

RHYTHMIXX®

OPERATING INSTRUCTIONS





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Dear customer,

*our congratulations for buying the hand-operated **RHYTHMIXX®**! You have now a device in your hands that allows you to discover the manifold world of rhythmizing. Soon you will realize: rhythmized nutritions give more energy, taste better, are better to digest and have a longer life. Become sensitive for experiencing a new food quality! The right rhythm enhances your health and wellbeing.*

*In the private sphere the **RHYTHMIXX®** is a wonderful device for the whole family and people of every age. It is great fun to actively cultivate and purify one's liquid food and to mix dry food ingredients so delicately and subtly that the quality makes a great difference.*

In the commercial sphere rhythmizing offers the opportunity to enhance the value of your products and to offer your customers a product with a better taste, a higher efficacy and a longer durability.

*With our operating instructions we do not only show you the right handling of the **RHYTHMIXX®** and give you its technical details, but also present to you in which areas you can make best use of rhythmizing.*

Why rhythmize?

Rhythm is energy. All life processes in the cosmos run rhythmically. The RHYTHMIXX® restores tap water and water in liquid foods to its natural structure. Powders and flours are mixed extremely finely – both with each other and with liquids.

Better taste, better digestibility and longer shelf life are a few of the positive effects that occur when everything is vibrating in the right rhythm again.

- *Learn more on our website
www.rhythmixx.ch*

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HANDLING

MECHANICS AND INSTALLATION

The **RHYTHMIXX®** consists of a solid gear box and a movable hand crank that moves the cylinder in a spatial figure-eight loop (lemniscate). The **RHYTHMIXX®** requires a stable base for operation. The best option in the kitchen (or laboratory) is the countertop, which is firmly attached to the wall. Set up the **RHYTHMIXX®** in a way that the hand crank has free play to move. The high dead weight allows set-up without screw clamps for „soft“ applications and moderate operating speeds. If you want to use the **RHYTHMIXX®** more intensively and also handle heavier materials in the cylinder, you should use screw clamps. There are dimensionally accurate holes in the gear block of the **RHYTHMIXX®** that allow it to be securely fixed to the countertop.

CHOOSING THE RIGHT PLACE

Rhythmizing with the **RHYTHMIXX®** sensitizes the rhythmized substances in such a way that it absorbs the different vibrations of the environment. Therefore, avoid the immediate proximity of electromagnetic fields, Wi-Fi, mobile phones and laptops. Also strong LED light and energy converter from electrical devices can build up interference fields that can have a negative influence. Even one's own mental state has an effect on the outcome, as it becomes visible in high-resolution images of water drops. So rhythmize with a positive attitude and consciously combine your feeling heart with the liquids and substances. Be aware of the purpose of your own action. At this point the "handwork" of the **RHYTHMIXX®** comes into play, because everything you feel, think and do while rhythmizing has an effect on the result. When the **RHYTHMIXX®** is in motion you build up your own vibrating energy field.

THE QUALITY OF YOUR VESSELS

We recommend to pay attention to the high quality of your vessels, because during the process of rhythmizing there is an intensive contact with the inner surface of the vessel and its special lid or lock. Inferior materials might have a quality-reducing effect. Therefore, the use of high-quality crystal or borosilicate glass (like our Fill-Me-bottles) is highly recommended. Please avoid plastic bottles and containers with plasticizers!

TIP:

If the bottleneck protrudes too far from the cylinder, you can remove the three silicone bands at the base and then insert your vessel or bottle deeper into the cylinder. Please make sure that projecting bottlenecks do not hit the cylinder holder during rhythmizing.

CLAMPING INTO THE CYLINDER

You can clamp bottles, jars, cans, ampoules, test tubes, etc. of various sizes into the cylinder of the **RHYTHMIXX®**. To do this, hold the vessel you want to rhythmize with one hand in the center of the cylinder. With the other hand, insert the collet into the holes provided on the outer cylinder rim (with the red button) and tighten the elastic silicone bands clockwise until the vessel is firmly seated in the cylinder. After rhythmizing, relax the tightened bands by pressing the red button. If the wreath does not rotate back spontaneously, please move it to the starting position by hand – while continuing to hold the button down.

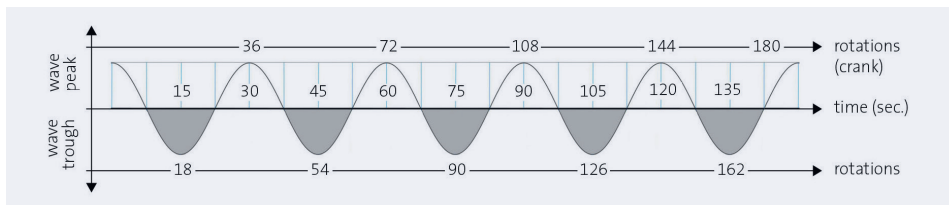
FILLING GRADE OF THE VESSELS

Fill only three-quarters of the water into the vessel you use for rhythmizing. In this way, the oxygen is swirled into the water and gives a fresh drinking pleasure. However, for all other liquids, you should ensure that the container is fully filled to avoid oxidation by the oxygen in the container.

ROTATION RATE AND SPEED

The motion sequence of the **RHYTHMIXX®** is based on the reversal movement with a high swirling effect. When this movement is used for the treatment of liquids and powders etc. the best effects are achieved. Please note that any substance or liquid has their special character. The best result for water is achieved when you turn the hand crank 72 times per minute in 60 seconds (or 36 times in 30 seconds). The rhythm is itself subject to a rhythm. The wave peaks are at 36, 72 or 144 rotations, as shown in the following diagram.

The Rhythm of the RHYTHMIXX®



INSTALLATION OF THE “FARMACIA” BRACKET

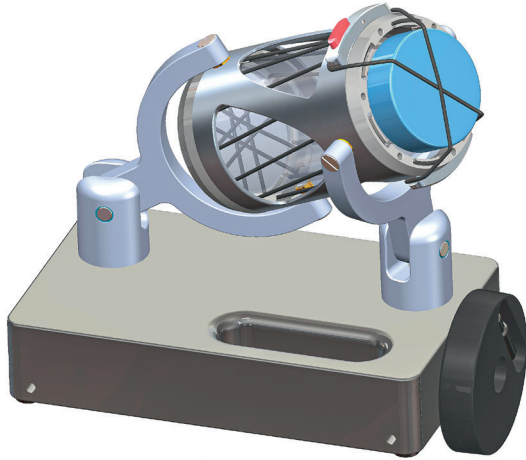
We have designed a special bracket for the use of pharmacist's wide neck bottles (1000 ml). With its help the pharmacy bottles can be inserted into the cylinder of the **RHYTHMIXX®** without the use of the silicone bands. Only one band is needed to secure the upper opening.



TIP:

Pharmacy bottles may fluctuate in volume. If your bottle does not fit firmly into the bracket of the cylinder, please clamp one elastic silicone band into the bracket to provide sufficient support.





TECHNICAL DATA

Weight: 11.5 kg

Dimensions of the gear box: 330 x 200 x 70 mm

Cylinder diameter: 100 mm

Cylinder length: 205 mm

MATERIALS

Gear box: aluminium

Bearing in the gear box: stainless steel

Bearing in the yoke: polymer plastic

Bearing in the cylinder: bronze

Cylinder rings: POM

Hand crank: aluminium, plastic or plexiglass

Elastic bands: silicone

SAFETY

It is important that the **RHYTHMIXX®** has a stable location during use. If possible, you should always fix the gear box with a screw clamp. When inserting vessels, please tighten the elastic bands, so that the vessels cannot move. Be aware that your fingers are not pinched. Rhythimize carefully with full attention and keep the **RHYTHMIXX®** away from small children without supervision.

ACCESSORIES

The scope of delivery of the RHYTHMIXX® includes:

- 1 collet
- 1 screw clamp
- 6 large elastic silicone bands for the cylinder and 1 for the top
- 3 small bands for the bottom

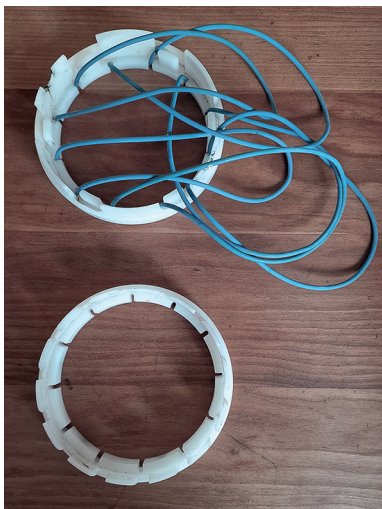
These accessories can be re-ordered individually in our shop. The same applies to the spring under the red button (with which you can loosen the elastic silicone bands), which in case of frequent use may become weak and should be replaced.

SHOP

When you go to rhythmixx.ch/shop you can purchase additional accessories, for example suitable high quality bottles or a valuable transport box made of beech.

The Fill-Me®-bottles are made of high quality borosilicate glass. They are optimum for rhythmizing your drinking water. You can order them in our shop.





CARE & SERVICE

CLEANING THE INSIDE OF THE CYLINDER

The cylinder, in which the vessels are rhythmized, should be cleaned regularly on the inside with a damp cloth. This is especially necessary when you work a lot with sticky ingredients. A clean cylinder guarantees the free flow of the plastic ring, which sits on the cylinder and contains the holes for the collet. When you push the red button, the ring should effortlessly slide back to the starting position (parallel-aligned bands). Sometimes a drop of oil helps to ensure optimal lubrication.

CHANGING THE SPRING OF THE RED BUTTON

If the spring in the red locking button wears out during prolonged and intensive use of the **RHYTHMIXX®**, it can be easily exchanged. You only have to loosen two screws on the inside of the cylinder with a 2 mm Allen key (see illustration).

REPLACING THE ELASTIC SILICONE BANDS

Depending on the degree of use, the elastic silicone bands may experience fatigue and break. They can easily be replaced. Remove the bands over the notches in the rings on both sides of the cylinder (see illustration).

Become a rhythm researcher!

Since rhythmizing with the RHYTHMIXX® is a living process, you will be able to make your own special experiences with the device. Possibly you even discover your own research field and find out things that are not yet known. In the blog on our website

► [***www.rhythmixx.ch/rhythmixx-welt***](http://www.rhythmixx.ch/rhythmixx-welt)

you can share your experiences and results with other “rhythm researchers”. We are looking forward to the exchange with you!

RHYTHMIZING APPLICATIONS

The manually operated RHYTHMIXX® is ideal for private homes, pharmacies and laboratories. Bars and restaurants, as well as fitness studios and wellness hotels, also improve their drinks and liquid food with the rhythmizing process. The same applies for companies which rhythmize their product lines.

RHYTHMIZING DRINKING WATER

Drinking water from the tap or from the bottle has a fresh and invigorating effect. The motion in the RHYTHMIXX® resembles the motion of a young mountain stream or a marine surf. The effect of these dynamic forces can be perceived while drinking. The original joy to refresh yourself with water is increased in a natural way. Many customers, who have used the RHYTHMIXX® for a long time in their kitchen, feel a long-term effect in their overall sensitivity. If you drink rhythmized water you feel fundamentally more comfortable and have more energy.

RHYTHMIZING FRUIT AND VEGETABLE JUICES

1 | Self-produced juices

If you work with a centrifugal juicer (fast juicer), some significant impairments of the water quality occur. Spiral roller dehydrators (Slow Juicers) work more gently, but in both cases rhythmizing has a positive effect, especially with regard to the taste and to durability.

2 | Purchased juices

Purchased juices are all preserved by pasteurization (short-term heating up to 120 degrees Celsius). Preserving by high pressure (HPP process) also damages not only the vitamins, but also the water molecules. Rhythmizing offers the possibility of reversing some of the damage – primarily the reduction in water quality. Otherwise the same applies here: rhythmized juices from the (organic) supermarket simply taste better and are more digestible.

RHYTHMIZING SMOOTHIES

1 | Self-made smoothies

When blending smoothies, the water is affected by the electromagnetic radiation of the engine and the rapid rotation of the blades in the mixing container. Rhythmizing compensates for this damage. In addition, the smoothie is mixed more finely by rhythmizing, which is especially advantageous for those who have a less powerful blender. Anyone who uses a power blender to make his or her smoothies will say after rhythmizing: “Wow, that is really smooth!” And from now on, you may not want to drink any more smoothies that are not treated with the RHYTHMIXX. Rhythmized Smoothies just taste better, are easier to digest and have a shelf life.

2 | Purchased Smoothies

Here the same applies as with the purchased juices. Pasteurization and preservation by high pressure significantly reduces not only the quality of the vital substances, but also that of the water component. Rhythmizing leads to a renaturation of the water structure and, among other things, to a better taste and a better digestion.

RHYTHMIZING PLANT DRINKS

1 | Self-made plant drinks

If you make your own plant-based drinks you should not forget the refining rhythm. When making drinks from nuts, kernels and seeds, but also from soy and oats, the mix is first mashed in a blender before being strained through a so-called „nut bag“. Here, as with the smoothie, the water is affected by the electromagnetic radiation of the motor and the rapid rotation of the cutter. Rhythmizing perfectly mixes the ingredients, restores the natural water structure, improves the taste and extends the durability.

2 | Purchased plant drinks

As in the case of fruit and vegetable juices, the natural water structure damaged in the manufacturing process is restored by rhythmizing. The result is higher energy, better taste and greater digestibility.

RHYTHMIZING POWDER SHAKES

1 | Self-made powder shakes

If you treat your protein powder with the **RHYTHMIXX®**, you have the perfect blend. And not only that: Rhythimized shakes taste better and sometimes become really delicious. And because of the fine structure of the rhythimized water molecules you need less powder to achieve the same effect. This protects your wallet in the long run. Moreover, rhythmizing your shakes after your workout is particularly relaxing and should therefore be part of your daily fitness routine.

2 | Purchased powder shakes

By rhythmizing store-bought shakes their flavor is significantly lifted. In addition the industrially produced and therefore highly processed and denatured ingredients are better absorbed by the body. The restored high water quality of your shakes has a great effect on your health.

RHYTHMIZING COFFEE AND TEA

Yes, even hot drinks can and should be energetically and tastefully improved with the **RHYTHMIXX®**! The water component is damaged by the electromagnetic radiation during production in the coffee or espresso machine or in the kettle. Rhythmizing increases the enjoyment and the energizing effect!

RHYTHMIZING RED WINE

The rhythmizing of red wine is very special, because it not only increases the quality of the water component, but also allows the decanting process to unfold faster and more effectively. Especially in young wines, the taste can be significantly improved.

Procedure: Fill the glass or bottle in which you want to rhythmize your red wine only half full. The rhythmizing process produces a lot of surface, so that the oxygen in the empty half is absorbed very well into the wine. In this way, you avoid having to “breathe” your red wine a long time before drinking. Normal aeration in a decanter never has such a strong flavor-reinforcing effect as the short, but strong movement in the **RHYTHMIXX®**.

RHYTHMIZING STILL ALCOHOLIC BEVERAGES

Rhythmizing liqueurs and brandies significantly refines the taste and increases digestibility. Due to the swirling, the alcohol intermingles better with the water and the taste becomes more soft and round. People also report that rhythmized alcohol is better processed by the body and leaves fewer unpleasant after-effects.

RHYTHMIZING VEGETABLE OILS

Vegetable oils experience a special increase in value as a result of rhythmizing. The cheaper the oil, the higher the effect. Some oils become really enjoyable when they are rhythmized. By the rhythmic treatment the ingredients are better blended and energized, which leads to a harmonized flavor.

RHYTHMIZING SELF-MADE SAUCES

Self-made sauces benefit from rhythmizing primarily because the ingredients are optimally mixed. This results in a finer mouthfeel and a more intense flavor. For a certain period of time fat and water are very finely combined. Due to the rearrangement of the molecular structure of water, rhythmized sauces have a much longer shelf life in your kitchen.

RHYTHMIZING MILK

You should rhythmize your milk right after you have bought it and store it in the refrigerator in a bottle or sealable carafe. Your coffee or cereal – or whatever preparations you use the milk for – will be enhanced in taste and energy.

PRODUCING SELF-MADE BUTTER

With the **RHYTHMIXX®** you can make your own butter. After 4 to 5 minutes of strong motion in the **RHYTHMIXX®** your cream will turn into a flaky, soft, delicious butter that will be stable for a long time in the refrigerator.

This rhythmized butter is not only the perfect spread, but also an ingredient that can be very well „processed“ and increase the quality of creams, spreads and doughs – and whatever else you can think of in the traditional or creative kitchen.

Self-made butter produces – by separating liquid and fat – buttermilk in addition to butter. Since the butter takes on a spherical shape after rhythmizing, the buttermilk can be simply poured out and drunk. It tastes wonderfully light and is super digestible.

RHYTHMIZING SELF-MADE CHOCOLATE

When you make your own chocolate it is also key that you rhythmize the liquid ingredients to achieve the best taste and a wonderful soft melting on your tongue.

RHYTHMIZING DRY MIXTURES

The reversal motion during rhythmizing does not only have a positive effect on the water, but also mixes dry components in an optimal way. Whenever you need to mix something well in the kitchen or in the household, the **RHYTHMIXX®** is your faithful friend.

RHYTHMIZING FLOURS AND BATTERS

When baking cakes or cookies, it is important to mix the ingredients well. Rhythmized flours and batters develop a fuller flavor and are more digestible. Yeast pastries rise faster after rhythmizing. Be sure to try rhythmized crêpes and pancakes! The **RHYTHMIXX®** can also inspire you to bake your own bread. It makes a difference whether we consume finished products or whether we involve ourselves as sentient beings in the manufacturing process. Health also has something to do with being active and acting on our own responsibility.

CARE & BEAUTY

If you make your own cosmetics the **RHYTHMIXX®** is just the right tool for you. Whether soap, cream or shampoo - by rhythmizing you get perfect mixtures, finer emulsions and a natural water structure that intensifies the effect of the substances on the surface of the body. It is not only the ingredients that matter, but also the energetic „charge“ with which they are transported. The tactile contact via the hand crank additionally harmonizes the vibrations between the product and the person.

PHARMACY & NATURAL HEALTH

The **RHYTHMIXX®** belongs not only in every kitchen, but also in every laboratory. Especially for pharmacies and naturopaths it is a wonderful tool, because it can be used to produce high-quality extracts, tinctures and ointments, literally “in a twinkling of an eye.” The pharmacist’s standard bottle fits perfectly into the **RHYTHMIXX® FARMACIA** and therefore makes the rhythmizing particularly easy and effective. Smaller bottles can also be easily clamped in the cylinder.

In addition to the enhanced efficacy, the increased durability of the rhythmized products should also be noted. The predicate “rhythmized by **RHYTHMIXX®**” makes the difference in quality and gives your products a unique selling point.

GASTRONOMY

The **RHYTHMIXX®** should not be missing in any bar, restaurant or hotel. The guest will honor that the beverages are energized and have a full-fledged taste. The decanting of red wine can be performed live before the view of wine lovers. The Rhythmixx is not just a kitchen appliance, but a lifestyle accessory!

FITNESS & WELLNESS

In the gym the **RHYTHMIXX®** is particularly suitable, because body-conscious people like protein-containing shakes to build up muscles. No other device mixes powder and water (or powder with fruit and plant juices) as perfect and tasty as the **RHYTHMIXX®**. In addition to the protein shot there is also the pure life force from the restored water quality.

Wellness areas also benefit from the opportunity to enjoy rhythmizing juices and smoothies live. The palate pleasure and the good digestibility are essential parts of a holistic wellness strategy.

RHYTHMIXX AZZURRA



RHYTHMIXX ROSSA



RHYTHMIXX ARGENTA



Further fields of application

When going through the applications above you see that the RHYTHMIXX® is a device with a broad range of practical benefit. And that applies not only to the fields of nutrition, care and wellbeing.

Every fluid can (and should) be rhythmized to be energized and made more effective. When the water is restored to its natural structure you need less substances, which saves and protects resources.

Summarized one can say that the RHYTHMIXX® is an ecological instrument for the better treatment of both: our bodies and our planet.

Tobias Langscheid und Burkhard Hickisch
Basel and Berlin, January 2023



► www.rhythmixx.ch