Prife

iTeraCare™

BLOWING GUIDE FOR OPTIMAL RESULTS

WORLD'S 1 NUMBER

THZ CELL THERAPY DEVICE

- Terahertz Frequency
- Quantum Technology
- Optical Quartz Light Technology



MEDICAL DISCLAIMERS

1.) iTeraCare Devices are not medical devices;

2.) Do not claim they could cure any disease or illness such as Cancer, Diabetes, Stroke etc.;

3.) Do not introduce iTeraCare Devices as a product to augment a therapy or a drug;

4.) Members shall be responsible for their statements /testimonials/ advertisements on any social media or other platforms after using the iTeraCare Devices;

5.) All statements/ testimonials shared by members via any social media or other platforms are solely the views of those members and do not represent the views of Prife International;

6.) Prife International shall not be liable or responsible for the actions, misrepresentations or negligence of our members who are Independent Distributors;

7.) Prife International reserves the right to suspend any member's account that violates the above pending our investigation.

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NOT RECOMMENDED FOR

DON'T BLOW DIRECTLY



PREGNANT/MENSTRUATION



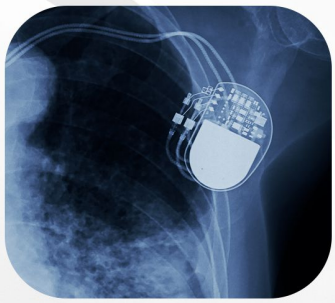
CONGENITAL HEART DISEASE



LENS IMPLANTED INSIDE THE EYE



OPEN WOUNDS, FRACTURED BONES



OBJECTS IMPLANTED

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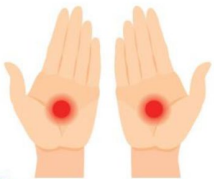
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STEP OF USING

WARM UP THE BODY. BLOW STEP 1 TO 10 EACH PART FOR ABOUT 2-3 MINS.



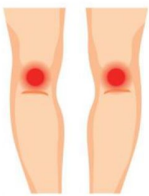
Drink 2 Glasses of Warm Water



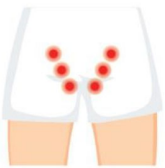
1 Palms



2 Soles



3 Behind the Knees



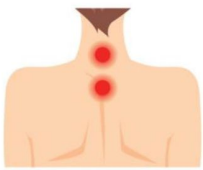
4 Groin



5 Armpit



6 Lymph



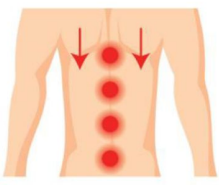
7 Upper Back



8 Head



9 Butt



10 Blow Downwards



Drink 2 More Glasses of Warm Water

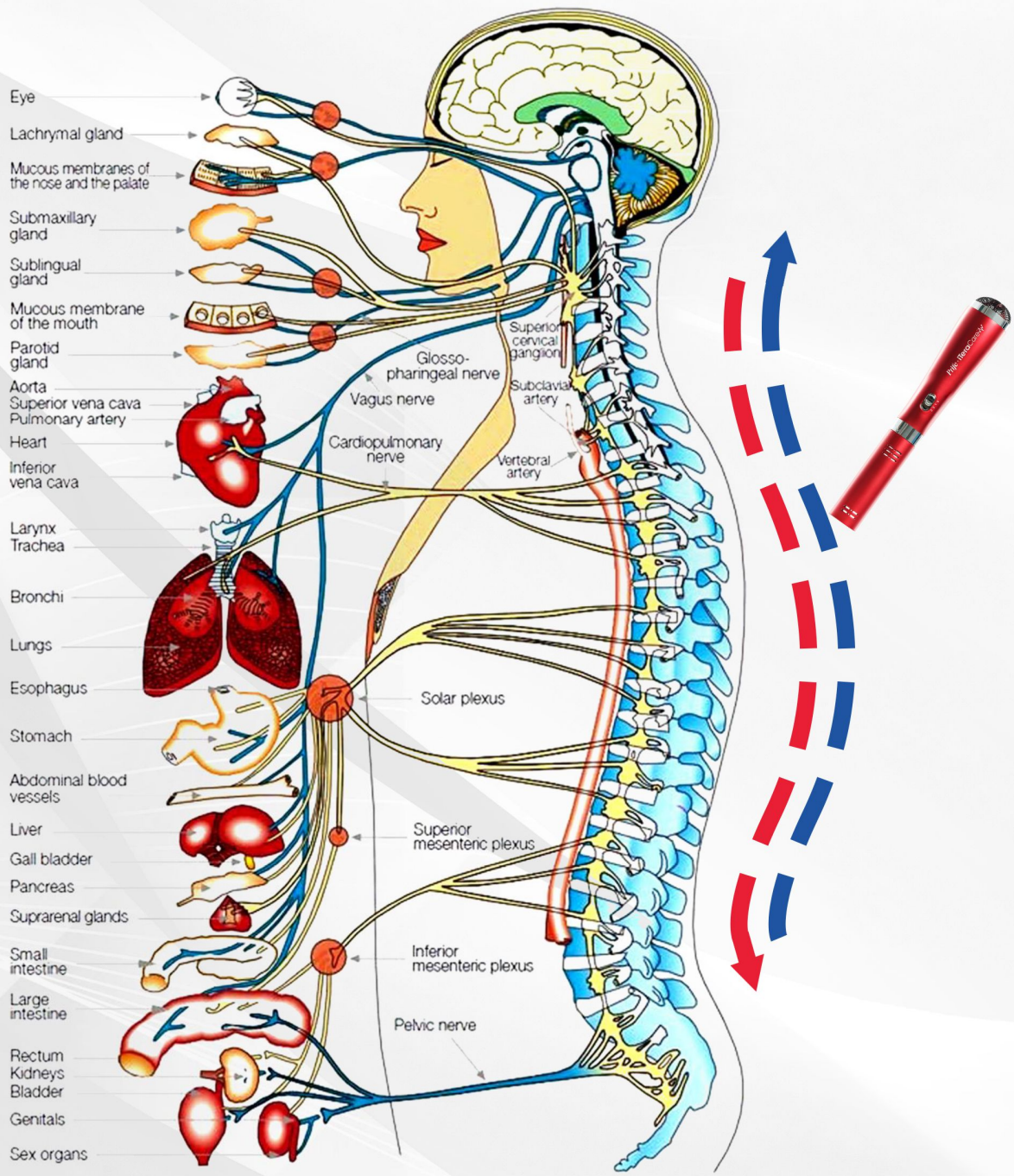
iTeraCare device can also be blown on Head, Face, Body Limbs and Pain Areas.

*HIGH BLOOD PRESSURE USERS DON'T BLOW NO.8

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STIMULATE STEM CELLS

BLOW ON SPINE GOING UP AND DOWN
FOR 15-30 MINUTES.



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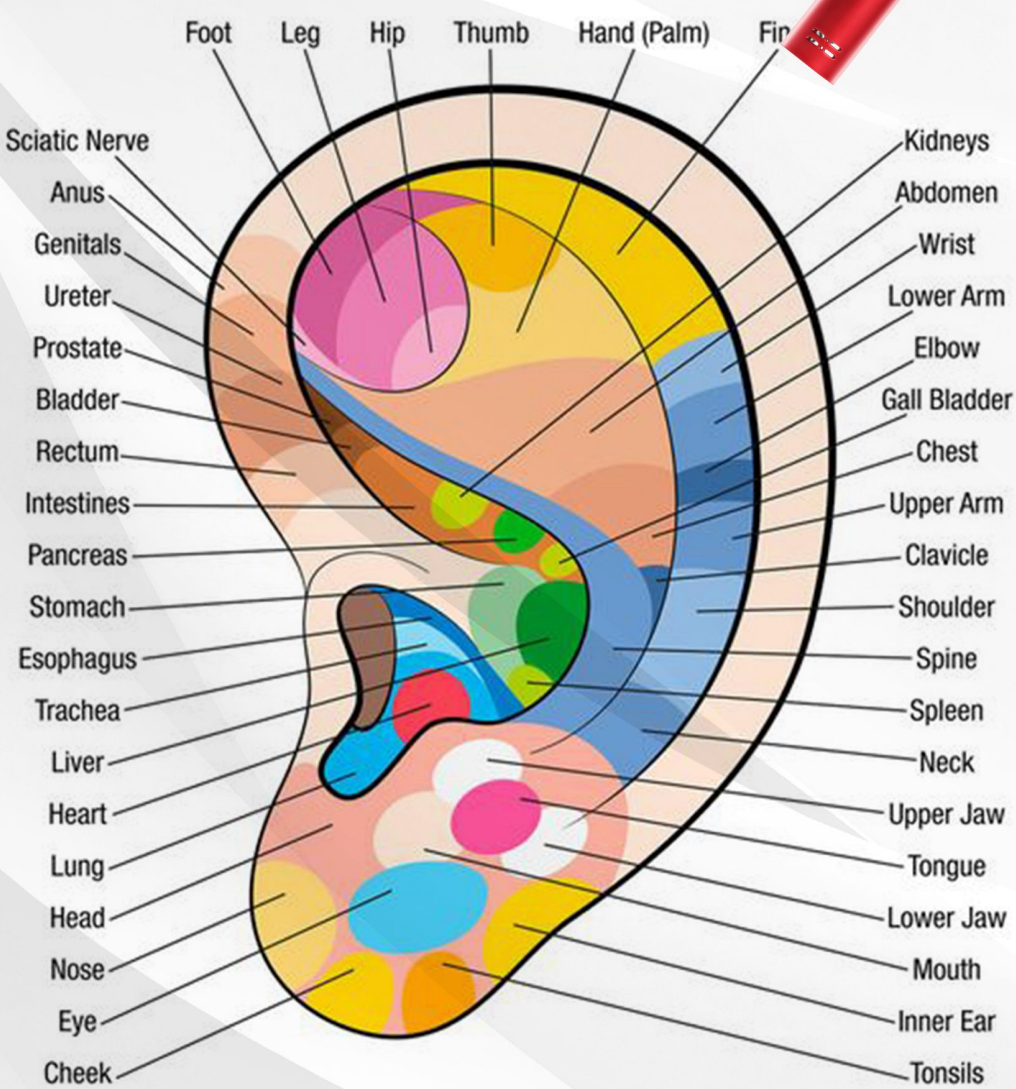
EARS ACTIVATION OF DIFFERENT ORGANS

BLOW FOR 2 MINS. EACH EAR IN CIRCULAR MOTION



CLEARING OF MERIDIAN POINTS

EAR REFLEXOLOGY CHART



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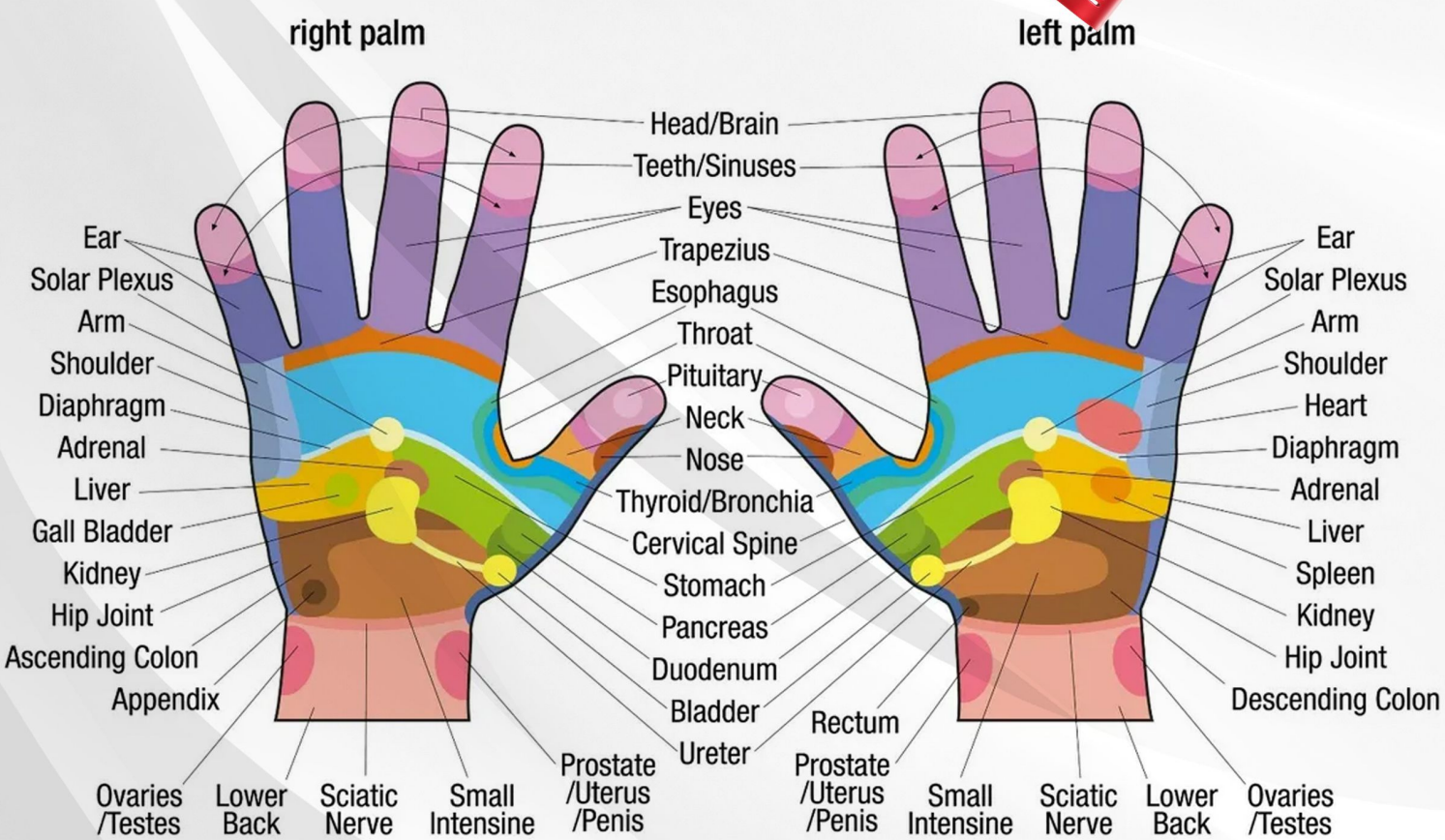
HANDS ACTIVATION OF DIFFERENT ORGANS

BLOW FOR 2 MINS. EACH HAND IN CIRCULAR MOTION



CLEARING OF MERIDIAN POINTS

HAND REFLEXOLOGY CHART



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FEET ACTIVATION OF DIFFERENT ORGANS

BLOW FOR 2 MINS. EACH FOOT IN CIRCULAR MOTION

CLEARING OF MERIDIAN POINTS

FOOT REFLEXOLOGY CHART



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BACK PAIN

15 TO 20 MINUTES THERAPY

1 BLOW THE SPINE
UP AND 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



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CATARACT, DRY EYES GLAUCOMA EYES SIGHT PROBLEMS

15 TO 20 MINUTES THERAPY

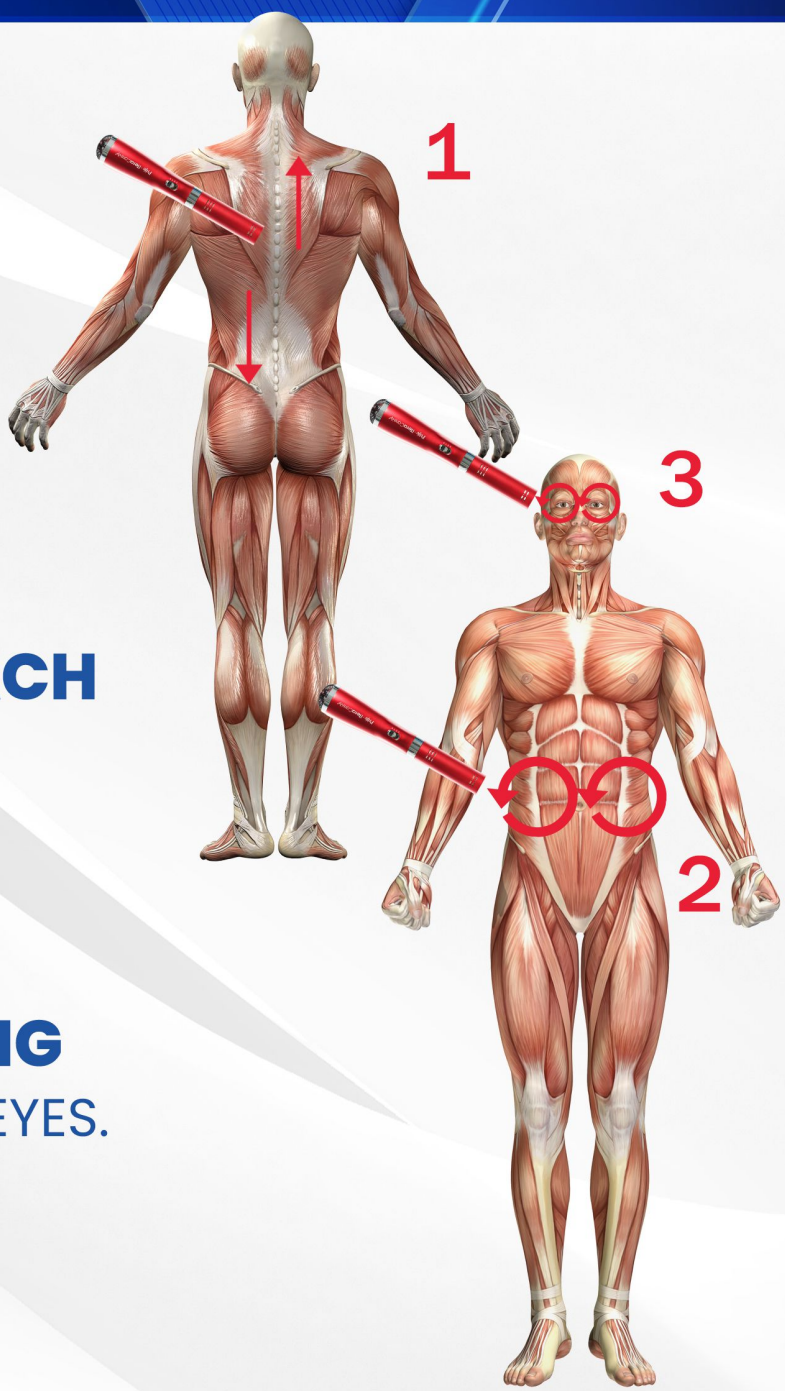
1 BLOW THE SPINE
UP AND DOWN IN
2 TO 3 MINUTES.

#1 IS AN OPTION BUT
RECOMMENDED

2 BLOW THE STOMACH
AREA FOR 3 MINUTES.

3 USE THE REMAINING
MINUTES IN THE BOTH EYES.

CANNOT BLOW
WITH CONTACT LENS.



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HEART DISEASE

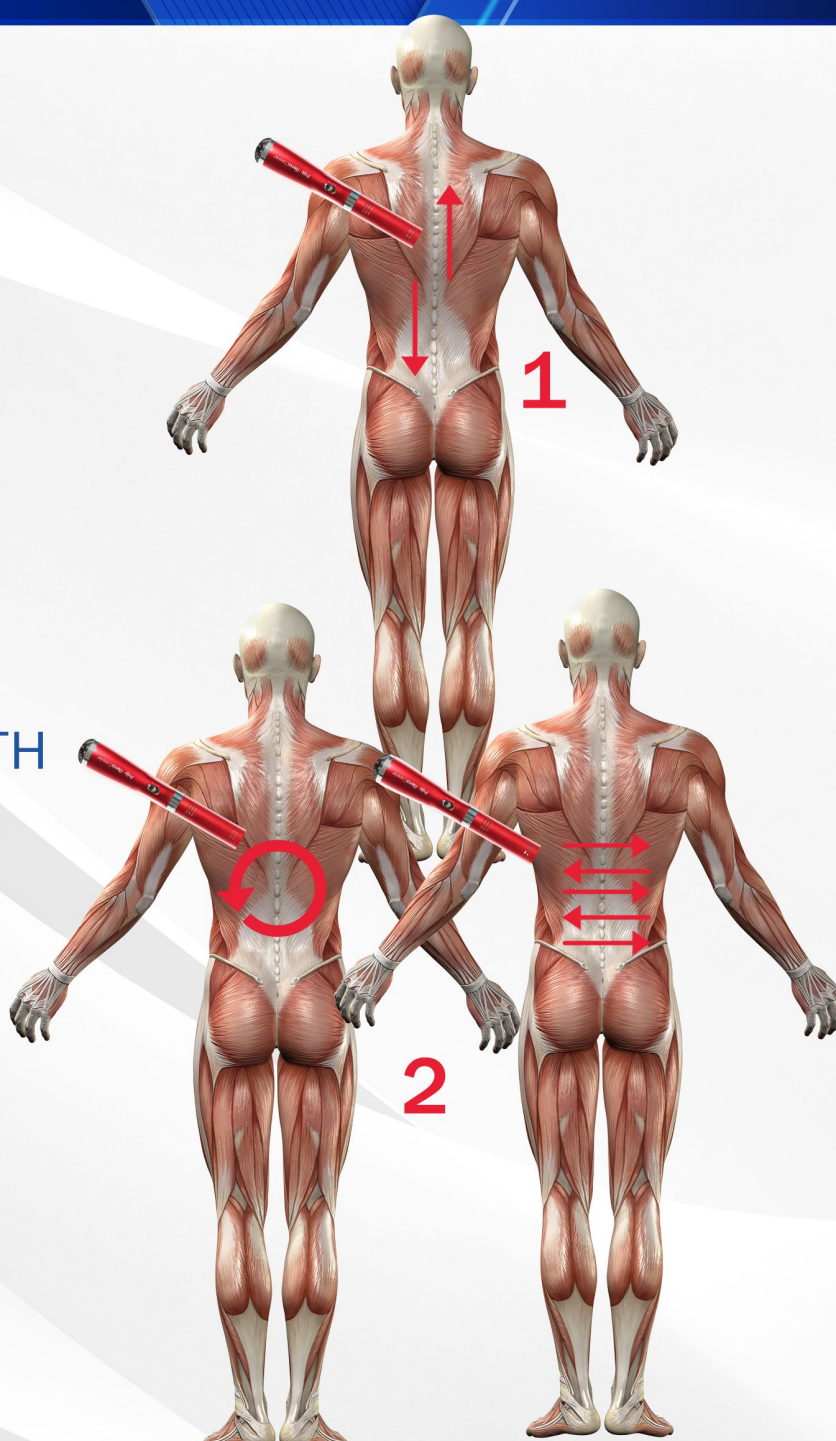
20 TO 30 MINUTES THERAPY

1 BLOW THE SPINE
UP AND DOWN IN
2 TO 3 MINUTES.

#1 IS AN OPTION BUT RECOMMENDED

2 BLOW THE BACK
AREA OF THE BODY WITH CIRCULAR AND HORIZONTAL MOTION USING THE REMAINING MINUTES.

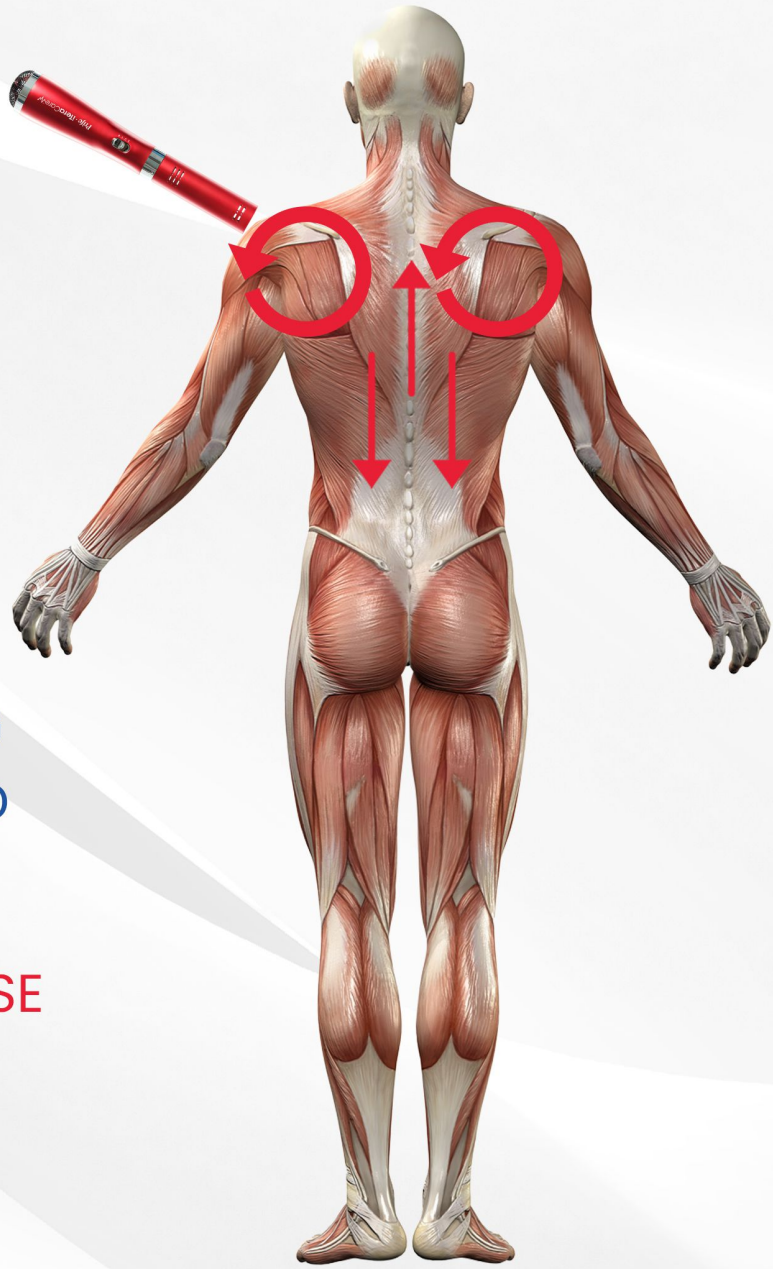




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FROZEN SHOULDER

15 TO 20 MINUTES THERAPY



1 BLOW THE SPINE

UP AND DOWN IN
2 TO 3 MINUTES.

#1 IS AN OPTION BUT
RECOMMENDED

2 USE THE REMAINING

MINUTES IN THE EFFECTED
SHOULDER.

IF YOUR START CLOCKWISE
END IT WITH CLOCK WISE

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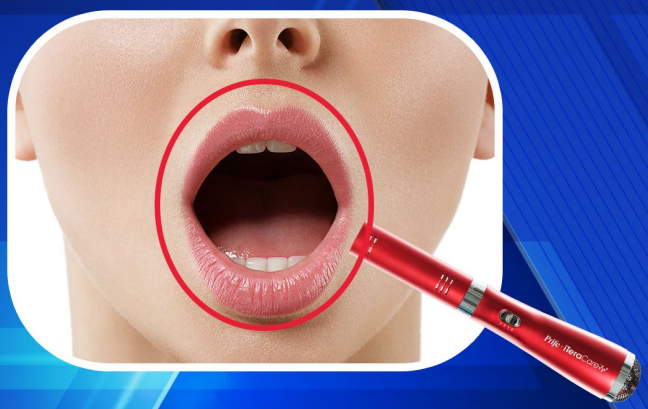
COUGH, COLDS, FLU AND ASTHMA

BLOW FOR 5 TO 10 MINUTES
IN UPWARD AND CIRCULAR MOTION.

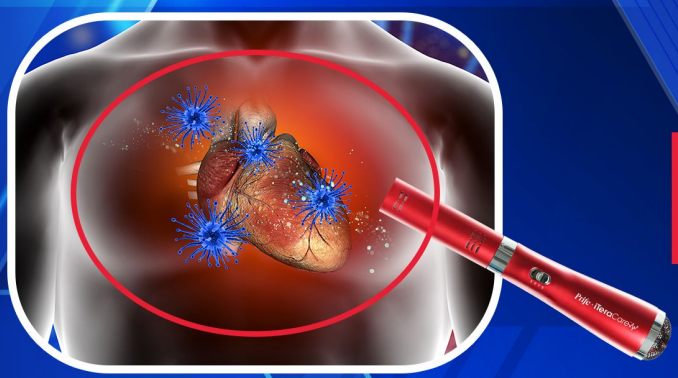


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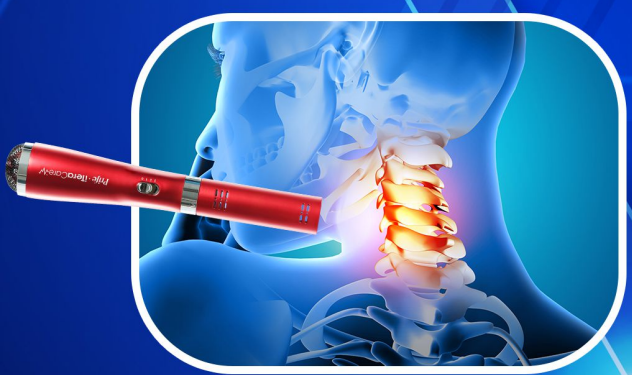
COUGH, COLDS, FLU AND ASTHMA



BLOW MOUTH AND INHALE AIR FOR 5 MINS



BLOW LUNG - CHEST AREA FOR 10 MINS.



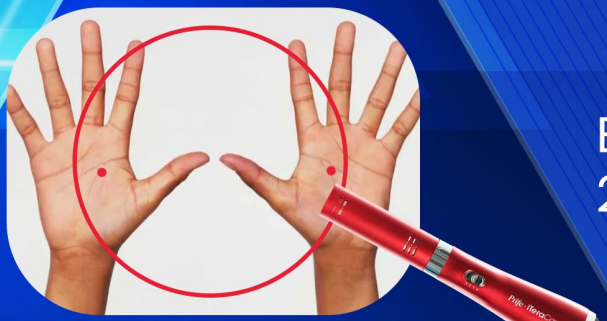
BLOW BOTH SIDE OF THE NECK FOR 5 MINS.

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FEVER AND INFECTIONS



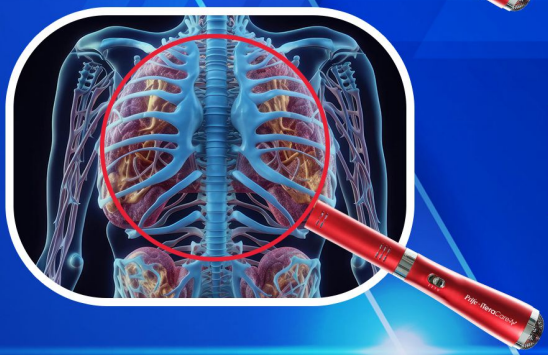
BLOW THE BACK OF THE HEAD AND SPINE FOR 5 MINS. EACH



BLOW BOTH HANDS FOR 2 MINS. EACH



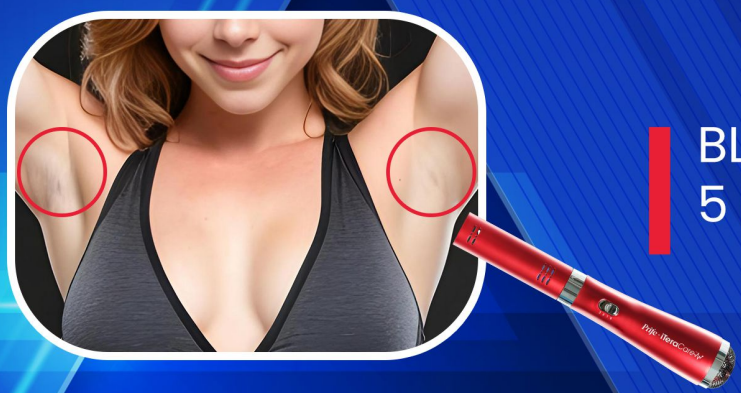
BLOW BOTH UNDER FEET FOR 2 MINS. EACH



BLOW THE LUNG AREA FOR 5 MINUTES

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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

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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.

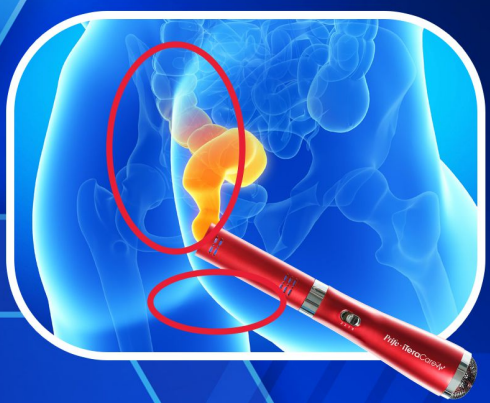
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MALE AND FEMALE SEX ORGAN

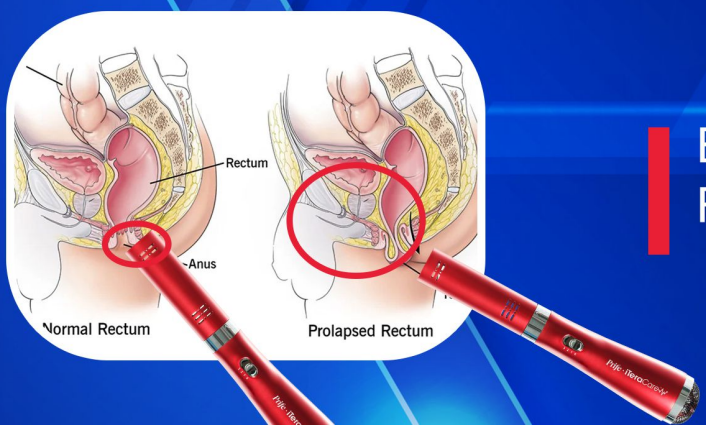
PROSTATE AND GYNECOLOGICAL PROBLEM



PERINEUM AREA FOR 10 MINS.



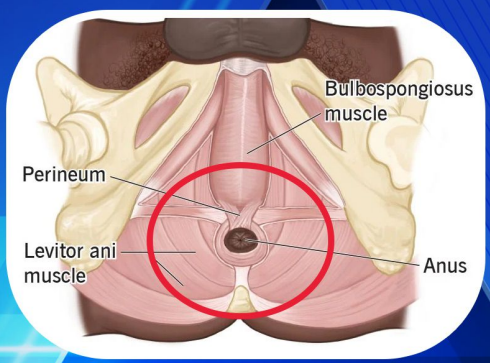
ANUS AREA AND LOWER BACK FOR 5 MINS. EACH



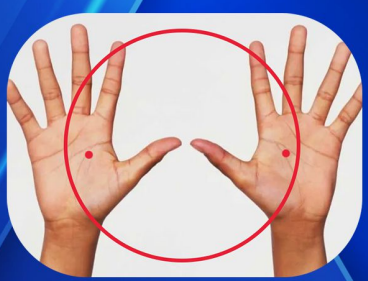
BLOW DIRECTLY FOR 5 MINS.

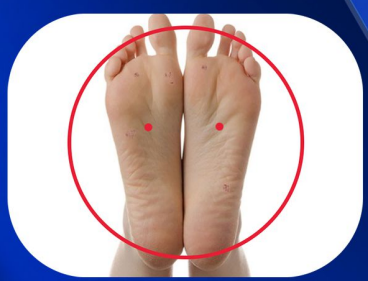
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HEMORRHOIDS PROBLEM

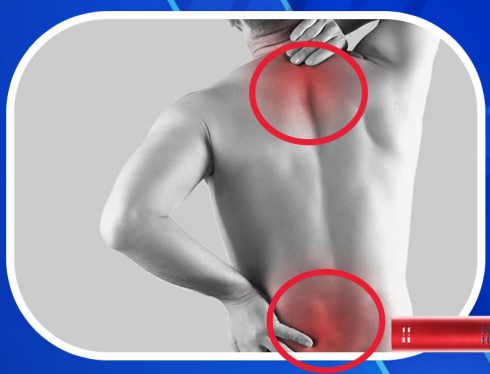


ANUS AREA FOR 10 MINS.





2 MINS. EACH AREA 5 MINS. EACH HAND AND FOOT



UPPER AND LOWER BACK AREA 5 MINS. EACH

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SLEEP - INSOMNIA PROBLEM



UPPER AREA OF THE FACE FOR 10 MINS. BACK



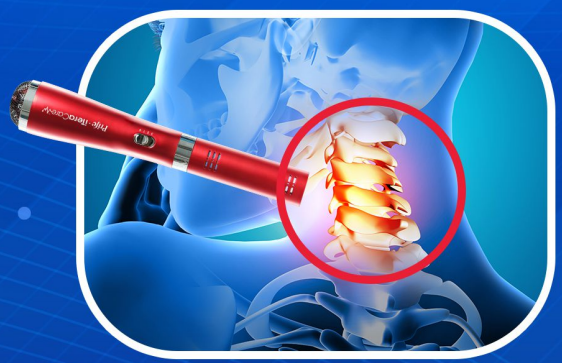
BACK OF THE HEAD FOR 10 MINS.



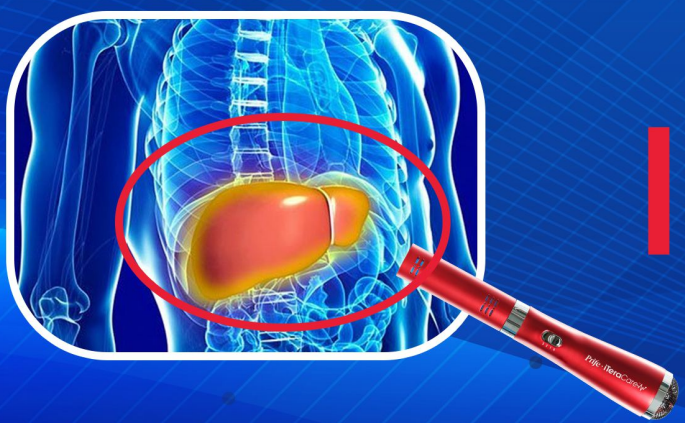
BLOW ON THE SPINE FOR 15 MINS.

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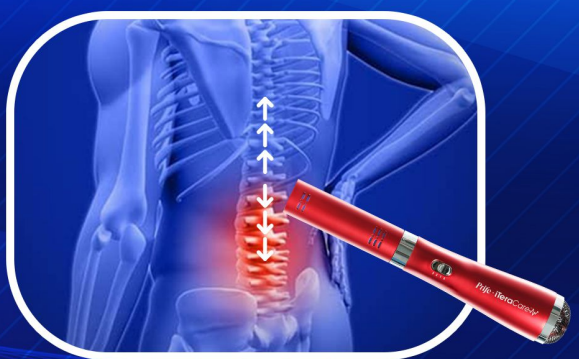
HYPERTHYROIDISM



BLOW ON THE NECK AND SIDE OF THE NECK FOR 10 MINS.



BLOW ON LIVER AREA FOR 10 MINS.



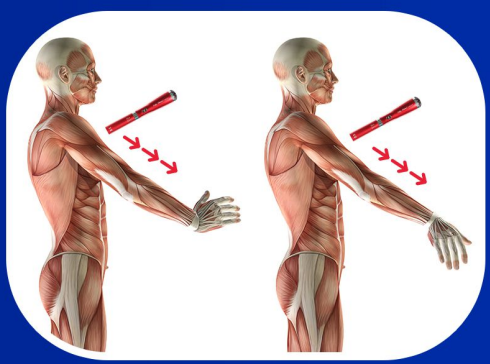
BLOW ON THE MIDDLE OF THE BACK FOR 10 MINS.

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HIGH BLOOD PRESSURE



BLOW ON SPINE IN DOWNWARD MOTION FOR 10 MINS.



BLOW ON ARMS USING DOWNWARD MOTION FOR 5 MINS. EACH



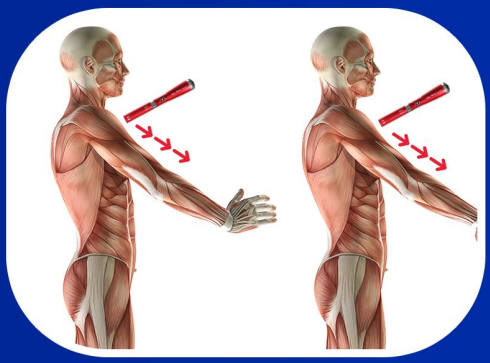
2 MINS. EACH HAND AND FOOT

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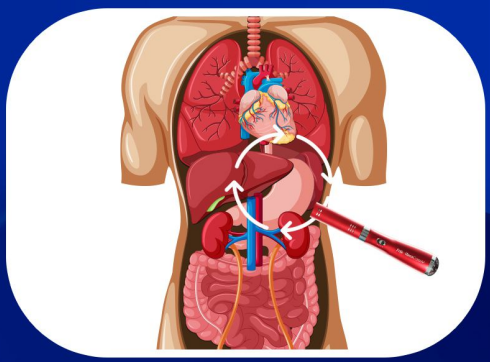
DIABETES



2 MINS. EACH
HAND AND FOOT



BLOW ON ARMS USING
DOWNWARD MOTION
FOR 5 MINS. EACH



BLOW ON THE SPLEEN
AREA FOR 10 MINS.

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THERAPY GUIDE ON HOW TO OPTIMIZE RESULTS WITH ITERACARE DEVICE

Following this guide will give you the optimal results.

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



Lorem Ipsum

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1.) 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.

2.) 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.

3.) 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.

4.) 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.

5.) 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.

6.) 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.

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7.) WE RECOMMEND A TOTAL OF 15-30 MINUTES OF THERAPY PER DAY

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.

8.) 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.

9.) 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.

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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!

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