

# User Manual

YH-2171



## Preface

To our valued users,

Thanks for choosing our YH-2171 laser fat-dissolving machine which can strongly dissolve fat and slim body. It has an evident effect on body shaping and weight loss with fat-dissolving. And it applies high-tech and achieves body sculpting safely and effectively. Laser fat-dissolving machine is professional beauty equipment for body slimming and weight reduction, which needs to be operated by people with professional training. Any improper use of this equipment may bring adverse consequences to the human body, thus we advise all people to read this manual thoroughly and follow the instructions specified hereby strictly before operation.

We believe our quality product will give you a good return and our perfect after-sales service will make you worry-free.

Thank you.

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# Part I

## Introduction

At present, a laser fat-dissolving machine is the most popular equipment for weight loss and body slimming. It can effectively replace weight reduction programs in a beauty salon, and can be operated easily, conveniently, and swiftly, and solves body problems for people pursuing beauty. And this equipment works safely and effectively and requires no injection, no medication, and no operation. It has no side effects and is operated externally throughout and has an instant effect. Laser is of strong penetrating power which can effectively activate or repair fat cells, penetrate fat layer, and dissolve subcutaneous fat by heating. The treatment method is safe, painless, and has no side effects.

## Advantages

1. Laser strongly dissolves the fat and has an evident effect.
2. It asks for no operation and anesthesia.
3. It's comfortable and painless during treatment. And it requires no convalescence and will not affect work after the treatment.
4. No consumption, low cost, but with a quick return.
5. Unevenness, bleeding, and swelling will not occur.
6. Laser lipolysis, which is safe and painless, dissolves fat evenly, makes skin smooth and flat, and leaves no marks.
7. The laser wavelength can penetrate the fat layer, and dissolve subcutaneous fat by heating which then will be absorbed and discharged through natural body metabolism.

## Working Principle

It uses a red laser, a visible spectrum with a wavelength of 635nm-650nm. The wavelength of the laser is of strong penetrating power which effectively activates and repairs fat cells, penetrates the fat layer, and dissolves subcutaneous fat by heating. The treatment method is safe, painless, and has no side effects.

It sends the low-level chemical signals of laser energy to fat cells and decomposes triglycerides stored in the fat layer into free fatty acids and glycerol that are released through the channel of cytomembrane. Fatty acids and glycerol are transported to body tissue that produces metabolic energy. The release of fatty acids is a natural response when the body needs the stored energy reserves, thus no unnatural reaction will occur inside the body, nor does it affect or damage surrounding structures like skin, blood vessels, and peripheral nerves. After some time of exercise therapy, the free fatty acids inside the body will be eliminated through intact

metabolism.

**Biological Effect:** LED laser uses a laser of a wavelength of 635nm to 650nm which heats fat cells in the targeted zone to decomposes them. And fat deposits are absorbed and discharged via the body's natural metabolism in a short period. During the process, the laser seals small blood vessels, reduces bruises, leads the heat to the treatment area, and stimulates the production of collagen, thus flatness, smoothness, tightening, and body shaping.

Low-energy laser(biological stimulation) directly reaches deep fat. It stimulates biological cells and induces or strengthens a series of physiological reactions by providing a proper amount of energy, including promoting local blood circulation, regulating cell functions, enhancing immune function, and facilitating cell metabolism. It can tighten skin, remove wrinkles, reduce fat, and shape the body simultaneously. Laser is of strong penetrating power which can effectively activate or repair fat cells, penetrate fat layer, and dissolve subcutaneous fat by heating. The treatment method is safe, painless, and has no side effects.

## Main Efficacy

1. Dissolve fat cells and speed up metabolism.
2. Reduce and dissolve fat and eliminate obesity.
3. Improve skin's slackness and aging, and firm and sculpt the body.
4. Tighten the skin and make it elastic.
5. Dissolve fat and build a perfect body curve.
6. Sculpt A4 waist and slender legs and hands.

## Indications

1. Those who always sit resulting in pear-shaped and obese figures.
2. Those with bat wings, the flab on waist and abdomen, swim ring-like belly, or thick legs.
3. Those whose skin starts to become slack or saggy, or with an unclear jawline.
4. Those whose obesity is the result of eating and drinking too much.
5. Those with the slack abdomen, protruding small belly, obese waist, or striae atrophicae after child delivery.
6. Those whose buttocks show an outward expansion, or with redundant fat or flab.

## Contraindications

1. Women in pregnancy or lactation.
2. Those with heart disease or heart pacemakers.
3. Those with an unhealed surgical wound or in surgical recovery.
4. Those with epilepsy, severe diabetes, or hyperthyroidism.

5. Those with malignant tumors, hemophilia, or severe bleeding.
6. Those with skin disease or infectious disease.
7. It's prohibited to use it around body parts with metal, plastic, or silicone implants.
8. Those who have been taking anticoagulant drugs, vascular dilation drugs, or corticosteroids for a long time, or are taking now.
9. Those who have an unrealistic illusion about the effect.

## Matters Needing Attention After Treatment

1. Keep warm, don't eat cold food, and avoid exposing to a windy environment and catching a cold.
2. Take shower after 4 to 6 hours.
3. Drink more warm water to speed up metabolism.
4. Refuse eating and drinking too much and staying up late.
5. Avoid eating raw, cold, and spicy food. But have enough sleep.
6. Avoid wearing a crop top, backless clothes, miniskirt, and mini-shorts.

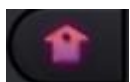
## Part II

### 1. Detailed Operations

Check the equipment and make sure it's properly connected. The following initial interface will appear after having the power switch on.



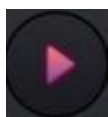
Then the following page.



Homepage



Reset



Start/ Pause



Time Setting & Display for Laser Pad



Three Modes for Laser Pad

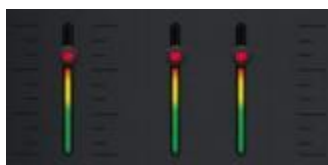
M1: Continuous Working Mode(The laser pads will be on all the time, which suits those who are first-time users or with thick fat.)

M2: Discontinuous Working Mode(Laser flashes slowly, which suits those who want to maintain and reinforce the effect.)

M3: Quick Flashing Mode(The laser flashes quickly, which suits those who want to strongly reduce weight.)



Energy Level Setting for Laser Pad



Energy Level Display for Laser Pad(One scale represents one grid of energy. Energy Level Range: 0 to 10)



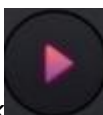
The icon on the left side control the two laser pads at the same time.



The two icons on the right side control a single laser pad separately.

When operating, just click this icon, then set the energy level to control a single laser pad.

Fasten the band onto the parts to be treated, insert the laser pad into it, have the



energy level, time, and mode set, then click to operate.

## 2. Technical Parameters

Laser Wavelength: 635nm-650nm

Energy Output: 2 x 160mW

Mains Power Output: 100V/A



Safety: On-Board Diagnostics

Classification: Electrical Class 1, Type B Applied Part

Cooling Requirements: Air Cooled

Electrical Requirements: 240V/5A/50Hz 110V/5A/60Hz

Mode of Operation: Continuous

### 3. Contraindications

Those with the following situations should use the equipment with caution. Please consult a doctor or professional before using it. The details are as follow:

- (1) Women in pregnancy or lactation.
- (2) Those with heart disease or heart pacemakers.
- (3) Those with an unhealed surgical wound or in surgical recovery.
- (4) Those with epilepsy, severe diabetes, or hyperthyroidism.
- (5) Those with malignant tumors, hemophilia, or severe bleeding.
- (6) Those with skin disease or infectious disease.
- (7) It's prohibited to use it around body parts with metal, plastic, or silicone implants.
- (8) Those who have been taking anticoagulant drugs, vascular dilation drugs, or corticosteroids for a long time, or are taking now.

### 4. Precautions on Use

- (1) A plug with a ground pin must be used and a power socket that is already grounded must be ensured before using the equipment.
- (2) Make sure the voltage of the equipment is adaptive. If the voltage of the local power supply is not stable, we suggest users add a voltage regulator with matching power between the mains supply and the equipment.
- (3) To guarantee the curative effect and normal service life of the equipment, please uniformly use specified parts provided or suggested by the original manufacturer.
- (4) The equipment can't be placed in damp places or near water, and it also can not be exposed to direct sunlight.
- (5) Don't place the equipment near a strong heat source since this may affect its service life and normal use.
- (6) Please remove all the metal objects from the body before use to avoid unexpected situations which may affect the curative effect.
- (7) Please restrain from using the equipment aiming at eyes, thyroid, parathyroid, testicles, pregnant woman's abdomen, pacemaker, etc.
- (8) Those who are suffering from an illness should use it with caution unless they get permission from a doctor.
- (9) Please turn the equipment's power switch off if no one uses it, and ensure the main power is off after everything was settled, thus the safety of the equipment can be guaranteed.
- (10) It's advised to stop taking other weight-loss medicines for 1 to 2 months before treatment if you are taking them now. The course of treatment shall be extended

if you want to have it started immediately.

- (11) Don't use the equipment with an empty stomach, and wait for at least 1 hour after a full meal before starting the course for weight reduction.
- (12) When operating, fasten laser pads onto the client first, then turn the equipment on, and adjust energy level (which should be set from low to high slowly to make the client feel warm and comfortable).
- (13) When using this equipment, parts to be treated must be kept moist, so as not to damage the laser pads.
- (14) When using laser pads, its whole surface should contact the skin fully and can't only touch a small area.
- (15) A better effect can be achieved with the combined use of laser pads with massage and other equipment.
- (16) Laser pads can also be used separately. Just fasten it onto the fat part for about 30 minutes. A better effect can be achieved with the combined use of the hands' technique.
- (17) To clean the equipment with normal saline after the operation to ensure its cleanliness and hygiene and extend its service life.
- (18) To use the equipment and train the operators in strict accordance with the instructions specified in the manual.

## 5. Troubleshooting & Solutions

- (1) The equipment can't be started, and the buttons in its back are not lighting up?
  - A. Make sure the power cord is plugged into a good power socket.
  - B. Replace a power cord that has the same voltage and tests whether its power cord malfunctions.
  - C. Perhaps the main machine is damaged. But don't dismantle and repair it yourself. Please contact the after-sales for the correct treatment.
  
- (2) Laser pads don't have energy output?
  - A. Please check whether the connecting wire is properly connected to the main machine.
  - B. If the above-mentioned solutions are not working, please contact the equipment dealer for assistance.
  
- (3) The equipment can be started, but there is an error message on the monitor?
  - A. Take out the plug in its back, and wait for about 1 minute and re-plug it and restart the equipment.
  - B. If the above-mentioned solutions are not working, please contact the equipment dealer for assistance.

## 6. FAQs

- (1) Q: Does it require repeated treatment?

A: Generally speaking, one-time treatment to a single body part can achieve the desired result. If you are not satisfied with the result six months later, you can have treatment again.

(2) Q: Does the effect can last long?

A: How long the effect can last depends on your lifestyle after treatment. The treatment destroys the accumulation of the fat in the treated area, which gives us a long-term treatment solution. Therefore, to reduce the fat continuously is depends on the food you eat and the exercise.

(3) Q: How long does it take to see the effect?

A: The effect can be seen regularly. At the very beginning, you can notice some slight changes. But some big changes can be seen in one to two months. The body will remove the processed fat naturally over a long period. Then, the ultimate effect probably can be achieved in as long as twelve months.

(4) Q: Which body parts can I operate?

A: Usually it can be used to treat the back, knee, thigh, buttocks, and lower arms. Any body parts that are diagnosed with slack fat can take the treatment.

(5) Q: Which one is better, laser lipolysis or liposuction?

A: Compared with traditional liposuction, laser lipolysis evenly scans body parts to be treated one by one with laser power. It will not cause unevenness and instead it makes skin smooth and firm. In addition, the laser used by laser lipolysis only acts on the given fat layer, which will not harm the epidermis and but also speed up self-healing of elastic fibers, and maintain the firmness, smoothness, and flatness of the treated parts' skin.

(6) Q: Does laser lipolysis get rebound?

A: The quantity of fat cells is fixed. It increases with age increasing and becomes constant until adulthood. Weight gain is the cause of the size increase of fat cells. Laser lipolysis gets rid of local fat and reduces the size of fat. It's true that seldom does laser lipolysis rebound. But it doesn't mean rebound will not occur for sure. Usually, the rebound will not happen as long as you have a rational dietary structure and don't eat and drink too much every day.

(7) Q: Does weight reduction with laser need to control eating and do exercise?

A: To lose weight with the laser has an obvious effect, but we can't rely on it alone to achieve this. If we don't control what we eat and instead eat and drink too much after we reduced our weight to an ideal range, a rebound may occur. Bear in mind that there are no such weight loss products that can guarantee permanent effect. Therefore, weight loss with the laser is just a supplement. We still have to be on a diet and do the exercise properly after reached the target of weight reduction and stopped weight loss with laser.

## 7. Packing List




Main Machine x1



Power Cord x1

Laser Pad x2

Band x5

## 8. Operational Diagrams

Parameter Setting	Product	Technique	Diagram
<b>Waist &amp; Abdomen Sculpting: 40 Minutes/ Once a Week</b>			
<p><b>Laser Pad</b> Advised Energy Level: 3 to 7</p> <p>Advised Time: 20 minutes</p> <p>Mode: M1(default)</p>	<p>Essential Oil(massage cream)+ Equipment</p>	<ol style="list-style-type: none"> <li>1. Apply essential oil to the abdomen with hands moving circlewise. Repeat 3 times.</li> <li>2. Rub the belly back and forth with hands. Repeat 3 to 5 times.</li> <li>3. Rub abdominal fat as the way of rubbing the spine with hands doing it alternately. Repeat 3 times.</li> <li>4. Lift belt vessels of the two sides of the waist with hands doing it alternately. Repeat 16 times.</li> <li>5. Move in Arabic numeral 8-shaped motion to the part below the waist and then lift upwards from the side of the waist. Repeat 3 times.</li> <li>6. Rub intestinal tract with hands overlapped moving in small circles and clockwise. Repeat 3 times.</li> <li>7. Caress the treated parts with hands moving circlewise. Repeat 3 times.</li> </ol>	<p>Technique 1, 7, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 4</p>

		<p>8. Press Shangwan(RN13), Zhongwan(RN12), Xiawan(RN10), Shenque(RN8), Qihai(RN6), Guanyuan(RN4), Zhongji(RN3), Tianshu(ST25), Daheng(SP15), Qugu(RN2). Repeat 2 times.</p> <p>9. Push corner directly from Zhongji(RN3) to the belly button with the thumbs, and slide to the parts below the waist along the two sides, then lift upwards to the groin. Repeat 3 times.</p> <p>10. Caress the treated part till groin with hands.</p> <p>11. Laser Pad: Fasten laser pads onto the abdomen's fat part with a band for about 20 minutes.</p> <p>12. Remove the laser pads, and clean them.</p> <p>13. Treatment is done.</p>	 <p>Technique 5</p>  <p>Technique 6</p>  <p>Technique 8</p>  <p>Technique 9</p>
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**Course of Treatment Recommended:**

A course consists of ten treatments. After one treatment, the abdomen gets relaxed. After a course, fat metabolizes slowly, and slimming starts. After two courses, the effects become more and more obvious. The skin turns tightened and lifted, and slack skin takes a turn for the better. After three courses, the effects consolidate, excessive fat disappears little by little, curve of waist and abdomen shapes, and a slim waist builds.

**Arm Sculpting: 40 Minutes/ Once a Week**

**Laser Pad**  
Advised Energy Level: 3 to 7  
Advised Time: 20 minutes  
Mode: M1(default)

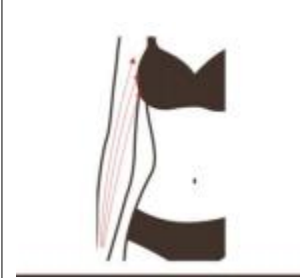
Essential Oil(massage cream)+ Equipment

1. Do it in left-right order. Lay the arm flatwise, and apply oil from the lower arm to the entire arm with hands till the hands slide out, and repeat it 3 times.
2. Push the entire arm with two palms doing it alternately. Repeat 3 times.
3. Push Large Intestine Channel[LI]-Triple Energizer Channel[TE]-Small Intestine Channel[SI] of the outer arm respectively till armpit with hands' purlicue. Repeat 3 times.
4. Caress the treated part. Repeat 3 times.
5. Rub the three channels and collaterals of the upper arm respectively with kneeling fingers till it turns hot, and do it back and forth. Repeat 3 times.
6. Caress the treated part. Repeat 3 times.
7. Lay the arm upwards, and push Lung Channel[LU]-Pericardium Channel[PC]-Heart Channel[HT] of the inner arm till armpit with purlicue. Repeat 3 times respectively.
8. Rub the three channels

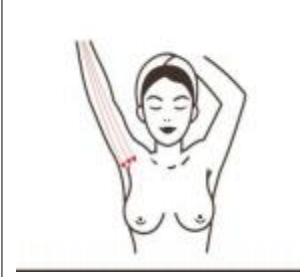
Technique 1, 4, 6



Technique 2, 3, 5



Technique 7, 8, 9










		<p>and collaterals back and forth with kneeling fingers till it becomes hot. Repeat 3 times.</p> <p>9. Caress the treated part till the hands slide out. Repeat 3 times.</p> <p>10. Do the same on the other side.</p> <p>11. Laser Pad: Fasten laser pads onto the arm's fat part with the band for about 20 minutes.</p> <p>12. Remove the laser pads, and clean them.</p> <p>13. Treatment is done.</p>	
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**Course of Treatment Recommended:**


A course consists of ten treatments. After one treatment, the arms get relaxed. After a course, arms' redundant fat starts to decrease, and skin begins to become tightened. After two courses, body shaping starts, and the effect strengthens. After three courses, the effect consolidates and stabilizes, and rebound gets prevented.

**Back Sculpting: 40 Minutes/ Once a Week**

<p><b>Laser Pad</b></p> <p>Advised Energy Level: 3 to 7</p> <p>Advised Time: 20 minutes</p> <p>Mode: M1(default)</p>	<p>Essential Oil(massage cream)+ Equipment</p>	<ol style="list-style-type: none"> <li>1. Apply oil to the back, and press Fengchi (GB20) and Fengfu (DU16).</li> <li>2. Stroke the area connecting neck and shoulder(start with hairline) with the thumb. Repeat 3 to 5 times.</li> <li>3. Stroke Bladder Meridian (BL) outward to the sacral region(BL31-BL34) with thumb and caress till Fengchi(GB20) and Fengfu(DU16). Repeat 3 times.</li> <li>4. Move circlewise and in S-shaped motion from the neck to the caudal vertebra with hands. Repeat 3 times.</li> <li>5. Push Bladder Meridian(BL) in a left-right</li> </ol>	<p>Technique 1, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>
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		<p>order with thumbs doing it alternately. Repeat 3 times.</p> <p>6. Push Bladder Meridian(BL) to the sacral region(BL31-BL34) with hands doing it simultaneously. Repeat 3 times.</p> <p>7. Push Bladder Meridian(BL) with kneeling fingers of hands in three lines respectively. Repeat 3 times.</p> <p>8. Push the medial border of the scapula in left-right order with hands doing it alternately. Repeat 3 to 6 times.</p> <p>9. Stroke transversely the medial border of the scapula with hands. Repeat 3 to 6 times.</p> <p>10. Caress the whole back with hands and press Fengchi(GB20) and Fengfu(DU16). Repeat 3 times.</p> <p>11. Press Tianzong(SI11) with thumbs overlapped, then slide to the arm and slide out from there. Repeat 3 times.</p> <p>12. Treat the other side, and press Tianzong(SI11) till the arm and slide out from there. Repeat 3 times.</p> <p>13. Rub Du Meridian(DU) and Bladder Meridian(BL) with hands till it turns hot.</p> <p>14. Laser Pad: Fasten laser pads onto fat parts of the two sides of the back with a band for about 20 minutes.</p> <p>15. Remove the laser pads,</p>	 <hr/> <p>Technique 4</p>  <hr/> <p>Technique 5, 6, 7, 13</p>  <hr/> <p>Technique 8</p>  <hr/> <p>Technique 9</p>  <hr/> <p>Technique 11, 12</p>
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		<p>and clean them. 16.Treatment is done.</p>	
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**Course of Treatment Recommended:**

Ten treatments is a course. After one treatment, the back gets relaxed obviously. After a course, the fat on the back lessens, and the outlines of the back become nice. After two courses, the effect consolidates, and fat on the back disappears slowly. After three courses, the back turns thinner, and outlines become good-looking. (one course with size reduced, two courses with effects consolidated, and three courses with effects strengthened without a rebound )

**Buttocks Sculpting: 40 Minutes/ Once a Week**

<p><b>Laser Pad</b> Advised Energy Level: 3 to 7  Advised Time: 20 minutes  Mode: M1(default)</p>	<p>Essential Oil(massage cream)+ Equipment</p>	<ol style="list-style-type: none"> <li>1. Stand sideways and with hands applying oil, then slide from the sacral region(BL31-BL34) to the waist, and from where lift upwards along the buttocks. Repeat 3 times.</li> <li>2. Push sacral region(BL31-BL34) with thumbs. Repeat 3 times.</li> <li>3. Caress the treated part 3 times, then press Shenshu(BL23), sacral region(BL31-BL34), Changqian( DU1), Huantiao(GB30), and Chengfu(BL36). Repeat 3 times.</li> <li>4. Caress the treated part 3 times.</li> <li>5. With the left first and the right after. Push upwards from thigh root to belt vessel with two hands along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian (LI), and Gallbladder Meridian. Repeat 3 times respectively.</li> </ol>	<p>Technique 1, 4, 10</p>  <hr/> <p>Technique 2</p>  <hr/> <p>Technique 3</p>  <hr/> <p>Technique 5, 7, 9</p>
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	<p>6. Push upwards from thigh root to belt vessel with two hands doing it severally along Bladder Meridian(BL), Kidney Meridian(KI), Liver Meridian (LI), and Gallbladder Meridian. Repeat 3 times respectively.</p> <p>7. Lift from the thigh root to the belt vessel with the palms overlapped. Repeat 3 to 5 times.</p> <p>8. Push directly (for sculpting) and one line after another from the two sides of buttocks to the highest point on it with two hands, and push back and forth. Repeat 3 times.</p> <p>9. Lift from the thigh root to the belt vessel with the palms overlapped. Repeat 3 to 5 times.</p> <p>10. Caress the treated part.</p> <p>11. Do the same on the other side.</p> <p>12. Laser Pad: Fasten laser pads onto the fat part of the buttocks' flab with a band for about 20 minutes.</p> <p>13. Remove the laser pads, and clean them.</p> <p>14. Treatment is done.</p>	 <hr/> <p>Technique 6</p>  <hr/> <p>Technique 8</p>  <hr/>
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**Course of Treatment Recommended:**

Ten treatments is a course. After one treatment, buttock lifts. After a course, buttock outlines start to show themselves, and excessive fat disappears slowly. After two courses, excessive proud flesh of buttocks vanish, and skin turns firm. After three courses, the effect consolidates, which boosts feminine charm.

**Leg Sculpting: 60 Minutes/ Once a Week**

**Laser Pad**  
Advised Energy Level: 3 to 7  
Advised Time: 20 minutes  
Mode: M1(default)

Essential Oil(massage cream)+ Equipment

1. Rear-leg: Let the client lie on his front, and treat the left first and the right after. Apply oil from the lower leg to thigh, then back to heel, and repeat it 3 times.
2. Push the entire leg from the bottom up with palms doing it by turns, and then back to the heel till the palms slide out. Repeat 3 times.
3. Push Bladder Meridian[BL]-Kidney Meridian[KI]-Liver Meridian[LV]-Gallbladder Meridian[GB] from the bottom up with hands' purlicue doing it by turns. Repeat 3 times.
4. Push popliteal fossa with hands doing it alternately. Repeat 3 times.
5. Twist the leg from the bottom up and back and forth with hands doing it alternately. Repeat 3 times.
6. Caress the treated part. Repeat 3 times.
7. Push the four channels and collaterals from the bottom up with kneeling fingers of hands. Repeat 3 times.
8. Caress the treated part. Repeat 3 times.

Technique 1, 2, 3, 4, 6, 7, 8



Technique 5



Technique 10, 11, 12, 13



		<p>9. Do the same on the other side.</p> <p>10. Fore-leg: Apply oil from leg to thigh root with hands(namely caressing). Repeat 3 times.</p> <p>11. Push from leg to thigh root with the base of palms doing it by turns. Repeat 3 times.</p> <p>12. Push Spleen Meridian[SP]-Stomach Meridian[ST]-Liver Meridian[LV]-Gallbladder Meridian[GB] of the leg till thigh root with hands' purlicue doing it alternately. Repeat 3 times.</p> <p>13. Push the four channels and collaterals with kneeling fingers of hands. Repeat 3 times.</p> <p>14. Laser Pad: Fasten laser pads onto the abdomen's fat part with a band for about 20 minutes.</p> <p>15. Remove the laser pads, and clean them.</p> <p>16. Treatment is done.</p>	
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**Course of Treatment Recommended:**

Ten treatments is a course. After one treatment, the legs get relaxed. After a course, excessive fat of legs decreases slowly, and legs become thinner. After two courses, the legs' fat vanishes gradually, and it turns slender and firm, which has an evident effect. After three courses, the effects consolidate and rebound can be prevented.