

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.

QuantumLifestyle.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: 1/2026

 **Quantum Lifestyle**
QuantaGram™



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QuantaGram™

FIT
OPTIMUM
WEIGHT SUPPORT



Learn Do-It-Yourself Acupressure

- Quick & Simple to use
- Safe - Non Trans-dermal Holographic Placement Stickers
- Acupressure utilizes energy pathways to trigger release of muscular tension and blood flow
- Supports The Body's Natural Ability To Feel Better
- An Experience To Enhance Your Life

This Kit Contains 36 Disposable QuantaGram™ Holograms and Instructions



Choose points and work with them to find the points that work best for you.

We have combined the Eastern art of Acupressure with our Western technology of Quantum Lifestyle Infusion; designed to provide a unique form of "Do It Yourself Acupuncture".

We have an answer:

The magic in the answer is that it is completely driven by you and with the help of the Quantum Lifestyle FIT Hologram.

The Quantum Lifestyle FIT hologram is designed to assist in helping you achieve optimum weight and fitness. Keep in mind that although there can be many factors causing weight gain, there can be no argument that proper diet, nutrition and exercise is the most basic answer for many overweight people. After good health and nutrition, it basically comes down to math.... How many calories taken in to your body versus how many calories you burn on a daily basis.

This hologram is safe because it does not deliver dangerous ingredients in to your body to manipulate your metabolism, energy, appetite control or mood.

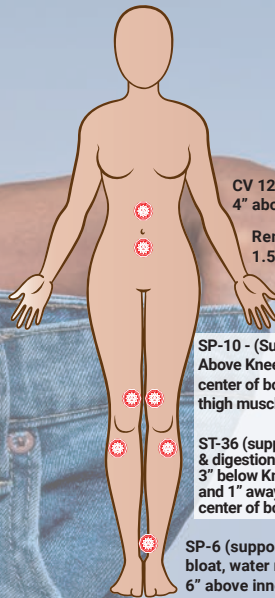
The Quantum Lifestyle FIT Hologram has been exposed to our Quantum Lifestyle Frequencies and good energy designed to communicate with your cells through Acupressure points to wake up your body naturally with our Quantum Lifestyle Frequencies.

Keep your health real. There is no magic pill, drink, wrap, powder or potion that will permanently shed pounds from your body. If one of those methods work at all then chances are that it is only temporary. And why? Because the weight loss didn't come from you!

It is designed to assist you via acupressure points and our quantum infusion with appetite control, to support amping up your metabolism, assist you with a more positive mood and communicate with your cells.

If you lead a sedentary lifestyle like sitting all day, watching TV, computer or games all evening and then retiring to bed only to repeat this day in and day out, then you can usually go to the mirror and eventually see what you have done to yourself.

This can support waking up your own natural energy to enable you to be more active, control your appetite, make better eating decisions, feel positive and to exercise.



CV 12 - (supports metabolism)
4" above navel

Ren-6 (Supports Digestion & constipation)
1.5" below belly button

SP-10 - (Support Blood Sugar Levels)
Above Knee cap and 2" away from center of body at bottom portion of thigh muscle

ST-36 (supports appetite & digestion)
3" below Knee cap and 1" away from center of body

SP-6 (supports abdominal bloat, water retention)
6" above inner ankle bone

WARNING IF PREGNANT: Do not use holograms or acupressure without the direction of your health professional.

Apply the Quantum Lifestyle Holograms on the points shown in the illustrations above. Place on clean, dry and oil-free skin (clean with hydrogen peroxide, when possible). The hologram's adhesive is a food grade adhesive so it may not stay in place due to the many different skin types or climates.

If necessary, cover with a small bandage or tape. They do not have to touch the skin to be effective. They can be placed on top of bandages or clothing. They can be placed in shoes or socks. For best results, keep your body well hydrated. IMPORTANT: Quantum Lifestyle Holograms are for self-education and research purposes only. Keep away from strong electromagnetic fields, such as microwave ovens.