

**Fresh to life Information
& User Manual**

Fresh to life

12 Minute Back Pain Solution



Fresh to life

12 Minute Back Pain Solution



*Lie Back and Relax, and Let the Fresh to life
Release the Pressure to Relieve the Pain*

Congratulations On Your Purchase!

In my practice, I do everything I can to treat back pain naturally. I prescribe pain pills only as a last resort. So, after spending years looking for a REAL solution to constant back pain, I was introduced to the Fresh to life machine. I was so excited when I heard about the Fresh to life. It was the first machine I'd ever seen that treated lower back pain and discomfort with **Continuous Passive Motion**, a highly effective treatment that uses minimal, gentle, rhythmic movements to flex the spine.

Dr. Marc Darrow is a Board Certified Physiatrist specializing in Physical Medicine and Rehabilitation. He is also an Assistant Clinical Professor at the University of California at Los Angeles's, School of Medicine.

When your back hurts and goes into what we call "spasm," the best way to reverse it is to get the back moving again and restore flexibility. But anyone who's had back pain knows, **the last thing you want to do when your back is in pain is to move it around a lot.** Tight muscles don't like to be pushed, pulled and stretched -- it hurts! This has always made it very difficult for me to get my patients to do the pressure releasing exercises and stretches they need to do to feel relief... because you cannot experience lasting relief until you release the pressure! We call this the **Cycle of Pain**.

That is why the Fresh to life solution is so revolutionary... it does all the work! The gentle, rhythmic, back-and-forth/side-to-side motion eases the pressure out from between the vertebrae. Without any kneading and pulling - without any painful stretches and exercises.

With Fresh to life, **just lie back and relax for a 12 minute session** and slowly, gently over time - you release the pressure and relieve the pain. This relief can happen after a day, a week...a month. It all depends on the individual and the amount of pressure that has built up in the vertebrae.



Dr. Marc Darrow
MD, JD, Assistant Clinical Professor, UCLA



Fresh to life

Your 12 Minute Back Pain Solution

Fresh to life creates a gentle, repetitive circular motion of the pelvis called **Continuous Passive Motion**. In most cases, **Continuous Passive Motion** can help reduce the sensation of stress and pressure in the lower back area, which helps to restore flexibility, improve mobility and reduce pain... starting from the very first session!

However, we urge you to be patient. Do not expect an instant miracle or immediate results. Fresh to life therapy is a cumulative process whose effects will be felt gradually, much like those of traditional physiotherapy or massage therapy. How long this process will take depends on the severity of your back pain and how much pressure has built up between your vertebrae.

We hope you find the Fresh to life a helpful and pleasant experience.

The Fresh to life Team

**Tired of Constant or Recurring
Back Pain Slowing You Down?**



Your 12 Minute Back Pain Solution



Your 12 Minute Back Pain Solution

How Does Fresh to life Work?

The Fresh to life machine uses a revolutionary technique called **Continuous Passive Motion**. The slow, rhythmic movement loosens tight muscles and releases the pressure between the vertebrae. To naturally ease lower back pain:

- Without aggressive pulling and kneading!
- Without painful exercises and stretches!
- Without expensive trips to the back pain specialist!



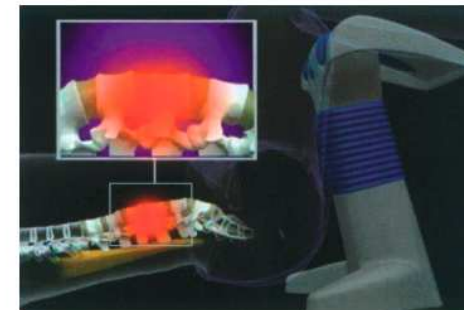
Continuous Passive Motion

What Is Continuous Passive Motion?

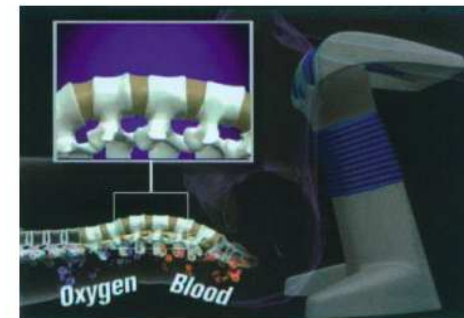
Continuous Passive Motion is a rehabilitation technique that, when done correctly, can bring incredible results.

Ordinary stretching or traction simply stretches out your muscles, then lets them contract once more. **Continuous Passive Motion** actually kneads the muscles back and forth - loosening them and restoring flexibility to the muscles. It also releases the tension by gently massaging your back which opens up the spaces between the vertebrae to relieve nerve impingement so your muscles aren't spasmed anymore and your vertebrae are no longer squeezing together and pinching nerves.

YOU RELEASE THE PRESSURE TO RELIEVE THE PAIN; that is the key to long lasting back relief. The Fresh to life will assist you to have flexible muscles and position your vertebrae in proper anatomical alignment, but remember that this is passive movement - **you don't have to do anything!** This gentle motion is designed to get you results gradually, safely and easily.



Tight, spasmed muscles



Fresh to life Releases the Pressure to Relieve the Pain.

Fresh to life Does All The Work!

In just two 12 minute sessions a day! Simply lie back and let the Fresh to life do all of the work. In fact, the more you relax...the better your results! Let the slow, rhythmic movement of the Fresh to life gently release the pressure between your vertebrae to relieve the pain. How long this process takes depends on the severity of your back pain, **so keep with the program... it works!!**

How Does Fresh to life Work?

Will Fresh to life Help Treat My Condition?



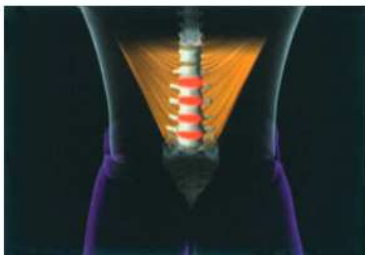
Your 12 Minute Back Pain Solution



The Top 6 Types of Back Pain

There are many different types of back pain that you may have, and a few that you may not understand. Some of the most common are:

1. Muscle Spasm
2. Trigger Points
3. Ligament Sprains
4. Osteoarthritis
5. Herniated Discs
6. Spinal Stenosis



Fresh to life Releases the Pressure to Relieve the Pain!

Muscle Spasm

Muscle spasm occurs very simply from any strain on the back muscles. It can occur from just about any activity. Sometimes, it can be from bending over; sometimes from lifting objects; and even from "sleeping wrong."

Trigger Points

Trigger points are spots in the muscle that can actually refer pain to other parts in the body. When we press these spots in the back, we may feel pain in that area, or down our legs or into our feet.

Ligament Sprains

Ligaments are connections between bones of dense, fibrous tissue. When a ligament is strained in the back, you may feel pain in the back, and this may also refer pain down the legs or into the feet.

Osteoarthritis

Osteoarthritis is extremely common, and it may refer to a breakdown in bone or cartilage in the joints of the back. This process can generate pain in the back, or even refer the pain into the buttocks and down the legs.

Herniated Discs

Discs are fibrous tissue that cushion the vertebrae for fluid motion of the back. When a disc breaks down, it may protrude and press on nerves coming from the spinal cord and going down the legs.

Spinal Stenosis

And finally, stenosis means a compromise of the vertebral canal through which the spinal cord and nerves traverse. And this can also cause pain in the back and down the legs.

If you suffer from Osteoarthritis, Herniated Discs, Spinal Stenosis or other similar conditions consult with your physician before using the Fresh to life machine.

What To Expect

The Fresh to life is designed for gentle, long term use. Although you may feel some relief right away, in most cases it will take a few weeks before you really start to feel the results. Remember, the back is a very delicate, sensitive collection of muscles and nerves and vertebrae. You can't expect to do cartwheels after one treatment, but this gentle motion is going to get you results gradually, safely, and easily. And what makes the Fresh to life so special, is that you just lie there and even though it may not feel like it's working right away, after a few weeks you're going to wake up one morning and suddenly feel better. **IT REALLY DOES WORK.**

Frequency of Usage

The Fresh to life is designed for gentle, long term use. You can use the machine as often as you like. Although you may feel some relief right away, in most cases it will take a few weeks before you really start to feel the results...it depends on the intensity of your back pain.

Contraindications

Fresh to life is a safe and effective machine that has helped back pain sufferers throughout Europe and abroad for years. It is prudent, however, to consult your physician prior to using Fresh to life.

Do not use Fresh to life in the following cases:

- If you've had back surgery, including spinal fusion in the last year, or thigh surgery in the last six months.
- If you suffer from Listhesis - spinal misalignment of grade II or above.
- In cases where there is central pressure on the spinal cord with the following symptoms: poor balance, urinary problems and numbness in both legs.
- If you are pregnant.

In the following cases you must consult a qualified physician before using Fresh to life:

- If you are suffering from low back pain with evidence of underlying disease or abnormalities (e.g. Malignancy)
- If your back pain is induced by a recognized, suspected or impending fracture.
- If you suffer from any form of developing or new neurological deficit (drop foot, bladder dysfunction, etc.)

What the Experts are Saying

As an osteopath using manipulation, what I'm usually trying to do is restore motion. The restricted motion leads to extra spasm which leads to pain, so I'm trying to restore the motion. The Fresh to life restores motion, it's a constant motion machine. The vast majority of the time, acute back pain is muscular. In back strain, the Fresh to life would move the muscle passively which **helps reduce swelling, which helps reduce spasm, therefore helping to reduce the pain.** What I'm absolutely confident about is that this is safe and that people should gain flexibility, pain relief and mobility and return to their lives. **So I'm sure that it is safe and I'm sure that a lot of people are going to benefit from this machine.** --Dr. Stephen Steele



Dr. Stephen Steele,
D.O. FAOASM
Doctor of Osteopathy

When your lower back hurts, everything hurts. When your lower back hurts, every move you make or do reminds you of how bad that pain is. Typically when there is a problem in the spine, muscles around that area will automatically lock up and if there is pressure there, there will be pain constantly. The pressure has to be released from the spinal canal. When using the Fresh to life product, there is a back and forth oval motion and the pelvic cavity is lifted up and then down in a very gentle motion and this will help stretch the muscles in the lower back and will relieve the pressure on the lower lumbar discs that has been built up. The Fresh to life product will give relief to any of these cases. **All the patients that I have worked with we've noticed either fantastic results down to very good results from the use of this product.** --Dr. Peter Ziegler



Dr. Peter Ziegler, D.C.
Back Pain Specialist

I probably evaluate 10 to 12 patients per day, just with low back injuries. **This product is going to work for 90 plus percent of the patients that come in with low back pain.** It's easy to use and really safe and effective. --Chris Baker



Chris Baker
Sports Pain Therapist

Dr. Darrow's Back Care Solutions



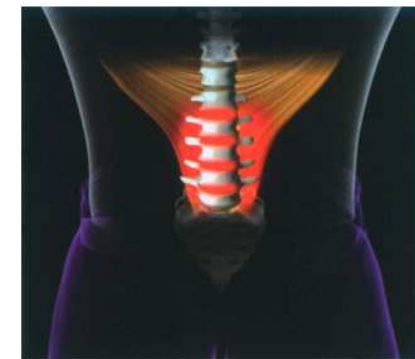
Your 12 Minute Back Pain Solution



When a new back pain patient comes through my door, they want one thing and they want it as quickly as possible - pain relief. And as much as I understand their desire for immediate relief, I'm more interested in providing them with **lasting** relief.

You see, I look at back pain differently than most; I try to get to the root of the problem. I try to find the source of the pain... to identify the **specific** causes of the pain, be it improper lifting or bending, poor shoe choice or posture issues. So, instead of masking symptoms with pain medications (which over the course of time lose their effectiveness, resulting in the need for higher and higher dosages) or recommending expensive and often unsuccessful surgery to eliminate pain, I focus on finding out what is **causing** the back pain and seek to reverse or eliminate that core problem.

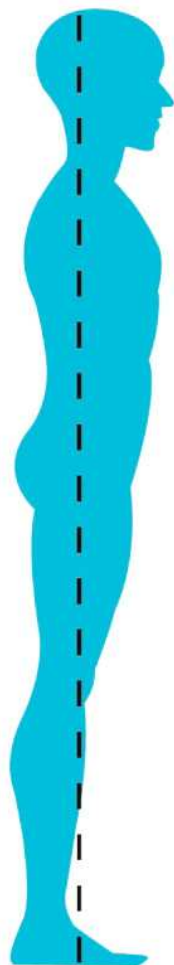
So when addressing back pain, I find the Fresh to life machine can be used to release pressure between vertebrae and restore flexibility to the spine, but I also think it's important to examine lifestyle and day-to-day habits to identify what may cause the constant or recurring pain. Sometimes it's a complicated medical issue, but more often than not, it is as simple as wearing high heels too often, carrying a handbag that is too heavy, sitting incorrectly at a desk or sitting incorrectly in the car. When these "back pain causes" are revealed and then eliminated, back pain becomes less and less frequent and often disappears altogether.



In the following section you'll find simple solutions to a few of the most common causes of back pain.



Important Information about Back Care



Proper Posture

Improving your posture can have long lasting benefits in relieving back pain. Poor posture is a major contributor to back pain. Slouching in your chair, hunching your shoulders, along with the way you walk, stand and run has a huge effect on the muscles and alignment of your back. Proper posture begins at your feet. Without proper foot support it's difficult to have proper posture. So, to improve posture...

- 1.) Wear comfortable shoes with quality support.
- 2.) Pull in your abdomen and square your shoulders.
- 3.) Be correctly balanced by equally distributing your weight on both feet.

Using these steps and becoming aware of your posture will not only result in a better appearance, but will tremendously reduce strain on back muscles.

Shoe Support

Shoe inserts are an effective solution for many patients with lower back problems. Poor shoe support is one of the major causes of back pain. Whether you stand for prolonged periods, walk a lot over the course of the day or bang your heels when you walk, quality shoe inserts protect your back, knees and ankles by reducing unnecessary impact. The layer of cushioning offers additional shock absorption for your spinal column as well as proper support and alignment for feet, hips and knees.



Proper Lifting

Whenever you are going to pick something up, whether it is a nickel or a 40 pound box, the single most important thing to do is to plan ahead.

Think before you bend! For example, when a pencil rolls off the table, your natural instinct is to just lean over sideways and pick it up. You might continue talking and not even pay attention to where the pencil is exactly. This act could go just as planned, but what if you were to lose your balance, what if you were to miscalculate the distance to the pencil and wind up twisting and over extending your spine? You could wind up in a lot of unnecessary pain that would've been easily avoided with a little planning.

Plan the pick up! Observe exactly where the item is and make a plan for where it is going to go once you've picked it up. If it's a heavy item, clear a path to its destination so you're not making any awkward movements while holding the item.

So take a minute to pause and create your lifting plan...then use the following steps.

- 1.) **Lift close to your body.**
You will be a stronger, and more stable lifter if the object is held close to your body rather than at the end of your reach. Make sure you have a firm hold on the object before you start lifting.
- 2.) **Keep feet shoulder width apart.**
Holding your feet either too close together or too far apart makes you unstable and hinders movement.
- 3.) **Bend your knees, not your back!**
Lower to the ground by bending at the knee and keeping your back straight. As you lift, lift with your leg muscles and focus on keeping your spine straight.

And remember...it's just as easy to hurt your back picking up a feather as it is a coffee table. So, plan the pick up and use proper lifting technique!



Your 12 Minute Back Pain Solution

Important Information about Back Care

Moderate Exercise

Another important factor in relieving back pain is moderate exercise and stretching. A regular routine will build and strengthen back muscles and result in better posture. When you build the muscles around your spine, you take a lot of the load bearing pressure off of your spinal column...your muscles do the work!

As your physical condition improves, so will your posture. As your posture improves, back pain will decrease. Regular exercise can also help keep you more aware of your posture, reminding you to keep your shoulders back and your stomach in. The use of shoe inserts that keep your feet properly aligned also serves as a reminder to maintain proper posture.

Great, Low Impact Exercise Choices

- 1.) Walk short distances.
- 2.) Stretch and do flexibility exercises.
(Gentle Yoga is great)
- 3.) A stationary bicycle.
- 4.) Swim.



Ergonomic Products

According to the National Institutes of Health, the use of ergonomic products "can greatly reduce the risk of back injury and help maintain a healthy back."

Specific, ergonomically designed chairs, desks, car seat supports and tools can provide the proper support and positioning to reduce lower back pain. From office chairs to tool belts, you really need to take a look at your day to day potential "Back Pain Culprits" and replace them with ergonomically designed solutions.

In Closing

So take a look at your day to day habits and practices and try to pinpoint your "Back Pain Culprits," because doing this, combined with your Fresh to life session, will surely set you on the path to pain free living! That's why we call it...Fresh to life.

Because using Fresh to life can really give you back your life!



Your 12 Minute Back Pain Solution



Other Exciting Products from Fresh to life



Your 12 Minute Back Pain Solution



4-YEAR EXTENDED SERVICE CONTRACT Protect Your Purchase!

Many of our customers ask us for some kind of extended protection for their Fresh to life System. With that in mind, the people at Fresh to life have put together an Extended Service Contract that can protect your Fresh to life System for many years to come. It's a really good idea!

So, for less than \$25.00 your Fresh to life will be covered. For 4 years! That's only 50 cents a month!



ADDITIONAL FIRMAPEDIC PILLOWS

Because You're Not Going To Want To Share Yours!

Once you and your loved ones experience perfect alignment while you sleep - your FirmaPEDIC pillow will never be safe again. With this special offer not only will **YOU sleep better and wake up rested and pain free** - your loved ones can too!

For a limited time, we're offering FirmaPEDIC Pillow at a special insiders price!

FIRMAPEDIC

Assembly and Use



Your 12 Minute Back Pain Solution



Putting the Machine Together

1.) Lay Fresh to life's main body on the floor with the height adjustment button facing you.



2.) Insert the right leg, with the blue R on it, into the right hand slot, which also has an R on it. Then slide the leg upwards in the slot. Press firmly until it snaps into place. Do the same for the left leg.



3.) Place Fresh to life's main body standing on a firm surface with the height adjustment button facing you.



4.) Hold the leg rest with the high adjustment window facing you. On the bottom of the leg rest you will see 4 pins. Insert the 2 pins furthest from you into the 2 rear slots on the main body. Then press the leg rest firmly downwards and towards you until you hear a click. The height adjustment button should click into its slot. (Once the leg rest is assembled, do not try to remove it from the main body.)

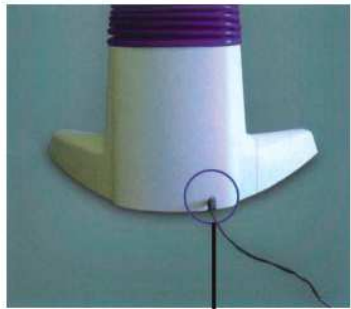
Assembly and Use



Your 12 Minute Back Pain Solution

Determining the Correct Height

To set the Fresh to life to your appropriate height, push the big button in the front and hold it in as you adjust up or down for your height. If your height falls between two heights, round upward to the next height available. Then, let the button go.



Electricity Inlet

Electricity

First, attach the power cord from the power supply to Fresh to life's electrical power connection. Then, plug the power supply in the electrical outlet. To avoid a shock hazard, it is important to make the electrical attachments in this order only!

Getting Ready for Your Session

Set aside 20 minutes in a quiet, relaxing spot. Wear comfortable, loose fitting clothes. Remove all belts and any items that may be in your pockets.

Proper Positioning on the Machine

(A) Slowly sit on the floor and straddle the unit with your pillow arranged behind you.

(B) Place your legs onto the blue leg support pads, then lay back onto your pillow and get comfortable.

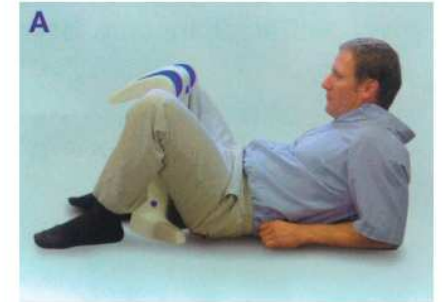
- ✓ Double check that you are in the right position!!
- ✓ Make sure the unit is snug right up to your bottom for optimum results.
- ✓ Make sure the back of your knees are resting on the blue leg support pads.

(C) Reach your left arm around and turn on the unit.

Lie Back and Relax!

Lie back and let the Continuous Passive Motion gently relax and ease those tight muscles as it slowly releases the pressure on your vertebrae. The more you relax, the better your results will be!! So enjoy your 12 minutes of relaxing back therapy.

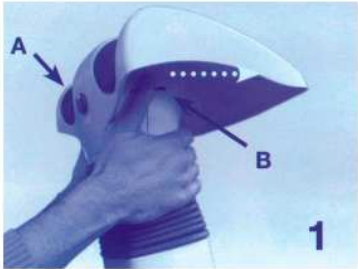
By the end of your session, you should be feeling very relaxed. Take your legs down off of the unit and remain on your back for about 2 minutes. When ready...gently roll to your side, then onto your knees, then back up to standing position.



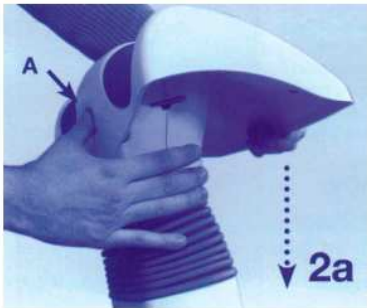
Disassembling Fresh to life

In order to disassemble Fresh to life, place it on a firm surface with the height adjustment button (A) facing you, and do the following:

1. Press both release latches (B) forward (away from you) simultaneously.



2. Then press the height adjustment button (A) with one hand and push the leg rest forward with the other hand.



Fresh to life one-year limited warranty

At Fresh to life we take pride in our products. We go out of our way to make products of superior quality and craftsmanship; products designed to meet or exceed the demands placed on them through everyday use. Because of this commitment to quality, we warrant the Fresh to life to be free of defects for one full year. Here's the deal: If your Fresh to life stops operating to your satisfaction due to defects in materials or workmanship, we'll gladly repair it or replace it for free (excluding shipping and handling charges).

Fresh to life is warranted to be free of defects in materials and workmanship for one year from the date of purchase. This warranty is valid only in accordance with the conditions set forth below:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
2. This warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by Fresh to life. Any implied warranties on the product (including but not limited to any implied warranties of merchantability or fitness for a particular purpose) are limited in duration to the duration of this warranty.

Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. Fresh to life shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
5. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.



12 Minute Back Pain Solution

