

# HIGH FREQUENCY Q&A

1	Difference between low and high frequency	<p>Low frequency: Repetitive movement of muscle contraction and relaxation through electrical pulse stimulation</p> <ul style="list-style-type: none"> <li>- Stimulate the skin surface and dermal layer</li> <li>- A pad is attached to the affected area to allow current to flow, causing a sharp current reaction</li> <li>- Use frequencies of 1 ~ 1000 Hz</li> </ul> <p>High frequency: Promoting blood circulation through heat from cell friction caused by frequency vibration</p> <ul style="list-style-type: none"> <li>- It passes through the fat layer of the dermis layer and directly stimulates muscles and bones</li> <li>- Heat generation by cell movement without the stinging reaction of electric current</li> <li>- Uses frequencies above 100,000 Hz</li> </ul>
2	Why radiofrequency is good	<ul style="list-style-type: none"> <li>- Generates deep heat and gives excellent thermal effect</li> <li>- Effect of enhancing metabolism as the temperature of cell tissues rises</li> <li>- Blood vessels dilate and blood flow increases</li> <li>- It passes through subcutaneous fat and directly stimulates muscles and bones, resulting in excellent therapeutic effects.</li> </ul>
3	When using high frequency Manifestation reaction	<ul style="list-style-type: none"> <li>- Temporary erythema in the leg area</li> <li>- Temporary itching in the legs during and after use</li> <li>- Temporary dizziness occurs due to increased blood circulation when used for a long time (more than 1 hour) (similar to a half-body bath or sauna)</li> <li>- High power causes low-temperature burns when used for a long time (caution)</li> </ul>
4	After using radio frequency Points to keep in mind	<ul style="list-style-type: none"> <li>- Do not perform strenuous activities, do not take cold shower or hot saunas.</li> </ul>

5	Using a radiofrequency stimulator When I get out, the back of both ankles It hurts so much, but why?	<p>Radiofrequency energy is transmitted through the soles of the feet through the ankles to the legs</p> <p>In this process, cell molecules become active</p> <p>The cause of pain may be caused by sudden irritation of the Achilles tendon, causing stress on the tendon. It is not often seen in people who usually stretch and exercise regularly, but it can also appear in people who neglect exercise or have bad ankles</p> <p>When using it, it is recommended to use a weaker output than usual and massage the ankle</p> <p>If the same symptoms still persist, it is recommended to reduce the output level and usage time and gradually adjust the output level</p> <p>Then circulation will improve and the pain will gradually disappear</p>
6	Those who are new to foot radiofrequency	<p>At first, use it for about 5 minutes from steps 1~2, and as you get used to the steps, gradually increase the steps to find the appropriate step and use it. After 5 minutes, you will start to feel enough heat. (It may vary from person to person). If your leg muscles feel tight, tingling, or hot, lower the output by 1~2 steps. Also, massage your ankles and ankles with your hands (improve blood circulation and relieve muscle tension by massaging your muscles). If you feel that your feet are cooling down again within the maximum use time, you can raise your body temperature by raising it by one level at a time.</p> <p>Each person may have a different output stage for the appropriate temperature, so you should use it slowly at the low output as much as possible and find the output that suits you. Even if a person has a high output level and has seen sufficient effect, you should not use it that way and find the output that suits you.</p> <p>In particular, those with diabetes may not feel the heat well, and those who have metal in the human body, such as artificial joints, are recommended to use steps 1~3 first.</p> <p>Therefore, we recommend that you gradually raise the level from the lowest level because you know your health condition best.</p> <p>If you use it in this way and use it many times, you will be able to find the right temperature output for you, and the pain in your feet that you felt at first will gradually disappear.</p>

7	Itchy legs during and after a use	<p>This is a symptom caused by dry skin on the legs</p> <p>Drink plenty of fluids before and after a use of foot radiofrequency</p>
8	What happens to the residual heat that I feel in the body after a use?	<p>After use, the residual heat may feel different from person to person. Some people may feel it for 2 hours, while others may feel it for 6 hours (the difference between blood circulation and metabolism). Radiofrequency waves generate deep biological heat, which raises body temperature through blood circulation. This is heat generated deep under the skin, so after use, there is still heat inside the body after several hours. After a few hours, the skin that comes into contact with air first cools down to the outside temperature. However, the temperature does not drop deep under the skin like the temperature of the skin. After use, the residual heat that you feel in your body is what you should talk about</p>
9	What is high frequency?	<p>When an alternating current of more than 100,000 hertz is applied to human tissues, the pulsation period is very short, so it does not stimulate sensory nerves or motor nerves, so it refers to a frequency wave that applies heat to a specific part of the body tissue without muscle contraction</p>
10	What is radiofrequency deep fever?	<p>When a high-frequency current is conducted through the human body, heat is generated in the tissues</p> <p>This is called deep heat because when high-frequency electrical energy is applied, the molecules that make up the tissue vibrate and rub against each other every time the direction of the current changes, generating bioheat due to rotational motion, twisting, and collision motion</p>
11	What is the purpose of foot radiofrequency?	<p>It relives pain in the area</p>
12	The output feels different	<p>When using the product, the output may feel weaker or stronger than the previous day, but it may be different in the following cases</p> <ul style="list-style-type: none"> <li>- If the atmosphere is dry or humid</li> <li>- May vary depending on the physical condition</li> <li>- May vary depending on the keratin of the feet</li> </ul> <p>Experience the product may vary depending on foot pressure</p>

13	If your fingers touch hot areas while using the product, it will tingle	<p>The flow of radiofrequency current travels through one foot through the heart to the other</p> <p>At this time, when the fingertips touch the area with severe heat, the high-frequency current tends to flow towards the finger, causing a spark at the tip</p> <p>Therefore, please avoid touching hot areas with your fingertips with a small contact area</p>
14	Then, Is it OK to massage hot areas with your hands?	<p>When massaging with the whole palm of your hand on a hot area, the contact area is large and sparks do not occur</p> <p>- Massage helps blood circulation, so it is good because the heat is transmitted upwards</p>
15	What is the usage time of the product?	<p>One time with 30-minute use is recommended</p> <p>Continuous use may strain your body, so please refrain from doing so as much as possible</p> <p>If you use it twice a day, please use it after the first use and then rest it thoroughly</p>
16	Can I use it after a workout?	<p>Please refrain from using the product immediately after exercise</p> <p>If you use the product while your heart rate is high after exercise and your blood circulation is fast, your blood circulation will continue to speed up and put a strain on your heart, so you need to be careful</p>
17	How to use the product correctly?	<p>Please use it by sitting on a chair and lightly placing your feet on the footrest</p> <p>Please refrain from straining your feet or lifting the soles of your feet</p> <p>When pressure is applied to the footrest, the output becomes stronger,</p> <p>When the foot contact area is smaller, the output is concentrated in a small area and heats up</p>
18	Are there any electromagnetic problems?	<p>Electromagnetic waves are emitted from all products that use electricity</p> <p>This product has been tested on electromagnetic wave safety by a testing accreditation organization in Korea and has been judged to be suitable</p>
19	Can it be used by diabetics?	<p>For users with diabetes, it is recommended to use it in consultation with a doctor</p> <p>We don't know how core fever affects blood sugar</p> <p>It is recommended to refrain from using it due to excessive power</p> <p>When using, we recommend that you use it as a lower end</p>

20	What is the LED inside the footrest?	It is an application of ultraviolet UV germicidal LED for antibacterial action
21	Is the principle the same as a radiofrequency cancer treatment machine?	The principle of action is the same Both transmit high-frequency energy into the human body, and heat is generated by the movement of cells
22	What is the difference between radiofrequency cancer therapy and radiofrequency cancer therapy machines?	In the case of cancer treatment machines, it is a product that generates heat intensively in a small area to necrosis cancer cells
23	Why do you use radiofrequency on your feet ?	The reason for using the product on feet is because the farthest from my heart is my feet
24	What should I pay attention to when using it?	For general information, please refer to the user manual Please refrain from high power so that the human body can adapt
25	Should I not use a fan or air conditioner while in use?	You can use it
26	Is it okay if it is used by multiple people with barefoot?	Yes, it's okay But, it is recommended to wipe it with a wet wipe after use to maintain cleanliness
27	It makes a fan sound. Can we change thing to prevent that sound?	In the case of electronic products, the heat of IC devices occurs Due to its nature, heat generation shortens the lifespan of electronic components or causes failure It has a high-pressure transformer inside, so the fan is designed to keep running when high-frequency output is generated
28	How long does the product last?	In the case of electronic products, there is no specific lifespan However, failure occurs due to component life
29	Why do people feel different?	Each person feels different due to different levels of moisture, skin condition on the soles of the feet, resistance, etc. Also, even the same person may feel different depending on their biorhythm
30	How many times a day is it recommended to use it?	It is recommended to use it once a day for 30 minutes, and if you use it for additional use, please use it after a certain amount of time (6 hours) has elapsed Do not use the product while another electronic products are applied on you.

31	Is it suitable for preventive treatment?	<p>yes that's right</p> <p>It is said that when the body temperature rises by 1 degree, the immune system increases by 4~5 times or more</p> <p>It is a product that directly affects the rise of the body's body temperature by generating deep heat</p> <p>If you use it regularly, you will see the effect of raising body temperature</p>
32	Can it be used by people with high intraocular pressure?	<p>Please use it for a short time with low output</p> <p>High blood pressure or stress can cause damage to the thread vessels in the eye</p>
33	Can it be used on people with metal inserts in their legs?	<p>Please use it for a short time with low output</p> <p>When heat is generated, the human body cools down with sweat, etc., but in the case of metals, heat rises and falls gradually, so low-temperature burns can occur in the cells around the metal</p> <p>In addition, metals inserted inside artificial joints are <b>often made of ceramics or special alloy materials rather than ordinary iron. These materials are known to be relatively safe for electrical and thermal stimulation. However, just in case you don't know, we recommend using them only at low strength</b> (step 1~3).</p>

34	It is said that when the metabolism is active, active oxygen increases, is it okay?	<p>Active oxygen helps cells growth and division. Just as you can increase muscle mass only by exercising, the right amount of active oxygen helps cell growth. In addition, cells in the body continue to die and reproduce repeatedly. If this process is not done properly, there is a risk of cancer. Active oxygen plays a role in killing cells that should die quickly. For example, if there are cancer cells, active oxygen are needed to kill them quickly and prevent them from spreading. In addition, when stem cells in the body differentiate, there must be free radicals.</p> <p>Active oxygen are produced in the process of normal metabolism, and white blood cells also use active oxygen to eliminate bacteria that have invaded from the outside. In addition, the human body has antioxidant enzymes that can defend against active oxygen on their own. Antioxidant enzymes also reduce the production of active oxygen and help minimize damage. In fact, active oxygen produced by adverse external influences such as smoking, viruses, heavy metal pollution, drug overdose, lack of oxygen, and stress are more dangerous than active oxygen produced during the normal metabolic process of the human body. Worse, the types and degrees of these external bad influences have become more and more severe in recent years. When the number of these active oxygen exceeds the body's natural defense ability, various diseases will appear from then on.</p>
35	When can I start using it after surgery? (In case of resection)	After surgery, all excised parts can be used after the surgery. In the case of surgery close to the foot, it is recommended to use it with a weak output. The occurrence of deep heat promotes cell activity and helps wound healing.
36	Can be used during postpartum care?	Can be used after postpartum care. Avoid temporary increase in body temperature after postpartum care and help maintain the mother's body temperature.
37	Can it be used by teenagers (for teenagers) when infants are prohibited	Teenagers are advised to use it under the supervision of a guardian and use the output at a lower level.
38	Are there any problems with using earrings and necklaces after wearing them?	Earrings and necklaces are not a big problem for you, but when you use the device, waves flow through your body, so if someone else brushes against you, you may feel that electricity is being passed through by the potential difference.

39	Whether to use implants	Yes.
40	Is it not possible to use artificial joints?	Artificial joints can also be used, but avoid them if they are located close to the foot, and the metal inserted inside, such as artificial joints, is often made of ceramics or special alloy materials rather than ordinary iron. These materials are known to be relatively safe for electrical and thermal stimulation. However, just in case, we recommend using them only at low intensity (level 1~3)
41	To what extent does energy transfer apply to the body?	Energy transfer affects the whole body.
42	Can it be used for hormonal diseases such as thyroid disease?	Since it increases body temperature and transfers energy through deep heat, it can be used by people with hormonal diseases. However, in the case of autoimmune diseases, problems may arise due to increased immunity caused by body temperature, so it is recommended to use it after consulting a doctor.
43	Whether to use underwear if there is metal such as silver or wire	Please avoid underwear made of wire or silver thread. Please avoid microcurrents flowing throughout the body, as there is a problem that the temperature of the underwear will rise when used for a long time. The wires and hooks on underwear are usually made of iron (metal) that conducts electricity well. Wave Plus uses electrical stimulation, and the electricity is concentrated on highly conductive metal, especially sharp edges. Therefore, it is recommended to avoid wearing it as it may feel a stinging sensation like a spark when using it.