

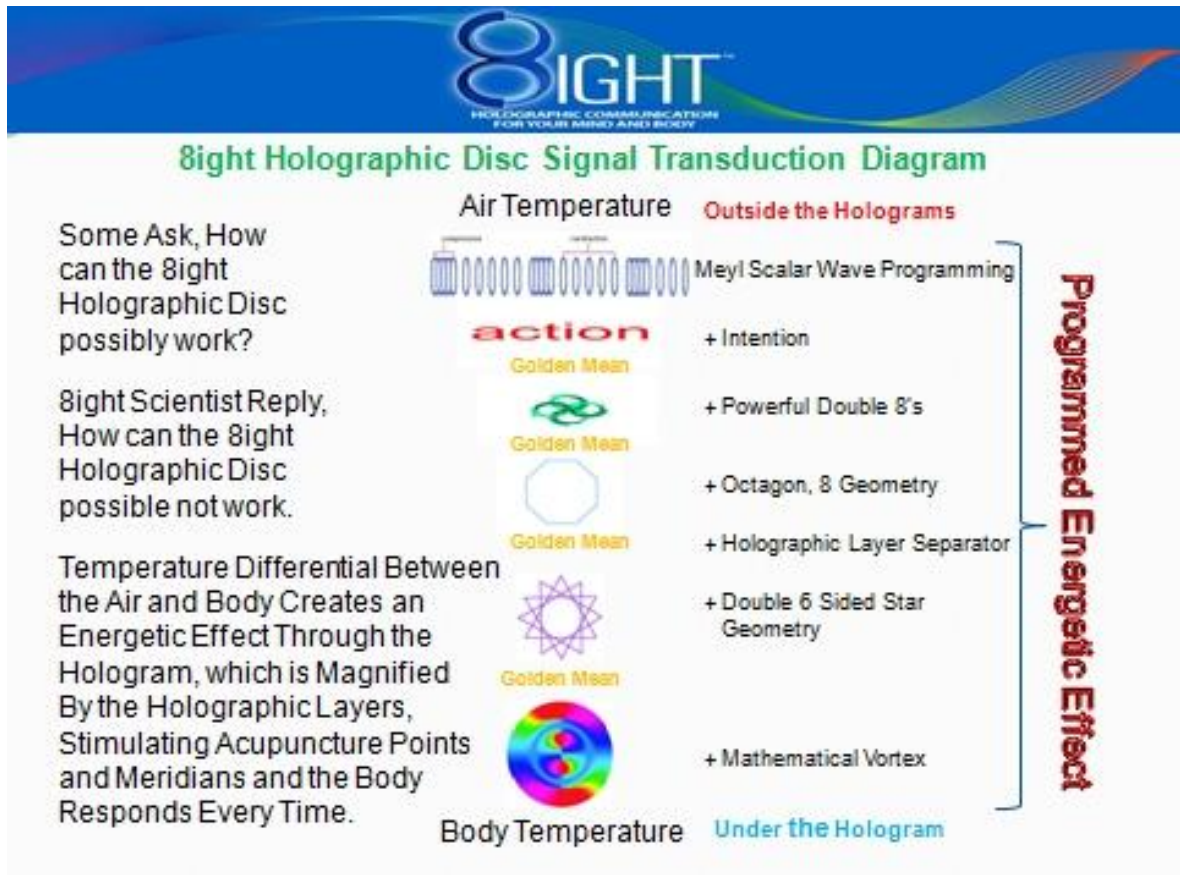


www.8ight.com

Athletic Holographic Muscle Building Protocol

System Based on BioResonance and Signal Transduction.

A new paradigm in non-chemical based athletic performance and training.



8ight's Muscle **Mass** Program has been developed in conjunction with advanced U.S. and Russian Technology as a 3 part bio communication system.

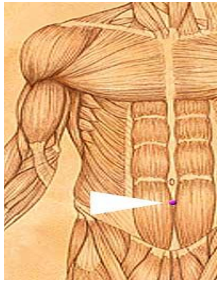
The heart is the strongest organ, energy wise, in the body. If the heart is weak, or over stressed, the heart will pull from all body systems to achieve the energy, balance needed. This condition weakens the body's biocoherence resulting in degraded performance.

The process will provide electrolytes, in part through ion enhancement the body needs, and only water should be used for hydration. Aid, Red Bull, etc. and other enhanced drinks are dehydrating and fattening and should not be used.

An additional water hydration enhancer will be available during the summer to change the positive mV charge in water to a negative mV charge more acceptable to the cells in hydration.

Negative ions are frequency induced into the **Mass** discs, and Biogenic Magnesium Oil.

Mass Protocol



1. Use the 8ight **Mass** disc in this placement for 3 days on & 1 day off on CV 4 or CV 6 as noted below.
2. Use the Revitalized Biogenic Workout Activator. 4 drops per 8 oz bottle of water or 60 drops per gallon. Use before and during workouts.
3. Use the Revitalized Biogenic Magnesium Oil, prograded with Bioplasma and **Mass** programming after your workout and shower, massaging into your muscles. The magnesium will activate from the skin into your cells and continue resonanting with the **Mass** disc.

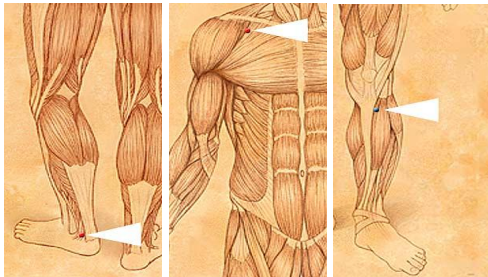
Most people are magnesium deficient to some extent and the magnesium will activate cellular calcium and increase ATP production. This process is additive and continues to build while the magnesium is added to your muscles.

The **Mass** disc, **Workout Biogenic Activator**, and **Biogenic Magnesium** resonant together in this triple process and should promote muscle mass development with lower body fat.

Caution: Increased sex drive seems to be a consistant byproduct of this protocol.

Action, Sleep and Relief can be used with **Mass** and the **Mass** system as noted below. The following placement points assume CV 4 or CV 6 below the belly button have the **Mass** Holographic Disc applied.

Marathon and Triathlon

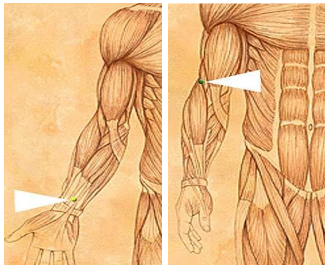


Plus **Mass**

Relief (Tape) **Action** **Action** (Tape)

Be careful, this could be too strong with **Mass**. Should be used for only short periods of time, if **Mass** is included.

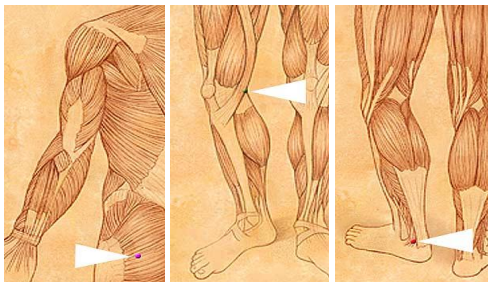
Sports with Predominant Arm Strength



Plus **Mass**

Action (Tape/W Band) **Action**

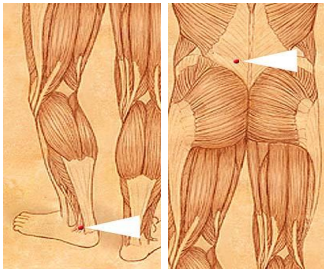
Sports with Predominant Leg Strength



Plus **Mass**

Action **Action** (Tape) Relief (Tape)

Sports with Predominant Back Strength

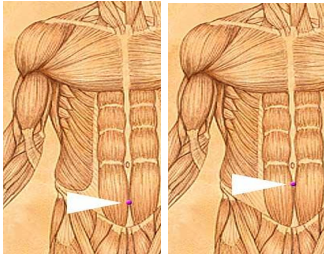


Plus Mass

Action (Tape)

Relief

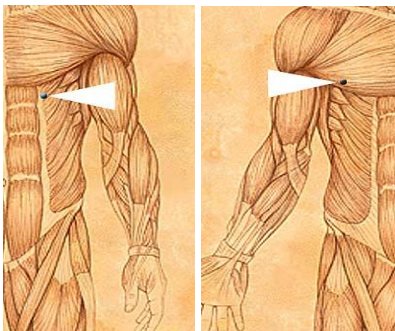
Total Body Strength



Relief

Mass

Sports with Predominant Chest Strength

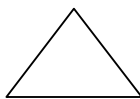


Plus Mass

Action

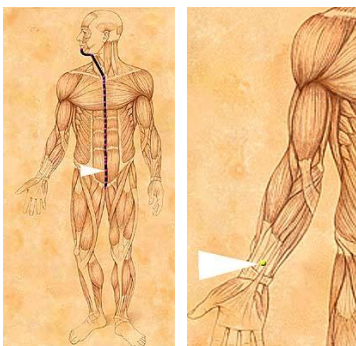
Action

General usage configurations for strength endurance and stamina



Use Mass on CV 4 and Action on both legs SP6. Note the triangle pattern of the placement

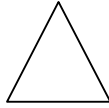
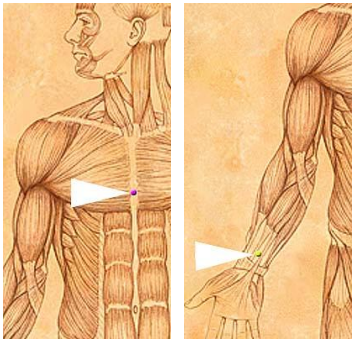
Action



Use Mass on CV 4 and Action on both wrists PC 6

Mass

Action



Use **Action** on both wrists PC 6 and **Mass** on CV17 Sternum. Note the triangle pattern of the placement

Mass

Action