



MediCrystal®

USER GUIDE



**CLASSIC
AMETHYST
BELTS**

- 2 **THANK YOU**
- 2 **UNBOXING**
- 3 **CONTROLLERS**
- 3 **ADDITIONAL INFORMATION**
- 4 **SAFETY INSTRUCTIONS**
- 5 **CONTRAINDICATIONS**
- 6 **TIPS: BEFORE YOU START**
- 6 **TIPS: USING YOUR MAT**
- 7 **TIPS: USE WITH CAUTION**
- 8 **TIPS: TROUBLESHOOTING**
- 9 **TIPS: TAKING CARE OF YOUR MAT**
- 10 **MAINTENANCE AND CLEANING**
- 10 **WARRANTY**
- 10 **DISCLAIMER**

UNBOXING

THE BELT SET INCLUDES:

Detachable heating pad infused with amethysts



Belt straps with Velcro fasteners

White waterproof protector with 4-corners straps



MediCrystal® catalog and this User Guide



Bag for storage and carrying the belt



Controller L-40N with terminal and plug wires



When you receive your belt, please take a moment to verify that it was not damaged in transit. Carefully unpack the box and check if everything is included and in due condition. If you discover that anything was not included into the set, or there is any other reason that you wouldn't rate this as a 5-star experience, please, contact us right away at support@MediCrystal.com, so that we can resolve the issue as fast as possible.

In addition to hot stone therapy, and deep FIR heat, MediCrystal® Classic Amethyst Belt naturally generates negative ions through special layers upon heat distortion when the belt is ON or using your own body heat when the belt is OFF.

It is a great reason to use the belt regularly to walk, sleep, relax and reenergize even without heating.

THANK YOU FOR PURCHASING MEDICRYSTAL® BELT AND CHOOSING US!

MediCrystal LLC is a small family-owned company dedicated to customer satisfaction and to providing the highest quality health and beauty products from natural amethyst, agate, tourmaline and jade at the best possible prices.

We have personally experienced great healing benefits from the MediCrystal® and ThermoGem® products and have decided to make them available to our customers for an affordable cost.

We were so impressed by how the functionality of our belts compared to other, much more expensive brands that we decided to launch a business focused on creating these amazing products.

Our purpose is to let other people unveil the secret of this reviving experience at a substantial savings from the competition. We think not just the wealthy, but everyone interested in holistic health, naturopathic and alternative medicine should be able to use the healing power of these gems and crystals.

We hope you experience as many positive results as we have, now that you have your own MediCrystal® belt!



Controller L-40N for Classic mats, pads and belts:

- ❶ Power ON/OFF Switch Button – Push it to turn mat ON/OFF. Controller Temperature display ❷ will show “OF” until you activate the TIMER ❸.
- ❷ Temperature Display – shows the current temperature, flashes to the set temperature, then back again.
- ❸ Timer Control Toggle Button – Chose 3, 6 or 12 hour heating session with auto shut-off when time expires. Timer should be activated first to start heating.
- ❹ Timer ON indicators – Light ON when Timer is used, shows the number of hours the mat is set to function.
- ❺ Adjust Temperature Dial – Use to increase or decrease heat 30°C~70°C (86°F~158°F).

First you should tightly connect controller to the belt connector and only after this plug-in controller into the power outlet. Then turn ON controller with toggle switch.

The belt controller has three time settings 3 hours, 6 hours or 12 hours. You should choose one of them first to activate other functions. Usually when you turn ON controller one of time setting is already chosen. Press timer button to adjust it.

Controller also has a temperature dial to completely adjust the heat in 1°C increments from 86°F to 158°F, displayed in Celsius from 30°C to 70°C. Sometimes we call the different temperatures “levels”.

Level 1 is 86°F-98°F or 30°C-36°C (used for Negative Ions, all night sleep low heat mode)

Level 2 is 98°F-110°F or 36°C-43°C (Low mode, regenerative sleep, boosts energy and immunity*)

Level 3 is 110°F-120°F or 43°C-49°C (Low medium mode, relaxation, immunity)

Level 4 is 120°F-133°F or 49°C-56°C (Medium mode, releases stress, elevates mood, enhances vitality*)

Level 5 is 133°F-145°F or 56°C-63°C (Medium High mode, temporary pain relief*)

Level 6 is 145°F-158°F or 63°C-70°C (High mode, cleansing and detoxification*)

Level 7 is 158°F or 70°C (Highest mode, hyperthermia)

The temperatures above reflect the temperature of the inner heating elements, not the surface of the belt, which can be 10-20°F lower (or even lower than this) if the belt is not covered with a thick blanket. Usually, if the ambient temperature is around 70°F, it takes between a half an hour to hour for the belt to reach the maximum level (158°F, or 70°C) if covered it with a thick blanket.

If you feel that 6/12 hours is too much, an external timer can be used. Some heavy duty ones with a built-in surge protector may be a good choice for double protection.

ADDITIONAL INFO

1. MediCrystal® amethyst belt is great for the lumbar, waist, lower back or abdomen. It consists of belt strap with Velcro fasteners and our smallest multilayer MediCrystal® amethyst pad attached on the strap. The size of the **standard Belt heating pad is 8"x18" (20x45 cm)** and it contains 1.5 pounds of crushed natural amethyst. **XL Belt pad is 8"x21" (20x52 cm)** and it is filled with almost 2 pounds of amethyst.
2. Belt straps with Velcro fasteners are **55" (140 cm) long for standard Belt to fit waists up to 50"**. The strap of **XL Belt is 63" (160 cm) long** and it is **OK for waist up to 58"**. If you are slim better to choose the standard strap.
3. Your belt set should include, free of charge, a **Thick High Absorption Waterproof Quilted Multilayer Protector with 4-cornered elastic straps** to fix it on the belt. The cover is breathable and permeable for FIR rays and ions. It is great for absorbing sweat and for keeping the contact surfaces between the body and the belt dry. **This protector is machine washable on gentle or hand wash cycle. Air drying is recommended.** If you do not have a cover or it is warm, you may use a towel instead.
4. The **top of the belt, with the MediCrystal Logo on it, is not a heated area** but this and other non-heated areas of the belt still have anion layers to generate negative ions.
5. MediCrystal® belts have a multilayer system construction with up to 15 different layers. The **special layers (with anion generating fibers) are added so that the belts generate negative ions** when they are turned on and functioning. Controllers do not have the option to activate negative ion generation from the inner belt layers because the ions generation starts automatically when the belt is heating up, due to the piezoelectric and pyroelectric effects caused by the distorted crystallographic structure of the belt's anion generating layers and natural amethyst crystals. Negative ion generation will decrease when the belt cools down. **The number of ions goes up when you carry even the non-powered belt as gemstones and negative ion generating layers start to use your natural body heat to produce anions.**
6. **All MediCrystal® belts come with EMF-free (less than 2 mG by specs and less than 0.2 mG by measurements), new-generation advanced heating systems.** Anyhow if you are EMF oversensitive, please be aware that some parts of all electrical devices including all brands of FIR belts may emit relatively higher EMF levels. These parts are plugs, overheat protection bimetal switches, connection terminal and controller which on full power can emit up to 4-8mG. Though these are still safe levels but for sleeping, it is better to put the controller in some distance from your head. Really the electric heating system works only during 10-20% of belt session time as it stops when the belt reaches

set temperature and resumes only after the temperature drops. You can also completely eliminate exposure to any EMFs just by **preheating your belt to max temperature and turning it off before the procedure**. Hot crystals accumulate the warmth and will emit infrared rays and negative ions without electric power.

- Due to the artisan nature of the construction process **there is some difference between belts regarding the maximum temperature they may reach in the same conditions and the heating speed**. If the belt is covered with thick blanket or it is on your body, the max level of the bare belt surface temperature may be in the range of 55-65°C or 133-158°F (displayed by the controller measuring the temperature of the heating elements inside the belt as 65-72°C), which is quite normal.
- The heated amethyst pad can be disconnected from the belt strap and used as a small amethyst mat on the local areas of the body**. It is usually used for shoulders, knees, elbows, neck, hands, legs and any other parts of the body. Detachable pad is great for localized use, when you need to apply healing crystal rays and **focus therapy to some area of your body without causing the whole body to undergo hyperthermia**. You can use it on high heat for local application without overstimulating the whole body. It is portable, rather bendable, and can be applied to almost any part of the body. The Belt can also be used when you are on the large full body mat for the more intensive procedures.

SAFETY INSTRUCTIONS

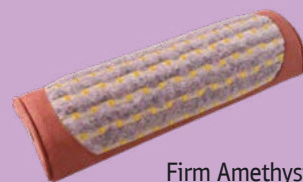
MediCrystal® belts have been carefully engineered for both effectiveness and safety. But of course basic safety precautions should always be observed when using any electrical device.

- Never immerse the belt in water, do not use the product in wet or excessively humid areas. Do not use the device when your hands or body are wet.
- Changes or modifications to the device can be dangerous and may cause electric shock. Do not disassemble anything while the power is ON.
- Do not put heavy objects on the belt. Do not prick the belt pad with pins, knives or sharp objects. Do not step, walk, jump, run and avoid other types of pressure which can damage inner sensors.
- Do not put chemicals, solvents, volatile or flammable materials such as benzene, thinner or kerosene on the belt.
- Make sure that the receptacle where you plan to plug the belt has the same voltage rating as the specifications indicated for each product (usually 110-120V/60Hz for North America and Japan and 220-250V/50Hz for Europe and other countries). Do not use travel adaptors in order not to damage your belt and controller.
- If your belt is made for U.S. electricity, 110-120V/60Hz, with plugs for a standard U.S. grounded socket to use in 220-250V countries, please purchase a step down power converter transforming 220-240V to 110V. For belts pads we recommend power converters with 150-200W capacity.
- Always remember to turn off the electrical supply when not in use. When unplugging device, do not attempt to pull the cord, pull it out by holding the plug.
- To protect your belt, use a surge protector. Power spike is the main reason why a belt would ever malfunction, an electrical surge kills the controller and renders the belt unusable until a new controller is purchased.

- The belt can also be used as a belly band for concealed wearing on your waist under clothes. **This product is especially valuable for women's health**. It can be helpful for relief of menstrual pain by aiding circulation to the lower abdomen*. For this purpose the belt is carried in non-powered mode, with amethyst pad on the front and the straps fastened on the back. **For lower back therapy the belt is carried with pad on the back** and the straps fastened on the belly.
- Once our abdominal region is warm, the body decides that the thick blanket of visceral and abdominal fat is no longer needed**. Therefore, fat destruction enzymes are vitalized and the abdominal fat naturally goes away. The MediCrystal® amethyst belt combined with the diet and healthy active lifestyle provides you with opportunity to fight the fat in the problem areas of the body with success.
- If you sleep with your Belt on the body be sure that **the heat level is on the safe, lowest levels of 35-45°C or use the belt either unpowered or in negative-ions-only mode (30°C) at night**. Do not use high heat when you go to bed. Do not rely solely on the timer. Some customers choose to connect the belt through another timer plugged into the the wall outlet for double safety in order not to fall asleep on the hot belt and dehydrate. **Take extra care during nighttime use and keep the belt only on low heat settings**.

- Do not use the device when the cord is damaged or if the electrical outlet is excessively loose, find another socket that will correctly hold the plug. Do not use the belt if it is damaged or if connection between the belt and controller is not tight.
- Your belt has double safety advanced EMF free heating system with emergency bimetal switches physically cutting off the electrical wires if the belt's main thermostat safety system fails and it overheats to 180°F (75°C). Anyhow stop using and immediately unplug the belt from its power source (wall outlet) if you experience strange conditions such as smell, smoke, shocks and/or fire.
- Clean the belt only when the power is off and the controller is unplugged from the AC outlet.

GREAT ADDITION PILLOWS



Firm Amethyst Mini Pillow is a great addition to be used under neck or knees.*

Hard or Soft Amethyst B-Shape Contour Pillow is a preferable choice for high heat procedures, to relax or sleep.*



* sold separately from the belt

The following may not be a full list of contraindications but if you have any of them, avoid use of the far infrared belt in heating mode completely (unless you get approval from your doctor).

Remember that it is your responsibility to seek the attention of a health care professional before and during the use of this product, which is not market as a medical device, nor claimed to be able to heal or cure any sickness.

- The recipients of any type of organ transplant should not use FIR belts. After organ transplant operations, patients usually are prescribed immunosuppressant drugs to help prevent their immune system from rejecting the transplanted organs. FIR and hot stone therapies increase immune system function which is absolutely contraindicated for organ transplant recipients.*
- Pacemakers and defibrillators users should not use the FIR belts in powered modes without cardiologist approval. The function of these devices may be interfered with by the belts' magnetic or heating functions.*
- Expectant women should not use the heating therapy or FIR belt in heating mode. Excessive temperatures have a potential for fetal damage. If pregnancy is possible you should be able to sleep on the belt or use it in unpowered mode for ion therapy but be sure to consult a physician before using it for heating.*
- Newborns and infants should not use the heat therapy. Their core body temperature rises much faster than that of adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands, and the inability to regulate body temperature by sweating as well as adults are able to. Do not use your belt in heating modes on babies who cannot move away from the belt or on children who cannot speak enough well to express themselves.*
- Avoid use of the far infrared belt in heating mode completely (unless you get approval from your doctor) in the case of a recent stroke, aortic stenosis, myocardial infarction, heart attack, unstable angina pectoris, if you take corticosteroids or have brain or other tumors.*
- Anybody with diseases associated with a reduced ability to sweat or insensitivity to heat should use the FIR Belt without the heat, in negative ions mode. Diabetic neuropathy may be a contraindication because some diabetic patients lose sensitivity to heat.*
- Nobody with diagnosed diseases, ailments or medical conditions should ever use FIR devices without approval from and/or supervision of a physician. It may be extremely dangerous to raise the body temperature to high levels for people with: Adrenal suppression disorders, Addison's disease, adrenal Insufficiency, systematic lupus erythematosus, multiple sclerosis (MS), brain tumors, bypass surgery, high hypertension or some other conditions.*

- Anybody taking medications or currently going under medical treatments, radiation or chemotherapy should consult a physician before using the belt in heating mode. Some medicines as diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines, blood thinners may also cause the body to be more prone to heat stroke. Sleeping aids, pain killers, narcotics, anti-psychotic medicines may be the most dangerous in impairing one's judgement. People under influence of drugs, alcohol or intoxication as well as patients with mental impairments or dementia should never use the belt, saunas or other heating devices.*
- Anybody experiencing a high fever should not use the belt in heating mode. Only the negative ions function can be used until the fever stops.*
- If you use heating creams or balms, liniments, salves or ointments that contain heatproducing ingredients, you should never use them with the belt unless recommended by a health care professional so as to avoid burns.*
- Anybody with fresh wounds, trauma, joint injuries or swollen hot joints where the cold therapy is necessary should not use the FIR belt in heating mode, so as to avoid exacerbating any inflammation.*
- Anyone with a mental or physical disability or those with limited mobility should use MediCrystal belts in the negative-ions-only mode unless under full supervision of a medical professional and have a doctor's approval.*
- It is not recommended to use any part of the heating area of your belt directly on your head. Our brains do not have same efficient cooling system as the other body does.
- Stop using the belt if any known conditions worsen while using it. Pain should not be experienced when using the belt. However, the infrared heat will go to areas of disease or discomfort —some people may perceive this as pain and others as a sensation. If pain is persistent, discontinue use.*

If you have any of these conditions, avoid using the belt completely unless under the care of a doctor with expertise in hot stone or sauna detoxification.

While the above are some of the conditions which may pose dangers through FIR Belt use, definitely check with your doctor or a health professional experienced in Far Infrared or sauna therapy about your specific medical condition.

Remember that it is very important to properly hydrate with pure and mineralized water before and after sessions with the belt.



*MediCrystal® products are not intended to diagnose, cure, treat, or prevent any disease, illness or medical condition or to substitute for medical treatment of any kind. Information here is never to be construed as medical advice. These products and statements have not been evaluated by U.S. FDA (please, see Disclaimer in this user guide, page 11).

TIPS: BEFORE YOU START

1. Please **study the Catalog and User Guide** included with the belt before first use. The belt is easy to operate but the User Guide has important safety information and a lot of different useful tips that may help you get more benefits and accelerate the learning curve. Be sure to **completely study the list of contraindications and discuss them with a health professional.**
2. Subscribe to MediCrystal® on youtube for educational videos. **Our youtube channel is <https://www.youtube.com/MediCrystal>**
3. **Consult your doctor how to use**, especially it is important if you have any chronic disease. Even if your health professional is not familiar with hot crystal FIR Therapy, doctors usually can give good advice about how such or similar well-known technologies like sauna therapy will work, especially in the case of any existing health condition.
4. When you get the box with your belt, if it is too cold or too hot or wet outside, please, **keep the belt inside for an hour** to adjust to room temperature and humidity before connecting to the power socket. Open the box and take out the belt carefully, especially if it is a large size belt. It may be too heavy and you may need someone's help. Check that all accessories are included. **Put the belt on the floor, bed or other flat surface with the crystals side facing up.**
5. Our belts have special layers in the bottom that reflect the heat upwards. But **if you use your belt laying on a hardwood floor or on a memory foam mattress and the heating pad is under**

your body, it may be better to put a towel under the belt to dissipate any remaining heat.

6. If your area is subject to frequent electrical blackouts or power spikes, **it could be better to connect the device to electricity through a surge protector**, AVR or UPS device similar to that one which protects computers or refrigerators. It will protect the controller from any malfunctions resulting from a power surge. Please remember **to turn the controller OFF and unplug the belt from the power socket after use.**
7. The first heating of the belt should be to **test the belt at the highest temperature level** (70°C equal to 158°F) for 2-3 hours. This will also help purge any possible odors from the fabric and other layers' remaining volatile particles. If you are oversensitive to smells you may choose to air it out in a garage overnight. Our belts are made from the highest quality, 'zero-emission' materials but it is still better to do this. Do not put the protector on the belt or lay on it during this time.
8. **Find a secure, dedicated area with calm surrounding and good time to use your belt** with some degree of concentration. Put up "do not disturb signs" and play some soothing music to enhance the healing process. Put on comfortable sleepwear and relax. It may be a good idea to **clean and scrub your body to open the pores before your sessions**, as this will facilitate sweating and detoxification. You can preheat your Belt and wear it concealed under clothes walking or running outside.

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can also add several layers of bamboo, cotton sheets or towels on top of your belt pad cover to make your belt even softer. As soon as your body gets accustomed to the crystals' pressure **you may choose to remove the extra layers one-by-one.** Protectors and towels are great for sweat absorption during heating procedures or for cushioning but if you need maximum effect you may use the belt with the cover just on top of a thin T-shirt. With FIR therapy, some of the heating rays will dissipate if you use a thicker layer on top of the belt and under your body. The same applies to negative ions, but most will still travel through.

12. **Always keep your Waterproof Protector on the belt to protect it from spills and dirt.** But even if your belt occasionally gets wet, do not worry, it has waterproof layers inside. Just let it completely dry before using it again if it gets wet.
13. **Be careful with your first procedure. Use a slow and continuous mode of increasing session intensity.** Begin with temperature levels as low as 96°–112°F (35–45°C) and short sessions, no more than a half hour, and gradually increase the length and intensity for several minutes and/or degrees every other day. **Remember to drink a lot of water, fresh juices, or herbal teas. Replenish minerals to avoid becoming drained or dehydrated.** When you start it is important to avoid overuse, and low temperature burns and get the first benefits in a safe manner without the risks of side effects from a "healing crisis".
14. **Most important is to listen to your body as you move forward – "LOW and SLOW".** It is easy to overdo if you move ahead too quickly, and the cumulative effects are much more desirable without the lightheadedness or other side effects that can come with rapid detoxification. The maximum time for each heat level is not specified. It depends on the temperature level, and one's age, health, body size and composition, and many other factors. **Basically, the main rule is to start with low settings and gradually increase the intensity, length and frequency of sessions.** Of course if you are an experienced FIR sauna user, you can start with the maximum temperature level, or you can even use the belt while laying on your whole body MediCrystal® mat to intensify the procedure, but we always recommend checking with your doctor first and using common sense to avoid overuse.
15. **As soon as you are sure that your body reacts fine, you can use your belt as long as you like. Unless you have special needs, you can use it from a few times a week for 30 minutes to 12 hours daily and it should be an enjoyable process.** If you want an intensive sweating sauna-like detox, choose the maximum temperature suitable for your health and cover your body with a blanket. If you just want comfort, set the medium heat levels at around 112–122°F (45–50°C). If you are just starting out 20 minutes may be enough. Different people react differently and enjoy different modes. Some folks with weakness caused by hypothermia use FIR belts all the time on slightly warm temperature to revive and feel well again. Other people use amethyst heating belts from one hour on high temperature to 12 hours on warm temperature. Be sure that procedures are comfortable for you and bring about a better feeling and more

energy, and of course remember to get approval from a health professional.

16. If you accelerate this way, the first aim is to create a feeling of relaxation. **To relax, the standard procedure is to have a short session before bed of about half an hour, starting at 40-50°C, and then decreasing to the lowest levels of 30-40°C.** If these levels cause any lightheaded feeling or overstimulation, the temperature should be set even lower or even the belt should be used in unpowered mode. Especially in the summer, when it can absorb some excess heat from your body and naturally return it in the form of radiant crystal rays to those parts of your body which need better circulation.*
17. **It may be impossible to cause sweating using only the belt, but it is quite feasible if you combine it with a mini or larger mat. Sweating is great for detoxifying the body but all intensive high heat procedures should be done only with proper rehydration and electrolyte replenishment, and within the first half of the day.** It may take up to an hour to preheat the belt under a thick blanket to a high heat level. Then you can lay on your back on a bare belt, or a belt with a thin protector or a towel on it and cover yourself with a blanket. After the procedure, just leave the bare belt for half hour more while still heating to dry it out. Of course **if your body does not sweat much, you may not start to sweat from the first procedure – but after several sessions it should come.** Drink a lot of hot herbal teas (not cold drinks) before and during the procedure to accelerate sweating. When your body gets used to sweating it will be easier to sweat voluntarily.*
18. **For FIR Heating, if you lay bare on the bare mat with a belt on your body and covered with a thick blanket, you will get the maximum "detox" effect, as no heat will be lost or dissipated.** All crystal rays will be radiated into your body. **Some advanced customers even use foil blankets reflecting FIR Rays back to the body, but it is very intensive therapy and it cannot be recommended without a doctor's approval.** Sweat releases a lot of toxins, and the belt releases even those stored in deep fat tissue, into the blood. It may be irritating and erosive to the surface of the belt. That is why something like a sheet or a protector cover under your body is must-have for everybody. Perspiration may also temporarily make you feel worse, but when the sweat is out you should feel refreshed. This procedure is used in some Swiss clinics under medical supervision and brings great results.*
19. Wearing clothes or using covers or sheets on the belt hinders some of the anion effects, but it should not be an obstacle to FIR Heat.
20. If you are falling asleep while wearing the belt, choose **30°C to 45°C or 86°-110°F low level of FIR Heat before going to bed.***
21. Getting a headache or feeling dizzy is a sign of "healing crisis" (dehydration). It means that you are detoxing too fast. **Lower the temperature, drink more water and stay on the belt for shorter time.** It is important to feel comfortable and enjoy your experience, so listen to your body and adjust procedures accordingly.

TIPS: USING YOUR BELT

1. **It usually takes around 30-60 minutes for the Belt to reach the maximum temperature if you put both a thick protector and a thick blanket on top.** Cover the belt with a blanket and leave it periodically, checking how hot it is under the blanket.
2. **The heating process stops and resumes again when the belt cools down, to maintain the set temperature.** During this time, the gems become very warm and emit radiant Far Infra-Red rays.
3. For extra electrical safety the heating wires are positioned a short distance from the belt's edges so that the end tubes with crystals are heated indirectly by other stones. It is normal when **these close to edges of the belt stones have a lower temperature.**
4. When the heat is on, the surface temperature of the bare belt under the blanket, or under your body if you are on the belt, becomes hot to touch. **At maximum heat level it will reach 140-150°F (60-65°C) on the surface, if measured immediately after you stand up or remove the thick blanket or pillow. But if you measure the bare belt surface temperature in several minutes again it will be much lower, around 110-130°F (40-50°C).** If the belt is uncovered, and room temperature is low or the air flow is strong, it will cool the belt very quickly. This is normal – when preheated, the crystals transfer most of the energy in the form of Far Infrared Rays very quickly.
5. If you keep your belt open without the protector pad, blanket, or your body on it, the heat is dissipated – and though the controller may continue to show rather high temperature inside the belt's heating elements, **the surface will be merely warm to touch even on highest level.**
6. Sometimes when the belt starts to heat some humming or buzz noise can be heard from the controller which is quite normal. But **if the noise gets stronger or you feel any smell or other signs of possible controller or belt failure, please stop using the belt.**
7. It is OK for the controller to warm up a little when the belt is on the highest heat level for a long time. But **it is not normal if the controller gets really hot or if you notice any smell.** Please turn off the belt and contact us for a free replacement if this happens. **Remember not to put controller on the belt heating pad, even if it is cool. It may heat up and damage the controller.**
8. The most frequent reason for initial controller malfunction is an incorrect order of connection. **It is necessary to connect the belt to the controller first, TIGHTLY, and only after this should you plug the controller into the outlet, then turn it on and set the timer.** After this you may set desired temperature. **When you disconnect, first turn the controller to OFF, then disconnect the plug from the socket – and only after this (and only if it is necessary), unplug the controller from the belt.**
9. **Do not disconnect the controller from the belt more frequently than necessary**, in order to avoid the connection becoming loose. If you connect the controller to the power source first (before connecting it to the belt), **the safety program will lock the controller and put it in 'safe' mode.** It may start to beep or will show OF or other error code on the screen. To reactivate the controller simply reconnect it in the correct order.
10. Choose the best position. FIR amethyst rays penetrate your body, then improved circulation spreads the warmer blood to replace cooler blood – and finally due to bioresonant effects the cells' mitochondria start to produce energy themselves, **this is why even after you finish the procedure your body temperature may stay elevated for up to 8 hours, which is good for activity, immune health and rejuvenation.** But there is also the local effect when those organs and tissues which are closest to the belt receive more heat. It may be beneficial for them, but the highest levels may also cause some issues with movement if you have stones, etc.*
11. **If belt is too hard for you, put the cover included into the set on the belt to cushion it and eliminate the crystals' pressure.** You

TIPS: USE WITH CAUTION*

1. **Extra care is necessary if you are diagnosed with diabetes.** If patient has a lot of sugar in the blood, it clots the blood vessels and causes nerve disorders. Some people with diabetes can, over time, develop nerve damage throughout the body. It is called diabetic neuropathy. If you have diabetic neuropathy and loss of sensitivity you should use a strict time/frequency/temperature

protocol established by your doctor, and only under supervision. You should start very slowly and monitor your blood sugar.*

2. Titanium pins, rods, artificial joints or any other modern surgical implants usually reflect FIR rays so they should be generally safe. But some joint replacements and piercings with other metals may

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be warmed by infrared rays. So **safety precautions should be taken if you lay with joint replacements in direct contact with the belt**. If you apply your belt pad to the other parts of your body, there should not be a problem. But of course **if you feel any discomfort in the implants area, it would be better to decrease the temperature and procedure length or to turn the belt OFF**. It is also advised that you consult your surgeon and implant manufacturer.*

3. **Silicon implants may be warmed by infrared rays, so safety precautions should be taken if you lay with implants in direct contact with the belt heating pad.** If one has breast implants but lays face-up, there should not be a problem. Usually silicon used in medical implants is known to melt at over 200°C (392°F), so it should not be adversely affected by infrared rays. Please, consult your surgeon and implants manufacturer prior to use of heat directly on implants areas.*
4. Heating of the low back or low abdomen areas of a woman's body during the menstrual period may temporarily increase their menstrual discharge. **Some women endure this process to gain the pain relief commonly associated with their cycle**, whereas others simply choose to avoid using the belt during that time of the month.*
5. **It is reasonable not to use the belt heating pad on your groin area, face, head and all other areas sensitive to heat.** If contraception is not your aim, **do not apply heat to your genitals**.*
6. **Children may use the belt with caution and under supervision of adults, preferably on low heat or negative ions mode only.** Consult with the child's pediatrician before using the FIR belt and use common sense. Do not leave children or toddlers on the belt without supervision. They can walk, play or jump on the belt and damage inner sensors. Children can disconnect cables from the belt and put them into their mouths and get shocked. Take extra care if your child has access to the room where the belt or any other electrical device is located.*
7. **If you use medicines applied by skin patches, you should definitely consult your doctor.** The absorption rate of a transdermal medication can change. If you use an adhesive, it may also unglue from your skin due to sweating.*
8. Cats and dogs love amethyst and gemstone pads. They feel some energies better than humans. We suggest to **have an additional waterproof cover for the belt pad to protect it from any liquid and make sure your pet will not chew or scratch the cable, controller or pad. We recommend cheaper and safe non-powered, non-electric amethyst or gemstone mats for pets.** Consult with a veterinarian prior to use belt for heating. Be careful with pets sleeping on the device. It should always be turned off without supervision.*
9. **You should always drink A LOT before the procedure, during the procedure and after the procedure** – if you feel dry mouth it means that there is not enough water in the body. And it should

not be just water, you may need to replenish some electrolytes and minerals as Ca, K, Mg, Na. Twitching may be a sign of these salts' serious deficit or imbalance so if you sweat a lot herbal teas, fruit juices, and mineral water rich in K and Mg or mineral supplements may be necessary. Proper hydration also promotes all healing effects improving cellular detoxification.*

10. **Overusing the device on maximum temperature may result in excessive stimulation.** Use moderately on high temperature. Even if your belt can heat in a continuous mode, it is strongly recommended not to use the high heat settings for more than 3 hours for your safety! Some temporary symptoms of organism detoxification (healing crisis) may occur especially if you start too fast.*
11. **Detoxification high heat program should not be done without a doctor's approval and supervision.** Some drugs, chemicals, and toxins which we take into our bodies with air or food end up getting stored in our fat tissue. They can affect you as you mobilize them and sweat them out. Before toxins are excreted and exit through the sweat pores they are absorbed from your decomposed by FIR heat fat tissues into the bloodstream. While traveling on their way to be eliminated, substances can exert the same effects that they do when you had originally taken them. **If a lot of residue was accumulated in your fat tissue and their release is too fast, the buildup of these poisons can make you feel worse. That is what is called detoxification or a healing crisis.** If you are chemically allergic or extra sensitive, the dangers of infrared therapy, regarding the release of toxins, may be serious. If you feel any signs of healing crisis, stop using the belt and consult your doctor as the same symptoms may be also the signs of serious illness.
12. William Rea, MD, one of the most knowledgeable doctors in the world regarding environmental toxicity and sauna detoxification, warns: **"Uncontrolled, too-rapid mobilization can have devastating effects on chemically sensitive patients."** Of course it does not mean that chemically sensitive people cannot get rid of toxins. Just that it should be done very slowly and carefully, and with a doctor's supervised detox program. **Slowly and gradually increasing heat level, session length, and frequency is the best path forward** and It is important to immediately decrease intensity, duration and frequency of sessions and contact your health professional if you feel symptoms of a healing crisis.*
13. Very careful approach is appropriate to FIR heat therapy. **Our skin sensors can easily detect the high temperature caused by standard conduction heat, but our ability to feel the effects of radiant infrared heat is limited.** The FIR warmth is much more penetrating, so the belt should be used on much lower sensible temperature than a standard heating pad, and it demands extra care, especially for long or all-night use.

Use common sense, self-educate, listen to your body and we hope you experience as many positive results as we have, now that you have your own MediCrystal® belt.

TIPS: TROUBLESHOOTING

1. **Ensure the electrical wall socket that you've plugged the belt into is working correctly.** Plug another device into it to ensure it has power. If it is not working, consider checking the electrical panel as a breaker may have popped (or broken) and needs to be reset. Or try another electrical wall socket that you have verified is powering other devices. If you are using a surge protector, ensure it is working properly. Plug another electrical device into and verify that it is working.
2. **Ensure the controller's belt plug is pushed all the way in to the belt's receptacle socket so that it is snug tight with no space at all between the plug and the belt's socket.** A loose connection can cause loss of signal exchange between the belt and the controller, and when too many errors accumulate the controller's calibration may fail. Controller will show error messages or the belt will not heat up properly.
3. **Make sure that the power button on the controller has been**

turned ON. The controller may show "OFF" on display. It means that either preset heating time is over or the connection between controller and belt is lost. Try adding time, powering the controller ON/OFF, or reconnecting it.

4. Please activate the timer button and choose one of the timer settings for the belt to start heating. **Some models of the controllers do not activate heating function unless a timer is set.**
5. Frequent reason for the new controller fault and errors is an incorrect order of controller connection. Please, **first connect the belt to the controller, and only after this plug the controller into an electrical outlet and turn the controller ON.** When you disconnect, first turn it OFF, then disconnect the plug from the socket, and only after this unplug the controller from the belt. **If you connect the controller to the power source first, the safety program may lock it and go into safe mode.** It may start to beep or will show OF or OP error on the screen. The same may happen if there is a loss of signal interchange between the belt and the controller. **To reset it just reconnect it in the correct order.**
6. **If controller shows errors, the easiest way to solve the problem is to reset it.** Disconnect the plug from the socket first and then from the belt connection terminal. When you disconnect the plug from the belt, please always do it carefully with two hands, holding the connector with one hand while the other hand pulls the plug. Pull the plug out of the connector on the belt carefully as well. **Do not pull it by the cable or the connection between the belt terminal and the controller plug may become loose.** After this always first reconnect the controller to the belt pad tightly and then plug it into an electrical outlet again. Be sure that the socket has electrical power, this can be tested by using any other electrical device.

Reconnection and reset are the most common ways to eliminate errors and reload the controller.

But if reconnection or any other way of troubleshooting do not improve the situation, it likely means that there is a problem with the controller. If your controller was not accidentally damaged or flooded we will replace it ASAP, fast and free.

1. The belt should not be used outside if you are not sure about weather and do not have protective clothing to secure it from becoming wet. **Wear it indoors or lay on your bed, sofa, mattress or floor.** Of course if the weather is fine, preheat the belt for an hour and have a refreshing walk with it.
2. Sometimes controllers and even belt issues happen after power spikes. When hurricanes or storms are approaching, if you are not going to use your belt for a while, or if you are leaving your home for a weekend or vacation it is better to unplug the belt from the socket. **The best is to keep the belt unplugged from the power socket always while it is not in use.**
3. No need to unplug the controller connector from the belt connection terminal frequently. **If the controller always remains connected to the belt it is OK as this only helps prevent the connection from loosening.** Just remember to verify the tightness of the connections from time to time, especially if you sleep on your belt. If you have to disconnect the plug of the controller from the belt connection terminal always do this carefully and with both hands. Hold the connector with one hand while pulling the plug carefully with the other hand. **If pulled by the wire it can break, or the connection may eventually become loose and the belt will not work correctly.**

For warranty service, please contact us at support@MediCrystal.com

7. **Do not worry if your belt is not hot to touch.** The FIR Amethyst Belt does not work like a conventional heating pad. Most of the energy from the belt, in the form of Far Infrared Rays heat, is transferred by radiation, and not by conduction (as is the case with standard heating pads, which are hotter to the touch but do not heat the body much). If the belt is left uncovered, it should be slightly warm on lower levels, warm on medium levels and very warm on high levels – but the transferred heating energy is actually much higher, and this warmth is far more penetrating. So the belt should be used on a much lower, more prudent temperature than a standard electrical heating device – and it demands extra care, especially for all night use.
8. **It usually takes around 30-60 minutes for the Belt to reach the maximum temperature if you put both a thick protector and a thick blanket on top.** The heating stops and resumes again when the belt cools down, to maintain the set temperature. During this time, the gems become very warm and emit radiant Far Infrared rays. For extra electrical safety the heating wires are positioned a short distance from the belt's edges so that the end tubes with crystals are heated indirectly by other stones (these stones may have a lower temperature). The surface temperature of the bare belt under the blanket, or under your body if you are on the belt, becomes hot to the touch, especially in those areas which are covered by film or mesh. **At maximum heat level It will reach 140°-150°F on the surface, if measured immediately after you stand up or remove the thick blanket. But if you measure the bare belt surface temperature in several minutes again it will be much lower, around 110-130°F.** If the belt is uncovered, and room temperature is low or the air flow is strong, it will cool the belt very quickly. This is normal – when preheated, the crystals transfer most of the energy in the form of Far Infrared Rays. Hot stones radiate heat very quickly. If you keep your belt open without the protector pad, blanket, or your body on it, the heat is dissipated – and though the controller may continue to show rather high temperature inside the belt's heating elements, the surface will be merely warm to touch even on highest level.

TIPS: TAKING CARE OF YOUR BELT

4. Please take care of your belt and it will be your friend for a long time. The belt is great for meditation, sleeping, and healing procedures, if laying calm on it without a lot of movement. Never apply pressure or step on it. Dogs and especially cats adore the belt and can use it but this should be under your supervision. Do not allow heavy dogs to play in the same room. Children like to jump but it may be very harmful if they jump on the belt. There are a lot of tiny electronic parts inside the belt such as bimetal switches, temperature sensors, etc. Occasional acute pressure may damage them. In order not to damage the inner sensors and heating system electronics **avoid impact, walking, standing, training, doing any active exercise on the belt. Do not allow any heavy or sharp objects to be put on or fall on it. Never fold the belt while hot, never heat it in folded condition.**
5. Store the device in the bag provided. Consider storing the controller and plug separately so that the sharp edge of the power socket plug does not damage the belt's soft leather or suede. **Do not store the device in a humid, dusty or oily place. Store it in a clean ventilated storage room or closet.**

*MediCrystal® products are not intended to diagnose, cure, treat, or prevent any disease, illness or medical condition or to substitute for medical treatment of any kind. Information here is never to be construed as medical advice. These products and statements have not been evaluated by U.S. FDA (please, see Disclaimer in this user guide, page 11).

You will not have to clean your belt at all. If you cover it with our MediCrystal Waterproof Cover, or at least a cotton or bamboo towel all the time.

Your MediCrystal® Belt will stay clean for a very long time unless you use it uncovered or spill something on it.

1. Before cleaning, turn off the belt using the button on the controller and then unplug the device from its power source.
2. Do not use chemical solvents such as benzene or thinner or aggressive cleaning agents on the controller or belt, as they may damage the device.
3. Clean it as you would clean any leather or suede product that has electrical parts inside. Do not wash the device or controller with

water. Do not put the device or the controller in a washing machine or dryer.

4. Do not get the belt wet. But even if occasionally you spilled something and the belt was not covered with a waterproof protector, do not worry, it has waterproof layers inside. Just let it completely dry before using it again. Then test it on high heat for an hour before laying your body on the belt. Remember that ironing the device is strictly prohibited.
5. Use only a slightly wet cloth (soap water can be a good choice) to wipe off dirt and dust. You could also use a vacuum to remove any dust from the surface of the belt.
6. You may leave your belt with protectors on high heat for 1 hour each week to completely self-clean and disinfect.

WARRANTY

All new belts are covered for home use by 2-year limited warranty. The warranty period starts from the date of purchase.

This warranty does not cover normal wear and tear, user abuse, physical impacts or damage, professional or commercial use, and applies to:

- The original owner / purchaser of the product only
- Normal personal or family use of product in a general home/office environment.

MediCrystal LLC warrants to the original purchaser that the products are free of defects in workmanship and materials, during the applicable

warranty period.

After the warranty expires, we will still take care of any repairs, at minimum cost.

Whether the problem is with the belt itself or the controller, we will provide you with a replacement as soon as possible.

Shipping and return shipping are both free for warranty issues.

You can also buy a 5-year extended home use warranty or 2 years professional use warranty.

It costs 40% for mats with additional functions like PEMF or Photons.

To activate warranty or purchase additional one, please, contact us at support@MediCrystal.com

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