

THERAPY GUIDE ON HOW TO OPTIMIZE RESULTS WITH ITERACARE DEVICE

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WE RECOMMEND A TOTAL OF 15-30 MINUTES OF THERAPY PER DAY

for healthy individuals. Not more than 2 hours per day for those having health challenges. Take a break for up to 3 days every month or 1 day per week after continuous use of the device. The break is important so the body's cells won't get too immune with the frequency and be unable to respond optimally.

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ONCE YOU UNDERGO HEALING CRISIS,

we recommend changing lifestyle to a healthier habit. Taking enough rest, drinking up to 4 liters of water per day, proper nutrition, exercise, sunlight and deep breathing should be followed during the healing process. Cut down the use of the device up to 50% of usual time, for example, from 30 mins, cut it down to 15 mins., until you feel well again.

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ONCE YOU ACHIEVE YOUR HEALTH GOAL,

minimize regular prolonged use of the device. Using it for 5-10 mins per day is perfect. Take a break once in a while. But don't stop drinking lots of charged water.

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REMOVING YOUR CLOTHES DURING THE THERAPY

is highly recommended to maximize Iteracare heat effect in the body.

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NEVER EAT RAW MEAT AND COLD FOODS

within 4 hours after the therapy.

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DON'T TAKE A BATH WITHIN 4 HOURS

after the therapy. We suggest take a bath first then do the therapy immediately to maximize effect. No electric fan and air-condition directly pointed on you within 4 hours after the therapy also. These will be counter effective for your health goal.

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ENJOY THE JOURNEY OF HEALING

and optimal health. Never worry and always be joyful for within you is the power to heal yourself.