

# HOW TO USE

Blow towards the body for **2-3 mins** on each part of the body as indicated in Step 1 to 10 with a distance of about **6 inches** and in an **anti-clockwise direction**. ↻

 <p>Drink 2 glasses of warm water before starting</p>	 <p><b>1</b> Palm</p>	 <p><b>2</b> Sole</p>
 <p><b>3</b> Backbone (Blow downwards)</p>	 <p><b>4</b> Head</p>	 <p><b>5</b> Upper back</p>
 <p><b>6</b> Neck</p>	 <p><b>7</b> Armpit</p>	 <p><b>8</b> Butt</p>
 <p><b>9</b> Groin</p>	 <p><b>10</b> Around the knees</p>	 <p>Drink 2 glasses of warm water after completion</p>

iTeraCare device can also be blown on the head, face, body, limbs and areas of pain.  
 \*\*For high blood pressure user, don't do Step 4.

## Benefits Of Terahertz Device

	<p>Relieves all kinds of pain caused by muscle stiffness</p>		<p>Relieves eczema, insect bites, itchiness and skin problems</p>
	<p>Stiff shoulder, spondylosis, muscle strain</p>		<p>Strengthens metabolism, improves microcirculation</p>
	<p>Reduces fatigue, improves sleep</p>		<p>Relieves prostatitis, inflammation</p>
	<p>Improves varicose veins, blood stasis</p>		<p>Relieves gastrointestinal problems</p>

A 30-40 minutes of body regulation is equivalent to:

	
<p>10 times of acupuncture</p>	<p>20 times of cupping</p>
	
<p>30 times of Gua Sha</p>	<p>40 times of massage</p>

# iTeraCare™

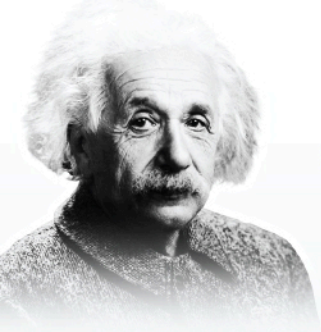
A Revolutionary product in  
**HEALTH & WELLNESS**




**Datuk Cheah Soon Kit**  
 Prife International's  
 Brand Ambassador

- Thomas Cup, World Cup, Commonwealth Games Gold Medallist
- Olympic Games Silver Medallist



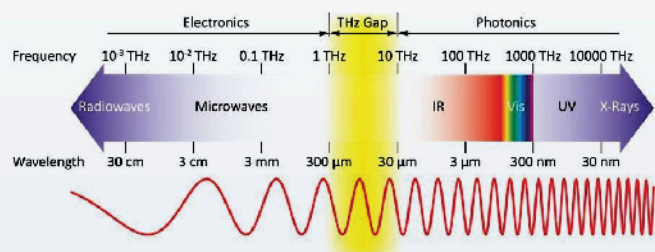


*“Future medicine will be the medicine of frequencies”*

*Albert Einstein*

## What is Terahertz?

Terahertz wave frequency is found between far infrared and microwave, with a wavelength of between 0.3  $\mu\text{m}$  and 3  $\mu\text{m}$ .



When cells are irradiated by Terahertz frequency, it rapidly transfers energy into the human body and activates inert cells. Scientific research shows that it is **completely safe** for the human body's cells absorption.

The principle treatment of iTeraCare is to unclog capillaries to enhance the body and cells to function healthily.

iTeraCare uses Terahertz technology, an electromagnetic wave that can penetrate the body with deep penetration of **20-30cm** reaching the bone marrow, improves blood circulation and strengthens our immune system.

Terahertz resonates at the same frequency as normal human cells, generating hundred million of vibrations per second.

“iTeraCare Device” integrates three top technologies - Terahertz, Quantum and Optical Quartz. It's components is cast with more than 100 trace elements.

iTeraCare Device is stringently tested, inspected and certified by the China Beijing Academy of Sciences, the National Intellectual Property Rights and Patent Certification as well as other authoritative organizations' certifications.

It is a combination of Chinese and Western Cytology Technology.

### iTera - Classic



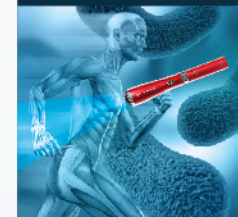
### iTera - Premium



### iTera - Pro



## 5 MAIN FEATURES



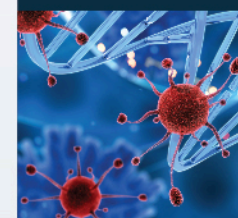
### Penetration

Terahertz penetrates deep into the body's tissues, reaching into the bone marrow, enhances blood circulation.



### Activation

Terahertz wave resonates with our body cells at hundred million of vibrations per second and activates our cells and strengthens the DNA.



### Identification

Repairs damaged cells and tissues affected by free radicals.



### Safety

Non-ionising. Safe to use with peace of mind with zero radiation.



### User Friendly

Easy and convenient to be used daily on infants to adults and the elderly.