

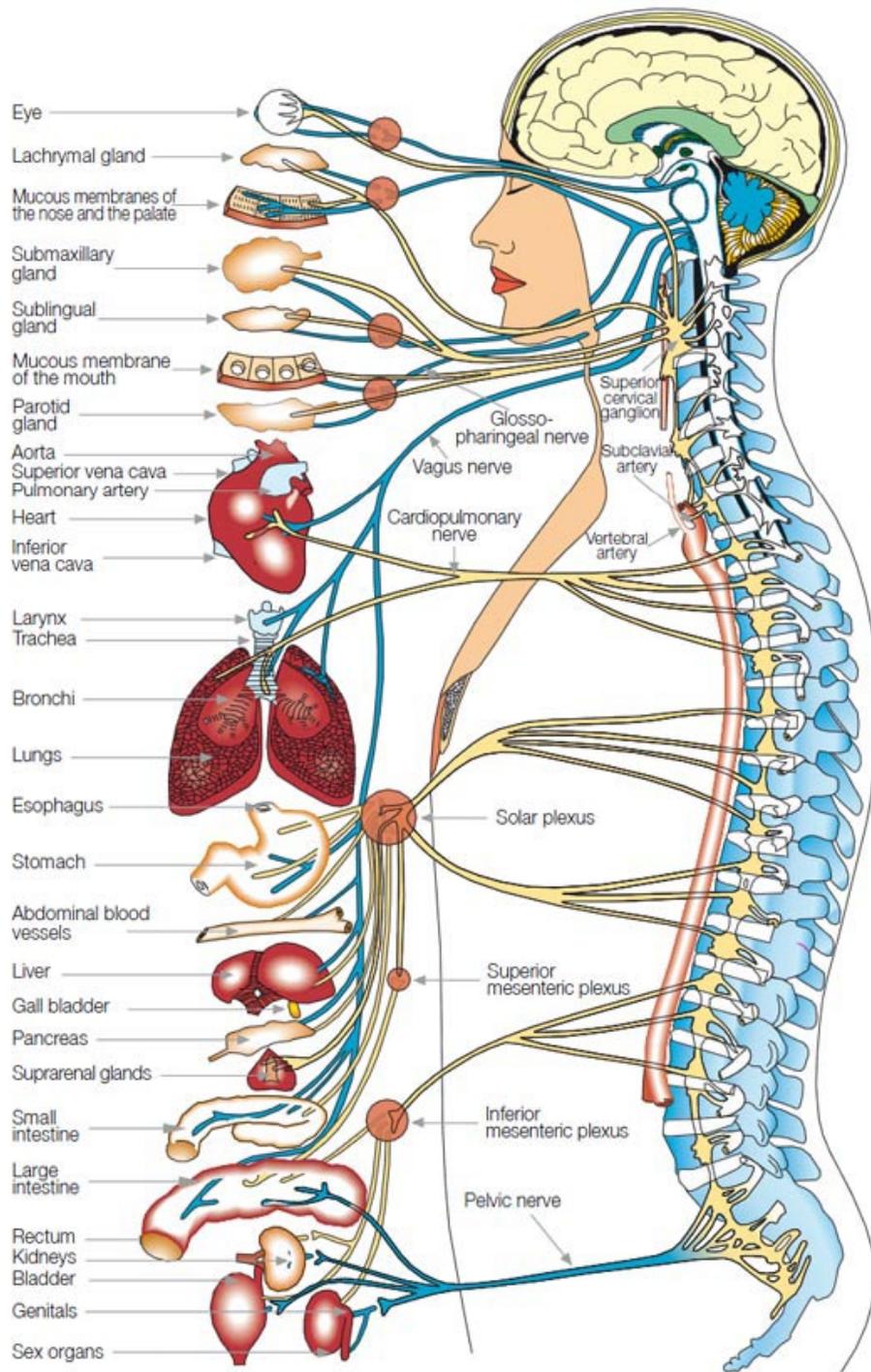
# iTeracare Device, Therapy Methods



**iTera-Pro**



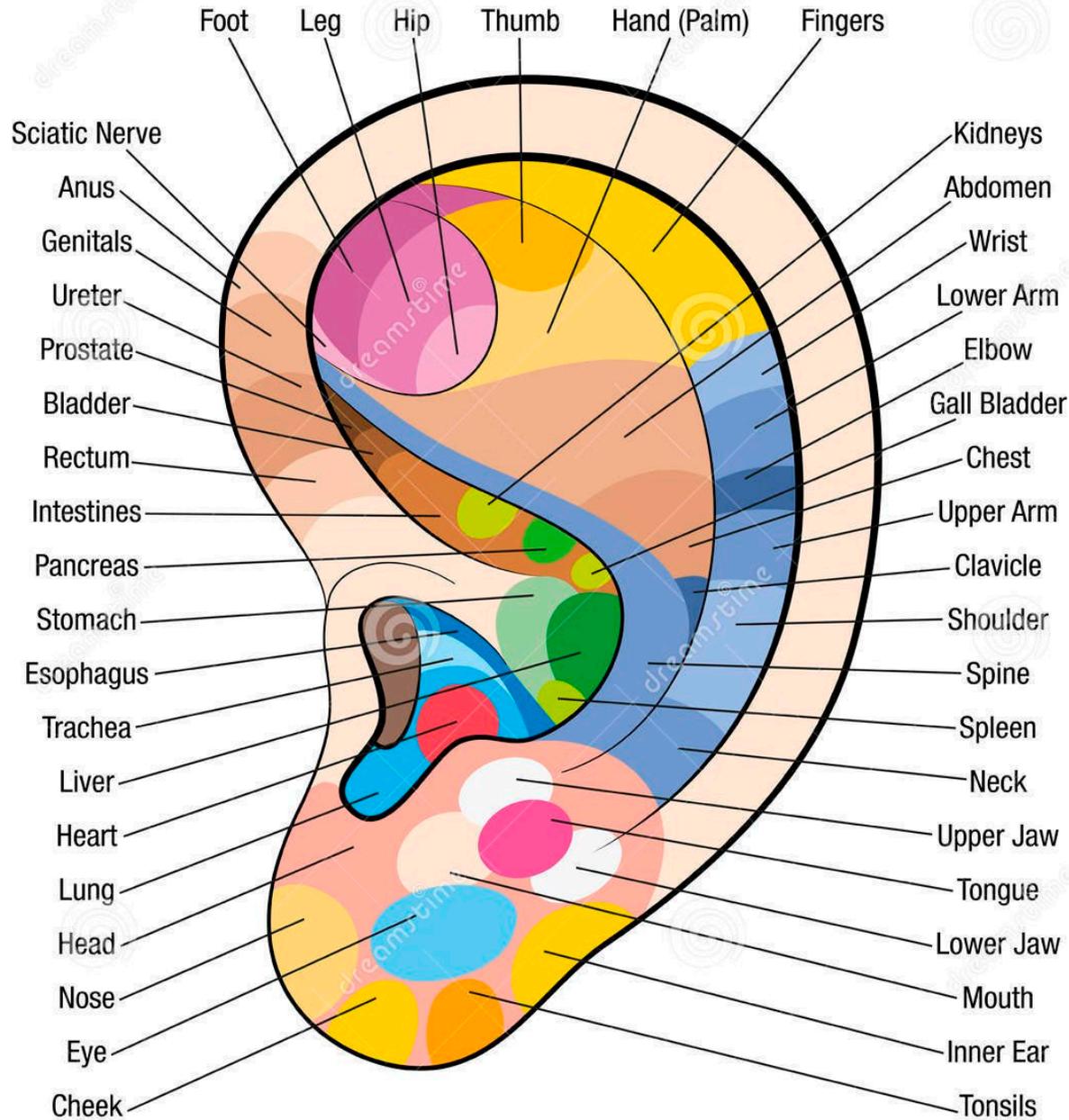
**iTera-Classic**



# Spinal Nerve Function

VERTEBRAL LEVEL	AREA OR ORGAN	POSSIBLE SYMPTOMS
C1	MASTER CONTROL FOR ENTIRE NERVOUS SYSTEM BRAIN • PITUITARY • FACE EARS • EYES • NOSE	HEADACHES • MIGRAINES EARACHES • COLDS/FLU SORE THROAT • SINUSITIS
C2	HEAD • PARATHYROID DIAPHRAGM • NECK MUSCLES	FATIGUE • VERTIGO DIZZINESS • ANXIETY ALLERGIES • MEMORY LOSS VISUAL OR AUDITORY DISTURBANCES
C3	SCALP • SINUSES • TONGUE TEETH • JAW • THYROID	
C4	NECK MUSCLES • THYROID SINUSES • MOUTH	WEIGHT GAIN • COLD INSOMNIA • FATIGUE COLDS/FLU • SINUSITIS
C5	VOCAL CORDS • TONSILS ARMS • ELBOWS • WRISTS	HEADACHES • SORE THROAT VERTIGO • DIZZINESS ALLERGIES • REFLEX NUMBNESS • TINGLING
C6	HANDS • FINGERS PARATHYROID • ESOPHAGUS ACROSS SHOULDERS	
C7		
T1	HEART • LUNGS • THYMUS BRONCHIAL TUBES • TRACHEA CHEST • BREAST • PLEURA	HEART CONDITIONS • ASTHMA BRONCHITIS • INDIGESTION DIFFICULTY SWALLOWING NAUSEA • HEADACHES FATIGUE • PLEURISY CHRONIC COUGHING SHORTNESS OF BREATH BLOATING AFTER EATING
T2	GALL BLADDER • ARMS ACROSS SHOULDERS	
T3	UPPER BACK SHOULDER BLADES	
T4		
T5		GASTRITIS • ULCERS INDIGESTION • CRAVE SWEETS HEADACHES • FATIGUE FEELING TOXIC • RASHES CATCHES COLDS EASILY DIABETES • HYPOGLYCEMIA
T6	STOMACH • PANCREAS SPLEEN • LIVER DUODENUM	
T7	PERITONEUM • MIDDLE BACK	
T8		
T9		
T10	ADRENALS SMALL INTESTINE KIDNEYS	STRESS • FATIGUE IRRITABLE BOWELS • HIVES ECZEMA • RASHES HIGH BLOOD PRESSURE GASSY • BLOATING WATER RETENTION
T11	MIDDLE LOWER BACK	
T12		
L1		CONSTIPATION • DIARRHEA GASSY • BLOATING IRRITABLE BOWEL BLADDER INFECTIONS PAINFUL URINATION BED WETTING HEMORRHOIDS MENSTRUAL PROBLEMS PREMENSTRUAL SYNDROME IRREGULAR PERIODS MENOPAUSE INFERTILITY LOW SEX DRIVE NUMBNESS OR TINGLING YEAST INFECTIONS SCIATIC PAIN SPRAINED ANKLES
L2	LARGE INTESTINE SMALL INTESTINE ILEOCECAL VALVE	
L3	APPENDIX • BLADDER OVARIES • UTERUS	
L4	PROSTATE • TESTICLES REPRODUCTIVE ORGANS RECTUM • URETHRA LOW BACK • PELVIS BUTTOCKS • GROIN THIGHS • KNEES	
L5	ANKLES • FEET • TOES SCIATIC NERVE	
SACRUM		

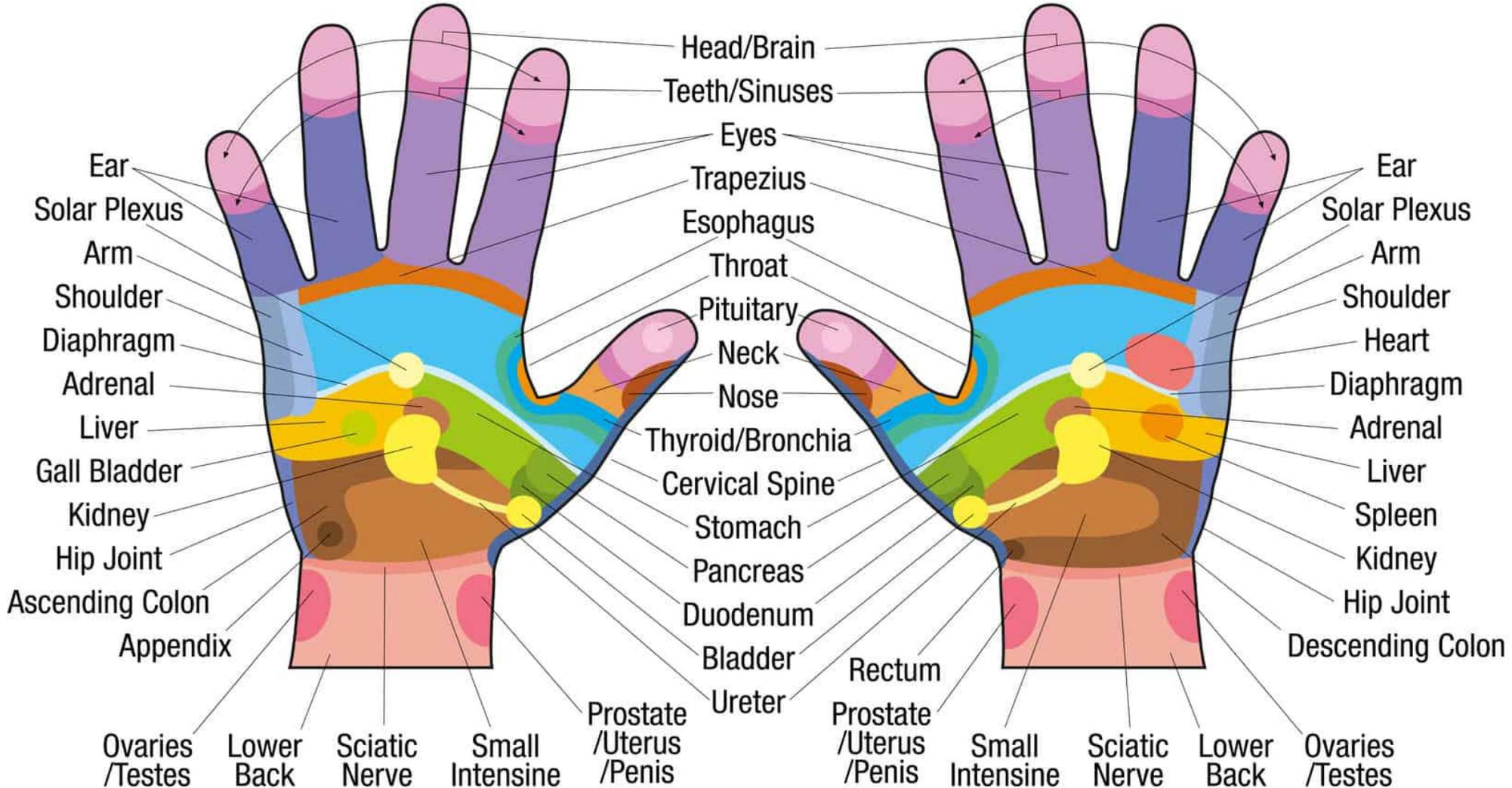
# Ear Reflexology Chart



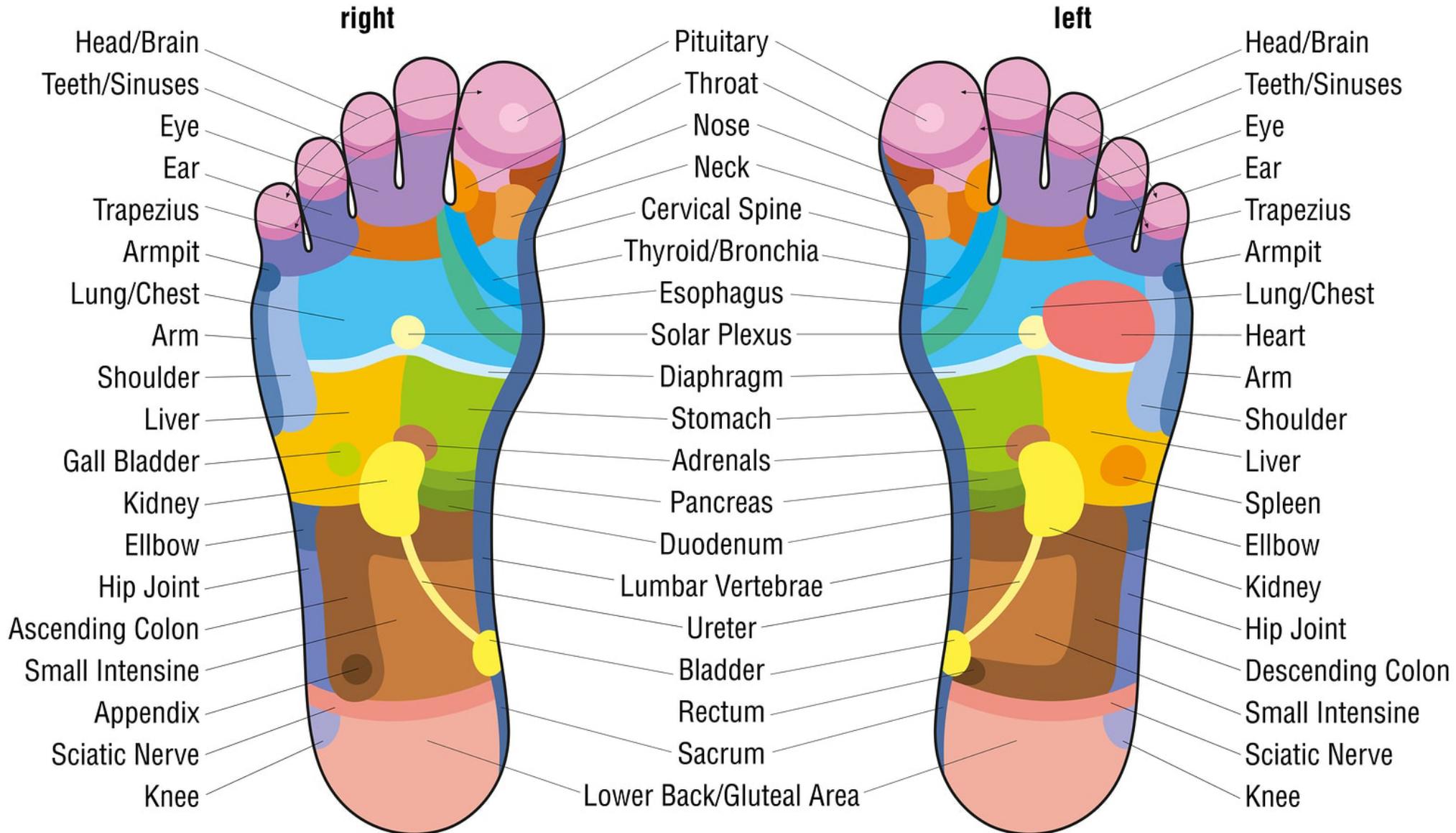
# Hand Reflexology Chart

right palm

left palm



# Foot Reflexology Chart



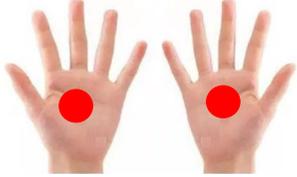
## **A) How to operate the wonder blower:**

1. Try to blow it yourself- because you can feel and control the heat penetration.
2. Try to blow directly on the skin- it's also okay to blow through clothing.
3. Have faith in the terahertz wonder blower and believe that your body will be able to get better!
4. Take deep breath and chanting in your heart "Gone. Gone. Gone.", "Sickness gone, healthy comes".
5. Enjoy the process of blowing, you must be patient, gives some time to your body to repair itself, let the pain you have accumulated for years, slowly blown away and let your cells be healthy again.
6. When blood cells are healthy, blood circulation improve, it can now effectively bring oxygen and nutrition to other cells, at the same time flush away toxins and dead cells.
7. When the meridian cells are healthy, the nerves system will be unblocked, the organs can be nourished and back to function normally and effectively, a lot of pain will be eliminated.
8. You must drink two cups of warm water before and after blowing. (Thinning blood)
9. Every time when you blow, you should blow on the three acupuncture points, blow on the five lymphatic nodes, and blow on the two main meridians, together with that, then blowing on the sick and sores area will be more effective.
10. It is best not to get into cold conditioned for a few hours after therapy, do not eat cold food, and do not take shower.
11. Do not blow directly on the fan or air-conditioning after therapy. You can turn on the fan and AC, but not too cold or blowing directly onto your body!
12. Be sure to understand the contraindications and precautions of the therapy process before use.
13. It should also be understood that the possible improvement reaction after use, it is not side effect.
14. Disclaimer: The above suggestion are only personal opinions, please make your own judgment. It does not represent any others person or companies.

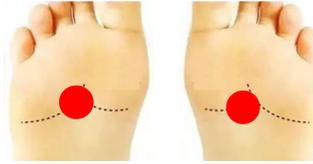
## B) How to blow? (Any order is fine! Because it's your body, you may find your own flow.)

### 1. Blow open the 3 acupuncture points

a. Palm



b. Sole

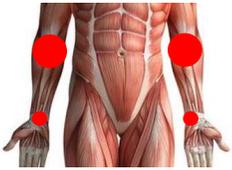


c. Top of Head

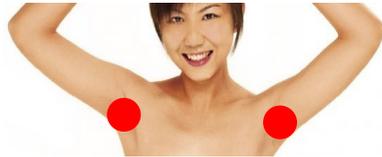


### 2. Blow open the 5 lymphatic nodes

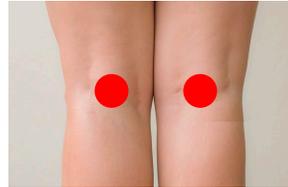
a. Elbow pit+



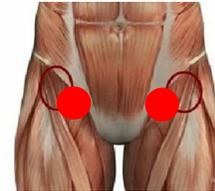
b. Arm pit



c. Knee pit



d. Groin

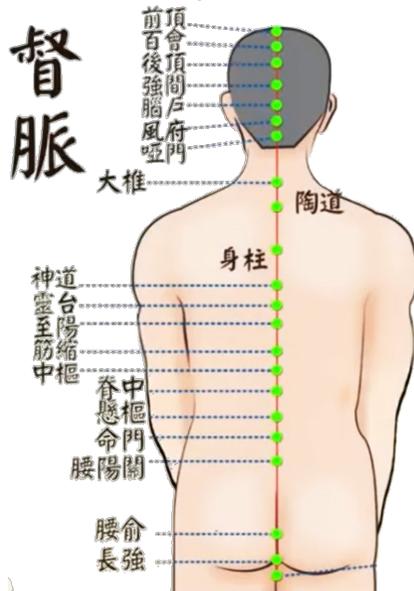


e. Neck lymph

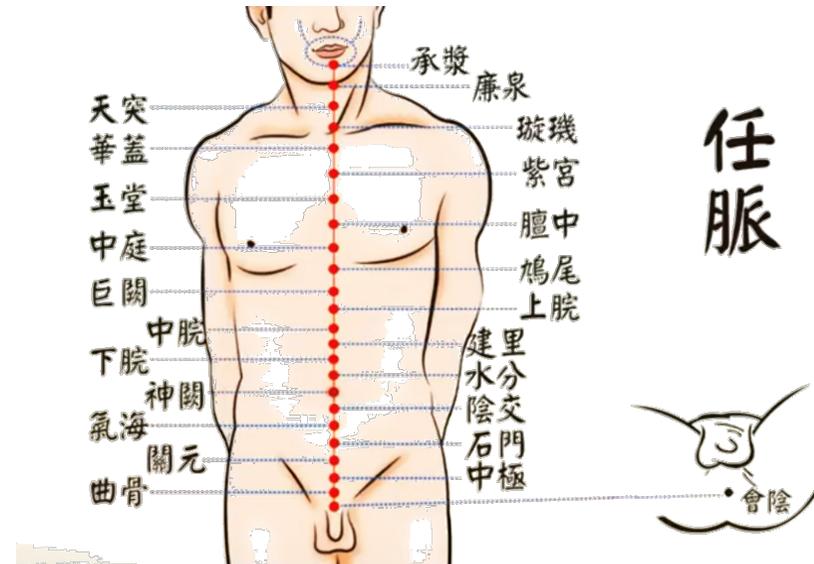


### 3. Blow on the 2 main Vessel

a. (Back, Du Mai) Governing Vessel



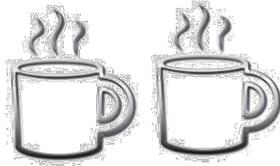
b. (Front, Ren Mai) Conception vessel



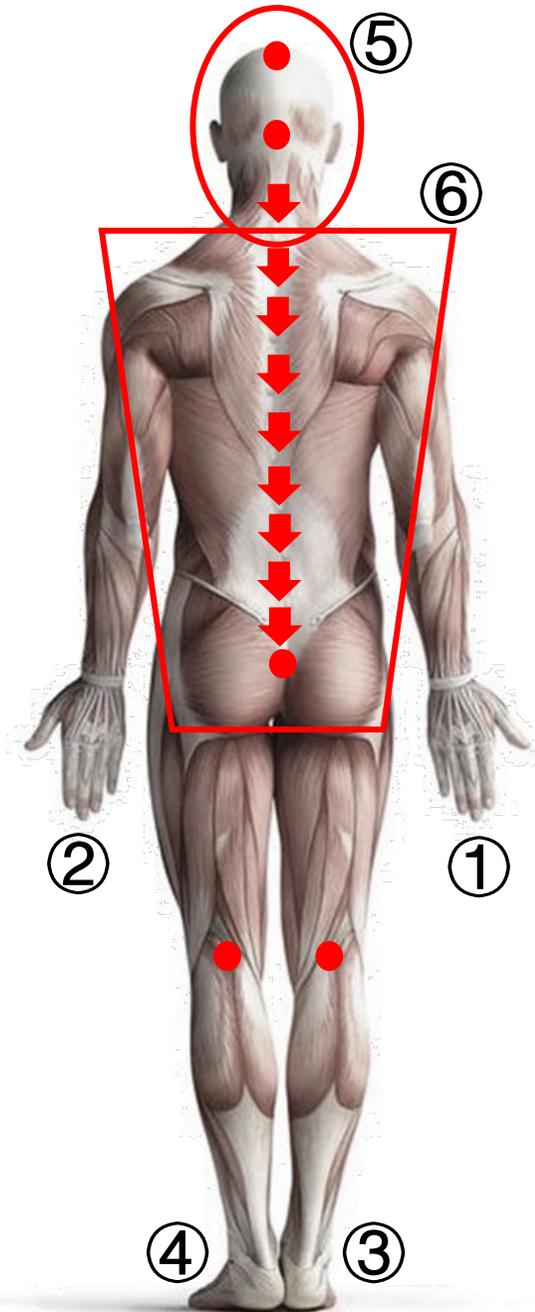
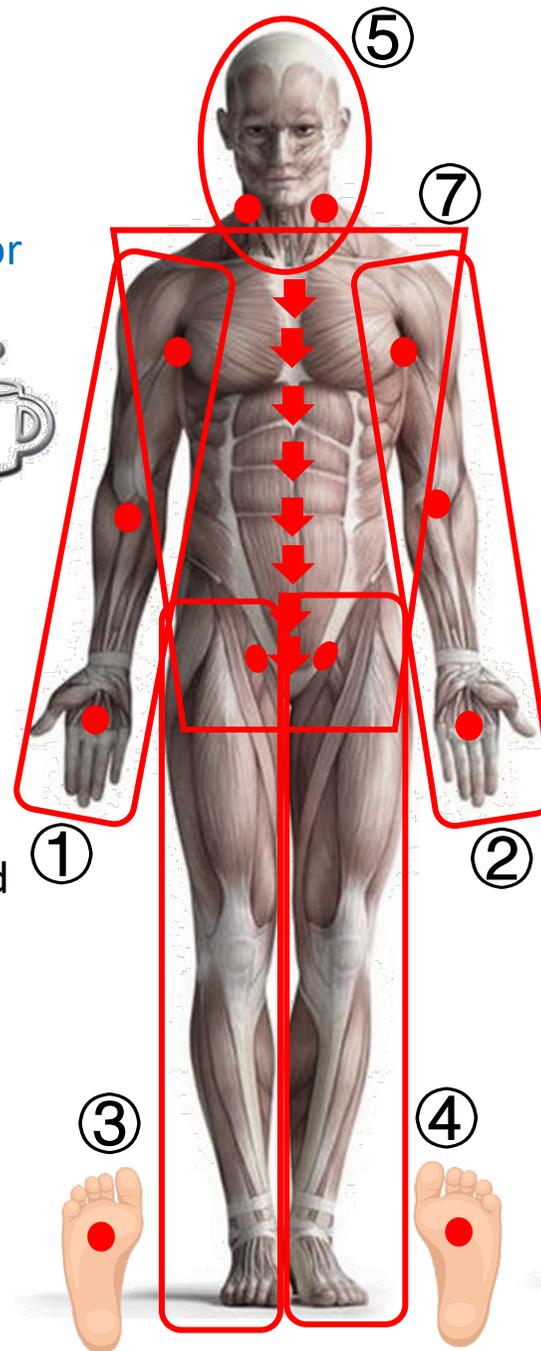
# How to blow ?

Just blow the body or spot until feeling hot, can move the blower in →left ←right, ↑up ↓down, ○ circle motion or pull blower further away to avoid pain or hurting! Pain or sick area can blow longer!

1. Drink 2 glass of warm water.



2. ①② Blow whole front and back of both hand, more on the red spot.
3. ③④ Blow whole front and back of both leg, more on the red spot.
4. ⑤ Blow top of head, circle downward the whole head, more on the red spot.
5. ⑥ Blow centre of back, blow downward and move left right or circle motion to cover the whole back.
6. ⑦ Blow centre of front body, blow downward and move left right or circle motion to cover the whole body.
7. Drink another 2 glass of warm water.



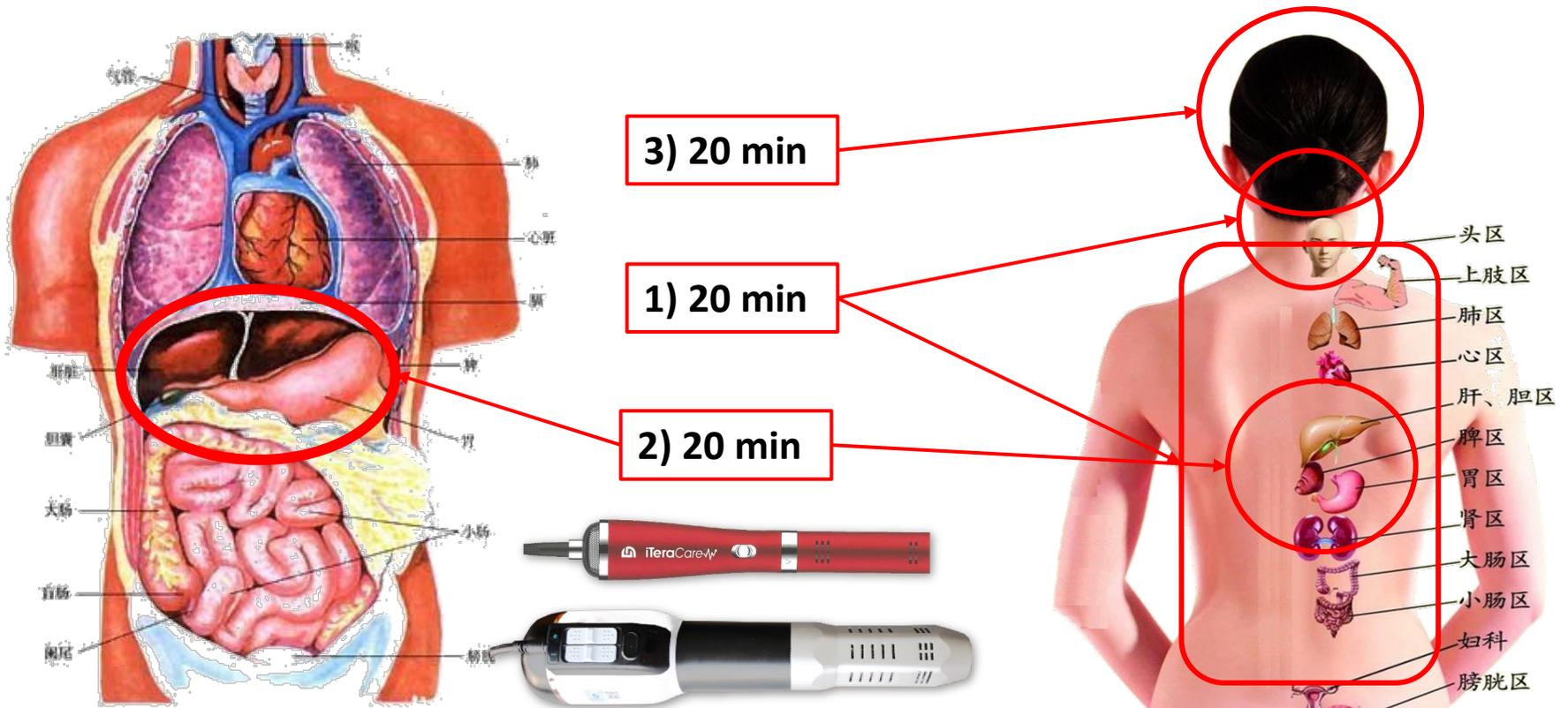
1.

**Headache:** Related to the cervical spine, blow on the neck first then the head. blow the entire shoulder and neck for 20 minutes, and then the ear lymph and head for 25 minutes, for a total of 45 minutes.  
(There might be improvement symptoms of headache or insomnia)



2.

**Hair problems:** First blow on the neck and the entire back for 20 min., then the kidneys, back and front of stomach and spleen area 20 min. and then head for 20 min. total 60 minutes.



3.

**Face:** Blow on the neck, and the entire back for 25 minutes, to regulate the viscera. Then to the face for 20 minutes, total of 45 minutes.

Keep eyes closed, do not wand over open eyes



4.

**Eyes:** Blow to the neck, back and liver area in the middle of the waist for 20 minutes, and then blow on the eyes for 25 minutes, for a total of 45 minutes.

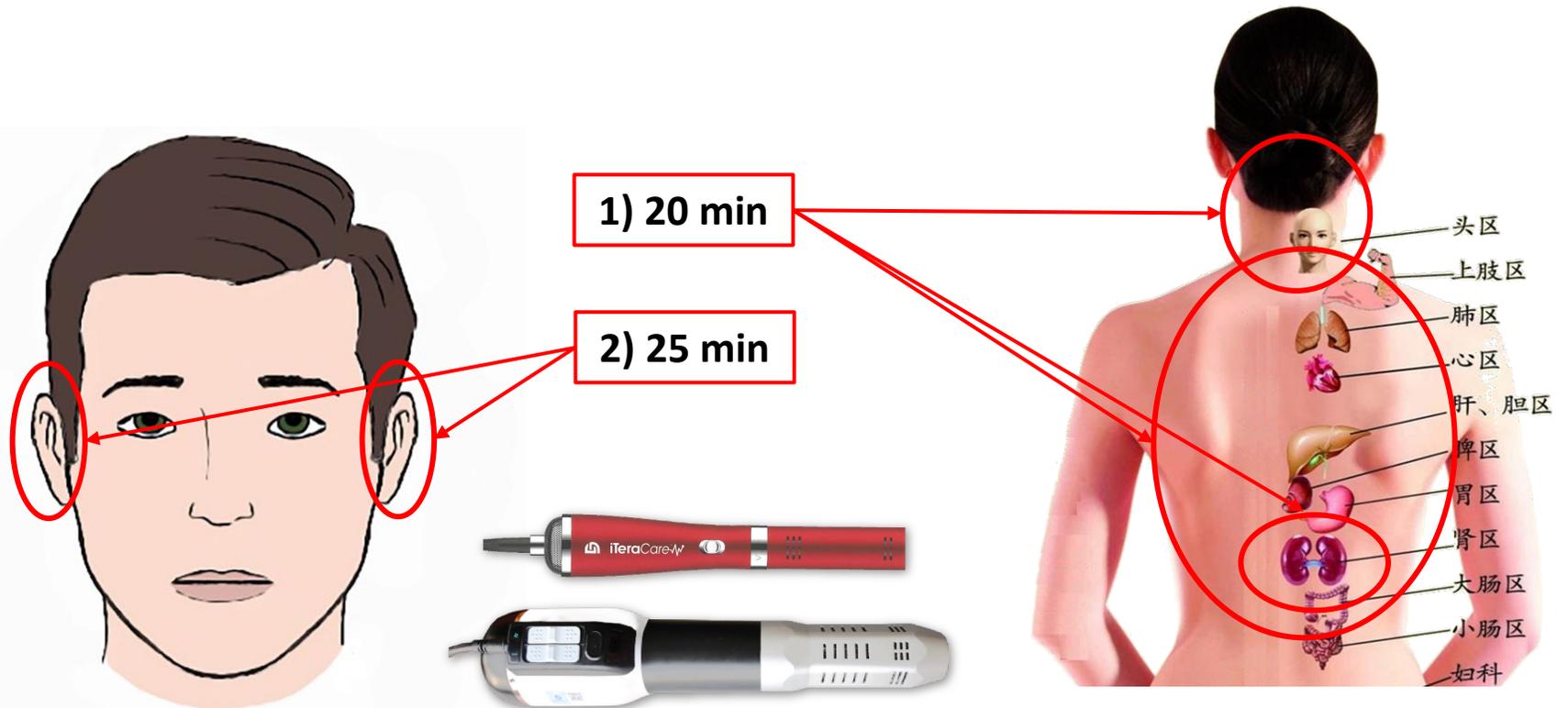
(Healing crisis include dry eyes, itchy or other.)

Keep eyes closed, do not wand over open eyes



5.

**Ear:** First blow on the neck, waist and kidney area for 20 minutes, then blow on the ears for 25 minutes, for a total of 45 minutes. (Frequent blow on ear can regulate visceral function.)

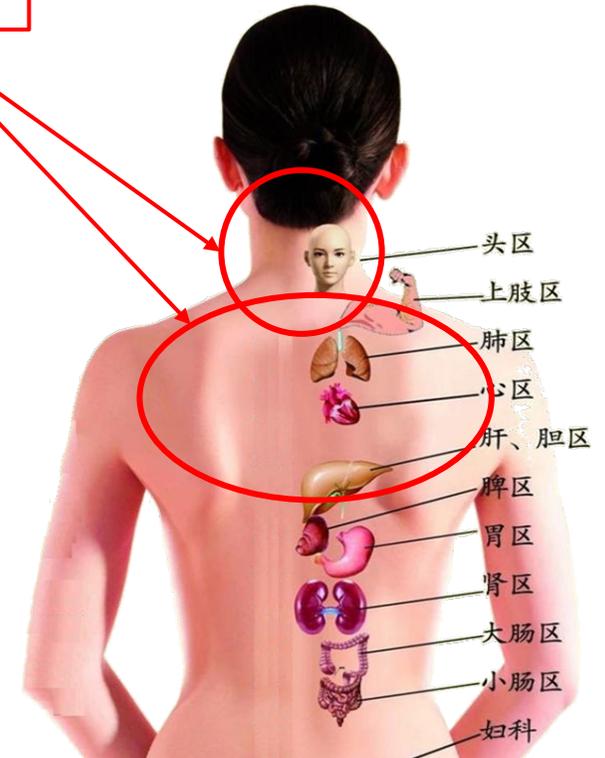
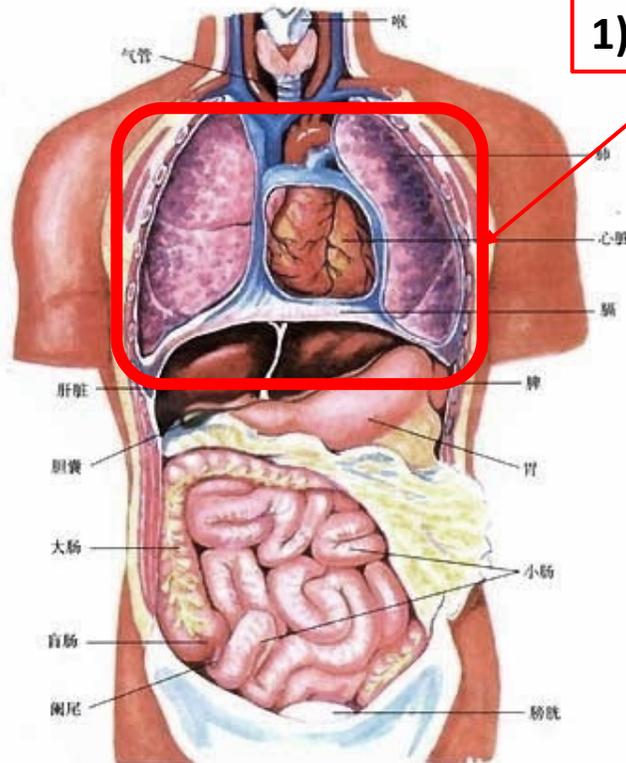
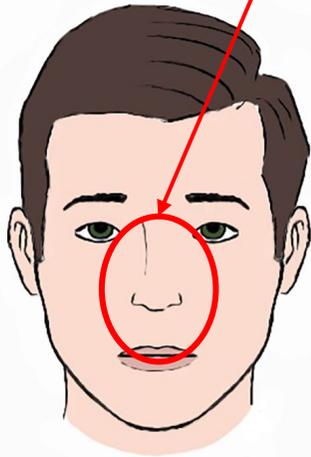


6.

**Rhinitis/nasal problems:** First blow on the neck area, front and rear lung areas for 25 minutes, then blow around the nose for 20 minutes, total 45 minutes.

2) 20 min

1) 25 min

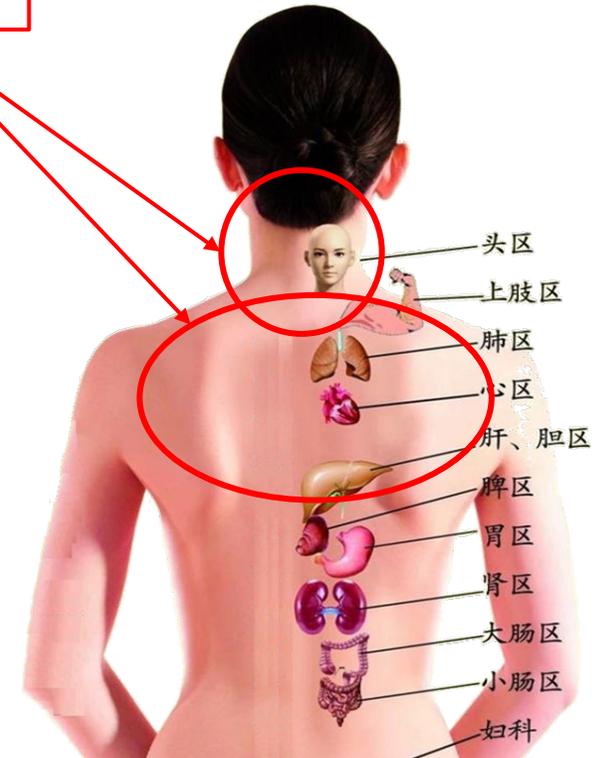
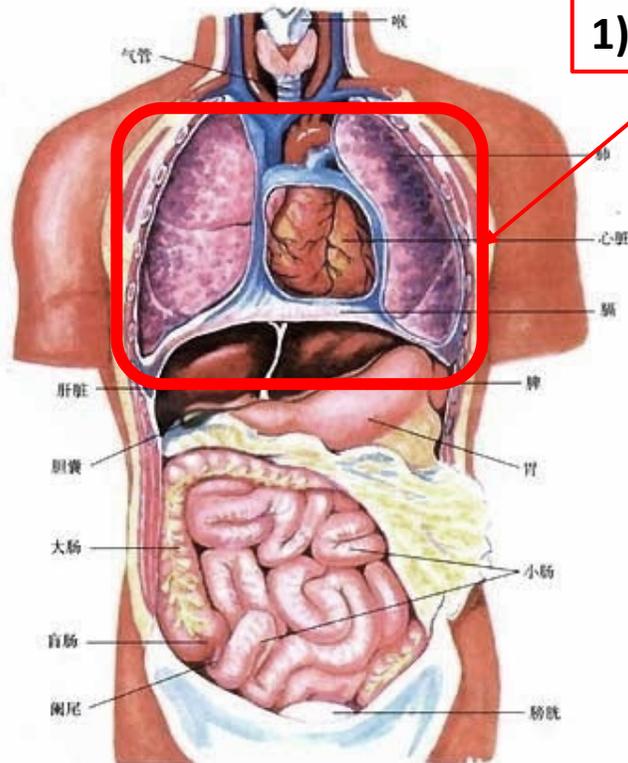


7.

**Toothache/Oral ulcer:** First blow the neck area, front and rear lung areas for 25 minutes, then blow on the toothache/ulcer area for 20 minutes, total 45 minutes.

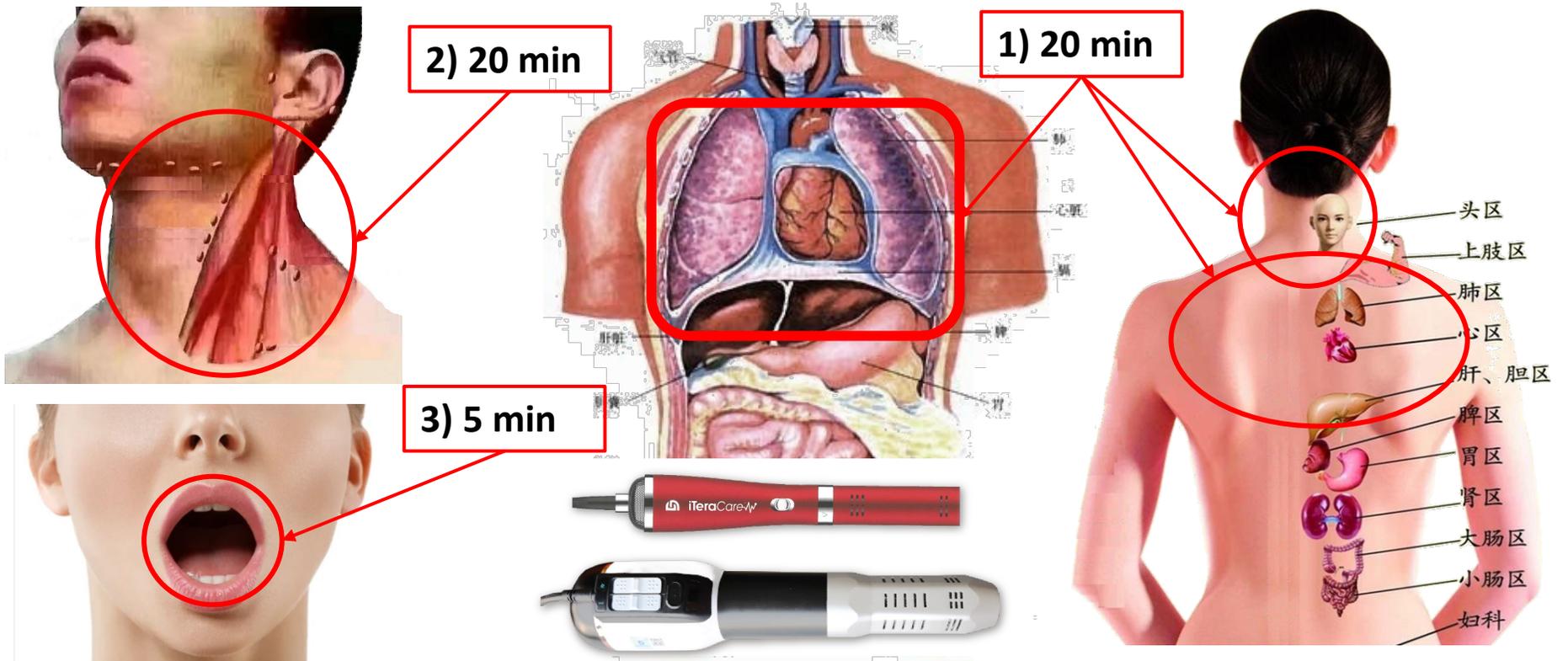
2) 20 min

1) 25 min



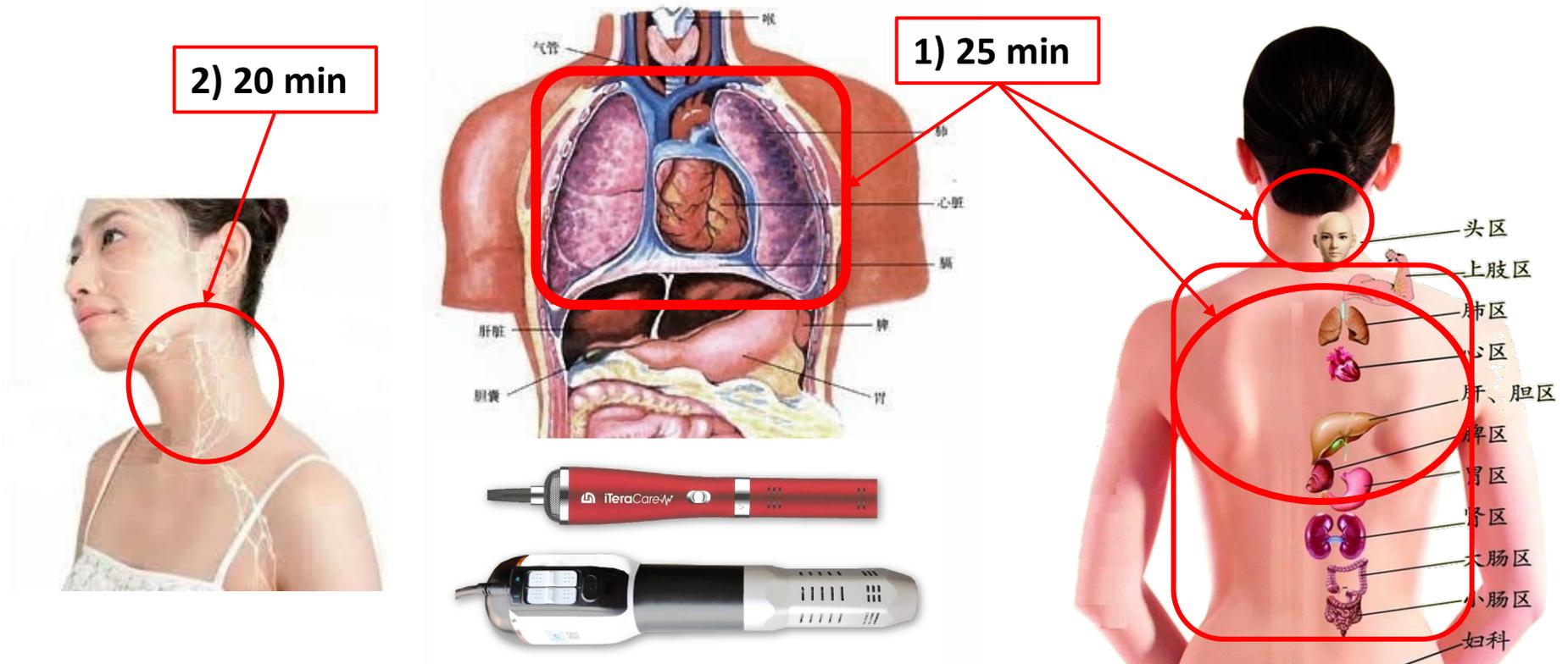
8.

**Sore throat/Cough:** First blow on the neck area, front and back lung area for 20 minutes, then blow on the entire throat and cervical lymphatics for 20 minutes, then blow into the open mouth 5 minutes.



9.

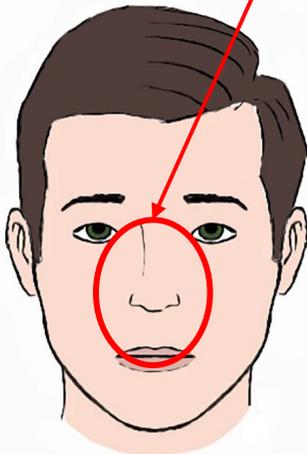
**Cough and cold:** Blow the entire back and neck, more on the spleen and stomach area, front and back lung areas for 25 minutes. Then blow the entire throat for another 20 minutes, total 45 minutes.



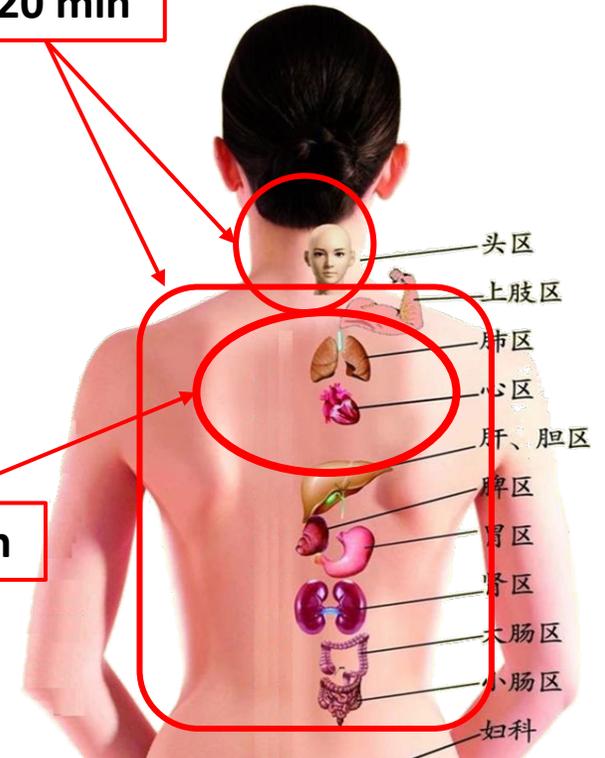
10.

**Cold/runny nose:** first blow on the neck and back for 20 minutes, then on the front and back lungs area for 25 minutes, lastly blow the nose for 15 minutes.

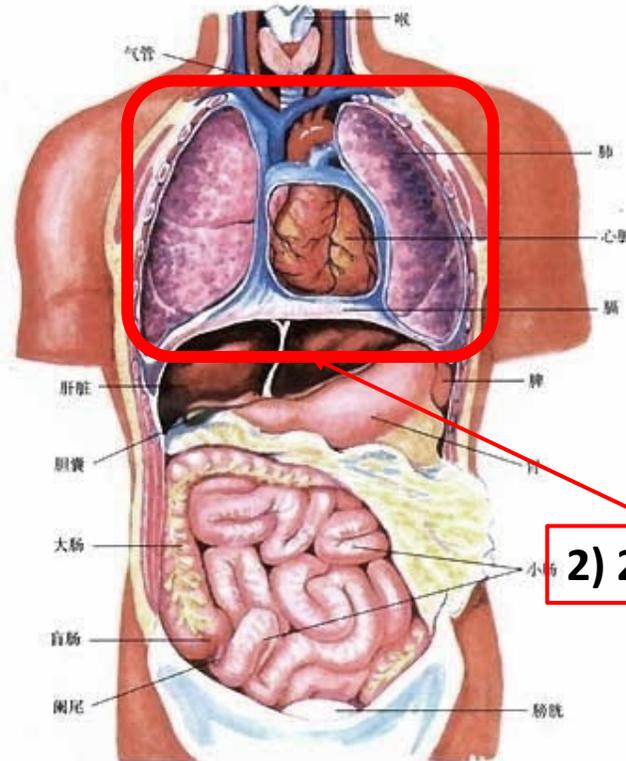
3) 15 min



1) 20 min

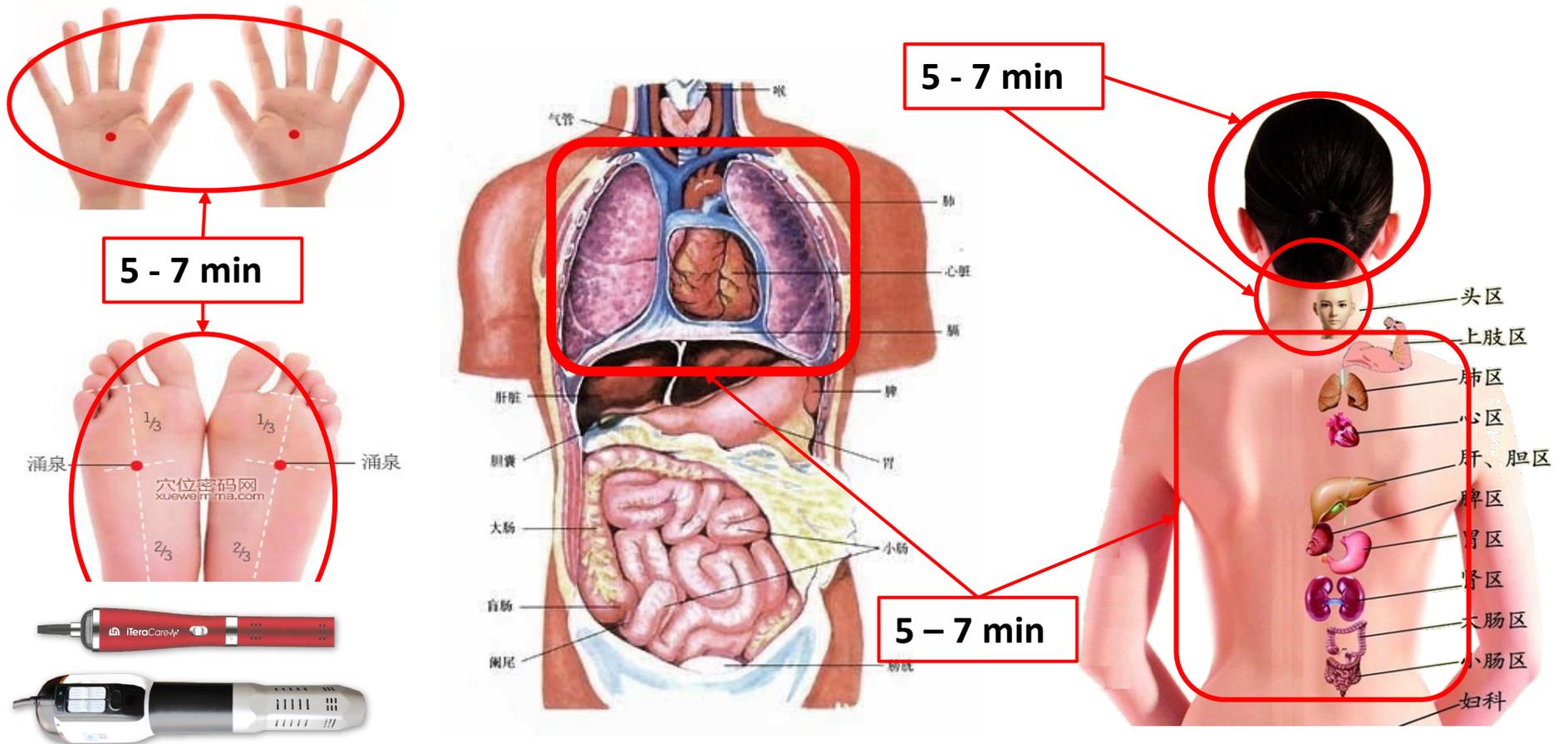


2) 25 min



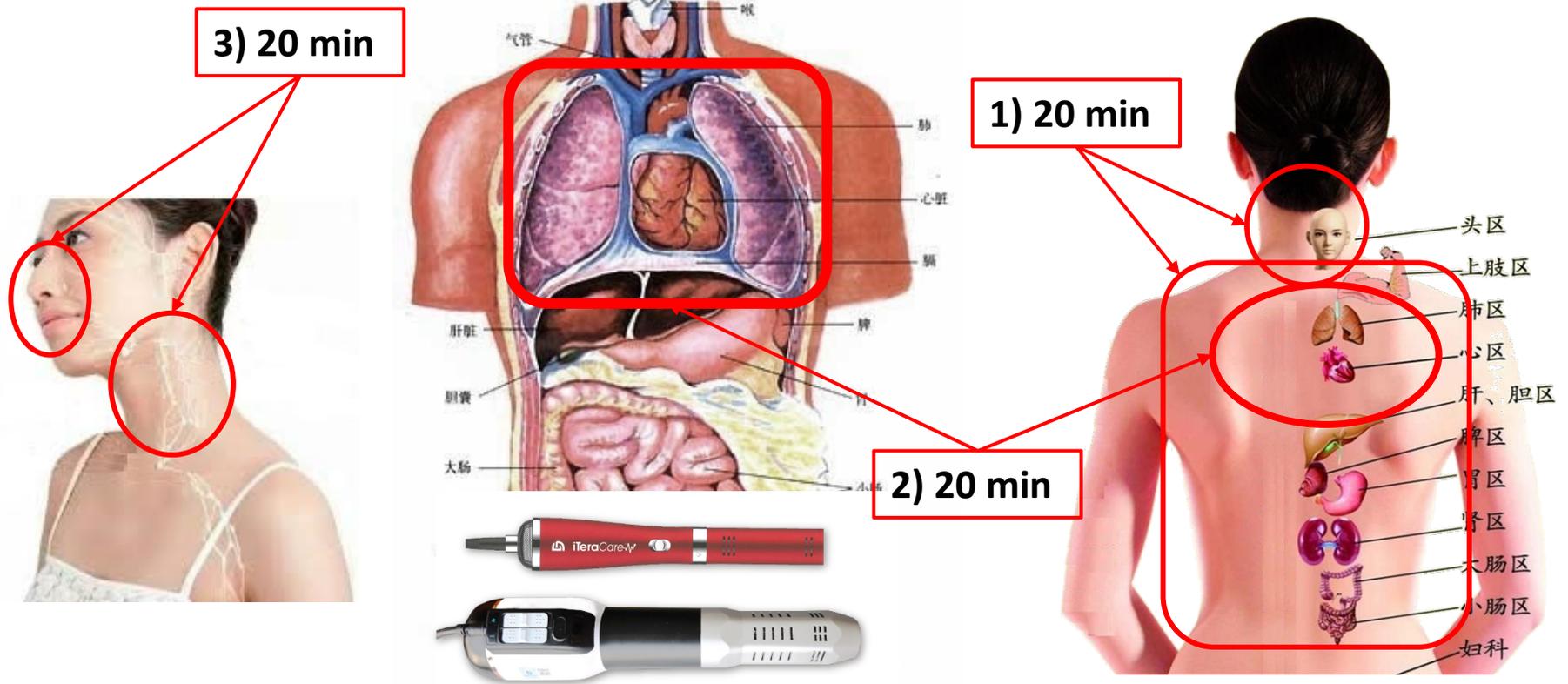
11.

**Fever:** Blow 5-7 minutes on palms, soles of feet, front chest, back, cervical spine and head for a total of 30-40 minutes.



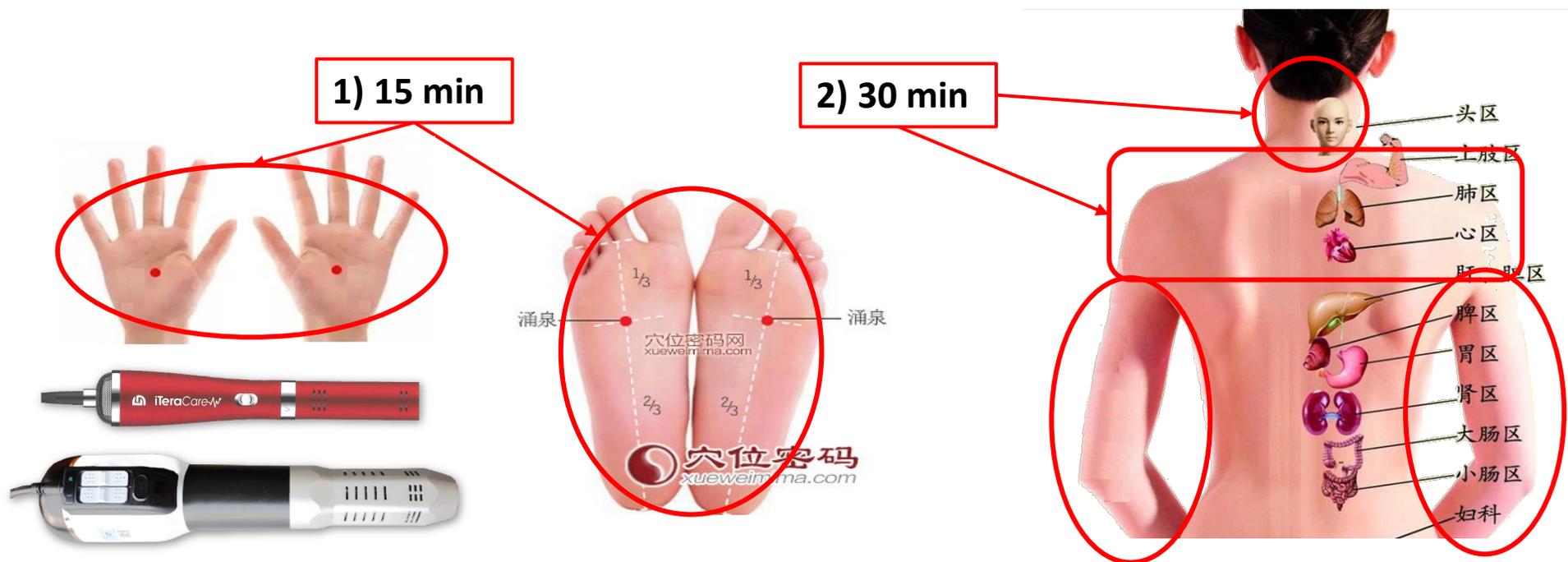
12.

**Bronchitis/Asthma:** First blow on the neck and back for 20 minutes, then on the front and back of lungs area for 20 minutes, finally blow on the throat and nose for 20 minutes.



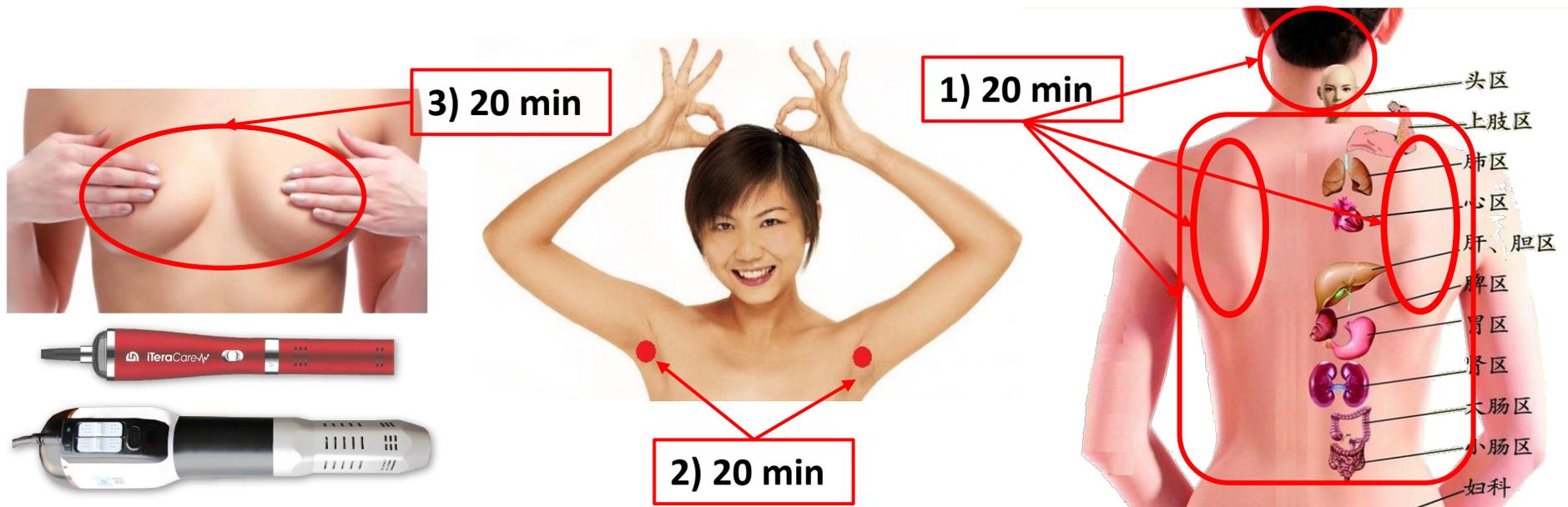
13.

**Shoulder and neck problems:** Blow the palms and soles of the feet for 15 minutes, blow the neck and entire shoulder for 30 minutes, total 45 minutes. (Numbness and pain on fingers and arms are mostly cervical spine problems. After above continue blow fingers and arms)



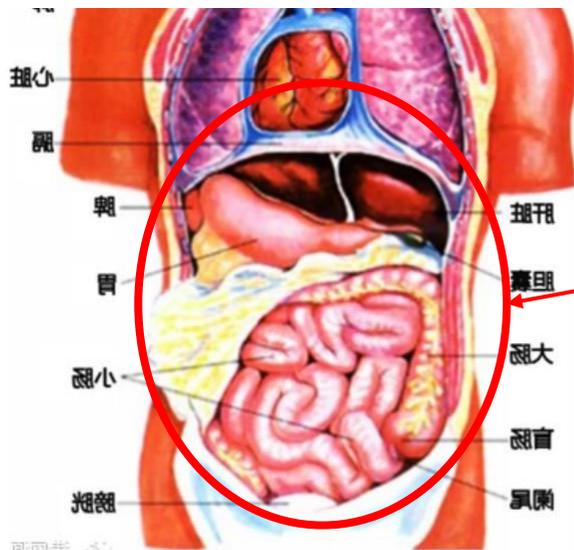
14.

**Breast problems:** first blow on the neck and the entire back, more on the shoulder blades for 20 minutes, then blow on the armpit lymph for 20 minutes, and finally blow on the chest area for 20 minutes. (If you have breast hyperplasia, can massage while blowing. Massage while blowing will also develop breasts)



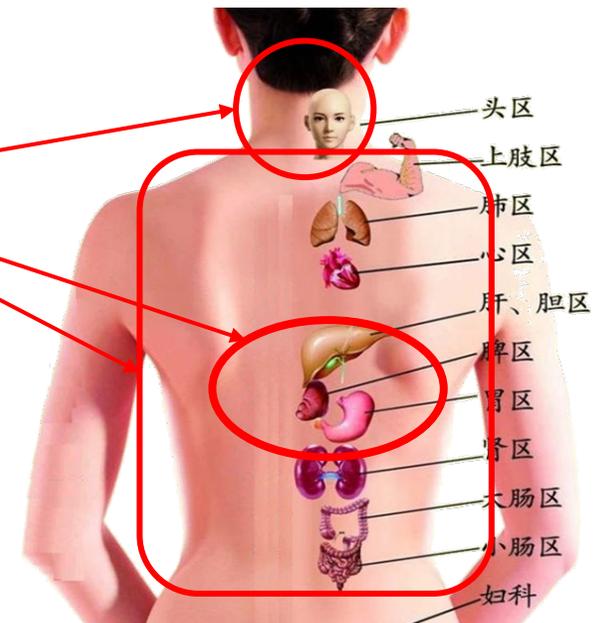
15.

**Spleen gastrointestinal physiotherapy:** First blow on the neck and the entire back, more on the spleen and stomach area for 25 minutes, and then blow on the front stomach and abdomen for 20 minutes, for a total of 45 minutes. (Cannot blow if gastric is bleeding)



1) 25 min

2) 20 min



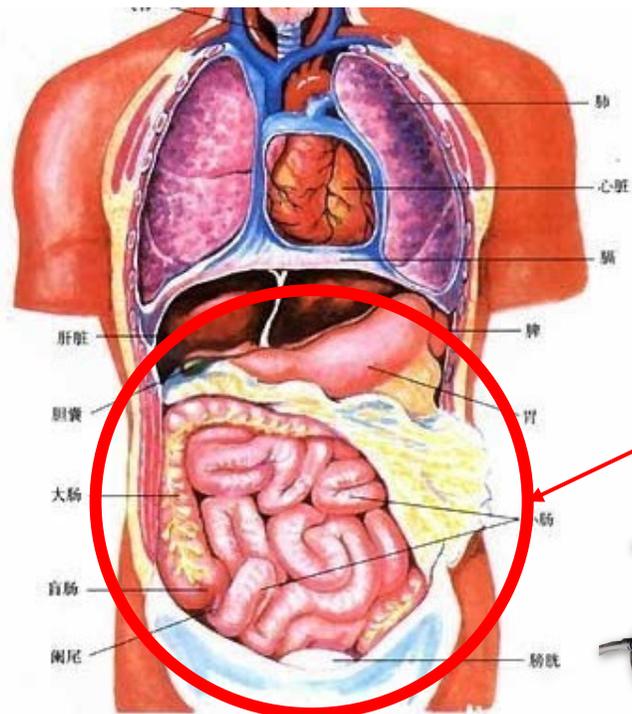
16.

**Lower back pain:** blow the palm and soles of the feet 10 minutes, then blow the entire back and neck for 20 minutes, finally blow on the area where it hurts for 20 minutes, total 50 minutes.



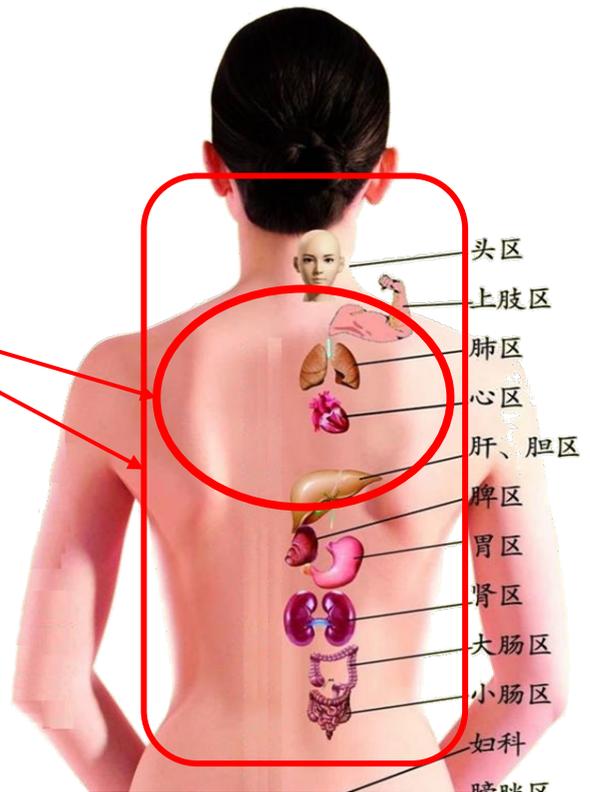
17.

**Constipation, intestinal problems:** First blow the entire back, more on the lung area for 20 minutes, finally blow on the front entire belly for 25 minutes, total 45 minutes.



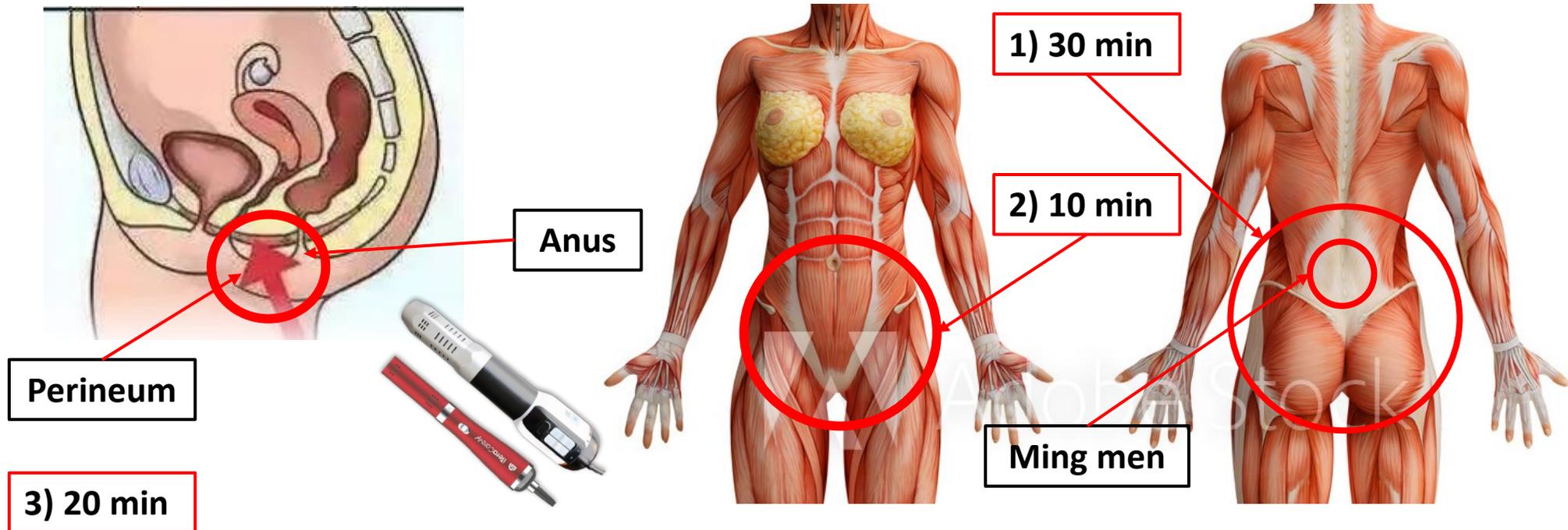
1) 20 min

2) 25 min



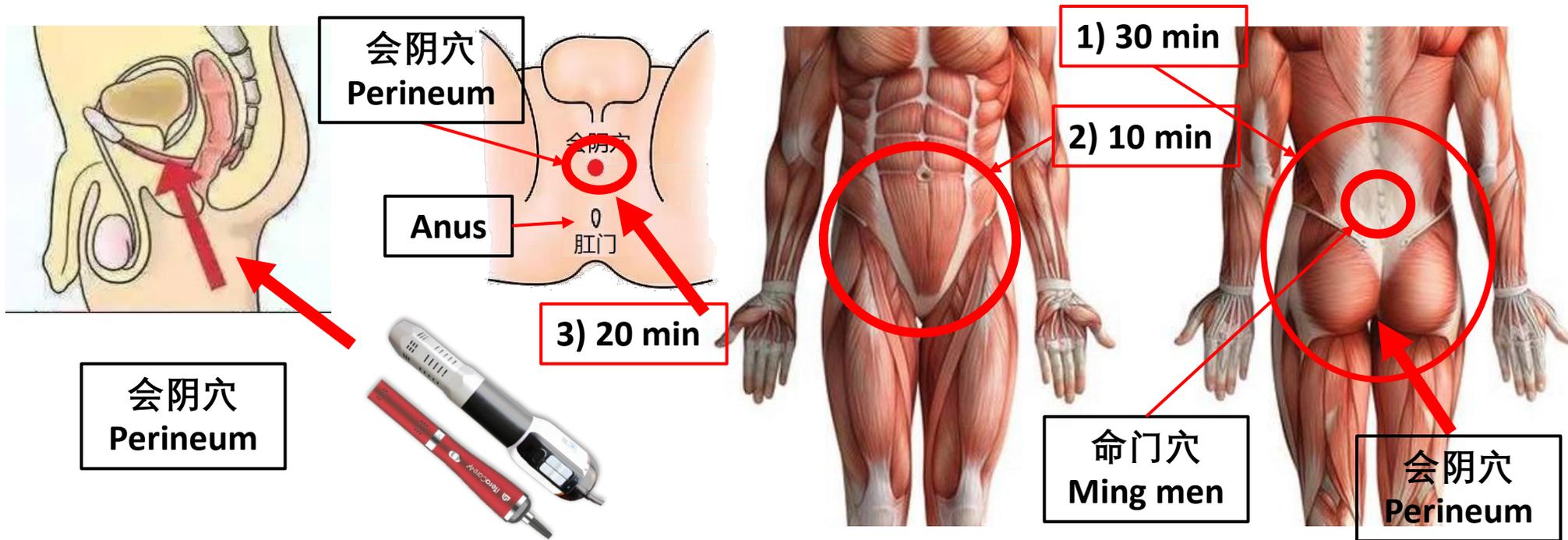
18.

**Female gynecological problems:** First blow the whole buttocks and waist, more on the Ming men point for 30 min, then blow the front groin and the lower abdomen for 10 min. lastly put the blower on the bed switch on low to blow on the perineum for 20 minutes. (If more leucorrhoea, menstrual confusion, and foreign bodies are signs of healing effects)



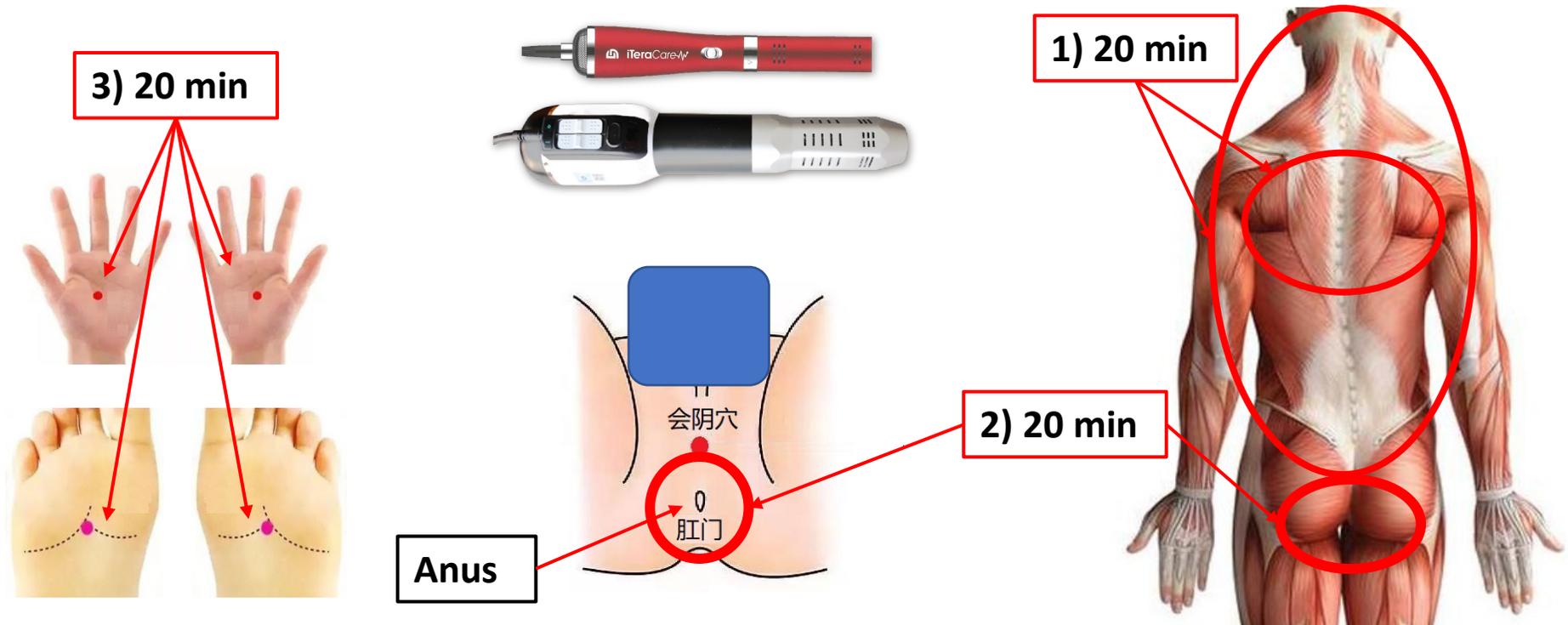
19.

**Male sex organ, prostate problems:** First blow the entire waist and kidney area, more on the Ming men point for 30 min., then blow the front groin and lower abdomen 10 min., and finally blow on the perineum on standing position or put the blower on the bed switch on low to blow on the perineum for 20 minutes.



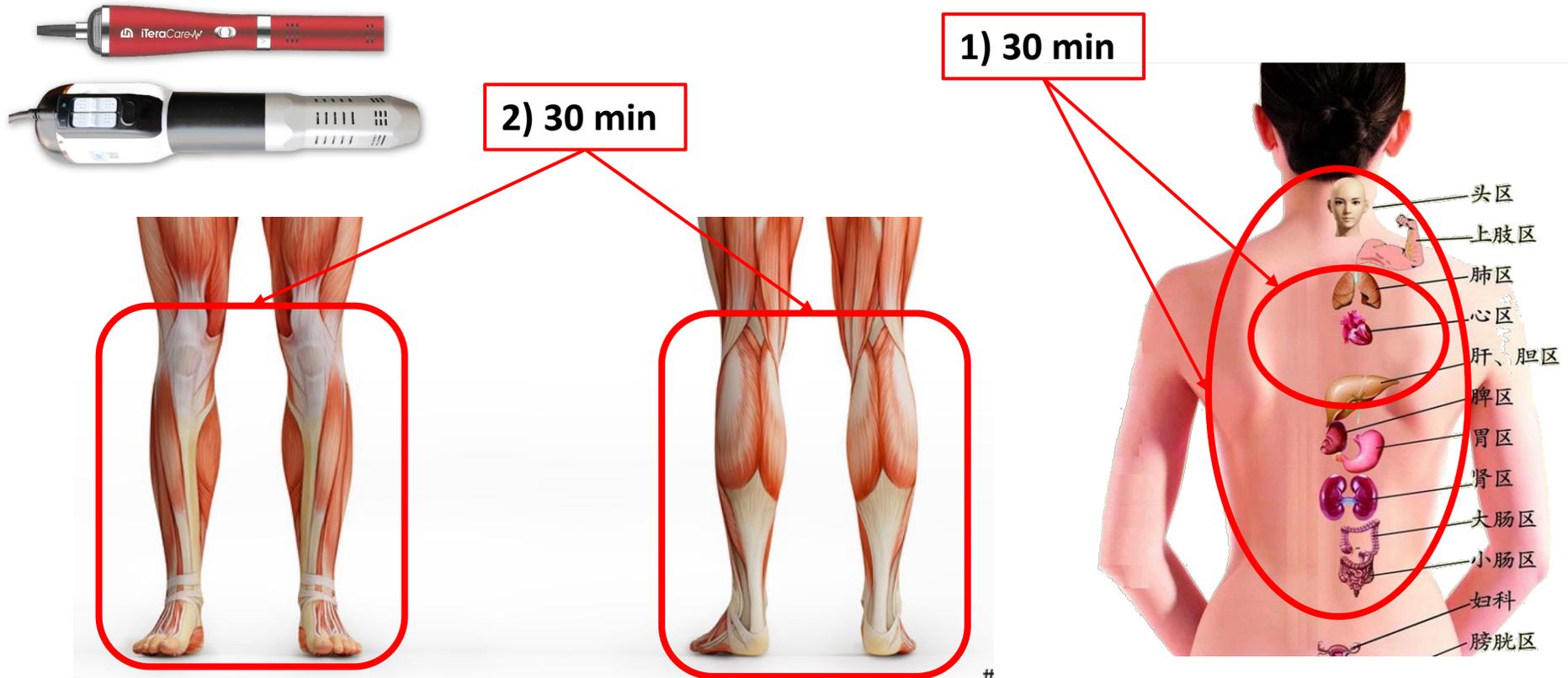
20.

**Haemorrhoid's therapy:** To regulate the internal organs first blow the entire back, strengthen the lungs area for 20 minutes, then blow on the haemorrhoids for 20 minutes, blow the palms and soles of the feet for 20 minutes.



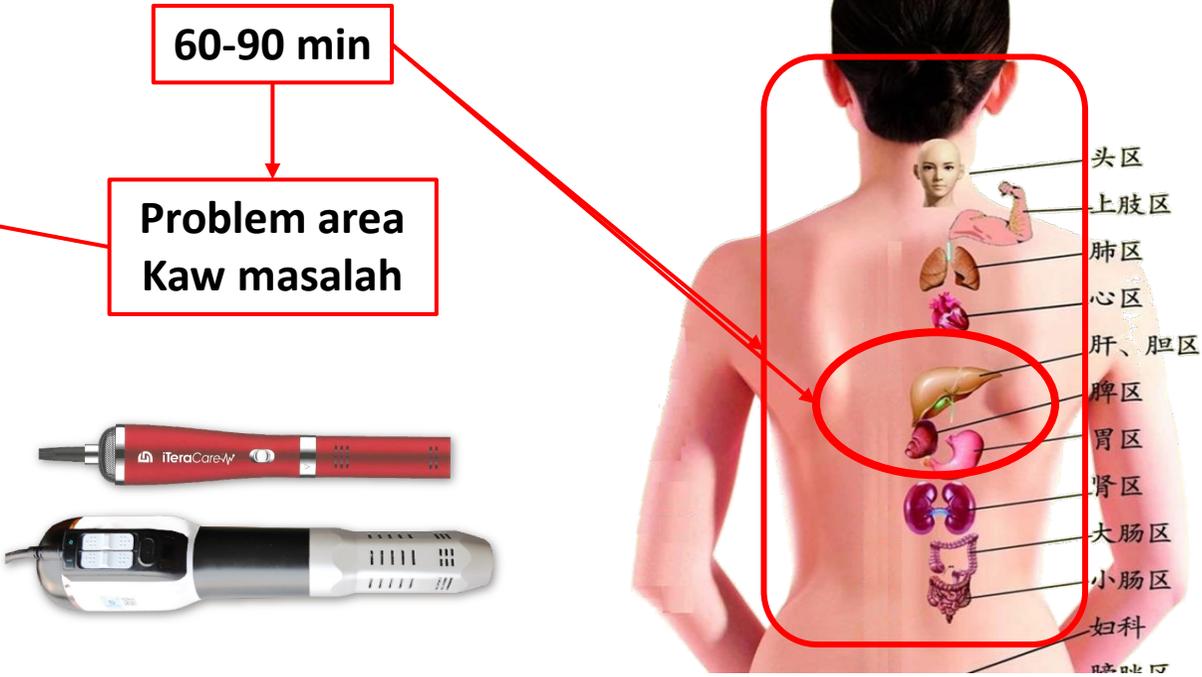
21.

**Regulate athlete's foot and onychomycosis:** First blow on the back, strengthen the liver and gallbladder area for 30 minutes, and then blow on the feet for 30 minutes, for a total of 60 minutes.



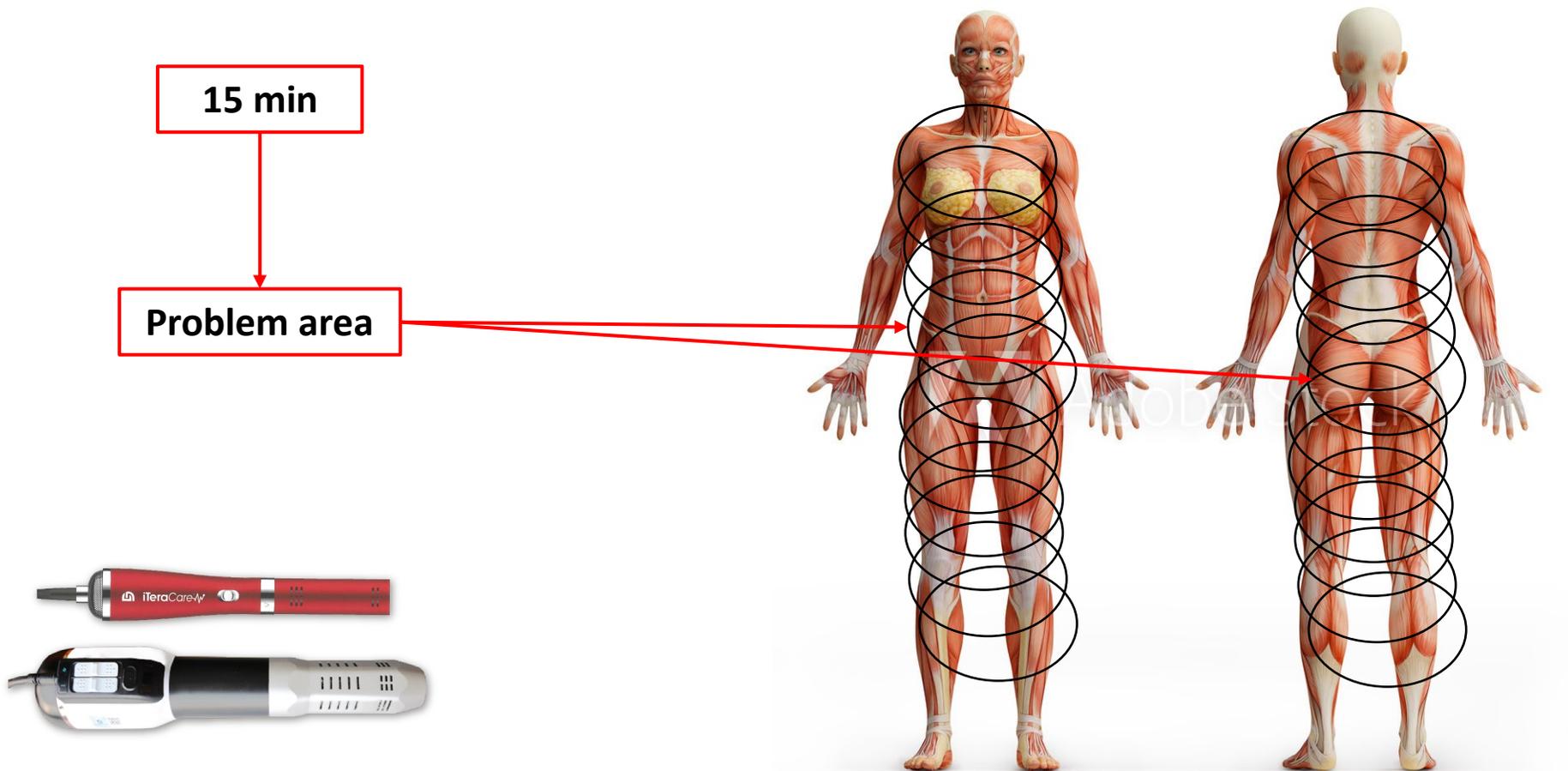
22.

**Skin problems:** First blow the entire back, more on the lung area, and then blow on the skin problem areas for 60-90 minutes each therapy. (During the process, the skin is itchier or blisters are healing effects)



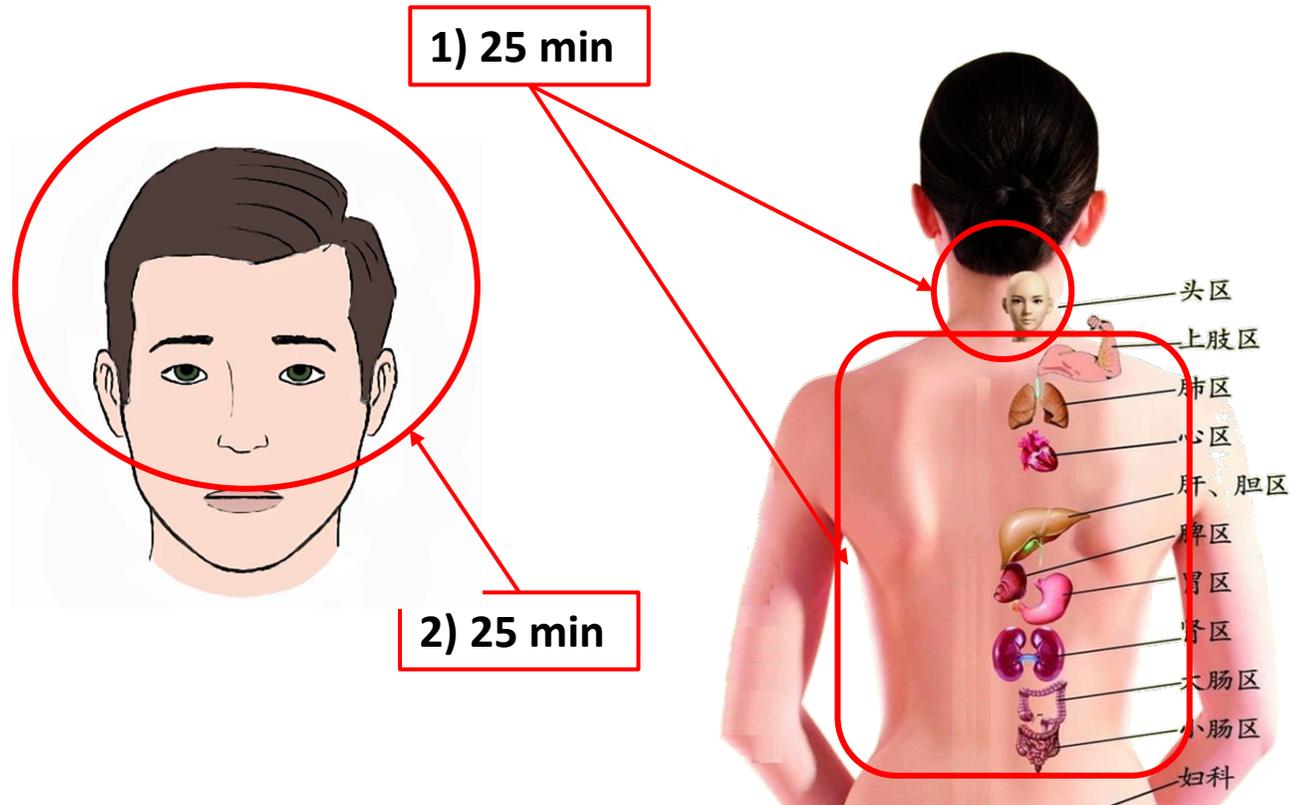
23.

**Wound problem:** Just blow the wound in circular motions for 15 minutes. 2 ~ 3 times a day



24.

**Insomnia and poor sleep:** First blow on the shoulders, neck and back for 25 minutes, and then blow the entire head for 25 minutes, total 50 minutes.



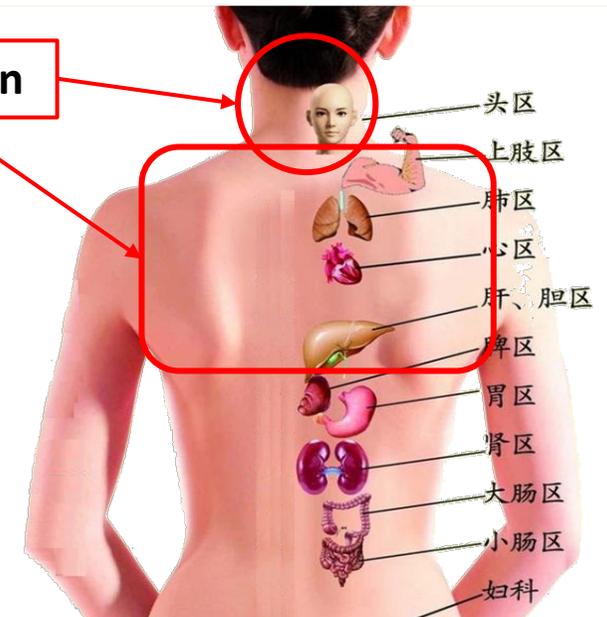
25.

**Inflammation of the tonsils (Sore throat):** First blow on the shoulders and neck for 20 minute, then blow straight to the throat, blow in and away for 25 minute.(During the process, if you have fever and more nasal discharge, it is a normal healing effect, continue therapy)



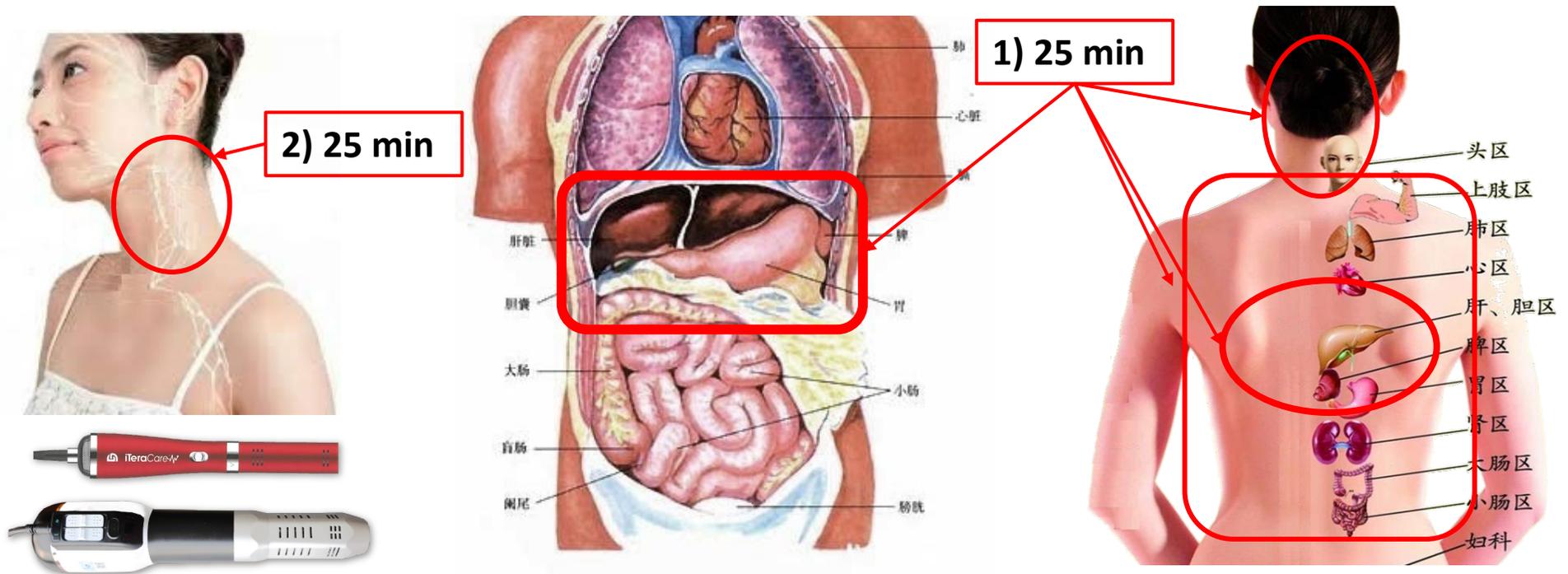
2) 25 min

1) 20 min



26.

**Hyperthyroidism:** First blow the back of neck, front and back liver area for 25 min, then blow the hyperthyroidism area for 25 min.  
(During the process, blisters, redness, and hotness may appear as normal detoxification recovery phenomena)



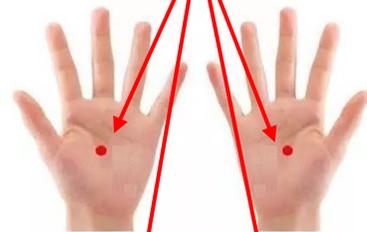
27.

**Varicose veins:** First blow the palms and soles of the feet 10 min, then the entire back, more on main nerves and lung area for 25 min. finally blow on the varicose veins for 25 min. (More itching, blisters are signs of improvement effects)

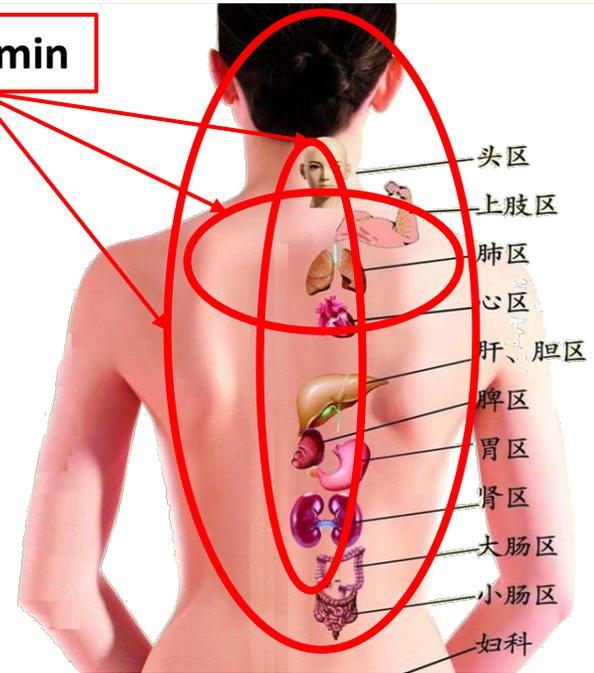
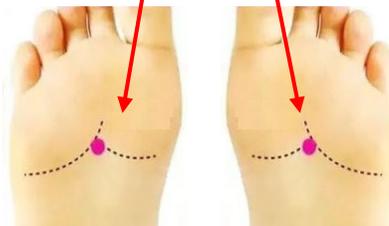


3) 25 min

1) 10 min

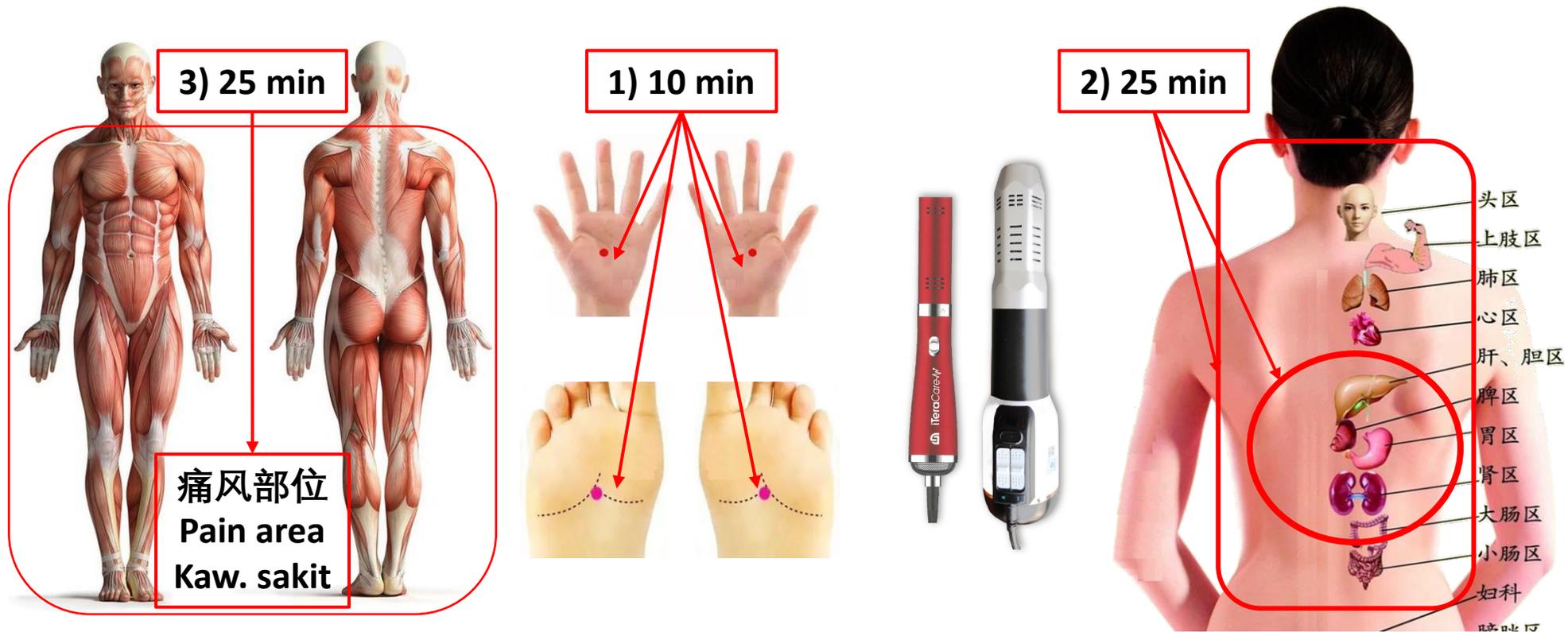


2) 25 min



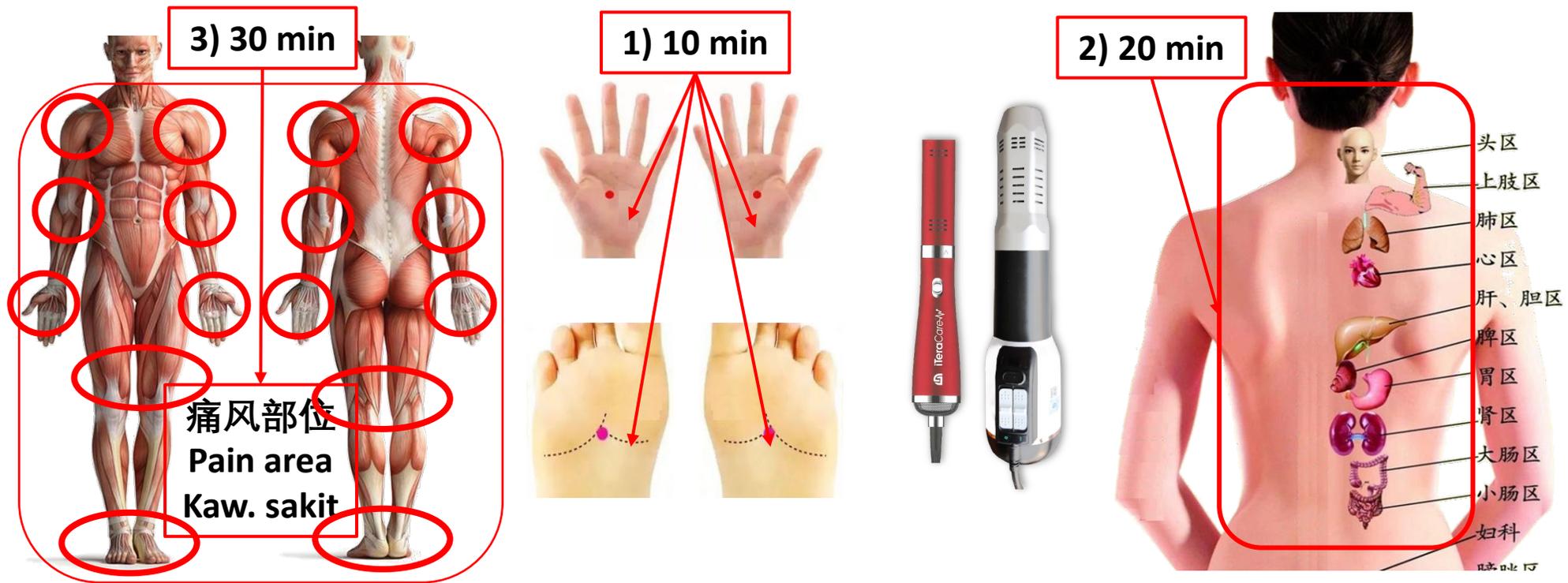
28.

**Gout conditioning:** First blow the palms and soles of the feet 10 min, then blow the entire back more on the spleen, stomach, liver, gallbladder and kidney area 25 minutes, then blow the painful area for 25 minutes, (Blisters, pain in other area is a sign of improvement)



29.)

**Rheumatic joint pain:** First blow on the palms and soles of the feet for 10 min, then the entire back for 20 min, and then blow all the joints, more on the painful joints for 30 min (If blisters appear, more painful, it is improvement effect)



30.

**Obesity, weight loss and dampness:** First blow the palms and soles of the feet 10 min, then blow the entire back, more on the spleen, stomach, liver & gallbladder area for 25 min, and then blow on the front belly, both the thigh 25 min.



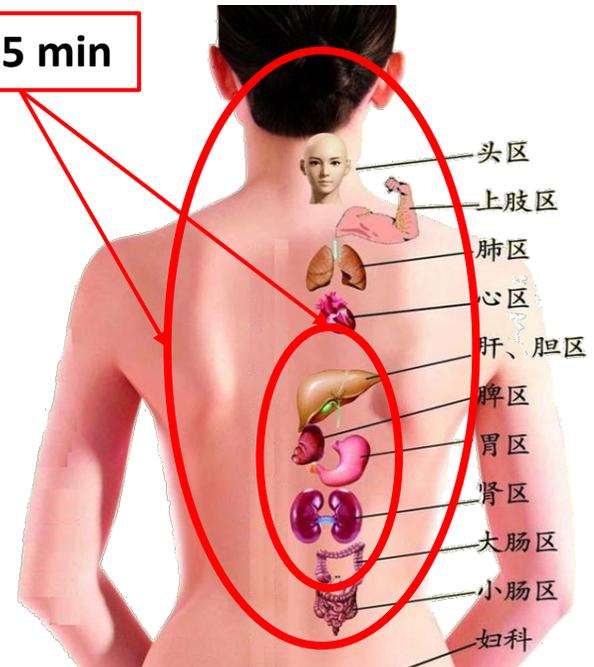
3) 25 min



1) 10 min

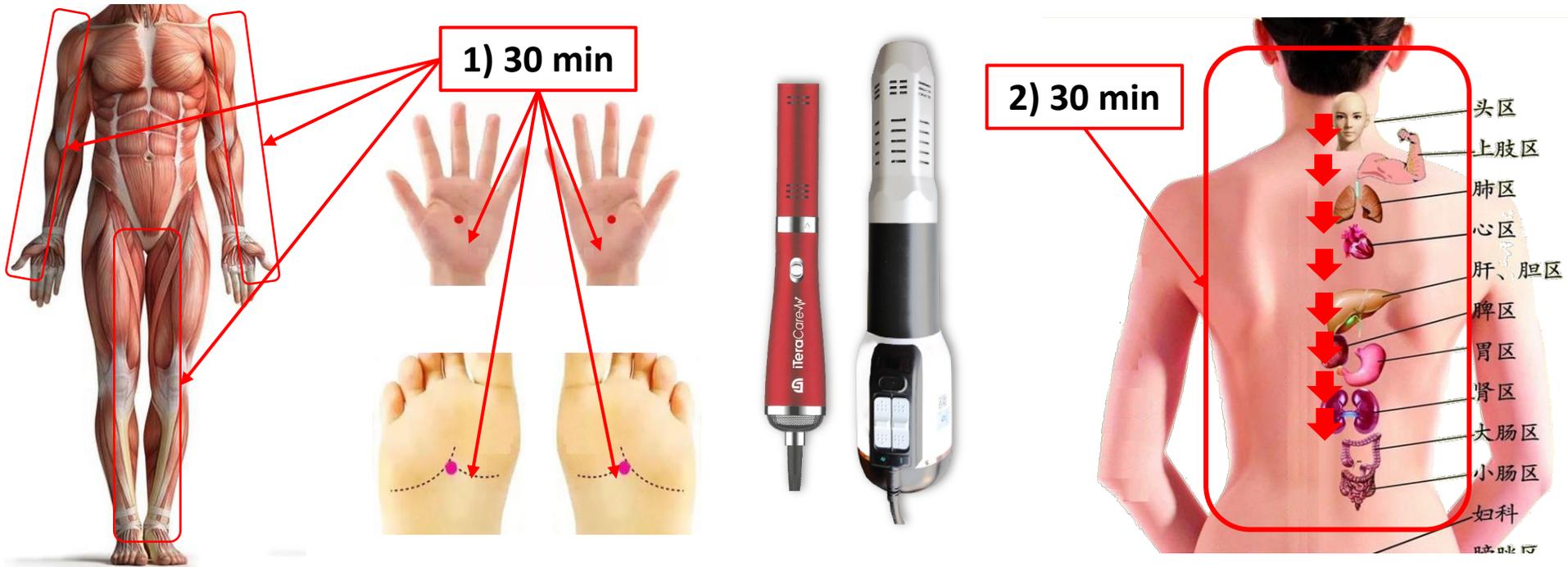


2) 25 min



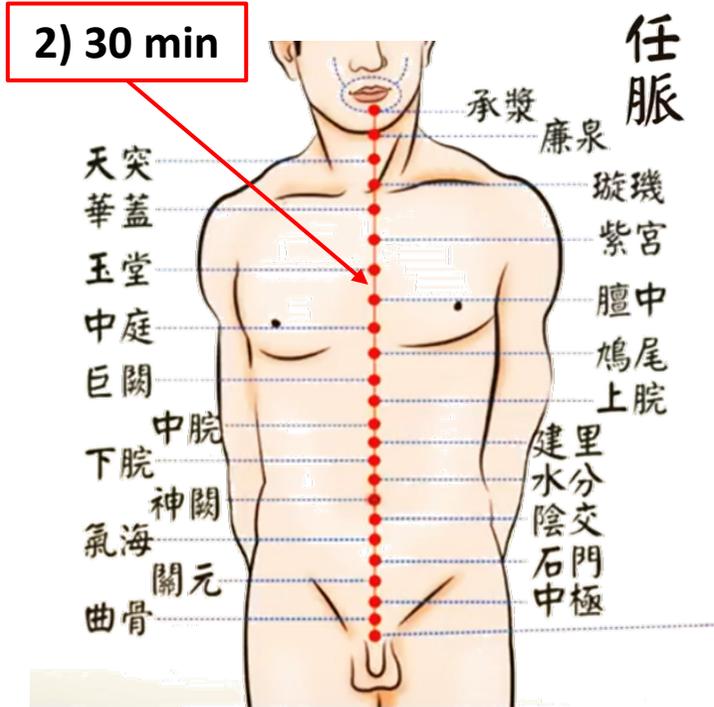
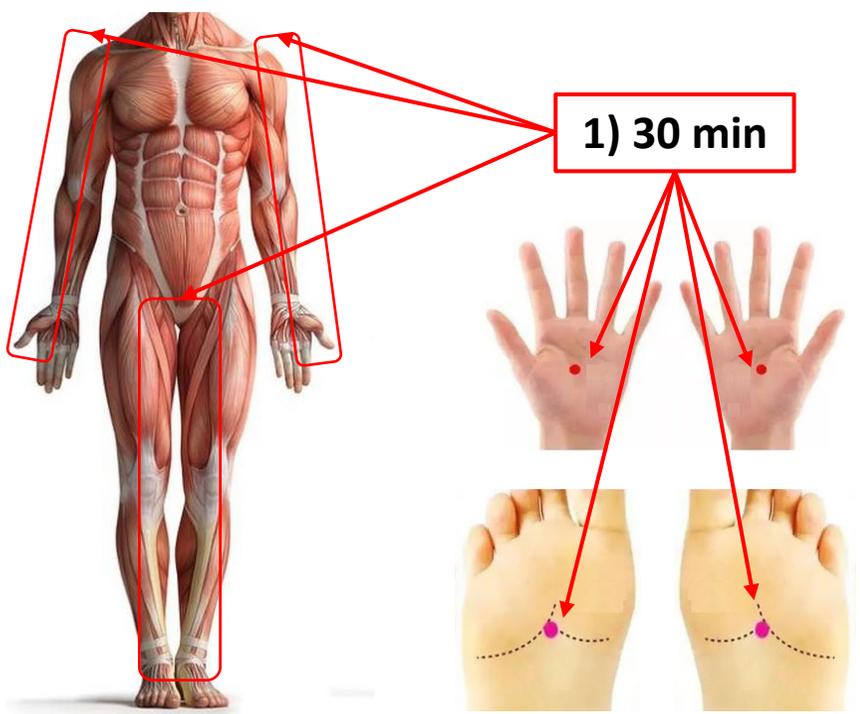
31.

**High blood pressure:** First blow on the palm and outer of hand, then the sole and inner of feet for 30 min, when better, blow downward on the back for 30 min. **Note:** High blood pressure, do not blow on the head in 1<sup>st</sup> week. blow downward on the back. When blow upward, sweat more and blood circulation become rapid.



32.

**Blood sugar:** First blow on the palm and outer side of the hand, then the sole and inner side of the foot for 30 min, then blow on the middle of front body from the chin to the bladder, top to bottom for 30 min. (**Note:** The therapy time for low blood sugar should not be too long and pay attention to replenishing body energy.)



33.

**Hemiplegia:** Blow on whole body, first blow on palms and soles of the feet, two arms and legs, also the lymphatic area for 30 min, then the head and back of head, neck for 30 min, focus and strengthening the back meridian and the front vein for 30 min.



34.

**To expel cold and dampness:** First blow palms, soles of feet 20 minute, then blow the entire back, more on the spleen and stomach area, and the navel for 30 minute, total 50 minutes.



35.

**Invigorate the kidney and yang:** First blow on the palms and soles of the feet 20 minutes, and then blow on the back, more on the centre, kidneys and then navel for 30 minutes.

