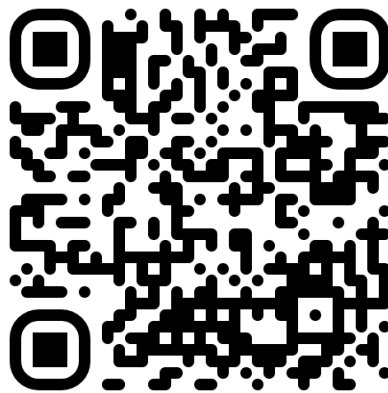




Repose User Guide

tending to your inner ecology starts here.



Scan the QR code above for the digital version or head to:

<https://www.repose.health/user-guide-video>

introduction and disclaimer

Welcome to an exciting new way of engaging with your digestive and overall health. This guide is designed to familiarize you with what's inside the box, and to facilitate a fast and simple application process, with minimal preparation and clean up. Please follow these instructions carefully and at your own discretion.

While *Repose* is a safe, scientifically-backed, supplement-based therapy, we cannot make any guarantees to treat or cure any disease or symptom, we can only describe how *Repose* can support overall digestive wellness with its novel method of care. As such, and like any supplement-based product, the user assumes all risk in the use of all *Repose Health* products.

For your first round of *Repose*, you should expect to take about 45 minutes to an hour to familiarize yourself with the process. After this, expect each round to take 10-20 minutes.

what's inside the box

Repose consists of a series of different formulations in capsule and powder form, designed to be used over the course of 6 weeks. Altogether, these formulations provide a unique, science-based method to restore gut health by optimizing the gut microbiome and nourishing the cells lining the digestive tract. Inside the box, you will find two distinct series of formulations:

part 1. Upper digestive system capsule formulations

(Bio-synbiotic, Myco-synbiotic, Epithelial Nutritive Complex - Upper GI)



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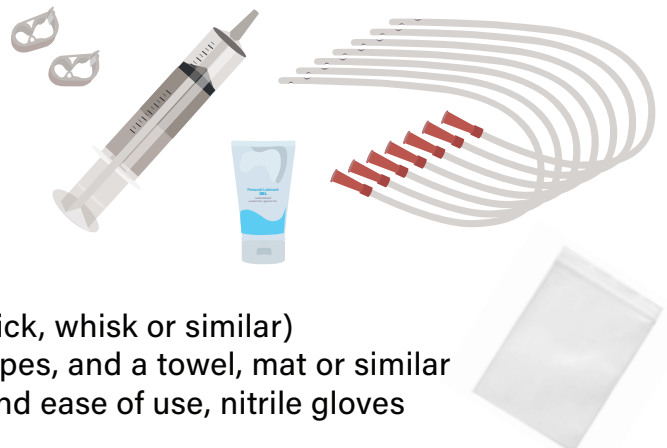


part 2. Lower digestive system powder formulations

(Bionomic Blend, Epithelial Nutritive Complex - Lower GI)

Underneath the mailer box insert, are the applicator components for **part 2** consisting of:

- 1x** 140ml medical grade non-needle syringe
- 7x** catheter tubes
- 2x** tube clamps
- 1x** tube of personal lubricant
- 1x** glassine bag for storage



Additional requirements not included in kit:

- 1x** sterile vessel for mixing
- 1x** stirring utensil (can be a spoon, fork, stir stick, whisk or similar)
- Clean hand cloths or paper towels, sanitary wipes, and a towel, mat or similar
- OPTIONAL - pillows or cushions for comfort and ease of use, nitrile gloves

overview & precautions

Repose is a 6-week therapy. You should plan to apply *Repose* every other day for 6 weeks. Both Parts 1 and 2 are designed to be taken at the same time. It is strongly recommended that you adhere to this schedule, so put it in your calendar. If you miss a day, you can do 2 days in succession to keep within the recommended time line. For maximum comfort and ease of application, try to do the therapy with an empty bladder, and after your last bowel movement of the day.

Despite there being several therapies historically to treat the digestive system via the colon, this is a new avenue of treatment for many in the modern world. For those who have not engaged with this part of their body, it is always better to start *Repose* with ample time and patience, in a calm and clear frame of mind that acknowledges your active commitment to your own health and well being. If you are suffering from any acute GI symptoms (ie, severe hemorrhoids or fissures, an acute flare up of Ulcerative Colitis or Crohn's Disease, etc...) seek medical attention and wait for these acute symptoms to subside before doing *Repose*.



Questionnaire QR

instructions

Before beginning, please fill out our intake questionnaire at:

<https://www.repose.health/questionnaire-start>



Questionnaire QR

This will provide us with critical insights and case study data for our ongoing mission to improve digestive health worldwide. Afterwards, the same questionnaire will be provided to you so you can track your progress and help other users on their very important journey towards better digestive health.

PART 1: upper digestive system

All 3 components of PART 1 are to be taken orally as directed on each bottle (1x capsule of the *Bio-synbiotic*, 1x capsule of the *Myco-synbiotic*, and 3x capsules of the *Epithelial Nutritive Complex*). These are best taken with a glass of water within an hour before you plan to start PART 2.

PART 2: lower digestive system

PART 2 of *Repose* is delivered in liquid form to the colon. This salve acts beneficially on both your microbiome and your gut lining, or epithelium. It is the most essential component of *Repose* and should be prepared and applied with patience and care. After your first or second application, it will be evident just how simple, quick, and easy it is to do PART 2.



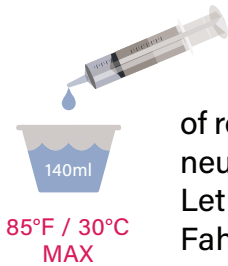
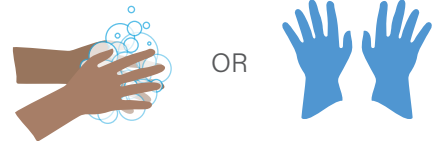
instructions (continued)

Step 1: Location setting.

- Find a comfortable, tranquil place where you will be able to lie down fully outstretched on your back and relax. This can be on a bed, on the floor, or on a piece of furniture. Lay down a towel or blanket and if possible, gather a few pillows.

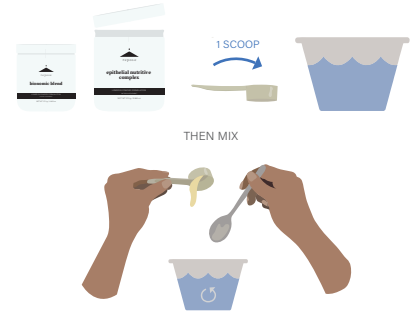
Step 2: Prepare the salve.

- Wash your hands or put on nitrile gloves.



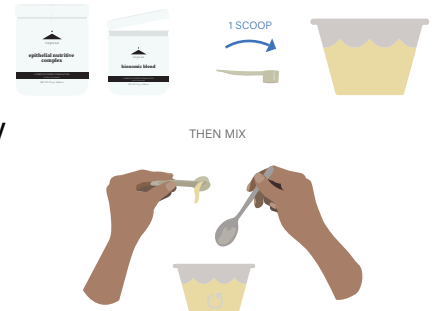
- Use the provided syringe or a clean measuring cup, to measure 140 ml (4.8 oz) of room temperature or lukewarm water. Filtered or spring sourced water with a neutral pH is recommended; tap water from a safe municipal source is adequate. Let this water come up to temperature or gently heat to a maximum of 85 degrees Fahrenheit (30 degrees Celsius). Put this water into a clean mixing vessel.

- With the provided scoop, measure 1 level scoop of *Epithelial Nutritive Complex* powder. Slowly pour the powder into your vessel while mixing with your stirring utensil to get a smooth consistency without lumps. Be careful not to use too much powder; its consistency should be no thicker than the provided lubricant, ensuring that it will flow properly in the applicator.

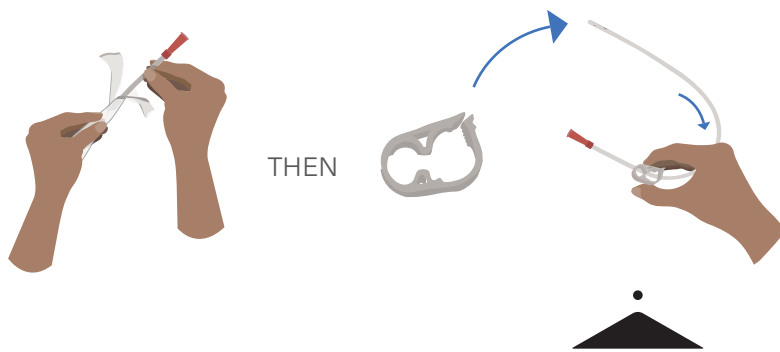


* If your mixture is too thick, it may be due to the quality of your water (temperature, chlorination, mineral content, etc...). In this case, add a small amount of water (60 ml or ¼ cup). In future preparations, plan to use this added amount of water. The salve will still be highly effective at this concentration.

- Measure 1 level scoop of the *Bionomic Blend*. Slowly pour the powder into your vessel while incorporating with your stirring utensil to maintain a smooth consistency. If the mix isn't perfectly smooth, that is ok. Now you're ready to start in on application!



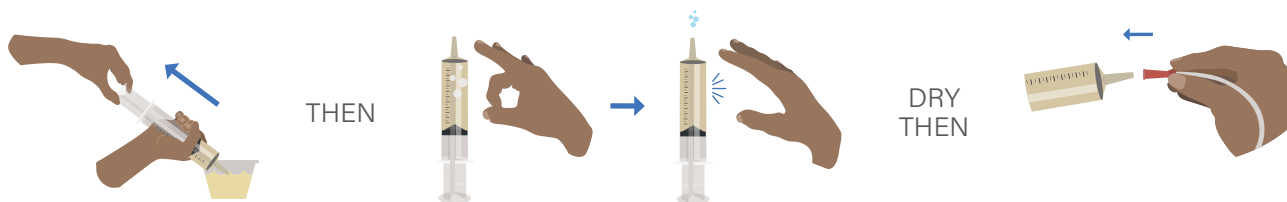
Step 3: Load the applicator.



- Remove 1 catheter tube from its packaging. Slide 1 of the provided tube clamps in its open position down the length of the tube, from the perforated tip to the red fitment end.

Step 3: Load the applicator (continued).

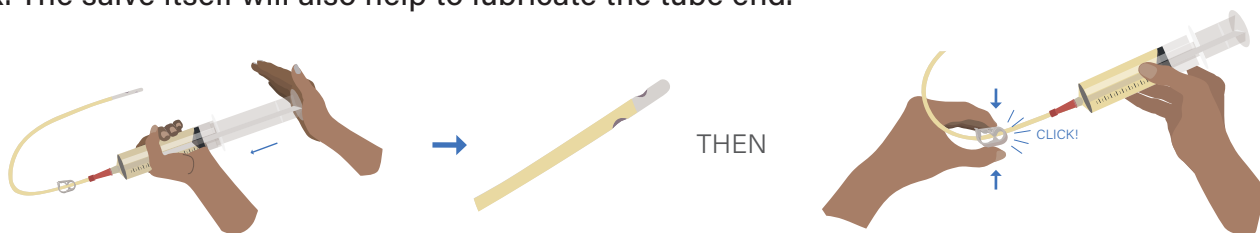
- Use the provided syringe to slowly draw 140mL (4.7oz) of the salve into the syringe. To avoid spillage, do not pull the syringe past the 140mL mark. Look for air bubbles. If there are bubbles, hold the syringe tip side up and tap lightly on the syringe to bring the bubbles to the tip. Clear bubbles by gently pressing the plunger end until they clear. Wipe up any spillage and make sure the syringe's tip is dry.



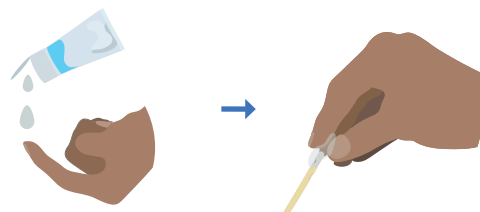
- Fit the red end of the tube onto the syringe tip by pressing firmly while twisting until the tube is snug and won't spin in place. You should hear the red end stretching over the tip. This will ensure a leak proof connection. The syringe must be dry to ensure proper connection.

- Press on the syringe's plunger to push the salve into the tube until it reaches the 2 eyelets at the tube's end.

- Press down on the tube clamp until you hear a click. If some of the salve leaks out, that is ok. The salve itself will also help to lubricate the tube end.



- Apply 2 pea-sized amounts of personal lubricant to the last 4 inches of the end of the tube, making sure the entire circumference of the tube is well lubricated. You now have everything ready to go for application!



Step 4: Apply the salve.

- Set up your loaded applicator, bottle of personal lubricant, and a hand towel (or similar) so they'll be easily reachable when you lie down. Undress your lower half, or wear comfortable clothing that will give easy access to your backside. If you're using pillows, position one under your sacrum (tailbone) to elevate your pelvis and position others as needed for comfort.

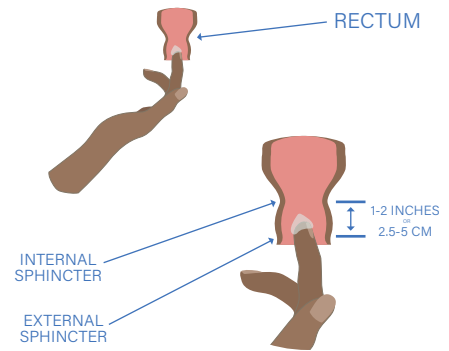
- Lie down, and slow down by taking four slow, deep breaths. Inhale through your nose for 4 seconds, hold for 4 seconds, and exhale out through your mouth for 4 seconds, with a pause of 4 seconds before the next breath. 4x4, or box breathing, is a science backed breathwork technique that promotes nervous system regulation, relaxing the mind and body, reducing tension and allowing stressful thoughts to leave the mind.

- Apply 2 pea-sized amounts of personal lubricant to your fingertip.



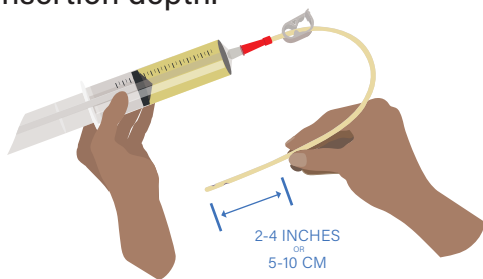
Step 4: Apply the salve (continued).

- There are two rings of muscles at the end of your digestive tract called the internal and external sphincter. The external muscles you can control and relax on your own, but the internal sphincter will only loosen in response to gently applied pressure. Insert your fingertip 1-2 inches (2-5 cm) into your anus (the opening of your rectum) to lubricate and loosen your internal sphincter muscles. The area should feel relaxed and well lubricated. Clean your fingertip with a cloth, paper towel, or sanitary wipe.

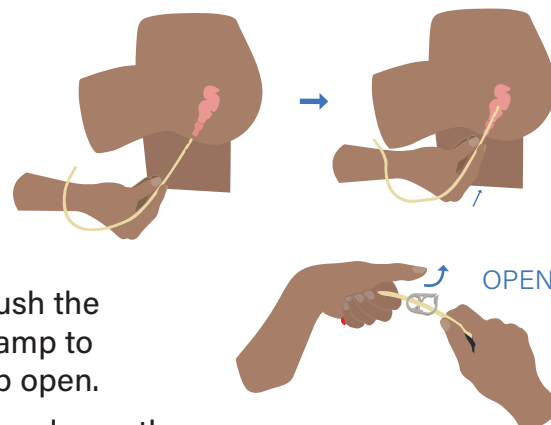


- Next, take the syringe in one hand and the tube in the other, holding the tube about 4 inches from the tip with your thumb and forefingers. This finger placement will act as a stopper for the tube. Next, slowly and steadily insert the tube into your anus. You will feel the tip of the tube and then minimal sensation as you guide the tube in. The goal is to get the tube inserted 2-4 inches (5-10 cm) inside your colon, (no more than 5 inches inside your rectum).

- If you feel resistance, stop, and remove the tube. Apply more lubricant to both the tube and your rectum as described above, breathe, relax, and try again this time aiming for a shallower insertion depth.

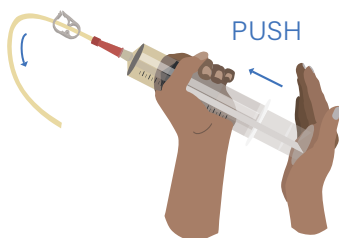


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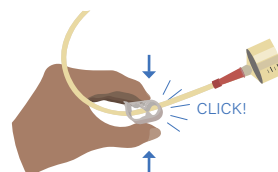


- When the tube has been properly inserted, push the locking tab away from the flat portion of the clamp to unclamp the tube. You will hear the clamp snap open.

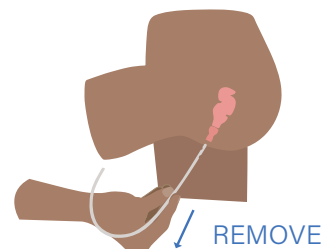
- Use a firm grip on the syringe barrel and your palm on the plunger end to slowly push the plunger down, applying the salve to your colon. This should take roughly 10 seconds with slow, steady pressure to the plunger. If it feels like you cannot accept the full amount, that is ok. With subsequent applications, you will feel comfortable applying the full volume of the salve.



THEN



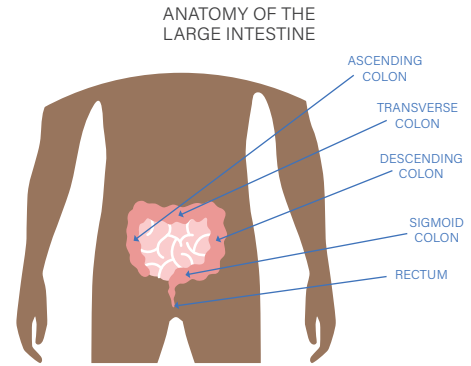
THEN



- After the salve is administered and the syringe is emptied, lock the clamp as before to prevent leakage. Slowly pull the tube out of your rectum and place the applicator on a towel or tissue next to you for cleanup.

Step 5: Self Massage and Salve Integration.

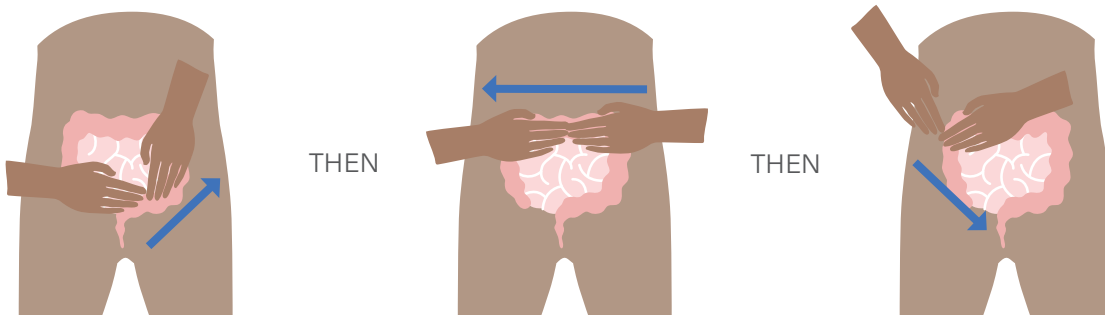
- This is a very important step that not only integrates the salve but also improves digestive function overall and reduces a range of digestive symptoms. It should not be skipped. You will be massaging each segment of your colon, tracing lines in the reverse direction of your digestion along the descending, transverse, and ascending colon. The massage is done most easily while wearing a comfortable top or shirt that is not too thick. If you prefer to be undressed, you can use a massage oil to do the massage on bare skin.



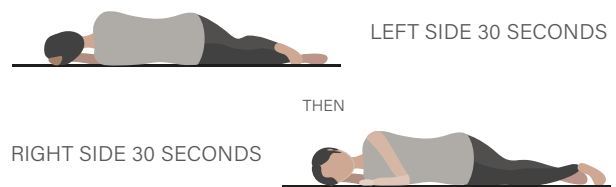
- Using mostly your index and middle fingers to massage, with moderate to firm pressure, massage along an imaginary line beginning between your left hip bone (your left iliac spine) and your pubic bone and terminating on the left side of your abdomen. Repeat 5 times.

- In the same fashion, massage just above your belly button from the left side of your abdomen to the right side of your abdomen. Repeat 5 times.

- Massage from the right side of your abdomen down to the area between your right hip bone and your pubic bone. Repeat 5 times. Please see the diagram below for guidance.



- After massaging, roll to your left side and rest, doing 2 rounds of box breathing, keeping you on that side for ~30 seconds. Then roll to your right side and repeat the same 2 rounds of box breathing. You've now done one complete application of Repose!



- For 20-30 minutes after application and massage, you may have to consciously focus on retaining the salve. We recommend that you maintain access to a restroom during this period. After this point, the salve should be absorbed and you should be able to go about your day or night as you would normally. The goal is full retention after every application for maximum benefit.

* Pro tip: You can use the two techniques you've just learned to improve your overall well being! If you are having digestive issues, you may use the massage in the reverse order to improve motility, reduce gas and bloating, and more. If you are dealing with stress, 4 rounds (or more) of box breathing is a powerful, inexpensive way to help deal with life's challenges.



Step 5: Self Massage and Salve Integration (continued).

* Some people have difficulty retaining the salve after the first or first few rounds of *Repose*. If this is the case for you, and you need to void the salve (release it from your colon into a toilet) that's ok. Your colon is a very absorptive organ and much of the salve will still be absorbed. With each successive treatment, your body will get accustomed to the application, and will become better at retaining and absorbing the salve. If the problem persists, then we advise applying a half dose (half scoops of each powder and half liquid volume, for a recommended 70 mL application) and working towards the full dose as the body allows.

** If you feel the need to pass gas in the first few hours after treatment, we recommend that you do so at the toilet.

Step 6: Clean up.

* We recommend you wash both the tube and the syringe only with warm soapy water or with a half white vinegar/half water solution as cleaning agents. Do not put any of the applicator components in the dishwasher.

- Wash components immediately after use. Start by washing your hands or using nitrile gloves.
- Clean the exterior of the syringe and tube, then set the tube aside on a clean surface.
- Pull the plunger from the syringe barrel and either immerse the syringe and plunger in soapy water/solution to wash or draw your cleaning agent into and out of the syringe several times.
- Next, use the syringe to clean, rinse, and dry the inside of the tube. Draw the cleaning agent into the syringe and then flush it through your tube. Repeat the flush with clean water until the water flows clear. Push air through the tube to finish. Set the syringe and tube on a clean surface to dry.
- To dry the tube, place it between two layers of clean cloth or paper towel and allow it to air dry. When thoroughly dry, use the provided eco-friendly, non-plastic, re-sealable bag to store your tube and syringe.

Tips & Recommendations

* Leaving the tube clamp on your tube allows you to thread the tip of the tube through one of the side openings of the clamp. This loop assists in drying and minimizes surface contact of the tube's insertion end.

* Before every application, inspect your tube and syringe for signs of damage, contamination, or wear including discoloration, cracks, or holes. Discard any component if it becomes discolored, no longer flows, leaks, or if there are changes in the material's texture (if it becomes hard, brittle, or cloudy). As per our sustainability goals, we have provided 7 tubes to allow for enough time for you to choose between washing tubes or choosing single use. If you prefer not washing tubes, you can purchase more on our site. Additional or replacement components can be purchased at: <https://repose.health/store>

* If the syringe and tube are wet at the time of next use, thoroughly rinse and dry before using to maintain optimum application conditions.

* For further FAQ's, troubleshooting, or to contact please visit <https://repose.health>

