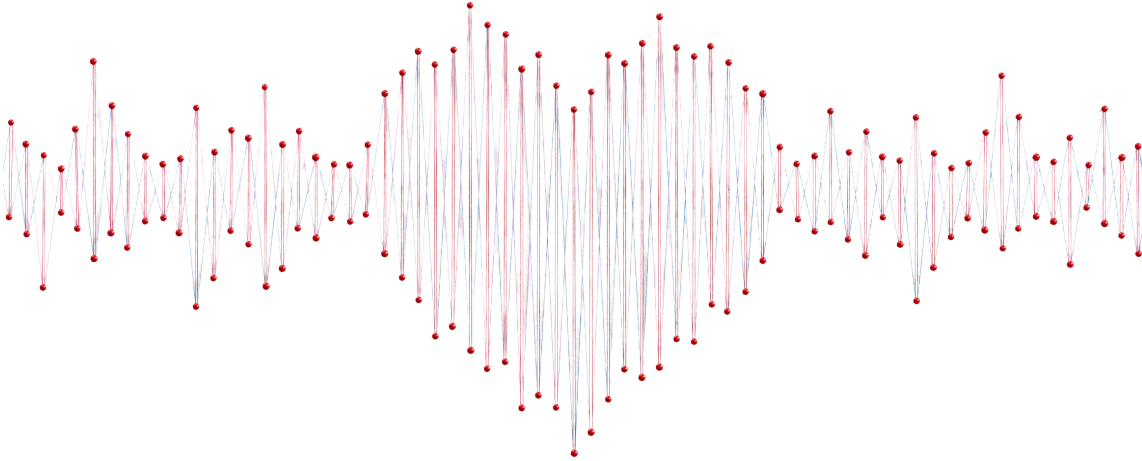


TERAHERTZ DEVICE PROTOCOL GUIDE





WELCOME

Welcome to the user guide for the Terahertz Healing Device, a cutting-edge technology designed to promote healing and wellness through the use of terahertz waves. This device has been created with the latest scientific research in mind, and is intended to provide users with a safe, effective, and non-invasive way to improve their overall health and wellbeing.

The Terahertz Therapy Device works by emitting heat and terahertz waves, which are a type of electromagnetic radiation with a frequency range between 0.1 and 10 THz. These waves are believed to have a number of potential health benefits, including reducing inflammation, improving circulation, and supporting the body's natural healing processes.

To use the device, simply place it in close proximity to the area of your body that you wish to target. The device will emit terahertz waves, which will penetrate the skin and interact with the cells and tissues in the area, providing therapeutic benefits.

In this user guide, you will learn more about how to use the Terahertz Healing Device safely and effectively, as well as the potential health benefits that it may provide. We encourage you to read this guide thoroughly before using the device, and to consult with a healthcare professional if you have any questions or concerns about using terahertz technology for healing purposes.

GETTING STARTED

HOW TO OPERATE YOUR TERAHERTZ DEVICE:

The terahertz device comes with 3 settings.

1. Just blue light. This can be used on heat sensitive area's of the body. See Page 6 for information on Blue light therapy.
2. High penetration, high heat. the frequencies penetrates up to 30 cms into the body. Be cautious not to hold in one area too long to avoid overheating.
3. Low penetration, low heat. Ideal for using on the face, for sensitive skin issues or on children. Frequencies only penetrate 5 cms into the body.

INSTRUCTIONS FOR USE

- If you can, blow it on yourself- because you can feel and control the heat penetration. You can blow directly on the skin-or over clothing clothing.
- Set an intention for the result you wish to achieve from the device.
- Enjoy the process of blowing. 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.
- It helps to drink two glasses of warm water before and after blowing as it hydrates the blood. Terahertz water is best, and this can be achieved by blowing water in a glass for a couple of minutes prior to drinking. Alternatively you can purchase Terahertz Rocks to place in your water.
<https://healingwithfrequencystore.com/products/natural-terahertz-raw-stone>
- Try to avoid getting cold for a few hours after therapy.

- Be sure to understand the contraindications and precautions of the therapy process before use (listed at the end of this document.
- When blood cells are healthy, blood circulation improves, it can now effectively bring oxygen and nutrition to other cells, at the same time flush away toxins and dead cells.
- Please understand that because of the detox this device brings about, you may experience cold or flu symptoms. This is your body cleansing. To avoid this, please start with the Number 2 setting for a couple of weeks which is more gentle while your body gets used to the treatment.
- The above is only for general guidance, everyone is different, so please make your own judgment when using the device.

BLOWING THE MERIDIANS

When the meridian cells are healthy, the nervous system will be unblocked. The organs will be nourished and able to function normally and effectively therefore a lot of pain can be eliminated.

Firstly, blow the 3 acupuncture points

- a. Palm
- b. Sole
- c. Top of Head

Secondly, blow the 5 lymphatic nodes

- a. Inside of elbow
- b. Under arms
- c. Behind the knee joint
- d. In the groin
- e. Lymph on each side of neck (below the ears)

BASIC TECHNIQUE

Hold device perpendicular (90°) to body. Focus areas are shown in diagrams below.

- a) On Low Heat use at a distance of 3-4cm to body (can be used against bare skin if desired - high or low speed)
- b) On High Heat hold at a distance of 10cm-15cm from body (best with thin clothing)

Speed of Movement: Move device with a comfortable slow movement along the body in straight or circular motions. Stop and hold device over Focus Areas for 2-3min, using small circular motions and then move on.

Temperature: Use Low Heat to start (low speed then high speed). Change to High Heat on areas of body that can tolerate heat well (best through thin clothing).

Method: Use straight motion and circular motions

Time: Problem areas: 5-10 min. Whole body: 20-30 min each full session

Do not use for more than 40mins of constant use and no more than 2 hours per day (3 sessions of 40min each max)

1. Start with your palms for 2-3 min each.
2. Focus on neck, face & head - mouth, nose, closed eyes, forehead, temples, crown, ears, back of head, back base of head and back of neck
3. Arms: starting from the shoulders, move towards the hand and fingers
4. Torso: starting from the neck, move down to the collar bone, chest, abdomen (centre & sides).
5. Back: Use high speed Low Heat to start then high speed High Heat for 5-10 min
 - Starting from the center of the spine move upward to head and downward to sacrum
 - From spine, move sideways left and right and move to buttocks
6. Legs: Move over buttocks down legs, focus on knees (front and back), ankles, move down to feet and focus on bottom of each foot for 2-3min

BLUE LIGHT THERAPY

This Terahertz device also includes Blue Light Therapy.

Blue light therapy works by using high-energy light in the blue wavelength range to penetrate the skin and target certain cells and structures. When blue light is absorbed by the skin, it can stimulate certain cellular processes and produce therapeutic effects.

For acne treatment, blue light therapy targets the bacteria that cause acne, called *Propionibacterium acnes*. Blue light can penetrate the skin and reach the sebaceous glands where these bacteria reside. The blue light is absorbed by a molecule called porphyrin, which is produced by the bacteria, and this leads to the production of free radicals that can destroy the bacteria.

For SAD treatment, exposure to blue light can help to regulate the circadian rhythm, which is the body's internal clock that controls the sleep-wake cycle. Exposure to blue light in the morning can suppress the production of melatonin, a hormone that promotes sleep, and help to reset the body's circadian rhythm.

For skin rejuvenation, blue light therapy can stimulate the production of collagen, a protein that gives the skin its elasticity and strength. The blue light can penetrate the skin and activate certain cells called fibroblasts, which produce collagen.

Blue light therapy has a number of potential benefits, including:

- Acne treatment: Blue light therapy can be an effective treatment for acne, as it can kill the bacteria that cause acne and reduce inflammation.
- Seasonal affective disorder (SAD) treatment: Exposure to blue light has been shown to be effective in treating the symptoms of seasonal affective disorder (SAD), a type of depression that occurs during the fall and winter months when there is less sunlight.

- Sleep regulation: Exposure to blue light during the daytime can help regulate the circadian rhythm, which can improve sleep quality and reduce the risk of sleep disorders.
- Skin rejuvenation: Blue light therapy can also help to rejuvenate the skin by promoting collagen production, which can reduce the appearance of fine lines and wrinkles.
- Pain relief: Blue light therapy has been shown to be effective in reducing pain and inflammation associated with certain conditions, such as rheumatoid arthritis.
- Psoriasis treatment: Blue light therapy can also be an effective treatment for psoriasis, a skin condition that causes red, scaly patches on the skin.
- Treatment of precancerous skin lesions: Blue light therapy can be effective in treating precancerous skin lesions, such as actinic keratoses, by targeting the abnormal cells and causing them to die.
- Reduction of inflammation: Blue light therapy has been shown to have anti-inflammatory effects, which can be helpful in reducing inflammation in various parts of the body.
- Treatment of jaundice: Blue light therapy can be used to treat jaundice in newborns, a condition that occurs when there is excess bilirubin in the blood.
- Treatment of hair loss: Blue light therapy has been studied as a potential treatment for hair loss, as it can stimulate the hair follicles and promote hair growth.
- Treatment of chronic pain: Blue light therapy may be effective in reducing chronic pain in conditions such as fibromyalgia and neuropathy.

It's important not to shine the blue light directly into your open eyes and to keep eyes closed if treating an area around your eyes.

FREQUENTLY ASKED QUESTIONS

What is Terahertz energy?

Electromagnetic radiation in the frequency range from roughly 0.1 THZ to 10 THZ, corresponding to wavelengths from 3mm down to 30mm. Such frequencies are higher than those of radio waves and microwaves, but lower than those of infrared light.

What are the benefits of Terahertz?

Because it has the same level of resonance with the cells in our body, it can energise and activate cells to self repair, while eliminating dormant cells, allowing for complete cell renewal.

It strengthens DNA.

It purifies blood and regulates blood flow in our vessels.

It increases the metabolism rate in our body, which enables our body to function as if it is 10 to 20 years younger.

It regulates endocrine system that sends out hormones into our body. When our hormones are out of balance we can experience disease and disharmony in the body, therefore it is very important to keep them regulated and healthy.

It helps clear water retention and associated swelling.

It improves blood circulation and clears impurities and toxins.

It can help to eliminate blood clots and softens blood vessels.

FREQUENTLY ASKED QUESTIONS CONT...

Is it safe to use Terahertz on pets?

Terahertz radiation is non-ionizing and is considered to be safe for pets.

Can Terahertz treat Disease?

We never claim to be able to treat or cure patients or individuals. The Terahertz hot air therapy is a therapeutic device and helps to bring the body into harmony so that it can heal itself.

How many times do I need to blow in a day?

Once a day is good enough. If you have the time, you can do up to 3 times in a day. Give a period of 4 hours in between each treatment

When is the best time to use the blower? Day time or night time?

You can blow any time you want, day or night. Most important is you do not rush, find time for yourself.

How many times do I need to blow to see results?

Some people start seeing results even after the first time, but it can take anywhere from 5 to 15 times will be good to see good results. It all depends on how chronic the problem is, your body condition and general health.

HOW TO TAKE CARE OF YOUR TERAHERTZ DEVICE

While the terahertz device takes such great care for us and helps us improve our wellbeing, it's important to understand that it requires our care as well

- Read all instructions carefully before using.
- Remove all metal accessories before using. Remove contact lenses before using on the face.
- Do not block the air inlet and outlet to prevent overheating. Make sure the air inlet and outlet are clear of dust and fluff and clear on a regular basis.
- Hold the device around the centre so it is supported without blocking the air vents
- don't shake the device and vigorously and also don't pull the cord when unplugging the device
- don't store the device UNTIL it totally cools off
- The device is fitted with a crystal tube, avoid knocking or dropping the device.
- To protect against electrical shock, do not immerse cord, plugs, device body in water or other liquids.
- Do not use the device for other than its intended use.
- Do not use it for too long period of time. This device is fitted with a resettable thermal link to protect the motor from overheating. Should the motor overheat, the thermal link will disconnect the power supply and will automatically re-connect the power supply after the motor cools down.

CONTRAINDICATIONS

Do not use this device on any metal implants, prosthetics, or contacts. Be aware of any dental fillings and avoid those parts of your face.

Do not use this device on any open wounds.

It is contraindicated for people with congenital heart disease and acute diseases.

It is contraindicated for menstruation and pregnancy.

DISCLAIMER

The Terahertz Hot Air Therapy Device is a certified household device, it is not a medical device. It has been certified “safe to use” and it emits no harmful radiation.

No information shared here is to be considered medical advice, but for informational purposes only.

It is best to start slow with the device and gradually increase time.

Always consult your healthcare professional with any questions regarding any medical condition or specific guidance regarding the optimal use of the device.

Please make sure to read the contraindications and keep them in mind when using the Terahertz Hot Air Therapy device.