

ascending fitness and personal best performance

Replenishing Care

Be YOUR BEST:

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



9 Cellular Health TRAINING and RECOVERY technologies STACKED together:

- uses and elevates your body's ability to perform and repair
- works with whatever you have to get fit
- amplifies what you're already doing
- DOES YOU NO HARM!



Coming to a LOCATION NEAR YOU!

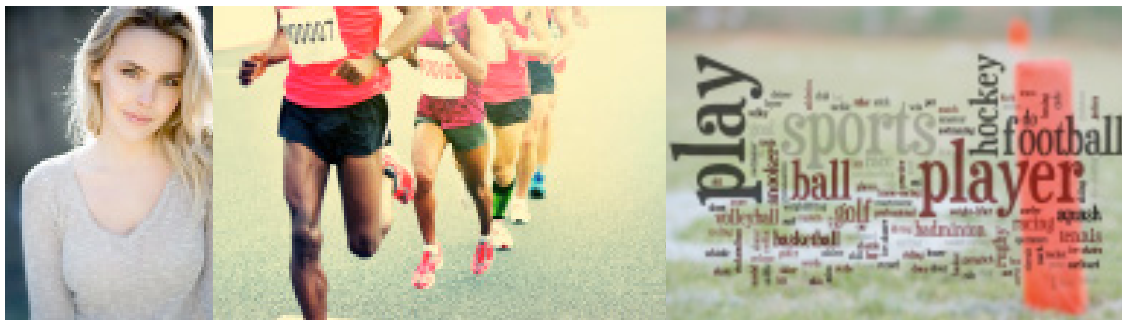
We have a long road ahead. For those who don't want to wait for Replenishing Care to come to them, or simply prefer to enjoy RC in the privacy and comfort of their own homes, we have created the Replenishing Care Home Fitness System (RCHFS). The RCHFS includes the four (4) cellular health technologies used in the In-Center portion of the Replenishing Care Model and plugs into any existing home gym.

www.replenishingcare.com
YOUR cells will love you for it!

FITNESS is the KEY!

Fitness is a gift we give ourselves – since:

- 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.



Thus YOUR fitness is really YOUR ability to do and enjoy the things you need and want to do. It is also key to enjoying the life YOU worked so hard to create. 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.** In short:

It ALL starts with FITNESS! FITNESS starts with cellular health! Cellular health starts with Replenishing Care!

- **STACKS 9 cellular health TRAINING and RECOVERY technologies together**
- **HELPS CELLS PERFORM through workout/game challenges and REPAIR**
- **ADAPTS to the strengths, needs, and goals of each individual:**
 - the fit become more fit
 - athletes of all levels often record personal bests
 - the injured and those post-surgery recover faster
 - loss of performance is slowed (even reversed)
- **SPILLS OVER into LIFE:**
 - executives perform better in the board room
 - aging is slowed (even reversed)
 - ALL become more resistant to illness and injury
 - incubating disease and developing risk factors are interrupted
 - "ill" see systemic improvement and (most often) symptomatic relief
 - reduces dependence on drugs
- **AMPLIFIES healthy lifestyle practices**
- **AMPLIFIES professional coaching and professional care**



STACKING the technologies:

- enhances fitness outcomes by supporting your cells through the most challenging moments of training, workout or competition and accelerates FULL recovery;
- combines 9 unique and specific cellular health benefits into one powerful punch;
- amplifies the contribution of each since the technologies 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 ensure you receive maximum benefits from the 9 technologies while minimizing the time required for you to utilize them.

1. In-Center: 12 high-performance Replenishing Care sessions in 6 week period.

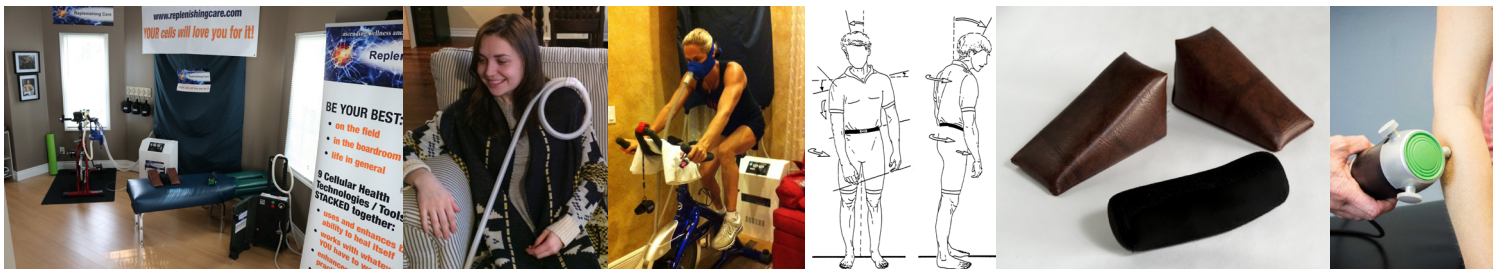
RC In-Center sessions blending High-Powered Pulsed Electromagnetic Field (PEMF) Therapy (see www.replenishingtechnologiesinc.com), ENHANCED Exercise with Oxygen Therapy (EWOT)/Altitude Contrast training, Scar Tissue Therapy and Pelvic Correction Technique with RC's integrated Training and Recovery Protocols:

- Cardiovascular efficiency, speed and endurance
 - Spin bike or treadmill or elliptical with altitude contrast oxygen
- Resistance, strength and power
 - Free weights, bands, isometrics and dynamic bodyweight movement
- Balance, coordination and flexibility
 - Pelvic correction, scar tissue therapy, stretching, yoga 101
- Mental focus and clarity
 - PEMF, emotional release techniques
- Injury prevention and injury/surgical recovery
 - PEMF, Scar Tissue Therapy

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 six (6) 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 together both amplifies the individual benefits of each technology and minimizes your time needed for deployment.

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



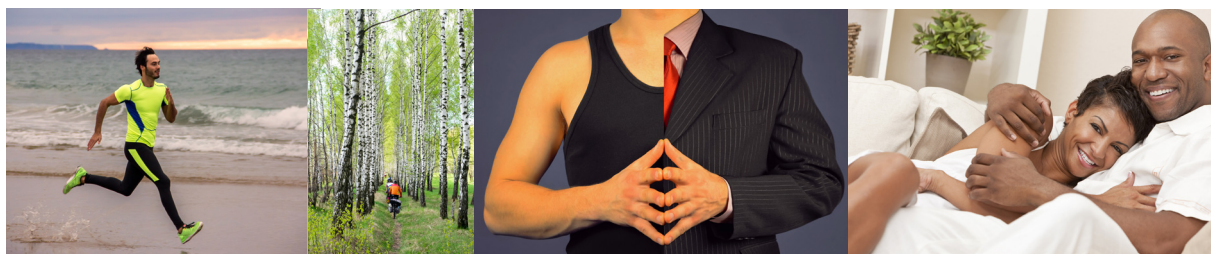
Start today at HOME

If you want to get started right away – and in the privacy and comfort of your own home we offer the Replenishing Care Home Fitness System (RCHFS) which consists of the four (4) cellular health technologies and therapies used in the In-Center portion of the Replenishing Care Model. Complete training is provided.

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.
- Serious Recreational Athlete wanting to GET and STAY as FIT as YOU CAN
- Executive or Entrepreneur who sees the connection between fitness 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 fitness options and want to GET FIT on your own terms (maybe for the first time in your life).



About Us

The cellular health technologies of Replenishing Care enabled me to go from Ascending Paralysis at 40 with **Guillain-Barre Syndrome** to Ascending Fitness at 61. 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 sixties. And I want others to enjoy the same fitness and vitality. All I ask is you remember: your 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 locations or use Replenishing Care in the comfort and privacy of your own home.

kindest regards,



James G Comerford
President and COO, Replenishing Technologies Inc.

James G Comerford 
647-289-3791

www.replenishingcare.com