

MANUAL OF SCULPTOR FOR PERFECT FIGURE INSTRUMENT

(F-905)

1. Preface

The F-905 sculptor for perfect figure instrument is designed and developed with elements of physiology theory, synthesized with Chinese medical collaterals theory and advanced microcomputer, electronic technology. The instrument is organically combined with frequency scan circuit and microcomputer system to create simulant bioelectricity, and accurately holds the essentials of acupuncture of traditional Chinese medicine to have regular deep-seated actuation and massage so as to achieve expedite channels, regularize spirits, breakover lymph cycle system, removal internal toxin, improve body microcirculation, promote metaboly, excite and redeploy body power against disease, balance female hormone secretion, activate mammary gland and upgrowth function of breast organization, and then availably cover fat diminution, body fit and breast expansion three body fashion items. The special computerized program of this instrument can also simulate the operation of thump, press and shove in folk naprapathy, take massage and treatment in an operation to achieve regular vital energy and blood, expedite channels so as to markedly get rid of muscle tiredness, alleviate tense nerve.

2. Capabilities

- (1) There are ten ways output, which allows operator to choose one way or multi-way output in order to meet the fashion's need.
- (2) There is alarm device for reposition. While the instrument is turned on and if the individual output is not reset to the "0" position, the device will alarm and prohibit from output in order to avoid discomfort due to unexpected shock to people at the moment of start up. However the individual output is reset to the "0" position by the operator, the alarm can be eliminated, then turn into the next step.
- (3) Automatic timing, make it easier to control the operation time.
- (4) Specially designed eight functional buttons, together with quick, middle and slow, three speed buttons, there are twenty-four individual function of computer program in the instrument, which allows to use different treat programs for different fashion contents so that fashion operation can be more individualized.
- (5) Roles of the Functional buttons
 - P1, P5: Muscle massage, suitable for resolution of muscle and nerve tiredness, alleviation of muscle pain.
 - P2, P6: Enhance muscle tonicity and brawniness in the positions of chest, waist and abdomen, buttocks, thigh and lower leg.
 - P3, P7: Simulate exercises of organism to advance bloodstream circulation for channels dredge and lymph drainage.
 - P4, P8: Lose weight program. By use of high frequent and dense actuation, bloodstream circulation in micro veins speeds up in order to expend an excess of energy and resolve needless lipopeptic for the aim of fat diminution and body fashion.

Remark: P1 - P4 are strong current output, apply to the area where is not sensitive to current; while P5 – P8 are weak current output, apply to the area where is sensitive to current.

3. Operating Steps

(1) Preparation in prior to Instrument Operations

- A. Talk to the customer for confirmation of the fashion area so as to figure out proper fashion program (or refer to the fashion programs provided in “Electrode Place Chart for Fashion Program”), and take a detailed record for customer’s situation and fashion contents so as to be an evidence for next treatment and compare fashion result.
- B. At the fashion area, please deal with steam for ten minutes then massage with suitable cream or oil for five to ten minutes in order to make a comfort surrounding and relax customer’s whole muscles.
- C. After massage, cleanly wipe skin.
- D. Equably coat essential succus for fat diminution or hydro-conductive gel onto surface of electrode conduction. According to the picture of electrode placement, using the elastic belt, and clinging the surface of electrode conduction to the skin.
- E. Double check if electrode is in right position, elastic belt is well tightened and surface of electrode conduction clings to skin.

(2) Instrument Operating Steps

Make sure all output buttons have been reset to “0” and then turn on the general power switch.

- A. Setup fashion program: According to the chosen fashion program, properly take one of the programs from P1 – P8.
- B. Press down start/pause button, which is set for switch of the instrument’s working status: When “Work” lamp is on, micro current output starts; when “Stop” lamp is on, micro current output pauses. “Work” lamp is on for the default status.
- C. Setup proper current output intensity (extent) and speed (frequency): According to the reaction of each muscle point, make use of the knob of current intensity and quick, middle, slow button for a proper output.
- D. Setup fashion time: Instrument default working time is set for thirty minutes; use increase or decrease button for necessary time.
- E. If the set time is up, output stops with alarm. At this moment, steps B-E can be repeated for next fashion setting, or turn all output knobs to “0” position, turn off the instrument, pull out power plug.
- F. After fashion is finished, take elastic belt and electrodes away from body; wipe to clean skin with wet towel or tissue.
- G. After operation, clean instrument and accessory and pack up in good keeping.

4. Key Points of Operation

While the operations, pay attention to the following key points for a perfect fashion treatment so as to achieve a better fashion result.

- (1) Do not have the elastic belt too tight otherwise there will be a pinch feeling on the skin while electric pulse outputs or too loose otherwise electrode does not cling to skin and affects fashion result.

- (2) Make sure electrode is in the right position. In some area where elastic belt is not convenient to place, self-paste electrode is available. If the elastic belt is not longer enough, two or more than two pieces of elastic belt can be linked together.
- (3) While knob is being turned for output intensity, each scheme of pulse output intensity should be individually adjusted according to the reaction on each muscle point of the body. In the process of operation, if any electrode pole slips off, please press down Start/Pause button to make a pause of the instrument output. Set everything in order before the button is pressed to re-start the output.
- (4) The operation on a point should not last over sixty minutes. If it is necessary to repeat operation on the same point, please take a break of one to two hours between operations. But it is not restricted for operations on different points.
- (5) On surface of the electrode conduction, if there are unclean things or something like latex and conducting gel, the conducting ability of the electrode pole will step down. For this reason, electrode pole should keep clean with often wash.
- (6) If electrode pole is placed on the wounded skin, a lancinating feel will come into being. To avoid this, a piece of adhesive bandage can stick on the skin.
- (7) In operations, two to three computer programs can be set for customer; each program can be individually set for twenty to thirty minutes.
- (8) In the beginning, due to the lactic acid created by muscle metaboly, a slight acerbic and bloated pain will come into being to muscle. No need to worry about since it is a normal case. At this time, the beautician can have a massage with something that makes muscle fatigue smooth away so that the said case will disappear soon.

5. Notes

- (1) All power supplies must match the specifications of this instrument, and electric leakage switch of satisfactory earthing must be applied.
- (2) Never place the electrode pole onto the area of people's heart, vein tumor, dilated vein and inflaming or swelling skin.
- (3) The following people are prohibited from the instrument treatment
 - ① The people furnished with heart spacemaker.
 - ② The one of myocardial
 - ③ The people of arrhythmia
 - ④ The sufferer from falling sickness (epilepsy)
 - ⑤ The woman in gestation period.
 - ⑥ The people of alcoholism
 - ⑦ The sufferer from concretion in stomach, liver, bladder or kidney.
- (4) While adjustment of output intensity, increasing should be bit by bit from low to high and never do it in a sudden.
- (5) Avoid storing the instrument to a place of high temperature, humidity, direct sunshine or where to be easily crashed.

6. Technical Specifications

Voltage: 220V/50Hz

Timing Range: 0~60min

Weight: 6.8kg

7. The scientific Way for Losing Weight, Thinness and Breast Expansion

Every body fashion programs of the instrument are designed with rules of physiology. The followings are the fundamentals of losing weight, thinness and breast expansion as a reference to the user.

Losing Weight

Many of the female shape with a thin upper part of the body while the lower part as buttocks, thigh and leg is fat or swelling. This is because of functional blockade and obstruction at artery, vein, lymphatic and micro-vein of the lower part of the body, with a result in hormone being stayed there. In order to get the case away, circulation function in the lower part of the body must be firstly enhanced otherwise there is no way to remove the blocked female hormone and lipopeptic particulates obstructed amount cells. With the dredging and draining program (program P3 or P7) in match up to body fit essential succus, electrode poles are placed onto the acupuncture points such as Sanyinchiao, Yinlingch'ian, Tsusanli, Ch'ihai and Shuitao, etc. so as to speed up the liquid flowing in the lower part channels of artery, vein, lymph and micro-vein, and thus from the lower part of body, send the blocked female hormone, part of needless water and dissociating lipopeptic particulates amount cells from bladder via urination out of the body; beyond that, the fluent circulation can also bring thyroxine, suprarenin from arms to the lower part of the body so as to force lipocyte release the stored lipopeptic and help lower part of the body free from lipopeptic accumulation.

Body Thinness

Besides relatively standard weight to a standard stature, also there should be supporting by strong and stretch muscle organization so that sylphlike body curve can appear. There is no other way to improve the incompact and saggy body curve except for muscle exercises. It will not make strong and stretch muscles to moderate eating and have massage. In process of body thinness, electrode can be put onto and activate abdomen, buttocks and leg where muscles are floppy so as to create imitated life exercise of muscle, just like the exercise to every part of incompact, saggy and springless muscles such as jogging, rhythm gymnastics and sit-up. This is an effective way to frap muscle organization, recover spring and strong muscles for sylphlike and fascinating body curves.

Breast Expansion

Whether a flat or full breast, it depends on the lipocyte of 97% in breast organization. If a friend wants her flat-shaped breast to become full and rounded, it is the best way to maintain lipocyte in the breast to grow up with large volume. In the periods that the 11th to the 13th and the 18th to 24th during each monthly cycle when ovary excretes a lot of oestradiol hormone, by use of programs P2 or P3 in the instrument matched with breast expansion essential succus for actuation onto the acupoints of Kuanyuan, Hsuehhi, Tsusanli, Shanchung, 松筋 and so on in order to concentrate a great deal of oestradiol hormone and the dissociating lipopeptic particulates from bloodstream into breast organization. When oestradiol hormone and the lipopeptic particulates come together in micro-veins of the breast, by use of programs of P2 or P6 for a stronger and effective press to all micro-veins in the breast organization, oestradiol hormone and the lipopeptic particulates in micro-veins are pushed with infiltration into tissue liquid where oestradiol hormone swiftly penetrate through involucrum of the lipocyte for combination with acceptor so as to catalyze lipocyte with absorption of lipopeptic particulates in the tissue liquid, so that volume of

the lipocyte in breast tissue become fat and thick, thus the breast is inspired to enlarge quickly.

The simple and easy operating way:

In the first three days: Only operations for lymph drainage and eliminate of poisonous substance from cellulite.

From the beginning of the fourth day: Lose weight and Thinness

From the beginning of the fifth day: Breast expansion

1. Choose program P3 or P7 for 15 minutes drainage.
2. Then take program P2 or P6 for 15 minutes breast expansion.

8. Announcements

- (1) Do not have the treatment unless two hours after dinner.
- (2) At thirty minutes in prior to the operations, take 200 cc of bee honey and a pill of vitamin B as fuel to burn away lipocytes.

9. Lose Weight Estimation

In order to lose one kilogram (1000 grams) body weight, approximate 7000 calories of energy must be consumed. Calculating in this way, to consume 7000 calories of energy can lose weight by 1000 grams. With estimation that a people take 2000 calories of energy (an America or Europe young working female does 2300) as a bit location of metaboly, if she keeps 1500 calories as daily ingestion of energy, during the “lose weight” lesson, weight decreases by 250 grams every day and the 250 grams of weight consumes 1750 calories of energy, plus the reduced ingestion of energy for 500 calories in daily diet, after 20 days, her weight can be decreased by 6.43 kg; reckoning as below:

Machinery efficiency: Consumes 1750 calories / Day

Reduced ingestion: 500 calories / Day

Number of operation days: 20 days

Every kilograms of weight: Consume 7000 calories.

$$(1750 \text{ cal} + 500 \text{ cal}) \times 20 \div 7000 = 6.43 \text{ kgs}$$

For instance, have known a female is overweight by 10 kgs, 1500 calories of diet ingestion is arranged to kept so that the number of operation days (A) is calculated as follows:

$$\text{Number of operation days: } (1750 + 500) \times A \div 7000 = 10$$

$$2250A = 10 \times 7000$$

$$A = 70000 \div 2250$$

$$A = 31 \text{ Days}$$

This way of calculation is merely a reference since there are some other factors that may affect the result in losing weight. For example, it is not inclusive of the reaction after ratio of metaboly increases. Since bloodstream will speed up after muscles undertook a frequent rhythmical exercise so that the received oxygen quantum in lipocyte increases. When lipocyte get full of oxygen supply, ratio of metaboly will gradually go up and the released lipopeptic quantum also increases. But when some people begins to reduce diet ingestion (about 7 to 10 days), her daily ratio of metaboly may probably decrease automatically.