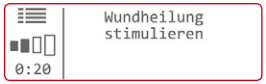
To change the system **language** of the B.E.A.T. Light Rent, press the menu button. This will bring you to the main menu of the B.E.A.T. Light Rent.

Here, select the Language menu item using the ↑ or ↓ buttons. Confirm your selection with the menu button.



You will then arrive at the drop-down menu for languages.
Here, you can select the desired system language using the ↑ or ↓ buttons.

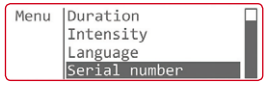
Use the menu button to save your settings and return to the main menu, where you can adjust more settings.



By pressing the On button, you start the selected programme with the settings you have made and the Operating Status screen will be displayed to you. At the bottom edge of the screen, a dot will run from right to left.

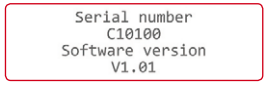
By pressing the Off button, you can cancel your operation, after which you will be brought back once again to the Operating Status screen without any changes being made to your previous settings.
If, after 30 seconds, you have not made any further selection or performed any other activity, your most recent selection will be confirmed and you will be brought back automatically to the Operating Status screen with the new settings.

3.5.5 Displaying the serial number



To view your B.E.A.T. Light Rent **serial number**, press the menu button. This will bring you to the main menu of the B.E.A.T. Light Rent.

Here, select the Serial number menu item using the or buttons.
Confirm your selection with the menu button.



The serial number and the current software version of your B.E.A.T. Light Rent will then be shown on the display.

By pressing the Off button, you will arrive back once more at the Operating Status screen.

3.5.6 Importing treatments

To import treatments, you will need a B.E.A.T. Light Stick:

On this stick, the treatments of the therapist can be saved, who can copy the treatments using his or her Professional System.

To import the therapist's treatments, proceed as follows:

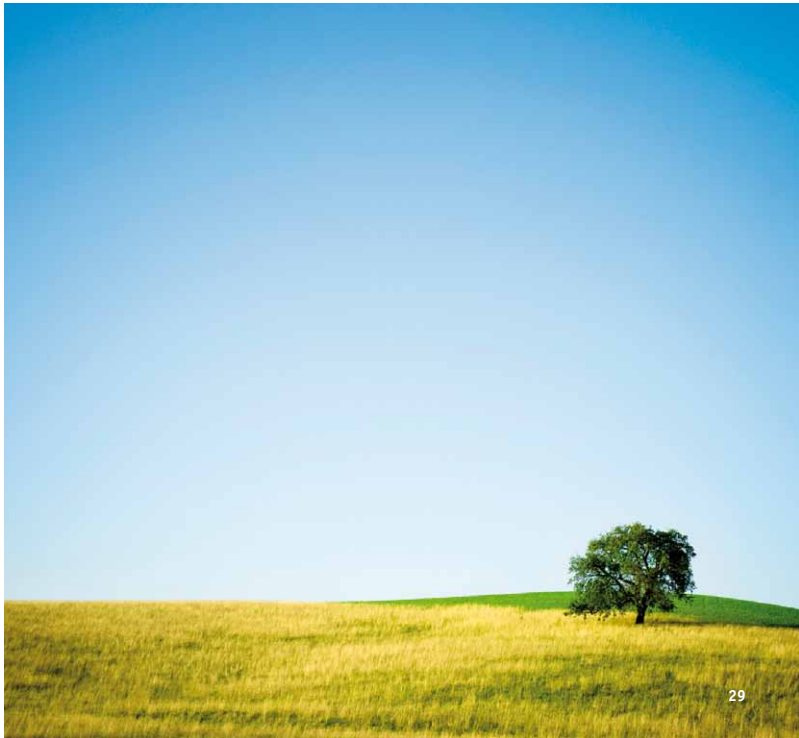
Insert the B.E.A.T. Light Stick containing your therapist's treatment into the B.E.A.T. Light Rent.

Connect the power supply unit of the B.E.A.T. Light Rent to the power supply. The treatment stored on the B.E.A.T. Light Stick is then imported into the B.E.A.T. Light Rent.

While this is occurring, the following symbol will be shown for 2 seconds on the display:
After being imported successfully, the treatment will start automatically with the therapist's default settings.

4.1 Biregs GmbH & Co. KG

BIREGS has been selling bioenergetic systems as well as advising and educating its customers on the subject since the year 2000. Since then, BIREGS has acquired quality certifications for the sale and manufacture of biofeedback systems.



4.2 Contact

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Germany

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Fax: +49 (0) 6171 58 33 02
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Website: http://www.biregs.com

4.3 Disposal

BIREGS devices and accessories may only be disposed of by the manufacturer. Therefore, all devices and accessories for disposal must be sent to the manufacturer so that they can dispose of them properly.

Device packaging will be recycled.

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