



PAIN RELIEF ESSENTIALS®

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rhythm touch™

Accu-Foot Therapy Slipper Instructions

The Accu-Foot Therapy Slippers make the Rhythm Touch so much easier and convenient to use on your feet. To increase the sensation just spread a drop of water based jell (we like Aloe Vera gel or Spectra 360 Gel) onto the sole of your foot. Then slide your feet in and adjust the straps for good contact, connect the Rhythm Touch to the lead wires that come with the slippers, turn on the Rhythm Touch, adjust strength to comfortable level and sit back and enjoy.

The bottom of our feet is like a fuse box. There are several pressure points on the bottom of our feet and these pressure points are associated with other 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.

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 6 pressure point knobs or sole of your feet
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



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