

**PLEASE TRY OUR OTHER QUALITY PRODUCTS**  
They are all part of our amazing self-healing & relaxation family:

Dr. Cohen's  
**acuBall**<sup>®</sup>  
Heatable



The revolutionary self-healing tool that launched our company. Dr. Oz called it an "Alternative Health **Must Have for Back & Neck Pain**". Incredible for **spinal & muscle release** almost anywhere in your body. Use it alone or in combination with our other products. A must have!

Dr. Cohen's  
**acuBall mini**<sup>®</sup>  
Heatable



Great for the **smaller muscle groups** - feet, hands, shoulders, upper back, forearm, outer leg & sacrum - also a **wonderful massage tool!**

Dr. Cohen's  
**acuPad**<sup>®</sup>  
Heatable



Incredible for **relaxation & release**. Comes as a set of 2 so you can use them under different areas of your body or spine at the same time. Sit straighter by placing one under each buttock. Truly soothing, it enhances deeper sleep. You will **never use a hot water bottle again!**

**Meet the designer Dr. Michael A. Cohen**

25 years of clinical experience & studying native healing techniques first-hand in many different countries convinced me that we have significantly under-estimated our body's innate healing capability. These tools empower you to help yourself and tune into your body in a whole new way. I sincerely hope you enjoy your acuBack. A lot went into making it! Please feel free to reach me at **acuback.com** I'd love to hear from you.



*Dr. M. A. Cohen*

**1-866-444-BALL(2255) acuback.com**

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Dr. Cohen's  
**acuBack**<sup>™</sup>



**EASY START GUIDE**  
**CONGRATULATIONS ON YOUR WISE PURCHASE.**

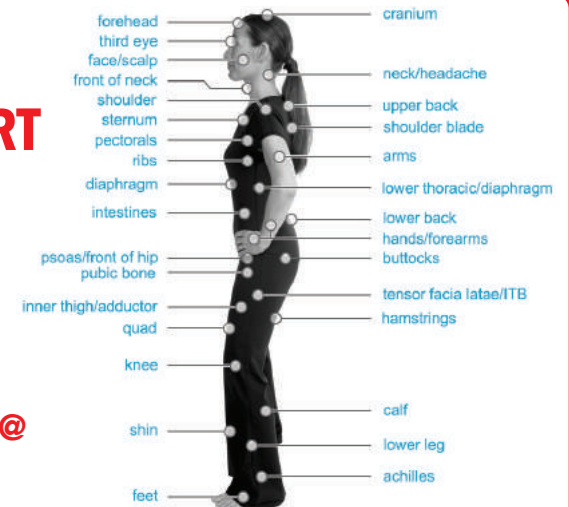
Your **HEATABLE** acuBack is the product of 10 years of research & clinical experience.

It recreates the natural curvature of your lower back making you **sit straighter** and is an **empowering self-healing tool** that **releases muscle and joint tension** in many areas including your neck, low back, forehead, scalp, feet, shins & legs.

**CLICK**  
**WHERE YOU HURT**



**FREE**  
**APP & ONLINE TRAINING @**  
**acuback.com**



# How To Use Your acuBack

**While Seated:** Heat acuBack. Bring buttock to back of chair. Center acuBack's **Spine Align Belt®** (recessed central groove) behind low back and sit up. Notice improved posture.



**Move acuBack around throughout your work day** to loosen different body parts like your upper back, hamstrings and buttocks while you are seated. This breaks up the damaging contraction pattern we all get from staying in the same position for hours at a time.



You can also loosen tight hand muscles using the small nibs on the end of the acuBack.



**Lying Down/Kneeling:** Heat acuBack. Lie in bed/ carpeted floor/yoga mat and place acuBack under desired area completely 'melting' over it for 3 minutes or more taking deep, full breathes to relax. Most people do 20-30 minute sessions.



Areas of chronic discomfort will take time to release. Think of it like peeling off layers of an onion – **do a little bit each day**. For deeper penetration power place acuBack on a 1/2" hardcover book.



The **HEATABLE** acuBack **outperforms your foam roller** – gives deeper tissue release, opens tight spinal joints & is super portable.

## IMPORTANT:

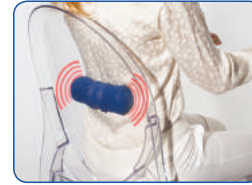
Be a responsible self-healer. When you have pain see a qualified health professional to assess it. Your health is the single most important thing you have, honour it!

Do not use the acuBack if you have advanced osteoporosis or bruise easily. Never use the acuBack on inflamed, bruised, cut or infected areas. The acuBack is designed to open tight areas that have contracted over time.

Never use it on recently traumatized areas. Wait until all swelling and discoloration have completely disappeared before you use your acuBack.

# How Does The acuBack Work?

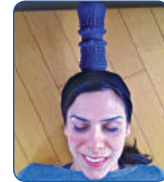
## Posture Correction Tool



The acuBack's patented design restores the natural curvature of your lower back, **effortlessly realigning your upper back & neck**. Use acuBack on different body areas throughout your workday. For best results use intermittently – 2 hours on, 1 hour off.



## Muscle & Joint Release Tool

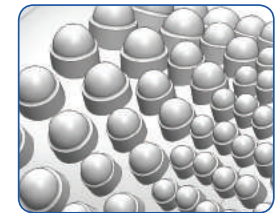
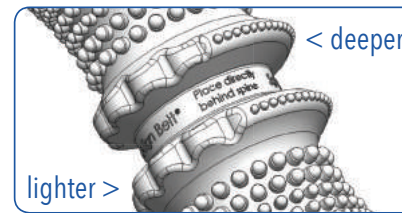


Release tight muscles in your legs, thighs, feet & head! **Release tight joints** in your neck and low back using the patented **Spine Align Belt®**. Use it when you travel. **Heat it up and take it to bed** for wonderful relaxation & relief.



**Spine Align Belt®** has 2 settings for lighter & deeper tissue release.

Precision nibs release tight muscle using 100% natural acupressure & heat.

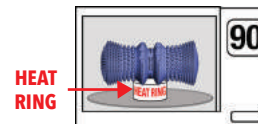


## 2 ways to HEAT your acuBack:

① **Microwave:** elevate acuBack **OFF** glass microwave plate.

Place acuBack on **HEAT RING** (included) on glass microwave plate.

**OR** Place acuBack on **dinner plate** on top of glass microwave plate.



**It won't feel hot when you first take it out** – give it a minute.



**Microwave Times:**  
1200 + watts **80** sec.  
1000 + watts **90** sec.  
800 + watts **110** sec.  
600 + watts **120** sec.

**DO NOT** put acuBack directly on glass microwave plate, it may melt.



**NEVER exceed recommended heat times!**

Microwaving anything for too long will cause it to ignite so use caution.

**Only you are responsible for microwaving safely.**

② **Boil:** immerse in boiling water for 12 minutes & towel dry.

Your acuBack will notably soften once it's heated.