**How to Get Started with your iTeraCare Device**

The device is deeply detoxifying and can rapidly flush toxins from your liver, kidneys etc… so it is best to begin very slowly with your iTeraCare Device to minimise any unwanted detox effects.

Be sure to read all of the instruction manuals before you begin so that you understand the contraindications and suggested guidelines.

I have linked a couple of videos from our product advisor Mr Soma who explains how to use the device, charging & drinking the water, the different reactions of a healing crisis and what to do when you experience any of them and how to best take care of your device.

I personally found these videos to be very informative and answered a lot of my questions.

**Steps Of Using the iTeraCare:** [**https://youtu.be/F\_\_NDXYLcYU**](https://youtu.be/F__NDXYLcYU)

**Q&A with Mr Soma:** [**https://youtu.be/e00tTO4JcUA**](https://youtu.be/e00tTO4JcUA)

It is recommended that you go through the 10-Step Warm-Up protocol before each treatment if time permits... the guide suggests 2-3mins per body part however I would even recommend starting with only 15-30secs on each point to ease your way into the frequency application.

If you are sensitive or want to minimise any kind of detox reactions then you may want to begin by just drinking the charged/structured water, a lot of people find this a much gentler way of easing into the frequency treatments. However, some find this deeply detoxifying also. Everyone is different so this is an opportunity to figure out what works for you and adjust accordingly.

Start with one or two glasses a day and increase slowly each day providing you are not experiencing unwanted detox effects… then move on to using it on your body when you feel comfortable to do so.

You may find that you have problems sleeping if you use the device or drink the charged water close to bedtime - observe yourself and adjust your treatments and/or water intake accordingly.

Please note that none of these guidelines are set in stone, and are just suggested protocols, do what feels right for you and adjust the treatments accordingly as Mr Soma explains in the videos.

**Medical Disclaimers**

**1.** iTeraCare Classic, iTeraCare Premium & iTeraCare Pro are not medical devices.

**2.** The information provided is for educational purposes only and does not substitute for professional medical advice.

**3.** Please consult a medical professional or healthcare provider if you are seeking medical advice, diagnosis or treatment.

**Full Disclaimer**

The iTeraCare device is a certified household electrical equipment. It has been certified as “safe to use.” It emits no harmful radiation and it has labels allowing for its distribution internationally.

The iTeraCare blower is not medical equipment and the manufacturer provides no medical advice. Users understand that the device is not intended to be used as a medical device or for diagnostic purposes on which reliance should be placed. Its use is not intended to be relied upon in lieu of medical treatment or advice by a trained medical care practitioner. Users understand that they use the iTeraCare blower at their own risk.

Always consult your doctor or another healthcare professional with any questions regarding any medical condition, or for specific guidance regarding the optimal use of the iTeraCare blower, nutrition or physical activity.