

Do It Yourself Acupressure Kit

Acupressure & Acupuncture therapy have been recommended for discomfort and speedy recovery of health problems for thousands of years.

We have created a special product called QuantaGram™. This product is a special disposable non-invasive holographic sticker.

This kit contains 36 disposable holograms along with common placements for Acupressure points. You can use, learn and experience acupressure by following these points shown inside this kit.

This QuantaGram™ Acupressure Kit has been designed to be a non-invasive, safe, and effective way to learn our method of "do-it-yourself" Acupressure at home. This can help facilitate energetic communication via the body's meridians supporting harmony and a balanced body. Acupressure also supports the body's ability to cleanse, balance and build.

USAGE: For external use only. Apply hologram sticker on acupressure points as indicated in diagrams inside this brochure for "do-it-yourself" acupressure.

These safe non-trans-dermal holograms do not have to touch the skin and can also be placed on bandages or clothing at the selected points.

100% PRODUCT GUARANTEE: We stand by the quality of each of our products with a 100% satisfaction guarantee.

www.GoQuantumLife.com

IMPORTANT: This product is not intended to treat disease, replace medication, support or sustain human life, or prevent impairment of human health. Keep out of reach of children.

PROPER CARE: To keep your Holograms safe and fresh, do not store near electrical appliances and store them in the included static bag.

WARNING: Do not use if pregnant. If using the Sleep Hologram, do not drive or operate heavy machinery. Do not place on open sores or bleeding areas. If you suffer from any health conditions, consult a medical professional prior to use of this product or any type of acupressure.

FOR EXTERNAL USE ONLY: Choking Hazard, keep out of reach of children. Do not eat or place in mouth.

Lot# 1 Expires: 5/2025



Relief - Energy - Sleep

Do It Yourself Acupressure Samples Pack



This Kit Contains 6 Sample QuantaGram™ Holograms of Relief - Energy - Sleep



ACUPRESSURE

RELIEF



PLACEMENTS

Location: Place a peel-n-stick Relief Hologram on the area of discomfort. If discomfort is generalized and you are unable to pin point the exact spot, probe your finger to find the most tender area. Once identified, place the Quantum Lifestyle Hologram on that spot.

It may be necessary to move the Hologram to different areas to obtain best results. You can use multiple Holograms (example: place an additional Hologram opposite or on both sides of discomfort).



Multiple types of Holograms can be used simultaneously.

Hydration: Drink plenty of water to enhance results.

Recommended duration: 3 days on and 2 days off. Quantum Lifestyle Holograms can be used multiple times. To increase effectiveness at times it may be necessary to move the Holograms to different locations.

SLEEP



PLACEMENTS

Location: Find the acupressure placement or combination that works for you.

SLEEP PLACEMENT 1

Located at the depression of the temples, one-half inch to the outside of the eyebrows (both sides).



SLEEP PLACEMENT 2

Located in the center of the back of the head, in the large hollow under the base of the skull.



SLEEP PLACEMENT 3

Located directly between the eyebrows, in the indentation where the bridge of the nose meets the center of the forehead.



ENERGY



PLACEMENTS

RUNNING

Location: On the outer part of the chest, four finger widths up from armpit crease and one finger width inward. Can also be used as an overall TOTAL BODY ENERGY placement.



LEG & BACK STRENGTH

Located on the outside of the ankle. At the very top of the anklebone, draw a straight line to the Achilles tendon. In the hollow between the tendon and the anklebone is where you would place the Hologram. This Acupressure point is said to aid in leg strength.



TOTAL BODY ENERGY

Location: CV-6 is located two finger widths directly below the belly button. CV-4 is four finger widths below the belly button. This point is also said to influence total body energy.



CHEST STRENGTH

Location: Two finger widths below the center of the nipple. These acupressure points are said to help increase blood flow and muscle endurance of the chest.



ARM STRENGTH

Location: About 3 to 4 finger widths from the crease in the palm side of the wrist. Place on inside of both wrists. Can also be used as a overall ENERGY placement. This Acupressure point is said to influence total body strength.



TOTAL ENERGY

Location: At the top of foot at the juncture of the big and second toe. Place on both feet.

This point is also said to influence total body energy.



NOTE: Maximum effect can be achieved by using multiple placements at once. Experiment to find out what works best for you. Hydration is important. Drink plenty of water to enhance results. Do not place on open wound. Place on clean dry skin. The hologram may not stay in place due to many different skin types or climates. If necessary, cover or place on or under a small bandage or tape.