



Quick Start Instructions For Me, Fit and Healthy Recordings

For more detailed instructions please see the [User Guide](#).

- Grab a pair of headphones - you will always wear headphones, listening at a level that is comfortable for you. Adjust the volume so that you hear the voices fully when they are speaking.
- Find a time and place where you can be undisturbed for up to 30 minutes - all program recordings require you to find time and space where you can be away from distraction, comfortable and with your eyes closed.
- Start with the Foundation recording and listen to it a minimum of 7 times on separate days over the next week. Leave the other recordings for now.
- It is best to drink a glass of water first or have one nearby.
- You will be guided by voice to a very relaxed state of mind. You will then hear the instructions or intentions for about 12-15 minutes. After the voices stop you will hear background music but continue to listen until it stops as you are being brought back to a fully awake state.
- If you still feel dozy afterwards, put on some dance music and/or move around. You will feel fine in a minute. (Note – if you are listening to the recording at bedtime it is okay to turn off the recording when the voices finish, and then drift off to sleep)
- To enhance the delivery of this program each recording is encoded with a technique called Brain Wave Entrainment. This audio technique uses subtle rhythmic beats, or tones, to guide your mind into a relaxed state.
- Brain Wave Entrainment is a little bit like herbs, they are natural and safe but you don't want to take too many in one day. We recommend one session, of the same kind in a day.
- As a precaution, we suggest that pregnant women, those with Pacemakers and those with epilepsy refrain from using Brainwave entrainment. If this is the case, contact us for alternative methods.
- This program should never be used in a vehicle or when using equipment or any time when your attention is required.

We know you will find this to be a very healthy and life affirming process.

We wish you the very best health!

www.MeFitAndHealthy.com