



Alternative Two™

**Media Release
May 2007**

Enhance Your Workout Performance

We all have heard that the radiation emitted by cell phones, computers, power lines and household appliances may be linked to higher incidents of cancer, heart disease, Alzheimer's and other diseases. But do you also know that electromagnetic fields (EMF) pollution also affects your muscle strength and makes you weaker?

With the explosion in radio and TV broadcasting stations, radio telephone networks, cordless phones and cell phones, **the density of radio waves and microwaves around you is now many millions of times higher than natural levels.** It is everywhere, almost as common as the air you breathe. If you're like the typical person living in modern society, there is not a time during your typical day when you are not exposed to electromagnetic fields. Research shows that these fields have a **significant disruptive effect** on the natural energy levels of your body. They magnify your body's "flight or fight" responses, compounding your adrenal loads from other stressors and significantly reducing your ability to cope effectively. The unhealthy levels of EMF pollution to which we are now exposed every day, have been proven to:

- disrupt your natural energy levels
- trigger stress responses
- impair your body's natural ability to heal
- add stress to your already taxed system
- contribute to your energy depletion and fatigue
- decrease muscle strength

In March 2001 a study was conducted with the United States Army Academy Gymnasts at West Point. This study was meant to examine if blocking EMF by wearing EMF-protective pendants would improve the gymnasts' athletic performance.

11 athletes were divided into two groups. Group A was comprised of 6 gymnasts who were given pendant "A" (dummy pendant). Group B was comprised of 5 gymnasts who were given pendant "B" (real pendant). Neither the participants nor the coach knew which group was wearing the real pendant or the dummy pendant.

Over the course of the gymnastic competition in the following 2 months, the coach kept a data log of the results on each participant within each group. The data recorded were the number of routines attempted and the number of routines hit. The attempts recorded on each participant included all routines from the floor exercise, vault, high bars, parallel bars, and rings. The percentages of those exercises performed successfully were then calculated to determine performance measures.

The following is the results of the overall percentage of hits on all routines for Group A and Group B:

Group A hit 37.54% of all routines attempted.

Group B hit 65.88% of all routines attempted.

Group B outperformed Group A by approximately 100%.

It is also worth noting that Group B participants in general noted an increase in strength, endurance and less time in recovery (due to lactic acid buildup) than Group A.

Group B as opposed to Group A consistently reported:

Workouts

Quality of workout increased

Diminished aches and pains

Increase in energy and strength

Reduced recovery time

More focus and more drive

Able to stay awake and train better

Mental Outlook

Boost in mental outlook

Feel more alert during the day

Feel happier, less stressed

Enjoyed competing more

This study clearly demonstrates how you can benefit by protecting yourself from EMF. But before you run to the store and buy yourself one of those pendants, read on...the news get even better. We are here to tell you that you don't even need to wear those bulky pendants in order to be protected from EMF.

Alternative Two has achieved a true technological breakthrough and brought the field of EMF protection devices to the next level. The amazing **Healing Colors** DVD uses a combination of proprietary frequencies to stabilize and strengthen the human bio-field, which is negatively impacted by stress-inducing EMF and other environmental issues that force the body to be out of balance. The **Healing Colors** alleviates the discord in your body by eliminating the effects of EMF, increasing your energy and stamina, and strengthening your resilience to stress. It takes, on average, only 7 minutes of watching **Healing Colors** for the frequencies to become embedded into the person's energy field and for this person to become protected from radiation.

So if you are looking protect your body from the detrimental effects of EMF and have better workouts at the gym, there is an easy solution available - **Healing Colors** DVD by Alternative Two.