

ANDUMEDIC® 3

Pain relief. Performance. Wellness.



Add a smile to your life®





Add a smile to your life 😊

This is where you get a smile on your face

When you have less pain, you can smile again.

Many people complain of having pains, which can be attributable to the widest variety of causes. Those concerned, however, always suffer from both physical as well as mental consequences. In some cases, these are very serious, imposing enormous constraints on every-day life. Usually, during the continued search for improvement in the situation, the hope of attaining true relief tends to dwindle. Then, there is nothing more wonderful than the moment when the pain is really relieved. This, as if by magic, brings a smile to the face.

Anyone who regenerates and performs better has good reason to smile.

People who are physically active demand a great deal from their bodies and often push themselves to their limits. This takes it out of their strength. It is a good feeling to have given everything you have got. Yet this only persists if it is correspondingly accompanied by regeneration to replenish the energy reserves and enable more performance. These rest phases enable the body to regain new strength and sustainably achieve better performance.

Anyone who feels physically, mentally and psychologically balanced has good reason to smile.

In every-day life, the human organism is subjected to many stress situations. This is exhausting. If energy is merely taken out without re-charging the battery, the body, mind and spirit become imbalanced. In the worst case, this leads to the "burn-out" effect. Hence, it is all the more important to adopt a holistic approach in order to activate the body's own mechanisms. This slows down the ageing process and brings about new vitality and well-being.



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Bruno Nuyttens and his father



Vision. Mission. Who we are.

Vision – to help people to help themselves

The way we imagine the future is that the resources of the health system shall be considerably extended and the opportunities for the peoples in Europe and throughout the world to take their own initiative in terms of health care shall become daily practice. To this end, through strong partnerships with medical specialists, our products will play a leading role in assisting people to assume active control over their lives and improve their quality of life. We will smooth the way to achieving this end in a convenient manner within their own four walls or in any desired environment.

Mission

Everything we do is aimed at helping people to actively do something for their own health. For more well-being and better quality of life. For this purpose, we create solutions combining new technology with a gentle mode of operation and make them accessible to everyone. In doing so, our main focus is always centred on the human individual.

Who we are

We are an enterprise with values that we wish to experience and pass on through our products. The foundation stone was laid by the Belgian founder of our company, Bruno Nuyttens, who wanted to alleviate his father's suffering on a long-lasting path of chronic pain. He had the idea to make the technology of Andulation available to people in everyday life. And, in fact, his father's pain was relieved and his quality of life newly improved. Today, for a period of over 10 years, our company has helped more than 85,000 people. In collaboration with our partners in many other countries, we are constantly working to improve and optimise the implementation of applied science, even to providing individualised support for our customers.



ANDULLATION

The very heart of the **ANDUMEDIC® 3**
It is in your hands



Andullation – the very heart of the ANDUMEDIC® 3

Andullation is the combination of mechanical oscillation and infrared deep heat. The ANDUMEDIC® 3 enables anyone to apply this innovative technology – at any time and at any place. It is in your hands to do something for your health.



Developed by highly reputed research centres.

Andullation was developed in close collaboration between scientists, university clinics and physicians. A patent registration has already been filed.

Effectiveness proven by studies.

How successfully Andullation can help has been confirmed not only by numerous cases of practical experience but also in studies involving scientific test equipment.

www.hhp-international.com/andullation

Andullation – innovative operating principles.

Andullation belongs to the new generation of treatment methods based on biophysical principles. There are 5 basic operating principles through which Andullation can have a positive effect on our bodies.

Andullation therapy not only acts on a certain organ or organ system, but rather has a positive influence on the essential functions of the organism as a whole. It lays the foundation for maintaining and restoring our health.



ANDULLATION

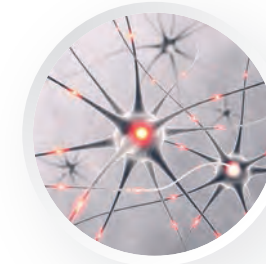
The 5 biophysical operating principles



Operating principle 1

Energy production in the cells

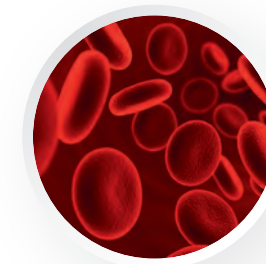
Andullation generates electric micro-currents that stimulate the production of ATP (adenosine triphosphate). This process ensures that the amount of energy in our cells is increased, which, in turn, has a positive effect on our organs and thus on our health.



Operating principle 2

Superimposition over the pain signals.

Andullation enables a neurophysiologic and hormonal superimposition over the pain signals. In the first instance, it triggers positive signals in our body that dispel the negative pain signals. As a result of this superimposition, our brain receives an increasing number of positive signals that relieve the pain. In the second instance, the regular application of Andullation brings about the release of endorphin, which is also known as the "body's own pain reliever".



Operating principle 3

Stimulation of the blood circulation

Many complaints are attributable to inadequate blood circulation. Our blood makes sure that our body is supplied with nutrients. If our blood circulation is inadequate, this process is impeded and we become tired and ill. There is a difference between the flow of healthy versus unhealthy blood. The corpuscles of unhealthy blood stick to one another and become wrinkly. Thus the blood corpuscles lose vitality and transport a diminishing amount of nutrients. Andullation gets the blood circulation moving and separates the corpuscles from one another. Thus the flow of blood is increased and a larger quantity of the nutrients needed is again transported. We feel healthier and more lively again.



Operating principle 4

The actuation of relaxation mechanisms

Physical relaxation

Exhausting activity causes muscle tension in the body. Then, the affected muscles no longer receive sufficient nutrients. Andullation widens the blood vessels and improves the blood supply to the muscles. Nutrients are again absorbed and tensions are relieved.

Mental relaxation

Stress has a negative effect on our nervous system. Andullation restores the balance by generating positive signals that counteract the negative influences. This reduces stress.



Operating principle 5

Stimulation of the flow of lymph fluid

The lymph is not only an integral component of the immune system, but is also decisively involved in the removal of metabolic end products. Regular stimulation ensures a stable immune system and a well-functioning metabolism.



How can the **ANDUMEDIC® 3** help

Application fields



Pain relief

"It's so wonderful!
Like losing a heavy burden."
Rita Tischbein, pain relief patient

www.hhp-international.com/painrelief



Performance

"I use this system to relax before and after my training sessions. It does me very good."
Fábio Coentrão, football pro

www.hhp-international.com/performance



Wellness

"I myself use Andulation to relax after an exhausting day."
Nathalie Stegemann, homeopathic practitioner

www.hhp-international.com/wellness

Worldwide application

More than 85,000 satisfied users



"I use Andulation for my patients in many different ways.

My son uses it for regeneration after sport."

Nathalie Stegemann, homeopathic practitioner,

Practices in Ettlingen, Karlsruhe and Baden-Baden, Germany



"I used to be a competitive athlete myself. I wanted to help others to get back on their feet after being injured. I have tried the couch myself and since I started using it, my back has got much better."

Simon Fecher, physiotherapist,

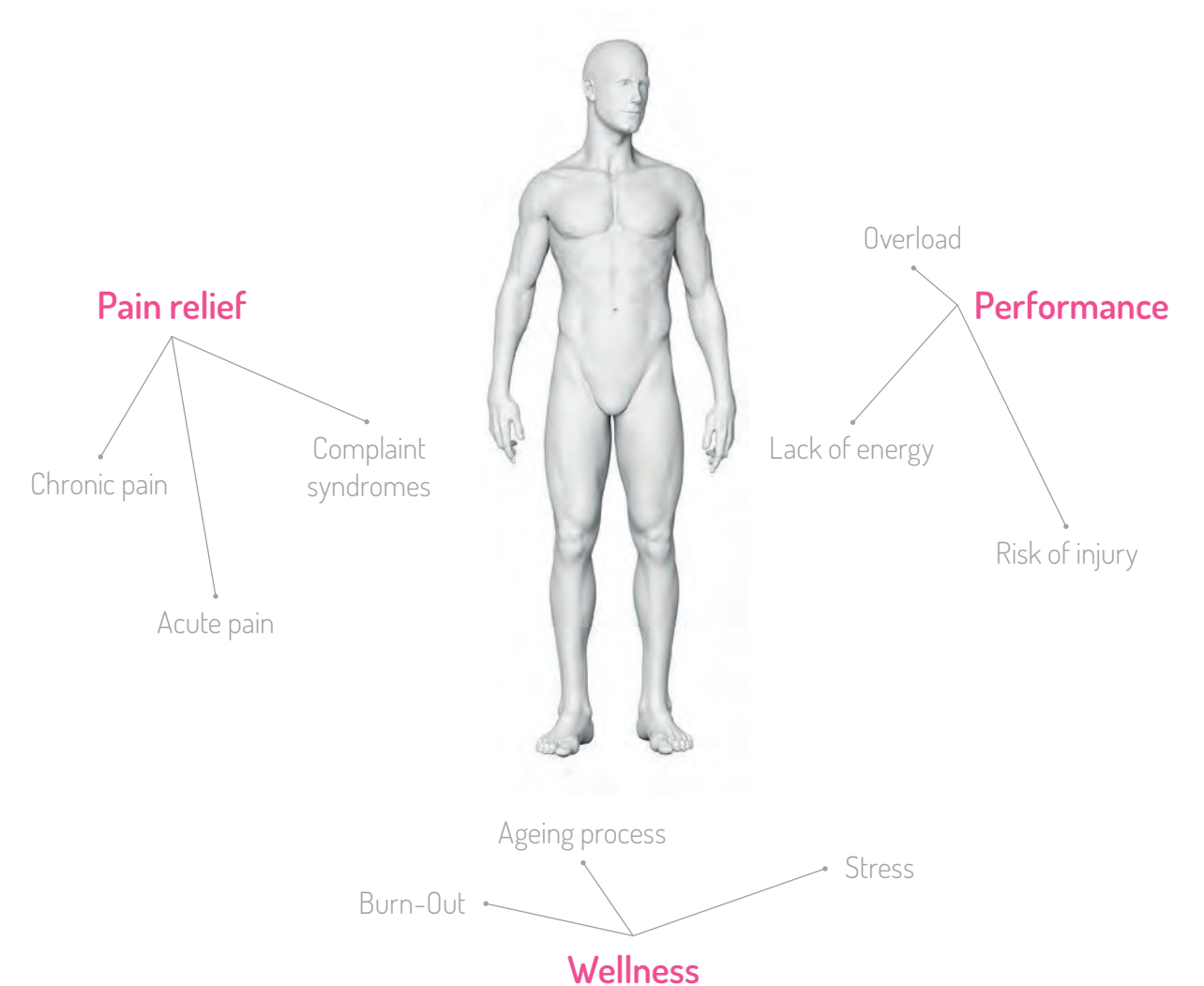
Practice in Niedernberg, Germany



"Andulation is a sensible complement to our concept. We have an open mind when it comes to innovations that constitute an enrichment for our patients."

Stefan Fränkle and Susanne Schmitt-Fränkle,

Practice in Mörlenbach, Germany



For 14 years already, more than 85,000 satisfied users have been using the ANDUMEDIC® 3 successfully to relieve pain and enhance performance and wellness. We invite you also to get to know the application spectrum of the ANDUMEDIC® 3 and discover for yourselves the benefits it can offer you.



Pain relief

We take you seriously

- ✓ Less pain
- ✓ Enhanced mobility
- ✓ Improved well-being

Preventive. For acute pain. For chronic pain from arthrosis, fibromyalgia, neck and muscle pains and other causes

Which pains can be relieved?

We recommend the application of the ANDUMEDIC® 3 to relieve acute and chronic pains. Andulation technology relieves pain in two steps. Likewise, preventive application is possible to guard against the possibility of pain occurring at all.

Acute pain relief

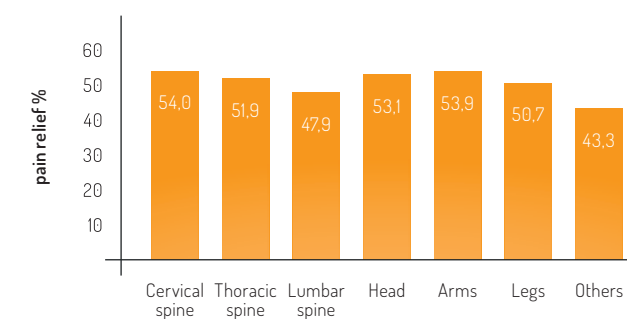
In the first step, pain is relieved by superimposing signals over the pain signals. This means that mechanical oscillations trigger positive signals in the body that dispel the negative pain signals. In some circumstances, a brief application can already be sufficient to relieve acute pains.

Chronic pain relief

Following Step 1, Step 2 of the pain relief is achieved via a long-term and regular application of the treatment. This brings about the production of the hormone endorphin, which is known as one of the body's own pain killers.



Average pain relief: 50,7 %



Source: The evaluation relates to the data of 4,225 persons aged 14 to 93 years. Survey period from 09/01/2011 to 31/08/2012.
Commissioned by: The German Association for Andulation Therapy (Deutsche Gesellschaft für Andulationstherapie e.V.);
evaluation conducted at the Karlsruher Institute for Technology

www.hhp-international.com/studies

Personal experiences

Users relate their experiences



"Andullation was an absolute stroke of luck for me. I would recommend everyone to forget their scepticism and try out Andullation. For me it was such an impressive experience that, looking back, I just can't believe it."

*Gisela Senger, pain relief patient
suffering from fibromyalgia*

The personal experience of pain relief patient Gisela Senger

Five years ago, Gisela Senger's life was transformed in one fell swoop. Her body was invaded by severe pains and from one day to the next she was obliged to cope with a completely changed life situation. Ultimately, Ms Senger was diagnosed with fibromyalgia. "I always enjoyed work, but it cost me a lot of energy. In the evenings, I was completely exhausted" The severe pains robbed her of her courage to face life's challenges. Gisela Senger got to know about Andullation and the ANDUMEDIC®.



"It's so wonderful! Like losing a heavy burden. I don't know what the future holds for me, but I am absolutely full of hope."

*Rita Tischbein, pain relief patient
suffering from chronic pains*

The personal experience of pain relief patient Rita Tischbein

Rita Tischbein's case history began in the year 1968. She fell ill with Pfeiffersche glandular fever, whereby the course of her illness was extremely critical. After contracting her illness she was never free of pain. "I completely withdrew and shut everything out. I just didn't want to see anyone anymore." While browsing the Internet, her attention was caught by the operating principle of Andullation. Above all, she appreciates the fact that she always has the system close at hand.



"After my serious operation which prevented a stroke, Andullation enabled me to regain my energy for life. The hhp couch has brought a smile back into my life."

Gotthilf Fischer (German composer and conductor)

© by Anne Huneck

The personal experience of Gotthilf Fischer

Together with his choirs, Gotthilf Fischer propagates the German folksong throughout the world and with this has created bridgeheads for peace between various different peoples. The founder of the Fischer Choirs is also referred to as the "therapist of the wounded souls". Since his course of rehabilitation therapy after an operation two years ago, Gotthilf Fischer has been a user of the ANDUMEDIC® 3. "After my rehabilitation, the couch has helped me very much and I would like it to help other people, too."



"After each application, I feel better for a number of hours. The pains are no longer so intensive."

*Willy Reumers, pain relief patient
suffering from back problems*

The personal experience of pain relief patient Willy Reumers

Due to his occupation as a baker, Willy Reumers was under great physical stress. As he got older, this became more and more noticeable in the form of backache. About ten years ago, he tried out the system. "Since then, I have been using the ANDUMEDIC® up to three times a day."



Performance

Regaining strength

- ✓ Optimal warm-up
- ✓ More performance capacity
- ✓ Simpler regeneration

Warm-up. Enhanced performance. Regeneration.

Technology and science for performance

Heavy physical exertion causes our muscles to harden, which impedes our blood circulation. This is where various operating principles take a positive effect. The Andullation oscillations loosen the muscles, promote the circulation of the blood and stimulate the flow of lymph fluid. In addition, this ensures the removal of waste matter produced by the body. All in all, this aids the regeneration process after sport or physical exertion and enhances our overall performance. The pleasant effect of the infrared-generated deep heat makes us feel good and enables the oscillations to penetrate even further into our body tissue. The regenerative effect is amplified and the result is not only physical but also mental relaxation.



"I use the ANDUMEDIC® after every match." I recommend this treatment because it helps me to regenerate faster."
David Ferrer (tennis pro)



"I use this system to relax before and after my training sessions. It does me very good."
Fábio Coentrão (football pro)



"Every day I use a different programme and then I am completely relaxed. I recommend this treatment to everyone with muscle problems and a lot of stress."
Sabine Schmitz (racing driver)

www.hhp-international.com/references/prominents



Wellness

A source of balance and beauty

- ✓ For retarding the ageing process and shaping the body
- ✓ For reducing stress and boosting stress resistance
- ✓ For mental and physical equilibrium

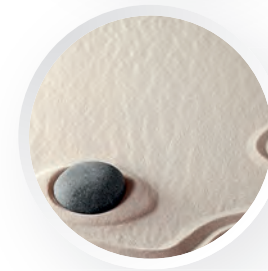
Anti-Aging. Anti-Stress. Relaxation and recovery. Body shaping.

www.hhp-international.com/references/wellness



Actively counteract the ageing process

The older we get the less energy is produced by our cells. We are increasingly susceptible to complaints and fall ill faster. The Andullation operating principle 1 stimulates renewed energy production by the cells, which in turn triggers the reduction of collagen. This is important for our connective tissue and ensures cushioned skin contours. The stimulation of the blood circulation and the release of relaxation mechanisms promote this process by enhancing the metabolism. Activating the body's own mechanisms enables the relief and prevention of complaints.



Reduce stress and prevent "burn-out"

Stress can cause a variety of complaints. In the worst case, it leads to "burn-out". Sustained, negative stress is also referred to as distress. This is very often triggered by physical load. The way we cope with the demands of our jobs and daily lives determines our stress situation. Releasing our relaxation mechanisms helps us to cope with stress by balancing out our vegetative nervous system. The stress level falls and stress resistance rises.



Physical relaxation and holistic regeneration

For physical and mental regeneration, our muscles have an important role to play. Exhausting activities and stress situations cause muscle hardening, which can be resolved. Andullation enables the muscles to be loosened, deep relaxation ensues and our whole body and mind can be regenerated.



Body shaping

Metabolism constitutes a factor influencing our weight. The term relates to the processes that are needed for our bodily functions. Metabolic activity varies from person to person, which is why some people succeed more easily than others when trying to lose weight. In this, Andullation helps to boost the metabolism and thus has a favourable influence on weight reduction. Important nutrients can be absorbed more easily into our body and waste products are disposed of.



The ANDUMEDIC® 3

The product range

More than 10 years ago, the foundation stone was laid with the first hhp system. Since then, the technology has continued to be developed and with new components

further benefits have been added. The latest version, the ANDUMEDIC® 3, has been available since the year 2014.



ANDUMEDIC® 3 Home

For private users

The Home version of the ANDUMEDIC® 3 is a certified medical product conceived for use in private households. It gives users the opportunity to apply the unique technology of Andullation also at home or at any place as desired.

www.hhp-international.com/andumedic/home



ANDUMEDIC® 3 Professional

For professional users

The certified, professional version of the ANDUMEDIC® 3 was developed specifically to meet the multiple, daily demands of physiotherapists, medical surgeries and clinics. It is applied by a wide variety of specialist users as an optimal extension to the treatments offered.

www.hhp-international.com/andumedic/professional



ANDUMEDIC® 3

This certified version of the ANDUMEDIC® 3 presents itself in the classical colours blue and yellow of the successful previous model. It functions in the same way as the ANDUMEDIC® 3 Home.

Exclusive equipment

Optimally synchronized components

1 System - Base element

The base element of the system is foldable and easily transportable. It can be positioned for application easily on a bed or other surface. It comprises 15 integrated oscillator motors.

2 Thermodynamic (Medical Near-Infrared Neck Pillow)

The head element ensures an optimally comfortable neck position. It is complete with 2 infrared heat radiators and a heat pad.

3 Infrared back pillow

The flexible infrared back pillow is fitted with 2 further infrared heat radiators.

4 Andullation Belt

With two additional motors, the Andullation belt intensifies the impulses on the abdomen and trunk.

5 Infrared foot reflexology pillow

The stimulation of the foot reflexology zones enables a positive effect on the corresponding organs and body tissue.

6 Heart Balance Pad

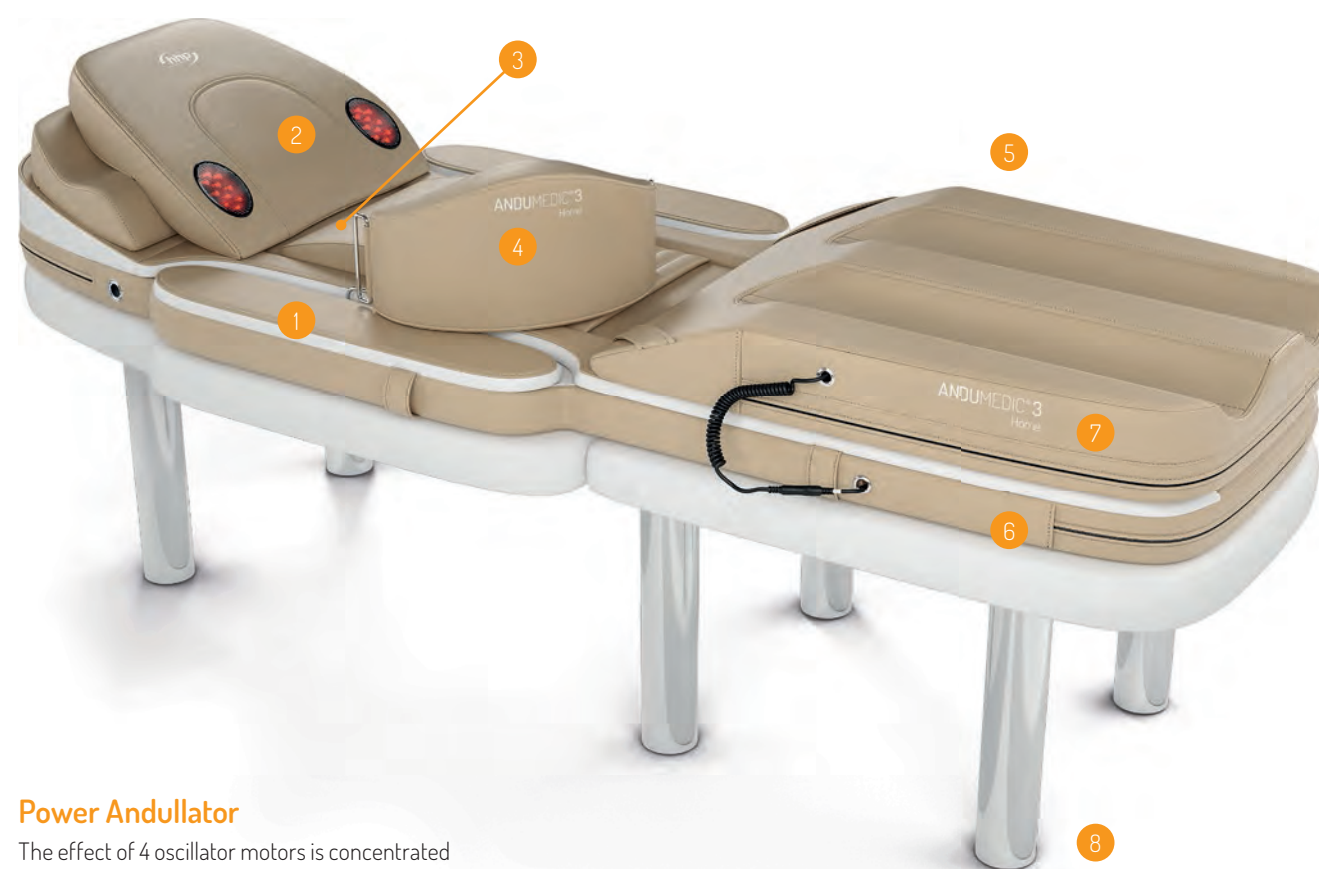
The elevated position of the legs permits an optimal body posture.

7 Power Andullator

The effect of 4 oscillator motors is concentrated on the legs.

8 Premium base frame (optional accessory)

The six stainless steel legs of the specially fitted base frame provide a firm stand.



Manual control

The hand control unit enables the selection of the treatment duration, the desired programme and individual, additional adjustments. The ANDUMEDIC® 3 comprises a total of 6 basic and 14 medicinal programmes, while the intensity levels for the oscillator motors and the infrared deep heat radiator are preset. It is possible to set the intensity individually within each programme.

Two of the most popular programmes:

Programm 10

Programme 10 can help to relieve pains in the joints caused by arthritis or rheumatism. Especially regular applications each morning can help to reduce the starting-up pains.

Programm 18

Muscle loosening and the right frequency can promote a deep-acting relaxation and stimulate the production of the energy needed for a healthy sleeping/waking rhythm.





Product details

Certified Quality

Safety and reliability are very important to us. The ANDUMEDIC® 3 has been tested as a Class 2 A product according to the German Medicinal Products Act. Our certificate holder, the company METEK GmbH, produces in Leinefelde-Worbis, Germany. The entire production process is subject to the highest requirements and the most stringent tests. This enables us to ensure and guarantee constantly high quality standards.

APPROVED
MEDICAL DEVICE
Zertifikatsinhaber/Produzent:
METEK GmbH, Leinefelde



Dimensions (LxWxH)
Extended: approx. 196 x 75 x 8.5 cm
Folded: approx. 113 x 75 x 17.5 cm
Weight approx. 19 kg
2 years manufacturer's warranty

 **ANDULLATION**



Made in Germany

In view of our high quality demands and for your safety, we produce in Germany.

Patenting

Patent registration available (IR trademark No.: 952 884)



An overview of the benefits

- ✓ Less pain
- ✓ Enhanced mobility
- ✓ Improved well-being
- ✓ Optimal warm-up
- ✓ More performance capacity
- ✓ Simpler regeneration
- ✓ For retarding the ageing processes and shaping the body
- ✓ For reducing stress and boosting stress resistance
- ✓ For mental and physical equilibrium

Quality that you can trust. The **ANDUMEDIC® 3** is manufactured in Leinenfelde, Germany.

Strong partnerships

German Hockey Federation (DHB)



German Golf Association (DGV)



German Consumer Association (DVV)



The Federal Association of German Pharmacists (BVDA)



International Association for Andulation Therapy (IAAT)



Institute of Biomedical Problems (IBMP)



Closing comment

With Andulation we wish to place at your disposal an excellent opportunity to benefit your health and your well-being. We cannot cure diseases and do not wish to claim that we can. Andulation, by way of five operating principles, exerts a positive influence on our bodies. This has been evidenced by general, state-of-the-art medical knowledge and by relevant studies. We cannot work miracles, nor do we want to promise them. To achieve a long-lasting effect with Andulation, it is necessary to undergo sustained, long-term application. With ANDUMEDIC® 3, we put it in your hands to do something for yourself.

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Add a smile to your life ☺

