



Acupuncture Pen
PRODUCT MANUAL

I OzMask Acupuncture Pen

The OzMask Acupuncture Pen is a well-built and an extremely helpful product. It is a convenient way to give yourself a low-voltage massage for a better life style. OzMask Acupuncture Pen is a product that is used in Traditional Chinese Medicine and is used side-by-side with acupuncture. It is a portable device that comes with the unit itself, 2 changeable tips, 2 packets of contact gel and a booklet. If you are looking for a simple solution for self-therapy or beauty treatment then the Acupuncture Pen is certainly a viable option.

The way the device works is that it helps you find the right acupoints on your body and then stimulates them. When you are using the device make sure that you do not apply too much gel as it will interfere with the electrical charge.

I Features

- The device can be used in portable or handheld mode which is certainly a plus.
- The device can also relieve pain as it blocks the pain signals when they are moving towards the brain.
- The Acupuncture Pen can be used to locate or find acupoints on the body so that the process of acupuncture becomes easier.
- According to research, low-voltage therapies like Acupuncture Pen can help reduce free radicals in the blood.
- You should not use the OzMask Acupuncture Pen if you have any sort of medical device in your body.
- It should not be used in the shower or near water.
- The device should be kept away from children and pets at all times. It should be used on anyone who is unconscious or unable to speak.
- It is always a good idea to consult a physician before using this device.
- To use the device, install 1 AAA-battery and turn on the device.
- Then place a small amount of contact gel on the inside of your wrist.
- Press the tip of the device against your wrist at medium settings and continue to move the tip around until you start to feel a sensation.
- If you feel a stinging sensation then bring the tip of the device closer to your skin to make a solid contact.
- Keep on sliding the tip around until you feel a strong pulse. When you start to feel the pulse then it means that you have found the acupoint and are stimulating it.

I Necessary Precautions:

- Do not use the product in humid conditions, or in pools, baths or showers.
- Always remove the battery if the product is not being operated for long periods of time.
- Keep the product at a safe distance from pets and children.
- Do not ever use the product if you use any life-sustaining electronic medical device such as a pulse regulator, artificial lungs, artificial heart or pacemaker etc.
- Never use on any orifice of the body or on or near to mucous membranes.
- The warranty will be null and void if you try opening or repairing the product yourself.
- Pregnant women, people with severe heart problems or other life-threatening illnesses should consult a doctor before using the product.

I Using the OzMask Acupuncture Pen:

1. Properly place three AAA batteries in the battery case.
2. Hold the handle in a way so that the tip is up and then, press the lower area of the black toggle button to power up the device.
3. Apply contact gel in a small amount on the inner side of your wrist.
4. It is recommended that you turn on the device at a lower setting such as 3 or 4. Then, bring the tip of the Acupuncture Pen closer to your palm and move the tip gently on your palm, if you sense a slight pulsing feeling then this setting is right for you. However, if you do not feel anything at all then it is better that you move to a higher setting.
5. If you start to notice a sharp stinging feeling then it is recommended that you apply more contact gel on your skin.
6. Once you feel a strong pulse disseminating then that means that you have stimulated an acupoint. Now, you can gently massage the area with the OzMask Acupuncture Pen or just press onto it.
7. Once you find an acupoint, it is likely that you feel pulses on other points on the associated meridian or throughout its length; this is completely normal. Meridians are explained at length at the end of the manual.

I Use the OzMask Acupuncture Pen as a Tense Unit

Caution: Consult a doctor before directly using it on wounds or otherwise, fractures etc.

If you are facing problems like frozen muscle tissue or immovable muscles due to a fracture then you can use the Acupuncture Pen to exercise those muscles. Try and find the muscle trigger points as mentioned above, but this time, make sure that your muscle is relaxed and that you push the tip deeper into the skin to locate them.

Once the right spot has been located you will literally feel your muscle bounce up, slightly move about the trigger point to identify the spot of maximum comfort. That done, now, you should let it be for at least fifteen minutes to give your muscles the right amount of exercise.

I Acupuncture Pen, As a Pain Reliever

Apply contact gel in the area of concern and then push the tip against the skin to find the right pulse. The moment you feel the right pulse and relief from pain, then just let it be and continue for about twenty minutes.

I As a Beauty Treatment

You can use it as a beauty treatment around your face. Just apply the contact gel to your face and then move around the tip to make sure you feel the right pulse. Once it starts pulsing well then gently move to areas of concern like puffiness or bags near the eyes or saggy skin and see the wonders that the Acupuncture Pen can work.

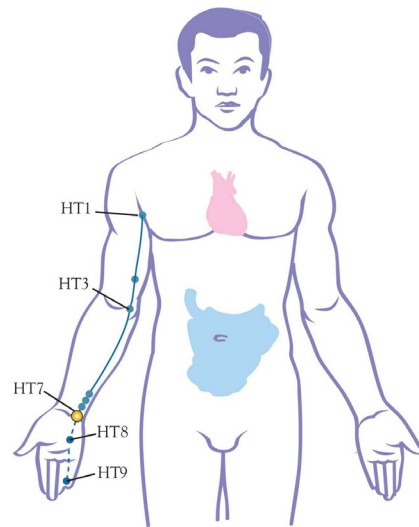
Never use the device directly in contact with the eyes or with mucous membranes.

Important Note: Nei Ching, the oldest book on Internal medicine, says that joints are where the pathogens reside and get stuck hence it is a wise idea to start using the Acupuncture Pen on your body joints first.

I Acupoints and Meridians

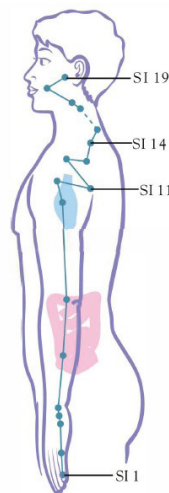
The following pages are a guide about what the major acupoints and meridians are. We have also mentioned there common diseases which can be treated through these meridians.

Heart Meridian-Yin



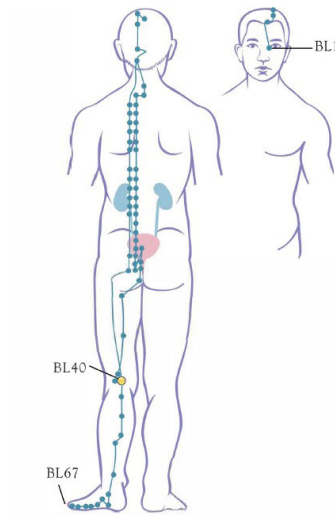
Heart Palpitations, Excessive Sweating, Fatigue, Anemia, Poor Circulation in the Extremities, Insomnia, Dizziness, Poor Memory, Mouth Sores, and Nightmares.

Small Intestine Meridian-Yang



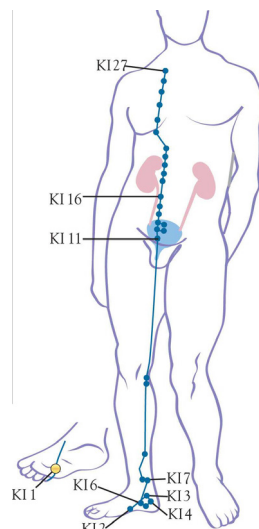
Fever, Chronic Cough (phlegm), Shoulder and Neck Pain, Sore Throat, TMJ Syndrome, Mumps, Swollen Glands, Poor Circulation in the Extremities.

I Bladder Meridian-Yang



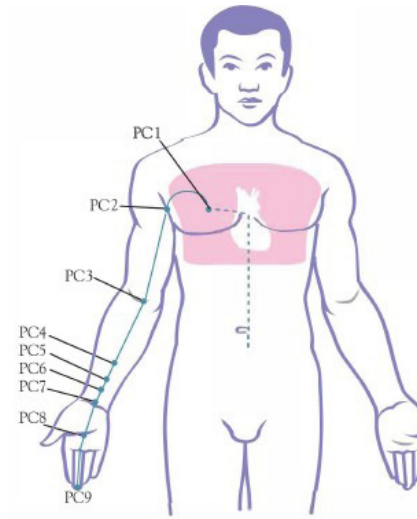
Arthritis, Joint Pain, Lower Back Pain, Constipation, Loose Stools, Fatigue, Rapid Pulse, Urinary Disorders, Bladder Infections, linnitis, Prostatitis, Decreased Sex Drive, Reproductive Issues

I Kidney Meridian-Yin



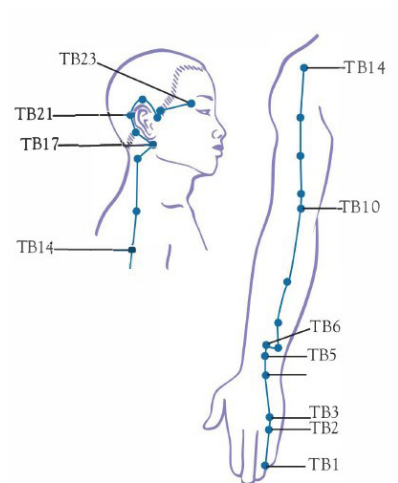
Hereditary Weaknesses, Sexual Dysfunction, Impotence, Bladder Infections, Urinary Disorders, Ttnnitis, Edema, Premature Graying, Vertigo, Osteoporosis, Anorexia, Respiratory Ailments

I Pericardium Meridian-Yin



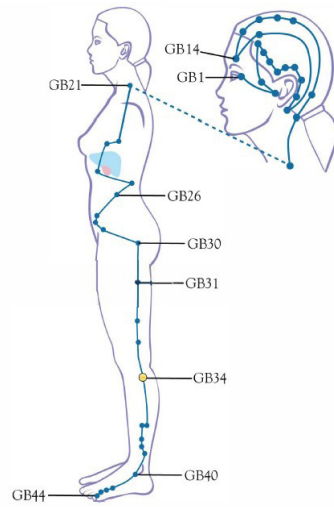
Arrhythmia, Angina, Palpitations, Anxiety Attacks, Aphasia, Seizures, Nausea, Morning Sickness, Motion Sickness, Uterine Disorders, Menstrual Issues, Depression, Bi-Polar Disorder, High Fever Dry Mouth

I Triple Burner Meridian-Yang



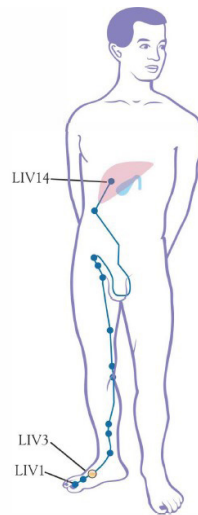
Depression, Mood Swings, Irritability, Fever and Chills, Sore Throat, Ear Aches, Deafness, Tinnitus, Blurred Vision, Headaches, Herpes (Zoster and Simplex)

I Gall Bladder Meridian-Yang



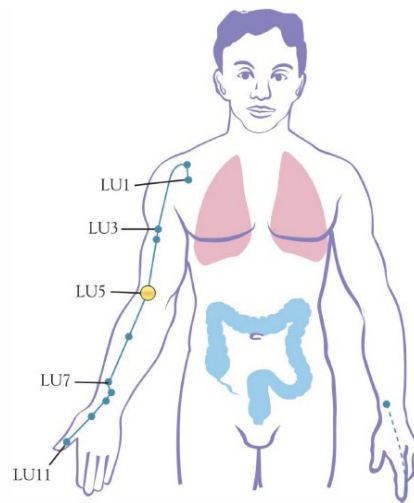
Headaches, Migraine Headaches, Rib-side pain, Arthritis of the Lower Extremities, Swollen Knees, Leg Weakness and Numbness, Gallstones, Insomnia, Anxiety, Sciatica, Chronic Fatigue

I Liver Meridian-Yin



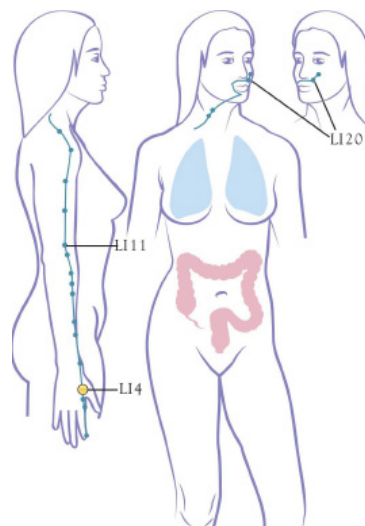
Mood Disorders, Hypertension, Aphasia, Headache, Nausea, Eye and Ear Disorders, Fever, Stroke, Convulsions, Meningitis, Muscle Atrophy, Cramps or Spasms

I Lung Meridian-Yin



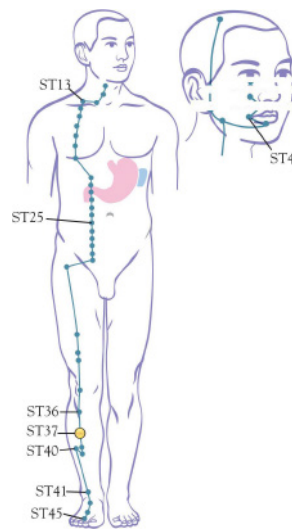
Asthma, Bronchitis, Common Cold, Flu, Allergies, Hay Fever, Depression, Stress, Acne, Eczema, Coughing, Sinus Infection, Sore Throat Dry Skin

I Large Intestine Meridian-Yang



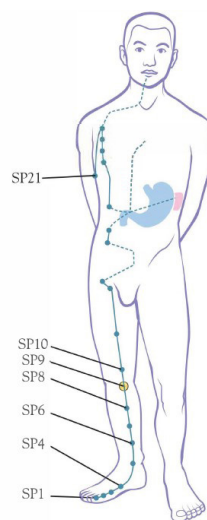
Fever, Allergies, Hay Fever, Headaches, Sneezing, Congestion, Colds, Flu, Itching, Skin Disorders, Immune Deficiencies, Constipation, Arthritis, Upper Back Pain

I Stomach Meridian-Yang



Heartburn, Acid Reflux, Indigestion, Nausea, Urinary Infections, Anorexia, Toothache, Styes, Glaucoma, Muscle Spasms, Menstrual Cramps, Diarrhea, Constipation

I Spleen Meridian-Yang



Digestive Disorders, Dyspepsia, Nausea, Acid Reflux, Food Poisoning, Anemia, Anorexia, Constipation, Diarrhea, Diabetes.

