

Ascending Wellness and Best Life Performance

# Replenishing Care

## Be YOUR BEST:

- **on the field**
- **in the boardroom**
- **life in general**

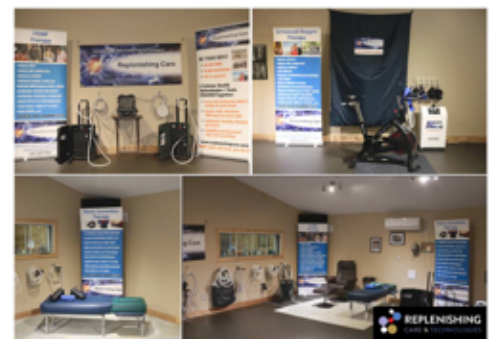


## 13+ Cellular Health Technologies STACKED together:

- **ELEVATES YOUR** body's ability to heal, repair and perform
- **WORKS** with whatever YOU have to get fit, well and healthy
- **AMPLIFIES** the positive things YOU are doing
- **DOES** you NO HARM!

## Coming to a LOCATION NEAR YOU!

Our goal is to deliver Replenishing Care through a global network of Replenishing Care Centers - so as many people as possible have access to these *life-changing* technologies. For those who prefer to enjoy RC in the privacy of their own surroundings we created the Replenishing Care One-Stop Cellular Regeneration System (RCOCRS).



The RCOCRS includes four (4) of the six (6) cellular health technologies used in the In-Center portion of the Replenishing Care Model and easily plugs into any Professional Practice, Team Training Facility, Corporate Wellness Center, Private Members Club or Home. RCOCRS owners also have the option of using the 7+ technologies offered in the RC Home Tool Kit in order to experience the full Replenishing Care Model.



**[www.replenishingcare.com](http://www.replenishingcare.com)**  
**It's ALL about cellular health!**

*Scan here  
to learn about  
RCOCRS*

## **FITNESS, WELLNESS and HEALTH are gifts we give ourselves:**

- fitness is a state of being able to perform sports, occupations and daily activities,
- wellness is a state of progressing toward higher levels of functioning, and
- health is a state of being free from injury or illness.



It isn't complicated: **the more fit you are, the more well you are likely to be, and the more well you are, the more resistant to illness and injury you are likely to be.**

## **Fitness, Wellness and Health start with cellular health! Cellular health starts with Replenishing Care:**

- **STACKS 13+ cellular health technologies together – EACH of which EITHER help cells heal, repair and perform OR return the body to homeostasis and musculoskeletal balance.**
- **EACH Technology contributes its OWN specific, unique and incremental contribution to cellular health, or homeostasis or musculoskeletal balance.**
- **EACH Technology adapts to the user - using and enhancing his/her ability to heal, repair and perform:**
  - Elite athletes train harder, recover better, and elevate their play.
  - Recreational athletes get fitter; often record personal bests.
  - The “ill” see systemic improvement and symptomatic relief.
  - The “injured” or those “post-surgery” see systemic improvement and faster recovery often by as much as 40%.
  - ALL become more resistant to illness and injury.
  - Aging and loss of performance is slowed (even reversed) – often dramatically.
- **SPILLS OVER into LIFE:**
  - Athletes perform better on the field
  - Executives perform better in the board room
  - Moms/Dads perform better at home, work and in life
  - Aging is slowed (even reversed)
  - Incubating disease and developing risk factors are interrupted
  - Less dependent on prescription drugs
  - Benefits of a healthy lifestyle are AMPLIFIED
  - Benefits of professional coaching and professional care are AMPLIFIED
- **DOES NO HARM!!!**
  - ACTUALIZES wellness instead of talking about it!!

- **STACKING the technologies:**

- supports your cells through most challenging moments of life, training or competition and accelerates **FULL** recovery;
- combines 13+ specific, unique and incremental sets of cellular health benefits into one powerful punch;
- amplifies the contribution of each since they are synergistic and more effective when used together;
- creates immediate and ascending improvements in key factors like **more energy, less pain, reduced inflammation, better range of motion, reduced stress, improved mental clarity, greater sense of well-being** – so your momentum starts early and keeps building;
- reduces the time needed for you to take full advantage of their benefits.

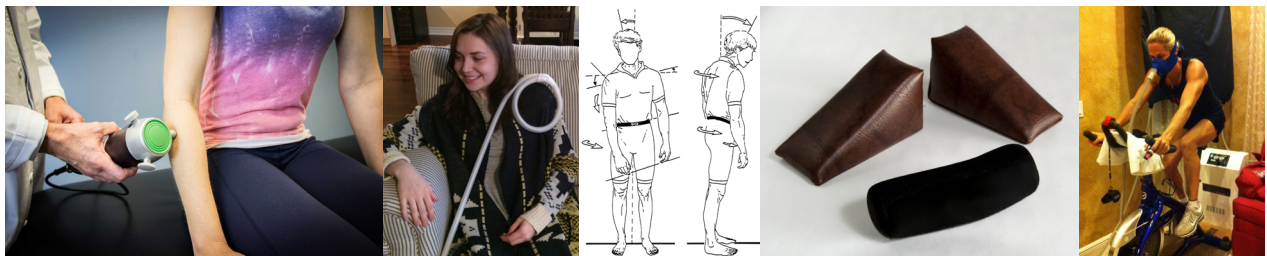
## Client Care & Service Model

Replenishing Care is designed to deliver maximum benefits from the 13+ technologies while minimizing the time required to utilize them.

### 1. In-Center: 12 high-performance RC sessions in 6 week period.

Replenishing Care In-Center sessions blend PEMF Therapy, Enhanced EWOT with Altitude Contrast training, Scar Tissue Therapy and Pelvic Correction Technique plus 2 Other Advanced Technologies to impact:

- Cardiovascular health, performance, and longevity
- Musculoskeletal/spinal/joint health, performance, and longevity
- Cardiovascular efficiency, speed and endurance
- Resistance, strength and power
- Balance, coordination and flexibility
- Mental focus and clarity
- Injury prevention and injury/surgical recovery
- Anti-aging and *living life to the fullest*



**Most people feel improvement after just 1 In-Center appointment, report a lasting shift in fitness and performance after 3, and find that 12 sessions generally “hits it out of the park”.**

**2. Home Tool Kit:** a 7+ Technology Home Tool Kit to keep your momentum going and extend the benefits of the 12 In-Center appointments between appointments and post-program. These are powerful – yet simple and easy to use. STACKING them both amplifies the individual benefits of each technology and minimizes your time needed for deployment. We are proud to say the RC Home Tool Kit includes the World’s most advanced solution for ensuring capillary health, performance and longevity.

**The Replenishing Care Home Tool Kit keeps your momentum going and extends the benefits of the In-Center RC appointments between sessions and post-program.**

**3. Maintenance Program:** 3 high-performance cellular health sessions in next 6 week period – to bridge your wellness gains into a lasting circumstance.



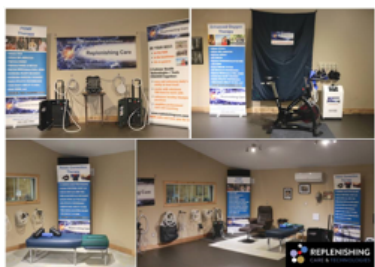
# Is RC for me?

Replenishing Care is for you if you are a/an:

- Elite Athlete wanting to play at your best for as long as you can.
- Recreational Athlete wanting to GET and STAY as FIT and WELL as YOU CAN
- Executive or Entrepreneur who sees connection between your fitness/wellness and your boardroom performance and may be STILL involved in competitive sports.
- Retired Elite Athlete or Executive wanting to enjoy the fruits of your many years of hard work and mitigate the toll it took to create the abundant life you enjoy.
- Anyone who feels disenfranchised by existing wellness/fitness options and wants to GET WELL/FIT on your own terms (maybe for the first time in your life).
- Person with cells wanting to live life to the fullest!



## Start today at HOME



If you want to get started right away in the privacy of your own home, team training center, corporate wellness facility or private members club we offer the Replenishing Care One-Stop Cellular Regeneration System (RCOCRS). RCOCRS consists of four (4) of the six (6) cellular health technologies and therapies used in the In-Center portion of the Replenishing Care Model — with the option of using the 7+ Home Tool Kit technologies for the full Replenishing Care experience. Complete training is provided.

## About Us

### Fitness let me run my wellness race!

The cellular health technologies of Replenishing Care enabled me to go from Ascending Paralysis at 40 with **Guillain-Barre Syndrome** to Ascending Wellness/Fitness and a resting heart rate of 50 at 67. I'm living proof of what RC can do: a guy with average athletic ability who's getting stronger, faster and fitter as I progress into my upper-sixties. And I want others to enjoy the same wellness/fitness and vitality. All I ask is you remember: your wellness/fitness is ONLY about you – and running your race (whatever that is).

We look forward to the possibility of being part of that race whether you choose to visit our network of Replenishing Care Center locations or take advantage of the Replenishing Care One-Stop Cellular Regeneration System.



B & O Yorkville Run  
September 2016



**Kindest regards,**

**James G Comerford**

*Founder and CEO – Replenishing Care and Technologies (RC&T)*

**James G Comerford** 

**647-289-3791**

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