



YOUR gateway to personal best performance and personal best fitness using regenerative medicine tools

REPLENISHING CARE (RC) RECIPE

RC&T's Replenishing Care Recipe **STACKS** 11+ Cellular Health Technologies into 1 *sum of the parts* Recipe specifically-designed to help Elite Athletes, Professional Sports Teams, and other high-achieving groups achieve personal best performance through optimal cellular health and homeostasis.

Each RC&T Technology:

1. Gives cells back the power, oxygen or other resources needed to perform, heal and repair at their best, and/or
2. Helps the body return to homeostasis or musculoskeletal balance.
3. Does no harm!

Of course, optimal cellular health is vital for everyone! RC&T's long-term plan is to deliver its recipe through a global network of RC&T Centers on a subscription basis – so all people may have access to this powerful cellular health solution.

In the interim, while this strategic network evolves, RC&T has created a Replenishing Care One-Stop Cellular Regeneration System (RCOCRS) which easily **plugs into any home gym, team training facility, corporate wellness center, or professional practice – transforming it into an oasis of regenerative medicine and personal best fitness.**



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RC One-Stop Cellular Regeneration System (RCO CRS)

RCO CRS consists of the following five (5) technologies:

1. **High-Powered Pulsed Electromagnetic Field (PEMF) Therapy**
2. **Enhanced Exercise with Oxygen**
3. **Scar Tissue Therapy**
4. **Pelvic Correction Technique**
5. **Human Performance Technology**

1. High-Powered Pulsed Electromagnetic Field (PEMF) Therapy

PEMF is a battery charger for cells that reduces pain, boosts energy, increases range of motion, accelerates healing from surgery or injury (by up to 40%) and promotes well-being.

PEMF works fast and consistently. Because PEMF helps cells help themselves, the Therapy has UNIVERSAL application and often produces results far beyond expectations. **In fact, PEMF is the very foundation of the Replenishing Care Recipe (both) because of *what it does* – but also because *using PEMF amplifies the benefits of every other technology and/or healthy life practice you follow and/or the professional training and care you receive.***

RCO CRS includes the World's leading PEMF device equipped with a special-value package of five (5) applicator coils and best practice training, as follows:

RC MAX PEMF 120 Portable (shown) with 5 coil upgraded package

The RC MAX PEMF 120 is the World's leading high-powered Pulsed Electromagnetic Field Therapy device. RCO CRS utilizes RC&T's proprietary Sports Medicine, Athletic Training and General Health and Wellness Protocols equipped with (l-r) Butterfly, Paddle, Large Loop, 30 Foot Rope Coil, and Therapeutic Pad.



NOTE: RCO CRS owners may substitute RC MAX PEMF 120 Tabletop if preferred.



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2. Enhanced Exercise with Oxygen Therapy (+ Altitude Contrast)

RC&T's Enhanced EWOT System has helped multitudes of Elite Athletes record *personal bests* – including mature Olympians relatively *late* in their careers.

Simply explained, EWOT helps rebuild the body's repair system by delivering concentrated oxygen while the user engages in activity to boost their heart rate. EWOT benefits include: anti-stress; anti-aging; weight loss; improved sleep, and increased resistance to cancer, diabetes, cataracts, macular degeneration, chronic fatigue, fibromyalgia and non-healing cuts.

Standard EWOT delivers 8–10 l/m. RC&T's enhanced EWOT Platform enables **inhalation rates up to 100 l/m** and also features an **altitude contrast capability** – that simulates high altitude training. This altitude contrast feature takes the user through a process of oxygen saturation, followed by oxygen deprivation, then (return to) saturation to create the *perfect oxygen storm of having: **the user breathing from a large supply of concentrated (90%+) oxygen at a time his/her heart rate is high and their brain knows the body needs more oxygen.***

The *perfect oxygen storm* helps flush lactic acid, restores oxygen/performance factors throughout the body and reverses stress-triggered congestion that limits blood flow – thereby improving health, strength and endurance (quickly and often dramatically).

RCOCRS includes the following upgraded EWOT System:

RC&T Enhanced EWOT with Altitude Contrast Feature

The RC&T Enhanced EWOT System with Altitude Contrast Package includes two (2) 10LPM Concentrators, a Reservoir, 5 High-Volume Masks and a Pulse Oximeter. Complete training is provided.



3. Scar Tissue Therapy (STT)

Scar tissue, caused by repetitive motion, injury and surgery, is often the culprit in many cases of *undiagnosed pain*. As blood vessels that nourish the fibrotic tissue become restricted or blocked, the tissue dies and becomes rigid and inflexible – in turn impinging **nerves** and impairing normal movement.

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Fortunately scar is brittle! RC&T's Scar Tissue Therapy targets this brittle matter with the shearing force of planar waves quickly and painlessly (feels like a massage) breaking it up. In this process scar tissue is removed to help reduce muscle spasms, TMJ, tendonitis, tennis elbow, trapped nerves, adhesions, limited range of motion, adhesions, shoulder, ankles and neck pain, carpal tunnel and contractures.

RCO CRS includes the following Scar Tissue Therapy Device:

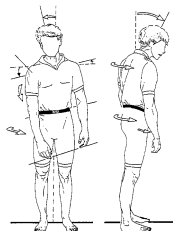
RC&T Scar Tissue Therapy

The RC&T Scar Tissue Therapy (SCT) is a handheld vibration device that is simple and quick to deploy. It is used prior to PEMF Therapy within RCO CRS best practice training and (when needed) as an adjunct to our Back, Spinal and Joint Protocol.



4. Pelvic Correction Technique (PCT)

PCT is to *spinal health* what *brushing/flossing* are to dental health. PCT helps re-pattern the pelvis and spine to their natural structural balance – thereby reversing a *vicious cycle* (that affects us all) in which loss of symmetry in the upper body, causes one of our legs to become *functionally short*, which, in turn, exacerbates the original asymmetry in the upper body.



Left uncorrected, this loss of body balance can lead to soft tissue inflammation, joint dysfunction, premature *wear and tear* injury, diminished athletic performance and various other painful and degenerative processes. Most people experience a loss of body balance without realizing it, and long before presenting symptoms such as lost range of motion, and/or back, neck, or joint pain.

RCO CRS includes the following Pelvic Correction Technique/Kit:

RC&T Pelvic Correction Technique

RC&T's Pelvic Correction Technique is delivered using a *kit* consisting of 2 pelvic wedges and a specially-designed (dual purpose) neck roll which RCO CRS users learn how to place through a simple 4 step assessment:

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1. The blocks correct *functional short leg* resulting from pelvic imbalance; placement shown below is for Functional Short Left Leg.



2. The specially-designed neck roll is used to apply traction against a specific compensation point in the neck (also created by the pelvic imbalance) that is identified during the PCT Assessment. This compensation point in the neck, called the posterior reactive balance point, acts like reflex when triggered during the PCT Assessment and temporarily corrects functional short leg. Thus using the neck roll reinforces the effects of the pelvic wedges (in reversing functional short leg).



Additionally the neck roll is designed to help **re-establish** the contour of the cervical spine (curve of the neck) thereby reducing the negative effects of forward head posture (including causing such visible conditions as Dowager's Pack – but also contributing to many general health issues and ultimately pain and lost range of motion in the neck).

5. Voxxlife Human Performance Technology

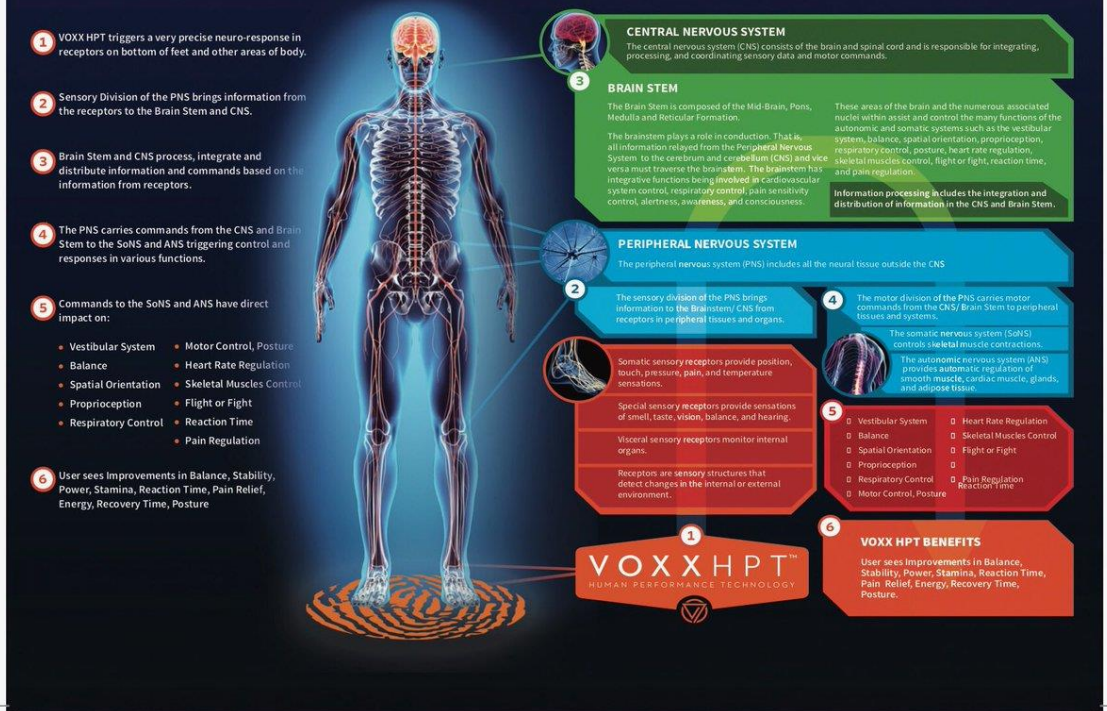
Voxxlife HPT optimizes neurology in 7 seconds - **immediately improving balance, lateral stability and dynamic stability by 31%** plus significant increases in power, energy, and velocity of force (to name only a few).

Voxxlife HPT is ingeniously-delivered through Socks, Insoles and/or (stick-on) Patches – engineered with a neurological algorithm that triggers a precise and specific response beginning in the Peripheral Nervous System (PNS).

The instant this Neurological Algorithm interacts with the Dermatomes on the balls of the feet or through other PNS Receptors – it triggers a *domino effect of positive up-regulation* through the Brain Stem Central Nervous System, Somatic Nervous System and Autonomic Nervous System.

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The Voxx HPT Neuro-Path to Wellness and Performance



Collectively these systems control skeletal muscle contractions and automatic regulation of smooth muscles, cardiac muscle, glands and adipose tissue. Thus HPT directly impacts the Vestibular System; Balance; Spatial Orientation; Proprioception (touch and position sense); Respiratory Control; Motor Control; Posture; Heart Rate Regulation; Skeletal Muscle Control; Flight or Fight; Reaction Time, and Pain Regulation.

By impacting these systems HPT optimizes user neurology, fixes neurological dysregulation and reboots the brain's myriad networks (including pain, anxiety, default mode et cetera) within seconds of employing the socks, insoles or patches. The benefits of HPT include: improved athletic performance, reduced likelihood of falling, increased energy, strength, endurance and wellness.

RCOCRS includes the following HPT package:

RC&T Voxxlife Human Performance Technology Package

RCHFS includes a package of 7 sets of HPT insoles, 14 pairs of HPT socks and 2 packages (10 per box) of HPT stick-on patches. May substitute sleeves or kneepads for insoles.

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RCHFS: The power of STACKING:

The unique, specific **UMBRELLA** or **superordinate contributions** to improved **cellular health** of the five (5) respective RCOCRS Technologies are:

1. **PEMF:** Recharges cellular electrical power,
2. **EWOT:** Repair the body's own repair system,
3. **STT:** Reduces/removes scar tissue and inflammation,
4. **PCT:** Re-patterns the pelvis and spine to natural structural balance,
5. **HPT:** Re-establishes optimal neurology.

Each of these 5 *umbrella or superordinate contributions*, in turn, translates into an extensive list of corresponding *subordinate* benefits (FAR too long to list here) that when **STACKED together** affect virtually every system, every organ, every function and every cell of the body.

Another advantage of **STACKING** the technologies is that doing so enables you to take advantage of their synergistic properties and create an entourage-like therapeutic effect in key factors like **more energy, better sleep, less pain, reduced inflammation, better range of motion, reduced stress, improved mental clarity, anti-aging, greater sense of well-being, weight loss, injury recovery, and disease/injury prevention.**

Of course **STACKING** also reduces the time required for you to take full advantage of this powerful cellular health Recipe. To ensure you get off to the right start, RC&T's Integrated Training and Recovery Protocols will have you operational in short order. Shipping within the continental US and an optional 2 days of onsite training at no cost is included.

The cost for the Replenishing Care One-Stop Cellular Regeneration Home System is: US\$29950

Payment is by US\$ wire transfer (or Professional Use) 3rd Party Lease.

To order the Replenishing Care One-Stop Cellular Regeneration System Recipe please complete the form on the following page and we will send you an invoice with wiring instructions or a Lease Application.

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RCOCRS ORDER FORM

Name: _____

Address: _____

City: _____

State/Province: _____

Phone: _____

Email: _____

Payment method: _____ (wire transfer or lease)

Please indicate/confirm RC&T Technology Choice(s):

_____ RCOCRS (5 Technology Home Fitness Recipe)

Thank you!

Email to: jamesgcomerford@rcandt.com