

# DISC PLACEMENT AND USAGE

## QUANTUM ENERGY WRISTBAND

Wear 1 somewhat loosely on each wrist 24/7 for 2 months, then wear 1 on the left wrist for 2 months. Wristbands last 2 months.

## QUANTUM RELIEF

Place 1 over pain or discomfort area and place 1 between the pain and the brain on the opposite side of the body. To enhance performance, place Circulation and/or Performance disc either over two Relief discs or between them.

## QUANTUM BACK RELIEF

Place 1 over area of discomfort on low back or hip.

## QUANTUM PERFORMANCE

For general performance enhancement, place 2 finger-widths below the right and left collarbones at a distance equal to the length from the tip of the thumb to the tip of the middle finger.

## QUANTUM CIRCULATION

For improved circulation in arms/fingers, place on C7; for legs/feet, place at base of spine on L4-L5; for athletic performance, place on muscles that will be stressed; use in combination with other discs.

## QUANTUM CELL PHONE DEFENSE

Place 1 disc on back of phone behind battery, computer, tablet, watch, or other electronic device and replace every 2 months.

## QUANTUM SINUS ALLERGY

Place behind each ear on the bone.

## QUANTUM IMMUNE BOOST

Place 1 behind each ear no lower than the bottom of the ear lobe.

## QUANTUM STRESS RELIEF

Place 1 behind each ear spanning the bone and the soft spot below it.

## QUANTUM WEIGHT CONTROL

Rotate between right and left legs at 4 finger widths below center of kneecap and 1 thumb length to outside of leg (should be sensitive at Stomach 36 acupuncture point). Wear Weight Control Wristband on opposite wrist of leg placement. Place other Weight Control Disc on bottom of water bottle.

## EMRO QUANTUM TIPS FOR OPTIMAL RESULTS

### 1. HYDRATION

Drink an 8-ounce glass of water immediately after placing the discs on the body and stay hydrated with at least 64 ounces of water daily.

### 2. LOCATION

Place discs or bands on BOTH sides of the body even when sampling as described in the chart provided.

### 3. DURATION

Use discs on both sides of the body for 5 full days, even when sleeping or in the shower with the exception of the Sleep disc which should be removed upon waking. Use a minimum of 1 month with an additional month for each year you have been challenged with a particular issue. For example, if you have had a sinus issue for 3 years, use the Sinus Allergy discs for 3 months.

### 4. COMBINATION

May place any discs or bands in combination with any other discs. For example, may combine Stress and Sleep discs for falling asleep and staying asleep, or may combine Sinus Allergy and Immune Boost for optimal relief of symptoms.

## ENERGETIC MEDICINE

EMRO Quantum uses color, light, and healing frequencies to energetically rebalance your body. When the discs are properly placed within your energy field and you are hydrated, your energy begins to synchronize with the beneficial healing codes and frequencies and you eventually come into balance with better health and wellness. In science, this is called "Entrainment".

## FREE OF CONTRAINDICATIONS

100% safe with pacemakers and medications. Can be used on elderly, children, and pregnant or nursing mothers. Avoid placement on abdomen when pregnant.