

LIFEWIND TERAHERTZ WAND INSTRUCTIONS – www.MyLifeWind.com

[Connect the top blower part to the handle part by pushing downward while holding the button, rotating the top part to the **left** until you hear a “click” – do the opposite to separate the 2 parts]

- Be sure to plug into correct voltage (i.e., 110volt North America or 220volt Europe/Africa)
- Keep wand dry – do not put near open water source, such as a sink, shower, bathtub, or wet surface
- To avoid breaking the crystal inside the wand – do not drop – maybe use on soft surface, such as a bed
- Best results blowing directly on bare skin free of oils and lotions – 2nd option is over pure cotton clothing
- Drink 2 glasses of hot or room temperature “charged” water before and after each session
- Charge 10 liters water for 8 minutes / 5 liters water – 5 minutes / 2 glasses 500ml/16oz water - 1 minute
- Shower or bath before TeraHertz session or wait 4 hours after sessions to shower
- **Do not** eat any cold foods or cold drinks or sit directly under fan or A/C after a treatment session
- **Do NOT use directly over area where there are cancer activity/tumors**, pacemaker, stent, drug pump, prosthesis, metal plates, a traumatic fracture or unhealed surgical or open wounds or areas of bleeding.
- **Do no use in case of severe acute** heart disease, extreme hyperthyroidism, or organ dysfunction, active tuberculosis or acute hepatitis.
- Use maximum 10 minutes only per day on main points if pregnant, menstruation or breast feeding
- Blow on the sides of the head only and not the top of the head if you suffer from high blood pressure
- **Treat following problems by first doing all main points as per the Chart for 20 minutes, then another 25 minutes on specific areas related to the condition (remember always drink charged water before/after)**
- HEADACHES: blow on the back of the neck, shoulders, ears and head
- EARACHE: blow directly on the ears, back of the neck, the waist, and kidneys
- NASAL/SINUSES: blow on the back of the neck, front and back of lungs as well as the nose area
- TOOTHACHE/ORAL ULCER: back of neck, front and back of lungs, directly into the mouth
- SORE THROAT/COUGH/TONSILS: back & front neck, front & back of lungs, directly into the mouth
- COLD/FLU: Blow all around the back and front of neck and throat, spleen and stomach
- FEVER: Blow extra time on palms, soles of feet, chest, and spine
- SHOULDER/NECK/NUMBNESS: palms, fingers, arms, soles of feet, back of neck and shoulders
- BREAST: back of neck, shoulder blades, arm pits, breast (massage breasts while blowing)
- SPLEEN/GASTROINTESTINAL: back of neck, spleen, stomach and spinal column and back area
- BACK PAIN: palms, soles of feet, entire spinal column, and area where back pain is located
- CONSTIPATION: entire back, front of lungs and stomach
- FEMALE GYNECOLOGICAL: buttocks, waist, groin and (low speed on perineum)
- PROSTATE/ERECTILE DYSFUNCTION: waist, kidneys, groin, (low speed on perineum)
- HEMORRHOIDS: palms, soles of feet, entire back then directly on hemorrhoid area
- ATHLETES FOOT/NAIL FUNGUS: entire back, liver, gallbladder, directly on affected area of the foot
- SKIN PROBLEMS: entire back, lungs, affected skin areas (blisters/itchy = sign of healing)
- WOUND: blow over wound in circular motion 2 or 3 times a day 15 minutes per session
- INSOMNIA: back of neck, shoulders, entire back and then the head (and take “high dose” melatonin)
- HYPERTHYROIDISM: back of neck, front & back of liver, thyroid area (blisters, redness, hotness = healing)
- VARICOSE VEINS: palms, soles of feet, entire back, lungs, varicose veins (itching, blisters = healing)
- GOUT: palms, soles of feet, entire back, kidneys, spleen, liver, stomach, gall bladder (blisters, pain=healing)
- RHEUMATIC JOINT PAIN: palms, soles of feet, entire back, painful joints (blisters, more pain = healing)
- OBESITY: palms, soles of feet, entire back, spleen, stomach, gall bladder, liver, and both thighs
- HIGH BLOOD PRESSURE: entire palms, entire soles of feet, blow only downward on entire back, (do not blow on the head 1st week and 2nd week and afterwards, blow on the sides of the head and not the top of the head)

NOTE: For better results eat according to the Budwig Food Chart and brisk walk 30 to 60 minutes daily

Charging Your Water



- Water should ONLY be in a glass recipient, not metal, plastic ceramic, wood, or any other material.
- You can blow from the top into the water in which case if you are charging a big 5- or 10-liter container you could attached the wand to a hair dryer stand, or some other system to hold it
- Also, you can charge the water by blowing through the sides of the glass bottle
- Drink 2 glasses (16oz/500ml) of hot or room temperature “charged” water ***before and after*** each session. You could drink it slowly starting 30 minutes before or after sessions

TeraHertz Sessions



- Most of us just use the “Medium” N° 2 setting on the wand for everywhere on the body as well as charging the water daily. Even though N° 1 and N° 3 sound louder than N° 2 the N° 1 is “cooler” and N° 3 is “hotter and deeper penetration” so each one has its purpose so don’t worry too much about how loud each setting sounds. As a general rule more sensitive areas use setting N° 1 and for areas you need more intense penetration like a frozen shoulder or sciatica use setting N° 3.

Basic rule is to hold the wand at a comfortable distance that its bearable but will not burn you.

The best results are obtained when you blow directly on bare skin that has no oils or creams or lotions. However, be sure you are in a nice warm room, and you stay warm during the entire session. When treating the facial area for beauty or health benefits remember to apply a moisturizer (i.e., Shea butter) afterwards, as the frequency winds helps with anti-aging but tends to dry out the skin

The 2nd best option is blowing through one layer of clothing such as organic non bleached natural cotton or if not available just pure cotton (remove underwear and bra) and avoid synthetic materials

NOTE: Please understand that this TeraHertz Wand has provided “outstanding” results for many health issues, however it may not work for every type of problem. It is “amazing” but its not a “miracle wand” and so do not stop using it if you do not get positive results after just a few sessions. Some issues could take up to 2 or 3 months to be really helped. Most find within 2 or 3 weeks however noticeable improvements.

Do the Terahertz session in a Full-Size Bed

The best place to give yourself a treatment is in a bed as you can relax and lie down as you receive the therapies. Also, to treat the back, the back of the neck, the inside of the knees, etc. you can just put the wand on a pillow and aim it toward these areas. You simply move or move the pillow to cover all areas. You can do 1 to 3 minutes on each area. Many find at nighttime is the best and they immediately notice they sleep better after a full TeraHertz session

See the Chart on how to do Terahertz sessions on yourself at www.LifeIntegrativeMed.com under the area where the Terahertz wands are sold. For Support: PlanetBudwig@gmail.com

