



HelixLife is an innovative R&D company that is developing personal and environment devices that condition the body and neutralize the effects of EMF .

We believe that all living things desire wholeness and optimal wellness.

We believe that if you improve the environment at the very foundations, both inside and between the cells, the body will be able to rebuild, repair and restore.

## BIOPLATES

HelixLife Bioplates are a key component to neutralizing the effects of EMF and the wellness restoration process. While our exposure to EMF isn't going away, it is possible to neutralize the interference that EMF produces where it does the most damage, at the molecular level.

The coherent stream of photons coming from the BioPlates are acting like noise-canceling headphones to the interaction between biophotons and electrons. It creates an optimal environment that the body perceives as being back in time before alternating current and EMF existed.

*Biophotons are individual light particles in the body that carry incredible amounts of information. Their job is to carry, store, and transmit information inside and between molecules and cells in the body.*

EMF introduces frequencies that biological systems never encounter in nature and, because the body interprets the EMF as a danger, it spends energy cycles trying to defend against it. This adds a suppressive weight, taxing all the body systems and we are left running with less oxygen, less energy, and lower performance. It is like everyone is carrying around a backpack with rocks in it and each new generation of EMF is adding more rocks, more weight.

*The net effect; most people have lost their zest for life, weighed down with lower energy and deteriorating wellness.*

### BioPlates

BioPlates are a stack of 3 medical-grade stainless steel plates that are programmed using light and sound to produce a balanced beam of coherent photons projecting from the front face, indicated by the plate with the notched line. Bioplates come in several handheld sizes of increasing power.

The 4" BioPlates can neutralize EMF up through the 4G frequencies and the 5" BioPlates, more powerful, can neutralize the effects from the increased 5G frequencies. BioPlates can be held, carried, sat on, slept on or worn.

BioPlates are portable, designed to condition the environment wherever the face of the plates are pointed. To benefit your body, wear them in our vest (included), in a runner's belt, wrap them over/under injury sites, or point them at specific area on the body you want to condition.

- They are completely safe for all plants, animals, and people of any age, stage of life, and level of wellness.
- Safe to use with any medications and/or medical devices and will not interfere with any protocols.
- The devices are portable and will last 20+ years if not compromised by damage.
- Our devices do not require any external power and have access to lifetime energy because they are powered by photon particles- no batteries, charging or electricity required. BioPlates will fully function in complete darkness.



Front Face of BioPlates- notch at top



Vest with BioPlates in pocket



One time conditioning a cell phone

### BioPlate Benefits:

1. **3D catalytic bubble :**  
BioPlates create a 3D catalytic bubble around the body– incompatible manmade EMF frequencies entering the bubble are conditioned by the coherent photons coming off the plates. By creating coherent photon stream, we neutralize the EMF interference at the molecular level. This creates smooth sine frequencies that the biological systems recognize as normal and they go back to work.
2. **Body Response:**  
Increases blood oxygen saturation, circulation, helps maintain, rebuild and stimulate the bodies systems.
3. **Treating Objects:**  
BioPlate coherent photon stream can also condition inanimate manufactured objects so that their molecular structure is compatible with bio systems.
  - Using a painting motion with the face of the plates is from 2" to 20' away- facing the object, paint over cell phones, routers, screens, watches, kitchen appliances, bed springs, any objects in home or office that are manufactured and carry charged molecules.
  - Painting over a cell phone for 15 seconds, for instance, will neutralize 90% of the device EMF. The only EMF exposure from then on, will be from the communication signals (text or calls) initiated or received from your carrier
4. **Reflective surface increases power:**  
Because we are working with photons, using a mirror opposite the plates will reflect the photons back and increase their effectivity on bio systems by **4X**. A piece of Reflective mylar is included with BioPlate purchase. A small portable mirror or floor mounted mirror will also work.

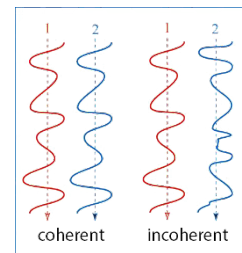
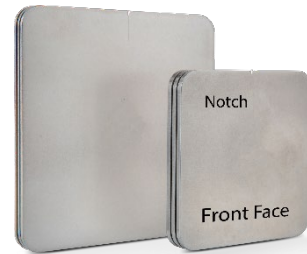
As you can wear or expose yourself to the BioPlates for longer periods of time, you will notice you can breathe deeper or what feels like your lung capacity range increasing, better sleep, think clearer and your energy may increase.

### Anecdotal benefits reported by users:

- Improved oxygen saturation levels
- Improved performance during exercise
- Faster muscle response
- Reduced recovery time after physical activity
- Increasing energy
- Heightened stamina
- Improved circulation
- Better balance and improved adrenal issues
- Improved concentration, Less brain fog
- Clearer thinking
- Increased ability to tolerate sunshine (slower to sunburn)
- Increased vigor and vibrant well-being
- Reduced travel fatigue and jet lag
- Heightened alertness for long driving
- Blood oxygen levels rise and hold consistent
- Reduction of asthma attacks
- Faster healing from surgeries, burns, and cuts
- More restful sleep

### BioPlate Construction and How to Use Them:

- There is a back and front to the plates. The front face is indicated by the plate that has notch or short line visible on one of the faces. That notch signifies the top or UP/North direction. The significance of the notch and how it is positioned when used in different situations will be explained below.
- The effects are programmed into the plates so that they beam out from the front flat face like a flashlight. The entire face is an active projection of coherent photons. Wherever the face is pointing, that area will be affected by the photonic power. There are little or no effects coming off the stacked edges of the plates.
- The beam is a very powerful, concentrated beam of balanced/coherent photons. Because photons (light particles) are sub-atomic they can go through anything- clothes, skin, wood, steel, virtually any material of any thickness, at any distance. The only thing that stops the effects would be a mirror or reflective surface.
- You can carry the BioPlates on your person, in your pocket, purse, fanny pack, or in the supplied vest.
- Make sure you always have the face of the BioPlates pointing towards what you wish to condition.
- BioPlates are powered by photons and will never run out of power. They will work in completely black room because even in the darkest room there are millions of photons, more than enough to power the plates.
- The only thing that stops BioPlates from functioning is magnetism . If there is a magnetic item within a couple of inches of them, they will “switch off” until the magnetism is removed. Magnetism doesn’t harm the plates in any way, it just nullifies the effects for the time they are exposed. Full power resumes once the area is clear. Magnetism can be as subtle as a slight charge from a metal clasp, necklace chain, or cell phone.
- **Damage** : There is a couple of things that can damage the BioPlates.
  - Do NOT at any time , lay the plates flat on a surface and spin them like a top. This will completely de-program them and they will become a coffee coaster with no power. This is permanent.



The other way to do permanently damage the BioPlates is to damage the face with severe deep scratches or dents. Otherwise they should fully function for many decades. If you are concerned they are somehow not working, send us a photo of the front and we can test them remotely.

### Holding the plates –

- The easiest way to hold the plates is to hold the edges and aim the beam at your target.
- The BioPlates can be stood on end, on a table, pointing at a subject. Or laid flat with the face up, resting the arm or hand on the face of the plates.
- BioPlates work with the face pointing up, down or, facing horizontal to ground. If they are tilted at a 45° angle, leaning up against something for instance, for an extended time, they will not work as well. They will return to full power once placed vertical again.
- You can place the plates under your pillow, under a mattress, under your leg, a seat cushion, under the bed,

virtually any place where there is no magnetism present. When under something, make sure the face is pointing up towards the target subject.

- A fanny pack and vest is also included with the BioPlates. The vest is the easiest to use for carrying the plates while on the move, exercising, or at work . The vest can be worn over a tee-shirt and under another shirt. The fanny pack can be worn around the waist or over either shoulder -across the chest.

#### **Personal Use:**

- The vest is best worn over a tee-shirt for comfort and is very easy to wear for long periods of time.
- The vest can be size adjusted by the Velcro straps on either side.
- The vest pocket positions the BioPlates so that the beam is directly targeting through the thymus, lungs and heart, which in turn is conditioning the whole body. This is a very efficient way to get the benefits to the whole body quickly.
- When placing the BioPlates in the vest, make sure the front face is pointing in towards the body with the notch at the TOP. So, face in and notch up.
- Another beneficial way to use the plates is when you are sitting down, watching TV or reading. Place the plates over your belly button with the notch rotated to the DOWN side. You can benefit your internal organs and there is also a major blood circulation passing through the area that will condition your whole body.
- Driving – Place the BioPlate under your **left** leg, face up, notch/line pointing down leg towards foot. This is great for longer road trips. You will stay alert longer, not get as fatigued and many users report that passengers do not get car sick.

**Notch Direction-** As mentioned above, the notch location is important, depending where on the body you are pointing the face. Because we are creating a beneficial, balanced photon environment, oxygen in the blood stream responds very quickly and carries the benefits to the whole body. It is important to have the notch in the correct orientation to coincide with the direction of blood flow.

- When pointing the plates at an area on the torso at or above the heart.... Have the plates turned so that the notch is on the top edge of plate. So, face in, towards the body with the notch up when conditioning above the heart. See body diagram below.
- When pointing the plates at an area below the heart- have the notch rotated to the bottom side of the plate.
- This direction change is very important to work with the bodies circulation and acceleration of oxygen molecules.
- If you find that you mistakenly have the notch direction incorrect during use, it is not a bad thing. The BioPlates are still working, they are just more effective when working with, not against the blood /energy flow in the body.

#### **Quick Start Use**

- To begin experiencing the benefits immediately there are several ways you can start.
  - Hold the plates in one hand and simply point the face of the BioPlates towards your chest, heart, lungs, torso, or head.
  - Try pointing at a glass of water, coffee or tea and see if you can notice a taste difference. Try doing A/B testing by treating one glass and not treating the other. 30seconds to 1 minute depending on the liquid should be plenty. If you don't notice a taste difference, try longer period of time. Also moving the plates slightly or moving the glass over the plates or using a slight circling motion over the plates will help accelerate the effects. Some users say pineapple tastes different with exposure.

Fresh produce will last longer when “painted over “ when you arrive home from grocery shopping. Try painting over everything in the refer.

#### **Quick Start Use (cont.)**

- There will be no detrimental effects to any food with exposure to the plates, even long term
- If you have areas that have pain, swelling, inflammation, recent surgery, scars, burns etc- point the plates at these areas directly. Skin contact is not necessary but close proximity seems to increase benefits. Slight movement back and forth also helps stimulate the circulation and benefits.
- Holding the plates against your chest will increase the oxygen, oxygen saturation and circulation as well as range of breathing.
- Using the BioPlates is cumulative. The longer and more often you use them , the better you will feel and notice improvements. This is your bodies systems coming online and stretching to function at optimal levels. This is because the BioPlates have removed the suppressive nature of EMF stress.
- When sitting (in the car, airplane or at home) , you can place the plates under your left thigh (facing up) with the notch side toward your knee or pointing down your leg, away from the heart.
- You can sit directly on the BioPlates. This will beam the effects up through your body.
- You can put the BioPlates in the provided vest or fanny pack or wear them in a elastic running belt for positioning over prostate, hernia etc.
- You can sleep with them by putting them under your pillow or by lying with them under your torso , leg or wrapped on the bottom of your foot.
- The BioPlates can be strapped to your leg, arm or shoulder with an elastic bandage to focus on a specific area. This works well for rotator cuff pain. I have [used this shoulder brace](#) and slide the BioPlates in the pocket for shoulder pain relief.
- Direct skin contact is not necessary.
- The effects will easily beam through many layers of clothes with no diminished power
- The benefits start immediately – because photons are moving at the speed of light.
- Range – the power does not diminish noticeably with distance. You can ‘condition’ someone or something from over 100 feet away with the full benefits.
- The beam will expand slightly with distance but will not diminish in power

#### **Painting with the BioPlates-**

Painting is the term used to describe the motion of holding the plates by the edge and moving the plates up and down or side to side slightly, in order to completely saturate your target. This can be done by moving your arm slightly or using just wrist action. If you are painting your phone, for instance, you would hold the phone in one hand and, from 4”-6” away, move the plates over the phone in a painting motion for 10-15 seconds. This will orient all the internal molecules on all the parts and pieces of the phone so that they are aligned and coherent.

The phone is now conditioned and EMF free for life.

NOTE: The device is now EMF free , however the EMF signal from the mobile carrier is not. Every time you place or receive a call, that signal is EMF and will be effecting your body. After conditioning the phone, the EMF impacting your body will be dramatically less but there will be some collateral EMF from the incoming signal. One thing that you will notice immediately is that the phone will be much cooler during a call. Many people say that their ear no longer

gets hot during extended calls.

By conditioning the phone we have created a biologically neutral device that still fully functional but is no longer seen by the bodies systems as a source of EMF.

Using the reflexology chart included at the end of this document, you can also place the BioPlates on locations on the foot that correspond with the area/organ you are having problems with. Also, if you know the accupuncture locations on the body, placing the BioPlates over those locations will have the same effect as accupuncun – stimulating the area to restore function, blood flow, reduce pain etc. For example, over the belly button will help with headaches.

- See pink arrows on the figure diagram below for the line/notch direction when placing the BioPlates on areas you wish to condition . Face of BioPlates always faces the body, only the notch/line changes direction to coincide with the blood/energy flow of the body.

**Torso:** On the torso (orange dots) , above the heart = **arrow up**.

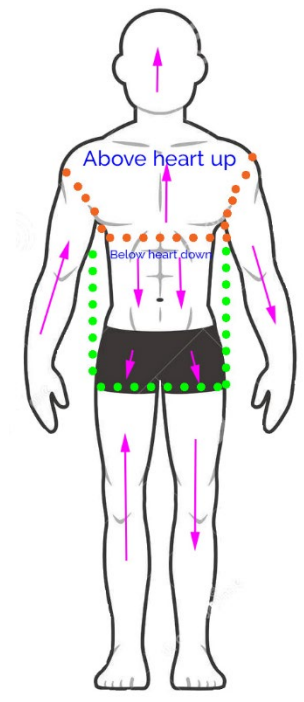
Below the heart (Green Dots) **arrow goes down**.

**Limbs:**

When using on the **left** side of the body (foot, leg or hand) point the arrow **down** or toward the toes.

- When placing the BioPlates on the right side of the body (foot, leg or hand) point the arrow **up** towards the head, elbow. This direction change has to do with the directional flow of the blood carrying the beneficial photons into the bloodstream.

**BioPlate Notch/Line Direction When Pointing at Certain Areas**



**Conditioning Your Home and Objects:**

Biological systems react to two sources of EMF. The first source is the direct creation of EMF from electricity, cell and wireless signals etc. These are generators of EMF and most commonly talked about in the EMF conversation. The second source of EMF is reflective or embedded. This EMF is the embedded frequencies from the manufacturing process, from the facility. Any product that has plastic or metal will likely have some residual frequencies embedded in them. Any metal that is in a room can retain EMF frequencies and can be acting like an antenna or broadcaster of EMF. A belt buckle, glasses, light fixture, appliance, credit cards, jewelry, watches, TVs, screens, laptops, ipads, springs in a mattress, screws in the wall or floor, metallic fibers in the paint on the walls, foil on the face of the insulation in the walls. All of these may be reflecting or rebroadcasting EMF into the room and, although very faint, when combined with all the other sources in the room, can create a cacophony of "noise" that the bodies cells, DNA, and mitochondria, see as a suppressive threat.

**Painting a room:** To condition a room so that these residual sources of EMF are biologically compatible, we need to use the BioPlates to paint the room. There is no need to move any furniture, pictures, clothes or change anything in order to condition them with the photonic effects. Because we are dealing with photons beaming out from the front face of the BioPlates, and the photons can pass thru anything, you can stand to one side of the room and paint everything on the opposite side of the room. Move around the room and cover everything. Holding the BioPlates vertically (notch up), edge horizontal to the floor, paint the walls, bed, bed frame, dresser, light fixtures, blankets, jewelry, watches, computers, screens, TVs, cribs, clock radio, headboard, toys, drawers, closet, clothes, ipads, electronic toys...everything. Take your time and cover it all. Floor and ceiling.

**Amount of time to paint an item:** about 10 -30 seconds depending on size. A couch, maybe 30 seconds total. A lamp, about 10 seconds. A watch, about 6-8 seconds. Refrigerator, about 30 Seconds.

Use a slow motion movement, about the speed of combing hair, up and down or back and forth. For individual items that are handheld and small, you can pick them up and paint them directly at close range (2-6" away). Once you have painted over everything in the room, the molecules are now aligned and balanced and these items are conditioned for life. The effects are permanent and do not wear off.

Now, this doesn't mean that EMF will not enter the room from outside sources again but, we are making each item compatible with your body by balancing the molecules, the individual items will no longer have retain incompatible frequencies.

The balanced photonic effects coming off the BioPlates will re-orient and create balanced orderly molecules in each item.

When we can neutralize items in a room so that they are now balanced, we remove the stress that they were carrying and constantly broadcasting. Was any one item creating a huge problem? Probably not. But, if you are in a room where all these little frequency emitters are all around, over time your body was not able to fully rest. It is constantly in a subtly hostile environment.

You can go though your home and paint every room. Pay particular attention to devices that are plugged into the wall. All appliances and devices that are plugged in are broadcasting EMF into the home. After you paint over these, there will still be alternating current in the outlets and EMF flowing thru them but, the devices themselves will not be sources of EMF.

We do have a complete solution for the home that conditions all EMF coming in, and that is our BioArray. These are a larger box with 16 plates that creates a bubble in and around your entire home and property. All biological systems,

people, plants, animals and all living systems, are inside a balanced photon bubble. All incoming wireless, electricity is balanced and made biologically compatible, creating an EMF oasis. Depending on model size these units can provide complete biological balance and EMF shielding for over 200- 1000+ acres. Check our site for more info on these. [www.Helix-Life.com](http://www.Helix-Life.com)

### **Reflective Mirror Increases Power**

- If you put a mirror or reflective mylar surface (a piece is included with the plates) opposite where you are aiming the BioPlates, it increases the plates power by 4x
- Before using a mirror or reflective mylar, make sure to paint over the surface with the BioPlates. This will condition the mirror surface and increase the effectivity of the reflected photons.
- Mirrors are especially helpful in speeding up conditioning or for use in healing injuries
- There are several choices for reflective surface. Included with the BioPlates was a piece of reflective mylar. This is about 90% reflective and is a little more portable and non-breakable than a mirror. Another option is using a cheap cosmetic hand mirror or a floor standing mirror. Mirrors can be close or across the room.
- By placing the injured area or body part in between the mirror and the BioPlates, effectivity is increased as well as circulation, cell regeneration and oxygen saturation are increased significantly.
- If you combine the mirror with slight movement of the plates back and forth, this will greatly increase the effectivity. The reason for this is the molecules are being stimulated by directing photons from slightly different angles and this moves toxins, injured and destroyed cells out faster, brings healing oxygen into the area, lowers swelling and inflammation, and generally increases the bodies focus on the area. The BioPlates don't create any molecular heat so any activity in or between cells is very coherent, fast and efficient allowing for optimal performance.
- Examples: If you had a headache, toothache or injury to your head, you can hold the BioPlates on one side and on the opposite side of your head, hold or have a mirror -slightly move the plates to increase effect. The photons are going to penetrate all the way through your head hit the reflective surface and bounce back through, increasing the molecular stimulation and healing potential.
  - You have an injured knee – place the plates on one side and a mirror or the reflective plastic on the opposite side with the knee sandwiched in between.
  - If someone is in bed- placing a mirror on the opposite side from where the BioPlates are pointing. This is also effective with the plates pointing up or down towards a mirrored surface with the body in between. (floor mounted mirror with BioPlates resting on chest or injury location- pointing down)

### **Injury:**

- Lets say you just cut or burned your finger, hand or arm. You can either hold the Plates in your opposite hand and rest your injured finger over the BioPlates or, you can set the plates down on a flat surface and rest your injured area over or on the plates.
- Now...this is where it gets interesting. If you slightly move either the BioPlates, or your finger, back and forth, the pain will rapidly go away. Most likely in a few seconds to a couple minutes. Even slight movement of ¼" back and forth like a sanding motion works good. You will rapidly feel the level of pain decrease. Just holding the injury over the plates will still make the pain recede, but not as fast as if there is some movement.
- The plates can be laid down on a table, as long as the surface is not in anyway magnetic – this includes screws



under or in the table or near any metal -(within 4-6”).

- If you have an injury to your leg or an area where you are unable to reach to point the BioPlates, you have a couple of options. First, is to stand in front of a mirror and paint the location yourself, pointing at the location in the mirror. Second, someone else can do the painting/movement , even from a distance of a few feet and there will be a reduction in pain and faster healing.
- Painting yourself in the mirror is a good idea to do once you have passed through TSA body scan at the airport and you wish to normalize your body against the radiation they have exposed you to. Simply paint over yourself for 15-30 seconds and your body is reset, no longer impacted by the millimeter radiation they use.
- With burns and cuts – if you do movement for 10-15 minutes there will be much reduced residual pain, and scarring or blisters will be greatly diminished. This also works for immediate post surgery injury recovery and sunburn.
- If you are visiting someone in the hospital and you can't sit near them, you can still condition them from across the room. Have the BioPlates pointing at them, notch up, and slightly move them back and forth. Keep this up as long as you can. All day if possible. Have other family members take turns. Faster wellness will be the result because you are creating a balanced photon environment and whole oxygen molecules around them. Make sure you also paint over all the equipment and bed in the room.

#### **Fun things to try:**

\*\*\*One thing that you can try right away that has definitive results and that is with **red wine**.

The BioPlates are creating a concentrated beneficial oxygen environment and this will alter how red wine tastes pretty quickly. We have noticed that if you set a glass of red wine on the plates for 1-3 minutes that it smoothes it out and makes the flavor more robust. You could try a blind taste test with someone by treating one glass with the plates and one without, to see if they can tell the difference. Movement and a mirror will hasten the treatment.

The BioPlates will also treat an entire bottle the same way if you rest it on the plates for a couple of minutes.

We have tried this with white wine and the results were mixed. Most people thought that it didn't add anything to the wine but rather flattened the taste. Red wine seems to respond the best to the increased oxygen available with the plate exposure.

To decrease the exposure time you can try standing the plates on edge , pointing the face towards the glass or bottle, and then putting a mirror on the opposite side. So, plates -> wine glass<- mirror

The mirror bounces the coherent photons back through the glass increasing the power and effects by **4x**. Also, if you hold the BioPlates in your hand and slightly move them back and forth, the movement coupled with the mirror will increase the speed of the effects even more.

Caution\*\*\* **Do not do this test with beer or carbonated drinks** as it will de-gas them very quickly and they will taste flat.

- Household plants and soil can be conditioned. Simply paint over them once or twice a day. You can also treat the soil and seeds before planting and during growth. Paint over the pot and plant as often as you remember.
- Structured water can be made in an instant by pointing the plates at a glass or pitcher of water. Standing water ( outdoor pet drinking water, hot tubs, bath water) can be conditioned by painting over the water for a few seconds. Hold BioPLates under hose while watering plants will carry photonic condition to plants.
- Hold plates under gas hose while pumping gas. This will align gas molecules for more complete combustion.

- Condition your pets by putting the BioPlates under their bed or pointing at them

## Have fun playing with your BioPlates !

### \* Herxheimer reaction

These are very powerful plates and wearing them will have cumulative effects. The longer and more often you can wear them, the more you will benefit. Whoever, if you can only start with small increments of time , that's Ok! Even starting with 15 minutes per day will be very beneficial and working your way up to wearing the whole day. Remember that everyone is different and what is normal for one person isn't necessarily so for another. If you begin to use them and feel light headed or have light flu symptoms, body aches etc, take a break for a while before exposing yourself again. Try dosing yourself with the goal of increasing your time with the BioPlates. The benefits are cumulative so try to spend as much time as possible with them. 24/7 is perfectly doable and will yield the optimal results.

While there is no way to overdose, sometimes when you remove the suppressive weight of EMF with the BioPlates, your body will start to dump toxins and this can feel uncomfortable. Feeling this way is usually a sign of detoxifying as your body responds to the balanced photon environment created by the plates.

**Remember:** To stop Herx effect, simply point the BioPlates away from you or take them off or take a break from exposure and your body will slowly calm down. This response from your body is called a Herx effect.

The Herx Reaction is a short-term reaction the body has as it detoxifies. Some people experience flu-like symptoms including a headache, joint and muscle pain, body aches or other symptoms. If you experience these symptoms, there's a good chance you are experiencing a herxheimer reaction.

This is, in fact, a normal and healthy reaction that indicates that parasites, viruses, bacteria or other pathogens are being effectively killed off as our immune system reacts to the beneficial environment created by the BioPlates and to the toxins that are released but our bodies not eliminating the toxins fast enough. Contrary to what it may seem, this is actually a sign that the BioPlates are working, and not making you worse.



We are driven by our commitment to the health of our families, communities, and world.

Neutralizing EMF and emPowering your body to heal.

www.Helix-Life.com  
email us at [info@helix-life.com](mailto:info@helix-life.com)

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*Enjoy!*

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# FOOT REFLEXOLOGY CHART

