

# HealthMaster™

## Owner's Manual

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Do Not Operate The  
HealthMaster Before  
Reading This Entire Manual

FOR HOUSEHOLD USE ONLY.

Model: YD-2088E  
120 VAC 60Hz 1200W



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## Warnings and Precautions

**IMPORTANT** Read this manual carefully and completely before attempting to operate The HealthMaster. Failure to do so could result in serious personal injury.

- Children should not be permitted to operate this, or any other kitchen appliance without the constant supervision of a qualified adult.
- Do not attempt any home repairs to this unit. Should the unit require repair, such repair should only be performed by a qualified professional.
- Unit For Indoor Use Only. To reduce the risk of electric shock, never expose any part of this appliance including the power cord, plug or motorized base to rain, moisture or immersion in liquids of any kind.
- The unit has a polarized plug. One blade is narrower than the other and it will fit only one way into an electrical outlet. Never force the plug into the outlet. If it doesn't fit after trying it one way and then reversing it ... contact an electrician.
- Never use an adaptor or an extension cord.
- Never assemble, disassemble or handle the unit while it is plugged into an electrical outlet. Keep unplugged when not in use.
- The HealthMaster comes equipped with a "pusher" utensil. This is the only utensil you should ever use while operating this unit. Using other utensils may damage the unit and cause possible personal injury.
- To prevent overheating, do not block any ventilation intake openings (see page 5).



**WARNING** Failure to follow these instructions can result in death, fire, or electric shock.

## Specifications

Model: YD-2088E 120 VAC 60Hz 1200W

## Important SAFEGUARDS

Read these safeguards thoroughly before using this product.

Read all instructions before using.

- Use on a dry, stable surface.
- When preparing fresh baby food always consult with your physician (pediatrician) before making any dietary changes. Certain fruits and vegetables are not recommended for infants or young children due to immature digestive systems, allergies, or other developmental reasons.
- When preparing fresh baby food, to prevent choking, always make sure all fruits and vegetables are completely liquefied before feeding them to a baby.
- To avoid serious personal injury: Never remove the lid while the motor is running. If something is stuck press the power OFF button, wait for motor to stop running then remove the cap only, insert the tamper to dislodge stuck food. If food remains stuck press the power OFF button, wait until motor stops and unit is unplugged before disassembling and removing blocked food.
- Make sure the lid is attached properly and securely locked before pressing the power ON button. Never operate the HealthMaster without the lid in place.

## Important SAFEGUARDS (continued)

- Use the tamper only, never fingers or other utensils, to insert food into the pitcher.
- Never leave the HealthMaster unattended while motor is running.
- Never add food while motor is running. Press the power OFF button and wait for the machine to stop, then add food and start machine again.
- We do not recommend pressing the power ON button when the pitcher is empty.
- Always use one hand to hold the pitcher handle as this unit operates at high speeds.
- Never put fruits with pits in the HealthMaster. Remove pits prior to placing items into the pitcher.
- The maximum capacity is 70 ounces. Use significantly less with thicker ingredients.
- Do not fill pitcher more than 2/3 full when using the tamper.
- Do not use tamper for more than 25 seconds of continuous blending.
- When processing nut butters or foods that contain oil, do not process for more than 2 minutes after mixture starts circulating freely. Over processing can cause the motor to overheat.
- Always make sure the lid and EZ-lock cap are securely in the locked position before use. Machine should not be running when cap is removed and ingredients are being added with the tamper.
- Do not let cord come in contact with stove, other hot surfaces or hang over edge of table or counter.

## Avoiding Serious Injury and Burns While Processing Hot Liquids

- Make sure the lid and EZ-lock cap are securely in place and locked when processing hot liquids.
- When processing hot liquids always start on LO speed (#1). Then increase rapidly to the required speed for that recipe. Use caution when using hot liquids as steam may escape from under the safety valve release located on the top of the cap.
- Always hold the pitcher securely by the handle while processing hot liquids.

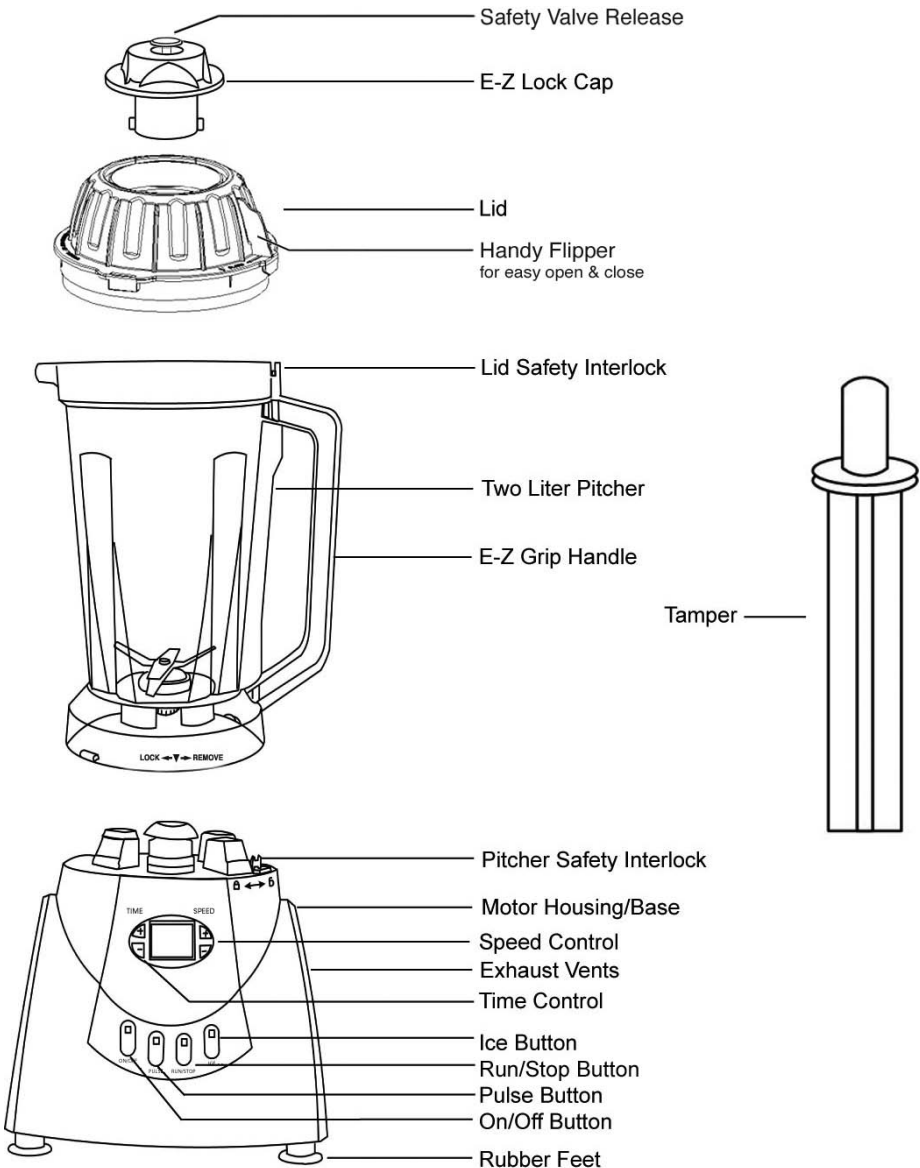
## Special Features

- Freeze ice cream/sorbets in seconds.
- 100% pure, fresh juice with all the fiber.
- Chops fresh ingredients for salads fast, using the variable speed control.
- Transparent pitcher helps you to see the ingredients processing.
- Make cheese sauces, soups, and more quickly and easily.
- Blends nutritious smoothies perfectly every time.
- Over 100 delicious nutritious recipes included, making your HealthMaster even easier to use.
- Automatic Shut Off safety feature prevents the motor from overheating.

**Save This User's Manual For Future Reference**

## Parts & Accessories

**IMPORTANT:** Your HealthMaster has been shipped with the following components. Check everything carefully before use. If any part is missing or has been damaged in shipping do not use this product and contact shipper using the customer service number located in the back of this owner's manual.



## Assembling The HealthMaster

Unwind power cord to desired length. Secure the leftover cord by returning the lever arms back to the OPEN position.



**WARNING:** Do not plug power cord into electrical outlet until unit is fully assembled.

This appliance was designed with a built-in power cord storage beneath the base. Store the excess length of cord neatly underneath to avoid accidental tipping of machine while in use. Do not unscrew retaining arms. The arms fold in to release the power cord. When in the OPEN position they keep the power cord securely in place.

**Power to unit will not take place unless steps 1 – 7 in this section are followed carefully.**

1. Place the motor base on a stable, dry surface.

2. Firmly seat the pitcher onto the motor base while aligning the arrowhead symbol ▼ on the pitcher with the unlock symbol on the base. (See Figure B.)

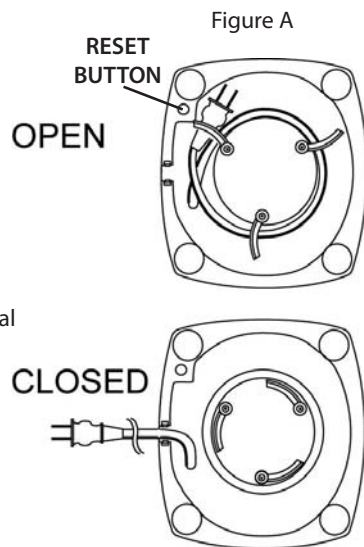


3. Rotate the pitcher clockwise until the arrowhead symbol ▼ on the pitcher aligns with the lock symbol on the base (See Figure C.)... the pitcher will lock into place and engage the first safety interlock. (This appliance is equipped with two Safety interlock switches).



### NOTE:

At this point you may want to place the ingredients for processing into the unit. Insert ingredients into the pitcher, soft foods first, harder items last. The E-Z Lock Cap can be removed during operation to add additional ingredients or to insert the tamper. Always replace cap when you are finished inserting tamper or additional ingredients.

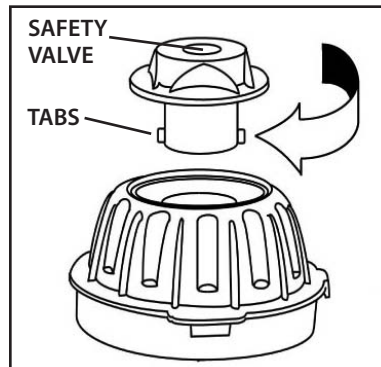


## Assembling The HealthMaster (continued)

4. Insert the E-Z Lock Cap into the Lid (aligning the Cap's tabs with the Lid's slots) and turn clockwise to lock.

### NOTE:

While the power is ON and as air pressure inside the Pitcher increases, the Safety Valve will automatically be pushed upward to release steam or pressure. Prior to use, make certain that the Safety Valve is free of any obstruction and moves up and down freely.



5. Align Arrow ▼ on Lid with Unlock Symbol on Pitcher. (See Figure D.)



6. Push down into place and turn lid clockwise to align Arrow ▼ on Lid with Lock Symbol on Pitcher. (See Figure E.)

7. Make sure the unit is assembled properly before connecting the power cord to the electrical outlet.

8. BEFORE pushing the power ON button — hold the top of the assembled unit to prevent tipping when starting.

9. After pushing the power OFF button wait until the blades completely stop spinning and unit is unplugged before removing the cap, lid, or the pitcher.

### NOTE:

Should the unit overheat during operation the motor will automatically shut off. To restore power press the Reset Button located on the bottom of the unit (see Figure A).



## Controls



**NOTE:** This appliance is equipped with two safety “shut off” interlocks that must be engaged before the unit will operate. (See steps 3 and 4).

**ON/OFF Button:** Push once for ON. Push once for OFF. The button lights up RED when the HealthMaster is ON.

**SPEED Selection:** Use the (+) and (-) buttons to select the speed, 1 through 8.

**TIME:** Use the (+) and (-) buttons to select the amount of time in minutes, 0 through 20 minutes.

**PULSE:** Press and release to get a single burst of speed for each pulse until you have achieved the desired results. The button lights up blue when activated.

**RUN/STOP:** Press Run/Stop to start the HealthMaster. If the speed and timer were not set, the HealthMaster will run at speed 1. The button lights up blue when activated. You must press Run/Stop again to stop.

**ICE:** Pressing the Ice button causes the HealthMaster to operate on a cycle of one second on and 4 seconds off. The button lights up blue when activated. Press Ice again to stop.

## Using the Tamper

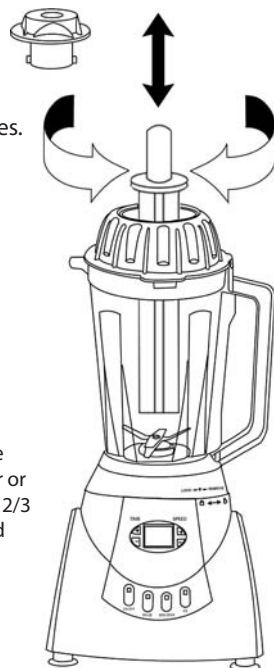
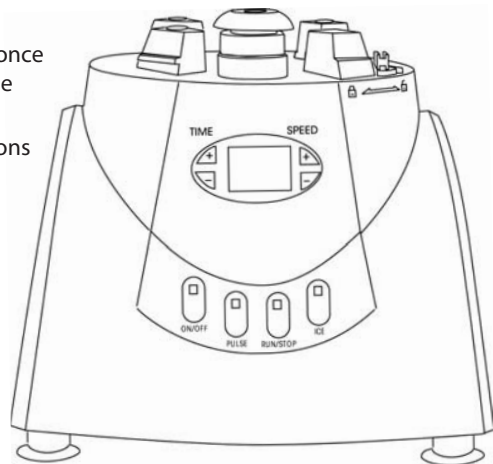
The tamper is useful when preparing thick or frozen mixtures. The tamper can be used while the machine is running.

1. Make sure lid is secure and locked in place.
2. Remove cap from lid.
3. Insert tamper through the opening in the lid.
4. Hold the pitcher handle with one hand, grasp tamper with the other hand.
5. Move up and down or in a circular motion to move contents around the blade.

### Tips for Using the Tamper:

When preparing thick mixtures that don't circulate freely, insert the tamper and move in a circular motion. This will help remove any air or ingredients trapped by the blade. Do not fill the pitcher more than 2/3 full when blending thick or frozen mixtures. We do not recommend using the tamper for more than 25 continuous seconds. The lid prevents the tamper from making direct contact with the blade.

**NOTE:** In the event the motor overheats during operation it will automatically shut off. To restore power press the Reset Button located on the bottom of the unit (see Figure A page 6).



## Using Your HealthMaster

- Always remove all stems and large pits such as peach, mango, apricot, etc. before processing as these items can damage the blade and cause the motor to malfunction.
- Thoroughly wash all fruits and vegetables before juicing to remove any dirt or chemicals.
- Fruits and vegetables juice best when they are fresh and firm.
- Always serve fresh foods immediately. After just a few seconds they begin to lose vitamin potency.

## Using the Simmer/Heat Feature

1. Add liquids first, then carefully add the solids, avoiding splashing that could cause personal injury when liquids are hot.
2. When adding hot liquid to the pitcher, let sit for 3–5 minutes with the cap removed, allowing the steam escape.
3. Secure lid and EZ-lock cap on the pitcher making sure both are in the locked position.
4. Push the ON control button and then the RUN button.
5. Slowly increase the speed control from #1 to #8 (as specified by the recipe). Let the machine run until desired consistency or temperature has been reached. The average cook time is 6–8 minutes on HI. This will vary depending on the texture of the ingredients and the starting temperature.
6. Do not remove lid and EZ-lock cap until the power button is in the OFF position and the unit has been unplugged. Wait for motor to shut off and the blades to completely stop.
7. To open lid, first remove the EZ-lock cap to let steam escape then remove lid.

## Making Frozen Blends/Treats

1. To make ice cream and sorbet, add liquids and soft ingredients (i.e. soft fruits) first, then frozen ingredients. In order to make successful frozen treats with the HealthMaster you must always follow the recommended ratio of ingredients. 1 part liquid to 3–4 parts frozen ingredients. Changing this ratio can damage the blades or the motor.
2. Place the lid on and lock into place. Remove EZ-lock cap from lid and insert tamper. **NOTE:** You will need to use the tamper to move ingredients around quickly.
3. Make sure the speed control is on HI. Push the ON control button and blend to desired consistency.



## Chopping with the HealthMaster

The HealthMaster chops food to a fine texture quickly and easily for use in salads, soups, and baking:

1. Place ingredients in the pitcher. Do not fill more than 1/4 full.  
We recommend using smaller pieces when chopping.
2. Secure lid and cap.
3. Set to recommended speed.
4. Use the PULSE button until all ingredients have been processed.

**NOTE:** The speeds are approximate and vary depending on the ripeness of ingredients when using fresh fruits and vegetables.

### Recommended Speed Settings For Chopping

- Broccoli #3 –4
- Cauliflower #3 –4
- Zucchini/Squash #3–4
- Hard Boiled Eggs #3 –4
- Olives #2–3
- Potatoes #2–3
- Onions #2–3
- Nuts #3
- Carrots #3 –4
- Mushrooms #2–3
- Breadcrumbs #2–3

## Troubleshooting

**NOTE:** The HealthMaster is a very powerful unit. When operating properly, the motor gives off a loud but smooth sound that changes in pitch as the motor speed is increased. This is normal.

Problem	Possible Reasons and Solution
Motor does not run after ON control button is pushed.	<ul style="list-style-type: none"> <li>• Check to see if unit is plugged in.</li> <li>• Pitcher or Cap is not in the “locked” position</li> <li>• Check if all parts are assembled properly.</li> <li>• Check if any food is causing blade to lock.</li> </ul>
Normal Loud Smooth Sound becomes unpleasant, more pronounced and uneven, producing erratic and sometimes uncontrolled unit vibration.	<ul style="list-style-type: none"> <li>• Push power button to OFF immediately.</li> <li>• Unplug unit and check for proper assembly.</li> <li>• Reassemble and retry unit.</li> </ul>
The unit shuts off while in use.	<ul style="list-style-type: none"> <li>• The auto shut off feature has been activated due to overheating.</li> <li>• Push OFF button, unplug unit, allow to cool down for 30 minutes.</li> <li>• Plug unit back in, push reset button beneath base of unit, place upright and continue use.</li> </ul>

**NOTE:** In case of unit “shut off” caused by overheating during operation, press the reset button located under the base of the unit.

## Cleaning and Maintenance

1. Press OFF button and wait until the motor completely stops.
  2. Using dry hands, unplug the power cord from electrical outlet.
  3. Disassemble the machine.
  4. Wash pitcher, lid, cap, and blade in warm soapy water. Avoid injury, do not handle blades with your fingers directly. Rinse and dry thoroughly before first use.
  5. Wipe base with a soft damp cloth or sponge. Never submerge base in water. Do not spray with water or any other liquid. The motor base is NOT dishwasher safe.
  6. Clean all other parts by filling the pitcher with warm soapy water and let the machine run on HI for 1 minute, or simply wash by hand. A mild detergent is recommended. Rinse well and dry thoroughly. All components are dishwasher safe with the exception of the motor base.
- Caution:** Some commercial and foreign made dishwashers may reach internal temperatures that are higher than machines made for home use by US standards. Do not use these dishwashers with your HealthMaster. The higher temperatures may cause damage to your unit voiding your warranty. Check with your dishwasher manufacturer before using.
7. Make sure base and parts are completely dry before storing in a cool, dry place.
  8. Never use abrasive materials or cleansers to clean the main base or any of the parts. This can scratch the finish causing permanent damage.



**CAUTION:** To avoid personal injury use caution while cleaning inside of pitcher as blades are sharp. Handle carefully.



# HealthMaster™

## OWNER'S MANUAL

Congratulations on your purchase of the HealthMaster. We are very proud of the functional design and exceptional quality of this product. Our manufacturing process is geared to deliver long years of product service to our valued customers. Should you experience any problem with your purchase, our dedicated customer service staff is here to serve you.

**We are available at:  
1-973-287-5167**

**or see our website at:  
[www.myhealthmaster.com](http://www.myhealthmaster.com)**

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Tristar Products, Inc.  
Fairfield, NJ 07004