



PAIN RELIEF ESSENTIALS

Rhythm Touch Q 2-way

Instruction Manual



**Low
Frequency
Massager
and
Electrical
Muscle
Stimulator**



Therapeutic Hand and Food Massage Charts

Available in printed version from Pain Relief Essentials



Rhythm Touch Q 2 Way Low-Frequency Massager and Electrical Muscle Stimulator

<i>Therapeutic Hand and Foot Massage Charts</i> _____	2
<i>Rhythm Touch Q 2 Way</i> _____	3
What is a Low-Frequency Massager? _____	4
A Note on Consistent Usage _____	5
Product Specification – Rhythm Touch Standard Unit _____	6
Set Up the Rhythm Touch For Use. _____	7
Set Up Procedures _____	7
Assembly of Rhythm Touch _____	7
Operation of Rhythm Touch _____	8
Use of the adhesive gel pads _____	11
Basic Therapy Points _____	12
Acu-Roller Instructions _____	13
Acu-Pen Instructions _____	13
Acu-Flex Pad Instructions (formerly Acu_Mouse / Facial Pad) _____	13
Acu-Foot Therapy Slipper Instructions _____	14
Facial Muscle Workout _____	16
Maintenance _____	17
Main Box _____	17
Lead Wire _____	17
Adhesive Gel Pad _____	17
Change the battery _____	17
Troubleshooting _____	18
Safety Instructions _____	19
Customer Service _____	20
Product Specifications _____	20
Warranty and Service _____	20
Fibromyalgia _____	21
Chart of Reflex Points _____	22
Chart of Reflex Points and Chart of Symptoms _____	22
Therapy Instruction Chart _____	23
<i>Accessories for the Rhythm Touch</i> _____	<i>Error! Bookmark not defined.</i>

What is a Low-Frequency Massager?



Rhythm Touch has been designed to stimulate muscles and help massage, relax, and strengthen muscles. The Rhythm Touch is a safe electronic muscle stimulator meant for massaging, conditioning, relaxation, and tension relief for use at home, in the office, while traveling, and for use in exercise and therapy facilities.

It will also help intensify your workout and can help diminish stress by stimulating your endorphins.

Your Rhythm Touch can be used with gel pads, a roller, a pressure point pen, and a flexible rubber pad for a number of therapeutic methods.

Rhythm Touch uses specially modified electrical impulses to stimulate the skin's acupoints. It provides you with the stimulation of acupuncture and an effect quite similar to a massage. It can stimulate the whole body's function and help improve blood circulation. It is also recommended to maintain muscle tone and decrease fatigue. By stimulating the muscles with the Rhythm Touch, they naturally contract and release, thus increasing blood circulation. Rhythm Touch is similar to TENS unit (Transcutaneous electrical nerve stimulation) and offers similar benefits. It is safe, portable, non-invasive, and drug-free.

It has also been found to help aid in muscle gratification, facial and body toning, relieving tension, pressure point therapy, and stress relief.

We hope you will enjoy all of the benefits of using Rhythm Touch.

Please find further information for specific conditions and links to research information at www.painreliefessentials.com.

If you have questions that aren't answered in this manual, or have a success story to share, please post to the Support Forum on www.painreliefessentials.com.

* DISCLAIMER: This product and literature is not intended to diagnose, treat, cure or prevent any disease. ** Warning: Do not use this product if you are using a pacemaker, defibrillator, or if you are pregnant.

A Note on Consistent Usage

The first couple of years we were involved with the Rhythm Touch a common question from customers was “how do I use it for my condition?” Our response would be taken from the instruction book that said where to place the pads and for how long. It turned out that this wasn’t always the right answer... users were waiting for the effects of their condition to show and then treating their symptoms. If they suffered with migraines they would wait until the migraine showed up before using the unit.

After a couple of years that included selling and talking to several thousand people and after responding the same way to questions of when and where to use it; a customer emailed us telling of the results using the Rhythm Touch for her migraine headaches. She told us that instead of using it during a migraine; she was using it every day in the pressure points for headaches and that she had not had her regular occurring headache in quite a while. She also reported sleeping much better! After reading her letter we started working with people to encourage them to use the Rhythm Touch on a regular basis: once a day at a minimum and for more serious conditions, twice a day during the morning and evening.

The results have been incredible! Our customers are reporting back that they sleep better and their conditions seem to be improving. This was very exciting news to us so we decided to research a little further. We approached several medical professionals about our customer’s discoveries and they responded with an analogy about exercise; exercise once month and you will see no gains, but exercise a little every day and see great improvement over time. This method is very similar to how the Rhythm Touch works, it exercises the muscles and we begin to see cumulative benefits.

We encourage you to use the Rhythm Touch 3-7 times a week. Many of our customers have found that placing their Rhythm Touch next to their television remote control works well to remind them to use their unit every day. If you work in an office, drive a truck or large machinery, or travel by air you’ll find that the Rhythm Touch is easy to use because it is small, lightweight, portable, and battery operated. For air travel it is especially nice to be get up from your cramped seat with no muscle cramps and to feel refreshed. One of our first customers purchased his Rhythm Touch to use for Bells Palsy and immediately was an advocate of using it for travel. He traveled from Anchorage Alaska to Australia and took his Rhythm Touch to use on the 12 hour plane ride.

For those with serious conditions using the Rhythm Touch constantly is very important. For some conditions that seem to get worse every day, customers have reported that with consistent use they do not get worse and in a many cases they are reporting feeling much better. Most will say they really notice when they do not use their unit for a period of time so we really encourage you to consistently use your Rhythm Touch!

Best regards,
Your friends from Pain Relief Essentials

Product Description

The Rhythm Touch Q is a *low-frequency* electrical muscle stimulator and massager that offers the following characteristics:

- a. Highest quality and performance
- b. Easy to use
- c. No side effects
- d. Fully automatic computerized control system
- e. After service guarantee



1. Do not stimulate near the heart or the head.
2. Always start the strength level from "0" or "MIN" Strength. Reset to "MIN" strength when changing message modes.

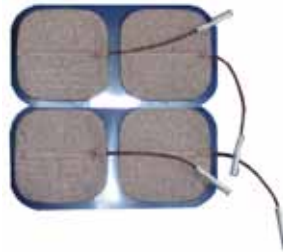
Product Specification – Rhythm Touch Standard Unit

A: Massager Main Unit (1 pcs)



Figure 1 Rhythm Touch Q 2-Way Massager

B: Adhesive Gel Pads (4 pcs)



C: Protective Holder for Pads (2 ea.)



D: Lead Wire Cords (2 ea.)



E: Batteries: DC 1.5V x 2 (AAA size)

Set Up the Rhythm Touch For Use.

Set Up Procedures

- a. Take out the equipment from the case.



Start by setting the output level (Strength) on "0" or "off".

- b. Set the conversion switch to I or II, according to the number of leads used.
(Set to "I" mode for 1 lead with 2 pads, set to "II" mode for 2 leads with 4 pads)
- c. Insert a lead wire cord into the correct plug socket of the massager.
- d. Insert the opposite ends of the lead wire cord into each adhesive gel pad socket.
- e. Take the adhesive gel pads off the protective holder.
- f. Place the gel pads at desired areas of the body.
- g. Turn "on" the unit by turning the Power-on/off level dial.
- h. Select desired massage type key
- i. Select desired strength level.
- j. The Unit will shut off automatically after 15 minutes. Repeat if desired.

Assembly of Rhythm Touch

Power the unit by inserting 2 AAA batteries (included) in the battery compartment. This is located at the back bottom of the Rhythm Touch. Connect the lead wire cords to gel pads by inserting the thin metal end of the lead wire into the gel pad slots. Connect the lead wire cords to the base unit by inserting the thick plug end of the lead wire into the base unit sockets.

Please Note:

If the unit does not operate, consult the troubleshooting section of this instruction manual. Always turn the unit off before replacing the batteries.

How to Use the Pads

The Rhythm Touch pads are designed to stimulate muscles of large body areas. Pads are ideal for use on the shoulders, back, stomach, legs, arms and other areas of the body.

DO NOT USE NEAR THE HEART OR SCALP

To use the pads connect the pads to the Rhythm Touch base unit, as described in the Assembly and Basic Operation page of this manual. Adjust the power level dial to the weakest setting (MIN). This dial is located on the right-hand side of the base unit. Remove the vinyl pad protectors, and stick the pads to the protective plastic holder during operation. *Do not stick the pads together or on paper.* Before attaching pads, wipe off all sweat, oil and dirt from the location on the body where they will be placed. Place the pads in the desired location. Always attach two pads on the body, but do not overlap them. Please refer to the Chart of Reflex Points and Safety Precautions information in this manual.

Assembly Continued:

Turn the base unit on by pressing the on/off button, the top left front panel. The Rhythm Touch will automatically shut off after 15 minutes. Adjust the strength level dial to the strength you prefer, from weak to strong. Select the mode of operation you prefer. Choices are located on the front panel and include:

1. Tap, 2. Vibrating, 3. Massage, 4. Auto Mode.

Turn the strength dial to "0" or "MIN" before moving pads to another location of the body.

Please Note:

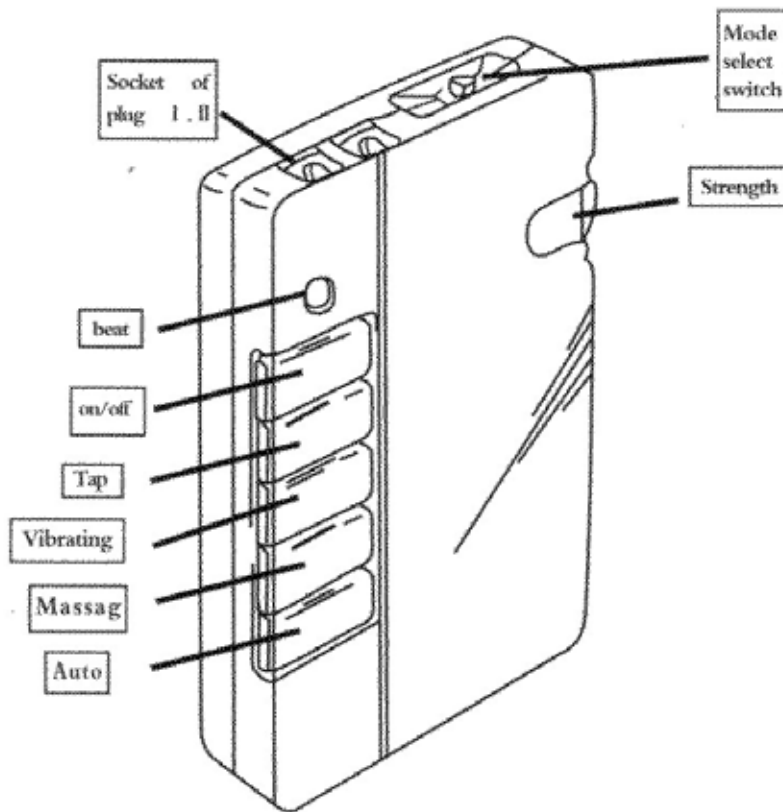
Do not put the pads in water.

Do not use the pads if they are wet.

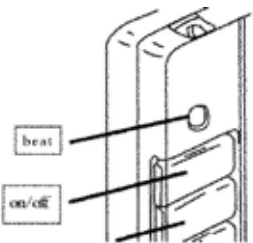
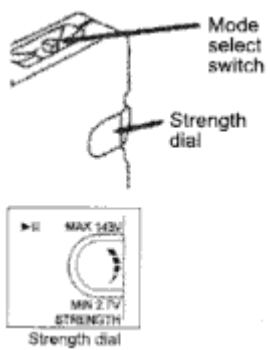
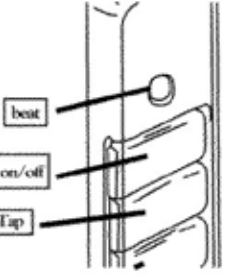
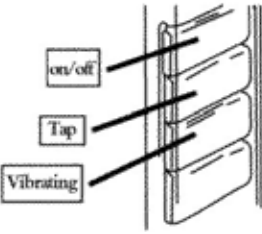
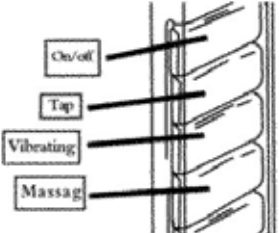
The durability of the pads depends on how they are cared for and how often they are used.

Operation of Rhythm Touch

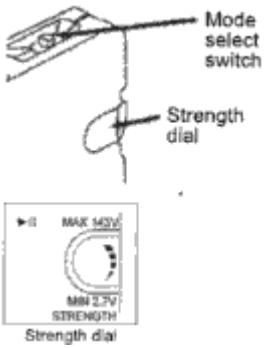
Read Power, On/Off Dial, Level Dial



- | | |
|---------------|---------------------|
| Tap Key | (Chopping massage) |
| Vibrating Key | (Vibrating Massage) |
| Massage Key | (Kneading massage) |
| Auto Mode Key | (Various massage) |

<p>1. On/Off</p>  <p>Beat light/ power indicator light will light up when power is on.</p>	<p>2. Strength dial</p>  <p>Starting at the lowest strength level slowly increase the strength to desired level by turning the level dial. Remember: Always reset the strength to lowest level before selecting different massage key, then Increase to desired strength.</p>
<p>3. Tap (Chopping Massage) Key</p>  <p>When the Tap mode is selected, the light will flash coinciding with the sensation of the pads creating a chopping massage</p>	<p>4. Vibrating (Vibrating Massage) Key</p>  <p>When the Vibrating mode is selected, the indicator light will flash at a faster pace, also coinciding with the sensation of the pads, and you will feel an invigorating vibrating massage</p>
<p>5. Massage (Kneading Massage) Key</p>  <p>When the Massage mode is selected, the indicator light will go on for a few seconds and then go off, repeating the cycle. This mode produces a strong finger pressure effect and you will feel a strong rubbing and pulling sensation similar to kneading by the hand.</p>	<p>6. Auto Mode Key</p> <p>When the Auto mode is selected, you will feel the effects of Tap, Vibration, and Massage in sequential order. The cycle is repeated automatically.</p>

7. Strength Dial Detail



When adjusting the strength level dial to "MAX" like the figure, the output value can be up to the maximum "5x26v".

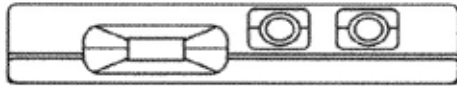
When adjusting the Strength level dial to "MIN", it can go as low as "0x26v" or "0".



- o Each message session stops automatically after 15 minutes of operation. Repeat if desired.
- o Each mode can be detected by the indicator light.
- o Confirm the strength level dial is set on "0" or "MIN" before starting the massager. Always increase the strength dial gradually until it feels comfortable.

8. Plug and Conversion Switch

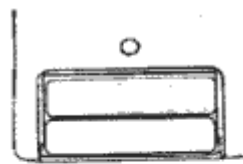
- o Output mode select switch can be set on either "I" or "II".
- o When using only one output (2 pads), set the mode select switch to "I".
- o When using two output (4 pads), set the mode select switch to "II".



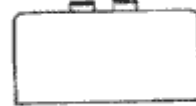
<Output Plug I, II Socket >



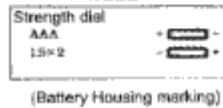
9. Battery Housing



1.5 volt x 2 batteries
Size standard "AAA"



When replacing the battery, push the cover downward to open and insert battery as indicated.



Verify that the battery polarity (+/-) is properly aligned.



- o Never use while doing strenuous activity.
- o Keep out of reach of children.
- o Take out the batteries from the unit when it's not used for a long period of time.
- o Do not keep the unit near fire or flame.

Use of the adhesive gel pads

- Always wash the area of your body where you intend to use the adhesive gel pads.
- Pull the pads off the vinyl cover by gripping the pads and not the wire.
- Place the pads on enclosed plastic pad holder, one on each side.
- When ready to use, place the pads securely on the skin.
- When not in use, store pads on protective pad holder, one on each side.

The pads purchased through Pain Relief Essentials are the best quality we can find. Replacement pads for any kind of electrical muscle stimulator will last for 1-3 months. The effectiveness of the unit diminishes when the pads start to wear. It is not the adhesive part as much as the transfer of electricity through the pad. This is where the quality of pad plays a large role. Pads with low quality gel will change the effectiveness of the device very quickly, sometimes within the first couple of uses. We recommend changing the good quality pads every 3 months, and changing lower quality pads every 20-30 days. Pads are moisture sensitive so for a longer effective life wipe them off after every use with "wet ones" a moist toilette available in individual packets or in containers of up 100 toilettes. Pads are intended for single patient use.

Instructions for use:

1. Clean and dry application area. Apply electrodes to unbroken skin only.
2. Open and save pouch. Remove electrodes from package. Peel electrodes away from release sheet by lifting the edge of the electrode, not by pulling the wires.
3. If electrode seems dry, add a few drops water to moisten gel and wait a few minutes to allow water to re-hydrate the gel
4. Place electrodes on treatment area
5. Apply finger pressure to electrode edge and press entire electrode to assure adequate contact with skin.
6. Wipe off electrode with a non-alcohol wipe- baby wipe or wet one.

Note:

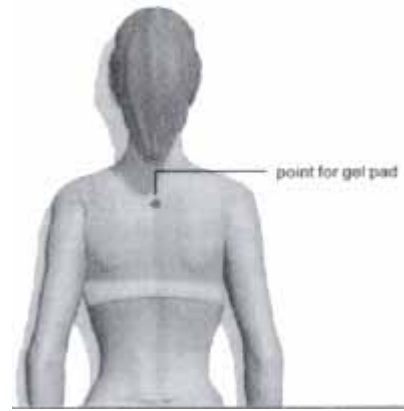
The life of an electrode varies depending on skin condition and care, skin preparation, type of stimulation, storage and climate. Your electrodes need to be replaced when you notice any change in effectiveness of your unit or any change in the way the stimulation feels. Waiting too long to replace your electrodes will reduce the effectiveness of your unit.

Rhythm Touch replacement pads and cords may be ordered direct from Pain Relief Essentials at www.painreliefessentials.com.

Basic Therapy Points

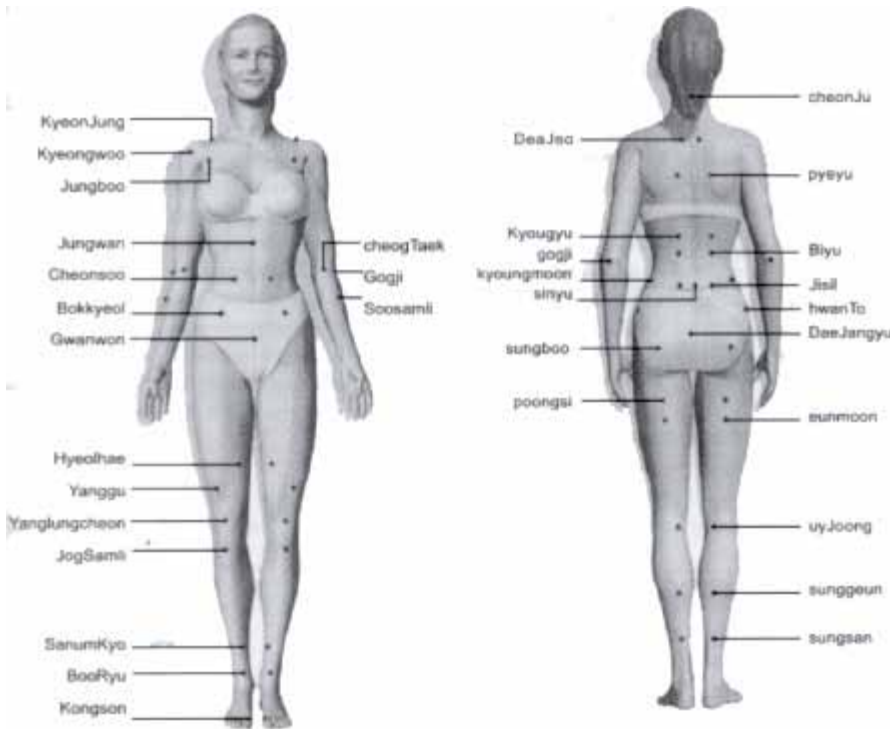
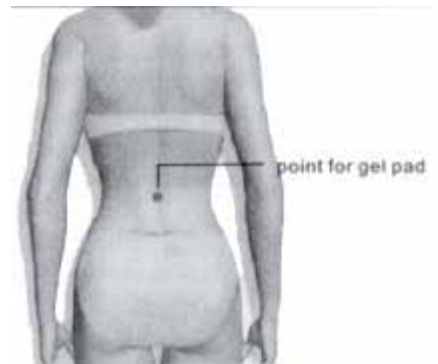
The Upper Body

- Attach one adhesive gel pad near the third joint from the upside of the backbone.
- Attach the other adhesive gel pad to a desired part of the body. (Arms, shoulders, etc.)



The Lower Back

- Attach one adhesive gel pad near the third joint from the bottom on the backbone.
- Attach the other adhesive gel pad to the desired parts of the body. (upper thigh/ groin area)



Acu-Roller Instructions

Connect the Acu Roller by inserting the thick metal plug of the lead wire cable into the top end of the unit (slot 1). Plug 1 lead wire (the thin metal plug) into the bottom of the handle of the roller. Plug the other thin metal plug into one of your gel pads. Apply the pad anywhere on your body. Apply gel or lotion (Aloe Vera works well) to your skin where you wish to use the Acu Roller. Set Mode to 1. Start off with the strength at 0 and increase to your comfort. Remember that both the pad and roller need to be on your body to work.



Acu-Pen Instructions

Connect the Acu Pen by inserting the thick metal plug of the lead wire cable into the top end of the unit (slot 1). Apply gel or lotion (Aloe Vera works well) to your skin. Set Mode to 1. Switch the unit on and press the metal top of the pen on the desired area and choose motion key. Start at 0 strength and work your way up until you feel sensation. You can only feel this on certain pressure points (neck, fingers, ear...). Some will feel the effects more than others



Please see hand and foot charts on the inside front cover.

Acu-Flex Pad Instructions

(formerly Acu_Mouse / Facial Pad)

Connect the Acu Flex pad by inserting the thick metal plug of the lead wire cable into the top end of the unit (slot 1). Plug both lead wires (the thin metal plugs) into the 2 holes located on the side of the Acu Flex pad. Apply lotion or gel (Aloe Vera works well) to the application point on your skin and press the Acu Flex pad against your skin and choose the motion key.



Accu-Foot Therapy Slipper Instructions

Accu-Foot Therapy make the Rhythm Touch easier and convenient to feet. Just drop a little jell (we like Aloe Vera five contact points inside slide your feet in and straps for good contact, Rhythm Touch to the lead come with the slippers, Rhythm Touch, adjust comfortable level and sit enjoy.



Slippers so much use on your water based gel) on the the slipper, adjust the connect the wires that turn on the strength to back and

The bottoms of your feet fuse box. There are pressure points on the our feet and these points are associated parts of our body. By stimulating the pressure points the body part associated with the pressure point is also stimulated. The accu-slippers stimulate these pressure points and activate circulation.

are like a several bottom of pressure with other

If you have neuropathy you may not feel the stimulation right away, even at full strength. Customers report either feeling the stimulation immediately to up to two weeks before feeling the sensation with consistent use. Take it at your pace but use it at least once a day for at least 15 minutes. Consistent use is the key; don't expect to get the same results sitting down for two hours once a week as you would if you used the slippers 15 minutes every day.

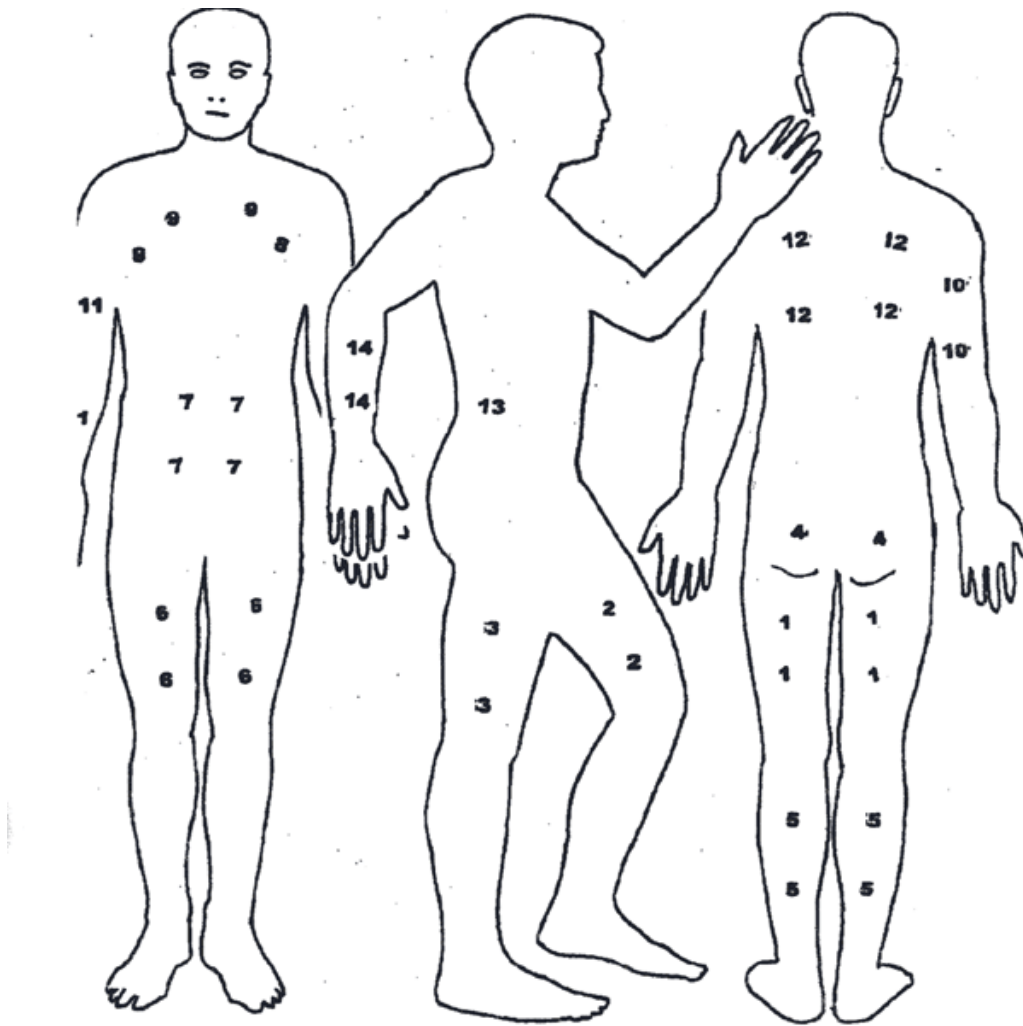
1. The Accu-Foot Therapy Slippers are a non adhesive version of the pads.
2. Use a gel or lotion on each of the 5 pressure point knobs (Aloe Vera).
3. Simply insert the thin metal prong into small holes on the inner side top layer of the slipper where the arch of your foot will go.
4. This attachment should be held in place with straps over the feet.



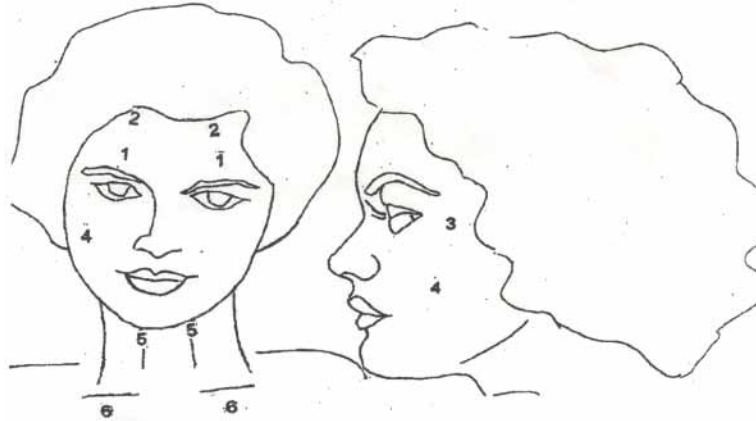
Muscle Workout Instructions

1. Daily to twice weekly
2. Hamstring Back of Thighs
3. Inner Thighs
4. Outer Thighs
5. Buttocks
6. Calves
7. Front of Thighs
8. Abs
9. Breast Development
10. Pecs
11. Triceps (Back of Arms)
12. Biceps (Front of Arms)
13. Back Muscles
14. Obliques (Waist)
15. Forearm

Use 10-20 minutes in each location depending on results desired. Lower workout time if muscle discomfort occurs.



Facial Muscle Workout



Instructions for Acu-Flex pad for facial workout

1. Place above eyebrows to lift eyelid and brow area
2. Place at the edge of the hairline to strengthen the forehead
3. Place on the outside of the optical bone above "crow's feet" to smooth the area.
4. Place between ear and corner of the mouth on the soft part of the cheek to strengthen facial muscles and tighten facial skin.
5. Below chin on the neck where right angle is formed, on the two parallel neck muscles to tighten neck skin.
6. Below collarbone to tighten bust line.

Use massage mode on Rhythm Touch unit. Start very low setting and work upward if desired five to ten minutes.

Maintenance

Main Box

- a. If dirty, remove the dirt off the surface gel pads with wet cotton and a mild cleanser. Remove the pads from the unit before cleaning.



Never make the cotton so wet, that the excess flows into the openings of the machine

- b. Do not keep the unit in high or low temperatures or humid area when storing the unit.



1. Temperature: below +10 degrees C & above +40 degrees C.
2. Relative Humidity: below 30% and above 80%.
3. Take out the batteries when not in use for long periods.

Lead Wire

Keep the wire loosely rolled when not in use. Folding may break wire.



Then remove the adhesive gel pads from the main unit and store separately.

Adhesive Gel Pad

- a. when cleaning is necessary, use warm water, under 35 degrees C.



When cleaning the adhesive gel pads, remove the moisture completely by shaking and air-drying.

- b. Store pads on included plastic holders. Place one pad on each side.



Keep the gel pads stored only on the holder. Otherwise, the adhesive strength will diminish faster.

- c. The adhesive gel pads (electrodes) should be replaced with the same type and model.
- d. The related information on the adhesive gel pads (electrodes) is inserted with the unit.

Change the battery

Remove the cover by slightly pushing on it and pulling it down and out. Put the batteries in securely. They should be facing opposite direction. Replace the cover. Turn on the on/off level dial and check if the LED lamp lights. If the lamp fails to light, check to see if the batteries are securely inserted and polarity, (+) and (-), of the batteries are correct. If the light is lit and goes out or the light is very dim, then the batteries may need to be replaced.

Troubleshooting

Trouble	Check Points	Solution
It Doesn't Operate	<ul style="list-style-type: none"> Check if the battery capacity is less than 2.2 V. Check if the polarity (+/-) of the battery is accurate. 	<ul style="list-style-type: none"> Change the battery Re-insert the battery
Output Level Not Detected	<ul style="list-style-type: none"> Check if the lead wire is disconnected. Check if the adhesive gel pads are disconnected. 	<ul style="list-style-type: none"> Change the lead wire Change the adhesive gel pads
There is no change in output	<ul style="list-style-type: none"> Raise the power/strength level dial from weak to strong. 	<ul style="list-style-type: none"> If it is functioning normally now, then it is OK.
Conversion switch isn't operating	<ul style="list-style-type: none"> Raise the power/strength level dial from weak to strong. 	<ul style="list-style-type: none"> If it is functioning normally now, then it is OK.
Power OFF during operation	<ul style="list-style-type: none"> Check if the battery capacity is insufficient. 	<ul style="list-style-type: none"> Put in new batteries

If your Rhythm Touch unit stops working even though the unit comes on, or if there seems to be a 'contact' problem with the pads plugged in but the unit will not function:

Please try these things before anything else:

1. Wet your pads with a small amount of water...over time and use the pads will completely stop the flow of electricity.
2. change the batteries.. We recommend you purchase Rayovac batteries from a high volume store like Wal-Mart, even if the light is on there have been several instances where batteries purchased at the corner store had enough juice to power the light but nothing else.
3. switch the cords around.. try different cords with different pads until all combinations have been exhausted. The problem could be the lead wires or the pads, this activity will narrow it down. Also try the different combinations of holes on top where the lead wires plug into the unit. The lead wires are a very specific gauge (very small) there are times when the lead wires break from folding or bending during storage.
4. There are springs holding the battery in... pull them out a little (gently) to make better contact with the battery. These springs will compress over time and will not make good contact with the battery. For this operation you may use a pen knife to pull the springs out.

Safety Instructions



Do not use if you are using a pace maker.
Do not use near heart or on the head.

- Do not use for extended period of time if you experience any pain.
- Never use while engaging in strenuous activity.
- If the unit will not be used for an extended period of time, remove the batteries and store separately.
- Keep out of the reach of children.
- Do not use different types or damaged gel pads with this unit.
- If using both channels at once, the consumption of the battery increases two-fold.
- The equipment is fragile, so do not throw it or put heavy things on it.
- Before attaching the adhesive gel pads to your body, be sure both are clean and dry.
- Do not attempt to fix this unit yourself. Do not open the unit. Opening the unit will void the warranty.
- Do not use the equipment near water and do not let water inside the unit.



Consult the designated service center for requesting repair.

Please read these precautions before operating the Rhythm Touch:

The Rhythm Touch is a low-frequency massage system. It operates on 2 AAA batteries. It is not intended for use by anyone with a pacemaker, heart disease, by pregnant women, or anyone with serious health problems.

- Please observe the following safety precautions:
- Pads are designed for large areas, but not near the heart, on the scalp, or on the face.
- Do not use the pads on an open wound, on diseased skin, in the mouth, eyes, or genitals.
- Pads should not come in contact with metal jewelry.
- For proper hygiene, the pads should not be shared between different users.
- Turn the device off before installing or changing batteries.
- Turn the strength dial to "0" before moving pads to another location.
- Turn the strength dial to "0" before selecting different massage key.
- Device automatically shuts off after 15 minutes of use. Repeat if desired.

Customer Service

Product Specifications

Product Name	Rhythm Touch
Voltage	DC 3V : battery AAA * 2 (1.5V)
Mode	Tap, Vibrating, Massage, Auto mode
Mode of Frequency (Hz)	1. Mode I: 2.9Hz, 2. Mode II: 10Hz, 3. Mode III: 50Hz, 4. Mode IV: 2.9-50Hz
Out Power Pulse	123-135v, 10ma
Type Class	BF Type
Size	15 x 60 x 100 m/m
Lead wire	L:1200 m/m // W:15 * 2mm // In : 2.4// Out:2.0
Assembly	User manual 1, main body 1, lead wire 2, pads 4, Acu-pen 1 (power 1.5v2), Acu-roller (power 1.5v2)
Acrylic holder	2
Electrodes	Product Model: Multi-Stick MG-1500, 4ea manufactured in USA
Standards	EN 60601-1: 1990 & EN 60601-1-2: 1993 IEC 601-2-10 : 1999
Caution	Please read the user manual carefully before use.

Warranty and Service

At Pain Relief Essentials we are dedicated to helping all Rhythm Touch Q customers with service repair and supply needs.

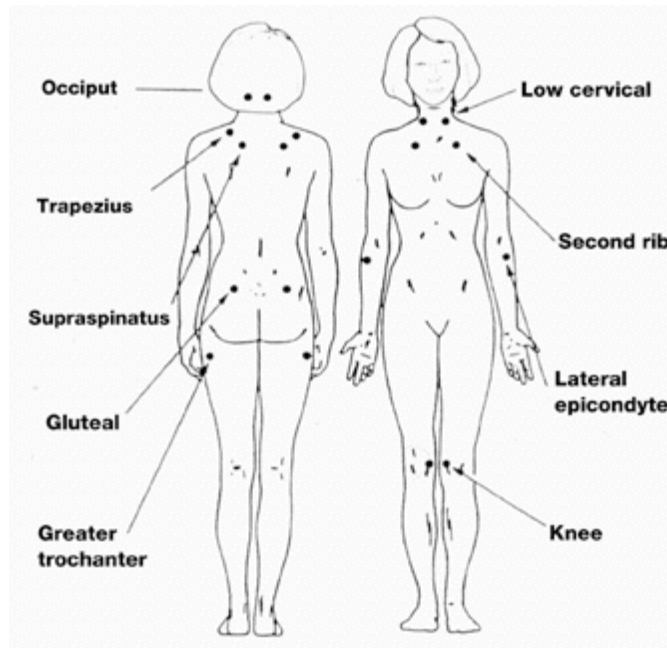
If you purchased your Rhythm Touch Q through Pain Relief Essentials, and in case of malfunction, service is guaranteed during the warranty period of five years from the date of purchase. Please keep your receipt in a safe place.

If you purchased your Rhythm Touch Q from another source, please contact us to make arrangements for low cost repair and/or replacement parts.

Replacement pads and cords may be ordered online from www.painreliefessentials.com or by calling toll free 1-888-366-3257.

Fibromyalgia

Suggested use of the RTQ for relief of the symptoms of Fibromyalgia



Drink water before, during and after using the Rhythm Touch. This will increase the effectiveness of the electrical current.

1. Label each tender point from most painful to least painful.
2. Place pads on tender points you have labeled 1, start the RTQ unit on massage and gently increase strength, never going past a comfortable level. Massage on the area for 2 sessions or 30 minutes.
3. Move pads to tender points you have labeled 2, start the unit on massage, strength on 0, gently increase strength to a comfortable level. Massage the area for 1 session or 15 minutes.
4. Move pads to tender point you have labeled 4, start the unit on massage, strength on 0, gently increase strength to comfortable level. Massage the area for 1 session or 15 minutes.
5. Continue the same pattern as long as you like. The last pad placement for the day should be the Gluteal area (where a man wears his belt). Start the unit on massage, strength on 0, gently increase strength to a comfortable level. Massage the area for 2 sessions or 30 minutes, the last 15 minutes while in bed. At this point sleep should be very close. If during the night you are awakened, turn unit back on and press massage.

Chart of Reflex Points

The Rhythm Touch uses low-power electrical current via two AAA batteries. Without needles, it operates along the theory of ancient Chinese exercise by stimulating the body's natural electrical signals, activating massage. The illustrations identify the body's reflex points. Using the accompanying charts, place the appropriate Rhythm Touch attachment on the desired reflex point to stimulate muscles in helping to relax, relieve and massage body area.

**Do not use near heart or on your scalp.
Do not use this product if you are using a pace maker.**

Chart of Reflex Points and Chart of Symptoms

Symptom	Application Points	Minutes
High blood pressure	12, 25, 30, 13, 27, 39	30
Arthritis	11, 13, 14, 16	30
Lower back pain	47, 48, 49	30
Stomach ache	13, 27, 3, 8, 24	30
Headaches	39, 40, 41, 58	30
Gastroptosis (dropped stomach)	18, 21, 27, 3, 8	30
Insomnia	66, 25, 41, 39	30
Hand tremor	12, 61, 56	30
Diabetes	46, 27, 47, 33	30
Fatigue	42, 51, 67	30
Menstrual cramps	32, 18, 19	30
Stiff neck	40, 57, 28	30
Anemia	31, 21, 55, 65	30
Lethargy	13, 16, 32	30
Nervousness	13, 16, 27, 33	30
Sciatica	47, 52, 54	30
Hip workout recovery	54, 62	30
Waist workout recovery	10, 7, 17, 47	30
Abdomen workout recovery	18, 48, 8	30
Skin circulation	44, 45, 5	30
Acne	12, 56, 31, 32	30
Breast developing	4, 32	30
Asthenia	27	30
Constipation	37, 59	30
Driving fatigue	43, 42, 50	30
Motion sickness	13, 56	30
Weak wrist	61, 1	30
Leg clonus (shaking)	64, 25, 30	30
Ankle joint	38, 35	30
Calf / lower limb pain	32, 18, 19	30
Knee pain	36, 25	30
Seminal emission	18, 32, 47	30
Hemorrhoids	49, 51, 64, 11	30

Therapy Instruction Chart

Available in printed version from Pain Relief Essentials

GEL-PADS



Adhesive gel-pads are the primary components for treatment, when using the Rhythm Touch 2 Way. They work as electrical conductors to stimulate your muscles and nerves. **Use** by inserting the silver prong at the end of a Lead Wire Cord into one adhesive gel-pad, and do the same

for the second pad. Attach both gel-pads around the desired area of treatment. Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level.

ACU-ROLLER

The acu-roller is a great way to treat more than one area at a time. With its unique non-stick roller design, the acu-roller is free to move around, treating larger or different areas consecutively. **Use** by inserting one silver prong into the bottom of the acu-roller and insert the other into an adhesive gel-pad. Rub enough Aloe Vera gel or body lotion onto the area you will be using the acu-roller. Attach the pad close to the intended

treatment area and then apply the roller. Both the pad and the acu-roller must come in contact with the body for it to work. (It is a closed circuit.) Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level.

Avoid using near your eyes.

ACU-PEN

The acu-pen is designed for treatment using the fundamental principles of acu-pressure. It can be considered a non-painful alternative to acupuncture. **Plug** the acu-pen into your Rhythm Touch unit. Locate the acupressure point associated with your pain and/or symptoms and apply the point of the acu-pen. Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level. You can only feel this on certain pressure points such as the neck, fingers, and ears.

You may feel the acu-pen more with a conductor like a KY Jelly, body lotion, or Aloe Vera gel. Some will feel the effects more and some less.

Note - If the first acupressure point does not work then try the next point or points until you find one that does. There may be more than one approach to your symptoms. When you find a point that helps, continue using that point. If the relief is temporary then re-stimulate the point. Sometimes the pain will go away and return three or four times, decreasing each time.

ACU-FLEX PAD

The acu-flex pad is a non-adhesive version of the gel-pads. It is an excellent component to use on sensitive areas. **Take** the lead wire and insert the 2 silver prongs into the small holes on the side of the acu-flex pad. Apply body lotion or Aloe Vera gel to the desired area. This attachment must be

held in place with slight pressure. Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level.

ACU-SLIPPERS



The acu-slippers are designed to help relieve pain in your feet. They also improve blood circulation in your feet. The acu-slippers can also be excellent for helping people with diabetes who have poor blood circulation in their feet. **Use** the 2 slipper like pads. Insert one prong into the left slipper and the other into the right slipper. The insertion points are located on the side

near the arch of the slippers. Both slippers must be worn at the same time to work. Slippers only work with bare feet, and must be touching the skin. Sensation will increase over time. Begin with the strength at "0" and then work your way up until you feel the Rhythm Touch working. Set to your desired strength by increasing strength to your comfort level.

LEATHER CASE



Genuine Leather Case designed to clip onto your belt and hold the

Rhythm Touch. Very useful in protecting the settings tabs from inadvertent adjustment.