



HUSO

HOME UNIT MANUAL



Thank you for purchasing the ultimate in Sound Therapy technology

WELCOME TO THE HUSO FAMILY

We are excited for the journey that you are about to embark on and we have put together this manual to get you started and for your reference along the way. Please keep it in a safe place. If you misplace your printed copy you can download a copy at thisishuso.com/home-manual

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HUSO Home is intended for home use only and not for professional use. *
For your safety and greatest results, please read this product manual in its entirety before using HUSO.

* To learn about our Professional System please view Page 12 of this manual

WHAT'S IN THE BOX?



CONTENTS

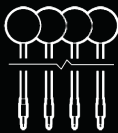
X1
HUSO



X1
EARBUDS*



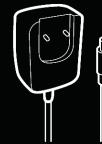
X1
PADS



X4
BANDS



X1
POWER SUPPLY



X1
US BLADE



* **Please Note:** Earbuds are **ONLY INCLUDED** if you did not Purchase the Optional **HUSO** Headphones

10 SOUND THERAPY PROGRAMS

HUSO comes with ten (10) preset programs: Ground and Expand play as one tone for 30 minutes (3 ten minute intervals) The remaining 8 programs consist of 3 tones, each playing for 10 minutes (10 x 1 minute intervals), for a total of 30 minutes. The specific placement of each tone within the program enhances the effect of the other tones in the program. Program descriptions are below, but you can read more expanded descriptions on our website under the programs page.

When you pick a program, stay with it for 4-8 sessions before switching to another program so that it's benefits can accumulate. Do not program surf from session to session. Since most people are in a sympathetic (fight or flight) state, **we suggest that Calm, Ground, or Relax be the initial program.**

1

CALM

Will deeply relax you, so that you will sleep soundly and wake well rested.

2

CLARITY

Unclutters the mind, quiets random thoughts & opens the door to inspiration

3

COMFORT

Gently washes away worry and gently soothes emotional grief states

4

EXPAND

Opening up the mind gate to higher states of consciousness and meditative states

5

FOCUS

Allows for easier access to problem solving and synthesis of new information

6

GROUND

Brings you back into your body and anchors your energy in your body and to the earth

7

RELAX

Alleviates extreme stress and anxiety, helps to deeply relax mind and body

8

RELEASE

Facilitates the access to memories and resolution of old deep-rooted issues

9

RELIEF

Aids in the relief of pain and discomfort on a physical level

10

SERENITY

Quiets the mind so that you completely awake but remain aware



TIPS FOR YOUR SAFETY

Always keep all liquids away from the pads, cords, and unit.

Do not use on wet skin

Always, unplug HUSO when not in use

Do not use HUSO if there is evidence of a damaged plug, wire or cord

Do not use external power devices, always plug HUSO into a Wall Jack. We offer an international prong set for our those that travel with HUSO

Do not attempt to use any other accessories with HUSO unless recommended by the manufacturer. This could result in injury or damage to the unit

Always attach the plug to the unit first before plugging into the wall outlet

Do not use HUSO for anything other than its intended use

Do not use HUSO if you have epilepsy or any seizure disorders, severe autism spectrum disorder, severe panic disorder, or if you have had a recent traumatic brain injury.

Do not use HUSO if you have an implanted electrical device such as a pacemaker

Do not use HUSO on a child under the age of 3.

Do not use HUSO if you have been diagnosed with a terminal or severe chronic illness unless you have discussed this with the HUSO team

Do not use ankle pads if you are pregnant. Use only the wrist pads and earphones. If this distresses the baby, discontinue use or use only the headphones.

Do not use HUSO on the mentally impaired

Do not leave minors under age 12, the elderly, or anyone exhibiting anxiety about running unattended while using HUSO.

Discontinue your session immediately if you experience any medical conditions such as anxiety, shortness of breath, severe pain, etc.

Do not allow a minor under age 14 to handle or hold the pads

Do not use the pads without their outer covers

Do not open the units case or take the pads apart

Always handle the pads and wires carefully at all times, especially when putting them on or taking them off.

Always support the area where the cord enters the pad as yanking or pulling on this area can break the connection.

HOW TO USE HUSO

There are four (4) pads --- two (2) for the ankles, and two(2) for the wrists.

Each unit comes with a total of 4 pad sleeves --- two marked “L” (left) for your left wrist and ankle and two marked “R” (right) for your right wrist and ankle. These sleeves can be hand washed in cold water and air-dried if necessary. Remember to remove the pads before washing. Do not machine wash or dry the sleeves as shrinkage can occur.

- 1 Lay the pad sleeves on a hard flat surface like a tabletop, with the zippered pocket side up.
- 2 Carefully remove the pads from their plastic baggies and unwind the cord.
IMPORTANT: HUSO's pads should be gently handled so take care not to jerk the cords or treat them roughly.
- 3 Holding each pad (on the sides) gently but firmly in one hand, slide the pad into the pocket with the flat side down and the curved side with the protruding wire facing upward. Pull the zipper most of the way across.

4 **DO NOT APPLY PRESSURE AT ANY TIME**

HUSO's pads are intended to rest on the major acupuncture meridians.

- 5 Slip the ankle pad covers over your feet and position them so that the pads are resting on the inside of your leg about 1 to 2 inches above the protruding bone at the top of your ankle.
- 6 Slip the wrist pad covers over your hands and position the pad on the underneath part of your forearm so that it lies about 1 to 2 inches above where the wrist and hand meet. Be sure that the text is reading left to right, that way you know that you

BEGINNING THE SESSION

- 1 Attach the power cord to the box **first** before plugging into the power source.

CAUTION: Always make sure the power switch is in the "off" position before attaching the power cord, pads or earphones

- 2 Plug the pad cord jacks into the box outlets marked "pads" found on the front of the box.
- 3 Plug the earphone jack into the outlet marked with the earphone icon.
- 4 Turn the power switch (found on the back of the box) to the "on" position. The display will light up
- 5 Turn the "Select" knob clockwise to choose the program you wish to run.
- 6 Once the program name you have chosen appears in the display window, start the program by pushing down on the "Select" knob.
- 7 Use the volume control knobs marked with the word "pads" or the earphone icon.
- 8 To stop the program, push down again on the select button. To restart, press again. The program will start from the beginning rather than where you left off.

ENDING YOUR SESSION

CAUTION: ALWAYS make sure the unit is turned off before plugging pads or earphones into the box or removing them. Failure to do so could result in damage to the unit.

- 1 Turn unit power off before removing pads.
- 2 Unplug pads from the box
- 3 Gently remove the pad sleeves from your wrists and ankles .
- 4 Always practice care when putting on or taking off pads as the pads and wire connections are sensitive. Allowing the pads to hit a hard surface may void the warranty.
- 5 Leave the pads in the sleeves.

FRIENDLY REMINDER: NEVER JERK OR PULL ON THE CORDS.

- 6 Unplug the earphones.
- 7 Slip the pad sleeves off when you have completed your session. If you happen to fall asleep during the session, remove them as soon as you wake up.
- 8 If you are running a child at bedtime, remove the pads for them after the program has completed.
- 9 Store all parts in the pouch or travel case with the pads on top. Make sure not to place anything heavy on top of the pads as this could result in damage.

WHAT YOU CAN EXPECT

TONES

- There are significant differences between the tone sounds. Some are softer, some louder, some almost machine-like, others like a choir.
- Even if you can't hear the sounds very well, you are still receiving the effects of the tones. Every user will experience HUSO in a different way.
- HUSO's tones are not designed to sound like music. They are more like "sound medicine", so some may not be experienced as pleasant or easy listening by everyone. If this is true for you we suggest you allow yourself time with the program of your choice to fully experience the balancing effect of HUSO healing.
- Although personal preferences will vary, the suggested setting on the headphone sound volume is **10 o'clock** on the knob (40 on the display).

PADS

- The tones also differ in how they feel through the pads: smooth, staccato or subtle.
- Users will experience significant differences in the pads. Some users feel the ankle pads while others do not (this is sometimes an area less sensitive to feeling).
- Even if you can not fully feel the pad vibration, your body is still receiving the full benefits.
- The suggested setting for pads is between **1 o'clock** and **3 o'clock** on the pad volume knob

HEADPHONES

- Because HUSO sounds consist of subtle harmonics and waveforms, for optimal effect and listening pleasure it is recommended that you use a studio grade over the ear headphone.

Do not use noise cancelling headphones as these put out a frequency which could interfere with the tones.

- If your wrists are resting close to your head while using HUSO, you will hear the oscillation in the wrist pad. Over the ear headphones will block this.

WHAT TO EXPECT ...CONT

PROGRAMS

- For best results, we strongly suggest you do not “program surf” at one sitting or use more than one program (ex. Calm) in a **24** hour period.
- To begin, try one program each day until you find the one you are most responsive to, and then use that program for several consecutive days so your body will get the most benefit and fully integrate with those frequencies.
- We recommend that you not use HUSO for more than a total of **2** (30 minute) sessions per day. **1** (30 minute) session per day is best for most people.) These can be two sessions (of the same program) run either consecutively or at different times.
- Children do best with sessions of **30** minutes or less and should be well monitored during their first few sessions.

SLEEP & REBALANCING

- If you are experiencing sleep issues, HUSO can be used right before bed. Many people are also getting great results by using it other times of the day. Ideally, HUSO will recalibrate your sleep patterns after 1-2 weeks of use and you will get tired at an appropriate time of the evening, sleeping through most nights.
- Benefits are cumulative and are realized more rapidly and are longer lasting if initially you use HUSO every day.
- The most effective results will come if you use HUSO after you have shut off your electronic devices for the day.
- When you are sleep deprived, your body has been running on adrenaline. HUSO may initially cause you to feel more tired for up to a few weeks as you are catching up. It is important to honor the increased need for rest and sleep.
- HUSO is powerful and can occasionally create detox symptoms, especially for sensitive people. This includes the potential for your sleep to temporarily worsen. If this happens you can use HUSO without the headphones, turn the pad volume down, or just run on the first ten minutes of Calm until you have acclimated.

TROUBLESHOOTING

1 If the pad appears to have no power, first verify that the output on the amplifier is working properly.

A) Check to see that the cord is fully plugged into the box. If there is still no power,

B) unplug one of the other working pads/cords and plug it into the output jack of the one that appears to not be working.

NOTE: be sure to turn power switch to the “off” position before unplugging or plugging pads or earphones into the box.

C) Turn the box on and recheck the pad output from that plug outlet. If there is still no effect, it is likely that this output has become defective. This would be a very infrequent occurrence but is possible.

2 If you plug another pad into the outlet that appears non-functional and it works fine, then it is likely that there is an issue with the original pad.

3 If you experience any malfunction of the box or pads, contact HUSO customer service at **hello@thisishuso.com** and we will give you instructions as to what to do next. Aside from the above, there should be no maintenance required on the system. The covers that hold the pads can be hand washed and air-dried every three months with a very gentle detergent.

For any other questions or comments, please contact customer service at the same email - **hello@thisishuso.com**

1 YEAR WARRANTY AGREEMENT

Covered Product:

HUSO Sound Frequency Home Unit & the 4 Pads

Limitation of Damages

In no event shall HUSO be liable for consequential damages for breach of this warranty. Some states and countries do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to the buyer.

HUSO warrants the Covered Product to be free of all defects in material and workmanship for

1 year from date of purchase. This warranty extends to the original buyer (only or and each successive buyer within the warranty period). It is important to retain your purchase receipt. This is the proof of your date of purchase from which the applicable Limited Warranty period shall begin to run.

Within the period of this warranty, HUSO will repair or replace, free of charge; any part proving defective in material or workmanship. All warranty repairs and service must be performed by an authorized HUSO technician or HUSO manufacturer.

All expenses related to replacing or repairing a defective part under this warranty shall be assumed by HUSO except for the following expenses under Warranty Exclusions, which shall be assumed by the buyer.

Warranty Exclusions

This warranty does not apply to any costs, repairs, or services for the following:

1. Repairs necessitated by use other than normal home use.
2. Damage resulting from misuse, abuse, accidents, alterations, or improper installation.
3. Corrective work necessitated by repairs made by anyone other than a HUSO authorized service technician.
4. If the factory-applied serial number has been altered or removed.
5. Any Act of God or Nature (such as accident, fire, flood, etc.) or any other condition that is beyond the control of HUSO such as an electrical power surge.

HUSO will not be responsible for shipping cost if it is determined that any of the above warranty exemptions apply or if the unit is no longer in the **1 year** warranty period

Warranty service conditions and exclusions are subject to change without notice. Please regularly refer to the latest warranty terms and conditions, and additional information regarding HUSO's Limited Warranty at www.thisishuso.com

How to Obtain Warranty Service

Upon discovery of any defect, malfunction, or nonconformity in the Covered Product, the buyer should contact us at hello@thisishuso.com to request a Return Authorization (RA) Number. All requests must be accompanied by a description of the problem and the serial number.

The buyer should carefully pack and protect the Covered Product, preferably in the original packing materials, and ship it, together with the RA number, and a description of the problem, to the manufacturer or HUSO technician authorized by the manufacturer.

We will inform you as to the most appropriate shipping method. We accept no liability for products lost or misplaced in shipment.

Notice to Buyer

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state or by country. You have the right to bring any action at law or equity to resolve disputes concerning or to enforce the provisions of this warranty.

HUSO, INC

DISCLAIMER

HUSO consists solely of human sound that has been modulated in a proprietary way to create health restoring benefits. It is designed to balance the autonomic nervous system and recalibrate the electromagnetic field of the body. Although **HUSO** continues to show excellent results in many areas, it has not been researched by the Western academic, medical, and psychological communities, and thus it is considered a holistic approach with the extent of effectiveness as well as the risks and benefits not fully known. It is not intended to treat any health problem or disease and it is not a substitute for professional care. We strongly suggest that you seek professional advice before making any health decision. By using the **HUSO** home unit, you agree to forever fully release and hold harmless, **HUSO Inc**, its owners, members, officers, employees, agents, consultants, volunteers, and others associated with **HUSO Inc** from any claim or liability of whatsoever kind or nature which you may incur arising at any time out of or relation to your use of the equipment. If you do not agree with this disclaimer, please do not use the equipment and you may return it for a full refund during the first **30** days. If any court of law rules that any part of the Disclaimer is invalid, the Disclaimer stands as if those parts were struck out.

CONTACT US

We love our customers at **HUSO** and are here for you, whatever you need & whenever you need it. We are always incorporating new ways for you to reach out to speak to us including integrating Facebook Messenger CHAT on our website! We look forward to hearing from you!

VISIT US AT:

www.thisishuso.com

CALL US AT:

1-833-HEY-HUSO

EMAIL US AT:

hello@thisishuso.com

HUSO PRO & PRO CENTERS



For those of you that are very serious about sound & frequency therapy and bringing your body into it's perfectly resonant **state**.

The **state** we were born with, the **state** that allows for the bodies optimal performance to fight disease & maintain optimum brain and cellular connectivity and efficiency.

HUSO also offers **HUSO PRO** units that can be found in physician offices and wellness centers across the world. Most **HUSO PRO** units have the full range of 47 frequencies that make up the HUSO professional program. There are also **6** instead of **4** pads - 2 floaters that can positioned in other problem areas. These centers are pre-screening clients to determine which of the **72** frequencies are most balancing, and then creating a custom program for that client based on what their body needs at the time of testing. This is more customization than the home unit can provide and can have even greater health benefits. If you are interested in experiencing a customized program, please contact us at hello@thisishuso.com for a list of centers in your area.



HUSO

Intellectual Property

United States Patent No. 9,289,349.
Patent pending applications in the
US, EU, and other countries.

Tones Copyright

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If you ever decide that you no longer need this Manual,
Please **RECYCLE IT** responsibly