



Body Clock Stimplus™

Instructions for use

body clock

Acupuncture is an ancient Chinese therapy in which specific points on the body, known as acupuncture points (acupoints) are stimulated by the use of needles. Each acupoint is related to a different organ of the body and when this is stimulated the organ's function can be improved.

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The following symbols appear in these instructions:-



Warning instruction indicating a risk of injury or damage to health



Important safety note indicating possible damage to the accessories



Note on important information

The following symbols are used on the identification plate:-



Type BF applied part



Caution! Read the instructions



Denotes a product which must be disposed of safely.

Introduction

The Body Clock Stimplus is a safe, hi-tech, battery operated electronic substitute for acupuncture, without the use of needles. It can detect acupoints and then indicate them by means of audio and visual signals after which it can treat them with a choice of three pre-set electronic frequencies (or rhythms). Intensity is adjustable at any time to ensure maximum comfort.

The Body Clock Stimplus can reduce pain, is user friendly and ideal for personal or professional use.

Unique Features

- *Audio and visual (LED) acupoint detection indicators*
- *Audio and visual (LED) intensity indicator*
- *Intensity levels indicated by 6 LEDs*
- *3 choices of stimulation rhythm*
- *Optional timer to select treatment duration*
- *Stimulation of acupoints with micro current therapy*
- *Differential amplifier*
- *Safe to use*
- *Precise micro computer controlled*
- *Ergonomic design*
- *Compact, light, and user friendly*

Packing List:

*Main unit
Lithium batteries x 2 (CR2032)
Instructions for use
Earphone jack
Protective pouch*

How to use your Body Clock Stimplus

1. Turn on the power switch by sliding it to the left. The device is now in the SEARCH mode which is indicated by a beeping sound with a low pitch.
2. To start searching for an acupoint you should hold the Body Clock Stimplus as you would a pen with the web of your hand in contact with the passive contact plate. See diagram on page 4. Simply move the tip over the area where the acupoint is located, keeping an even pressure on the tip.
3. The acupoint will then be indicated to you by one of two ways, either by sound or visually by means of the row of LEDS on the top of the unit.

Sound – the pitch emitted by the unit rises the nearer the tip is to an acupoint and it drops again if you move the tip away from the point. You will know you have located a point when the pitch is at its highest.

Visually – the proximity of an acupoint is indicated by the number of LEDs which are alight. When three or more LEDs are alight, the tip is very close to a point. If all the LEDs are lit up, the tip is over a point.

4. **Please Note** If the skin is very dry we recommend you use a moisturising gel to optimize acupoint detection.
5. Once the desired point is detected, you are ready to start stimulation. Select your preferred stimulation time by using the time selector. Choose either 30 or 60 seconds (See controls and indicators – page 7), or if preferred, you can select Manual (Man) which will enable you to stimulate for as long as you choose. If you have selected a pre-set stimulation time, just press the stimulation button briefly and release. The device will stop stimulating as soon as the

time is over. If you have selected the manual setting, the device will stimulate only for as long as you press the stimulation button.

- 6. The intensity level is reset to minimum each time the unit is switched off and on again. While in search mode you can see the previous intensity setting by pressing the intensity button, after which, the previous intensity setting will appear for five seconds in the 6 LED bar, thereby allowing the user to decrease or increase the previous intensity level prior to starting the stimulation mode.*
- 7. You may select one of three rhythms; 13 Hz, 16 Hz or 19 Hz i.e. whichever provides the best comfort and this can vary between different areas of the body.*
- 8. As soon as stimulation begins the beeping sound stops and the green light on the top of the unit flashes indicating stimulation. Using the intensity control you can adjust the intensity to a comfortable level by pressing either “+” or “-” to increase or decrease intensity. The intensity level is also indicated by the LED scale. If the LED nearest to the tip is flashing the intensity is set at minimum. If the LED flashing is furthest from the tip, the intensity is on maximum.*
- 9. Once stimulation is over, the device switches back to the search mode and the sound is audible again.*
- 10. During stimulation you may feel the electric current at the stimulation site. However when in search mode you will not feel it.*
- 11. You can use the ear piece to hear the audible signals from the Body Clock Stimplus by yourself, thereby avoiding others having to listen to it if it is not convenient. The ear piece consists of a lead with a jack plug at one end and the*

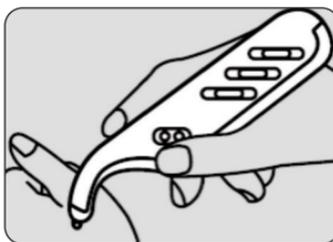
earphone at the other end. To activate the ear piece, insert the jack plug into the earphone jack. See diagram on page 7. The ear piece is now ready for use.

- 12. A low battery indicator will flash when the batteries are weak. This means that you will have to replace the batteries as soon as possible.*
- 13. When you have finished using your Body Clock Stimplus do not forget to turn it off.*

How to achieve best results from your Body Clock Stimplus

To ensure proper operation and to achieve best results, please read the following information for guidance:-

- 1. When holding the unit, physical contact must be made between the passive contact plate (-) and the web of your hand.*
- 2. The Body Clock Stimplus should be held by the person being treated as the passive contact plate (-) acts as one part of the circuit, the other being the probe (tip), which is applied to the relevant acupoint.*



3. *When treating another person the operator or practitioner should position the tip onto the point(s) to be treated and ensure that physical contact is maintained between him/herself and the person being treated in order to complete the circuit.*



4. *Good skin care is important in minimizing any potential skin irritation which could occur with active use of the tip. Prepare the skin before using the Body Clock Stimplus by:*
 - (a) *thoroughly washing the skin sites to be treated with a mild soap and water solution to remove any non-conductive skin oils;*
 - (b) *rinsing the area with warm water and drying thoroughly.*

Electrode Placement (Gold Tip)

For pain reduction, place the gold tip on or above the point of pain.

How it works

The Body Clock Stimplus can both SEARCH for acupoints and STIMULATE them.

Search Mode: A very low current is utilised to measure the body's resistance and this information is converted by the device into pitch variations – the lower the resistance, the higher the pitch. Since stimulation points are characterised by low resistance, they can be accurately detected in this way.

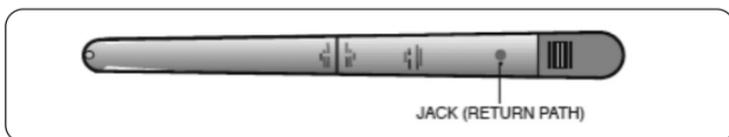
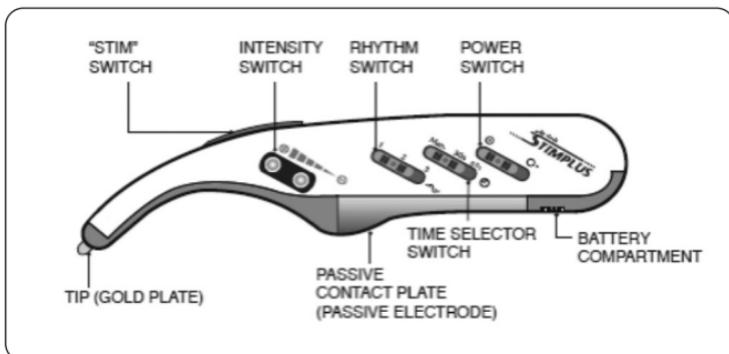
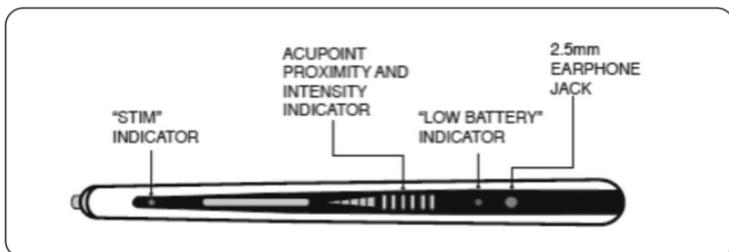
Stimulation Mode: Detected points are stimulated by means of a pulsed electronic signal for selected lengths of time with adjustable intensity.

During stimulation time the detection beeper sound is replaced by a green flashing light, which indicates stimulation is taking place. Three LED flashing light frequencies correspond to the three stimulation frequencies (rhythms) selected by the user. Once stimulation is over the device returns automatically to search mode.

The stimulation signal from the Body Clock Stimplus has a unique waveform which has been found to be highly effective. Intensity is controlled by the user and is able to reach a level sufficient to effectively stimulate the body under most conditions.

⚠ WARNING: *This device is not a replacement for medical attention. Consult your doctor in any case of any undiagnosed pain or illness before using the Body Clock Stimplus.*

Body Clock Stimplus controls and indicators

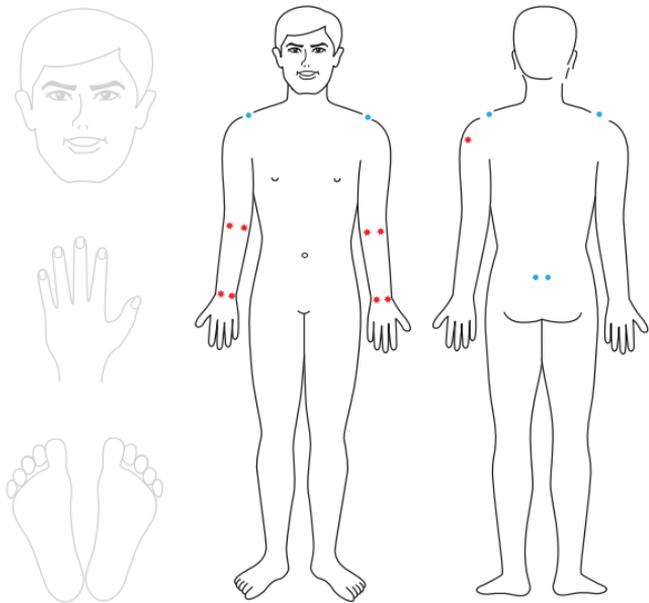


Some important acupuncture charts and conditions

The following charts indicate acupuncture points with red stars and blue dots. The red stars indicate primary points and blue dots indicate secondary and supporting points.

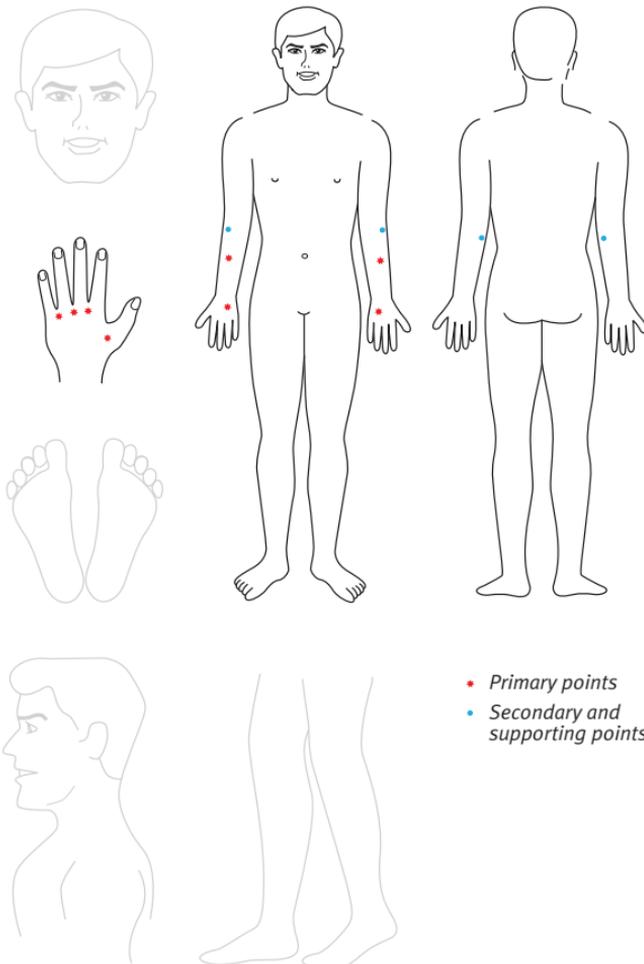
Area of pain	Page no.
<i>A. Pain in the arms or elbows</i>	<i>9</i>
<i>B. Pain in the hands</i>	<i>10</i>
<i>C. Pain in the legs</i>	<i>11</i>
<i>D. Pain in the shoulder</i>	<i>12</i>
<i>E. Pain in the neck</i>	<i>13</i>
<i>F. Toothache</i>	<i>14</i>
<i>G. Lower back pain</i>	<i>15</i>
<i>H. Headache, migraine</i>	<i>16</i>
<i>I. Menstrual pain</i>	<i>17</i>
<i>J. Nausea - motion sickness</i>	<i>18</i>
<i>K. Insomnia</i>	<i>19</i>
<i>L. Sexual vitality</i>	<i>20</i>
<i>M. Stress</i>	<i>21</i>
<i>N. Smoking severance</i>	<i>22</i>
<i>O. Appetite suppression for weight control</i>	<i>23</i>

A. Pain in the arms or elbows

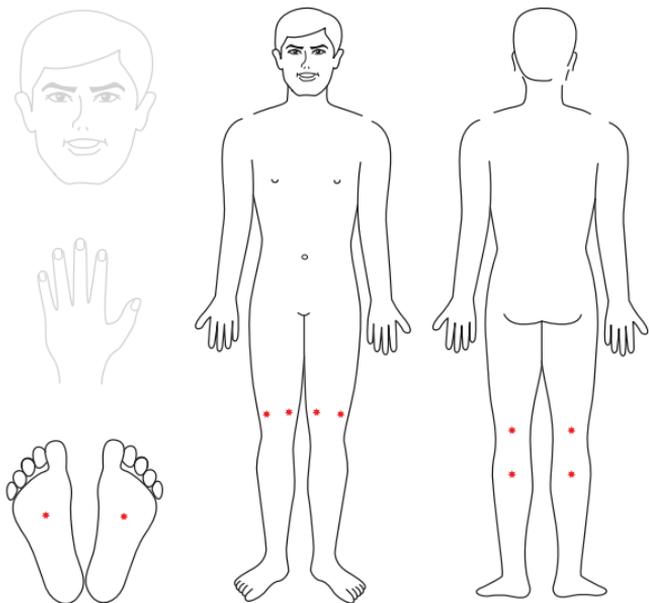


- *Primary points*
- *Secondary and supporting points*

B. Pain in the hands

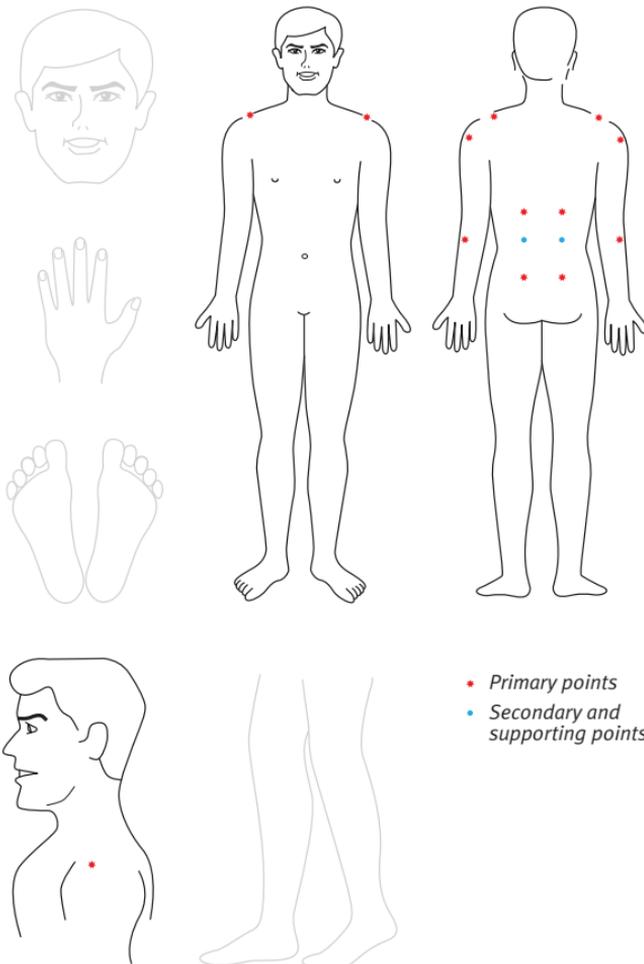


C. Pain in the legs

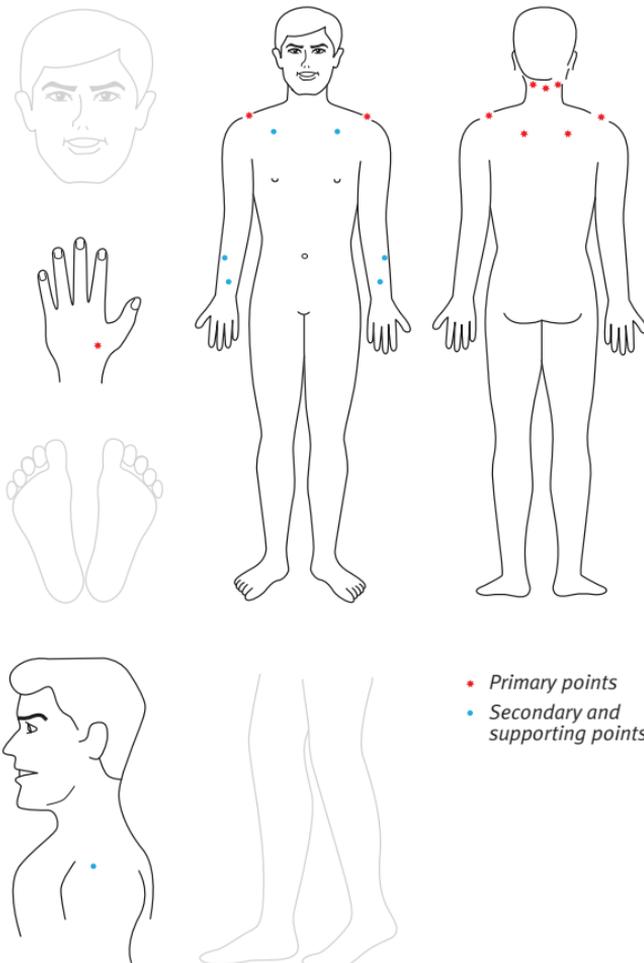


- *Primary points*
- *Secondary and supporting points*

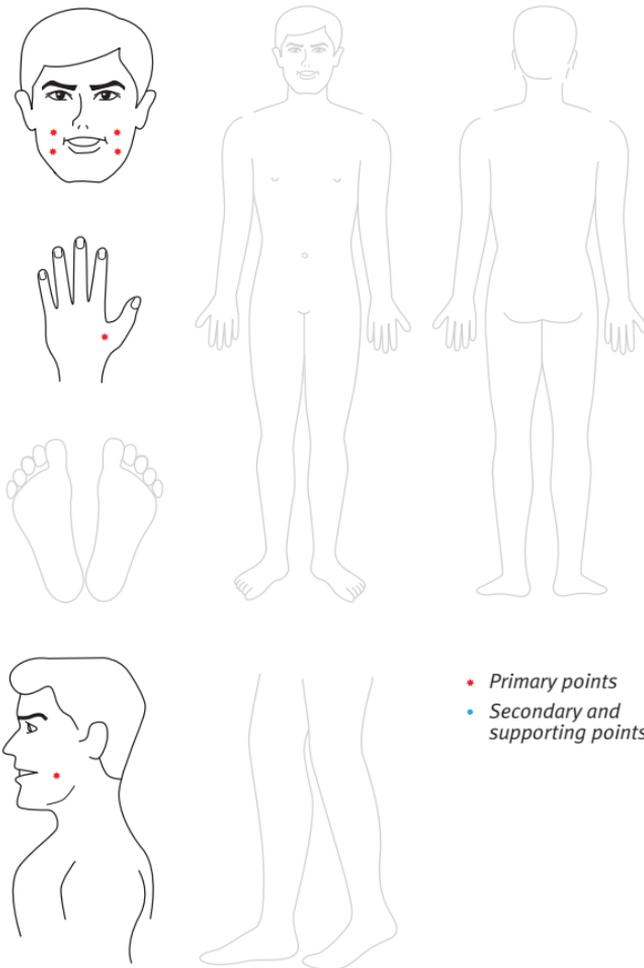
D. Pain in the shoulder



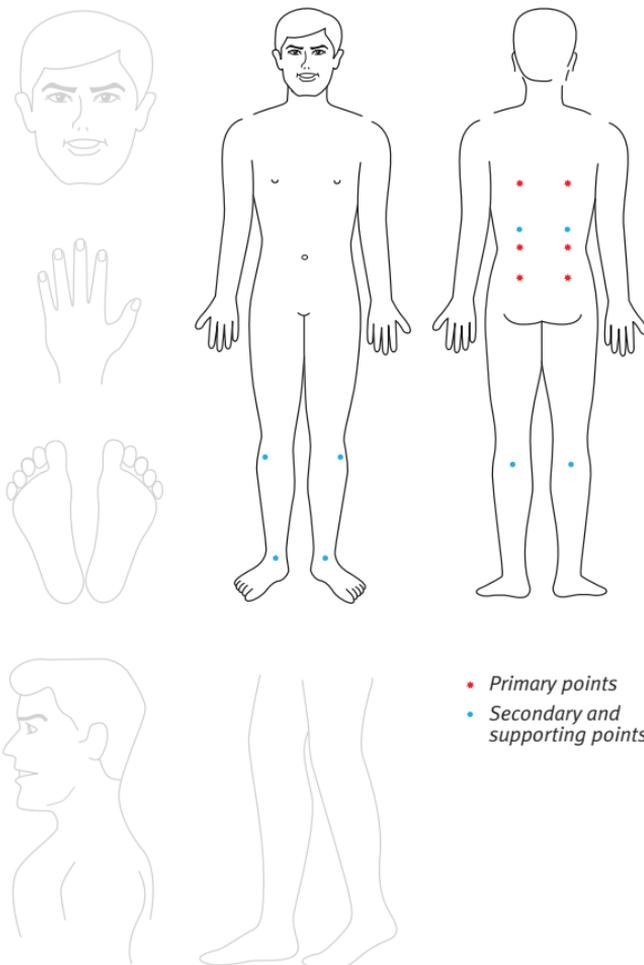
E. Pain in the neck



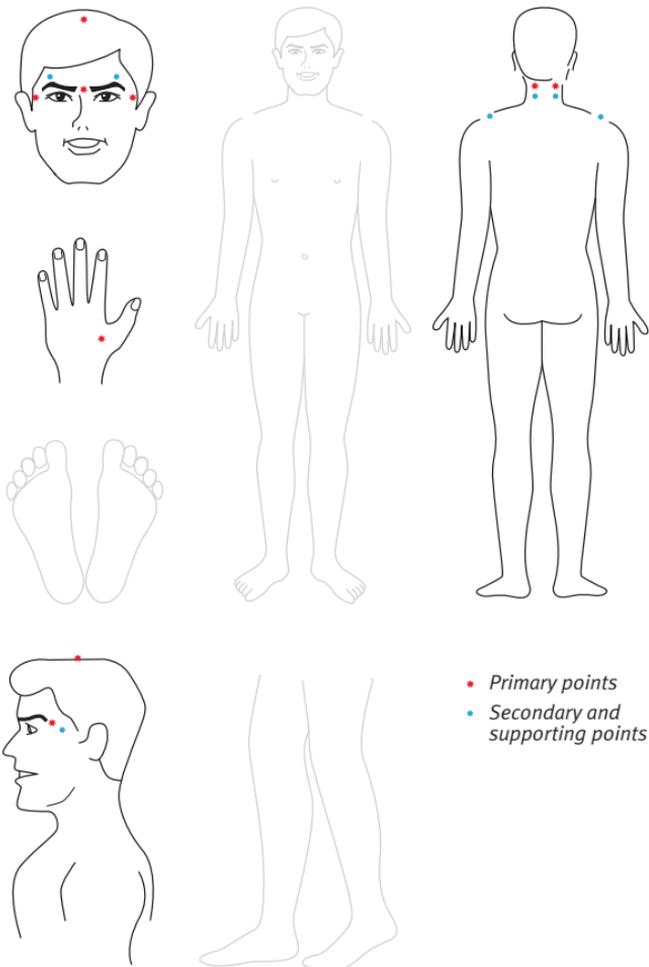
F. Toothache



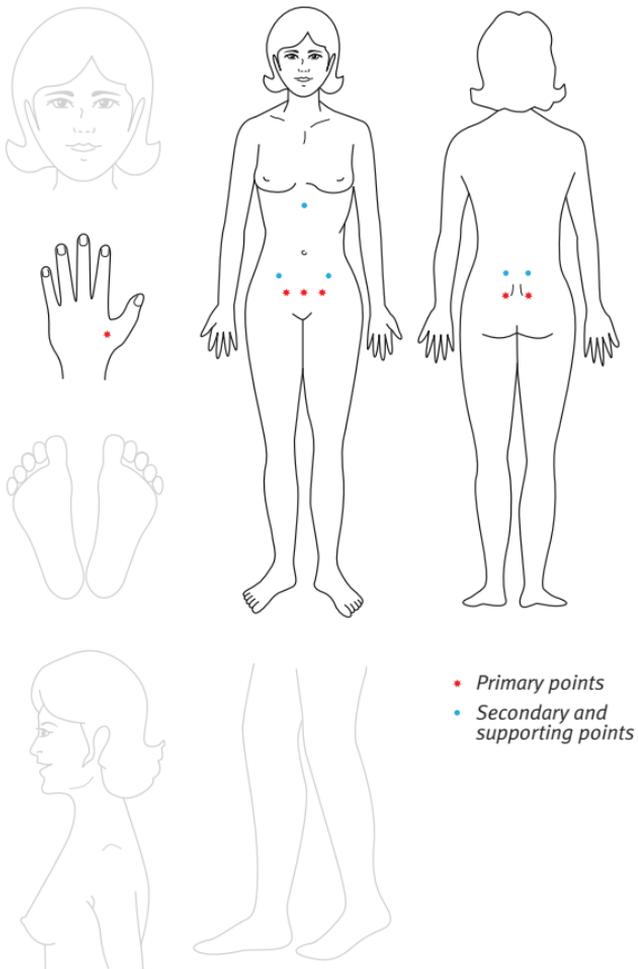
G. Lower back pain



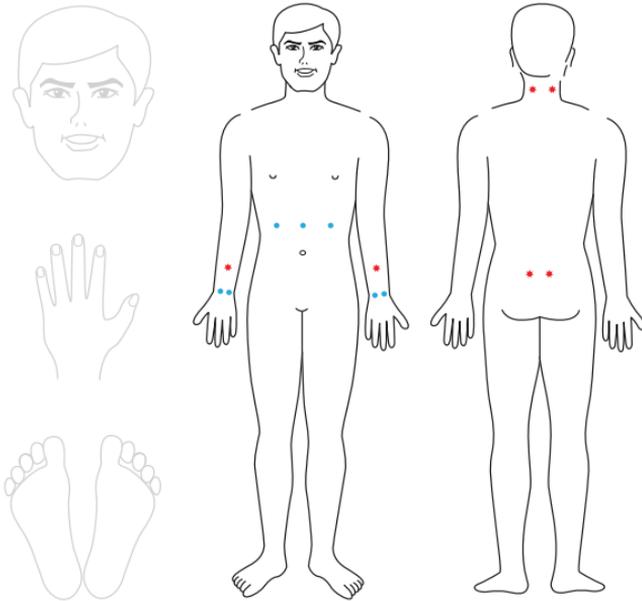
H. Headache, migraine



I. Menstrual pain

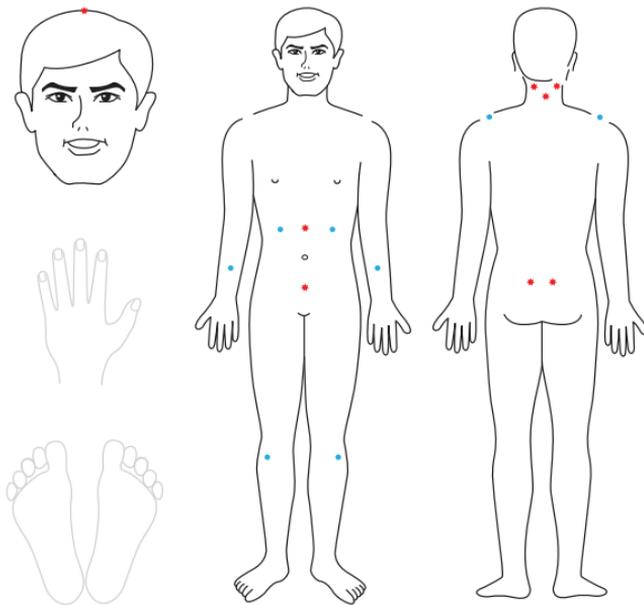


J. Nausea - motion sickness



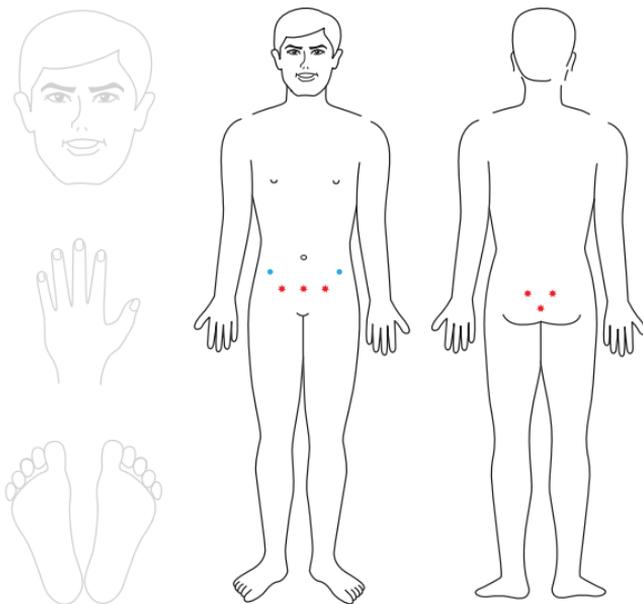
- *Primary points*
- *Secondary and supporting points*

K. Insomnia



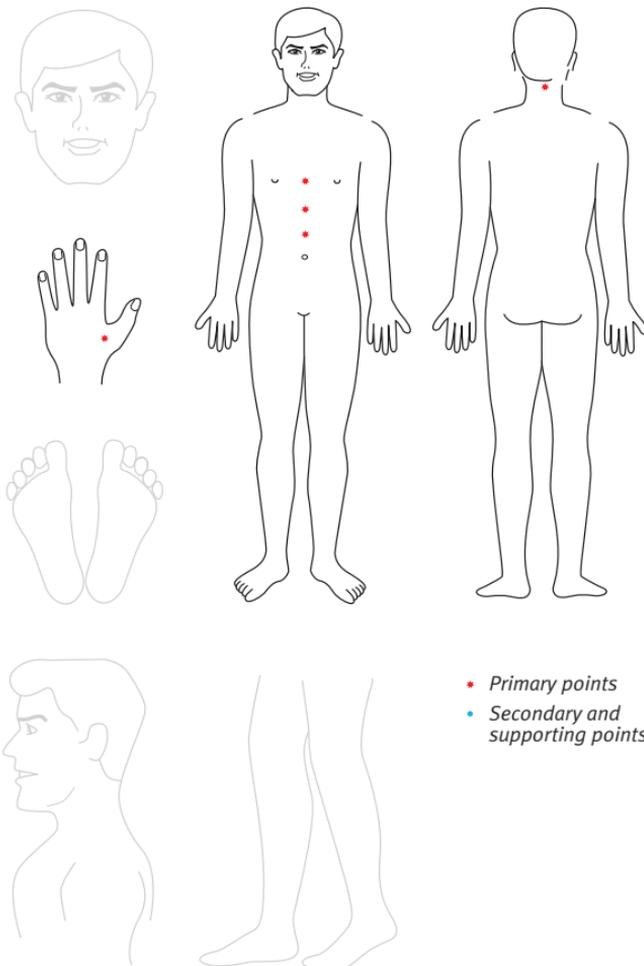
- *Primary points*
- *Secondary and supporting points*

L. Sexual vitality



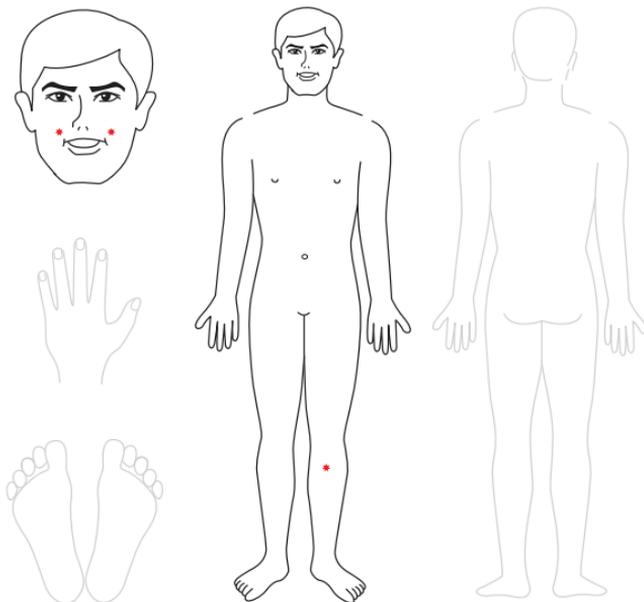
- *Primary points*
- *Secondary and supporting points*

M. Stress

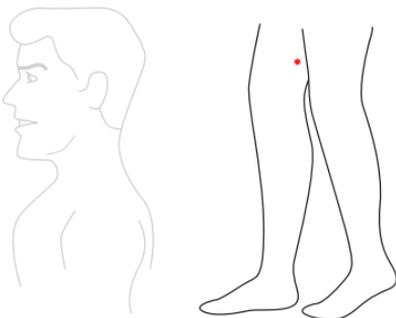


- *Primary points*
- *Secondary and supporting points*

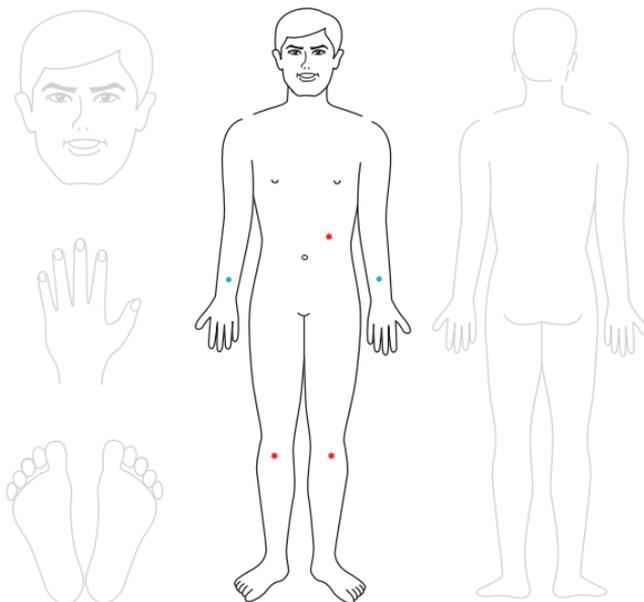
N. Smoking severance



- Primary points
- Secondary and supporting points



O. Appetite suppression for weight control



- *Primary points*
- *Secondary and supporting points*

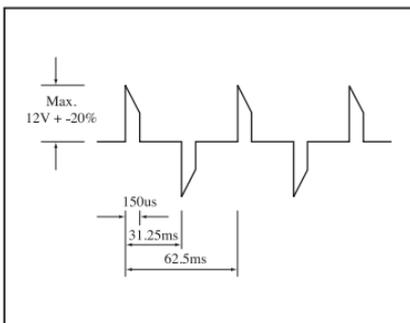
Technical data

	Min.	Typ.	Max.	Unit
Operating voltage (VVD)	4.5	6.0	6.5	v
Stimulation Pulse Level				
Intensity Min. (W/500Ωload)	25	30	35	sec.
Intensity Max. (W/500Ωload)	51	60	69	sec.
Stimulation Pulse Rate	13	16	19	Hz
Low Battery Indication	4.1	-	4.9	v
Battery Life (30sec./cycle)	3,8000	-	-	cycle
Power Source	Powered by 2 lithium batteries (included)			
Classification	BF  Isolated Applied Part			
Transportation/Storage temperature range	-5 °C - -65 °C			
Transportation/Storage temperature humidity	Up to 80%			
Product Life	2 years			

The radio shielding of the device has been ascertained according to VFG 243/1991 (interference suppression of ISM devices).

Shapes of output curves under a 500 ohm common resistor (carbon/metal film resistor) load.

Note: If using the non-inductance resistor load, the peak value may be higher than 14.4V.



Routine maintenance, cleaning and storage

- *Your Body Clock Stimplus requires no maintenance other than regular cleaning of the outer case. Wipe clean using a soft cloth, slightly moistened with warm water. A mild soap may be used but DO NOT apply any solvents.*
- *Use alcohol for cleaning the two contact electrodes (gold tip and passive contact plate).*
- *If the battery indicator LED flashes it is time to change the batteries.*
- *To do so, ensure the unit is switched off, then open the battery compartment on the bottom of the unit by pushing the cover back using the corrugation. Insert 2 x CR2034 lithium batteries. The + sides must be facing the back of the unit. We also recommend that you remove the batteries during transportation.*
- *When not in use, store the device in its original packaging.*

General precautions and safety

1. *The Body Clock Stimplus is CE marked and complies with EU and FDA Medical Device Regulations, electrical and EMC safety requirements.*
2. *Do not use the Body Clock Stimplus near shortwave or microwave therapy devices as this can cause fluctuations of the output intensity.*
3. *The Body Clock Stimplus is not user repairable and must be returned to the manufacturer if it requires repair.*

4. *Do not place the Body Clock Stimplus close to any source of excessive heat and do not use it in the presence of flammable gasses.*
5. *If the unit is dropped, subjected to excessive moisture or otherwise damaged do not use it.*
6. *Do not use this unit without first reading the instructions.*
7. *Do not immerse the Body Clock Stimplus in water or any liquid, nor allow any liquids to get into the device.*
8. *Do not use battery or power sources other than those specified.*
9. *Do not drop this unit onto a hard surface.*

Device Failures

Please do not attempt to repair damaged devices yourself. In case of further enquiries, always state the model of your device (as indicated on the back of the unit). The Body Clock Stimplus should be repaired by qualified technical personnel. The Body Clock Stimplus is guaranteed for 2 years against manufacturer's defects.

NOTE: The guarantee is null and void if any attempt is made to open the unit by unauthorized personnel. In the event of a fault please contact the supplier (details found on the invoice or delivery note).

Contraindications

- *The Body Clock Stimplus should not be used in conjunction with either a sensing or demand type pacemaker, except under medical supervision.*
- *This device should not be used around the carotid sinus or the orbits of the eyes.*
- *Patients with known or suspected heart disease should confirm with their medical advisers that it is appropriate for them to use the Body Clock Stimplus before starting any treatment.*
- *Patients who react poorly to the idea of electrical stimulation of any kind should not use this device.*
- *Do not use this device transcranially (i.e when treating another individual, do not make a circuit by placing the device and your spare hand on their head).*
- *Do not use the Body Clock Stimplus to treat undiagnosed pain.*

Warnings

- *The safety of TENS devices for use during pregnancy or birth has not been established.*
- *TENS is not effective for pain of central origin.*
- *TENS devices have no curative value.*
- *TENS suppresses the sensation of pain which would otherwise serve as a protective mechanism.*
- *Keep this device out of the reach of children.*
- *Electronic monitoring equipment, such as ECG monitors and alarms, may not operate properly when TENS is in use.*
- *Portable and mobile RF communications equipment can affect medical electrical equipment. Operation of the equipment or system below this amplitude or value may cause inaccurate results.*

- *The use of accessories, transducers and cables other than those specified, with the exception of transducers or cables sold by the manufacturer of the equipment or system as replacement parts for internal components, may result in increased emission or decreased immunity of the equipment or system.*

Adverse reactions and precautions

1. *In isolated cases of patients with sensitive skin, irritation may occur at the site where the tip of the unit is positioned following long term application.*
2. *Do not stimulate any area of skin which is sore or inflamed or does not have normal sensation.*
3. *The Body Clock Stimplus must be used in accordance with the EMC information posted in this manual.*
4. *Portable and mobile RF communications equipment can affect the Body Clock Stimplus*
5. *Simultaneous connection of a patient to high frequency surgical equipment could result in burns at the site of the stimulator electrodes and possible damage to the stimulator.*
6. *Do not use in close proximity (e.g. 1m) to shortwave or microwave therapy equipment to avoid instability in the stimulator output.*

 **WARNING** *the Body Clock Stimplus should not be used adjacent to or stacked with other equipment.*

Guidance and manufacturer's declaration - electromagnetic emissions

The Body Clock Stimplus is intended for use in the electromagnetic environment specified below. The user of the equipment or system should ensure that it is used in such an environment.

Emissions	Test	Compliance
RF emissions CISPR 11	Group 1	The Body Clock Stimplus uses RF energy only for its internal function. Therefore its RF emissions are very low and are not likely to cause interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	
Harmonic fluctuations/ IEC 61000-3-3	n/a	The Body Clock Stimplus is suitable for use in all establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Voltage fluctuations/ flicker emissions IEC 61000-3-3		

Recommended separation distances between portable and mobile RF communications equipment and the Body Clock Stimplus

The Body Clock Stimplus is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The user of the equipment or system can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the Body Clock Stimplus as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150kHz to 80MHz	80MHz to 800MHz	800MHz to 2.5GHz
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum power output not listed above, the recommended separation distance d in metres (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

(i) Note 1: At 80MHz and 800MHz, the separation distance for the higher frequency applies.

(i) Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Guidance and manufacturer's declaration - electromagnetic immunity

The Body Clock Stimplus is intended for use in the electromagnetic environment specified below. The user of the equipment or system should ensure that it is used in such an environment

Immunity test	IEC 60601	Compliance	Electromagnetic environment guidance
Conducted RF IEC 61000-4-6	3 Vrms 150kHz to 80MHz	n/a	Portable and mobile RF communications equipment should be used no closer to any part of the Body Clock Stimplus including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.
Radiated RF IEC 61000-4-3	3V/m 80MHz to 2.5GHz	3V/m	<p>Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in metres (m).</p> <p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey should be less than the compliance level in each frequency range.</p> <p>Interference may occur in the vicinity of equipment marked with the following symbol:</p> 

i Note 1: At 80MHz and 800MHz, the higher frequency applies.

i Note 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

- a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Body Clock Stimplus is used exceeds the applicable RF compliance level above, the Body Clock Stimplus should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the Body Clock Stimplus.
- b. Over the frequency range 150kHz to 80MHz, field strengths should be less than 3 V/m.

Guidance and manufacturer's declaration - electromagnetic immunity

The Body Clock Stimplus is intended for use in the electromagnetic environment specified below. The user of the equipment or system should ensure that it is used in such an environment

Immunity test	IEC 60601	Compliance	Electromagnetic environment guidance
<i>Electrostatic discharge (ESD) IEC 61000-4-2</i>	<i>±6kV contact ±8kV</i>	<i>±6kV contact ±8kV</i>	<i>Electromagnetic environmental guidance</i>
<i>Electrical fast transient /burst IEC 61000-4-4</i>	<i>±2kV for power supply lines</i>	<i>n/a</i>	<i>Floor should be wood concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.</i>
<i>Surge IEC 61000-4-5</i>	<i>±1kV line and neutral</i>	<i>n/a</i>	<i>n/a</i>
<i>Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11</i>	<i>≤5% UT (≥95% dip in UT) for 0.5 cycle 40% UT (60% dip in UT for 5 cycles) 70% UT (30% dip in UT) for 25 cycles ≤5% UT (≥95% dip in UT) for 5s</i>	<i>n/a</i>	<i>n/a</i>
<i>Power frequency (50/60Hz) magnetic field IEC 61000-4-8</i>	<i>3A/m</i>	<i>n/a</i>	<i>Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.</i>

i NOTE UT is the a.c. mains voltage prior to application of the test level



ISO 9001:2008 ISO 13485:2003
EC DIRECTIVE 93/42/EEC Annex V

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body clock



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This manual is recyclable