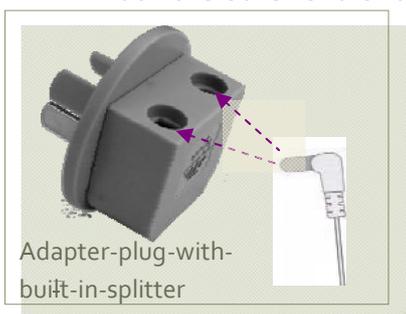


USAGE, CARE & SAFETY INSTRUCTIONS

HOW TO SET UP YOUR EARTHING™ BODY BANDS & PATCHES

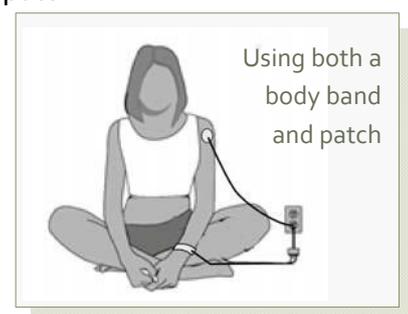
1. The conductive patches and body bands can be placed near an injury, wound or area of acute pain to accelerate the healing process and reduce local inflammation and discomfort. They are a way to concentrate earthing into a small area. Athletes find them especially beneficial for recovery from common injuries and strains. The conductive patches are disposable and can be used until they are no longer sticky. They are often used by practitioners in a therapeutic settings. The bands are designed for day to day use and can be used over and over.
FOR BANDS: Place the small band around the wrist, ankle or foot. The inner lining of the bands, including the metal plate, is conductive and needs to be in contact with the skin. FOR PATCHES: Place the patches anywhere on the body.
2. Insert one end of an Earthing™ coil cord into either of the holes in the adaptor plug. If you have a **Body Band Kit** and wish to use two cords, insert the additional coil cord into the other hole in the adaptor-plug-with-built-in-splitter.
3. Plug the adaptor plug into a wall socket or power board. You can operate your body bands and patches with the power switch or power board, on or off.
4. Attach the other end of the Earthing™ coil cord(s) to the body band or patch.



Step 2



Step 3



Step 4

EARTH POWER OUTLET TESTER

Most houses in Australia and New Zealand are wired correctly. For peace of mind, the **Earth Power Outlet Tester** is used to verify that your electrical outlet is wired properly. Simply plug it into an outlet, turn on the power and check that the 3 amber lights light up. This indicates that your power point is wired correctly. If not, do not use the product before consulting an electrician.



HOW TO CARE FOR YOUR EARTHING™ BODY BANDS AND PATCHES

DO NOT USE the bands or patches on parts of your body where you have applied any creams and lotion as these substances can reduce conductivity and oxidize the silver fibres.

FOR PATCHES: The patches are disposable. You can continue to use the patches until the adhesive no longer sticks. If you wish to extend the life of your patches, purchase medically adhesive gel (available from any chemist.)

FOR BANDS: Preferred cleaning method is to hand wash with soap and then immediately put them in a dryer on low heat. Washing machines are too aggressive and the band is immersed in water for a long time. **DO NOT** dry in the sun as this will impact the elasticity.

DO NOT use the following items when washing the bands. They contain chemicals that can destroy/ degrade conductivity of the silver thread:

NO liquid fabric softeners

NO chlorine bleach

NO dry cleaning

SAFETY WARNING

1. Always use as directed. Use only Earthing™ approved connecting cord with built-in internal safety feature.
2. If you are testing with an **Earth Power Outlet Tester** and it does not display “OK”, do not use the product before consulting an electrician. For your safety, locate any connecting cords in such a way that it does not cause a tripping hazard.
3. If you are taking any blood thinning or thyroid medications be sure to consult your Doctor before Earthing™.
4. It is the responsibility of the home owner to check that their home outlets are in good working order. All Australian power point outlets must be Earthed to comply with the Australian Standards. If in doubt have your electrical system checked by a licensed Electrician.
5. The adhesive on the patches is quite strong. Upon removal the adhesive can pull out hairs and leave a red mark. Do not use the patches on sensitive or broken skin.
6. We only recommend using the Body Bands at Patches in the daytime as the cord can get tangled during the night.

CONNECT TO THE EARTH AND HEAL

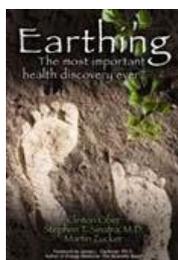
For our full range of products, accessories and books visit our website, EarthingOz.com.au



The **Universal Mat** offers broad flexibility and can be used in the house or office. It serves as a floor mat to place your bare feet on, or as a desk mat to ground your hands as you work at the computer. In the house you can use it on a chair or lying on the couch.



The **Body Band Kit** comes with two wrist/ankle adjustable elastic body bands and 5 disposable patches. The bands and patches can be attached near an injury or wound or area of acute pain to accelerate the healing process and reduce local inflammation and discomfort. Athletes have found them to be especially effective against common injuries. Replacement disposable **Earthing Patches**, can be purchased separately with 50 patches per pack.



Earthing: This award winning book introduces the planet's powerful, amazing, and overlooked natural healing energy and how people anywhere can readily connect to it. **Earthing** describes how the physical disconnect with the Earth creates abnormal physiology and contributes to inflammation, pain, fatigue, stress, and poor sleep. By reconnecting to the Earth, symptoms are rapidly relieved and recovery is accelerated.