



Dear <<First Name>>,

Welcome to issue #45 of HeaWea Weekly Digest.

Thank you for keeping up with us.

We are having a big sale to celebrate our birthday. You will enjoy 3% off on most products and 6% off on MicroGen and MicroGen kits. Plus, you can receive giveaways with any purchase! Moreover, we are holding a video review contest. It will end on April 30th and the first prize is a brand new MicroGen! [Join now](#) and ask your family and friends to [vote](#) for you!

### **Blog**

The pericardium is the wrapping sack surrounding the heart, and it guards against the invasion of physical diseases and negative energy. A blocked pericardium meridian cannot regulate blood flow in the major arteries and often leads to cardiovascular conditions. Therefore, smoothing up the qi flow in this particular meridian is imperative for heart health. How can you improve the qi flow in this meridian? Read the [blog](#) to find out.

### **Testimonial**

**This little generator continues to surprise and amaze me!**

I started to run some eyesight programs with MicroGen on low power about three weeks ago. After a few sessions, I noticed I couldn't read clearly, but when I changed to my older glasses that were prescribed three years ago, everything was crystal clear! This little generator continues to surprise and amaze me!

Click to [read the review](#).

### **Q&A**

Where should we place the TENS pad for general health or whole-body treatment?


Place one TENS pad on your right wrist, and the other on your left ankle.

Check this [Q&A post](#) for details.

How to make a custom program? How to add your own frequencies?

1. Click the "Programs" tab;
2. Click "New";
3. Type in the name, frequencies, and description of your program. Separate frequencies with commas.

4. Click the save button on the upper right corner;
  5. Click “Yes” on the pop-up message window;
  6. After auto-refreshing, you should be able to find your custom program.
- Check this [Q&A post](#) for details.

 Click here to see more [HeaWea Q&As](#).

## Discussion

Should I do the Blood Purifier and Zapper mode before going on to specific health issues?

You can, but it is not required. Blood Purifier and Zapper can detox your body and eliminate pathogens to better prepare your body for further treatment. You can combine them with other specific programs and run everything in a sequence.

Read this [Facebook post](#) for details.

## Video

In Traditional Chinese Medicine, the spleen-and-stomach meridian is where the body transforms the nutrition in food into qi and blood. It is called the origin of qi blood production. When qi and blood cannot flow smoothly through this meridian, you will have a weak digestive system, often leading to indigestion or malnutrition. If you have digestive problems, listen to [this audio](#) to enhance qi flow in the spleen and stomach meridian and improve digestion.

If you have any questions on this subject, please feel free to send us an email at [support@heawe.com](mailto:support@heawe.com).

HeaWea Team

Facebook: [www.facebook.com/groups/heawehealthcare/](https://www.facebook.com/groups/heawehealthcare/)  
[www.facebook.com/HeaWeaHealthcare/](https://www.facebook.com/HeaWeaHealthcare/)

Web: [www.heawe.com](http://www.heawe.com)

Tel: 00-86-25-57037030

If you have questions, please feel free to contact us.



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