

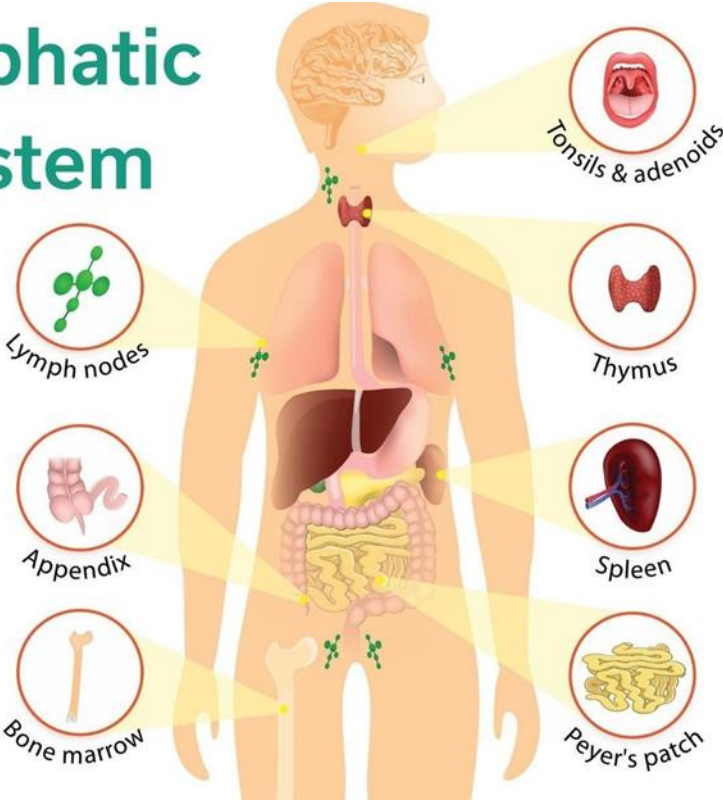
6 Steps for Enhanced Immune Function using the iTeraCare Quantum Terahertz Device



iTeraCare Immune Physiotherapy Protocol

This roughly a 45 minute protocol includes targeted therapy for the Lymphatic System in order to enhance overall immune function.

Lymphatic System



Directions:

First, spend 5 minutes on each section, including tonsils, thymus, and both sides of your armpit lymph nodes.

Next, spend 5 minutes targeting the spleen.

10 minutes may be spent on the stomach area by grouping the Peyer's patches and appendix together. For simplified use, simultaneously use a circular motion around the stomach area.

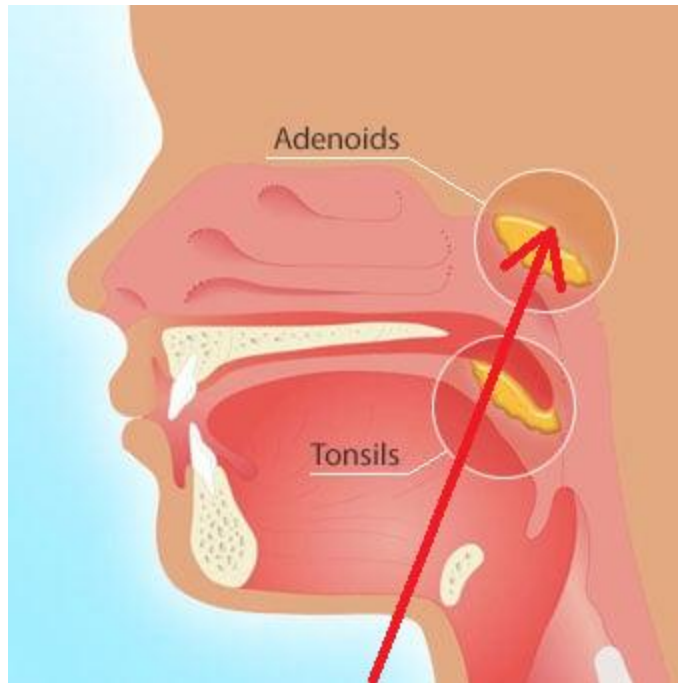
Finally, the groin (inguinal lymph) is last. Simply wave device back and forth for 5 minutes on the targeted areas.

Steps:

1. Tonsils/adenoids (5 minutes)
2. Thymus (5 minutes)
3. Armpit Lymph nodes left & right sides (10 minutes total)
4. Spleen (5 minutes)
5. Peyer's patch + Appendix (10 minutes)
6. Groin left & right side (inguinal lymphs) (10 minutes)

1. Tonsils/adenoids

Adenoids and tonsils are important organs of human immune system that protect the body from pathogens invading the upper respiratory tract, especially in young children.



Use the iTeraCare Device on your tonsils/adenoids for 5 minutes per day by pointing it just under the chin at a 75 degree angle. The device penetrates up to 11 inches so it will no problem targeting your tonsils/adenoids.

Your tonsils are located in the back of your throat. They're the two round lumps of tissue you see when you open your mouth wide. You can't easily see your adenoids, but they're found in the upper part of your nasal cavity.

Both your tonsils and adenoids help to trap pathogens, such as bacteria or viruses that enter your mouth or nose. They contain immune cells that produce antibodies that kill these pathogens before they can spread to the rest of your body.

Your adenoids are also covered by a layer of mucus and hairlike structures called cilia. The cilia work to push nasal mucus down your throat and into your stomach. Tonsils and adenoids often become enlarged or inflamed when they're fighting a pathogen.

Leukocytes in the surface secretion of adenoids can secrete immunoglobulin IgA, IgG, and IgM, which are essential in antigen phagocytosis. The surface secretion of adenoids also contains a large number of activated T cells, which participate in the cellular immunity. The tonsils contain both B and T lymphocytes, involved in both humoral and cellular immunity.

2. Thymus



Use the iTeraCare Device on the Thymus for 5 minutes per day

The thymus is a lymphoid gland comprised of two identically sized lobes, located behind the sternum (breastbone) but in front of the heart. It derives its name from a resemblance it bears to the bud of the thyme plant (thymus in Latin).

Thymus self-care is particularly important and potent at a time when the fear response is on high alert and we encourage you to cleanse this energetic center to optimize its function and stimulate the production of T-Cells.

T-Cells are produced in a small gland called the thymus, which sits just above the breast bone, on top of the heart. From the Western medical perspective, the thymus gland is linked to our lymphatic and immune systems, helping us to fight infection.

It is especially active during childhood and then starts to deteriorate after adolescence.

The human body requires a robust immune system to fight off infections to ensure survival throughout life. Since the thymus efficient function declines substantially due to aging and other environmental factors, it is critical to elucidate the available therapeutic methods of thymus regeneration.

The thymus gland is also an important center in the body's meridian system, mapped out in ancient Chinese medicine, and the chakra energy centers in the subtle body.

The location of the thymus is also significant. It is positioned within the heart meridian, as well as the lesser-known higher heart chakra, representing the transpersonal aspect of the heart; unconditional divine love and compassion. It is therefore unsurprising that the thymus can hold a lifetime's worth of unprocessed emotions such as anxiety, sadness and grief, stuck in layers of the physical and energetic body and affecting our vibrational frequency.

The thymus is an organ that is critically important to the immune system which serves as the body's defense mechanism providing surveillance and protection against diverse pathogens, tumors, antigens and mediators of tissue damage.

Our ancestors knew the innate intelligence and wisdom of the sacred thymus! The ancient Chinese, Indian yogic, Egyptian, and Mayan traditions all recognized that to open our thymus is to open and infuse our lives with forgiveness, love, and compassion. For this reason, many of them performed special healing techniques and ceremonies to activate the thymus.

In addition carefully watching and avoiding any negative thoughts, feelings and attitudes regarding your problems -while you learn to dwell in the positive and

nurture feelings of love, faith, trust, courage and gratitude in your life will help to boost the energy of your thymus gland.

The thymus is very sensitive to terahertz frequency which can help to restore balance to your chakra.

People familiar with frequency modalities know that not only the orbits and spins of our planets, but also the Chakra energy centers of our bodies and each of the different organs of our bodies resonate to specific frequencies measured in hertz.

The current virus has a low vibration with a closed electromagnetic structure, with a resonance frequency of about 5.5 hz to 14.5 hz. In higher frequency range it cannot be active or survive above 25.5 hz.

Terahertz physiotherapy can stimulate the flow of energy, move through blockages and bring about harmony and equilibrium to the thymus.

A body of healthy person "vibrates" in the higher ranges. However, it might drop down even if the healthy person thinks negative.

3. Armpit Lymph nodes

Blood and lymph vessels serving the arm travel through the armpit. There are more than 20 lymph nodes (small lumps of tissue that are part of the body's lymphatic system, which helps fight infection) in the armpit.



Use the iTeraCare Device on the Armpit Lymph Nodes for 5 minutes on each side

Lymph nodes are small, oval-shaped organs that contain immune cells to attack and kill foreign invaders, such as viruses. They're an important part of the body's immune system. Lymph nodes are also known as lymph glands. Lymph nodes are found in various parts of the body, including the neck, armpits, and groin.

Common areas where you might notice swollen lymph nodes include your neck, under your chin, in your armpits and in your groin.

As the lymph nodes begin to work harder to remove waste, they can enlarge. This enlargement is more common in certain areas of the body, including the neck, armpits, and groin.

Your lymph nodes are connected to one another by lymph vessels (tubes that run through your body like veins). They carry lymph fluid -- a clear, watery liquid that passes through the nodes.

As the fluid flows through, cells called lymphocytes help protect you from harmful germs.

There are two kinds of lymphocytes -- B-lymphocytes (or B-cells) and T-lymphocytes (or T-cells).

- B-cells make antibodies that attach to germs and let your immune system know they need to be killed off.
- T-cells have a couple of jobs. Some destroy germs, while others keep track of immune cells. They let your body know when to make more of certain kinds and less of others. Memory T cells are T-cells that remain dormant after an infection and become active again when they are faced with the same infection.

Lymph fluid also carries protein, waste, cellular debris (what's left after a cell dies), bacteria, viruses, and excess fat that are filtered by the lymphatic system before it's dumped back into the bloodstream.

Experts usually recommend apply heat to the swollen lymph nodes. The iTeraCare Device heats up to 170 degrees F.

4. Spleen

The spleen is a fist-sized organ in the upper left side of your abdomen, next to your stomach and behind your left ribs.



Use the iTeraCare Device on the spleen for 5 minutes

The spleen is part of your body's lymphatic system. The lymphatic system helps remove cellular waste, maintain fluid balance, and make and activate infection-fighting white blood cells for the immune system. The spleen's also responsible for making substances that play an important role in inflammation and healing.

One of the spleen's main jobs is to filter your blood. It affects the number of red blood cells that carry oxygen throughout your body, and the number of platelets, which are cells that help your blood to clot. It does this by breaking down and removing cells that are abnormal, old, or damaged.

The spleen also stores red blood cells, platelets, and infection-fighting white blood cells. When it detects bacteria, viruses, or other germs in your blood, it produces white blood cells, called lymphocytes, to fight off the infections that these cause. It's a busy organ and is often on the front lines of your body's defense against infection.

It's like a security guard for the body, letting healthy blood cells pass through it and stopping unhealthy ones in their tracks. The spleen recognizes old, or damaged red blood cells and removes them from your body by breaking them down and saving any useful components, such as iron, in the process. This keeps the blood circulating in your body clean and functioning at its best.

5. Peyer's patch + Appendix



Use the iTeraCare Device on the stomach area by utilizing Archimedean spiral motion

Peyer's patches

Peyer's patches are groupings of lymphoid follicles in the mucus membrane that lines your small intestine. Lymphoid follicles are small organs in your lymphatic system that are similar to lymph nodes.

Peyer's patches are located in your small intestine, usually in the ileum area. The ileum is the last portion of your small intestine.



Peyer's patches play an important role in immune surveillance of materials within your digestive system. Immune surveillance refers to the process by which your immune system recognizes and destroys potential pathogens.

Most people have between 30 and 40 Peyer's patches, and younger people tend to have more than older people.

Peyer's patches have two important functions related to your immune system and how it responds to potential infections.

Response to infection

Peyer's patches contain a variety of immune cells, including macrophages, dendritic cells, T cells, and B cells. There are also specialized cells, called M cells, next to your Peyer's patches. These M cells feed antigens to the macrophages and dendritic cells of your Peyer's patches. An antigen is a substance, such as a virus, that might produce a response from your immune system.

The macrophages and dendritic cells then show these antigens to your T cells and B cells, which determine whether or not the antigen requires an immune response. If they recognize the antigen as a harmful pathogen, the T cells and B cells in your Peyer's patches signal your immune system to attack it.

Sometimes, bacteria and viruses can hack this mechanism and use it to enter the rest of your body through your small intestine.

Oral immune tolerance

Everything you eat eventually makes its way to your small intestine. Your body doesn't recognize foods as foreign substances due to something called oral immune tolerance. This refers to the inhibition of immune responses to certain antigens. Your Peyer's patches are frequently sampling material within your small intestine, so they likely play a role in determining which substances require an immune response.

Appendix

The appendix is a thin tube that is joined to the large intestine. It sits in the lower right part of your belly (abdomen). When you are a young child, your appendix is a working part of your immune system, which helps your body to fight disease.



Research suggests that the appendix may serve an important purpose. In particular, it may serve as a reservoir for beneficial gut bacteria by assisting in maintaining gut flora. The appendix serves as a haven for useful bacteria when illness flushes the bacteria from the rest of the intestine. Therefore, it may act as a "safe house"

for beneficial bacteria. This reservoir of bacteria could then serve to repopulate the gut flora in the digestive system following a bout of dysentery or cholera or to boost it following a milder gastrointestinal illness.

Immune and lymphatic systems

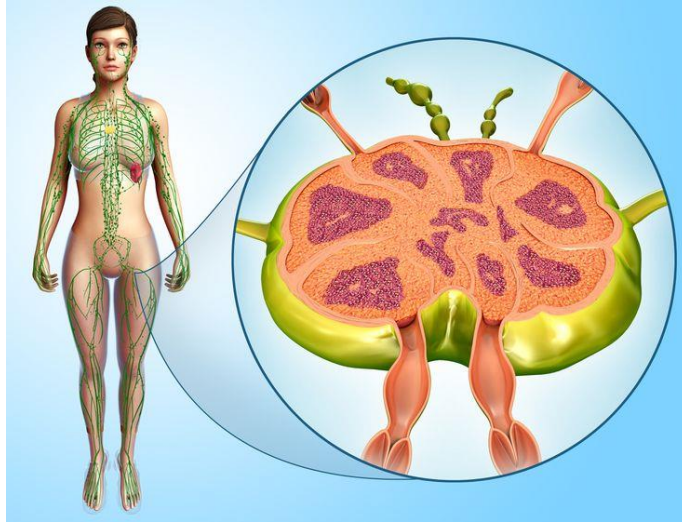
The appendix has been identified as an important component of mucosal immune function, particularly B cell-mediated immune responses and T cells. This structure helps in the proper movement and removal of waste matter in the digestive system, contains lymphatic vessels that regulate pathogens, and lastly, might even produce early defenses that prevent deadly diseases.

Additionally, it is thought that this may provide more immune defenses from invading pathogens and getting the lymphatic system's B and T cells to fight the viruses and bacteria that infect that portion of the bowel and training them so that immune responses are targeted and more able to reliably and less dangerously fight off pathogens.

In addition, there are different immune cells called innate lymphoid cells that function in the gut in order to help the appendix maintain digestive health. Research also shows a positive correlation between the existence of appendix and the concentration of cecal lymphoid tissue, which supports that not only does the appendix evolve as a complex with the cecum but also has major immune benefits.

6. Inguinal/Groin lymph

“Inguinal” refers to the groin, that part of the body where the legs meet the lower abdomen. Located in the femoral triangle of the inguinal region, they are grouped into superficial and deep lymph nodes.



Use the iTeraCare Device on the groin area by utilizing a left to right motion back and forth for 5 minutes

There is a chain of about 10 superficial (close to the surface of the skin) inguinal lymph nodes located in the upper inner thigh. These nodes drain into three to five deep inguinal lymph nodes in the connective tissue of the upper thigh. From there, lymph fluid drains into other lymph nodes in the pelvis.

These tiny glands work as filters and trap bacteria, viruses, and other causes of illness to prevent them from infecting other parts of your body.

Because they are responsible for filtering lymphatic fluids from the feet to the groin, they can become swollen for many reasons. These include injuries, sexually transmitted diseases, skin infections, yeast infections, and cancer.

About the Author



Joey Phillips is a Husband, Father, Medical Researcher, Epigeneticist Health Advocate, Founder of ReverseFX, and Founder of DNA Diligence.

Since 2015, He's been providing professional consulting services to clients from around the globe.

Joey has devoted over 20,000 research hours in the health arena.

Understanding the current medical field is flawed and failing, Joey decided not to pursue a medical degree. Rather, he is self-educated through an unwavering curiosity about how things work in the body.

"Don't confuse education with schooling" - Elon Musk

Having studied law, the etymology of language, history, and religion, Joey realized that all his efforts to acquire more freedom didn't mean a thing without good health. Having good health is the first key to obtaining independence from a broken system.

In an effort to reduce costs associated with unnecessary testing DNA Diligence™ was born.

Being constantly on the hunt for the latest in cutting-edge research gives Joey Phillips a unique advantage in the health industry.

"If you don't know what you're looking for, you'll never know where to find it."

"In a sea of possibilities, pattern recognition is the key to unlocking the door to new therapeutic interventions." - Joey Phillips

<https://www.quantumterahertzdevice.com/>

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