

Dr Ho Circulation Promoter FAQ

Q1. Does the stimulation hurt?

A1. No, the stimulation feels wonderful. Think about the stimulation as similar to a massaging feeling. The Circulation Promoter simulates 12 deep soothing massage techniques including deep kneading, relaxing rubbing and gentle chopping to help you get gentle relief from pain.

Q2. Is this a TENS machine?

A2. Yes, this is a TENS unit but also so much more than that. A traditional TENS Unit only blocks pain temporarily. The Circulation Promoter is scientifically proven to relieve muscle tension and spasms, reduce pain, and promote circulation. Traditional TENS machines provide stimulation at the same frequency, and over time the body adapt and stops responding. The Circulation Promoter simulates 12 different types of stimulation that vary in frequency, wave-form, ramp speed and intensity. The Circulation Promoter is also programmed to automatically change the stimulation at random to prevent the body from adapting.

These 12 different types of stimulation simulate soothing and relaxing massage techniques. The most important difference about the Circulation Promoter over the traditional TENS machine is that it is proven to provide relief within 20 minutes of use.

Q3. Is this an EMS machine?

A3. The Circulation Promoter includes wave forms that are found in EMS. However, it is not like a true EMS units because EMS units are used to help tone and define muscles only. The Circulation promoter helps relieve tired, achy, strained muscles and helps to alleviate pain. It also provides gentle stimulation that simulates a deep, soothing muscle massage.

Q4. The electrode pads aren't sticking, what should i do?

A4. First, please make sure that the protective plastic covering on the electrode pads have been removed. The electrode pads are water activated. Before each use, dip your fingers into some water and rub the water onto each electrode pad. Wait approximately 30-40 seconds before applying to your dry skin. When you have completed your treatment be sure to apply the clear plastic coverings back onto the electrode pads.

Depending on the frequency of use, remove the old pads and replace with new pads about once a month to ensure maximum effectiveness. Also, remember to place the electrodes back into the storage tray right after each use to prevent the pads from drying up and picking up dirt.

Q5. What do most people use Dr-Ho's circulation promoter for?

A5. Most people use DR-HO'S Circulation Promoter to help relieve their muscle tension and pain, reduce muscle spasms and improve circulation. Some of the most common conditions people use DR-HO'S Circulation Promoter for include:

- Foot pain and fatigue
- Headaches
- Neck pain
- Shoulder pain
- Rotator cuff pain
- Elbow pain
- Wrist pain
- Hand pain
- Joint pain
- Back pain
- Hip pain
- Leg pain
- Knee pain
- Cramps
- Strains and sprains

- Ankle pain

Q6. One pad feels like there's less stimulation, why?

A6. Often, there is a stronger sensation in one pad more than the other. The machine is working fine as this is very common and is expected. Often, one side of your body is much more sensitive than the other side. It is also possible that one pad is placed closer to nerve centers than the other.

Q7. There is a stinging sensation from the pads, what should i do?

A7. The electrode pads are water activated. They must be moist and sticky to work. Pads that are not moist enough will produce a weak and stinging sensation. Before each use, dip your finger into some water and put the water onto the electrode pads. Wait approximately 30-40 seconds before applying to your skin. Make sure that the pads are making full and firm contact with the skin. Also, make sure the pads are not worn out. If they are too old (over 1 month), they might cause that stinging sensation. Remove the old pads and replace with new ones about once per month if used regularly.

Q8. I can barely feel anything from the pads, what's wrong?

A8. First, check to make sure the batteries are not old and that they have enough power to run the machine properly. Even new batteries from some stores are stale from sitting on the shelf for a long time. Also, always make sure to use alkaline, non-rechargeable batteries because the rechargeable batteries reduce strength as they become old and the stimulation will be less.

If the batteries are not the problem, check to make sure the electrode pads are in good condition. Make sure they are moist and clean. Before each and every use, moisten the electrode pad with a little water and wait approximately 30-40 seconds before applying to your skin.

Also, the problem might be a loose wire connection. Make sure the wire is securely plugged into the device and well inserted into the electrodes.

Q9. When should i change the electrode pads?

A9. If you are using it every day the electrode pads should be changed about once every month. Remove the old electrode pads from the wire, and plug in new ones. Once you put a new set of pads on, the device will work like new again. Please clean your skin first if you use skin creams, or if skin is dirty, before sticking on the electrode pads.

Q10. I have a pacemaker, is this machine safe for me to use?

A10. No, unfortunately, the unit is not recommended to be used by those with a pacemaker. If you have a heart condition, but are not wearing a heart pacemaker, then it is safe for you to use it.

Q11. How long can i use the unit for? is there a time limit?

A11. For chronic problems, we recommend you use DR-HO'S Circulation Promoter 20 to 30 minutes each time, and 3 to 6 times per day for better and faster improvement. You can use it as often as you like as there are NO chemicals or drugs involved. It is very safe for long- term use.

Q12. Do I need to ask my doctor first about using this device?

A12. Anyone with health concerns should be under the care of their health professionals for proper diagnosis and treatment.

DR-HO'S Circulation Promoter is designed for your personal use and comes with a detailed instructional video and can be easily and safely applied. However, it does not replace your healthcare professional.

When in doubt, we recommend that you always consult with your doctor first. You can bring the device and show it to your doctor.

Q13. Is Dr-Ho's circulation promoter device similar to the machines that are used in chiropractic and physiotherapy centers?

A13. The power and the effectiveness of DR-HO'S Circulation Promoter are equal or better than some of those big expensive devices used by the professionals. There are also some unique benefits with DR-HO'S Circulation Promoter that many of those large professional devices do not offer. It simulates twelve of the most relaxing massage techniques. It is programmed to automatically and continuously provide a different massage pattern every few seconds. The advantage is that your body will not easily adapt to the same form of stimulation. It is also priced very reasonably since Dr. Michael Ho had made a personal commitment to help as many people as possible. Most machines with similar power and effectiveness can cost hundreds and even thousands of dollars more. They are generally very difficult to operate. DR-HO'S Circulation Promoter also comes with an instructional video so you will know what to do to get the best results.