



# INTENSITY 1-10 GUIDELINES

## TARGET THERAPY FOR SMALL PILLOW & PEN

**DISCLAIMER:** The information provided is for informational purposes only. We are not making any claims, treating or curing anything. The information provided is not intended to be used as medical advice. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment.

### INTENSITY 1

**TARGETS:** Belly, brain, intestines, nerves, heart; settling down disregulation

### INTENSITY 2

**TARGETS:** Lymphatics, arteries, viens, epithelial cell walls, pancreas, liquid producing glandular organs and hormones, renals, adrenals

### INTENSITY 3

**TARGETS:** Tissue mass, circulation

### INTENSITY 4

**TARGETS:** Blood cells & circulation FLUSH & FINISH

### INTENSITY 5

**TARGETS:** Organs with high blood content and substantial density tissue; kidneys, liver, gall bladder, hematoma, ALL skin surface disruptions, tissue mass of fibroids, cysts

### INTENSITY 6

**TARGETS:** Density of fibroid tissue inside organs, necrosis hard tissue, bone cartilage

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### INTENSITY 7

**TARGETS:** Tendons, bone connections to tissues, tendons

### INTENSITY 8

**TARGETS:** Ligaments & bone connection points

### INTENSITY 9

**TARGETS:** Outer shell of bone

### INTENSITY 10

**TARGETS:** Calcium deposits, bone spurs, inflammation, pain, injuries, open, closed wounds, bleeding under skin, eyes, lungs, bronchioles, reboot electrical

Always Use Progra

## HELPFUL TIPS

For best results, use the full body mat twice a day for 10-30 minutes. In the morning, use Stability 3 and in the evening use Tranquility 3. You can follow up with a 30-minute session with either pillow pad or any applicator. It's beneficial to hydrate before and after each body mat session and take magnesium once per day.

You can target areas with the small applicators, which can be used up to a maximum 2 to 3 times per day on the same area and per comfort level.

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