

Bamboo Charcoal Health Products

AKG NATURALS – Authorized Reseller

www.akgnaturals.com

(702) 545 - 6881

Directions for Use:

1. Remove the Bamboo Charcoal Health Product from its packaging.
2. *For Body/Seat Mat*, lay it on a sturdy surface that would support your body weight such as a chair, bed, massage table, or floor. Sit or lay on mat directly while engaging in active or passive activities.
For Shoulder Wrap, pull down over your head and wear on your shoulders covering the shoulder blades.
For Lower back Support, wear it like a belt around your waist.
3. To maximize the Bamboo Charcoal's health benefits, keep your clothed body in direct contact with the product and avoid wearing heavy or multi-layered clothing while using it. Far Infrared Rays are effective within 5 mm distance from the Bamboo Charcoal.
4. Drink plenty of water to hydrate yourself before and after use.

After your body temperature has warmed the Bamboo Charcoal and activated the Far Infrared Rays & Negative Ions, you should begin to feel more relaxed. Tingling sensations may arise in your fingertips and toes indicating that your blood is circulating and the energy or Chi within your body is moving.

If you cannot detect the subtle energy, it usually means you have a strong blockage (as in pain) and need to be on it longer or a few more times to remove the blockages. The Body Mat is recommended for heavier weight users, it might take them longer to feel the energy moving than lighter weight individuals. Either that or it's because you are in good health since your energy is in equilibrium with the Bamboo Charcoal Product.

Active & Passive Use:

During Active use, your body receives energy from the Bamboo Charcoal and disperses energy through your activities, but during Passive use, your body receives more energy than you are dispersing it. Read below for recommended usage in activity types.

Using the Mat during Active activities:

Driving, Computer Work, Exercising, etc,

- You can use the mat/wrap/belt for as long as you desire during active activities.

Using the Mat during Passive activities:

Meditating, Watching TV, Sitting, Sleeping, Resting, etc.

- For daily passive use: 15-20 minutes
- For occasional passive use (1-2 times per week): 2-3 hours
- If your body has accumulated too much energy, it could make you feel fog-headed. To disperse or clear excess energy, simply ground yourself by drinking plenty of water, exercise, or walk bare feet outdoors.

Recharging Instructions:

- Unzip to remove Insert (only for Seat/Body Mat). Place Mat Insert/Shoulder Wrap/Belt/Supports under the sun for 1-hour to naturally recharge once every 2-3 months.
Note: Shoulder Wrap/Belt/Supports do not have inserts, but will still recharge in the sun.

Washing Instructions:

- For Mats w/ cover- Unzip, remove Insert from Mat, zip up again before washing Cover in cold water & dry on medium heat. Spot clean Mat Insert and sun dry only.
- For Joint Supports -Wash in cold water, gentle cycle, and dry in low heat or sun dry.

The above statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any diseases.