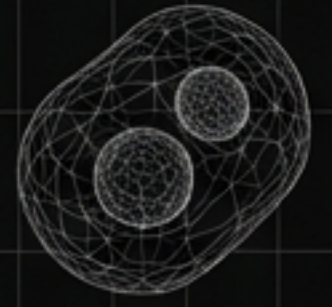


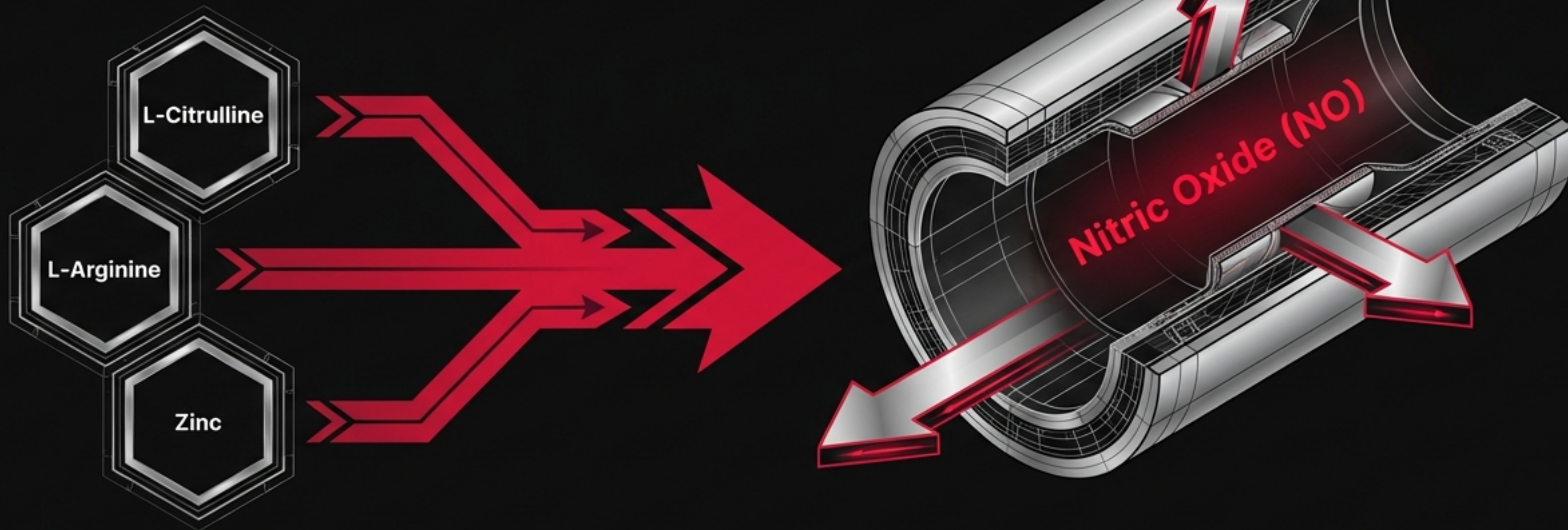
THE MASTER BLUEPRINT

The Science of Safe, High-Tension Tissue Growth.



PHASE 1: THE FUEL

Opening the Blood Pipes.

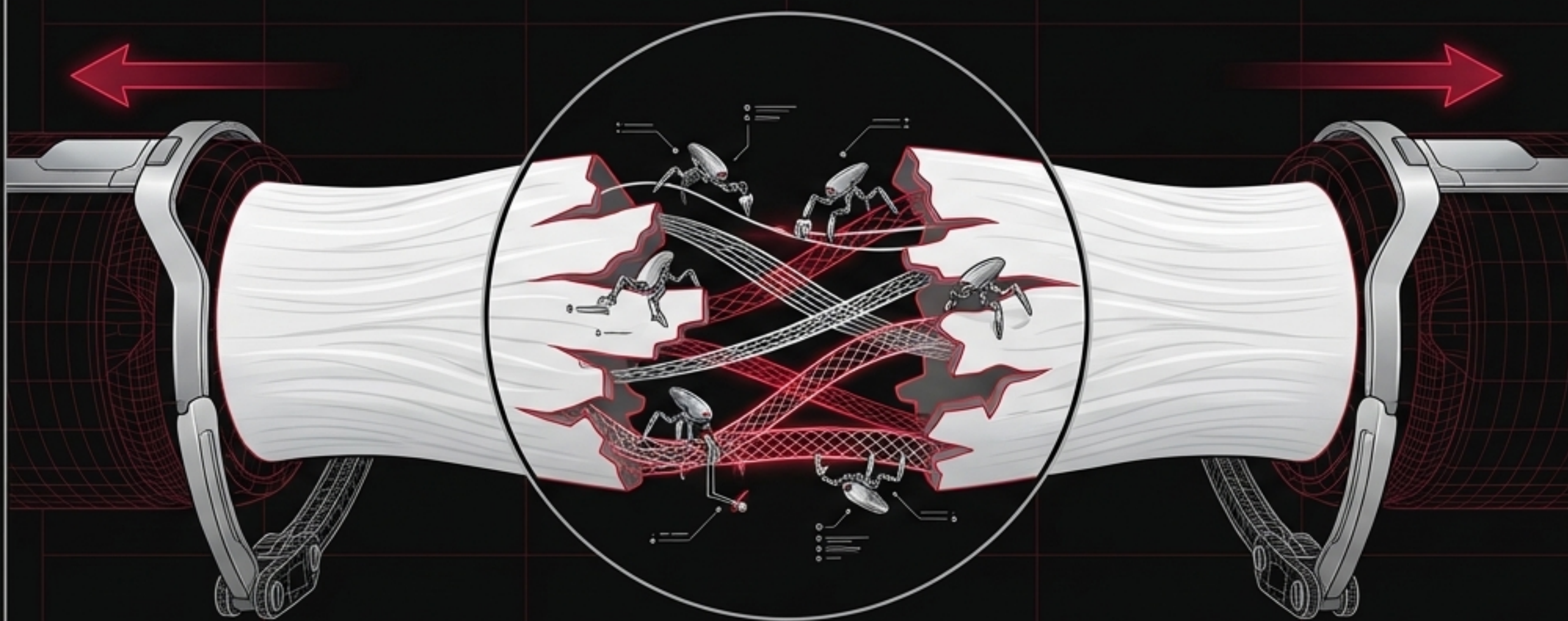


Step 1: Specific molecules enter the body.

Step 2: They turn into Nitric Oxide.

Step 3: Vasodilation! The pipes open wider to let more blood flow in.

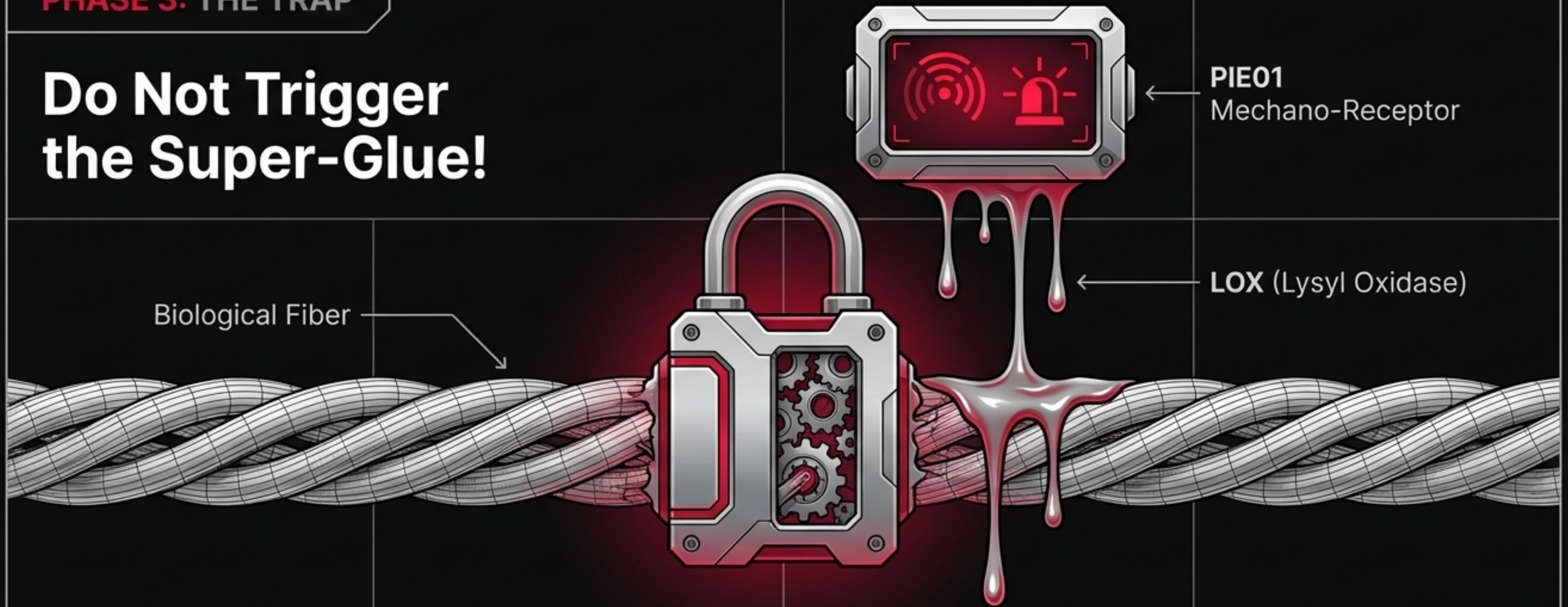
Waking Up the Builder Cells.



- Science calls this Cellular Mechanotransduction.
- A gentle, steady pull creates tiny micro-tears in the tissue.
- Your body's 'Builder Cells' wake up to repair the tears with new, stretchy material.

PHASE 3: THE TRAP

Do Not Trigger the Super-Glue!



1. If you pull too hard, the body panics.

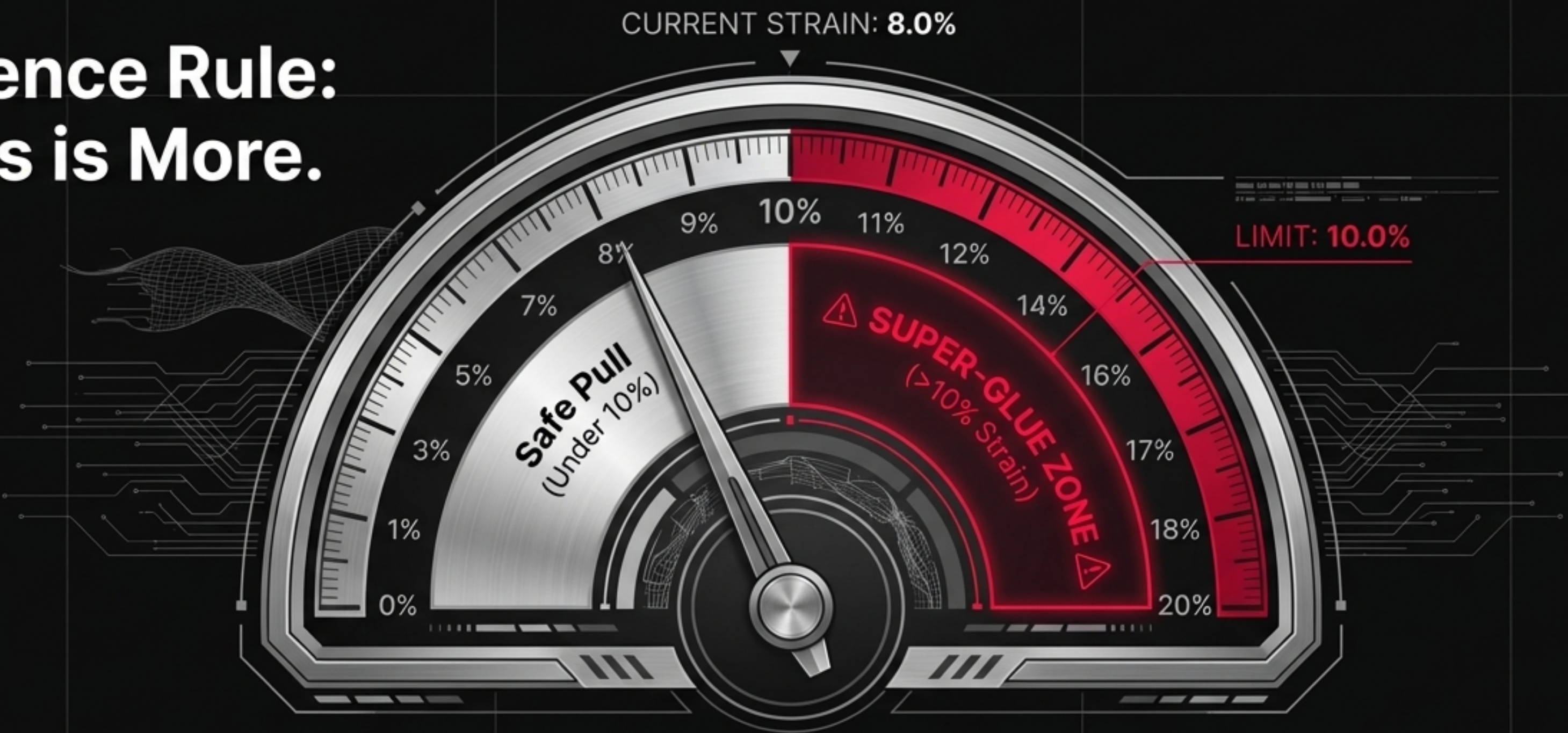
2. An alarm sensor (PIE01) goes off.

3. It squirts out LOX—a biological super-glue.

4. The glue freezes the tissue to stop it from stretching, causing a permanent dead end for growth.

THE 10% STRAIN LIMIT

Science Rule: Less is More.



The smallest amount of pull needed is always the best.
Never pull past 10% strain, or the tissue will lock up forever.

The Highest Evidence Rating.



STRONG



Extenders/Traction

- Extenders sit at the absolute top of the medical Evidence Ladder.
- They are the **ONLY** devices with published clinical data proving they work.




THE DATA MATCH-UP

High-Tension Extenders (e.g., RestoreX)



1	Tension Used: 6 lbs+	 A bar chart with a red bar that is significantly longer than the others, indicating high tension. A weight icon is shown above the bar.
2	Time Needed: 60 to 90 minutes a day.	 A horizontal progress bar with a red dot at the beginning and a clock icon at the end, indicating a short duration.
3	Expected Growth: 2.0 to 2.3 cm.	 A line graph showing a sharp upward trend with a red arrow pointing up and a ruler below it, indicating significant growth.

Low-Tension All-Day Stretchers (ADS)

	Tension Used: 2 to 4 lbs.	 A bar chart with a short grey bar, indicating low tension. A weight icon is shown above the bar.
	Time Needed: 6 HOURS a day.	 A horizontal progress bar with a white dot at the end and three clock icons below it, indicating a long duration.
	Expected Growth: Only 1.5 cm.	 A line graph showing a very shallow upward trend with a grey arrow pointing up and a ruler below it, indicating minimal growth.

PHASE 5: THE RULES

Safe Tension Calibration.

Danger / Plateau Breaking

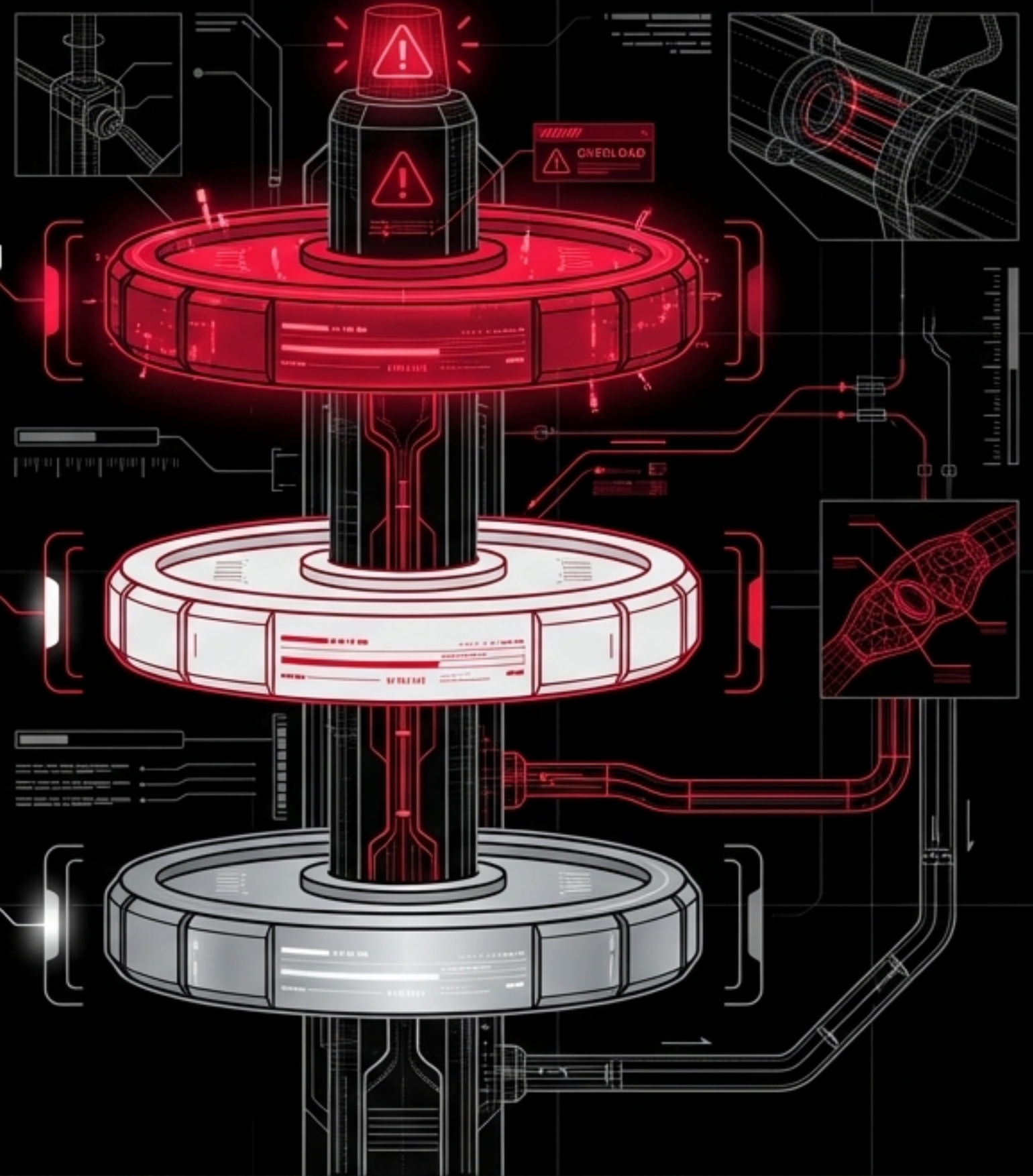
Over 10 lbs. Strictly reserved for advanced users stuck at a dead end.

Advanced Routine

8 to 12 lbs. For intense 90-120 minute daily routines.

Beginners

2.5 to 5 lbs. Start here to train the tissue safely.



THE PRE-FLIGHT CHECKLIST



GO IF...

- Read guide, committed to starting slow.



DOCTOR FIRST IF...

- Existing curves, pelvic pain.



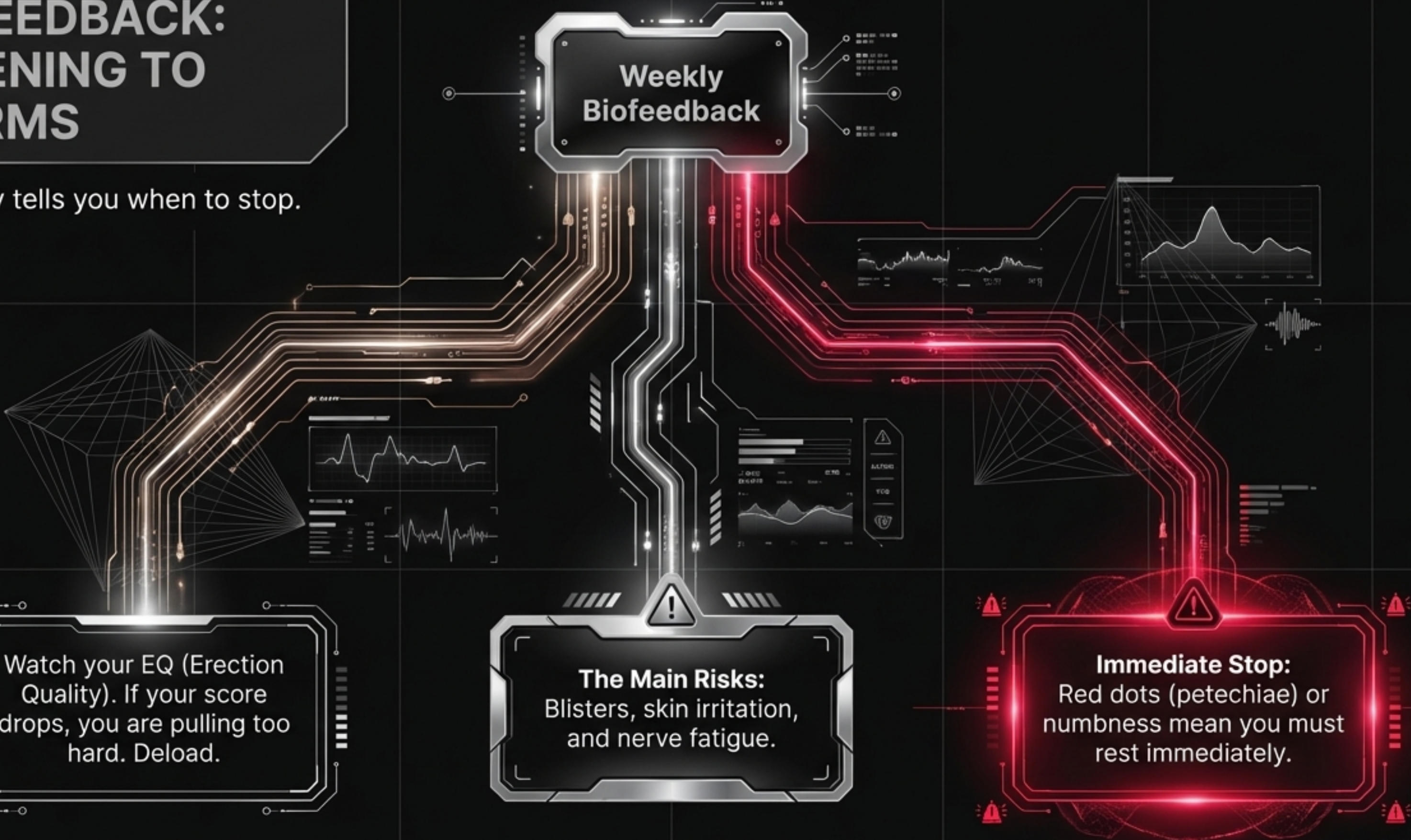
STOP NOW IF...

- Sharp pain, red dots, blisters.

BIOFEEDBACK: LISTENING TO ALARMS

Your body tells you when to stop.

Weekly
Biofeedback

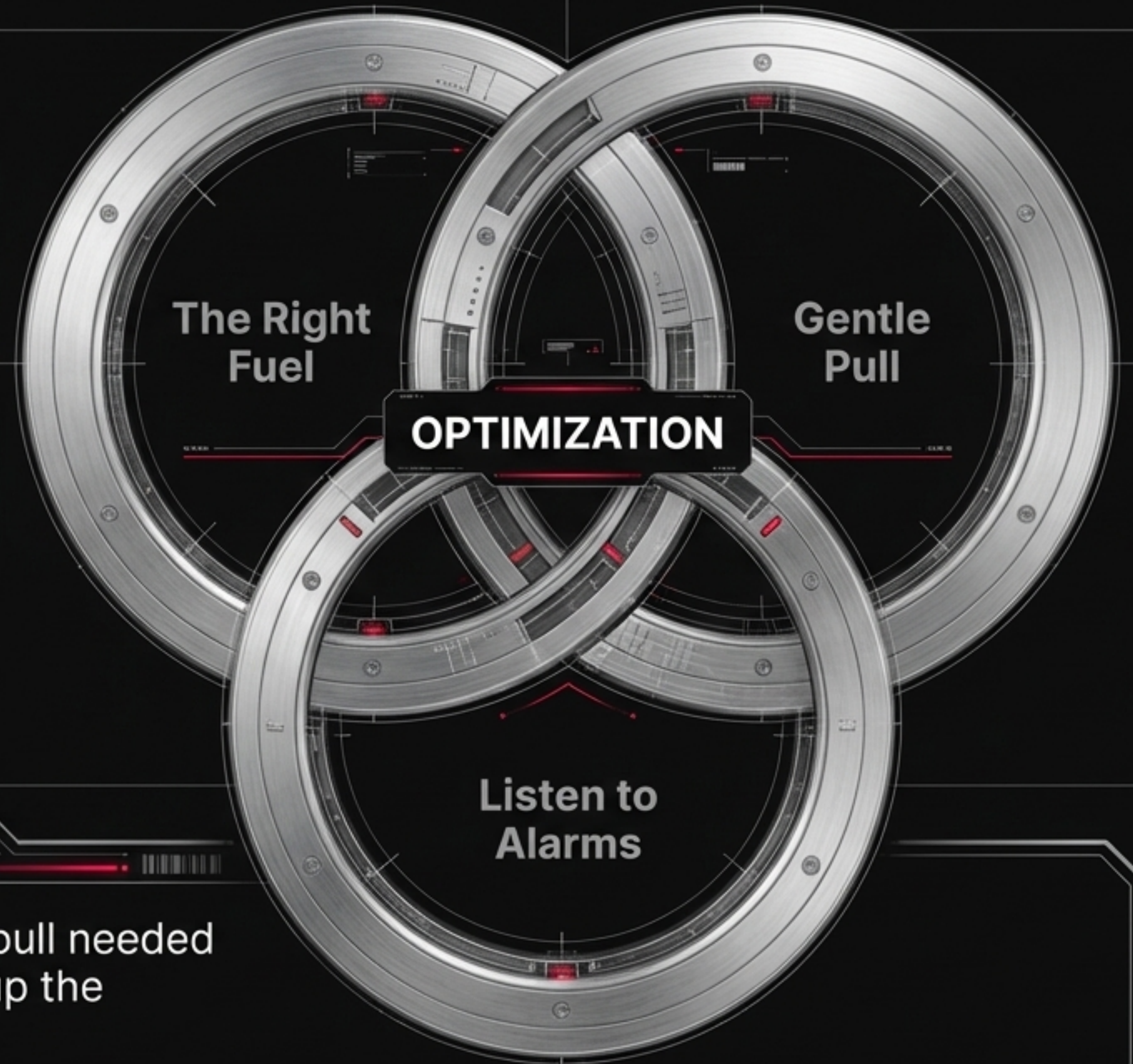


Watch your EQ (Erection Quality). If your score drops, you are pulling too hard. Deload.

The Main Risks:
Blisters, skin irritation,
and nerve fatigue.

Immediate Stop:
Red dots (petechiae) or
numbness mean you must
rest immediately.

Pulling creates growth, but pulling too hard creates glue.



- To win, use the absolute smallest amount of pull needed to get a stretch. Keep the pipes open, wake up the builder cells, and never trigger the trap.