

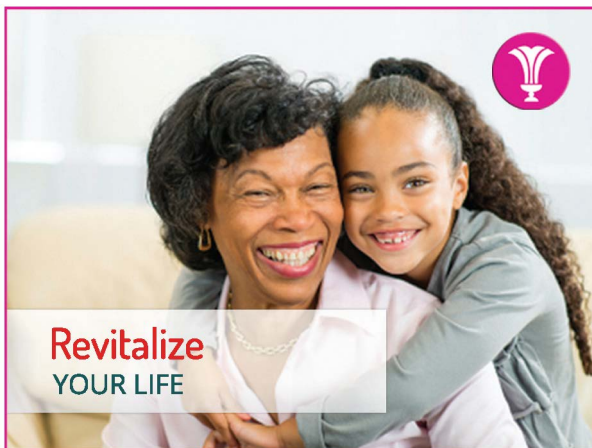
## A Powerful Product



- Promote Youth
- Improve Skin Tone
- Revitalize Your Skin
- Reduce Wrinkles
- Feel Better Every Day

### Slow Down The Effects Of Aging

The Youth Disc is like a facial spa and hormone balancing system you can wear all day long. It can help you look better and feel better and reduce many of the symptoms associated with hormone imbalances. It's the perfect choice if you want to slow the effects of aging, want better looking skin, or are considering estrogen therapy of any type. If you want to return to the way you felt when you were younger this product is your answer.



## What Customers Say

### Janet B.

Before I started using the Youth Disc, I was having a lot of hot flashes and mood swings and my mental clarity wasn't that good. My memory and thinking is clearer & mood swings are gone! I've had breast cancer and can't have hormonal replacement therapy. There has been NO increased heart rate and no side effects. My blood work was good and my practitioner recommended that I keep using them. I am a Medical Administrator so I've seen it all... Thank you so much BodyAlign!

### Julia Rohmoser

From the moment I began wearing the Youth Disc, I could see and feel the difference in the way that my skin looked. Immediately, I could see a brightness in my face. I can see a glow that I haven't seen in a long time. After I had worn it for about a week, my friend looked at me, and said, "What did you do to your face, you look different." In the morning when I awake, I feel great, ready to get up and start my day.

### Elaine Kay

For many years I would often awake with 'Night sweats' about 4am. Now, with BA Youth discs, I no longer have this unpleasant experience. I am also noticing enhanced mental clarity without the occasional 'fog brain' feeling and a more youthful facial skin appearance. Thank you BodyAlign!!

### 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 health concerns 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.

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



# YOUTH



## Feel And Look Younger

The Youth Disc is designed for women of all ages who are dealing with the challenges of hormonal imbalances.

**Naturally Balance Estrogen**

**Revitalize Your Skin**

**Eliminate Hot Flashes**

**Stabilize Mood Swings**

# BODY ALIGN

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## How To Use Youth

### When To Apply The Youth Discs

The Youth Discs are intended for use by women. They are designed to restore natural hormonal balances. Use them to restore estrogen balance naturally.

The Youth Discs are most effective when applied in a rotation cycle of wearing a Disc for up to 3 days then not wearing the Disc for 1 day. Cycle through all the recommended points. There is no need to wear more than 1 Youth Disc at a time.

### Where To Apply The Youth Discs

The acupuncture points listed to the right are generally effective for the Youth Disc. Use them in your own personal rotation cycle in the order shown. You may also experiment placing the Discs at other locations. In Chinese Medicine, the Kidney, Liver, Gallbladder, Conception Vessel and Governing Vessel play key roles in hormone balance and are the best meridians to use the Youth Disc on.

### How To Use The Discs

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 the disc after you place it on your skin. If a rash develops from extended use, remove the Disc.

### Hydration

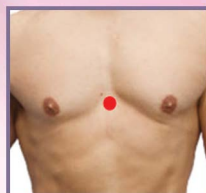
Proper hydration is extremely important for the body. It will also make Body Align Products work much more effectively. Body Align suggests hydrating by drinking at least eight glasses of water every single day. The water you drink should be highly filtered or spring water, and never tap water.

## Suggested Acupuncture Points To Use



### Conception Vessel 4 CCV-4]

This is a key point that influences the production and circulation of hormones in the body. It is located 3 finger widths directly below the belly button.



### Conception Vessel 17 CCV-17]

This is another key point for regulating energy and hormones in the body. It is easy to find in men because it is

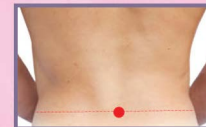
located in the middle of the chest directly between the nipples. In women it may be more difficult to locate depending on the size and shape of the breasts. Technically it is level with the fourth intercostal space. Intercostal spaces are the spaces between ribs. The 4th intercostal space can be located by feeling the spaces between ribs and counting to 4. Locate the first rib by feeling under the collar bone. The space under that rib is the 1st intercostal space. Simply count down between the ribs until you come to the 4th space.

Do NOT use this location if you have any type of heart condition or are breast feeding.

### Additional Recommended Points

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

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



### Governing Vessel 3 CGV-3]

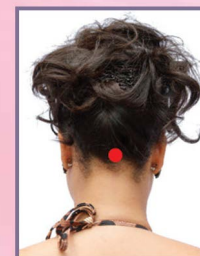
Research has shown that this point is very effective

for regulating hormonal balance, but you will need assistance in placing it on the correct spot on your back. Technically, it is located directly on the spine below the spinous process of the 4th lumbar vertebra. If that is a bit too technical, you can find it by locating the top of the pelvic bone on both sides of the back. Draw an imaginary line between the tops and the point will be located on that line directly over the spine.



### Spleen 6 (SP-6)

This is an important point for sending biological signals to the Spleen, Liver and Kidney. It is located on the inside of the leg, 4 finger widths directly above the ankle bone.



### Governing Vessel 16 CGV-16]

This point is an effective point in normalizing hormone levels. It is located on the middle of the back of the neck between the two big muscles that run parallel to

the spine. It is found directly below the skull (the occipital protuberance). To use the Youth Disc on this point you will probably need to shave off some hair. If that is a problem for you, omit using this point.