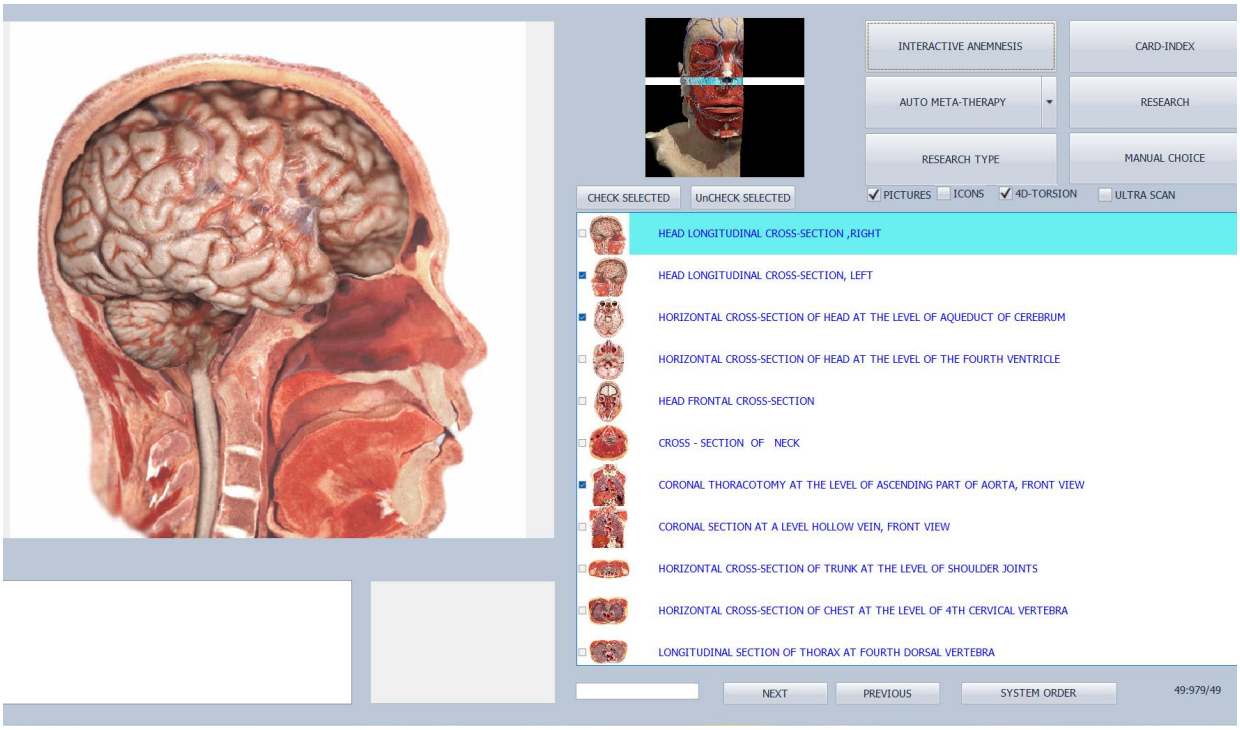
LESSON 2 | UPDATED X5 ULTRA EDITION

Getting Comfortable With Biophilia

An illustrated, button-by-button introduction to the X5 Ultra interface

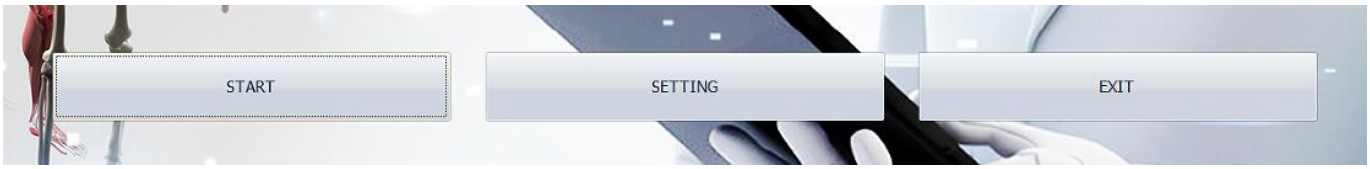


Learn the route: START → SELECT CARD → choose a saved research row → PRESENT ANALYSIS → TEST (or click the graph) → choose an etalon group → DESCRIPTION → EXIT.

This revised lesson uses your newly supplied **New Biophilia Tracker X5 ULTRA Training Manual-ENGLISH.pdf**. It replaces the older 2018-based Lesson 2. The illustrations and menu wording now follow the new manual, including the CREATE CARD / NEW CARD naming difference.

You will learn to open records, navigate saved sessions, prepare an organ list, find library entries and use report controls. The practice route uses a saved training session. Device operation with a person still requires the supplier's setup, eligibility and operating instructions.

1 | Open the software: START or settings?



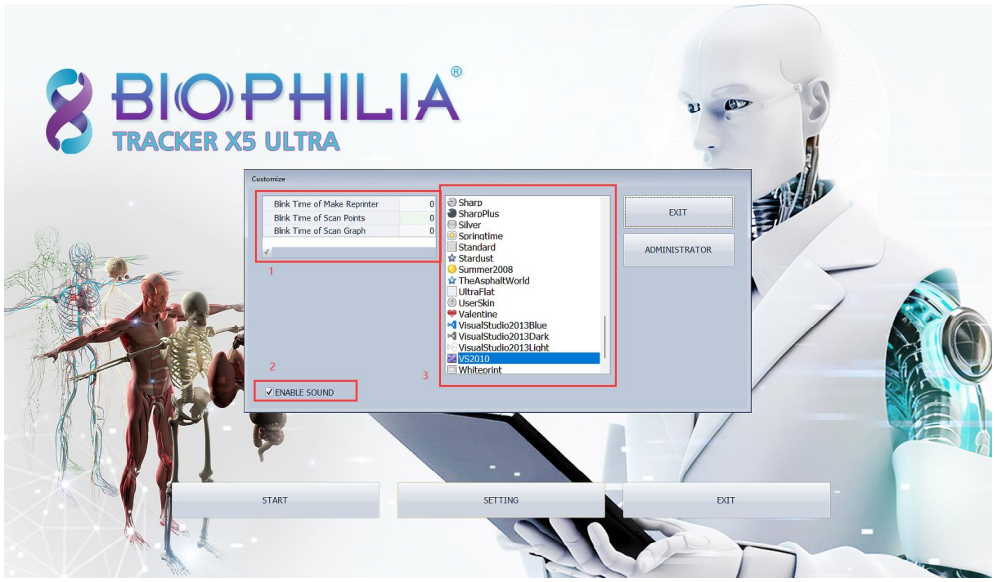
New X5 Ultra training manual, PDF page 4. Cropped source illustration; teal numbers are Anavrin callouts.

START - enter the software

Double-click the Biophilia desktop icon. On the opening screen, click **START**. You arrive at **CARD INDEX**, where you select clients and saved sessions. This is where normal navigation begins.

CUSTOMISE / SETTINGS - software preferences

The manual text calls this button **CUSTOMISE**, while its opening-screen screenshot labels it **SETTINGS**. Use the label present in your build. It opens controls for speed, mute/sound and software colour/theme. The manual says to exit and reopen the software after making these changes (PDF pp. 5-6).

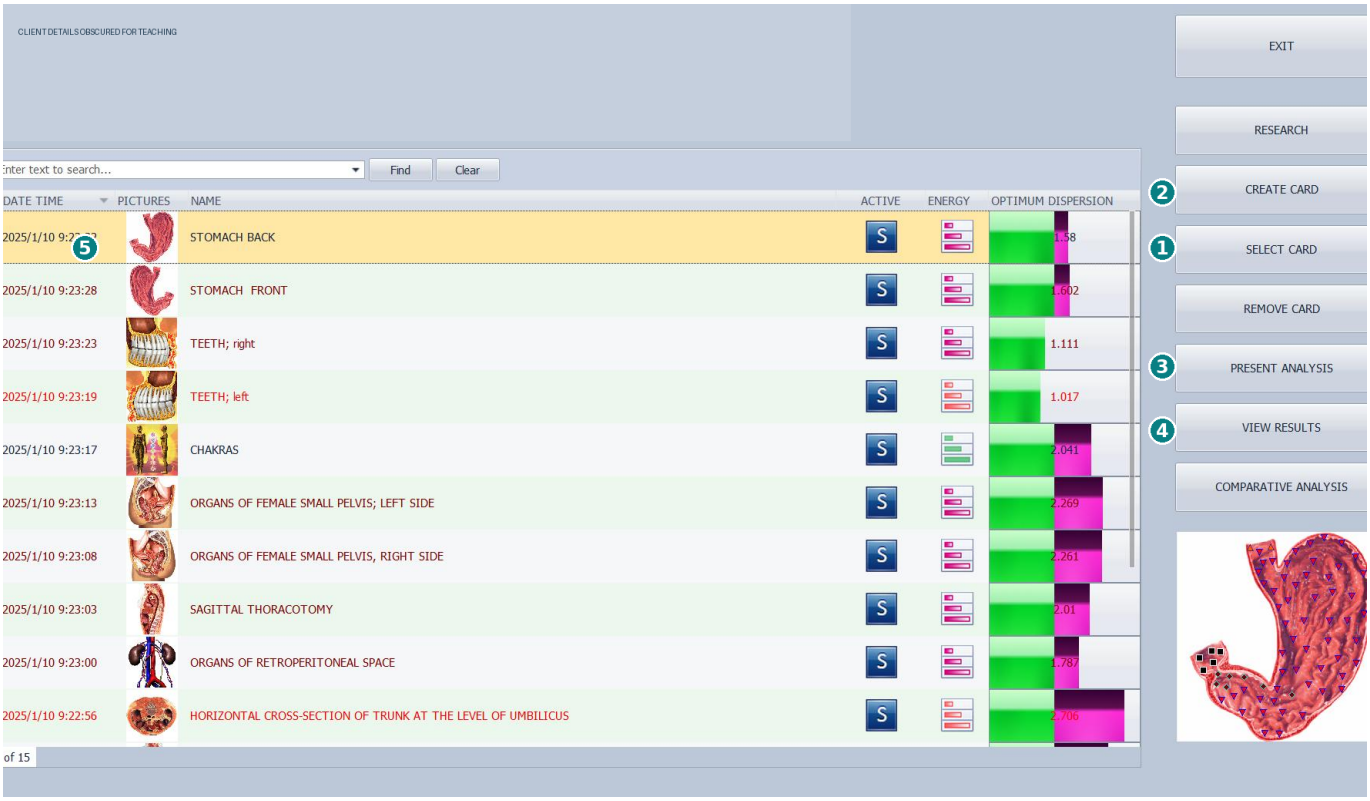


New X5 Ultra training manual, PDF page 5. Cropped source illustration; teal numbers are Anavrin callouts.

EXIT: On the opening screen, closes the software. You do not need to change speed or theme to complete this lesson. Keep the supplier's settings unless you have a reason and instructions to change them.

Next: Click START, then locate SELECT CARD on the right of Card Index.

2 | Card Index: the buttons you use first



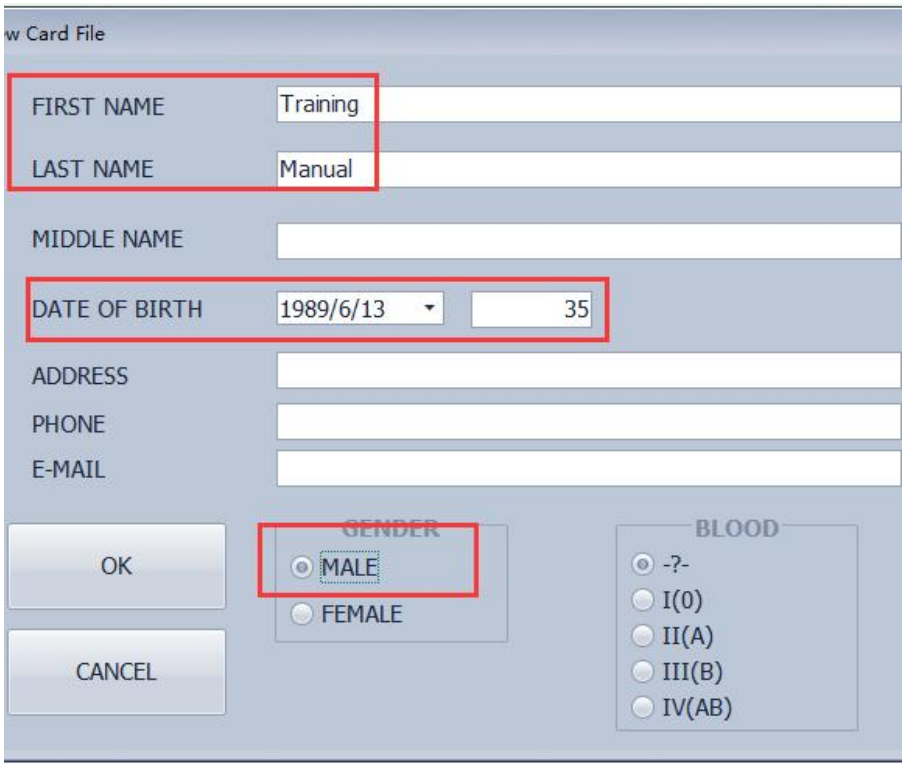
New X5 Ultra training manual, PDF page 10. Cropped source illustration; teal numbers are Anavrin callouts.

1 SELECT CARD: Opens existing client records. Choose the same record on a return visit.
2 CREATE CARD / NEW CARD: Starts a new record. The screenshot says CREATE CARD; the manual text calls it NEW CARD. Both refer to creating the record.
3 PRESENT ANALYSIS: Opens the intermediate **LOCALIZE** page for the selected saved research.
4 VIEW RESULTS: Opens the results screen, with reporting and printing routes.
5 Saved rows: Select the organ/research name and check its date/time before opening it.

RESEARCH: Opens the research page for choosing items to scan.
COMPARATIVE ANALYSIS: Opens the saved-output comparison page.
REMOVE CARD: Deletes the selected card. It is not a Back button.
EXIT: The manual identifies it here as the software-exit control.

Next: Click SELECT CARD, choose an authorised training record and confirm that its details appear in Card Index. Source: PDF pp. 10-11, 66-67.

3 | Create a new record: fill in, check, then OK



New X5 Ultra training manual, PDF page 20. Cropped source illustration; teal numbers are Anavrin callouts.

1. Start from Card Index

Click **CREATE CARD** (called NEW CARD in the manual instructions). Do this only for a genuinely new client or an authorised demonstration record. Do not create a second card for a returning client.

2. Complete the required fields

The manual specifies first name, last name, date of birth and gender. Other fields are optional. Check the date format on your installation and verify the calculated age rather than assuming a US date format. Do not guess unknown details.

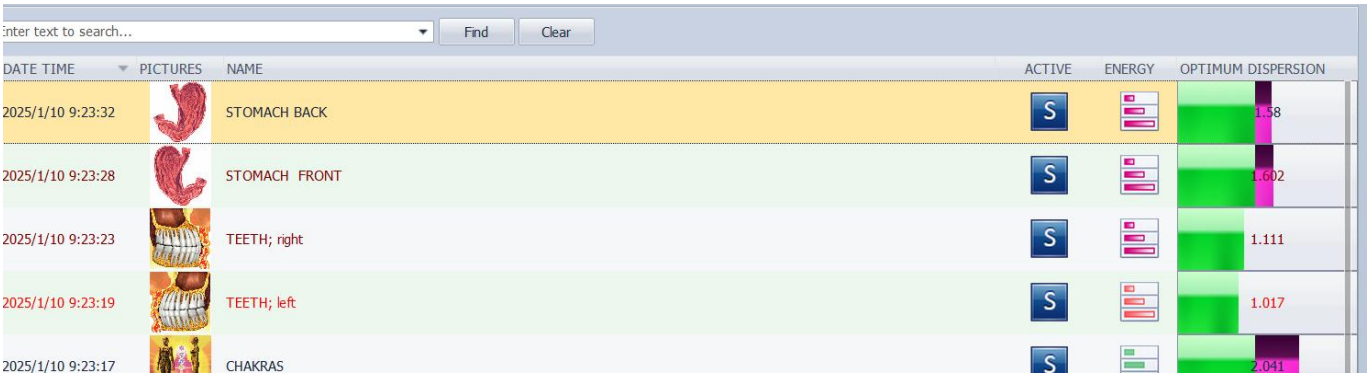
3. Click OK, then PROCEED

OK accepts the record and opens the anamnesis/history screen. **PROCEED** continues from there to the Research page. The manual's spelling varies between ANEMNESIS, ANAMNESIS and ANEMNES; these refer to its history-entry area (PDF pp. 19-21, 64-66).

CANCEL: The visible form control for abandoning the entry. Collect only the personal information you need; keep real client details out of learning screenshots.

Next: For a saved-session exercise, return to the existing training card and use its saved row. For the Research screen tour, go to page 6.

4 | Find the right saved scan



Enlarged search bar, headings and first saved rows. Source: PDF p. 10.

Read the table before clicking forward

DATE TIME identifies when the row was created. **NAME** is the organ or research item. **ACTIVE** is its action type. The manual lists **S = scan**, **M = Meta-Therapy**, **V = Vegeto Test** and **L = Localize** (PDF p. 9). For this exercise select an existing S row.

Search and sort

Use the Card Index **search box** to find an organ name; the screen shows Find and Clear beside it. Click **DATE TIME** to organise by date or **NAME** to organise alphabetically. A small arrow beside DATE TIME filters individual dates when multiple scan dates exist (PDF pp. 8, 10, 54).

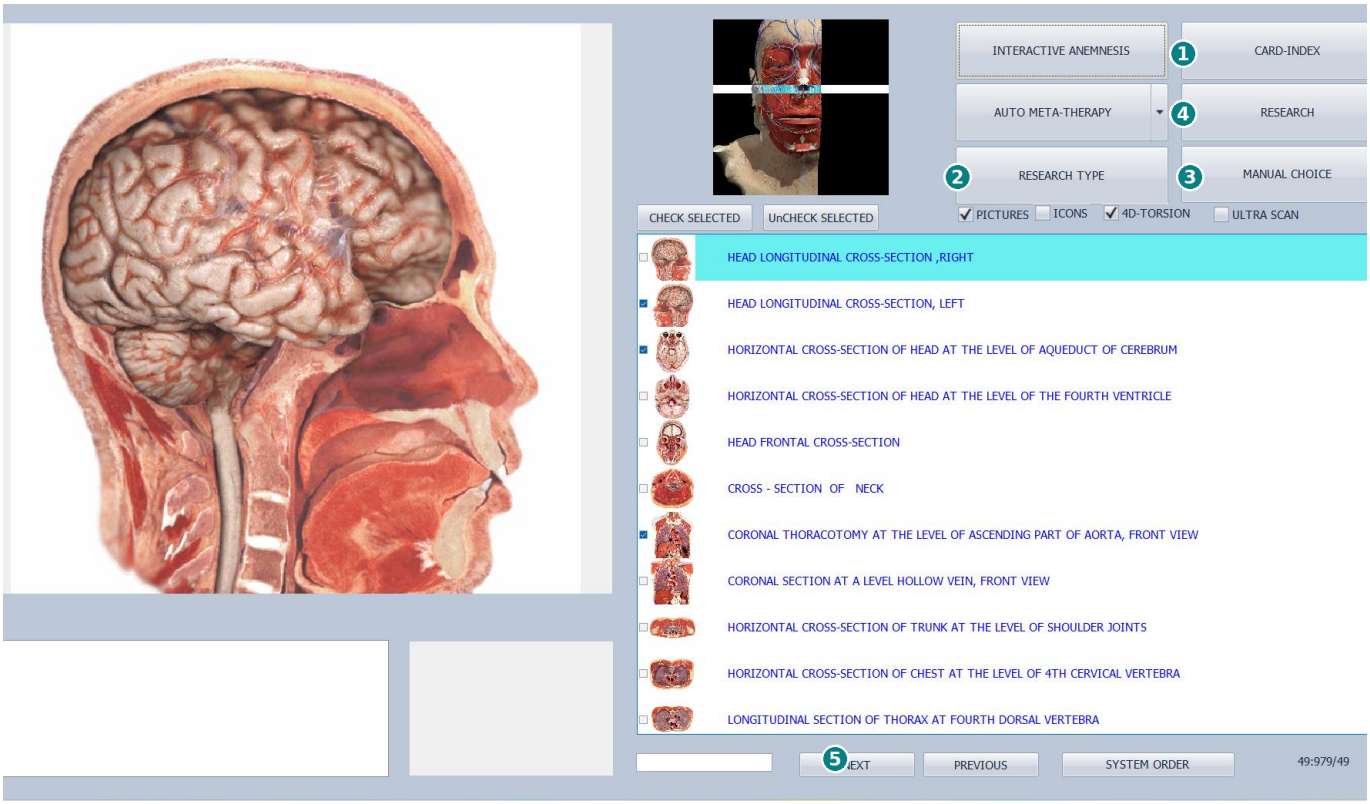
Choose the row, then open it

Click the intended row so it is highlighted. Check the client, organ and date. Click **PRESENT ANALYSIS** or the selected organ's image. The manual documents both as ways to reach Localize (PDF pp. 11, 77-78).

OD and ENERGY columns: These are separate software output fields. Note the exact label and value when documenting them; do not translate them into a laboratory result, disease stage or confirmed clinical improvement.

Next: Localize opens. Find the graph or TEST button, shown on page 9.

5 | Research: choose what the software will scan



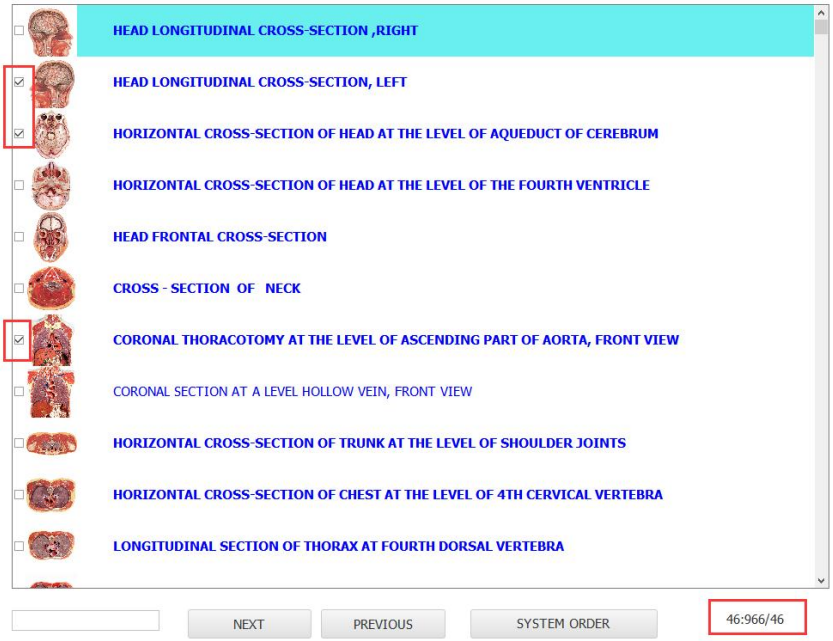
New X5 Ultra training manual, PDF page 21. Cropped source illustration; teal numbers are Anavrin callouts.

1 CARD-INDEX: Returns to the record screen.
2 RESEARCH TYPE: Opens Express, Normal, Detailed and SCI choices. These control the available software item list.
3 MANUAL CHOICE: Opens the menu of schemes, system filters and selection controls.
4 RESEARCH: Starts the scan of the selected items. The manual also says "click SCAN" in its beginner instructions; this screenshot labels the button RESEARCH.
5 Search / NEXT / PREVIOUS: The lower search field and navigation controls help find matching organs or tissues. The manual specifically describes typing a name and using NEXT to find matches (PDF pp. 35, 70).

AUTO META-THERAPY: Starts an intervention for selected scanned items; it is not a selection or navigation button. **PICTURES, ICONS, 4D-TORSION, ULTRA SCAN** are separate display/mode options. Leave them at the supplier's setup for this introductory exercise.

Next: Open RESEARCH TYPE to see the list options, then use MANUAL CHOICE to choose a scheme.

6 | Research Type and Manual Choice



New X5 Ultra training manual, PDF page 23. Cropped source illustration; teal numbers are Anavrin callouts.

RESEARCH TYPE: change available items

The new manual lists Express, Normal, Detailed and SCI. It uses **SCI** when demonstrating access to the full catalogue. Counts vary with the installed database; its examples show more than 900 available items. The available total is not the same as the number selected (PDF pp. 22-24).

MANUAL CHOICE: choose a prepared scheme

Open **MANUAL CHOICE**. The manual demonstrates pre-programmed **MALE / FEMALE** full-body schemes. Selecting a scheme places checks beside its included items; it does not mean every available item is selected.

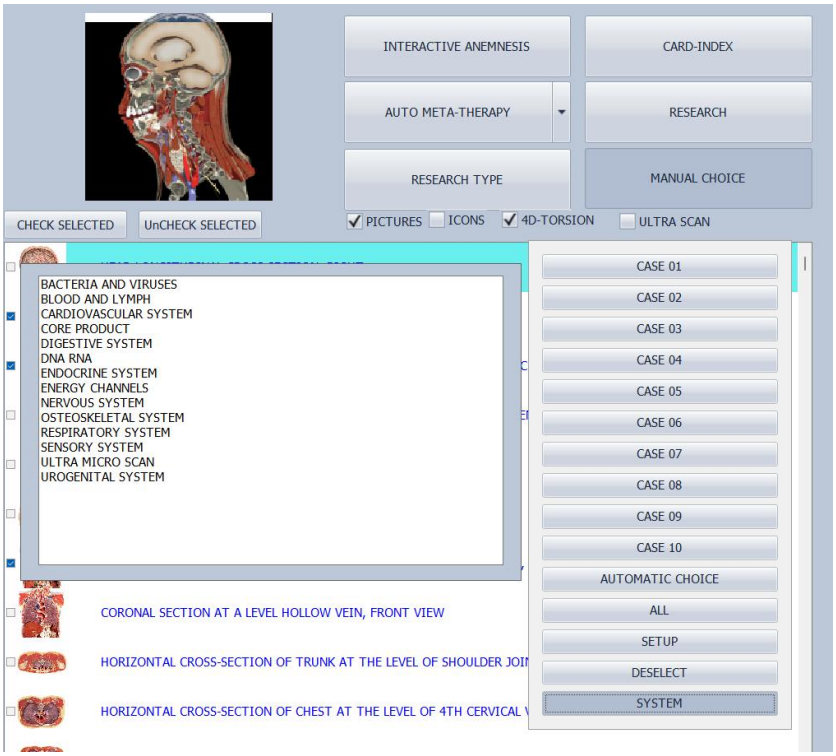
Confirm the selection before starting

Review the selected count, the chosen scheme and its ticked items. Clicking a list row to highlight it and ticking its checkbox are different actions. Use the supplied scheme instructions for your installation rather than assuming that a highlighted item is included.

If the list looks different: Check the selected Research Type, the active system filter and your installed database. These can change what is available. Compare the same screen and options before assuming an item is missing.

Next: To focus the list on a body system, follow the MANUAL CHOICE → SYSTEM route on page 8.

7 | Select a system or find a single item



New X5 Ultra training manual, PDF page 31. Cropped source illustration; teal numbers are Anavrin callouts.

System route: MANUAL CHOICE → SYSTEM

Select the desired system from the submenu. The organ list changes to that system's available items. The manual's digestive-system example shows **4/37**: four selected out of 37 available. **ALL** checks all items in the current list (PDF pp. 31-33).

ALL, DESELECT and SET UP are different

ALL: Checks all items currently in the list.
DESELECT: Unchecks them; it does not delete saved records.
SET UP: Opens custom scheme editing. Leave existing schemes unchanged during a first navigation exercise (PDF pp. 71-75).

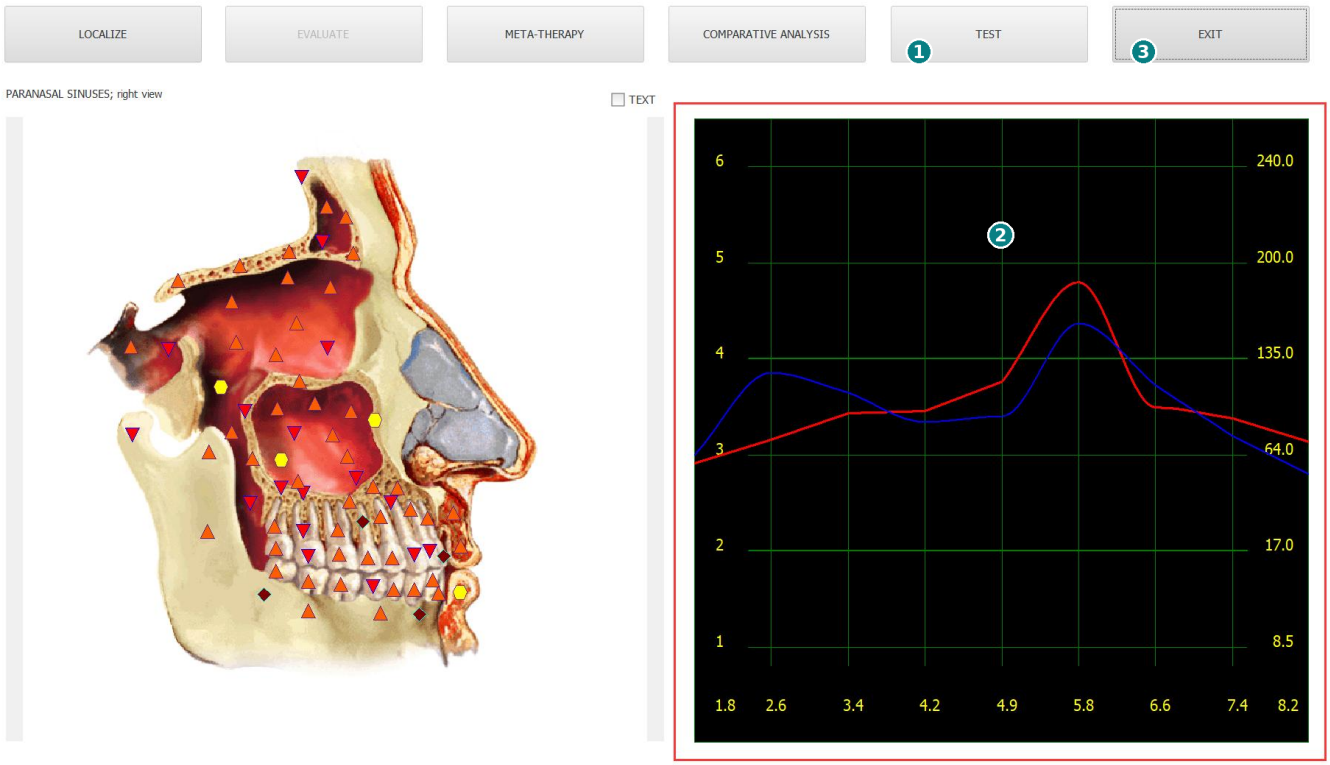
Find an individual item

Use the lower search field; type the organ/tissue term and click **NEXT** to step through matches. Tick the intended item. To restore the full list after filtering by system, the manual says to choose MANUAL CHOICE → SYSTEM again (PDF pp. 32, 70).

Starting a scan: The manual instructs connecting the supplied headset and fitting it to the person before clicking SCAN/RESEARCH (p. 25). Follow the supplier's complete hardware and operating instructions. You can learn the navigation without running a new scan.

Next: After a scan, return with CARD-INDEX, select its saved row, then PRESENT ANALYSIS.

8 | Localize: the bridge into Analysis



New X5 Ultra training manual, PDF page 78. Cropped source illustration; teal numbers are Anavrin callouts.

1. TEST opens the reference-data route

The TEST button is visible along the top. In the new manual's worked instructions, clicking the **graph itself** is also the documented shortcut to the **ANALYSIS** page (PDF pp. 41, 78, 110).

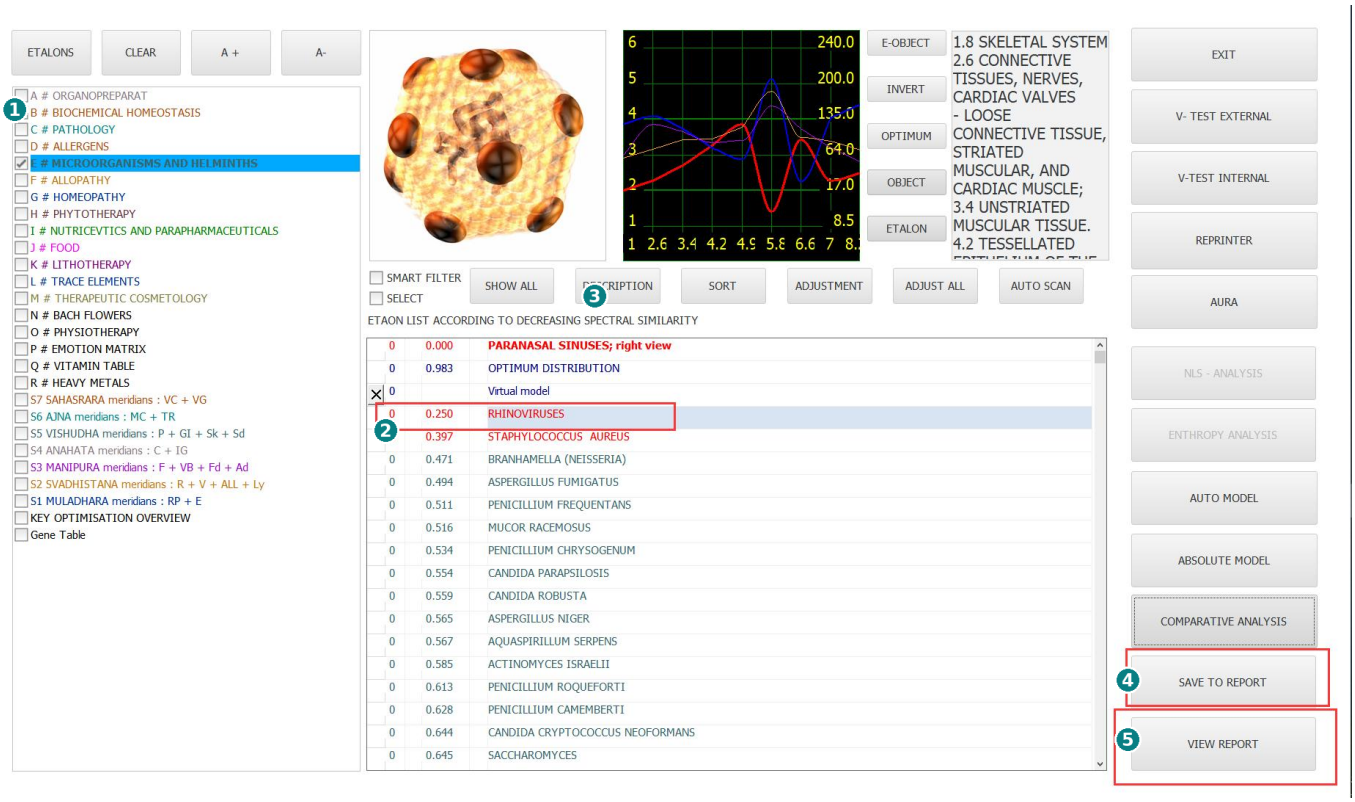
2. Click the graph to go forward

Click within the graph panel on the right. You leave Localize and reach the Analysis screen containing etalon groups and their entries. This is the important transition that was missing from the old route.

3 EXIT: Leaves this view. Confirm the returned screen before taking the next action.
LOCALIZE: Starts selecting a local area on the organ image.
EVALUATE: Initiates a scan of that selected area; it is not simply an information button (PDF pp. 170-173).
META-THERAPY / COMPARATIVE ANALYSIS: Separate intervention and comparison routes. Neither is needed for browsing a description.

Next: Click the graph or TEST, then identify the group list on Analysis.

9 | Analysis: groups, entries and descriptions



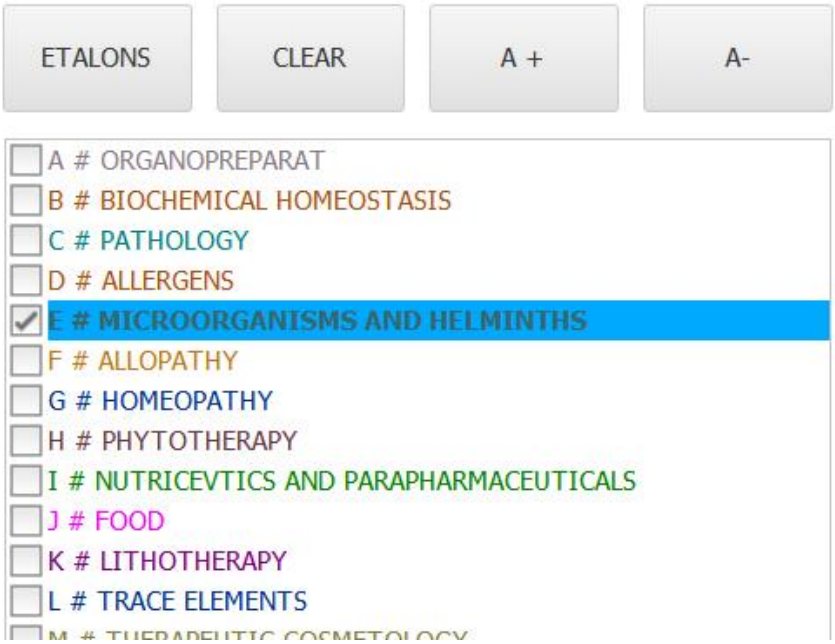
New X5 Ultra training manual, PDF page 93. Cropped source illustration; teal numbers are Anavrin callouts.

1 Groups: The left-hand list is the library contents. Tick a group to view its entries. The screenshot has Microorganisms and Helminths selected; that is a software category, not confirmation of infection.
2 Entries: The lower central table shows names and coefficients. Click a row to highlight the entry you want to read.
3 DESCRIPTION: Displays the selected entry's available database explanation. The manual text also calls this ETALON DESCRIPTION.
4 SAVE TO REPORT: Adds the selected entry to the notes/report selection.
5 VIEW REPORT: Opens the accumulated notes/report view.

Recognise the updated label: The new screen shows **VIEW REPORT**, where the earlier lesson used REPORT. Use the wording on this illustrated interface.

Next: Tick one familiar group, choose one entry, then click DESCRIPTION. Source: PDF pp. 79-81, 93, 114.

10 | Make library navigation easier



Enlarged etalon group list and top controls. Source: PDF p. 93.

Enlarge text instead of guessing

A+ increases the etalon font size and **A-** decreases it. **ETALONS** opens the library choices described in the manual. **CLEAR** clears the etalon selection/list; it is not the client-record REMOVE CARD control (PDF p. 98).

Choose a group, then one entry

Visible categories include FOOD, ALLERGENS, PHYTOTHERAPY, HOMEOPATHY, PATHOLOGY and others. Copy the actual label from your screen. Some groups have a small + for expanding them, as described on PDF p. 104.

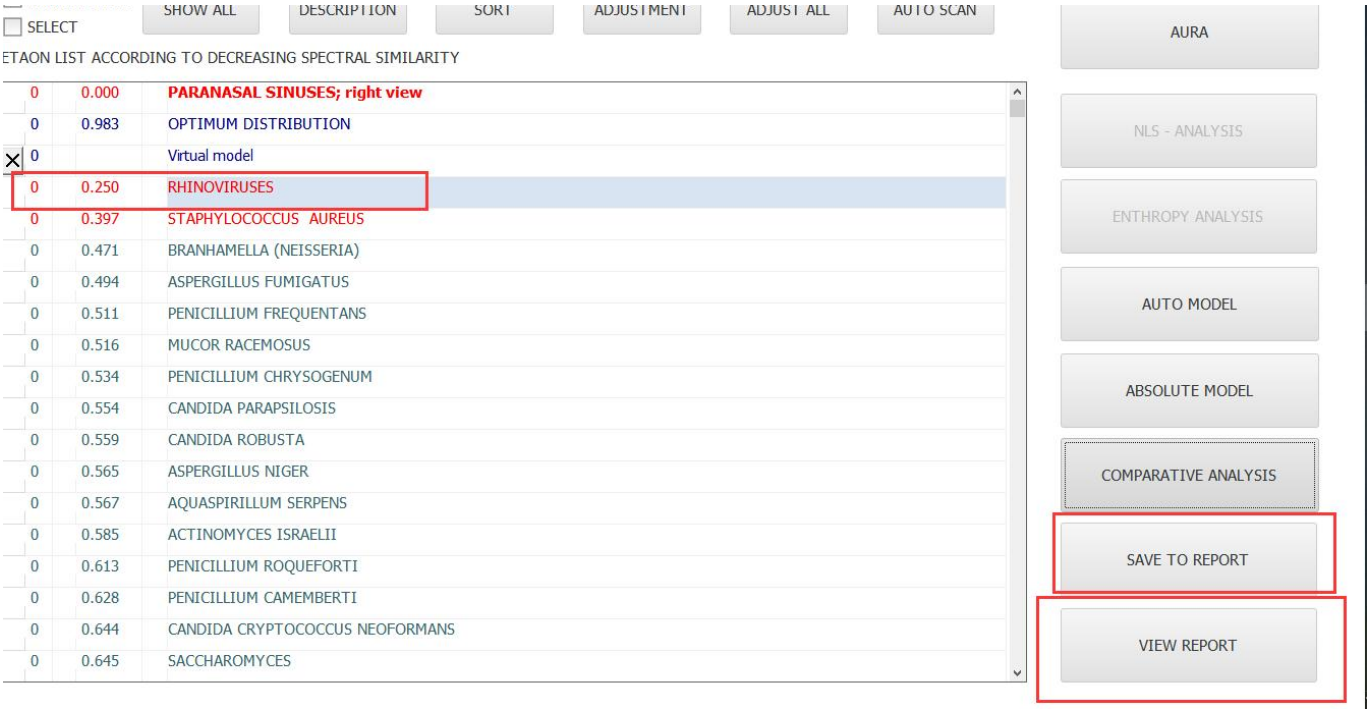
Use DESCRIPTION to learn the selected label

Highlight an entry first, then click DESCRIPTION. Some entries have no description. If nothing is available, record the gap and check a reliable reference rather than inventing its meaning (PDF p. 114).

Keep outputs separate: An organ's OPTIMUM DISTRIBUTION row and an individual entry's coefficient are different software fields. Neither is a concentration, a clinical probability or a confirmed diagnosis.

Next: For a report, select the intended entry and use SAVE TO REPORT → VIEW REPORT.

11 | Save one entry and inspect the notes



Enlarged entry list and report buttons. Source: PDF p. 93.

1. Highlight the exact entry

Check the organ/research item and selected group. Click the entry's name so the correct row is highlighted. You are selecting a software reference to document, not confirming the condition named by it.

2. Click SAVE TO REPORT

This adds the highlighted item to the report/notes. It is not an automatic email send or print action. Avoid adding unrelated entries simply because they appear in the table.

3. Click VIEW REPORT to check the result

Open the notes and confirm the item was added. The new manual demonstrates this sequence on PDF pp. 93-94. To export an existing report to PDF, use the disk-icon route described on page 14 of this guide.

Before sharing: Check the record identity, date, selected items and wording. Label software observations as such. Do not present a microorganism entry, "weakening" label or low coefficient as proof of infection, cancer or treatment need.

Next: For the main results/printing screen, return to Card Index and choose VIEW RESULTS.

12 | View Results: printing versus saving



New X5 Ultra training manual, PDF page 57. Cropped source illustration; teal numbers are Anavrin callouts.

VIEW RESULTS is reached from Card Index. The manual's explanation lists:
EXIT: Returns to Card Index.
ANALYSIS: Opens Localize.
NOTES: Opens the notes page.
PRINT 1: Automatically prints organ-photo pages.
PRINT 2: Provides the route described for saving to the computer and emailing (PDF pp. 56-58).

Watch for label differences inside the manual

The new manual also demonstrates a **VIEW RESULT** button within the VIEW RESULTS screen as the route into notes (PDF p. 129). Its screenshots and explanations are not completely uniform. Use the actual visible label; do not assume PRINT 1 is a preview button.

Keep output controls deliberate

Review the saved content before starting printing or export. Opening an export/report window does not mean it has been saved, emailed or printed. Check the resulting file or print destination yourself.

Next: For the notes/Advanced route and PDF export steps, continue to page 14.

13 | Notes, Advanced and exporting a PDF



New X5 Ultra training manual, PDF page 147. Cropped source illustration; teal numbers are Anavrin callouts.

Find the notes/report area

The automatic-report section documents:
Card Index → VIEW RESULTS → VIEW RESULT → ADVANCED → Advanced Report.
This is a separate report-building workflow (PDF pp. 128-130), not the same as selecting one entry and clicking SAVE TO REPORT.

Save an already prepared report

On the notes page, open **REPORT 1**. Click the **disk icon** at the upper left of its report window. Select **PDF FILE...**, confirm the PDF export dialog with **OK**, then choose a filename and save location (PDF pp. 147-148).

Verify the saved file

Use a clear client-safe filename and check that the PDF opens from its saved location. Keep it in protected storage. Saving the PDF does not automatically email it; confirm recipients and consent separately before any sharing.

Important note for typed comments: The manual warns not to click REFRESH after typing additional notes (PDF p. 146). Save or preserve your additions before using controls that regenerate the displayed notes.

This lesson maps report navigation and export. Automated report settings, analysis thresholds and intervention protocols require separate instruction; the software's diagnostic and therapeutic claims are not adopted here.

Next: Repeat the saved-session practice route on page 15.

14 | Practise a complete route

Use an authorised training record with saved research. You can complete this exercise without a new scan, therapy, Vegeto Test or deletion.

[ ] Open Biophilia and click START.

[ ] Click SELECT CARD and choose the intended training record.

[ ] Use the date/name headings or search to locate one saved S row.

[ ] Highlight that row and click PRESENT ANALYSIS.

[ ] On Localize, click the graph (or TEST) to reach Analysis.

[ ] Tick one group, then highlight one entry.

[ ] Click DESCRIPTION and read the available explanation.

[ ] If documenting the example, SAVE TO REPORT then VIEW REPORT.

[ ] Leave the view with EXIT; confirm the returned screen.

Your practice notes

Installed edition/build:

_____

Saved session date and research item:

_____

Group, entry and description location:

_____

Which route returned you to Card Index?

_____

Three checks

1. CREATE CARD versus SELECT CARD: which is for a returning client?
2. What can you click on Localize to reach Analysis?
3. Does SAVE TO REPORT itself print or send the report?

Answers: 1. SELECT CARD. 2. The graph; TEST is also visible. 3. No; inspect the report and deliberately export, print or share through the appropriate route.

15 | Quick button finder and source map

Task	Route / control
Existing client	START → SELECT CARD
New record	CREATE CARD / NEW CARD → details → OK → PROCEED
Saved-session analysis	Select date/name row → PRESENT ANALYSIS → graph or TEST
Read a library entry	Tick group → highlight entry → DESCRIPTION
Save one entry to notes	Highlight entry → SAVE TO REPORT → VIEW REPORT
Prepare research items	RESEARCH → RESEARCH TYPE → MANUAL CHOICE
System list	MANUAL CHOICE → SYSTEM → choose system
All / none in current list	ALL checks; DESELECT unchecks
Find an organ	Research search field → NEXT
Return from Research	CARD-INDEX
Results / printing	Card Index → VIEW RESULTS
Report PDF export	Open REPORT 1 → disk icon → PDF FILE... → OK → save

Source and scope

Source: New Biophilia Tracker X5 ULTRA Training Manual-ENGLISH.pdf, 189 PDF pages, supplied by Sam on 21 October 2026. Page references in this guide are PDF page positions. Screens are extracted from that supplied manual; identifying fields are obscured where needed. Its publication date and exact software build are not assumed.

Source map: welcome/configuration pp. 4-6; Card Index pp. 8-11; records and Research pp. 19-25, 31-33, 66-75; Localize/Analysis pp. 77-79, 93, 98, 114, 170-173; results/notes/export pp. 56-58, 128-130, 146-148. This supersedes the earlier 2018-based Lesson 2. Instructions were checked against the supplied manual, not tested in a running X5 Ultra installation.

Educational boundary: This guide teaches software navigation. Device labels, coefficients, graphs and reference matches alone do not establish medical diagnoses or treatment effectiveness. Follow the supplier's operating instructions and seek appropriate clinical assessment for health concerns.

Free learning resources: bioresonance.anavrinwellnessacademy.online