



HEALING WIND THERAPY WAND INSTRUCTIONS

Please read all instructions prior to use.

PRECAUTIONS:

- Handle with care. Avoid dropping or bumping the device as it contains an optical quartz crystal tube.
 - DO NOT block air inlet or outlet (either end of the device) while it is running.
 - Use indoors only and keep device dry to avoid risk of electrical shock.
 - Remove contact lenses and close eyes if blowing face.
 - Use up to 30 minutes per day maximum.
 - Can be used anywhere on the body **EXCEPT**:
 - Over pacemaker or stents (can blow around the area)
 - Over any implanted electric device such as stimulators or drug pumps (can blow around the area)
 - Over metal plates (can blow around the area)
 - Over traumatic fractures (can blow around the area)
 - On unhealed surgical or other open wounds where bleeding is present (can blow around the area)
 - Top of head if blood pressure is high and uncontrolled (can blow on sides of head)
 - **Do not use** in case of severe acute heart disease, extreme hyperthyroidism, organ dysfunction, active tuberculosis, acute hepatitis or severe uncontrolled diabetes.
 - If pregnant, lactating or menstruating, limit treatment duration to 10 minutes per day and avoid front of upper body (can blow back body).
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GENERAL TREATMENT GUIDELINES:

- It is best to blow directly on bare skin that is free of lotions or oils, or through thin natural fiber clothing (like cotton or wool).
- Can lay in bed with device propped on a pillow or folded towel, hold in hand, or use while sitting in a chair or recliner.
- Drink 8oz. of water, charged for 30 seconds with the device before and after treatment session.
TIP: Charge 16oz. glass of water for 1 minute to accommodate water intake for before and after the treatment.

Step 1: Charge 8oz. of water that is warm or room temperature in a clear glass vessel for 30 seconds with the device pointed at the side of the glass. Can also charge 16oz. of water for 1 minute and drink half before the treatment and half after the treatment.

Step 2: Set a timer for the treatment.

- Start with 10 minutes total, split between main points and trouble areas (see Suggested Treatment Protocols).
- For chronic conditions and areas of more severe disease, use up to 10 additional minutes on those areas – up to 30 minutes per day.
- Can also do 2 -15 minute sessions or 30 minutes in one session.

Step 3: Turn the device on. **Settings:** 0 = Off

C= strong cooling air flow without Far Infrared

1 = low heat, medium air flow, all therapies

2 = high heat, strong air flow, all therapies

Step 4: Do the treatment.

- Be sure to keep the wand moving using small circular motions, long sweeping motions, and other movements that feel good.

Step 5: When finished, turn device off and drink 8oz. of charged water.