

ACTUAL  
SIZE

The Breathe Disc  
is transparent and  
rectangular, designed  
to be nearly invisible  
on your face.

## AN EXTRAORDINARY PRODUCT

- Clear Nasal Passages
- Clear Sinuses
- Reduce Eye Swelling
- Reduce Coughing
- Eliminate Antihistamines
- Eliminate Decongestants



## IT'S A BEAUTIFUL DAY... ENJOY IT

It's a beautiful day outside, but you don't dare step out the door because you'll be in a world of coughing, swollen itchy eyes, a scratchy throat, and a runny nose! What could be worse?

Finally, you don't need to hide from the outdoors anymore during the Spring, Summer, and Fall. The Breathe Disc works fast to get you back into enjoying nature. It's the ideal solution if you want relief without using any drugs like antihistamines or decongestants.

**Stick it on and the allergy is gone.**

## CUSTOMER REVIEWS

### Dr. Larry

My wife is approaching 80 and has had serious "hay fever and allergies" for most of her life. Three days with the Breathe Discs on her temples not only has completely stopped most of the symptoms including daily headaches. She has gone as long as a week without the discs and when anything crops up such as runny eyes or nose or itching eyes, the discs will stop it in its tracks in just a few minutes. This is a GRAND THING! She really has not realized that this can be real, but I can tell ya, it makes it better for everyone! Thanks!

### Luanna Scrogan

At the Body Align conference the weather on Sunday left many feeling puny due to a lot of sinus pressure; myself included! I heard that they would be introducing the Breathe disc that day & begged Steve to let me try some right away. I was barely functional! He took me right over to get some. I put them on & within a couple of minutes I could feel the pressure diminishing; in about 15 minutes the sinus pressure was gone!!! I could think again! Btw: although some placed them on their cheek on either or either side of the bridge of their nose, I heard some saying that it had made their nose drain but didn't seem to be relieving the pressure in their head. My nose was not stuffy, so it was suggested that I place them on my temples, so I did & got the results I needed!

## 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 a 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.

# BREATHE

## Instant Relief From Sinus Allergy



BODY  ALIGN

(800) 655-9855

support@BodyAlign.com

www.BodyAlign.com

# How to use the BREATHE DISC

## When to Apply

Apply one or more Breathe Discs day or night whenever you notice any of the symptoms of sinus allergy. You may leave the Disc on as long as the allergy symptoms persist. However, it is also possible to remove the Disc after the symptoms are gone since the effects are long lasting. Do not wear the Disc for more than 24 hours at a time.

## Where to Apply

The acupuncture points listed to the right are generally effective for relieving sinus allergy symptoms. You may discover additional points, particularly on the head and face that provide effective relief. Feel free to experiment.

## 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 on doing any strenuous physical exertion, consider putting an adhesive bandage or surgical tape over the Disc after you place it on your skin. Of course, that may not be practical for points on your face. There is no specific length of time you should wear Body Align Products. Be cautious about wearing any type of Body Align Disc on the same spot for several days in a row. Some people develop rashes when they wear the same disc for extended periods of time. You may wear any other Body Align Products with the Breathe Disc.

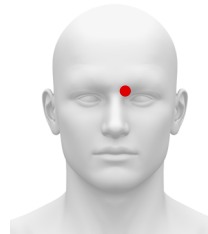
## Hydration

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

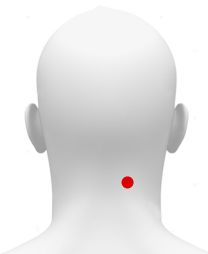
### Bladder 2 (BL-2)

This point is located at the end of the eyebrow that is closest to the nose. The exact spot is called the supraorbital notch. This location is great for relieving runny noses and pressure in the sinus cavities in the forehead.



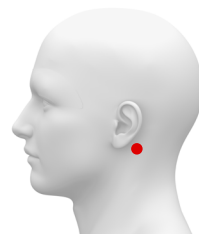
### Bladder 10 (BL-10)

This point is located on the back of the head at the level of the hairline. It is located approximately 1.5 finger widths to the side of the middle of the midpoint of the head. This is a less conspicuous point than BL-2, but can also be effective in relieving nose and sinus pressure symptoms. However it may be difficult to place a Disc on the precise point because of the hair. So, place it just below the hairline where the disc will stick.

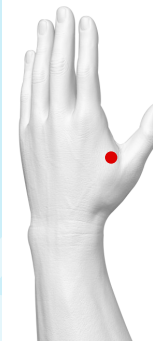


### Gallbladder 12

The point is located behind the ear as shown in the picture. It is good for relieving sinus headaches, but may be less effective for relieving nasal obstruction.



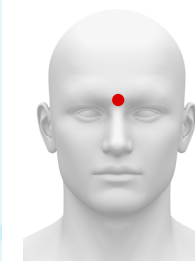
### Large Intestine 4 (LI-4)



This point is located on the back of the hand (the dorsum of the hand) between the 1st and 2nd metacarpal bones. The point is easily found by holding the thumb next to the index finger. A mound will form where they come together. That is the point. LI-4 is an excellent point for all types of discomfort and is particularly effective for headaches, swelling, and itchiness in the eyes, nasal obstruction, and rhinorrhea.

NOTE: Pregnant women should avoid using this point.

### Vintang



This is a special point in acupuncture. It is not identified with any particular acupuncture meridian. Many people refer to it as the third eye point. It is located directly above the nose between the eyebrows. It can be effective for symptoms involving the nose, upper sinus cavities, and eyes.

## 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](http://www.BodyAlign.com)

