



iTeraCare™

BENEFITS OF DRINKING TERAHERTZ WATER

- Increase Alertness Level
- Fuels the Brain
- Reduces Sickness
- Immunity Booster
- Reduces Toxins in the Body
- Hydrates the Body Ultra Fast
- Reinforces Weight Loss
- Improves Skin's Radiance
- Neutralizes Free Radicals
- Increases Cellular Oxygenation

Wand water in a glass container
 Small - 1 minute
 Large pitcher - 3 minutes

I am only drinking wanded water now

Drink wanded water, at minimum, before and after treatments.

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**. ↻

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

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.**"

BDO GLOBAL

iTeraCare™

- Enhances Body's Healing Ability
- Improves Blood Circulation
- Removes Impurities in the Blood
- Awakens Dormant Stem Cells in the Bone Marrow
- Improves Metabolism
- Stimulates Acupuncture Points
- Unblocks Meridian Points

ONE DEVICE PER HOUSEHOLD.
bringing life to every home.

Wand these areas first. This prepares the body and opens up meridians and gets the lymphatic system ready for restoration, repair, and reharmonizing - Balance!

Wand each area shown in the image for 1-3 minutes
Start slow and work up with time

Use the setting and distance that is comfortable. Ideally, hold the wand 3-6 inches from the area. Adjust as needed for temperature and to not burn yourself.

Setting 1- low and cool
Setting 2-high and cool
Setting 3- high and hot

Goal is to use setting 3- high hot. But places like my eyes, I use setting 2.

Stay away from anything foreign in the body. If you have anything foreign in your body, wand around it. Remove contacts before wandung closed eyes.

Once you do the **10 Step Protocol** above
Wand your problem areas.
We should all be wandung our abdomen (Liver, stomach, intestines, pancreas, spleen)

I do problem areas for as long as I can. Maybe 3-15 minutes. Depending on how much time I have.

Painful areas – try and wand for 10-15 minutes

I can't do my own spine. So I reach and do upper spine
I reach and do lower spine
But since I can't reach my own middle spine, I wand my entire front parallel to my spine. Under my chin down to my pelvic bone.

Start slow and work up with everything
Hydrate

Do this 1-2 times per day
4 hours in between treatments.