



ANF Therapy

COURSE 1 & 2 PROGRAM

The ANF Therapy program provides the participants with a unique opportunity to learn about the theoretical insight, practical training and disc treatment competencies developed from the best and most visionary holistic therapies in the world.

The program is an intensive two-course experience, which gives the participants the knowledge required to implement the therapy in their clinical work immediately upon completion of course 1 & 2.

Each course is a combination of theory, palpation practice among participants, practice among real patients, group work, personal experience shared by the instructor and evaluation.

After the course 1 & 2, you can implement ANF Therapy in your clinic right away. No machines or special equipment are necessary. The course is based on three fundamental building blocks: theoretical insight, practical training and ANF Disc treatment.



Theoretical insight

The theoretical insight is the basis for understanding how the Neuro Frequencies interact with the body. It provides the conceptual framework on which the clinical examination is based, in order to determine the cause of the pain.

The theoretical insight which is progressively acquired through the two first courses will build a clear vision of the treatment's holistic approach.

Practical training

The practical training focuses on techniques for clinical examination, manual therapy and treatment methodology.

The different techniques will be practiced among participants and on test patients. Participants will learn how to prepare customized ANF disc protocols to address pain and inflammation and normalize the affected body functions. Based on the ANF Therapy framework, we examine the body following the nerve paths and focus on finding the root cause of the patients problem.

ANF Disc treatment

Amino Neuro Frequency Therapy consists of thin circular discs that are applied directly on the skin. They transmit neuro frequencies through the neurons in the body. The nervous system picks up these frequencies, starting a self-healing and self-regulating process.

By improving the signalling directly at the cellular level, without the use of chemicals or equipment, the results are not only faster, they are without side effects.

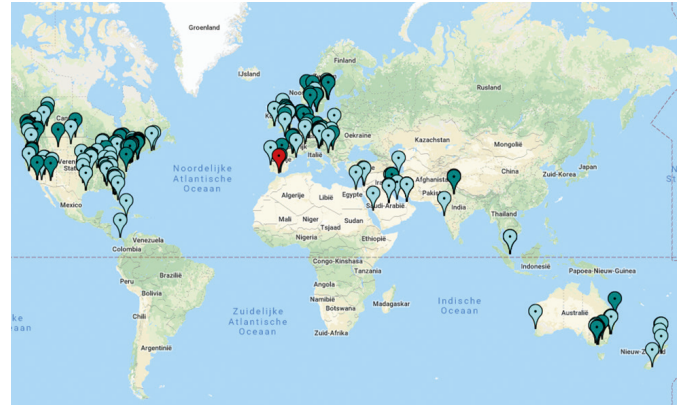


an INNOVATIVE THERAPY

ANF uses frequencies to optimize the signaling of the nervous system by restoring the normal biochemical reactions in the cells. As a result, symptoms such as pain and/or inflammation decrease, and the bodily functions normalize.

Frequencies control all functions in the body

ANF Therapy builds on extensive and integrated knowledge of human anatomy, physiology, biochemistry and neuroscience. It is drug-free, and combines a holistic medical framework with the use of an advanced wearable medical device, the ANF Discs.



Join more than 700 ANF practitioners around the World.

REDUCE PAIN & INFLAMMATION IN MINUTES



How does ANF work?

By combining the ANF Discs, a frequency emitting wearable device. Each disc is applied directly on the skin and is activated by body heat. ANF Discs transmit a unique range of frequencies through the neurons in the body. The nervous system picks up these frequencies, starting a self-healing and self-regulating process, by improving the nervous system signalling directly at the cellular level.

The effect of the treatment is almost immediate when applied by a trained ANF Therapist and has remarkable durable results. ANF Therapy does not require the use of any drugs, chemicals or machines.

“ Most mind Blowing therapy I have ever seen in over a decade of obsessive pain and performance research, patients are amazed and so am I.”

- Chiropractor, Charleston USA





COURSE 1 & 2 PROGRAM

Course 1: Basic Pain & Inflammation

DAY 1:

09:00	Welcome & Introduction
09:30	Theoretical knowledge Presentation ANF Methodology
10:30	Coffee break
10:45	Theoretical knowledge Frequencies Types of Pain Antioxidants
12:00	Lunch break
13:00	Practical training on Participants palpation: Neck / Upper and mid back / Shoulder / arm / wrist
16:00	Coffee break
16:30	Review & Questions
18:00	Finish

DAY 2:

09:00	Recap from Day 1
09:30	Theoretical knowledge Pain Management Clinical Injuries
10:30	Coffee break
10:45	Theoretical knowledge The Nervous System
12:00	Lunch break
13:00	Practical training on case patients palpation: Lower back / Hip / knee / ankle
16:00	Coffee break
16:30	Review & Conclusions
18:00	Finish

Total 18 Hours

Type of instructional method: Lecture / Practical demonstration.

Course 2: Advanced Pain, Inflammation & Antioxidants

DAY 3:

09:00	Recap from Day 2
09:30	Theoretical knowledge Invisible inflammation
10:30	Coffee break
10:45	Theoretical knowledge Antioxidant Glutathione
12:00	Lunch break
13:00	Practical training on test patients palpation: Gut area
16:00	Coffee break
16:30	Review & Questions
18:00	Finish

DAY 4:

09:00	Recap from Day 3
09:30	Theoretical knowledge Antioxidant Melatonin
10:30	Coffee break
10:45	Theoretical knowledge Antioxidant Carnosine Human Body Energy
12:00	Lunch break
13:00	Practical training on test patients Palpation: Lymphatic system
16:00	Coffee break
16:15	Review & Conclusions
18:00	Finish

Total 18 Hours

Type of instructional method: Lecture / Practical demonstration.



ANF LEARNING OUTCOMES

Upon completion of ANF course 1 & 2, the participant will be able:

- To perform a basic orthopedic ANF assessment covering the most important body parts, including the nervous, lymphatic and vascular system.
- To establish a ANF diagnosis, by searching for the root cause of pain.
- To be able to combine different ANF Discs to create specific ANF protocols.

Course 1 & 2 introduces to the use of the following discs.

- Disc selection below is sufficient to help 80% of all pain and inflammation cases:



PAIN

- P-1 Pain negative P-1
- P-9 Pain negative P-9
- P130 Pain & Inflammation 130
- P200 Pain & Inflammation 200
- P217 Pain & Inflammation 217
- P271 Pain & Inflammation 271



ANTIOXIDANTS

- ACA Carnosine Antioxidant
- AGL Glutathione Antioxidant
- WXC X-tra Immune Boost
- NX2 Oxygen X-tra Strong
- HXH Muscle Power Enhancer
- M2 Melatonin Strong

MENTAL

- MC Medical Calm
- AS Anti Stress
- MF2 Mental Focus Strong
- ES+ Emotional Stress+
- ES- Emotional Stress-
- MCS Medical Calm Strong

BODY OPTIMIZATION

- E+6 Energy +6
- E-1 Energy -1
- HD2 Herniated Disk Strong
- BF2 Blood Flow Circulation Strong
- FJT Fluid Joint Tissue

ORGAN FUNCTIONS

- HA2 Heart Function Strong

DIAGNOSIS COURSE 1 & 2

Course 1

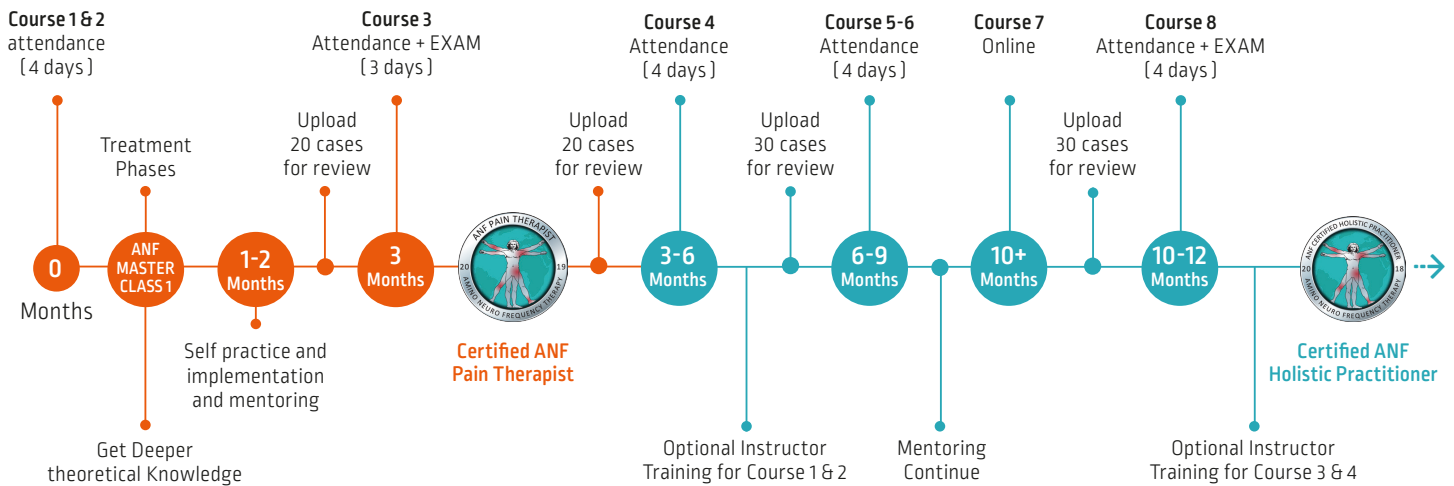
- SI Joint
- Tennis Elbow
- ITB Syndrome
- Hip / groin pain
- Jumper's Knee
- Ankle Strain
- Hamstring
- Meniscus
- Sciatic Pain
- Piriformis Syndrome

Course 2

- Frozen Shoulder
- Shoulder Pain
- Biceps Tendinitis
- Impingement
- Ankle Sprain
- Achilles Tendinitis
- Lumbar Pain
- Adductors Tendinitis
- Carpal Tunnel syndrome
- Sprained Joint
- Plantar Fasciitis



ANF CONTINUING EDUCATION



CERTIFIED ANF PAIN THERAPIST

- Clinical / Orthopedic Injuries
- Pain Management
- Acute/Chronic Inflammation
- Referred Pain
- Nervous System
- Antioxidants
- Human Body Energy
- Immune System

CERTIFIED ANF HOLISTIC PRACTITIONER

- Holistic In-depth Practice
- Oxidative Stress
- Invisible Inflammation
- Lymphatic System
- Cardiovascular System
- Organs & Glands
- Autoimmune Disorders
- Mental Disorders

4 DAY PROGRAM

Includes the following:



Discs for test patients



Personal test treatment



Treatment protocols



Attendance Certificate



Mentor & Course site



Inspiration Forum

ANF COURSES QUALIFIES THE THERAPISTS TO:

- ✓ Receive an ANF Academy attendance certificate
- ✓ Practice the ANF Pain Therapy in their clinics
- ✓ Purchase the ANF Discs practiced in the course
- ✓ Access the online training portal with further materials and protocols
- ✓ Purchase hard-copy material developed for patients
- ✓ Access relevant articles and science online
- ✓ Watch ANF Assessment Tutorial Videos



**AMINO
NEURO FREQUENCY
THERAPY**

ANF ACADEMY

CALLE DE LAS ADELFA 5 • 29660 MARBELLA • SPAIN
Tel. +34 615 752 172 • www.ANFtherapy.com/courses

