

Regenerate

Your body is regenerating itself every day. We can easily see this as our fingernails and hair continues to grow, our injuries heal, and our bodies that feel tired at night awaken feeling refreshed in the morning.

But what happens when the amount of regeneration is not equal to the amount of degeneration we experience in our life? The answer is all around us. People are not healing fast enough to keep up with their injuries. We start the morning feeling less than refreshed, we can sense that we are running out of the life giving energy necessary to live a happy and productive life.



You can renew the energy within you and bring it to a new level. Remove unwanted stresses from your body, replenish the nutrients that feed your cells and strengthen the magnetic energy that flows thru you. The result will be an increased level of regeneration.



During your *3R Program* we will be making recommendations to assist you and to allow the regeneration process to continue. Each person begins their program at the pace that is right for them.