

QUICK START GUIDE / VITALBODY

CONTRAINDICATIONS

IONIC BATH | ZAPPER*

- Children under 6 years old;
- Pregnant or nursing women;
- Pacemaker or defibrillator;
- Ongoing chemotherapy;
- Ongoing radiation therapy;
- Dialysis | Severe renal failure;
- Chronic epilepsy under treatment;
- Organ transplants with anti-rejection;
- Fragile and heavily medicated condition;
- Major cardiac disorders*;
- Internal metal prosthesis*.

SPECIAL CASES

Avoid discomfort by starting gradually with a few 15-minute sessions at low intensity with the Cylindrical Ionizer before increasing the time and/or power of the session. Carefully monitor the condition of children, the elderly, frail health and/or multiple medications.

INITIAL PREPARATIONS

MAIN UNIT

- Inventory and inspect all equipment;
- Connecting the accessories and power supply;
- Press and hold the white **ON/OFF** button to start the unit;
- Prepare the folding water basin by following the procedure included with the basin.



WARNINGS

IONIC BATH | ZAPPER

- Stay well hydrated before, during and after each session (2 liters of healthy water/day);
- Suspend the session in case of intense and persistent discomfort;
- Avoid immersing open and bloody wounds in the bath water or in direct contact with the copper rods;
- Avoid late sessions if they lead to increased vitality or agitation;
- A harmless and normal electrical spasm occurs at the start of the sessions;
- The ionic bath and the Zapper do not work simultaneously;
- Avoid submerging the main unit in water and handle it with care;
- Never exceed the amount of salt required for the ionic bath (1/4 teaspoon);
- Never use the Zapper while your feet are still in the bath water.

WARNINGS

HEATING BELT

- Does not require any contraindication of use;
- Avoid positioning the heater band around the head;
- Avoid overheating areas where the skin is thin and fragile;
- The belt is best installed over clothing;
- Stop the session if the heat is too intense and persistent;
- Beware of the Velcro tape that can cling to embroidered clothing;
- The belt is optional and can be used independently or simultaneously with the other functions;
- Never activate the belt when it is folded on itself, as this will melt and stick the walls of its cover.

QUICK START GUIDE / FOLLOWING...

START OF THE SESSION

IONIC BATH

- Leave the pH (acidic), power (low) and duration (30 min.) as default for a beginner or adjust as needed;
- Immerse a section of the black elastic band of the bracelet in the water of the pool before attaching it to the wrist for a foot bath or to the ankle for a hand bath;
- Select and completely immerse the cylindrical (soft) or triangular (strong) ionizer positioned between the feet or hands in the pond water;
- Add, stir and dissolve ± 5 turns of pink salt (1/4 teaspoon) in water to increase electrical conductivity;
- Press the green **GO / ION** button to start the ionic session;
- Monitor audible and visual alarms on the main unit (HI or red light);
- See the following troubleshooting procedure.

SUMMARY PROTOCOL

IONIC BATH | ZAPPER

- Perform two 30-minute ionization sessions per week, three days apart, for 3 months;
- Follow the suggested protocol to avoid certain unpleasant side effects caused by metabolic over stimulation;
- Start the Zapper sessions, with the copper rods, at the 2nd month only;
- Perform 10 minutes of Zapping daily in month 2 of the protocol;
- Perform 3 x 10 minutes of Zapper daily at month 3 of the protocol;
- The Zapper is used daily as an antibiotic;
- The heating belt is optional and can be used independently or simultaneously with the other functions of the VitalBody 3-in-1.

TROUBLESHOOTING ALARMS

IONIC BATH

The red "**Check Wristband**" indicator lights up.

- Always have your feet or one hand in the water before starting;
- Install the bracelet correctly or replace it with a new one if the alarm persists.

The red "**Add Salt**" indicator lights up.

- Always have your feet or one hand in the water before starting;
- Distribute and dissolve the salt in the water of the basin by a light stirring;
- Replace the ionizer with a new one if the alarm persists.

The unit shows "**HI**" on the time display.

- Too much salt was probably added to the pond water (1/4 teaspoon is sufficient);
- Add water to the basin to reduce the concentration of dissolved salt;
- Increase the power of the session to increase the tolerance of the device or change the water of the basin too salty.

TROUBLESHOOTING FOLLOWING...

Time passes, but no reaction occurs in the pond water.

- Press the green **GO / ION** button and not the red **GO / ZAPPER**;
- The LED for the current session should be green for the IONIC BATH and white for the ZAPPER session.
- The main unit refuses to turn on (no power supply).
- Check and tighten the connections of the electrical conversion unit (black box);
- Check that its green operation light is on;
- Screw the fuse compartment cover on the back of the unit tightly;
- Check the condition of the 8-amp glass fuse by unscrewing its cap to remove it from its enclosure;
- If a problem persists, contact us at 1-866-981-0357.