

The device  
harmonizes and corrects  
the natural electromagnetic  
emissions of natural  
bio systems

## DeVita Ritm Model Mini

Methodological recommendations

## INTRODUCTION

A unique wellness device that has no analogues in the world. It is necessary for every person to maintain a high level of health in the modern world. The device is used to contribute and protect against stress factors, maintain healthy homeostasis, improve efficiency, prevent premature aging.

## METHOD OF WORK

The device is based on the work of scientists R. Voll, H. Shimmel, A.F. Cramer and others who were studying the electromagnetic radiation of the body. According to their studies, each organ has its own oscillations, which in weakened organs differ from healthy ones. The DeVita Ritm Mini device has separate low-intensity bioresonance frequencies for various organs and systems that mimic the vibrations of healthy organs. The impact of these frequencies «adjusts» the body to a healthy wave, which, as a result, leads to an increase in the reserves of adaptation and restoration of the processes of self-regulation.

## DEVICE FEATURES

The device includes 14 basic complexes consisting of manual and automatic programs. Each user can create their own unique complexes (the whole device can hold up to 50) and has the ability to download new complexes and programs that will be created by the company's specialists.

## TIME OF USE

The device DeVita Ritm Mini is expedient to apply in the morning, also when there is a need. The device must be facing with its back to your body.

For complex solution of health problems, maintenance of high tonus and adaptation, we recommend using DeVita Energy Mini devices in the morning and DeVita AP Mini in the evening or night.

The method of using DeVita devices is described in the complexes.

## COMPLEXES

- |                               |                          |                    |
|-------------------------------|--------------------------|--------------------|
| 1. General List of programs 1 | 6. Stop insomnia         | 11. Stop parasites |
| 2. General List of programs 2 | 7. Active immune system  | 12. Stop allergy   |
| 3. Heart and circulation      | 8. Movement without pain | 13. Men's health   |
| 4. Digestion without problems | 9. Sport performers      | 14. Women's health |
| 5. Stop stress                | 10. Clean skin           | 15. Body figure    |

### 1. Complex «General List of programs 1»

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1. 7 chakras                          | 33. Joints without pain – automatic |
| 2. Active protection                  | 34. Healthy joints – automatic      |
| 3. Anti-stress                        | 35. Men's Health – automatic        |
| 4. Blood circulation regulation       | 36. Without gout – automatic        |
| 5. Clean kidneys                      |                                     |
| 6. Clean lymph                        |                                     |
| 7. Detoxification                     |                                     |
| 8. Digestion                          |                                     |
| 9. Digestion normalization            |                                     |
| 10. Women's health                    |                                     |
| 11. Men's health                      |                                     |
| 12. Healthy heart                     |                                     |
| 13. Healthy sleep                     |                                     |
| 14. Hormones normalization            |                                     |
| 15. Intestine without problems        |                                     |
| 16. Joints without inflammation       |                                     |
| 17. Joints without pain               |                                     |
| 18. Immune protection                 |                                     |
| 19. Cellular respiration              |                                     |
| 20. Healthy kidneys                   |                                     |
| 21. Vegetative regulation             |                                     |
| 22. Healthy joints                    |                                     |
| 23. Stop prostatitis                  |                                     |
| 24. Balanced nervous system           |                                     |
| 25. Healthy Day automatic             |                                     |
| 26. Health automatic                  |                                     |
| 27. Complete cleansing automatic      |                                     |
| 28. High tonus automatic              |                                     |
| 29. Healthy metabolism automatic      |                                     |
| 30. No poisoning – automatic          |                                     |
| 31. Normal blood pressure – automatic |                                     |
| 32. Healthy sleep – automatic         |                                     |

## 2. Complex «General List of programs 2»

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1. Cardiac rhythm normalization | 15. Anti-cold                         |
| 2. Healthy eyesight             | 16. Free breath                       |
| 3. Good mood                    | 17. Beautiful skin                    |
| 4. Recovery from injuries       | 18. Beautiful hair and nails          |
| 5. Female sexuality             | 19. Anti cold - automatic             |
| 6. Male sexuality               | 20. Healthy skin and hair - automatic |
| 7. Warm -up                     |                                       |
| 8. Workout                      |                                       |
| 9. Recovery after training      |                                       |
| 10. Without allergens           |                                       |
| 11. Healthy venous system       |                                       |
| 12. Without headache            |                                       |
| 13. Normal blood sugar          |                                       |
| 14. Functional memory +         |                                       |

### Automatic programs

Name of the program	What does the program aim	Time
Healthy Day automatic	It contributes improving the blood supply of organs and tissues, activates the excretory systems, improves the metabolism, correctly distributes the energy balance, relieves nervous tension, strengthens the protective functions of the body. Acts against toxic loads collected in accordance with the daily biological activity of the organs.	5:21
Health automatic	It helps correcting the state of the immune system for colds viral diseases, improves cellular metabolism, which facilitates faster clearance of toxins. Also helps to restore the work of systems and organs disrupted in the course of illness.	8:03
Complete cleansing automatic	Helps activating the work of excretory systems, removes toxins, increases the adaptive reserves and defenses of the body. Acts against toxic loads collected in accordance with the daily biological activity of the organs.	14:10
High tonus automatic	Promotes the removal of toxic loads from the liver, kidneys and lymphatic system, activates their work, improves blood circulation. Starts the natural processes of rejuvenation.	6:20

Healthy metabolism automatic	Promotes harmonizing the work of the body, regulates the activity of the autonomic nervous system, stabilizes the appetite, activates the work of the digestive organs and secretions. Promotes the normalization of metabolic processes and psycho-emotional state, reduction of body weight and improvement of quality of life.	6:00
No poisoning - automatic	Helps on the reduction of the harmful effects on the body of toxins (food, drug, alcohol). Contributes to neutralize and more likely to withdraw them from the intestine and liver, reducing the burden on these organs.	2:26
Normal blood pressure - automatic	Relieves spasm of blood vessels, normalizes blood pressure. It helps restoring the heart and kidneys, normalizing cellular metabolism, reducing hypoxia and relieving from toxins. Improves blood circulation of organs, helps reduce swelling.	6:07
Healthy sleep - automatic	It contributes removing psychological stress, relaxes the central nervous system, improves the quality and duration of sleep.	3:06
Joints without pain - automatic	Relaxes the tensed muscles, improves the condition of the ligamentous apparatus, activates the blood supply, reduces pain and inflammation in the joints and spine. Effective with an active load on the musculoskeletal system, trauma.	3:06
Healthy joints - automatic	Relieves from inflammation and pain in the joints and spine. Improves their blood supply and nutrition. Promotes the restoration of damaged joints tissues, including articular cartilage and synovial membrane, as well as surrounding tissues: ligaments, tendons and muscles. Effective for any problems with joints: arthritis, arthrosis, stiffness.	5:22
Healthy skin and hair - automatic	It helps improving the blood supply of the skin, corrects the work of sebaceous and sweat glands, which increases skin immunity and reduces the manifestation of bacterial and fungal lesions. Also improves blood circulation in the capillaries of the hair follicles and the nail plates, promoting increased nutrition of hair and nails.	3:36
Anti cold - automatic	It is used during colds and allergic reactions (pollinosis). Relieves inflammation and reduces the respiratory manifestation of colds and allergies: puffiness, stuffy nose, cough.	3:31

Men's Health - automatic	Promotes normalization of the prostate gland, general improvement of the urogenital system in men, increases activity and sexual endurance. It also helps to prevent the emergence of problems associated with the disruption of the functions of the urogenital system.	3:31
Without gout - automatic	Promotes normalizing the metabolism in the body, regulates the balance of K, Ca, Na, P. It removes inflammation in the joints, reduces swelling, promotes the removal of salts and toxins. Improves the functional state of the kidneys.	6:07

**ATTENTION!** Depending on the degree of intoxication of the organism under the influence of the auto-program «Complete cleansing automatic», unpleasant sensations, nausea, headache, urinary and sweating, urinary defecation, etc. may appear in the first days of use.

Try to drink more pure drinking water, take a shower 2 times a day.

If there are serious chronic diseases, then the first 2 weeks, use the program every other day.

### 3. Complex «Heart and circulation»

Applied for helping on problems with the cardiovascular and lymphatic systems.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

— «Healthy Day automatic»

— «Health automatic»

Additionally every day during the afternoon:

— at instability of pressure (deviations from the norm) – «Normal blood pressure - automatic»

**If necessary:**

— program «Cardiac Rhythm Normalization», «Healthy venous system», «Without headache»

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

— «Healthy Day automatic»

— «Health automatic»

— additional programs of the first month every day in the afternoon.

**3<sup>rd</sup> month: «Complete cleansing automatic»**

**4<sup>th</sup> month** everyday alternating with each other during the day:

— «Healthy Day automatic»

— «Health automatic»

— additional programs of the first month every day in the afternoon.

#### 4. Complex «Digestion without problems»

For chronic problems with the organs of the digestive tract.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally every day during the afternoon:**

- if the intestine, liver, gall bladder is disrupted - program – «Intestine Without Problems»
- at an instability of a level of sugar in blood – «Normal blood sugar»

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

**3<sup>rd</sup> month: «Complete cleansing automatic»**

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

**During poisoning:**

- «No poisoning - automatic» — daily for 3-5 days.

#### 5. Complex «Stop stress»

With stress, fatigue, reduced performance, depressive states.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally every day during the afternoon:**

- to improve the process of remembering, removing mental fatigue - program «Functional memory +»
- to reduce high stress load – «Balanced nervous system»
- when depressed – «Good Mood»

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

**3<sup>rd</sup> month: «Complete cleansing automatic»**

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

#### 6. Complex «Stop insomnia»

At a condition of nervous excitation, problems with falling asleep, disturbances during sleep.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**If necessary:**

- With regular problems with falling asleep — program «Healthy Sleep», daily 2 hours before bedtime.
- for sleep disturbance due to depression — programs «Good Mood» and «Healthy Sleep», daily 3 hours before bedtime
- in case of sleep disturbance due to nerve overexertion — «Healthy sleep – automatic», daily 3 hours before bedtime

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

**3<sup>rd</sup> month: «Complete cleansing automatic»**

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

## 7. Complex «Active immune system»

For the prevention of colds, as well as relief from bacterial and viral infections.

In the season of catarrhal diseases, with hypothermia - everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

At the first signs of catarrhal diseases (except for the flu), everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally** daily for 5 - 7 days:

- program «Anti-Cold» or «Anti cold - automatic» – in the presence of cough.

At the first signs of the flu every day for 5-7 days, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally** in the next 10-12 days: «Anti cold - automatic».

## 8. Complex «Movement without pain»

In case of problems with the musculoskeletal system: pain, inflammation of the joints, muscles, spine, injuries.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally** every day during the afternoon:

- with active physical activity on the joints and spine, post-traumatic inflammatory manifestations – «Joints without pain - automatic»
- In case of any problems with joints and prevention of their exacerbation – «Healthy joints - automatic»
- to relieve the joints from gout «Without gout - automatic»

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

**3<sup>rd</sup> month**: «Complete cleansing automatic»

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

## 9. Complex «Sport performers»

With intense physical exertion, trauma, and also to reduce the toxic load and rapid recovery after training.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally**:

- program «Warm-Up», 1.5 hours before the workout
- program «Workout», during the training process
- program «Recovery after training», after active physical activity

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

**3<sup>rd</sup> month**: «Complete cleansing automatic»

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

## 10. Complex «Clean skin»

With inflammatory processes on the skin, fungal burdening of hair and nails, herpetic weights (shingles).

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- «Healthy skin and hair - automatic»

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- «Healthy skin and hair - automatic»

**3<sup>rd</sup> month**: «Complete cleansing automatic»

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- «Healthy skin and hair - automatic»

## 11. Complex «Stop parasites»

To maintain health of: owners of domestic animals, garden plots, travelers, families with children under 12 years. When your appetite changes, unexplained pain, inflammation, the appearance of allergies.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- «Intestine Without Problems»

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- «Intestine Without Problems»

**3<sup>rd</sup> month**: «Complete cleansing automatic»

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- «Intestine Without Problems»

## 12. Complex «Stop allergy»

With various allergic reactions: for food, dust, pets, pollen of plants.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- program «Without Allergens»

**If necessary**: to relieve allergy symptoms «Anti cold - automatic».

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- program «Without Allergens»

**If necessary**: to relieve allergy symptoms «Anti cold - automatic»

**3<sup>rd</sup> month**: «Complete cleansing automatic»

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

Additionally every day in the afternoon:

- program «Without Allergens»

**If necessary**: to relieve allergy symptoms «Anti cold - automatic».

**Attention!** With pollinosis, the course should be started 2 months before the flowering of plants. A stable positive result for solving problems with allergies can be obtained with regular use of the programs of the complex for 6 months.

### 13. Complex «Men's health»

With psychological and functional problems with the organs of the male genitourinary system.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally** every day in the afternoon:

- inflammation of the urogenital system and problems with potency – «Men's Health - automatic»
- with a decrease in male sexual function and prevention of problems of the genitourinary system program «Men's Health»

**If necessary:** with psychological dysfunction problem - program «Male Sexuality».

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

**3<sup>rd</sup> month: «Complete cleansing automatic»**

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»
- additional programs of the first month every day in the afternoon.

### 14. Complex «Women's health»

With functional violations of the female genitourinary system, to harmonize the work of the organism in the premenstrual and climacteric period.

**1<sup>st</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally** every day in the afternoon:

- program «Women's Health»

**If necessary:** with a decrease in libido – program «Female Sexuality».

**2<sup>nd</sup> month**, everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally** every day in the afternoon:

- program «Women's Health»

**3<sup>rd</sup> month: «Complete cleansing automatic»**

**4<sup>th</sup> month** everyday alternating with each other during the day:

- «Healthy Day automatic»
- «Health automatic»

**Additionally** every day in the afternoon:

- program «Women's Health».

### 15. Complex «Body figure»

For gentle and comfortable weight loss, regulation of appetite.

**Attention!** To obtain the most effective result before using this complex, we recommend first to reduce the possible toxic load, to restore the self-regulation processes using the main modes («Healthy Day automatic», «Health automatic», «Complete cleansing automatic») of the Complex «Stop parasites» within 3-4 months.

**4<sup>th</sup>-6<sup>th</sup> month: «High tonus automatic» and «Healthy metabolism automatic»** day by day, alternating with each other in the daytime

**For detailed information on the complexes, see the company's website [www.deholding.info](http://www.deholding.info) in the section «Products» - «Complexes».**

With regular, correct use of DeVita Mini devices any user may receive a unidirectional positive result of effective recovery, youth and longevity.





[www.deholding.info](http://www.deholding.info)

Deta-Elis Europa GmbH  
Kaiserserstraße 74,  
63065 Offenbach, Germany