

## **Instructions for your Bio Disc**

### **How to use the Bio Disc:**

1. Consume water that has been energized with the bio disc resonance. (Simply run water over the surface of the bio disc or place a glass of water on the bio disc).
2. Hold the Bio Disc 20cm from the affected area and rotate an led torch light anti- clockwise for approx. 10 minutes or until pain subsides. Used primarily for pain relief.
3. Create a bio disc spray. How? Energize water and place into a spray bottle. This is helpful for minor burns, rashes, mild sun burn, itches and any skin allergies. Simply spray the water on the affected area. The sprayed water is absorbed into the skin. When it reaches the dermis, it releases the oxygen at the dermis.
4. Set up a Healing Life Force Energy Field under your bed. Either place the bio disc under your bed or fill 4 soft drink bottles with energized water and place under the four corners of your bed. The effect of placing the bottles under each corner sets up a gentle positive energy field that your body absorbs during sleep.
5. Steam the energized water and breathe in the water vapor.
6. Rub facial cream and other cosmetics on bio disc in an anti-clockwise direction before applying to skin.
7. Simply carry the bio disc on you.
8. Place the bio disc in your refrigerator. It will energize your food and help keep your food fresh.

### **Care Instructions for your Bio Disc:**

1. The Bio Disc is made of glass and is fragile and breakable; handle with care.
2. Exposing the Bio Disc to extreme temperatures, both hot and cold, may cause it to crack or break.
3. Do not place the Bio Disc in the freezer compartment of your refrigerator.