

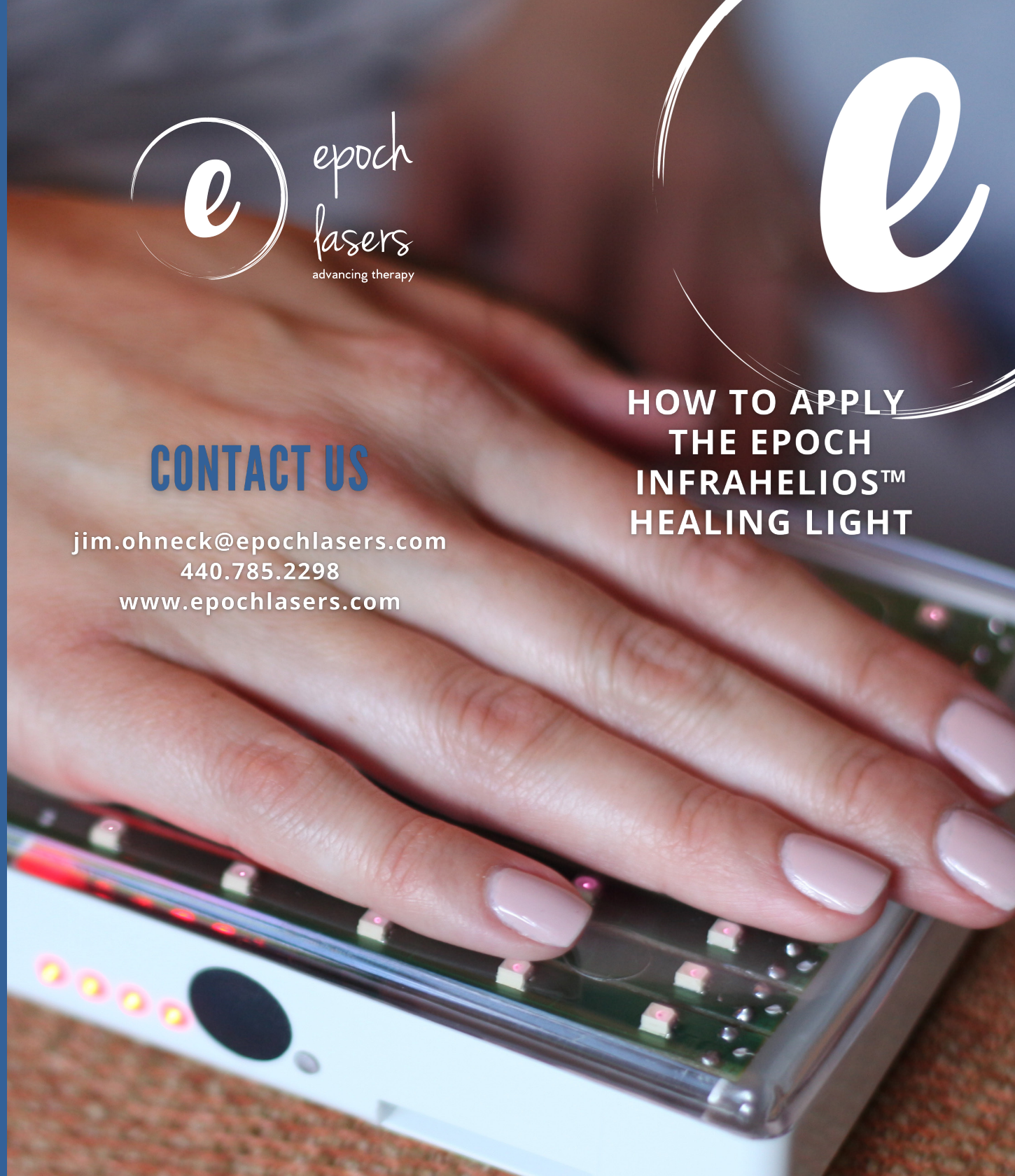
THANK YOU FOR  
YOUR PURCHASE OF  
THE INFRAHELIOS  
HEALING LIGHT  
SYSTEM



## CONTACT US

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HOW TO APPLY  
THE EPOCH  
INFRAHELIOS™  
HEALING LIGHT



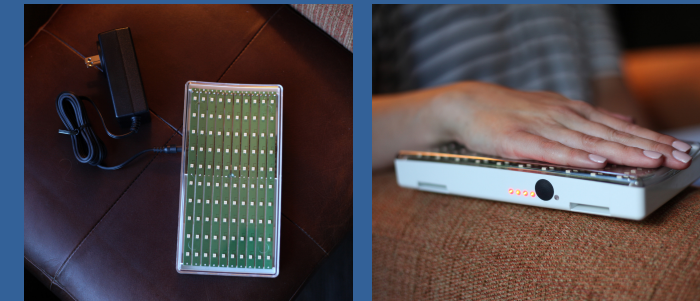
# ABOUT US



Hello, I am Jim Ohneck, inventor of the Epoch Infrahelios™ healing light. It is my pleasure to offer you this instruction booklet with unique illustrations and images to assist you in understanding how to apply the Infrahelios.

# OVERVIEW

The Epoch Infrahelios uses a combination of light stimulation and tissue warming which results in deep cellular activation and improvement in micro-circulation leading to reduced inflammation.



This device may be used with a UL-approved extension cord. Allow 12 hours between treatments, do not use for more than 30 minutes at a time.

# TREATMENT POSITIONS

- Ankle
- Back of neck
- Shoulder
- Wrist
- Bottom of foot
- Lower back

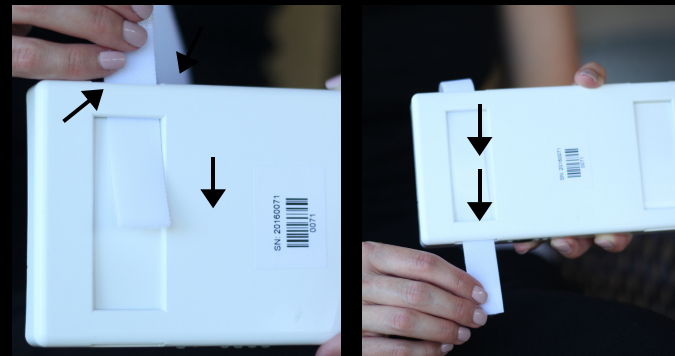
\*Never use over clothing, when placing under garments wear light-colored materials.

# USING YOUR INFRAHELIOS

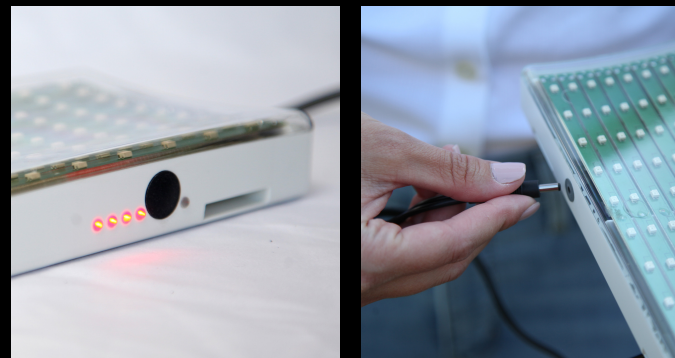
Unpack your Infrahelios and you will see a pair of Velcro straps for your unit. We're now going to describe and illustrate for you how to attach the Velcro straps to the unit.



The black arrows by the hand below indicates the location of the hole. Insert the Velcro straps into the hole and pull the straps through until secure.



Once you've securely fastened both straps, firmly plug in the power supply.

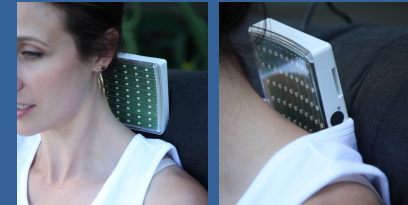


# APPLYING THE INFRAHELIOS

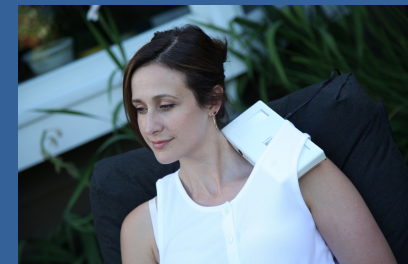
**Ankle:** Secure the Velcro straps around the ankle.



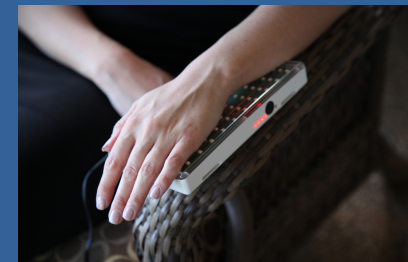
**Back of neck:** Secure to the back of the neck with your light-colored clothing



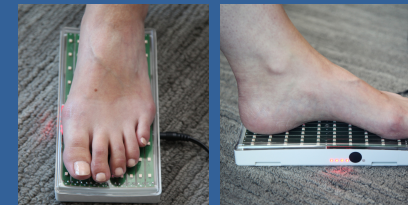
**Shoulder:** Place on shoulder and secure with light-colored clothing.



**Wrist:** Simply lay your wrist/arm gently on the Infrahelios.



**Bottom of foot:** Lightly rest your foot, no Velcro needed. Do not stand on unit



**Lower back:** Place unit under your light colored clothing.

