

AVAZIA™

Innovation in Health & Wellness



The Complete Pain Relief Solution

It works.

- Over the Counter
- Prescription-level pain relief
- Drug Free and non-invasive
- Advanced neurological signals to maximize pain relief
- Relax and Stimulate modes
- Portable relief can be worn during many daily activities
- Cost effective
- Simple to use

Avazzia Blue

The Avazzia Blue™ is an advanced microcurrent neurological stimulation device that prompts the body's natural responses to provide all-natural, drug-free, noninvasive pain relief.



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Dallas, Texas 75240 USA

214.575.2820
Avazzia.com

Product Options Available for Purchase

International Certifications

- US FDA 510K cleared for OTC sales for the temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, back of the neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities
- ISO 13485 International Quality Management System Certification
- CE - Certification marking in Europe - TENS
- Health Canada licensed

Safety Precautions

Read all safety instructions in the Owner's Manual before operating. The device should only be used for the purpose for which it is intended. Device should only be used by people who can read and understand these instructions in English.

Contraindications

Do not use on persons with a demand-type cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. Such use could cause electric shock, burns, electrical interference, or death.

Do not use if pregnant or nursing.

Do not use device for undiagnosed pain syndromes until etiology is established.



Stand alone device with built-in electrodes.

Benefit: Requires no consumable conductive pads.



Zipper pouch kit with self-adhesive conductive pads and lead wires.

Benefits: Portable pain solution, gel pads eliminate the need to hold the device.



Portable carrying case kit with Y-electrode, self-adhesive conductive pads and lead wires (Recommended option).

Benefits: Y-electrode provides optimized treatment and electro massage.

Y-electrodes, self-adhesive conductive pads and lead wires are also sold separately.

People Who Have Experienced Pain Relief With Avazzia

I played football at University of Arkansas and Northeastern State University in Oklahoma and sustained many injuries during my athletic career. I have tried just about everything I could to sooth and relieve the pain associated with arthritis and scarring of muscles, tendons and bone fractures...(including) very expensive shots and several different prescription TENS units...I found a significant measurable amount of relief associated with the Avazzia therapy in a very short time. I must say I have found the relief I have been trying to find with all of the others and your Avazzia unit really works. I consider this unit to be the next generation of therapy devices to be recommended by team doctors and trainers.

Bill Scott

High school and collegiate football player
Former Bristow (OK) High School Coach
Oklahoma Coaches Association 1987 Hall of Fame honoree

After spending eight hours a day using a computer mouse, I began suffering from severe numbness in my right hand and arm. I was introduced to the Avazzia device and began seeing improvement almost immediately. Within six months I was totally symptom-free and able to avoid surgery (which I was told was my other option). Since then I have used the device to relieve the chronic neck and shoulder pain that has seriously impacted quality of life for my entire adult life. Nothing I've tried before has been as effective.

Dianne Stultz

Plano, TX

Community Health Center of Lubbock has been searching for an effective method to deal with our unfunded clients lower back pain. We are excited that Avazzia has a solution that we are working to incorporate into our practice.

Michael Sullivan

Lubbock Community Health Center

AVAZZIA
Innovation in Health & Wellness

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Getting Started with Avazzia Blue Device

1. Insert two double AA batteries into your Avazzia Blue device.
2. Turn on your Avazzia Blue device.
3. A slow flashing red LED will appear. This is the Blue Relax Mode, the default mode.
4. To change modes, press the mode key once. The red LED will flash faster. This is the Blue Stimulate Mode.
5. Press mode again to return to Blue Relax Mode.
6. To increase the power press/hold the up arrow and to decrease power press/hold the down arrow.



Device Use

Blue Relax mode is intended to be used when treating scars, inflamed or acute conditions (*i.e.*, soreness from exercise).

Blue Stimulate mode is intended to treat daily pain (tendonitis, plantar fasciitis, back pain, knee pain) by “painting” or “parking” on skin.

Online Training Videos

For training, please go to www.avazziatraining.com/collection/view/id/28/ and watch the **Avazzia Blue** training videos.

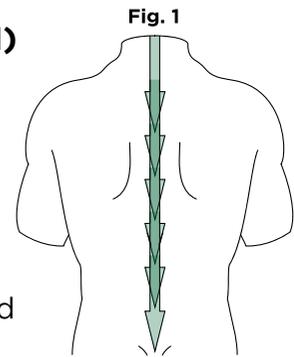
Treatment Tips and Techniques

Sticky Spots or Areas of Resistance (Relax or Stimulate Mode)

- Power intensity: Comfortable prickly sensation.
- As you paint with the Y-electrode, you may feel some areas where the device encounters resistance, where it tends to stick.
- Increased friction between the electrode and the skin could possibly indicate an area of inflammation.
- Repeated brush strokes with the electrodes over the area should reduce and finally eliminate resistance.

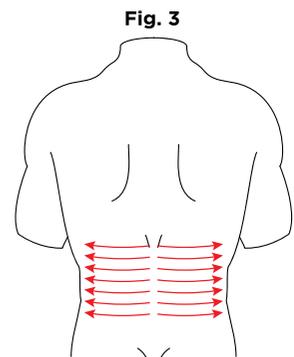
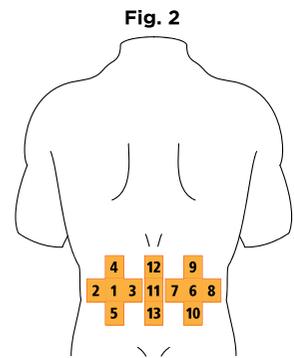
Painting Treatment (Relax or Stimulate Mode) (Fig. 1)

- Power intensity: Comfortable prickly sensation.
- Place the Y-electrode on an area of the skin and move in repeated, overlapping strokes of about 3 to 6 inches in length, like painting a wall, and always in the same direction along the skin.
- More painting may be required until friction subsides and the device glides easily across the surface of the skin.



Point of Pain and Contralateral (opposite side) Treatment (Relax Mode) (Fig. 2 and 3)

- Power intensity: Comfortable prickly sensation.
- Locate the area of pain with your fingertips. This is area 1 on Figure 2.
- Treat area 1 until the device emits a longer ring. Then treat areas 2, 3, 4 and 5 until the device emits a longer ring at each location.
- Treat areas 6, 7, 8, 9 and 10 until the device emits a longer ring at each location.
- Treat areas 11, 12, and 13 until the device emits a longer ring at each location.
- Switch to Blue Stimulate mode.
- Paint horizontal strokes out from the spine to the side of the back with each stroke about an inch lower than the last for about 5 minutes on each side. (Figure 3).



Note: Built-in electrodes can always be used to replace the shown electrode.

Accessory Use

When the built-in electrodes are inconvenient or unsuitable, Avazzia provides approved accessories for use with Blue device to improve treatment efficacy. The following describes each accessory.

Y-Electrode

- Use for Point of Pain, Painting Treatment and brushing of sticky spots and hard to reach locations
- Use for massaging muscles with stimulation for pain relief.
- Use as directed in the Advanced Pain Relief Techniques.
- Used with Avazzia prescription units to provide ongoing reaction readings. This feature is not available on Avazzia Blue device.

To Use:

- Attach provided lead wire from the device to the Y-electrode.
- Move the Y-electrode across the body area to identify sticky spots.
- Move the Y-electrode in back and forth massaging motion on the skin with suitable massaging pressure.
- Place on the location of the body that needs treated and hold until treatment is completed.

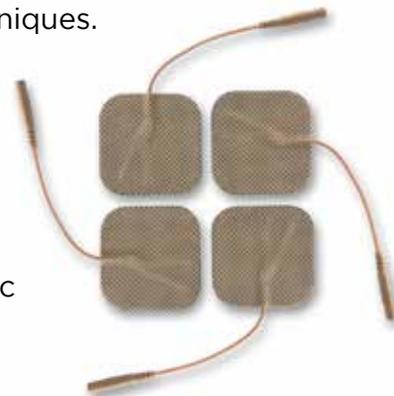


Reusable Conductive Pads

- Use when using built-in or Y-electrode is impractical or inconvenient.
- Use to treat a specific body location for longer time period.
- Use when desiring a hands-free treatment so normal daily activities may continue during treatment.
- Use as directed in the Advanced Pain Relief Techniques.

To Use:

- Attach lead wire from the device to 2 of the single wire conductive pads.
- Place conductive pads on the body around the pain location or other desired location.
- Remove pads after treatment and return to plastic sheet for storage.
- Replace the pads when they no longer adhere properly to the skin.



After completing the Getting Started section and becoming familiar with the Avazzia Blue device, the following protocols are for specific pain relief.

Lower Back Treatment

Step 1 - Smooth Out Resistance Areas

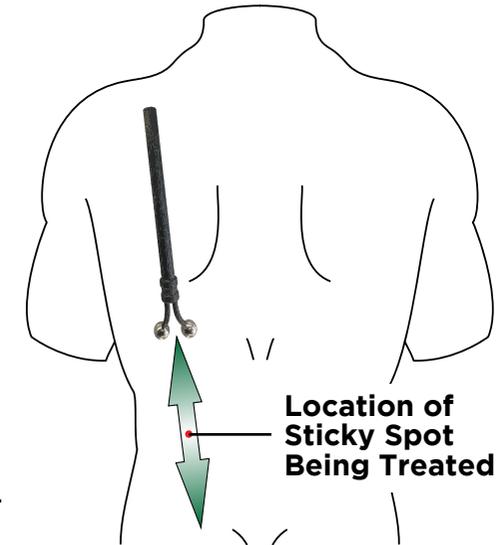


Electrode: Y-electrode

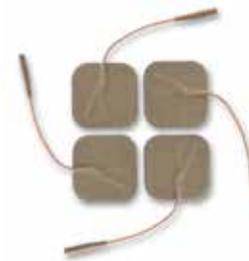
Mode: Relax

Power: Comfortably prickly

1. Check lower back for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.



Step 2 - Point of Pain Treatment

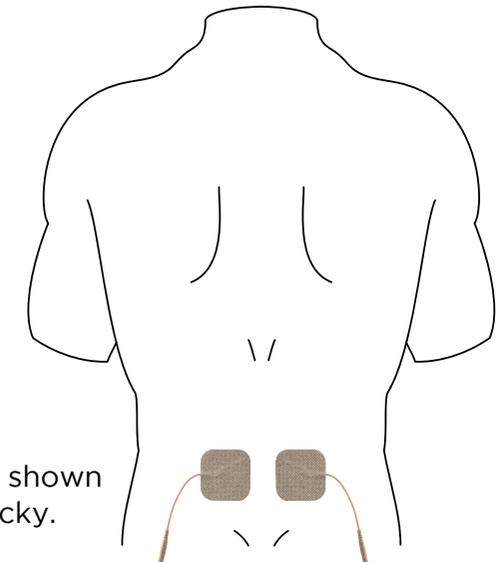


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the gel pads on lower back area, as shown Or on either of the area that was most sticky.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Upper Back Treatment (Neck & Shoulder)

Step 1 - Smooth Out Resistance Areas

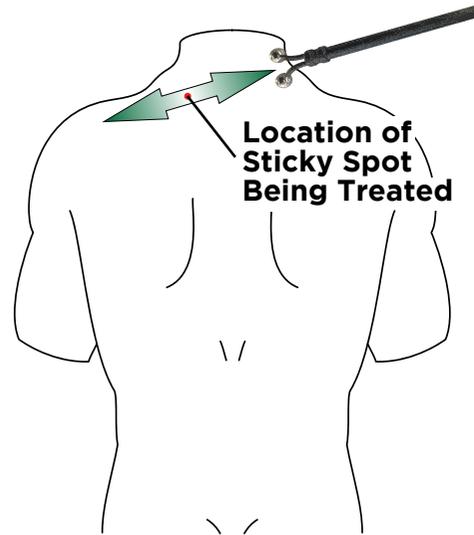


Electrode: Y-electrode

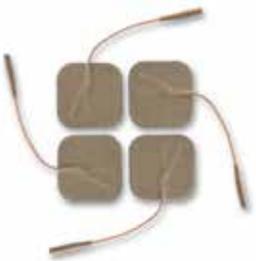
Mode: Relax

Power: Comfortably prickly

1. Check upper back area for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.



Step 2 - Point of Pain Treatment

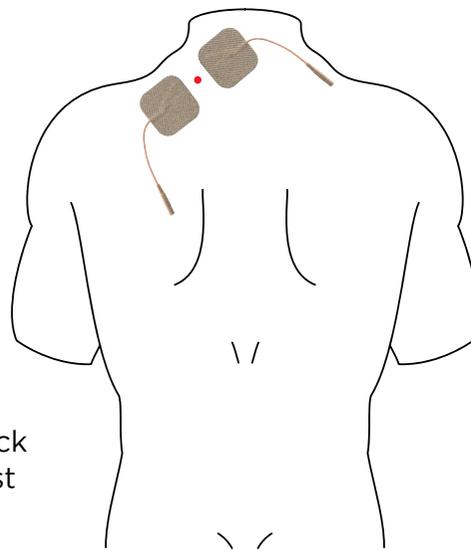


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the gel pads on either side of the neck OR on either side of the area that was most sticky, as shown.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Shoulder Treatment

Step 1 - Locate the Point of Pain

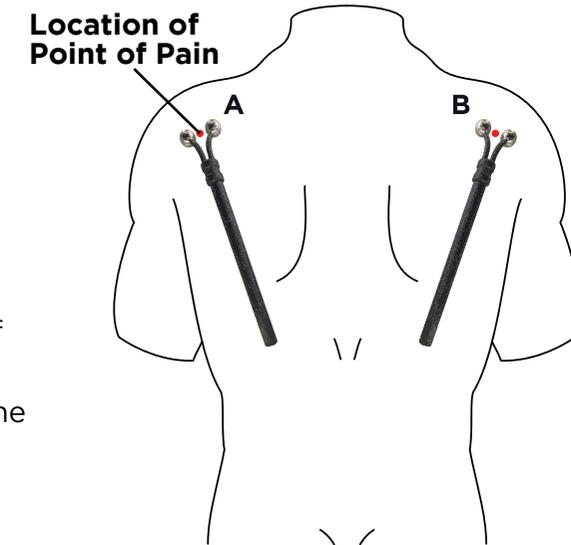


Electrode: Y-electrode

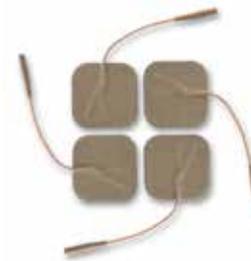
Mode: Relax

Power: Comfortably prickly

1. Locate point of pain with fingertips.
2. Place Y-electrode directly on point of pain (A) and leave for 30 seconds
3. Then treat the opposite shoulder in the exact same spot (B) for 30 seconds.
4. Turn Blue device power to off.



Step 2 - Point of Pain Treatment

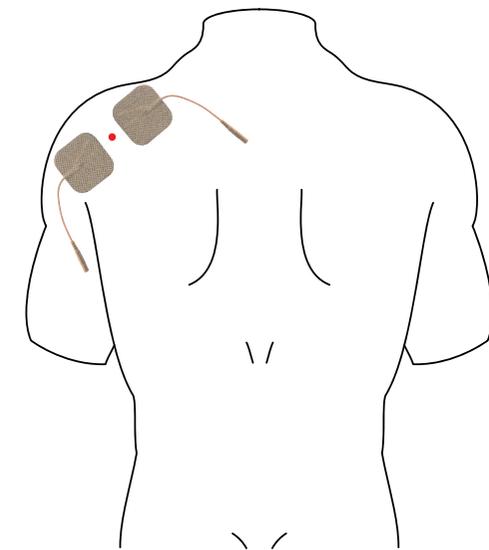


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the gel pads on either side of point of pain.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Note: Built-in electrodes can always be used to replace the shown electrode.

Elbow Treatment

Step 1 - Smooth Out Resistance Areas



Electrode: Y-electrode

Mode: Relax

Power: Comfortably prickly

1. Check elbow for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.



Step 2 - Point of Pain Treatment

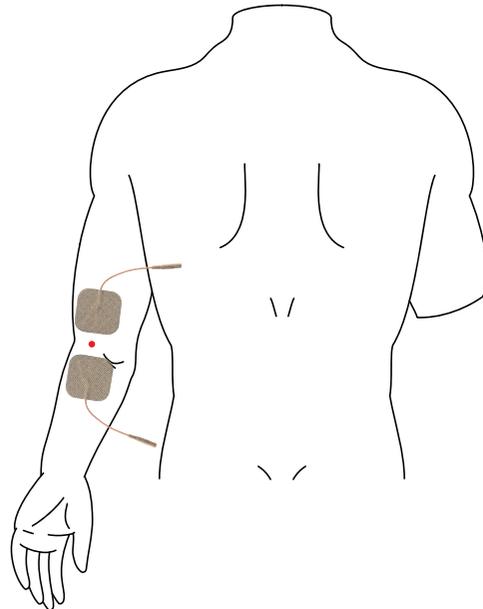


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the gel pads on either side of the elbow OR on either side of the area that was most sticky, as shown.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Wrist Treatment

Step 1 - Smooth Out Resistance Areas

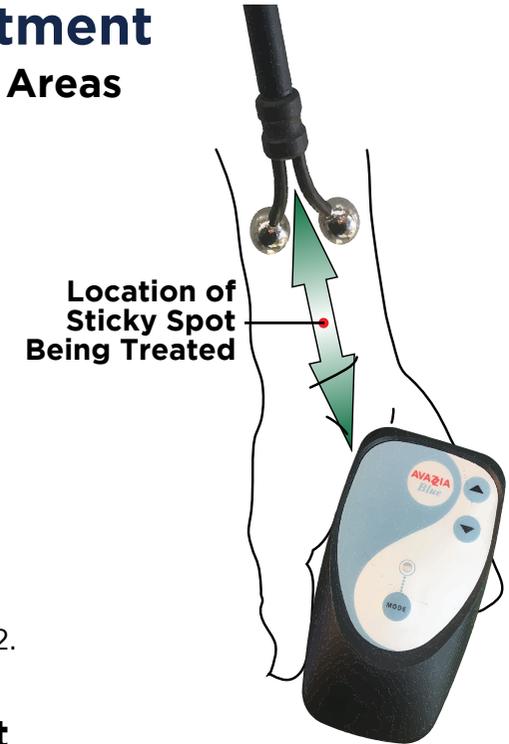


Electrode: Y-electrode

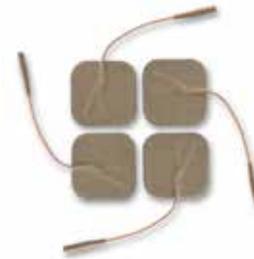
Mode: Relax

Power: Comfortably prickly

1. Check wrist for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.



Step 2 - Point of Pain Treatment

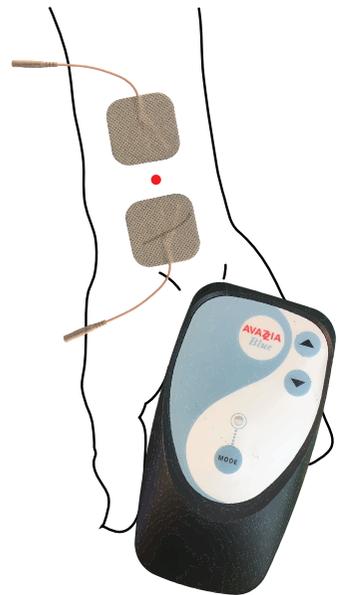


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the one gel pad on the wrist and one on the hand OR on either side of the area that was most sticky.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Freedom from Pain **without the Drugs**



Forearm Treatment

Step 1 - Smooth Out Resistance Areas

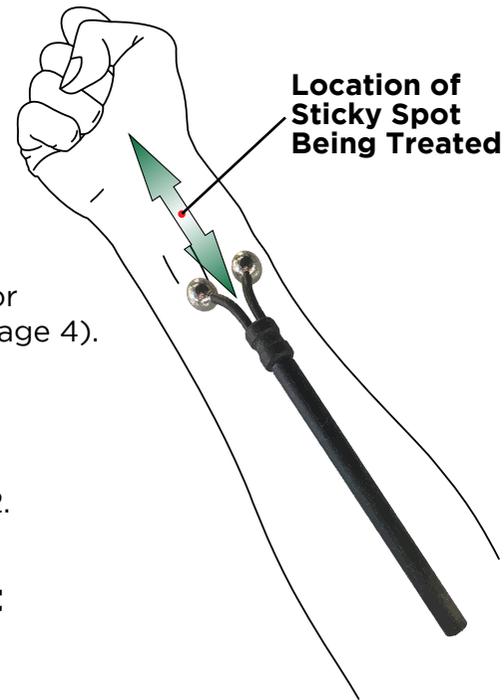


Electrode: Y-electrode

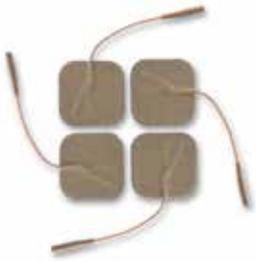
Mode: Relax

Power: Comfortably prickly

1. Check fingers, palm, wrist and forearm for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.



Step 2 - Point of Pain Treatment

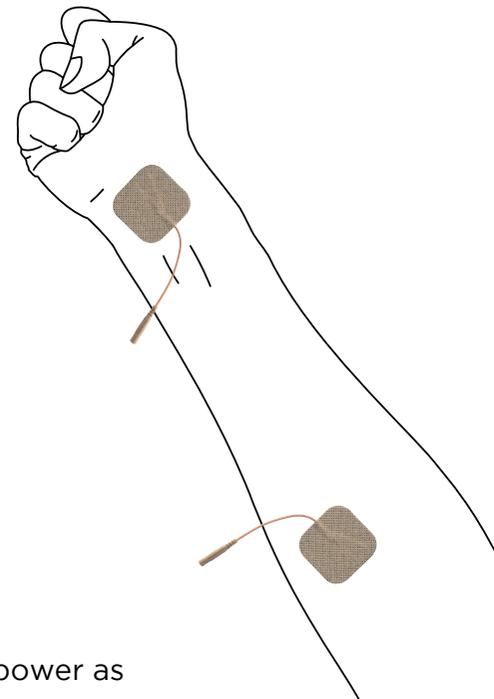


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the one gel pad on the wrist and one on the forearm OR on either side of the area that was most sticky.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Knee Treatment

Step 1 - Smooth Out Resistance Areas

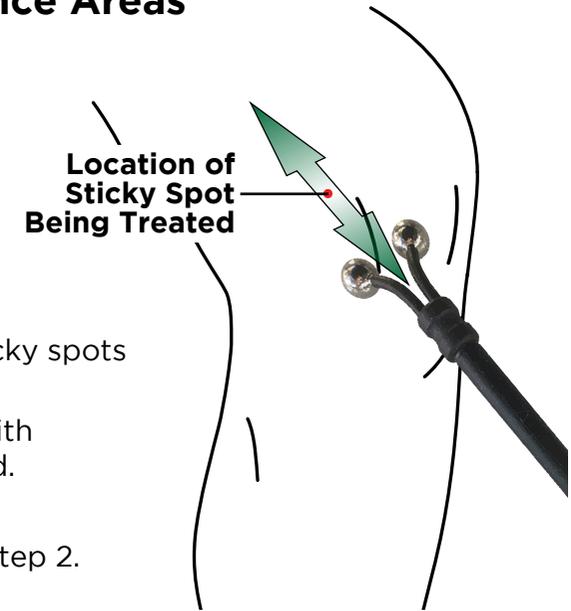


Electrode: Y-electrode

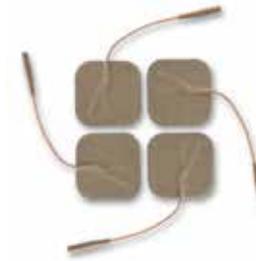
Mode: Relax

Power: Comfortably prickly

1. Check knee area for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.



Step 2 - Point of Pain Treatment

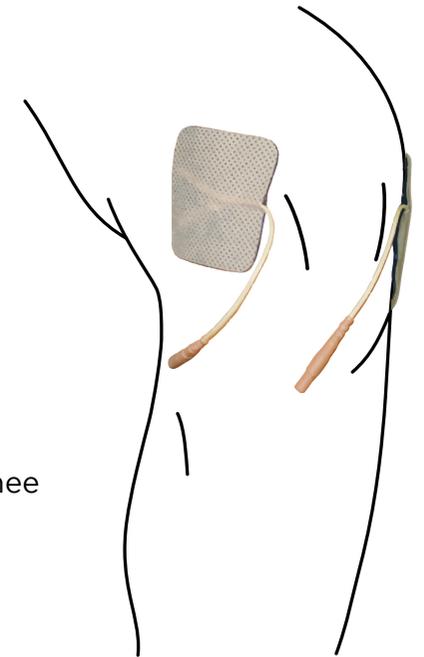


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the gel pads on each side of the knee OR on either side of the area that was most sticky.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Lower Leg Treatment

Step 1 - Smooth Out Resistance Areas



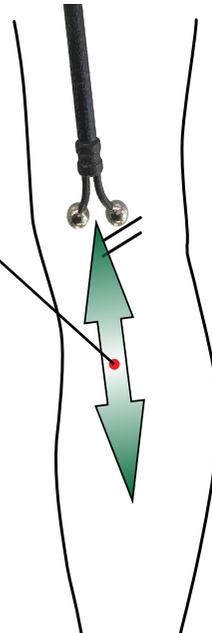
Electrode: Y-electrode

Mode: Relax

Power: Comfortably prickly

1. Check back of knee to sole of foot for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.

Location of
Sticky Spot
Being Treated



Step 2 - Point of Pain Treatment

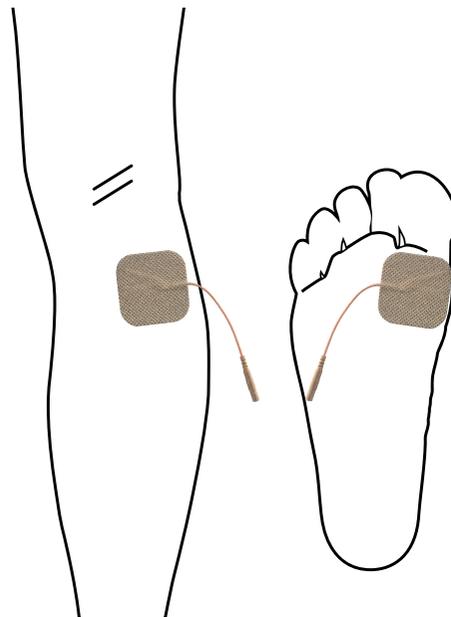


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the one gel pad at back of the knee and one on the ball of the foot of the same leg.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Ankle Treatment

Step 1 - Smooth Out Resistance Areas



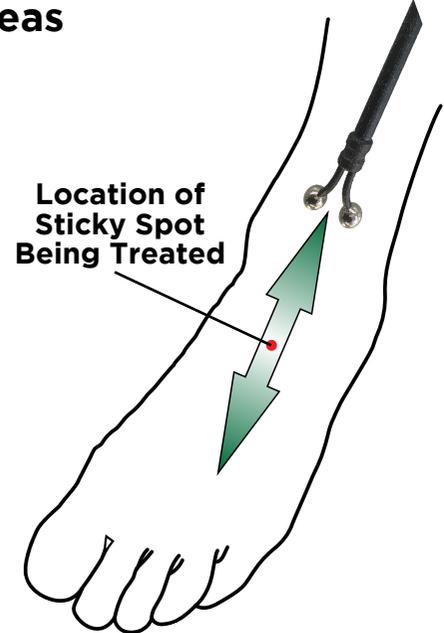
Electrode: Y-electrode

Mode: Relax

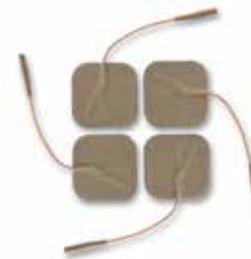
Power: Comfortably prickly

1. Check ankle and foot for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.

Location of
Sticky Spot
Being Treated



Step 2 - Point of Pain Treatment

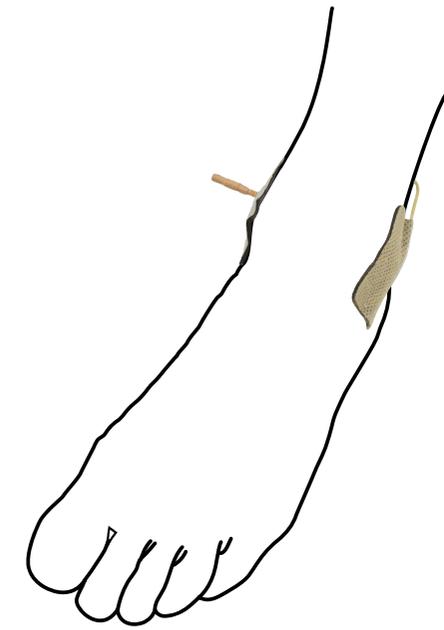


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place the gel pads on the bony prominence on either side of the ankle OR on either side of the area that was most sticky.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Note: Built-in electrodes can always be used to replace the shown electrode.

Foot Treatment

Step 1 - Smooth Out Resistance Areas

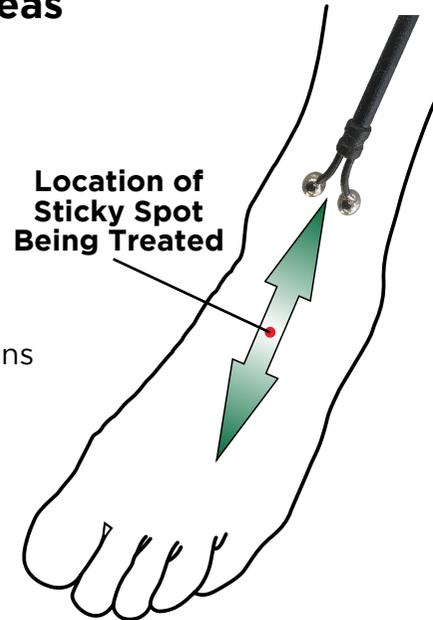


Electrode: Y-electrode

Mode: Relax

Power: Comfortably prickly

1. Check ankle, foot and sole of foot for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.



Step 2 - Point of Pain Treatment

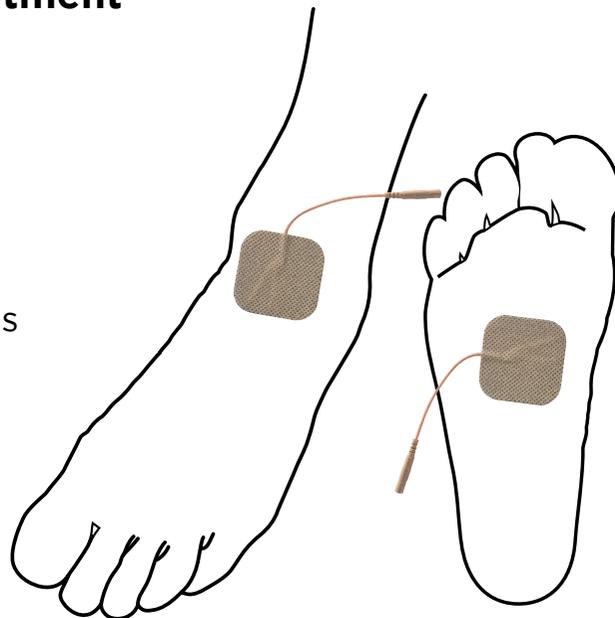


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place one gel pad on the ankle joint and the other one on the soft tissue just below the ball of the foot OR on either side of the area that was most sticky.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Sole of the Foot Treatment

Step 1 - Smooth Out Resistance Areas

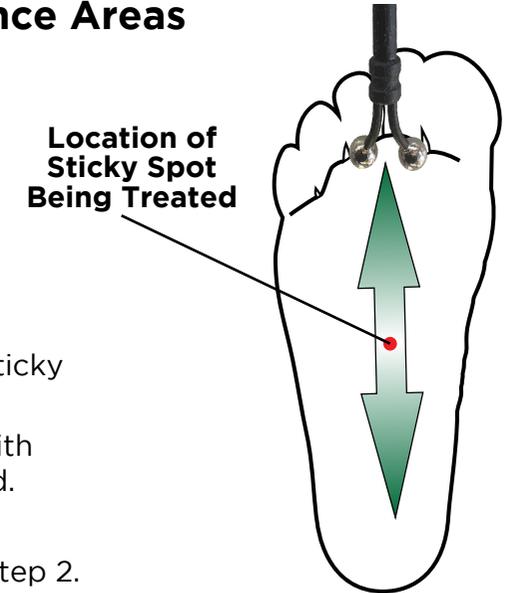


Electrode: Y-electrode

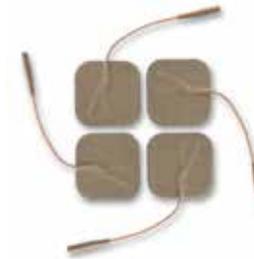
Mode: Relax

Power: Comfortably prickly

1. Check sole of foot for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.



Step 2 - Point of Pain Treatment

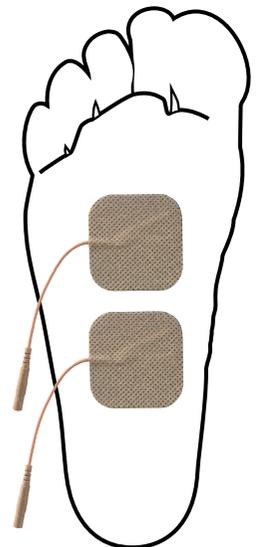


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place one gel pad on the soft tissue below the ball of the foot and the other on the soft tissue above the heel.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Note: Built-in electrodes can always be used to replace the shown electrode.

Heel Treatment

Step 1 - Smooth Out Resistance Areas



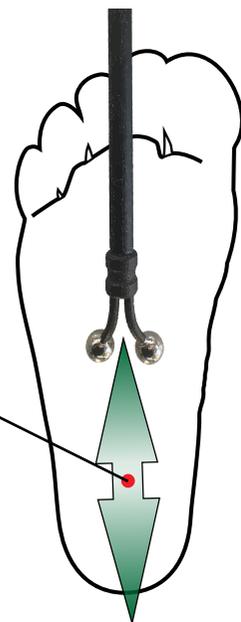
Electrode: Y-electrode

Mode: Relax

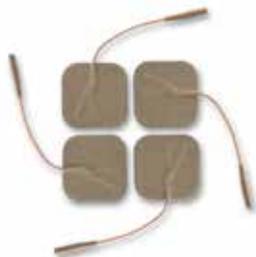
Power: Comfortably prickly

1. Check soles of feet and heels for locations of sticky spots (described on page 4).
2. If they exist, repeat brush strokes with electrodes until reduced or removed.
3. Turn Blue device power to off.
4. If sticky spots don't exist, move to step 2.

Location of
Sticky Spot
Being Treated



Step 2 - Point of Pain Treatment

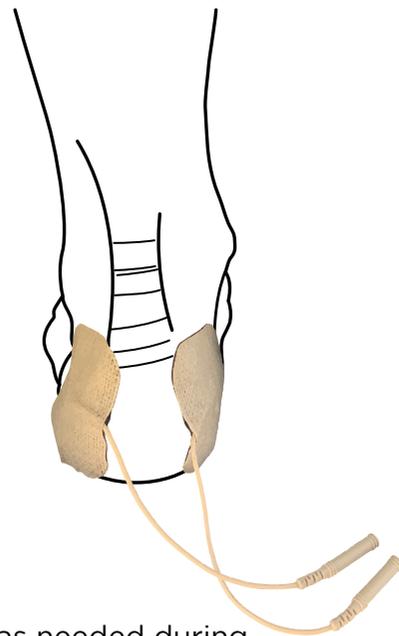


Electrode: Conductive Gel Pads

Mode: Stimulate

Power: Comfortably prickly

1. Attach gel pads to Blue device with proper lead wire.
2. Place one gel pad on each side of the heel as shown.
3. Turn Blue device power to on.
4. Select Blue Stimulate mode.
5. Treat the area for 20 minutes, adjusting power as needed during the treatment.
6. Turn power off, replace gel pads to plastic sheet. Drink 8 oz. of water.



Three Pathways

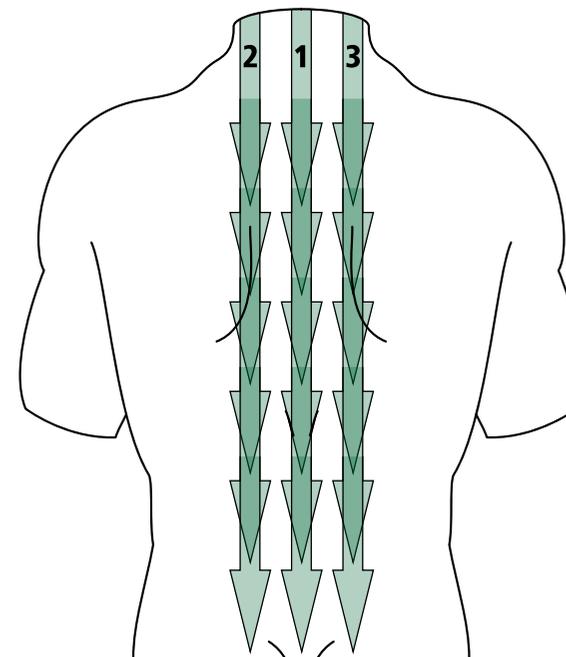


Electrode: Y-electrode

Mode: Stimulate and Relax

Power: Comfortably prickly

1. Begin by painting down the spine along area 1 in repeated, overlapping strokes of about 3 to 6 inches in length, like painting a wall, and always in the same downward direction. Then do the same on areas 2 and 3 as shown.
2. On sticky areas, change to Relax mode and hold the electrode on the spot until you hear a longer ring and the red LED turns solid. More painting may be required on sticky spots until friction subsides and the device glides across the skin easily.
3. Turn Blue device power to off. Drink 8 oz. of water.



Note: Built-in electrodes can always be used to replace the shown electrode.

Six Points On Face



Electrode: Y-electrode

Mode: Relax

Power: Comfortable sensation

1. Place the electrode in POSITION 1 for 2 minutes ignoring the device chirps or rings.
2. Then repeat for POSITIONS 2 through 6.
3. Turn Blue device power to off. Drink 8 oz. of water.



- Drink water before and after each therapy.
- To avoid over stimulation, limit contact on one place on the body to a period of 20 to 30 minutes at a time. Deep stimulation of muscle groups may cause soreness, headaches, or discomfort especially the day after an initial application.
- Hold the Avazzia Blue Device firmly on the skin and use a power setting that is comfortable.
- Moist skin is more conductive than overly dry skin.
- To avoid skin irritation and burns, do not allow unattended use.
- Application sessions can be repeated on as needed basis. The recommendation would be to not overstimulate any body parts such that skin irritation occurs.

