

This is Nice Pack

The effect of NICE PACK is based on the knowledge of the Traditional Chinese Medicine (TCM). According to the teaching of TCM, NICE PACK is following an integral concept of health and illness. The theory of NICE PACK is founded on the fact that all the organs of the human body are in a permanent exchange of substances and are connected over nerves and reflex curves.

For centuries the human being knows about this interaction and tries with the suitable method of treatment to mesh. During the time many methods were invented. Some of them proved very worthwhile until today. The Chinese Medicine developed different types of acupuncture, the Indian Medicine Ayurveda treatments and the Western Medicine integral treatments like acupuncture, acupressure and reflexology. In the Western Medicine the English neurologist Sir Henry Head noticed, that several areas of our skin work together with the inner organs. He discovered that in the case of illnesses of the inner organs, the barrier of pain increased in some areas of the skin. The Chinese Medicine is older than the knowledge and the treatment of the Western Medicine. The method of the acupuncture is well known for centuries and since then it is practised all over the world. Long experiences and their permanent improvements of different methods can attain sensational results. The correlations of the effect aren't totally provable.

But the fact is: The influence/stimulation of the areas has a result of better circulation of the blood and a regeneration of the relevant inner organs – no matter which method of treatment.

1. NICE PACK – the origin

NICE PACK was discovered in Japan and since then it's well known in Asia. Numerous reports of experiences and studies verify the optimal effect as a supporting measure at different methods of treatment. Especially at methods of treatment for example: acupuncture, purifications and medical reflexology, which worked in combination with NICE PACK, could show great success.

2. NICE PACK – naturalness NICE PACK is a wellness and health product. The substances which NICE PACK contain are pure natural and easily digestible.

3. NICE PACK – the reflexology

NICE PACK works with the reflexologies. It's easy to justify this: Only our feet have the opportunity, thanks their complex nervous weave, to be connected with nearly all body regions and –organs. NICE PACK takes advantage of exactly this connection. Therefore it's possible to support the treatment of nearly all symptoms with NICE PACK.

4. NICE PACK – the action

NICE PACK works exclusively on biochemical, natural stimulus. If you put a NICE PACK plaster on the requested reflexology, the natural content substances (which are in active substance bag) start to extract liquid and waste products from the requested zone. With the help of this process, the osmotic conditions on the treated zone and the nerve endings get a natural stimulus. This stimulus stimulates the reflexology, activates it and causes at the corresponding, inner organs or body regions an increased metabolism. At the same time, this process helps to stimulate the circulation of the blood and to accelerate all the toxic substances of the body because of the increased removal of harmful substances. You recognize after the use that sweat and waste products were drawn off because of the brownish colouring on the plaster. The more intensive the colouring is, the stronger is the removal of the naturally in the body produced harmful substances.

Important: The natural active substances, which NICE PACK contains, don't go into the organism during the treatment.

5. NICE PACK - the handling

You have to take the NICE PACK active substance bag out of its packaging and put it with the smooth side in the middle of the plaster. The rough side of the active substance bag points inside. It should take up the outtake liquid later. Afterwards put the plaster together with the active substance bag on the requested zone. **Important: Never ever open the active substance bag!**

Use of NICE PACK

You use the plaster exclusively at night and at most 12 hours on the requested zone. This is connected with the fact that the metabolism of the body at night is different and that improves the effect of NICE PACK.

NICE PACK – the optimal supplementing to acupuncture, acupressure and reflexology. NICE PACK is not an alternative to acupuncture, acupressure or reflexology. It's rather a useful supplementing and optimal intensification to the methods of treatment. It would be a good idea, to use NICE PACK during the treatment break – Explain the use of NICE PACK to your patient and he/she could take the necessary plaster and the active substance bag home.

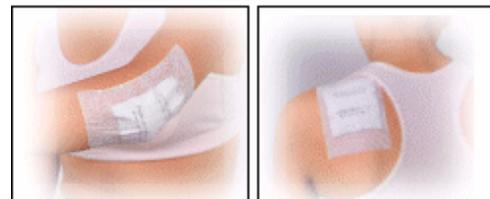
You can use single NICE PACK!

It doesn't matter whether after your reflexology, acupuncture or acupressure treatment – NICE PACK intensifies your success as it were over night!

For one NICE PACK treatment (1 night) your patient needs one bag with two active substance bags plus on plaster. For an optimal result we recommend after every treatment through reflexology, acupuncture or acupressure, one treatment over night with NICE PACK.



NP 100-30 Pack á 30 pcs. - NP 100-10 Pack á 10 pcs.



Examples of use

1. The general purification of the organism

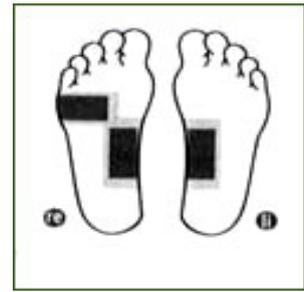
Our organism loads with waste products, which were removed through urine, stool, sweat and breath.

These processes never ran completely. The substances which are left enrich in the organism. It comes to an imbalance. The body feels weak and powerless. TCM recommend at least once a year to purify the organism completely. NICE PACK meets the necessary requirements of TCM because it influences the zones round the liver, gall and kidneys positive.

Because of the use of NICE PACK the metabolism in these organs increases. This causes that the stained substances get removed quickly. Especially efficient is the combination of NICE PACK with a diet.

NICE PACK doesn't stain the organism but improves and supports the body at this time.

- Put each one plaster on the reflex zone for the liver/gall (right foot) and kidneys (both feet)
- The results of TCM show, that 15 therapy days are enough for an optimal purification of the organism.



The general purification

2. The movement and the musculature

Troubles with the movement and musculature can have different causes. Frequent a wrong training, single-sided strain or a general overtaxing could be the trigger for this kind of pain.

Another cause for general articulated disease can be a rheumatic illness. Different kinds of disease can show similar symptoms. To be one of the rheumatic diseases is polyarthritis, degenerative-rheumatic diseases, the "Bechterewsche disease" and the soft part rheumatism. Sometimes also the gout is one of the rheumatic diseases.

All descriptive diseases have different causes and issues. But one they have all together: they enrich inflammation and produce permanent pain and a high factor of suffering.

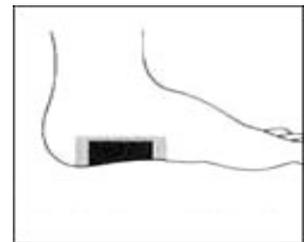
NICE PACK supports the detoxification of the inflamed zone of the body and completes the different methods of treatment

Zones of the spinal column

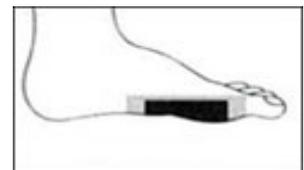
Displacements of spinals below and displacements of the disc cause permanent pain.

Because of the stimulation of the corresponding reflex zones stimulants of nerves will be set, which ease the tenseness in the corresponding regions and soothe the suffering.

- The reflex zones of the spinal column are in the inside of the foot. Put on each of both soles of the foot – lengthways the instep.
- The therapy should last 7 days and should be repeated after a break of 10 days.
- Figures based on experiences have shown that with a treatment of 4 times a year a clear improvement of the troubles could be reached.
- If there is strong pain and restriction of the weekday, we recommend putting NICE PACK on the hurting areas on the spinal column. Also only over night and at least 12 hours.



Zones of spinal column



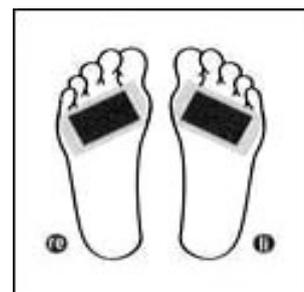
The spinal column

Zones from shoulder and neck

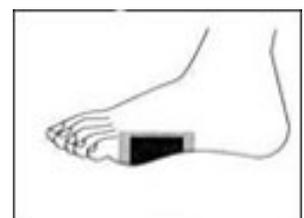
Many people suffer from tenseness in the area of shoulder and neck, which also contain agonizing headache. The reason of the continuous tenseness can be for example a one-sided, seated activity and a lack of exercise.

The use of NICE PACK helps to remove the tenseness.

- The zones of shoulder and neck are on both feet. Along the baseline of the toes wrist on the sole of foot are the reflex zones of the shoulder joint and on the sole of foot around the joint of the big toe the reflex zone of the neck.
- In this case you should NICE PACK for 7 days. After a break of about 14 days, as required you can use it 7 days again.
- In the case of strong tenseness the use of NICE PACK showed a great success directly at the areas of pain.



Shoulder and Neck



The arms

Zones of the arms and the legs

The troubles with arms and legs, especially in the big joints, have in many cases their reasons in the rheumatic Circle, eventually also the gout. But also pressure on sporting activities can causes strong pain in the joints in arms and knees.

- The zones of arms and legs are on both feet on the outside.
- The use of NICE PACK should last 7 days if there are acute troubles.
- If there strong troubles you should put NICE PACK directly on the requested, hurting place

Special: The tennis arm

The so called tennis arm results from a overtaxing on the elbow joint. The tendons are tensed up and as a result a friction on the head of the bone leads to on inflammatory process. It comes to an accumulation of inflammation...and an enlargement of waste products of the metabolism reaction.

NICE PACK supports the excretion of these waste products.

Therefore it's necessary to put the plaster on the requested reflex zones on the foot and also on the elbow joint.

The duration of the use is at least 7 days.

3. The inner organs

Zones of the digestive organs

The troubles of our digestive organs can be varied and different.

Only the stomach troubles reach from the disease of the "nervous" stomach or gastritis to a fully grown stomach ulcer. As well as the stomach troubles also the digestive troubles in the area of the small intestine are very often. The formation of the gall acid in the liver or also the draining away of the gall bladder can be disturbed. The pancreas forms too much or too less gastric juices.

The use of NICE PACK helps to normalize the metabolism, it also boosts and purifies.

Especially at "nervous" digestive troubles the experience shows that the use of NICE PACK eases in a short time.

- For the support of an acute treatment of the digestive organs we recommend a use of 5 days.
- For the general strengthening and the reduction of all "nervous" disturbances of the digestive organs NICE PACK should be used two times a week over a period of three months.

The stimulus of the solar plexus

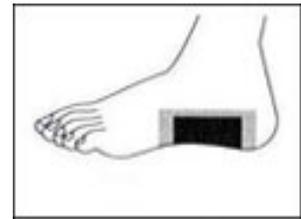
The solar plexus and the diaphragm are zones in the organism of an important vegetative centre. The influence of their reflex zones in the sole of the foot has an effect on the whole nervous system. The stimulus of these zones is particularly important and helps to manage the daily stress.

Many patients are real "burned out". They are under daily pressure; they have no relaxing time and no time for a walk. Against this way of life the body rebels with the general sensitivities troubles, insomnia, digestive problems and so on.

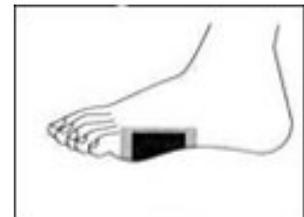
With the stimulus of the solar plexus it comes to an active relaxation and the patient keeps its balance.

The well-ordered use of NICE PACK is an effective and refreshing method, to keep the inner balance or to get back into balance.

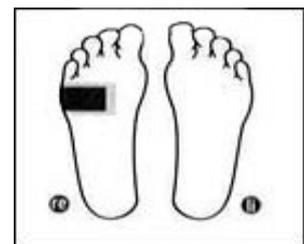
- In practice the use of 2 -3 times a week in an unlimited period is enough.



Legs and knees



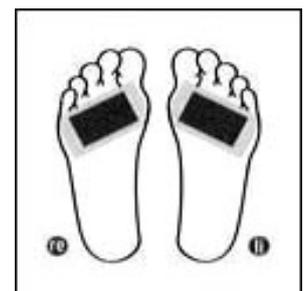
Arms



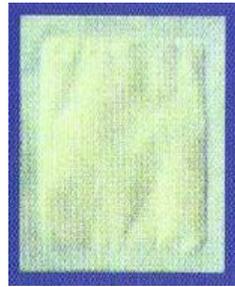
liver/ gall



Small intestine and Colon



solar Plexus



Before use



After use

