

## How to Prepare and Maximize Your TheraPhi Sessions

TheraPhi sessions are relaxing, but there are some rules and guidelines to follow:

- When using the TheraPhi remove all jewelry, crystals, rings, necklaces, belt, watches, eye glasses, and bras that contain metal wiring, etc.
- Preferably, and for best results, wear clothes made of natural fibers like cotton or wool, versus synthetic and polyester materials.
- Remove shoes.
- All electrical devices such as hearing aids, cell phones, or smart watches **MUST** be removed and set a distance away from the TheraPhi field while in operational mode.
- **NO PERSON** will be allowed to use, or should enter within the TheraPhi field (within 4-8 feet), who has any of the following: IUD, heart stent(s), pace maker, internal insulin pump, or any electronic device inside their body.
- People with metal implants, such as screws, pins or plates have used TheraPhi with success. We ask that you disclose this information prior to beginning your sessions.
- **DO NOT TOUCH** lamps or wiring, especially when system is in operational mode.

**Pregnancy:** though using the TheraPhi should be fine, we choose **NOT** to make this service available to pregnant women.

**Chemotherapy:** when creating an environment where the body's repair and healing system is elevated, detoxification can occur. Using TheraPhi following chemo therapy could cause greater detoxification effects, thus we recommend using before treatment, and waiting a period of time following chemo treatments.

**Results vary from person to person.** Some may experience and feel a difference right away. Others may not notice anything for a period of time. Every cell in the body is being affected, but the body's innate wisdom will focus the energy to what it perceives to be the highest priority, which may or may not be recognized.

**For best results,** commit to at least two sessions per week for a minimum of 5 weeks. In other words, give your body a chance to use the energy and make its adjustments. The energy received lasts for approximately 3 days, and builds on each visit. This is why commitment to regular use and consistency is important, especially with your first ten or more sessions. Some people have seen their bodies heal themselves and never come back. Others, choose to commit to a maintenance program, such as once per week or once every two weeks, similar to what one might do when using a chiropractor.

**Remember,** health is having a body that corrects and repairs itself without you knowing. You may never know what repair or correction is taking place at any given time, but in doing so, the body protected you from developing unwanted symptoms.

**When will I notice a change?**

- It may take 2-3, 7-8, or even 10-15 sessions or more.
- **If you have a chronic condition**, it may be to your advantage to commit to at least 8-15 session over a 3-week period.
- Practitioners have stated they've never seen anything that TheraPhi didn't help, but everyone is different. And though most people will benefit, not everyone will.

**Hydration and Lifestyle:**

- Proper hydration is one of the keys to health. We encourage everyone to stay properly hydrated on a daily basis.
- Always hydrate well following a session. Purified water infused with minerals is most beneficial.
- In between sessions, we recommend eating clean, organic, and exercise.
- Chronic stress is not your friend. Develop being in state of gratitude and prayer. These are highly beneficial, not only for mental and emotional health, but also physical health.
- When it comes to attaining maximum health, removal of toxicity is an ABSOLUTE MUST! Developing a cleansing or detoxification protocol, can speed up the healing process.
- We encourage protocols and products that remove chemicals, toxic buildup, heavy metals, and parasites.
- Cleansing and detoxifying the liver/gallbladder does wonders.
- A healthy gut, microbiome, is of utmost importance to one's health. Protocols and products that target parasites, fungal overgrowth, and bad bacteria is a must for sustained health.

We encourage you to confer with your health professional prior to beginning any type of health protocol, especially if you are on large doses of pharmaceuticals or have any concerns about your current state of health.

The Theraphi, is a research project, which we make available to our members. As a member of Age Reversing International, a private membership association, you are conducting yourself as a sovereign, private individual.

Please acknowledge that you have read and understand the above information:

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Print Name

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Signature

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Date