

## Therapy Guide on How to Optimize Results with IteraCare Device

1. Drink 2 glasses of charged warm water before and after the therapy. For those who can't drink the recommended amount, may drink in between the therapy or drink staggered within an hour or two during and after the session.
2. For the first 3 therapies follow the 10 steps warm-up guide to slowly introduce the THz Frequency to your body. This will clear blockages in the body and open meridian points. This is a total of 20 mins per 10-step guide session.
3. Next, focus on uncomfortable areas, or areas you want to treat and activate cellular generation and elimination of bad cells. 5-15 minutes per area is recommended.
4. Never blow on areas where there's hemorrhage, open wounds, cuts, or burns; areas where there are cancer cells nearby blood vessels causing bleeding. This may cause more pain and unwanted reactions.
5. It is alright to continue taking your supplements and medicine while using the ITERACARE device. Once you see significant progress you can cut down on taking your meds provided you **consult your Doctor**.
6. Charging your tea, natural fruit juice, and water detox juices is perfect to increase the detoxification effect and nutrients in the body. Never charge carbonated drinks and **never charge** water in a plastic container.
7. 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.
8. Once you undergo a healing crisis, we recommend changing your 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 the usual time, for example, from 30 mins, cut it down to 15 mins., until you feel well again.
9. 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.
10. Removing your clothes during the therapy is highly recommended to maximize ITERACARE heat effect in the body.
11. Never eat raw meat and cold foods within 4 hours after the therapy.
12. Don't take a bath within 4 hours after the therapy. We suggest taking a bath first and then doing the therapy immediately to maximize the 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.
13. Enjoy the journey of healing and optimal health. Never worry and always be joyful for within you are the power to heal yourself.



## ITERACARE THERAPY GUIDE ON HOW TO OPTIMIZE RESULTS WITH ITERACARE DEVICE

Following these guide will give you the optimal results.



**01**

### **DRINK 2 GLASSES OF CHARGED WARM WATER**

before and after the therapy. For those who can't drink the recommended amount, may drink in between the therapy or drink staggered within an hour or two during and after the session.

**02**

### **FOR THE FIRST 3 THERAPIES**

follow the 10 step warm up guide to slowly introduce the THz Frequency to your body. This will clear blockages in the body and open meridian points. This is a total of 20 mins per 10 step guide session.

**03**

### **FOCUS ON UNCOMFORTABLE AREAS**

or areas you want to treat and activate cellular generation and elimination of bad cells. 3-15 minutes per area is recommended.

**04**

### **NEVER BLOW ON AREAS**

where there's hemorrhage, open wounds, cuts or burns; areas where there's cancer cells nearby blood vessel causing bleeding. This may cause more pain and unwanted reactions.

**05**

### **IT IS TOTALLY ALRIGHT TO CONTINUE**

taking your supplements and medicine while using the Iteracare device. Once you see significant progress you can cut down taking your meds provided you consult your Doctor.

**06**

### **CHARGING YOUR TEA, NATURAL FRUIT JUICE**

and water detox juices is perfect to increase detoxification effect and nutrients in the body. Never charge carbonated drinks and never charge water in plastic container.

**07**

### **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.

**08**

### **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.

**09**

### **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.

**10**

### **REMOVING YOUR CLOTHES DURING THE THERAPY**

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

**11**

### **NEVER EAT RAW MEAT AND COLD FOODS**

within 4 hours after the therapy.

**12**

### **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.

**13**

### **ENJOY THE JOURNEY OF HEALING**

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