



INSTRUCTION MANUAL FOR THE ENERGYUP! PRODUCT

QUESTIONS?

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Welcome and congratulations on choosing the EnergyUp! product! We wish you great success and good health in using it! Below we summarize the most important information for its satisfied, long-term use!

The EnergyUp! is specifically designed to restore the body's balance and energy levels, and can help with pain relief, inflammation reduction, healing, convalescence, and achieving overall physical, mental, and emotional well-being. The EnergyUp! is a wellness device!

It can be particularly strong and effective in reducing stress and disruptive external effects of daily life, restoring and maintaining harmony. Its mechanism of action can aid relaxation, falling asleep, and deep sleep. It can help achieve deep meditation, conscious inner silence, and alert presence, and maintain these states. By easing and uplifting mental and emotional states, it can aid mental healing and stability, and support users striving for awareness and spiritual development. It can also energize, strengthen, and alleviate prolonged fatigue. It always balances the body according to its needs at any given time.

The EnergyUp! is a novel concept, so its use is also unique, significantly different from any other device on the market. It was designed for simplicity, long lifespan, and uninterrupted usability under extreme conditions without electronics, batteries, or exposure to them. It can be used in everyday life, during sports, in the most modern, protected hospital, or technologically advanced environments, as well as in crisis situations, simple, natural environments, or even in the third world.

Its use is extremely simple; anyone can learn it in moments. It can be used anywhere, anytime, without restrictions. There are no known side effects. Simply place the smooth, label-free side of the device on the selected painful or problematic area of the body! The label-free side is the active one, and it only works on that side! **Warning!** People with pacemakers cannot use it due to the magnets!

Warning! Those sensitive to magnetic fields and those with high blood pressure should start using it cautiously! Initially, use it twice a day for 2-5 minutes, then gradually increase the treatment time to 2x5-10 minutes daily! Regular medical check-ups and follow-ups are necessary for high blood pressure and blood sugar issues!

The simplest and most effective way to use it is through the Plexus Solaris, Solar Plexus chakra. For this, place the device on the body above the navel for 2-10 minutes, simply by putting your finger in the navel. For convenience, you can place it above the navel, where it will have a similar intensity.

It can be used without time limitations; using it 2-3 times a day for 3-5 minutes is sufficient to elevate, refresh, and energize the body, mind, and soul, and to initiate self-healing processes and pain relief. It is especially recommended for chronic weaknesses and health issues. Its effectiveness can be enhanced by using it on all seven chakras individually for 3-5 minutes, moving upwards from the bottom.

In general, 3-5 minutes of treatment time is sufficient to achieve effects! If it feels good, it can be used for any length of time as it has no side effects, and it can even be used continuously if necessary. Continuous use on the Plexus Solaris chakra can result in a prolonged, consistently higher energy level, strengthening stability and continuously ensuring the body's self-correcting and self-healing abilities. Experiences confirm that it can speed up and stabilize the recovery and convalescence time by up to four times. It can slow down or even stop the progression of certain chronic diseases. In healthy individuals, continuous use can maintain a high, harmonious energy level, keeping them alert and refreshed.

Additionally, in any acute case, local application can help alleviate pain and inflammation. Observations, experiences, and ancient Indian writings (Vedas, Ayurveda, Yunani) make it clear that in practice, the correct functioning of a single central chakra located two fingers above the navel, the Plexus Solaris, is enough to restore healthy processes. The product designed and manufactured based on this knowledge can therefore aid and stimulate the body's self-regulating and restorative energy processes by setting the correct functioning of the Plexus Solaris (Solar Plexus) chakra. Similar to traditional Chinese medicine, placing it on meridian, acupressure, or acupuncture points can have an intense and quick effect. In the West, we mostly refer to this as unblocking energy flows. That is, it can initiate self-correcting and self-healing processes by stimulating particle flow present in the body, organs, tissues, cells, and intercellular space.

Extensive experience shows the extraordinary and rapid effectiveness of the product for health applications, directly above problematic, injured, or diseased areas, and on meridian points. Therefore, especially in acute situations, it can be used most quickly and effectively at the given point for pain and inflammation relief. It can also quickly overcome fatigue and exhaustion.

It is worth keeping it with you during the day. Experiences prove that keeping it close to the body is enough to strengthen, cleanse, and harmonize the aura. Aura viewers can also confirm this, as the aura's growth and intensified brightness are visible to the naked eye within 2-3 seconds. Simply putting it in your pocket provides general protection and a strengthening, energizing, and protective effect, even when worn continuously. It thus protects against various negative effects and radiations (e.g., electrosmog, earth radiation, negative energies). During sleep, keeping the product close, even in bed, can help with peaceful sleep by harmonizing the space and stabilizing and maintaining the aura's condition. Placing it head down under the bed neutralizes and protects against earth radiations.

It is also suitable for harmonizing, energizing, and tachionizing food, drinks, and even cosmetic products. Simply place them on the product for 10-15 minutes.

General Experiences

The experience from about five years of design and experimental period confirms the reality and effectiveness of the above-described operation in several areas. Regular use can be effective in treating mood and sleep disorders, relieving prolonged pain and inflammation, and against menstrual complaints, stomach problems, headaches, and fatigue.

Observations show that 85% of users feel and can describe fine sensations in their bodies when the device, in operation, causes pleasant (tingling, crawling, warm, flowing) sensations as it harmonizes the energy system. Occasionally, if the chakra or meridian is severely underperforming or blocked, it may cause a mild pressure sensation, which soon subsides as the chakra or meridian begins to function. Users often report a warming sensation, during which the device may be adjusting the chakra's rotation direction and speed, with the sensation's disappearance indicating success. If someone is healthy or the chakra system's functioning is balanced through regular use, the sensations are generally described as pleasant, soft, and fine, and experiences show general energization.

The balanced functioning of the chakras and meridians facilitated by the product can help restore and maintain health by exerting a multifaceted physiological effect. It can create a generally good mood, providing a pleasantly energized, alert, stable, and long-lasting harmonious state. It can aid convalescence and overcome acute and chronic diseases. The product family's beneficial effects are frequently experienced in headaches, insomnia and sleep disorders, joint problems, and polyarthritis.

It helps and alleviates symptoms in stomach and bowel complaints, reflux, and irritable bowel syndrome, and conquers chronic fatigue. Measurement data show that just 5 minutes of use can increase serotonin levels (happiness hormone) by 20-25%, reduce or balance blood sugar levels by 5-8 units, and lower blood pressure by 30-50 mmHg, bringing it into the normal range. It improves the will to live, balances mental weaknesses, depression, panic attacks, and stress, and can improve sexual desire and potency. In chronic cases, the secret to success is the regular use of the device.

Experiences suggest that regular use 1-3 times a day can dissolve mental and emotional blocks and traumas, making users more open and contributing to psychological and mental harmony, making the user more stable, tolerant, and calm.



Disease/Symptom**	Number of Treatments per Day	Treatment Location
Spinal Pain	1*, 3-4	Locally at the point of complaint
Joint Pain, Inflammation	1*, 3-4	Locally 5-10 minutes, Plexus Solaris
Sinusitis	2-3	Locally
Otitis Media, Ear Problems	2-3	Locally on the ear and below the ear
Eye Problems	2-3	Locally, moving circularly in front of the eyes
Headache, Migraine	1-2	Locally at the starting point of the pain, forehead, temples, crown, foramen magnum

Disease/Symptom**	Number of Treatments per Day	Treatment Location
Sore Throat, Inflammation	2-3	Locally
Menstrual Disorders, PMS	1*, 2-3	Uterus, vagina, ovaries, desire chakra, Plexus Solaris chakra
Fever	1	Locally, crown chakra
Stomach Problems, Reflux	1*, 2-3, after meals	Locally, Plexus Solaris chakra
Bloating, Difficult Digestion	1*, after meals	Liver, gallbladder, Plexus Solaris chakra
Hemorrhoids, Prostate Problems	2-3	Root and desire chakra, locally, sitting on it

Disease/Symptom**	Number of Treatments per Day	Treatment Location
Strains, Muscle Soreness	1-2	Locally, moving, stroking the affected area
Surface Injuries, Bruises	2-3	Locally, moving above the affected area
Wounds, Injuries	3-4	Locally
Tendinitis	2-3	Locally, moving on the affected area
Nervous System Problems	2-3	Plexus Solaris chakra, foramen magnum
Stress, Nervousness	1*, 3-4,	Plexus Solaris chakra

Disease/Symptom**	Number of Treatments per Day	Treatment Location
Tension, Anxiety, Fear	2-3	Plexus Solaris chakra
Stomach Ulcer, Enteritis	2-3	Plexus Solaris chakra, locally
Panic Disorder, Depression	3-4	Plexus Solaris chakra
Emotional Disorders, Despondency	2-3	Plexus Solaris chakra
Fatigue	2-3	Plexus Solaris chakra
Exhaustion, Fatigue	1*, 2-3	Plexus Solaris chakra
Difficulty Falling Asleep, Sleep Disorders	1-2	Plexus Solaris chakra

Disease/Symptom**	Number of Treatments per Day	Treatment Location
Diabetes	3-4	Plexus Solaris chakra, above the pancreas
Immune System Problems	3	Plexus Solaris chakra, below the navel, desire chakra, sternum area
Toothache, Oral Problems	1*, 2-3	Locally, moving circularly above the affected area
Circulation, X-Syndrome	1*, 2-3	Heart chakra, locally, moving, stroking above the affected area
Convalescence, Strengthening Treatments	2-3	Plexus Solaris chakra

Disease/Symptom**	Number of Treatments per Day	Treatment Location
General Well-being Improvement	2-3	Plexus Solaris chakra
Earth Radiation, Electrosmog	2-5	Plexus Solaris chakra
Difficulty Falling Asleep, Sleep Disorders	1-2	Plexus Solaris chakra

*In acute cases, a 2-5 minute self-treatment might be sufficient!

** Extensive experience has accumulated over the past few years on various diseases and complaints, which you can search for on the manufacturer's website.

The effectiveness, strength, and speed of the product's impact can vary from person to person and always depend on the usage, individual and other personal conditions, and factors!

Using the product DOES NOT replace medical control and care!

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The product's exterior is 3D printed. Fragile! It is made from recycled PLA. It is environmentally friendly, biodegradable in soil, for environmental consciousness and sustainable development.

It contains no harmful substances to health! It contains no toxic substances. Due to small parts inside the device, do not give it to children if it is damaged or broken!

If the device falls, it may break or get damaged. Do not use broken or damaged devices! Do not open it, as this will destroy it! Use as intended only ensures the desired effect.

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