

## Period Pain Magnet

Period pain affects different women in various ways. It is a normal part of the menstrual cycle and is very common. It can have a serious impact on your quality of life.

Feelgood provides a small drug-free natural device, a magnet that will help to alleviate different symptoms of period pain and chronic pelvic pain in woman. Every month, a few days before and during your period, attach the golden magnet discreetly to your underwear, direct on your skin to help relieve period pain. This product is the alternative to pain killers, anti-inflammatories, and other oral preparations!

### Indications?

Period pain appears in different forms. The product is designed to help relief the symptoms of period pain e.g. PMT (pre-menstrual tension), period pain, stomach cramps, water retention, breast tenderness, abdominal pain and IBS (irritable bowel syndrome).

### How does it work?

Feelgood period pain is a concentric magnet, which is 100% natural and safe. The high powered patented 3000+ gauss deep penetration magnet consists of circles of alternating polarity which are created to influence nature's own healing processes. The concentric magnet, with its unique configuration of both constant and gradient magnetic fields, causes an increase in the local blood flow (Hall Effect) accelerating the body's natural healing processes as well as blocking pain. There are different effects:

Magnet → Dilation of blood vessels → increase circulation of blood flow and oxygen → **Pain alleviation**  
Magnet → Nerve stimulation → create heat → **Pain blockage**

### How to use?

The Feelgood period pain magnet is discrete, unobtrusive and easy to use: Your Magnet from Feelgood comes in a practical box and consists of three parts:

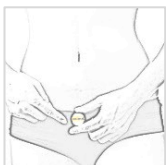
1. A golden Feelgood period pain magnet
2. Garment clip (with dome for easy handling) and
3. A pack of 10 round adhesive discs.



There are two ways to attach and to use the Feelgood period pain magnet:



**Application with garment clip:** Use firm finger pressure to locate the center of pain, position the golden magnet at the center of the painful area. Then secure the magnet in place utilizing the garment clip on the outside of the fabric of your underwear. You can remove to change position.



**Application with adhesive discs:** Peel the backing paper off the adhesive disc, place the magnet in the center of the sticky side of the adhesive clip. The magnet now gained sticky, so you can place this side direct where you locate the center of pain on your body. Press down the adhesive disc firmly around the magnet to secure to your skin. Do not remove to change position. Once placed on your skin the adhesive disc will hold the magnet in place. To prevent irritation of sensitive skin, the adhesive disc should be ideally be replaced daily.



To obtain maximum relief we recommend that you apply the magnet a day or two before menstruation is due to commence. Due to the circulation-enhancing effect of the period pain magnet, already after a few hours you can feel a natural arising pleasant warmth. Continue the use of it until menstruation is finished. Furthermore, you can use the magnet when you suffer from IBS: attach the magnet on the side of the pain. In case you want to use the magnet to reduce breast tenderness and lower swelling, use the garment clip position the magnet inside your bra at the area of maximum tenderness.

### Contraindications/Warning

Feelgood period pain magnets are strong but fragile and should always be handled with care. If they fall on hard ground, they can be damaged and break. Feelgood period pain magnets should never be placed directly over an open wound. It should not be used by individuals using pacemakers. If you want to use it during pregnancy, consult your physician first. Feelgood period pain magnets do not have any known unpleasant side effects.