

## A Unique Product



- Get Strong Pain Relief
- Get Relief From Past Injuries
- Stop Muscle Soreness
- Reduce Pain After Surgery
- Diminish Menstrual Cramps
- Reduce Stress
- Get Quick Relief

### Feel Comfortable Again

The Relief Disc helps stop pain dead in its tracks. It both eliminates pain and reduces inflammation... and that means that when you use it, you'll be less likely to suffer from things like sports injuries, muscle strain, joint pain, menstrual cramps and the symptoms of many conditions associated with aging. When you use it daily it helps reduce the overall inflammation in your body... and reduced inflammation is associated with diminished symptoms of high blood pressure, migraines, fatigue, cataracts and many other conditions linked to aging.

The Relief Disc is the ideal product for anyone who wants less pain in their life.



**Comfort**  
When You Need It

## What Customers Say

### Ashli Kimball & Family

I've been getting headaches, and for the last 4 weeks, the relief discs have been a lifesaver. I put the 2 discs on. In 5 minutes the headache is gone. This has worked several times. At my Martial Arts gym, I have 75 women in our program. Someone always has an injury, or is tired, having surgery, etc... In the fitness industry, that is part of it. One person I helped had Sciatic nerve trouble... I placed the discs in the right spot.. She is coming back every day wanting another one. We can't keep them in stock. I am just now learning about them... I can tell you though, they just work and are exciting.

### Elaine Kay

My knees are 5000 Happy !!! I received my BA product and immediately placed the Relief discs on the inside of both my knees. Within a few minutes I felt less thickness and issues in walking. Then an hour later, walking was a breeze, no pain. The next day, I did stairs at normal speed and aerobic pace walking without any pain or noticeable stress in either knee!! Thank you Body Align! I no longer hobble along with grabbing knee pain in each step.

### 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)



# RELIEF



## Get Rid Of Pain

The Relief Disc is a fast way to stop hurting. It's simple... just place the Disc where it hurts.

Eliminate Pain

Reduce inflammation

Reduce The Chance Of

Inflammation-Related Diseases

Reduce Stress



phone 800.655.9855  
support@BodyAlign.com  
[www.BodyAlign.com](http://www.BodyAlign.com)

## How To Use Relief

### When To Apply The Relief Discs

Apply one or more Relief Discs whenever you experience pain, and remove it when the pain is gone. If the pain returns, reapply the Disc(s) and leave on until the adhesive no longer sticks to your skin. You can leave the Relief Disc on for extended periods of time.

### Where To Apply The Relief Discs

Pain arises from a variety of causes and can occur anywhere in your body. Pain may be temporary from things like injuries and muscular exertion. It may also be chronic... you experience pain on a more or less continuous basis. If you are experiencing any kind of pain, then the best strategy is to place the Relief Disc directly on the spot on your body that hurts the most. You may want to gently apply pressure around the general point of pain. See where it hurts the most when you press. That is the point to apply the Relief Disc.

### 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. You can wear clothes over Body Align Products. They will continue to work effectively. 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 Relief 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

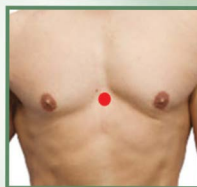


### Large Intestine 4 (LI-4)

This is one of the most effective points for general pain relief, particularly in the head, neck and arms. It can also be effective for

abdominal pain and menstrual symptoms. The point is found on the top of the hand in the fleshy area between the thumb and index finger as shown.

**This point should not be used by pregnant women.**



### Conception Vessel 17 (CCV-17)

This is another key point for regulating energy in the body. It regulates energy, improves circulation and clears the lungs.

In men it is located in the middle of the chest directly between the nipples. In women it is level with the fourth intercostal space.

**Important: If you have any type of heart condition DO NOT USE THIS POINT (CV-17). If you are breast feeding, use this point with caution.**



### Spleen 4 (CSP-4)

This is a good point for lowering stress. It is located on the inside of the foot. Notice that the skin

on the foot has two different colors - one on the top of the foot and one on the sole of the foot. The point is located on this color change. Once you have found the color change, the point is approximately 2 finger widths toward the ankle, measuring from the point of the big bone that protrudes from the big toe that is closest to the ankle.



### Kidney 1 (CKI-11)

This point is particularly effective at lowering stress. It literally grounds you to the earth and helps reduce over thinking. This point is a bit difficult to find by its anatomical description. The best strategy is to look at the picture for the best placement.

If you routinely experience stress, you may want to place a Relief Disc in your shoe at a spot that most closely aligns with this point.



### Pericardium 6 (PC-6)

This point can be very effective for pain and constriction in the chest. It is located on the same side of the arm as the palm of the hand, directly in the middle of the forearm. It is 2 finger

widths toward the elbow measured from the crease in the wrist between the hand and arm.

### 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)

