



HEALING WIND THERAPY WAND PROTOCOLS

The Healing Wind Therapy Wand can be used for up to 30 minutes per day. Start with 10 minutes once per day, gradually adding time and/or multiple treatment sessions if desired.

Always start by drinking one 16 oz. glass of water charged for 1 minute with the wand at warm or room temperature and finish with another 16 oz. glass of charged, warm or room temperature water.

Set a timer for the total treatment time to begin. Use low, medium or high setting and always be sure to be comfortable. It is easiest to perform sitting in a chair with some standing if needed or lying in bed.

SAMPLE 10 MINUTE TREATMENTS (can double or triple treatment times)

Basic Chakras & Lymphatic Clearing

Drink Water	
Palm of Hand 1	1 min
Palm of Hand 2	1 min
Sole of Foot 1	1 min
Sole of Foot 2	1 min
Back of Knee 1	30 sec
Back of Knee 2	30 sec
Groin Area	1 min
Armpit 1	30 sec
Armpit 2	30 sec
Side of Neck 1	30 sec
Side of Neck 2	30 sec
Back of Neck	30 sec
Top of Head	30 sec
Back	1 min
Drink Water	

Basic Pain Relief

Drink Water	
Palm of Hand 1	1 min
Palm of Hand 2	1 min
Sole of Foot 1	1 min
Sole of Foot 2	1 min
Area of Concern 1	2 min
Area of Concern 2	2 min
Area of Concern 3	2 min
Drink Water	

Tip: Hands and Feet can always be treated, then use the remainder of the treatment time on areas of concern. See Suggested Areas of Treatment.

SUGGESTED AREAS TREATMENT - BASED ON CONDITION

Start with at least palms of hands and soles of feet or entire Basic Chakra & Lymphatic Clearing, then move to other areas of concern.

Arthritis	Entire back, all painful joints
Back Pain	Entire Spinal column and area(s) of pain
Breasts	Back of neck, shoulder blades, arms, breasts while gently massaging
Cough	Front and back of neck, chest and entire back
Earache	Ears, sides of neck, back of neck, waist and kidney area
Gastrointestinal	Back of neck, abdomen and entire back
Gout	Entire back, sides of waist, entire abdomen, gout area
Headache	Back of neck, shoulders, ears and top of head
Hemorrhoids	Entire back, butt
Insomnia	Back of neck, shoulders, entire back, top of head
Obesity	Entire back, entire abdomen, both thighs
Prostate	Waist, groin, kidneys, perineum
Shoulder Pain	Back of neck and all areas of shoulders, front, back and sides
Sinus Pressure	Back of neck, upper back, chest, nasal area
Skin Issues	Entire back, chest, affected skin area(s)
Varicose Veins	Entire back, chest, varicose veins

Most any area of the body is appropriate to treat with few exceptions – see instructions.