



Metronic Intelligent Healthcare Instrument IHI-168

A. Introduction

Thank you for your support through purchasing the Intelligent Healthcare Instrument. By going through the instruction manual, you will get the most beneficial information of this product. The instrument uses electromagnetic signal to improve the blood circulation through plantar muscles and acupuncture points. It helps to relieve tiredness and aches of legs and body.

Foot is the most sensitive and complicated part of body. In the human body, there are 12 main vessel systems that relate directly or indirectly with the human feet. Half of vessel systems are located at feet. Below the ankle level, there are more than 60 acupuncture points which closely linked to five solid organs and six hollow organs of human body. The plantar has zoned to various points with each representing respective parts and organs of the human body. It is widely known as foot reflexology. Foot reflexology zones form a microcosm of body where large number of neural points focused.

Even the physicians identify and diagnose diseases through the abnormal symptoms that exist in the reflexology system. This established the prime position of the foot being the second heart of human body. This also strengthens the concept that health cultivation starts from foot reflexology.

B. Functions and Features

Metronic Intelligent Healthcare Instrument is a breakthrough in healthcare technology. The technology uses electrical pulse that complements the traditional Chinese medical theory of acupuncture therapy, where safe current is passed through a computer controlled simulator that directly affect the human nerves located at the base of the feet. There are 50 electromagnetic pulse that are useful to the body to be transmitted to the whole body. The therapy will go through a series of 25 beneficial settings or you can choose a particular type of setting manually. The intensity of the electromagnetic pulse can be set from level 0 (lowest) to level 99 (highest) to suit different personal preference. The instrument itself comes with 3 extension ports for different accessories, for example waist belt, electrode pads with cables, to be used as direct pulse applicators.

1. Design of the instrument is ergonomic and modern sleek with large LCD to clearly display all the functions
2. The graphical operating manual is easily understandable with simple graphic instruction
3. Pulse physical and heating therapy through body points to improve blood circulation.
4. Three groups of electrode output jacks operating separately
5. Multi-functional electrode pads with heat and low-frequency pulse therapy
6. Brand new design heat slimming belt with significant health effects
7. The remote control is compact, easily movable and stored

C. Parts and Functional Illustration

Kindly refer to Page 2 .

D. Efficiency

1) Electromagnetic pulse treatment

Electromagnetic pulse treatment is part of Chinese traditional external therapy. It can unblock blood vessels, promote formation of new blood cells, reduce inflammation and pain, enhance muscles and bone physique strength and balancing bio-electromagnetic fields. At the same time, it improves the immune system with better self-healing ability, enhanced the neuroreceptor cells and many more.

Electromagnetic pulse treatment is using 9V running through IC controlled chip to control the electromagnetic pulse to suit human body. Depending on different illness or requirements, different body parts, with different pulse settings, normal usage needed is only 30 seconds to 10 minutes, and the results can be felt within this time period. Below are some of the benefits of this treatment.

- i. Through electromagnetic pulse treatment direct through the skin into the cell, it will promote break down of toxic elements in the body, and also break down extra fat structures in the cells.
- ii. Through this treatment, body toxicity will decrease and in return complexion will improve dramatically.
- iii. Painless application, not harmful to the human body and totally safe has different variety of applications for different problems.
- iv. Improves major organ functions, with added benefits of strengthening the immune system and healing.
- v. Improves blood circulation in the body.
- vi. Reduce fatigue, and ease muscle pains.
- vii. Helps reduce pains cause by rheumatism.
- viii. Relaxes tensed muscle, improves quality of sleep for people with insomnia.
- ix. Helps relieve tension and reduce pain in the neck, shoulders and muscle joints.
- x. Helps to relieve high blood pressure.
- xi. Reduce the effects of stroke patients, and also nerve palsy.
- xii. Increase lymph flow and also collagen production.
- xiii. Improves skin complexion.
- xiv. Builds muscles and helps with constipation.

2) Thermal Therapy Function

There are three main effect of thermal therapy to human body- direct, resonance absorption and strong penetration. The functions are as below:

i. **Improve cells generation, so the body resonance of water molecules faster, increase the oxygen volume**

Body resonance absorption due to infra warm, improve cells generation, in high-energy state, the enzyme needed to accelerate the synthesis of proteins and other biological macromolecules activated simultaneously, enhance immunity, repair damaged cells, improve human biological cells and tissues regeneration. Water forms about 70% of the body weight, constituting a major component of cell. Far infrared can make the body produce resonance of water molecules, so that large water molecules break down and reformed to smaller water molecules. In this process, the dirt adsorbed in large molecules surface can be cleaned, the oxygen content increases, kinetic energy increases, thus can reduce the extra fat and remove toxins.

ii. **Enhance microcirculation**

Microcirculation main function is to transport nutrients and oxygen to cells. If this system is not functioning, there will be a variety of diseases, such as rheumatoid arthritis, limb paralysis, hypertension, cardiovascular disease, frozen shoulder, sciatica, cataracts, and other degenerative

diseases.

Far infrared can produce subcutaneous tissue thermal effects, combined with the water molecules to resonate, can expand blood vessels, increase blood flow and restore the microcirculation.

iii. Accelerate blood circulation, promote metabolism

Infrared thermal can improve circulation and clear the meridians, promote blood circulation, body tissues and remove toxins.

3) Electromagnetic waves with human cells–The theory of cell regeneration

Cell is the human and animal fundamental unit. The nucleus is the chemical composition of protein, fat, sugar, phosphorus, calcium and water. This theory is very abstruse, even scientists have not thoroughly understood it so far. These compositions have produce a chemical reaction and physiological function - "Bio-electromagnetics."

According to scientists and researchers, new cells are round, the old cells are triangular, and senescent cells are triangle with small bubbles. More bubbles indicates more debilitating, and show dry phenomenon.

Cell activity is due to the ability of electron, so cell activity depends on the number electron. Round cells containing largest numbers of electrons, triangular cells containing fewer, triangles with bubbles contain smallest number of electron.

The same theory apply also on others such as blood cells in the blood and muscle, bone marrow cells; therefore, cells containing more electrons promote renewable power, least likely to age.

Electromagnetic can make the cells themselves produce electrons, in order to maintain cell activity. Therefore, magnetizing human cells to promote vitality is medical science's greatest creation.

4) Useful Applications and Contraindications

Useful applications:

Reduce pain caused by acute sprain, muscle strain, neuropathic pain, cervical spondylitis, frozen shoulder, rheumatoid arthritis, cramps and osteoarthritis. When used in conjunction with medication, it will also reduce the effects of high blood pressure, high cholesterol, and chronic gastritis.

It is the guru of Healthcare—especially suitable for the tension and stress of urban population, middle-aged people as well as those involved in healthcare industry.

Contraindications:

- i. A person suffering from severe heart disease and person fixed with cardiac pacemaker
- ii. A person prosthesis which contains metal elements, such as artificial body part
- iii. A lady who is pregnant or under menstruation cycle
- iv. A neurophatic and person with severe disease and serious loss in strength

E. Application

1. Connect the AC adapter to the DC jack on the side of the instrument. Then connect the adapter to a power point. The display screen will light up in 1-2 seconds and off with a "tick" sound. The instrument is ready for use.
2. Select the required function. All the functions can be operated separately. You are now ready to start using your Metronic Intelligent Healthcare Instrument.
3. Put your clean feet on the stimulation panels, taking socks off will be better.

4. If you require heat therapy, press the “Heat” button on instrument or remote controller.
5. Press “Power” button to start the pulse therapy function, the LCD screen will light up.
6. To adjust the pulse intensity, press the “+” button on the panel to increase the intensity or “—” button to reduce the intensity. Individual tolerance may vary but you can choose the sensation that you like.

(Remarks: Both feet should be put on the panels together, failing which you could not sense the stimulation.)

Body Stimulation Pad

1. To alleviate aching muscles, use the body stimulation pads with cables.
2. Connect the clips to the back of the pads, peel the back paper off and place on the areas to be treated. Multiple pads can be used to treat bigger muscle groups.
3. The output A/B/C is controlled separately. Press “+” button to increase the intensity or “—” button to reduce the intensity from the pattern area on machine or remote controller

(Remarks: Stick a pair of stimulation pads at the same time, failing which you could not feel the stimulation.)

Waist Belt

1. Connect the cable clips to the connectors on the waist belt.
2. For the lower back, tummy or obliques places, the contact points on the waist belt are across the desired area.
3. For each of the above areas, start by setting the intensity control at a low or zero level and increase it slowly to your desired level.
4. For best results, you need to ensure that the muscles are contracting and not just tingling.
5. The output A/B/C can be controlled separately, press “+” button to increase the intensity or “—” button to reduce the intensity.

Auto/Manual Programs

1. The Auto/Manual button allows you to switch between Manual mode and Auto mode.
2. In the Manual mode, you can choose the desired setting through pressing the “+” or “—” button.
3. In the Auto mode, the therapy will go through a series of 25 beneficial settings, auto changing every minute. This is the recommended mode.

Time setting

1. Default time 30 minutes.
2. 90-minute timer with five minutes increment at each adjustment. Press “+” to increase and “—” to reduce.
3. It is recommended to use it for 25—35 minutes each session.

Heat (Infrared)

The infrared heat setting uses warmth to assist blood circulation on the sole of your feet. Press the “Heat” button to the light up the heat at the center of the sole. Press the “Heat” button again, to switch off the function.

Benefits of Heat (Infrared):

1. Activating cells, in vivo molecular resonance water, and oxygen content increases
2. Improve microcirculation
3. Promote blood circulation and enhanced metabolism

Using the remote control

1. The remote control operates on all the functions as the buttons on the instrument.
2. Remove the transparent insulation tab from the battery compartment before use. Insert the transparent insulation after use, so as to prolong the battery life.
3. Point the remote control at the instrument and make your selections by pressing the appropriate buttons.

F. Precautions

1. During the therapy, ensure that the intensity level is adjusted according to individual requirement. Do not select intensity level that is too strong or too mild in order to achieve the most beneficial effects.
2. During the therapy, if your skin appears to be the erythematous, where the electrode pads were patched, you should decrease the impulse stimulating intensity or stop using it.
3. During the therapy, if you feel any skin discomfort or numbness, that is the normal reaction. The discomfort or numbness will disappear once you stop using it.
4. When using the electrode pads and slimming waist belt, you should pull off from the end of electrode wires pin and not pull the electrode wires directly to avoid the wires from disconnecting.
5. When using slimming waist belt, ensure the center of electrode button of the belt has been attached with the round insulation flake and avoid direct contact of metal parts to skin.
6. Please ensure your skin is clean before using electrode pads and ensure your sole is dry before the foot therapy.
7. Please detach the DC power cables from this instrument after use, and the adaptor from the power socket.
8. If elderly or children are using this instrument, it is advisable to use it under adult's supervision.
9. Do not use it when sleeping.
10. Do not use it during head therapies, drunk, hunger, excess diet and fatigue conditions.
11. Please stop using it immediately if you feel any discomfort and nausea during the use.
12. It is recommended to use it for 25—35 minutes each session.

G. Maintenance of Instrument

1. When cleaning this instrument, please use dry cloth or towel. For some parts that have direct contact with skin, you can clean and pasteurize with alcohol, but do not use benzene, or any other solvent to clean.
2. The instrument should be stored under dry environment, free from dust, moisture and heat.
3. If you are not using it for a long time, please remove the batteries from the remote control.
4. Please do not connect to other apparatus during use.
5. Please do not sit or stand on the instrument, and do not throw or drop it.
6. After use, you should detach from the power plug. When the heat has dissipated, you can pack it in the carrying bag.
7. Do not repair the instrument by yourself when problem arises. Please contact the authorized distributor or dealer for service.

H. Product Specification

Description: Metronic Intelligent Healthcare Instrument

Model: IHI-168

Power: DC9V

Rated Current: 1.2A

Out Frequency: 1-50Hz

I. Trouble Shooting

Faulty Condition	Possible Reason	Handling
No power supply.	1. Power plug is disconnected.	1. Connect plug to power socket.
	2. Power button has not been switch on.	2. Switch on the power button.
Not functioning, even with the main power on.	1. Power button of instrument has not been switch on.	1. Switch on the power button of instrument.
	2. Pads has not firmly clipped to electrodes linked wire.	2. Clip pads to electrodes linked wire firmly.
No vibration.	1. Too dry feet.	1. Clean and moisturize the feet.
	2. Wearing socks / stockings.	2. Must be bare-footed.
	3. Pads stick on clothes.	3. Stick pads direct to skin.
	4. Both feet not placed on the proper location of the instrument.	4. Place both feet on the instrument properly.
	5. Pads not sticked on two points of the body.	5. Pads must be sticked on two points of the body.

When the above defect conditions cannot be handled as above, you should not dismantle this instrument in private, please contact the authorized distributor or dealer for repair. The warranty period is 2 years.

J. Human Body Acupuncture Points Chart

Kindly refer to Page 8 to Page 10. (Mandarin Version)

K. Foot Reflexology Chart

Kindly refer to Page 11. (Mandarin Version)

L. Additional Healthcare Reference

Kindly refer to Page 11 to Page 13. (Mandarin Version)