

Focus Unit Symptom Chart

B=Blue, G=Green, O=Orange, Y=Yellow, W=White, IR=Infrared, ECB=Eyes Closed Blue

Symptom	Color	Notes	Focus Protocol
ADD Attention (Focus)	Y O R	Focus problems without Hyperactivity	Bright 1 Attention, Alert, Memory1, Memory 2, IR 40 hz on top of head
ADD Over focus	B G	ADD Over focused	SMR, Bright 1, Attention
ADHD Hyperactivity	B G	Hyperactivity, Focus	Calm, 8-12, SMR, Bright 1, Attention
ADHD Impulsivity	B G	Impulsivity, Focus	Calm, 8-12, SMR, Bright 1, Attention
ADHD Anxiety	B G	Hyperactivity, Anxiety	Calm, 8-12, SMR, Bright 1, Attention
ADHD Depression	O R G W	Depression associated with ADHD	SMR, Bright 1, Attention
Addiction	B G	Drug addiction, gambling	Recovery, Schumann, Calm, 8-12, SMR, Bright 1
Alcoholism Addiction	B G	Chronic alcoholism / addiction	Recovery, Schumann, Calm, 8-12, SMR, Bright 1
Alcoholism Overuse	B G	Decrease social anxiety & "binge" drinking	Recovery, Schumann, Calm, 8-12, SMR, Bright 1
Anger	B G	"Bad Temper"	Recovery, Schumann, Calm, 8-12, SMR, Bright 1
Anorexia	B G	Reduce anxiety about body image	Recovery, Schumann, Calm, 8-12, SMR, Bright 1, IR 40 Hz on top of head
Anxiety Fear	B G	Anxiety Assoc. with fear	Recovery, Schumann, Calm, 8-12, SMR, Bright 1, IR 40 Hz on top of head
Anxiety Insomnia	B	Anxiety Causing Insomnia	Sleep 3, Schumann, Calm, 8-12, 12, SMR

Anxiety Learning Disorder	B	Anxiety Assoc. with Learning Disorders	Schumann, Calm, 8-12, SMR, Bright 1, Attention
Anxiety Obsessive Behavior	B	Anxiety causing Obsessive behavior	Schumann, Calm, 8-12, 12,
Anxiety PTSD	B	Anxiety Assoc. with PTSD	Schumann, Calm, 8-12, 12,
Anxiety Panic Disorder	B	Anxiety Assoc. with Panic Disorder	Schumann, Calm, 8-12, 12,
Anxiety Social	B	Social Anxiety / "Free Floating Anxiety"	Schumann, Calm, 8-12, 12,
Anxiety Traumatic Memory	B	Anxiety Assoc. with Traumatic Memory	Schumann, Calm, 8-12, 12, SMR
Asperger's (Isolated)	Y O R IR	Difficulty Understanding Others Emotions	Schumann, Calm, 8-12, 12, SMR IR on top of head 40 Hz
Auditory Processing	Y O R IR	Distracted Easily by Auditory stimuli	Attention IR 40 Hz on top of head
Autism Expression Emotions	W G B	Autism Spectrum / Expressing own Emotions	Bright 1, Attention
Autism Expression Speech	Y	Autism Spectrum / Expressing ideas, Speaking	Bright 1, Attention
Autism Understand Others	Y	Autism Spectrum / Understanding Others Emotions	Bright 1, Attention
Autism Understanding Speech	Y	Autism Spectrum / Understanding Speech	Bright 1, Attention
Balance Swallowing	B G	Balance and/or Swallowing Problems	Movement 1 & Movement 2
Chronic Fatigue	W O IR	Caused by Anxiety or Chronic infections / toxins	Bright 1, Attention, Memory 1 & Memory 2 IR 40 Hz on top of head, IR on eyes movement 1

Chronic Fatigue	W O IR	Caused by Anxiety and Chronic stress	Bright 1, Attention, Memory 1 & Memory 2 IR 40 Hz on top of head, IR on eyes movement 1
Chronic Pain	IR B	With Anxiety / "Trains the Posterior Cingulate"	Movement 2, IR on top of head, 80 & 99 hz
Clumsy Left Hand	Y R B	"Poor Golf Skills"	R 18 L off
Clumsy Right Hand	Y R B	Increases dexterity	L 18 R off
Dementia	W Y O IR	Chronic / Alzheimer's type	Bright 1-4, Memory 1 & 2 IR, Movement 1 through eyes IR on top of head 40 HZ
Depression Anxiety	B G O	With Anxiety / Reactive Depression / Agitated Depression	SMR, Bright 1, Attention
Depression Cognitive	W Y O IR	Cognitive Depression	Attention, IR 40 Hz on top of head
Depression Mania	B	Bipolar - Manic Phase	Calm, 8-12, SMR, Bright 1
Difficulty Initiating Movement	B	Parkinsonian / Akinesia "Difficulty Initiating Movement"	4 hz, 6 hz
Emotional Control	O R G B	Over react or under react	Bright 1
Excessive Daytime Sleepiness	W Y O IR	May need to address insomnia	Attention, IR 40 Hz on top of head
Fibromyalgia	B IR	Muscle Pain	Movement 1 & Movement 2 IR on top of head, 80Hz & 99Hz
Handwriting Problems	R B	Improves Legibility	R 18 L off, L18 R off, Movement 1 and 2
IBS Anxiety	B IR	For underlying Anxiety	Calm, SMR, Bright 1, IR on top of head 40 HZ

IBS Depression	Y IR	For underlying Depression	SMR, Bright 1, Attention, IR on top of head 40 hz
Insomnia All Night	B EC	"Sleeping All Night Long"	Sleep 3
Insomnia Onset	B EC	Onset / "Falling Asleep"	Sleep 3
Insomnia Relaxation	B	Helps relaxation before going to bed - remediate insufficient alpha	Schumann, Calm
Memory 1 Memory 2	W IR on top of head	Helps declarative memory (Names, Addresses, Dates)	Memory 1 30 minutes Memory 2 60 minutes Alzheimer's
Migraine Sensitivity	B	Common / Classical Migraine / "Sensitive to light & noise"	Calm
Motility Difficulty	R B	Running, Kicking, Hopping etc.	R 18 L off, L18 R off, Movement 1 and 2
Motivation	Y O	Procrastination / Lack of drive	Bright 1 – 4, Alert
Muscle Cramps	B IR	Promotes relaxation	Movement 1 & 2, IR 40 HZ on top of head
Nightmares	B	Assoc. with Anxiety during sleep	Sleep 3
OCD	B	Repetitive Behavior / Relieves Anxiety	calm SMR Bright 1 IR on top of head 40 HZ
Overeating	B IR	Check for pesticide exposure / toxicity in hypothalamus	Schuman, Calm
Pain Perception	B IR	Perception of pain	blue lights Movement 2 IR on top of head 80 99
Performance Anxiety	B IR	Peak Performance training, with anxiety	calm SMR Bright 1 IR on top of head movement 1 protocol

Performance Focus	Y IR	Peak Performance training, for focus	SMR, Bright 1, IR on top of head 40 hz
PTSD	B EC	May need more than 10 sessions	Calm, SMR, Bright 1, Memory 1 & 2
Restless Legs	B IR	Can't Relax or Sleep	Calm, Bright 1, IR on top of head, Movement 1
Reward Deficiency	Y O IR	Common in alcoholics, PTSD, and other addictions	Calm Bright 1, IR on top of head, Movement 1
Ruminations	B	Unable to shut mind off	Calm Bright 1, IR top of head, Movement 1
Sensory Integration Disorder	Y	Hypersensitivity to light, sound, and touch	Calm, Bright 1, IR on top of head
Tension Headache	B	Tension Headache	Calm, Bright 1, IR on top of head, Movement 1
Tinnitus	B IR	Can't suppress sound	Calm, Bright 1, IR on top of head, Movement 1
Tremor	B IR	Parkinsonian - Resting Tremor	Calm, Bright 1, IR on top of head, Movement 1 and Bright 1

On Head Infrared Protocols

When using the infrared glasses on top of the head of the pain and inflammation protocols they should be placed so the infrared leds are in line with the ear canal. Also notice in the picture that the glasses have been put on backwards with the nose piece facing the back of the head. By doing this the leds will be closer to the head and more effective. See an illustration on page 12 of the Focus manual

Protocol	Light Intensity	Session Time	Symptoms to use with	Notes
4 Hz	40	30 minutes	Parkinson Tremor	
Memory 1	40	30 minutes	Short term/declarative	
Memory 2	40	60 Minutes	Alzheimer	
80-100Hz A	40	30 to 60 minutes	Pain & Inflammation	Progressive Frequencies
80-100Hz B	40	30 to 60 minutes	Pain & Inflammation	Random Frequencies

On Eyes Infrared Protocols

Protocol	Light Intensity	Session Time	Symptoms to use with	Notes
Movement 1	10	10 Minutes	Macular degeneration, eyesight, floaters	