



LEIDY
WEINSTEIN

KAATSU
MAGAZINE
VOLUME 1: ISSUE 10

KAATSU BEAUTY & BRAWN

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THE LETTER FROM THE EDITOR



KAATSU INVENTOR Dr. Sato has shared his protocols with KAATSU Specialists around the world for people from all walks of life and of all ages. A vast majority of these KAATSU users are Baby Boomers or people over the age of 50. Everything that Dr. Sato has discovered to enhance the health and wellness is possible when Baby Boomers use KAATSU.

KAATSU sessions can be performed at the office, at home, on vacations, in the water, in gyms or with physical therapists and chiropractors. KAATSU can be done by anyone anywhere anytime as long as the established protocols are strictly adhered to regarding equipment use and proper pressure.

50-year-olds, 60-year-olds, 70-year-olds make up the bulk of KAATSU users on a worldwide basis. It is great to see these men and women improve their muscle tone and vascular health, increase their flexibility and mobility, and save time in enhancing their wellness levels.

This issue is dedicated to all those parents and grandparents who may be too busy or unmotivated to visit a gym, go out for a bike ride, have poor knees for jogging, or simple do not want to lift weights or do push-ups or planks. KAATSU enables the benefits of exercise to be done while sitting down and relaxing. A remarkable concept, a practical invention.

Steven Munatones

Steven Munatones, CEO & Co-founder
KAATSU Global, Inc.
Huntington Beach, California, U.S.A.

After a year of training, Leidy Weinstein entered three National Physique Committee Bikini Class bodybuilding competitions: finishing 5th, 4th, and finally winning the National Physique Committee Florida Gold Cup Open division to qualify for the U.S. national championships.



How To Train LIKE A LEIDY

Her achievement is certainly admirable, but it pales in comparison to her life journey, her drive to overcome adversity, and the unique training protocol she developed in the process.

Leidy grew up in the slums outside of Cali, Colombia where food was scarce, the

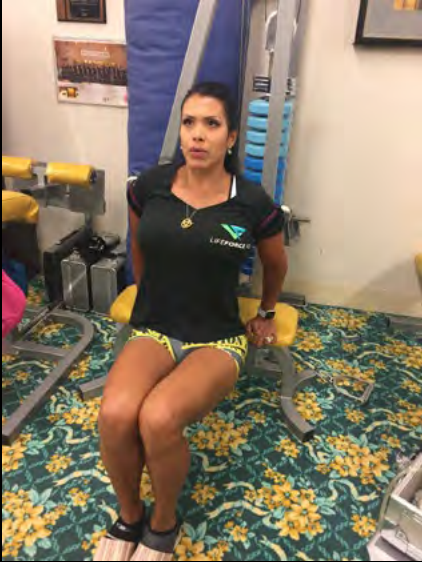
roof leaked, and her dreams of becoming a competitive athlete were far from anything remotely possible. The food that was available was mostly corn based or fried meat. As a result, she was overweight as a child. Leidy was raised by her grandmother and did graduate from a local

school at 16 years old, but she became pregnant that year.

At 17, she found herself sharing a room with a relative in Cali and raising a newborn child. With help from relatives, she worked two jobs to make ends meet.

Then, two years later,

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Leidy was shot by robbers. Her right arm was shattered and had to be reconstructed with metal plates. The future seemed bleak.

The next year she met her first husband who was visiting Colombia. They married and moved to Florida. Her life was still tough. She worked 10 hours a day cleaning houses and gyms including the home of the gym owners. While cleaning the owners' house, she noticed many trophies for bikini body sculpting and dreamed of winning competitions. During her off time, she began to work out at a local gym.

After getting divorced six years ago, Leidy met her soul mate David Weinstein who she eventually married. En route to delivering their baby, Leidy gained a lot of weight – over 100 pounds (45 kg). When their baby Natasha was born, Leidy tipped the scales at 250 pounds (113 kg). To make matters even worse, the plates in her arm - from her gunshot wounds - broke during the pregnancy and she could not use her left arm as a result.

The surgeons said that there was a 75% chance she would never be able to use her left hand again and she would only have limited use of the arm. After a seven-hour surgery, they were able to reconstruct her nerves and put in new plates. Her husband recalls,

“We waited, but an hour after she awoke, Leidy was able to move her hand. She needed yet one more surgery 3 months later before she would be allowed to exercise.”

One day in the summer of 2016 while she was recovering, Leidy proclaimed that she wanted to help women lose weight and take control of their health. She decided the best way to help others was to lead

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by example. She embarked on a path that day with a vision – to lose 100 pounds, sculpt her body, and win a bikini championship. "It was a nice dream in search of an action plan," says David, an entrepreneur in the fields of medicine and biotechnology, who established a new company called LifeForceIQ in Boca Raton, Florida.

Her original plan came from LifeForceIQ. David explains, "LifeForceIQ takes a radically different approach to optimizing health and vitality. It approaches each person by transforming their health biologically, one cell at a time. The equipment and training protocol combines the Japanese blood flow modification system called KAATSU with TRX, light weights, infrared sauna, and



“Leidy was pumped psychologically and became so physiologically toned - ripped - it was unbelievable.”

LiveO2. Additionally, she ran blood tests for food allergies and then grew organic vegetables, bought grass-fed beef from Montana, and wild salmon from Alaska."

David describes her typical daily training. "Upon waking at 5:30 am, Leidy spends the first 30 minutes in prayer, thanking God for all she has and asking him to assist her in helping others. Then she takes LifeForceIQ supplements to increase nitric oxide and oxygen delivery

to her muscles and physique in order to gain lean muscle mass, reduce body fat, and increase strength as well as Rejuvenation to selectively reduce oxidation.

She washes them down with Fat Transformer which provides and energy boost and increases metabolism.

The power of these supplements in that they work synergistically with a KAATSU circuit, TRX, and cycling with LiveO2.

We wanted to learn from the inventor of KAATSU so we traveled to Tokyo in order to learn from Dr. Yoshiaki Sato. Our initial session was intense."

Leidy was ready.

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"She listened to Dr. Sato's advice and followed his protocols to the letter," observed KAATSU Master Specialist David Tawil who participated in the initial session with Leidy. "Leidy was pumped psychologically and became so physiologically toned - ripped - it was unbelievable."

Dr. Sato started Leidy with several KAATSU Cycles, gradually increasing her Optimal Pressure from 150 SKU to 300 SKU on her arms. "Leidy's skin gradually started to get pink and then became a healthy glow of red by the end of several KAATSU Cycles," said Tawil. "Then Dr. Sato went from the KAATSU Cycle modality right into KAATSU Training when he untethered Leidy and did a variety of short exercises from isometric exercises to triceps extensions on a bench."

Leidy then went into the recovery mode with a finishing KAATSU Cycle. She recalled the experience,

"I felt great - like I just had an hour-long workout in the gym. But KAATSU got me to muscular failure within minutes. It is so efficient and effective when the blood is pooled in your limbs."

In her morning regimen, Leidy hits the bike first. Leidy likes to alternate between climbing and riding her Schwinn Blue stationary bike while using the LiveO2 system. The system let her perform a high intensity interval training (HIIT) program while breathing highly oxygenated air to saturate her tissues with oxygen. Every other sprint, she will down regulate the oxygen to high altitude hypoxic training. In this way, her circulatory system expands and contracts. This allows her cells to detox and increase metabolism simultaneously.

After 30 minutes, she will do some stretching or a spend a few minutes on the inversion table. She wraps up the cardio portion of the workout with a Tabata set either with kettle bells or jumping on a mini trampoline.

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Then it is time to do an upper body cycle of KAATSU. By running a squeeze and release warmup KAATSU Cycle, the blood vessels begin to vasodilate. Then Leidy fixes her optimal pressure and begins to run three sets of different exercises addressing her biceps, triceps, shoulders, back and pecs.

Both the KAATSU and Blood + Physique supplements increase nitric oxide production which allows oxygen to nourish the body and carry away waste products. Additionally, due to KAATSU, lactic acid is produced and trapped in the veins as the venous flow (blood return to the torso) is modified. Signals are sent from the veins through the central nervous system to the pituitary gland and the brain is alerted that human growth hormone is needed. Growth hormone production increases which optimizes her physique and uses increased energy which burns fat.

On alternate days, Leidy will do KAATSU on her legs either with TRX or weight machines.

Following the morning workout, Leidy takes a 45-minute infrared sauna with red light therapy applied at the end. She alternates the sauna programs for weight loss and pain relief. When finished, it is time for a 5-minute cold shower with aromatherapy. Following this, she downs a green juice cleanse. She rotates her diet between ketogenic protocols and paleo plans that are combined with intermittent fasting.

Her husbands summarizes her day and training, "By the time the morning has started for most people, Leidy has already cooked lunch for the family which is followed by cleaning the house, training clients, and preparing dinner. The evening will be filled with stories about what happened at school, why is the world the way it is, and what can we do about it.

At the end, each day is a blessing and Leidy embraces each day as precious."





APPLICATIONS OF KAATSU BEAUTY



If you Google the word KAATSU, many online sources focus on KAATSU applications as a muscle-building, physique-toning modality. Photos, videos and testimonials explain and show how KAATSU can help build biceps and quads.

But that impression is quite limited in its scope and only scratches the surface on ways that KAATSU is currently used by people in 47 countries.

A vast number of people of all ages use KAATSU for physical therapy, rehabilitation and recovery from vigorous workouts. Muscle toning and general wellness are, in reality, much more widely used applications than target bulging biceps. And most of these KAATSU users are people over the age of 50.

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"It is a remarkably profound experience and a totally different type of KAATSU application compared to a training session in a gym or to build speed, strength and stamina,"

There is another growing specialty use of KAATSU: all kinds of skin care and beauty applications. These female-focused applications have been tested and perfected over the last 20 years by a number of KAATSU specialists in Japan.

One of the leading KAATSU beauty experts is Dr. Yasuko Kato of Studio Body Design in Tokyo. Her clientele reaches from her hometown of Tokyo to clients from Los Angeles to London.

She offers a wide variety of applications to her clients from a maternity KAATSU course for pregnant women and new mothers and KAATSU sessions for women over the age of 50. She and her staff also offer specialty KAATSU Skin Care sessions for brides preparing for and on their wedding day as well as KAATSU Pilates sessions and KAATSU Stretching courses.

But the skin care benefits are also appreciated by individuals who may have had accidents, injuries or surgeries.

While Studio Body Design offers many specialty courses, the standard KAATSU session is a multi-stage experience.

"It is a remarkably profound experience and a totally different type of KAATSU application compared to a training session in a gym or to build speed, strength and stamina," describes David Tawil, a KAATSU Master Specialist who offers the same experience throughout the United States from the East Coast to the West Coast.

The client starts off by changing into comfortable gym wear - short pants and a short-sleeve shirt and without shoes or socks. The Studio Body Design specialist then smoothly, comfortably massages the client's limbs in a downward movement as they sit. Starting from the shoulders, they rub different cremes into the skin as they move down towards the wrist and hand.

They do the same with the legs, starting from the feet and ankles and then moving up past the knees as they smooth on a pleasant-smelling creme. They do the same with the core, comfortably pressing on the stomach and lower back.

Then they wrap the skin with cellophane and then special warming sleeves. The wrapping of the arms starts at the wrist.

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The specialist continues to spiral the cellophane wrap around the forearms and upper arms towards the underarm. The cellophane is wrapped from the ankles up to the quadriceps and hamstrings. The cellophane is even wrapped around the abdomen if the client wants.

Then special warming sleeves are placed on both arms, both legs and around the core.

KAATSU Air Bands are then applied to the upper arms and the client starts doing standard KAATSU Cycles. Movement is quite simple from stretching to extending the arms and rotating the shoulders. More complex

in place on special foam pads to standing up and twisting the torso. More complex movements can also be requested by the client if they so desire.

"Nothing is vigorous; the movements are not difficult," explains Tawil. "The clients are not exhausted; rather, they are invigorated. Their bodies start to perspire with all the rhythmic movements. But the perspiration is not dripping sweat, it is more like a glistening glow."

After the KAATSU movements are over, the clients then sit back down and the Studio Body Design specialists remove the warming wraps and cellophane and softly dry the skin.

They then re-apply a moisturizing creme to the body and spray the body with various air spritzers.

"The specialists give a soothing face massage with bits of accupressure that really accentuate the benefits of the entire 50-minute experience."

movement from Pilates to use of silk suspension ropes can also be requested by the clients.

After 10 minutes, KAATSU Air Bands are removed from the arms and the Bands are placed on the upper legs.

Movement on the legs with the KAATSU Air Bands is also relatively simple, from stretching and walking

"Then the real fun begins," Tawil recalls. "The specialists give a soothing face massage with bits of accupressure that really accentuate the benefits of the entire 50-minute experience."

The clients open their eyes after the session and they have these huge smiles that express a deeply felt gratitude for time very well spent."



KAATSU *Beauty* AFTER 50

Many older Japanese women have great skin.

Most of their secrets are well-known: good sun protection throughout their lives combined with good nutrition.

But there is another secret: KAATSU.

KAATSU has been called anti-aging in the popular Japanese media. In fact, the KAATSU Cycle modality is highly effective in maintaining vein and capillary elasticity as one ages. The blood flow moderation that is instigated and enhanced with KAATSU stimulates the repeated constriction

and dilation of the body's blood vessels and improves the elasticity vascular system. As a result of the KAATSU Cycle, vascular endothelial cells and nitric oxide are produced that also helps.

When the KAATSU Master 2.0 or KAATSU Nano is used, the blood vessels in the arms or legs are dilated as the blood pools in the upper or lower limbs (as is seen as the color of the arms or legs becomes pink, beefy red or even a shade of purple with people with a high degree of vascular elasticity doing aerobic exercise with KAATSU Air Bands on).

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As the limbs are dilated, more blood is pooled in the limbs (which is why the color of the arms or legs often starts off with a slight pinkness color and then gradually changes to a darker or redder color within minutes).

Meanwhile, the blood vessels in other parts of the body are also positively impacted. Due to the increased elasticity in the arms and legs, the blood circulation is improved throughout the body - **including the face and neck.**

During KAATSU, **the enhanced blood flow** in the arms and legs pools into blood vessels where no blood has been previously supplied - or alternatively new capillaries are formed. This is why older people or those with cold hands or cold feet feel a sense of warmth after doing KAATSU. These new capillaries help supply a limited amount of blood more efficiently and helps with the onslaught of aging.

With increased vascular elasticity - especially of the tiny amount of capillaries* - skin elasticity is increased.

KAATSU Beauty - Nighttime Protocol #1

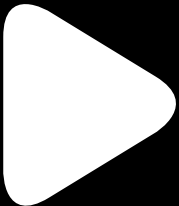
1. Be well-hydrated.
2. Do 3-6 KAATSU Cycles one hour before going to bed.
3. Repeatedly pronounce vowels (a - e - i - o - u) out loud while doing 1-2 KAATSU Cycles with the KAATSU Air Bands on the arms.
4. Slowly rotate the head left and right, forwards and backwards, and clockwise and counterclockwise while doing 1-2 KAATSU Cycles with the KAATSU Air Bands on the arms.
5. Gently stretch the upper body while doing 1-2 KAATSU Cycles with the KAATSU Air Bands on the arms.

KAATSU Beauty - Nighttime Protocol #2

1. Be well-hydrated.
2. Do 3-6 KAATSU Cycles one hour before going to bed.
3. Slowly and steadily stretch the legs and core (abdominal and lower back) while doing KAATSU Cycles with the KAATSU Air Bands on the legs.

Actual KAATSU users shown above are at least 50 years old.

KAATSU BEAUTY WHILE AT WORK



Many older Japanese women have great skin.

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But there is another secret: KAATSU.

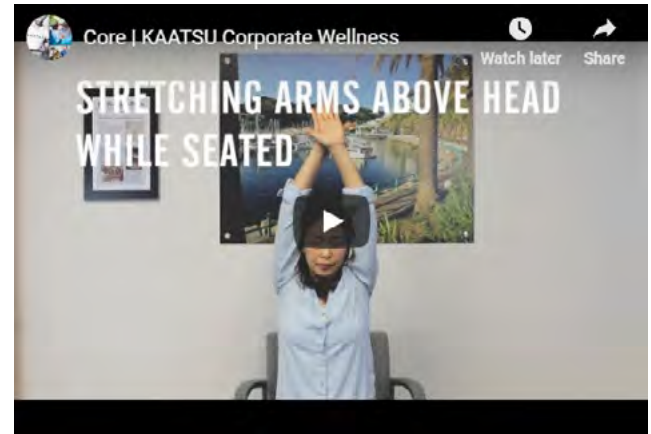
KAATSU has been called anti-aging in the popular Japanese media. In fact, the KAATSU Cycle modality is highly effective in maintaining and improving vein and capillary elasticity as one ages. This is the essence of anti-aging description. The blood flow moderation that is instigated and enhanced with KAATSU stimulates the repeated constriction and dilation of the body's blood vessels and improves the elasticity vascular system. As a result of the KAATSU Cycle, vascular endothelial cells and nitric oxide are produced that also helps.

When the **KAATSU Master 2.0** or **KAATSU Nano** is used at work in an office or cubicle, the blood vessels in the arms or legs are dilated as the blood pools in the upper or lower limbs (as is seen as the color of the arms or legs becomes pink, beefy red or even a shade of purple). As the limbs are dilated, more blood is pooled in the limbs (which is why the color of the arms or legs often starts off with a slight pinkness color and then gradually changes to a darker or redder color within minutes).

Meanwhile, the blood vessels in other parts of the body are also positively impacted. Due to the increased elasticity in the arms and legs, the blood circulation is improved throughout the body - including the face and neck.

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With increased vascular elasticity - especially of the tiny amount of capillaries* - skin elasticity is increased.

KAATSU Beauty - Work Protocol #1

1. Be well-hydrated.
2. Do 1-3 KAATSU Cycles while sitting down and writing emails or doing office work.

3. Do 1-3 KAATSU Cycles while rotating the shoulders forwards and backwards and stretching the deltoids (shoulders) and triceps.

KAATSU Beauty - Work Protocol #2

1. Be well-hydrated.
2. Do 1-3 KAATSU Cycles while standing up and stretching the legs.
3. Do 1-3 KAATSU Cycles while doing simple squats or heel raises.

KAATSU Beauty - Work Protocol #3

1. Be well-hydrated.
2. Do 1-3 KAATSU Cycles while sitting up and stretching the core.
3. Do 1-3 KAATSU Cycles while standing up and twisting to one side and then the other.

I WANT TO COMPLETE A MARATHON

Joe Lowrey retired as a U.S. Army Green Beret Sergeant 1st Class Joseph Lowrey. The Long Beach, California native is an avid KAATSU user after improbably surviving a horrific gunshot wound to his head during a combat tour in Afghanistan.

While serving with the 7th Special Forces Group on July 7th 2014, Lowrey and his fellow soldiers were tasked to enter an area known to be a Taliban stronghold.

The injury occurred during Lowrey's third deployment while manning the gun turret on top of a truck

during an intense firefight against Taliban insurgents.

Immediately after Lowrey was hit when PKM machine gun fire (the round pierced his Kevlar helmet and caused a massive traumatic brain injury to his right hemisphere), the medic onboard heroically saved his life by conducting an emergency tracheotomy on the battlefield. Even so, after surgery, his colleagues were told that Lowrey would not survive.

Inexplicably, Lowrey survived the next day as well as the next week and next month.

Just after he and his wife Jennifer welcomed their fourth child, Lowrey was airlifted from Afghanistan to Germany's Landstuhl Hospital where he remained in a coma. Despite being given a small chance of survival by doctors, Lowrey was airlifted to the United States where he continued his battle through stays at the Walter Reed National Military Medical Center, in Palo Alto, California at a polytrauma rehabilitation hospital, and then at Casa Colina and Centre for Neuro Skills in Southern California.

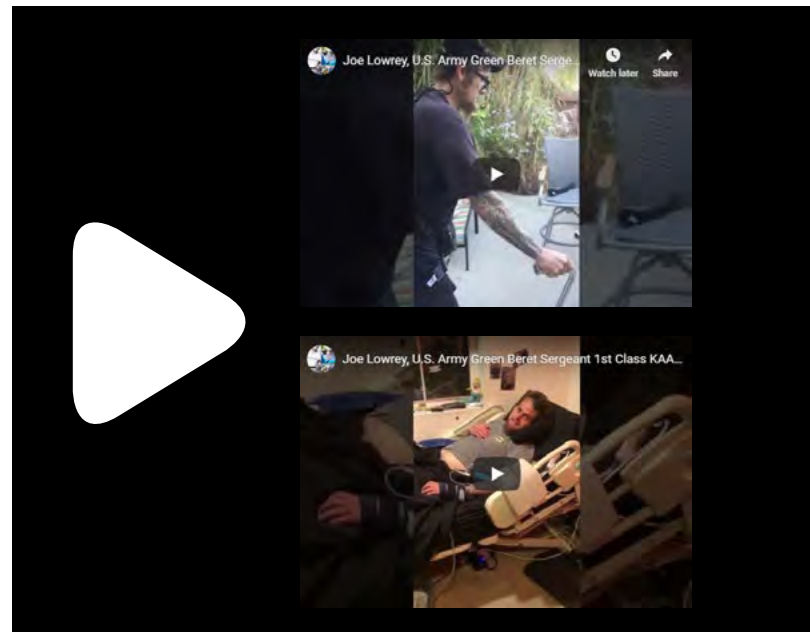
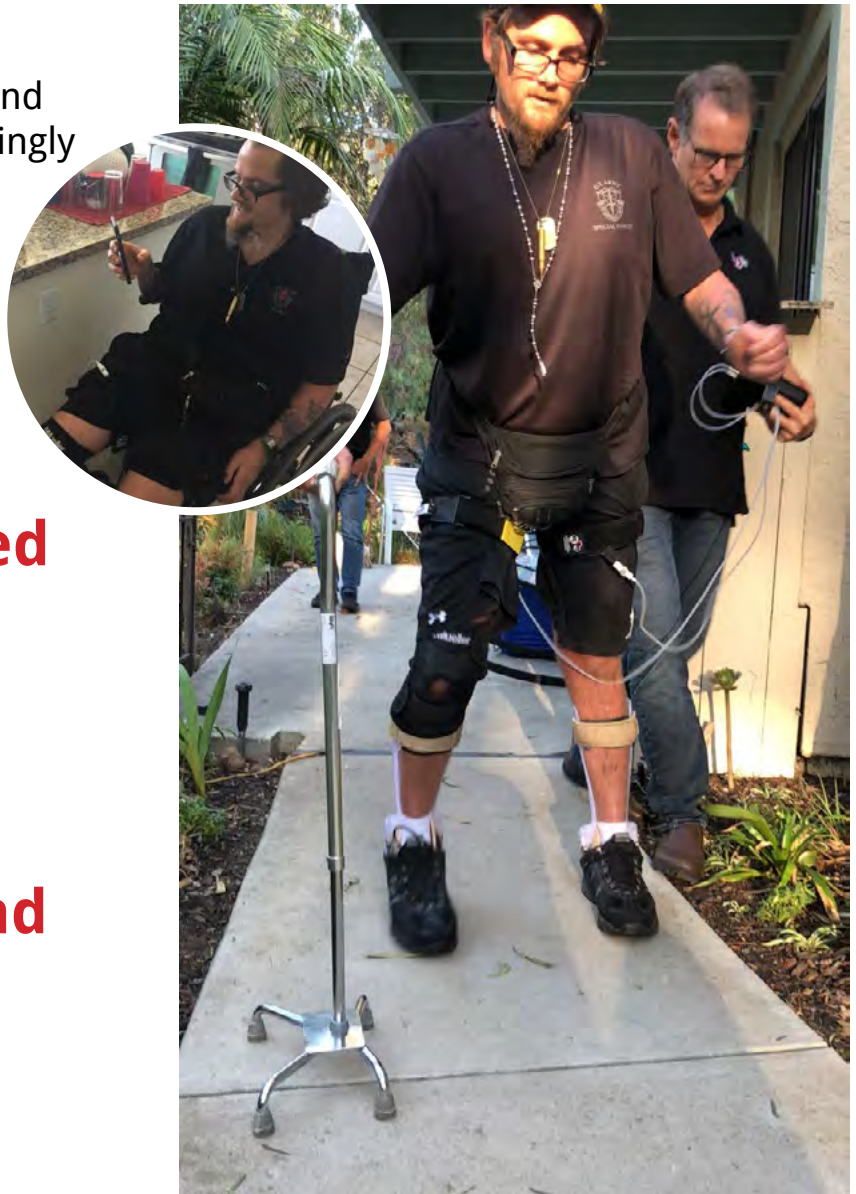
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After years of believing in himself and his caregivers through an excruciatingly painful recovery and rehabilitation, Lowrey emerged well enough to move back in with his family albeit without use of his left side and with some short-term memory losses due to his traumatic brain injury.

"My brothers rescued me from the fight," he recalled from his home in Ontario, California. "It has been a very long road to recovery, but I want to run again. That is one of my goals."

The Purple Heart recipient then met KAATSU Master Specialist David Tawil. Together they delved into every KAATSU protocol covering muscle development, rehabilitation enhancement and basic recovery.

But they also concurrently took a deep dive into nutrition, specifically ketogenic diets, and all kinds of healthy biohacks.



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Because Joe, a former highly competitive ice hockey goalie and self-defined fitness fanatic, was completely paralyzed on his left side from 2014. "Due to being sedentary for the first time in my life, I gained a lot of weight and was just eating everything including too many hamburgers," recalled Lowrey.

"But then I lost the added weight when I began eating a low-carb diet and sleeping right."

But he also experienced significant muscle mass loss while undergoing physical therapy in several Veterans Administration hospitals and medical clinics for four years.

Lowrey started KAATSU in June 2018 and, together with Tawil, have established a smooth-running protocol where Lowrey does KAATSU twice daily in the convenience of his home. He does a morning exercise protocol where he focuses on muscle toning, balance and gait fluidity as well as an evening sleep protocol where he focuses on relaxation and vascular elasticity that enables him to get a solid 8 hours of deep sleep.

"I loved how my legs felt the very first time that I tried KAATSU," recalled Lowrey who first did KAATSU in the comfort of his living room.

"I didn't know how to use the KAATSU equipment at first; it was all new to me, but David was patient and taught me and my caregiver how to apply it during my morning and evening sessions. Now it is just part of my daily routine."

Tawil reiterated, "It is important to teach KAATSU users like Joe to understand how to do KAATSU by himself. Because of Joe's limited strength, uncertain balance and lack of complete mobility, we spend all the time necessary for Joe to feel comfortable and gain the maximum benefits from KAATSU.

Joe first started with very low-pressure KAATSU Cycles on both his arms and legs. He learned what the appropriate Base and Optimal pressures are for him - both in the morning where Joe does more vigorous workouts and in the evening where it is all about relaxation and getting ready to reap all the benefits of a good night's sleep."

Over the next 8 weeks, Lowrey started to stand, balance and walk with KAATSU.

"We walk around the house and in his backyard," explains Tawil. "But we also go outside in his complex and tackle walking on grass. All of the different textures and slightly different elevations on the grass and a nearby hill are great challenges and objectives for Joe to achieve during his walking sessions. This sort of KAATSU Walking on a grassy hill - so simple for able-bodied people - are extremely helpful for Joe's improvement."

Joe does KAATSU 2 times per day: the first time at 10 am and then again at 7 pm before going to bed. At night, Joe just does simple KAATSU Cycles at a relatively low pressure. This double daily session has been essential for his rapid improvement. He is up to 2,000 steps a day, but his long-term goal is running a marathon."

ROMY CAMARGO MAKING A DIFFERENCE WITH STAY IN STEP

Romy Camargo enlisted in the United States Army in 1995 and retired as a Chief Warrant Officer 3.

His life took a turn during combat in Afghanistan on September 16th 2008 when his detachment was viciously ambushed. During the ambush, Romy sustained a gunshot wound to the back of the neck. The gunshot wound paralyzed him from the neck down.



Medic Steve Hill was able to stabilize him while his Team ODA 7115 prepped the battlefield to be medically airlifted out of the area.*

After Romy arrived at Walter Reed National Military Medical Center, he was operated on to stabilize his neck as his C3 vertebra had been shattered and was extracted. His breathing was tied to a respirator and he was paralyzed from the shoulders down. He transferred to the James A. Haley VA hospital in Tampa, Florida where he was an inpatient for 18 months.

Romy still lives in Tampa where he not only continues to rehabilitate with the latest equipment and protocols, **including KAATSU to help restore his muscle tone** and improve his vascular elasticity, but also serve as the Administrative Director at the Stay In Step Spinal Cord Injury Recovery Center.

The KAATSU Air Bands are placed on his arms while he uses the physical therapy equipment at Stay In Step. His skin color turns pink with solid red tones due to an engorgement of blood in his forearms and upper arm - and his muscle tone improves.

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A hero for sure; Romy's major awards and decorations include:

- » Legion of Merit
- » Bronze Star Medal with two Oak Leaf Clusters
- » Purple Heart
- » Meritorious Service Medal with one Oak Leaf Cluster
- » Army Commendation Medal
- » Joint Service Achievement Medal
- » Army Achievement Medal with two Oak Leaf Clusters
- » Afghanistan Campaign Medal
- » Special Forces Tab, Ranger Tab
- » Combat Infantry Badge
- » Master Parachutist Badge
- » Special Operations Combat Divers Badge
- » Special Operations Combat Divers Supervisors Badge
- » Hill is the Lead Trainer at Stay In Step Spinal Cord Injury Recovery Center.

**TAP TO WATCH**

FROM UPSIDE DOWN TO RIGHTSIDE UP

Jack Turner was recently named the Western Water Polo Association's Most Valuable Player, leading University of California San Diego's water polo team to the NCAA championship tournament that begins this week.

The 6'-7" Fremont, California native is one of the top water polo goalies in America and has represented the USA in international tournaments in Europe.

International Airport to travel to Taiwan in order to starting in the goal for Team USA at the 2017 World University Games. But he never got to SFO.

1 a.m., about a half-hour south of home, I was in in Gilroy when my truck began swerving out of control due to a blown tire."

"I was thinking, 'Am I still alive? Can I move my toes? And then I knew I needed to get out of the car. You don't know what condition it's in. It's kind of fight or flight.'"

After returning from a European training trip, he drove up to his parents' home before heading to the San Francisco

He recalled the story of that long drive from San Diego to San Francisco to the San Diego Tribune on August 4th 2017, "At

His truck flipped over on its side and began to roll over and over again until it landed on its roof off the highway while Turner was

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stuck upside down, held by his seatbelt. "I was thinking, 'Am I still alive? Can I move my toes? And then I knew I needed to get out of the car. You don't know what condition it's in. It's kind of fight or flight.'"

Strong and limber due to years of high-level water polo, he was able to cut himself free from the seatbelt and then he kicked out the passenger window and wiggled his way out of the totaled car. He felt a numbness on the back of his scalp and could not turn his head sideways.

It turned out his numbness was only one indication of the severity of his injury: a crack in his C1 vertebrae and a full fracture of his C2 vertebrae. Victims of such breaks often become quadriplegic and are occasionally fatal as a result of inability to breathe.

But Turner, an aerospace engineering major at UC San Diego, is as lucky as he is unusual and motivated. He wanted to be with his teammates and play against the best American universities and top teams around the world. While his teammate Sam Thompson took over his duties in the water polo cage during the 2017 season, ultimately becoming an All-American, Turner started his rehabilitation with a fervor and eventually was seen on the team's bench with a neck brace.

How he survived is beyond explanation, but he was determined to work himself back to water polo shape and play with his teammates - even with a neck brace on for months. "It was all pretty scary, being told that you shouldn't be walking or breathing. But more than anything I was thinking about whether I'd be able to play again. I'd been doing it for so long — that was my identity.



TAP TO WATCH



I probably went through the seven stages of grief before accepting it. And then being told that it's not over, that I could continue my career — I knew it was going to be tough, but it ignited something in me. I didn't give up, and it would have been easy to do that with a broken neck."

Turner missed the entire 2017 college season, but eventually found himself back in the pool and wearing USA team gear in Europe this September.

Without question, one of America's best water polo goalies has experienced near tragedy and persevered in one of the most unlikely roads to success in collegiate sports today.

His UC San Diego coaches and teammates know very well what he went through. They do KAATSU for training, rehabilitation and recovery throughout their off-season, pre-season, mid-season and championship season. The young

"I was nervous at first, but I got my hand on a couple of shots and thought, 'Oh, wow, I can do this. I deserve to be here. I worked hard to be here.'"

That experience against the world's best water polo players - older, tougher, stronger, faster athletes than the competition who he would play against during the college season - gave him a massive boost of confidence. "I was nervous at first, but I got my hand on a couple of shots and thought, 'Oh, wow, I can do this. I deserve to be here. I worked hard to be here.'"

men will face California State University Long Beach on November 29th in the second round of the NCAA Men's Water Polo Championships.

Turner's water polo bio is [here](#).

Update: UCSD, led by Turner, beat Long Beach State 14-9 to reach the NCAA's men's water polo Final Four against Stanford on December 1st.

74-YEAR-OLD TAP NIXON ON KAATSU, DAYS 1-17

DAY 1

74-year-old Tap Nixon, a former Long Beach State basketball player who played guard on its #2 ranked team in the early 1970s, hurt his shoulder that restricted his range of motion and eliminated his ability to shoot basketballs. He also uses a cane to help him limp along since he had two hip replacements and one revision on his left leg and torn his Achilles heel.

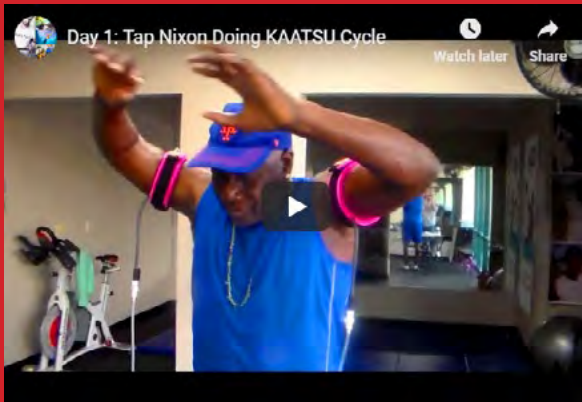
He did his first session of KAATSU on April 9th 2018.

He explains his injury and restricted range of motion on his left shoulder before trying KAATSU.



DAY 1

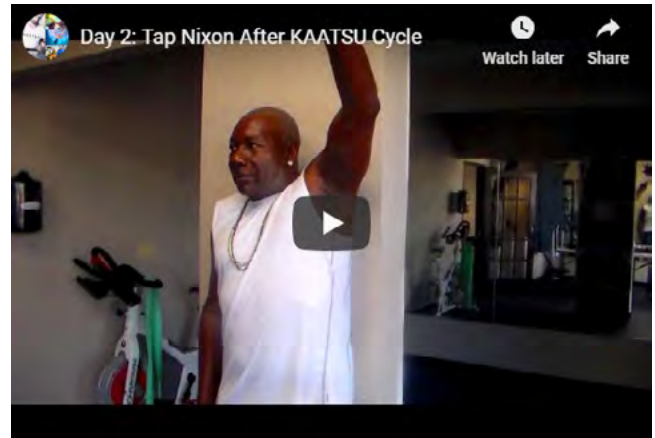
Tap Nixon started by doing two KAATSU Cycles while sitting down to warm-up with a Base SKU pressure of 30 SKU and an Optimal Pressure of 250 SKU. Then he did slow and steady standard KAATSU 3-Point Exercises (i.e., Hand Clenches + Biceps Curls + Triceps Extensions) while doing 5 KAATSU Cycles (taking 15 minutes) on the KAATSU Master device using KAATSU Air Bands while doing two more KAATSU Cycles.



Tap demonstrates his improved range of motion on his left shoulder after doing 15 minutes of KAATSU Cycles.

Day 1 is completed, he felt much better and will continue doing KAATSU every other day. We will continue to follow his progress.

DAY 2



Nixon wants to re-gain his ability to shoot and rebound basketballs. He did his second session of KAATSU on April 11th 2018.

He explains his injury to his left shoulder before doing 5 KAATSU Cycles (15 minutes) on the KAATSU Master device using KAATSU Air Bands at a Base SKU pressure of 30 SKU and an Optimal Pressure of 250 SKU. During the KAATSU Cycles, did the standard KAATSU 3-Point Exercises (Hand Clenches + Biceps Curls + Triceps Extensions) while the pressure was on and he rested while the pressure was off.

His improved range of motion is significant from Day One



Tap followed up with a third KAATSU session on April 12th 2018.

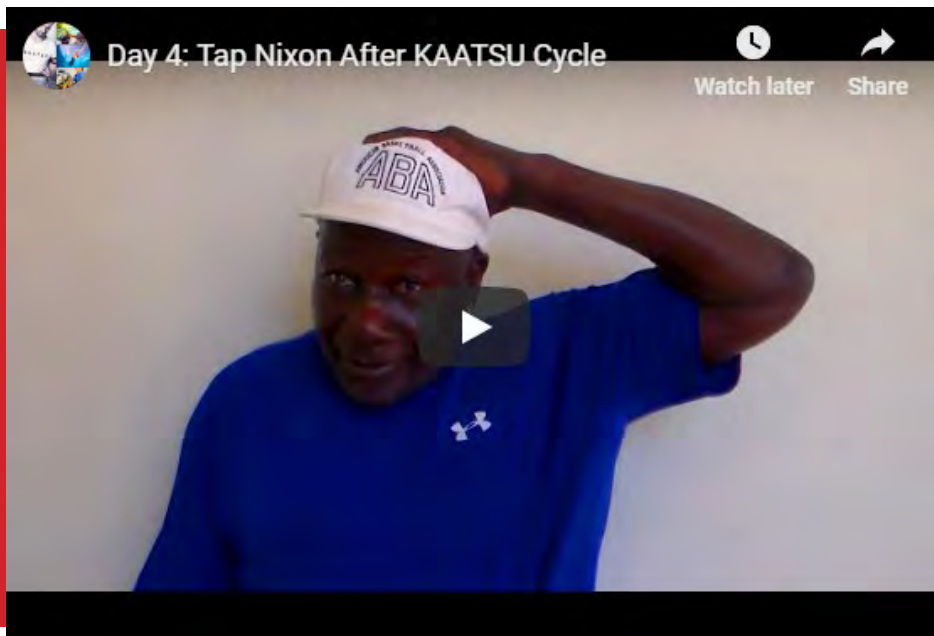
He did 5 KAATSU Cycles (totaling 15 minutes) on the KAATSU Master device using KAATSU Air Bands at a Base SKU pressure of 30 SKU and an Optimal Pressure of 250 SKU on his arms. He added two KAATSU Cycles on his legs of 35 Base SKU and 300 Optimal SKU on his legs.

During the KAATSU Cycles on his arms, he did the standard KAATSU 3-Point Exercises (Hand Clenches + Biceps Curls + Triceps Extensions) while the pressure was on and he rested while the pressure was off.

When the KAATSU Air Bands were on his legs doing the KAATSU Cycle, he did leg

extensions while sitting and contracting his quadriceps. KAATSU Specialist Steven Munatones explained to Tap, "We began conservatively and are only doing the KAATSU Cycle during the first two weeks. We will do only simple exercises and stretching with the KAATSU Cycle. After two weeks, we will untether the bands and your Base SKU and Optimal SKU levels will increase. Then we will begin doing KAATSU Performance Training where the bands are untethered - disconnected - but they still remain inflated at your Optimal SKU pressure. Then we will begin to do chest passes, take free throws and do agility drills on the basketball court with the inflated bands on."

His improved range of motion of his left shoulder is significant from Day One.



DAY 4

This is his ultimate goal: move fluidly without a limp and shoot basketballs with his young athletes who he coaches.

Tap did his fourth 20-minute session on April 17th 2018.

He did 5 KAATSU Cycles (totaling 15 minutes) on the KAATSU Master device using KAATSU Air Bands at a Base SKU pressure of 30 SKU and an Optimal Pressure of 260 SKU on his arms. He added two KAATSU Cycles on his legs of 35 Base SKU and 320 Optimal SKU on his legs.

During the KAATSU Cycles on his arms, he did the standard KAATSU 3-Point

Exercises (Hand Clenches + Biceps Curls + Triceps Extensions) while the pressure was on and he rested while the pressure was off. He used 2 lb dumbbells to do Biceps Curls during one of the KAATSU Cycles.

When the KAATSU Air Bands were on his legs during the first KAATSU Cycle, he just sat. During the second KAATSU Cycle, he did leg extensions on his left leg while sitting and contracting his quadriceps.

The overall plan for Tap is to do 6 sessions within the first two weeks, focusing on his left arm and starting to work on his legs. The subsequent 2-week period will focus on his legs where he had 3 hip surgeries. The final 2-week period will focus on his mobile agility and shooting ability on a basketball court where he will actually use a basketball. This is his ultimate goal: move fluidly without a limp and shoot basketballs with his young athletes who he coaches.

DAY 6

Tap talks about the effects of KAATSU on his lower and upper body after his sixth KAATSU session over a 2-week period (15-20 minute sessions on April 9th, 11th, 12th, 17th, 18th, and 19th).

After 7 short KAATSU sessions, Tap can now pass and shoot a basketball - and open a Gatorade bottle - which he could not do before:



DAY 7

Tap also could not previously pick up his keys from the floor, but things changed after 7 KAATSU sessions of 20 minutes each. His Base SKU pressure is 35 SKU on both his arms and legs. His Optimal SKU pressure is now 290 SKU on his arms and 320 SKU on his legs.

DAY

During his 8th KAATSU session, Tap warmed up for his basketball moves with some KAATSU Cycles on his upper body (30 SKU Base Pressure + 290 SKU Optimal Pressure) and some KAATSU Walking with 35 SKU Base Pressure + 320 SKU Optimal Pressure on his legs.



He finished up his KAATSU session with some basketball moves he has not done for decades.

On Day 14 on June 6th, Tap did a series of KAATSU 3-Point Exercises (triceps extensions shown below) followed by a series of wall push-ups in the KAATSU Cycle mode:



DAY

14

DAY 17



On Day 17 on June 20th, Tap went out to a local basketball court to demonstrate his newly found strength and mobility:

For an explanation on what is happening physiologically, click [here](#).

KAATSU ON MEDICAL FRONTIERS



NHK World in Japan broadcasts an English-language television program called Medical Frontiers.

One segment was on stiff shoulders and how contemporary sedentary lifestyles can lead to chronic pain and stiffness in the neck, shoulders and back. Medical Frontiers described surprising causes of stiff shoulders and innovative treatment options to ease shoulder aches and pains. This includes the KAATSU protocol for stiff shoulders and insomnia.

A second segment was KAATSU applications with patients whose muscles have significantly atrophied.



TAP TO WATCH



61-YEAR-OLD MILITARY VETERAN & STROKE SURVIVOR BEFORE & AFTER KAATSU



Before: Mitch's Timed Up & Go on 15 December 2018



After: Mitch's Timed Up & Go on 15 January 2019



Before Mitch started a KAATSU Cycle program at home on 15 December 2018.



After Mitch did 15 KAATSU Cycle upper body sessions over a 4-week period at home on 15 January 2019.

OVERVIEW

Mitch is a 61-year-old Marine veteran in Colorado who had an ischemic stroke 9 years ago at his home and 3 subsequent heart attacks. He is designated as a Do Not Resuscitate patient. His right side is nearly paralyzed, he has a torn right rotator cuff, he uses a wheelchair, his voice is significantly limited, but he remains overwhelmingly positive and is friendly with his neighbors. He has been

treated by medical professionals and VA staff for the past decade. He regularly does a variety of physical therapy exercises and wheels himself around the neighborhood using his left arm.

KAATSU USAGE

Mitch has used KAATSU 3-4 times per week for last 4 weeks (beginning on December 15th 2018) in the comfort of his home, while using the KAATSU Cycle mode with the help of his 62-year-old

continued on page 33

contd from page 32

wife and performing a variety of standard physical therapeutic movements.

BENEFITS

1. Mitch's fingers on his right hand are much more relaxed and flexible with a much looser grip.
2. Mitch can move his right arm with significantly greater range of motion.
3. Mitch feels significantly less pain in his right hand and arm.
4. Mitch can now feel human touch throughout his right arm that he could not feel before.
5. Mitch can complete a Timed Up and Go test 9% faster (1 minute 32 seconds vs. 1 minute 43 seconds).

KAATSU RECOMMENDATIONS

1. Mitch should continue the same exercises he currently does with the KAATSU Air Bands on.
2. Mitch can increase his use of KAATSU to twice per day: do KAATSU Cycles in the morning hours and do KAATSU Cycles as part of his 9:30 pm evening KAATSU sessions (currently doing evening only).
3. Mitch can add KAATSU Training to his evening sessions (i.e., detach the tubes and walk or do upper body movements in the KAATSU Training mode for no more than 15 minutes while untethered).
4. Mitch can practice handwriting with his right hand while conducting KAATSU cycles on his arms.
5. In order to develop greater strength and range of motion in his legs, Mitch can start 'Prone Upper Leg Contraction and Leg Lift Exercises' while conducting KAATSU Cycles on his legs while in the horizontal position.

KAATSU ADVANTAGES VERSUS TRADITIONAL PHYSICAL THERAPY

1. Ease & Convenience of Use

Mitch and his wife are non-medical professionals who quickly learned how to safely use KAATSU in the comfort of their home where Mitch can experience the benefits and convenience of KAATSU.

2. Safety

Despite having a stroke and 3 heart attacks and a torn rotator cuff, KAATSU is safely used by a 61-year-old veteran. This record is consistent with KAATSU's usage in 32 countries around the world by over 20 million users.

3. Cost Savings

Assume the cost of a home visit by a VA professional is \$100 (salary + benefits + travel expenses) per visit. If Mitch does KAATSU twice per day for 300 days per year, the cost of a KAATSU Wearable device amortized over 2 years (1,200 sessions) is \$0.50 per KAATSU session (i.e., $\$600 \div 1200 = \$0.50 / \text{session}$). \$100 vs. \$0.50 per session presents unprecedented cost savings.

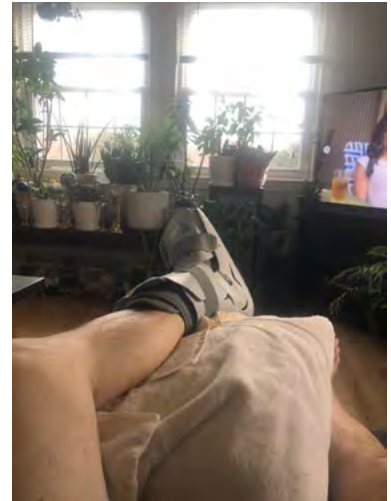
4. Physical Improvement

Video provides visual evidence of physical improvement after 15 uses of KAATSU.

5. Psychological Boost

With improved physical strength, range of motion and muscle tone, and a greater hormonal response, the mental outlook of a paralyzed individual will improve. Being able to sign checks, move both arms at will, walk to the bathroom without a wheelchair, and other activities likely lead to greater confidence, greater motivation, and a greater self-belief to continue further physical improvement.

CRACK IN THE CALCANEUS, HEALING WITH KAATSU



Olympic swim coach Chris Morgan fractured his right calcaneus bone (heel) while falling on a concrete step.

"In the emergency room, the doctor said to me, 'Oh that must be so painful. You cracked 75% of heel.' He was right. But I knew that I had to start rehabbing with KAATSU as soon as I got home," Morgan recalled. "I did the same rehab doing KAATSU when I cracked my ribs during a mud run. The doctors and x-ray technicians at Harvard where I was coaching at the time could not believe how fast my ribs healed. Every since that time, I have been a huge KAATSU believer."

Morgan was given a boot, crunches and pain medications and told not to walk or apply pressure on the healing bone until he cleared him. "It was painful and there is no way to walk on it, but I could sit up and do KAATSU on my arms and legs."

Morgan's rehabilitation includes two separate KAATSU sessions per day: a morning session and an evening session where he does several KAATSU Cycles on both his arms and legs.

MORNING KAATSU SESSION:

- » * 3-5 KAATSU Cycles on arms doing the KAATSU 3-point exercises (Hand Clenches + Biceps Curls + Triceps Extensions), performed slowly and steadily without weights or resistance bands
- » * 3-5 KAATSU Cycles on legs while contracting the quadriceps and hamstrings and doing leg extensions while sitting, performed slowly and steadily

EVENING KAATSU SESSION (IDEALLY 1 HOUR BEFORE BEDTIME:

- » * 2-3 KAATSU Cycles on arms doing the KAATSU 3-point exercises (Hand Clenches + Biceps Curls + Triceps



Extensions), performed slowly and steadily without weights or resistance bands

- » * 2-4 KAATSU Cycles on legs while relaxing and doing simple movements and stretching while sitting

Morgan explained his belief in KAATSU,

phosphatase). This research tells us that KAATSU elicits an acute response to suppress bone resorption and elicits a chronic effect in terms of encouraging bone formation - which was one reason why I believe my ribs healed so quickly and I expect my cracked heel will heal

The doctor told me to be off my injured foot for 6 weeks. I plan to be healed enough to start some walking within 2 weeks with KAATSU

"Dr. Sato [the KAATSU inventor] taught me that the more strongly muscle is exercised, the stronger the bones become. In other words, when there is less mechanical stress on our bones when you are bedridden or unable to move a body part that is in a cast or boot, the calcium that is stored in the bones is dissolved into your bloodstream, thus reducing bone strength.

We know through research that KAATSU changes - improves - levels of bone metabolic markers like BAP (bone alkali

more quickly than my doctor expects.

The doctor told me to be off my injured foot for 6 weeks. I plan to be healed enough to start some walking within 2 weeks with KAATSU."

Podiatrist Dr. Lyle Nalli explains, "The calcaneus is the most vascular bone in the foot and can crack easily, but with its thin cortex and sparse inner bone pattern, can heal the fastest off all the foot bones. KAATSU, as it regulates blood flow, etc., speeds up the bone's healing rate."

KAATSU In The News

KAATSU is has received recognition and coverage in prominent and prestigious publications.



"Can You Work Out Less, Get More Results?"

By Eleanor Warnock and Rachel Bachman
The Wall Street Journal



With Kaatsu, people do a light workout while wearing pressurized belts, first on the upper arms and then on the legs.

▶ ▶ ▶ [Click HERE...](#)

"Could the Kaatsu Workout Be the Most Efficient Exercise?"

By WSJ Video
The Wall Street Journal



Japanese bodybuilder Yoshiaki Sato says he has a way for Hollywood's aging action stars to stay as youthful and fit as ever.

▶ ▶ ▶ [Click HERE...](#)

MilitaryTimes

A TEGNA Company

"Kaatsu training is blowing fitness researchers' minds"

By Jon R. Anderson, Staff Writer
MilitaryTimes



Read the article and discover why so many people are so excited about KAATSU Training.

▶ ▶ ▶ [Click HERE...](#)

Outside

"You Should Probably Try This Japanese Blood-Flow Routine"

By Devon Jackson, Staff Writer
OutsideOnline.com



Footballers of both kinds have caught on. Here's what you need to know.

▶ ▶ ▶ [Click HERE...](#)

Customer Service:

Call Toll-Free International +1-888-410-6350

e-mail: info@kaatsu-usa.com

**AVAILABLE
IN Q4 2018**

NEXT-GENERATION **KAATSU MASTER 2.0**



- ◆ **Designed for performance, recovery, rehabilitation and wellness applications**
- ◆ **Touch-screen tablet offers personalized KAATSU Cycle options**
- ◆ **Dual air compressors enable each limb to be simultaneously inflated to different pressures**
- ◆ **WIFI connectivity enables automatic storage of user data in the KAATSU Cloud**

www.kaatsu-global.com

**AVAILABLE
IN Q4 2018**

NEXT-GENERATION KAATSU MASTER 2.0

www.kaatsu-global.com

The new KAATSU Master 2.0 is the fourth-generation KAATSU device that enables real-time monitoring and archiving of user's physiological data. The 2.0 is ideal for use by individuals, corporations, organizations, physical therapy clinics, universities, hospitals, and teams.

2.0 is combined with the Masimo MightySat™ Finger Pulse Oximeter and a wrist blood pressure monitor that capture and archive your oxygen saturation, pulse rate, Perfusion Index, Pleth Variability Index and blood pressure readings in real-time.

FEATURES

- Designed for performance, recovery, rehabilitation and wellness applications
- Touch-screen tablet offers personalized and comprehensive KAATSU Cycle options
- Dual air compressors enable each limb to be simultaneously inflated to different optimally pressures
- WIFI connectivity enables real-time monitoring and automatic storage of data in the KAATSU Cloud
- Video feedback and interaction with KAATSU Master Specialists for real-time consultation
- Access to KAATSU Cloud where user information is automatically uploaded and archived
- Rechargeable battery
- Used with both the KAATSU Air Bands or KAATSU Aqua Bands
- Band pressure up to 500 SKU (Standard KAATSU Units)
- Reimbursable with CPT codes

BENEFITS

- effective muscle toning
- improved circulation
- faster recovery from competition or vigorous workouts
- anti-aging benefits
- improved speed
- enhanced stamina
- increased strength
- greater range of motion
- significant time savings
- convenience - exercise anywhere anytime
- offers 6 levels of the KAATSU Cycle

PACKAGE

2.0 comes with 4 sets of KAATSU Air Bands or KAATSU Aqua Bands (Small, Medium, Large or Extra Large) and certification for KAATSU Specialists

DATA MONITORING

Masimo MightySat™ Fingertrip Pulse Oximeter and a Wrist Blood Pressure Monitor measures and monitors the following data during exercise or rehabilitation:

- Pulse Rate (PR) or the number of heart pulses per minute indicates your overall fitness and exertion levels
- Oxygen Saturation (SpO2) or the oxygen level in the blood indicates changes due to your heart or lung function, oxygen use by your body, and altitude
- Perfusion Index (PI) indicates the strength of blood flow to the finger as blood circulation changes
- Respiration Rate (RRp) or the number of breaths per minute indicates how well your heart and lungs are functioning and how quickly you recover from exercise
- Pleth Variability Index (PVi) or the variation in perfusion index over your breathing cycle which may indicate changes in hydration, breathing effort, perfusion or other factors.
- Blood Pressure (BP) indicates your systolic blood pressure and diastolic blood pressure.

2.0 ALSO MEASURES AND ARCHIVES ADDITIONAL INFORMATION INCLUDING:

- KAATSU Time (KT) or the amount of time spent doing KAATSU per session
- Capillary Refill Time (CRT) or the amount of time in seconds that it takes for your capillaries to refill with blood
- KAATSU Exercise (KE) or the type of exercise, movement or rehabilitation you do with KAATSU
- KAATSU Cycle Function (KCF) or the specific type of KAATSU Cycle (e.g., Cycle 20 or Customized Cycle)

BAND SIZES

KAATSU Air and Aqua Bands are available in 4 sizes: Small, Medium, Large and Extra Large. Measure the circumference of the top of your arm (right by your armpit) and the circumference of the top of your leg (right alongside your groin). Those circumferences will determine the appropriate size for your KAATSU Air Bands.

ARMS

Small: less than 18 cm (7.06 inches)

Medium: 18 - 28 cm (7.06 - 11.02 inches)

Large: 28 - 38 cm (11.02 - 14.96 inches)

Extra Large: 38 - 48 cm (14.96 - 18.89 inches)

LEGS

Small: less than 40 cm (15.74 inches)

Medium: 40 - 50 cm (15.74 - 19.68 inches)

Large: 50 - 60 cm (19.68 - 23.62 inches)

Extra Large: 60 - 70 cm (23.62 - 27.55 inches)

LIFEFORCE IQ PRESENTS KAATSU



"Our goal is to awaken human potential by sharing precise effective tools and methods to maximize the health, happiness and performance of people who want to realize their potential," explains David Weinstein of LIFEFORCE IQ and OASIS in Boca Raton, Florida.

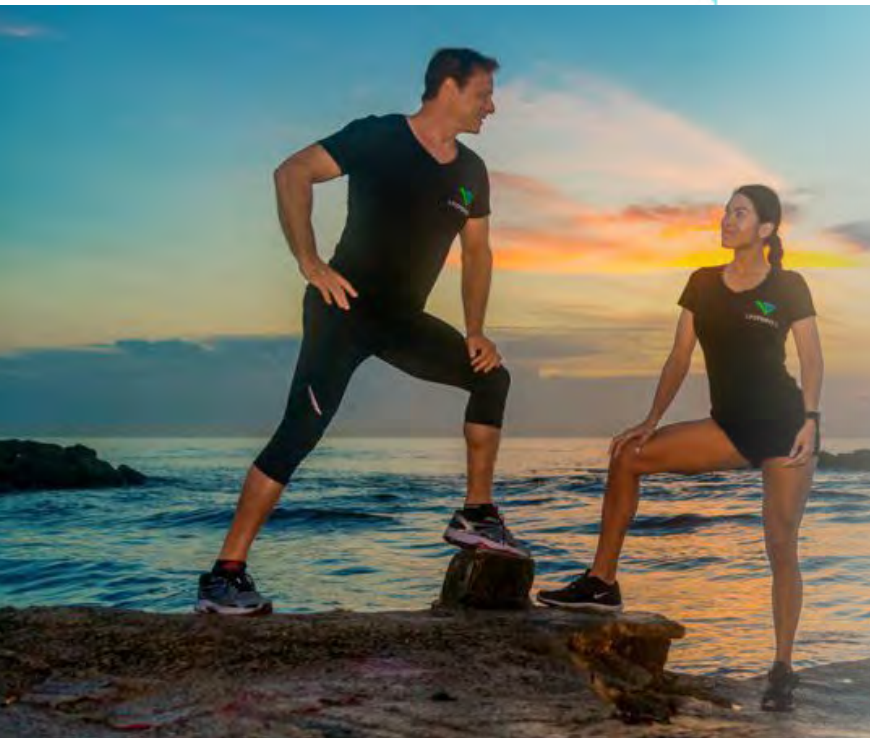
Weinstein was an investment banker for 35 years, specializing in biotechnology and medical companies. With that background and knowledge, combined with his lifelong interest in athletics and anti-aging, he and his wife Leidy are offering their lifestyle design via LIFEFORCE IQ.

"We continuously monitor scientific advances and are quick to adjust products and protocols to assist our clients in optimizing their lifestyles."

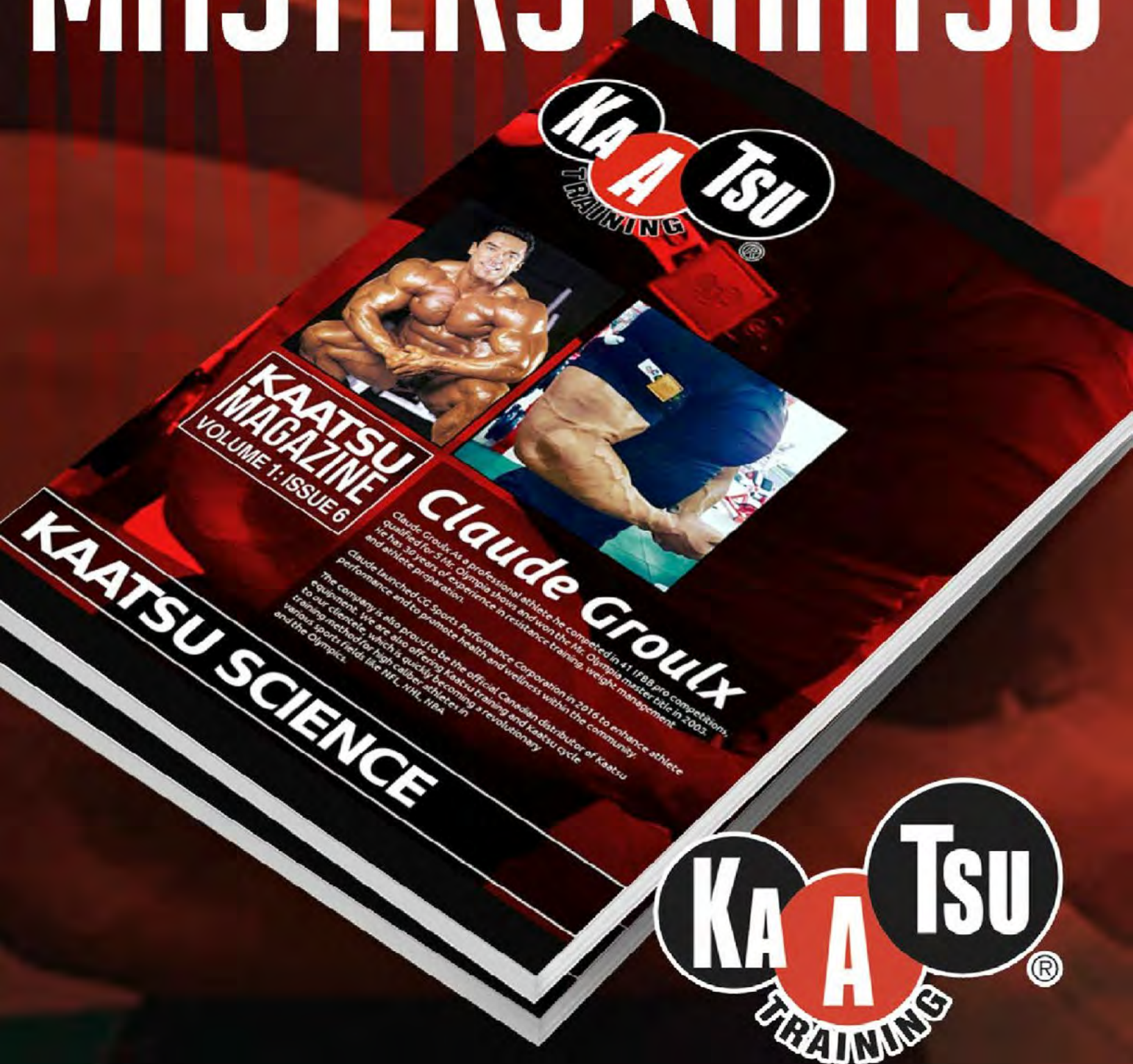
In addition to KAATSU equipment including the new 2.0 and KAATSU Aqua, the Weinstein's offer Juvent Health Micro-Impact Platform, LiveO2, Viome, Tower Garden, and One Truth 818.

For more information, [visit here](#).

For additional examples of how people of all ages have improved themselves, [visit here](#).



MR. UNIVERSE MASTERS KAATSU



**KAATSU
MAGAZINE**
VOLUME 1: ISSUE 6

Claude Groulx

Claude Groulx is a professional athlete, he competed in 41 IFBB pro competitions, qualified for 5 Mr. Olympia shows and won the Mr. Olympia master title in 2003. He has 30 years of experience in resistance training, weight management and athlete preparation.

Claude launched CG Sports Performance Corporation in 2016 to enhance athlete performance and to promote health and wellness within the community.

The company is also proud to be the official Canadian distributor of Kaatsu equipment. We are also offering Kaatsu training and Kaatsu cycle training methods for high caliber athletes in various sports fields like NFL, NHL, NBA and the Olympics.

KAATSU SCIENCE

