

EEFit Lite

依飛 **神** 筆

User Manual



Product Background

EEFit Lite is an innovative product which soothes all kinds of pain and provides beauty and health. The energy it emits facilitates penetration into acupuncture points of the body rapidly, thus creating a resonance effect. The acupuncture points are stimulated to create a more even blood circulation, alleviating the symptoms of pain and provides beauty and health.

The Traditional Chinese Meridian Medical Science and its applications use the term "Qi and blood circulation" to explain the phenomenon of life and health. Every continuous circulation system must have a smooth flow, otherwise symptoms of illness will appear. Thus, a healthy body must be a body with smooth-flowing systems. If the blood circulation is not smooth which causes congestion, a variety of pains and illnesses will occur, leading the so-called "Obstruction Causes Pain".

The present-day science has proven that what people often refer to as "Qi" is a kind of vibration frequency which promotes blood circulation. Vibration frequency is also known as energy. EEFit Lite emits this vibration frequency which can help to replenish your body with "Qi". When the blood circulation is smooth, all pains will be relieved.

It is more convenient and safer to use light energy to relieve pain, as compared to using plasters, ointments, or acupuncture. The use of painkillers will also be minimized. EEFit Lite is odorless, non-invasive and has no side effects. It is suitable for use by your whole family. This is a handy health product that can be used at home, at work and when travelling.

Target Users

This product is suitable for everyone.

Product Benefits

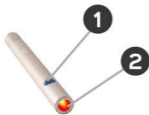
- Quickly soothes all kinds of pain
- Relieves inflammation caused by insect bites and pain
- Promotes metabolism and blood circulation
- Activates facial hypodermis and reconstructs youthful skin condition
- Promotes absorption of external pain relief medication and facial cream

Packaging

1. An EEFit Lite
2. Specialized **EEFit** USB charging cable
3. User Manual in Chinese and English
4. Each Acupoint Manual in Chinese and English
5. An EEFit Lite Protective Sheath

Product Details

- 1 Power On/Off button (Pic.1.1)
- 2 Energy output area (Pic. 1.1)
- 3 Specialized **EEFit** USB charging cable (Pic.1.2)
- 4 Dust cover tail cap (Pic.1.3)
- 5 USB charging port (Pic.1.3)



▲ Pic 1.1



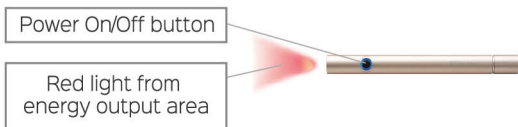
▲ Pic 1.2



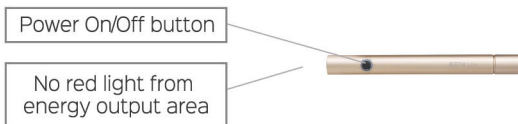
▲ Pic 1.3

How to Use

- 1** Power On: Press on-off button for about 2 seconds till red light flashes from energy output area



- 2** Power Off: Press on-off button for 2 seconds till red light stops flashing from energy output area



- 3** Point the light source on the required location (Pic.2), and shine the light from EEFit Lite by adhering it directly to the skin surface or about one centimeter away from the skin. The exposure time can generally be between 5 - 15 minutes, with no special restrictions. If necessary, use in conjunction with the "Acupuncture Points Chart".



▲ Pic 2

Charging Tips

A change from blue to red light on the On/Off button signals that EEFit Lite requires charging



Charging Method

1. Open the dust cover tail cap, and locate the USB charging port inside



2. Connect the specialized **EEFIT** USB charging cable to the USB charging port

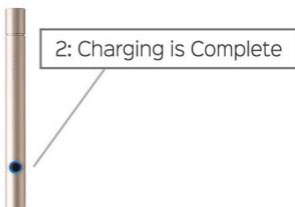


3. Light indicators :

- 1) Red light: Charging is in progress (Pic 3.1)
- 2) Blue light: Charging is complete (Pic 3.2)
- 3) It takes about 45-60 minutes to fully charge the battery
- 4) When fully charged, the battery can be used continuously for 12 hours



▲ Pic 3.1



▲ Pic 3.2

Product Specification

Diameter: 14.5mm
Length: 142mm
Weight: 44g

Battery

Li-Ion 10440c battery
3.7V 320 mah

Technical Specification

LED Light
Wavelength: 630nm
DC Power Supply: 5V
Frequency: 8.6Hz

Lifetime

The projected lifetimes of the energy light and battery are up to 10 years. (The calculation is based on the average use for 1 hour per day. When fully charged, the battery can last for 15 days.)

Product Safety

The red light emitted is a non-laser light. It is very safe to use, even on the eyes and other parts of the body.

Safety Certificates

RoHS



CE

FC

Caution

Do not put this product in a hot, wet or dusty environment, or places under direct sunlight.

Q & A

Q: Why does the red light emitted from this product not affect the eyes?

A: It is because the wavelength of the red light emitted is 630 nm. At this wavelength frequency, the light is very safe for the human body. To describe it in layman terms, the red light emitted from this product is similar to the light emitted from a regular lamp.

Q: Why does the light that I shine on skin help in pain relief?

A: The product has an effect that works to create the dilation of capillaries, which promotes microvascular circulation and restores vitality of the cells, thereby relieving symptoms.

Q: If I suffer shoulders pain, how long does it take to use this product before I can feel the change?

A: Under normal circumstances, improvements will be observable after using the product for 5 - 15 minutes.

Q: Will over-exposure to the light cause any side effects? Are there any restrictions on the frequency that I can use this product per day?

A: There will not be any side effects from frequent use of the product. In addition to the treatment of bodily pain, this product can be used regularly for maintaining good health. For example, you can shine it around your eyes to help relieve eye fatigue while you are in the office.

Q: Will the red light cause electrical interference to other equipment?

A: No, it will not.

Q: Can this product be used by people with skin allergies?

A: This product can promote blood circulation through a means that is non-invasive and contact free, therefore is safe to use.

Q: Will the effect be the same if I shine the light from a far distance?

A: There is a certain distance limit beyond which the effect will be diminished. Please refer to the manual for instructions.

Q: Can the product be used by children?

A: Of course. For example, it can be used on mosquito bites to quickly relieve the discomfort and inflammation. Please use the product under parental supervision.

Q: Can the product be used on pets?

A: Yes, it can be used on pets.

Q: Will there be any adverse effects if we do not follow the instructions given in the manual?

A: There will be no adverse effects, but the desirable results may not be achieved.

Q: Which physical theory is the manufacture of this product based on?

A: This product was developed based on the physical electromagnetic theory combined with the oriental meridian theory and application. The patented EEFIT electromagnetic induction technology is also incorporated in the manufacturing process.

Thanks for Your Purchase!

Please read the instructions provided in this user manual carefully to ensure proper use of our products.

Manufacturer:

New Age Technology (Asia) Limited
Unit A1-5, 32/F, A&B Wings, TML Tower,
3 Hoi Shing Road, Tsuen Wan, Hong Kong

Tel: +852 2677 7898
Fax: +852 2677 7897
Email: info@eefit.shop
Website: eefit.com

EEFit Lite

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Acupoint Manual

Taking Care of Health and Curing Illness

The use of meridian and acupuncture points for treating illness and improving health has been tested and proven to work by our ancestors over the past five thousand years, since the era of the Yellow Emperor.

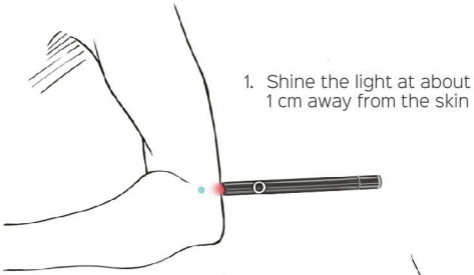
The main focus of the use of meridian and acupuncture points for treating illness and improving health is on adjusting one's internal balance, instead of fighting diseases or blindly, depending on supplements, in order to mobilize our natural self-healing abilities.

Illness is a blessing. It requires us to start paying attention to our body and to find ways to protect our health, as well as to realise that both health and life are equally precious.

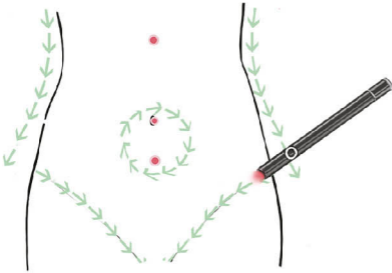
Health is a reward. If we take care of our health daily by staying away from medicines and adopting the use of meridian and acupuncture points for treating illness and improving health which is not only more thorough, but also provides a more permanent solution and has no any side effects. Then we are virtually accumulating fortunes for ourselves and our families, and shall be rewarded with health.

Every meridian and every acupuncture point within our bodies serves a special function. As long as we are willing to make the best out of them, we will be able to maintain a healthy body, and to enjoy a lifetime of happiness.

Exposure Guidelines

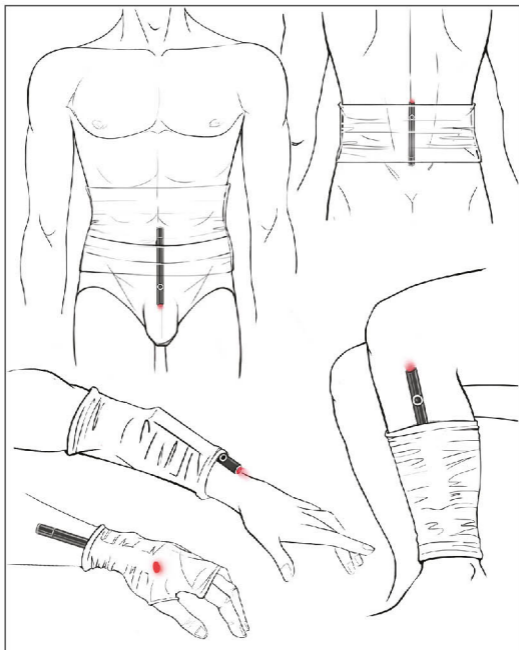


2. Adhere EEFit Lite directly to the acupoints



3. Follow the directions of arrows and shine the light adhering directly to the skin

For Multiple Uses



In addition to pain relief, "EEFit Lite" has many other uses. It can be used at leisure time or after exercise. It can promote health and vitality when being used together with supporting accessories such as wristlets, kneelets or girdles.

Scan QR code to watch video



Wristlets



Kneelets



Elbow Sleeves



Lingerie



Girdles

Acupoint Manual

Pain Relief

Headache, heavy feeling in the head -----	5
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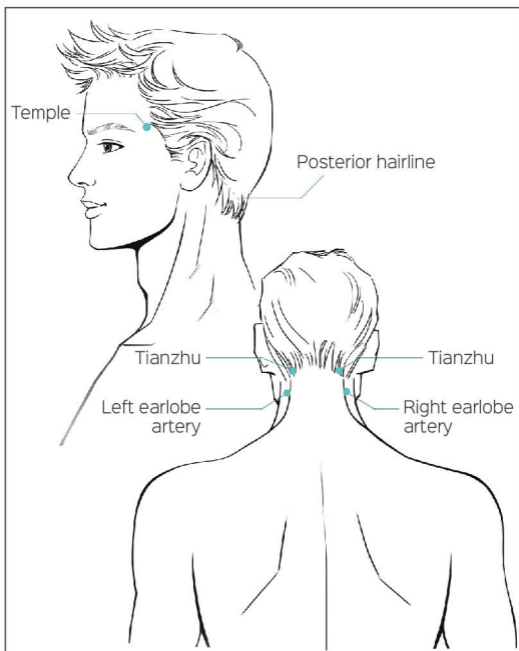
Beauty

Enhance facial line, reduce facial and chin edema -----	17
Tighten eye bags, enhance muscles around ----- the brows, reduce dark circles around the eyes	18
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Wellness

Alleviate insomnia, light sleep, ----- and motion sickness	23
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Headache, heavy feeling in the head



Symptom Headache, heavy feeling in the head

Exposure areas Tianzhu, Temples, earlobe arteries, posterior hairline

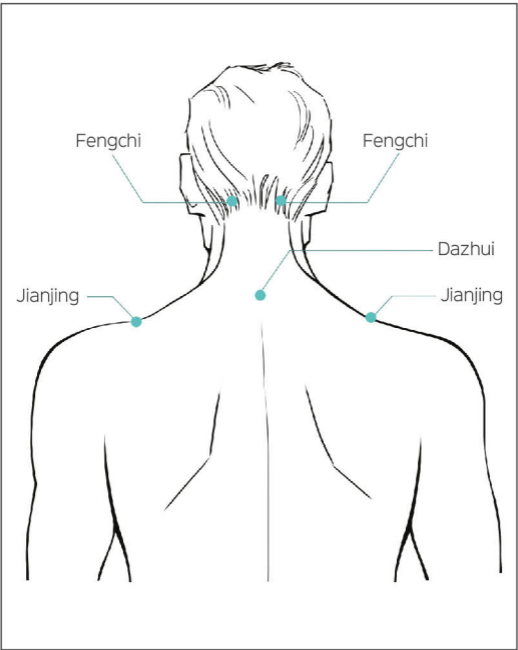
Exposure Times 3-8 minutes. Shine the light on each area for at least 20 seconds.

Recommended treatment 3-4 times a day

Scan to watch



Cervical vertebrae pain, neck pain



Symptom

Cervical vertebrae pain, neck pain

Exposure areas

Jianjing, Dazhui, Fengchi, painful points

Exposure Times

5-10 minutes. Shine the light on each area for at least 20 seconds.

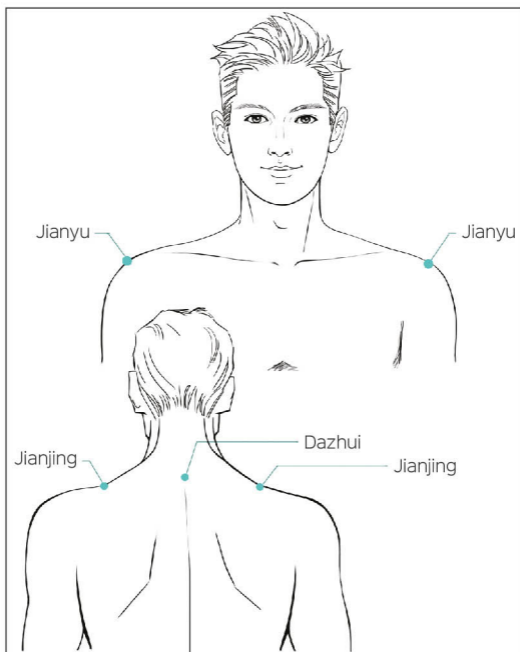
Recommended treatment

3 times a day

Scan to watch



Shoulder pain, frozen shoulder



Symptom

Shoulder pain, frozen shoulder

Exposure areas

Jianjing, Jianyu, Dazhui, painful points

Exposure Times

5-10 minutes. Shine the light on each area for at least 40 seconds.

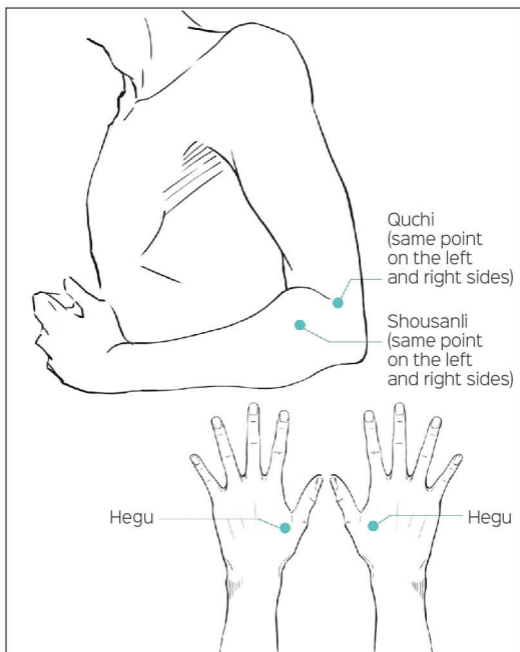
Recommended treatment

At least 4 times a day

Scan to watch



Pain in the arms



Symptom

Pain in the arms

Exposure
areas

Hegu, Shousanli, Quchi, painful points

Exposure
Times

7-10 minutes. Shine the light on each area
for at least 20 seconds.

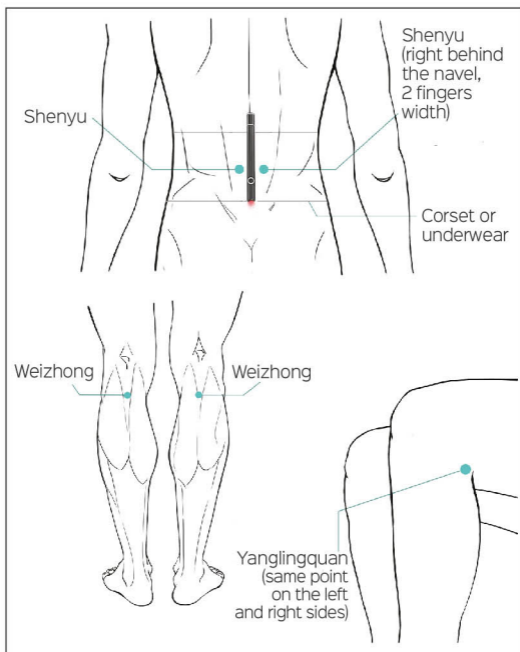
Recommended
treatment

4 times a day for 2 weeks

Scan to watch



Lower back pain



Symptom

Lower back pain

Exposure areas

Weizhong, Yanglingquan, Shenyu, painful points

Exposure Times

5-10 minutes. EEFit Lite can be placed at the lower back, with the light source facing down for long-period exposure (no time limit).

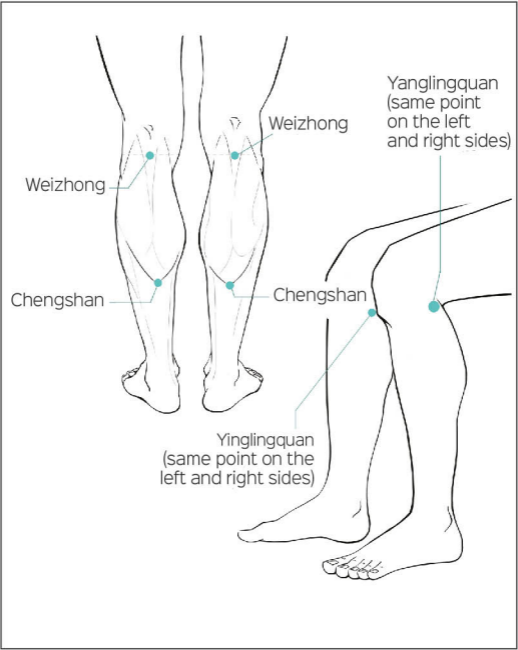
Recommended treatment

2 weeks

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Pain in the calves

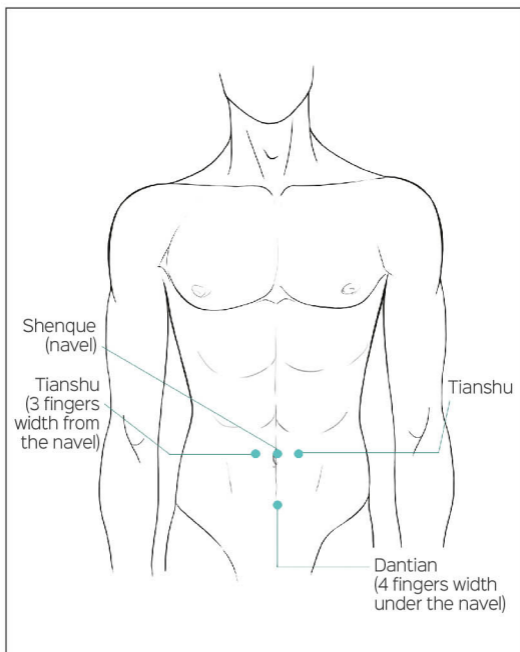


Symptom	Pain in the calves, muscle spasms, varicose veins
Exposure areas	Weizhong, Yanglingquan, Yinglingquan, Chengshan
Exposure Times	3-10 minutes. Shine the light on each area for at least 30 seconds.
Recommended treatment	3 days

Scan to watch



Abdominal pain



Symptom

Abdominal pain

Exposure areas

Shenque (navel), Tianshu, Dantian

Exposure Times

5-10 minutes. EEFit Lite can be placed at the abdomen, with light source facing down for long-period exposure.

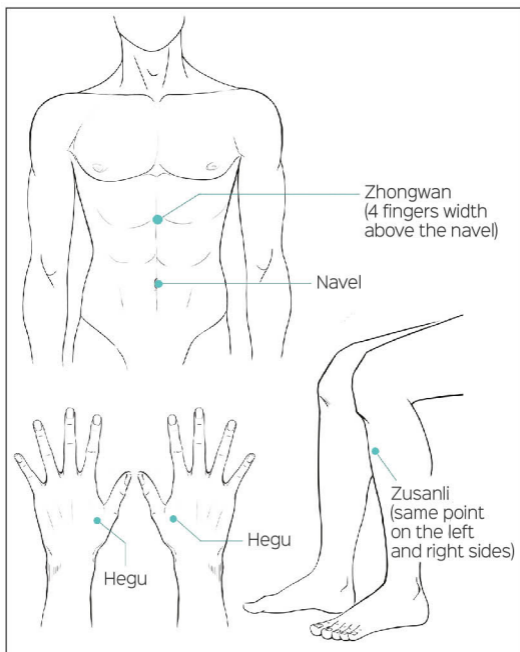
Recommended treatment

2 days

Scan to watch



Gastric pain, bloating



Symptom Gastric pain, bloating

Exposure areas Hegu, Zhongwan, Zusanli

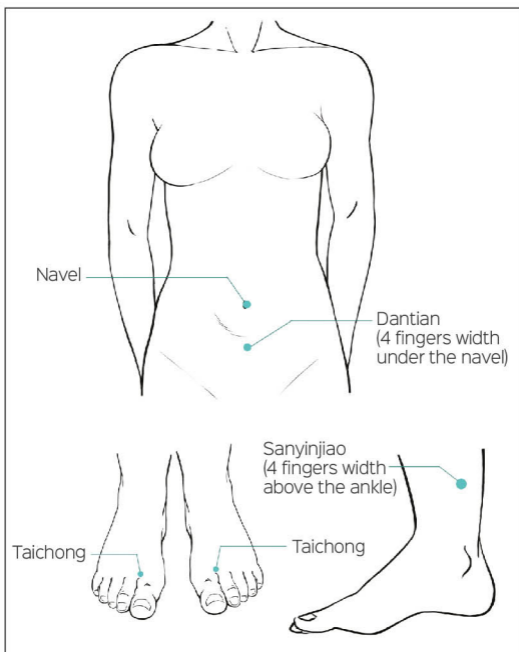
Exposure Times EEFit Lite can be placed at the abdomen, with light source facing up for long-period exposure. Shine the light on each of the other acupoints for 10-15 minutes.

Recommended treatment 2 days

Scan to watch



Menstrual pain



Symptom

Menstrual pain

Exposure areas

Dantian, Sanyinjiao, Taichong, painful points

Exposure Times

EEFit Lite can be placed at the abdomen or lower back, with light source facing down for long-period exposure (no time limit).

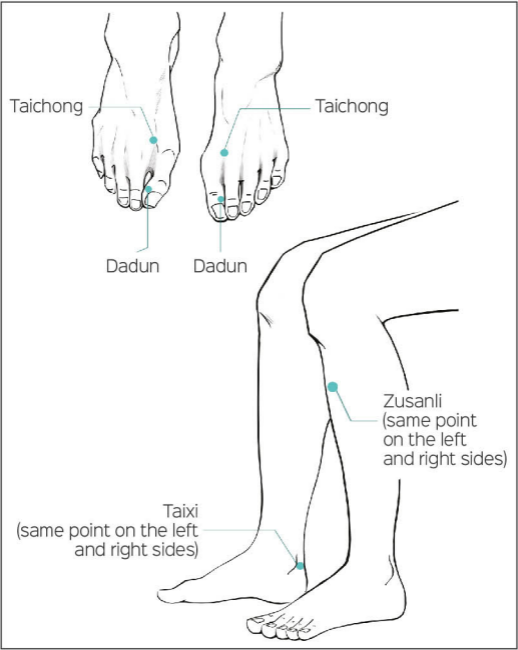
Recommended treatment

2 days

Scan to watch



Gout

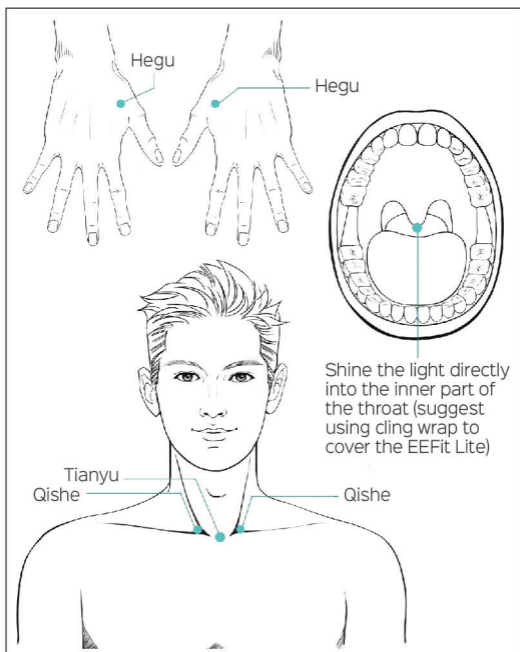


Symptom	Gout
Exposure areas	Zusanli, Taichong, Dadun, Taixi
Exposure Times	5-10 minutes. Shine the light on each area for at least 30 seconds.
Recommended treatment	1 week

Scan to watch



Sore throat, cough



Symptom

Sore throat, cough

Exposure areas

Tiantu, Qishe, Hegu, Shine the light directly into the inner part of the throat

Exposure Times

5-10 minutes. Shine the light on each area for at least 1 minute.

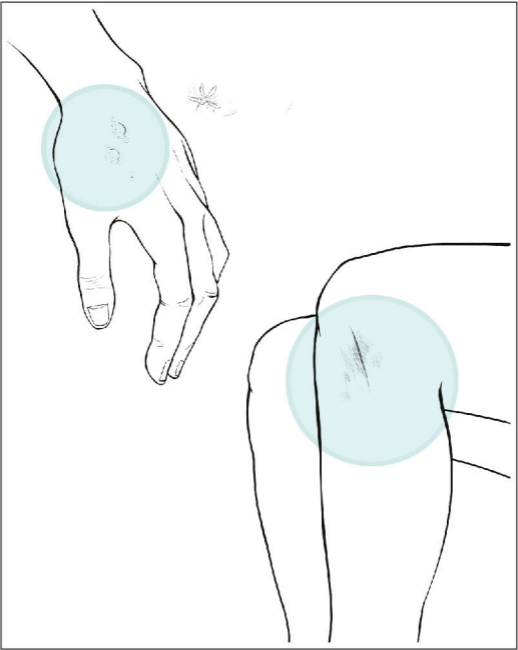
Recommended treatment

4 times a day for 2 days

Scan to watch

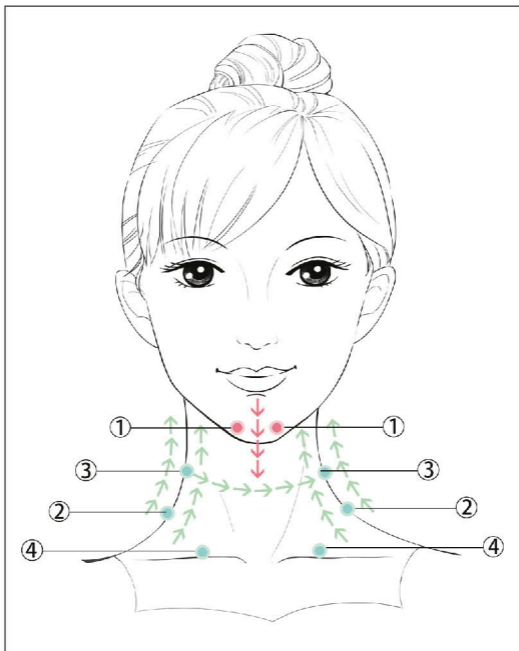


Insect bites, healing wounds



Symptom	Insect bites, healing wounds
Exposure areas	Any area with discomfort
Exposure Times	3-10 minutes
Recommended treatment	3 times a day for 3-5 days

Enhance facial lines



Effect

Enhance facial lines, reduce facial and chin edema

Exposure areas

- (1) Chin and throat
- (2) Left and right areas around the neck artery
- (3) Left and right areas under the chin
- (4) Collarbones above the concave lymph nodes

Exposure Times

10 minutes. Shine the light on each area for at least 10 seconds.

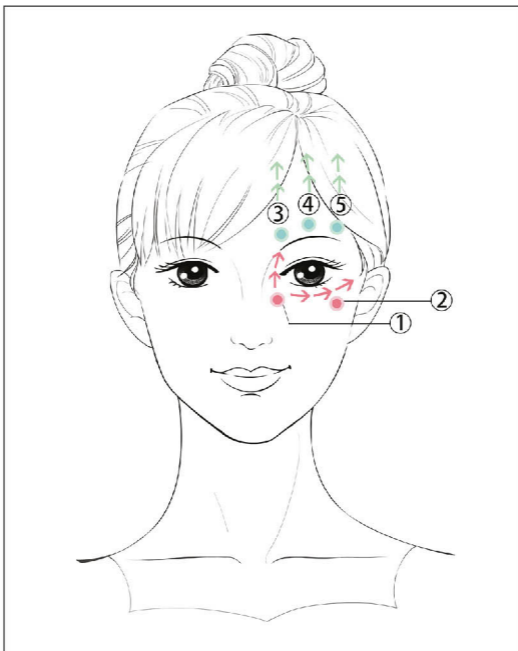
Recommended treatment

3-4 times a week

Scan to watch



Tighten eye bags



Effect

Tighten eye bags, enhance muscles around the brows, reduce dark circles around the eyes

Exposure areas

Eye area (see image)

Exposure Times

10 minutes. Shine the light on each area for at least 10 seconds (follow the directions of the arrows).

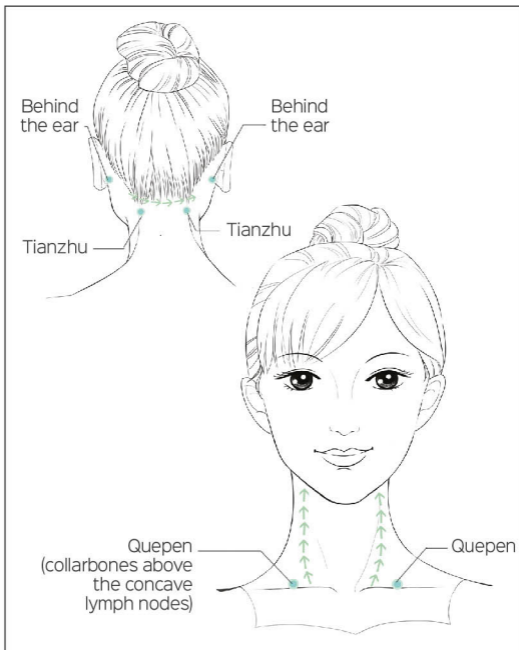
Recommended treatment

3-4 times a week

Scan to watch



Reduce water retention and edema



Effect Reduce water retention and edema, mould a V-shaped face

Exposure areas (Front) Queen, collarbones above the concave lymph nodes
(Back) Tianzhu, along the posterior hairline

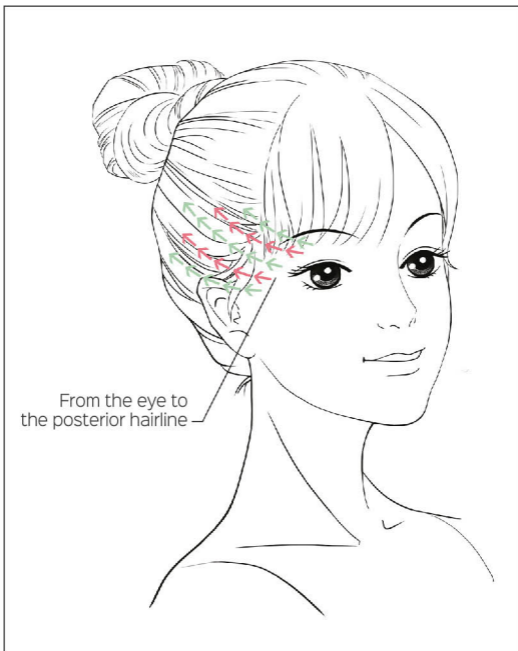
Exposure Times 5-20 minutes. Shine the light on each area for at least 30 seconds.

Recommended treatment Daily

Scan to watch



Reduce wrinkles and fine lines



Effect

Reduce wrinkles and fine lines, enhance apple cheeks and lip curve

Exposure areas

Follow the direction of arrows from the eye to the posterior hairline, both the left and right areas

Exposure Times

Follow the direction of arrows and expose for 5-10 minutes, ending at temples. Shine the light on each area for at least 30 seconds.

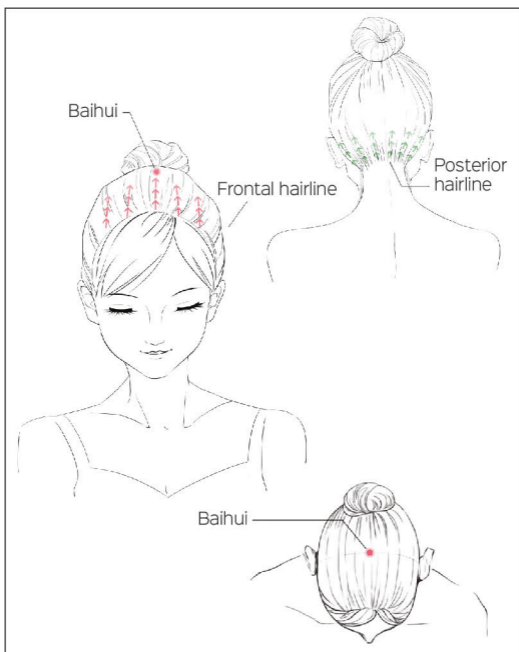
Recommended treatment

3-4 times a week

Scan to watch



Maintain healthy hair



Effect

Maintain healthy hair, alleviate insomnia

Exposure areas

Baihui, frontal and posterior hairlines (follow the directions of arrows)

Exposure Times

5-15 minutes. EEFit Lite can be placed under the pillow, with light source aiming at the neck for long-period exposure

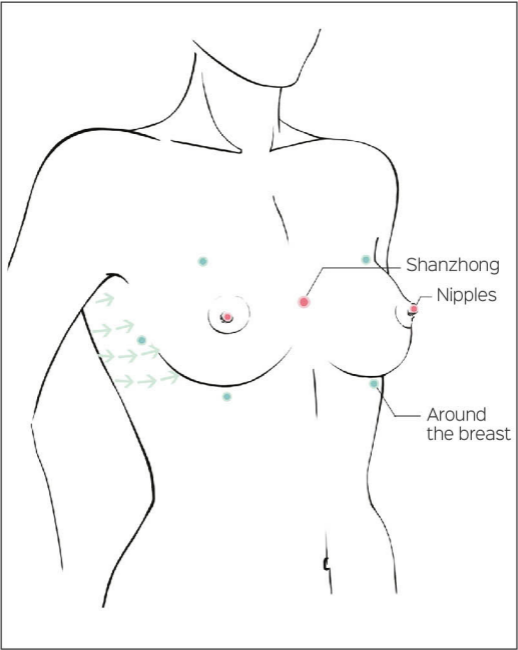
Recommended treatment

Daily

Scan to watch

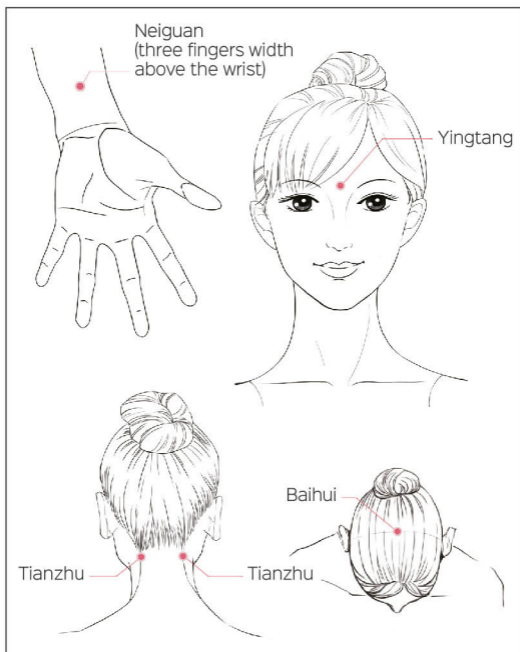


Reduce saggy breasts



Effect	Reduce saggy breasts, tighten breasts
Exposure areas	Shanzhong, around the breast (see image)
Exposure Times	5-10 minutes. Shine the light on each area for at least 20 seconds, and the nipples for 10 seconds.
Recommended treatment	Once a week

Alleviate insomnia



Effect

Alleviate insomnia, light sleep and motion sickness

Exposure areas

Tianzhu, Baihui, Neiguan, Yintang

Exposure Times

3-10 minutes. Shine the light on each area for at least 30 seconds.

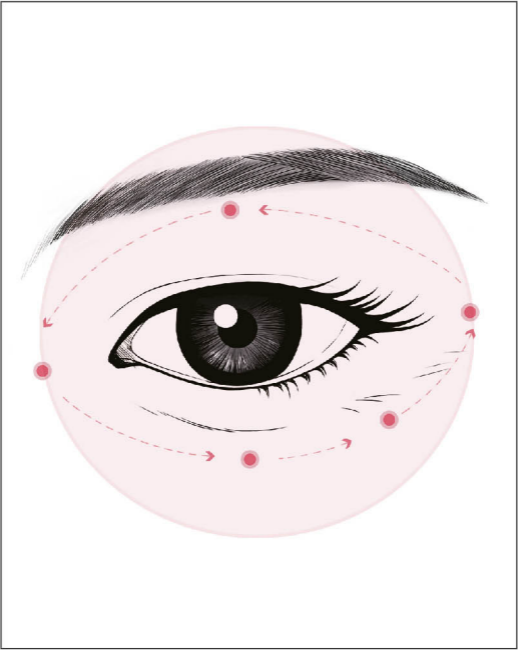
Recommended treatment

Daily

Scan to watch



Relive eye fatigue

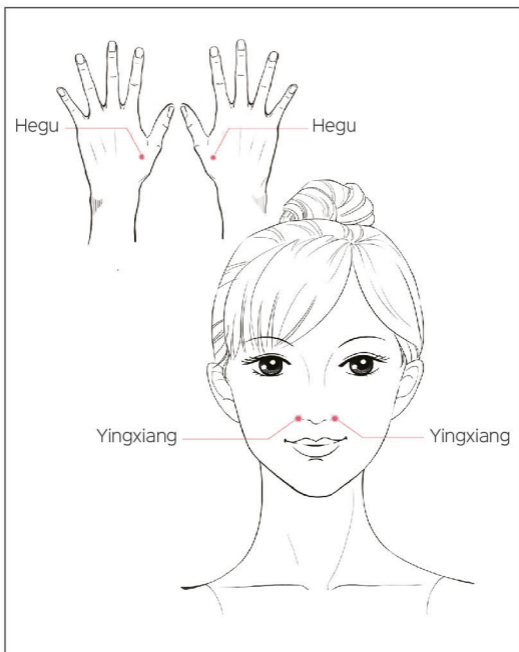


Effect	Brighten eyes, relieve eye fatigue, moisturize eyes, beautify appearance
Exposure areas	Eye orbit, upper and lower eyelids, eyeball areas
Exposure Times	3-5 minutes. Shine the light on each area for at least 20 seconds.
Recommended treatment	Daily

Scan to watch



Nasal allergy

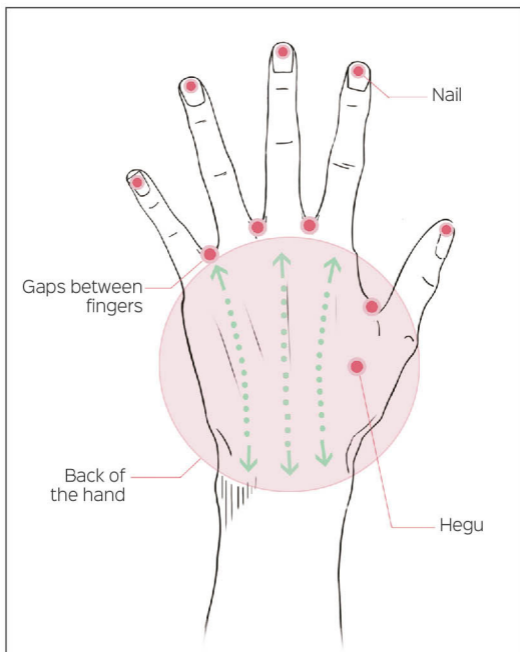


Effect	Relieve stuff nose and nasal allergy
Exposure areas	Yingxiang, Hegu, nasal cavity, nostril
Exposure Times	5-10 munutes. Shine the light on each area for at least 30 seconds.
Recommended treatment	3-4 times a week

Scan to watch



Alleviate shoulder and neck stiffness

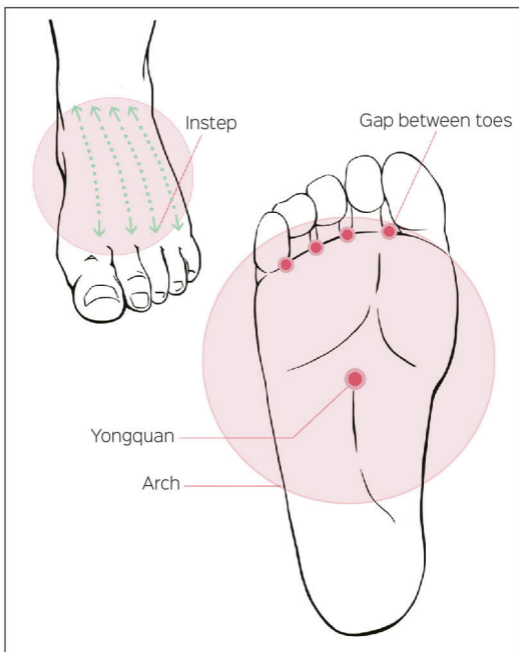


Effect	Alleviate shoulder and neck stiffness, improve meridian circulation, reduce prominence of veins
Exposure areas	Hegu, gaps between fingers, centre of finger nail, back of hand
Exposure Times	5-30 minutes. Shine the light on each area for at least 20 seconds.
Recommended treatment	2-3 times a week

Scan to watch



Promote blood circulation

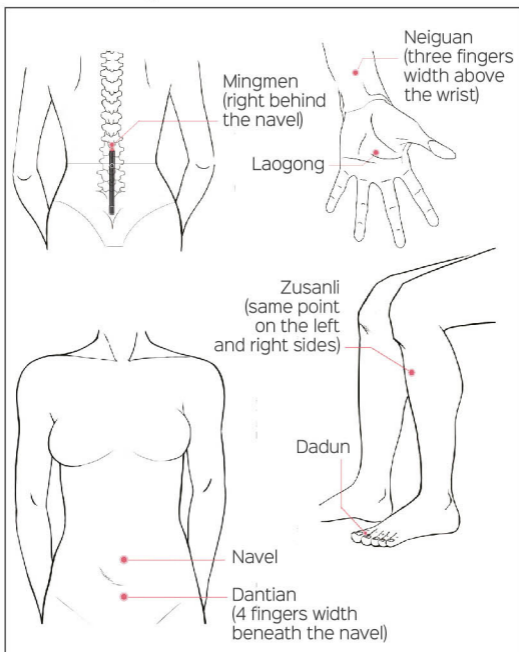


Effect	Promote blood circulation, reduce varicose veins, improve sleep quality, prevent dementia
Exposure areas	Yongquan, gap between toes, instep, arch
Exposure Times	(1) Follow the direction of arrows and expose for 5-30 minutes. (2) Start at the Yongquan, and shine the light on each area for at least 20 seconds.
Recommended treatment	2-3 times a week

Scan to watch



Energize the whole being, relieve fatigue



Effect

Energize the whole being, relieve fatigue, promote blood circulation

Exposure areas

Mingmen, Dantian, Zusanli, Dadun, Neiguan, Laogong

Exposure Times

5-10 minutes. Shine the light on each area for at least 30 seconds. EEFit Lite can be placed at the abdomen or lower back, with light source facing down for long-period exposure.

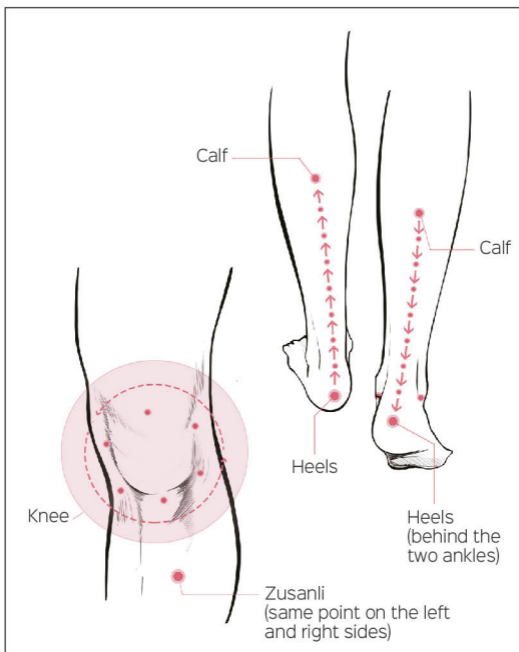
Recommended treatment

Daily

Scan to watch



Eliminate fatigue after exercise



Effect Improve blood circulation, eliminate fatigue after exercise, energize the legs

Exposure areas Zusanli, knee, calf and heels

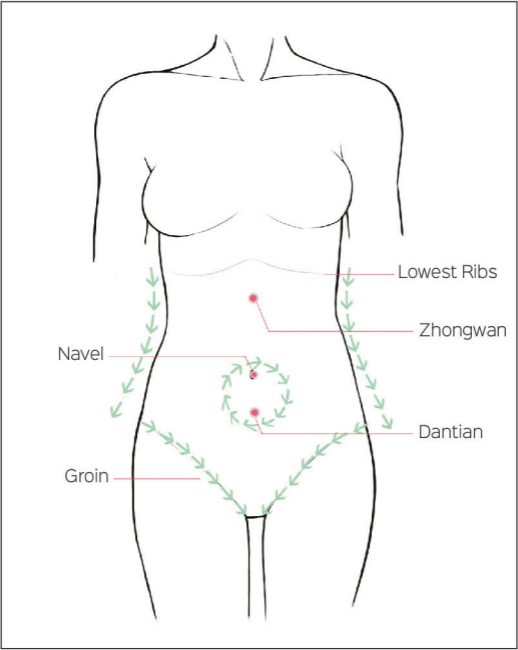
Exposure Times 5-10 minutes. Shine the light on each area for at least 30 seconds.

Recommended treatment 2-3 times a week

Scan to watch



Promote gastrointestinal mobility and bowel movement

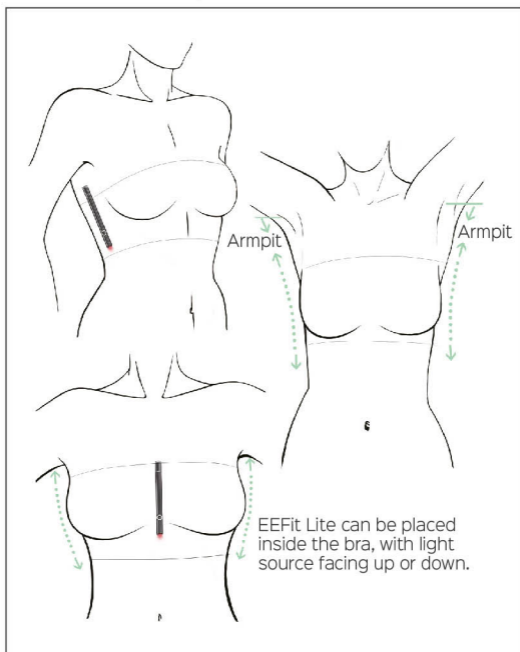


Effect	Promote gastrointestinal mobility and bowel movement, improve digestion, eliminate edema
Exposure areas	See image
Exposure Times	Follow the directions of arrows and expose for 5-10 minutes. Shine the light on each area for at least 10 seconds.
Recommended treatment	3 times a week

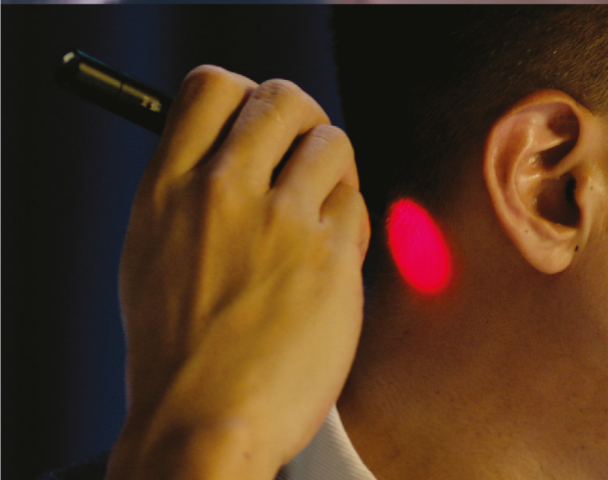
Scan to watch



Improve circulation of lymph nodes under the armpits



Effect	Improve circulation of lymph nodes under the armpits, lose weight, tighten arm muscles
Exposure areas	See image
Exposure Times	5-10 minutes. Shine the light on each area for at least 20 seconds.
Recommended treatment	3-4 times a week



Disclaimer

The Chinese Meridian Medical Science is extensive and widely applied. Due to different physical conditions and symptoms that individual users might have, our company does not guarantee the same effectiveness of this product when being used by different individuals.

Thanks for Your Purchase!

Please read the instructions provided in this user manual carefully to ensure proper use of our products.



Product Information