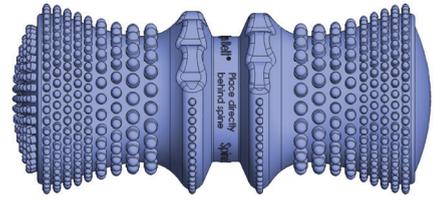


Dr. Cohen's **HEATABLE** acuback™

Sit Straight. Feel Great!®



LOW BACK NECK LEGS THIGHS SHINS HANDS CALVES ABDOMEN PUBIC BONE STERNUM



Congratulations On Your Wise Purchase!

Your **HEATABLE** Acuback is the product of 15 years of research & clinical experience. It recreates the natural curvature of your lower back making you **sit straighter** and is an **empowering self-healing tool** that **releases muscle and joint tension** in many areas including your neck, low back, forehead, scalp, feet, shins & legs.



● **PORTABLE** ● **100% NATURAL PAIN RELIEF** ● **IMPROVES POSTURE** ● **BOOSTS PRODUCTIVITY**



Your Acuback is the only **HEATABLE** posture support & release tool there is! Place in 1000 watt microwave for 75 sec. (850 watts - 85 sec., 600 watts - 95 sec.) or boil for 12 minutes to create **75 minutes of soothing heat** which truly feels fantastic! Return to room temperature then reheat as often as desired.

Softens when heated.

The **HEATABLE** Acuback **outperforms your foam roller** – gives deeper tissue release, opens tight spinal joints & is super portable.



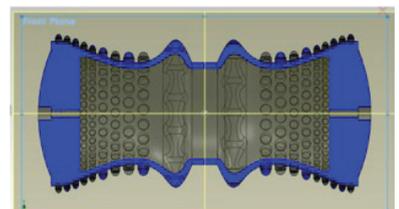
Watch videos & learn tips for computer users acuback.com

Read This Before You Start:

- ① Be a responsible healer. Your health is the single most important thing you have. Before any healing work you do, including using the Acuback, get an accurate diagnosis from a qualified health care professional whom you trust.
- ② Never Acuback any bruised, swollen, hot, inflamed, red or discoloured areas. The Acuback is NOT designed for use immediately following a serious injury or accident. Once all bruising, swelling and discoloration have completely disappeared you can start using your Acuback. Consult your health professional if in doubt.
- ③ People who bruise very easily, have advanced bone thinning and/or have advanced osteoporosis should not use the Acuback.

SAFE TO USE

The Acuback is filled with distilled water and made with hypo-allergenic, non-toxic material so it's completely safe to use.



We'd love to hear from you. Contact us at 1-866-444-2255 or email us at order@acuball.com
Workplace Health Services Inc., 619 Lawrence Ave. West, Toronto, Canada, M6A 1A8

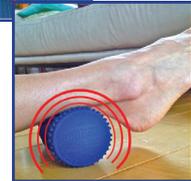
How To Use Your Acuback While Seated

- ① Bring buttock to back of chair.
- ② Center Acuback's Spine Align Belt (recessed central groove) behind low back and sit up. Notice your improved posture - enjoy! Adjust chair strap as needed.
- ③ **Move Acuback around throughout the day** to loosen different body parts like your upper back, hamstrings and buttocks. This breaks up the damaging contraction patterns we all get from staying in the same position for hours at a time.
- ④ Loosen tight hand muscles using small nibs on the end of Acuback.



How To Use Your Acuback Lying Down

- ① Lie in bed or on a carpeted floor/yoga mat and place Acuback under desired area. Heating it up feels great!
- ② Fully release body weight for 3 minutes or more taking deep, full breathes to relax. Allow yourself to completely 'melt'.
- ③ Tight areas will initially feel tender, then resolve over 1-2 minutes. Areas of chronic discomfort will take time to release. Think of it like peeling off layers of an onion - do a little bit each day.
- ④ Most people do 20-30 minute self-healing sessions but there is no time limit - tune into what your body tells you it needs.
- ⑤ While working on **neck & low back** many people like placing Acuback on a 1/2" hardcover book to **raise it up for more penetration** power.



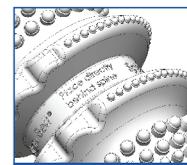
Boost on a book for deeper penetration.

HOW DOES THE ACUBACK™ WORK?

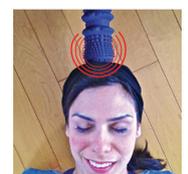
1) Posture Correction Tool



The Acuback's patented design restores the natural curvature of your lower back, **effortlessly realigning your upper back & neck.** Move Acuback to different body areas throughout your workday for best results.

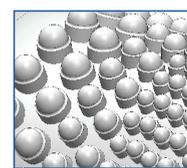


Spine Align Belt has 2 settings for deeper tissue release.



2) Muscle & Joint Release Tool

Release tight muscles in your legs, thighs, feet & head! **Release tight joints** in your neck and low back using the patented Spine Align Belt. Use it when you travel. **Heat it up and take it to bed** for wonderful relaxation & relief.



Precision nibs release tight muscle using 100% natural acupressure & heat.



Microwave 1 minute = 75 min. soothing heat!

Meet the Acuback's Designer

Dr. Michael A. Cohen is a practicing Chiropractor and Acupuncturist in Toronto, Canada and an ongoing guest lecturer at the Canadian Memorial Chiropractic College on Mind-Body Healing research. Dr. Cohen believes our self-healing abilities are vastly underutilized to the detriment of patients and health care systems worldwide. Dr. Cohen's first hand experiences with different healing traditions around the world including China, Sri Lanka, India, Tibet, the Phillipines, Indonesia, Myanmar and the Amazon, helped to create the unique insights behind his self-healing strategies. The Heatable Acuball® and Acuball-Mini® were Dr. Cohen's first creations, now used around the world by thousands of therapists, athletes, yoga/pilates instructors & hospitals. Visit acuball.com.



The information in this insert does not take the place of personalized help from a qualified health professional. It is your responsibility to seek qualified professional care. Dr. Cohen's Acuback™, its owners, manufacturers, distributors and associates make no medical claims, direct or indirect. Use only as directed. Dr. Cohen's Acuback is protected by US and International patents. Health Canada Medical Establishment Device License #1212. ©2014 by Dr. Michael A. Cohen, D.C. All rights reserved. Printed in China. No part of this insert may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. Acuback™, Acuball®, Spine Align Belt and Sit Straight. Feel Great! are registered trademarks of Dr. Michael A. Cohen D.C.