

Congratulations on your Terahertz Core Box

First, let's learn how to work your terahertz box:



Your Core box has 3 controls:

The On/Off Switch at the bottom

The red light and blue light alternating switch

The warm blower/cool blower

You can use the Core Box at either warm or cold. Warm has a benefit of helping the frequencies reach deeper into the skin and cells of the body. Discover the temperature that feels best for you. It is fine to alternate this during sessions.

You can also alternate between red and blue light during sessions. See further in this PDF for more information about the different benefits of red and blue light.

Terahertz frequencies are found between far-infrared rays and microwave energy. It refers to electromagnetic waves with frequencies in the range 0.1 to 10 THZ. Researchers have been discovering the health benefits of terahertz therapy on the human body.

Terahertz waves can benefit 3-5 centimeters of human skin, directly act on the deep tissue, supplement the energy of life cells, regulate the physiological functions of the body and accelerate the generation and decomposition of cells. Acts on the subcutaneous tissue to help to maintain the wellness of cells. Known to resonate at the

same frequency of cells, it can help to powerfully hydrate the cells and harmonize the metabolism of the cell.

The high frequency vibration creates a powerfully therapeutic movement within the cells. This "exercise" helps to tone up the cells and increase the excretion of water. Be sure to drink at least 1 full glass of water before using your Box and then another full glass of water after a session.

How long should a session last?

Try working with the blue light and then the red light frequencies application, each one for about 1-2 minutes. This is enough to get started and discover how well you tolerate the frequencies. Once you know you feel good after 1-2 minutes, begin to work up in minutes. There is no need for more than a 15-20 minute session per day, but you can do more if you wish. Wherever you apply the frequencies, the rest of the body is affected. If you need to apply your Core Box to one place on the body, it will still be positively affecting your wellness in the entire body.

Benefits of Red Light

Assists the Mitochondria - powerhouse of the cell. Helps to reduce wrinkles, fine lines and even age spots. Has improved hair growth in people. May help to clear acne

Benefits of Blue Light

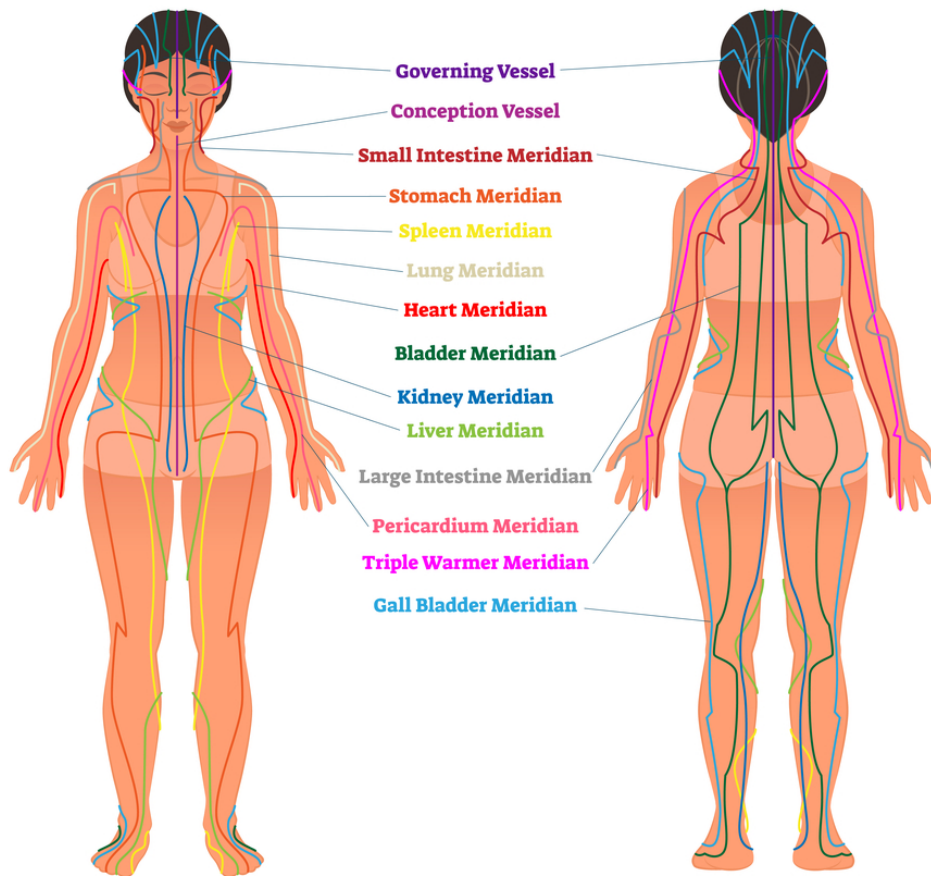
Blue light is a high energy, high penetration visible light with a wavelength of 380 - 500 nanometers. Blue light has been associated with the ability to kill bacteria, help to create a good environment to grow new cells, promote the production of collagen and more!

Adding in Essential Oils

You can place essential oils into the Box, but pulling out the red cup (pull gently from the back as shown). Once you remove the cup, place a small amount of your favorite essential oil in the center. Enjoy the benefit of essential oils and the terahertz frequencies at the same time!



BODY MERIDIANS



Clear meridians

A great way to run the Core Box is along the meridian lines. Find a diagram of the various meridians of the body. You can run the box in a vertical or horizontal sweep. You can also use a circular motion. Try clearing some of the meridians by running in the vertical direction for about 15-20 seconds.

Please look for our YouTube channel under @ArielPolicano, where we are posting training videos about the Terahertz Core Box and Wand.

Thank you and enjoy this exciting technology!

