

## 3 Arm Positions:

For migraine headaches, bone spurs and misaligned spine, sore back, gout, arthritis

### The Mid Position



Lie down, put both hands under your head in a position that results in your upper body and legs being both lifted off the ground

### The Goldfish Exercise



Place both arms at your sides

### The Stretched Back

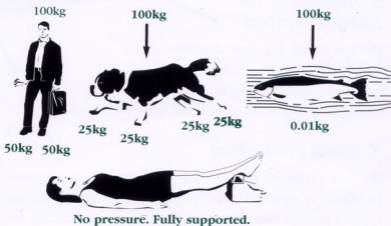


Lift both arms above your head and keep them as straight as possible

Release of tension, mood balancing, insomnia, internal organ discomfort, constipation

Weight loss, shoulder tendonitis, release muscle tension, release nervous pressure, full and round breast

ANIMALS IN MOTION PLACE LESS PRESSURE ON THEIR BODIES, AS DEMONSTRATED BELOW:



Swaying while lying down is the best form of exercise!

## Mechanics of the Massager

The patented precision design of the massager allows it to operate in harmony with the natural body rhythms and optimum body positioning to include a massage of blood vessels.

## Precautions

The massager should not be used under the following conditions:

- Immediately following an operation or if suffering from bone fracture (within three months after operation).
- If suffering from a serious infection or bleeding injury or serious heart disease.
- During pregnancy
- Within 30 minutes after eating a meal
- If extreme pain occurs during the massage. Such pain should be investigated and rectified before further use of the unit.