



FOCUS™ ENERGETIC SYSTEM OPERATOR INSTRUCTIONS

"It's that simple!"™

PLEASE NOTE: This type of technology is currently classified as an experimental therapeutic device, and has not been evaluated by the FDA. Before using this or any other experimental device, it is recommended that you consult your physician concerning your personal health conditions. This is not meant to cure, treat, prevent disease, prescribe, or to be used for diagnosis. As with all experimental therapeutic devices, the user accepts all responsibility and risks associated with the use of the machine as directed.

CAUTION – PLEASE READ BEFORE USING

People who have any of the following conditions should NOT use this therapeutic device:

- **If you have a pacemaker or other electronic device in your body.**
- **If you are pregnant.**
- **If you have an organ transplant.**

People taking prescription drugs should consult their physician prior to using this therapeutic device.

Do not use the unit more than once every other day (every second day).

In other words, DO NOT HAVE A FOOTBATH EVERY DAY – this is too much for the body.

Everyone's body is different, and their health needs vary. You may choose to have a footbath just once or twice a week. A general cleansing process which has had excellent results for many people is a series of 14 baths – one bath every other day – with a 21 day rest period between each series to allow the body to balance and metabolize on its own. After the 21 days, repeat the series: 14 baths – every other day – followed by another 21 day rest period.

Small children under five years of age and small animals should not use this therapeutic device. Instead, run a 35 minute bath cycle using the unit with no one in the bath water. Once the bath cycle is complete, take the Exciter™ out of the water, then place the child or small animal in the charged bath water for 10 – 20 minutes.

BATH INSTRUCTIONS

- (1) Place the power unit on a flat, stable surface in a well-ventilated area. DO NOT PLACE THE POWER BOX WHERE THERE IS A POSSIBILITY OF IT FALLING INTO THE BATH WATER. The Exciter™ power cord is long enough to allow placement of the power unit well away from the water. Always place the power box unit higher than the footbath tub to prevent any possibility of water "siphoning" down the Exciter™ cord. Do not place the power box on carpet, because the cooling input vents are on the bottom of the unit and carpeting can block the openings. To adjust the power box handle into the standup position, depress the locking buttons located at the sides of the handle where it is attached to the box. The handle can then be swung into the desired position.
- (2) Attach power cord to the back of the power unit and plug into a standard approved electrical wall socket. DO NOT TURN THE POWER SWITCH ON AT THIS TIME.
- (3) Attach the Exciter™ cord into the Output socket below the power switch.
- (4) Fill your tub with warm to hot bath water, using the appropriate amount of Himalayan Bath Salts for the size of tub. One 1/4 teaspoon (1.25 cc) measure (supplied with Focus™ unit) is usually sufficient for a footbath up to four gallons. For larger tubs, use one measure per four gallons water. (Note: For the ES8000 System use 1 ½ - 2 measures per four gallons of water.) Place the Exciter in the tub so that it is completely covered with water. *Be sure the water level is correct – do not add more water after the bath unit is turned on.*
- (5) Turn the Power switch ON. The switch's green light will come on and the digital panel will register zeros.

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BATH INSTRUCTIONS (CONTINUED)

(6) Place the person's feet (or full body) into the tub of water containing the Exciter. **ONLY ONE PERSON IS TO TAKE A BATH AT A TIME.** *Please Note: The person taking the bath should not touch or use any electrical devices during the bath, such as cell phones, laptop computers, TV controllers, or portable CD players. Credit cards and watches should be removed. The bather should also avoid touching any other person or animal during the bath. Contact with any person or thing that generates an energetic field (electrical, magnetic, etc.) will interfere with the energetic field being created during the bath.*

(7) Set the timer to the prescribed time – a maximum of 35 minutes for an adult (See User Suggestions for Children).

(8) Slowly turn the Current knob in a clockwise direction until the digital panel displays the desired reading for the bath. *Suggested current settings: 1.300 to 1.700.* The digital meter will fluctuate a little over the duration of the bath. You may adjust the current during the bath in order to maintain the desired reading. *The unit is extremely sensitive, so turn the current knob ever-so-slowly if you have to adjust the reading.*

IMPORTANT REMINDER: *Drink lots of water during and after a bath.* If, for any reason, a person begins to feel uncomfortable during a bath, simply remove the feet or body from the water. Turn the Power switch OFF and the unit will shut down. Let the timer automatically run itself back down to zero. Remember to reset the Current knob to the OFF position.

(9) When the bath is complete, the timer will turn off the unit. (The timer will continue to tick for a minute or so after the machine is off.) The bather's feet or body should be taken out of the bath water as soon as the bath is completed, rinsing with warm water and toweling dry.

(10) Disconnect the Exciter™ from the power box at the *power jack*, and remove the Exciter™ from the water. Rinse off the Exciter and clean by soaking it in a mild, non-abrasive cleaning solution diluted 50/50 with water for a minimum of 15 minutes. Use the provided brush to clean the hard-to-reach areas. Allow the Exciter to air dry before placing it back into its storage case.

(11) The bath water may be disposed of by pouring it down the toilet or tub drain. *Do not use the same water for another bath – bath water can only be used once.*

(12) Turn the Current knob counter-clockwise to the OFF position. Switch the Power switch OFF. To assure a long and useful life for your FOCUS™ Energetic System, always store the unit in its case.

USER SUGGESTIONS FOR CHILDREN

(Never leave children unattended during bath)

5 - 7 years: 10 to 15 minutes at 1.300 current setting
8 -12 years: 15 to 20 minutes at 1.300 current setting
13 -17 years: 20 to 30 minutes at 1.400 current setting

CONTACT INFORMATION

If you have questions regarding the use and performance of your FOCUS™ unit, please contact the practitioner from whom you purchased the unit. For service, parts, and warranty support contact Health & Energy Alternatives at the address shown below.

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