

N≈BAN™

安炫幫™

Manual - 說明書



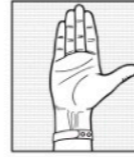
1) 以手腕尺寸配戴安炫幫™ 手環，不會滑動且好看又舒適。



2) 在手腕上找到內關穴 (P6) 指壓點，距離手腕約 3 個指幅寬，在二肌腱之間。



3) 將安炫幫™ 手環的圓鈕對準內關穴 (P6) 指壓點配戴。



4) 在內關穴 (P6) 指壓點上必須施加舒適且穩定的壓力，方能達到一定的果效。

對於有暈動症 (Motion Sickness) 的使用者，我們建議您在乘坐交通工具前 5 到 10 分鐘就先配戴安炫幫™ 手環。

測量圖表

手腕尺寸 (公分)	建議孔位
~ 19.5 至 20.4	第一孔
~ 18.5 至 19.4	第二孔
~ 17.5 至 18.4	第三孔
~ 16.5 至 17.4	第四孔
~ 15.5 至 16.4	第五孔
~ 14.5 至 15.5	第六孔
~ 13.5 至 14.5	第七孔

在許多研究中被引用的是刺激內關穴 Pericardium 6 (P6) 可以減輕噁心和嘔吐，如：

- [1] 暈動症。
- [2] 懷孕。
- [3] 手術治療後。

[1] P6穴位更顯減少了引誘暈動症的症狀。 誌5。 Stritzel R, Chandler A, Stern RM; 加德福爾華單位。 減輕暈動病。 Stern RM, Jakeret MD, Murth ER, Hollis C.
 [2] Wernoth E, Dykes AK. 穴位按摩對妊娠嘔吐的影響。 一暈動病。 穩定劑控制的試驗研究。 J Reprod Med. 2001年9月; 46(9):835-9。
 [3] Nunley C, Wakim J, Guinn C. J. 刺壓針壓點P6對術後噁心嘔吐。 文獻 PeriAnesth Nurs. 2008年8月; 23(4):247-61。

* 資料來源: 美國國立衛生研究所國立醫學圖書館, 加州大學洛杉磯分校東, 西商

1st | 2nd | 3rd | 4th | 5th | 6th | 7th | Please refer to Measurement Chart

1) Wear NBAN according to wrist size. It should not be slipping, but nice and comfortable

2) Locate P-6 acupressure point which will be 3 fingers width from your wrist. BETWEEN your 2 large tendons

3) Adjust NBAN downwards to approximately 3 fingers width from wrist. NBAN's knob should rest on P-6 acupressure point

4) Comfortable and firm pressure must be exerted on the P-6 acupressure point

For motion sickness users, we recommend that NBAN be put on about 5 to 10 minutes before embarking on your journey.

Measurement Chart

Wrist Size (cm)	Hole
~ 19.5 to 20.4	1st
~ 18.5 to 19.4	2nd
~ 17.5 to 18.4	3rd
~ 16.5 to 17.4	4th
~ 15.5 to 16.4	5th
~ 14.5 to 15.5	6th
~ 13.5 to 14.5	7th

It is cited in many research studies that the stimulation of 內關穴(Nei Guan), Pericardium 6 (P6) alleviates nausea and vomiting in;

- [1] Motion Sickness
- [2] Pregnancy
- [3] Post-Operative procedures

[1] PE acupressure relieves symptoms of motion induced motion sickness. Hu S, Stritzel R, Chandler A, Stern RM. Acupressure relieves the symptoms of motion sickness and reduces abnormal gastric activity. Stem RM, Jakeret MD, Murth ER, Hollis C.
 [2] Wernoth E, Dykes AK. Effect of acupressure on nausea and vomiting during pregnancy: A randomized, placebo-controlled, pilot study. J Reprod Med. 2001 Sep;46(9):835-9.
 [3] Nunley C, Wakim J, Guinn C. J. The effects of stimulation of acupressure point p6 on postoperative nausea and vomiting: a review of literature PeriAnesth Nurs. 2008 Aug;23(4):247-61.

* Source: US National Library of Medicine, National Institute of Health, UCLA Center for East-West Medicine