



EASY REFERENCE CHECK LIST

Important Points to Remember About Your Health Recovery Chips

1. Store your Health Recovery Chips in a dry area when not in use.
2. Always wash clean (then dry) the skin area (oils, makeup, dirt, etc) where you will be applying the Health Recovery Chips BEFORE applying them. In areas of thick body hair on an acupuncture point/area you may have to remove the hair for the Health Recovery Chip to be effective on that point/area. The Health Recovery Chips will not be as effective on your scalp.
3. Understand and remember the difference between **SURFACE LIQUID** (the water in the bottle provided in your kit) and **ACTIVATED LIQUID** (SURFACE LIQUID or any water or residue of water that has come into contact with a Health Recovery Chip). The **SURFACE LIQUID** is safe, drinkable, negative ionized distilled water. The SURFACE LIQUID **becomes** ACTIVATED LIQUID after contact with the Health Recovery Chip. The **SURFACE LIQUID** will not cause a stinging sensation or discomfort upon contact with mucous membranes, including one's eyes. The ACTIVATED LIQUID will tingle or cause discomfort upon contact with mucous membranes, including one's eyes. Be cautious when handling.
4. Keep the Health Recovery Chips out of the reach of children.
5. If any ACTIVATED LIQUID does come into contact with any mucous membranes or eyes, remain calm and gently, but liberally, rinse or flush (usually for 5 -10 seconds or more if required) the affected area with cold water until the discomfort disappears.
6. You can apply ANY side of the Health Recovery Chip to the body, however, we recommend that when using tape to secure the Health Recovery Chip to your body, you ALWAYS place the logo side of the chip against the sticky portion of the tape, and the flat surface to the body. This will enhance the life and effectiveness of your Health Recovery Chips. ALWAYS STAY CONSISTENT WITH WHICH SIDE is taped.
7. Always wash your hands AFTER handling the Health Recovery Chips and/or ACTIVATED LIQUID.
8. When applying the SURFACE LIQUID to the Health Recovery Chips, use your finger, a cotton swab or the jade wand to spread the water to cover the entire surface. It should be obvious but remember to place the face of the chip with the liquid applied side against your body.
9. Occasionally you should CLEAN your Health Recovery Chips. Using SURFACE LIQUID is your best choice for the longevity of the Health Recovery Chips. Alcohol is also effective but may slightly reduce the longevity of your Health Recovery Chips compared to using SURFACE LIQUID.
10. In treatment with the Health Recovery Chips one may experience a mild warming or a more intense heat sensation on the skin area where the chips are applied. This is normal. The Health Recovery Chips do not change temperature significantly. Any warming sensation experienced is from one's own body producing the (increase in) heat – not the chips. This sensation will disappear during your treatment or shortly after completion of your treatment. If you bath or shower shortly after your treatment, the warming sensation may return but will again disappear soon after.
11. You may experience a flush or redness effect around the area where you have applied the Health Recovery Chips, during and/or after your treatment. This is normal and will usually disappear during your treatment or 15-30 minutes after your treatment. Take an extra day between treatments if the sensation is too irritating.

Sig-Na Healthcare Inc.

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12. Always check with your physician if you are considering reducing your reliance on any prescribed medication or changing an existing therapy.
13. **1 treatment** = 45 – 60 minutes
14. **1 FULL COURSE of treatments** = 10 treatments over the course of 10 days then 2 days rest with no treatments. If condition is severe, it is safe to occasionally increase the treatment beyond 60 minutes, and to more than once per day. Also, one may treat every other day to reach 10 treatments.
15. One can be treated for more than 1 condition in a single day. For example, you can treat for LOWER BACK PAIN in the morning and then treat for INSOMNIA in the evening, (or even at same time if enough chips available) and do as many COURSES of treatments for each as the condition warrants.
16. The number of treatments or the number of COURSES of treatments will vary depending upon one's disease and condition. Check the GUIDE LINES FOR INITIAL TREATMENT DURATIONS chart in determining your approach.
17. Do not use the Health Recovery Chips on open sores, or rashes, irritations, cuts, breaks/wounds or infection in/on one's skin.
18. We encourage you to CONTACT US with any questions you may have for assistance in using your Health Recovery Chips.
19. YOU MUST REGISTER your purchase to initiate your warranty of 1 year. To do so, call us or email (warranty@sig-na.com). We encourage you to use the Health Recovery Chips as often as you want! You can also extend your warranty to 5 years if you wish – contact us for details.
20. SEND US YOUR STORY !!! We'd love to hear how your Health Recovery Chips have enhanced the quality of yours or your client's life, and brought relief -call us and leave a message or email (mystory@sig-na.com).
21. The needle free acupuncture Health Recovery Chip Pain Management, Wellness and Vitality System is a non-invasive alternative to acupuncture with needles. It is inspired by traditional acupuncture theory – place the chips on an array of individual acupuncture points (as directed) or place the Health Recovery Chips directly on and around areas of pain or discomfort.

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The needle free acupuncture Health Recovery Chips Pain Management, Wellness and Vitality System can be an excellent addition and compliment to your current health regime or program. It can assist you in reducing or eliminating your reliance on existing prescription medicine programs, as well as an excellent compliment to any of your existing health and wellness therapies but **ONLY AFTER CONSULTATION WITH YOUR MEDICAL PHYSICIAN**.

Sig-na Healthcare Inc. **STRONGLY RECOMMENDS** if you are considering a change of any nature in your existing health or medical routine, that you **MUST CONSULT WITH YOUR PHYSICIAN** before making that change. They will understand the nature and diagnosis of your condition or specific situation and are enabled to help you make the appropriate medical choices for you.

Therefore, Sig-na Healthcare Inc. can assume no liability or responsibility in this regard. Any decisions to make changes in yours or your client's current health curriculum are to be considered your own and complete responsibility and **SHOULD ONLY BE DONE SO** after **CONSULTING** the attending **PHYSICIAN** (and **BEFORE** changing anything).

We sincerely hope you can understand the spirit of our intent – to ensure that you can use your Health Recovery Chips in the safest and most effective way possible.

Enjoy your journey with your needle free acupuncture Health Recovery Chip Pain Management, Wellness and Vitality System.

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