

Health Protection Instrument

USER GUIDE



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User Guide

Thanks for your purchase of health protection instrument. Before use, please read the manual instruction thoroughly, especially the caution part, so that you can operate it correctly, and it should be well kept for your reference at any time.

Foot is the most sensitive and complicated parts of body, body's 12 pulsation is direct or indirect relations with feet. half of pulsation in sole, more than 60 points and five-organs and six organs are related closely. following ankle. These organs are the sole representatives of regional counterparts, namely reflection, foot reflex zone is a microcosm of body, is representing for neural point. These abnormal reflex from reflection diagnose the disease direction. This shows the importance of foot, so foot is the second heart. Strengthening the effective stimulating is an important health for body.

Stimulating of foot points speed up blood circulation, promote the local recycling, promote systemic circulation, increase metabolism and improve body immunity. Point by stimulating enough, also eliminate plug, make blood circulation smooth, and alleviate muscle contraction tension, let muscle relaxation by stimulating foot points could have a strong nerve impulses, blocking other pathological into nerve centre, change the vicious cycle of pathology into a virtuous circle, through nerve reflex activity, startup body's mechanism, Activate function of organ, the release of various treatment factor, which has played an effective role in health care.

Health protection instrument breakthrough new technology innovation, use western electrical pulse technology with traditional Chinese medical theory of point therapy, humane treatment to current IC through computer simulation of the human body to adapt to the needs of 50 Electromagnetic wave procedures. Can choose from 50 kinds of electromagnetic waves directly procedures for use of any kind. Wave intensity level from 0 to 99 steps can be used to meet the different needs of the crowd.

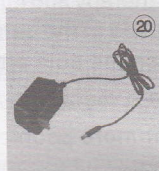
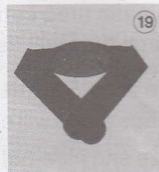
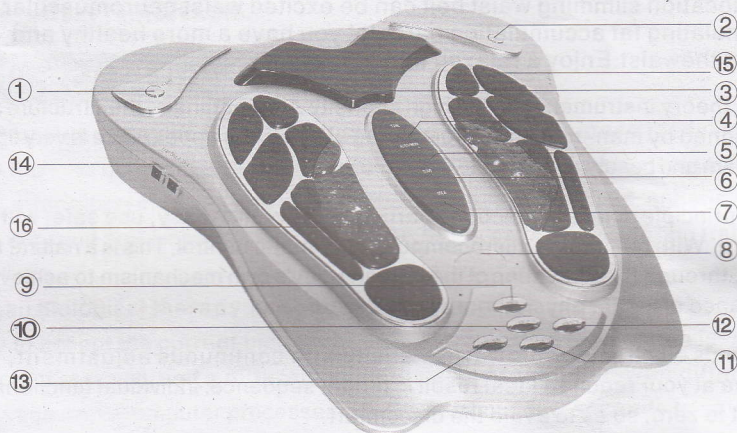
The human design, the scientific principle, a unique function, a simple operation for you to enjoy healthy living!

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Parts identification

- | | | |
|---|----------------------------------|---------------------------------|
| ① Plasma Switch | ⑧ Electric pads for foot | ⑮ DC Jack |
| ② Infrared Switch | ⑨ ON/OFF | ⑯ The zones for infrared launch |
| ③ Pulse electromagnetic wave display screen | ⑩ Function option INC (+) button | ⑰ Electrode connect wires |
| ④ Time display screen | ⑪ Function option DEC (-) button | ⑱ Electrode stickers |
| ⑤ Mode switch display screen | ⑫ Function choice button | ⑲ Slimming belt |
| ⑥ Intensity display screen for body | ⑬ AUTO/MODE switch button | ⑳ Transformer |
| ⑦ Intensity display screen for sole | ⑭ Jack for electrode wires | ㉑ Remote controller |



Features and principle of product

Maikang health protection instrument use the western biologic electroagnetic wave technology, and combine with Chinese venation theory, using character of body's each part can make out slender bioelectricity, and body point is biological electricitycontact point, Venation is the current transmission channel (Biologic electromagnetic waves). From the outside to join the low-frequency electromagne-tic pulse to stimulate the body and used as a point, voltage is changed then spread to body and central nervous, forming stimulus. It can cure parts of body's disease with adjustment and physiotherapy.

The unique far infrared rays and other physical energy, a direct role in sole reflex zones, body's point and parts of disease, and then the energy transmitted to the whole body, activate various functions to modulate the physiological mechanisms, promote metabolism, improve blood circulation, dredge venation, and improve immunization efficacy.

Special allocation slimming waist belt can be excited waist neuromuscular tissue,stimulating fat accumulation parts,let you have a more healthy and beautiful at thewaist.Enjoy a relaxed thin efficacy.

1. This theory instrument use the high intensity ABS materials, the structure was designed by man-machine engineering science, the appearance is very light, modern and beauty.
2. The principle science, functions particular, operation easy, use safe, without injure, With humanism microcomputer automatic control, This is a natural therapy, through the activation of the human body's own mechanism to achieve resistance disease, physiotherapy.
3. 99 kinds electromagnetic wave intensity with continuous adjustment, will arrive at your required ideal result in proper sequence, individual functions for start to zero, so as to avoid the discomfort.
4. Automatic time settle, the time will be continuous adjustment, the best time for each time will be 90 minutes.
5. There are 25 kinds massage modes for sole and body,each impulse massage mode will cure the different symptom with pertinence, will analyze and eliminate the fat of body and toxin.
6. Electromagnetic wave impulse physical therapy and infrared heating therapy can be used detached, and also can be used at the same time, which has the obviously effect. The main unit can massage sole directly,and also can massage the different parts of body,with electrode pasters andslimming waist belt, this apparatus can be used for more people at the same time, so as to embody the multifunction features.

7. Especially design sole modes and body modes controlled by separated, no impact each other, best avoid sole intensity strengthen, body intensity will be disturbance.
8. Plasma will effectively change the structure of germ or transform energy in your around, which will have the function to sterilizes, clear up smoke and dust, dispel peculiar smell and improve the air quality, so that to keep your health in good state.
9. This apparatus has Infrared functions, make use of infrared irradiation on your body related points, so as to reach expedite meridian, promote blood circulation, and support justice & dispel evil.
10. This apparatus focus on physical therapy, magnetism therapy and massage, will relieve effectively fatigue and ache caused by strain spirit. Let you regain stamina very soon.
11. All functions can be operated by remote controller, It's very easy for you to use.

Easy walk, begin to your feet; give care to feet, keep good health; aim at use, effect remarkable.

Efficacy of product

Electromagnetic pulse therapy is outside the scope of Chinese medicine, energy level high, so quickly get through venation, point, speed up blood stasis, swelling pain, strengthen muscles and balance the human biological field, enhancing human immunity and self-repair ability, activating nerve cells and restoring transmission functions.

Human biological therapy is about 220V AC power regulation by the human body to accept the current biological, or a direct role in the smooth lesions on the last point, according to different symptoms and locations, with different pulse massage microcomputer processes generally from a few seconds to several minutes will get through the venation, the results are apparent.

1. Electromagnetic signals enter through skin cells, can stimulate excess fat, excess body fat lipase will accelerate the decomposition of fat, calories;
2. Stimulate cell movement is immediately dissolved orange peel fatty membrane to stimulate blood circulation and lymph detoxification, lymphatic channels to be dissolved from the fat, up to date and excreted, keep the sebaceous glands, inhibit the growth of surplus fat;
3. Let body wastes and toxins emitted by the sweat glands and up to date. Make cell membrane exchange, updating, accelerate penetration and absorption functions of the human body to enhance collagen synthesis and regeneration capacity so that the skin is smooth and elastic;

4. The advantage is extensive role, no injury, no pain, relatively safe, many of the wounded has varying degrees of disease treatment;
5. Enhance five-organs and six-organs function and improve the capacity of self-rehabilitation;
6. Activate cells and promote metabolism;
7. Promote blood circulation and blood moving;
8. Eliminate fatigue, soreness and sprain of foot;
9. Mitigation and prevention of rheumatism, arthritis and legs varices;
10. Relieve muscle stiffness and pain; Improve sleep out of sleeper;
11. Has assistant cure and release function for disease caused by neck-vertera shoulder inflammation, convulsion, bone and joint, and so on;
12. With drugs on hypertension, high cholesterol and other chronic diseases as well as a supporting role;
13. Reduce hemiplegia, stroke and peripheral nerve palsy;
14. Effective decomposition excess body fat cells;
15. Smooth skin secretion, reduce local fat accumulation;
16. Increase lymphatic flow and collagen regeneration;
17. Improve the orange peel, so skin is shiny strips;
18. Be tempered strong muscles; will help to improve the secretion;
19. Far infrared role in the human body, there are three main characteristics: First, direct, the second is a resonance absorption, and the third is a strong penetration;
- Activating cells, water molecular resonance in body, and oxygen content increases:

Human resonance absorption of far infrared make cell activation molecule, in a high-energy state, the human body needs to accelerate the synthesis of the enzyme, activation of protein and other biological macromolecules, thereby enhancing immune function, repair damaged cells, and enhance the human biological tissue regeneration. Accounted for approximately 70% of the proportion of body water, but also constitute the major components. Make water molecules resonate by far infrared in body, the water molecules cracking, reorganizing into smaller water molecules. In this process, the aging macromolecule absorbed on the surface of the corporation to remove dirt, and can increase the oxygen content of water molecules, thereby enhancing sport energy, which will help to eliminate toxins and excess body fat in order to achieve within support outside the health effects of weight

loss.

- **Improve microcirculation :**

The primary function of the micro-circulation is delivered oxygen and nutrients to tissue and take away the waste produced by metabolism. If this system can not operate normally, there will be a variety of illnesses. Such as rheumatoid arthritis, cold hands and feet, limb weakness, hypertension, cardiovascular disease, peri-arthritis, sciatica, cataract, the elderly and other degenerative diseases. Far infrared own high permeability characteristics, it can produce thermal effects deep into the subcutaneous tissue, combined with the water molecules have resonance, expansion of capillaries can speed up the movement of blood, thus restoring vitality microcirculation.

- **Promote blood circulation and enhanced metabolism :**

As far infrared to improve micro circulation and dredge venation, but also blood flow, accelerate blood circulation and promote fresh blood tissues and cells can quickly remove metabolic waste, human tissue vitality will be doubled.

Suitable for the following diseases:

Acute contusion, the muscles, nerve pain, and neck disease, shoulder inflammation, rheumatism, convulsion and bone joint inflammation etc. with some drug, will have the cure effect for the disease of high blood pressure, high blood fat, chronic gastritis etc.

It especially suit for white-collar office worker with strain & tired, the middle-age & elder, and the sub-health people.

Not suitable for the following diseases:

- Patient for tumor, cancer, jiakang, tuberculosis and fester inflammation.
- Patient for diabetes, high-flush, skin allergy and bone injure without recovery.
- Patient with serious heart disease and equipped with cardiac pacemaker.
- Being equipped with others metal apparatus as artificial limb, the pregnant women.
- Patient for neurosis, very serious disease.

Usage

1. Preparation before use:

- Please read the manual instruction thoroughly before install and use this apparatus.
- Insert one end of the transformer into this apparatus DC socket, and the other end is inserted into the 220V power socket.

2. Decide on the physical therapy ways and the corresponding operation steps.

- Start to physical therapy sole, put your clean feet on the electrode pads, better take off socks, so as to insure your feet contact the electrode pads completely.
 - Want to massage and physical therapy others parts of body, first clean the use body parts, then put the electrode stickers on your body corresponding parts. The Hand shape electrode stickers will be suitable for the big areas of body.
 - Want to massage and physical therapy others parts of body, first clean the use body parts, than put the electrode stickers on your body corresponding parts. The "Hand" shape electrode stickers will be suitable for the big areas of body.
 - Press ON/OFF, start power switch, press again to shut off, the four red numeral tube will display four functions that is TIME,AUTO/MODE,BODY, and SOLE.
 - FUNCTION choose button can switch four kinds functions that are TIME, AUTO/MODE,BODY and SOLE.When numeral function switch flash,press ADD(+)and DEC(-)button change the set value of function state currently.
 - AUTO/MODE can give you the choice between the automatic and fix modes. There are each 25 kinds modes for sole and body,when you choose the automatic modes,the each mode will be changed automatically for each minute,under fix modes state,press the AD(+)or DEC(-)button for each time,the mode will be added or decreased by degrees to another mode.
 - When the set time is over, this apparatus will stop operation automatically.
3. Press plasma switch to stop the plasma functions,press Infrared switch to start or stop infrared functions.Start or stop work according your required.
 4. With remote controller to operate in step, pull out the transparent insulation flake from the bottom of remote controller, to connect power, with fore-profile align the main unit to control operation. Attention to insert the insulation flake again after use, so as to prolong the battery life.

Remark: when this apparatus start to work, the acquiesce amount of function indication and showing are TIME: 25, SOLE: 0, BODY: 0, AUTO/MODE: automatic mode, SOLE: twinkling state, here press INC (+) and DEC (-) button to add or decrease the massage intensity of sole.

Cautions

1. When using, the massage impulse intensity should be adjusted according to user required , do not adjust to more strong or less, for fear of effect therapy result.
2. If your skin show the red macule, where the electrode stickers put, should decrease the impulse stimulating intensity or stop to use.
3. During massage, if you feel skin discomfort, feel ant crawling that is the normal reflexion. After stop using, the feel will disappear.
4. When using the electrode stickers , should pull off from the end of electrode wires pin, cannot pull the electrode wires directly, avoid the wires disconnecting.
5. When using slimming waist belt,ensure the center of electrode button for belt has attached the round insulation flake,avoid metal parts contact skin directly.
6. Please ensure your massage skin neat and clean before use electrode stickers. And insure your sole dry before feet massage.
7. Please pull the DC power wires from this apparatus after use, and pull the transformer from 220V power socket.
8. If elder or children use this apparatus, it is advisable to use it under folk assistant
9. Do not use it when sleeping.
10. Do not use it when head therapies, heavy drink, hunger, excess diet and fatigue.
11. Please stop to use it immediately if you feel any discomfort and nausea when using.
12. It is advisable to use it for 25-35 minutes each time.

Maintenance

1. When clean this apparatus, please use dry cloth or towel without water, and some parts that directly contact user can be cleaned and pasteurized by alcohol, do not use benzene, or any other solvent to clean.
2. This apparatus should be preserved under dry environment, take notice of avert dust, vibration, moisture and high heat.
3. If you not use it for a long time, please remove the batteries from the remote controller.
4. Please do not connect to other apparatus using in private.
5. Please do not sit or stand on the apparatus, and do not cast and fall it.
6. After using, should pull out power plug, after the heat disappears, you can package it with plastic bag.

Fault Repair

Fault phenomena	Inspection ways
Press ON/OFF, the power light can not showing	1. First inspect if the power is ON. 2. Shut off power, then start again, and check if it is normal. 3. Check if the power plug contact with power socket. 4. Check if the power wires of this apparatus disconnect.
The electrode wires without impulse output	1. Check if the electrode pin insert to socket of impulse output completely. 2. Check if the impulse intensity is least. 3. Check if the electrode pasers have contacted skin.

When the above faults cannot be repaired as the above ways, user cannot dismantle his apparatus in private, should contact your purchasing shop and then send to repair by specially repair employee. The warranty time is 1 year.

Specification

Description: Health Protection Instrument

Power: AC: 100-240V 50/60HZ
DC: 9V $\approx$ 700MA

Rated current: 400MA

Out frequency: 1-50HZ

Sole massage of principle

Foot massage can reduce fatigue, conditioning or improving body function is the role of fitness and disease prevention.

Balance between yin and yang theory

The organizational structure of the human body, the functional activities and the occurrence of diseases, development of a certain law, the Yin and Yang represent opposing reunification of the two, of all things and phenomena in the two conflicting parties in general, the human body and all life activities without changing transform the yin and yang, yin and yang, in good health is a balance, the Yin and Yang imbalances will cause various diseases.

Human body is controlled by the balance of yin and yang system, each organ is composed of many of the balance of yin and yang and the composition of cells, each cell constant metabolizes occurred with the yin and yang ion movement, movement ion cell polarity of yin and yang, the constant changes in such changes caused cells, tissues, organs and the relative balance. Various organs and systems of balance, the balance for the whole body.

Foot reflecting area and the body's organs is close relationship, the body of all the various municipalities to balance the Yin and Yang imbalances play the role of foot massage to stimulate the electrical conduction process is also related to the biological cell -- the yin and yang chemistry completed. Foot massage on the function of the organ have two-way adjustment, and decreased function can be Improved, hyperthyroidism have to be curtailed so that they gradually return to normal, the endocrine foot reflex zone massage can regulate the endocrine gland secretion. body is to maintain normal levels of various hormones in the body adjust the balance organ system function coordination an important factor.

Chinese medicine venation theory

TCM: foot and visceral between venation on communication, venation is the channels and foot throughout the six venation, reflecting a 38-point, many points and efficacy of the treatment with the same anatomical location of the reflex zones are basically the same, therefore, foot massage through venation, Point role played by Shu Huoxue reconcile qi and blood, viscera coordination. The balance of yin and yang, with fitness and disease prevention effect.

Neural firing theory

Human body is a complex, integrated organic body, the kidney (or sites) have a corresponding reflection in a foot, a reflex zone massage, neural reflex with the corresponding organ (or part) when linked to a corresponding adjustment of the role played organ function. If the sick organs and parts of organs would have diseases

and the alleviation of conditions gradually return to normal. When a disease of a particular organ, the same name will be reflected in the reaction zone, unusual reflection in the area of foot massage can control the corresponding organ disease, diffuse STD treatment and rehabilitation because of foot massage by the strong cues centers, and blocked the original corresponding organ pathological impulses. makes disease be inhibited, thus playing the role of regulatory and adjusting functions

Promote blood circulation

Blood circulation shoulder treat nutritions and oxygen to organs of the body, and to metabolic waste, carbon dioxide transported to kidney, lung, skin ect. To of bring out body the foot at the lowest at body, from the heart, the fastest rate of blood, the blood of acid metabolites and minerals in easy accumulation and deposition and foot reflex zone by the abnormal stimulation can induce related diseases, foot massage improve the foot reflex zone blood circulation, vasodilation, and the blood flows faster, output increased foot massage first improve the kidney, ureter and bladder and other organs of excretion of blood circulation, stimulate the corresponding organs increased excretion function reflection also improve lung and bronchial the blood circulation and increase the ability to breathe. Therefore, a foot massage alter blood circulation, increased pulmonary function, therefore, a foot massage can improve blood circulation and promote the exchange of oxygen and blood, and other metabolic wastes from the organ.

Embryology on foot

Embryology : germ cell contains all the biological parents give information in the continuous development of each cell contains only germ cell with the same bio-infor-matics, finally developed into a complex organism, each local still includes all the biological information throughout the body. This is a partial foot, it should be regarded as a microcosm of the body, foot reflex zone with the same name, organ has similar biological characteristics. So if disease is bound to a particular organ of the same name reflex, can adjust and improve the function of the organ and played strengthen their physique, aerobics program, the average age of aging and the role of the resistance, but also can help identify diseases. Foot massage points and related sites, the treatment effect can be magical.

Regulation of Immune Function

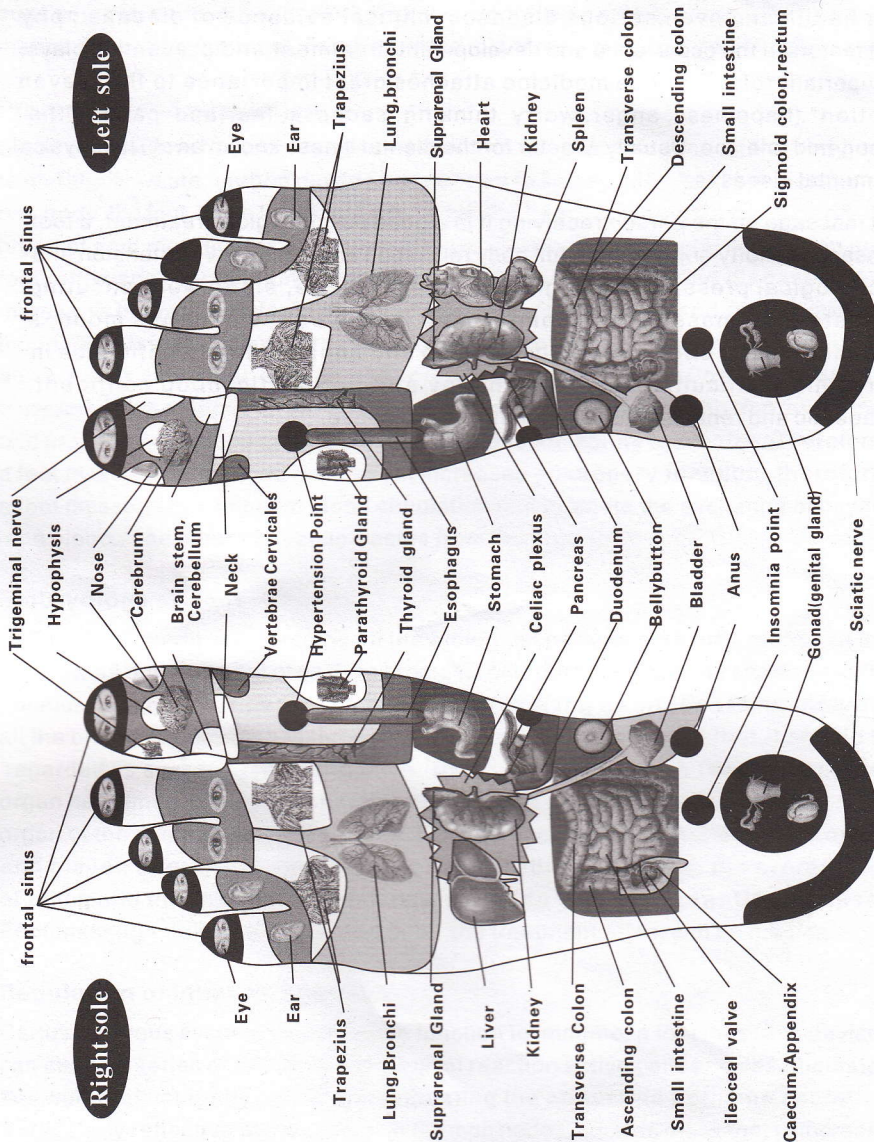
Central nervous system have immune function to immune, a foot massage devices can cause a series of neuro-psychological reaction active cells and cell-mediated and humoral immunity, while still regulating the endocrine hormone secretion Particularly reflective of the spleen and lymph nodes, such as massage, to increase the total number of leukocytes in blood cells and improve the phagocytic activity of activated lymphocytes and lymphoid immune function..

Psychological

In a complicated social relationships, people have suffered varying degrees of psychological pressure. Long-term psychological pressures are too large or mental stress may cause dysfunction and reduced resistance to disease, affecting their health and even serious diseases, clinical evidence of disease : physical factors in the occurrence and development, treatment and prevention plays an important role. Chinese medicine attaches great importance to the "seven emotion" (happiness, anger, worry thinking, sadness, fear, and panic), the pathogenic role too. Usually a factor for the mental illness known as : "The physical and mental diseases."

Foot massage on the person receiving it is a good psychological treatment, a foot massage is a lofty enjoy enable full body relaxation and ease nervous tension and psychological pressure, the night after the massage, sleep well, ensuring adequate rest, massage the comfort and improved the patient's mood, a good therapeutic effect defeat the disease and enhance their confidence in overcoming difficulties and live a happy and optimistic mood confident, therapeutic and rehabilitation treatment of the disease.

Sole Point Picture and Explication



Body Point Picture

