



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)

TREATMENT:

- 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 16 oz. of water charged with the device before and after treatment session.

Step 1: Charge 16 oz. of water that is warm or room temperature in a clear glass vessel for 1 minute with the device pointed at the side. Can also charge 32 oz. of water for 2 minutes and drink half before and half after.

Step 2: Set a timer for the treatment.

- Start with 10 minutes total, split between main points and trouble areas (see treatment protocols on separate sheet).
- For chronic conditions and areas of more severe disease, use up to 3 times per day with additional sessions focused on those areas – up to 30 minutes total.
- Can also do 15 – 30 minutes in one session.

Step 3: Turn the device on by turning the silver ring near the corded end of the wand. There are 3 speeds to choose from.

Step 4: Do the treatment.

- Be sure to use small circular motions and long sweeping motions with the wand.

Step 5: When finished, turn device off and drink 16 oz. of charged water.

TREATMENT PROTOCOLS AND SUGGESTED TREATMENT AREAS ARE PROVIDED ON A SEPARATE SHEET