

Manage Your Pain

How to personalise your pain management

- Ensure the area to be treated is clean and dry.
- Make yourself comfortable
- Plug the red and black electrode wires into the first 2 channels (if you are looking at the Naturepulse™ it is the first two plug sockets on the top left of the device)
- Attach an electrode to the ends of the electrode wires
- Place the electrodes around the affected area
- Ensure the electrodes are alternatively red and black
- Turn on the machine by pressing the dial.
- Select the required therapy in the menu
- Press start
- Control the intensity level of pulses by slowly turning the dial clockwise.

How will I feel during treatment?

Everyone is different you may feel a tingling sensation or even slight muscle contractions. When you first use the machine start on a low intensity and gradually increase until you feel comfortable. Whenever the sensation is uncomfortable turn down the intensity.

How long should a treatment last?

Treatments last 20 – 30 minutes depending on which Therapy you are using

Should I still take my medication?

Naturepulse™ is safe with most medications. Please refer to your GP or Doctor for specific advice

Is the therapy painful?

No. If you experience discomfort turn the Naturepulse™ down.

Can anyone use it?

Pregnant women and people with Heart Disease Should not use Naturepulse™. Please seek the Advice of your GP if in doubt and always if you have any doubts.

Quick Easy Steps to getting Started

STEP 1

Carefully unbox the Naturepulse unit, the electrodes, red and black electrode wires, power supply unit and full manual.

STEP 2

Ensure that you keep the original packaging to be able to return the product once treatment is complete.

STEP 3

Make sure you are comfortable preferably with a cup of tea! 😊

STEP 4

Follow the manage your pain steps on the left

STEP 5

Once the treatment is finished, throw the electrodes away (not the wires)

STEP 6

Carefully pack away the device ready for next use

When will I notice a difference?

Usually within 1 to 2 weeks, so 10 therapies.

Is Naturepulse™ safe?

In the 20 years that the Naturepulse™ therapy has been in use and in all the clinical trials no adverse reactions have been reported