

Getting Started- Instructions

for your new Harmony Health CEO Mega Pack

(item #1084) revised 3/31



QuantaWater: Essential to overcome poor sleep, fatigue and non responsive health issues. Added to any quality protocol, QuantaWater provides maximum support to promote optimal cellular function and hydration.

Instructions: Take a tiny sip every one or two hours for at least 60-90 days, undiluted. Approx. four bottles per 30 days. 7 am to 7 pm or during waking hours.

Add one ounce to every half gallon of purified water for maximum cellular hydration, or a small squirt in any liquid.

Harmony Drops: This harmonic water catalyst infuses pure harmonic energy patterns into trace minerals. Harmony Drops primarily provide support to allow the natural clearing of stagnant energies daily from the organ systems, allowing more complete natural response and function.

Instructions: 1-3 drops per 8 oz. of water for optimal hydration, and one drop on the back of the hand two to four times per day to clear stagnant energies. Rub with the back of other hand.



EP2 Stress Pendant: Promotes maximum protection from chaos emanating from computers, cell phones, and electrical wiring, as well as the physiological drain on our body from our negative thoughts. It now uses our Essential Quantum Bio-energy technology adapted for personal protection and cellular coherent energy support. It accesses and amplifies the vibrational harmonics found naturally in our environment, allowing your body to utilize those frequencies that make up your unique harmonic field. Supports and promotes increased resistance to all forms of chaos at the cellular level.



Instructions: Wear the EP2 Stress Pendant throughout the day, although shorter times to start are recommended initially for seriously compromised cell function.* See instructions.

Can also be used to energize any food or liquid in less than one minute, although longer times are always beneficial. Simply place the EP2 Pendant under or near the food or beverage.

Harmony Health EP2 Stress Pendant (Continued)

*How to start if fatigued, or your sleep or your health are compromised

- **Day 1 & 2:** Wear for 1/2 hr. then remove
- **Day 3 & 4:** Wear for 1 hr. then remove
- **Day 5 & 6:** Wear for 1.5 hrs. then remove
- **Continue increasing** your time by 30 minutes every third day until you reach 12 hours. Failure to follow could actually promote fatigue later in the day.
- **When you reach 10-12 hours** you've built up your energetic muscle enough to wear the pendant all day
- **At Night:** Place within three feet of any sleeping area
- Place between you and your computer when not able to wear your EP2 Pendant
- Excellent personal protection against SmartMeters
- Helps provide coherence which can reduce addictive nature of some substances
- **When extreme fatigue or poor sleep** is present, start at 15 min. increments

To order go to: www.my90forlife.com and search for Harmony Health CEO Mega Pack. More information is available on www.HarmonyHealthPack.com

Selenium (with Zinc & Copper): 3 per 100 pounds of body weight for first 60 days minimum. Research has shown selenium to have potential catalyst support for most body function, particularly heart support, and more importantly among very active individuals.



REFRIGERATOR HARMONY EGG: The most amazing and affordable technology to extend the life of produce and food, while enhancing life-supporting energies within the food. Designed specifically for the refrigerator. Allows many foods to last two to five times their normal life in the refrigerator, potentially saving hundreds of dollars each year. Many individuals have reported their food even tastes better.

Instructions: Place one centrally in your refrigerator and perhaps another in your pantry. This will help protect and extend the shelf life of nearly all your foods. Works on most everything, regardless of where it's stored, whether in refrigerator bins, sealed containers, storage bags, store packages, or in your pantry. Larger side-by-side units may require two eggs.

DO NOT X-RAY OR MICROWAVE Remove protective foil from egg before use.

PROJOBA OMEGA:

A natural marine lipid concentrate that contains the valuable Omega-3 essential fatty acids, EPA and DHA to support your heart, circulatory, brain and central nervous systems; eyesight, and healthy cholesterol levels.

Instructions: Take 2-3 per day, with or without food.



BEYOND OSTEO-FX:

With bone and joint health becoming an increasing concern, Beyond Osteo-fx was formulated to help support optimal bone and joint health. Beyond Osteo-fx supplies you with more than the daily recommended intake of calcium along with the nutrients needed to enhance calcium absorption by the body.

Instructions: Take in the evening with or without food, or mixed with BTT.

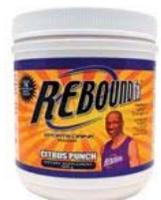
BEYOND TANGY TANGERINE: Beyond Tangy Tangerine® (BTT) contains a base of Majestic Earth® Plant Derived Minerals® blended with vitamins, amino acids, and other beneficial nutrients to make a balanced and complete daily supplement.

Instructions: Take with or after a meal.



Recommended: Harmony Health EMR Patch: Protect yourself from most harmful EMR radiation that emits from your cell phone, tablet or Laptop using proven German research. Up to 94% protection from negative body response.

Rebound: A delicious mix of 77 plus plant based trace minerals.



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