



BODY AND MIND STUDIO
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The hhp ANDUMEDIC[®] 3 system
Add a smile to your life.

PAIN RELIEF



IMPROVED PERFORMANCE



REGENERATION





The ANDUMEDIC® 3 for a healthy future

Health is the most important thing in life but generally we only learn to appreciate it when we have lost it

Demands at work, physical exertion and even private life can take a lot out of us. Those who can't cope with pressure can quickly find themselves in a vicious circle. The result can be backache, muscular tension and other ailments.

This is exactly where the ANDUMEDIC® 3 comes in. Regular use improves general well-being and can even provide health benefits. Whether you want to relax, relieve pain or increase your performance. Pain relief improves your quality of life and is the first step towards a healthier and more active future.



hhp AG

conclusive self-care principle

Every individual has the chance to actively take control of their own health issues. hhp is there to help.

hhp AG is an international company with branches throughout Europe and over 400 employees. For over 10 years hhp has been supplying products, which can be used at home for pain relief, increased performance and regeneration. hhp plays a supporting role for those, who decide to take responsibility for their own well-being. Over 120 000 users worldwide benefit from this self-care principle, which helps people to face the future again with optimism. „Add a smile to your life“ – this is both hhp’s philosophy and heartfelt wish.



Anduspace tried and tested space technology

Unique space technology is used successfully on earth.

Astronauts are exposed to extreme bodily stress in space. Gravity has a massive impact on the human body. Within a few days the muscular system recedes, bodily strength wanes, the energy level diminishes and the degenerative aging process is accelerated. But on earth we are also subjected to stress, which can put a strain on our bodies. A lack of exercise, hectic and stress dominate our daily life and bring about a progression of the degenerative process. To counteract the varied stress factors, we have developed an effect that is based on a combination of mechanical vibrations and infrared deep heat. This innovative operating principle is also used in the ANDUMEDIC® 3.



The ANDUMEDIC[®] 3 Made in Germany

Leading physiotherapists, doctors and rehabilitation clinics have been using the Andumedic[®] 3 successfully for a number of years.

The hhp ANDUMEDIC[®] 3 system was developed in close collaboration with scientists, university hospitals and doctors. It has proven internationally unique in its technological and efficiency features for over ten years, combining the effect of vibrations with medical infrared deep heat for the first time. 120 000 people worldwide already use the ANDUMEDIC[®] 3 for pain relief, regeneration and increased performance - and this number increases on a daily basis.





All hhp products can be used for pain relief from numerous symptoms and can lead to clearly perceptible improvements. The ANDUMEDIC® 3 can be used by any age group. The operating principle is becoming increasingly significant for athletes and high level performers. The system can even ease deep-rooted muscle tension and as such provides soothing relaxation and regeneration.

priority and consider these to be the driving force behind their consistent further development of their products and their extensive research into vibrations and medical infrared deep heat.

In Germany the ANDUMEDIC® 3 is produced by METEK GmbH in compliance with the standards laid out in the German law on medical products.

hhp gives the enhancement of the quality of life and health promotion top





Effects of the ANDUMEDIC® 3

The ANDUMEDIC® 3 can generate health promoting and pain relieving reactions with its unique operating principle.

Electrical micro currents are created by the mechanical stimulation of the ANDUMEDIC® 3 and these in turn stimulate the production of ATP (Adenosine triphosphate) Biochemists refer to ATP as the “energy of life”. This energy is stored in all cells, stimulates the regeneration process, promotes the natural physical functions and improves the metabolism. The ANDUMEDIC® 3 increases the amount of ATP and also works on easing deep-rooted tension. Our body needs this additional energy to be able to effectively fight pain, caused by diverse symptoms. This alleviates recovery in the long term. A current study by Moscow university indicates that treatment with the ANDUMEDIC® 3 expands blood and lymphatic vessels and subsequently improves bodily functions. The supply of oxygen and nutrients to the



cells, tissue and organs is improved. The lymphatic flow is also stimulated, strengthening the body's immune system and positively affecting the metabolism. The ANDUMEDIC® 3 also ensures harmonisation of the vegetative nervous system

The effect is a warm and relaxed sensation, which can be experienced as early as during initial use. Tension can be eased to promote long-lasting regeneration. With regular use the pain free phases can be increasingly extended.

Scientific evaluation



IBMP Moscow (Institute for biomedical problems)

The IBMP Moskau is the research partner for the operating principle of stochastic vibration with infrared deep heat and was founded in Moscow in 1963 by Russian scientists. Several of the world's leading space physicians and researchers work at the institute for biomedical problems. The focus of their research work is not only the therapeutic possibilities but also diagnostics for astronauts.



The latest studies on the ANDUMEDIC® 3

Co-operation between institutes, universities and doctors for the research and development of stochastic vibrations.

hhp AG's research partners have been conducting research and development work for years in the area of stochastic vibrations. The aim of this research work is to further develop the operating principle of the ANDUMEDIC® 3 and to prove the effects. The significant study results from our research partners were fulfilled by the qualitative demands on objectivity, validity and plausibility. The latest studies refer to the subjective condition immediately after use, pain reduction and the increase in the lymphatic flow - these findings represent a further milestone in the field of stochastic vibrations.



IBMP Moscow (Institute for biomedical problems)

Multicentre study on the effects of the ANDUMEDIC® 3 on patients with chronic symptoms

The evaluation of the study refers to 422 participants within a time period of 12 weeks with a follow-up after 6 months. The results of the multicentre study prove that after as little as 6 weeks into the intervention period the study groups displayed considerable subjective improvements.

The subjective sensation of pain and general well-being showed a significantly positive change in all groups. The patient group with chronic back pain in particular benefited from a highly significant improvement of muscular tension due to the effect of the ANDUMEDIC® 3. Significant improvements were also documented with regard to pain in the spine, mood, an increase in subjective well-being and powers of concentration.



Vrije
Universiteit
Brussel

Brussels University

Physiological effects of the ANDUMEDIC® 3 on the lymphatic system

The physiological effects of vibrations have been extensively researched to date. However little attention has been paid to the effect on the lymphatic system. Within this study the accumulation of colouring agents in the lymph nodes of mice when subject to vibrations in a horizontal position was examined as compared to localised massage.

The presented experiment on mice shows a high cluster of blue colourants in the lymph nodes following a short full-body vibration session (30 Hz) in a horizontal position. The amount of accumulated colourant is significantly higher than after a localised massage. The specific accumulation pattern in the lymph nodes is an important parameter of the lymph function. This result proves an increase in the lymph function due to the ANDUMEDIC® 3 operational principle.

Evaluation report Long-term evaluation

Karlsruhe Institute of Technology

Observational study of 4225 test persons

The evaluation of the observational study refers to the data from 4225 persons and is taken from interviews conducted between January 2011 and August 2012.

The interviewees filled in a pain scale based on the different symptoms before and after use. The evaluation of the interviews showed a significant reduction in pain for all areas during continuous use. The results showed significant effects with regard to therapy success. They also show that therapy success is slightly higher for women than for men. Participants in mid adulthood showed the highest level of success during the observational study, with a significant pain reduction of 50,7 % on average.



The ANDUMEDIC[®] 3 Functions

Discover the functions of the ANDUMEDIC[®] 3 and find out more about the possibilities for use.

The 21 integrated motors in the ANDUMEDIC[®] 3 generate vibrations, which stimulate targeted areas over the entire body with specific frequency patterns. The medical infrared deep heat supports this effect and also provides an increase in well-being. This releases tension in the muscles and extends pain free phases.

The user can choose from 20 different programmes with the LED handset such as e.g. **deep relaxation**, **activation** or **regeneration**. The ANDUMEDIC[®] 3 is produced in compliance with the standards laid out in the German law on medical products.

ANDUBELT

The ANDUBELT intensifies the impulses on the stomach and torso using two additional motors.

Medical infrared back pillow

The two infrared heaters have a soothing effect on muscular tension in the neck area due to the heat effect.

Position for application

The individual settings for the lying position, the ergonomically formed head support and the integrated arm rests create a relaxed posture.

Foot reflex zones

Targeted stimulation of the foot reflex zones has a therapeutic effect on the corresponding organs and body tissue.





LED control panel

The clear layout of the remote control makes the use of the different programmes even easier.

Medical infrared back pillow

The flexible, portable infrared back pillow offers three heat settings and an additional “billowing light”.

Power heart balance pillow

Treatment efficiency is increased by large-scale transfer of the vibrations to both legs. The hollow depressions also stabilise the elevation of the legs.

Heart balance pillow

Elevation of the legs is an additional component for stabilising the circulation.

ANDUMEDIC® 3 Professional

The ANDUMEDIC® 3 Professional is particularly suitable for professional use, therapy facilities, doctor’s surgeries and hospitals.

- Higher performance motors
- Easy to clean and hard wearing material
- Elegant design



Accessories for optimal effect

There are two high-performance supplementary products to extend the ANDUMEDIC[®] 3

The **hhp power heart balance pillow** facilitates integrated deep leg massage. The ergonomic form ensures a stable lying position and transfers the vibrations on a large-scale to the legs. The **hhp ANDUBELT** provides an even more intensive effect on the body due to multilateral stimulating impulses. Two additional motors provide an extended spectrum of use. Because of the progressive fastening system the belt can be easily closed and fastened on one side. An all round practical solution.

The accessories are available for both the ANDUMEDIC[®] 3 and the ANDUMEDIC[®] 3 Professional.



hhp power heart balance pillow

Stabilised leg elevation due to hollows in the surface.
High-quality Skai furniture cover - can be wiped clean and easy care.



hhp ANDUBELT

for targeted use of the ANDUMEDIC[®] 3 on the stomach and torso
High-quality Skai furniture cover - can be wiped clean and easy care.



hhp Premium base frame

Secure positioning on 6 stable stainless steel legs
 The surface material is the same as the covering fabric for the system.



hhp carrying bag Professional

115 x 70 x 50 cm
 Total weight: 21 kg

hhp Four Elements

Meditation CD set
 Including: Cooling mask

Optional accessories for even more comfort

These accessories alleviate the daily use of the ANDUMEDIC® 3 and offer additional comfort and relaxation.

The **hhp Premium base frame** guarantees a perfect lying position and can be used supplementary to the ANDUMEDIC® 3. The **hhp carrying bag Professional** makes the ANDUMEDIC® 3 mobile and provides a practical storage option. As the carrying bag provides enough room for the system and all inclusive accessories. The CD set **hhp Four Elements** supports the effect of the ANDUMEDIC® 3 with four compositions for meditation, naps, progressive muscle relaxation and stress reduction.

The accessories are available for both the ANDUMEDIC® 3 and the ANDUMEDIC® 3 Professional.



Pain relief from the ANDUMEDIC® 3

If pain makes it difficult or impossible to actively take part in life, the ANDUMEDIC® 3 can offer an alternative.

The healthy man has many wishes, the sick man only one. If you are stricken with pain it is difficult to enjoy the special moments in life. The hhp ANDUMEDIC® 3 system offers a time-saving and effective possibility for relieving the pain experienced in many medical conditions. In a current observational study the 4225 participants felt their pain level was reduced by an average of 50,7% after only one session. This result is a further milestone in our many years of research and development in the area of stochastic vibrations.

Experience the pain relieving effects of the ANDUMEDIC® 3 for yourself.



Stay healthy in your old age

To retain quality of life up to an old age, you cannot begin early enough to take responsibility for your own health.

One sets different priorities in each phase of life: In early life one concentrates in particular on physical and mental performance, but as life progresses regular relaxation phases become increasingly important. We all want to remain healthy for as long as possible and continue to take an active part in life. Therefore preventative health care is as important as treatment of chronic pain.

The ANDUMEDIC® 3 is particularly effective and pleasant to use. There are numerous advantages to be taken from the ANDUMEDIC® 3, which can have a positive effect on the quality of life in every age.



Back pain

Widespread disease No.1

70% of Germans suffer at least once a year from back pain The ANDU-MEDIC® 3 is ideal for pain control

Back pain is agonizing and prevents active participation in life. The ANDUMEDIC® 3 is an effective and practical help for self treatment at home and can be easily integrated into an existing therapy plan. There are no long travel and waiting times and ensuing time expenditure.

Extend your pain free phases with regular use of the ANDUMEDIC® 3!

Cervical spine		
C1	Head, brain, ear	Headaches, dizziness, nervousness
C2	Cranial nerves (vision, hearing, sinuses)	Eye/Ear pain, allergies, Sinusitis
C3	Teeth, seventh nerve (facial expression)	Sudden or chronic pain, acne, eczema
C4	Nose, mouth, eustachian tubes	Inflammation of the mucous membranes, hayfever
C5	Vocal chords	Hoarseness
C6	neck, trapizius muscle, shoulders	Tension in the cervical spine, inflammation of the shoulder joint
C7	Thyroid gland, elbow	Over/Underactive thyroid gland, tennis elbow
Thoracic spine		
Th1	Fingers, wrists, forearms	Sensory disorders of the upper extremities
Th2	Heart, coronary arteries	Functional heart complaints
Th3	Lungs, bronchi, ribs	Disorders of the lung/bronchi
Th4	Gall bladder	Disorders of the gall bladder
Th5	Liver, blood	Liver complaints, hypotension, anaemia, inflammatory joint disease
Th6	Stomach	All stomach problems
Th7	Pancreas	Duodenal ulcers, inflammation of the pancreas
Th8	Spleen	Immune system, allergies
Th9	Adrenal glands	Immune system, allergies
Th10	Kidneys	All kidney problems
Th11	Ureter	Skin impurities (acne, furuncles, eczema)
Th12	Small intestine	Rheumatism, flatulence
Lumbar spine		
L1	Colon	Diarrhoea and constipation, all types of colitis
L2	Abdomen, thigh	Hyperacidity, cramps, venous congestion
L3	Bladder, abdomen, knee	Bladder weakness, impotence, hormonal disorders
L4	Prostate gland, sciatica	Sciatica, lumbago, complaints of the lumbar spine
L5	Lower leg, feet	Ulcer on the lower leg, cramps in the calf swollen ankles
S1		
S1	Sacrum: Hips, buttocks	Lateral curvature of the spine, blockage of the sacroiliac joint, degenerative disease of the hip joint
S2	coccyx: Rectum, anus	Haemorrhoids, warping of the spincter



1. Muscular problems

Stress at work and in private life creates tension and muscular pain.

2. Pain signals

Initial pain has an effect on the mental state and general well-being. They are typical indications of stress.

3. Acute pain

Severe pains plague the sufferer in their daily routine and cause considerable physical and mental stress.

4. Chronic pain

Persistent pain restricts the musculoskeletal system resulting in muscular atrophy and a decline in the quality of life.

5. Sleep deprivation

Pain increases and causes sleep deprivation. The result is a loss of regeneration phases.

6. Poor posture

To avoid the pain the body assumes threatening poor posture. The joints and muscles become overstrained.

7. Social effects

Restricted movement makes active participation in social life difficult. Illness can also lead to loss of work.

8. Untreated pain

Untreated chronic back pain puts a strain on the entire organism and prevents the sufferer from leading a pleasurable life.

Vicious circle of pain





Regeneration from the ANDUMEDIC[®] 3

If you are subject to stress on a daily basis, you can quickly reach your limitations. The ANDUMEDIC[®] 3 creates an agreeable balance.

Performance pressure, problems and the fear of not fulfilling all demands can quickly lead to an overstressed situation. A drop in performance level and negative bodily signals follow in the near future. Use the hhp ANDUMEDIC[®] 3 system for your own personal mini holiday at home. It helps you, at a time of your choosing, to regain the necessary energy to manage your daily life. Make yourself comfortable on the ANDUMEDIC[®] 3, choose from the wide range of programmes for relaxation and regeneration and leave your everyday routine behind. Body, mind and soul are re-energised within a short space of time and you will feel reborn.

Current observational studies prove that even after a few regular sessions the Andumedic operating principle significantly increases the subjective well-being. The deep relaxation and active regeneration gained make daily life enjoyable.

Treat yourself to this refreshing break from your daily routine and experience a new dimension in relaxation!

Relaxation

ANDUMEDIC® 3 is relaxation “at the touch of a button” Simply lie down, start the programme and let go of daily stress. It is common that the user falls asleep.

Recovery

Recovery begins after just a few minutes. Body, mind and soul are regenerated - when the session is over you are filled with vital energy.

Balance

If you regenerate yourself every day, you can create a positive counterbalance to the stress of the daily routine. You will feel increasingly tranquil and enjoy life more.





Improved performance with ANDUMEDIC® 3

Athletes achieve considerable physical performances. The ANDUMEDIC® 3 supports relaxation and recovery and re-energises.

Regular treatment with the ANDUMEDIC® 3 can increase your performance and your vital energy. Athletes use the new energy gained to deliver top performances. The ANDUMEDIC® 3 also offers regenerative support in the case of sport injuries. For this reason leading athletes worldwide rely on the Andumedic operating principle. Well-known top athletes such as David Ferrer (Tennis), André Lange (Bob pilot), Joaquim Rodríguez (racing cyclist), Arthur Abraham (Boxing professional) and many use the ANDUMEDIC® 3 before training and after competitions.

Make the most of the regenerative effect of the ANDUMEDIC® 3 to improve your performance!



Concentration

Mental performance is increased through targeted deep relaxation. If your head is clear you can concentrate completely on peak performance.

Energy

An improved lymphatic flow has a positive effect on the supply of oxygen to the muscles. The body becomes more efficient and mobilises reserves.

Revitalisation

The ANDUMEDIC® 3 offers a practical alternative to a massage. Deep rooted muscular tension is released effectively. The improved lymphatic flow and the relaxation of tissues and muscles can promote more rapid revitalisation.

Partners

Strong together

German Olympic Sports Confederation

With approx. 27.6 million members, the German Olympic Sports Confederation is the largest sport organisation in the world and distinguished the ANDUMEDIC[®] 3 with the German Olympic Sports Confederation seal of quality.



German Association of Pharmacists

The German Association of Pharmacists is an association of pharmacists in Germany. Through its collaboration with hhp the German Association of Pharmacists strengthens the market position of its members.



German Ski Association

hhp is the supplier for the official German Ski Association. The hhp system supports the athletes in the German Ski Association in achieving their required performance level.



German Consumer Association

In the capacity of an information platform, the German Consumer Association provides information on products, which they have tested themselves. In a test series on several massage systems the hhp system received a “Very good (1.2)”.





Franz Beckenbauer Foundation

hhp AG has supported the Franz Beckenbauer Foundation for 10 years. Franz Beckenbauer himself has been using the hhp system for many years.



German Hockey Association

The partnership between hhp and the German Hockey Association enables the players to use the hhp system to consistently improve their performance.



German Golf Association

The German Golf Association national trainers tested the hhp system and have since then been using the system successfully in their work with national players.

Hotel
Adlon Kempinski

Hotel Adlon Kempinski Berlin

The Hotel Adlon guests have received an extra special service since January 2013. The hhp lounge, found directly in the lobby of the exclusive Adlon-Passage, offers use of the ANDUMEDIC® 3.



The advantages of ANDUMEDIC[®] 3

1. Less pain

Deep rooted tension can be relieved and the lymphatic flow in the body activated. All types of pain can be relieved immediately.

2. Increased vitality

Due to effective pain relief the body gains more vital energy and is as such more efficient.

3. Improved immune system

The lymphatic flow can be stimulated and the immune system consequently strengthened. An improved immune system means that the body has more protection against infection and pathogens.

4. Rapid regeneration

The ANDUMEDIC[®] 3 operating principle can stimulate important bodily functions such as e.g. metabolism and lymphatic flow. This facilitates a more rapid transport of nutrients and as such provides more rapid regeneration.

5. Increase in well-being

The mechanical vibrations in conjunction with the infrared deep heat can lead to deep relaxation and an increased sense of well-being.

6. Increased mobility

The mechanical vibrations cause the motion of bodily fluids. This simulates movements, such as e.g. walking. Muscles and tissue can be strengthened in this process.



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Interested in the ANDUMEDIC® 3?

You too can benefit from the ANDUMEDIC® 3 for pain relief, regeneration and performance improvement.

Do you want to find out more about the ANDUMEDIC® 3? Then simply request your personal information pack. Our competent consultant team are always available to answer any queries you may have. We offer you our support and long-term experience!

Call our health hotline free-of-charge!

Tel.: 0800 - 200 80 400





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WWW.BODYANDMINDSTUDIO.UK

Body and Mind Studio Limited
The Wellness Centre
16 Risbygate Street
Bury St Edmunds IP33 3AA
United Kingdom
Tel: 01284 756 444
www.bodyandmindstudio.co.uk
mail@bodyandmindstudio.co.uk



ADD A SMILE TO YOUR LIFE.

hhp AG

Sophienstraße 15 – 17
76133 Karlsruhe

Contact

Tel.: 0721 161 43 - 60
Fax 0721 161 43 - 99

Germany

www.hhp.de
info@hhp.de

International

www.hhp-international.com
info@hhp-international.com