



Integrated Wellness System



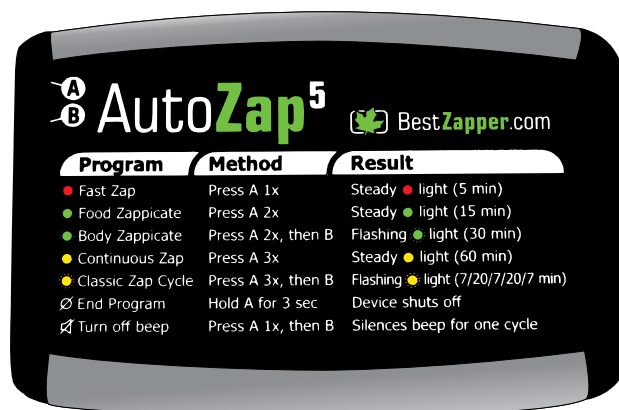
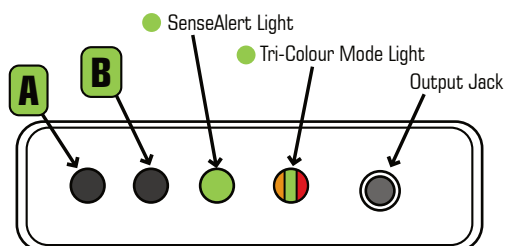
COMPREHENSIVE INSTRUCTIONS



BestZapper.com



PART 1: AUTOZAP 5



How To Start

The AutoZap 5 generator must be connected before use. Your set includes a control box with batteries, a long wire (with a plug on one end and two snaps on the other) and a set of accessories of your choice.

- Separate the wires for about half their length. They will “unzip” easily.
- Attach the snap or pin connector to your SuperCuffs or your chosen accessory.
- Attach the snap connectors on the ends of the wires to the metal dome fasteners on the SuperStraps or SuperGloves.
- Insert the plug on the wire into the Output jack on the end of the control box. You are ready to select your program and begin zapping!

Quick-Zapping Mode: 5 Minutes



This super fast mode is the crown jewel of the AutoZap 5. **Press and release the A button once.** The red Mode LED will light. In a few seconds you will hear a beep, and the green SenseAlert LED will light if you have the wristbands correctly connected. In just five minutes the cycle is over, and you will hear a triple beep as it shuts off. Five years of testing have shown that this simple five-minute cycle is as effective as the 63-minute cycle of other Clark zappers. You may repeat this five-minute cycle as often as you wish by simply pressing button A a couple of seconds after you hear the end beeps.

Food Zappicator Mode: 15 Minutes



Connect the SuperZappicator to the AutoZap 5. **Press and release the A button twice.** The Green mode LED will light. Wait, and in a few seconds you will hear a beep as the cycle starts. The green SenseAlert light stays OFF when using the zappicator. After 15 minutes the triple end beep sounds, and you're done.

Body Zappicator Mode: 30 Minutes



To use the SuperZappicator for 30 minutes on your body, plug in the SuperZappicator. **Press and release the A button twice, then press button B.** The green mode LED will start to flash, the green SenseAlert light will stay OFF, and the AutoZap 5 will run for 30 minutes, ending with a triple beep. Repeat if desired.

60-Minute Constant-On Mode



This mode is designed for those who need extensive zapping without interruption. It uses the gentle signal from the 5-minute Quick-zapping cycle, and runs for 60 minutes continuously. **Press and release the A button three times.** It is just like doing twelve 5-minute cycles, one right after the other. This gives the effect of twelve hours of zapping the old way.

“Classic Zap” Cycle 7/20/7/20/7 Minutes



To do Dr. Clark's original timed zapping cycle, you may use the yellow flashing mode. **Press and release the A button until you see the yellow LED mode, then press the B button** to choose the timed “7 minute on/ 20 minute off/ 7 on/ 20 off/ 7 on” mode. The unit gives a long beep at the start of each output session, and a short beep at the beginning of each rest period. It will shut off at the end of the cycle with a triple descending beep. I DO NOT RECOMMEND THIS CYCLE, because the 5-minute Quick-Zapping cycle is just as effective, more gentle, and much faster.

SenseAlert LED

The green SenseAlert LED lights up when the output current flow is correct (moisture, wires and connections are OK). If it is not bright green when zapping, check the connections and dampen SuperCuffs.

NOTE: The SenseAlert LED stays OFF when using the Zappicator programs.



Battery Info

10 Volt Constant Output



The AutoZap 5 is designed to give a constant 10 volt DC output over the full useful life of its two AA batteries, with the 0.25 volt DC offset specified by Dr. Clark. Because of its super-efficient design, the AutoZap 5 will give more than 1000 five-minute quick-zapping cycles on a set of alkaline AA batteries.

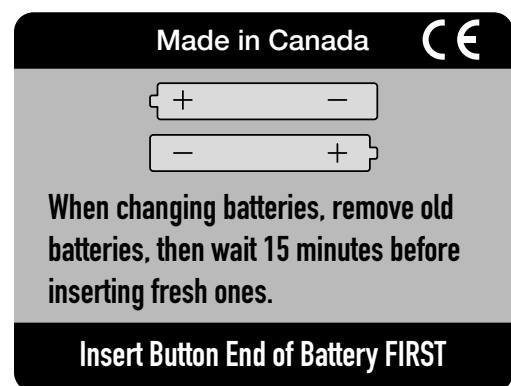
Low Battery Indication

When the batteries are running low, the unit will beep a distinctive short high-low tone every two minutes to alert you. When the batteries are too exhausted to guarantee correct operation, the unit will shut off automatically, after giving four long “high-low” beeps. The batteries must then be replaced to continue zapping.

We don't recommend or support using rechargeable batteries in the AutoZap 5

How to Change the Batteries

Use your thumbs to slide out the door on the back of the unit. Carefully pry out the old batteries, noting the polarity of each one. Insert fresh alkaline AA batteries, oriented the same way as the batteries you removed. Carefully slide the cover door fully shut. If it will not start, remove one battery for 15 minutes, then re-insert. It should start.



PART 2: ACCESSORIES

FlexZappicator

How To Start

The Flex Zappicator is a magnetic accessory, powered by the AutoZap 5 Hulda Clark Zapper.

- Plug the included cable into your AutoZap 5 until it is fully seated, and attach the other end of the cable to the Flex Zappicator.
- Place the top Label side towards food, or the body. Place over any part of the body that needs soothing – head, back, chest, stomach, legs or feet. Pets can also be included in a zapping session.
- Select the Green Zappicator mode on your AutoZap 5 to operate your Flex Zappicator setting. The Green solid mode runs for 15 minutes (food) and the Green flashing mode (body) runs for 30 minutes. They both shut off automatically.
- Feel free to cover your Flex Zappicator with a comfort sleeve, but be sure to identify the North Pole Label side.



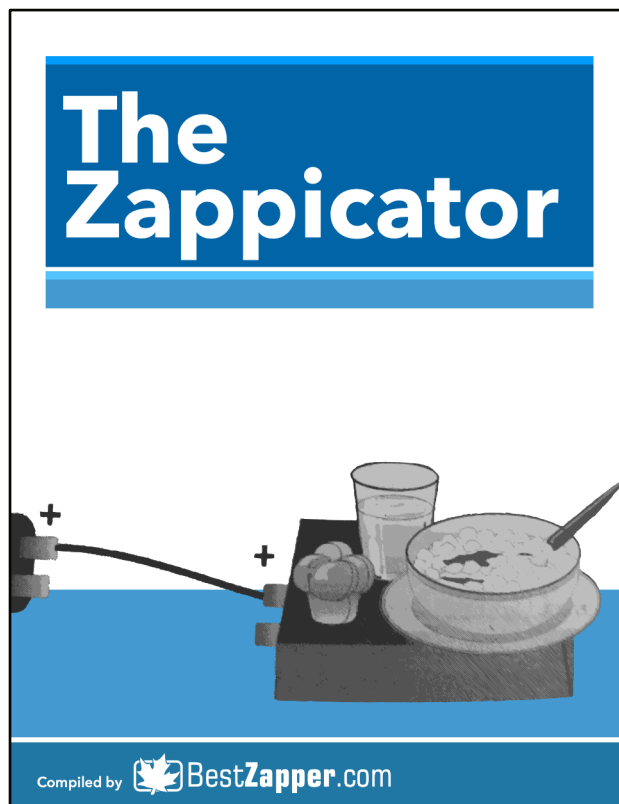
Zappicating Food

You may leave the plastic protective cover on your Flex Zappicator. Or you may make a cloth cover to protect your Flex Zappicator. The Zappicator bag itself is commercial all weather fabric, designed to be water resistant.

Place the food or other items to be zappicated on top of the Flex Zappicator unit. If they are in metal containers, place them into glass or plastic containers for zappicating. Remove metal lids from glass jars while zappicating, as they can distort the magnetic field and hinder the process. Magnets inside supply signal to the entire top surface, so you may cover all of it. The effect will extend up to the height of a gallon milk jug, about 30 cm (12 inches). A large wicker basket is great for stacking produce.

On the AutoZap 5, press the A button twice until the LED turns green. The green SenseAlert LED will not light when zappicating. When it beeps in 15 minutes, the food is ready.

For more details on what Dr. Clark has written about the Zappicator, please click the button below to read our free ebook.*



Zappicator Report Download

* <https://www.bestzapper.com/images/best-zapper-wp/2022/02/The-Zappicator.pdf>

Zappicating the Body or Pets

The idea here is to obtain directly in the body the purifying benefits Dr. Clark has found in zappicating food. Read the Zappicator download for many interesting facts about this technology. For serious purifying of the body, Dr. Clark recommends feeding your white blood cells by taking organic germanium, selenium and vitamin C beforehand. Read more in "The Cure and Prevention of All Cancers." pages 151-153.

Place the Zappicator on the area of concern. The side labelled "North Pole Side" must face the body. No direct skin contact is needed, because it works magnetically. The zappicator is a safe and simple device, and you may experiment freely. Remove any large magnetic metal items from the immediate area while zappicating, because they can distort the magnetic field and hinder the process. The specially selected magnets inside the unit supply good signal coverage to the entire top surface, so you may employ all of it. The effect will extend at least 12 inches (30 cm) from the north pole side of the device.

For use with pets it is good to keep the FlexZappicator in its plastic bag to keep it clean and dry. You may then place it under their bed or blanket, with a pillow for comfort if you wish.



Zappicating Teeth

Dr. Clark has found that the Zappicator can also be used to harden plastic, to prevent seeping of uncured dental resins and other components. For this purpose, place plastic teeth (or lay your head) on the top surface. Run the AutoZap 5 in green mode for at least seven minutes, then take a break for at least one-half hour. Repeat a second time. Take a second break, and repeat a third time. The effect on the plastic is permanent.

Extending the FlexZappicator

To use TWO FlexZappicators at the same time, you can use a two-pronged cord available in the Zapper Shop, and connect the one of the two pin connectors to your two FlexZappicators. Proceed as usual.

NOTE: Avoid having parts of the body within 12 inches of the back side of the zappicator box, as the south pole magnetic field there may undo the good effects of the north pole side. In practice, this simply means to lay the box against the body, or lie on top of the zappicator, instead of holding it in place by hand. Do not sit on the zappicator or otherwise crush it with excessive force.

SuperCuffs

- Using one cable with two snap connectors, attach the snaps to each cuff.
- Insert the plug into the jack on the AutoZap 5 Zapper.
- Place each Cuff approximately 2 inches above each wrist, or ankle.
- Press Button A and begin your Zapping session. Watch that the SenseAlert light is lit ensuring a good connection.

NOTES:

AVOID touching the two hands or feet together, which will short out your Zapping connection.

For more information, please see www.BestZapper.com/faq



Silicone FootPads

FootPads are versatile contacts for use with our AutoZap 5 zapper, providing an alternative hands-free zapping experience.

Foot zapping is essential for those who want the frequency directed through the lower torso instead of the upper body (as when using gloves or velcro wrist straps). FootPads can also be adapted for Leg Zapping techniques.



- Plug the included cable into your AutoZap 5 until it is fully seated.
- At the other end of this cable are two shiny metal pins. Insert one pin into the grooved channel running down the centre of one FootPad pad. Then insert the other pin into the other Silicone pad.
- Place the FootPads on the floor in front of your feet.
- Place your bare feet on each of the pads, keeping them separated during zapping.
- Start the AutoZap 5 zapper, and select the Red or Yellow Mode.
- After the start-up beep, you will see the green SenseAlert light shine, indicating good contact.
- If your feet are too dry, you may need a few drops of water to gain good contact, and the green SenseAlert light will shine as it should.

Cleaning instructions: Wash with warm water and soap if desired. Dry with a towel or allow to air dry.

“PetZap” Pet Contact Pads

ALSO NEEDED: 1 Ace (tensor) bandage [This is a long, stretchy elastic fabric used for bandaging muscle strains, and can be found in most pharmacies].

Prepare The Zapper

- Plug the included cable into your AutoZap5.
- At the other end of this cable are two shiny metal pins. Insert one pin into the grooved channel that runs down the centre of one PetZap pad. Then, insert the other pin into the other PetZap pad.

Prepare The Pet

- Using a damp sponge with warm water, dampen the fur where the PetZap pads will be placed on opposite sides of the animal’s body. This will provide conductivity for the zapping session. The PetZap Contact Pads should be placed on either side of the pet’s ribcage.
- Hold PetZap Contact Pads against the pet. As you place the Pet Contacts on the pet where you have just dampened the fur, with slight tension, wrap the Ace bandage over the contact pad and continue wrapping around the body of the pet comfortably. This may require practice, and it helps if your animal is well-trained to sit still.
- Adjust for comfort. If the tensor bandage is too tight, unwind and re-wrap as required to obtain a comfortable amount of pressure that maintains contact with the pads against the pet.

Secure Wiring And AutoZap5

- The AutoZap5 should now be connected via the cable to the PetZap Contact Pads under the tensor bandage. Gather the extra cable length and tuck it under the back of the Ace bandage, along with the zapper. Begin zapping. The green SenseAlert light should shine to show that the Zapper is properly connected to your pet, and the pet’s fur is damp enough.
- At the end of the Zapping session, carefully unwrap the Ace bandage and the contacts from your pet.
- Be creative. If you have an unusually large animal, an unusually active or other difficult situation, you may need to be creative.



Detox Response



The natural health approach to treatment of symptoms is through lifestyle changes, stopping bad things, supporting your own body through diet etc. It is the process of your body eliminating toxicity in order to heal itself. Your body must unload built-up toxicity that has been stored within, which has hindered you from staying healthy.

When beginning the zapper and the Hulda Clark program, a detox reaction or cleansing reaction is not common, but some people do experience it. Detox symptoms can make you feel that you are getting worse, not better. This is a sign that you are actually getting rid of toxins and cleaning out.

Detox symptoms can be a headache, flu-like symptoms, fatigue, diarrhea, skin outbreaks, etc. Remember that this is temporary, and lasts only a few days.

What can you do to help alleviate these symptoms?

- Drink plenty of water (8 glasses per day).
- Make sure your bowels are working well.
- Take time to rest and de-stress.
- Drink vegetable juices and green drinks.

Some people take things slowly. This means using the Zapper every other day or every few days instead of every day. Everyone must find their own way of handling cleansing of their body. Drinking warm water, drinking herbal tea, and mild exercise can help.

Safety Questions - See the Health & Safety section on our FAQ page (www.BestZapper.com/faq)

WARRANTY & SUPPORT



Warranty

The AutoZap 5 and FlexZappicator are covered by a 5 year parts and labor warranty. Damage due to careless handling or moisture is not covered. Please do not open either device. There are no user-serviceable parts inside.

The FlexZappicator has ceramic magnets inside. To prevent damage, DO NOT DROP THE UNIT or subject it to sharp impacts.

SuperCuffs, Conductive Silicone or any of our accessories are covered by a one year manufacturing defect warranty. Because they are consumable items, damage due to normal wear and tear or careless handling is not covered.

Contact us for all Warranty concerns at Help@BestZapper.com

QuickStart Instructions

We provide “Quick Start” instructions with each product, which are also available at the FAQ page, or click the direct links below:

[AutoZap 5 instructions](#)

[FlexZappicator instructions](#)

[Conductive SuperCuff instructions](#)

[Conductive Silicone Footpads](#)

[Pet Pads Instructions](#)

More Information

- www.HuldaClarkActionPlan.com Quick-start Guide to Dr. Clark
- www.ZapperQuestions.com Questions and Answers
- www.ZapperStories.com Customer feedback stories
- ZapTimes Newsletter – Hulda Clark news, exclusive promotions, videos, healthy recipes, etc. Email ZapTimes@Aweber.com to join our community.
- Find us on our Youtube channel [AD7077](https://www.youtube.com/channel/UCAD7077)

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