

10. Step by Step: How to Use a Simple TENS Unit for Pain Control. The iReliev 8080.

The Pros for buying the iReliev 8080 TENS unit:

Reasonable Expense

It is a TENS and EMS unit combined - See our video in the series entitled: **What is the Difference between TENS (Transcutaneous Electrical Nerve Stimulation) and EMS (Electrical Muscle Stimulation)?**

Effective

Powerful

Compact

Comes with Hard Carrying Case

Comes with Belt Clip Holster

Comes with four smaller self-adhesive electrode pads and two larger self-adhesive electrode pads

Has two channels so it can run four smaller pads and two larger pads at once

It is rechargeable

It has an extra-large digital display

Display is back-lit

Excellent instructions

Two-year Warranty

Get a sizeable Bob and Brad discount if you use this link:

<http://ireliev.com/bobandbrad/>

The Cons for buying the iReliev 8080 TENS unit:

More expensive than iReliev 1313

It is wired (not wireless)

We are going to provide a step-by-step demonstration of how to use the 8080 TENS unit. If you purchase the 8080 TENS unit, the instructional book included with the purchase will provide the written instructions.