

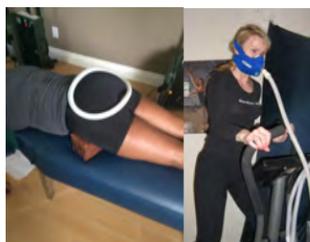
Is RC for me?

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 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).



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 Home Fitness System (RCHFS). RCHFS consists of the four (4) 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 race!

The cellular health technologies of Replenishing Care enabled me to go from Ascending Paralysis at 40 with **Guillain-Barre Syndrome** to Ascending Fitness at 62. 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 take advantage of the Replenishing Care Home Fitness System.

kindest regards,



James G Comerford
President and COO, Replenishing Technologies Inc.

James G Comerford 
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www.replenishingcare.com



B & O Yorkville Run
September 2016

ascending fitness and personal best performance

Replenishing Care

Be YOUR BEST:

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



11+ Cellular Health Technologies STACKED together:

- **elevates YOUR BODY'S ABILITY to train, 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!

Our goal is to deliver Replenishing Care through a global network of RC Centers - so as many people as possible have access to these *game-changing* technologies. Clearly 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 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. RCHFS 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. Of course RCHFS is equally adaptable to a team training facility; corporate wellness center or private members club.

www.replenishingcare.com

It's **ALL** about cellular health!

FITNESS is a gift we give ourselves:

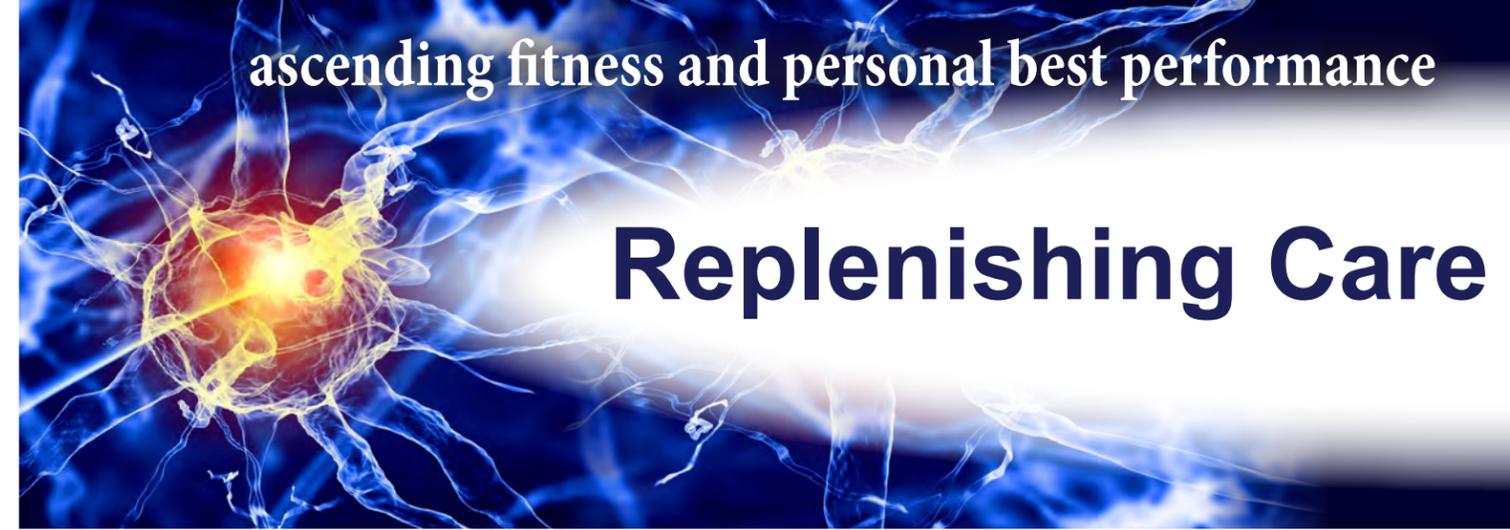
- fitness is a state of being able to perform sports, occupations and daily activities,
- wellness is a state of progressing toward higher levels of functioning, and
- health is a state of being free from injury or illness.



Thus YOUR fitness is (really) YOUR ability to do the things you need to do and enjoy the things you want to do. 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 11+ 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 gains by supporting your cells through most challenging moments of training, workout or competition and accelerates FULL recovery;
 - combines 11+ unique and specific 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.



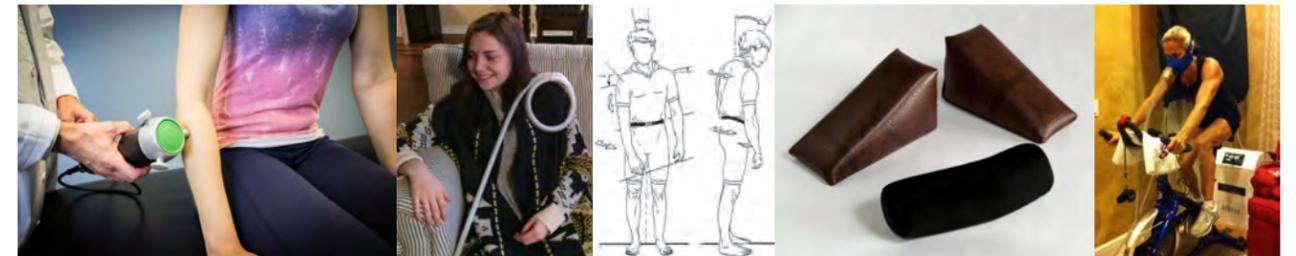
Client Care & Service Model

Replenishing Care is designed to ensure you receive maximum benefits from the 11+ technologies while minimizing the time required for you 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 with RC's integrated Training and Recovery Protocols:

- Cardiovascular efficiency, speed and endurance
- Resistance, strength and power
- Balance, coordination and flexibility
- Mental focus and clarity
- Injury prevention and injury/surgical recovery



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+ cellular health technology Home Tool Kit specifically created to build upon the benefits of the In-Center Replenishing Care appointments. The RC Home Tool Kit is powerful and easy to use and - we are proud to say - includes the World's most advanced PCR (phytocannabinoid rich) Full Spectrum Hemp Oil in 50mg tablet form (www.popreplenishingpcr-cbd.com). **STACKING** the technologies together both amplifies their individual benefits and minimizes your time needed for deployment.

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: The RC Maintenance Program involves 3 high-performance Replenishing Care cellular health sessions in next 6 week period.

RC Maintenance bridges your fitness gains into a lasting circumstance.