

## Instruction Manual for TaoBody Acupoint Massager

### I. Disclaimer:

1. As hospital systems are well developed and most of countries have a complete labor and health insurance system, if there is an emergency or obvious symptoms of discomfort, it is strongly recommended to ask for help from existing medical channels for medical treatment;
2. This product is only an acupoint massaging/pressing aid device, especially suitable for those who love acupuncture (inclusive of moxibustion hereinafter), or those who are accustomed to using acupuncture equipment to relieve or lift their uncomfortable symptoms;
3. There are many kinds of acupuncture equipment on the market, but they are often purchased and left unused. The reasons include at least (A) one can find no time, (B) it needs focus to use, and (C) it needs efforts to press. TaoBody product overcomes these troubles so that the purchased goods will not stay idle, but can be put to their best use;
4. This APP uses Bluetooth for communication and collects no data other than the pressure information;
5. The APP pressure percentage is designed for the best performance, while users should pay more attention to their real pressure or pain, and should not operate the device to generate a pressure beyond a reasonable level.

### II. Convenience of using this product:

1. It, having detailed patent information at <https://global.tao-body.com/productinfo.php?id=1> and operated between 0□ and 40□, eliminates (A) continuous physical exertion, and (B) the mental fatigue that requires continuous focus on pressing;
2. With the help of a powerful database, it is extremely easy for users to retrieve and get close to the wisdom of classic acupuncture books over the past dynasties;
3. With the help of modern technology, the location of the acupoint is presented with photos of real people in the way of APP, accompanied by classic ancient books and experts' acupoint determination instructions, to help find the location of the acupoints as soon as possible;
4. Guided by APP, users are allowed to have a favorable or personalized acupoint pressing experience;
5. By the old saying "the acupuncture is prior to moxibustion prior to medicines". If you believe in the efficacy of traditional Chinese medicine, the effect of acupuncture is beyond doubt.

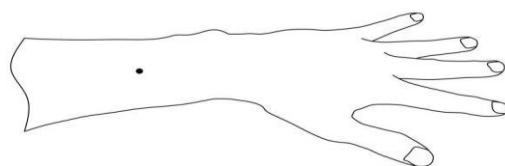
### III. The contribution of this product to the acupuncture sector:

1. With the help of APP, for acupuncture enthusiasts, this product collects/organizes 16 of the most famous acupuncture books from the past dynasties in China, namely Huangdi Neijing Suwen, Lingshu, A and B Classic of Acupuncture, Sacred Relief General Records, Acupuncture Life-Beneficial Book, Preparation of Emergency Moxibustion, Acupuncture Encyclopedia , Elite-Gathered Acupuncture, Acupuncture Digests, Acupuncture Dacheng, Six Acupuncture Prescriptions, Acupuncture Essentials, Acupuncture Fountains, Acupuncture Integration, Acupuncture Songs, Chinese Acupuncture Sole Acupoint Therapy.
2. The Precision Research Institute of Chung Hsing University has been requested to accurately measure the pressing depth and pressure of each acupoint for the database data;
3. With reference to ancient books, experts and scholars, and Internet data, real people will present photos of each acupoint location and provide textual data in respect of the location of acupoints for the users' reference;

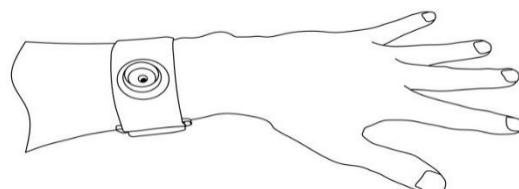
4. With helps of the modern technology, TaoBody Massager makes it easier for acupuncturists to work on the acupoint.

#### **IV. How to use this product:**

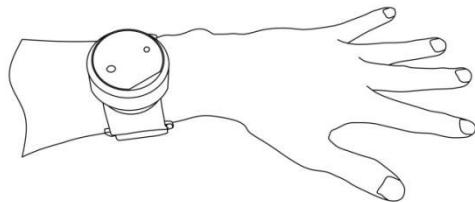
1. Enter (A) basic information: including email account, password, birth date, name, mobile phone, self-assessment of body state and gender;
2. Enter (A) your own various measurements (wrist, upper arm, thigh, and chest) data and the straps you already have (a total of five types: A. Lower arm, B. Upper arm/Calf, C. Thigh, D. Chest, and E. Palm/Foot) to create the account, (B) the guaranty number and the purchase date to activate this APP, and (C) after the APP starts, a seasonal push service message will appear, asking the user if s/he wants to use;
3. Select (A) Continuing the preceding treatment, (B) Reset or regular treatment and (C) Other searches including (a) top 10 common symptoms, (b) symptoms treated in the past, (c) acupoint used in the past, (d) finding an acupoint and (e) finding a symptom. In this diagram, there is a "New Purchase" button operable to add the warranty and purchase date of the newly purchased straps/new machine.
4. If (B) Reset or regular treatment is selected, (A) on the human body drawing, click on the uncomfortable part, (B) there are text descriptions for each part, and the classification of non-physical parts upon clicking the brown i sphere;
5. On the selected uncomfortable part, click on the symptom class related to your own uncomfortable symptom;
6. Before formally starting the pressing program, first (A) inform the symptom situation you have (i.e. is it in the initial, severe, or improving period?), and (B) click to select light or heavy pressing;
7. In the selected uncomfortable symptom (while you should see a doctor if you are not 100% sure), choose the acupuncture point you prefer;
8. (A) Select Heavy Press or Light Press mode. (B) If the selected acupoint is marked with "special effect", it represents such outstanding effect has been repeatedly proven clinically in the last hundred years. (C) If you don't mind the possible small traces on the skin, the light pressure mode can be used for a long time;
9. From the photos and texts that pop up in the APP, after finding the acupoint, you may mark it with the attached red little sticker;



10. Align the center of the base of the strap hole with the acupoint identified by the aforementioned small red point, and tie it to the appropriate body part;



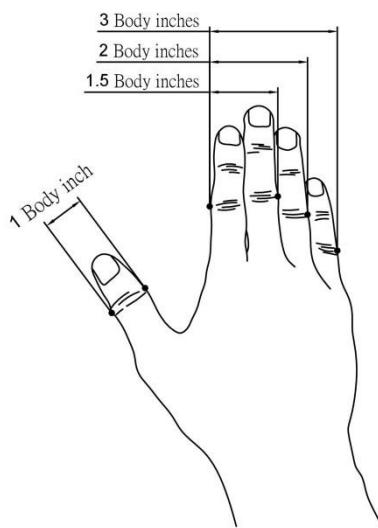
11. Lock the main body of the device to the base;



12. Start to rotate the device body until the APP shows the pressure level is 100%;
13. Later, you can return to your original work or activity;
14. When the preset pressing time comes, the APP will remind you that you can release/remove the machine device; and
15. Click, for the next time, you want (A) to increase or decrease the pressure? (B) Increase or decrease the next pressing period, and (C) Increase or decrease the interval between the present and next pressing sessions (default periods are 6, 7, 8 and 8 hours respectively corresponding to (i) initial period, (ii) severe period, (iii) improving period, and (iv) chronic illness).

#### **V. The trick of locating acupoints:**

1. Pressing on the exact acupoint usually produces sore, numbness and/or pain;
2. In acupuncture and moxibustion, the following methods are usually used to find acupoints: (A) 1 body inch: the width of the thumb along the bottom of the nail, (B) the total width of the index finger and the middle finger at the second joint is 1.5 inches, (C) the total width of the three fingers of the index, middle and ring fingers at the second joint is 2 inches, and (D) the total width of the index, middle, ring and little fingers at the second joint is 3 inches. If you are interested in knowing more precise or more, please read on;



3. Acupoint positioning commonly takes the body inch where (A) each person's body inch is unique to have a different body inch in acupuncture and moxibustion. (B) Strictly speaking, the same person on different parts has different body inches;
4. The theory of acupuncture and moxibustion is as follows: (A) 9 body inches between the two Touwei acupoints on the Stomach Meridian, (B) 8 inches between two nipples, (C) in the front chest, 8 inches from the xiphoid to the navel, (D) 5 inches

from the navel to the upper edge of the pubic bone, (E) 9 inches from the axillary striated end to the elbow (inner) crease, (F) 12 inches from the elbow crease to the wrist crease, (G) 10 inches from the Jianyu acupoint to the back elbow crease, (H) 18 inches from the upper edge of the pubic bone to the medial epicondyle of the femur (back of the leg), (I) 19 inches from the greater trochanter to the outer calf nose (Dubi acupoint) (in the front of the thigh), (J) 13 inches from Yinlingquan to the tip of the medial malleolus (rear side of the lower leg), and (K) 16 inches from the outer calf nose (Dubi) to the tip of the outer malleolus.

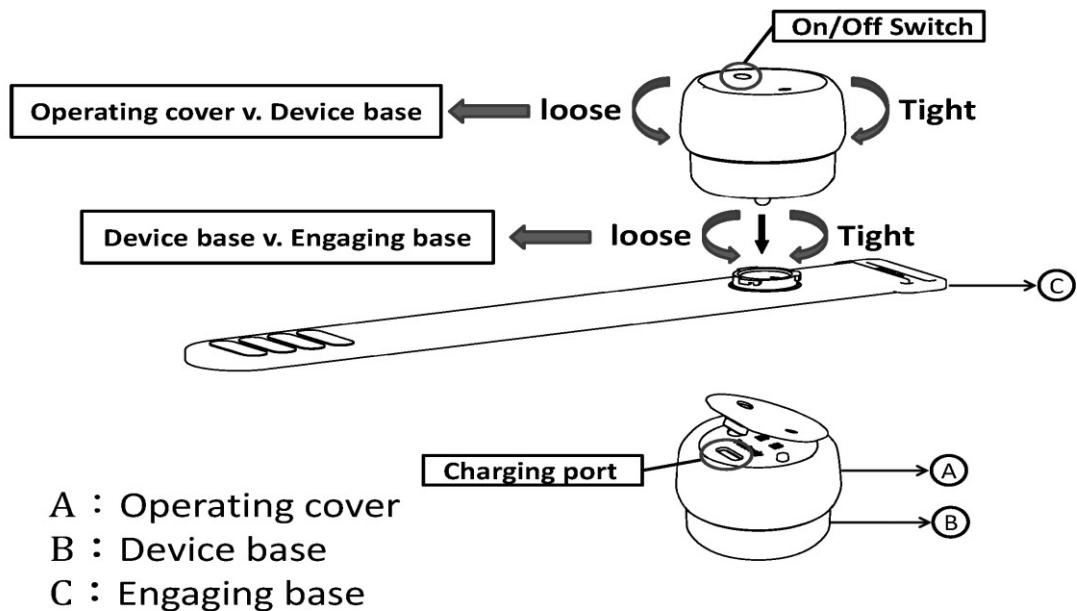
## **VI. Attention should be paid to the use of this product:**

1. Please use this product in accordance with the use pressure and rotation limit of the APP guidelines, so that the product can maintain normal use performance for a long time;
2. What choices are available now include 263 acupoints/symptoms on the lower arm, 93 acupoints/symptoms on the upper arm, 223 acupoints/symptoms on the calf, 89 acupoints/symptoms on the thigh, 464 acupoints/symptoms on the chest and abdomen, and 473 acupoints/symptoms on hand and foot palms. Because the girths of these parts are different from each other, through the restrictions of the mechanism, it is necessary to purchase all relevant straps of different lengths in order to smoothly use the device on all acupuncture points;
3. (A) After purchase, please fully charge the present product by connecting the attached charging wire to the charging socket for your mobile phone, (B) The red light will flash during charging, (C) When fully charged, the red light will go out, (D) In use, the blue light will flash every ten seconds, (E) 65 minutes after the switch is turned on, if you forget to turn off the power, it will automatically power off, (F) Under the use frequency 3 times a day, a single charge can work for around one week, (G) If it is to be idle for a long time, it is better to charge it at least once every six months, (H) If the cell exhausts its life because of frequent use for many years, you can send the product back to be disassembled/reassembled for cell replacement at the basic cost of US\$35 (excluding the shipping cost);
4. This product is highly related to your personal physical data (such as various girths and gender), so please operate it exclusively under your own account to enjoy the best performance;
5. (A) Acupuncture is not suitable for underweight people (only using light pressure if taking a try), (B) as the same symptom does not necessarily have the same cause, if you can choose the right acupoint or cause, you will start recovering soon, (C) the second picture in each acupoint helps you to get the accurate position;

## **VII. Other skills for operating the APP:**

1. On the screen where photos of acupoints are shown, you can (A) set whether to increase/decrease the strength in the bottom, (B) by clicking on the rotation sign on the upper right position, you can rotate the photo, (C) the central picture can be zoomed by two fingers, (D) by clicking on “changing picture” also on the upper right position, the second supplementary display picture will appear, and (E) the second photo basically uses the bones as references, so that the user can accurately locate the acupoint relatively easily;
2. Light massage is designed to slightly stimulate the acupoint, while heavy massage is to feel a little pain, but tolerable. However, each person's pain perception and/or pain tolerance are different, so this massager takes the average value of adult males as the benchmark value, while women, minors and those self-assessed to be infirm will automatically retrieve a slightly lowered value through the APP. If you have enough self-confidence in deciding the pressure, you can optionally increase/decrease the pressure accordingly;

3. After logging in, please (A) click on the recurrence of discomfort or new/additional disease, (B) if you choose the former, then click on the recurrence of the old symptom or resume the last treatment, (C) click on the initial period, severe period, improving period or chronic disease (because of the different reminding time intervals for reapplication), (D) click on the body part of the occurring symptom where there is an i circle in the bottom right corner of the screen for clicking to show trans-parts or mental diseases, (E) click on the next layer of body part, (F) swipe the screen to select the most matching symptom you have, (G) swipe the screen to select your favorite acupoint (because the causes of some identical symptoms are very different, if you are not satisfied with the effect of the acupoint selected for the first time, please choose another acupoint, in order to find the most suitable and matching acupoint), (H) select the pressure mode of the selected acupoint, i.e. light pressure or heavy pressure, (I) officially enters Item IV. How to use this product, and (J) when the pressure has reached the preset 100%, while you feel it is too light or too heavy, please use the button on the bottom to increase or decrease the pressure for adjusting the personalized preset value; 4. The pressure % will be displayed proportionally, but before reaching the 100% default value, the hand turning the massager, the muscles deployment corresponding to a specific unconscious posture change of the human body, and/or the circulation of Rong/Wei Qi/pulse all may cause a nonlinear or astable percentage display, which will not be a problem because you will eventually get the 100% after a proper turning adjustment.



### Relation among TaoBody's Strap, Acupoint and Disease

This TaoBody acupoint massager must be tied to a specific body part, around which a strap is tied. While not only different body parts have different girths, but also different persons have different girths. Through repeated research, it could then be finally determined that there are eight types of straps suitable for everyone in the world. As the acupoint determine the discomfort or disease that can be treated, and this acupoint massager must be positioned on the acupoint through the strap, the correct size of strap

should be selected for proper operation of the acupoint pressing device. The following is a rough illustration of the relationship among the specific strap, the body part where the acupoint is located, and the symptoms that can be treated.

1. Strap No. **6** (56-102cm) or No. **7** (74-138.5cm) is suitable for all acupoints on the **chest, abdomen and back**:

Body parts where symptoms develop: trachea/mouth/larynx/qi/shoulder/neck/chest/abdomen/internal organs/head/eyebrow rib

Symptoms: wheezing/cough/vomiting/phlegm/speech/diet/crazy/stuffy/epilepsy/feces/hysteria/cholera/bloodurine/hernia/swelling/postpartum diseases/menstruation/stroke/sperm/opisthotonus/ejaculation/constipation/Jaundice/typhoidfever/malaria/weight loss

2. Strap No. **8** is applicable to all acupoints on the **palm**:

Body parts where symptoms develop: internal/external organs of head or face/neck/shoulder/elbow/limbs/chest/back/stomach/intestine/lumbar/leg/muscles/bones

Symptoms: nasal discharge/blood/sweat/ cough/wheezing/vomiting/saliva/madness/sadness/numbness/convulsions asthenia/suffocation/cold and heat

3. Strap No. **1** (12-14.5cm), No. **2** (13-16.5cm) or No. **3** (16-23cm) is suitable for all acupoints on the **lower arm**:

Body parts where symptoms develop: internal/external organs of head or face/larynx/trachea/shoulder/neck/elbow/arm/palm/wrist/spine/heart/breast/thorax/abdomen/gallbladder

Symptoms: hysteria/madness/aphasia/nervous/annoying/ postpartum diseases/cough/sputum/vomiting/eat/dysentery/ urinary/fecal/cold/heat/sleep/wind/sweat/madness/typhoid fever/malaria/quit smoking/alcohol

4. Strap No. **3**, No. **4** (22.5-36cm) or No. **5** (33.5-57.5cm) is suitable for all acupoints on the **upper arm**:

Body parts where symptoms develop: larynx/tooth/eyes/head/shoulder/neck/limbs/heart/chest/abdomen/lower back/muscles

Symptoms: nose/mouth bleeding/sweat/swelling/cough/ wheezing/vomiting/madness/malaria

5. Strap No. **9** is suitable for all acupoints on the **foot**:

Body parts where symptoms develop: Internal/external organs of head or face/trachea/chest/abdomen/muscles/bones/lower back/limbs

Symptoms: postpartum diseases/menstruation/sperm/hemorrhoids/nasal/urine/bleeding/vomiting/phlegm/defecation/salivation/aphonia/insomnia/swelling/numbness/convulsions/hysteria/annoying/cold/heat/stroke/abstaining alcohol/madness

6. Strap No. **4** or No. **5** applies to all acupoints on the **calf**:

Body parts where symptoms develop: head and face and their organs/chest/abdomen/breast/shoulder/neck/waist/leg

Symptoms: flu/nosebleeds/nasal congestion/wheezing/ vomiting/bloating/madness/sadness/gynecology/testicle swelling/hemorrhoids/ejaculation/feces/cold/heat/malaria 7.

7. Strap No. **5** or No. **6** is suitable for all acupoints on the **thigh**:

Body parts where symptoms develop: ear/tongue/eye/neck/chest/abdomen/waist/leg

Symptoms: urine/blood/wheezing/crazy/hernia

## Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- . Reorient or relocate the receiving antenna.
- . Increase the separation between the equipment and receiver.
- . Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- . Consult the dealer or an experienced radio/TV technician for help.

**FCC Caution:** To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. (Example - use only shielded interface cables when connecting to computer or peripheral devices).



FCC ID: 2A9N7TB-AM01

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES.

OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

(1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE AND (2)  
THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED,  
INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRED  
OPERATION.

MADE IN TAIWAN

BRAND NAME: TaoBody

Canadian IC

Brand Name: TaoBody	Model No.: TB-AM01
IC: 29854-TBAM01	
This device complies with Industry Canada licence-exempt RSS 247 standard. Operation is subject to the following two conditions:	
(1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE AND	
(2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRED OPERATION.	
Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.	
Manufacturer name: TaoBody Lifetime Healthiness, Inc. MADE IN TAIWAN	

### FCC Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

### IC Radiation Exposure Statement

This equipment complies with IC RSS-102 radiation exposure limit set forth for an uncontrolled environment.

Cet équipement est conforme aux CNR-102 d'Industrie Canada.