



Self Care Days Precaution & CI

Cautions and Contraindications for Self-Care Equipment

IMRS/ISLR

If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.

- **Pacemakers, defibrillators, insulin pumps, epilepsy and pregnant women are contraindications**

Ion Cleanse

The Ion cleanse is not recommended for people with the following conditions without consulting with your physician prior to use.

- A heart pacemaker or any other battery operated or electrical implants
- Pregnant or breastfeeding
- Recipient of an organ transplant
- On mental health medications
- On a blood pressure medication
- On blood-thinning medication such as coumadin
- On medication for irregular heart beat
- Currently taking a course of chemotherapy treatment

Ion cleanse can cause the detox and quicker elimination of medication from the body reducing the dose that is in the blood stream

Rife Technology

- Pregnancy or breast feeding
- Electronic implant
- Organ transplants
- Serious heart disease

Far Infared Hot House

The Far Infrared Dome should NOT be used if you have:

- A serious heart condition
- If you have a Pacemaker that is older then 10 years.
- If you have uncontrolled high blood pressure - if controlled by medication then okay.
- If you have severe sunburn.
- Not advised for children under 2 years without medical consultation.
- Use discretion regarding open wounds - far infrared heat will heal and close them.
- Avoid or use with caution during menstruation - may increase flow.
- Avoid if pregnant

CHI Machine

Caution - When not to use:

- Within 3 months of post surgery or bone fracture.
- If suffering from open wounds or infection.
- During pregnancy (best used a few weeks after normal delivery to support recovery).
- If you have an old, unstable pacemaker.
- If you suffer from epilepsy.
- If you have serious heart disease (unable to walk).

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