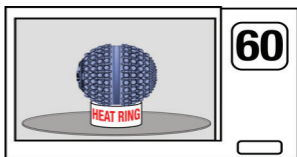


# HEATING INSTRUCTIONS

2 ways to **HEAT** your **acuBall**:

① **Microwave:** elevate **acuBall** **OFF**  
glass microwave plate

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



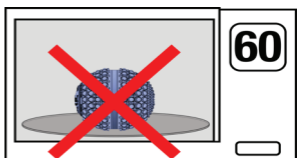
**OR**

Place **acuBall** on  
**dinner plate** on top of  
glass microwave plate.



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

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



Microwave Times:

1200 + watts **45** sec.

1000 + watts **55** sec.

800 + watts **65** sec.

600 + watts **75** sec.

**\*Never exceed  
recommended  
times!**

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

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

② **Boil:** for 12 minutes & towel dry.

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

The only **HEATABLE** muscle & joint release tool!



LOW BACK



GLUTES



STERNUM



NECK

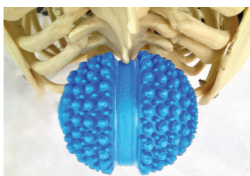


FOREHEAD

Incredibly versatile and simple to use, your acuBall will soon become a trusted friend. Use it to sit, sleep, travel and self-heal!

*\*User assumes any and all risks. Dr. Cohen's acuBall, it's owners, manufacturers, distributors and associates assume no liability whatsoever for any and all damages resulting from improper heating and/or microwave use and/or equipment malfunction.*

SPINE ALINE BELT<sup>®</sup>



RELEASES TIGHT AREAS IN YOUR SPINE

**1-YEAR Manufacturer's Limited Warranty**  
from date of purchase [acuball.com/warranty](http://acuball.com/warranty)