



Acute Pain



Indications:

The Pain & Sport Tweak is designed to minimize the effects of an injury or damage that may occur on the playing field. The Tweak can also be used to boost energy.

Read this before use.

Your Tweaklite is a high-quality instrument for applying color light in areas determined by an expert. Before use, recharge the instrument completely using a USB charger. Charge = **red**, full = **green**.

Press the key briefly to activate the instrument, wait for the tone. The instrument is now ready for use. Too long pressing the button will activate the test colors. For manual switching off, press and hold the switch-off button for 4 seconds, wait for the tone.

Follow the instructions in the manual. The Tweaklite switches itself off after 4 minutes when it is no longer in use.

Application is intended solely for well-being and does not replace any medical treatment. If in doubt, consult your doctor.

Attention! Never look directly into the light, it can dazzle and do not use the instrument during pregnancy or epilepsy. The standard is optional.

Goal

The **Pain & Sport Tweak** is designed to minimize the effects of an injury or damage that may occur on the playing field. The Tweak can also be used to boost energy.

Function

For acute symptoms due to excessive physical exertion or injury.

For persistent symptoms caused by lymph, blood or fluid stagnation, acute and chronic injuries such as contusions, sprains, strains and fractures.

Regulates and eliminates edema and tissue blockages. Relieves pain and cramps in muscles, tendons and blockades.

Quick energy recovery.

An additional feature is the ability to boost the energy in a few minutes by supporting the kidney energy. This promotes also de-acidification.

Pain relief

After the start-up the Tweaklite starts with a 3 seconds red light to indicate the location of the treatment.

After wake-up press the button to start the local treatment. The recommended time is up to 3 minutes, If it feels that it is enough if the pain worsens, stop treatment.

Enhancement for pain

In order to improve the effect on pain, the Tweak can be applied to the point ST36 under the knee.

ST36 is located diagonally below the kneecap, one finger to the outside. To find this simple, put the palm of your hand on the kneecap, on the outside middle finger next to the shin. Your index finger indicates the hollow at this point. Do this for 1 minute left and 1 minute right.

Extra energy

To get temporarily extra energy you can apply this Tweak at the point Ki7. This point is located on the inside back of the shin bone, four finger widths above the inner cusp of the ankle.

Start the Tweak Lite again, wait until the red light is off and treat both sides, each about 2 minutes. If it feels that it's enough, then stop the treatment.

Hamstring

Apply the Tweak as soon as possible! Preferably twice a day Divide the six minutes **time** over the marked (red) locations of the injury. When the location **hurts**, **continue to the next location**.

Insect bites

The program is also useful for insect bites. Apply directly on the sting. Cover the lens with a transparent plastic bag

Attention!

Please be aware that pain is always a warning signal. Injuries may have further consequences and need medical referral. The usage of this Sports Tweak is a complementary support!

