

USAGE, CARE & SAFETY INSTRUCTIONS

HOW TO SET UP YOUR EARTHING™ AUTO SEAT PADS

Scientific evidence now confirms, road vibration and related body motion on vehicle seats generate micro-electrical charges on the body. The Earthing Connection Car Seat Pad neutralizes micro-electrical charges on the body. With these charges eliminated, you will feel better physically and be more alert when driving.

Seats vary depending on the model. This is a typical installation.

1. Thread the **Connecting Cord** through the opening between the back and bottom of the seat.
2. Place the **Auto Seat Pad** on the seat and attach the Snap Connector to the pad.
3. Route the **Connecting Cord** underneath the car seat to a point where the **Earthing Clip** can be attached directly to any metal portion of the seat frame below. Ensure that the surface is clean and free of grease or paint.



HOW TO CARE FOR YOUR EARTHING™ AUTO SEAT PADS

Use water and any mild soap to periodically clean your product.

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

NO liquid fabric softeners	NO chlorine or oxy bleach
NO detergent containing bleach	NO dryer sheets
	NO dry cleaning

DO NOT APPLY body creams, oils, lotions before using the products. Such substances can degrade the conductivity of the silver fibres in the product. It is advised to wait one hour to use the product after applying products to your skin. The cover is anti-bacterial and anti-microbial.

SAFETY WARNING

1. Always use as directed. Use only Earthing™ approved connecting cord with built-in internal safety feature.
2. If you are taking any blood thinning or thyroid medications be sure to consult your Doctor before Earthing™.

FURTHER QUESTIONS?

Go to the EarthingOz.com.au home page and click **FAQs** in the left-hand column.

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. Use it anywhere in the house or office. The mat serves as a floor mat to place your bare feet on as you work at the computer, or as a desk mat to ground your hands while typing or using the mouse.



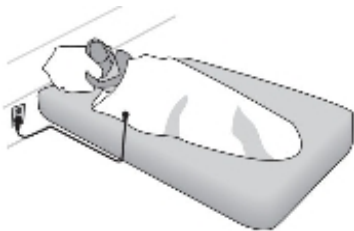
The **Universal Mat Cover** is a conductive fabric sleeve-like cover for the **Universal Mat**. You can slip the mat into the cover if you choose, for use while sitting in your favourite chair or lying on the couch or, alternatively, as a sleep system for your bed.



The **Small 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.



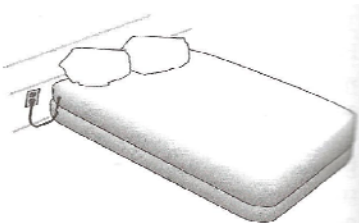
The **Earth Power Outlet Tester** is used to verify that your electrical outlet is wired properly for grounding. Simply plug it into an outlet, turn on the power and 3 amber lights will read that your outlet is grounded and ready for use with an Earthing Product.



The **Recovery Bag Sleep System** was designed primarily for athletes and travellers who want to be earthed when away from home. This conductive cotton sleeping bag measures 1.02m x 2.13m zipped up or 2.03mtr x 2.13mtr unzipped.



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.



Earthing Fitted Sheets: The sheet is used like a normal bottom fitted sheet. The sheet connects to the earth using a grounding cord. One end of the grounding cord snaps onto the sheet with the other end connected to an electrical outlet ground or to the grounding rod system. Lying on the sheet easily grounds you to the earth during sleep.