



### **Placement of Probe and Magnets:**

First set the power connections and arrange the unit after carefully integrating all the components. Keep the palms and feet separately, don't keep them crossed. Keep the head towards south or west sides only, so that you will see north or east. Treatment time is 20 minutes for any session. 2 glasses of water should be taken before treatment. Avoid taking the treatment immediately after food. A gap of 30 min is recommended before and after food. Do not place the legs directly on the floor immediately after treatment, wait for 10 minutes and then use slippers / footwear for the next half an hour. Cold food and drinks should not be consumed for the next 30 min or so.

### **Duration of exposure / treatment:**

A maximum of 20 minute exposure is enough per sitting with a maximum of three sittings per day in equal intervals. In case of joint pains use of external medicated oils or any sort of rubefacient are an added advantage. See that the precautions are met without fail. Though the unit is water resistant (not water proof) see that no part comes in contact with water or any other sort of liquid. All Anmol Pulsar Versions does not come with any controls hence there is nothing to manipulate and is designed for care as per the versions specifications. V1 for Lower body rejuvenation and V2 for Diabetic care.

### **For digestive, kidney, hip issues:**

Morning session: Place the V1 Probe on the navel (while in supine position) and place both the magnets on either side of the back / behind the kidney areas.

**For knee joint pains and sciatica:**

Morning session: V1P2 – Vertically place the V1 Probe (while in supine position) in between the knees and both the magnets on either side (outside of) knees, vertically. Applying Anmol oil is complementary.

Or

Morning session: V1P2 – Place the V1 Probe on the navel (while in supine position) and both the magnets below the knees. Applying Anmol oil is complementary.

Evening session: V1P1 – Place the V1 Probe on the navel (while in supine position) and both the magnets below the back / near kidneys. Applying Anmol oil is complementary.

**For ankle joint pains and other issues in that area:**

Morning session: V1P3 – Vertically place the V1 Probe (while in supine position) between the ankles and both the magnets on either side (outside of) ankles. Applying Anmol oil is complementary.

Evening session: V1P1 – Place the V1 Probe on the navel (while in supine position) and both the magnets below the back / near kidneys. Applying Anmol oil is complementary.

**When to use:**

1. It is always better to take treatment / exposure before one hour of intake of food.
2. Try to maintain the same time everyday for better efficacy
3. Once a while treatment is not effective
4. In case of only for rejuvenation use for 20minutes a day either sitting on it (on the probe) with necessary cushion.
5. For elderly people the probe can be placed below the foot for 20minutes a day, daily
6. Should not be applied near to head and heart, this is not designed to handle those issues.
7. After the sitting of 20minutes, its advised to take rest for another 20minutes without any movement
8. The best position to use is to place the probe below the navel point in the supine position

**Observation during treatment:**

1. There might be some drawing sensation in limbs after 5-10minutes of the commencement of treatment. This happens only in initial stages that too only for some. If it's unpleasant withdraw the sitting and consult your doctor.
2. As the blood circulation starts improving, the treated may experience slight palpitation of heart. If this happens for a longer time discontinue the treatment and consult your doctor. The feeling of body becoming light and tendency to sleep may occur. For many the symptom of sleep continues.
3. After the sitting, the treated will feel rejuvenated and experiences activeness in routine life.

**If you find any difficulty during treatment, immediately discontinue the treatment and consult your family physician who recommended this.**

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16-3-32/B, Kowtha Street,

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Phone: 927110759

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