









# Rythmedics® Metronome Pro™

## User Guide

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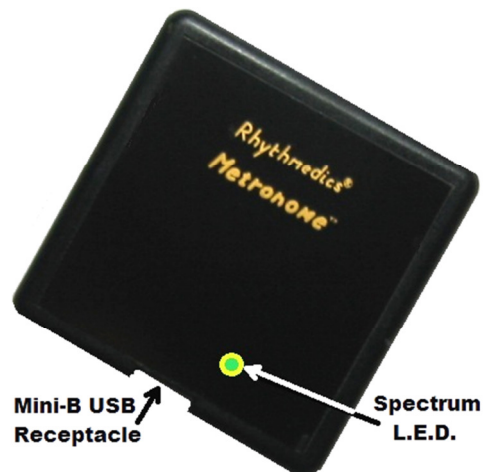
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## 1. Introduction

Rhythmedics® Metronome™ by NuTesla represents the most advanced, NanoTesla rechargeable wellness instrument for continuous interruption of electromagnetic radiation (EMR), circadian entrainment and improved overall wellness. Metronome is USB 2.0 compliant for updates and recharging. Eight unique Bio-Pulse preset programs are available as explained in Section 4 of this guide. Metronome Pro features a larger capacity rechargeable battery. All versions of Metronome also features Wellness Number measuring and therapy using Critical Flicker Fusion Frequency as explained in Section 5.B of this guide and an EMR detector as explained in Section 5.C. Firmware versions 4.5 and later include an indication when the rechargeable battery is fully charged.

Metronome generates Bio-Pulses; (US Patents 8,088,057 and 8,167,784) Fibonacci number derived frequencies of NanoTesla Bio-Pulses delivered in ultradian (the shorter cycles within our daily circadian rhythm) sequences. An eco-friendly rechargeable battery array operates Metronome Pro for up to 48 hours in its Active Mode before recharging.

Metronome should be fully charged prior to its first use. To charge Metronome, simply connect the USB mini-B receptacle to the included USB Power Adapter and plug the adapter into a working AC wall power outlet. Alternatively, Metronome may be connected to your computer's USB port or any standard USB charger using the included USB A to Mini-B programming cable. When initially connected to a power source Metronome's Spectrum LED (SLED) will illuminate Green as it recognizes the charger being connected. Metronome is now in its Standby recharging mode and will flash Green every two and a half minutes to confirm it is charging. If the battery was fully discharged Metronome will begin operating as indicated by flashing its SLED through a series of six colors and then a seventh flash to indicate the running preset. If this



occurs it is recommended to place Metronome in its Standby mode by pressing and holding the SELECT dome switch until the SLED illuminates White and runs through the colors to Red and turns off. When Metronome is fully charged the SLED will flash Green three times each two and a half minutes, instead of a single flash. After being recharged, Metronome enters a trickle charge state and can safely be left connected to its charging source for up to one month.

## **2. How Metronome Works**

Our bodies run a daily cycle called the Circadian Cycle or Rhythm. This 24 hour cycle is comprised of shorter ultradian cycles such as our sleep cycles. During the day we also have natural cycles of increased energy and activity followed by periods of decreased activity and the need to relax. Taking stimulants can upset this balance and disturb our natural cycles and interfere with our internal clock. EMR from the myriad of electrical and electronic devices around us can also affect our cycles.

Just as a mechanical metronome helps a musician stay in rhythm with the music, Rhythmedics Metronome helps regulate our body's internal clock while emitting EMR interrupting Bio-Pulses using Rife wellness and Solfeggio frequencies. The Suprachiasmatic Nucleus (SCN), located just above the optic chiasm on the midline of the brain, is our body's master clock. While the SCN is only the size of a grain of rice, the neuronal and hormonal activities it generates helps to regulate many critical body functions over a 24 hour period. Strong forms of EMR can affect this sensitive organ and disrupt the body's essential biological processes. Metronome produces Bio-Pulses, precise pulses of energy that help by sending ultradian time queuing signals towards the body and outward to interrupt unhealthy interference from manmade and natural sources, including coronal discharges and changes in the earth's magnetic fields.

Like all Rhythmedics instruments, Metronome uses a Fibonacci Number Quartz Crystal as its fundamental timing element. This ensures all the resulting Bio-Pulse frequencies generated by Metronome are naturally healthy and supportive of overall wellness.

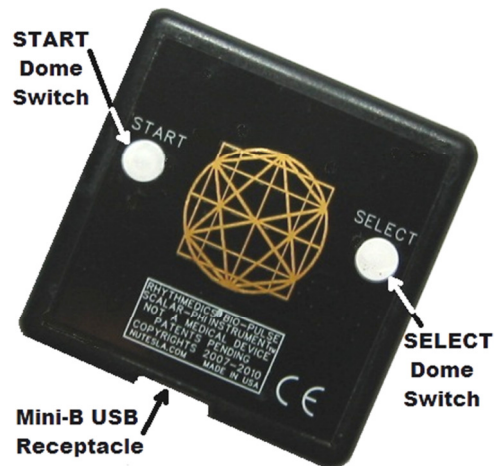
### 3. Using Your Metronome

Your Metronome is intended to be placed on or near the body and area of concern in its Active Mode for up to 24 hours a day. While connected to a charging source the Bio-Pulse output is twice the strength when running on the rechargeable battery alone to allow Metronome to be used away from the body. This allows Metronome to be used for sleep while recharging with Metronome on a nearby nightstand or headboard. Metronome should not be recharged in a confined space or recharged under your pillow.

#### A. Metronome Controls and Indicator

Metronome is controlled using the two white dome pushbutton switches located on the back for starting and stopping Metronome, selecting preset programs and accessing additional features.

The white dome switches must be pressed until you feel a slight 'give' in the switch; a soft audible click may be heard as well. The dome switches are very resilient and it is not possible to press them too hard.



While the dome switches are very sturdy and rated for being pressed hundreds of thousands of times, they can be dislodged if pushed from the side instead of straight down, or even peeled off. To protect the dome switches from rough handling and moisture the back of the Metronome has been sealed with a durable clear tape. The tape can be replaced if it wears through.

The right switch is labeled SELECT and is used to step through the available preset programs in the active operating mode, and to place Metronome in standby mode. The left switch is labeled START and is used to turn Metronome on when it is powered off, to indicate the currently running program and battery level and to access additional features explained in the sections below.

A Spectrum LED (SLED) on the lower front side of Metronome provides information about the currently running Bio-Pulse program. Each program has a unique color and flashing sequence to inform you of its status. The following sections 4, 5 and 6 lists the various preset programs and modes and the color of SLED flashing to indicate which is active.

### ***B. How to Activate Metronome***

To activate Metronome simply press the white dome switch labeled START on the bottom of Metronome. This is best accomplished by holding Metronome in your right hand with your thumb on the front of Metronome to the right of the gold lettering which reads Metronome and your right forefinger on the back edge of Metronome. You should feel a slight bump which is the START dome switch under your forefinger. Firmly squeeze Metronome between your thumb and forefinger until you feel a slight 'give' or 'detent' under your forefinger and then release the pressure. Metronome will run its start-up process and after completing its self-test the SLED will transition from Red to White and then load and begin running the last selected preset as indicated by another single color flash associated with that preset program as explained in Section 4.

### ***C. How to Change Preset Programs***

Changing preset programs is done while Metronome is in its Active Mode by pressing and releasing the SELECT dome switch. This is best accomplished by holding Metronome in your left hand with your thumb on the front of Metronome to the left of the gold lettering which reads Metronome and your left forefinger on the back edge of Metronome. You should feel a slight bump which is the SELECT dome switch under your forefinger. While Metronome is active and being held between your thumb and forefinger as described, firmly squeeze Metronome between your thumb and forefinger until you feel a slight 'give' or 'detent' under your forefinger and then release the pressure. The SLED will flash Amber to indicate Metronome has changed to Preset #2.

Squeezing Metronome between your thumb and forefinger again in the same position until you feel the 'give' in the SELECT dome switch and then releasing the pressure will select Preset #3 and the SLED will flash Yellow.

Repeating this process will step through all the preset colors from #1 Red to #8 White and then back to Red for Preset #1.

Pressing and holding the SELECT dome switch for more than 4 seconds will place Metronome into Standby Mode. If this occurs the SLED will transition from white to red and then flash one color to indicate battery level and turn off. To restart Metronome, press the START dome switch once and release. The SLED will then transition from red to white and flash the battery level and then the color for the currently selected preset.

Metronome will ‘remember’ the newly selected preset program only after it has run this preset for one full cycle of usually 90 minutes. The next time you start Metronome it will then start with the previously run preset program.

There is label on the back of Metronome that provides a quick summary of the 8 installed preset programs and the color of the SLED associated with selecting each preset.

You can also see a list of all installed preset programs on your Metronome by connecting it to your computer using the included USB A to Mini-B programming cable while pressing the START dome switch until the SLED flashes Green on and off rapidly and opening the NUTESLA.HTM file on the enumerated Rhythmedics flash-drive. This is explained in sections 7 and 8.

#### ***D. How to Put Metronome in Standby***

When Metronome is in its Active Mode it will operate until the currently selected Preset Program has run its number of defined iterations (usually after 8 to 9 hours as listed with each preset in Section 4) and will then automatically enter Standby mode to conserve the battery. To stop the currently running preset program and manually place Metronome into its Standby mode press and hold the SELECT switch until the SLED lights White and transitions to Red. Release the SELECT switch and Metronome will flash its battery level color as explained in a later section and then enter Stand-by Mode.

### ***E. Manually Resetting Metronome***

Whenever the charging connector is removed from Metronome it causes an internal reset to occur, restoring Metronome to its Active mode and flashing all six of the start-up colors indicating the Metronome's serial number and firmware version. Metronome will then begin running the last running preset program. This feature is useful if Metronome ever appears to be in an unknown condition or fails to respond to button presses.

## **4. Bio-Pulse Preset Programs**

Rhythmedics Metronome firmware version 4.5 includes the following Bio-Pulse programs. The color ball following each preset's program name indicates the SLED color when the preset is selected.

### ***A. Intense Pain Relief***

Intense Pain Relief is a 60 minute ultradian program that repeats 8 times for 8 hours of intense energy clearing to increase comfort rapidly and help the body restore itself by clearing unwanted energies. The SLED will flash Red when this preset is selected and then will flash Red once every 30 seconds while active. After 8 iterations Metronome will automatically enter Standby Mode to conserve the batteries. This program is also suitable for increasing your attention and concentration during waking hours. For headache relief Metronome is most effective when placed on the back of the neck, between C1 and C4 vertebrae.

### ***B. Solfeggio Chakra Balance***

Solfeggio Chakra Balance is a wonderful 90 minute preset for relaxation and meditation that runs 6 ultradian iterations for 9 hours before automatically entering Standby Mode to conserve the batteries. The SLED will flash Amber when this preset is selected and then will flash once every 30 seconds while active. The SLED changes colors and flash type to indicate which Chakra is being resonated when the Solfeggio frequencies are being emitted. It begins with Amber while grounding and discharging unwanted energies, changes to a double Red flash for the Root Chakra, double Amber for Sacral, double Yellow for Solar Plexus, double Green for Heart, double Turquoise for Throat, double Blue for Third-Eye and double Purple for Crown. The program then returns, descending from Crown to

Root as indicated by the reversing colors and ending with a grounded state. It is recommended to place Metronome near the Solar Plexus or Heart Chakra for best results.

### **C. *Body Blaster Wellness*** ●

Body Blaster Wellness is a 90 minute ultradian program for overall general wellness that runs 6 iterations for a total of 9 hours before automatically entering Standby Mode. This preset flashes the SLED Yellow when selected and then flashes Yellow once every 30 seconds while active. It features a wide range of broad spectrum Rife Frequencies for overall wellness improvement and immune system boosting.

### **D. *States of Euphoria*** ●

States of Euphoria is a 60 minute preset program that runs 8 ultradian iterations for 8 hours of relaxing energies. It flashes the SLED Green when selected and then flashes Green once every 30 seconds while active. It utilizes frequencies to stimulate the production of endorphins and serotonin to facilitate feelings of wellness and euphoria. After 8 hours of running Metronome automatically enters Standby Mode to conserve the batteries.

### **E. *Anti-Parasite and Anti-Viral*** ●

Anti-Parasite and Anti-Viral is a 90 minute ultradian preset that runs 6 iterations before shutting off. It flashes the SLED Turquoise when selected and then flashes Turquoise once every 30 seconds while active. This program features Rife frequencies specific to viruses and parasites. After 9 hours of running Metronome automatically enters Standby Mode to conserve the batteries.

### **F. *Deeper Sleep*** ●

Deeper Sleep is a 90 minute ultradian preset for use while sleeping that runs 6 cycles and then enters Standby Mode. It flashes the SLED Blue when selected and then flashes Blue once every 30 seconds while active. Deeper Sleep uses brainwave entrainment frequencies from the low Alpha (8Hz and lower) down to the Delta (2Hz) range.



### ***G. Deepest Sleep***

Deepest Sleep is a 90 minute ultradian preset for use while sleeping and should never be used while driving or operating machinery. It runs 6 cycles for 9 hours of operation and then enters Standby Mode. It flashes the SLED Purple when selected and then flashes Purple once every 30 seconds while active. Deepest Sleep uses brainwave entrainment frequencies from the Theta (<7Hz) to Deep Delta (<2Hz) range. It is recommended to place Metronome under your pillow after activating it and selecting this preset. If you are recharging Metronome while using it for sleeping, please note the power output is now doubled so Metronome should be placed next to your bed. Never recharge Metronome with it under your pillow or in a confined space.

### ***H. Dream Machine***

Building on the Dream Machine concepts of Brion Gyson from the 1970s, this preset takes the user on an 90 minute journey into the surreal exploring the Alpha State of the mind. This preset can be used while sleeping to help induce vivid dreams. The preset begins with frequencies in the upper Beta range to quickly entrain with an active mind and then lowers its emitted Bio-Pulse frequencies down into the lower Alpha range for deep relaxation and expanded awareness and then slowly increases the frequencies back into the Beta range before repeating. It is recommended to place Metronome under your pillow after activating it and selecting this preset. If you are recharging Metronome while using it for sleeping, please note the power output is now doubled so Metronome should be placed next to your bed. Never recharge Metronome with it under your pillow or in a confined space.

## **5. Operational and Non-operational Modes**

Metronome features four operational and two non-operational modes:

- Active operational mode, started by pressing and releasing START (SLED flashes the Preset program's color once every thirty seconds to indicate the active running program).

- Personal Wellness Number operational mode, started from the active operational mode by pressing and holding START for two to four seconds and then releasing START (SLED flashes Red to measure your Critical Flicker Fusion rate)
- EMR Detection operational mode, started from the active operational mode by pressing and holding both SELECT and START together until SLED flashes Blue on and off.
- Flash-drive operational mode, started from active operational mode when connected to a computer's USB port and START is held pressed until SLED flashes Green rapidly on and off.
- Standby mode (non-operational, no SLED flashing, occurs when Metronome is placed in Standby mode by holding SELECT until SLED flashes from White to Red and then off followed by a single battery level flash indicator)
- Shutdown mode (non-operational, no SLED flashing, occurs if the battery is fully discharged)

### ***A. Active Operational Mode***

The Active mode is the usual mode for operating Metronome and is entered by pressing and releasing the START dome switch when Metronome is in Standby Mode. When Metronome is first started the SLED will transition from Red to White and then flash one color to indicate the current battery level and then one more single flash to indicate the active running preset program. While in Active Mode you may select the desired preset Bio-Pulse wellness program described in Section 4 above. Each preset program runs a specified number of iterations, from 1 to 8 times, and then Metronome automatically enters its Standby Mode to conserve the batteries. While in Active Mode you can also press and release the START dome switch to flash the current running preset program's color and the battery level color as explained in Section 6.

Metronome must be in the Active Mode in order to enter any other operational mode described below.

### ***B. Personal Wellness Number***

Your Rhythmedics Metronome includes the ability to measure and report your personal Wellness Number, also referred to as your Critical Flicker Fusion (CFF) number. It is recommended to read this section fully in advance of measuring your Wellness Number. After reading this section you can run the test multiple times to get familiar with the procedure.

Flicker Fusion is the rate at which a distinctly flashing on and off light appears to fuse into a constantly illuminated light. It was discovered in 1945 during testing of WWII pilots returning home after the war with Post Traumatic Stress Disorder that their recovery could be measured objectively by tracking their flicker fusion frequency, which NuTesla calls the Wellness Number. The higher the numbers the further along the pilots were in their recovery. Your wellness number is a personal indicator of your overall wellness. Due to differences in the physiology of our eyes you cannot compare your wellness number to someone else's. This feature is intended to allow you to track your personal wellness level. The higher your wellness number, the higher your personal wellness level.

NuTesla discovered that in addition to being useful for tracking your personal wellness, your flicker fusion frequency can be used to assist in shifting your body's frequency to a healthier state by emitting your frequency. For this reason, after following the directions below to measure and report your Wellness Number, Metronome will then use your flicker fusion frequency to run a thirty minute program during which time we recommend you place Metronome next to your body and relax to your personal frequency.

Flicker Fusion occurs when our eyes see a rapidly flashing light increase in frequency (the number of times it turns on and off in one second) until the light appears to be steadily lit, and conversely when a rapidly flashing light which appears to be lit continuously decreases in frequency until we can perceive a change in the illumination. Research going back to the early 1900's has shown the higher a person's flicker fusion frequency is (the more times in one second that a rapidly flashing light crosses the

threshold of appearing to be steadily lit to flickering) indicated better overall wellness and lower stress levels.

To activate this feature first place Metronome in the Active Mode if it is in Standby by pressing and releasing the START dome switch. Once in the Active Mode, press and hold the START switch for 2 to 3 seconds and then release it. If you press and hold START for 5 seconds Metronome will enter Wellness Number Mode and wait for you to release the START dome switch. The Spectrum LED will flash Red 6 times to indicate your Wellness Number testing is beginning. After these 6 flashes the Red SLED will appear to be lit continuously when it is actually flashing very rapidly.

Hold Metronome between your thumb and forefinger close to your face with the SLED directly in front of your dominant eye. Your forefinger finger should be on the START switch to press it when you see a definite flickering of the SLED and your thumb should be on the front of Metronome so as not to block the view of the SLED. As the frequency of the flashing Red SLED slowly decreases (the on and off times of the Red SLED get longer) the apparently constantly lit Red SLED appears to start fluttering, which to some looks like water boiling when staring directly into the Red SLED. As the frequency continues to slow this boiling appearance begins to be more pronounced where there is still no time when the SLED appears to be off. As the frequency continues to slow this fluttering becomes a distinct on and off flickering. At the point when you see the definite flickering press the START switch to stop the test.

The Red SLED will turn off and Metronome will then report your two digit Wellness Number as two series of colored flashes, the first series of flashes uses the White SLED to count out the tens digit in multiples of ten (e.g. four white flashes is 40, 5 white flashes is 50) and the second series of flashes uses the Green SLED to count out the ones digit (e.g. 6 green flashes is 6). Adding the two series of flashes together yields your personal Wellness Number (e.g. 46 or 56 from the example above). The upper limit is 89. If the ones digit is a zero it will be reported by a single flash of the Blue SLED (the tens digit cannot be zero). If you counted 5 White flashes then saw a Blue flash your Wellness Number would be 50.

After flashing your wellness number Metronome flashes two Purple flashes to indicate it is running a 30 minute therapy session using your personal Wellness Number. These two Purple flashes occur every fifteen seconds while your personal frequency is being emitted. After 30 minutes Metronome restarts the previously run preset program. Record and compare your Wellness Number over time to assess your overall wellness. It is recommended to measure and record your personal Wellness Number on a regular basis to track your wellness, such as once a week. A higher number shows an improvement. If you do not press the START switch once the test has begun the test will end and Metronome will start running the previous preset program without reporting any Wellness Number.

### ***C. EMR Detection mode***

Metronome's Bio-Pulse emitters are also EMR detectors. To activate this mode, Metronome should first be in the active operational mode running one of the available preset programs. While in the active press and hold the START dome switch, then press and hold the SELECT dome switch and after one second release the START dome switch. When the SLED flashes Blue on and off four times, release the SELECT dome switch. Your Metronome is now an EMR detector. Once in EMR detection mode, Metronome will stay in this mode until the SELECT dome switch is pressed to return to Active Mode as indicated by two Blue flashes of the SLED followed by a single flash of the actively running preset as explained in Section 4.

Handle Metronome by its edges to avoid your body's energy field from interfering with its detection of EMR. To verify the EMR detector is working, place it next to a known EMR emitter such as the video display of your computer or near a plug-in power supply. Rubbing your fingers along the sacred geometry on the back of Metronome should cause the SLED to display several different colors. Place the EMR detector on top of any electronic or electrical devices or appliances in your work or living space to identify specific sources of potentially harmful EMR. Place Metronome directly on or next to a suspected emitter of EMR, such as a cell phone or power adapter, even power cords and computer cables.

The color and brightness of the SLED will change in response to detected levels of EMR. Off indicates no measurable EMR and Blue indicates less than 3 milliGauss (3 thousandths of a Gauss) of field strength. If any other color is seen then the immediate area has a greater level of EMR and the source should be identified and possibly eliminated.

EMR fields diminish rapidly as you move further away from its source and the internal EMR detector will usually need to be placed directly in contact with most EMR sources to indicate its presence. The strength of EMR is indicated by four different brightness levels within the 7 different colors with no illumination as zero field strength, Blue being the lowest safe level below 3 milliGauss and White indicating the highest level of more than 25 milliGauss. As you move the instrument next to an EMR source the brightness of the SLED will increase first and then the color will change. The table below provides the relative field strength for each color for your reference.

**Table 1 - EMR Detector Field Strength Colors**

Color	Field Strength
Off	0–1 mGauss
Blue	1–3 mGauss
Turquoise	3–6 mGauss
Green	6–8 mGauss
Yellow	8–10 mGauss
Red	10–14 mGauss
Purple	14–25 mGauss
White	>25 mGauss

Some extremely strong EMR fields may cause the colors to wrap around and repeat, so if you see the colors changing indicating an increasing EMR field and then the SLED goes off, this is an indication that the field is stronger than the White level.

Our bodies can act like antennas and inductively pass EMR in our space to the sensor. Consequently, it is recommended to hold the instrument either by the outside edges to reduce interference from our body's field. The internal Bio-Pulse emitters that also act as the EMR sensors are in a

matrix configuration centered around the sacred geometry plated on the back of the instrument. This sacred geometry area is the most sensitive to EMR fields and should be placed directly above and in contact with the suspected EMR emitter.

The EMR detector is not a calibrated measuring tool and should be used only as a visual reference to identify potentially harmful EMR sources. The EMR detector does not necessarily indicate the frequency of the EMR emissions and thus it will show EMR levels when placed on top of another active Rhythmedics instrument, even though the Rhythmedics instrument is producing healthy emissions. If you suspect you have a high level of EMR emissions in your living or work space please contact a specialist in this field to make accurate measurements and assess the potential safety or hazard of the source.

To increase the readability of the detector, press the SETUP dome switch one time to change the constant blue indication to off. In this mode any EMR levels should cause the detector to illuminate blue and then the other colors listed above depending upon the strength of the radiated signal. Repeatedly pressing and releasing the SETUP dome switch will cycle the detector through the range of colors. This is useful when an environment has a more EMR and you want to view only the changes above the initial level.

The EMR detector feature will stay active until you press and release the SELECT dome switch.

#### ***D. Flash-drive mode***

Flash-drive mode is used to update Metronome. It is entered by pressing and holding the START dome switch for at least 6 seconds while Metronome is connected to an active USB port on a computer. When the Flash-drive is activated the SLED will begin to flash Green on and off rapidly and the START dome switch can be released. The Metronome will enumerate as Flash-drive named Rhythmedics and may be opened on your computer. You will see one file on the drive named NUTESLA.HTM which can be opened in most web browsers to view the installed presets on the Metronome. To exit Flash-drive mode either press and release the SELECT dome switch or remove the USB cable from the Metronome. In either case

Metronome will go through its start-up process. Performing updates through this mode is covered in the section on Rhythmedics Flash-drive.

### ***E. Standby mode***

Standby mode may be entered either manually or automatically. Standby is manually entered by holding the SELECT switch until the SLED illuminates transitions from white to red and turn off. This is followed by one flash to indicate battery level. Bio-Pulses are not emitted in Standby mode. To confirm Metronome is in Standby mode you may press and release the SELECT dome switch and notice that the SLED does not illuminate. Pressing the START dome switch will exit Standby mode as seen by the SLED illuminating in the Red to White start-up transition followed by the mode indication flashes corresponding to the selected preset program.

Metronome will enter Standby mode automatically to conserve the batteries after the selected preset program has run its defined iterations as explained in Section 4. Regardless of how Standby mode was entered, it may be exited to the active mode by pressing the START dome switch once. This will result in Metronome exiting Standby mode and starting the last run preset program as indicated by the SLED color when starting.

### ***F. Shutdown mode***

Shutdown mode occurs if the internal rechargeable battery is too low for reliable operation. In shutdown mode the switches are inoperable. To exit shutdown mode connect Metronome's mini-B USB receptacle to a power source to recharge its battery. When this occurs the SLED will illuminate Green for one half a second and then will transition to normal standby mode while charging. If the battery is very low, the SLED may not illuminate when first connected to the charger and it may take 10 to 15 minutes before the SLED will illuminate. Allow Metronome to remain connected to the charger for at least 6 hours before use.

## **6. Identifying Mode and Battery Level**

Metronome Pro will operate for up to 48 hours in Active Mode when fully charged, depending upon the hardware version and battery size. The SLED can indicate the remaining charge level when the START dome switch is



pressed to identify the currently running preset program. Press and release the START dome switch once and the SLED will flash the preset program indicator, followed by the battery level as a color. If the charger is connected the SLED will flash Green before the charge level to indicate it is charging. This is followed by a single flash to indicate the battery level. If the battery is fully recharged, the SLED will flash Green three times. The following shows the relationship between color and charge level:

- White – fully charged
- Purple – 90% or higher
- Blue – 75% – 90%
- Turquoise – 60% to 75%
- Green – 50% to 60%
- Yellow – 30% to 50%
- Amber – 20% to 30%
- Red – less than 20%

Check Metronome's battery level after each use. If the battery level indicates less than 40% charge remaining (Yellow, Amber or Red) recharge Metronome. This will ensure Metronome is always available when you need it.

When the battery level is below 30% the operational mode indicator will flutter on and off five times to indicate the battery is low and should be recharged. While low battery condition is in effect the Wellness Number feature will not be available. When the battery level reaches 10% Metronome will automatically enter Shutdown mode and must be recharged before it will operate again.

With Metronome in Shutdown mode when the charger is attached it will illuminate the SLED as Green for one half a second then switch to Standby mode.

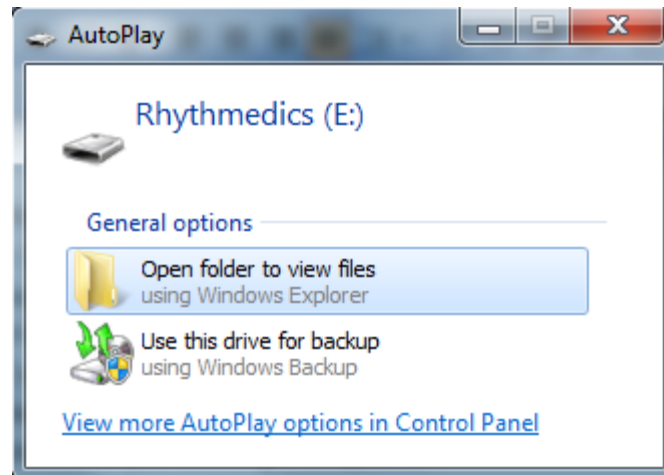
Metronome can be used in its Active Mode while charging. When Metronome is charging the Spectrum LED will flash Green once every ten seconds to indicate charging is occurring. When charging in Active mode Metronome doubles the power output of the Bio-Pulses so it can be used at a greater distance from the body while connected to the charger. If Metronome is in Standby mode the single Green flash will occur once every

two and a half minutes. Metronome is fully recharged after 6 to 8 hours and this is indicated by the single Green flashing changing to three Green flashes. Metronome continues to trickle charge thereafter and there is no risk of overcharging Metronome if left connected to a power source for longer than 8 hours. If Metronome is not to be used for an extended period of time it is recommended to fully charge it first and then leave it disconnected from its charger and place Metronome in Standby mode.

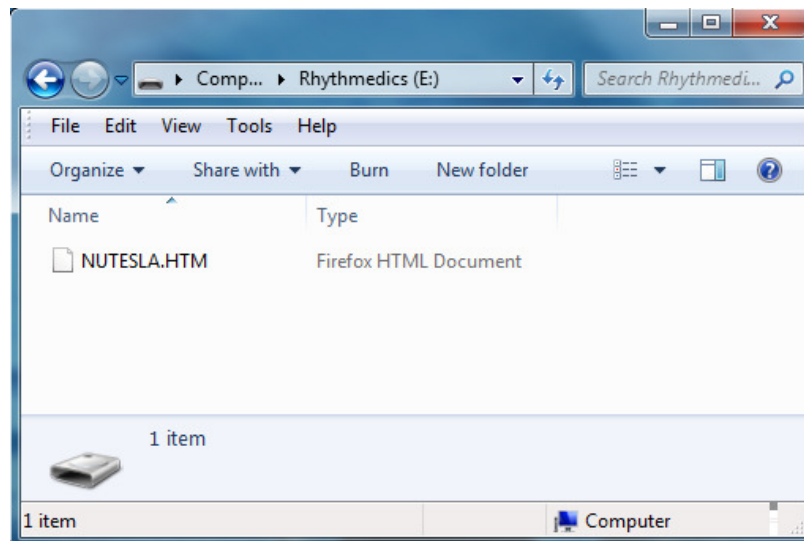
## **7. Rhythmedics Flash-Drive**

Metronome utilizes Rhythmedics USB 2.0 flash-drive capabilities to display information about your Metronome and for updating. To display information about Metronome, connect the mini-B USB receptacle to your computer's USB port using the included USB mini-B to A adapter cable. Metronome will begin recharging when connected to the computer's USB port. After the SLED has completed its initial flashing, and while still connected to an active USB port, press and hold the START dome switch by squeezing Metronome with one finger on the START switch and your thumb in the center of the front side of Metronome. After five seconds when the SLED begins to flash green on and off rapidly, release the START dome switch. If this is the first time you have connected Metronome to this computer the SLED will flash red and green rapidly as the computer loads the standard flash-drive USB driver. This may take several minutes depending upon your computer. You do not need to hold the START switch once the SLED begins flashing. Once the computer has loaded its standard USB flash-drive driver Metronome will be flashing only green on and off. If Metronome continues to flash any other color than green after the driver is loaded then it indicates a previously failed upgrade attempt and this is addressed below.

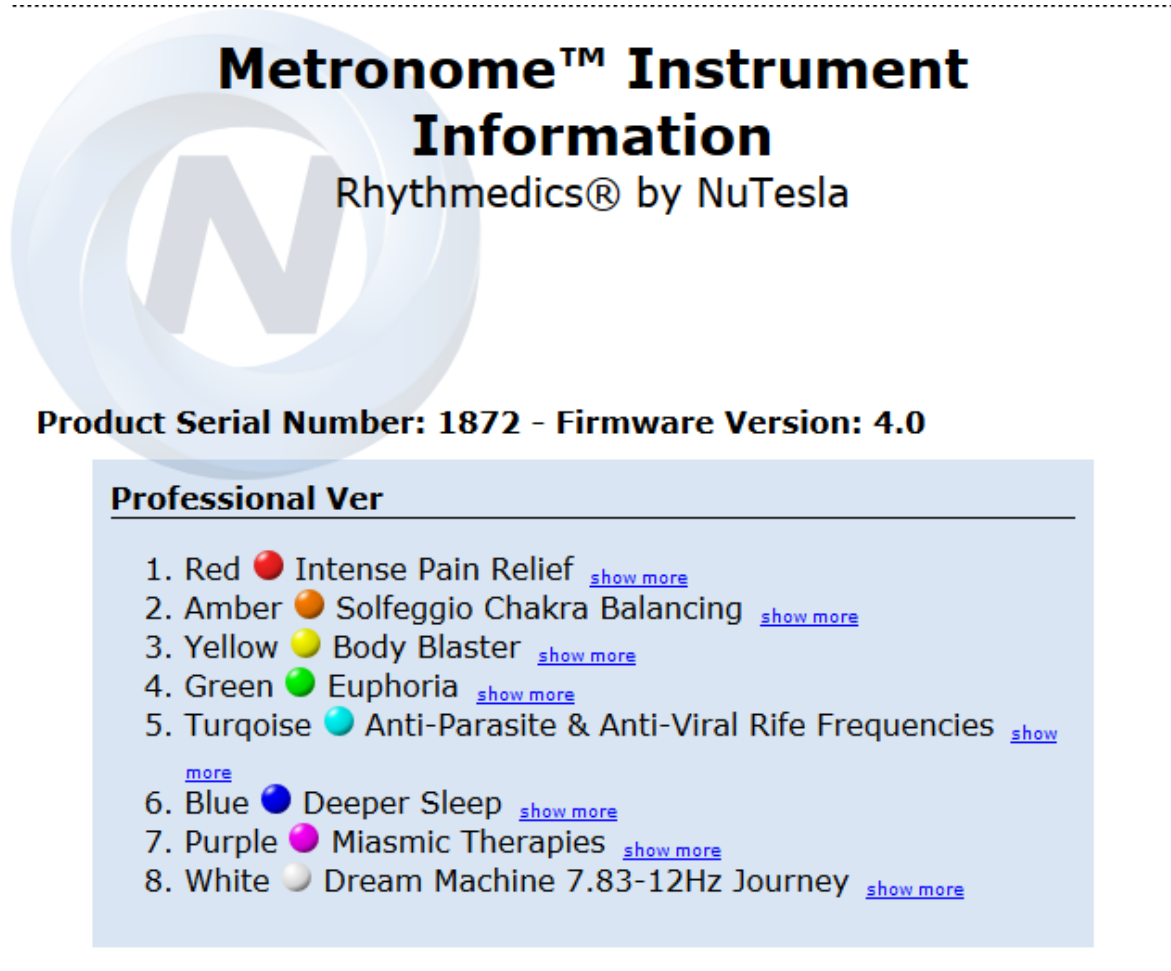
On your computer you may see a pop-up window announcing the new Rhythmedics flash-drive that has been identified and if you want to open the drive or folder to view its contents.



If prompted to do so, then click Open as appropriate to access the Rhythmedics flash-drive. If a pop-up did not occur then open the window or program on your computer that is used to view attached disk drives, and find and open the removable drive called Rhythmedics. On MacOS computers you will see a new drive icon on the desktop.



When the flash-drive is opened you should see only one file listed with the name NUTESLA.HTM. Opening this file will open your default web browser and display the contents. If you are connected to the internet your computer will be connected to NuTesla's website and additional information will be displayed as shown below.

The graphic features a large, stylized letter 'N' inside a circular frame with a blue gradient. To the right of the 'N', the text 'Metronome™ Instrument Information' is written in a bold, black font. Below this, 'Rhythmedics® by NuTesla' is written in a smaller, black font. At the bottom of the graphic, the text 'Product Serial Number: 1872 - Firmware Version: 4.0' is displayed. Below this, a light blue box contains the heading 'Professional Ver' followed by a list of eight items, each with a colored circle and a 'show more' link.

**Metronome™ Instrument Information**  
Rhythmedics® by NuTesla

**Product Serial Number: 1872 - Firmware Version: 4.0**

**Professional Ver**

1. Red ● Intense Pain Relief [show more](#)
2. Amber ● Solfeggio Chakra Balancing [show more](#)
3. Yellow ● Body Blaster [show more](#)
4. Green ● Euphoria [show more](#)
5. Turquoise ● Anti-Parasite & Anti-Viral Rife Frequencies [show more](#)
6. Blue ● Deeper Sleep [show more](#)
7. Purple ● Miasmatic Therapies [show more](#)
8. White ● Dream Machine 7.83-12Hz Journey [show more](#)

Note, Google Chrome and Mozilla Firefox are the recommended browsers to be used to view the file contents. If there are any other files listed on the flash-drive then a previous update has failed and all the files should be selected and deleted at the same time and Metronome should be removed and reconnected to the computer to restart this process.

The contents will show the type of Instrument, Metronome, its serial number, e.g. 1918 in the example, its current firmware version, e.g. 3.8 in the example, and the installed preset programs. Each preset program has a short description and clicking on 'More' will display additional information about the preset.

## 8. Updating Metronome

Metronome is easily updated using the integrated Rhythmedics Flash-drive feature. The integrated flash-drive is very small and any non-Rhythmedics files copied to the flash-drive will be automatically removed the next time

the drive is loaded. Because of this limited space Apple computer's MacOS can only be used for applying critical patches. MacOS cannot be used to perform updates in the usual manner. If you have MacOS please contact NuTesla for assistance in performing the update.

Rhythmedics update and upgrade files are identified with an .RMx filename extension, where 'x' is any other character used to identify the specific type of Rhythmedics file. Critical Patch Files have a .RMC filename extension. Update files have a .RMD filename extension. RMx files are encrypted and can only be opened by the software residing on your instrument. To perform an upgrade or update the .RMx file is copied to your instrument's integrated Rhythmedics flash-drive. Rhythmedics files are NOT directly executable on any computer, they must be copied intact to the Rhythmedics flash-drive for the instrument to process internally.

To use the integrated flash-drive follow the procedures in the previous section to connect Metronome to your computer and open the Rhythmedics drive to view the single file NUTESLA.HTM. Copy the .RMx file to the Rhythmedics drive using the method normally used to 'drag and drop' a file onto a drive on your computer. When the file is copied to the Rhythmedics flash-drive the instruments SLED flash red and green momentarily while the file is being processed and the update or upgrade is applied to your instrument. At the successful completion of the update or upgrade, the SLED will illuminate green continuously.

If there was an error during the update or upgrade, Metronome will flash red on and off. Open the Rhythmedics flash-drive to view its contents and delete the .RMx file that was copied to the drive. The SLED should now be flashing green on and off. Attempt the update or upgrade one more time and if it fails again remove the Metronome, reattach it to the USB port, open the flash-drive to view its contents, copy all the files and send them to [support@nutesla.com](mailto:support@nutesla.com) for assistance. Even with a failed update or upgrade, Metronome will continue to operate properly.

Once the update or upgrade is completed remove the USB cable from the Metronome. The SLED will illuminate white for several seconds and then will flash its normal start-up sequence. Metronome is now updated and ready for use.

## 9. Spectrum LED Indications

In addition to indicating which preset program has been selected and running, the Spectrum Color LED (SLED) is also used to report internal errors. The following is a summary of SLED indicated errors and corrective steps:

- Color flash once every 30 seconds indicates Metronome is in Active mode and the color indicates the running preset.
- A single Green flash every 10 seconds while in Active mode or every 2 and ½ minutes while in Standby mode indicates Metronome is connected to a charging source and the battery is being recharged.
- Three Green flashes every 10 seconds while in Active mode or every 2 and ½ minutes while in Standby mode indicates Metronome is connected to a charging source and the battery is fully recharged.
- Three Yellow flashes every 10 seconds while in Active mode or every 2 and ½ minutes while in Standby mode indicates Metronome is connected to a charging source, the battery is fully recharged, and the battery is nearing the time to be replaced by NuTesla.
- Green and Blue alternating indicates memory checksum error, restart and if it repeats contact NuTesla service.
- Yellow and Blue or Yellow and Red alternating flashing when starting in Active mode indicates Bio-Pulse emitter error, restart and if it repeats contact NuTesla service.
- Solid White, indicates a flash memory update error, which is self-corrected by removing the USB cable and reinserting it without pressing any switches.

The following SLED indications only occur when connecting Metronome to an active USB port and you are attempting to enter Flash-drive mode by pressing and holding the START switch as explained above.

- Continual Blue flashing on and off indicates an invalid boot attempt, to correct reconnect to your computer with no switches pressed
- Continual Red flashing on and off indicates an invalid boot attempt, reconnect to computer while only pressing START switch. This may also indicate that your computer is missing the standard flash-drive software driver. Rhythmedics Flash-Drive mode works with all Windows (XP or later), Mac (OS 10 or later) and Linux/Unix/Ubuntu

computers. If Red flashing occurs after attempting to process an update file then the update failed. Open the Rhythmedics drive and open the ERROR.HTM file to identify the problem. Even if an update fails to process, your instrument will still operate normally, simply delete all the files on the flash-drive and restart your instrument. Further details are in the previous update section.

- Red and Green alternating flashing indicates USB drivers are being loaded by the host computer for the first time your instrument has been identified as a flash-drive; this should change to flashing green on and off when the drivers are successfully loaded, no corrective action required.
- Red and Blue alternating flashing indicates an invalid boot attempt, reconnect power and ensure no switches are pressed.
- Green flashing on and off indicates Rhythmedics is in Flash-Drive mode, no response required, look on your computer for the removable drive named "Rhythmedics".
- Green on solid indicates Rhythmedics Flash-Drive successfully processed the update file that was copied to it, press SELECT once to restart the Instrument.
- Yellow Flashing on and off after processing an update indicates command processed, Open README.HTM file and follow instructions.

## 10. Additional Information

### *A. More about Bio-Pulses*

Bio-Pulses are precise pulses of electromagnetic energy derived from the fundamental frequency of the Fibonacci number quartz crystal used as the base timing element for the processor that operates Metronome. Bio-Pulse will not interfere with electronic devices or erase magnetic strips or other magnetic media. You can hear Bio-Pulses by wearing a headphone and placing the sacred geometry design on the back of the Metronome directly against the back of the headphone on your ear. The Bio-Pulses will couple with the coil in the headphones to cause their frequency sound to be heard. The Bio-Pulses double in strength when Metronome is connected to a charging source.

## ***B. Maintenance***

When the Battery Level color is Amber or Red, or when the operational mode indicator flashes five times quickly instead of once when illuminating, the internal rechargeable battery should be recharged for at least 6 to 8 hours using the supplied USB 5 volt Mini-B AC Power Adapter. While Metronome is recharging it doubles the normal power output through the Bio-Pulses emitters so it is still effective when not in close proximity to your body. Any standard USB Power Adapter that provides 5 volts using a mini-B connector may be used to recharge Metronome. Metronome may be left recharging for extended periods of time of up to one month without any damage to the Metronome or the charger. Metronome may also be recharged using the included USB A to Mini-B cable and connecting Metronome to a USB port on a computer or laptop or other standard USB power adapter. When Metronome is connected to a power source the SLED will flash Green once to indicate it recognizes the power source.

If Metronome fails to hold a charge for less than 16 hours in Active Mode contact NuTesla Support to have Metronome returned for service ([support@nutesla.com](mailto:support@nutesla.com)). Never attempt to disassemble Metronome, there are no user serviceable parts inside. Metronome contains a Lithium Polymer rechargeable battery which must be disposed of properly.

Keep Metronome dry at all times. If moisture enters Metronome allow it dry thoroughly for at least 24 hours in a warm, dry location. A hair dryer on the low setting and blowing on the back and the end with the USB connector may be used to facilitate moisture removal.

The white dome switches on the back of the Metronome may become dislodged if the protective tape sealant is worn and they are then exposed to excessive moisture or handled roughly. If this occurs, clean the gold surface under the switch with rubbing alcohol and allow the area to dry. Replace the dislodged dome switch by centering in the white outline circle and use a piece of transparent tape placed over the switch and surrounding area on the back of the Metronome to hold it in place. Replacement dome switches are available from NuTesla by contacting [support@NuTesla.com](mailto:support@NuTesla.com).



### ***C. Use aboard Aircraft and Screening Procedures***

Metronome's Bio-Pulses will not interfere with aircraft operation or radio navigation. Normal flight crew instructions at the time of this writing are to turn off any electrical or electronic device with an on/off switch. Metronome does not have an on/off switch. If requested to turn off Metronome do so by manually entering the Standby mode. This is done by holding the SELECT switch until the SLED begins to transition from white to red. Release SELECT when you see the SLED start its transition. When instructed it is safe to turn on electronic devices press and release the START switch to reactivate Metronome.

Metronome should be removed from your person when passing through TSA screening points at transportation terminals. Metronome should not be affected by TSA screening procedures or X-Rays. If asked what Metronome is, tell the screener it is a personal healthcare device or circadian pacer. The rechargeable battery used in Metronome are not restricted from use aboard aircraft. If asked to turn off Metronome please comply with the request by placing it in Standby mode as described above.

### ***D. US FCC Part 15 and EU Conformance***

Metronome is a Class B Digital Consumer Device and complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. FCC Conformance ID YAI-585753P.

Metronome conforms to EU requirements for US defined Class B Consumer Digital Devices.

### ***E. Medical Disclaimer***

Metronome and Metronome Pro are not medical devices. They are not intended to diagnose, prevent, cure, treat or mitigate any illness. Never make any changes in your medications or medical treatment as a result of the use of Metronome without consulting with the prescribing professional. Never place Metronome directly over any electronic medical device, such as a cardiac pacer or insulin pump.

Metronome is a NanoTesla device and is not regulated by the US FDA. Each Metronome is individually serialized as can be seen in the Flash-drive mode. If any adverse events are suspected with Metronome please discontinue using Metronome and contact NuTesla Support immediately ([support@nutesla.com](mailto:support@nutesla.com)). These statements have not been evaluated or approved by the US FDA.

Metronome is protected by US Patents 8,088,057 and 8,167,784 and other patents pending.