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Free + Anonymous + 100% efficient in 3 minutes, as a start

- And your Body repairs itself
- Do not believe anything or anyone: try.
- A Health & Wellness Revolution

4. Tips for using La Technique du Papillon® / The Butterfly Technique®

- We recommend using La Technique du Papillon® / The Butterfly Technique® during your rest and leisure times. To use it, you must not be disturbed for at least 3 minutes. Three short minutes, but But seriously and with precision: La Technique du Papillon® uses the mechanics of your body. In mechanics, the gap between failure and success is only a matter of precision and thoroughness.

- The effects of the technique are immediate (3 minutes), and then they will spread in your body for several hours.

- After use, you must take the time to resume your normal activities: pay attention to the manifestations of your body. Take the time you need to rest, your body will tell you when everything is ok.

You should not immediately perform tasks and jobs that request your full attention. For example: driving a vehicle, using dangerous devices, machine tools, playing sports, exercising, etc. : anything that needs your attention, because, - depending on your specific physiology and sensitivity -, while you will be zen and happy (warranted), you might face a lack of concentration for several minutes.

- Initially and depending on your case, you can use La Technique du Papillon® between 1 and 3 times a day (+ in the event of stress-annoyance, which will be immediately wiped out). Especially at night before sleeping, because at night your body naturally repairs you - this is also the reason why you need to sleep, if no one has told you yet (...).

Using La Technique du Papillon® more often is useless, and it is not recommended: you could unnecessarily strain the muscles of your eyes and your tongue, which are not used to the movements that the technique involves. No more no less.

Very often it is all a matter of intensity and frequency, you know ? Just be reasonable.



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- Depending on your case and your pathologies, you can use La Technique du Papillon® for 1 to 8 weeks. The older, important, profound the pathology is, the more time you will need to repair yourself.

La Technique du Papillon® is extraordinary, but it does not do miracles: **it talks about physiology and mechanics: a recovery time is often proportional to the depth of the disorder that must be repaired.**

- Once treated, you can maintain your body and organs by less regular / frequent use of La Technique du Papillon®. Or, use the technique when you're feeling bad, tired, upset, etc.
- The feelings you get while using the technique will depend on how sensitive your nervous systems are. If you are not an emotional and sensitive person, your experience of La Technique du Papillon® will be softer. But basically that won't change anything: your physiology is not very different from that of all human beings. The effects will be the same, the immediate awareness that you will have, less marked.

This is not a shame on you. You are certainly a person with a strong constitution and personality. Cool. But, as we say in French: medals without setbacks, we didn't ever know how to do them - ok ?

- **If you have no pathologies, you are athletic and lead a very healthy lifestyle**, La Technique du Papillon® will have a positive ++ effect on your calm, stress, and sleep (which will become deep in 24 hours). The Technique will also quickly develop your physical and physiological aptitudes: strength, endurance, resistance, recovery.

It will be a booster for you, no more, no less.

- **If La Technique du Papillon® has no effect on you**, it is because you are a very young person, or in perfect health: nothing in your body is out of order : bravo. You can use La Technique du Papillon® when you have a difficult sleep or, when necessary, to regain your calm, 0 stress, or recover very quickly from an effort. **No more no less.**



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- **Do not use The Butterfly Technique®** if you have a reasonable doubt as to its suitability in your case. Then request your Doctor for a prior Medical Opinion: he will tell you in 3 minutes too. In the event of obvious significant or lasting disorders after using La Technique du Papillon®, please stop using it immediately and consult your Doctor.
- **Are you currently undergoing a Medical Treatment?** The use of La Technique du Papillon® should never lead you to stop it without your Doctor's prior Medical Opinion. Same thing if you need medical or surgical treatment because the mechanics of your body are really broken for good. When the mechanism is broken, it is broken: it must be repaired by heavier techniques. In this case, do not think that La Technique du Papillon® can help you. Except for reducing pain, inflammations, and allow you to recover much faster (request the Medical Opinion of your Doctor).

At the end, this is the really the key point:

If La Technique du Papillon® treats you, you benefit from a Revolutionary Discovery free of charge: thank you for thanking us by spreading La Technique du Papillon® to your loved ones and relationships who are suffering.

Today, hundreds of millions of people in the world in suffering. And times are changing: it is time for all of us to take concrete care of each other, this can only improve the mood of our Times.

Fortified bodies make minds clear: everything will then be better everywhere.



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5. Updated list of pathologies treated (December 2020) - for information only,

The Butterfly Technique® for what? By physical stimulation of the vagus nerve, depending on the person, the case, and to begin with,

••• In 12 hours, Deep and restorative sleep, immediate •••

••• In 24-72 hours, Drastic reduction - disappearance of symptoms of stress, anxiety, nervousness ••• instant improvement in ventilation ••• relaxation of the spine and gradual return to its original mobility (in particular: cervical vertebrae; dorsal vertebrae between the shoulder blades; lumbar vertebrae) ••• drastic reduction - disappearance of lumbar pain, back pain and muscle contractures of all kinds ••• massively improved quality of sleep ••• restoration of general tone ++, including in elderly people or those affected by pathologies and heavy loss of mobility.

••• In a few days, drastic reduction - disappearance of occasional or chronic foci of inflammation (all organs) ••• Drastic reduction - disappearance of stomach and digestive disorders (acidity, bloating, intestinal inflammation, etc.) ••• Reduction drastic - disappearance of chronic inflammatory syndromes: rheumatism, sciatica, incodiscarthrosis, fibromyalgia, functional colopathy, hemorrhoids, etc. ••• Drastic reduction - disappearance of addictions (drugs, alcohol, tobacco, stimulants), as an effect of the above benefits. ••• Resolution of tinnitus.

Change in mood towards a rapid feeling of "Well-being" ••• reduction / disappearance of depressive syndromes ••• spontaneous abandonment of medications and treatments taken as symptomatic. In particular: painkillers, anti-inflammatory drugs, etc. ••• For women: notable improvement in pain and discomfort during periods. ••• Resolution of recurrent migraines. ••• Disappearance of headaches •••

••• After 2 to 3 weeks, ••• resolution of deep and old musculoskeletal disorders ••• disappearance of headaches and disabling chronic migraines ••• very significant reduction in the amount of sleep required per day, or even unwanted awakenings ••• Very noticeable shortening of the wake-up time (body-muscles, mind): muscular and intellectual awakening becomes much faster, it can be counted in seconds ••• Observation of a very high general tone ("full form »), Including in the context of high stress ••• Significant improvement in the quality of vision, and reduction-disappearance of visual fatigue. ••• Restoration of a Libido & improvement ++ of sensations during sexual acts - men and women, all ages. ••• For people in good general health: in addition to gains in stress, sleep, mood, etc., a notable increase in physical, physiological and psychosomatic resistance to exertion; improved depth of breath and increased ability to recover after exertion ++ (these gains emerge after 10 days of practicing the Butterfly Technique®) •••



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•• After 4 weeks, once realignments have been initiated, the observation of significant spontaneous weight loss without any effort, nor resolute modification of the diet, because **1.** drastic reduction-disappearance of symptoms of stress, anxiety, nervousness, (spontaneously: less snacking, lighter or fewer meals); **2.** drastic reduction - disappearance of various inflammations. So swelling and consequently ultimately water retention in the body - water constituting 60% of the weight,

•• From 4 to 5 weeks, resolution of functional colopathies and disabling digestive disorders
•• resolution of migraine syndrome or deep, disabling chronic stress (may be faster depending on the case) •• Restoration-recovery of systems damaged nerves (nerves) •• etc., etc. According to the people and their pathologies, the realignments are increasing, being multi-dimensional. Including on the psychological level. The Butterfly Technique is a **global therapy for the body**, stimulating all of its self-repair mechanisms that are present in it in their native state.

And this is still only the beginning of the effects of the physiological and psychosomatic realignment caused by La Technique du Papillon® •• Please note that its effects are both instantaneous and cumulative, cf. *Instructions Manual*. This is the reason why, in this technique, punctuality and regularity are recommended, in order to get the best out of it, every day a little further.



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