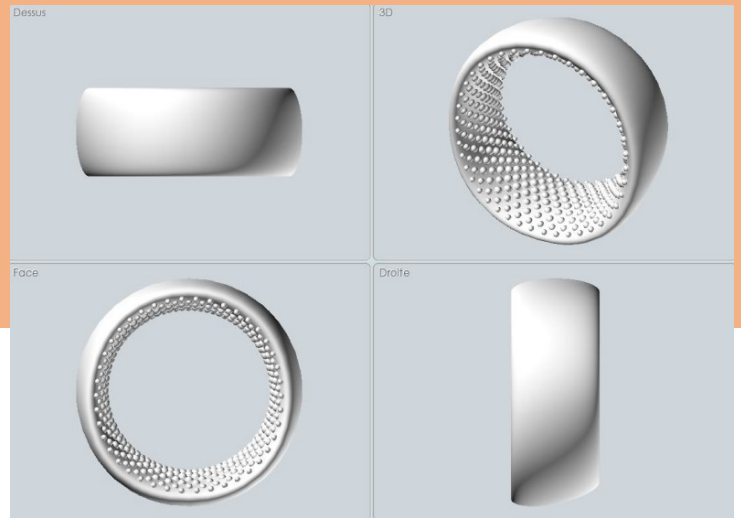


Instructions for use: PLACEMENT & REMOVAL

ANDRO-SWITCH



Using the thermal ring

Here is the testicular lifting protocol using the thermal ring.

Notes:

The first placement must be done with your general practitioner.

When putting the ring on for the first time, **it is recommended to be standing upright.**

The thermal ring has an internal and external side. **The internal side is uneven and presents specifically designed bumps** that create a **non-slip effect** which will keep the device from slipping and a **breathable effect** to evacuate moisture.

You want to take your time. What you will be doing manually happens regularly and naturally whenever you are cold, for instance. Testicular lifting is **painless**. You will only be experiencing new sensations consciously. All the men who practice MTC were able to do it, so will you.

Don't forget that when you were born, your testicles were located in your abdomen. They migrated down into the inguinal sac a little later then down again through the inguinal canals to settle in the scrotum.

The first few placements will require a few minutes. But afterwards, placing and removing the ring will only be a matter of seconds. The gesture will feel natural and you'll do it however fits you best.

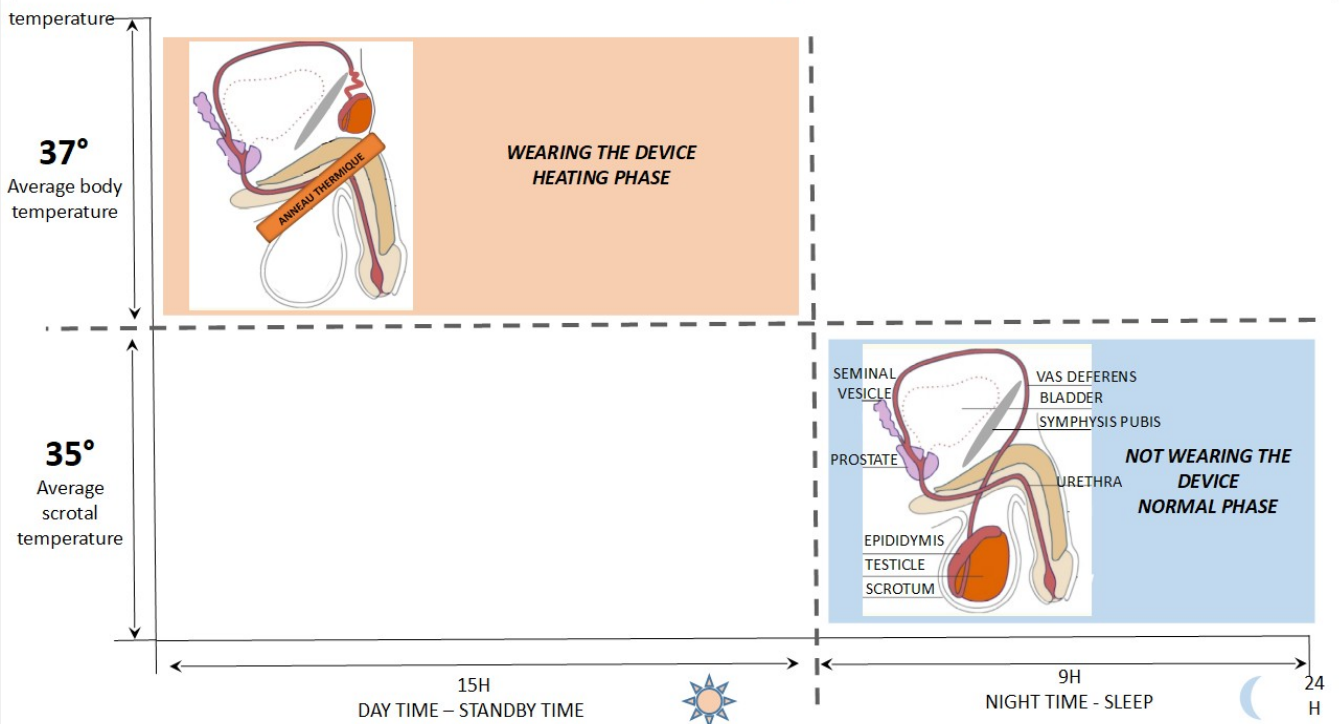
Remember that you won't have to touch the testicles directly at any point. They will migrate by themselves for lack of space. This means that the skin around your penis and scrotum will naturally **stretch a little bit**. Once the placement is done, **the testicles must be placed above the thermal ring, in the inguinal sac**, where the exposure to the body heat is optimal. The MTC protocol will only work if this condition is met. When wearing the device on a daily basis, you will have to check **with a light palpation** or with the feeling that the testicles are still in the inguinal sac above the ring.

If, when placing the ring, a testicle gets inside the ring, it is recommended to gently take the ring off and to start over.

This area of the body may be hairy. Use slow movements to avoid pulling your hair, which could be painful.

Don't force anything at any point. If you feel like you can't do it, reach out to your GP. The size of the ring or your anatomy may not be adapted to testicle lifting into the inguinal sac with the ring.

WEARING CYCLE OF THE TESTICULAR LIFTING DEVICE OVER ONE DAY 15 hours out of 24, 7 days a week



Getting ready

Wash your hands.

Wash the thermal ring with a gentle soap and lukewarm water, rinse it and tap it dry with a clean towel or a soft cloth.

Stand up.

Getting to know your body

Take a few moments to feel the following parts of your body to acknowledge the texture and elasticity of the tissues:

Penis: Feel the upper part, where it connects with the pubis. Locate the frenulum just below the glans or the foreskin.

Scrotum: Feel the outline of its shape, its attachment point to the perineum, to the inguinal folds et to the sides of the penis.

Perineum: Feel this area located between the anus and the attachment point to the scrotum.

Inguinal folds: Place the tip of your index finger on it. Try hooking the skin on the side of your penis. You will find that it is loose, as though there were a canal running just underneath it. Which is exactly the case. Your testes will migrate into the inguinal sac through this canal.

Pubis: Feel this area. The skin is soft and stretches easily. This is where your testes will settle for 15 hours a day.

First step: Inserting the penis into the thermal ring

Hold the ring open with the edge of your left hand.

Make sure the internal side of the ring is the one with the little bumps. If it's not, turn it inside out.

With your right hand, hold the base of your penis.

Slide it into the ring.

With your right thumb and index finger, hold the penis at the glans or foreskin.

Gently pull on it towards your head.

With your left hand, finish inserting the penis so it's completely inside the ring. The upper part of the ring must be in contact with your pubis.

It's the seem as putting a ring on someone's finger.

Second step: Partly inserting the scrotum

The right thumb and index finger are still holding the penis at the glans or foreskin while slightly pulling it upwards towards the head.

Place the left thumb and index finger on the frenulum. Let the two fingers slide all the way down your penis until they reach the edge of the ring.

With the tip of both fingers, slightly pinch the skin that you're touching at this point. You are at the base of your penis and at the start of the scrotal sac. Fold the skin of the scrotum over and pull slightly upwards towards your head.

Let your right hand go off your penis. With the right thumb and index finger, grasp the ring underneath the scrotal skin fold that you're holding with your left hand. The thumb goes on the internal side of the ring and the index finger on the external side, like a clamp.

The right hand holds this position, holding the ring and pulling slightly towards the perineum. This hand should not move at all. If needed, rest the edge of your hand on your thigh.

Gently slide the scrotal skin upwards, towards your head, until a small part of the scrotal sac is inserted into the ring where your penis already is.

Stop pulling. Don't touch your penis or scrotum any more. The ring should hold on its own.

Normally at this point you should see your penis inside the ring and just underneath the penis, a small bulge of skin from the scrotal sac.

If that's the case, continue applying the protocol. If not, stop and start over.

Place your right thumb on the internal side of the ring and the index finger on the external side, like a clamp. Both fingers are holding the lower side of the ring placed against the scrotum.

Maintain the position, holding the ring and slightly pulling on it towards the perineum. This hand should not move at all. If needed, rest the edge of your hand on your thigh.

With your left hand, pinch a piece of skin from the scrotum as close to the ring as possible, where your right thumb holding the ring is placed.

Gently pull this part of your scrotal sac upwards towards your head until another small part of your scrotal sac is inserted into the ring.

Repeat about 5 times or stop when you cannot insert any more skin from the scrotum.

Don't touch your penis or scrotum any more.

At this point, most of your scrotum is inside the ring with your penis. When feeling the space between your perineum and the bottom part of the ring, you should feel the rest of the scrotum that will need to be inserted into the ring. Your testicles are now either just below the ring in the rest of the scrotal sac that hasn't been inserted into the ring yet, or around the groin folds in the inguinal canals.

When palpating, you can place the middle finger and the ring finger of both hands on the perineum and slide them until they reach the ring. Then, still touching the ring and the skin in that area, go all the way around the ring until your fingers meet at the pubic area.

The skin with which the ring is in contact should still be soft. This means that the testicles might still have enough space and are thus not migrating into the inguinal sac.

This stage is interesting because it shows you what can happen if the ring is not correctly placed or is sliding off. Your testicles are not in the inguinal sac any more, so the temperature they are exposed to is not high enough and the spermatozoa production might start again.

The optimal position is for the testicles to be maintained in the inguinal sac, which is the only place where the temperature is high enough for the spermatozoa production to stop temporarily.

Third step: Tensioning the skin around the ring in 3 motions

- **Tensioning the lower part:**

With your left hand, spoon together everything that's been inserted into the ring.

Gently lift it against your pubis. This whole part should be in contact with the pubic area.

Hold the position. This hand should not move at all.

Slide the first phalanx of the right thumb into the part of the ring that's closest to the ground, located underneath the part that you are holding against your pubis with your left hand.

With your right thumb, gently push the ring between your legs until you reach the perineum.

With the tip of the right thumb and the edge of the ring, gently press against the perineum. Meanwhile, the left hand is still holding the skin gently and firmly against the pubis.

The left hand brings it all back against the perineum, the bottom part of the ring and the thumb, as though you wanted to cover them with the skin.

Take the right thumb out.

Let the left hand go.

Feel your perineum. The skin that is directly in contact with the ring around the perineum should be slightly stretched.

It should feel a bit difficult to fold the skin in this area. It's almost like a balloon that's a little deflated and that you wanted to pinch.

Observe your penis and the part of the scrotum that's inside the ring without touching anything. On both sides of your penis, two folds have formed at the junction of your penis and the scrotal skin that's been inserted. One side at a time, those 2 points are where you are going grasp the ring to tension the left side and the right side at the edge of the ring. The testicles will then migrate into the inguinal sac for lack of space in the inguinal canals.

- **Tensioning the left side:**

Spoon your right hand to hold together the penis and the scrotum that are both inside the ring and tilt it to the right until it touches your right thigh.

With your left hand, place the tip of your index finger between the ring and the edge of the spoon of the right hand.

Introduce the first phalanx of the left index finger at the folding point at the junction of your penis and the scrotal skin that's inside the ring.

Pull the ring to the left until the tip of your left index finger and the edge of the ring are in contact with the left inguinal fold. Gently press the tip of your index finger and the edge of the ring on the inguinal fold. Meanwhile, the right hand holds the penis and scrotum gently and firmly against the right thigh.

The right hand then brings the penis and scrotum against the left thigh, the ring and the left index finger, as though you wanted to cover them with the penis and scrotum.

Remove the left index finger.

Let go of the right hand.

The skin that's directly touching the ring at the left inguinal fold and the left side of the pubis area should be slightly tense.

It should feel a bit difficult to fold the skin in this area. It's almost like a balloon that's a little deflated and that you wanted to pinch.

- **Tensioning the right side:**

It's the same sequencing as for the left side.

Spoon your left hand to hold together the penis and the scrotum that are both inside the ring and tilt it to the left until it touches your left thigh.

With your right hand, place the tip of your index finger between the ring and the edge of the spoon of the left hand.

Introduce the first phalanx of the right index finger at the folding point at the junction of your penis and the scrotal skin that's inside the ring.

Pull the ring to the right until the tip of your right index finger and the edge of the ring are in contact with the right inguinal fold. Gently press the tip of your index finger and the edge of the ring on the inguinal fold. Meanwhile, the left hand holds the penis and scrotum gently and firmly against the left thigh.

The left hand then brings the penis and scrotum against the right thigh, the right index finger, and the edge of the ring, as though you wanted to cover them with the penis and scrotum.

Remove the right index finger.

Let go of the left hand.

The skin that's directly touching the ring at the right inguinal fold and the right side of the pubis area should be slightly tense.

It should feel a bit difficult to fold the skin in this area. It's almost like a balloon that's a little deflated and that you wanted to pinch.

Checks

Your testicles should normally be located in the pubis area at this point. They are forming two bulges above the ring. With a light palpation, make sure that's the case.

The thermal ring should be in contact with the pubis (the area just above your penis) and the perineum (the area between your anus and the scrotum).

If that's the case, continue applying the protocol. If not, stop and start over.

Take a moment to try out different positions: lying down with your knees to the chest or squatting. This will allow you to check that the testicles stay in the inguinal sac.

Wash your hands.

The device is correctly placed if the testicles are held in an upward position as shown on the picture.

Well done!! You did it!

Take the ring off and try applying the whole protocol a few more times. Bit by bit, the moves will start coming naturally.

It is recommended to wear the ring for 2 hours the first 2 days and to gradually increase your wearing time until you reach 15 hours a day after 7 days.

Removal

Wash your hands.

With your left hand, spoon together everything that's been inserted into the ring.

Gently lift it against your pubis. This whole part should be in contact with the pubic area.

Hold the position. This hand should not move at all.

With your thumb and right index finger in a clamp, grasp the part of the ring that's closest to the ground and that lies underneath the penis and scrotum held in your left hand against your pubis.

Using the clamped fingers on the right side, gently slide the ring upwards towards your head. The tension in the bottom part will be released. Part of your scrotum will slide out of the ring. At this point, the position of the ring is the same as at the end of the second placement step. Let us remind you that this position is not ideal to practice MTC.

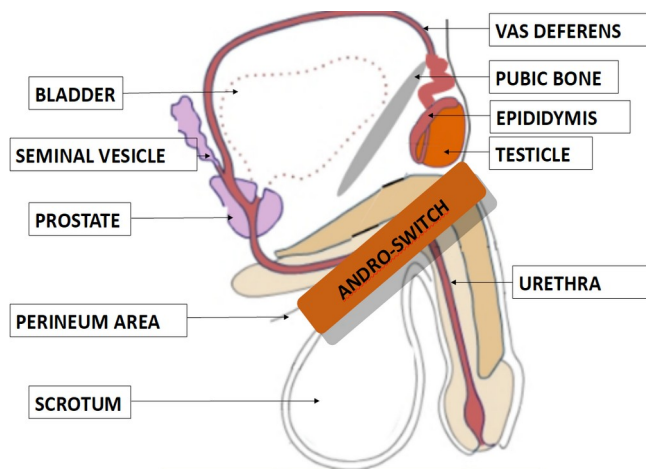
Using both hands, gently slide the thermal ring to finish removing it.

Wash the ring with a gentle soap and lukewarm water, then rinse it before tapping it dry with a clean towel or soft cloth.

Wash your hands.

Well done!! You did it!

Try applying the whole protocol a few more times. Bit by bit, the moves will start coming naturally.



Notes:

When putting the thermal ring on and taking it off, **you won't need to touch the testicles directly.** They will naturally migrate for lack of space during placement. And when you remove the ring, they will naturally slide back down from the inguinal sac to the scrotum/

It can be placed and removed in any position.

You do not need to use a lubricant when placing, wearing or removing the device.

The qualities of the platinum-catalysed silicone, certified biocompatible (ISO 10993-10 Skin Safe), the shape of the thermal ring and the structure of its internal side create a push-up effect that allows the testes to be held upwards so they cannot settle back down into the scrotum.

The thermal ring can be covered with standard underwear.

You can urinate, have sexual intercourse, get erections and go about your daily and professional business just like you normally would.

In case you feel any pain or any other adverse reaction while wearing the thermal ring: Remove it immediately. Try again a few hours later. If the pain is still there, ask your general practitioner or your pharmacist for an opinion. Refer to the user manual to get acquainted with all information regarding ANDRO-SWITCH.

