

ABSTRACT

A health care device and health care method are illustrated. A health care device is used to emit a low-frequency wave of a predetermined frequency forward to an umbilicus of a user, wherein the low-frequency wave is emitted at a predetermined position, and the predetermined position is located in front of the umbilicus of the user with a predetermined distance. The health care device comprises the low-frequency wave emitter, a column and a cone. The predetermined frequency is within a range between 1.27 Hz and 1.81 Hz, and the predetermined distance D is within a range between 5 cm and 8 cm. The health care device and the health care method can increase the content of activated T cells in the blood, so as to achieve effects of convenient operation, accurate identification of the use position, non-invasive treatment, non-contact treatment, and no harm caused by excessive energy risk.

FIG.1