

# Owners Manual

To avoid static electricity shock, or possible damage to the unit, please read and follow the instructions/Owners Manual first very carefully before using the machine.

## 01

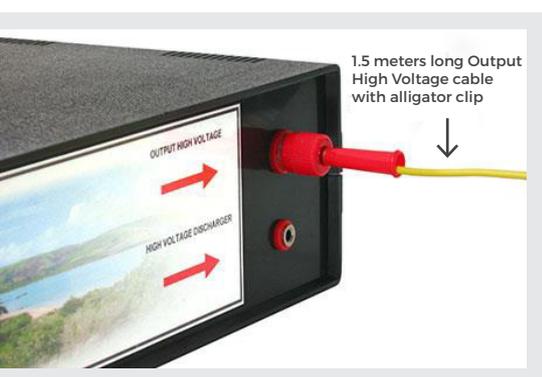
It is very important that you refrain from touching anything that is grounded including the machine and AC cords while your feet are on the metal plate, to prevent static electricity shock, and possible damage to the unit when done repeatedly.

## 02

As a first time user, it is advisable that you have an assistant that will turn on/off and discharge the machine to prevent shock. If an assistant is unavailable please follow the instructions very carefully.

The RECHARGE is used with a metal plate or screen connected to the Output High Voltage terminal.

- 1 Place the RECHARGE on a sturdy flat surface (e.g. on a plastic/wooden table or desk), away from nearby conductive materials. It may be in your bedroom or living room. Do not place the machine directly on the floor.



- 2 Plug the 1.5 meter Output High Voltage cable to the Output High Voltage terminal at the back of the unit. Connect the alligator clip to a metal sheet, foil or screen. **The cable from the RECHARGE to metal screen should not be touching to the ground (at least 6 inches far from the floor).**

- 3 Place the metal screen or sheet on a low plastic stool. Sit on a plastic or wooden chair (plastic chair is most recommended for best insulation). Seat cushions can be used for added comfort.  
**Use only clean and dry plastic or wooden materials.** In many cases, it is always best to use plastic chair and stool. Wood is hygroscopic, which means it can absorb moisture from the air depending on the surrounding environment. In effect, it will become a poor insulator and could produce electrostatic leakage resulting to less effectiveness of the therapy.

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Place your feet (bare or with socks) on the metal sheet or screen. A thin piece of cloth or towel may be placed on top of the screen for added comfort.



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Finally, have someone plug the power cord into the outlet. If you are using the RECHARGED alone, the easiest way would be for you to first turn on the machine, then sit on a plastic chair, and lift both your feet off the floor and place them on the metal screen.

**Be sure not to bring the power cord near the Output High Voltage terminal and cable. Do not touch any appliance or anything or anyone that is grounded including the machine's AC power cord while your feet is still touching the metal screen.**

The two indicator lights should light, then, electrotherapy begins.



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Children or pets may be held on the lap for treatment.

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Treatment frequency of **3-5 times a day, at 30 minutes per session** is recommended. Using the machine at night even while you sleep can also speed up treatment.

If you do not suffer from an illness or disease, once a day or twice a week of treatment is recommended to prevent disease and maintain health.

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**After your session is completed, be sure to remove both your feet first from the metal screen before getting off the chair and touching the floor.** Then, unplug the unit from the wall outlet, or turn off the power extension bar if you're using one. Or, have someone turn off the machine for you.

