



A UNIQUE PRODUCT

- Promotes Sustained Energy
- Boosts Performance
- Increases Endurance
- Fights Fatigue
- Increases Alertness
- Produces Quick Results



DOMINATE AT SPORTS, AT WORK AND AT HOME

The Action Disc is the ideal product for men and women who want a fully empowered body for the physical activities they do. It's especially effective for professional and amateur athletes who want to take their performance to the next level. The Action Disc is the ideal product for anyone who wants that extra edge in their physical activities.

**Take Your Performance
To The Next Level Today!**

CUSTOMER REVIEWS

Mershawm Foley

He has been having a serious case of vertigo (dizziness) and a peripheral vision issue for an unknown reason for the past several years. He has visited his physician and specialists for (at least) the past 2 years and they have been unable to do anything, or give us a definitive reason for this. My dad is a very young, early 70s gentleman that had given up hope of being able to drive.

He started using the action disc for sustained energy and he was able to (for the first time in a very long time) turn himself around several times (think twirl) in his living room last week without a bit of vertigo. This is a man that had given up hope and was starting to (for the first time in my 50 years) feel deflated and old. I would say he was bordering on clinical depression because of the things he was no longer able to do and BA has given him back his hope and youthful attitude. I got my Daddy back!

Money Back Guarantee

Body Align offers a 30 day money back guarantee. Contact Customer Service to return your unused product within 30 days and you will receive a refund.

Body Align products are intended for healthy men and women, age 18 and over. The guidelines for using our products are strictly for informational purposes and are intended solely to educate our customers. Body Align products and information are not in any way intended to diagnose, treat, or prevent any medical condition. If you have a health concern, contact a healthcare professional. We also recommend you consult with your healthcare professional before starting any new diet, nutrition or exercise program. You may not experience the same results as individuals quoted or shown in videos on our website.

ACTION

Turbo Charge
Your Life



BODY  ALIGN

(800) 655-9855

support@BodyAlign.com

www.BodyAlign.com

How to use the ACTION DISC

When to Apply

The Action Disc is designed to increase energy level and athletic performance. Transform your body in a natural healthy balanced way using a revolutionary new approach for guaranteed strength, endurance, flexibility and balance.

The Action Disc use should be limited to 6 hours per day and should be removed 3 hours before bedtime. Do not wear more than two Action Discs at one time. Athletes may wear a third disc on CV-6 under trainer's supervision. The Action Disc can be combined with any or all of the other Body Align discs, except for the Sleep Disc. Do not wear the Action Disc while sleeping.

Exercise caution whenever you wear a Body Align Disc for several days in the same location. Some people may experience rashes when wearing the Disc for extended periods of time.

How to Use

Body Align Products are not negatively impacted by heat or cold, and water won't damage them. Intense exercise that makes you sweat may cause the adhesive to not stick. If you plan to be doing any kind of strenuous physical exertion, consider putting an adhesive bandage or surgical tape over this disc after you place it on your skin. If a rash develops from extended use, remove the disc.

Hydration

Proper hydration is extremely important for the body. It will also make Body Align Products work much more effectively. Body Align suggests hydrating by drinking at least eight glasses of water every single day. The water you drink should be highly filtered or spring water, and never tap water.

SUGGESTED ACUPUNCTURE POINTS

Pericardium 6 (PC-6)

This point can be very effective in balancing and improving the flow of energy. It can also maximize endurance and increase agility. It is located on the same side of the arm as the palm of the hand, directly in the middle of the forearm. It is two finger widths toward the elbow measured from the crease in the wrist between the hand and arm.



Conception Vessel 6 (CV-6)

This is a key point for regulating energy in the body. It is related to the 2nd Chakra energy center that is most closely associated with martial arts and strength in the body. It is located 1.5 finger widths directly below the belly button. It is a great point for hormone regulation.



Spleen 21 (SP-21)

This acupuncture point is used to improve the body's energy flow as well as for greater flexibility and rock solid balance. However it's a bit difficult to locate. It's found on the right side of the chest. Imagine a vertical line on the side of the chest halfway between the front and back on the body. Technically it is in the 6th intercostal space. Some references say it is 6 finger widths below the armpit. That placement will get you close to the right point, but is not exact.



Stomach 36 (ST-36)

This is another important point for increasing energy in the body. It's also a key point in digestive functions and is known to strengthen the whole body for greater power, better coordination, circulation and balance. It is located 1 finger width to the outside of the shin bone and 3 finger widths below the lowest point in the knee cap.



Additional Recommended Points

Additional suggested acupuncture points may be found by scanning the QR code at the right or visiting the Body Align website:

www.BodyAlign.com

