

9. Step by Step: How to Use a Simple, Inexpensive TENS Unit for Pain Control. The iReliev 1313.

The Pros for buying the iReliev 1313 TENS unit:

Inexpensive

Effective

Powerful

Compact

Comes with Hard Carrying Case

Comes with Belt Clip Holster

Comes with 8 self-adhesive electrode pads total

Has two channels so it can run 4 pads at once

Excellent instructions

Two Year Warranty

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

The Cons for buying the iReliev 1313 TENS unit:

Needs (3) AAA Batteries (not rechargeable) (included)

It is a TENS unit only- not an EMS. See our video in the series entitled: **What is the Difference between TENS (Transcutaneous Electrical Nerve Stimulation) and EMS (Electrical Muscle Stimulation)?**

It is wired (not wireless)

We are going to provide a step-by-step video demonstration of how to use the 1313 TENS unit. If you purchase the 1313 TENS unit, the instructional book included with the purchase provides the written instructions.