



iTeraCare<sup>TM</sup>

# Blowing Guide for Optimal Results

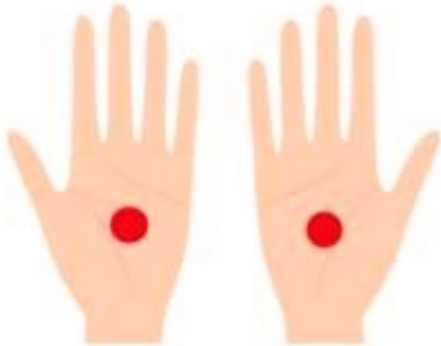
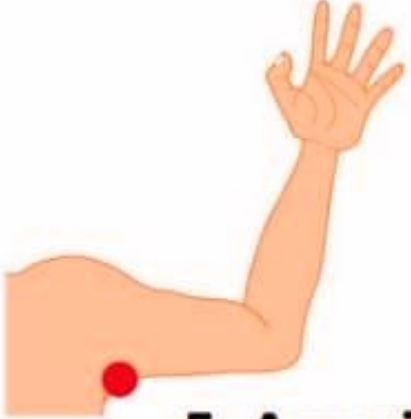
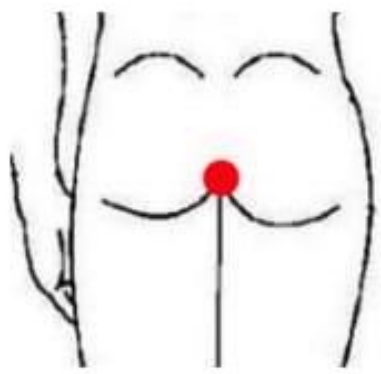


**World's #1**  
*THZ Cell Therapy Device*



# 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.

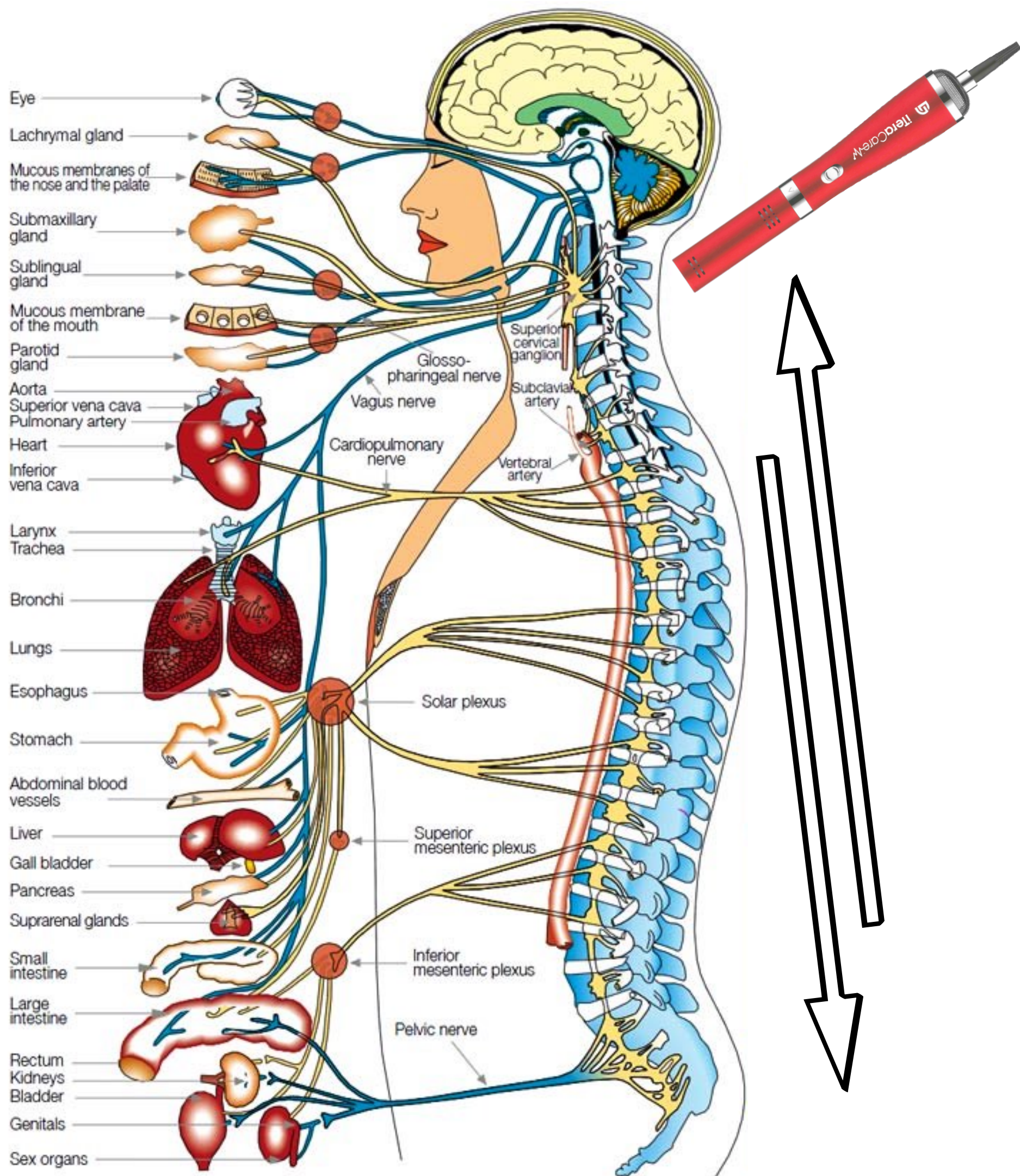
\*High Blood Pressure user don't blow no. 8





# Stimulate Stem Cells

Blow on Spine Going Up and Down  
For 15 mins.

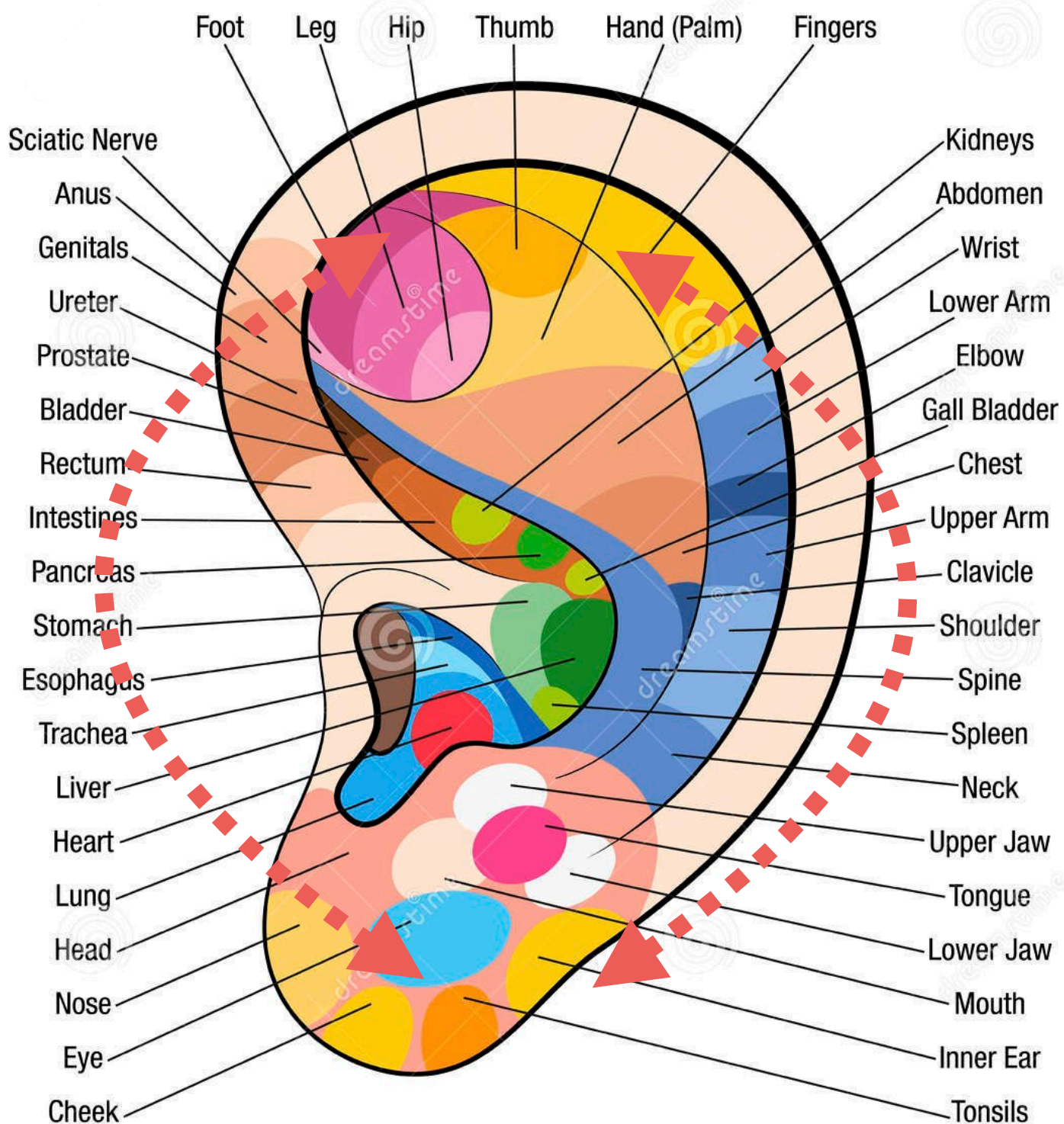




# Ears

## Activation of Different Organs

### Ear Reflexology Chart



Blow for 2 mins. each Ear  
In Circular Motion

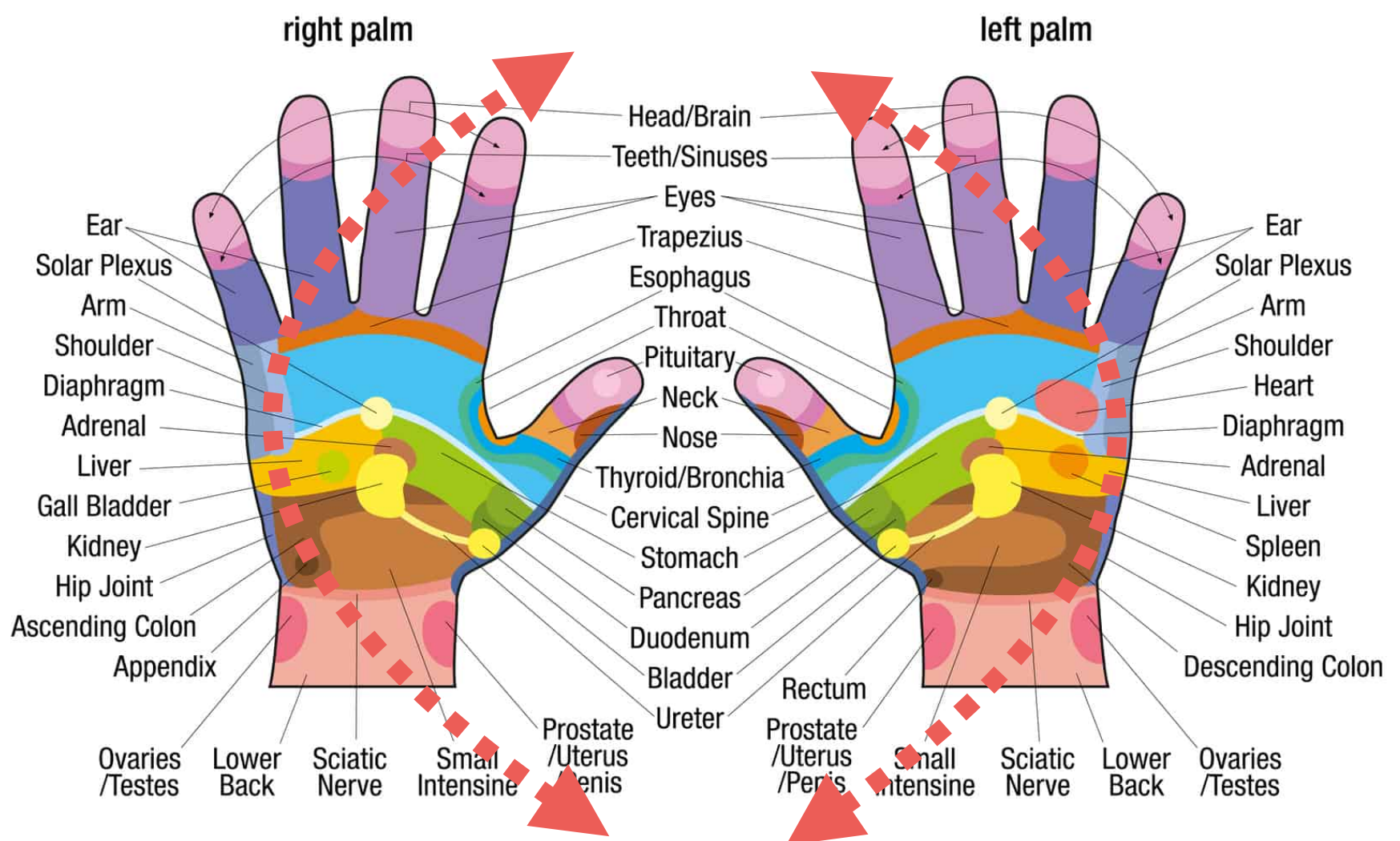


# Hands

## Activation of Different Organs

### Clearing of Meridian Points

#### Hand Reflexology Chart



Blow for 2 mins. each Hand  
In Circular Motion

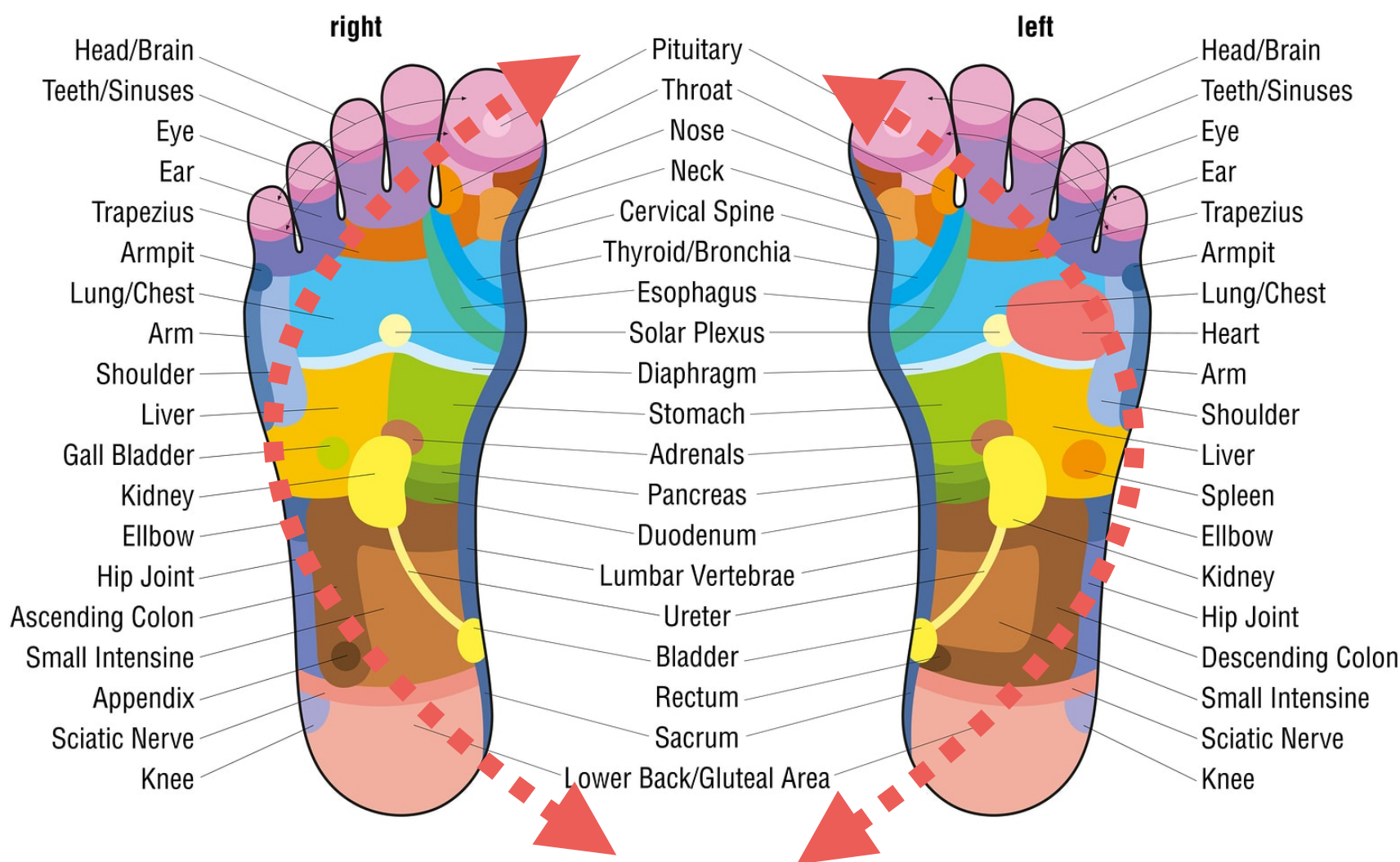


# Feet

## Activation of Different Organs

### Clearing of Meridian Points

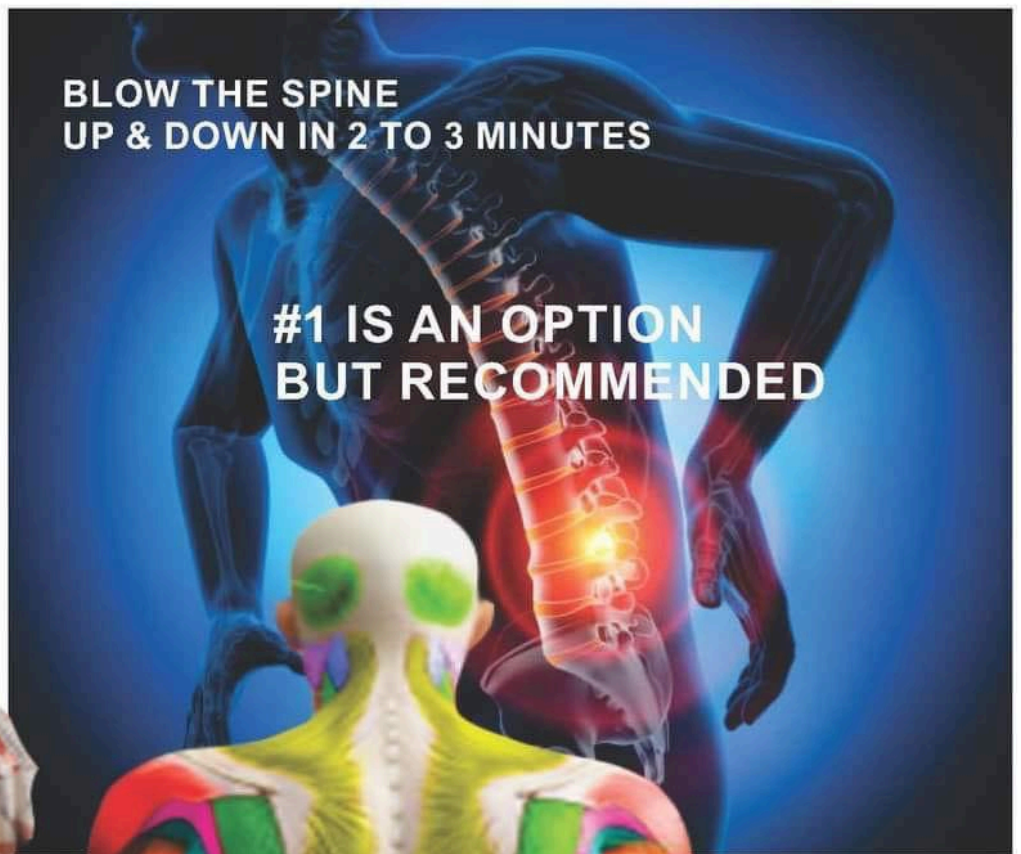
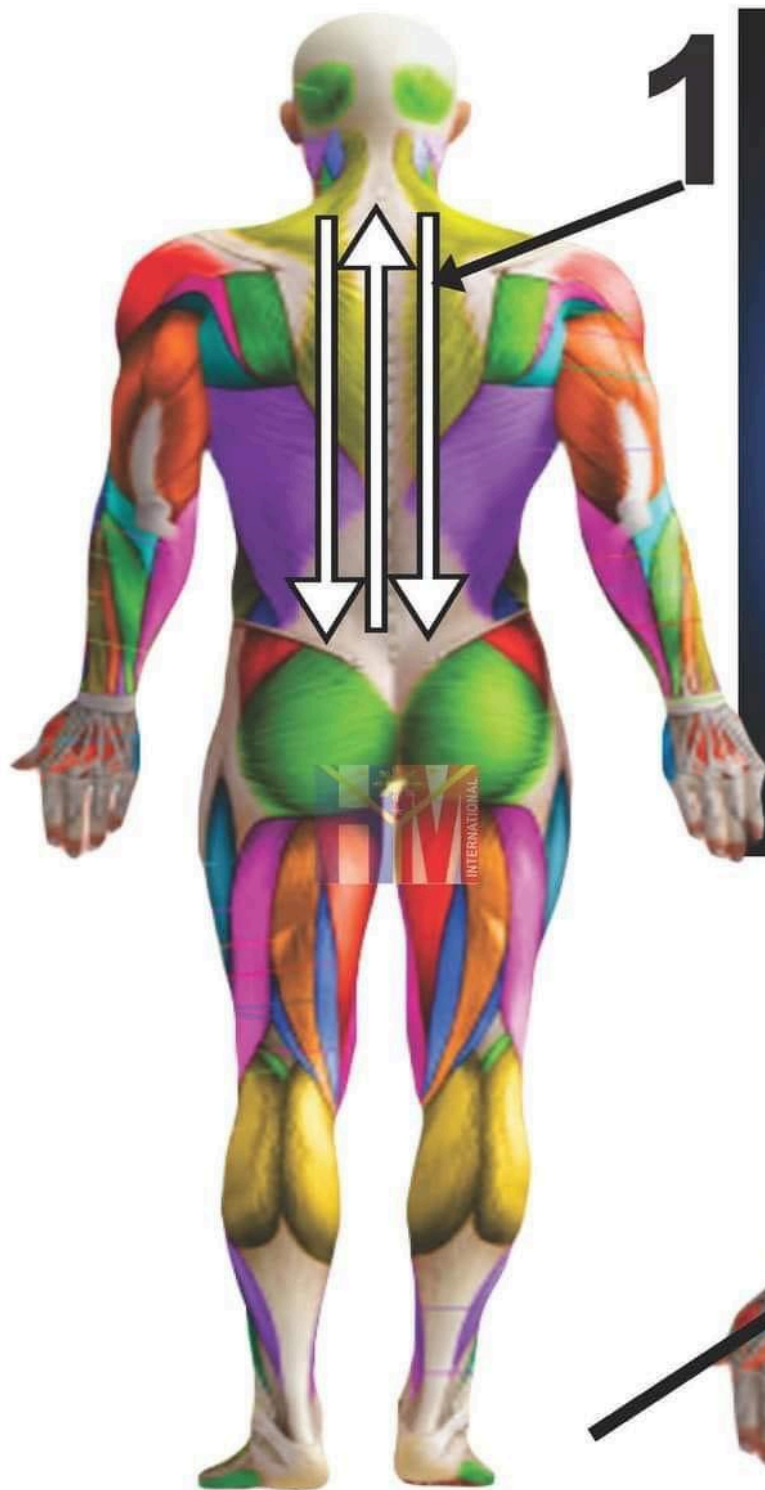
### Foot Reflexology Chart



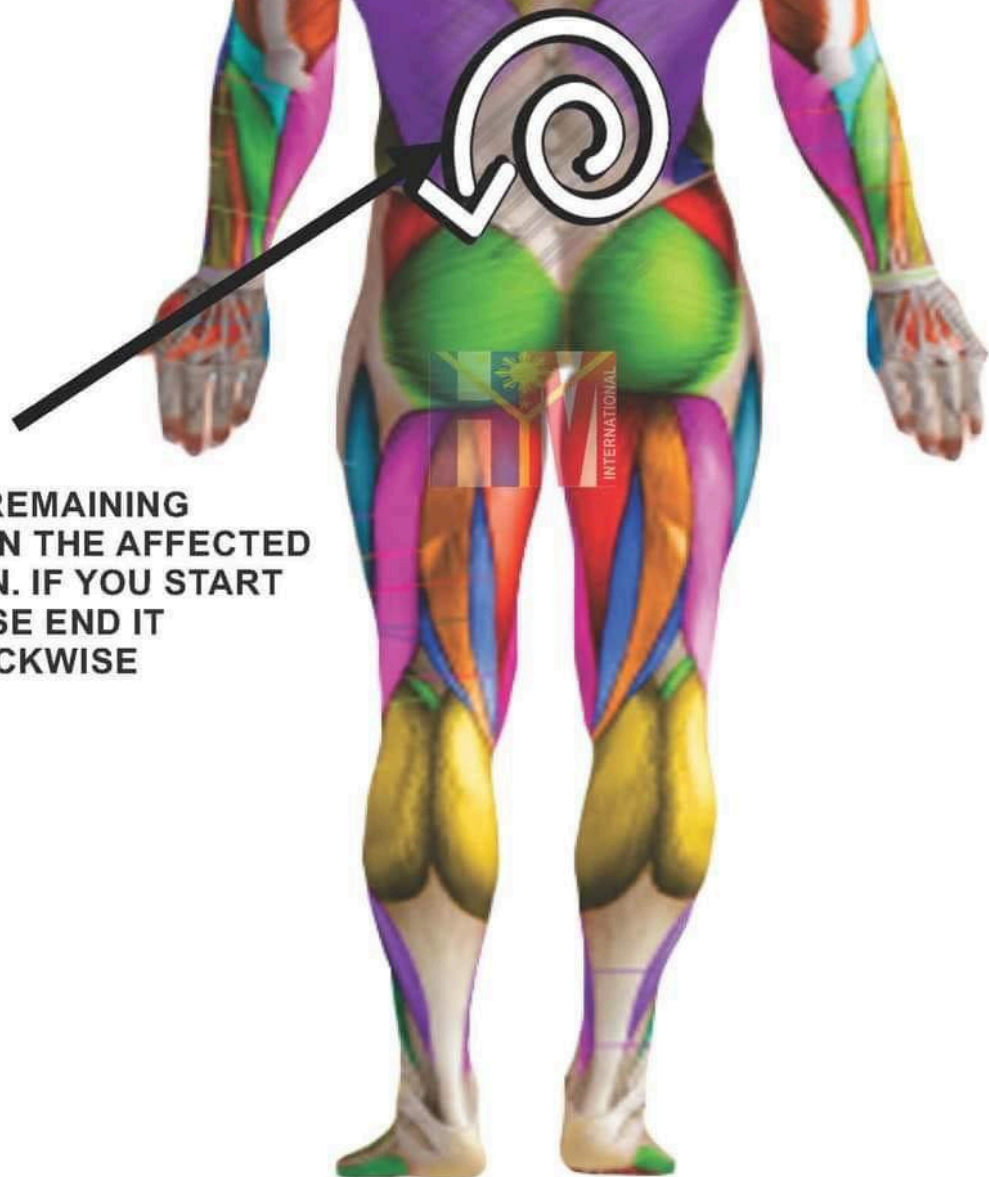
Blow for 2 mins. each Foot  
In Circular Motion

# BACK PAIN

## 15 TO 20 MINUTES THERAPY



**2** USE THE REMAINING MINUTES IN THE AFFECTED BACK PAIN. IF YOU START CLOCKWISE END IT WITH CLOCKWISE





Cataract,Dry eyes, Glaucoma,Eyes sight problems

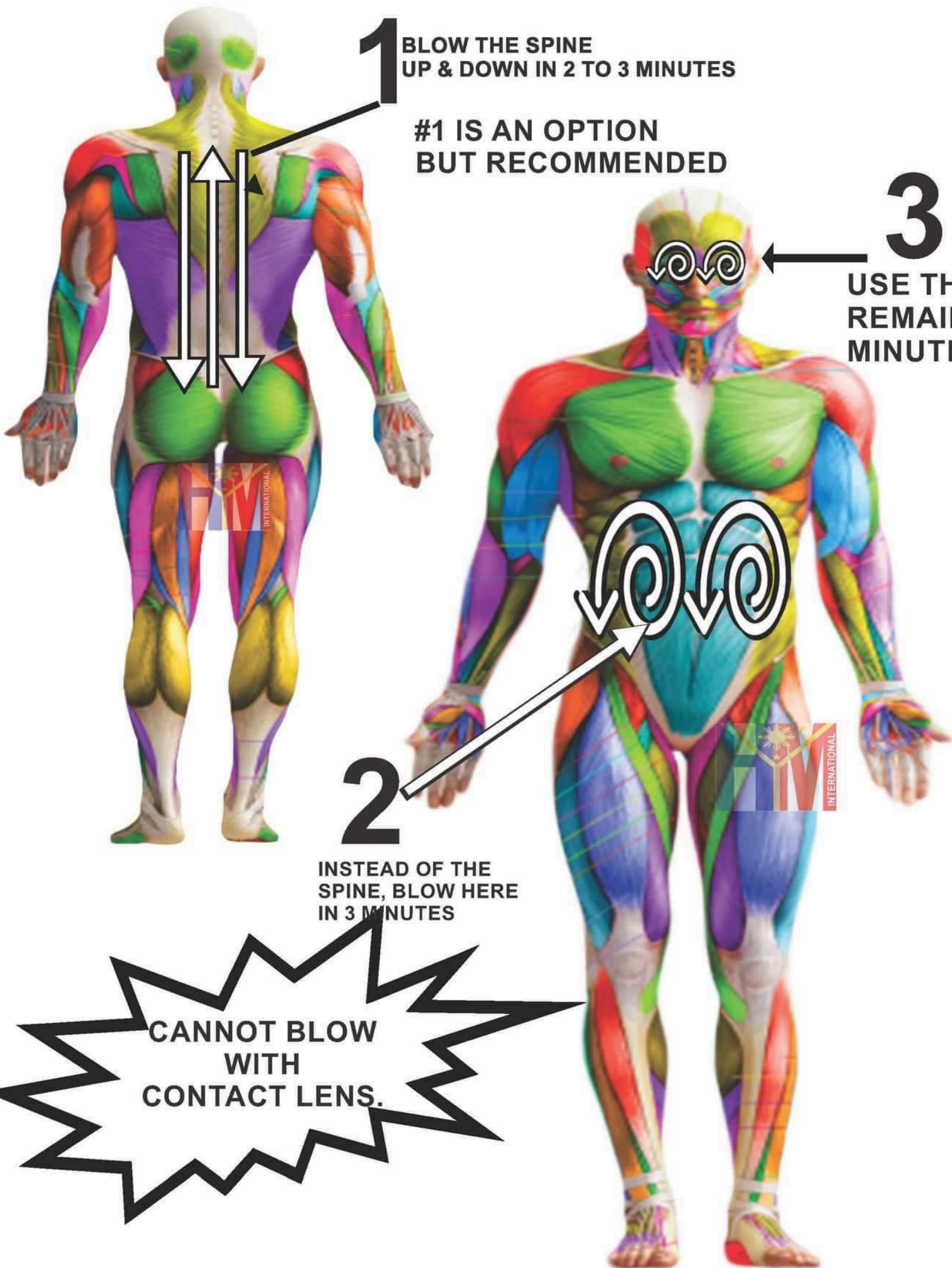
**1** BLOW THE SPINE  
UP & DOWN IN 2 TO 3 MINUTES

#1 IS AN OPTION  
BUT RECOMMENDED

**3**  
USE THE  
REMAINING  
MINUTES.

**2**  
INSTEAD OF THE  
SPINE, BLOW HERE  
IN 3 MINUTES

CANNOT BLOW  
WITH  
CONTACT LENS.





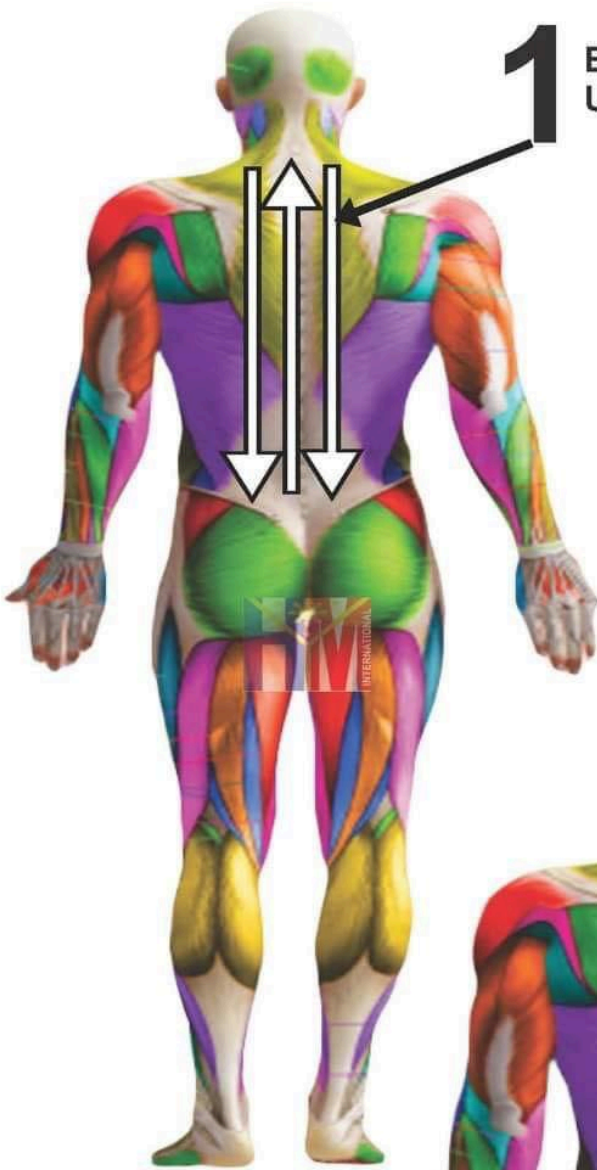
# HEART DISEASE

## 20 TO 30 minutes

**1** BLOW THE SPINE  
UP & DOWN IN 2 TO 3 MINUTES

#1 IS AN OPTION  
BUT RECOMMENDED

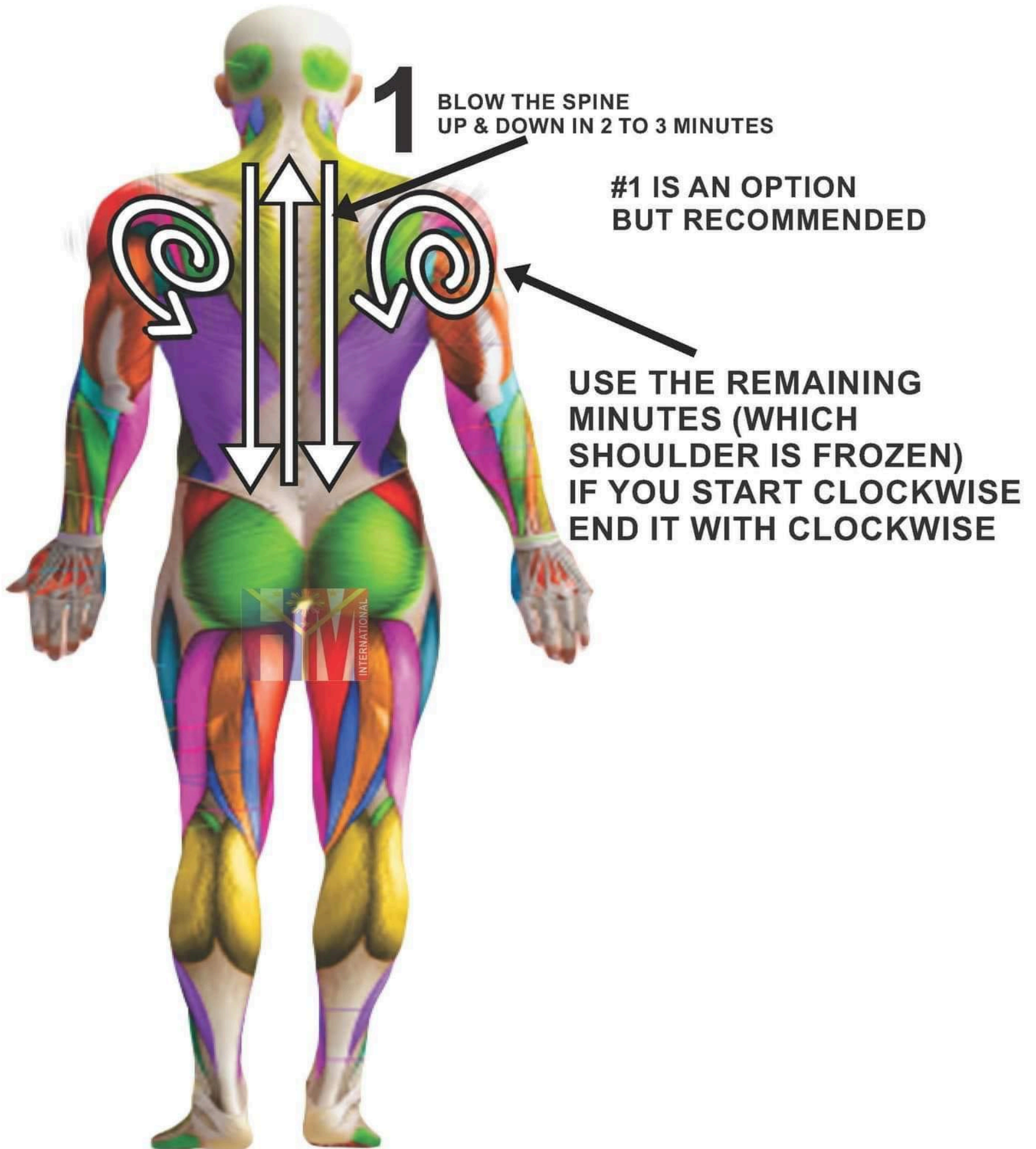
**2** BLOW THE BACK AREA  
OF THE BODY USING  
THE REMAINING MINUTES.



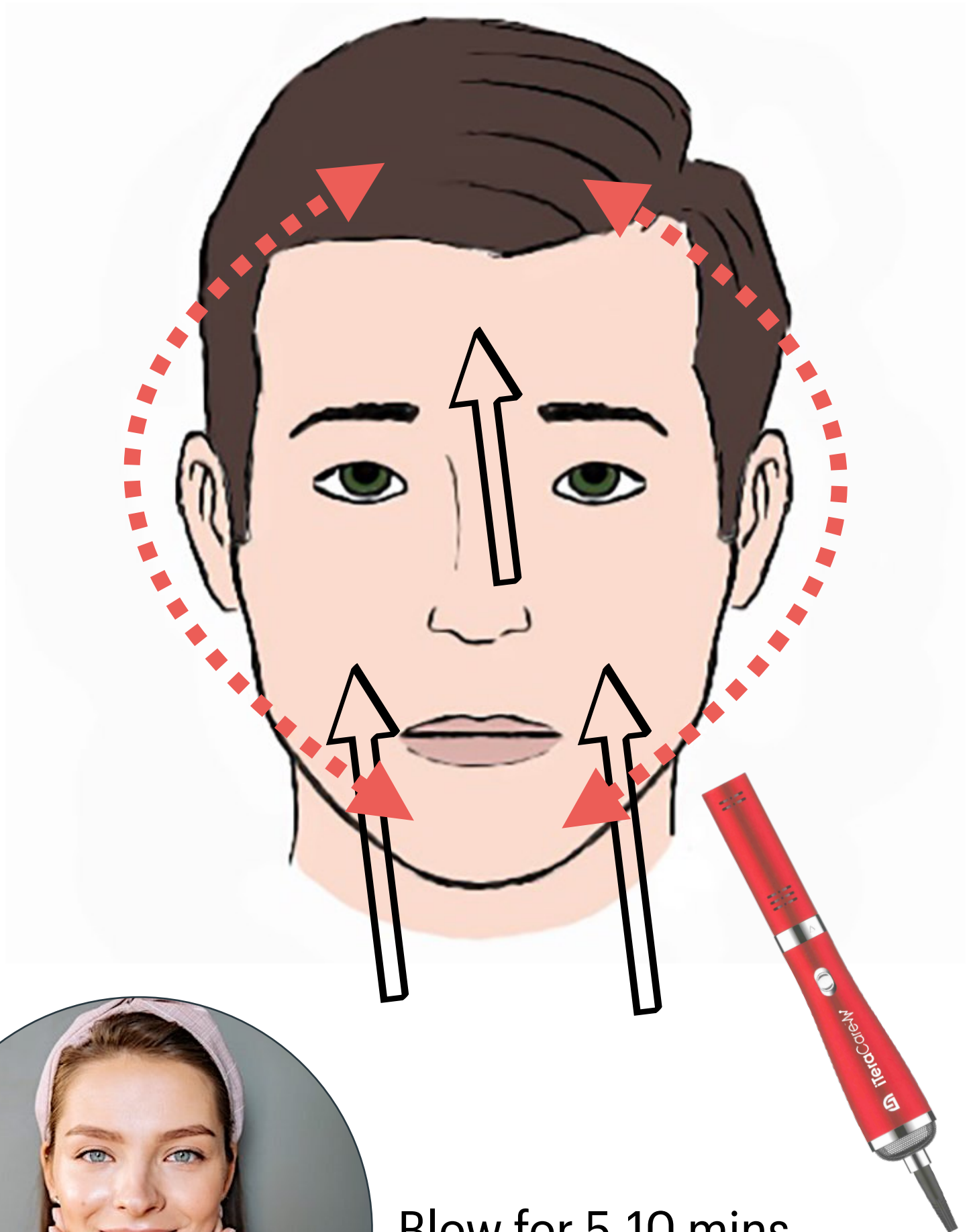


# FROZEN SHOULDER

## 15 TO 20 MINUTES THERAPY



# Facial Beautification



Blow for 5-10 mins  
In Upward and Circular Motion

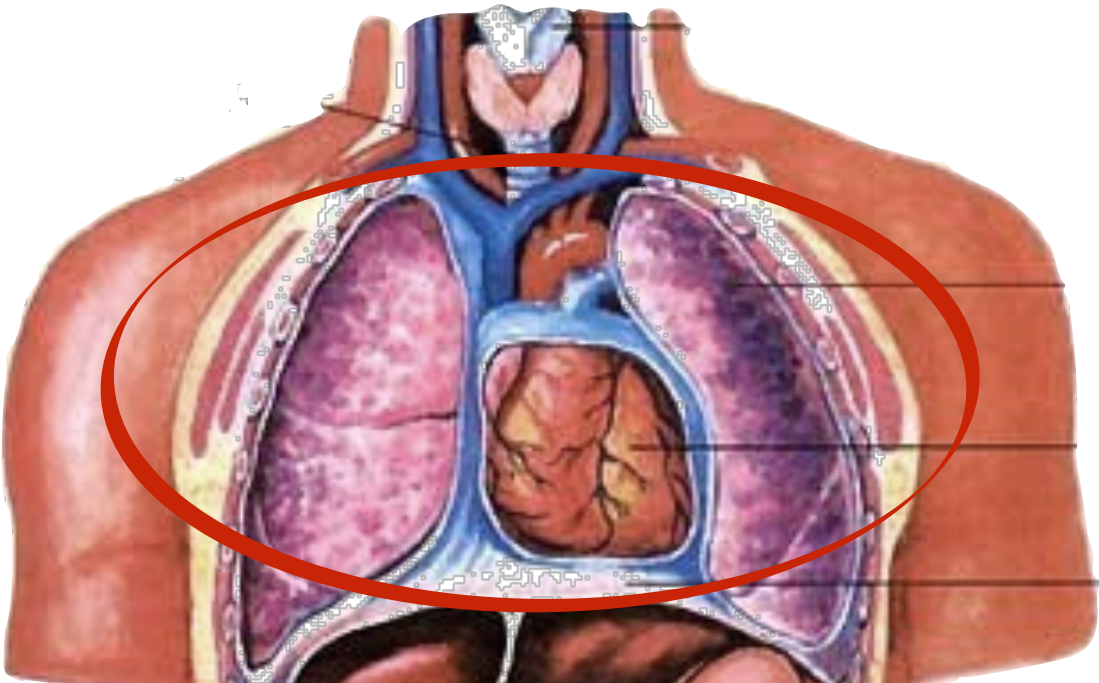
*Right after blowing your face, you may  
Use your facial cream or moisturizer.*



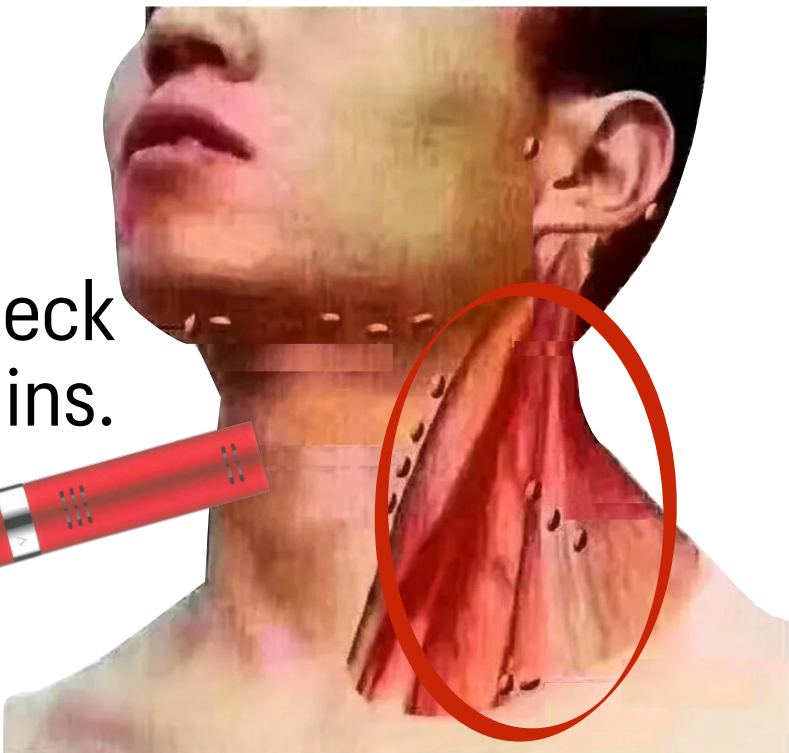
# Cough, Colds, Flu and Asthma



Blow Mouth and Inhale Air  
for 5 mins

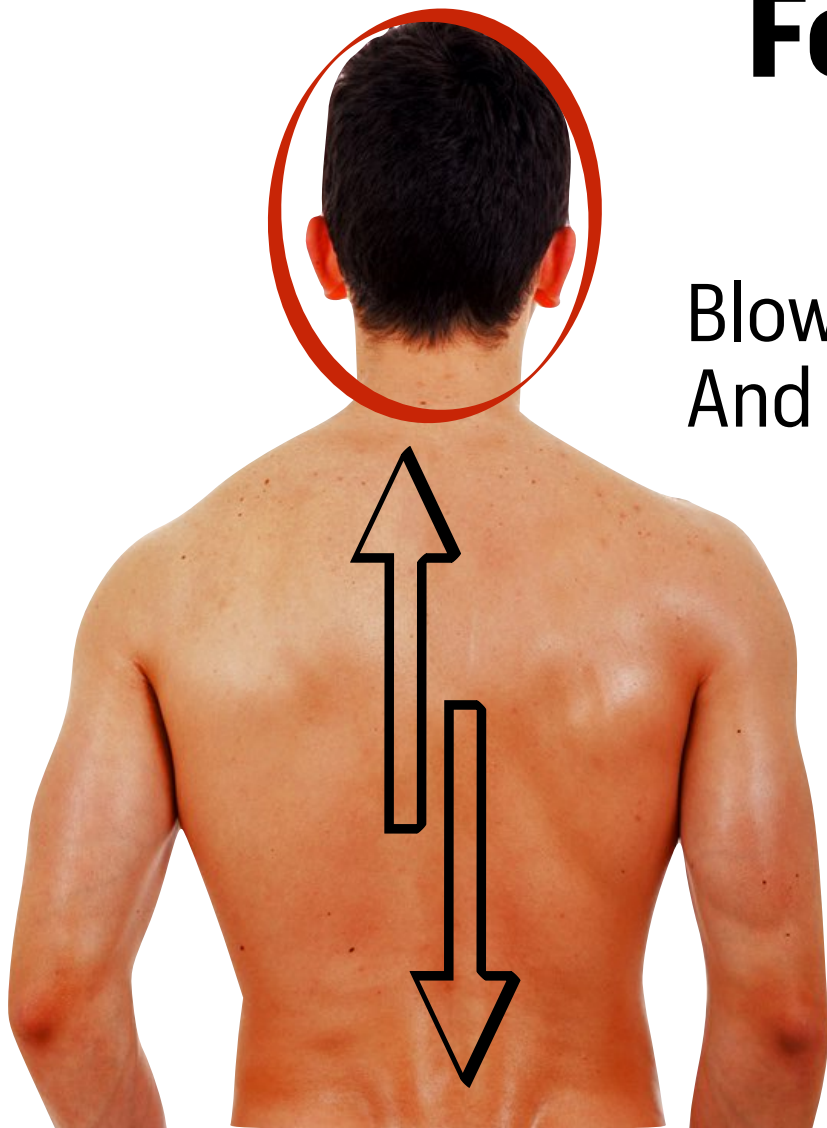


Blow Lung - Chest Area  
for 10 mins.

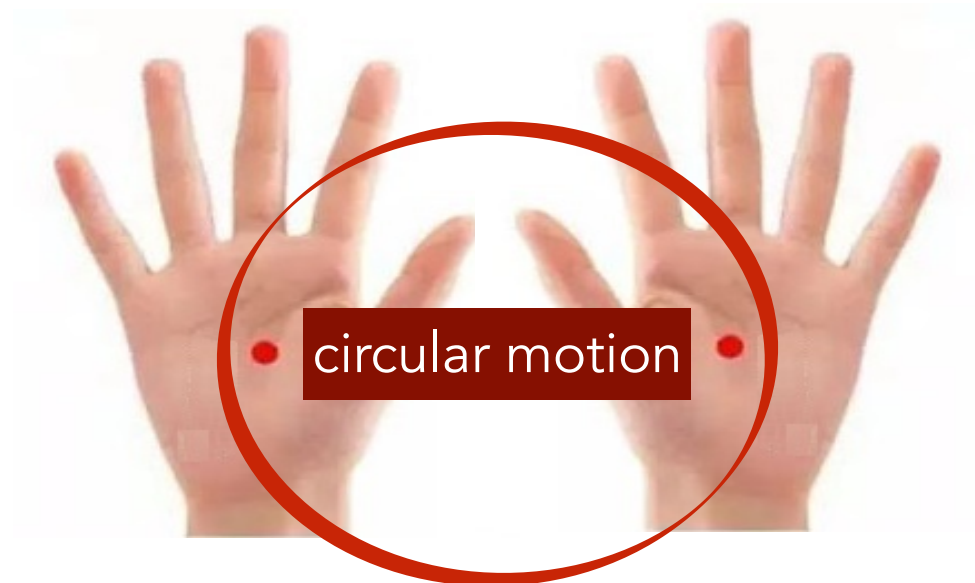


Blow Both Side of the Neck  
for 5 mins.

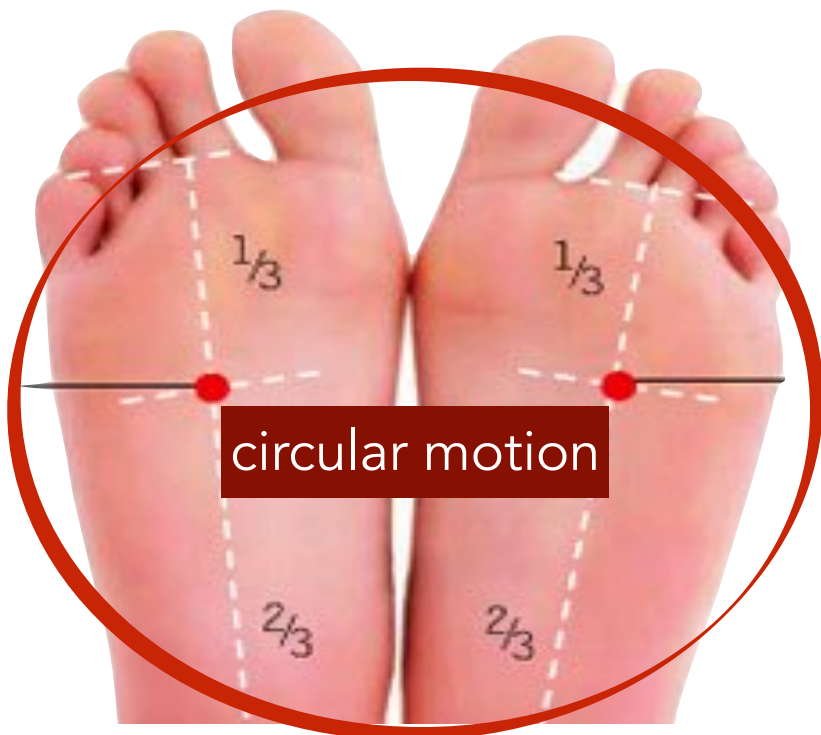
# Fever and Infections



Blow the back of the Head  
And Spine for 5 mins. Each

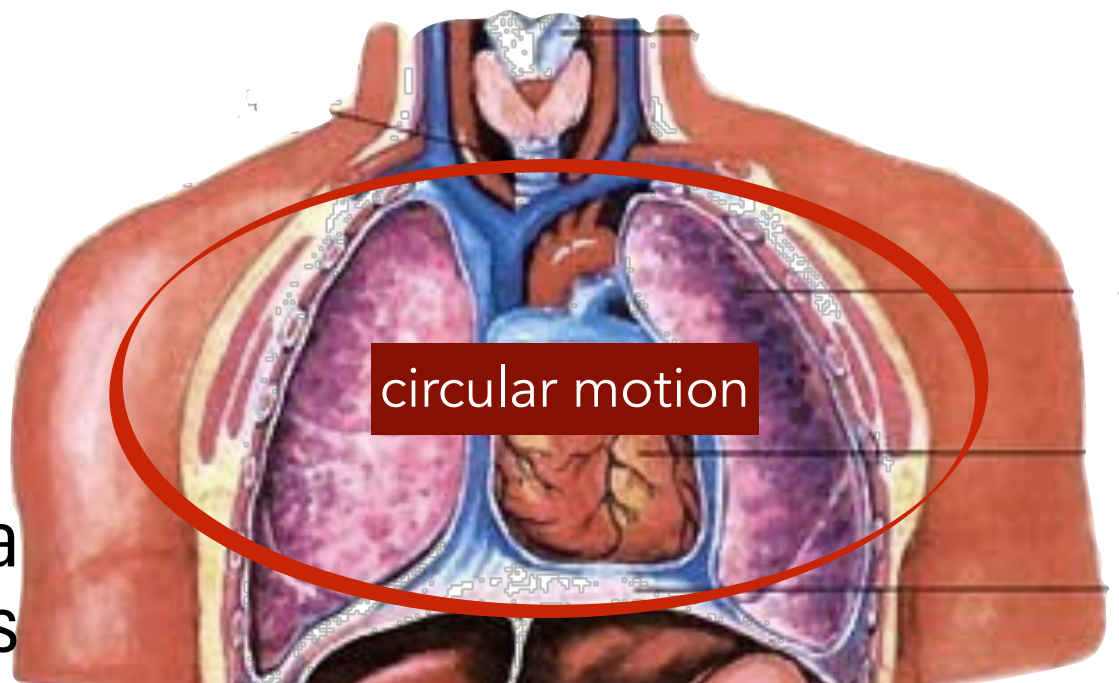


Blow both hands for  
2 mins. each



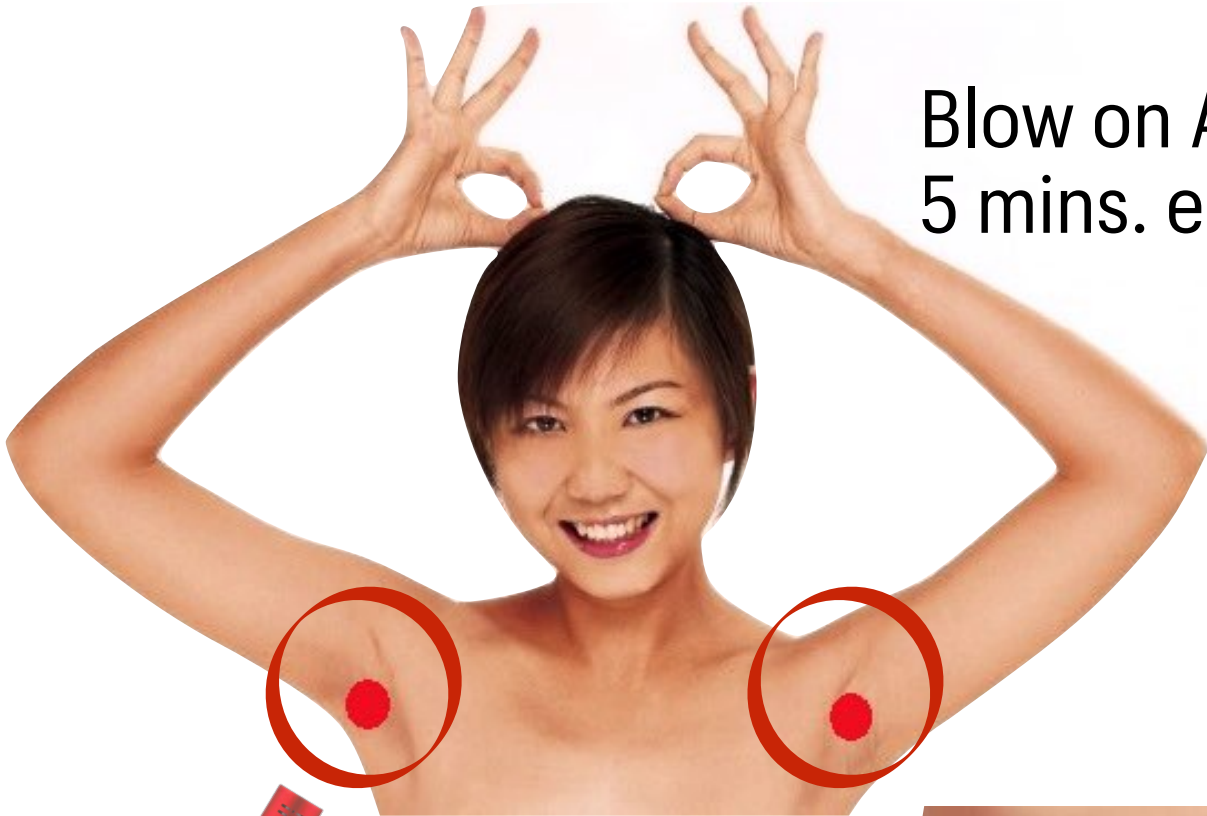
Blow both feet for  
2 mins. each

Blow the Lung Area  
For 5 minutes





# Breast Problem



Blow on Armpit Area for  
5 mins. each



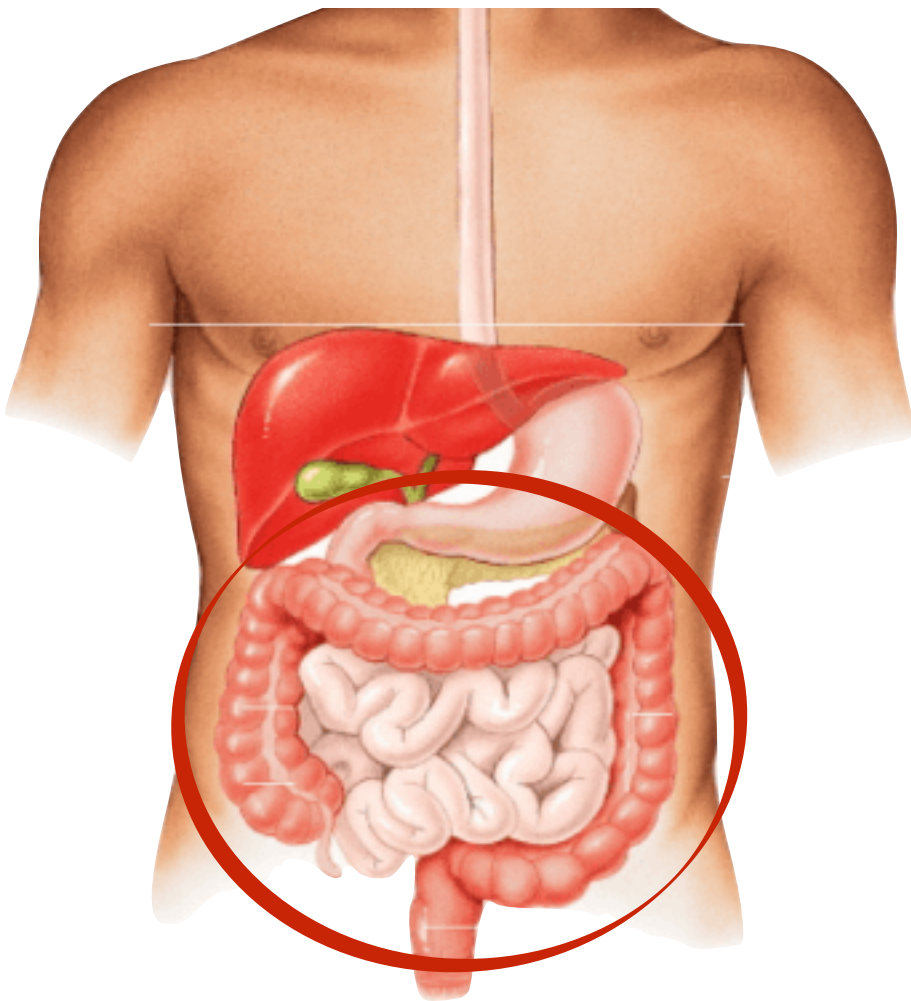
Blow on breast area  
For 5 mins. each



Blow on Shoulder Blades  
For 5 mins. each

# Gastrointestinal Problem

## Colic, Stomach ache and Constipation



Blow on the Abdomen area for 10 mins.  
In circular motion



Blow on the right side  
Lower back  
below shoulder blades  
For 10 mins.

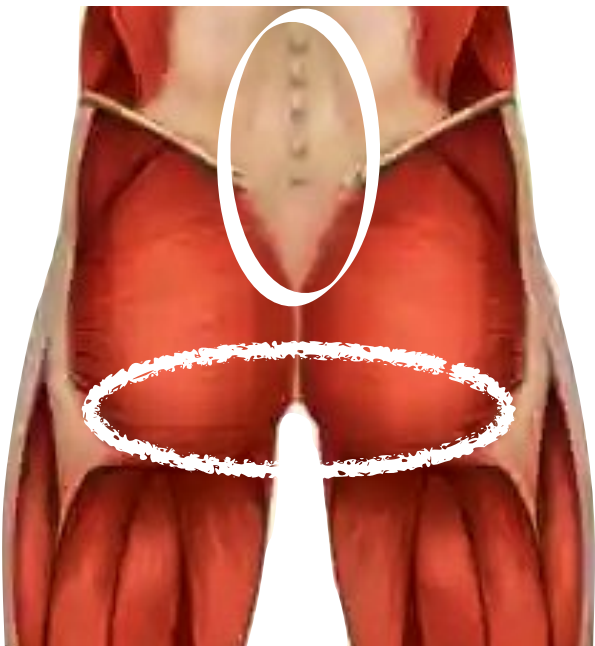


# Male and Female Sex Organ

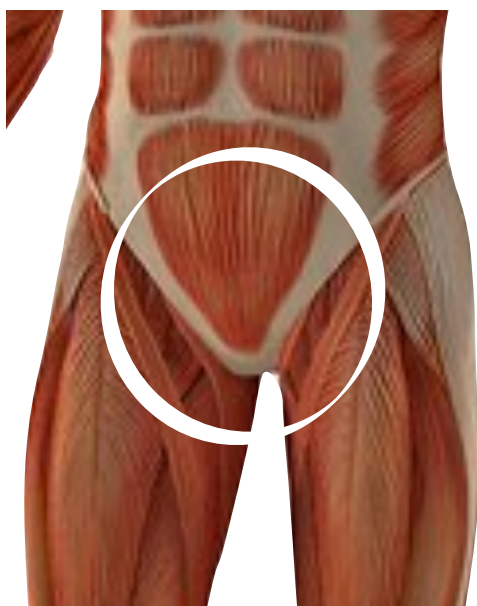
## Prostate and Gynecological Problem



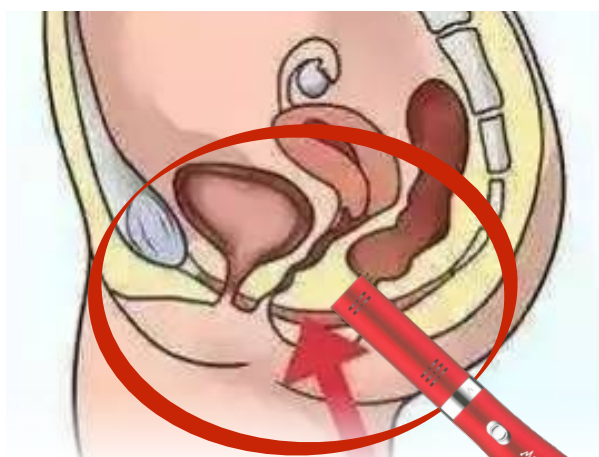
Perineum area for 10 mins.



Anus area and Lower back for 5 mins. each



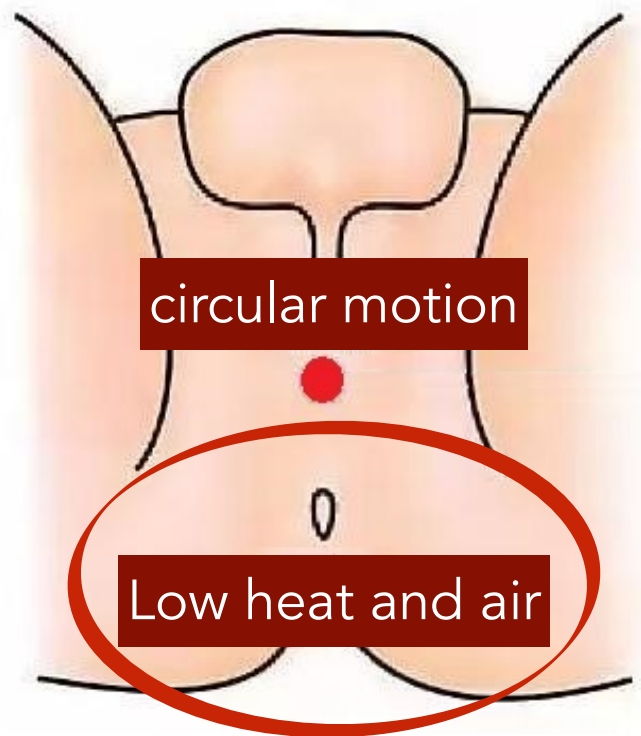
Perineum area for 10 mins.



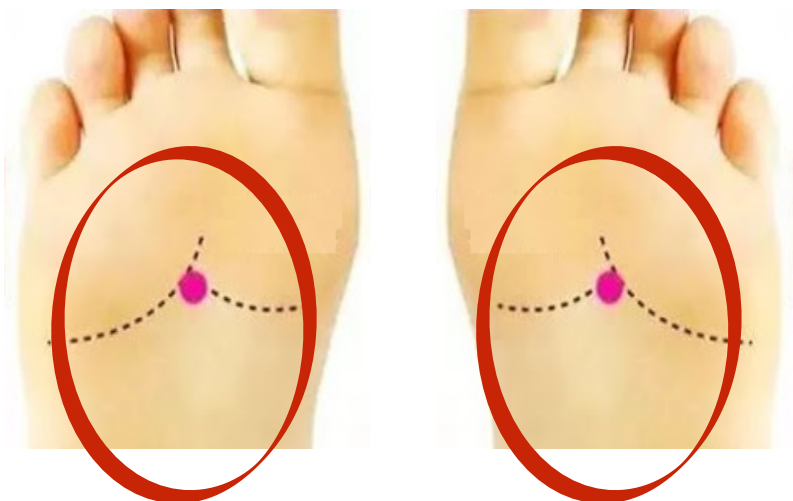
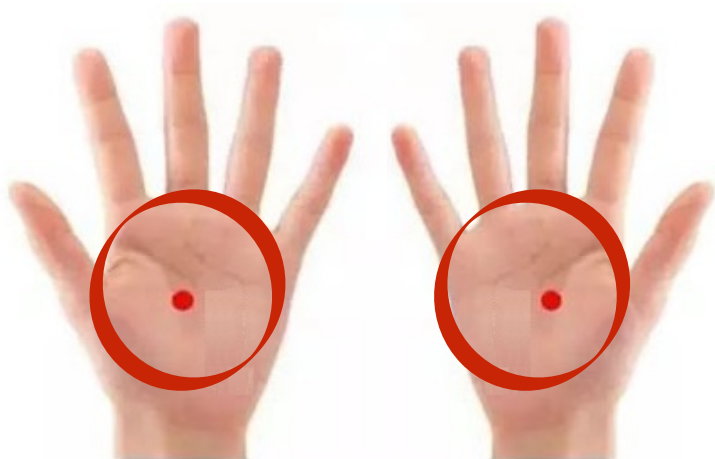
Blow directly For 5 mins.



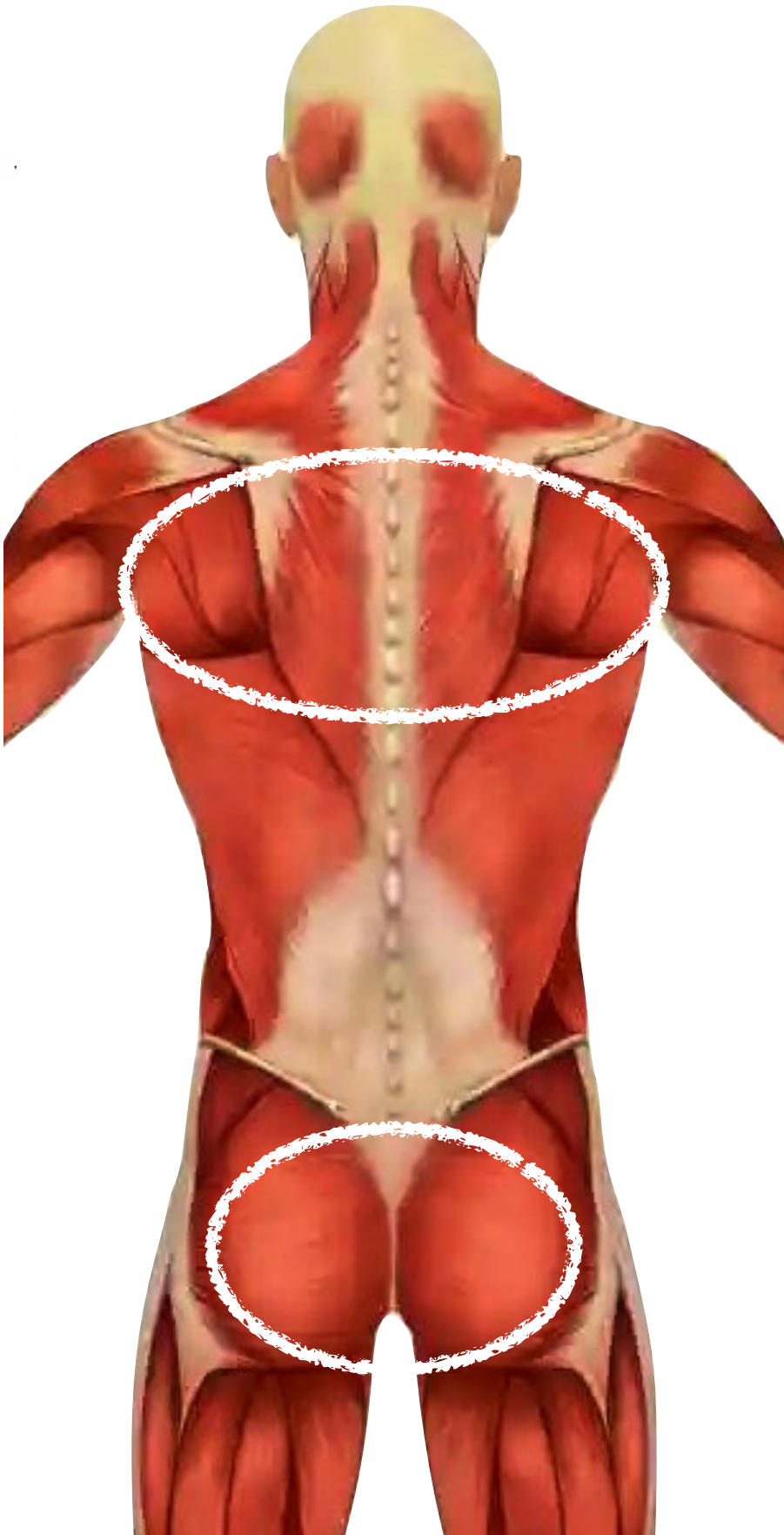
# Hemorrhoids Problem



Anus area for 10 mins.



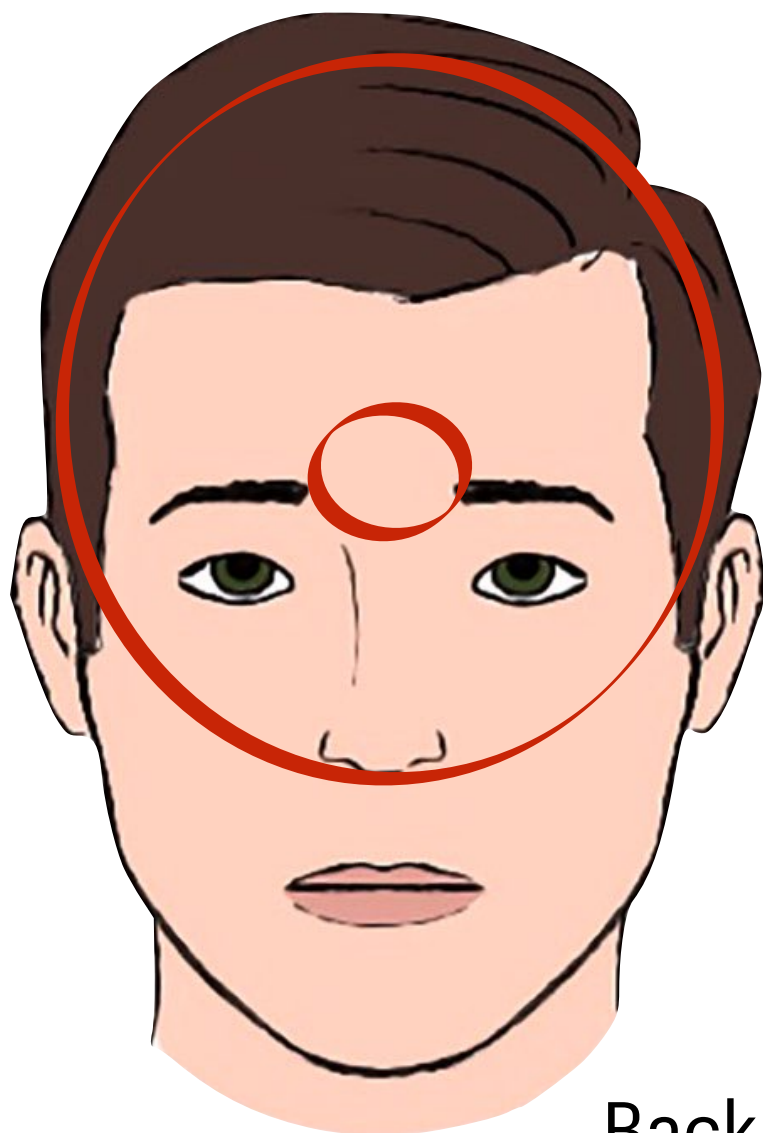
2 mins. each  
Hand and Foot



Upper and Lower Back  
Area 5 mins. each



# Sleep - Insomnia Problem

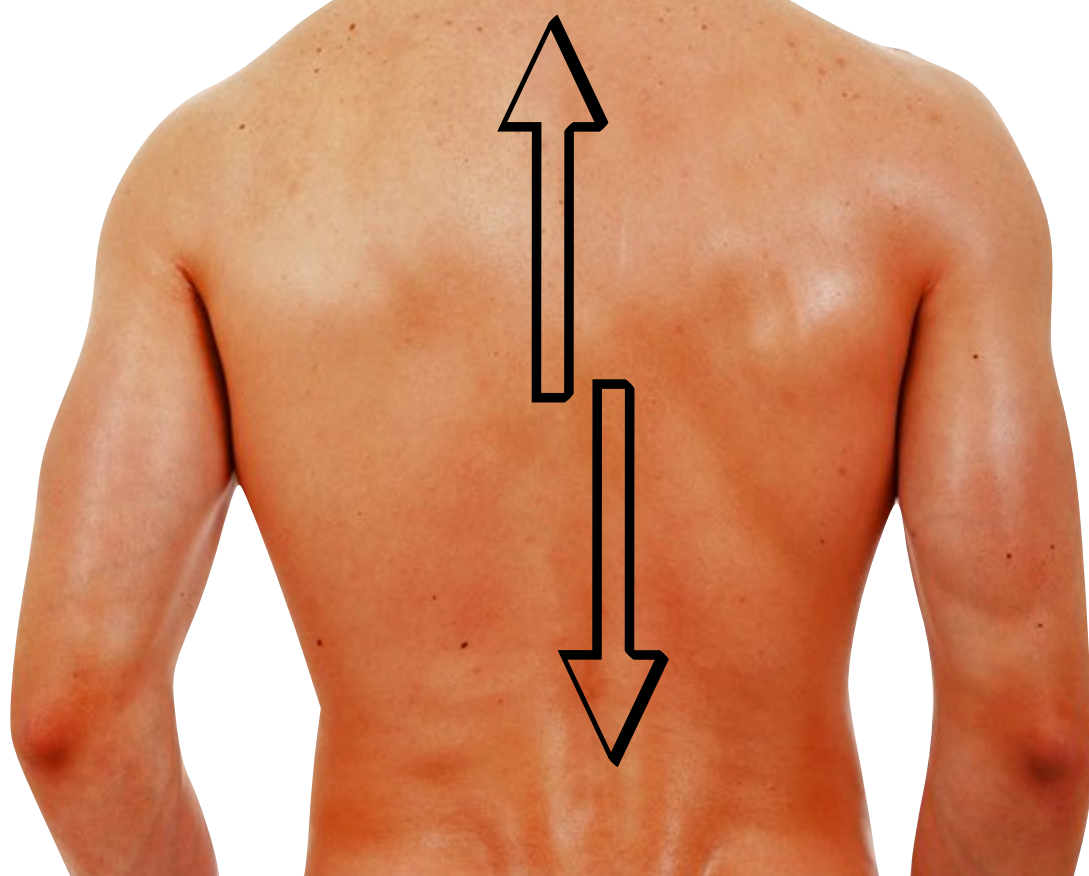


Upper Area of the Face for 10 mins.

Back of the head for 10 mins.



Blow on the spine for 15 mins.

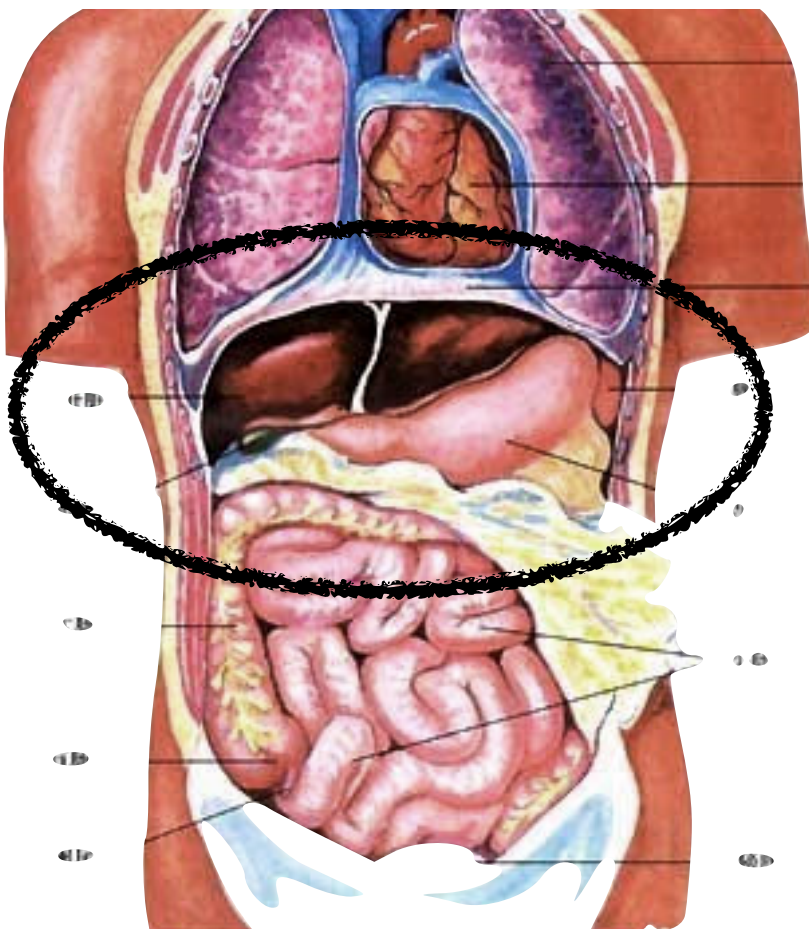


# Hyperthyroidism

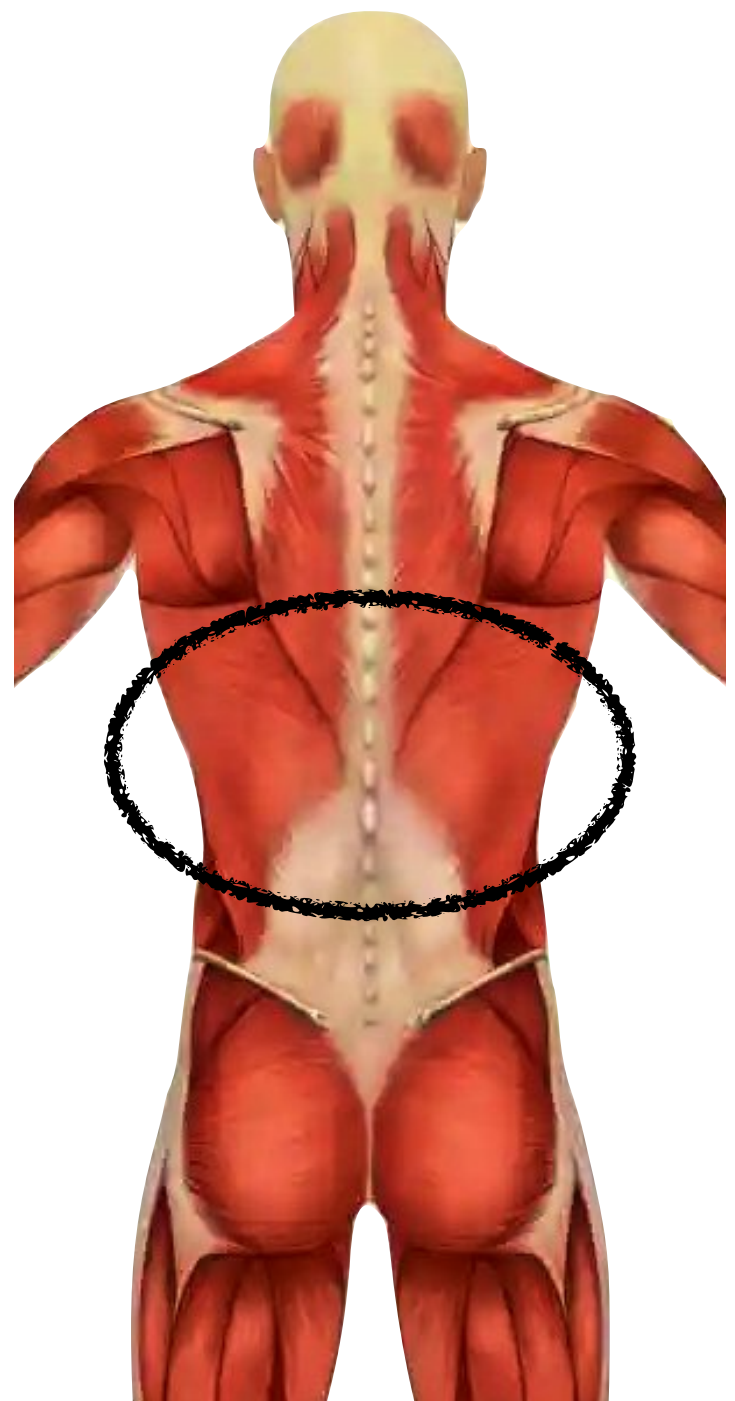


Blow on the neck and side of the neck for 10 mins.

Blow on the middle of the back for 10 mins.



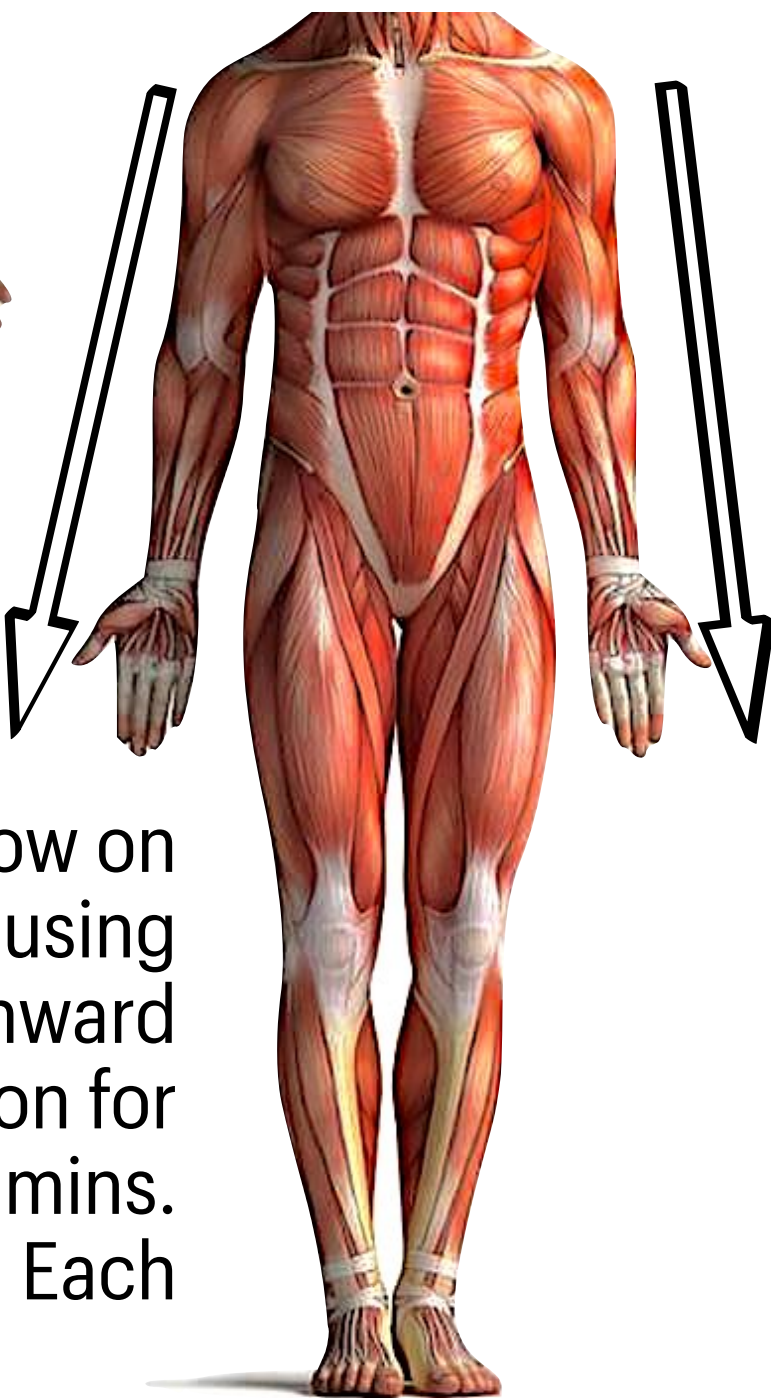
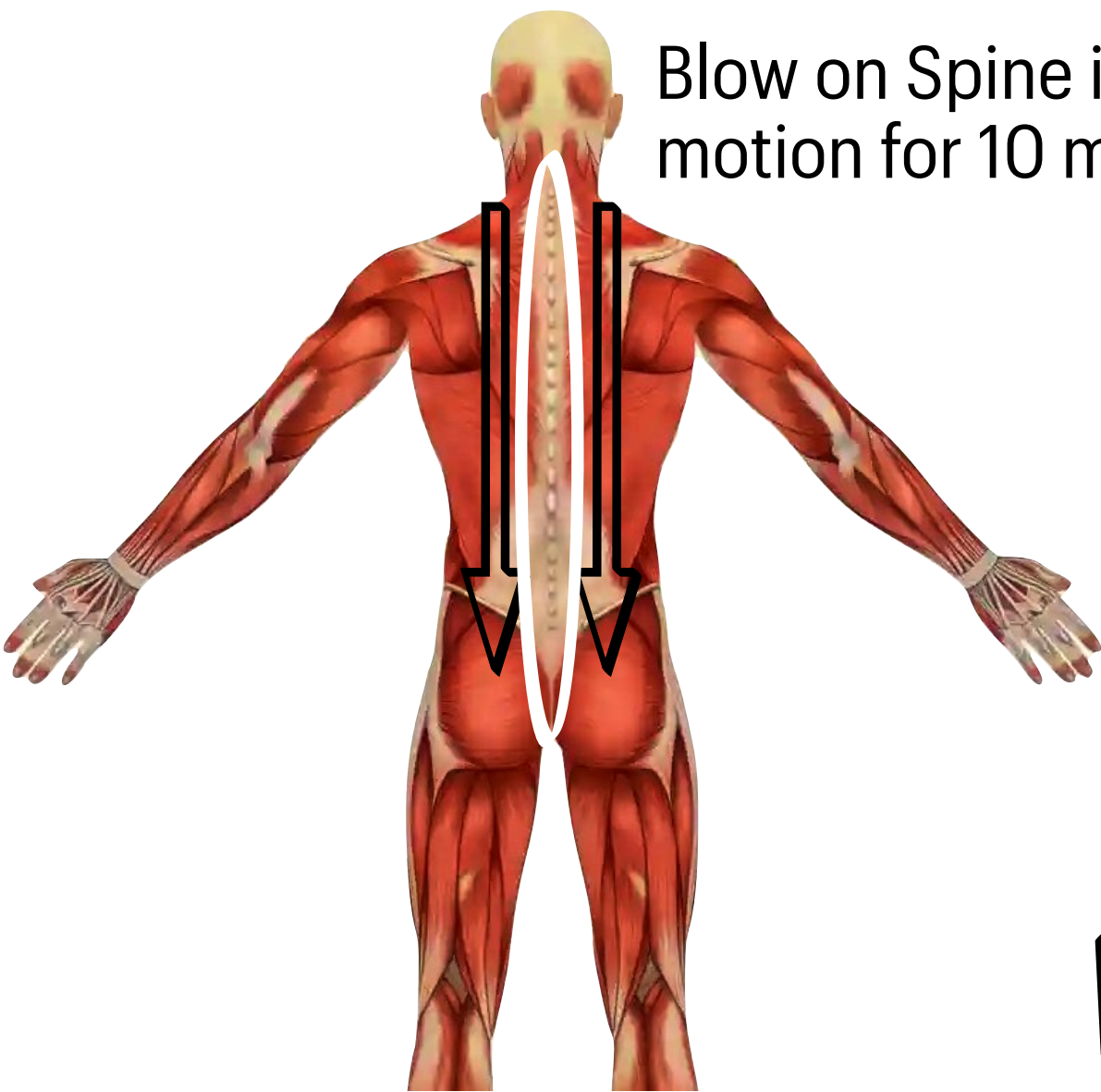
Blow on liver area for 10 mins.



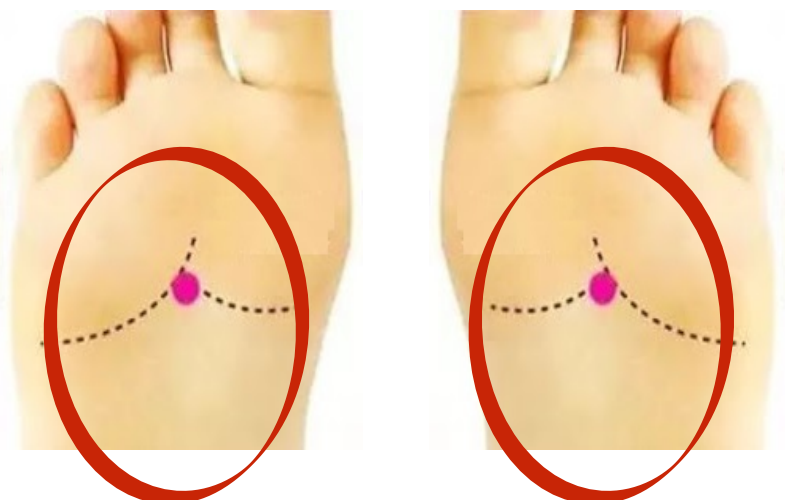
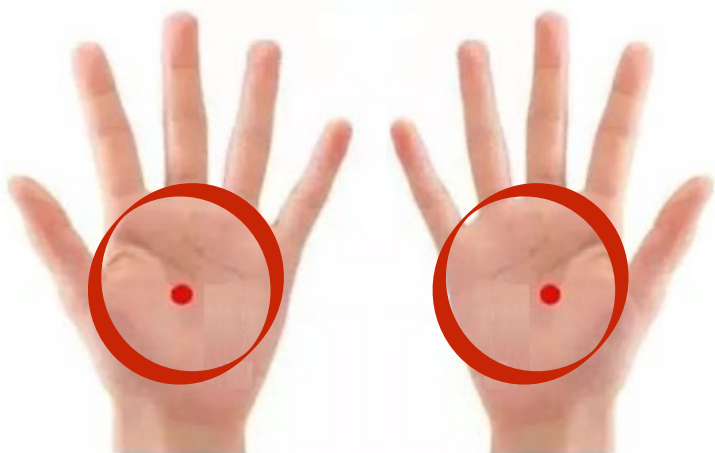


# High Blood Pressure

Blow on Spine in Downward motion for 10 mins.

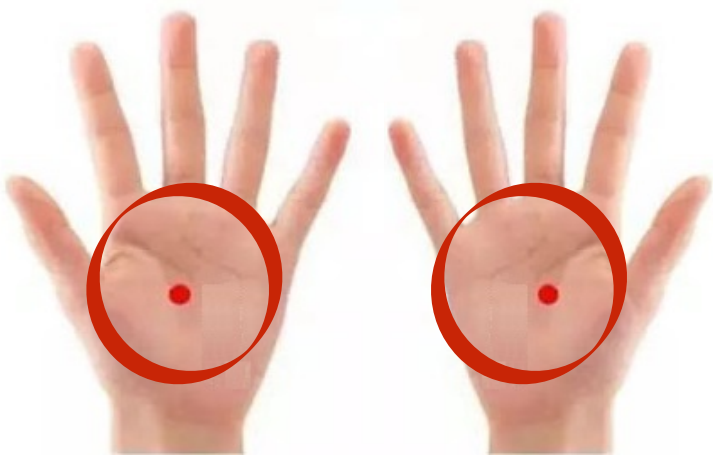


Blow on Arms using downward motion for 5 mins. Each

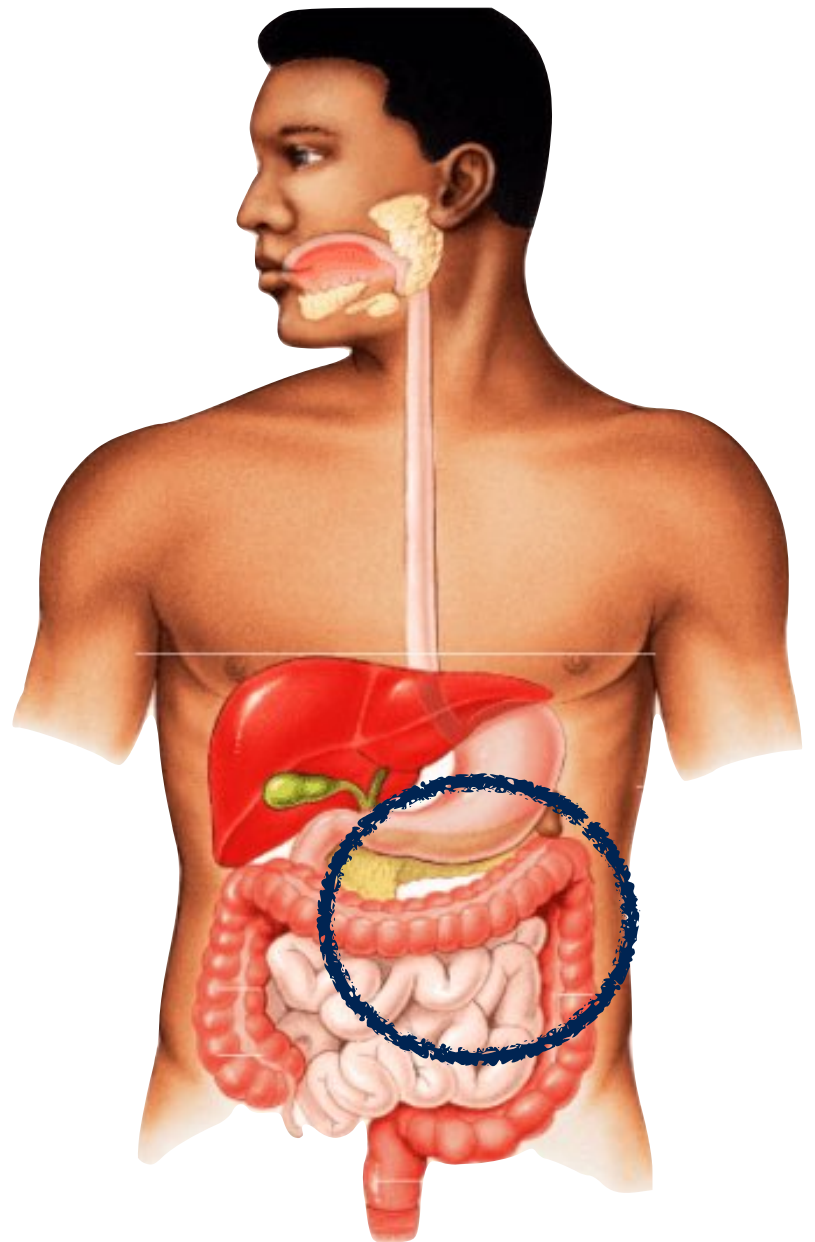
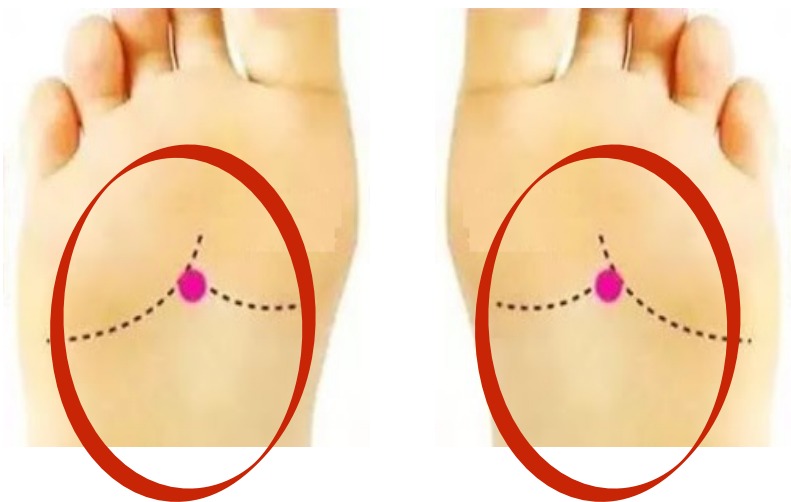


2 mins. each Hand and Foot

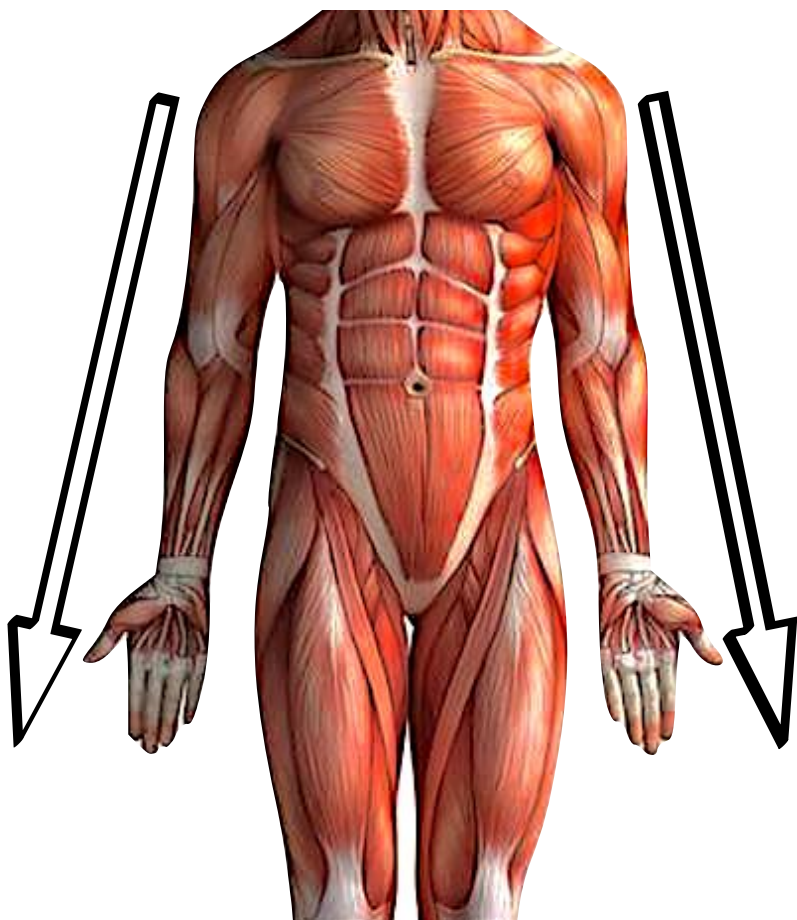
# Diabetes



Blow each  
Hand and foot for 2 mins.



Blow on the spleen  
area for 10 mins.



Blow on Arms using downward motion  
for 5 mins. each





# THERAPY GUIDE ON HOW TO OPTIMIZE RESULTS WITH ITERACARE DEVICE

Following these guide will give you the optimal results.



1. Terahertz Frequency
2. Quantum Resonance
3. Optical Quartz Light Technology

<https://teracare101.com>



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. 5-15 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.