

# Hamoni® Harmonizer User Manual

## Preliminary remarks

Many of us have an almost instinctive aversion to reading manuals. Do not worry, we tried to make this manual clear and comprehensible. Just reserve a couple of quiet minutes and start reading. You will see that a little bit of common sense is all you need to install and use the Hamoni® Harmonizer in an optimal way.

## A short description of the device

- You receive the Hamoni® Harmonizer as a plastic box coloured either in black or cream. The box serves as a protective housing for the sensitive components, that comprise the protective functionality against electromagnetic pollution. You can find a geographical overview of the components' origins on a map of the globe at the end of this document.
- On the top of the device you can see the symbol of „The flower of life“. This is merely a design element. In particular, there is nothing „esoteric“ about the functionality of the Hamoni® Harmonizer. On the bottom of the device there are four gliders that act as protection against vibrations and sliding. At the front face a blue dot can be found. It serves as help for locating a calibration point inside the device. A graphical overview of the device can be seen in figure XX.
- The Harmonizer is completely energy-independent (i.e. it does not need an external source of energy like batteries or power supply) and maintenance-free. If it is carefully handled (no heavy impacts, undue moisture, etc.), you should be able to enjoy a *virtually unlimited lifespan of the device*.

## How do I install the Hamoni® Harmonizer? Where do I put it?

Installation of the device can be easily summarized in a single sentence:

*You put the Harmonizer at a suitable place on your floor.*

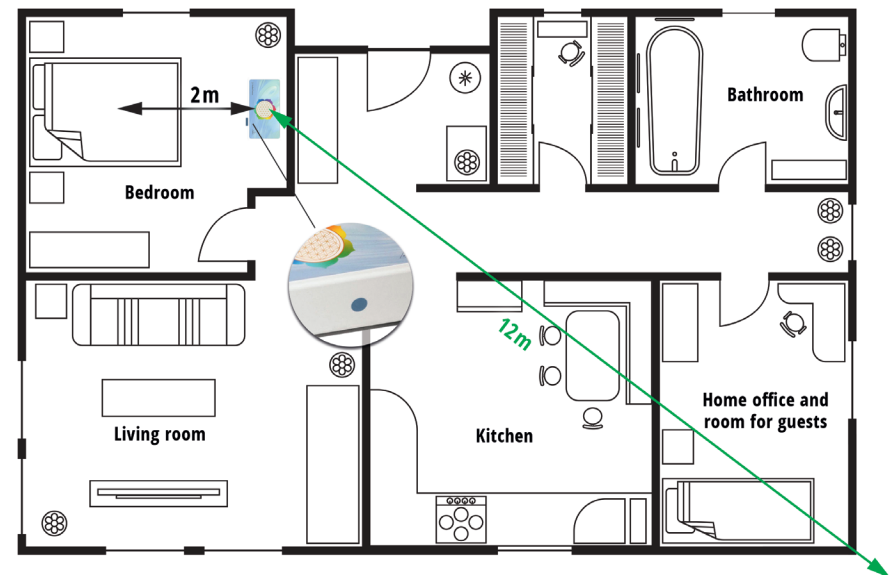
As always in life the subtleties are in the details.

1. **Put the device on your floor, preferably detached.** Putting it adjacent to a wall or into a corner is no problem. If space is limited, it is also permissible to place the Harmonizer behind a piece of furniture or a curtain. Alternatively, you can place the device on the very bottom of a wooden shelf (no metal!), if it is not more than 10 cm above the floor. However, detached positioning should always be your first choice. *A minimum distance of 1.5 meters to your bed and places where you spend most of your time is optimal for the majority of users.* A smaller distance is no problem and not in any way harmful. Experience shows, however, that a slightly better effect is achieved when the minimum distance is kept.
2. Go into a squat at the intended location of installation and look to those places where you are normally spending most of your time at home, i.e. bedroom,

living room, home office, etc. *Now make sure that the line of sight (imagine that you can see through walls) to these places is not blocked by metal surfaces*, as can be found in large kitchen appliances, metal cabinets, etc.

**Important: If your household consists of more than 1 bed, skip the next step and go directly to step 4. In this case the blue dot can point into any direction you like.**

3. **Now, look from the installation spot of the device towards the middle of your bed.** In case this spot is outside of your bedroom, imagine seeing through your walls or ceiling towards your bed. *Now turn the Harmonizer on the floor until the blue dot points towards the bed.* If your bed is located on a floor above the Harmonizer, just imagine a vertical line through the middle of your bed and turn the device until the blue dot points towards this line. It is important that the device again stands on all of its 4 gliders after turning.
4. **If you live in a house or a flat with several floors, install the Harmonizer on the ground floor.** The device also protects the overhead floors as long as they are contained within the protective radius of approx. 12m.



**Example for a good installation spot:** The Harmonizer was placed in approx. 2m distance from the bed. This means that the 1,5m minimum distance is given, both to the bed and to the sofa in the living room (where probably also a lot of time is spent). The blue dot on the front face of the Hamoni® Harmonizer directly faces the bed. In addition, the whole house or flat fits into the protective radius of 12m (see green arrow).

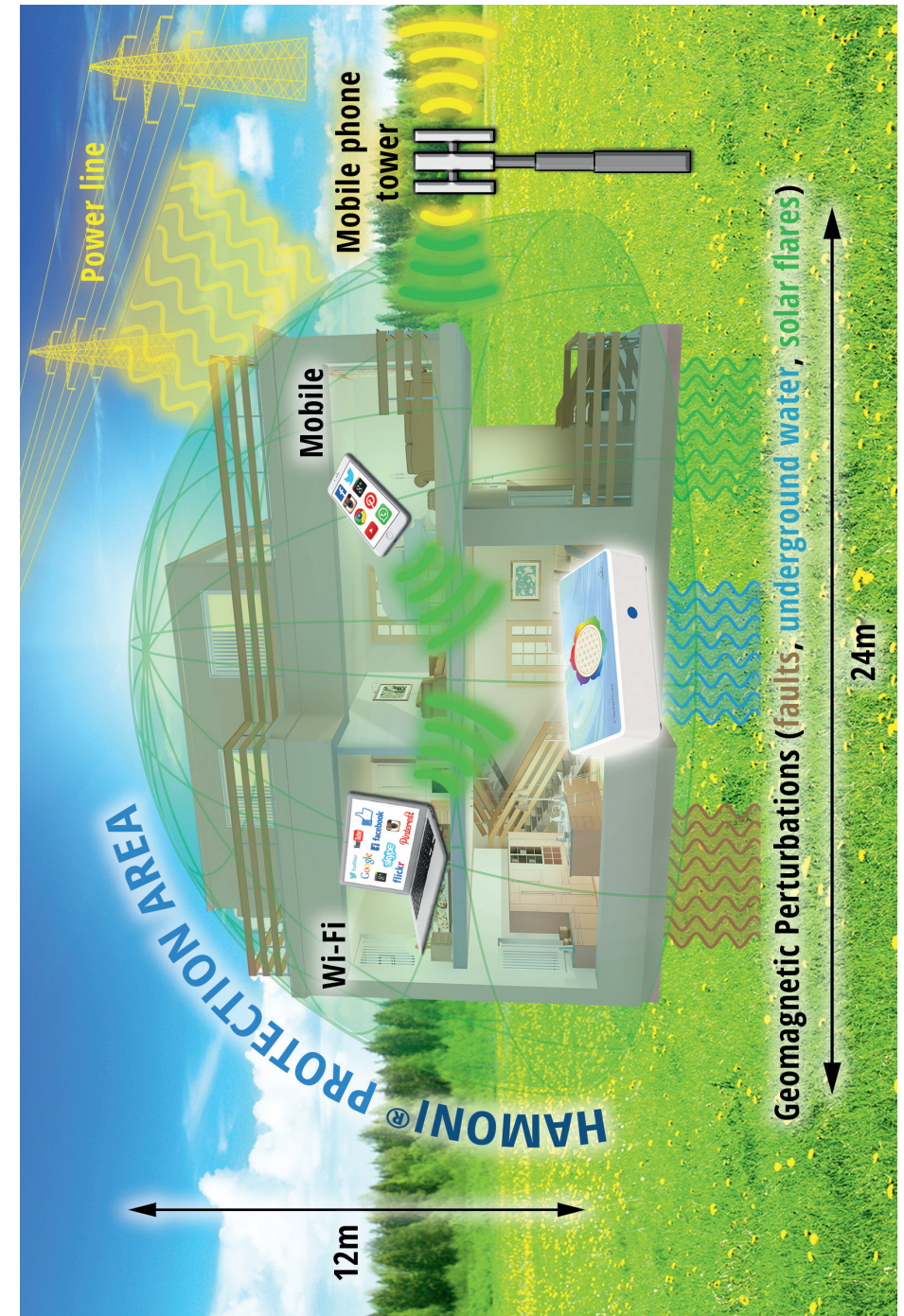
## Please avoid these installation spots



- **Basement:** Do not put the device there unless you permanently live there. Humidity in basements is often elevated, which could adversely affect the lifespan of the device. In addition, temperatures are usually well below those in living rooms. The Harmonizer, however, unfolds its best effect at room temperature.
- **Kitchen:** Metal surfaces of large kitchen appliances block the Harmonizer's effect. An exception can be made in large kitchens that also serve as a living room. In these cases the device can be installed at spots that are a couple of meters away from large kitchen appliances.
- **Bathroom:** Elevated humidity and splashing water could permanently damage the sensitive interior of the Harmonizer.
- **Places where the device can be easily removed:** If you have children or pets that move the Harmonizer, you could attach the device to the floor with a double-sided adhesive mounting tape. Accidental movement of the device is no problem. Just put the Harmonizer back to its usual place afterwards.

### Important Note

The positive effect of the Harmonizer normally does not depend on its distance from your bed(s). **While the vast majority of users are hardly sensitive to the installation location of the device, a small number of customers are sensitive to the distance.** These people report that they feel an optimal effect from the Harmonizer at a certain distance between their bed and the installation spot. If you belong to this group of individuals, we unfortunately can not provide you with a simple answer. You can only find this optimal distance on your own. Please do this: Start with a distance of 1.5 m from your bed and listen to your body for a few days to see if you feel comfortable. If so, keep this location. If not, increase the distance in successive steps of 1- 2 m (up to 12 m) and observe your body's reaction. **Once you have found a distance where you feel comfortable, choose this spot for permanent installation of the device.**



## How long does it take to feel the effect of the Hamoni® Harmonizer?

You are certainly very interested in this question. The answer depends on two main factors: *Your individual sensitivity and the degree of damage to your body that has already been done by electromagnetic pollution.* This kind of damage is usually accumulated over a long period of time. It is tempting, but also unrealistic to assume that it will be reversed overnight.

*The effect of the Harmonizer is present immediately after installation. However, until your body and mind actively senses this effect, some time can pass. This time-span depends on the two factors mentioned above.* We have very sensitive customers who report a positive effect and relief immediately after unpacking the device. As a rule, however, this process normally takes more time. We know from customer feedback that you have to expect a timespan of several weeks up to a few months.

*If you have not experienced a positive effect after this time, your problem is very likely not primarily caused by electromagnetic pollution.* In this case, however, we advise you to continue using the Harmonizer as a prophylaxis. Of course you should also continue to use the device after feeling the positive effect and/or improvement of your problems. Please note the legally mandatory notice at the end of this section.

*In very rare cases (usually highly sensitive individuals) users can react in a negative way for a short initial period.* This reaction can be explained by understanding that our bodies show a habituation effect, i.e. they get used to an environment, even when it is a hostile one, e.g. electromagnetically polluted. When this well-known environment is suddenly changed by action of the Harmonizer, our body can be irritated because it has not yet adapted to the new, unpolluted environment. However, this adverse initial reaction typically subsides after some days (the amount of time our body needs for adaptation) and only approx. 2% of users experience it at all.

## Frequently asked questions and answers

### What protection area is covered by the Hamoni® Harmonizer?

The protective radius of the device is sufficient to cover a large detached house or two small semi-detached houses and very large flats. Extensive series of measurements performed by building biologists (i.e. practitioners who detect stress-factors like electromagnetic pollution in buildings) have established this protective area: It is roughly an upwards arched hemisphere with a radius of approx. 12m. The centre of this hemisphere is the location of the Harmonizer. Below this hemisphere (i.e. below the floor where the device is put) hardly any protective effect is measured.



**Can I take the Hamoni® Harmonizer on my travels?** Yes. Just set up the device at destination by applying the same rules as when operating it at home. Do not expose the device to strong vibrations or high humidity during transportation as this could damage the sensitive interior. If you travel by plane, always try to put the device in your check-in luggage rather than in hand luggage. The Harmonizer's electronic components can be seen in

the X-ray at the airport's safety control. The device does not contain any dangerous components that interfere with flight safety, but it may be difficult to explain to security officers what a harmonization device is. We advise you to take a copy of the Harmonizer's EU declaration of conformity (CE) regarding electromagnetic compatibility on your travels. You can find it at the end of this publication and on our website.

### Can I improve the protective power by using several Hamoni® Harmonizers?

The answer depends on what you want to achieve. If you want to place a second device directly next to your existing one, assuming that the effect is doubled, then this is not true. If, however, you are like some of our customers for whom the optimal distance is relatively close to their bed, using a second device could make sense. Specifically, if you spend a lot of time at a distant place (e.g. home office far away from your bedroom), using a second device near this place can yield better results.

### How can the Hamoni® Harmonizer be switched off?

If you want to take the Harmonizer completely out of operation, simply wrap it in aluminium foil (simply the one you use in your kitchen). The effect of the device is thereby immediately stopped. If you want to use the device again in the future, simply remove the foil again. The Harmonizer is then 100% effective again.



### When I shake my device, I hear a trickle. Is it broken? No.

The device also does not contain sand, as is sometimes mistakenly assumed. The sound originates from a bag with so-called silica gel. This is a granular material that can absorb excess humidity and release it later. If the humidity is low, the material dries and it sounds like trickling sand when the Harmonizer is shaken.

### I have more questions. Who can help me?

Please contact the Hamoni® Research Team. You can find all contact data on our website or at the end of this publication.

### Please give us your feedback

*We would be very pleased if you could inform us about your experiences with the Hamoni® Harmonizer after using the device for some time. Thank you for your time!*

### Legally mandatory notice

Up to now the effect of the Hamoni® Harmonizer has not been scientifically researched, therefore there is no academic study (yet) that has proven its efficacy. The device has been developed empirically over more than 30 years. Its efficacy is documented in numerous case studies by customers and by medical practitioners (not in medical studies). Please note that the Hamoni® Harmonizer is not a medical device, promises no cure, and can not replace a visit to your physician.