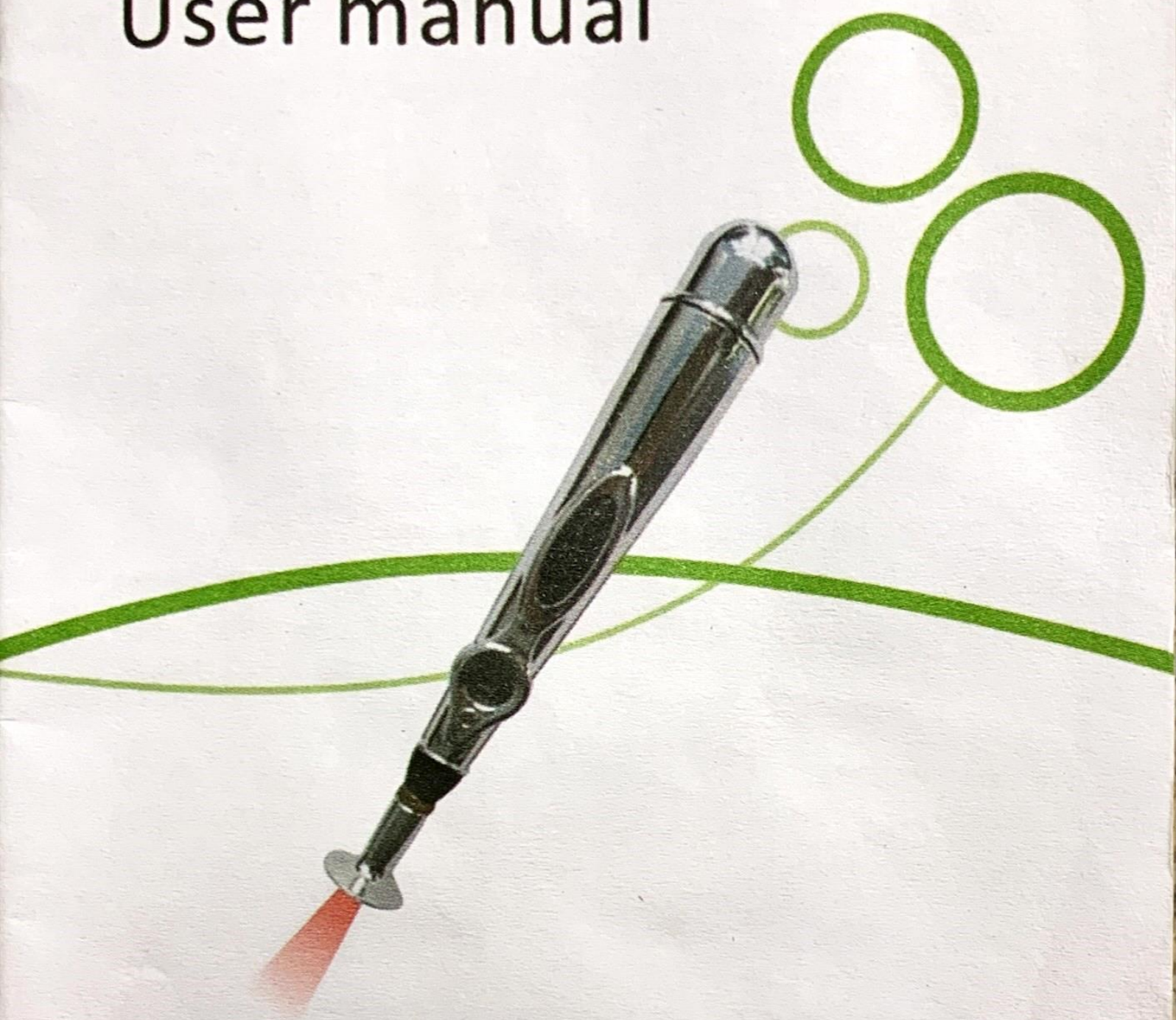


Meridian Energy Pen

User manual



W-912

Thanks for your purchase!
Please read the user
manual carefully before use.

Congratulations! You have just purchased a

Wochuan Acupointer

The Wochuan Acupointer is a convenient way to self-administer Low-Voltage Therapy, a method proven to have many health benefits. Low-Voltage Therapy is not a new technology although it is not well known in the Western world. It is commonly used in Traditional Chinese Medicine (TCM), sometimes in place of or in combination with acupuncture.

5 Benefits Overview

- 1.** Your Wochuan Acupointer can be used as a portable hand-held "Tens" unit to automatically trigger rapid muscle contraction when muscles are hard to isolate or when the muscle is immobilized in a cast or splint. The pulsed contraction effectively works the muscle for you which prevents atrophy.
- 2.** To relieve pain by blocking pain signals as they travel from the nervous system to the brain. The pulsations also have a relaxing effect on tense muscles similar to that of massage.
- 3.** As a beauty aid for stimulating the muscles of the face and body as well as tightening and rejuvenating the skin and subcutaneous layers to reduce wrinkles and sagging flesh associated with aging.
- 4.** Your Wochuan Acupointer can be used to locate acupoints on the body and stimulate them to unblock qi flow along a meridian or to focus qi on an acupoint associated with a weak or damaged internal organ. The mild electrical pulses act in the same way as acupuncture needles or acupoint massage.
- 5.** Studies have shown Low-Voltage therapy to be helpful in reducing free radicals in the blood, purging the body of viral and bacterial infections, and even reviving dead cells associated with cancer.

Important Safety Precautions

Never use the Wochuan Acupointer if you have a pacemaker, pulse regulator, artificial heart, lungs or other life sustaining electronic medical device.

Never use in the shower, bath, pool or high humidity.

Do not use on or near mucous membranes, or in any orifice of the body.

Keep away from children and pets. Do not use on anyone who is unable to speak or unconscious.

Consult a physician before use if you: are pregnant, have a serious heart condition or other life threatening disease or injury.

Do not attempt to open the unit and repair it. This will void the warranty.

If not in use for long periods please remove the battery.

Note: The Wochuan Acupointer uses your hand as a ground pole to complete the circuit, so you may sometimes feel the voltage in the hand you're holding it with. That's because there are many acupoints in the hands. Simply change your grip slightly or grip the device with more of your hand surface to disperse the effect.

Before you get started, make sure you have everything:

Packing List

- 1 Wochuan Acupointer Unit
- 2 Interchangeable Tips (Ball Tip and Wide Tip)
- 2 containers of Contact Gel
- This booklet you are reading

Using Your Wochuan Acupointer.

1. Install 1 double-A battery in the compartment.

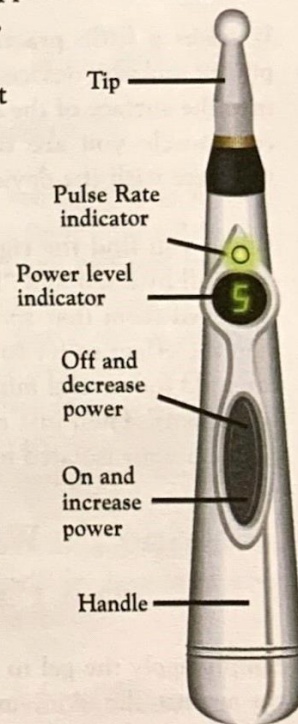


2. Turn on the device by holding the handle with the tip up and pressing the lower half of the black toggle button. The number 1 should appear on the display. Repeat to increase power up to 9.

3. Put a small amount of Contact Gel on your inside wrist.

4. Starting with the device on a medium-low setting (3 or 4), Firmly press the tip to the wrist. If you don't feel anything at first, slide the tip around the general area until you feel the pulsing sensation. If you still don't feel anything, click the button to a higher setting.

If you feel a stinging sensation it's because there isn't a solid connection from the tip to your skin. Use more Contact Gel to fix the problem.



5. Continue sliding the tip around until you feel a strong pulse. When the pulse is strong it means you have found an acupoint and you are stimulating it. You may hold the acupointer directly on the point or gently massage the point along the associated meridian. Often you will feel the pulsing on another point along the meridian or coursing through the entire length of the meridian! Locations of points and meridians are in the pages at the end of this booklet.

Using the Wochuan Acupointer as a Tens Unit

Using the Wochuan Acupointer to automatically trigger muscle contraction is a great way to exercise a hard-to-isolate muscle, to help loosen a frozen muscle, or to prevent or reverse atrophy of immobilized muscles when you have a broken bone in a cast. (Consult your doctor before using the device directly on a wound or broken bone.)

It takes a little practice to find the muscle's trigger points and the device must be pushed a little deeper into the surface of the skin. It is also important to relax the muscle you are trying to trigger as tensing may interfere with the device.

When you find the right spot the muscle will literally jump all by itself and "bounce" vigorously until the tip is moved from that spot. Only a slight movement will stop the effect so try to find a comfortable position you can hold for several minutes (fifteen to twenty minutes is optimal). Then just relax the limb and let the device perform your isolated muscle workout for you.

Using the Wochuan Acupointer as a Pain Reliever

Simply apply the gel to the affected area and press the tip against the skin, making firm contact. Hold the device in one spot or move it until you feel a stronger pulsation. Continue for several minutes.

Note: Body Hair can interfere with the device making good contact with the skin. Using more Contact Gel will prevent the electrical arcing that causes a stinging sensation. If using the Acupointer for muscle pain you can use a water-based analgesic balm instead of the gel.

Helpful Tip: Jolt the Joints

When experimenting with the Wochuan Acupointer a good place to start is at the joints: elbows, knees, ankles, and wrists. It is said in the Nei Ching, the 4000+ year old book of internal medicine that remains the basic text from which all TCM is taught, that the joints are one of the places where external pathogens linger in the body and become trapped causing blockages of qi. So it's always a good idea to use Low-Voltage therapy in these areas to help the body in purging pathogens.

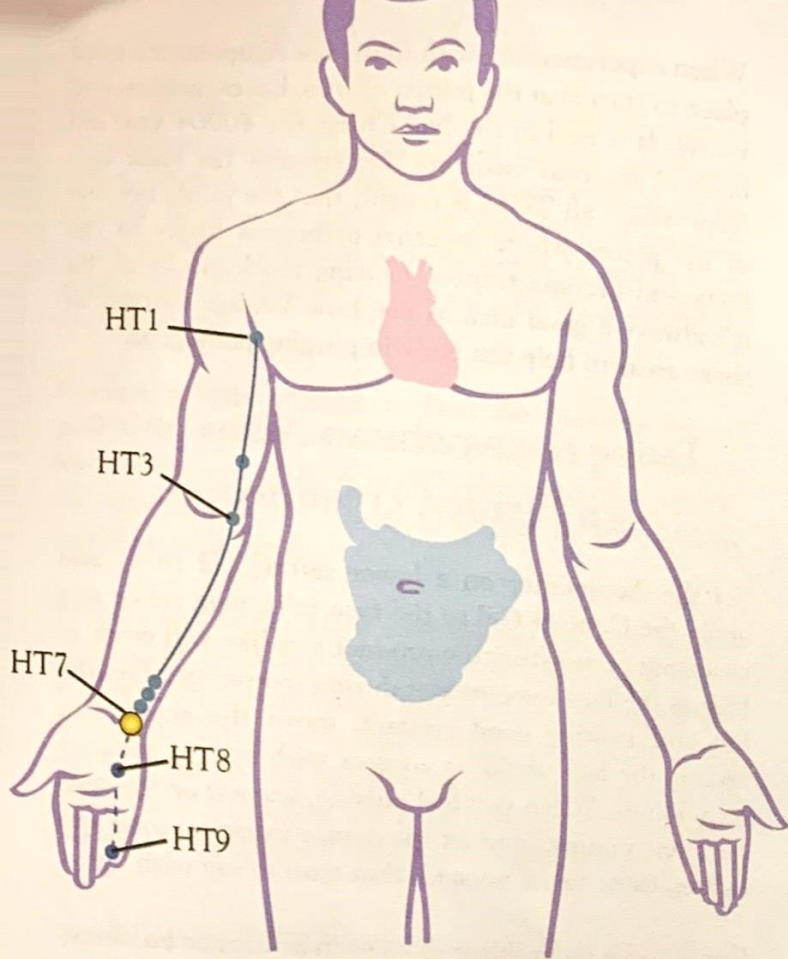
Using the wochuan Acupointer as a Beauty Treatment

Set the Acupointer on a lower setting (2 to 4) and apply the Contact Gel to the face (aloe vera gel or any cleansing or moisturizing product you like will work as long as the face remains wet during treatment). Gently, but still making good contact, move the acupointer around the face avoiding contact with eyes or mucous membranes. When you feel pulsing, leave it on the spot for a few minutes and let the device exercise, tone and tighten those facial muscles that tend to sag with age.

Concentrate on problem spots such as bags or puffiness around the eyes and cheeks. You'll be amazed at how well it works after just a few treatments!

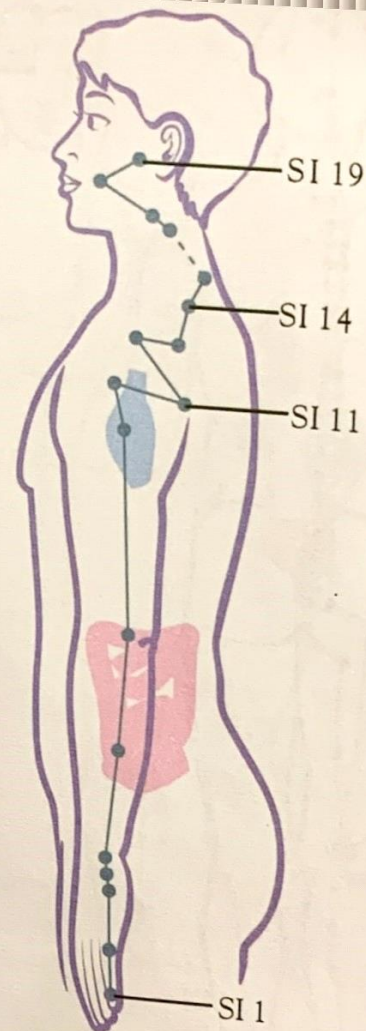
Acupoints and Meridians

The following pages show the locations of all the major meridians and acupoints along with a list of common ailments for which they can be used. Note the golden colored dots are the "Golden Acupoints," the most potent and effective when stimulated with the Tomii Acupointer.



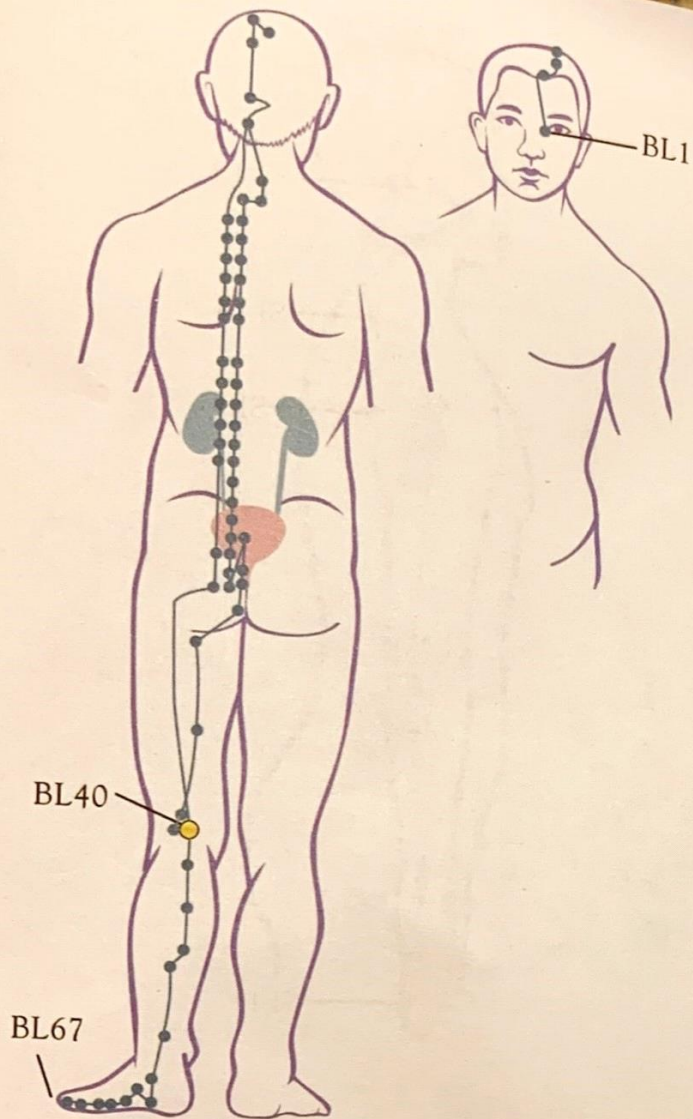
Heart Meridian—Yin

Heart Palpitations, Excessive Sweating, Fatigue, Anemia, Poor Circulation in the Extremities, Insomnia, Dizziness, Poor Memory, Mouth Sores, and Nightmares.



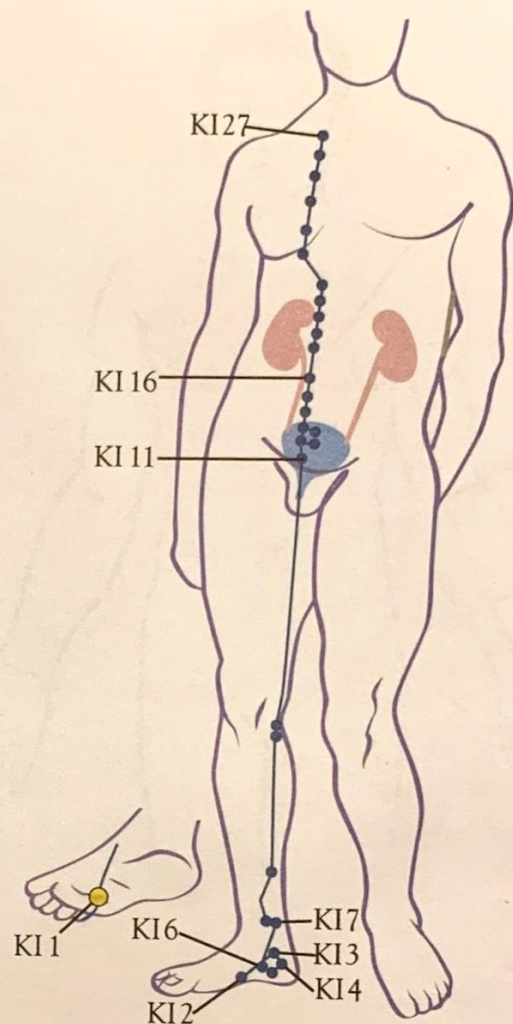
Small Intestine Meridian—Yang

Fever, Chronic Cough (phlegm), Shoulder and Neck Pain, Sore Throat, TMJ Syndrome, Mumps, Swollen Glands, Poor Circulation in the Extremities.



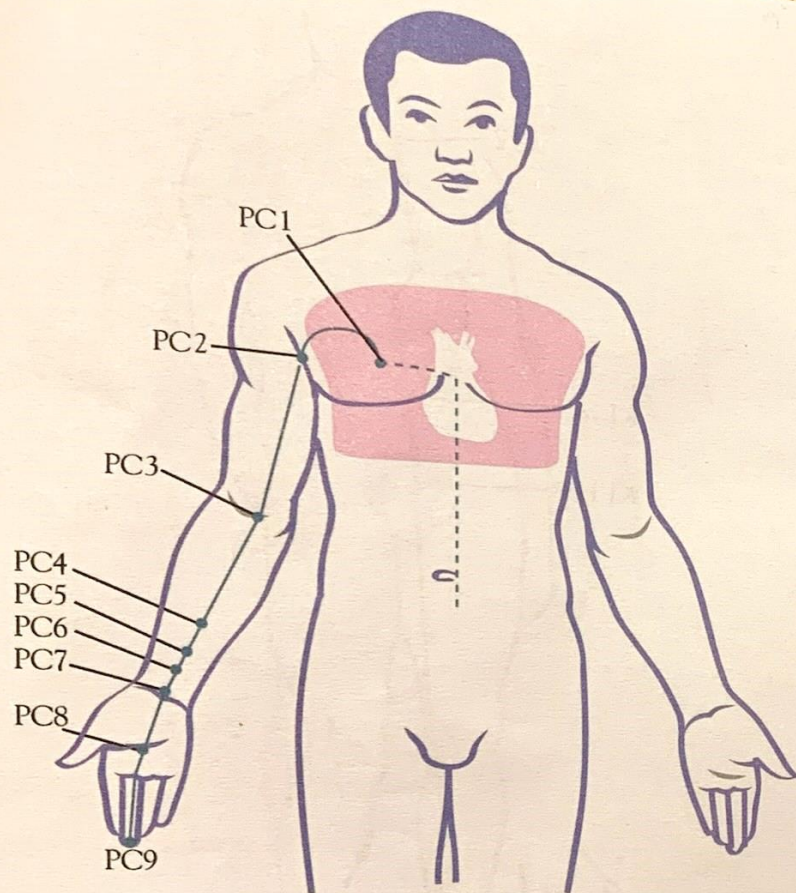
Bladder Meridian—Yang

Arthritis, Joint Pain, Lower Back Pain, Constipation, Loose Stools, Fatigue, Rapid Pulse, Urinary Disorders, Bladder Infections, Tinnitus, Prostatitis, Decreased Sex Drive, Reproductive Issues



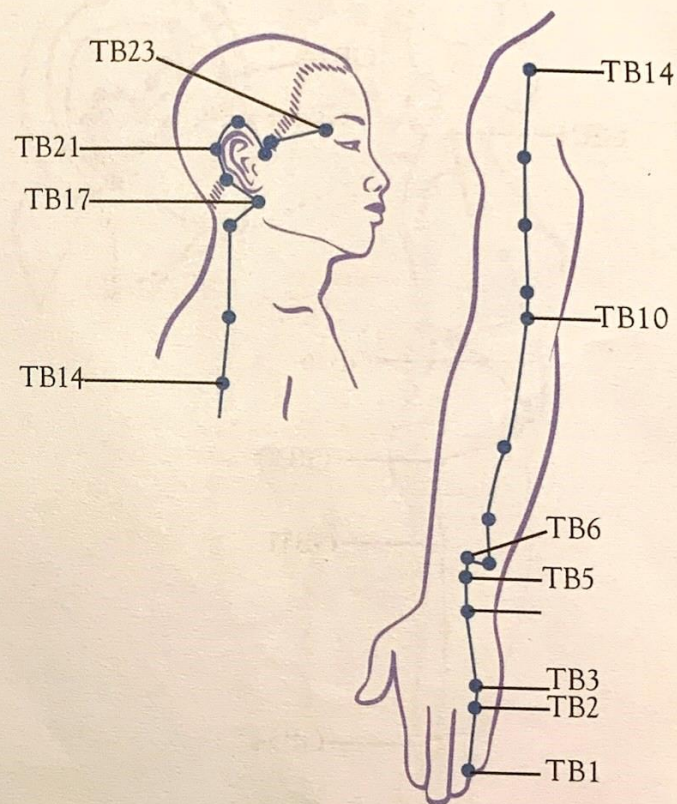
Kidney Meridian—Yin

Hereditary Weaknesses, Sexual Dysfunction, Impotence, Bladder Infections, Urinary Disorders, Tinnitus, Edema, Premature Graying, Vertigo, Osteoporosis, Anorexia, Respiratory Ailments



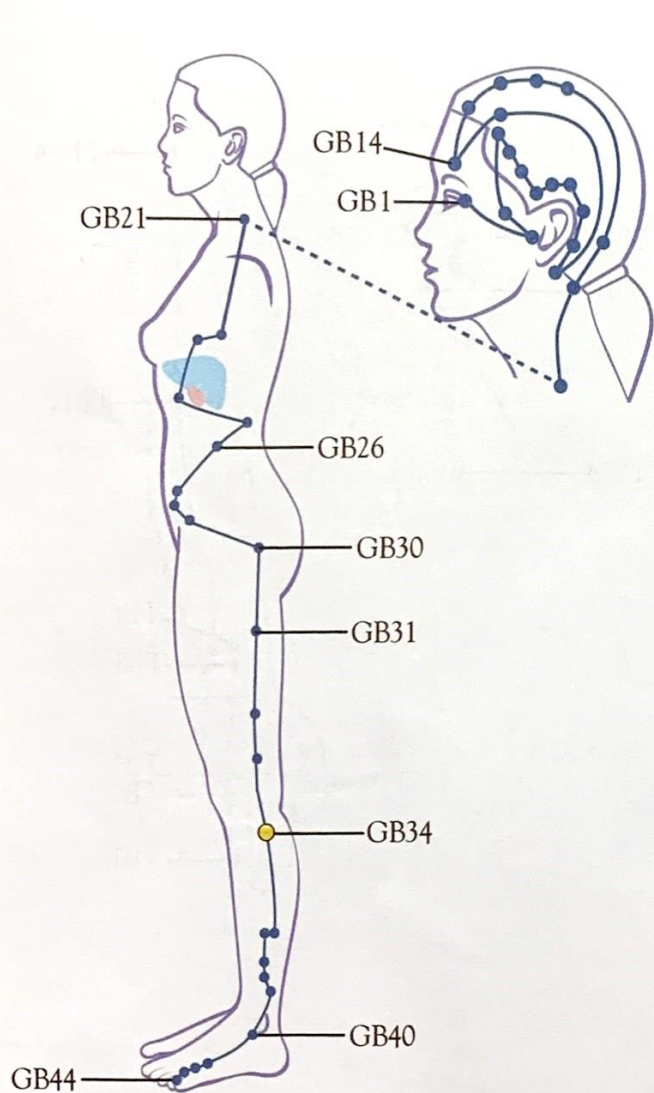
Pericardium Meridian—Yin

Arrhythmia, Angina, Palpitations, Anxiety Attacks, Aphasia, Seizures, Nausea, Morning Sickness, Motion Sickness, Uterine Disorders, Menstrual Issues, Depression, Bi-Polar Disorder, High Fever, Dry Mouth



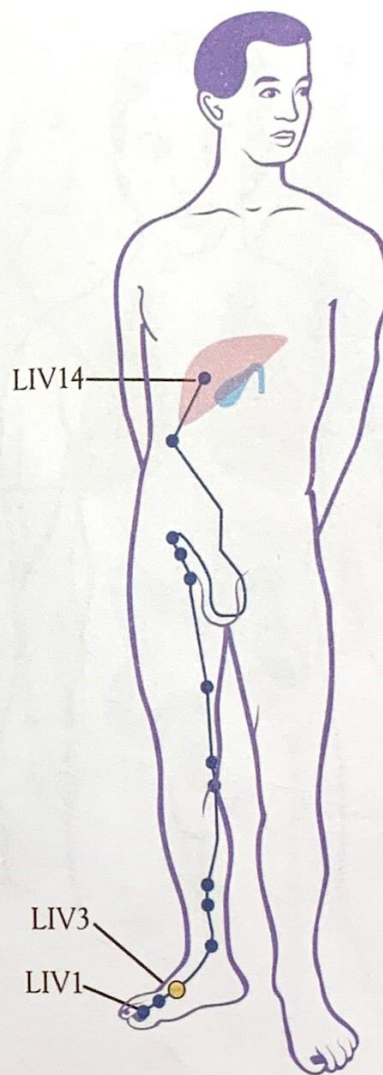
Triple Burner Meridian—Yang

Depression, Mood Swings, Irritability, Fever and Chills, Sore Throat, Ear Aches, Deafness, Tinnitus, Blurred Vision, Headaches, Herpes (Zoster and Simplex)



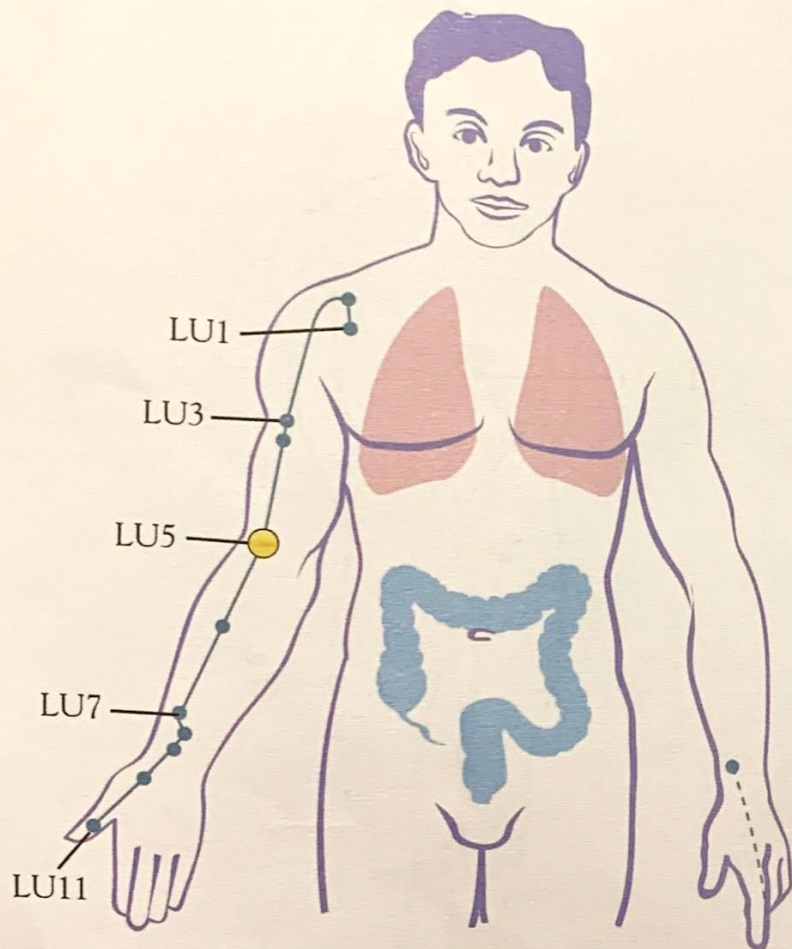
Gall Bladder Meridian—Yang

Headaches, Migraine Headaches, Rib-side pain, Arthritis of the Lower Extremities, Swollen Knees, Leg Weakness and Numbness, Gallstones, Insomnia, Anxiety, Sciatica, Chronic Fatigue



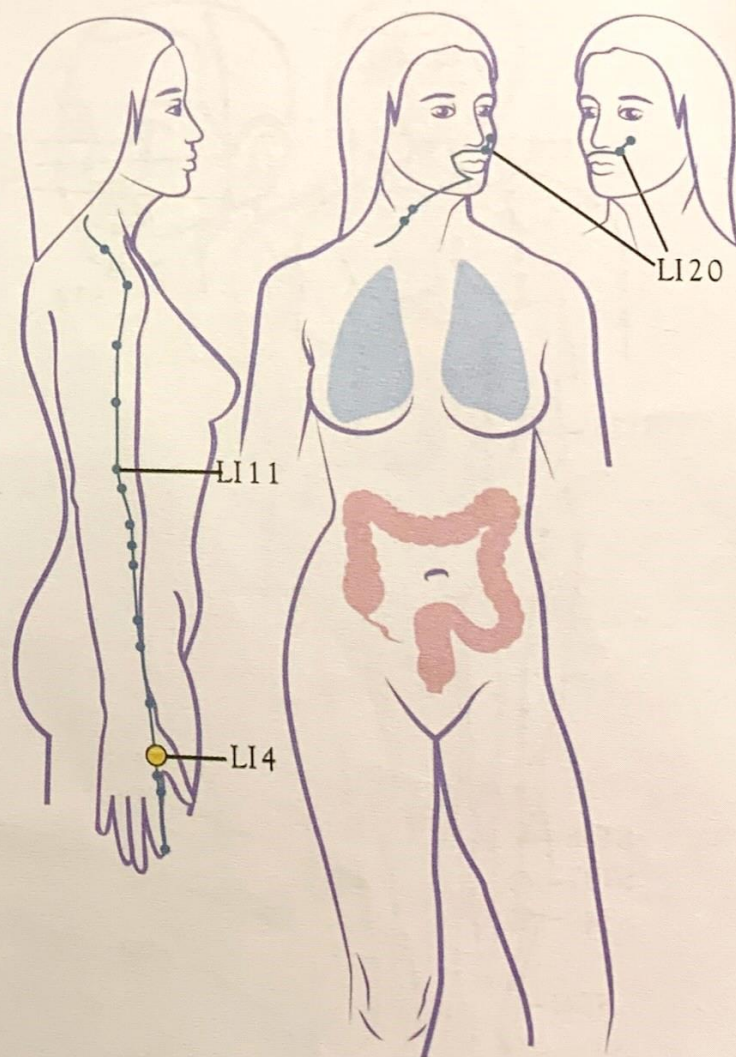
Liver Meridian—Yin

Mood Disorders, Hypertension, Aphasia, Headache, Nausea, Eye and Ear Disorders, Fever, Stroke, Convulsions, Meningitis, Muscle Atrophy, Cramps or Spasms



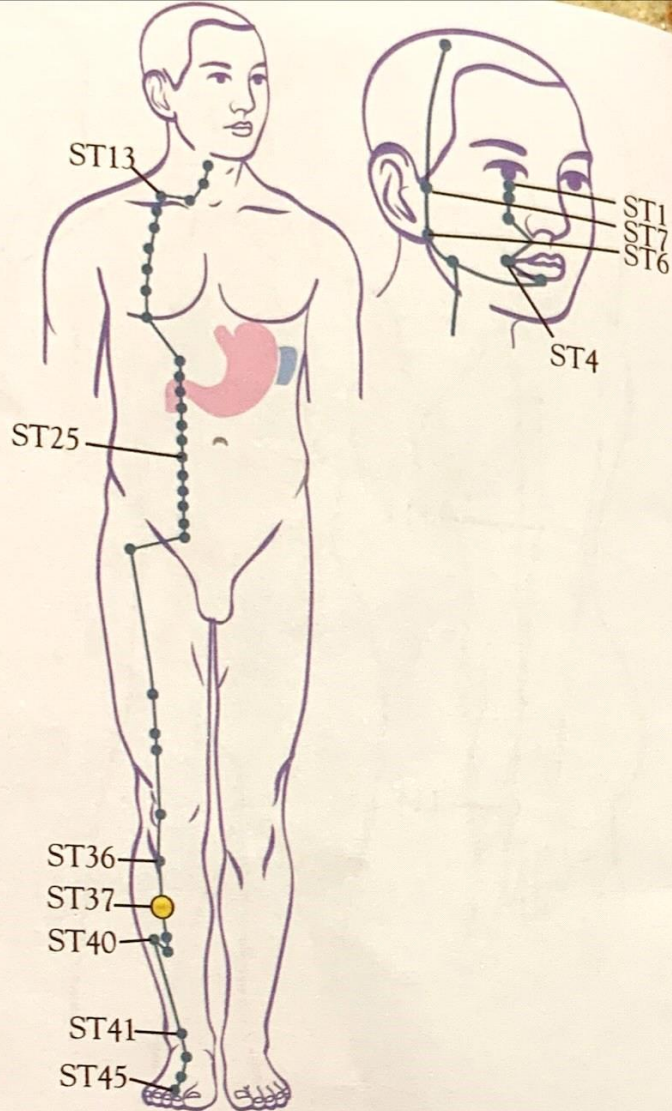
Lung Meridian—Yin

Asthma, Bronchitis, Common Cold, Flu, Allergies, Hay Fever, Depression, Stress, Acne, Eczema, Coughing, Sinus Infection, Sore Throat Dry Skin



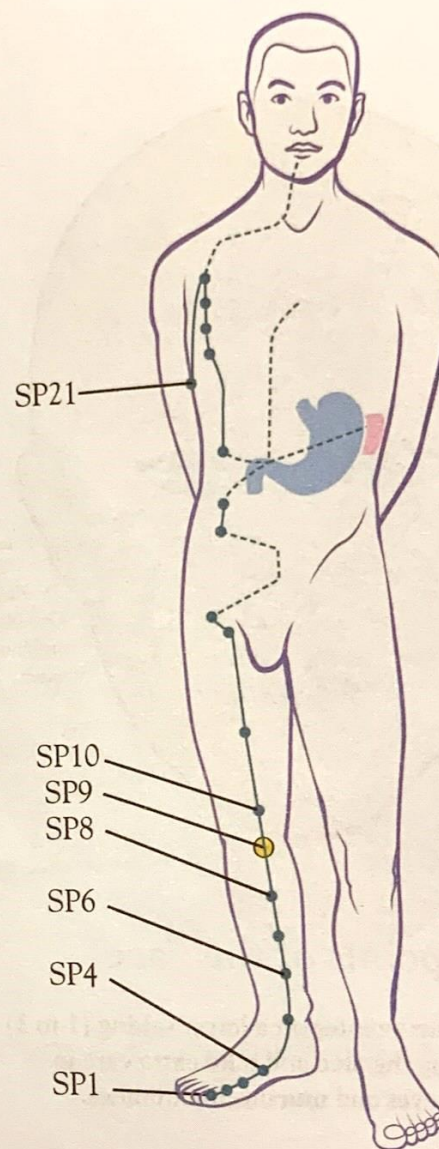
Large Intestine Meridian—Yang

Fever, Allergies, Hay Fever, Headaches, Sneezing, Congestion, Colds, Flu, Itching, Skin Disorders, Immune Deficiencies, Constipation, Arthritis, Upper Back Pain



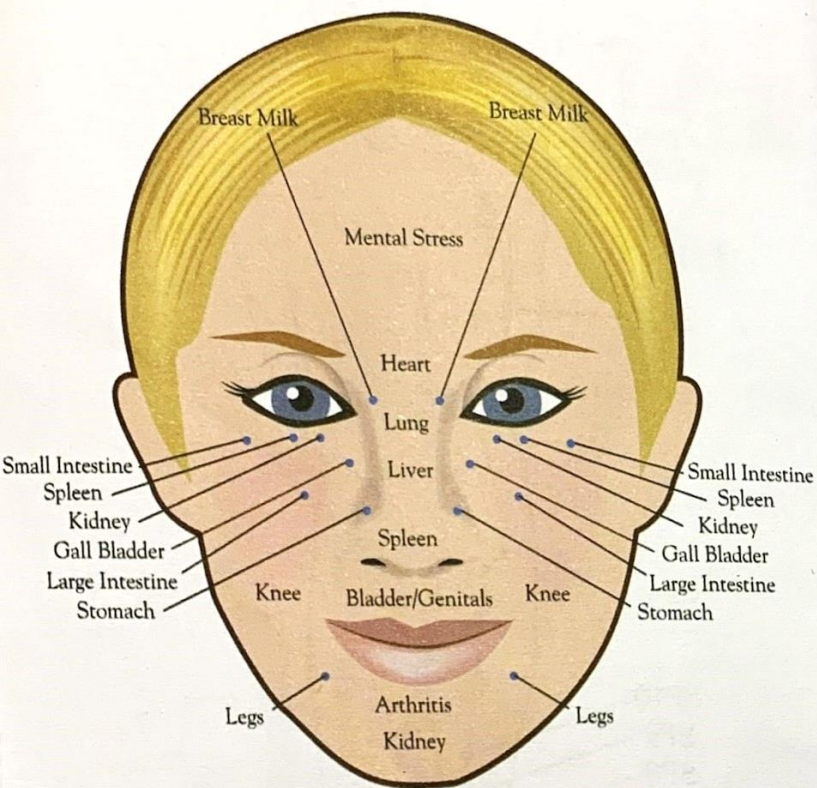
Stomach Meridian—Yang

Heartburn, Acid Reflux, Indigestion, Nausea, Urinary Infections, Anorexia, Toothache, Styes, Glaucoma, Muscle Spasms, Menstrual Cramps, Diarrhea, Constipation



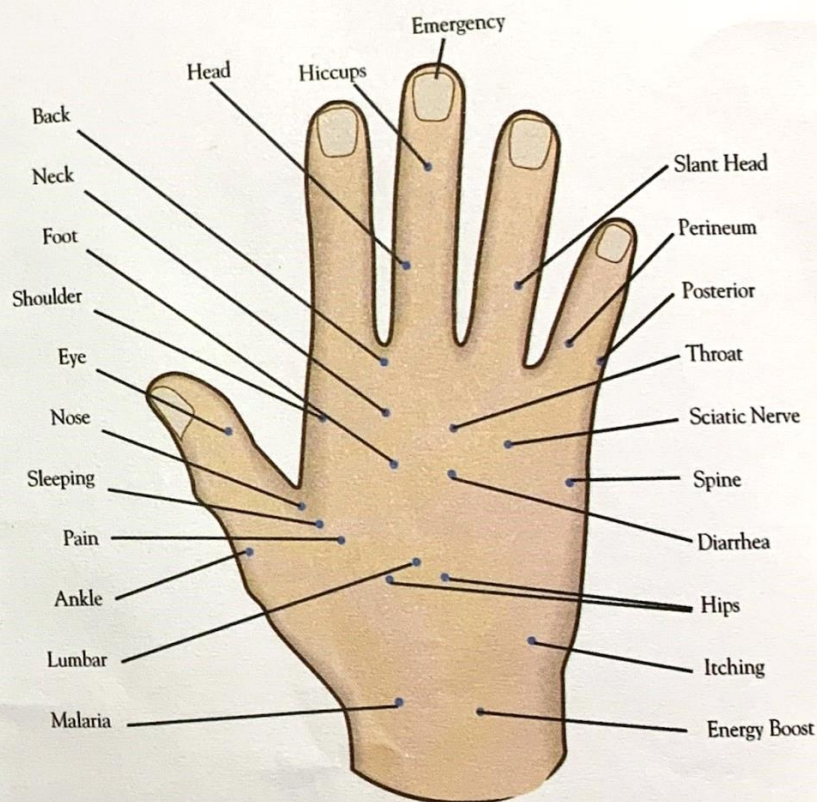
Spleen Meridian—Yang

Digestive Disorders, Dyspepsia, Nausea, Acid Reflux, Food Poisoning, Anemia, Anorexia, Constipation, Diarrhea, Diabetes.



Acupoints of the Face

Always use the acupointer on a lower setting (1 to 3) when treating the face and take extra care to avoid the eyes and mucous membranes.



Acupoints on the Back of the Hand