



# iTeraCare™

## Blowing Guide for Optimal Results



**World's #1**  
*THZ Cell Therapy Device*

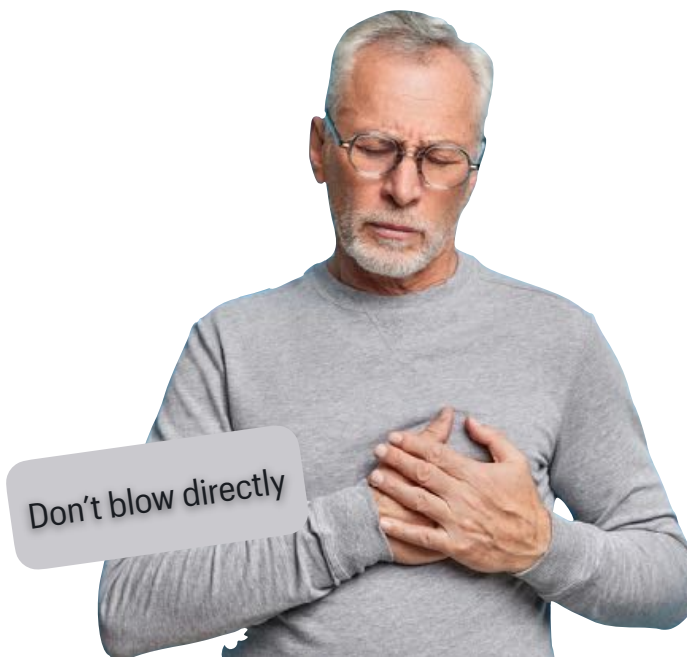
For support or to order please  
contact:  
[www.harmonyinspirations.com.au](http://www.harmonyinspirations.com.au)  
or email:  
[admin@harmonyinspirations.com.au](mailto:admin@harmonyinspirations.com.au)

# iTeraCare™

## NOT RECOMMENDED FOR



Pregnant/Menstruation



Don't blow directly

Congenital Heart Disease



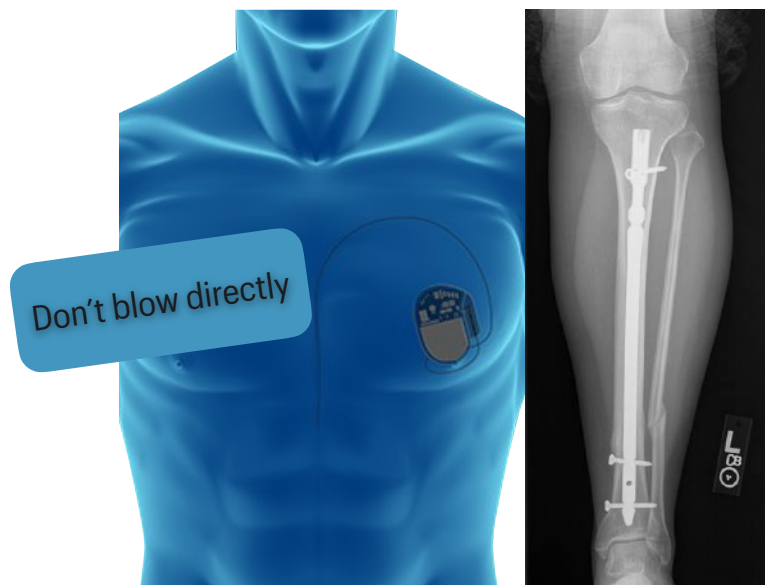
Don't blow directly

Lens Implanted **Inside the Eye**



Don't blow directly

Open Wounds, **Fractured Bones**


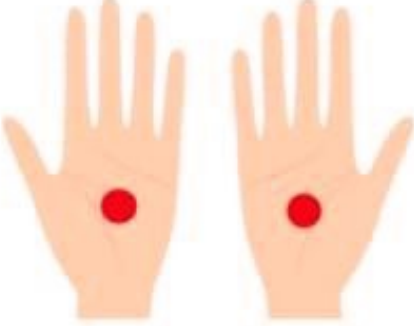




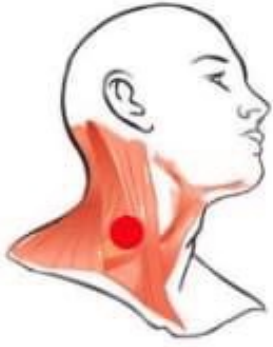


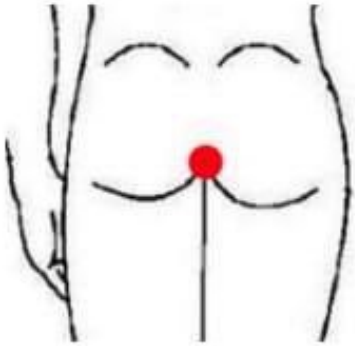
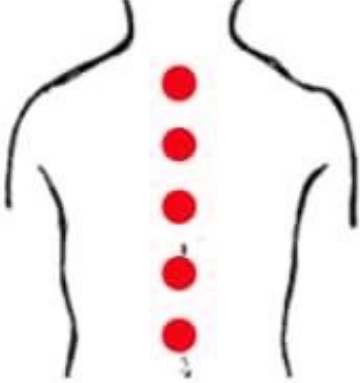



Don't blow directly

**Objects** Implanted

# Steps of using iTeraCare™

Warm up the body. Blow step 1 to 10, each part for about 2-3mins

 <p><b>Drink 2 glasses of warm water</b></p>	 <p><b>1. Palms</b></p>	 <p><b>2. Soles</b></p>
 <p><b>3. Behind the Knees</b></p>	 <p><b>4. Groin</b></p>	 <p><b>5. Armpit</b></p>
 <p><b>6. Lymph</b></p>	 <p><b>7. Upper Back</b></p>	 <p><b>8. Head</b></p>
 <p><b>9. Butt</b></p>	 <p><b>10. Blow Downwards</b></p>	 <p><b>Drink 2 more glasses of warm water</b></p>

iTeraCare device can also be blown on Head, Face, Body, Limbs and Pain areas.

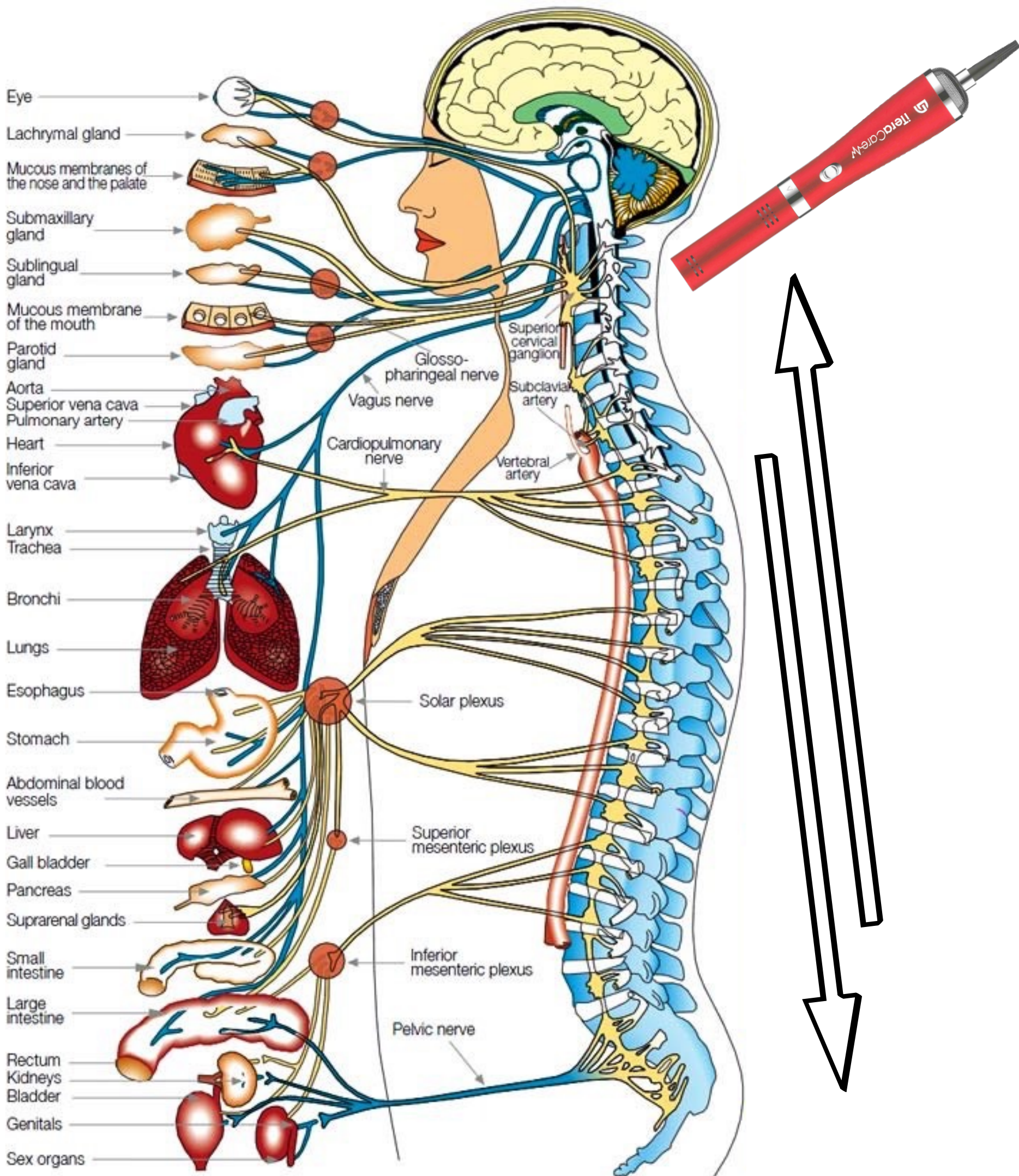
\*High Blood Pressure user don't blow no. 8



Add a little salt on your warm water, or use mineral or spring water.

# Stimulate Stem Cells

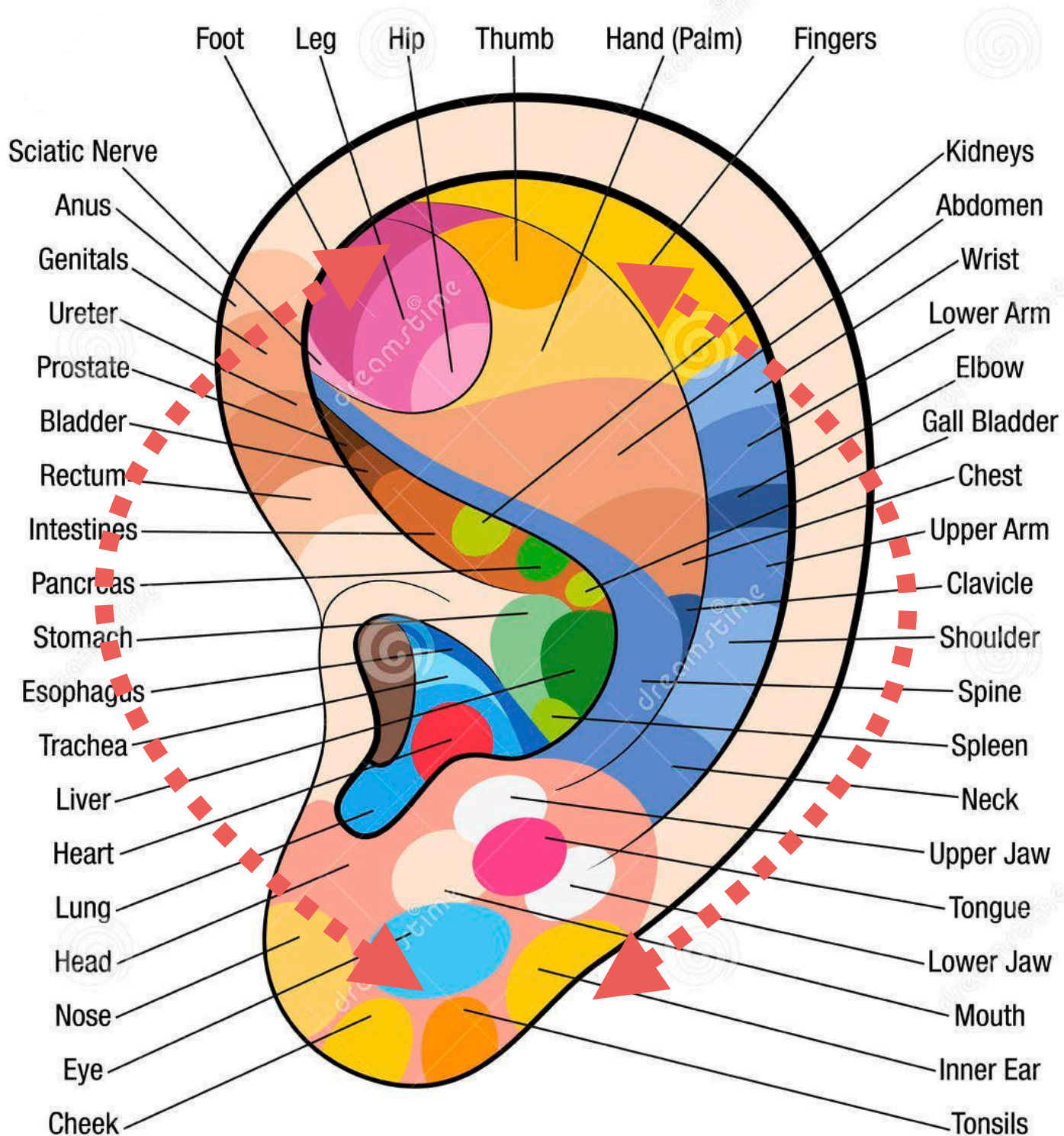
Blow on Spine Going Up and Down  
For 15-30 mins.



# Ears

## Activation of Different Organs

### Ear Reflexology Chart



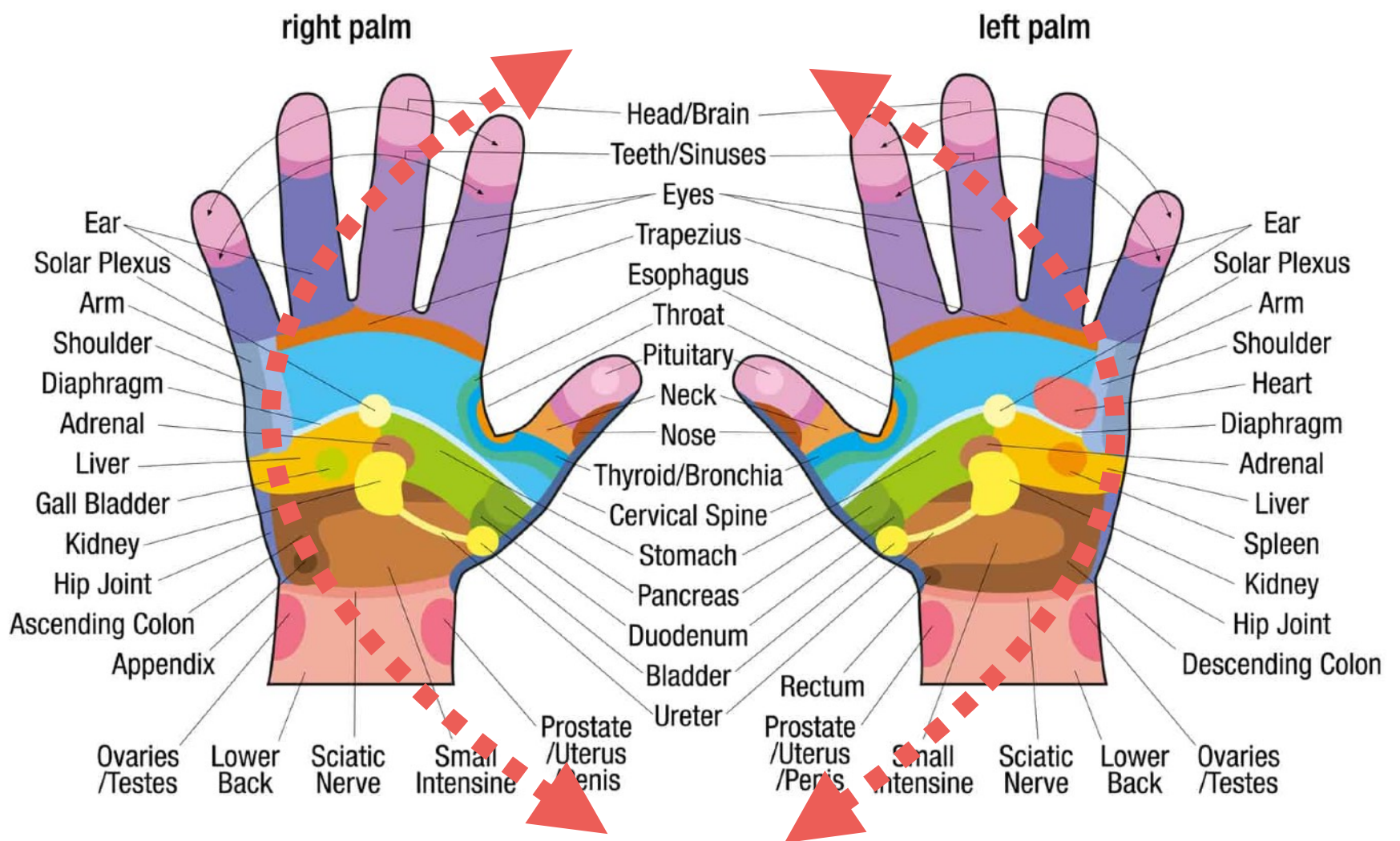
Blow for 2 mins. each Ear  
In Circular Motion

# Hands

## Activation of Different Organs

### Clearing of Meridian Points

#### Hand Reflexology Chart



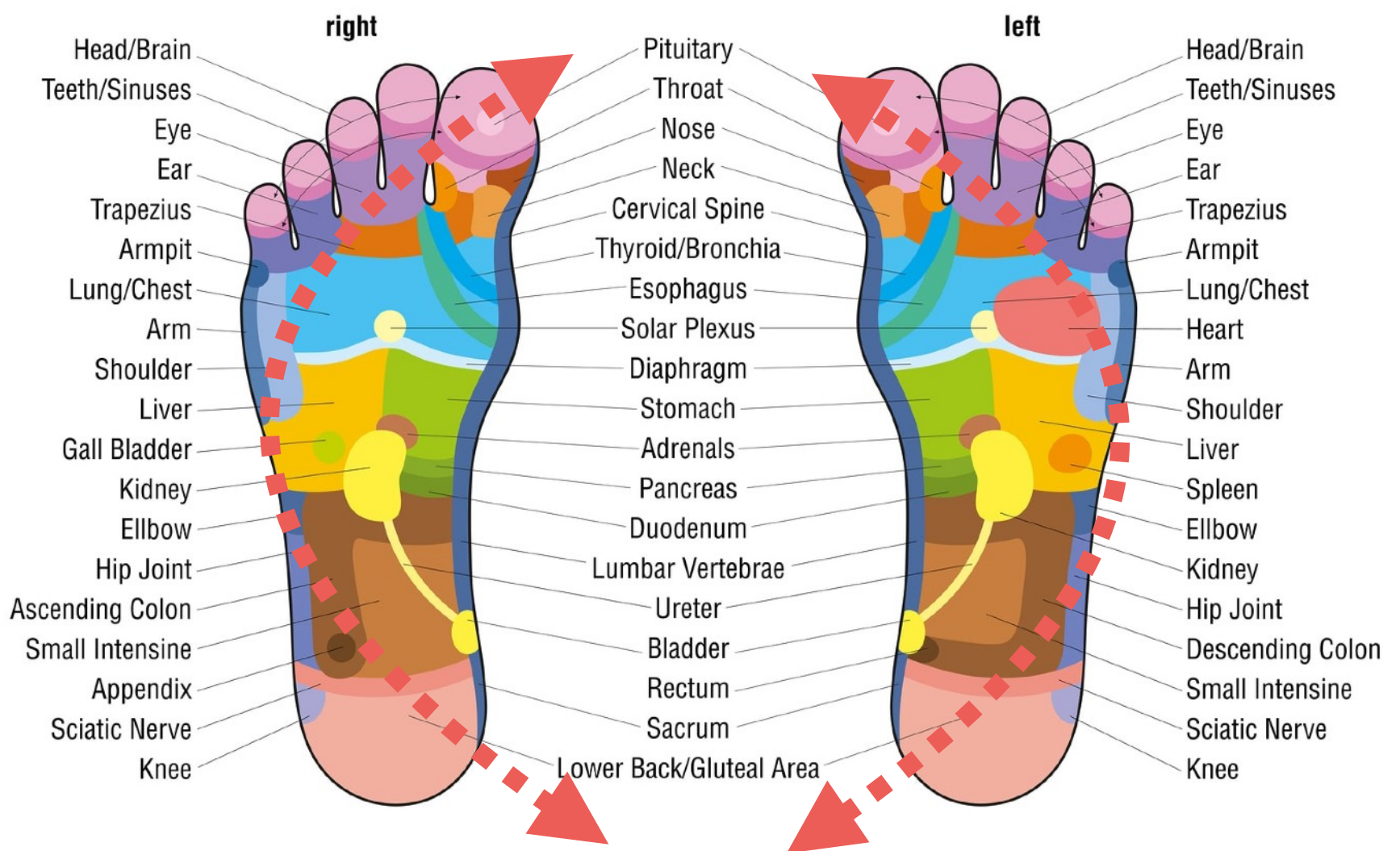
Blow for 2 mins. each Hand  
In Circular Motion

# Feet

## Activation of Different Organs

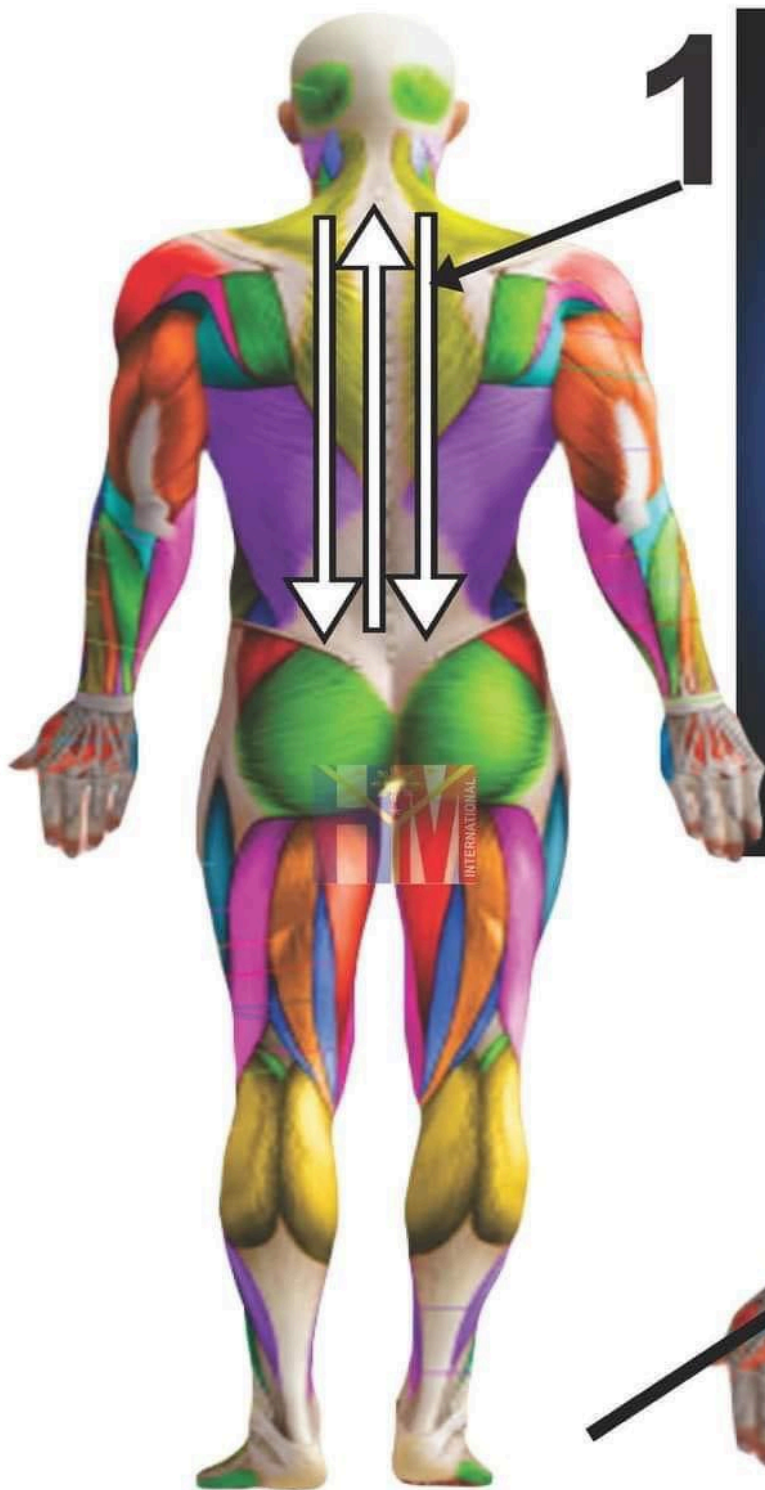
### Clearing of Meridian Points

#### Foot Reflexology Chart



Blow for 2 mins. each Foot  
In Circular Motion

# BACK PAIN 15 TO 20 MINUTES THERAPY



1

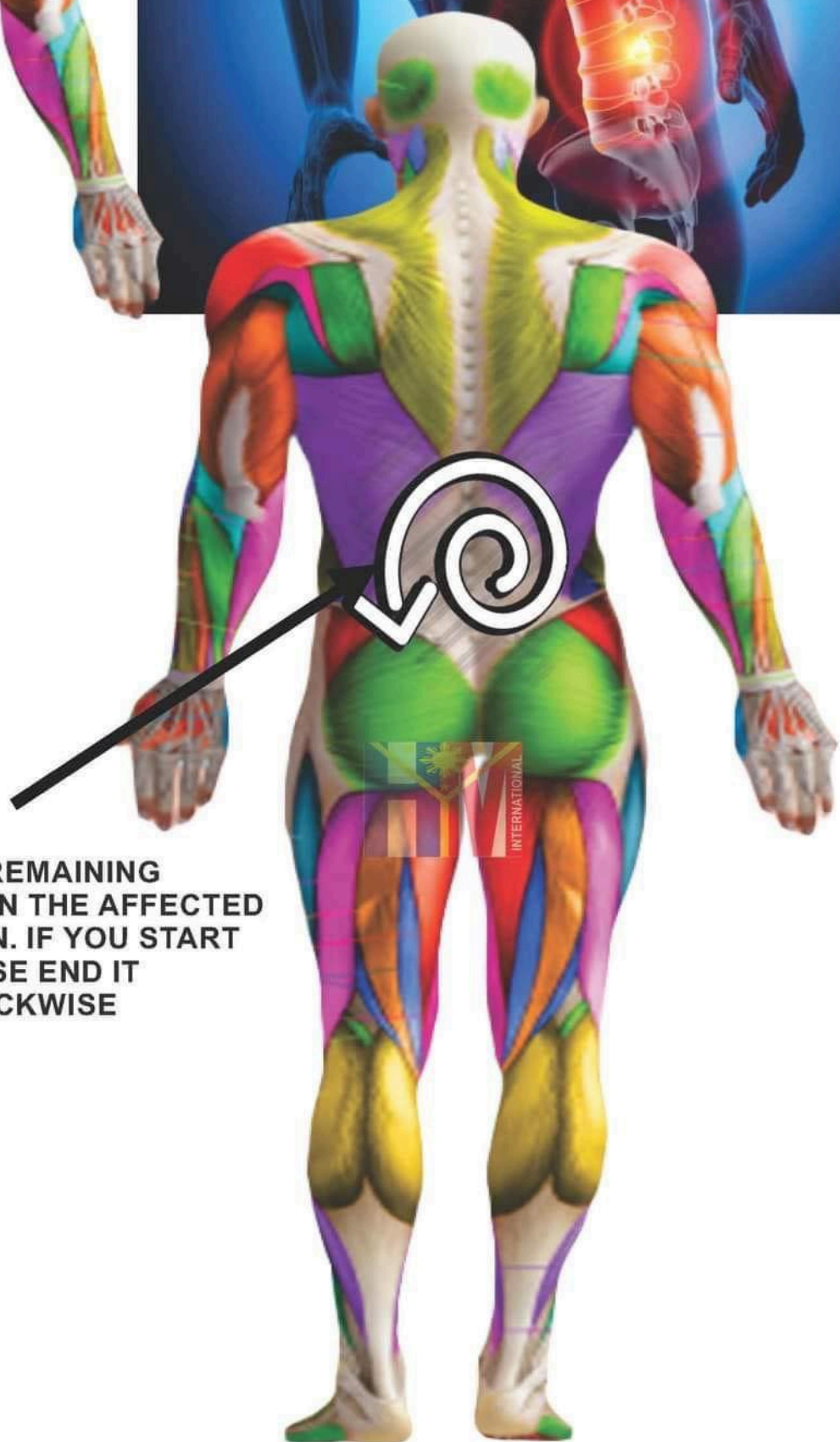


BLOW THE SPINE  
UP & DOWN IN 2 TO 3 MINUTES

#1 IS AN OPTION  
BUT RECOMMENDED

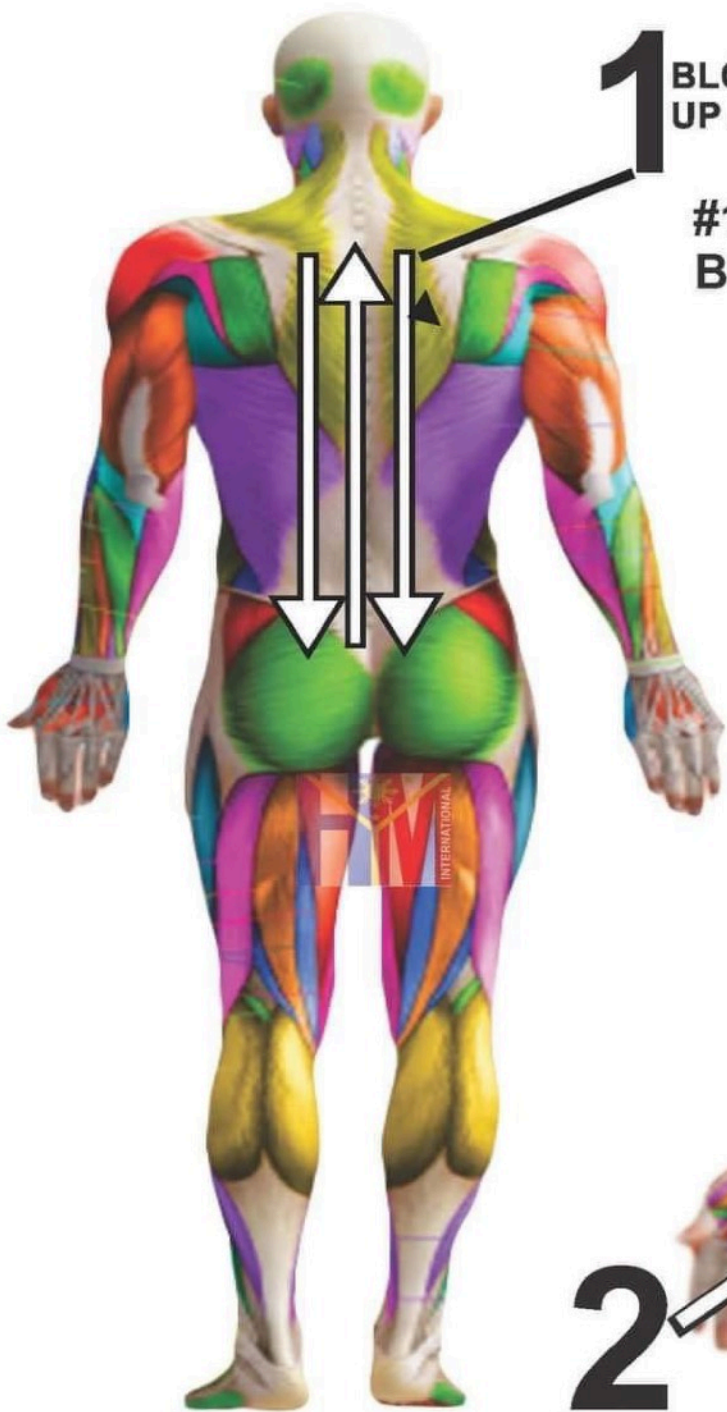
2

USE THE REMAINING  
MINUTES IN THE AFFECTED  
BACK PAIN. IF YOU START  
CLOCKWISE END IT  
WITH CLOCKWISE





# Cataract, Dry eyes, Glaucoma, Eyes sight problems



**1** BLOW THE SPINE UP & DOWN IN 2 TO 3 MINUTES

#1 IS AN OPTION BUT RECOMMENDED



**3** USE THE REMAINING MINUTES.

**2** INSTEAD OF THE SPINE, BLOW HERE IN 3 MINUTES

**CANNOT BLOW WITH CONTACT LENS.**

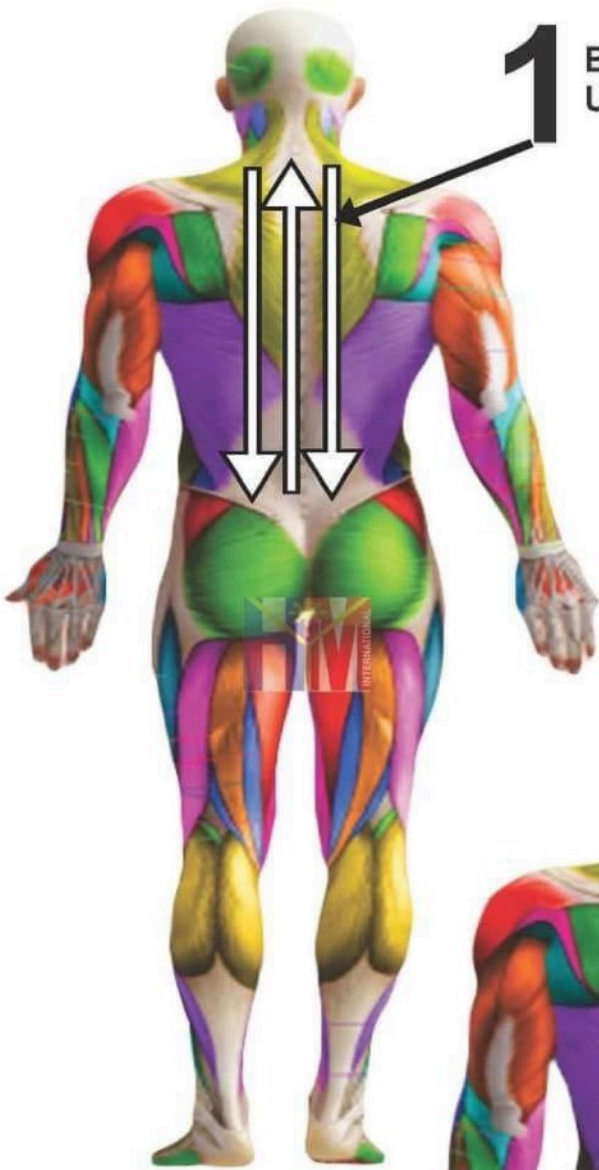
# HEART DISEASE

## 20 TO 30 minutes

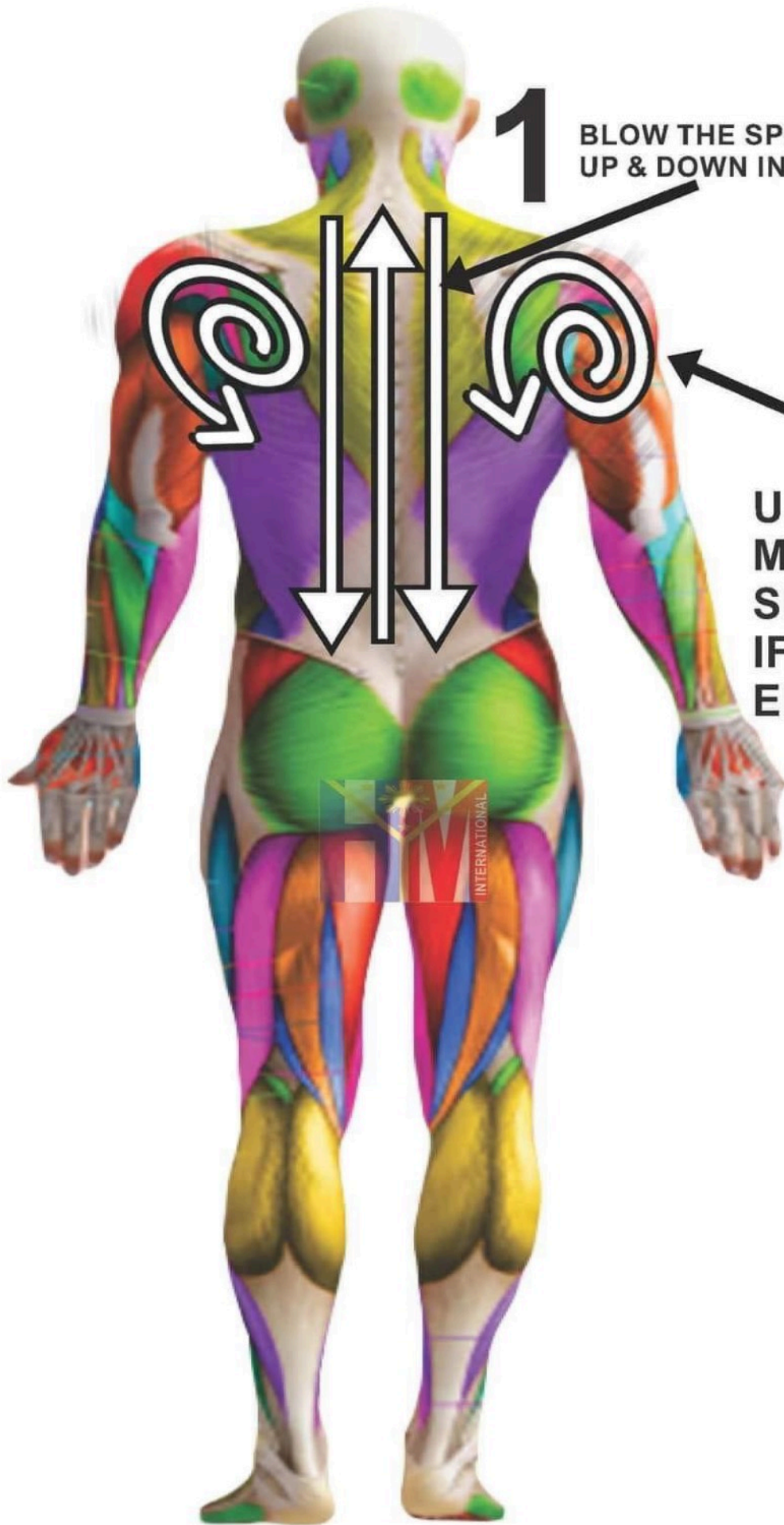
**1** BLOW THE SPINE  
UP & DOWN IN 2 TO 3 MINUTES

#1 IS AN OPTION  
BUT RECOMMENDED

**2** BLOW THE BACK AREA  
OF THE BODY USING  
THE REMAINING MINUTES.



# FROZEN SHOULDER 15 TO 20 MINUTES THERAPY

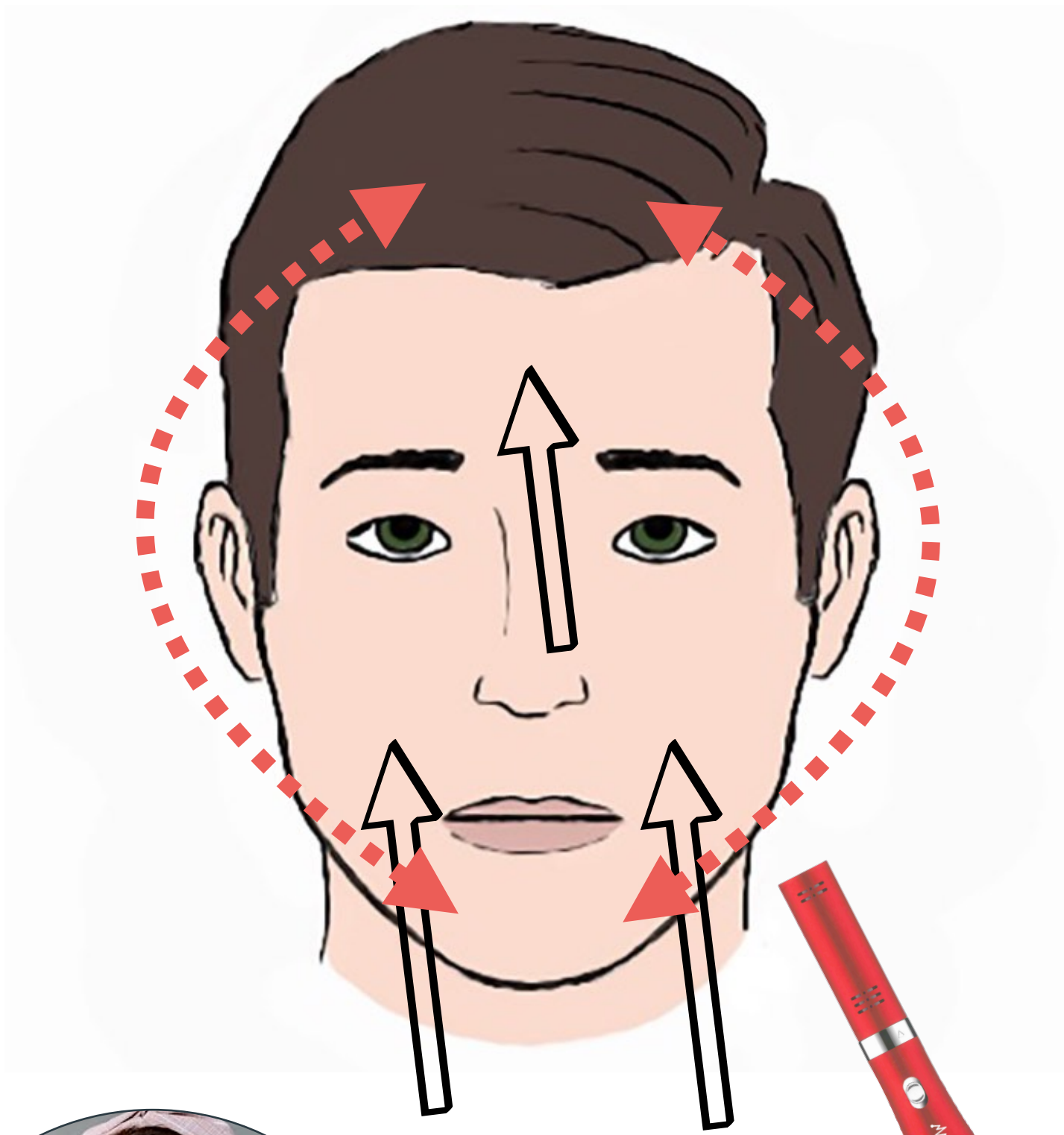


**1** BLOW THE SPINE  
UP & DOWN IN 2 TO 3 MINUTES

#1 IS AN OPTION  
BUT RECOMMENDED

USE THE REMAINING  
MINUTES (WHICH  
SHOULDER IS FROZEN)  
IF YOU START CLOCKWISE  
END IT WITH CLOCKWISE

# Facial Beautification



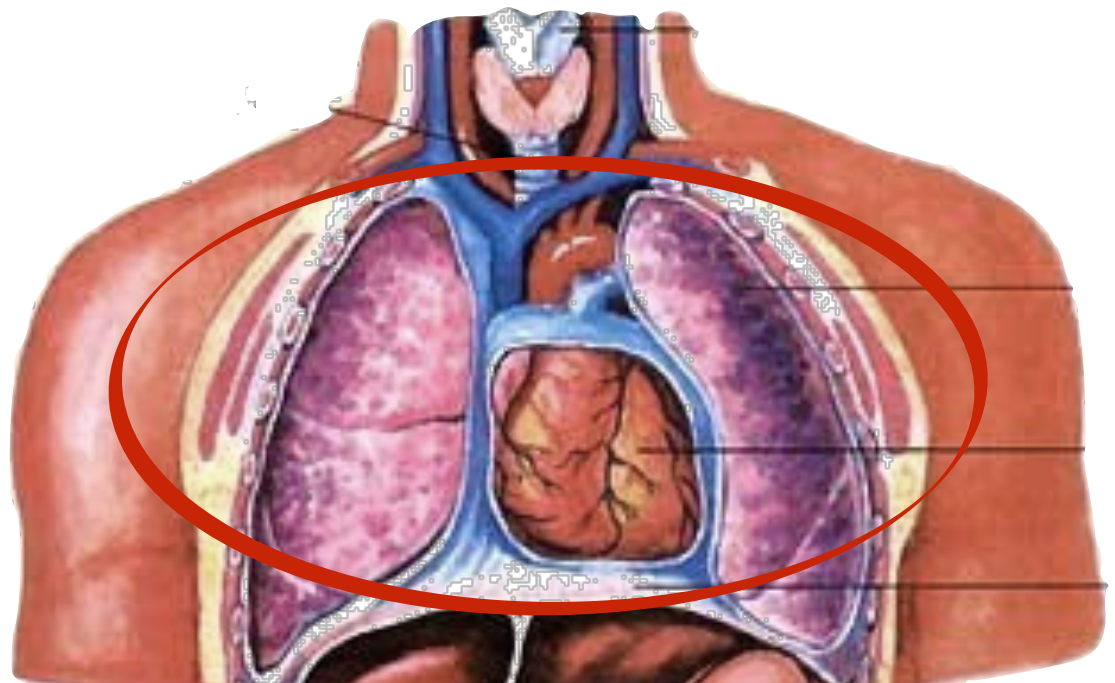
Blow for 5-10 mins  
In Upward and Circular Motion

*Right after blowing your face, you may  
Use your facial cream or moisturizer.*

# Cough, Colds, Flu and Asthma

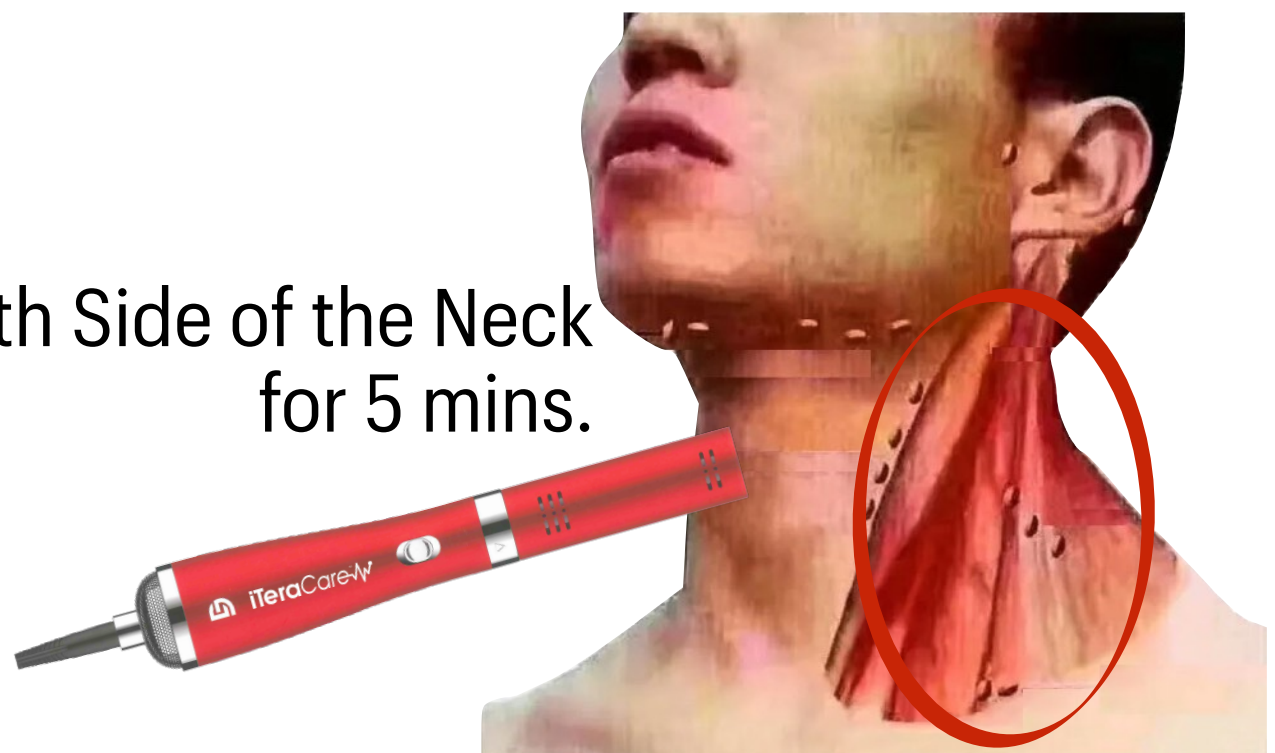


Blow Mouth and Inhale Air  
for 5 mins

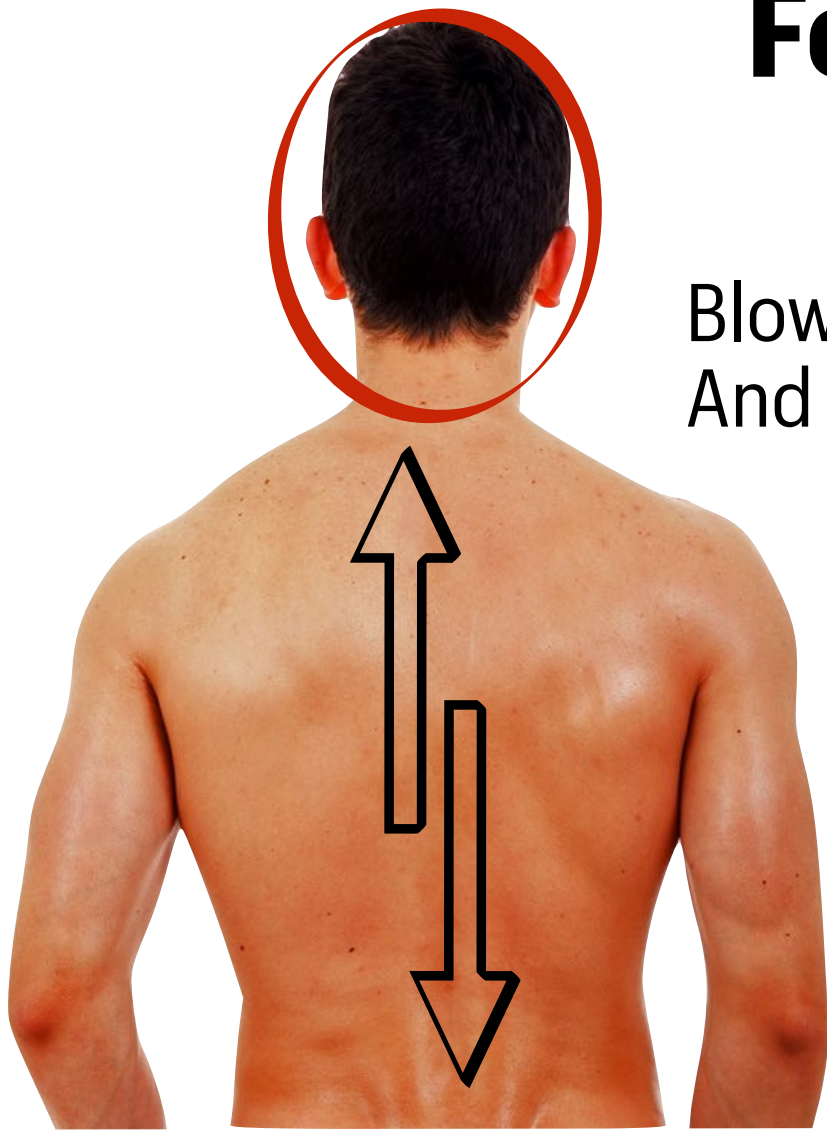


Blow Lung - Chest Area  
for 10 mins.

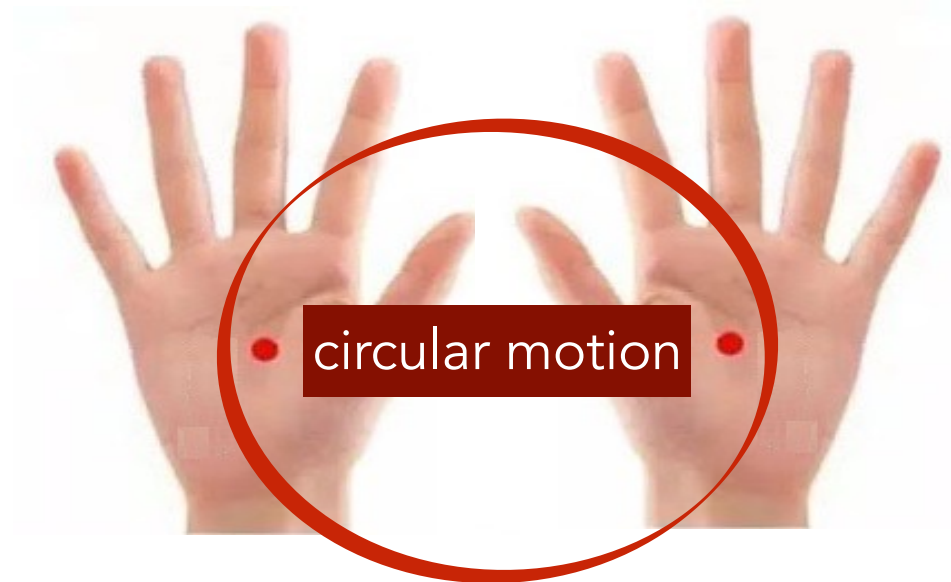
Blow Both Side of the Neck  
for 5 mins.



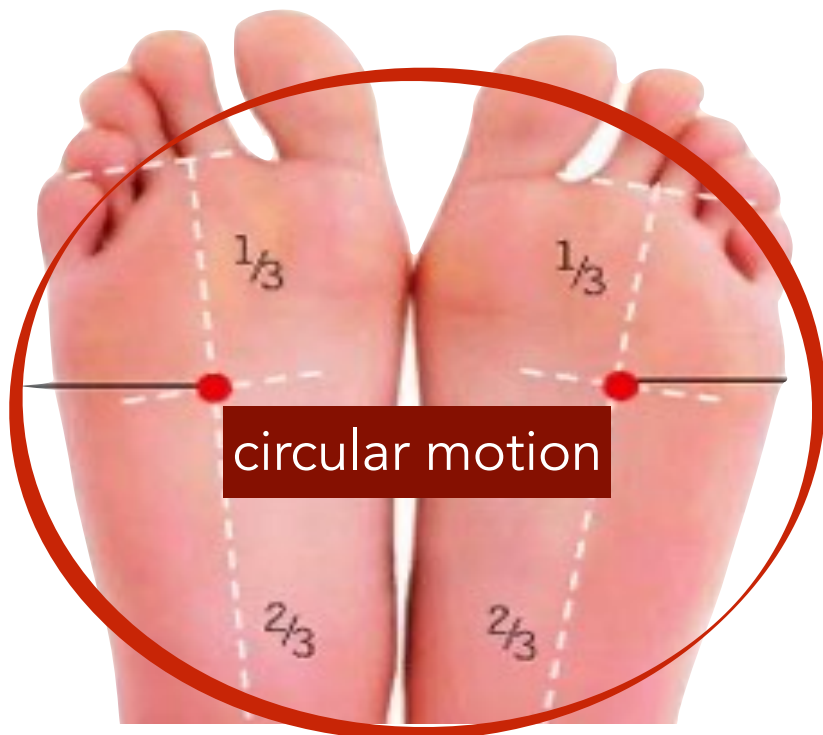
# Fever and Infections



Blow the back of the Head  
And Spine for 5 mins. Each

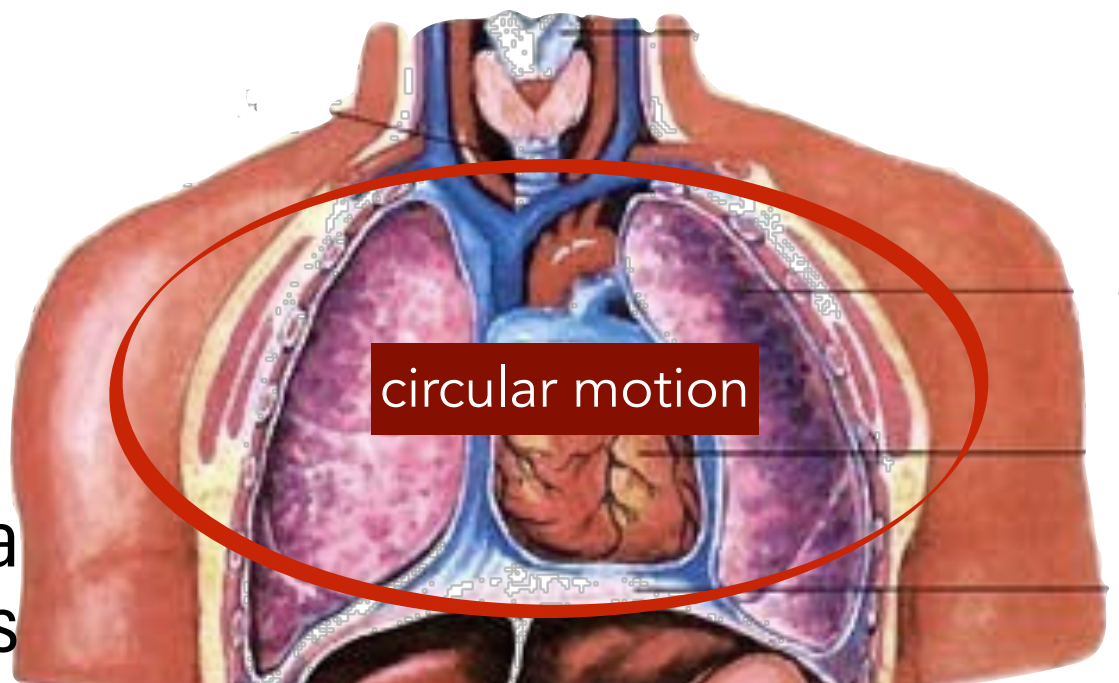


Blow both hands for  
2 mins. each

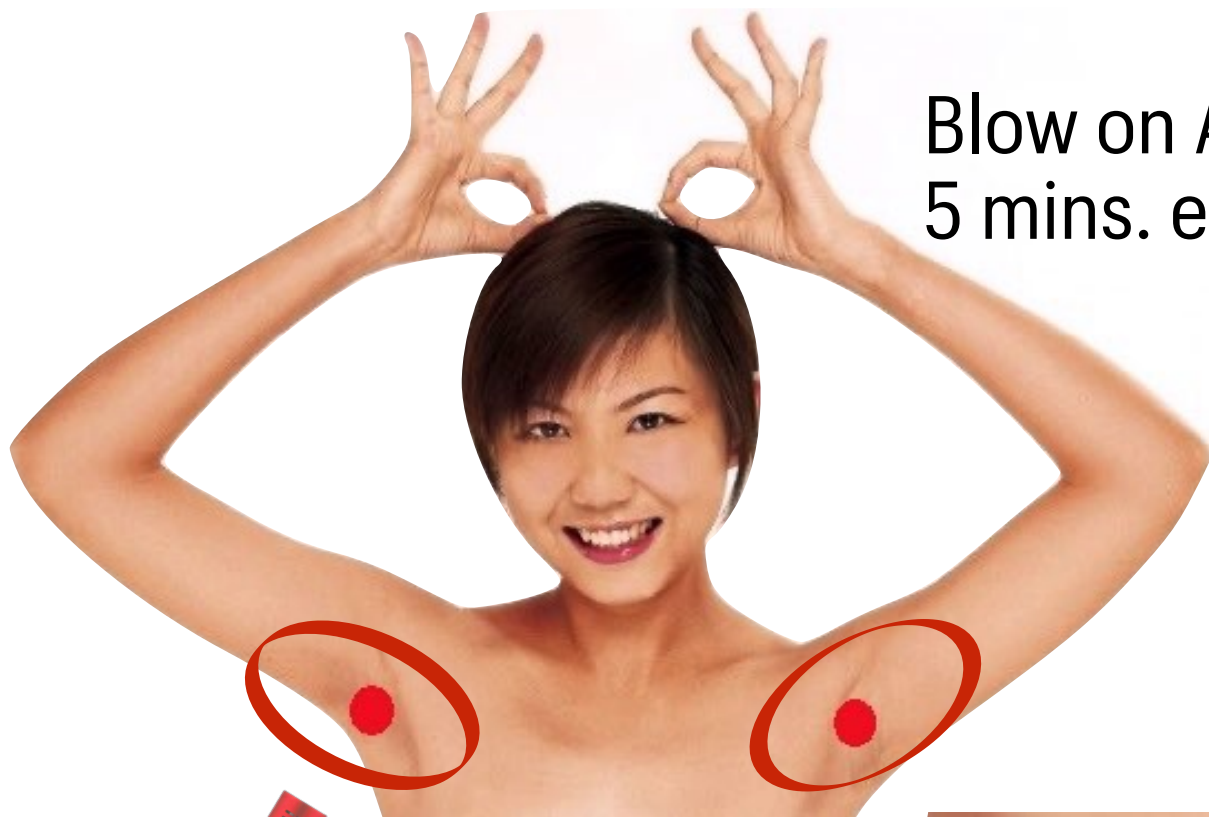


Blow both feet for  
2 mins. each

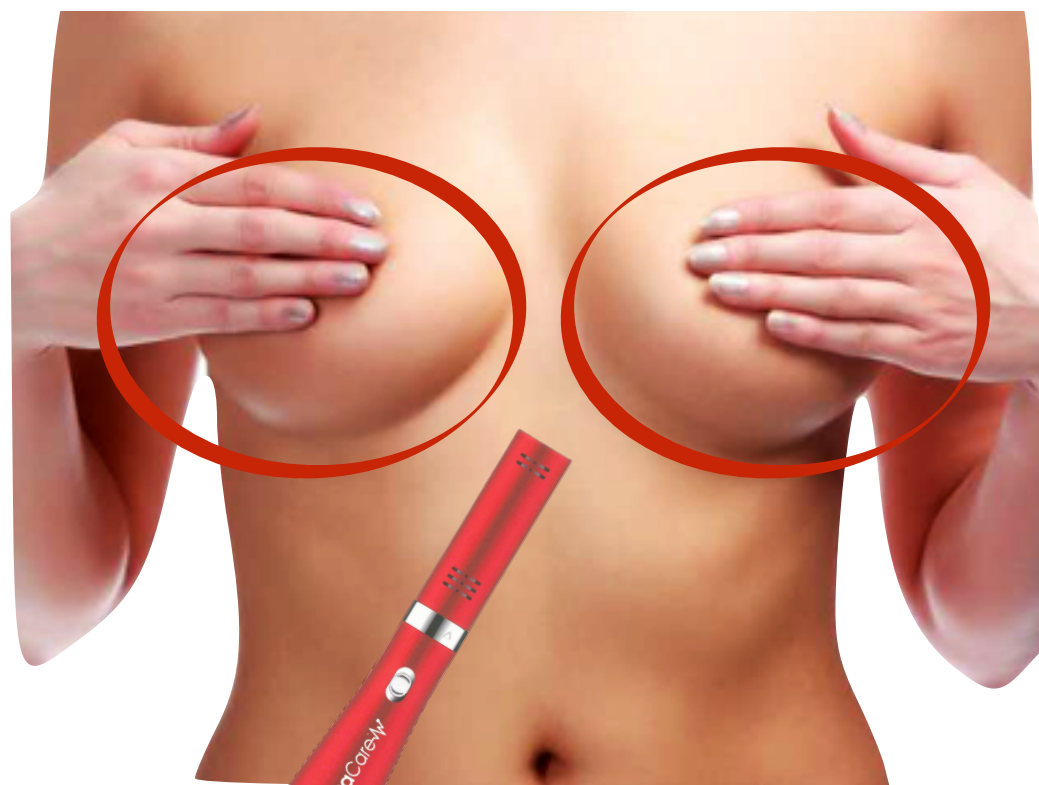
Blow the Lung Area  
For 5 minutes



# Breast Problem



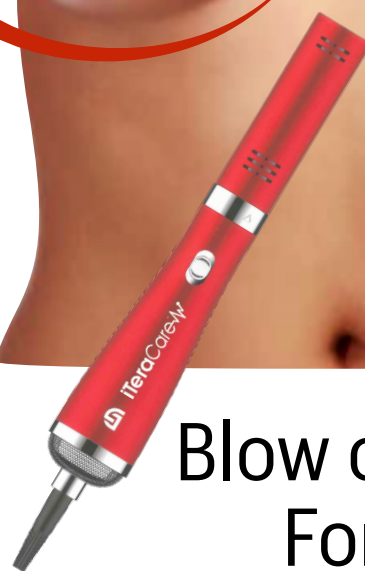
Blow on Armpit Area for  
5 mins. each



Blow on breast area  
For 5 mins. each

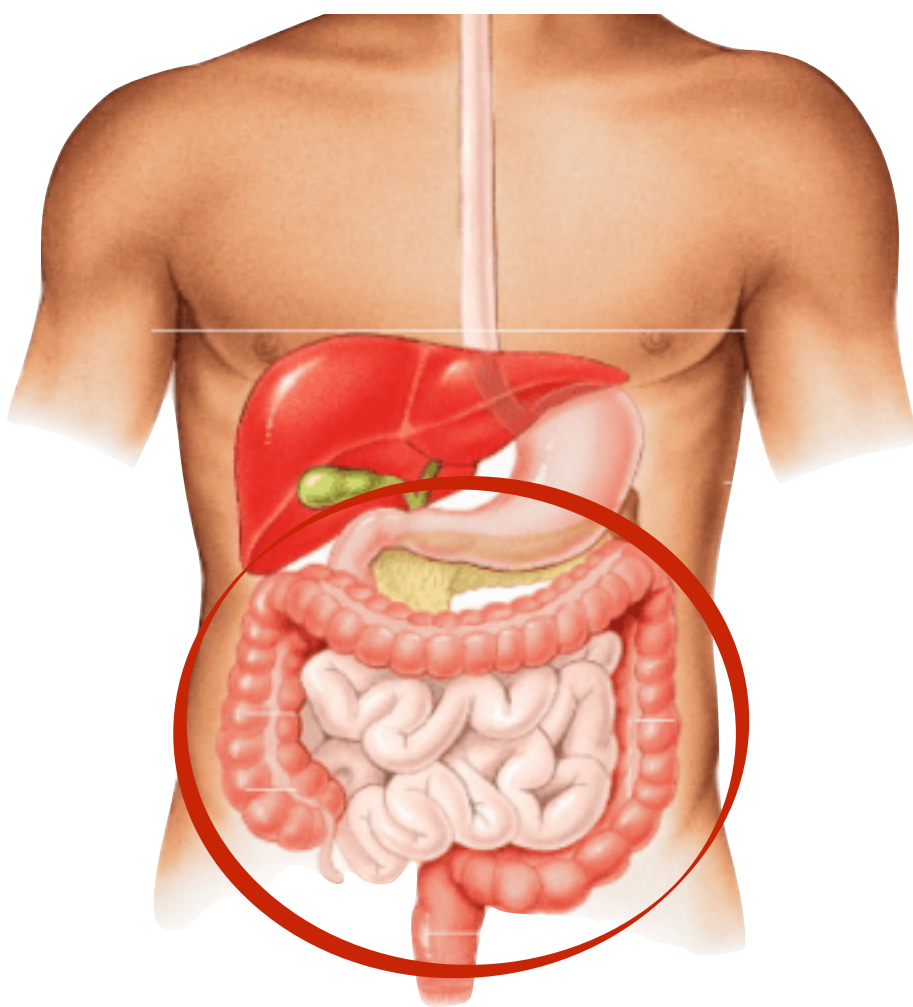


Blow on Shoulder Blades  
For 5 mins. each



# Gastrointestinal Problem

## Colic, Stomach Ache and Constipation



Blow on the Abdomen area for 10 mins.  
In circular motion



Blow on the right side  
Lower back  
below shoulder blades  
For 10 mins.

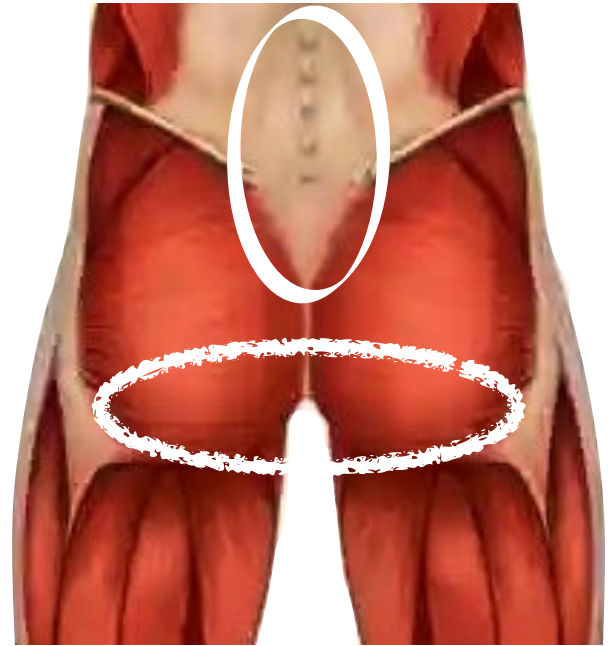


# Male and Female Sex Organ

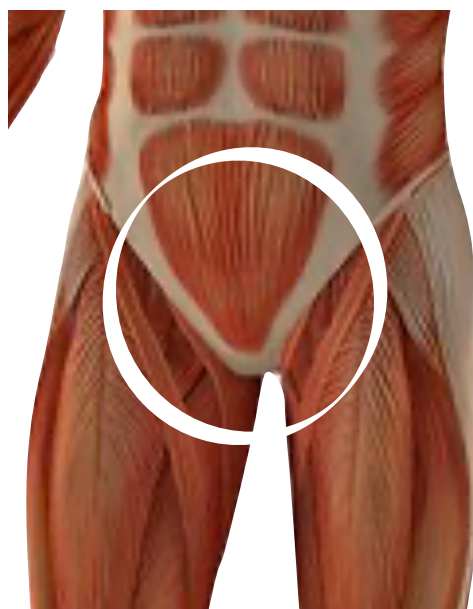
## Prostate and Gynecological Problem



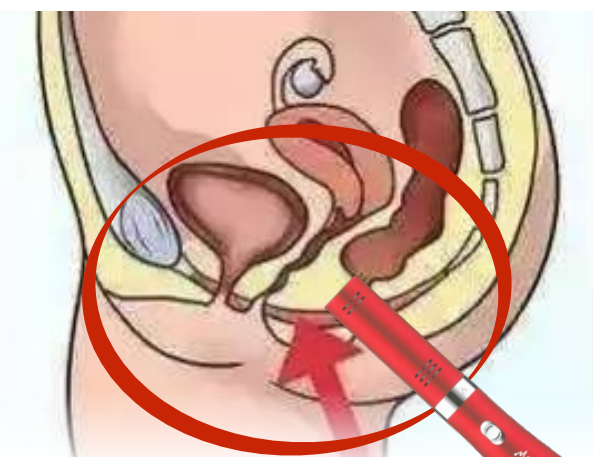
Perineum area for 10 mins.



Anus area and Lower back for 5 mins. each



Perineum area for 10 mins.

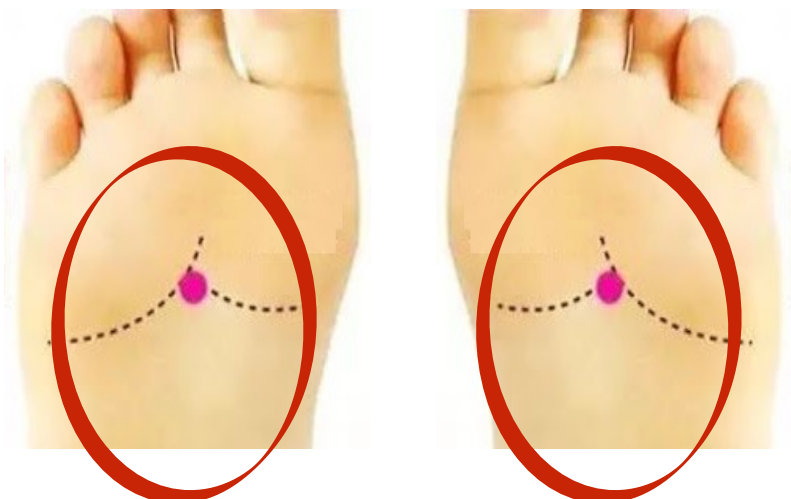
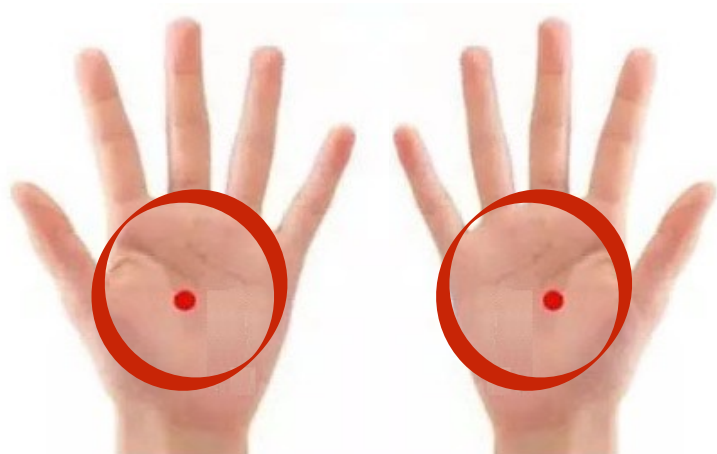
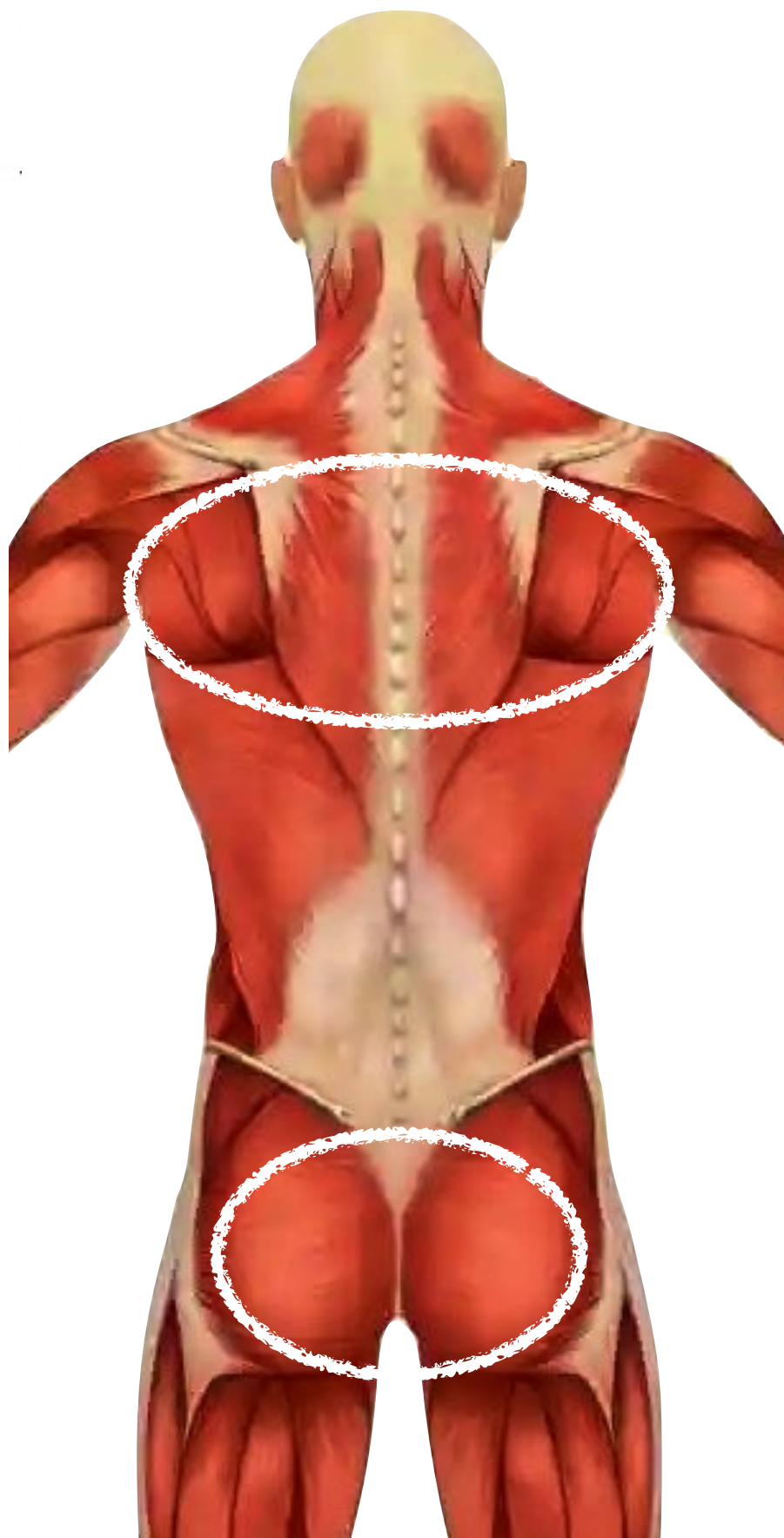
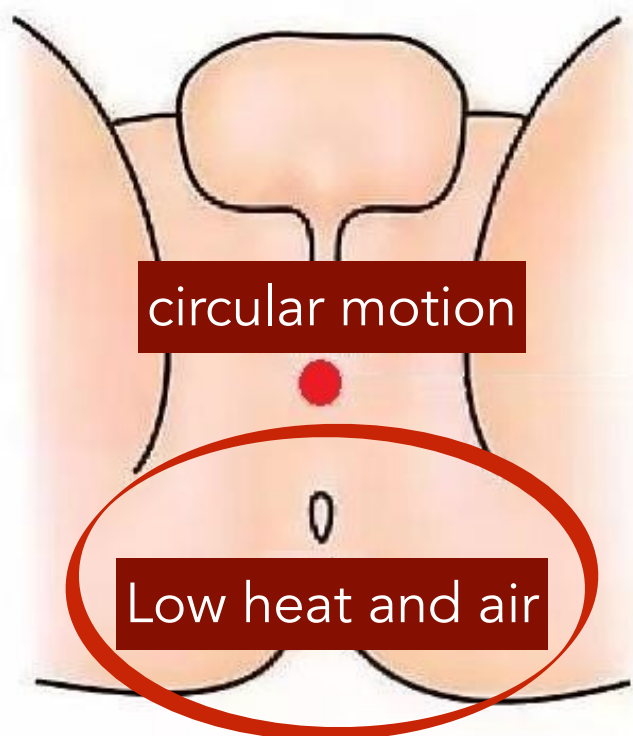


Blow directly For 5 mins.



# Hemorrhoids Problem

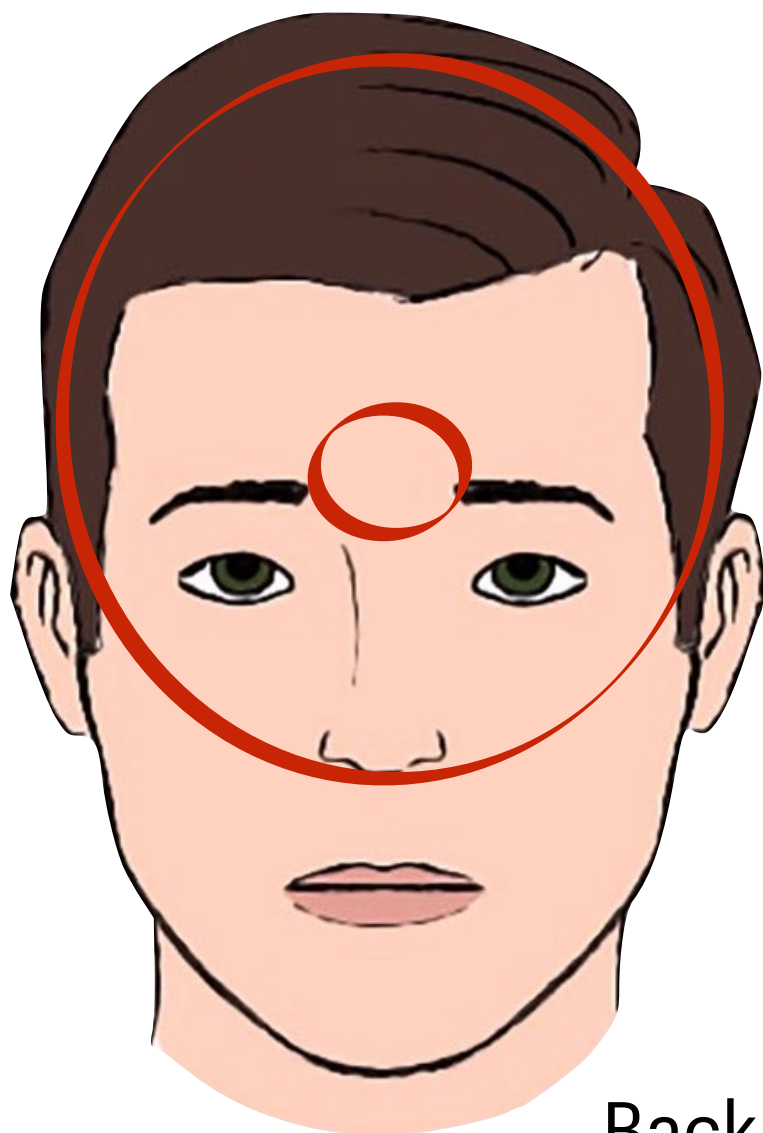
Anus area for 10 mins.



2 mins. each  
Hand and Foot

Upper and Lower Back  
Area 5 mins. each

# Sleep - Insomnia Problem

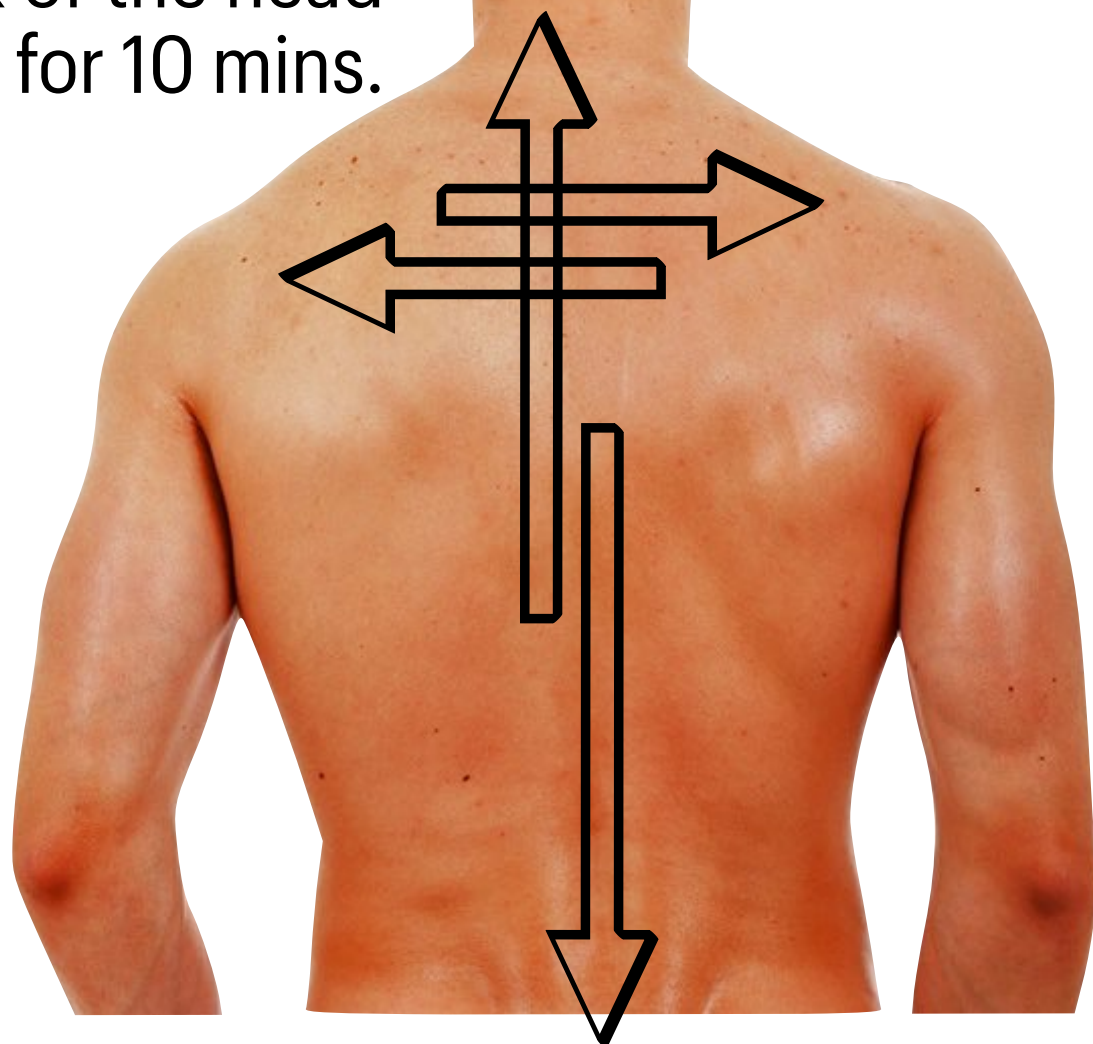


Upper Area of the Face for 10 mins.

Back of the head for 10 mins.



Blow on the spine for 15 mins.

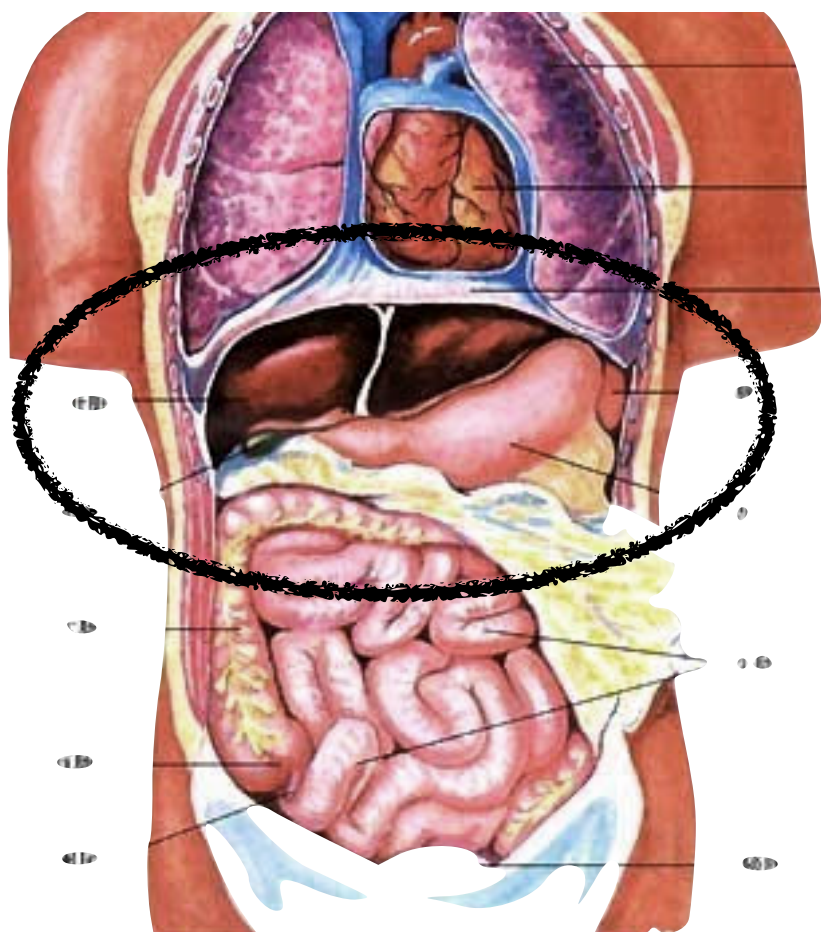


# Hyperthyroidism

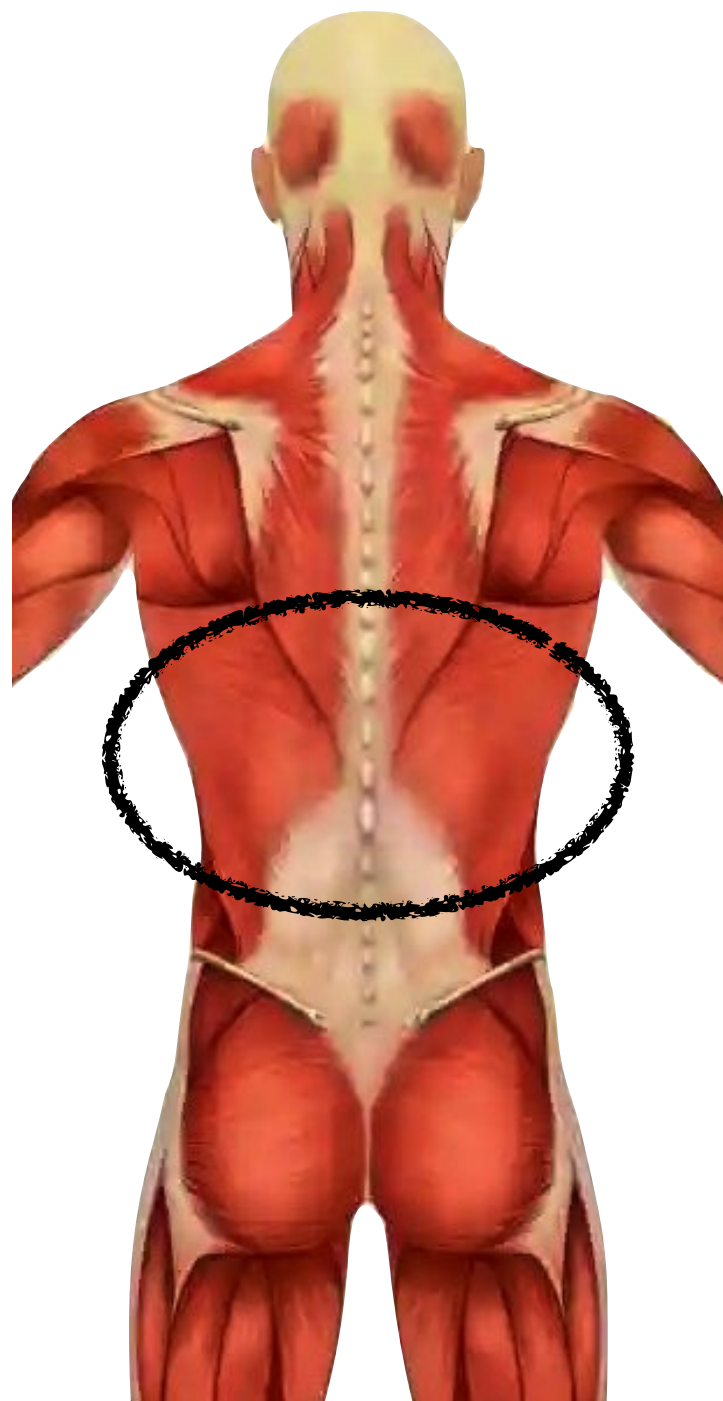


Blow on the neck and side of the neck for 10 mins.

Blow on the middle of the back for 10 mins.

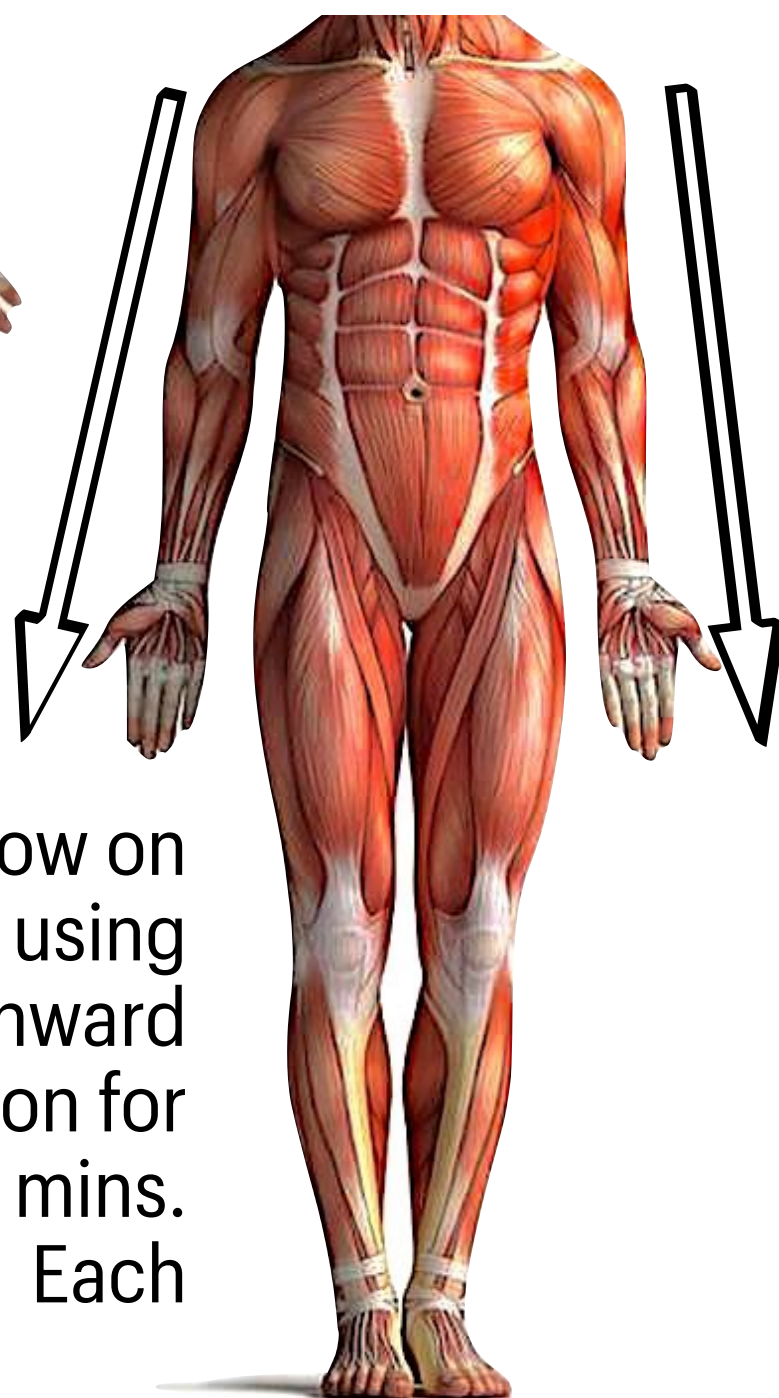
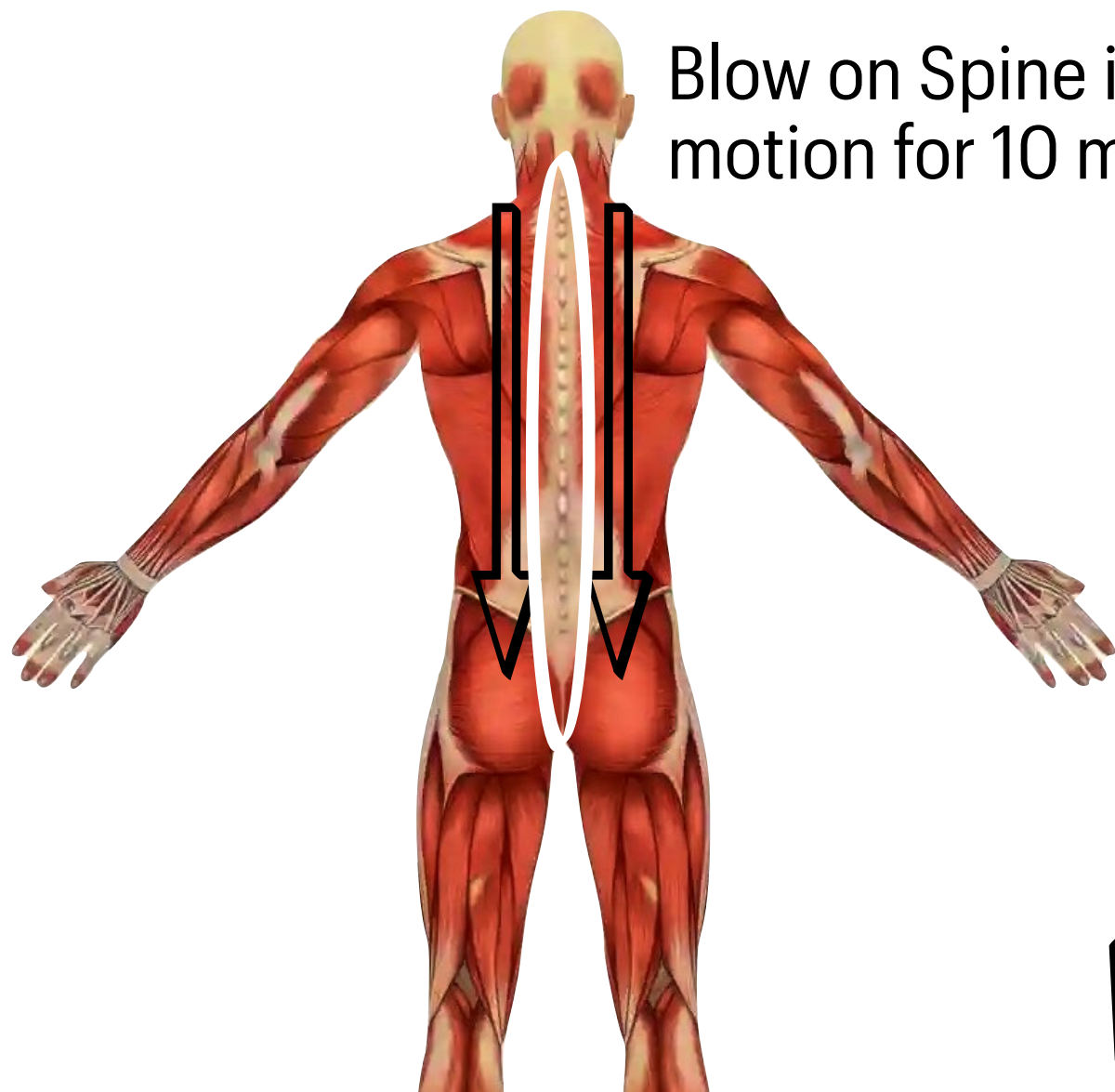


Blow on liver area for 10 mins.

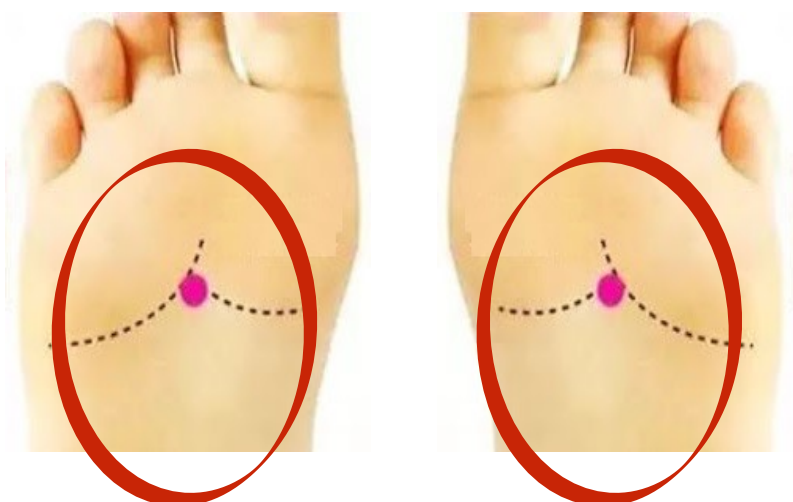
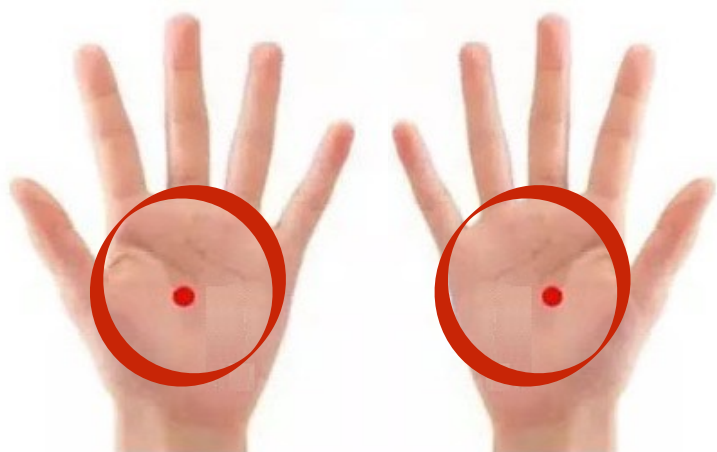


# High Blood Pressure

Blow on Spine in Downward motion for 10 mins.

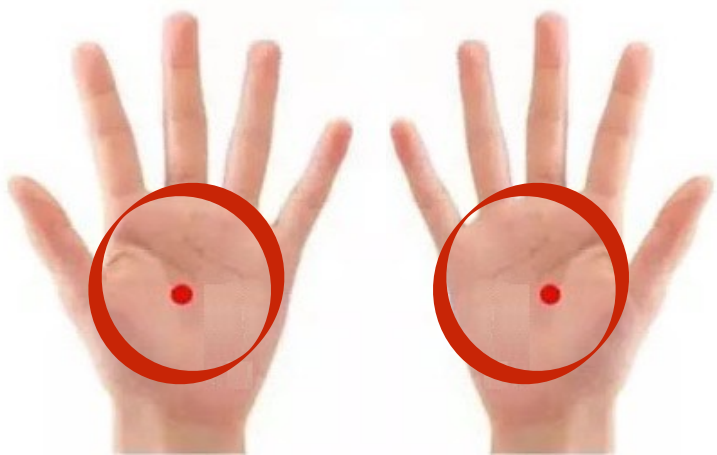


Blow on Arms using downward motion for 5 mins. Each

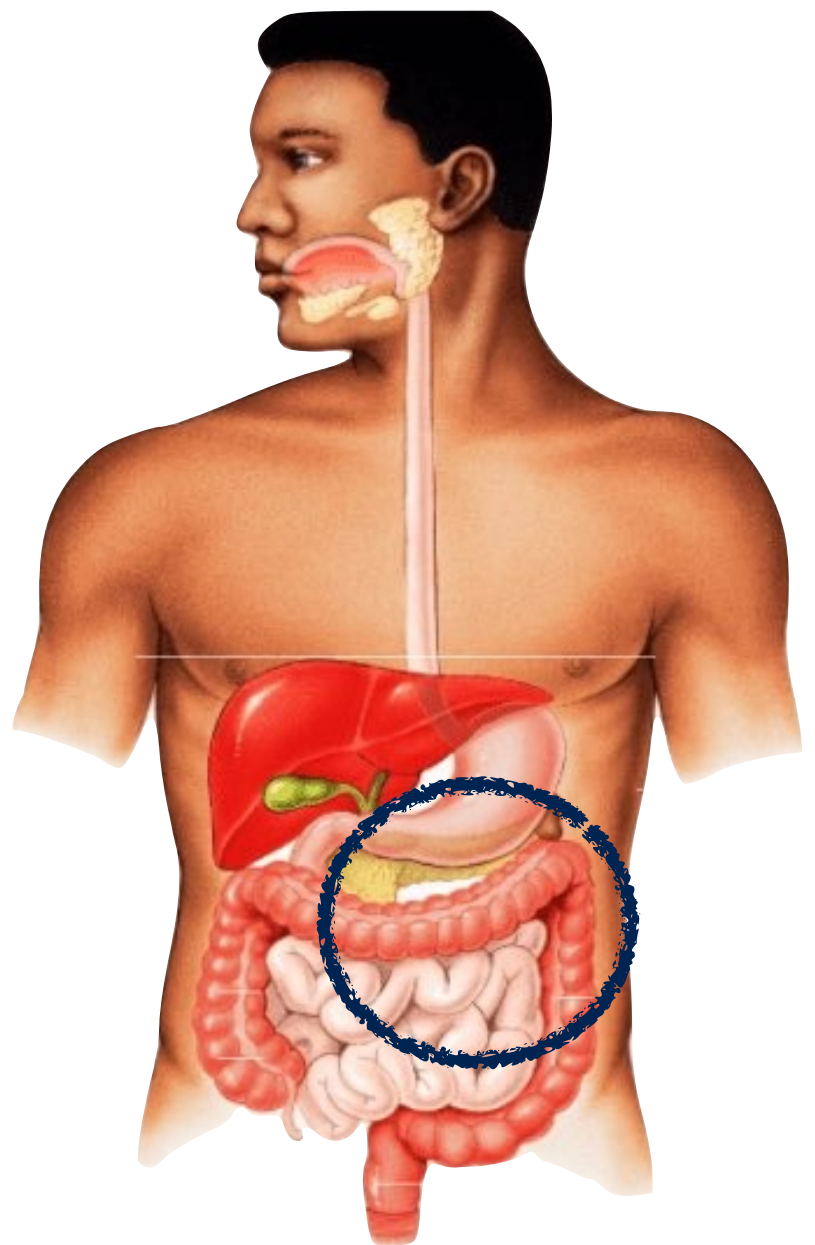
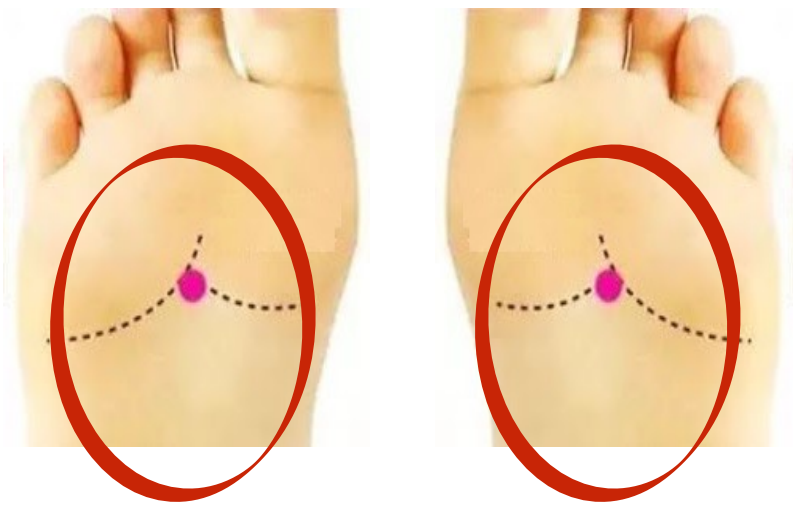


2 mins. each Hand and Foot

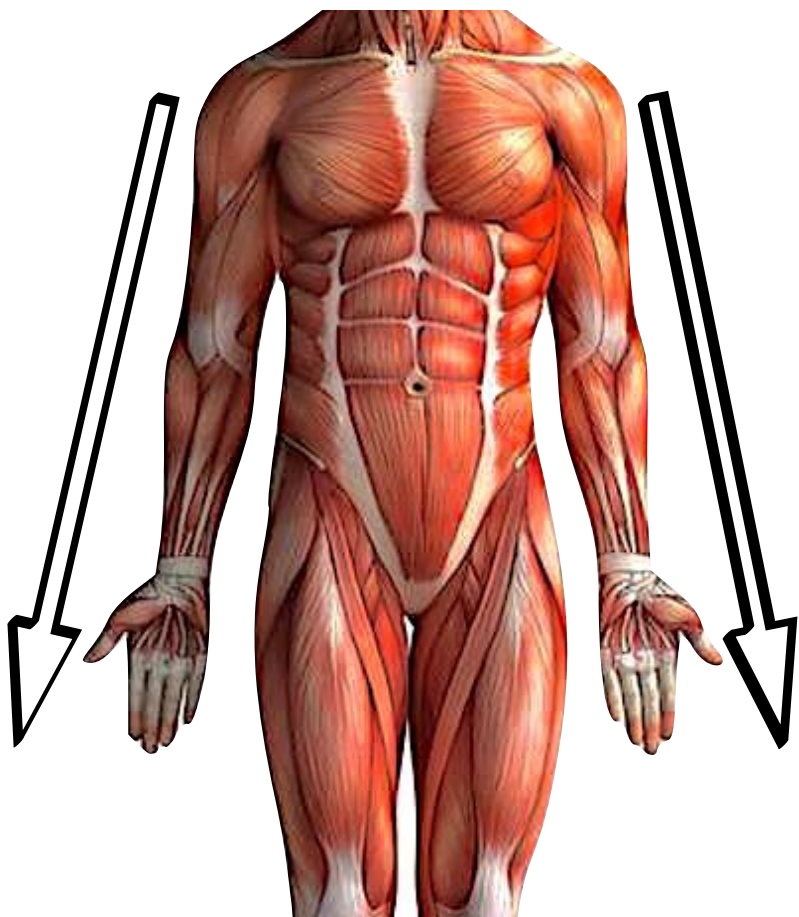
# Diabetes



Blow each  
Hand and foot for 2 mins.



Blow on the spleen  
area for 10 mins.



Blow on Arms using downward motion  
for 5 mins. each

# iTeraCare™

## THERAPY GUIDE ON HOW TO OPTIMIZE RESULTS WITH ITERACARE DEVICE

Following these guide will give you the optimal results.



1. Terahertz Frequency
2. Quantum Resonance
3. Optical Quartz Light Technology

<https://www.prifeintl.com>



# 01

## **DRINK 2 GLASSES OF CHARGED WARM WATER**

before and after the therapy. For those who can't drink the recommended amount at once, may drink some during the session, and more after the session.

# 02

## **FOR THE FIRST 3 THERAPIES**

follow the steps for "Basic 10 Point Usage Technique" to slowly introduce the THZ frequency to your body. This will help clear blockages in the body and open meridian points. Spend about 20 minutes following these steps over the entire body.

# 03

## **FOCUS ON UNCOMFORTABLE AREAS**

or areas you want to treat and activate cellular generation and elimination of bad cells. 5-15 minutes per area is recommended.

# 04

## **NEVER BLOW ON AREAS**

where there's hemorrhage, open wounds, cuts or burns; areas where there's cancer cells nearby blood vessel causing bleeding. This may cause more pain and unwanted reactions.

# 05

## **IT IS TOTALLY ALRIGHT TO CONTINUE YOUR MEDS**

and taking your supplements while using the iTeraCare device. Once you see significant progress, you will want to consult your healthcare practitioner for possible changes.

# 06

## **CHARGING YOUR TEA, NATURAL FRUIT JUICE**

and water detox juices is perfect to increase detoxification effect and nutrients in the body. Never charge carbonated drinks and never charge water in plastic container.





## **WE RECOMMEND A TOTAL OF 15-30 MINUTES OF THERAPY PER DAY**

**07**

may be all that is needed for healthy individuals. Those with health challenges should not use it more than 2 hours per day, whether in a single session, or multiple sessions. It is recommended that you take a break for 3 days every month, or 1 day per week during continuous use of this device. The break is important so the body's cells won't become desensitized to the frequency and respond less optimally.

**08**

### **ONCE YOU UNDERGO HEALING CRISIS,**

we recommend changing lifestyle to a healthier habit. Taking enough rest, drinking up to 4 liters of water per day, proper nutrition, exercise, sunlight and deep breathing should be followed during the healing process. Cut down the use of the device up to 50% of usual time, for example, from 30 mins, cut it down to 15 mins., until you feel well again.

**09**

### **ONCE YOU ACHIEVE YOUR HEALTH GOAL,**

minimize regular prolonged use of the device. Using it for 5-10 mins per day is perfect. Take a break once in a while. But don't stop drinking lots of charged water.

**10**

### **REMOVING YOUR CLOTHES DURING THE THERAPY**

is highly recommended to maximize Iteracare heat effect in the body.

**11**

### **NEVER EAT RAW MEAT AND COLD FOODS**

within 4 hours after the therapy.

**12**

### **DON'T TAKE A BATH WITHIN 4 HOURS**

after the therapy. We suggest take a bath first then do the therapy immediately to maximize effect. No electric fan and air-condition directly pointed on you within 4 hours after the therapy also. These will be counter effective for your health goal.

**13**

### **ENJOY THE JOURNEY OF HEALING**

Never worry, and always be joyful since within you is the power to heal yourself. Let this device help unlock that healing power!

