

1. **HYDRATION:** Drink an 8-ounce glass of water immediately after placing the discs on the body and stay hydrated.
2. **LOCATION:** Place discs or bands on BOTH sides of the body, even when sampling, preferably as stated below:
  - **BACK RELIEF:** If discomfort from spine, place Back Relief with Circulation on top of it at base of spine. If discomfort across the back, place Back Relief on left and another on right, with Circulation between them on the spine.
  - **CELL PHONE DEFENSE:** Place 1 on back of phone behind the battery (on the case is fine), computer, tablet, watch, or other electronic device and replace every 2 months.
  - **CIRCULATION:** For workouts or athletes, place on muscles that will be stressed. For improved circulation in arms/fingers, place 1 on top of spine at C7 disc. For legs/toes, place at base of spine on L4-L5 discs. For knees, can place on left and right of knee with Relief on back of knee. For larger areas, may place Circulation between or on each side of Relief or Back Relief (e.g. Relief, Circulation, Relief OR Circulation, Back Relief, Circulation).
  - **IMMUNE BOOST:** Place behind each ear, no lower than the bottom of the ear lobe.
  - **PERFORMANCE:** Place 1 two of that person's finger widths below the left and right collarbones, the distance apart from the thumb tip and middle finger tip when the person's hand is extended.
  - **RELIEF:** Use on the discomfort, with option of a Circulation on top of it. For knees or bigger areas, see Circulation above. For severe or prolonged discomfort, consider Back Relief instead of Relief.
  - **SINUS ALLERGY RELIEF:** Place 1 behind each ear on the bone.
  - **SLEEP:** Place 1 on each temple when going to bed and remove in morning. One set lasts 5 nights.
  - **STRESS RELIEF:** Place 1 behind each ear spanning the bone and soft spot below it.
  - **WRISTBAND:** Wear 1 somewhat loosely on each wrist for 2 months (to bed and shower), then wear a new one (or two) every 2 months. You may think of this as a "shower for cleaning our energy body".
3. **DURATION:** Use discs on both sides of the body for 5 full days, even in shower and to bed (exception is Sleep which is bedtime only). Replace discs on both sides every 5 days, using on both sides minimum 1 month, with an extra month for each extra year challenged with the particular issue (e.g. 3 years of sinus allergy use both sides 3 full months).
4. **COMBINATION:** May combine any discs or bands with any other discs, for example Sinus Allergy Relief with Immune Boost. May combine Circulation with Relief or Back Relief. May combine Stress Relief (24 x 7) with Sleep (bedtime only) for falling to sleep and staying asleep.
5. **FREE OF CONTRAINDICATIONS:** 100% safe with pace makers, medications, pregnant/nursing, infants, pets, anyone.
6. **DEMO:** [www.HologramDemoVideo.com](http://www.HologramDemoVideo.com) for EMF, balance, center of gravity, range of motion (seeing/feeling is believing)
7. **LEARNING:** [www.EMROQuantum.com](http://www.EMROQuantum.com), [www.HologramResults.com](http://www.HologramResults.com), [www.HologramExplanation.com](http://www.HologramExplanation.com).

**Disclaimer:** EMRO Quantum holographic discs do not prevent, treat, heal, or cure any disease, illness, or injury. They do not need to touch the body. They may be used on all humans, even newborns, people with pacemakers, pets, during/before/after surgery, pregnant/nursing women, anyone – non-transdermal, nothing enters the body, 100% safe.

