

# *SpiritWorks Wellness Adventure*

Welcome to my offer to Explore of State of the Art Health Building Technologies from Around the World.

## **Please**

- ❖ Read these pages and posted instructions carefully and sign the Liability Release Form before giving yourself any treatments.
- ❖ Fill out your information form
- ❖ Sign the liability release. Your signature at the end is an acknowledgement that you are fully aware of any contraindications of using my equipment that may not benefit your well-being.
- ❖ Wait for my instructions before beginning use of any equipment.
- ❖ Please feel free to request a time for hands-on therapies. My rates are posted at the sign in table.

In order for this to be a safe and health building experience for you, I ask that you

- ❖ Note the Treatment Recommendations and Contraindications for each piece of equipment
- ❖ Wait for my assistance to get you started on any equipment you are using for the first time
- ❖ Follow the recommended time and settings
- ❖ **Stay Hydrated** – 8 oz / hour – ask me for trace minerals and rehydration homeopathic drops
- ❖ Ask questions, lots of questions regarding therapeutic use of equipment
- ❖ Please notify me regarding your treatment responses so that I may best guide you with recommendations for planning a gentle, deep and effective health building journey

Use of these technologies may elicit a cleansing detoxification as part of a greater healing effect and for your own comfort it is critical that you DRINK PLENTY OF WATER, pay attention to your body responses, and pace your treatments. I ask that you drink a glass before beginning use of any equipment, followed by a minimum of 8 oz per hour while here. Headaches, and abdominal cramping after treatments are a normal indication that you need to hydrate more and doing so will alleviate these symptoms. Often a cleansing reaction will clear within 24 hours.

**Tea and Water** – Please stay well hydrated while here.

**Hot Rocks and Hot Packs** – You may ask for hot rocks and hot packs for areas where you are holding tension.

**Contraindications** – recent injury or surgery, open wounds, swelling, inflammation

## **InfraRed Amethyst BioMat** – Hawaii, Japan

Delivers the benefits of a Far Infrared sauna and medium "human" infrared to normalize a variety of important physiological functions, especially glandular functions. Also delivers Negative Ions, energizing the body for optimal health. Helps with inflammation and detoxification. Recommended for cancer, hepatitis, diabetes, chronic fatigue, and post-surgery recovery. Improves Circulation & Cardiovascular Function, Improves Immune System Function, Relieves Pain, Eases Joint Pain and Stiffness, Reduces Stress and Fatigue, Removes Bodily Toxins and Assists in Detoxification, Burns Calories helping to Control Weight, Improves Skin

Please refer to posted Operation Instruction

Contraindications:

**Prescription Drugs:** If you are using prescription drugs, check with your physician or pharmacist for possible changes in the drug's effect due to an interaction with infrared energy. If you are taking corticosteroids, you may experience some redness of the skin. Should you experience redness, we recommend that you discontinue the use until you have completed your medication. Should your redness continue, consult with the health care professional who prescribed your medication.

**Certain Ailments:** According to some authorities, it is considered inadvisable to raise the core temperature of someone with severe adrenal suppression such as Addison's disease, systemic lupus erythematosus, or multiple sclerosis. This caution refers to the use of the highest, sauna level heat settings and not to the lower heat levels. For most patients with mild to moderate symptoms, the BioMat has been found to be safe and effective.

**Joint Problems:** If a person has a recent (acute) joint injury, it should not be heated for the first 48 hours or until the hot and swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contraindicated in cases of enclosed infections be they dental, in joints, or in any other tissues.

**Pregnancy:** In pregnancy or the suspicion of pregnancy, discontinuation of far infrared use is recommended

**Surgical Implants:** Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared rays and are not heated by an infrared heat system. Nevertheless, a person should consult his or her surgeon before receiving such therapy. Certainly infrared therapy must be discontinued if a person experiences pain near any implants.

**Silicone:** Silicone does absorb infrared energy. Infrared rays may warm implanted silicone or silicone prostheses for nose or ear replacement. Since silicone melts at over 200 degrees Celsius, it should not be adversely affected by an infrared heat system, however. It is still advised that a person checks with his or her surgeon to be certain.

**Menstruation:** Heating of the low-back area of women during the menstrual period may temporarily increase menstrual flow. Once a woman is aware that this is occurring, she can choose to allow herself to experience this short-term effect without worry. Or she may simply avoid using an infrared heat source at that time in her cycle. For the majority of women, Far Infrared Energy massage helps to relieve and minimize the physical and emotional discomfort experienced during the premenstrual and menstrual period.

**Hemorrhage:** Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared usage or any type of heating that would induce vasodilatation that can lead to the tendency to bleed.

**Worsened Condition:** Should any condition worsen with the continued use of this infrared heat system, the use of the system should be discontinued. Some temporary symptoms, however, may be attributed to the detoxification and the healing process itself. Before making the determination that you or your client are

actually worse, please also read the Detoxification and Healing Crisis section below for more complete information.

**Pain:** Pain should not be experienced when using an infrared heat system, though the heat generated by the rays will go to areas of disease or discomfort. Some people perceive this as painful, others more as a sensation. If pain persists beyond a reasonable integration period (usually 24 - 36 hours), the use of radiant heat is clearly inappropriate for the person at that time.

**Paraffin Hand Treatment** - This healing treatment originates in the Holy Roman Empire. just for the deliciousness of it - nourishes the skin, reduces swelling and eases joint stiffness in the hands. This treatment includes a hand massage.

Please follow posted instructions.

**Caution:** Do not touch sides or bottom of container when dipping hands.

Contraindications:

Open Wounds or Cuts

**IONBath Foot bath** - USA

This pulsating field stimulates the flow of our lymphatic system (our body's biggest sewer system - which is often congested) to release wastes (acid waste accumulation, toxins such as heavy metals and environmental chemicals) through the pores in the soles of the feet. Heavy metals, acid wastes and environmental chemicals all have a (+) charge - so when the machine is in its (-) mode it is like a magnet pulling these chemicals from the body. These wastes pass out of the body as molecules through osmosis, into the footbath, and then are attracted to the array and coagulate (like a magnet opposites attract) and might clump together. Many people report that their feet feel lighter, they have more flexibility and range of motion, and more energy.

This treatment is followed by a foot massage.

Treatment Precautions:

- Pacemaker or arrhythmia
- Organ transplant within last 3 years
- Heart regulating medications
- Pregnant or lactating
- Open wounds
- Medications related to psychotic episodes and/or seizures

For best results it is important to replenish your body with plenty of fluids daily as you go through this cleanse protocol. It is also recommended to replace trace minerals that may have been depleted during the treatment by adding SpectraMin to your water. Please ask me for this.

If you are on medications it is recommended that upon completion of your treatment you may need to retake your medications within 1-2 hours. It is also suggested that you consult with your physician regarding any medications or new treatments. If you are diabetic or have low blood sugar, it is recommended that you eat a meal prior to treatment.

### **Chi Vitalizer Machine** – Canada

The Chi Energizer is a powered exerciser which is designed to redevelop muscles or restore motion to joints by administering “passive” exercise to the user’s body. The Chi Energizer brings gentle activity to inactive muscles, with the aim of increasing health and well-being. It can be an excellent enhancement to a balanced healthy way of living, and an adjunct to a weight-control program. Feel rejuvenated, happier, and full of vitality.

Limit First Use to 5 minutes and gradually increase time with subsequent usage

Contraindications –

just ate

For those experiencing ill health or in weakened physical condition, a time of 2 minutes’ use is suggested. Individuals for whom the following circumstances apply must NOT use the device without prior consent from a physician.

- Heart ailments
- Contagious Diseases
- Pregnancy
- Unhealed surgeries
- Unhealed fractures or joint problems

Please read manual and especially the PROPER USE section for limitation on daily use. Never exceed 20 minutes at a time, twice daily.

### **Migun Infra Red Therapeutic Massage Table** - Korea

Helps with inflammation and spinal joint restrictions. MIGUN Thermal Massage Systems represent the fusion of Asian and Western Medical techniques. Inspired by the effects of Acupressure, Acupuncture, Chiropractic, Heat-Therapy (Moxibustion), and Massage, MIGUN Thermal Massage Systems provide you with total health, relaxation and balance.

Please refer to posted Operation Instruction

Please sign attached release:

Contraindications: (please see attached sheet)

- Liver Disorder
- Heart Disorder
- Spleen Disorder
- Lung Disorder
- Kidney Disorder

### **Inversion Table** - USA

Inversion therapy can provide innumerable benefits to your health. Inversion can relieve back pain, decompress the spine, stretch muscles and ligaments, relieve stress, improve circulation and help maintain overall good health. However, inversion is not for everyone. If you have any of the following health conditions, please do not invert without your licensed physician's approval (this is not an exhaustive list - it is intended only for your reference.)

**Inversion Therapy Contraindications:**

**Anti-Coagulants (Use of):** Blood-thinning drugs to reduce clotting of the arteries and blood vessels. The use of anti-coagulants signals people at risk for circulatory problems. Advise speaking with a physician before inverting.

**Bone weakness, recent fractures, skeletal implants:** Having a person's weight pulling down when inverted may exacerbate these conditions. Osteoporosis is a calcium deficiency disease in which the bones become porous, brittle, and very weak. We advise speaking with a physician before inverting.

**Conjunctivitis - (Pink eye):** An inflammation of the transparent membrane that covers the front surface of the eyeball and the inner surface of the eyelids caused by bacterial or viral infection. We advise speaking with a physician before inverting.

**Glaucoma:** A condition of elevated pressure within the eye because of an obstruction of the outflow of the clear, watery fluid circulating in the chambers of the eye. The resulting pressure (which is imperceptible without an eye exam) kills cells in the optic nerve, which can lead to a gradual loss of vision. Anyone with an eye condition should speak with a physician before inverting.

**Heart / circulatory disorders:** Any person having a condition involving the circulatory system should speak with a physician before inverting.

**Hiatus hernia, ventral hernia:** A hiatus hernia occurs when intra-abdominal pressure increases cause a portion of the stomach to move into the chest cavity through a weakness in the diaphragm. A ventral hernia develops at the site of previous surgery, usually along vertical incisions. It may also result from weakness in the abdominal wall. We advise speaking with a physician before inverting.

**High blood pressure, hypertension:** A common disorder in which the heart is pumping blood through the circulatory system with a force greater than that required for normal blood flow. An elevated blood pressure exceeds 140/90. It is true that certain people should not invert if they have uncontrolled high blood pressure. However, inversion can cause a state of relaxation that results in a drop in heart rate and BP (sometimes even lower than at a resting state). Some doctors have used inversion as a treatment for high BP. We advise speaking with a physician before inverting.

**Middle ear infection:** The middle ear helps equalize air pressure in the ear. A person may feel discomfort or disorientation during inversion. We advise speaking with a physician before inverting.

**Obesity (extreme):** In some people obesity can be associated with the undetected onset of many of the circulatory and eye problems mentioned above. The weight capacity of each of the inversion products should not be exceeded.

**Pregnancy:** Pregnant women should exercise caution while inverting. It is advisable to talk with physician first.

**Retinal detachment:** A separation of the retina, the thin, delicate membrane covering the rear portion of the eye, from the optic nerve. Usually results from a hole in the retina that allows the vitreous humor fluid to leak. Treatment is almost always surgical. A retinal hemorrhage, in most cases, can heal by itself. Anyone with an eye condition should speak with a physician before inverting.

**Spinal injury:** Any severe spinal cord trauma requires a person to consult their physician before inverting.

**Stroke:** Occurs when a blood vessel in the neck or brain becomes blocked or when a vessel in the brain bursts open. Symptoms include paralysis, difficulty speaking, memory loss, and impaired thought processes. It is advisable to talk with physician first.

**Transient ischemic attack:** Often called a "mini stroke," a TIA occurs when the blood supply is temporarily interrupted to a part of the brain due to a blockage. Often precedes the onset of a full stroke, and requires immediate action.

**Total Hip and Total Knee Replacements:** Anyone with a THR or TKR condition should speak with a physician before inverting.

**Any Spinal Surgery:** We Advise speaking with your physician before inverting, its not that you cannot invert... but you need to be sure it is safe for you.

### **Mediconsult Pulsed Magnetic Resonance** - Germany

Man-made frequencies are interfering with our health and there are long-term health benefits from using this technology. Research reveals that electromagnetic fields heal bones and increase bone density -- and it is looking like the same is true for tendon, ligament, cartilage and other collagen tissue as well. Responses have been found on psyche, metabolism, blood supply, cell and tissue regeneration, skin, immune system and the effects of electromagnetic smog. This technology addresses pain, insomnia, circulation, scar tissue and wound healing, arthritis, osteoporosis, immunity, inflammation, stress, and PMS.

Please refer to posted Operation Instruction

#### Contraindications:

- Pregnancy
- Epilepsy
- Electronic Implants such as a Pace Maker or Insulin Pump
- Tumors
- Severe Cardiac Arrhythmia
- Acute bouts of Hyperthyroidism

### **Nikken Magnet Mattress Pad** - Japan

The Kenko Naturest™ Mattress Topper combines advanced scientific technology with natural materials that are environmentally renewable and help you to enjoy refreshing, healthy sleep.

RAM™ (radial-axis magnetism) Technology features spherical neodymium magnets that produce a series of overlapping magnetic fields to enfold and surround you.

The physical foundation of the Kenko Naturest™ Mattress Topper is natural latex rubber — which provides an ideal blend of support and comfort, and is resistant to microbial growth and dust mites. It retains firmness better than polyurethane foam, and wicks away moisture. A natural-fiber cover promotes ventilation, helps to regulate temperature — and offers resistance to flammability without adding the chemicals that some other sleep products require.

The surface of specially molded, gradient-density nodules is the final touch, producing a massage effect that helps you sleep soundly and wake refreshed. After you try the Kenko Naturest™ Mattress Topper, you'll never want to sleep without it.

#### Contraindications –

- Pacemaker or other Implanted Medical Devices
- History of Epilepsy
- Pregnancy

Thank you for taking the time to read this carefully and to investigate what I offer and how you can enhance your health.

Please come again and bring a friend to enjoy sharing an experience of nurturing yourself while discovering how you can ~facilitate vibrant health and have fun doing so.

Please call with any questions or to schedule your friends or a group to come at a time more convenient for you. I offer four hours to 6-10 people for a SpiritWorks Wellness Adventure for \$44 per person.

It is with gratitude that I share my knowledge and health building resources.

~ *Lindy*

Your information: (Please print clearly)

Name: \_\_\_\_\_

Address:

Phone:

Email:

Date of Birth:

**Significant Medical History:** (illness, injury, surgeries)

**Release of Liability:**

I have read the above statements relating to Treatment Recommendations and Contraindications for each treatment and acknowledge such by my signature below and will hold harmless, Carolyn Dewey and any employees, agents or product manufacturers for any ill effects that I may experience now or in the future related to this treatment.

I have revealed all known existing health conditions and injuries before treatment and will share any discomfort experienced during treatment.

I assume full responsibility for proper use of the equipment made available to me today.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date