



## Pointselect Digital DT Menu Options:

### Operating Modes:

The “M” button is used to switch between the following three operating modes.

- M<sub>auto</sub> - Automatic Mode:
- M<sup>man</sup> - Manual Mode
- S - Stimulation Mode

### Ear and Body Modes:

Within each of these Modes, use the “E” button to switch between the Ear and Body modes:

in M<sub>auto</sub>, use the “E” button to toggle between:

- M<sub>auto</sub> Ear
- M<sub>auto</sub> Ear Gold
- M<sub>auto</sub> Ear Silver
- M<sub>auto</sub> Body

in M<sup>man</sup>, use the “E” button to toggle between:

- M<sup>man</sup> Ear
- M<sup>man</sup> Ear Gold
- M<sup>man</sup> Ear Silver
- M<sup>man</sup> Body

in S, use the “E” button to toggle between:

**Overview Screen:** shows the selected intensity, frequency range, and frequency

**INT:** Intensity: adjust the intensity of the stimulation using the “+” and “-” buttons

**F:** Frequency screen:

**IMP:** Pulse Width: Use the “+” and “-” buttons on the left to adjust the pulse width in steps of 10µs.

In “F: Frequency Screen,” Use the “+” and “-” buttons on the left to scroll through the following frequency groups:

- F: User defined Frequency:
- N-x: Nogier Frequencies
- B-x: Bahr Frequencies
- R-x: Reininger Frequencies



In the “N-x: Nogier Frequencies” screen, use the “+” and “-” buttons on the right to scroll through the following frequencies:

N-A: 2.3 Hz  
N-B: 4.6 Hz  
N-C: 9.1 Hz  
N-D: 18.3 Hz  
N-E: 36.5 Hz  
N-F: 73.0 Hz  
N-G: 146 Hz

Likewise in “B-x: Bahr Frequencies”

B-1: 4.6 Hz  
B-2: 9.4 Hz  
B-3: 18.7 Hz  
B-4: 37.5 Hz  
B-5: 74.9 Hz  
B-6: 149.9 Hz  
B-7: 2.3 Hz

And “R-x: Reininger Frequencies”

R-1: 6.44 Hz	Lung
R-2: 4.32 Hz	Large intestine
R-3: 3.68 Hz	Stomach
R-4: 5.48 Hz	Spleen/pancreas
R-5: 3.88 Hz	Heart
R-6: 6.18 Hz	Small intestine
R-7: 5.21 Hz	Bladder
R-8: 4.77 Hz	Kidney
R-9: 4.14 Hz	Circulation
R-10: 5.72 Hz	Triple warmer
R-11: 4.55 Hz	Gall bladder
R-12: 3.45 Hz	Liver

In “F: User defined Frequencies”, you can select any whole number between 1-128.



## Pointselect Digital DT Menu Index:

Use “M” button to scroll through:	Use “E” button to scroll through:	Use <b>Left</b> “+” and “-” buttons to scroll through:	Use <b>Right</b> “+” and “-” buttons to scroll through:
<b>M<sub>auto</sub></b> : Automatic Mode	M <sub>auto</sub> Ear		
	M <sub>auto</sub> Ear Gold		
	M <sub>auto</sub> Ear Silver		
	M <sub>auto</sub> Body		
<b>M<sup>man</sup></b> : Manual Mode	M <sup>man</sup> Ear		
	M <sup>man</sup> Ear Gold		
	M <sup>man</sup> Ear Silver		
	M <sup>man</sup> Body		
<b>S</b> : Stimulation Mode	Overview Screen		
	<b>INT</b> : Intensity	Increase/decrease intensity	
	<b>F</b> : Frequencies	<b>F</b> : User Defined Frequency	1-128 Hz (1 Hz steps)
		<b>N-x</b> : Nogier Frequencies	N-A: 2.3 Hz
			N-B: 4.6 Hz
			N-C: 9.1 Hz
			N-D: 18.3 Hz
			N-E: 36.5 Hz
			N-F: 73.0 Hz
			N-G: 146 Hz
		<b>B-x</b> : Bahr Frequencies	B-1: 4.6 Hz
			B-2: 9.4 Hz
			B-3: 18.7 Hz
			B-4: 37.5 Hz
			B-5: 74.9 Hz
			B-6: 149.9 Hz
			B-7: 2.3 Hz
		<b>R-x</b> : Reininger Frequencies	R-1: 6.44 Hz Lung
			R-2: 4.32 Hz Large intestine
			R-3: 3.68 Hz Stomach
			R-4: 5.48 Hz Spleen/pancreas
			R-5: 3.88 Hz Heart
			R-6: 6.18 Hz Small intestine
			R-7: 5.21 Hz Bladder
			R-8: 4.77 Hz Kidney
			R-9: 4.14 Hz Circulation
			R-10: 5.72 Hz Triple warmer
			R-11: 4.55 Hz Gall bladder
			R-12: 3.45 Hz Liver
	<b>IMP</b> : Pulse Width	60-120 $\mu$ s (10 $\mu$ s steps)	

For a video demonstration, visit: [vitalprinciple.ca/video/pointfinder-demo](http://vitalprinciple.ca/video/pointfinder-demo)