

## CONSULTATION

We assess your problem/pain thoroughly. We carry out an examination of your nervous system, lymphatic system, muscles and joints. Once we have identified the cause(s) of your problem or pain, we prepare a tailor-made treatment plan which combines the use of different ANF Discs. The plan is easy to follow.

## IS INFLAMMATION VISIBLE?

It is seldom possible to see inflammation. You may have inflammation if, for example, you have stiffness in a part of the body or the whole body in the morning; or if you experience the same acute pain every few months or years. It is most likely "invisible" inflammation. You will have no doubt when your therapist examines your body.

A proper clinical examination can be uncomfortable if the body is filled with inflammation.

But once the discs are applied, you will be amazed at how quickly the body changes within minutes.

## WHAT CAN I EXPECT FROM THE TREATMENT?

If you are receptive to the therapy (about 95% of our patients), your body will respond within 5 to 20 minutes from applying the treatment. You may also experience some detox symptoms. As your problem is being addressed, you will experience less discomfort, less pain and greater well-being. The therapy can also be used to boost your performance level. If you are taking any medication, the therapy's effectiveness may be slowed down.

**NB: You may notice some redness where you apply the discs. It is quite normal; it shows that the discs have been activated.**



## IT IS VERY IMPORTANT THAT YOUR BODY IS WELL HYDRATED:

Drink at least 1-2 glasses of water per hour until 1 hour before going to bed. Drink one extra glass of water each time you have a cup of coffee, beer or wine etc. Your urine should be colourless / very pale yellow. In our experience, the more water you drink, the fewer detox symptoms you have.

**” There is no evidence that discs may compromise the effectiveness of any prescribed medication. Do not stop using any medicines without consulting your own doctor.”**

## DETOX SYMPTOMS DURING THE TREATMENT

This process is important for the body to function properly again. You can always interrupt detox by taking the discs off.

**- When the body starts to eliminate waste products, you may experience detox symptoms:**

- Headache
- Dry mouth
- Dizziness
- Light flu symptoms
- Fatigue
- General discomfort
- Runny nose
- Hives / itching

How long the above-mentioned symptoms may last and how unpleasant the detox experience will be, may vary. We've noticed that the greater the need for the body to detox, the longer and stronger the symptoms.

## TREATMENTS GOALS & PHASES



**Phase 1:**  
"Holistic"  
injury treatment



**Phase 2:**  
In-depth Focus  
phase

We firstly treat the injury by applying the ANF discs in order to address inflammation(s) and therefore reduce the pain as quickly as possible. How long the treatment will last depends entirely on how your body responds to the therapy and how well you listen to your body. The treatment duration will also vary if you are taking any medications, as this may slow down the therapy's effectiveness. During this initial phase, most ANF Therapy's patients experience some detox effects. This can be uncomfortable, but it is a positive sign. It indicates that your body is responding to the therapy and is working to heal (read more on detox).

At this stage of the treatment, the most common and serious inflammation show significant improvements and the number of discs to be applied is substantially reduced. The focus will now be on a more in-depth treatment of the concerned areas. You may experience that the pain "shifts" to other areas of your body. The "new" pain or discomfort is actually linked to an existing inflammation. You may not have noticed it earlier as there were stronger inflammations in the body, now addressed by the therapy. The body/mind is able to perceive only the most acute pain at any given point in time.



**Phase 3:**  
Regeneration  
phase



**Phase 4:**  
Maintenance phase  
Healthy body balance

Once the inflammation is removed, the regeneration of muscle tissues can take place. You will be guided on how to best train the affected areas and your entire body. It is important that you still listen to your body: do not over-exert yourself and push your body above the pain threshold.

Once the injury treatment ends and you have no more pain and the affected area is normalized, you can choose to support your immune system and reduce the risk for new injuries by applying a maintenance treatment.

## HOW MUCH DOES THE THERAPY COST?

### First Consultation:

..... approx 40 minutes.

The duration of your consultation may vary, as we need to monitor your body's response after applying the discs and you may need to rest a few minutes (no change in price).

### Follow-up Consultations:

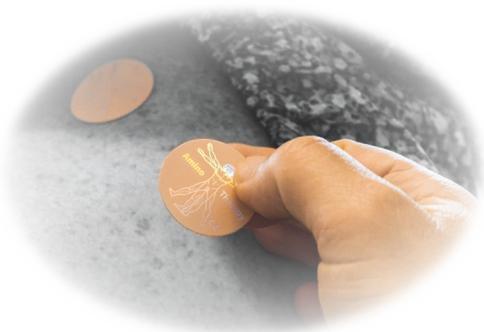
..... approx 25 minutes.

To ensure that the placement of the discs is still optimal or has to change location or frequency disc combination. When the final protocol has been established, you might need consultations only every 7-14 days.

### Discs:

..... a piece incl. VAT

Every 72 hours, you must change the discs by yourself or at a Follow-up Consultation. If you have only an isolated pain or acute inflammation, you will not need many discs per treatment. If inflammation has spread to multiple areas of the body, these areas will need to be addressed to overcome the issues.



” The closer you follow the instructions, the more efficient you will benefit from the therapy.

## GENERAL INFORMATION ON THE DISCS:

- WEARABLE PAIN TREATMENT SOLUTION FOR ANY AGE

There are currently over 180 different discs, each with their own unique function/frequency.

By combining the different discs, we can normalize and optimize the body functions (nerves, muscles, organs, lymphatic system and hormonal production).

Activated by the heat of your body, the discs release the electrical frequencies stored in the carbonized metal they are made of. These frequencies are already used by the body itself to function; the discs only amplify them.

By doing so, the body's functions start to work normally again or are strengthened/normalized. The discs do not contain or release any substance which can harm the body. The treatment does not require the use of needles or drugs.



- Non-invasive
- Made of carbonized metal Skin-friendly antibacterial 3M tape on the back
- CE & TGA registered and FDA licenced
- Over 180 different discs
- All with unique frequencies
- No chemical substances released
- Does not contain organic substances
- Works up to 72 hours

FIND YOUR ANF PROVIDER

[www.ANFtherapy.com/find](http://www.ANFtherapy.com/find)



## Patient INFORMATION

### TRY ANF, IF YOU HAVE:

- Pain
- Back pain / sciatica
- Stomach / intestinal problems
- Inflammation
- Migraine / headache
- Muscle-and joint problems
- Hypersensitivity
- Stiffness in the neck
- Unexplained pain
- Fatigue or stressed



## WELCOME TO AMINO NEURO FREQUENCY THERAPY

Amino Neuro Frequency Therapy (ANF Therapy) is for you, if you have tried several treatments that did not help, or are looking for a therapy which quickly addresses the root cause of pain, without the use of drugs. We observe on a daily basis that most ANF Therapy's patients notice significant pain reduction within 5-20 minutes.

” We specialize in treating inflammation. Based on our experience, inflammation is often the cause of pain problems and health issues in general.