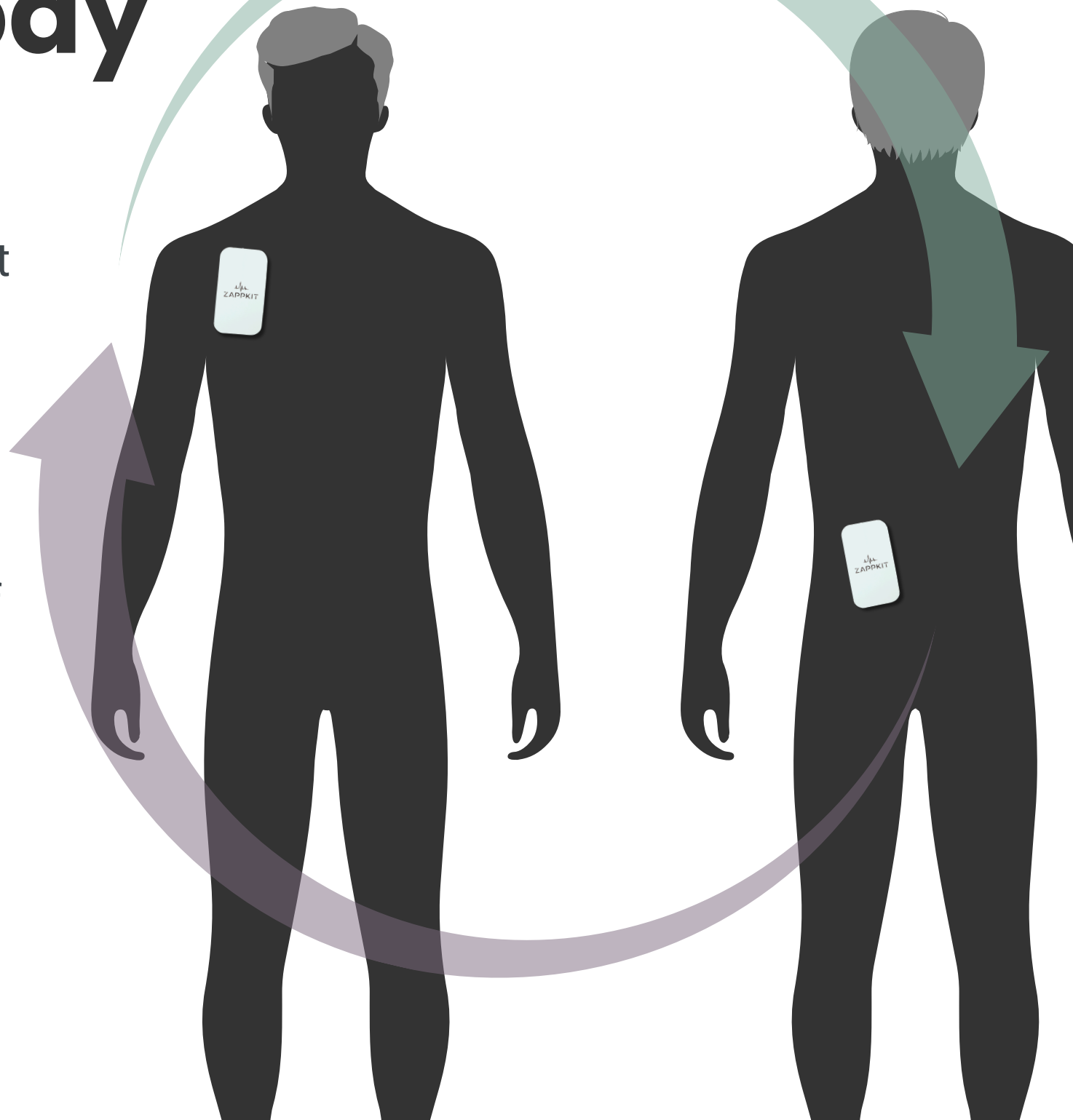




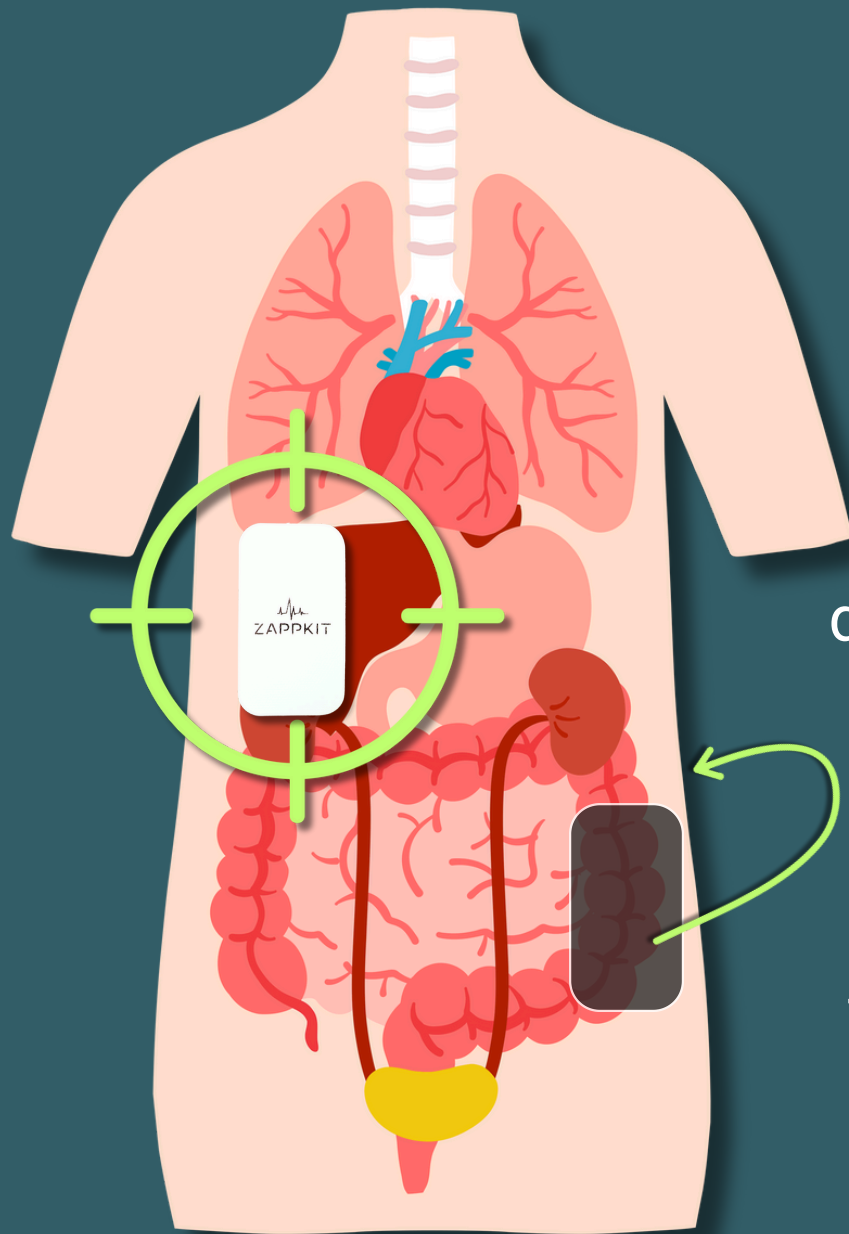
Electrode Placement guide

Frequencies flow diagonally through the body

Place one electrode in front and another in back to create a pathway and encourage a balanced flow of energy through the body.



Finding your target area

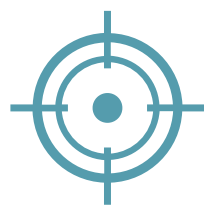


When targeting a specific area, place electrodes on the opposite side of that region to engage the whole system.

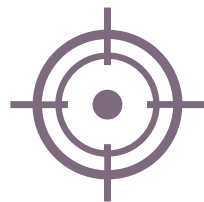
This example targets the digestive system. One electrode is placed on the front near the liver, while the other is on the lower back, allowing frequencies to flow through the digestive tract from different angles for balanced support.

Targeting the whole body

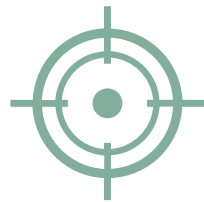
Place one electrode on the shoulder and the other on the front of the opposite hip.



Imbalances



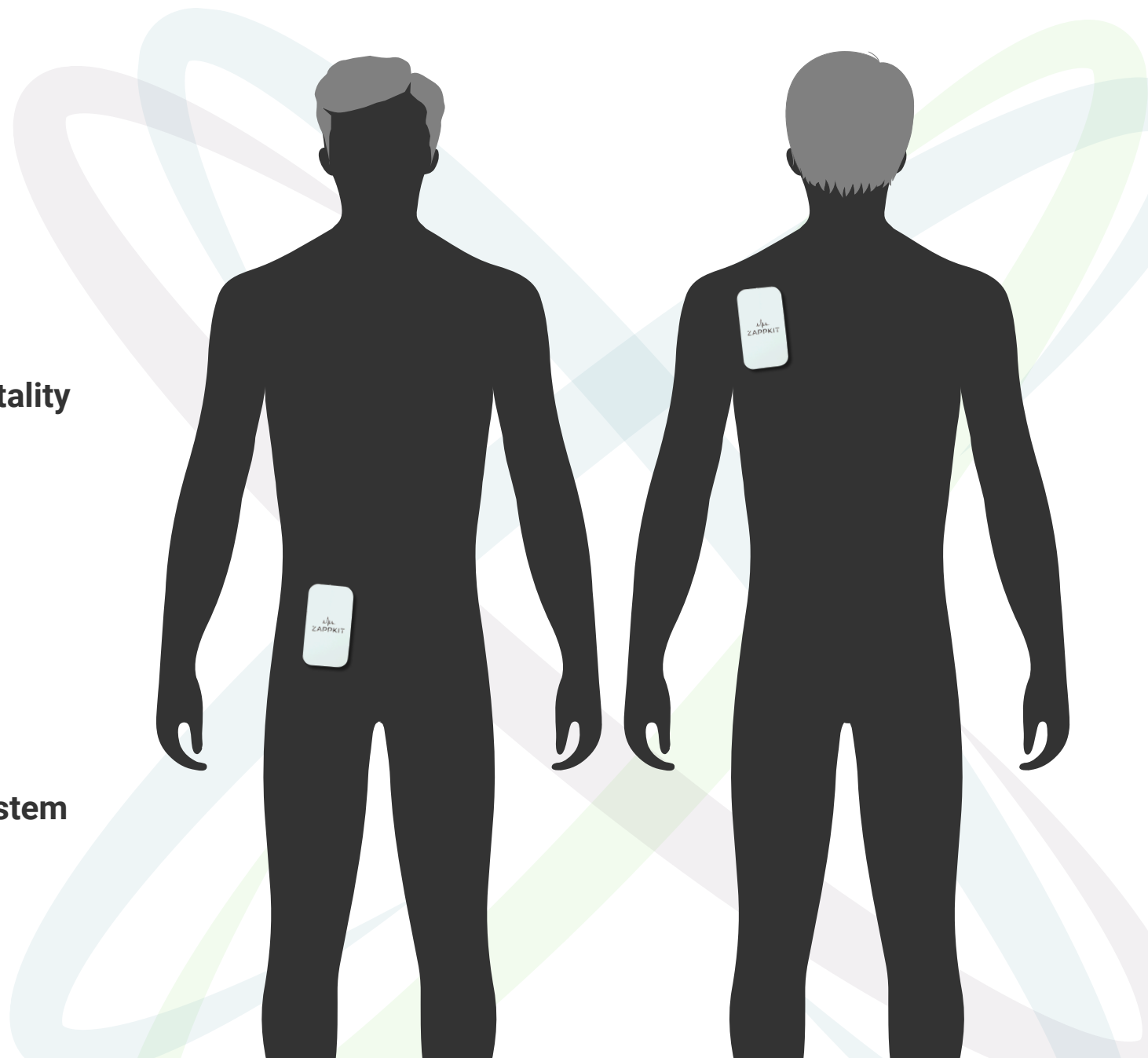
Energy and Vitality



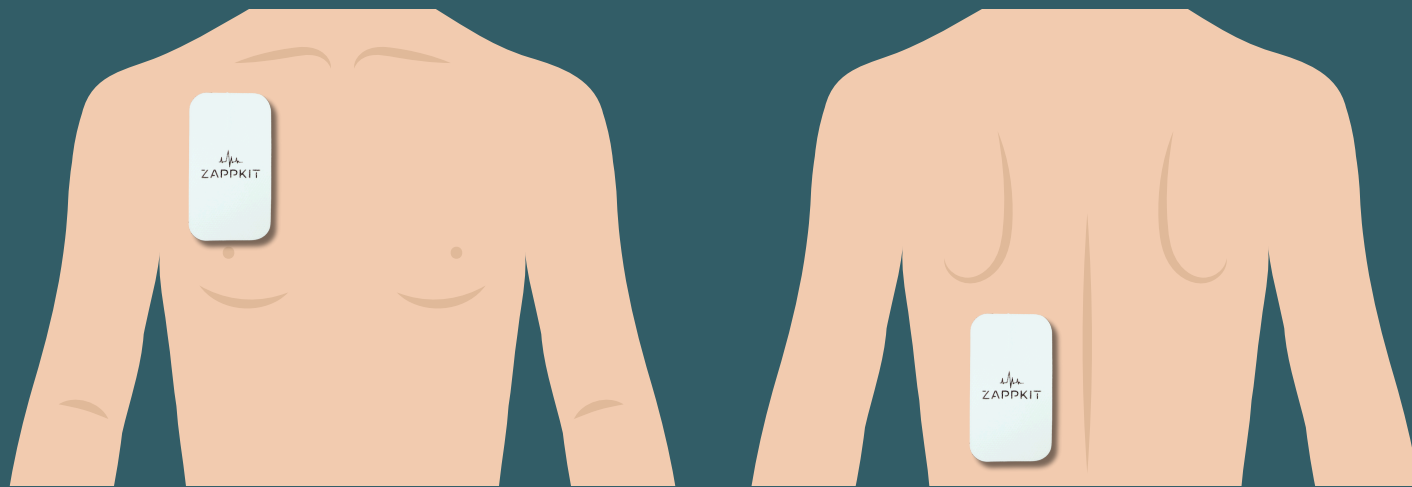
Inflammation



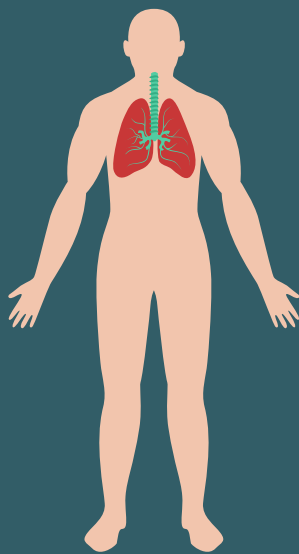
Target any system



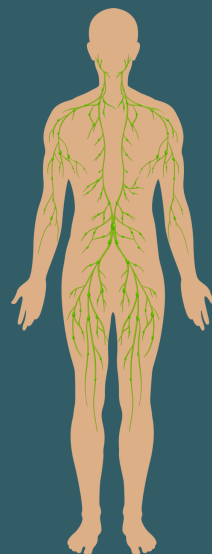
Targeting multiple systems



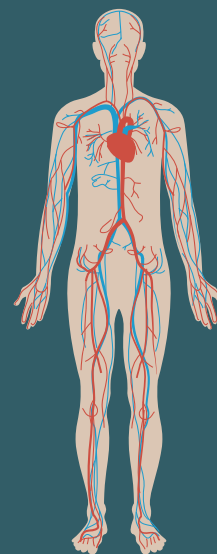
Placing electrodes on the left chest and right middle back targets the following systems:



Respiratory

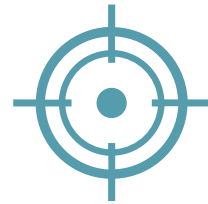
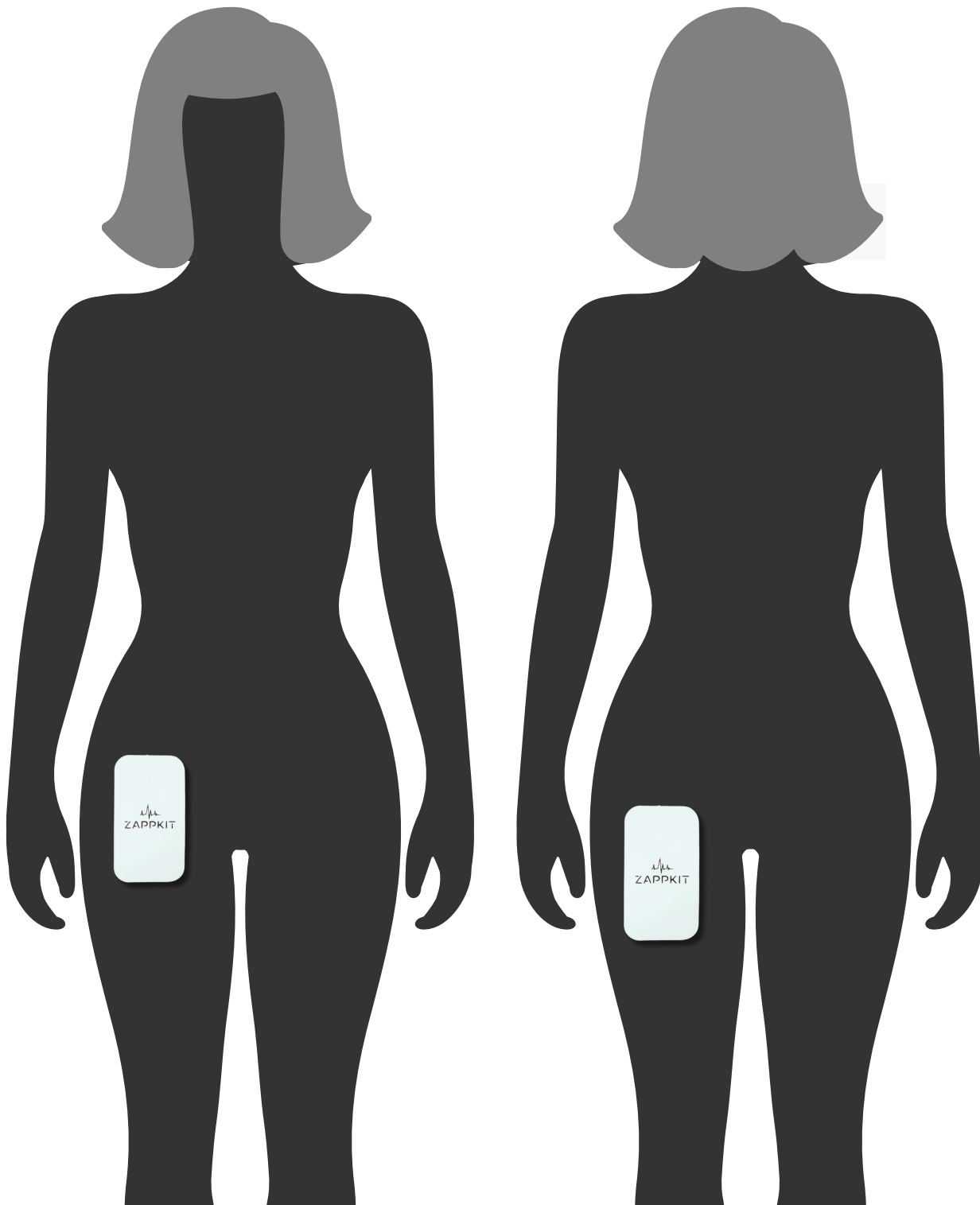


Lymphatic (upper)



Circulatory

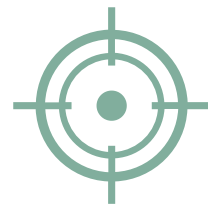
Targeting key body systems



Lower
Digestive
Tract

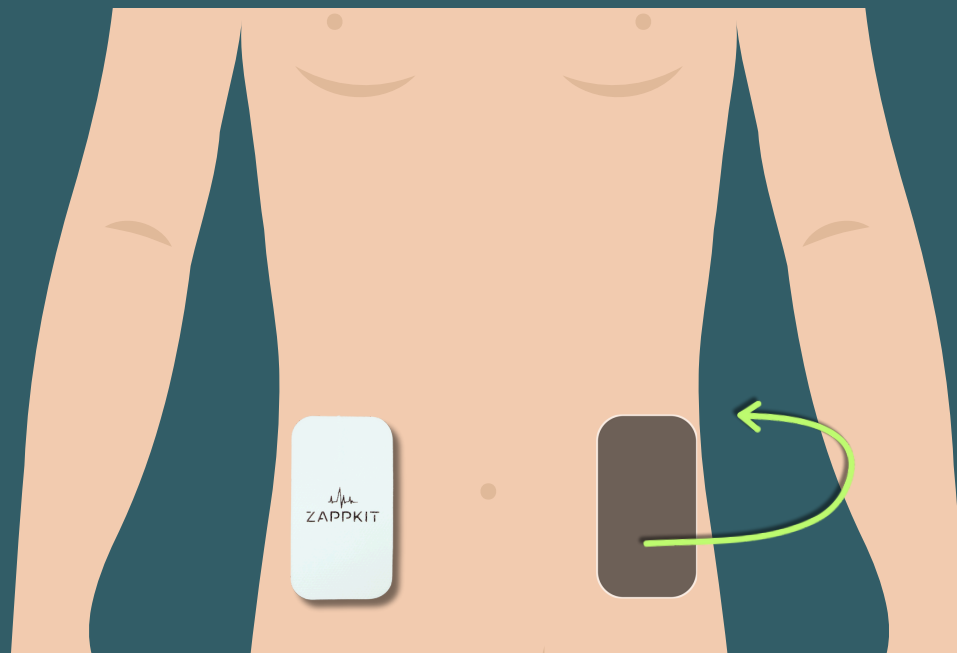


Lower
Lymphatic
System



Reproductive
System

Targeting the Nervous System



Placing electrodes on the left and right sides of your waist, aligned with your belly button, can help with:



Nervous System: relaxation, recovery, and communication.



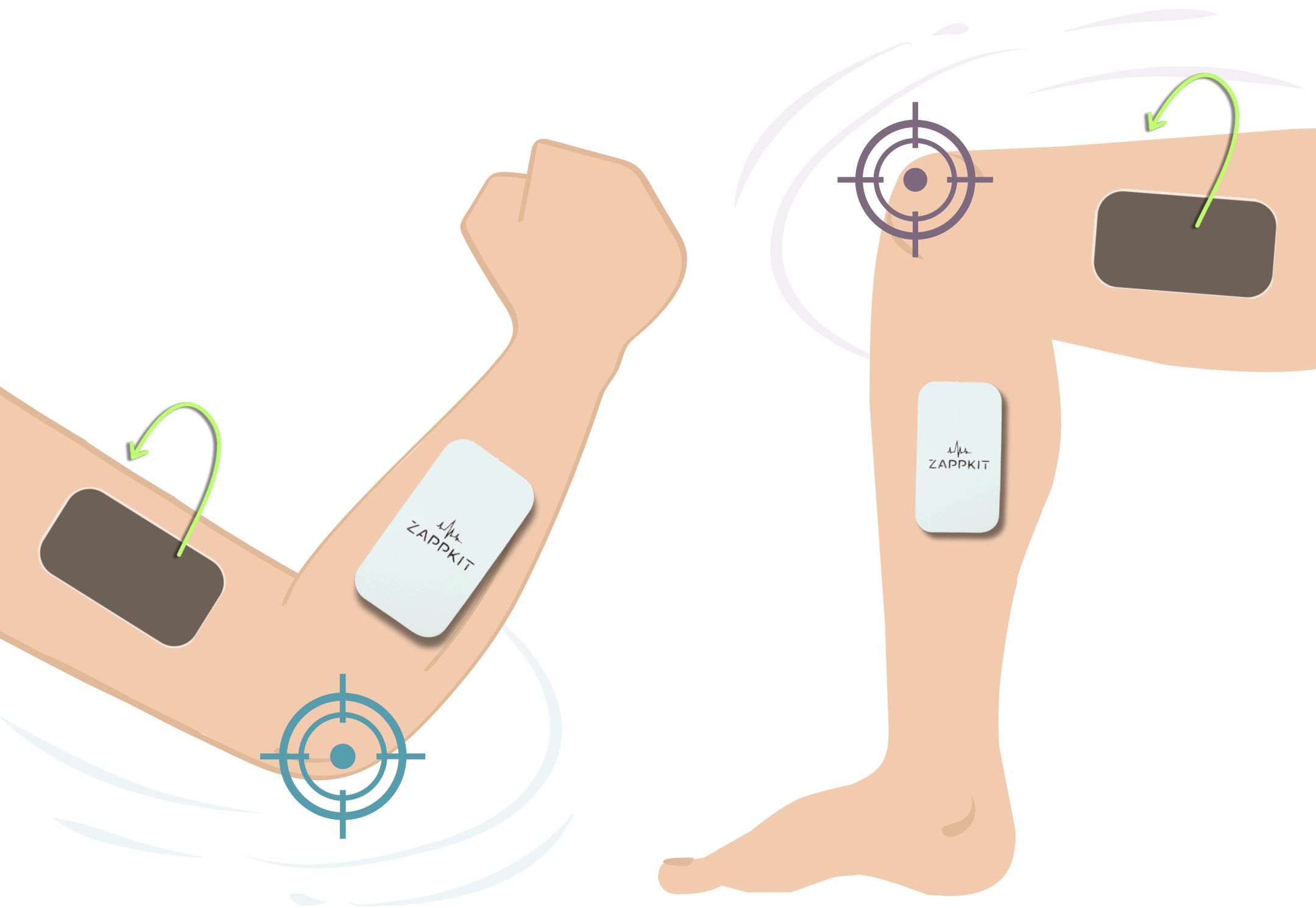
Vagus Nerve: calming and restoring balance.



Sacral Nerve: supporting lower spine and pelvis.

Targeting any joints

Place electrodes on opposite sides of joint on a soft muscle area.



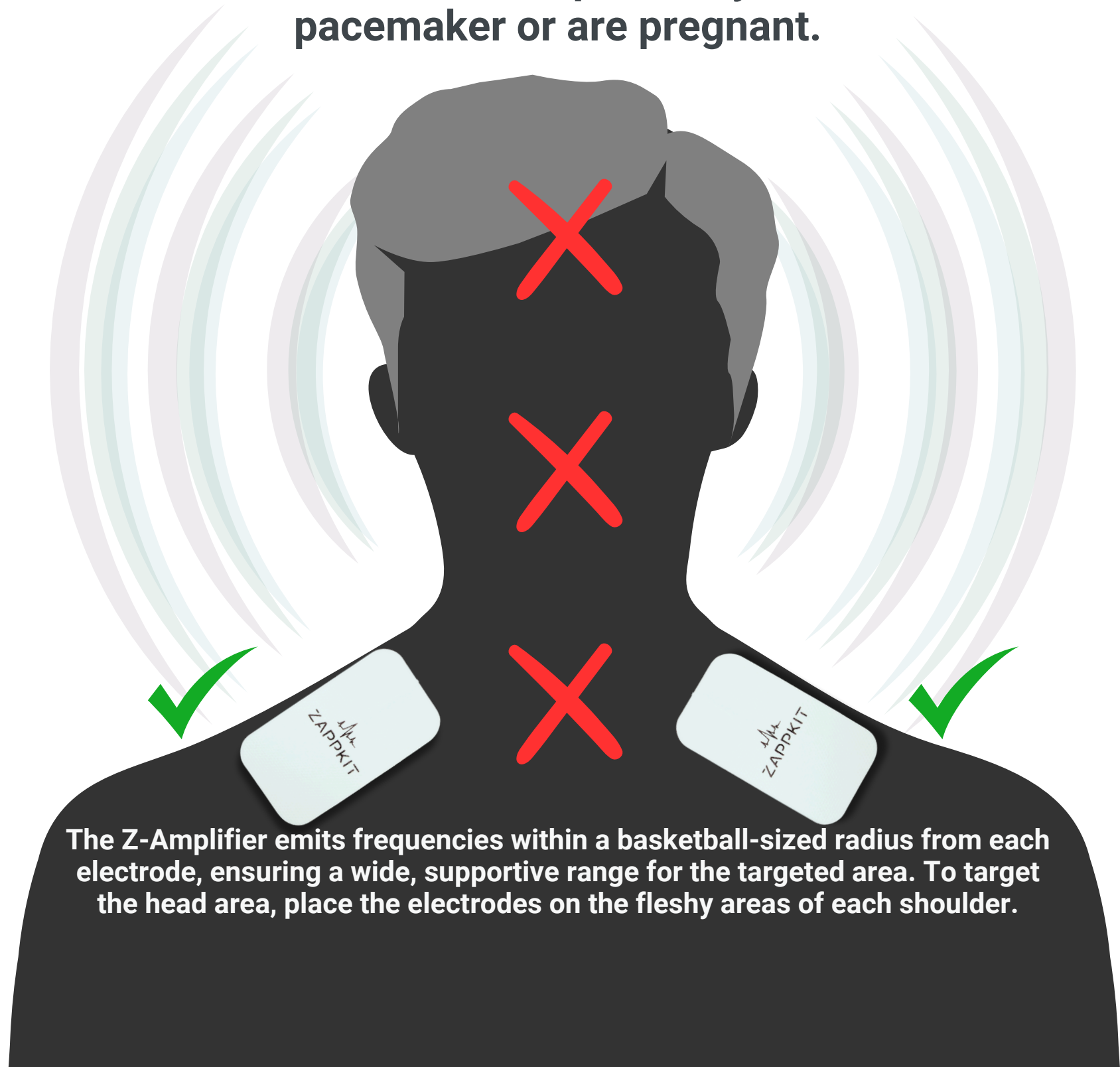
Targeting imbalances of body



Place electrodes on the bottom of each foot. This positioning stimulates reflex points on the soles of the feet, supporting grounding, circulation, and energy balance throughout the body.

Never place electrodes on the head, face, neck or spine.

Do not use the Z-Amplifier if you have a pacemaker or are pregnant.



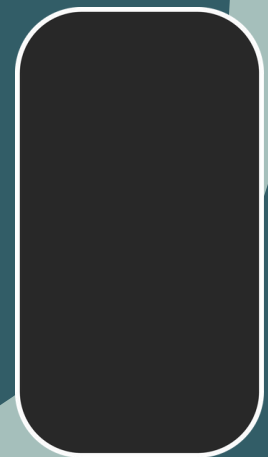
The Z-Amplifier emits frequencies within a basketball-sized radius from each electrode, ensuring a wide, supportive range for the targeted area. To target the head area, place the electrodes on the fleshy areas of each shoulder.



If ever in doubt remember:



Frequencies travel diagonally through the body, making diagonal electrode placement ideal rather than side-by-side. This positioning ensures the frequencies effectively target the desired area, centered between the electrodes.





- **Clean the skin:** Start by ensuring the skin is clean and dry to improve conductivity and adherence.
- **Avoid sensitive areas:** Avoid placing electrodes on sensitive spots (**head, neck, genitals, spine**) and areas with dense body hair.
- **Use fleshy areas:** Place electrodes on fleshy parts of the body for better conductivity and comfort.
- **Secure placement:** Attach electrodes firmly to prevent them from slipping during the session.
- **Avoid side-by-side placement:** Place electrodes with enough distance between them to create an effective pathway.
- **Avoid broken or irritated skin:** Avoid applying electrodes to cuts, rashes, or irritated areas to prevent further discomfort.
- **Limit time of use:** For best results and to avoid skin irritation, wear electrodes for up to 1-2 hours per session. If you need longer use, move the patches to a new area after two hours.
- **Remove electrodes slowly:** Peel off gently after use to protect the skin.
- **Check for allergic reactions:** If you experience redness or itching, discontinue use and consult a healthcare professional.
- **Store electrodes safely:** After use, return patches to the provided plastic film and store in a clean, dry place for best results.