

INSTRUCTIONS FOR USING THE ADVANCED ELECTRO REFLEX ENERGIZER

FOOT PADS

- Plug the AC Adapter into the Receptacle mounted in the main unit on the back and Plug the other end of the AC Adapter into the wall outlet.
- Moisten and Place a plain piece of paper towel on the foot pads – make sure the paper towel is *SLIGHTLY* moist - not wet.
- Place your bare feet on the foot pads while sitting upright in a chair. Make sure your knees are together, if necessary, use the knee belt.
- Press the Power Button on the Main Unit, turning the unit on. The foot pads will warm up gradually, however, they only get warm. As soon as the Main Unit is turned on, a beeping sound will be heard and all the lights on the Display Board will light up and then go out.
- Set your Function to “Foot” “Pad” or “Foot and Pad (F&P)” by using the “FUNC” key on the remote or on the unit (the arrow keys on the left).
- Set your Mode using the “MODE” key on the remote or the unit (arrow keys on the left). The machine has 4 Modes.
 1. Mode 1 = Pounding or Pulsing
 2. Mode 2 = Relaxing & Rhythm
 3. Mode 3 = Massaging, Pressing, or Rubbing
 4. Mode 4= Auto which rotates between all 3 modes.I usually recommend you start with Mode 1 and work your way through all the modes to determine which mode you like best.
- Set the time for your session using the “(T+) and (T-)” keys on the remote or the center arrow keys on the unit. It is best to begin with 5-10 minutes. Once you have set the time, the Advanced ERE begins automatically.
- Once the machine is turned on, you will notice the indicator lights go from Green to Yellow to Red, this indicates the intensity of the machine. The intensity is not set until you use the “(<) or (>)” keys below the indicator panel or on your remote and set the intensity to where you feel the stimulation yet are comfortable.

To Review - You need to set the Function – Mode – Time – Intensity

Precautions: This device should not be used if you have or use any electronic medical instruments such as implanted heart-beat regulators, artificial hearts or lungs, implanted pacemakers. Persons who are pregnant, nursing a baby, or have any medical condition should consult with their physician before using. If you have a medical condition and have a question, you should consult with your physician before using.



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USING THE ADVANCED ELECTRO REFLEX ENERGIZER **WITH THE ELECTRO PADS**

- You are able to use the Advanced Electro Reflex Energizer with the Foot Pads and the Electro Pads at the same time by selecting "F+P". You can also use the pads by themselves by selecting "Pads". You can select which function you wish to use by using the Function Button.
- Step One - Remove the Electro Pad Cables and Electro Pads from the compartment on the bottom of the machine.
- Step Two - Plug the Electro Pad Cable into one of the receptacles mounted on the side of the main unit. You can plug in just one of the Gold Electrode Pad Cables or all 3 of the Cables.
- Step Three - Each Electro Pad Cable connects to two Electro Pads. Separate the connecting wires on each Electro Pad Cable and connect them to the Electro Pads using the "snap".
- Step Four - Make sure you set the control dial on all of the Electro Pad Cables to "off" or "all the way down" by turning the knob located on each cable counter clockwise.
- Step Five - Clean the area you are going to apply the Electro Pads to with the cleanser of your choice (alcohol, silver, hydrogen peroxide) and let the area completely dry. Then peel the transparent film off the Electro-Pads and apply the Electro-Pads directly to your skin. The pads are typically placed on an area of the body you are concerned with or where you are experiencing discomfort. Once you locate the area of discomfort or concern, place one pad at the top of the area the discomfort begins and the other pad at the bottom of the area where the discomfort ends. Make sure to always use one set of pads or two individual pads to target an area. The pads should not touch each other and should be at least one inch apart. Do not apply the pads directly on a joint, or above the jaw line or on the face.
- Step Six - Turn the machine on using the main power button and set the Function, Mode, Time, and Intensity (I usually recommend starting with two yellow lines). If you are using the "F+P" function, adjust the intensity for your feet first, then adjust the Electro Pads. If you are just using the Electro Pads, adjust each set's intensity individually. Different areas of the body are more sensitive than others.

Now you are ready to relax in a comfortable position making sure you do not pull the Electro-Pads off.



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