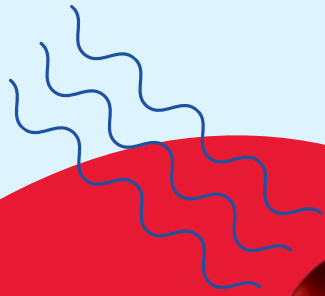
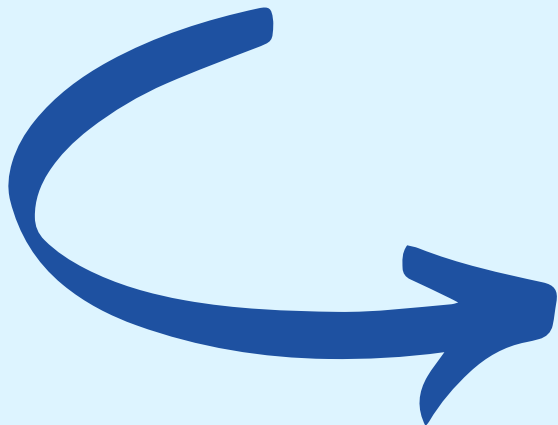
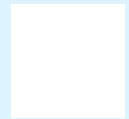


**BASIC**  
**TECHNIQUE**

**USE THE DEVICE VERTICALLY ON YOUR BODY, WITHIN A DISTANCE OF 3 - 4 CM (1.2 - 1.5 INCHES). GO AT A SPEED YOU FIND BEST FOR YOU. SPEND 15-20 MINS ON SMALL AREAS, AND 30-40 MINS ON THE WHOLE BODY.**



**USE DAILY NOT MORE THAN 2 HOURS**



**KEEP IN MIND THAT CHILDREN AND ELDERLY DON'T NEED AS MUCH TIME, AND THEY SHOULD USE SWEAT AS AN INDICATOR. IF THE WEATHER IS COLD, DO THE THERAPY IN A 25 CELSIUS ROOM (77 F) AND IF IT'S WARM, JUST DO IT AT NORMAL ROOM TEMPERATURE.**

**BODY TECHNIQUES**





**STARTING FROM THE CENTER OF THE SPINE, MOVE UP AND DOWN**



**FROM THE SPINE, MOVE SIDWAYS LEFT TO RIGHT AND MOVE TO THE BUTTOCKS**



**ARMS: STARTING FROM THE SHOULDERS, MOVE TOWARDS THE HANDS AND FINGERS**



**LOWER LIMBS: STARTING FROM THE BUTTOCKS, MOVE TOWARDS THE SIDES AND MOVE DOWNWARDS TO THE LEGS AND TOES**



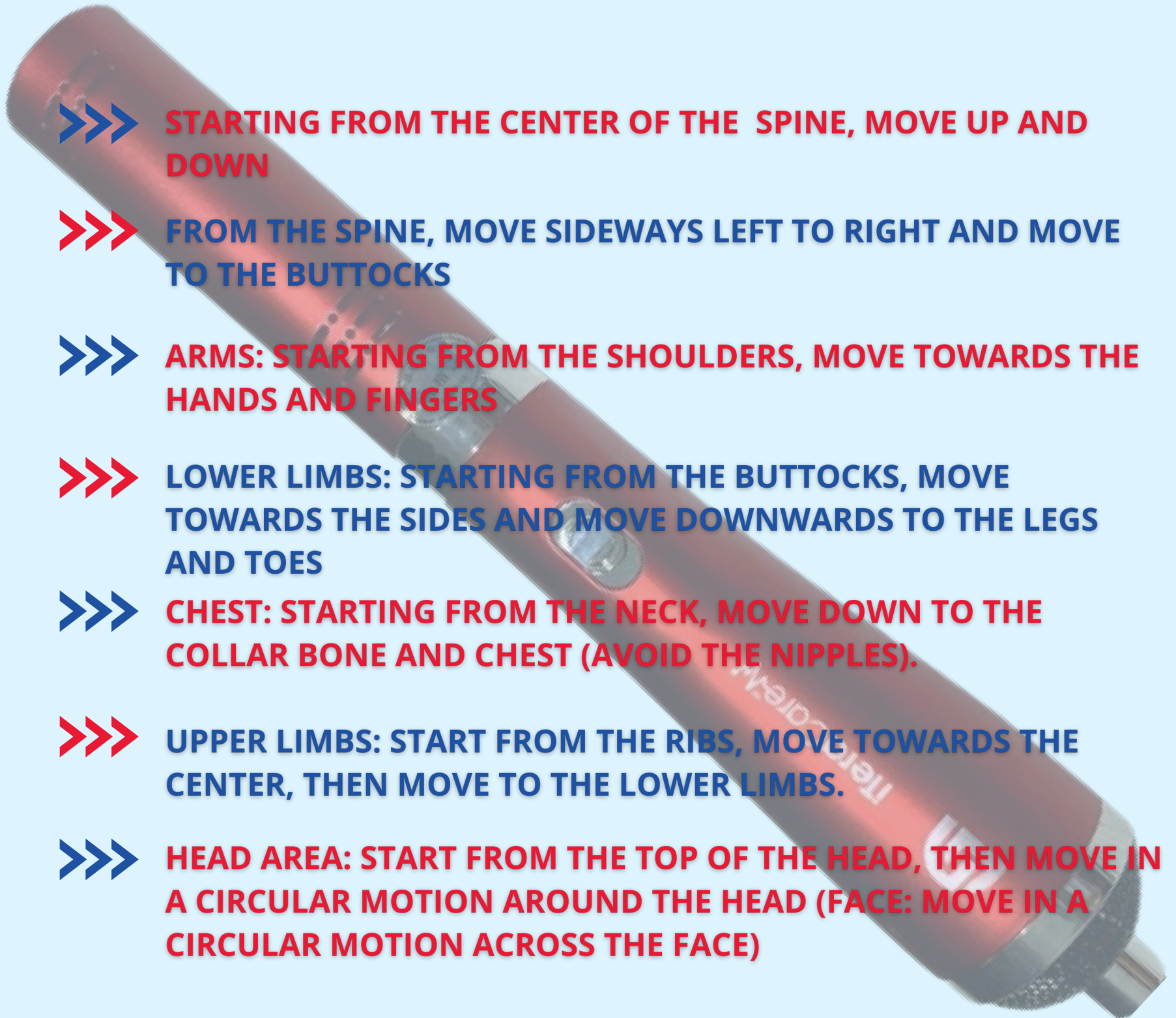
**CHEST: STARTING FROM THE NECK, MOVE DOWN TO THE COLLAR BONE AND CHEST (AVOID THE NIPPLES).**

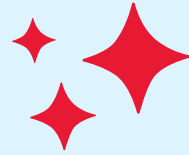
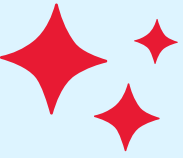


**UPPER LIMBS: START FROM THE RIBS, MOVE TOWARDS THE CENTER, THEN MOVE TO THE LOWER LIMBS.**



**HEAD AREA: START FROM THE TOP OF THE HEAD, THEN MOVE IN A CIRCULAR MOTION AROUND THE HEAD (FACE: MOVE IN A CIRCULAR MOTION ACROSS THE FACE)**





**ADDITIONAL**

**TECHNIQUES**

- **FLU: for fever below 38.5 C (101.3 F) use basic technique (back + chest + head + face + feet)**
- **SORE THROAT: basic technique + focus on neck**
- **COUGHING: basic technique + focus on neck and shoulders**
- **TOOTHACHE: basic technique + focus on limbs and stomach**
- **KNEE DISCOMFORT: basic technique + focus on the knee, liver and spleen area**
- **FACE: basic technique + focus on the face, liver and spleen area**

## **BLOOD PRESSURE:** 170~95 and above

1. *high blood pressure:* basic technique + focus on the liver, spleen, limbs and feet area
2. *low blood pressure:* basic technique, short amount of time is recommended, whole body for 10-15 minutes

- **MYOCARDIAL INFRACTION:** basic technique+ focus on the liver, spleen, limbs, feet and chest area
- **CEREBRAL INFRACTION HEMIPLEGIA:** basic technique + focus on the liver, spleen, head, limbs and feet area
- **BURNS:** circular motions around the burn area
- **LIPOMA:** basic technique + focus on the liver, spleen and needed area





**DIABETES:** basic technique + focus on the limbs, feet, liver and spleen area

**PSORIASIS:** basic technique

**GYNECOLOGICAL DISEASES, INCONSISTENT MENSTRUAL**

**CYCLE:** basic technique + focus on the back, abdomen, liver, spleen and uterus area

**RUNNY NOSE, PHLEGM:** basic technique + focus on lung area

**OBESITY, MENOPAUSE, CRAMPS:** basic technique + focus on the back, chest, liver, spleen and abdomen area

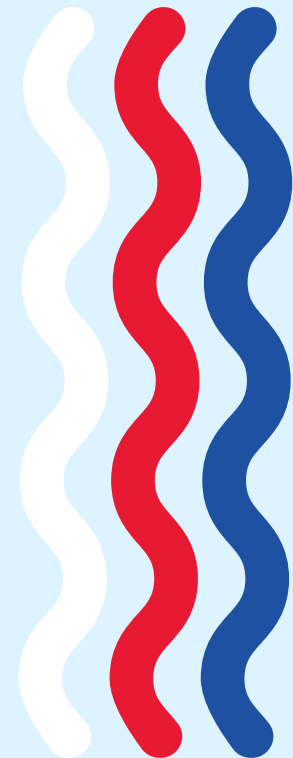
**HEARING PROBLEMS, INSOMNIA:** basic technique + focus on the back, liver, spleen and head area

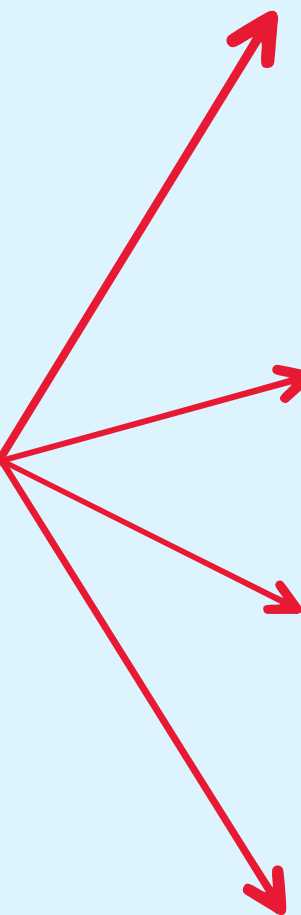
**SHORT SIGHTEDNESS:** basic technique + focus on the back, liver and eye area

**RHEUMATISM:** throat area technique + the back, liver and spleen area

**BEAUTY EFFECT:** from the chin move upwards, use the other hand to massage the chin for 5 - 10 minutes

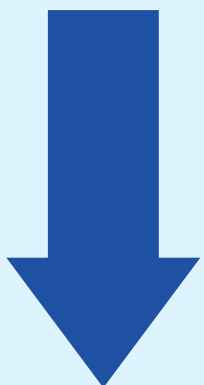
**NOTE THAT...**



- 
- **WHEN USING THE TERAHERTZ TREATMENT, IT WILL DISCHARGE ALL THE UNHEALTHY GASSES. USUALLY START WITH THE HANDS, PALMS, FEET, AND THEN MOVE ON TO THE TORSO AND BODY. WHEN USING ON THE BODY, GO IN A VERTICAL MOTION. WHEN A CERTAIN AREA CAUSES YOU DISCOMFORT, FOCUS ON THE AFFECTED AREA.**
  - **THERE IS A POSSIBILITY OF SYMPTOMS, USUALLY DURING THE TREATMENT. SYMPTOMS WILL APPEAR FROM TIME TO TIME.**
  - **FOR A FEW HOURS AFTER THE TREATMENT, IT'S ADVISED NOT TO DRINK COLD BEVERAGES, EAT COLD FOOD, OR TO SIT UNDER COLD AIR CONDITION. NO SHOWERS AS WELL, TO MAXIMIZE THE EFFECT OF THE TREATMENT. 4 HOURS AFTER THE TREATMENT, YOU CAN SHOWER.**
  - **THE TREATMENT USUALLY DEPENDS ON THE SEVERITY OF THE SICKNESS/CONDITION. FOR THOSE WITH A WEAKER BODY IT'S RECOMMENDED TO DO THE TREATMENT FOR A SHORTER TIME THAN NORMAL. BEFORE AND AFTER A TREATMENT, DRINK A GLASS OF WARM CHARGED TERAHERTZ WATER. WHEN THE TREATMENT IS WORKING, YOU WILL SEE SLIGHT SORENESS, VISIBLE REDNESS/CRYSTALS/BLISTERS ON THE TREATED AREA, THESE ARE JUST ORDINARY SYMPTOMS**



# **DISCLAIMER**



**FIRST TIME USERS MAY EXPERIENCE PAIN, ITCHINESS, CONSTIPATION, LIGHT FEVER, BLISTERS/CRYSTALS, DEPENDING ON YOUR BODY. THESE ARE NORMAL SIDE EFFECTS.**

**RENEW YOUR  
BODY...**



**... TODAY!**