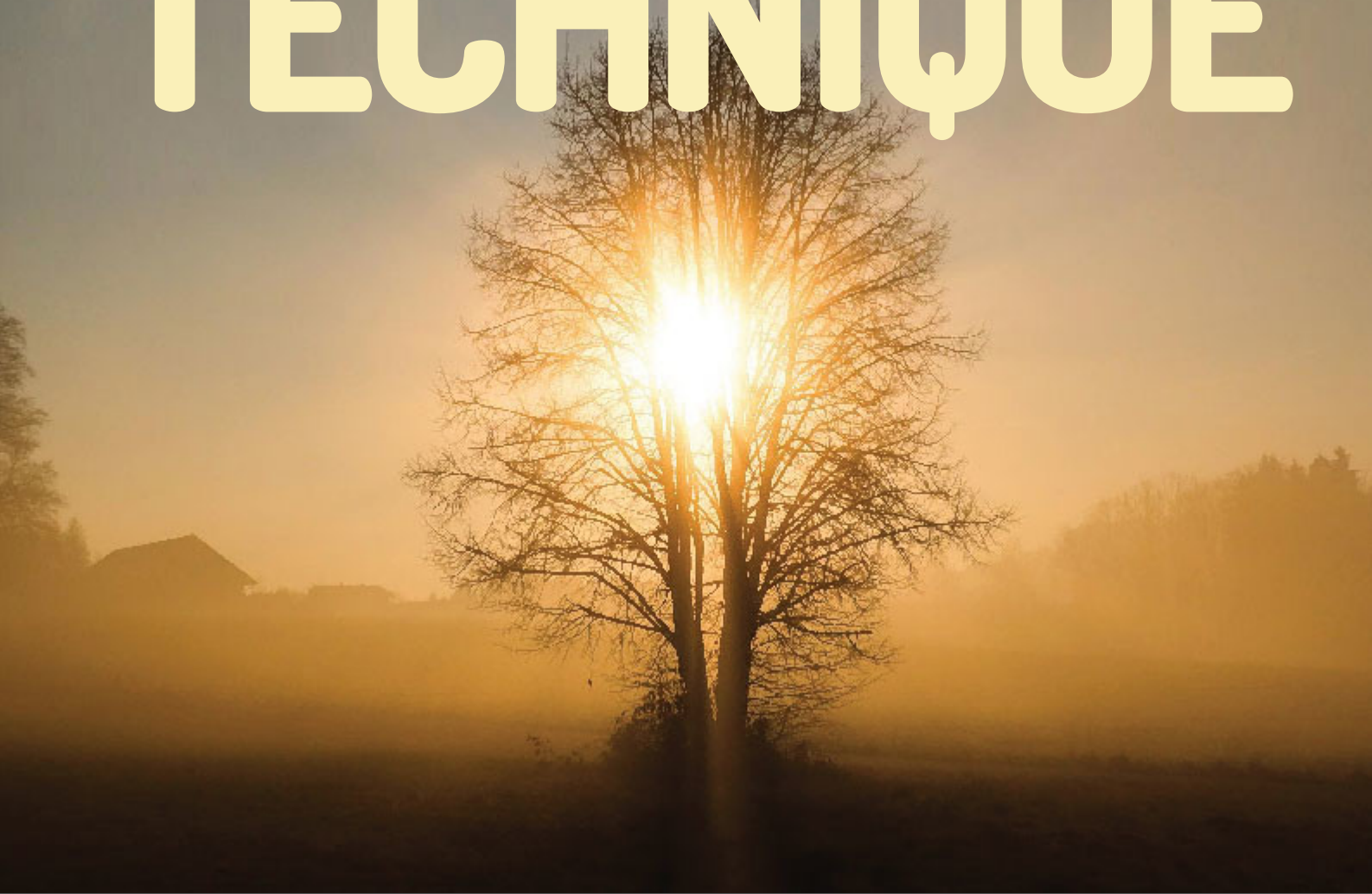




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# i-TERACARE BASIC TECHNIQUE



•ITERACARE BASIC TECHNIQUE•

Whole body: With the distance of 3-4cm, use the device vertically.

Speed: move with your suitable speed.

Method: Vertically or circular.

Time: small areas, around 15-20 minutes, full body, 30-40 minutes.

Use daily not more than 2 hours

\*those with weaker body, elderly and young children do not need as much time, use sweat as an indication.

1. Start with palms and move onto bottom of the foot for about 1-2 minutes each.

2. Use on the back for 2-3 minutes

Room Temperatures:

Cold: in a 25.c room

Warm: in room temperature

(1) starting from the center of the spine, move up and down

(2) from spine, move sideways left and right and move to buttocks

(3) arms: starting from the shoulders, move towards the hand and fingers

(4) lower limbs: starting from the buttocks, move towards sides and move downwards to legs and toes

(5) chest: starting from the neck, move down to the collar bone and chest, avoid the nipple

(6) upper limbs: starting from the ribs, move towards the center and move to lower limbs

(7) head area: starting from the top of the head, move in circular motion around the head

( face: move in circular motion around the face

### **Additional techniques:**

#### **1. FLU:**

Below 38.5c, use basic techniques (back + chest+ head+ face+ feet)

#### **2. SORE THROAT:**

Basic technique + focus on neck

#### **3. COUGHING:**

Basic technique + focus on neck + shoulder

#### **4. TOOTHACHE:**

Basic technique + limbs + stomach area

#### **5. KNEE PAIN:**

Basic technique + focus on knee + liver area + spleen area

**6. FACE:**

Basic technique + face area + liver area + spleen area

**7. BLOOD PRESSURE:**

Blood pressure 170-95 and above.

- high blood pressure: basic technique + liver area + spleen area + limbs + feet
- low blood pressure: basic technique, short amount of time is recommended, use on whole body, 10-15 minutes

**8. MYOCARDIAL INFRACTION:**

Basic technique + liver area + spleen area + limbs + feet + chest area

**9. CEREBRAL INFRACTION HEMIPLEGIA:**

Basic technique + liver area + spleen area + limbs + feet + head area

**10. DIABETES:**

Basic technique + limbs + feet + liver area + spleen area

**11. PSORIASIS:**

Basic technique + focus on area

**12. GYNECOLOGICAL DISEASES, INCONSISTENT MENSTRUEL CYCLE:**

Basic technique + back area + abdomen + liver area + spleen area + uterus area

**13. RUNNY NOSE, PHLEGM:**

Basic technique + focus on area + lung area

**14. OBESE, MENOPAUSE, CRAMPS:**

Basic technique + back area + chest + liver area + spleen area + abdomen

**15. HEARING PROBLEMS, INSOMNIA:**

Basic technique + back area + liver area + spleen area + head area

**16. SHORT SIGHTEDNESS:**

Basic technique + back area + liver area + eye area

**17. RHEUMATISM:**

Throat area technique + back area + liver area + spleen area

**18. BEAUTY EFFECT:**

From the chin, move upwards ,use the other hand to massage the chin for 5-10 minutes

**19. BURNS:**

Circular motions on burns area

## **20. LIPOMA:**

Basic technique + liver area + spleen area + focus on needed area

## **21. COLD, GASSY:**

Hand food mouth sickness, hands, fingers, neck, stomach, knees, feet etc:

when using Terahertz treatment, it will discharge the unhealthy gasses. Usually start with the hands and palms, feet, and then start with torso and body. When using on body, move vertically. When affected area is painful, focus on area.

2. There is a possibility of symptoms, usually during treatment.

3. Symptoms will appear from time to time.


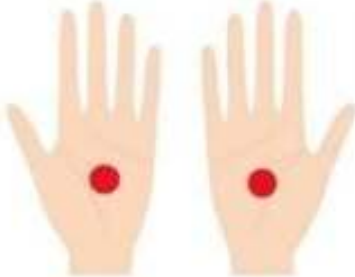



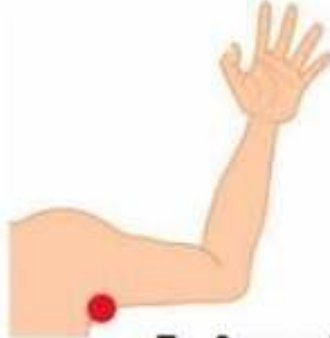



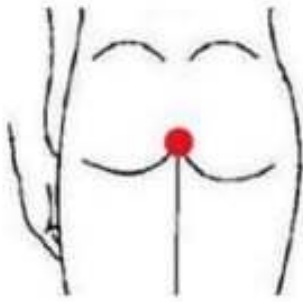
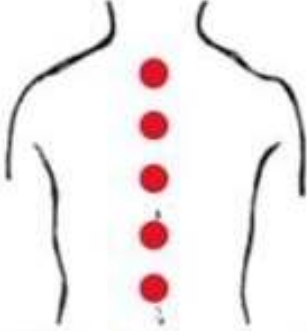

4. Few hours after treatment, is it advised not to drink cold beverages, no cold food, sitting under air conditioning is unrecommended, no showers, to enhance the treatment's affect.

5. Treatment duration depends on the severity of sickness/condition. Those with weaker body is recommended to use treatment for a shorter time than normal. Before and after treatment, please drink a cup of WARM charge Terahertz water. 4 hours after treatment, you can shower. When the treatment is working, you will feel slight soreness, visible redness, blisters/crystals on treated area, these are ordinary symptoms.

DISCLAIMER: First time users might experience pain, itchiness, constipation, light fever, blisters/crystals, depending on your body. These are normal effects.

# Steps of using iTeraCare™

Warm up the body. Blow step 1 to 10, each part for about 2-3mins

|   |  |  |
|---|--|--|
|  <p><b>Drink 2 glasses of warm water</b></p> |  <p><b>1. Palms</b></p>             |  <p><b>2. Soles</b></p>                             |
|  <p><b>3. Behind the Knees</b></p>          |  <p><b>4. Groin</b></p>            |  <p><b>5. Armpit</b></p>                           |
|  <p><b>6. Lymph</b></p>                    |  <p><b>7. Upper Back</b></p>      |  <p><b>8. Head</b></p>                            |
|  <p><b>9. Butt</b></p>                     |  <p><b>10. Blow Downwards</b></p> |  <p><b>Drink 2 more glasses of warm water</b></p> |

iTeraCare device can also be blown on Head, Face, Body, Limbs and Pain areas.

\*High Blood Pressure user don't blow no. 8

