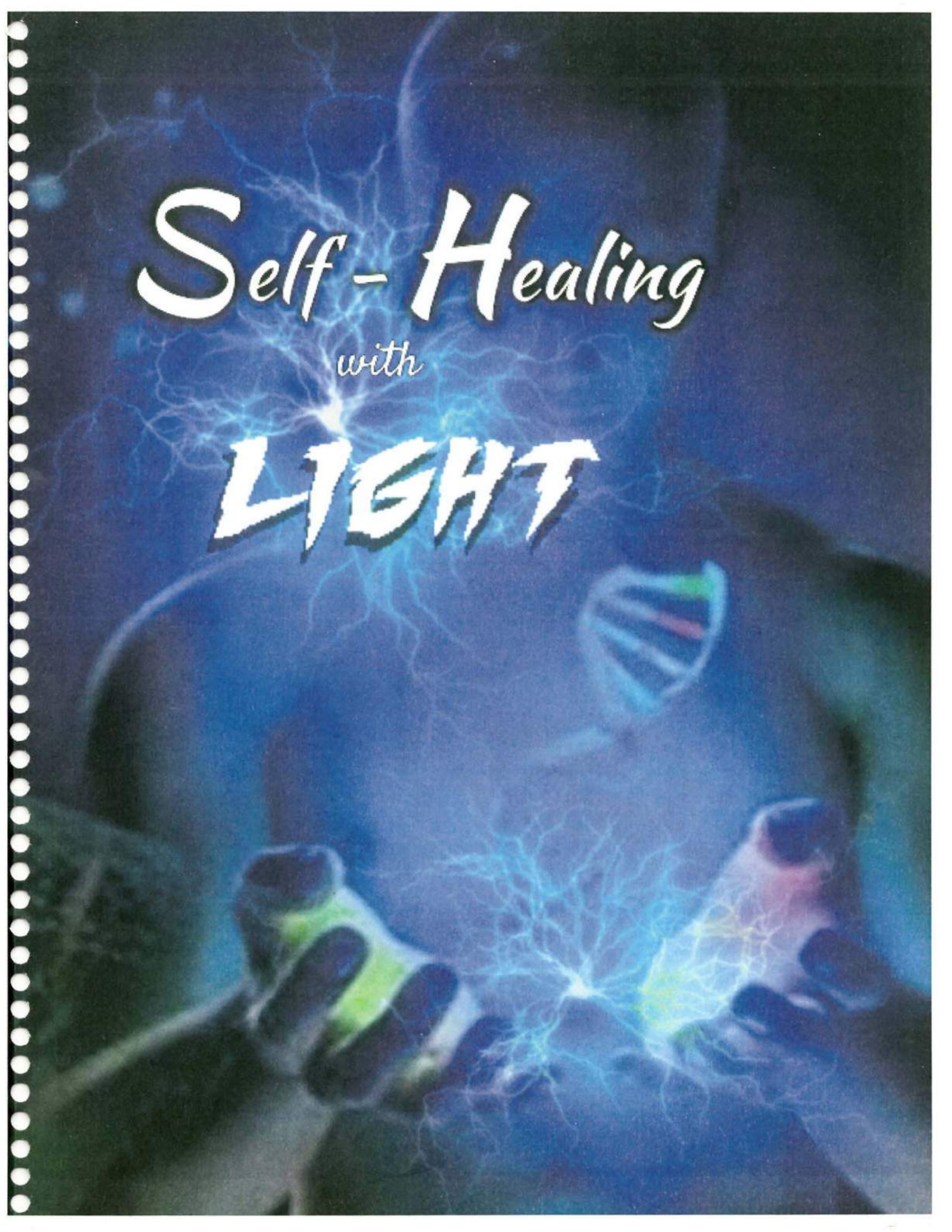



# Self-Healing

*with*

# LIGHT



An abstract visualization of energy flow, featuring glowing blue and white ribbons that swirl and curve against a dark background. The ribbons have a translucent, ethereal quality, suggesting movement and energy. The overall composition is dynamic and fluid, with the ribbons appearing to flow from the top right towards the bottom left, with some loops and curves. The colors transition from deep blue to bright white and light blue.

Everything that exists is made up of various forms of energy. We take in energy from the outside world; however, energy is also created internally from the cell activity, organ function, muscle movement, blood flow, and even our thoughts. When we are healthy, this energy is fluid-like, flowing through the body unobstructed. When we are unhealthy, energy is obstructed somewhere in the body, causing an imbalance. The body cannot heal itself if the bodily systems are not functioning in a balanced manner. The goal of LifeWave is to re-balance the energy flow in the body in order to make all systems function properly and thereby start the healing process from within!

FB, LifeWave Corporate, June 21, 2002

# Live Long. Live Well.

Improved Energy • Pain Relief • Better Sleep  
Anti-Aging • Weight Loss

**No Drugs • No Chemicals • No Stimulants ( Non-Narcotic ( Non-Transdermal**

LifeWave patches are a new technology for improving health and providing dynamic anti-aging effects. We accomplish this by working with your body, not against it. Remember what it felt like to be young, vibrant and pain free? This is the way you're supposed to feel, both now and all through your life. This is LifeWave.

LifeWave patches aid the communication system of the body, increase energy production, and support antioxidant levels. They provide immediate pain relief, better sleep, anti-aging, and weight management. The patches are non-invasive, non-transdermal, and contain no drugs or stimulants. LifeWave patches will help alleviate symptoms, not cure or treat diseases.

## **Preliminary Patch Instructions**

The following prerequisites apply for all LifeWave patch products and should be carefully considered before using any of the LifeWave patches.

- Apply the patches to clean, dry skin.
- Drink plenty of water before using the patches and stay well hydrated during the use of the patches.



- Do not remove the patch backing until an effective placement site (acupressure point) has been located. In other words, do not remove the adhesive until you are ready to wear it for up to twelve hours. Use tape while finding correct placement.



- Each patch may be worn on the skin for up to twelve hours. Do not reapply patch once it has been removed from the skin, as worn patches may have a reduced adhesive effect. Also, use a new set of patches with each application.

**Did you Know? The most common reason for any lack of response to the patches is DEHYDRATION. Any deficiency in hydration will reduce the effectiveness of the patches. It is important to drink enough water before and during patch use.**

## **Storage**

- ✓ Store in a COOL, dark place or metal container
- ✓ Keep away from heat and sun
- ✓ Do not put in back pocket
- ✓ Do not leave near body until ready to use
- ✓ Do not leave in your car
- ✓ Keep away from strong electromagnetic fields

## **Detoxification and Side Effects**

In addition to patch-specific benefits, LifeWave patches will facilitate some form of cell detoxification. This is especially true with the GLUTATHIONE, CARNOSINE and AEON patches. During detoxification, the body rids itself of waste and

pollutants, heavy metals, nicotine, and other toxic substances. A natural by-product of energy production is metabolic waste, which is neutralized by antioxidants and eliminated from the body. This is why symptoms of detoxification can be noted with the ENERGY ENHANCER patches.

Side effects are a natural part of the detoxification process, but the effects are temporary. Some people may experience these side effects more than others, depending in part on the amount of toxicity in the body and a person's susceptibility to detox symptoms. Some of the symptoms accompanying detoxification include:

• <i>Dry mouth</i>	• <i>Metallic taste in mouth</i>
• <i>Fatigue</i>	• <i>Runny nose</i>
• <i>Headache</i>	• <i>Minor rash</i>
• <i>Sleepiness</i>	• <i>Acne</i>
• <i>Nausea</i>	• <i>Change in bowel habits</i>

Imagine your body as a swimming pool. You use a pump to filter and clean the grime, much like the kidneys and lymphatic system operate to filter our blood and other bodily fluids. Now, imagine the build-up of toxins as grime accumulating at the bottom of the pool. If these toxins have been allowed to build up over a long period of time, the pump ends up stirring up the grime much faster than the pump can clean it. Imagine the stress this puts on our kidneys, lymphatic, and other organs. As you scrape the sides and bottom of the pool, this releases more grime so that the water becomes dirty and murky. These are the toxins mobilizing in your body. Imagine what our cells look like with the build-up of free radicals and toxins and the stress this creates on our internal organs.

**It is important to remember that as your body clears itself of toxins, the symptoms of detoxification will subside. If these detox symptoms are too problematic, try the following recommendations:**

- **Drink plenty of water to help flush out the toxins and remain hydrated.**
- **Take Vitamin C to help flush toxins quickly, especially nicotine.**
- **Include daily probiotics or digestive enzymes in your diet.**
- **If needed, remove the LifeWave patches and wait a day or two before wearing them again.**

*Detoxification discomfort occurs when the toxins mobilize faster than the body can eliminate them. In this case, use the patches for a shorter period of time.*

### **Hydration**

It is crucial to remain properly hydrated before and during patch use for a few reasons. Regardless of whether or not you are using the LifeWave patches, hydration is a necessary part of maintaining health. Hydration improves the flow of electricity in your body. Scientific research has shown that electrical currents, known as bio-currents, circulate continuously throughout the body. The body's nervous system conducts electrical signals as it transmits information throughout the body. Even proteins are natural semiconductors. The conduction of electricity in the body declines as the body becomes dehydrated. Meridians are channels of electrically charged water crystals, and hydration is needed to ensure the flow of energy throughout the body.

It is also important to remember that your body's level of hydration must be in balance. Poor hydration can lead to headaches, lack of skin elasticity, muscle cramping, and cell degeneration. A total lack of water will be fatal, just as too much water at one time can be fatal.

**Attention: if you have kidney or adrenal problems, or if you are on diuretic medication, consult a healthcare professional about the recommended amount of daily water you should consume.**

### **Here are some tips to help you stay hydrated:**

- **Drink water frequently throughout the day to help balance your body's hydration.**
- **Monitor the frequency and character of urination. If you develop a full bladder every 3 to 5 hours with colorless urine, the chances are that you are drinking enough water; if the bladder takes longer or all day to fill, and the urine is deeply colored, then your body may be dehydrated.**
- **As a general rule, try to drink at least half your body weight (in ounces) of water each day. This number may change depending on your level of exercise, stress, and disease, and if you live in a high-altitude region or an extremely hot/cold climate.**

## **Patch Polarity**

All LifeWave patches can be used in combination. It is recommended to follow the polarity of each set of patches.

- **ENERGY ENHANCER** (WHITE) on the **RIGHT** side of the body.
- **ENERGY ENHANCER** (TAN) on the **LEFT** side of the body.
- **ICEWAVE** (WHITE) on the **RIGHT** side of the body.
- **ICEWAVE** (TAN) on the **LEFT** side of the body.
- **GLUTATHIONE** on the **center** or **RIGHT** side of the body.
- **CARNOSINE** on the **center** or **RIGHT** side of the body.
- **AEON** on the **center** or **RIGHT** side of the body.
- **SILENT NIGHTS** on the **center** or **RIGHT** side of the body.
- **SP6 COMPLETE** on the **center** or **LEFT** side of the body.

## **Self- assessment**

*As you use the LifeWave patches and experiment with placements, try to assess your current state **before, during, and after** patch use. Try to evaluate throughout the day how you feel while you are wearing the patches and notice any differences. This will help you become more aware of your body's signals and most likely lead to a greater understanding of which patches and placement work the best for you and why.*

## **Precautions**

*Although the LifeWave patches are generally regarded as safe, it is always a good idea to exercise sound judgment when you have an illness. If you are planning on using and/or instructing others on how to use LifeWave patches, it is your responsibility to remind yourself and others of the following precautions:*

- *These products are not intended to diagnose, treat, cure or prevent any disease.*
- *Individual results will vary.*
- *Remove patches immediately if you feel discomfort or if skin irritation occurs.*
- *Do not reuse patches once removed from the skin.*
- *Do not cut the patches.*
- *Keep your body well hydrated during patch use.*
- *The LifeWave patches are for external use only. Do not ingest any portion of this product.*
- *Do not place patches directly on wounds or otherwise damaged skin.*
- *If you have a real or perceived health condition, ask a health professional before using these products.*
- *Do not use if you are pregnant or nursing.*
- *Although we have not seen any contraindications, we recommend those wearing a pacemaker consult a medical practitioner in regards to use of the LifeWave patches.*

## **LifeWave Patches Basics**

We have witnessed countless examples of the effectiveness of LifeWave patches, but we have also encountered cases where wearers do not experience the effect immediately. There are some theories behind the "Why Not" and some are most probably related to poor hydration or perhaps lack of sufficient minerals in the body. In addition:

- There is not a single protocol to suit everyone, and there are multiple ways to achieve the same result by different patching methods, patch type, position, and all their possible combinations.
- A person with a positive outcome wearing a specific protocol might experience a not so favorable result at a different time wearing the exact same patching protocol. Remember that our bodies are not build the same and the causes of certain conditions are not exactly the same way.
- There are guidelines created by LifeWave, but so far, we have not found limits on how the patches should be combined, how many should be worn at the same time, or which technique should be used.
- There are also guidelines on what the minimum age should be to start patching on children. In all cases, applying patches to children should be under the supervision of their parents.

## **TROUBLE SHOOTING TIPS:**

When the LifeWave patches do not appear to be producing the desired effect, there may be many factors that can inhibit a positive response. It is also important to store the LifeWave products correctly in order to protect the shelf life of the products. Try to follow an algorithm so you can consistently narrow down the reasons why you are not receiving a response. When you discount one factor, move to the next until you reach a conclusion. Keep in mind, there may be more than one factor involved.

**A. Dehydration:** It is critically important to drink a lot of water prior to wearing the patches and stay well-hydrated during patch use. According to acupuncture theory, hydration helps to keep the meridian pathways unobstructed. Hydration will also increase the electroconductivity of your skin.

**B. Heavy Toxicity:** When high amounts of toxic substances are present in the body, such as heavy metals and chemicals, the body will first mobilize to flush out the toxins in response to the patches. This means that you may feel undesirable side effects of detoxification before you feel the positive results. Depending on your body's level of toxicity, it may take weeks or months to eliminate the toxins completely.

**C. Incorrect Patch Placement:** It is important that you familiarize yourself with the suggested placement protocols for each LifeWave patch, along with the alternative acupoints listed in this manual, and know which acupoints are commonly used to treat certain conditions. You do not have to be an expert in acupuncture or acupressure to use the LifeWave patches effectively, which is why the many acupoint reference tables are provided for you in this manual. Everyone may respond to the patches differently, and certain acupoints may be highly effective for one person while ineffective for another. Experiment with patch placements until you are familiar with their results.

**D. Blocked Meridian Flow:** It is not uncommon for meridians to become blocked, nor is it uncommon to unblock one meridian and find another to become blocked. Move the patches to acupoints along different meridians if you feel this is the case. In many instances, the body has certain micro regions, or zones where the pain resides. Once you stimulate the meridian and unblock the channel, energy may flow freely until it reaches another blockage, perhaps in another meridian entirely. In this case, you will need to "chase the pain," which means moving the patches to each new location until you experience pain relief.

**E. Mineral Deficiencies:** Minerals such as calcium, zinc and magnesium are made up of electrically charged ions and may affect the electroconductive performance if the body has a deficiency in any of these minerals. For example, magnesium plays a role in ATP production, which is crucial to energy production and to the performance of the ENERGY ENHANCER patches.

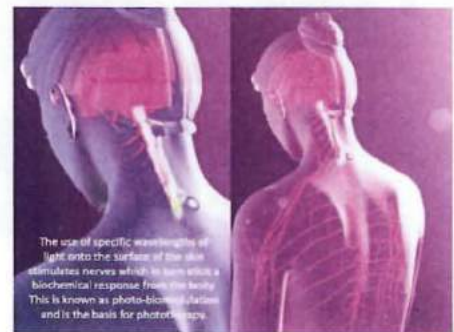
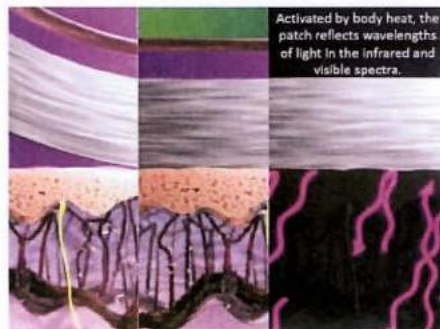
## THE SCIENCE BEHIND THE PATCHES

**WHAT IS PHOTOTHERAPY?** Phototherapy is light therapy. We know that specific light frequencies cause specific changes within the body. LifeWave technology is an **advanced form of phototherapy**, utilizing a non-transdermal patch **delivery system** that is composed of organic crystals. When exposed to body heat, it emits specific wavelengths of light that activates particular nerve and skin points on the human body. LifeWave patches **begin to work immediately** upon placement. **LifeWave is UNIQUE** because it is the **only** phototherapy product in the world that uses the human body heat as its own power source. There are no batteries or electronics.

**HOW DO THE PATCHES WORK IF NOTHING ENTERS THE BODY?** LifeWave patches work based on 2 main principles. The first principal is acupuncture. It is important to know that LifeWave patches have all the benefits of acupuncture but **without** the need of using needles. LifeWave patches also work on the second principal - Light Frequency. So, **what is Light frequency exactly?** It has been known for thousands of years that specific frequencies of light cause specific changes in the body. When you go out into the sun, for example, your body automatically produces Vitamin D. **Is there Vitamin D in the Sun?** The answer is **NO**. It **IS** the specific frequency of sunlight that **WILL** stimulate our body to produce Vitamin D; it also helps us **MAKE** adequate amounts of Vitamin D in order to keep our bones strong and healthy.

**Well, LifeWave patches work on that same principal.** Once the patches are applied at a specific point on the body, the patch will start stimulating that point with a similar result to that of using a needle.

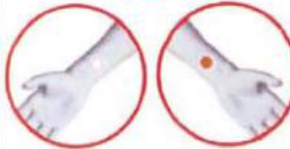
Our exclusive, non-transdermal (meaning nothing goes in the body) **patches use light** to gently stimulate acupuncture points, which have been used to balance and improve the flow of energy in the human body for thousands of years. As a result, the patches tap into the body's **natural flow of energy** and **ability to heal** itself.



**WHAT IS IN THE PATCHES?** LifeWave patches contain a combination of Amino Acids, water, stabilized oxygen, and Natural Organic Compounds. They are made up of **100%** Natural ingredients. There are **NO** chemicals or any type of medication. They activate immediately once they touch the skin or are placed over your clothing. There are no side effects because LifeWave patches are non-transdermal patches, which means absolutely **NOTHING** goes **INTO** the body.



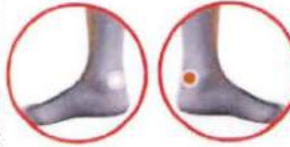
**LUNG 1**  
Located about 1 inch below the collar bone along the inside of the shoulder



**PERICARDIUM 6**  
Located about 3 to 4 finger widths from the crease in the palm side of the wrist



**STOMACH 36**  
Located in the depression 4 finger widths below the knee cap and 1 finger widths outside the bone



**KIDNEY 3**  
Located at the depression on the inside of the ankle, just behind the ankle bone



**TRIPLE BURNER 5**  
Located in the middle of the back of the wrist, about 2 finger widths above the wrist crease.



**ENERGY ENHANCER (2004):**

Enhances Athletic Performance, Stamina and Strength. Increases Energy - Accelerates Metabolism & Converts FATS into energy! **Burns 20% more BODY FAT!** There are **No**

**Chemicals - No Caffeine - No Drugs - No Stimulants - No Ups & Downs - No Yo-Yo Effect - No Jitters!** Improves Mental Focus, Clarity, Breathing and Stamina! Provides steady energy PLUS EXTRA ENERGY when your body calls for it., which is why many Olympic Athletics endorse the use of the patches! Tested by the World & U.S. Anti-Doping Agency, NCAA & Olympic committee. Great for Moms and Dads that need the extra strength for walking. Excellent for teenagers, coaches, golfers, football, basketball, karate, soccer, tennis, runners, all activities. **NOTE:** Over \$200 Billion dollars a year is spent on drugs, chemicals, stimulants, coffee, energy drinks, and steroids. Red Bull alone sells 3 billion cans a year! **Use the patches instead and have natural energy ALL DAY!**



**LIVER 3**  
Located on the top of the RIGHT foot, in the web of the big toe



**TRIPLE BURNER 23**  
Located on the RIGHT temple



**TRIPLE BURNER 17**  
Located on the RIGHT side of the neck, behind and below the earlobe



**GOVERNING VESSEL 24.5**  
Located at the "third eye position," along the mid-line of the head, just above the eyebrows



**KIDNEY 3**  
Located at the depression on the inside of the RIGHT ankle, just behind the ankle bone



**SILENT NIGHTS (2005):** Regain your health

while you sleep. SILENT NIGHTS Patches have been **clinically shown to increase the length of sleep by 66%**, enhancing the quality of sleep with no drugs, chemicals or stimulants! SILENT

NIGHTS signal the body to make **MELATONIN**, reduces **SNORING**, and can even reduce **Jet Lag**. Many people use the patches to help with sleeping on long airplane trips. **NOTE:** Over \$100 billion a year is spent on sleeping pills, drugs, and prescriptions. Over 1/3 of the U.S. population has chronic sleep issues. 70% of repair is done while the body is sleeping so that you can wake up feeling energized and rejuvenated.





**ICEWAVE (2006):** ICEWAVE is specifically designed to provide relief at the source of discomfort. This patch is perfect for **Whole Body** and **Local Pain Relief**. **Many Feel Pain Relief in 10 Seconds.** Many people use the patches for knee, back, shoulder, ankle, neck pain, tennis elbow, leg pain, hip pain, muscle spasms, joint pain, wrist pain, nerve pain, toothache, headache, migraine, swelling, menstrual cramps, and pain associated with sports.

**Do You Know** that Chronic pain, alone, affects 1.5 billion people around the world, leading to billions of dollars in health care costs and lost work productivity each year? Over \$300 Billion is spent each year on pain medicine, narcotics drugs and prescriptions that comes with many Negative Side Effects and could be Addictive. ICEWAVE phototherapy patches are **not** drugs, they are simply Acupuncture without the needles for 24 hour-a-day relief! **Do you know** that in 2013, one of the leading pain management experts in France (Dr. Pierre Volckmann), conducted a double-blind placebo-controlled study in five French hospitals? Result: A staggering **94 percent of the 100 study participants experienced pain relief within minutes of use.**


**LIFEWAVE**

**THE CLOCK/CROSS METHOD**


**ICEWAVE PLACEMENT GUIDE**

**FOR NON-SPECIFIC, LOCALIZED MUSCULOSKELETAL PAIN**


**STEP 1**  
Place a **TAN** patch directly on the point where you have the most pain.




**STEP 2**  
Place the **WHITE** patch **about two inches ABOVE** the **TAN** patch. If the pain is not reduced in 10 seconds, move to the next step.




**STEP 3**  
Move the **WHITE** patch from the 12 o'clock position to the 3 o'clock position. If the pain is not reduced in 10 seconds, move to the next step.




**STEP 4**  
Move the **WHITE** patch from the 3 o'clock position to the 6 o'clock position. If the pain is not reduced in 10 seconds, move to the next step.





**STEP 5**  
Move the **WHITE** patch from the 6 o'clock position to the 9 o'clock position. If the pain is not reduced in 10 seconds, move to the next step.



**STEP 6**  
Move the **WHITE** patch so that it is parallel to the **TAN** patch. This is called **Bracketing the pain**. If the Pain is not reduced in 10 seconds, move to the next step.



**STEP 7**  
Repeat the entire process Starting at **STEP 1**, except place the **WHITE** patch directly on the pain point and move the **TAN** patch around as described.

**CONCEPTION VESSEL 6**

Located about 3 finger widths below the belly button

**CONCEPTION VESSEL 22**

Located at the base of the throat, in the depression, in the center of the collar bone

**LIVER 3**

Located on the top of the RIGHT foot, in the web of the big toe

**LUNG 9**

Located at the depression at the crease in the RIGHT wrist, when you follow the thumb down to the crease

**SPLEEN 6**

Located about four finger widths above the RIGHT inside ankle bone, on the tibia bone

**CONCEPTION VESSEL 17**

Located on the sternum, which is directly in the center of the chest

**GOVERNING VESSEL 14**

Located at the base of the back of the neck, where the C7 vertebra protrudes if you tuck your chin to your chest

**LARGE INTESTINE 4**

Located on the back of the RIGHT hand, in the web, on the bone of the index finger

**GOVERNING VESSEL 2**

Located at the base of the spine, just above the tail bone

**HEART 7**

Located on the RIGHT inside wrist crease, about one finger width from center, toward the small finger



**GLUTATHIONE (2006):** GLUTATHIONE is the body's **Master Antioxidant** and primary antioxidant for **detoxification**. It's found in nearly every human cell, and medical experts say that one's lifespan is directly connected to the amount of GLUTATHIONE in your body. With its ability to protect and detoxify, it also provides crucial **immune system support**. It's also worth noting that GLUTATHIONE is incredibly well researched. In fact, thousands of clinical studies have been conducted on this powerful antioxidant. As the primary defense against invaders from outside and inside the body, the importance of the immune system cannot be overstated. The good news is this patch is clinically proven to keep you strong. No other single product can boost your immune system like Y-Age GLUTATHIONE, and this patch does it all with no drugs or chemicals. Our bodies must have high levels of GLUTATHIONE in order for all the other anti-oxidants like Vitamin C and E to be utilized properly. **The patches are clinically proven to increase GLUTATHIONE levels 300% in 24 hours!** Detoxifies Heavy Metals Pesticides, Toxins, and Mercury (which can be found in tooth fillings, fish - Tuna and Sushi). The LIVER is the largest reservoir for GLUTATHIONE in the body! High GLUTATHIONE levels help to **protect the body** from sunburn damage and radiation exposure, boosts the Immune system, is Anti-Viral, and neutralizes Free Radicals. **NOTE:** GLUTATHIONE pills, creams and drinks increase blood levels ONLY 10-20%. According to the American Health Care Foundation, conditions such as cancer, cholesterol, gout, fibromyalgia, eyes, Alzheimer's, liver, diabetes, HIV/Aids improve by boosting GLUTATHIONE levels. **Did You Know?** Our atmosphere contains trillions of germs. They are in the air we breathe, the water we drink and the food we eat. But what makes one person more vulnerable to germs than others? **The strength of your immune system**, alone, prevents these elements from damaging your body and Y-Age GLUTATHIONE can be an invaluable support.



**CARNOSINE (2006):** CARNOSINE is a material that is found **naturally** in the human body. It is an antioxidant and plays an important role in our overall health. CARNOSINE **protects the brain** from forming plaque, which leads to brain dysfunction. Prevents damage to our DNA. CARNOSINE has the **UNIQUE ABILITY to turn old cells into healthy cells, accelerating wound healing**. Patents have been issued for using CARNOSINE to **improve ATHLETIC PERFORMANCE**; this is possible because CARNOSINE helps to **prevent** the buildup of LACTIC ACID in our muscles. Many athletes and fitness enthusiasts use Y-Age CARNOSINE to push themselves further, but it can help anyone experience peak performance in their daily routine. This patch improves strength, flexibility and endurance, which together form the foundation of a robust and active lifestyle. CARNOSINE **builds & repairs damaged muscles**. According to Life Extension Magazine by Susan Evans, CARNOSINE protects against Cardiovascular Disease, Fights Diabetes, protects Brain Cells, and preserves Cognition function.



**DAY 1 - SPLEEN 6**

Located about four finger widths above the inside ankle bone of the LEFT leg, on the tibia. This point has given the best results.



**DAY 2 - STOMACH 36**

Located in the depression 4 finger widths below the LEFT knee cap and 1 finger widths outside the bone. This point gives good results.



**DAY 3 - KIDNEY 3**

Located at the depression on the inside of the LEFT ankle, just behind the ankle bone



**DAY 4 - SPLEEN 6**

(same as Day 1)



**DAY 5 - STOMACH 36**

(same as Day 2)



**SP6 COMPLETE (2007):** SP6 COMPLETE Appetite Control Patch utilizes the ancient principles of acupuncture to gently stimulate points on the body that have been used to **balance and control appetite** for thousands of years. The result is a

natural reduction in hunger and food cravings without any drugs, stimulants or needles entering the body. SP6 COMPLETE Reduces Cravings - without Stimulants of any kind! Clinical research shows significant **decrease of appetite, naturally!** Other clinical studies have demonstrated that SP6 patches worn daily over a period of 1 week produced a highly significant **improvement in the physiologic functional** status of different organs. This patch is excellent for hormonal rebalancing.



**CONCEPTION VESSEL 6**

Located about 3 finger widths below the belly button



**GOVERNING VESSEL 14**

Located at the base of the back of the neck, where the C7 vertebra protrudes if you tuck your chin to your chest.



**KIDNEY 3**

Located in the depression just behind the RIGHT inside ankle bone



**LARGE INTESTINE 4**

Located on the back of the RIGHT hand, in the web, on the bone of the index finger.



**LIVER 3**

Located on the top of the RIGHT foot, in the web of the big toe



**AEON (2011): STRESS RELIEF YOU CAN FEEL**

**GOOD ABOUT.** Clinically tested to **reduce stress** in the body within **10 MINUTES!** Infrared imaging illustrated a **decrease in inflammation** in response to AEON. Other clinical tests demonstrated that

AEON lowers C-reactive proteins (which rise in response to inflammation). This is important because inflammation is often a symptom of stress and it can damage healthy tissue and even DNA. The result is a calm & stress-free state while balancing the autonomic Nervous System. Lower levels of stress have been shown to help combat the ravages of aging. **Improves Cellular Organ Function.** AEON patches are excellent for Anti-Aging. They increase Collagen in joints & skin and reduce wrinkles. **Did You Know?** Forty-three percent of all adults suffer adverse health effects from stress, including headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression and anxiety. In addition, 70 percent of stressed people experience lower work productivity and disruptions in their family and social lives.



**THETA ONE + ACTIVATOR (2014):** Provides **whole body health benefits NEVER** achieved before from any other **single product** on the market today. You can experience a **Leaner and Stronger Body, Youthful Radiant Skin, Immune System Support, Reduced Stress** associated with **Aging**, and **Reinvigorated Sex Drive** and **Improved Performance**. This is a triple action system which promotes **Human Growth Hormone (HGH), Nitric Oxide**, and **SOD** providing results you'll feel the very first day and the most vibrant health you've ever experienced. Theta One is a revolutionary nutrition formula that contains **Colostrum, nature's first superfood**, providing you with both immune system

support and growth factors. It also has two forms of **L-arginine**, which is a precursor to **Nitric Oxide**, which increases blood flow. It has 6 grams of **prebiotic fiber**, 500 mg of **potassium**, and Goji berry extract, which contains antioxidant properties to help **fight free radicals**.

**Theta Activate**, a proprietary **nutrient delivery system** is designed to deliver benefits within a few minutes. Theta Activate increases the absorption of nutrients provided by Theta One. As a result, more of these nutrients enter the cells and speed up the cells' metabolism for rapid results.

**Without Theta Activate**

As we age our cells get smaller, making it more difficult for the nutrients we take in from supplements to enter our cells. If nutrients are unable to enter our cells, their power is diluted and they are less able to deliver quick results and improve health overall.



Most supplements today lack a nutrient delivery system that would help more essential nutrients enter and go to work in the cell. This lack of a delivery method results in people not seeing or feeling benefits for days, months, and even years.

**With Theta Activate**

Theta Activate is a proprietary nutrient delivery system designed to increase the absorption of nutrients in Theta formulas directly into the cells, more effectively than typical supplements.

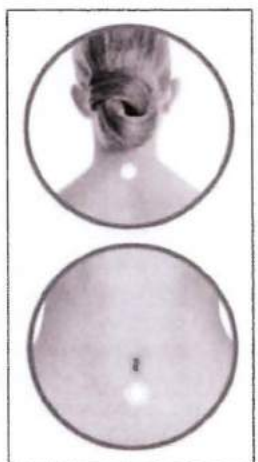


Once the nutrients are in the cell, the silica in Theta Activate speeds up the cell's metabolism, igniting the nutrients to go to work in the body right away, helping people experience benefits within minutes.



**ALAVIDA (2015):** Alavida is a completely **new approach to skin care** where Nature and Science work in perfect harmony. A 24/7 approach to improving the health of your skin from the **inside out and the outside in**. When you first hear about the concept of using a patch to improve the skin, it might sound unusual. But, think about it for a moment - if you really want to have radiant and beautiful looking skin, you need to first have healthy skin. So, with the Alavida patch, you get to improve the appearance of your skin, by improving the health of the skin from the inside out. The **Alavida patch reduces Oxidative Stress** and **helps**

**preserve antioxidants** in the body. Alavida cream is 98.6 percent naturally-derived, plant-based formulas. With key ingredients like **ALGAE OIL**, clinically shown to **help hydration** and **restore damaged skin**. **RICE BRAN OIL** supports **skin elasticity** and **helps retain moisture**. **MILK PEPTIDES** reduce the appearance of **fine lines** and **wrinkles** and **increase collagen** production. **MORINGA BUTTER** enhances the skin's natural barrier to **lock in hydration**. **VITAMIN C**, a valuable antioxidant, helps even out skin tone and protect against visible signs of aging. Our special form of Vitamin C antioxidant is **absorbed 50 times better** than regular Vitamin C. Alavida contains **NO Parabens, NO Sulfates, NO Phthalates, NO Synthetic or Artificial Fragrances, No Ureas, and No Artificial Colors or Dyes**. You now have a system where you can be improving the radiance of your skin from the very first day.



winfit



**WINFIT BODY SHAPING SYSTEM (2016): HOW WOULD YOU LIKE to lose fat, lose inches, get toned and increase energy - with NO calorie restrictions, NO restrictions on healthy eating, NO diet pills or “fat burners” and NO extreme exercise?** Well now you can, faster and easier than ever before. How is this possible? By combining our patented patch technology, Theta One Nutritional formula, along with a few very specific eating and



exercise guidelines, you can greatly improve the shape of your body with minimal effort or sacrifice. **Increasing Metabolism Is the Key!** What makes WinFit different is also what makes it so effective - its natural ability to increase your metabolism without drugs or stimulants of any kind. WinFit delivers a completely new approach to fat loss and body shaping that emphasizes six carefully timed components, including nutrition and exercise. **The FIRST component is HYDRATION.** Start by drinking water first thing in the morning. Research shows that consuming 17 ounces of water in the morning can increase metabolism by 30 percent. **The SECOND component is EXERCISE.** Studies show a little exercise goes a long way. WinFit helps you reach your goal with 10-15 minutes of exercise every morning.

**The THIRD component is the WINFIT PATCH,** which uses the healing property of light (phototherapy) to help you lose fat and build muscle. This patch is for daytime use, and it promotes a reduction in body fat to help improve the metabolism and build new muscle. **The FOURTH component is the EATING WINDOW.** You are when you eat! Stay within an eight-hour daily window to keep your body in a fat-burning state, while maximizing muscle growth. **The FIFTH component is THETA NUTRITION.** This award-winning formula is for nighttime use and works together with Theta Activator to help build lean muscle and metabolize fat. **And the LAST component is the Y-AGE CARNOSINE PATCH.** For nighttime use, this patch improves strength and flexibility, and increases endurance. **RESULTS VIRTUALLY ANYONE CAN ACHIEVE!** At LifeWave, we'll never ask you to take a magic weight-loss pill, starve yourself with extreme diets or endure punishing exercise routines. Instead, we have a natural, scientifically proven system for shifting your hormones back to your younger years, when you were a fat-

burning machine. Now you can finally lose unwanted fat and replace it with new muscle on your terms. The WinFit Patch should be worn throughout the day (remove it in the evening before applying the Y-Age CARNOSINE patch). You may use either the ENERGY ENHANCER patches or the ICEWAVE patches with the WinFit patch. You can also use Y-Age AEON and Y-Age GLUTATHIONE with the WinFit patch.



**NIRVANA MOOD ENHANCER SYSTEM (2017).** Happiness has arrived! Life is challenging for everyone, and we could all use an emotional boost when we're feeling a little down, now and then. But what if you could be happier? Not surprisingly, the answer to this question is directly related to body chemistry. Think about that **euphoric feeling** you get when you flirt with someone, you're attracted to... This feeling is actually produced by the body's natural release of endorphins. But it doesn't last very long. Now you can

maintain that state of happiness. **Nirvana Supplement.** This product includes a natural seaweed extract that not only supports healthy endorphin production, but its patented stabilization process produces sustained results. **Nirvana Patch.** This patch is a patented technology that enhances your mood with no drugs, chemicals or stimulants. So, for the first time, LifeWave has combined this patented technology with a natural supplement for a dual-action combination unlike any other.

Together, the Nirvana Supplement and Nirvana Patch work synergistically to support a prolonged sense of happiness and well-being. Now you can find greater happiness even in the most hectic moments in life.





**THETA PURE PREMIUM (2018):** At LifeWave, we wanted to create a high-end sustainable Algae based Vegan Omega 3 supplement suitable for the whole family. With Theta Pure Premium, we've done just that. Theta Pure Premium is **Vegan Friendly, Non-GMO, Allergen Free**, and **it is good for everyone in the family including infants, young children and pregnant women**. Theta Pure Premium has a **pure and natural source of Vitamin D, Omega 3 DHA and EPA**. It contributes to the **maintenance of normal bones and muscle function**. It also contributes to **normal blood calcium levels**. In addition, it contributes to the **normal function of**

**the immune system** in adults and children. Vitamin D is needed for the normal growth and development of bone in children. Theta Pure Premium contributes to the maintenance of **normal brain function, normal vision, and normal function of the heart**. It also **supports maternal health**.

Here are signs that you may be deficient in Omega 3: Unhealthy skin, depression, fatigue, inflammation, weight gain, high LDL cholesterol, difficulty learning, memory loss, and eyesight problems.



**X39 STEM CELL PATCH (2019):** X39 is the first patch of Phase III (the third generation) LifeWave Technology Patch. The first product ever that is designed to Activate your body's own stem cells. How does X39 accomplish this? Using their proprietary and patented form of phototherapy, X39 elevates the peptide GHK-Cu. This is a naturally occurring peptide in your body that

declines significantly with age. In fact, after the age of 60 your levels of GHK-Cu have dropped by more than 60%. Independent third-party clinical studies on GHK-Cu have determined some remarkable benefits including support of the body's natural wound healing process. Perhaps even more remarkably, GHK-Cu resets the genes in the body to a younger healthier state. In initial clinical work performed by Dr. Loren Pickart, Dr. Pickart discovered that old liver cells, when exposed to GHK-Cu, started to function like younger healthier cells!

The benefits can be immediate! Unlike most products on the market, LifeWave X39 goes to work the minute you apply it. Using X39 daily provide the following benefits:

**MORE ENERGY:** Using X39 daily leads to an increase in energy. You may notice your very first day that you feel less tired and fatigued.

**BETTER SLEEP:** Using X39 daily leads to an improvement in the quality of your sleep. Most people report that they sleep deeper and longer.

**DRAMATIC PAIN RELIEF:** The pain-relieving benefits of X39 have to be experienced to be believed. Most people notice a reduction in pain within minutes of application.

**WINKLE REDUCTION:** Activating stem cells leads to an increase in collagen in the skin, which decreases the appearance of lines and wrinkles. This is noticeable over a 4 to 12-week period of time.

**SPORT PERFORMANCE:** Using X39 improves both sports performance and recovery after exercise.

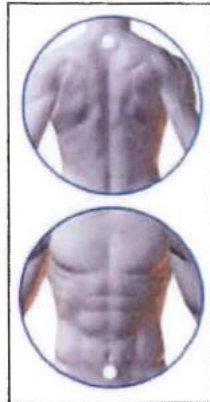
**HAIR GROWTH:** Clinical research has shown that activating stem cells in the scalp leads to hair growth.

**SCAR REDUCTION:** Activating stem cells in the skin leads to a phenomenon called "remodeling". This will reduce the appearance of scars.

**WOUND HEALING:** Clinical research has proven stem cells elevate production of growth factors leading to dramatic wound healing. So, the X39 helps to support the natural wound healing process.

**YOUTH RENEWAL:** The X39 compound has proven in clinical research to rewrite thousands of genes in the DNA to a younger state. The result is better health and vitality.

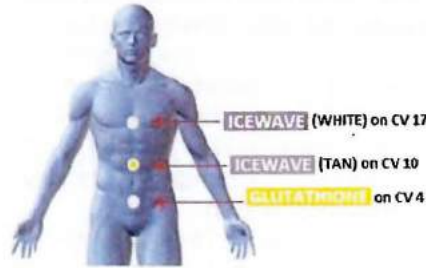
**YOUTH MIMETICS:** In a study conducted with 45 people, it was shown that in only 6 weeks of using the X39, the age of the vascular system gave the appearance of having been reversed by an astonishing 2 years. Vascular age provides an easy way to get a good idea of your vascular health, which may impact your future risk of developing cardiovascular disease (CVD).



# ACID REFLUX / Reflujo Ácido / Acid Trào Ngược / 胃酸返流 / 逆流性食道炎

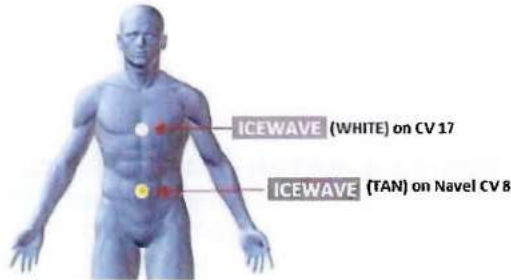
## Option #1:

ICEWAVE (TAN) on CV10  
 ICEWAVE (WHITE) on CV17  
 GLUTATHIONE on CV4

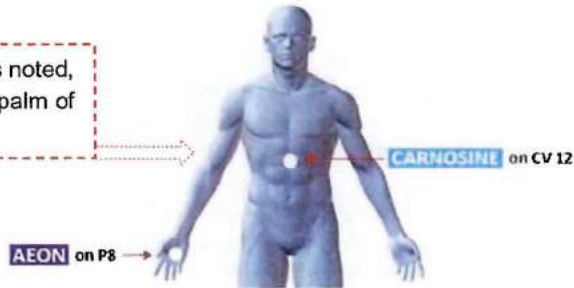


## Option #2:

ICEWAVE (TAN) on Navel  
 ICEWAVE (WHITE) on CV17



**NOTE:** In severe cases if no apparent relief is noted, you may want to add an Aeon patch on the palm of your right hand and a Carnosine on CV12



**Option #3:** In the case of severe acid reflux where the esophagus was injured due to heavy acid, try the following:

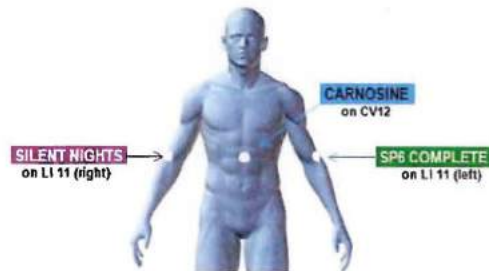
### Apply in the morning:

ICEWAVE (TAN) on ST44 on the left foot  
 CARNOSINE on BL21  
 GLUTATHIONE on CV12



### In the Evening: Remove all morning patches

CARNOSINE on CV12  
 SILENT NIGHTS on LI 11 (right)  
 SP6 COMPLETE on LI 11 (left) to balance hormone



## Option #3:

### Apply in the morning:

X39 on CV12

**In the Evening:** Remove X39 patch, and replace with CARNOSINE on CV12

## ACNE / Acné / Mụn / 青春痘 / にきび

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

### STEP #1:

**GLUTATHIONE** patch in the morning, rotate among the different points below.



### STEP #2:

LifeWave Alavida Trio:

1. Daily Refresh Facial Nectar – in the morning
2. Nightly Restore Facial Crème – in the evening
3. Alavida patch in the evening. Rotate among the different points below.



## ADHD / Trastorno Por Deficit De Hiperactividad De Atención / Rối Loạn Tăng Động Giảm Chú Ý / 多動症 / 多動症

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**Step #1: Apply in the morning, wear for 12 hours**



**Step #2: In the evening, remove all morning patches... follow below patching**



**Step #3: Repeat Step #1 and Step #2 until feeling better**

\*\*\*\*\* You can also try adding an Alavida Patch... many people report great results\*\*\*\*\*



## ADDICTION / Adicción / Ghiền / 上癮 / 中毒



The reason behind using a **SP6 COMPLETE** patch on the 'Special Meridian Point' is because it tells the body to balance the Hypothalamus, where the addiction center is.

**Other Suggestion: Follow the 30-day Yin-Yang Balancing Detox protocol... proven to be effective for many users.**

### **ANOTHER PATCHING TECHNIQUE FOR ALCOHOL ADDICTION:**

According to TCM, alcohol addiction is primarily related to a disturbance of the Stomach-Spleen and Liver-Gallbladder Organ Systems.

- ENERGY ENHANCER (WHITE)** on LV3 - RIGHT side
- ENERGY ENHANCER (TAN)** on GB34 - LEFT side
- ENERGY ENHANCER (WHITE)** on ST36 - RIGHT side
- ENERGY ENHANCER (TAN)** on SP6 - LEFT side
- AEON** on GV14
- CARNOSINE** on CV12
- GLUTATHIONE** over the **ENERGY ENHANCER (WHITE)** on LV3 - RIGHT side

### **WITHDRAWAL SYMPTOMS:**

- ENERGY ENHANCER (WHITE)** on P6 - RIGHT side
  - ENERGY ENHANCER (TAN)** on H7 - LEFT side
- These two points in combination are found to have sedative effects which can be effective in relieving **Withdrawal Symptoms**. You can add these two points in combination to the above Protocol.

## ADVANCE LEARNING / Aprendizaje Avanzado / Tăng Cường Học Lực / 促進學習 / 学習を促進する

Using the following patching protocol, a large number of wearers have found positive results, especially in cases of slow learning. We do not make any medical claim, so please consult with your healthcare practitioner.

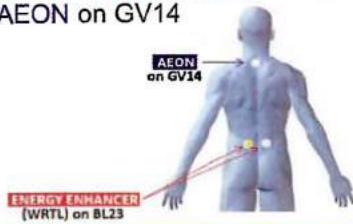
**Day 1: Apply in the morning, wear for 12 hours**  
**ENERGY ENHANCER** on BL13 (WRTL)  
**GLUTATHIONE** on GV14



**Day 1: Apply in the evening, wear overnight for 12 hours**  
Remove all day time patches  
Apply **CARNOSINE** on GV10



**Day 2:** Apply in the morning, wear for 12 hours  
**ENERGY ENHANCER** on BL23 (WRTL)  
AEON on GV14



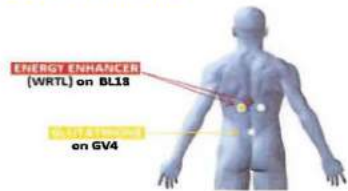
**Day 3:** Apply in the morning, wear for 12 hours  
**ENERGY ENHANCER** on BL13 (WRTL)  
**GLUTATHIONE** on GV10



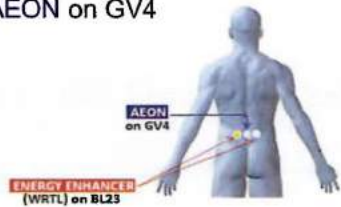
**Day 4:** Apply in the morning, wear for 12 hours  
**ENERGY ENHANCER** on BL23 (WRTL)  
AEON on GV10



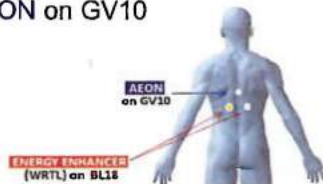
**Day 5:** Apply in the morning, wear for 12 hours  
**ENERGY ENHANCER** on BL18 (WRTL)  
**GLUTATHIONE** on GV4



**Day 6:** Apply in the morning, wear for 12 hours  
**ENERGY ENHANCER** on BL23 (WRTL)  
AEON on GV4



**Day 7:** Apply in the morning, wear for 12 hours  
**ENERGY ENHANCER** on BL18 – (WRTL)  
AEON on GV10



**Day 2:** Remove all day time patches  
(NO night patching for Day 2)

**Day 3:** Apply in the evening, wear overnight for 12 hours  
Remove all day time patches  
Apply AEON on GV4



**Day 4:** Apply in the evening, wear overnight for 12 hours  
Remove all day time patches  
Apply CARNOSINE on GV4



**Day 5:** Apply in the evening, wear overnight for 12 hours  
Remove all day time patches  
Apply AEON on GV14



**Day 6:** Apply in the evening, wear overnight for 12 hours  
Remove all day time patches  
Apply CARNOSINE on GV14



**Day 7:** Remove all day time patches  
(NO night patching for Day 7)

**General notes:**

1. Wearing all the above patch procedure for 7 consecutive days is considered 1 Cycle (Day 1 through Day 7).
2. It is recommended to continue for 3 cycles for 21 consecutive days.
3. Wear new patches each day.

## AGITATION / Agitación / Kích Động / 攪動 / 動搖

According to TCM, agitation is interpreted as a disturbance of the **Heart** or of the **Liver Chi**.

### OPTION 1:

**ENERGY ENHANCER** (WHITE) on P6 - **RIGHT** side

**ENERGY ENHANCER** (TAN) on H7 - **LEFT** side

**CARNOSINE** on CV14



### OPTION 2:

**ENERGY ENHANCER** (WHITE) on LV3 - **RIGHT** side

**ENERGY ENHANCER** (TAN) on GB34 - **LEFT** side

**AEON** on GV14



### OPTION 3: (Combine Option 1 and Option 2)

**ENERGY ENHANCER** (WHITE) on P6 - **RIGHT** side

**ENERGY ENHANCER** (TAN) on H7 - **LEFT** side

**ENERGY ENHANCER** (WHITE) on LV3 - **RIGHT** side

**ENERGY ENHANCER** (TAN) on GB34 - **LEFT** side

**AEON** on GV14

**CARNOSINE** on CV14

## AIRWAY RESTRICTION / Restricción De La Vía Respiratoria / Cấp Cứu Tắc Nghẽn Đường Hô Hấp / 氣道阻塞 / 氣道制限

ICEWAVE (TAN) directly on throat, (WHITE) on sternum



# ALLERGIES / Alergias / dị ứng / 過敏 / アレルギー

## FOOD ALLERGY / Alergia a Los Alimentos / dị Ứng Thực Phẩm / 食物過敏 / 食物アレルギー

**ENERGY ENHANCER** on K1 (WRTL)

**GLUTATHIONE** on CV4



**ENERGY ENHANCER**  
(WRTL) on K1



**GLUTATHIONE**  
on CV4

### FOR ITCHING IN THE EARS AND THROAT

DAY 1: Apply in the morning, wear for 12 hours

**ENERGY ENHANCER** on TB17 (WRTL)

**GLUTATHIONE** on TB3 (right)



**ENERGY ENHANCER**  
(WRTL) on TB17



**GLUTATHIONE**  
on TB3

Apply in the evening, wear overnight for 12 hours

**CARNOSINE** on LI 4 (right)



**CARNOSINE**  
on LI4

DAY 2: Apply in the morning, wear for 12 hours

**ENERGY ENHANCER** on TB3 (WRTL)

**GLUTATHIONE** on TB17 (right)



**ENERGY ENHANCER**  
(WRTL) on TB3



**GLUTATHIONE**  
on TB17

Apply in the evening, wear overnight for 12 hours

**CARNOSINE** on LI 4 (right)



**CARNOSINE**  
on LI4

### FOR SEASONAL ALLERGY - nasal and sinus congestion

Apply in the morning, wear for 12 hours

**ENERGY ENHANCER** on LV2 (WRTL) and/or

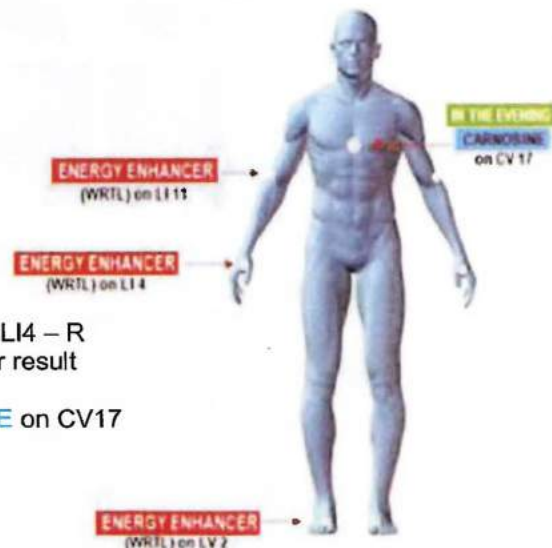
**ENERGY ENHANCER** on LI11 (WRTL) and/or

**ENERGY ENHANCER** on LI4 (WRTL)

Stack an AEON patch over the **ENERGY ENHANCER** (WHITE) on LI4 – R

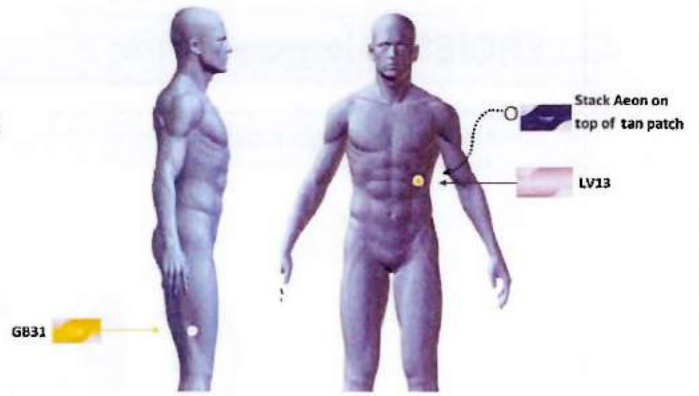
\*\* Can also add **GLUTATHIONE** on CV17 in the morning for greater result

In the Evening – Remove all morning patches and apply 1 **CARNOSINE** on CV17



**FOR SKIN ITCHINESS**

ICEWAVE (TAN) on LV 13 (LEFT side)  
 Stack AEON patch on top of the ICEWAVE (TAN) on LV13  
 GLUTATHIONE on GB31 (RIGHT side)



**ALZHEIMER / Alzheimer / Bệnh Alzheimer / 老年癡呆症 / アルツハイマー**

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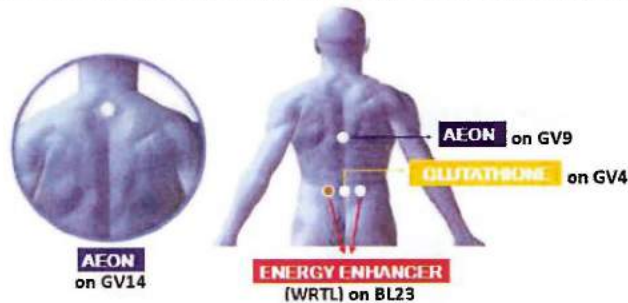
Alzheimer's disease is a progressive brain disorder that slowly destroys memory and thinking skills.

**Step #1:** Apply in the morning, wear for 12 – 16 hours. Remove at night.

Repeat below protocol for a minimum of 14 consecutive days.

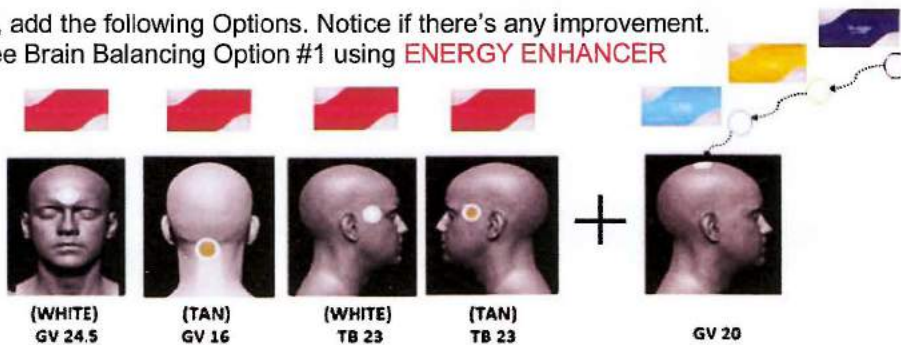
- AEON on GV14
- AEON on GV9 (Directly in line and level to CV17 but at the back )
- ENERGY ENHANCER on BL23 (WRTL)
- GLUTATHIONE on GV4

You might want to take notice for the following: Sleeping Patterns, Eating, Mood, Energy Level, Alertness and General Behavior.



**Step #2:** On day 15, add the following Options. Notice if there's any improvement.

**Option#1:** See Brain Balancing Option #1 using ENERGY ENHANCER



**Option#2:** ENERGY ENHANCER (WHITE) on K3 (RIGHT side)  
 ENERGY ENHANCER (TAN) on ST36 (LEFT side)  
 GLUTATHIONE on ST36 (RIGHT side)

**Option#3:** ENERGY ENHANCER (WHITE) on GB39 (RIGHT side)  
 ENERGY ENHANCER (TAN) on LV3 (LEFT side)  
 GLUTATHIONE on LV3 (RIGHT side)

**Step #3:** Add LifeWave Theta Pure Premium Natural Algae Oil daily.



## ANEMIA / Anemia / Thiếu máu / 貧血 / 貧血

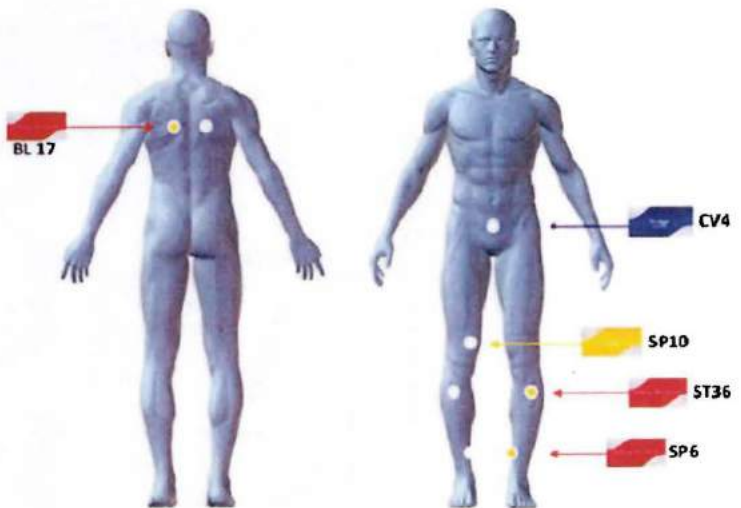
The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the protocol below. With that said, it's important to note that extreme emotional states such as depression, sadness and fear may result in blood iron deficiency. Imbalanced diets, hunger, excessive thirst, and excessive consumption of salt may also lead to blood iron deficiency.



Recommended to take 1 pouch of Theta One + Theta Activate daily on an empty stomach. No food or prescription drugs 1 hour before or after meal.

**Day 1: Apply in the morning, wear for 12 hours**

**ENERGY ENHANCER** on BL17 (WRTL)  
**ENERGY ENHANCER** on ST36 (WRTL)  
**ENERGY ENHANCER** on SP6 (WRTL)  
**GLUTATHIONE** on SP10 (RIGHT side)  
**AEON** on CV4



**Day 1: In the Evening** – Remove all morning patches and apply 1 **CARNOSINE** on CV17, wear for 12 hours.



**Day 2: Apply in the morning, wear for 12 hours** (see above points location)

**ENERGY ENHANCER** on BL17 (WRTL)  
**ENERGY ENHANCER** on ST36 (WRTL)  
**ENERGY ENHANCER** on SP10 (WRTL)  
**GLUTATHIONE** on SP6 (RIGHT side)  
**AEON** on CV6

**Day 2: In the Evening** – Remove all morning patches and apply 1 **CARNOSINE** on CV17, wear for 12 hours.



**NOTE:** It is strongly suggested that you start with the 30-day balancing detox protocol in addition to the above suggested protocol until symptoms subside..

# ANTI-AGING / Anti-Envejecimiento / Chống Lão Hóa / 抗衰老 / 老化防止

Aging is a Complex process resulting from a number of different factors. Therefore, an effective anti-aging strategy must be a comprehensive one that tackles the various causes of aging. Each element of the Y-Age system is designed to provide its own unique anti-aging benefits. Using these patches in combination with one another enhances the effects of each individual product and provides a more complete defense against aging.

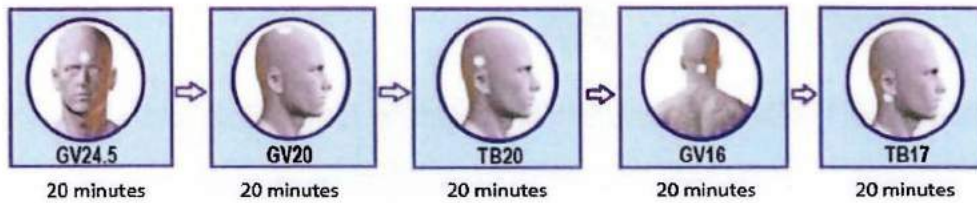
Listed below are a number of powerful anti-aging acupoints that can help you look and feel younger. Regular stimulation of these points can help protect the body and maintain great health.

<b>Y-AGE 7-DAY CYCLE ANTI-AGING Protocol</b>			
	<b>DAY TIME</b> 8:00 a.m. - 8:00 p.m. (12 hours) (Drink 2 cups of water at time of use)		<b>NIGHT TIME</b> Use (8:00 p.m.) Remove (8:00 a.m.)
	<b>Y-AGE GLUTATHIONE</b>	<b>Y-AGE AEON</b>	<b>Y-AGE CARNOSINE</b>
<b>MONDAY</b> Day 1	(RIGHT)  <b>GALLBLADDER 41</b>	(RIGHT)  <b>KIDNEY 3</b>	 <b>GOVERNING VESSEL 14</b>
<b>TUESDAY</b> Day 2	(RIGHT)  <b>TRIPLE BURNER 5</b>	(RIGHT)  <b>LIVER 3</b>	 <b>CONCEPTION VESSEL 17</b>
<b>WEDNESDAY</b> Day 3	(RIGHT)  <b>STOMACH 36</b>	(RIGHT)  <b>PERICARDIUM 6</b>	 <b>CONCEPTION VESSEL 6</b>
<b>THURSDAY</b> Day 4	(RIGHT)  <b>LARGE INTESTINE 4</b>	(RIGHT)  <b>SPLEEN 6</b>	 <b>GOVERNING VESSEL 14</b>
<b>FRIDAY</b> Day 5	(RIGHT)  <b>BLADDER 60</b>	(RIGHT)  <b>LUNG 9</b>	 <b>CONCEPTION VESSEL 17</b>
<b>SATURDAY</b> Day 6	(RIGHT)  <b>SPLEEN 21</b>	(RIGHT)  <b>SPLEEN 4</b>	 <b>CONCEPTION VESSEL 6</b>
<b>SUNDAY</b> Day 7	(RIGHT)  <b>KIDNEY 1</b>	(RIGHT)  <b>KIDNEY 27</b>	 <b>GOVERNING VESSEL 14</b>

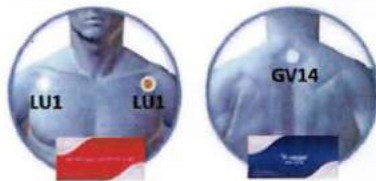
# ANXIOUSNESS / Ansiedad / Lo Sç / 焦慮症 / 不安障害

This 3-day patching protocol in 3 steps is designed to help cases of anxiousness, irritability & stress. Repeat as needed.

**DAY 1-STEP #1:** Using 1 AEON patch, go through the following patching sequence for 20 minutes each position. Total 1.5 hrs.



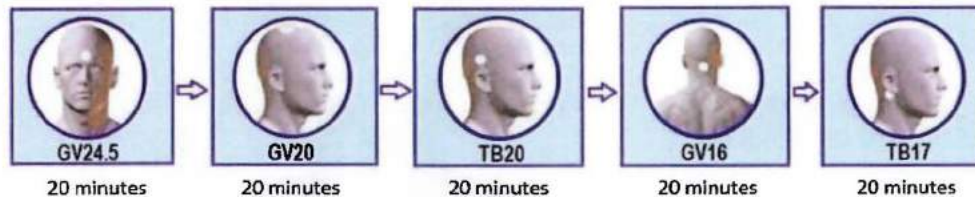
**DAY 1-STEP #2:** Apply in the morning, wear for 12 hours  
**ENERGY ENHANCER** on LU1 (WRTL)  
 AEON on GV14



**DAY 1-STEP #3:** In the Evening – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove Carnosine patch in the morning, continue to Day 2.



**DAY 2-STEP #1:** Using 1 AEON patch, go through the following patching sequence for 20 minutes each position. Total 1.5 hrs.



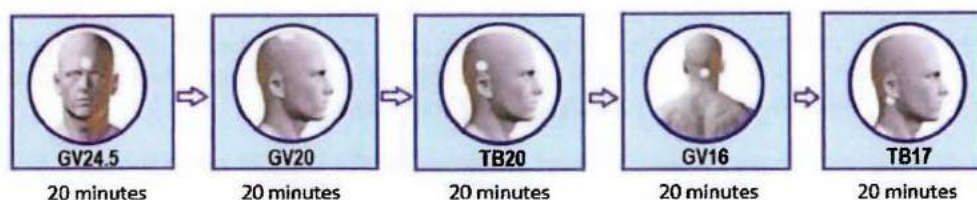
**DAY 2-STEP #2:** Apply in the morning, wear for 12 hours  
**ENERGY ENHANCER** on LV3 (WRTL)  
 AEON on GV14



**DAY 2-STEP #3:** In the Evening – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove Carnosine patch in the morning, continue to Day 2.



**DAY 3-STEP #1:** Using 1 AEON patch, go through the following patching sequence for 20 minutes each position. Total 1.5 hrs.





**DAY 2-STEP #2:** Apply in the morning, wear for 12 hours

**ENERGY ENHANCER** on P6 (WRTL)  
AEON on GV14



**ENERGY ENHANCER**  
(WRTL) on P 6



**AEON**  
on GV14

**DAY 2-STEP #3:** In the Evening – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove Carnosine patch in the morning, continue to Day 2.



## **APPETITE (CONTROL) / Control De Appetito / Kiểm Soát Khẩu Vị / 食欲控制程序 / 食欲コントロール**

### **OPTION#1:**

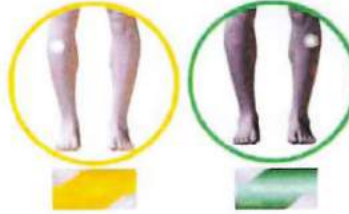
#### **DAY 1:**

**GLUTATHIONE** on SP6 (Right)  
**SP6 COMPLETE** on K3 (Left)



#### **DAY 2:**

**GLUTATHIONE** on ST36 (Right)  
**SP6 COMPLETE** on ST36 (Left)



#### **DAY 3:**

**GLUTATHIONE** on K3 (Right)  
**SP6 COMPLETE** on SP6 (Left)



#### **DAY 4:**

**GLUTATHIONE** on ST23 (Right)  
**SP6 COMPLETE** on ST23 (Left)  
AEON on CV12



### **OPTION#2:**

**SP6 COMPLETE** on CV12  
**ENERGY ENHANCER (WHITE)** on LI4 - RIGHT side  
**ENERGY ENHANCER (TAN)** on H7 - LEFT side  
AEON on GV14

The results will depend largely on how a person undertakes the whole process of losing weight. Consuming a cup of hot tea after eating and avoiding sodas and carbonated drinks is strongly advised. Pay attention to your carbohydrate and sugar intake. Consume a nutrient-rich, well balanced diet. Skipping meals or avoiding entire food groups may affect the results in a negative way. Drink plenty of water every day.

In addition to appetite control, you should consider LifeWave WinFit Body Shaping System. Stay with the program continuously for 90 days for the best result.

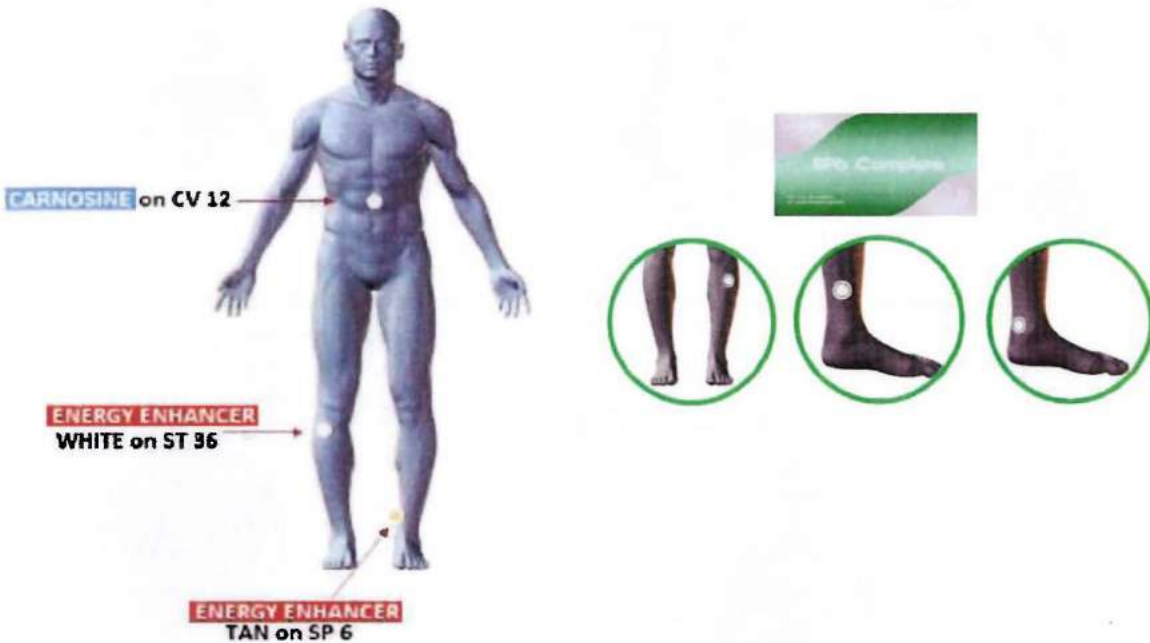
## APPETITE (STIMULATE) / Estimular El Apetito / Biếng Ăn / 缺乏食慾 / 食欲不振

CARNOSINE on CV12

ENERGY ENHANCER (WHITE) on ST36 – Right

ENERGY ENHANCER (TAN) on SP6 – Left

SP6 COMPLETE – rotate among the 3 positions



## ARTHRITIS / Artritis / Viêm Khớp / 關節炎 / 關節炎

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Two of the most common forms of Arthritis classified by Western Medicine are Osteoarthritis and Rheumatoid Arthritis. Osteoarthritis is a disease that results from "wear and tear", more commonly in older people, affecting the joints of the fingers, knees, hips, and spine. In younger people, arthritis may also develop in joints that have been previously damaged, for example, in sports injuries, work-related repetitive injury and physical trauma.

Rheumatoid Arthritis, on the other hand, is an inflammatory condition of the joint lining, commonly causing pain, stiffness, swelling, heat, redness and can affect people of any age. In both types of Arthritis, the joints are painful, stiff and may be swollen. Interestingly, according to Chinese medical theory, Arthritis arises when the cyclical flow of Qi in the meridians becomes blocked. Keeping that in mind, it is strongly recommended to run a full 6-cycle 5-Day Detox before attempting any other approach.

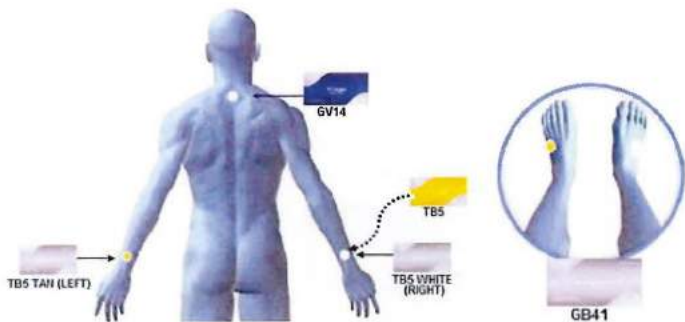
**STEP #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days (2-cycles), and side 'B' for another 20 days (4-cycles). Re-visit after 30 days of patching. (See page 52 Detoxification)



**STEP #2:**

**DAY 1: Apply in the morning, wear for 12 hours**

AEON on GV14  
ICEWAVE on TB5 and GB41 (WRTL)  
GLUTATHIONE on TB5 – stack on top of the ICEWAVE (WHITE)

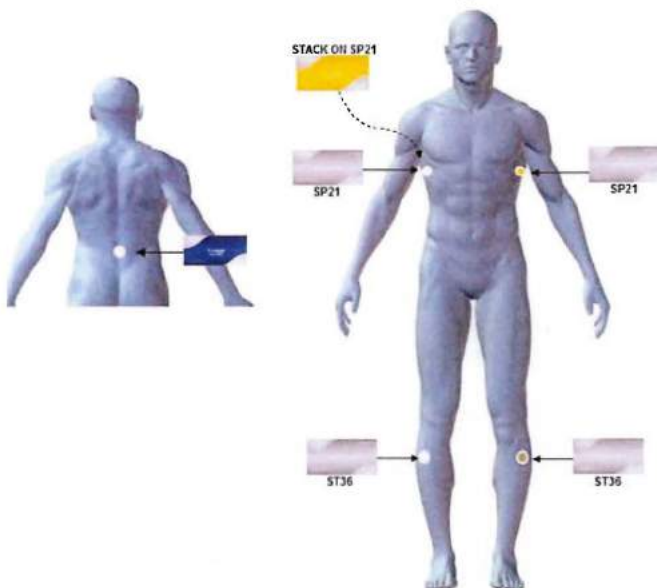


**DAY 1: In the Evening** – Remove ALL morning patches and apply 1 CARNOSINE on CV21. Remove Carnosine patch in the morning, continue to Day 2.



**DAY 2: Apply in the morning, wear for 12 hours**

AEON on GV4  
ICEWAVE on SP21 (WRTL)  
ICEWAVE on ST36 (WRTL)  
GLUTATHIONE on SP21 – stack on top of the ICEWAVE (WHITE)



**DAY 2: In the Evening** – Remove ALL morning patches and apply 1 CARNOSINE on CV17. Remove Carnosine patch in the morning, continue to Day 3.



**DAY 3: Apply in the morning, wear for 12 hours**

AEON on GV14  
ICEWAVE on LI4 (WRTL)  
GLUTATHIONE on top of ICEWAVE (WHITE) on LI4  
ICEWAVE on GB39 (WRTL)



**DAY 3: In the Evening** – Remove ALL morning patches and apply 1 CARNOSINE on CV14. Remove Carnosine patch in the morning, continue to Day 4.



**DAY 4: Apply in the morning, wear for 12 hours**

AEON on GV4

ICEWAVE on LI 11 (WRTL)

ICEWAVE on GB34 (WRTL)

GLUTATHIONE on LI 11 – stack on top of the ICEWAVE (WHITE)



**DAY 4: In the Evening** – Remove ALL morning patches and apply 1 CARNOSINE on CV12. Remove Carnosine patch in the morning, continue to Day 5.



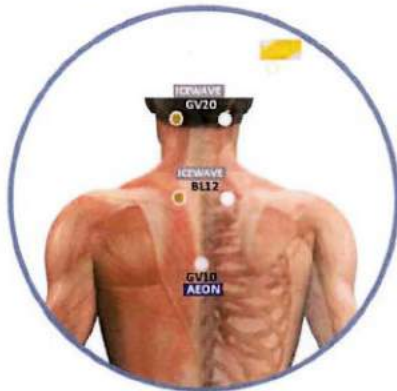
**DAY 5: Apply in the morning, wear for 12 hours**

AEON on GV10

ICEWAVE on BL12 (WRTL)

ICEWAVE on GB20 (WRTL)

GLUTATHIONE stack on top of the ICEWAVE (WHITE) on GB20



**DAY 5: In the Evening** – Remove ALL morning patches and apply 1 CARNOSINE on CV6. Remove Carnosine patch in the morning. Day 1 to Day 5 is 1 cycle. Continue for 3 cycles or until symptoms subside.



**FOR ANKLE PAIN, add the following to the above 5-Day protocol**

Day 1 – ICEWAVE on ST41 (WRTL)

Day 2 – ICEWAVE on SP5 (WRTL)

Day 3 – ICEWAVE on GB40 (WRTL)

Day 4 – ICEWAVE on BL60 (WRTL)

Day 5 – ICEWAVE on K3 (WRTL)

Note which of these positions give you the most comfort. On day 6, continue patching 'that' position throughout the rest of the cycles.

**FOR HAND PAIN, add the following to the above 5 Day protocol**

ICEWAVE on LU10 (WRTL)

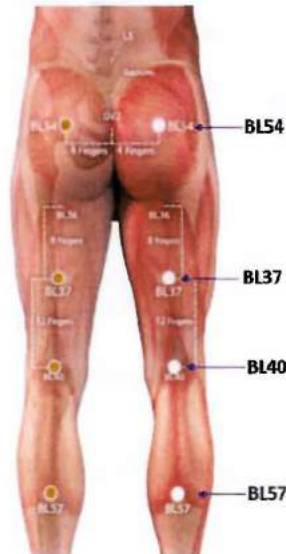
GLUTATHIONE stack on top of ICEWAVE (WHITE) on the RIGHT

This LU10 point can be very soft and tender as well as painful when press. You can massage this point as often as you can.



**FOR LOWER LEG NUMBNESS AND PAIN**  
Add the following to the above 5 Day protocol

- Day 1 – ICEWAVE on BL54 (WRTL)
  - Day 2 – ICEWAVE on BL37 (WRTL)
  - Day 3 – ICEWAVE on BL40 (WRTL)
  - Day 4 – ICEWAVE on BL57 (WRTL)
- Note which of these positions give you the most comfort. On day 5, continue patching 'that' position throughout the rest of the cycles.



**FOR SHOULDER JOINT PAIN**  
Add the following to the above 5 Day protocol

- Day 1 – ICEWAVE on LI 15 (WRTL)
  - Day 2 – ICEWAVE on TB14 (WRTL)
  - Day 3 – ICEWAVE on SI 9 (WRTL)
  - Day 4 – ICEWAVE on ST 10 (WRTL)
- Note which of these positions give you the most comfort. On day 5, continue patching 'that' position throughout the rest of the cycles.

**FOR WRIST PAIN, add the following to the above 5 Day protocol**

- Day 1 – ICEWAVE on SI 4 (WRTL)
  - Day 2 – ICEWAVE on LI 5 (WRTL)
  - Day 3 – ICEWAVE on TB4 (WRTL)
  - Day 4 – ICEWAVE on P 7 (WRTL)
- Note which of these positions give you the most comfort. On day 5, continue patching 'that' position throughout the rest of the cycles.

**FOR KNEE PAIN, add the following to the above 5 Day protocol**

- ICEWAVE (WHITE) on ST35
- ICEWAVE (TAN) on the inner side of the knee cap
- AEON on the top of knee cap forming a triangle.

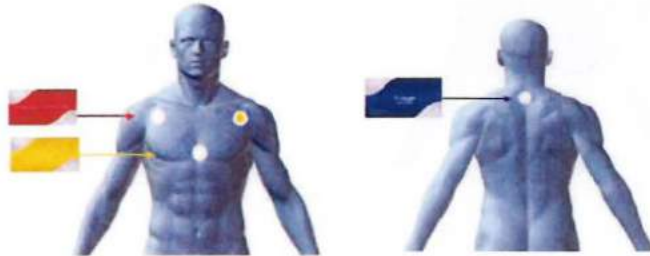


# ASTHMA / BREATHING PROBLEMS / Asma / Problemas Respiratorios / Suyễn /

## Khó Thở / Hô Hấp / 哮喘/呼吸的問題 / 喘/呼吸の問題息

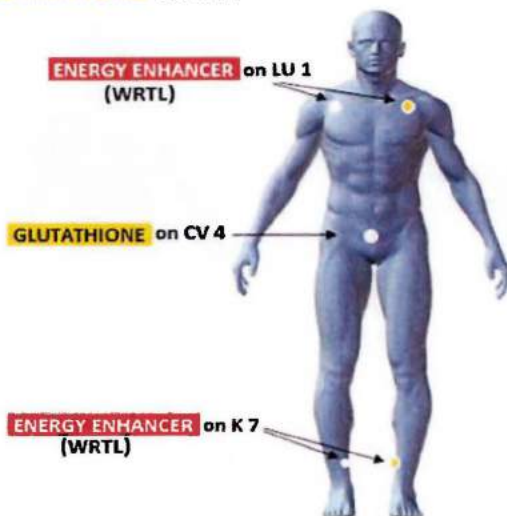
The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the protocol below.

### OPTION #1: BASIC

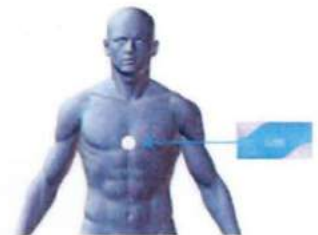


### OPTION #2: Apply in the morning, wear for 12 hours

**ENERGY ENHANCER** on LU1 and K7  
**GLUTATHIONE** on CV4

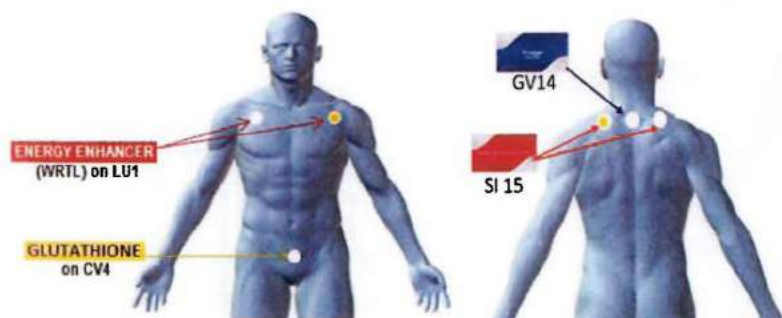


**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.

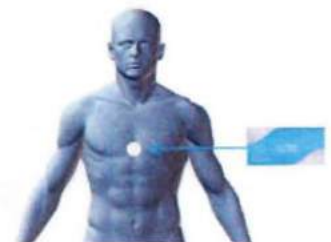


### OPTION #3: Apply in the morning, wear for 12 hours

**ENERGY ENHANCER (WRTL)** on LU1  
**GLUTATHIONE** on CV4  
**ENERGY ENHANCER (WRTL)** on SI15  
**AEON** on GV14

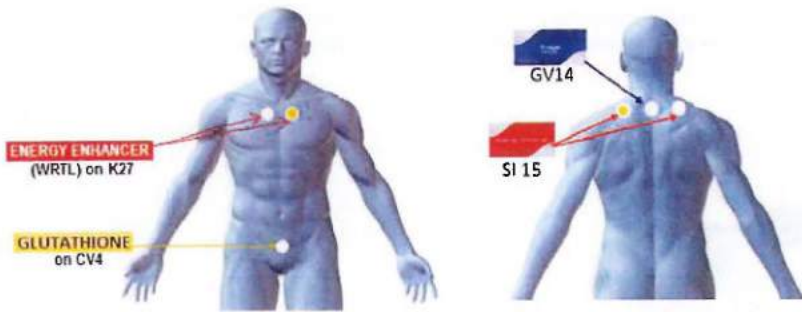


**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.

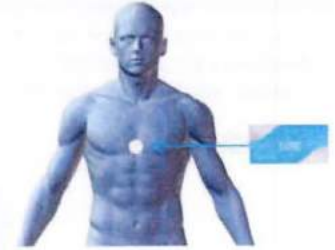


**OPTION #4:** Apply in the morning, wear for 12 hours

**Energy Enhance (WRTL)** on K27  
**GLUTATHIONE** on CV4  
**ENERGY ENHANCER (WRTL)** on SI15  
**AEON** on GV14

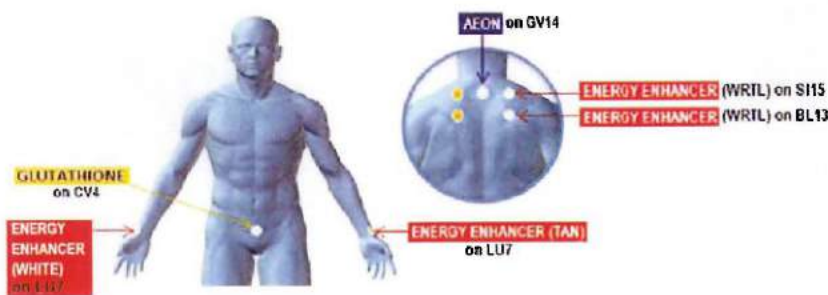


**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.

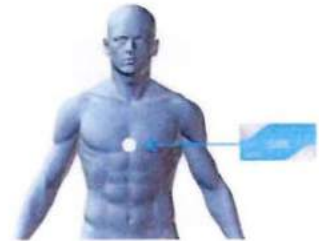


**OPTION #4:** Apply in the morning, wear for 12 hours

**ENERGY ENHANCER** on either SI15 or BL13 (WRTL)  
**ENERGY ENHANCER** on LU7 (WRTL)  
**AEON** on GV14  
**GLUTATHIONE** on CV4

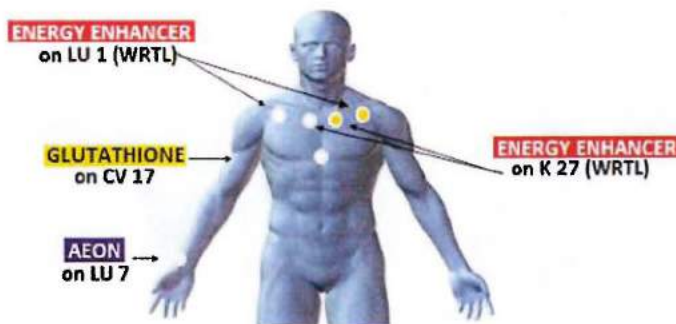


**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.



**OPTION #5:**

**ENERGY ENHANCER** on LU1 or K27 (WRTL)  
**GLUTATHIONE** on CV17  
**AEON** on LU7 on the RIGHT side.



## ATHLETE'S FOOT / Pie De Atleta / Bệnh Hôi Chân / 脚臭 / 水虫

It might seem that a foot fungal infection has no connection with our internal organs or even with meridian imbalances; however, anything that occurs on the outside of our body, including rashes, often has a corresponding internal condition contributing to the problem. You can try the following protocol for 5 consecutive days, rest a day or two, and continue for another 5 days or until you notice improvement.

AEON on GV14

ENERGY ENHANCER on SP6 (WRTL) and/or

ENERGY ENHANCER on GB39 (WRTL) and/or

ENERGY ENHANCER on ST41 (WRTL) and/or

GLUTATHIONE stack on top of ENERGY ENHANCER (WHITE) on ST41

## ATHLETIC PERFORMANCE BOOSTER / Incrementa La Productividad Atletica /

Tăng Cường Thể Lực Của Vận động Viên / 提高運動員能力 / アスリートの能力を向上させる

Many sports enthusiasts have used the following protocol with excellent results. Use this protocol if you are preparing for a marathon or an important sport competition.

### PRE-EVENT: Build Reserve

To optimize overall health and organ functioning, muscle strength and endurance:

GLUTATHIONE on CV4 – Wear for 24hrs – Monday / Wednesday / Friday



GLUTATHIONE on CV4  
MONDAY / WEDNESDAY / FRIDAY

CARNOSINE on CV17 – Wear for 24hrs. – Tuesday / Thursday / Saturday



CARNOSINE on CV17  
TUESDAY / THURSDAY / SATURDAY

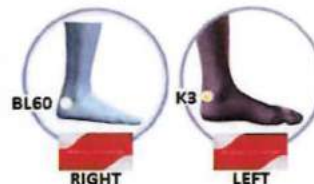
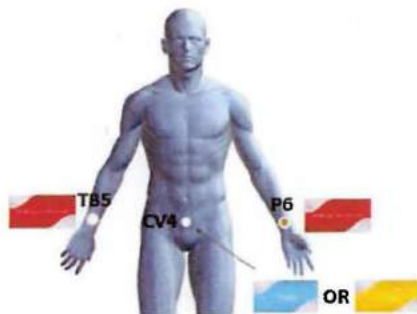
### ON THE DAY OF EVENT:

#### Option #1:

GLUTATHIONE or CARNOSINE on CV4

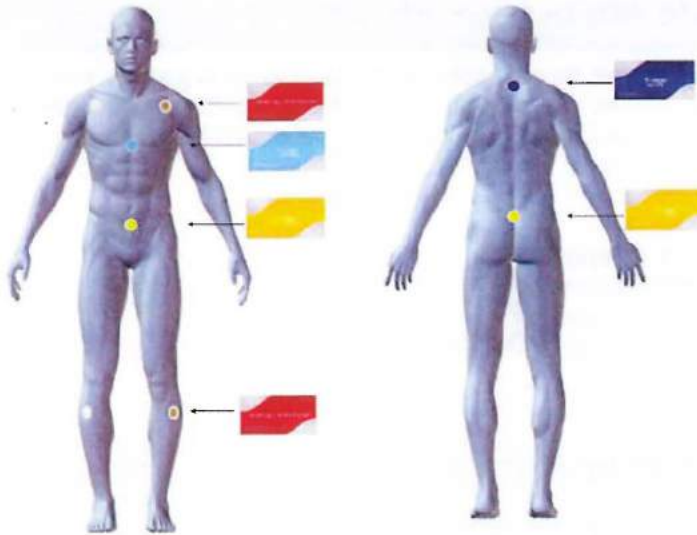
ENERGY ENHANCER (WHITE) on the RIGHT side on TB5 and BL60

ENERGY ENHANCER (TAN) on the LEFT side on P6 and K3.





**Option #2: Superman Protocol**



**POST-EVENT PAIN:** Place ICEWAVE (TAN) patches directly on painful areas, use Clock method. Can also use 2 sets of ICEWAVE following Whole Body pain protocol. Add CARNOSINE as needed.

**GOLFERS**

CLEAR THE MIND OF ANY THOUGHTS DURING SLEEP.

Suggested patches for night time use:  
ALAVIDA on forehead (3<sup>rd</sup> eye)



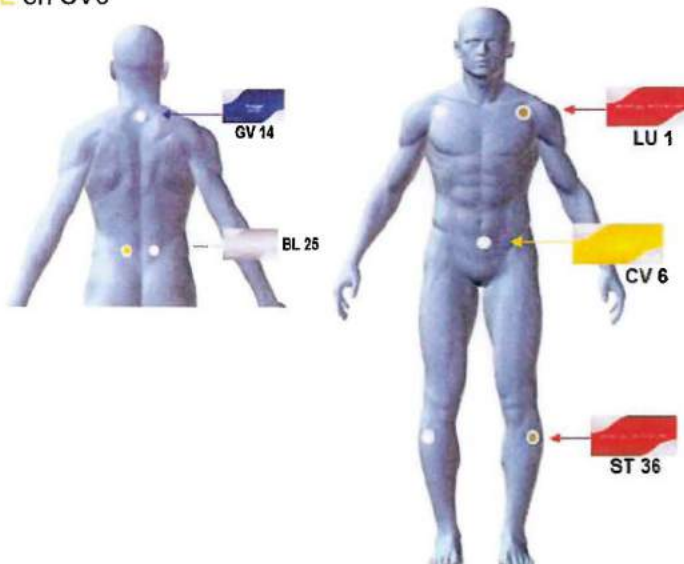
**GAME DAY:**

AEON on GV14

ICEWAVE on BL25

ENERGY ENHANCER on LU1 and ST36 (or the 2<sup>nd</sup> and the 5<sup>th</sup> day of the 5-element detox protocol)

GLUTATHIONE on CV6



## AUTISM-DOWN SYNDROME / Autismo/Sindrome De Down / Bệnh Tự Kỳ-Hội

Chứng Down / 自閉症-唐氏综合征 / 自閉症

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

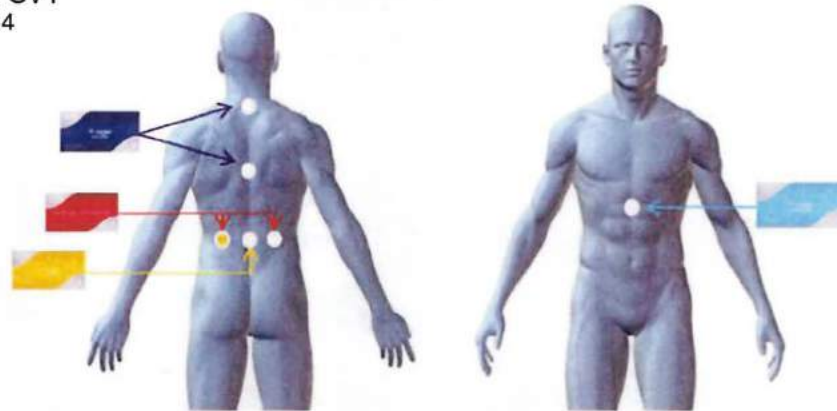
Try the following protocol: Depending on the severity of your symptoms, you may want continue for a longer period of time to experience significant improvement.

AEON on GV14 and GV9

ENERGY ENHANCER on BL23 (WRTL)

GLUTATHIONE on GV4

CARNOSINE on CV14



## BEDWETTING / Enuresis / Đái Dầm / 尿床 / おねしょ

There are many points to test... find the points that work best for you.

SILENT NIGHTS per brochure

GLUTATHIONE on CV6

ENERGY ENHANCER on K3 (WRTL)

or ENERGY ENHANCER on PC6 (WRTL)

or ENERGY ENHANCER on B60 (WRTL)

or ENERGY ENHANCER on B62 (WRTL)

or ENERGY ENHANCER on K6 (WRTL)

or ENERGY ENHANCER on CV2(WRTL)

or ENERGY ENHANCER on CV3 (WRTL)

## BELL'S PALSY / Parálisis De Bell / Bệnh Bại Liệt Mắt / 貝爾氏麻痺 / ベル麻痺

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the protocol below.

FOR THE EYES:

Day 1:

ENERGY ENHANCER on LI4

GLUTATHIONE on GV20

ICEWAVE on GB1(WRTL)



**Day 2:**

**ENERGY ENHANCER** on LI4  
**GLUTATHIONE** on GV20  
**ICEWAVE** on GB14 (WRTL)



**FOR THE FACE:**

**Day 1:**

**ENERGY ENHANCER** on LI4,  
**GLUTATHIONE** on GV20  
**ICEWAVE** SI18 (WRTL)



**Day 2:**

**ENERGY ENHANCER** on LI4,  
**GLUTATHIONE** on GV20  
**ICEWAVE** on ST3 (WRTL)



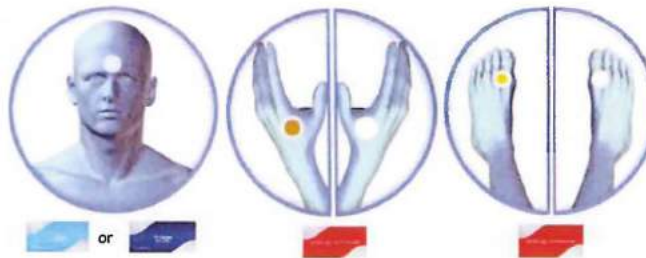
**BIPOLAR / Bipolar / lưỡng Cực / 雙重性格 / 双極性障害**

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TCM considers bipolar as a lack of free flow of energy at the heart, liver, spleen, and kidney meridian channels.

**Option #1:** Test this for 5 consecutive days using the 4 Gates (LI 4, LV3) + YinTang point (between the eyebrows)

**AEON** or **CARNOSINE** on YinTang  
**ENERGY ENHANCER** on LI 4 (WRTL)  
**ENERGY ENHANCER** on LV 3 (WRTL)



**Option #2:** Test this for 5 consecutive days.

**GLUTATHIONE** on CV17  
**CARNOSINE** on CV12  
**AEON** on GV14  
**ENERGY ENHANCER** (WHITE) on LI11 (RIGHT side)  
**ENERGY ENHANCER** (TAN) on SP9 (LEFT side)  
**ENERGY ENHANCER** (WHITE) on ST40 (RIGHT side)  
**ENERGY ENHANCER** (TAN) on BL17 (LEFT side)

**Option #3:** Test this for 5 consecutive days.

**ENERGY ENHANCER** on ST40 (WRTL)  
**ENERGY ENHANCER** (WHITE) on SI 7 (RIGHT side)  
**ENERGY ENHANCER** (TAN) on SP 9 (LEFT side)  
**CARNOSINE** on 15  
**AEON** on GV14

# BLOATED STOMACH / Estómago Abotagado / Phình Bụng/Bao Tử / 胃脹氣 / 肥大化

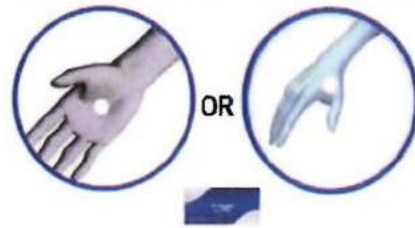
した胃

Overeating or mixing the wrong type of food may cause a bloated stomach. Using 1 **CARNOSINE** patch can solve this problem within 5 – 15 minutes. In severe cases, add an **AEON** patch on the palm of your right hand or LI4.

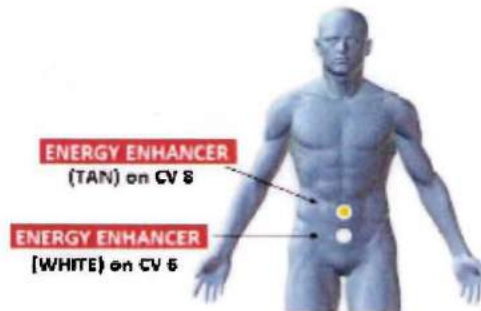
**CARNOSINE** on CV12



In severe cases, add **AEON** on the palm or LI 4.



If no apparent relief...try **ENERGY ENHANCER** on SPLEEN 6 (WRTL) and **ENERGY ENHANCER** (WHITE) on CV6 and **ENERGY ENHANCER** (TAN) on CV8



# BLOOD SUGAR / Glucosa Sanguínea / Bệnh Tiểu Đường / 糖尿病 / 糖尿病

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## OPTION #1: Basic

**ENERGY ENHANCER** on SP6 (WRTL)

**GLUTATHIONE** on CV6

**AEON** on GV14



Note: On SP6 (SPLEEN 6 POINT), you can also try using **SP6 COMPLETE** patch on the left on SP6 point, and **GLUTATHIONE** on the RIGHT on SP6 point.

It is always suggested that you start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 Detoxification)



**OPTION #2:** In severe cases...

**Day #1:** Apply in the morning, wear for 12 hours

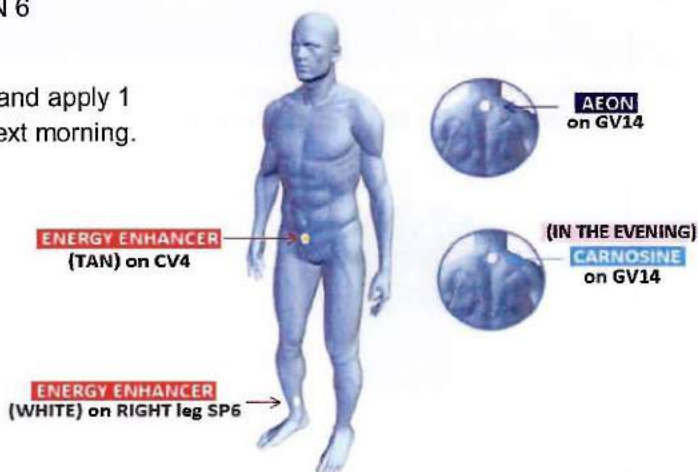
**ENERGY ENHANCER (WHITE)** on right leg SPEEN 6

**ENERGY ENHANCER (TAN)** on CV4

**AEON** on GV14

**In the Evening** – Remove ALL morning patches and apply 1

**CARNOSINE** on GV14. Remove patch the next morning.



**Day #2:** Apply in the morning, wear for 12 hours

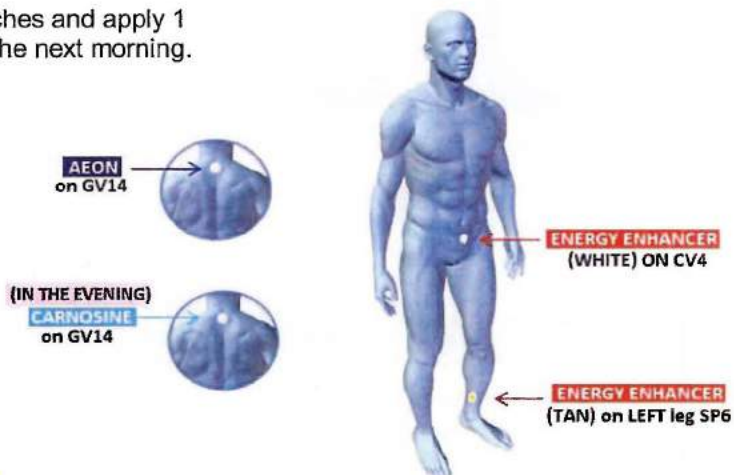
**ENERGY ENHANCER (WHITE)** on CV4

**ENERGY ENHANCER (TAN)** on SP6 left foot,

**AEON** on GV14.

**In the Evening** – Remove ALL morning patches and apply 1

**CARNOSINE** on GV14. Remove patch the next morning.



**Day #3:** Apply in the morning, wear for 12 hours

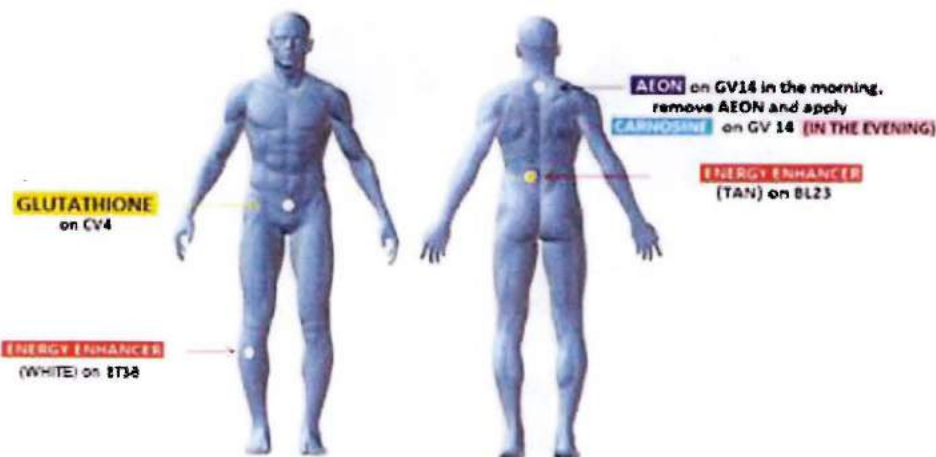
**ENERGY ENHANCER (WHITE)** on ST36 right leg

**ENERGY ENHANCER (TAN)** on BL23 LEFT side

**AEON** on GV14

**GLUTATHIONE** on CV4

**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on GV14.

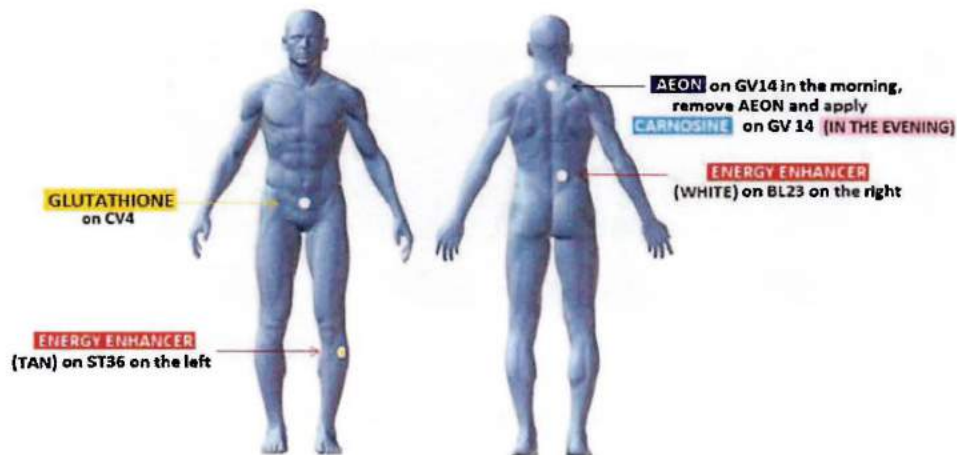


**Day #4:** Apply in the morning, wear for 12 hours

**ENERGY ENHANCER (WHITE)** on BL23 right  
**ENERGY ENHANCER (TAN)** on ST36 LEFT side  
AEON on GV14

**GLUTATHIONE** on CV4

**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on GV14.



**Day #5:** Apply in the morning, wear for 12 hours

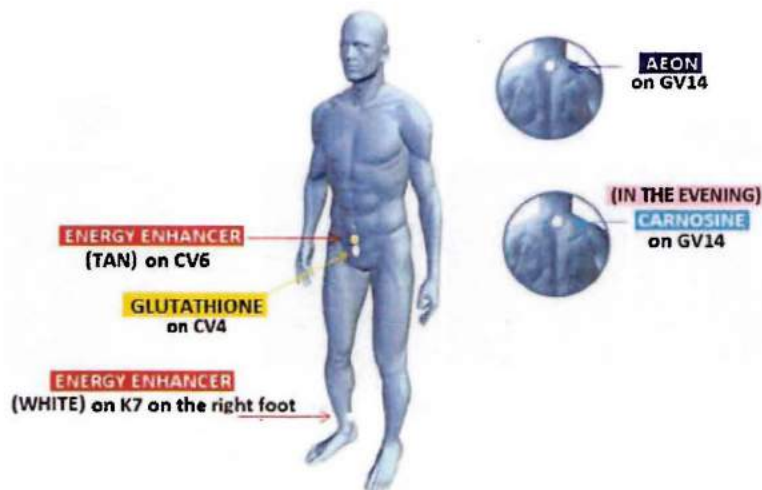
**ENERGY ENHANCER (WHITE)** on K7  
**ENERGY ENHANCER (TAN)** on CV6

**GLUTATHIONE** on CV4

AEON on GV14

**In the Evening** – Remove ALL morning patches and apply 1

**CARNOSINE** on GV14.



**OPTION #3: VARIATION PROTOCOL**

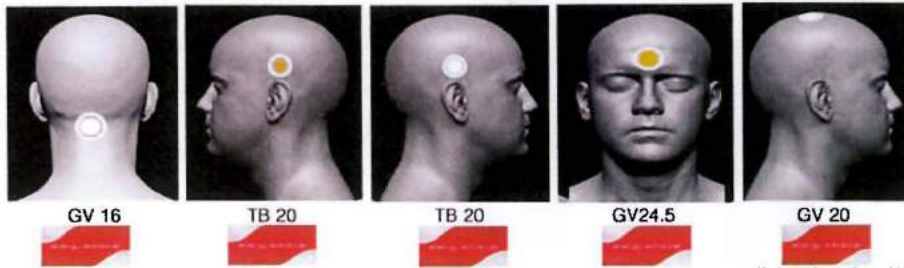
**In the morning:** AEON on GV4, **ENERGY ENHANCER** on ST36 for 6 hours, then move to SP8 for 6 hours, then move to SP6 for 6 hours.

**In the evening:** Alternate **CARNOSINE** nightly on CV17 and GV14.

# BRAIN BALANCING / Equilibrio Cerebral / Cân Bằng Não Bộ / 精神(腦)平衡 / 精神(腦)バランス

This Brain Wave Activity protocol is particularly helpful in improving mental clarity and stimulating regions of the brain. Use it in cases of stress and lack of mental clarity.

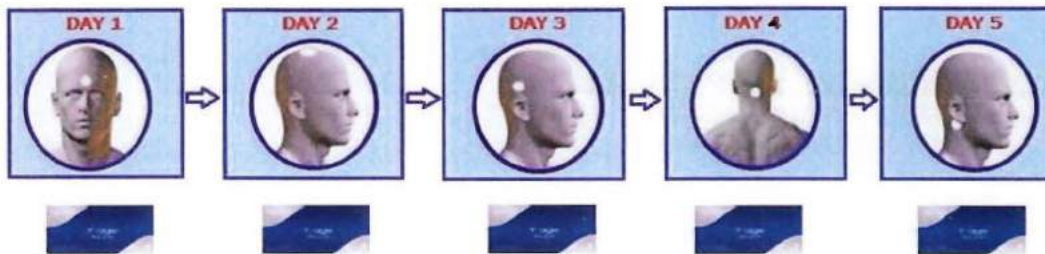
## OPTION #1: Using ENERGY ENHANCER



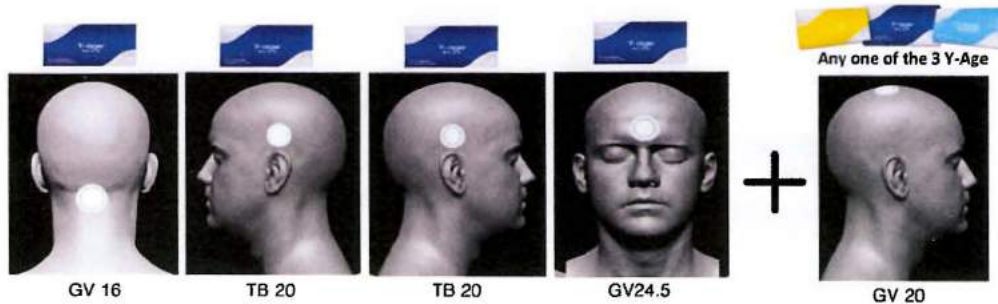
\*\*You can also exchange Glutathione with Carnosine or Glutathione, or stack all 3 Y-Age patches together.

You can also replace with GULLY EXTRACT, CARNOSINE, or AEON. Or stack all 3 Y-Age together and wear at the same time.

## OPTION #2: Using a single AEON daily for 5 days is considered 1 cycle.



## OPTION #3: Using 4 AEON patches plus 3 Y-Age at the same time.



**IMPORTANT NOTE:** If at any time you feel that the patches are too strong.... Remove them for a few hours and re-apply.

## BREAST- LUMP / Bulto En El Pecho / Khối U Vú / 乳房腫塊 / 乳房のしこり

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

**Option #1:** Apply X39 directly over lump(s) in the morning, wear for 12 hours



In the Evening – Remove X39 patch and replace with **CARNOSINE**, **GLUTATHIONE**, and AEON

**Option #2:**

**ENERGY ENHANCER** on ST15 (WRTL)

**GLUTATHIONE** stack on top of the ENERGY ENHANCER (WHITE) on ST15 - RIGHT side

**ENERGY ENHANCER** (WHITE) on ST36

**ENERGY ENHANCER** (TAN) on SP6

**CARNOSINE** on CV17

**AEON** on GV14

## CANCER / Cáncer / Ung Thu / 癌症 / がん

THE PATCHES ARE NOT INTENDED TO TREAT, PREVENT OR CURE ANY DISEASE. THE SUGGESTED PROTOCOL DOES NOT REPLACE THE DIAGNOSIS AND TREATMENT BY A QUALIFIED LICENSED HEALTHCARE PROFESSIONAL. WE STRONGLY RECOMMEND THAT YOU CONSULT WITH YOUR DOCTOR CONCERNING YOUR SPECIFIC HEALTH CHALLENGE AND TREATMENT NEEDED. NO MEDICAL CLAIMS ARE BEING MADE WITH THE SUGGESTED PROTOCOL BELOW.

When people are dealing with cancer, more than likely, they have a lot of pain, lack energy and appetite, and are unable to sleep well. LifeWave patches can support those challenges. ICEWAVE reduces pain, **ENERGY ENHANCER** increases circulation-based on the Five-Element theory, **GLUTATHIONE** boosts immune system, **SILENT NIGHTS** provides better sleep, **SP6 COMPLETE** increases appetite and improves organ functions, **AEON** reduces inflammation, and **CARNOSINE** repairs at the cellular level. By improving energy, sleep, appetite, and by reducing pain, the body becomes stronger and is better able to deal with the challenges.

**Step #1:** Follow protocol under “SEVERE SYMPTOMS” for 5-10 consecutive days. (You can stay with this protocol instead of going to Step #2). Many people prefer this protocol over the 5-Day Detox Yin-Yang Balancing. (See Page 111 - Severe symptoms)



**Step #2:** Continue with the 5-Day Yin-Yang Balancing and Detox Protocol (side B) until symptoms subside. (See page 53 - Detoxification)



You might want to add the 3 Y-Age (**AEON**, **CARNOSINE**, and **GLUTATHIONE**.) directly over the challenged areas to reduce inflammation, repair, and detox)



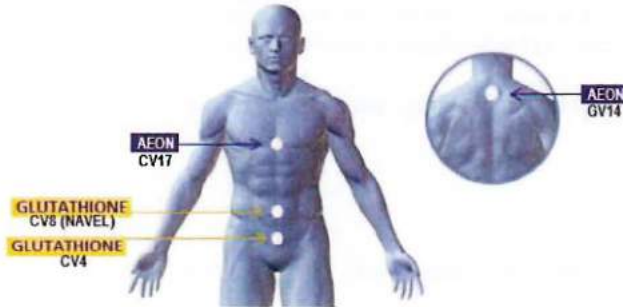


**Step #3:** Add the following patches to Step #2.

AEON on GV14, and CV17

GLUTATHIONE on CV8 and CV4.

If you already have a patch on any of these points, there is no need for double patching.



## CARPAL TUNNEL SYNDROME / Síndrome De Túnel carpiano / Hội Chứng Ống Cổ Tay / 腕隧道症候群 / 手根管症候群

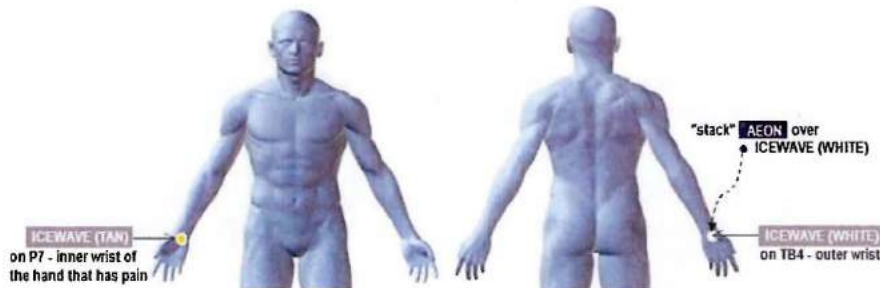
The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

**Option #1:** On the wrist that has pain

ICEWAVE (TAN) on P7

ICEWAVE (WHITE) on TB4

AEON stack on top of ICEWAVE (WHITE) on TB4



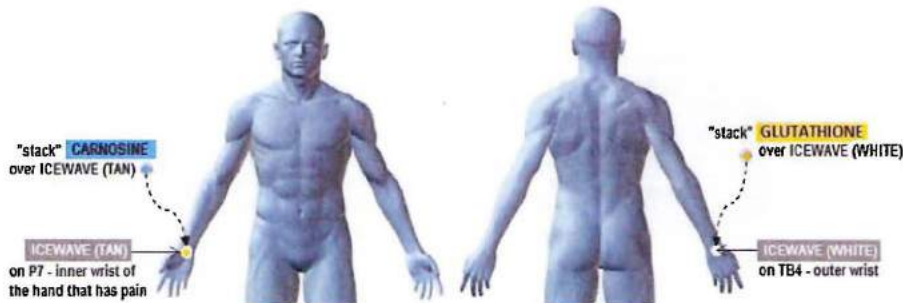
**Option #2:** On the wrist that has pain

ICEWAVE (TAN) on P7

CARNOSINE stack on top of ICEWAVE (TAN) on P7

ICEWAVE (WHITE) on TB4

GLUTATHIONE on top of ICEWAVE (WHITE) on TB4



## CATARACT / Catarata / Mắt Bị Cườm Khô (Bệnh Mắt Đục) / 白內障 / 白內障

No medical claims are being made. Using the patches does not take the place of proper diagnosis and treatment by a properly licensed healthcare professional. According to TCM, cataracts may be caused by overheating or "Fire" of the Liver that rises upward and into the eyes because there is an "Overcooling or Emptiness" of the Kidneys.

### Day #1:

**ENERGY ENHANCER** on LI4 (WRTL)  
**ENERGY ENHANCER** on ST36 (WRTL)  
**ENERGY ENHANCER** on LV2 (WRTL)  
**GLUTATHIONE** on LV2 on top of **ENERGY ENHANCER** (WHITE) on the RIGHT side  
**CARNOSINE** on CV17  
**AEON** on GV14

### Day #2:

**ENERGY ENHANCER** on GB20 (WRTL)  
**ENERGY ENHANCER** on BL18 (WRTL)  
**ENERGY ENHANCER** on BL23 (WRTL)  
**GLUTATHIONE** on GB20 on top of **ENERGY ENHANCER** (WHITE) on the RIGHT side  
**CARNOSINE** on CV17  
**AEON** on GV4

Cataracts develop over the years, so they may require more time for significant improvement. Try patching for at least 2 weeks and taking 2 spoons of Theta Pure Premium daily.

## CELLULAR PHYSIOLOGIC FUNCTIONAL STATUS / Status Funcional Celular

Fisiológico / Tình Trạng Chức Năng Sinh Lý Của Tế Bào / 細胞生理功能狀態 / 細胞生理機能の狀態

**SP6 COMPLETE** Patch improves organ functions.

"Research demonstrated that the **SP6 COMPLETE** Patch worn on the ST36 acupressure point 12 hours daily over a period of 1 week produced a *highly significant* improvement in the physiologic functional status of the *liver, pancreas, right and left kidneys* with an average statistical power > **97%** and a very *significant* improvement in the functional status of the *thyroid, intestines and hypothalamus* with an average power > **87%** and a *significant* improvement in the *adrenal glands* with an average statistical power > **75%**."

- **SP6 COMPLETE** on ST36 position (LEFT side)



# CHOLESTEROL / Colesterol / Chất Béo Gây Xơ Cứng Động Mạch (Colectêrôn) / 高膽固醇 / コレステロール

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

**Option #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Then go to Option #2. (See page 52 - Detoxification)



## Option #2:

Apply in the morning, wear for 12 hours

- GLUTATHIONE on CV4
- SP6 COMPLETE on Spleen 6 (left leg)
- ENERGY ENHANCER on ST36 and GB41

In the Evening – Remove ALL morning patches and apply 1 CARNOSINE on CV17. Remove patch the next morning. Repeat until symptoms subside.



## Option #3:

Day 1:

- SP6 COMPLETE on SPLEEN 6
- ENERGY ENHANCER on GB41 (WRTL)



Day 2:

- SP6 COMPLETE on SPLEEN 6
- ENERGY ENHANCER on BL57 (WRTL)



**Day 3**

**SP6 COMPLETE** on SPLEEN 6  
**ENERGY ENHANCER** on ST36 (WRTL)



**Option #4: MAINTENANCE**  
**ENERGY ENHANCER** on ST36



**CHRONIC PAIN / Dolor Crónico / Đau Mãn Tính / 慢性疼痛 / 慢性の痛み**

Chronic Pain – Brachial Plexus is a network of nerves that sends signals from our spine to our shoulder, arm and hand. A Brachial Plexus Injury (BPI) occurs when these nerves are stretched or even torn as result of the shoulder being pressed down forcefully while the head is pushed up and away from that shoulder. No medical claim is made. Follow the patching below for favorable results.

**Apply in the morning, wear for 12 hours**

**AEON** on CV17  
**AEON** on GV11



**ICEWAVE (TAN)** on LI11 (on the side with issue)  
**AEON** stack over the **ICEWAVE (TAN)** on LI11



**ICEWAVE** on SP21 (WRTL)



**SP6 COMPLETE** patch on SP6 position on the **LEFT**  
**GLUTATHIONE** patch on SP6 position on the **RIGHT**

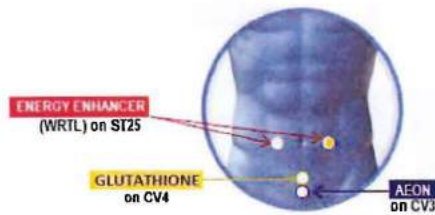


**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.

# CONSTIPATION / Estreñimiento / Táo Bón / 便秘 / 便秘

## OPTION #1:

**ENERGY ENHANCER** on ST25 (WRTL)  
**GLUTATHIONE** on CV4  
 AEON on CV3



For enhanced results, add Julian's Formula 100% Natural Colon Cleanse once or twice daily.

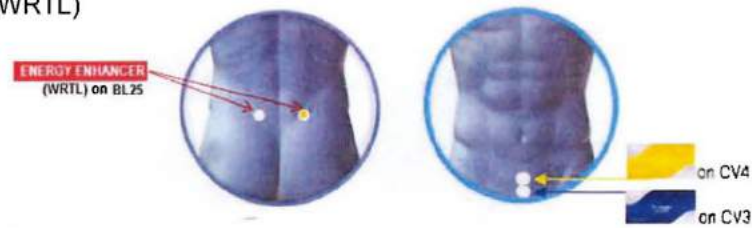
## OPTION #2:

**ENERGY ENHANCER** on SP15 (WRTL)  
**GLUTATHIONE** on CV4  
 AEON on CV3



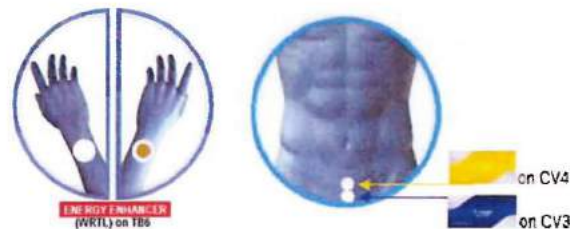
## OPTION #3:

**ENERGY ENHANCER** on BL25 (WRTL)  
**GLUTATHIONE** on CV4  
 AEON on CV3



## OPTION #4:

**ENERGY ENHANCER** on TB6 (WRTL)  
**GLUTATHIONE** on CV4  
 AEON on CV3



**OPTION #5:** This Constipation protocol works well in chronic cases and especially with seniors.

**GLUTATHIONE** on SP6  
**GLUTATHIONE** on CV8  
**ENERGY ENHANCER** on K3 – (WRTL)



\*\*\* IN THE EVENING, ADD **CARNOSINE** ON CV12 FOR ALL OF THE ABOVE OPTIONS.

# CONVULSIONS / Convulsiones / Co Giật / 抽搐 / 痙攣

ENERGY ENHANCER on K1 and H4 (WRTL)



Kidney 1



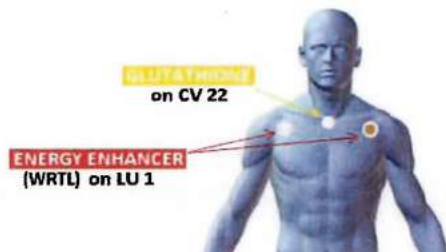
Heart 4

## COUGH / Tos / Ho / 咳嗽 / 咳

### OPTION #1:

GLUTATHIONE on CV22

ENERGY ENHANCER on LU1 or on Lung 8 – (WRTL)



GLUTATHIONE  
on CV 22

ENERGY ENHANCER  
(WRTL) on LU 1



LUNG 8

### OPTION #2:

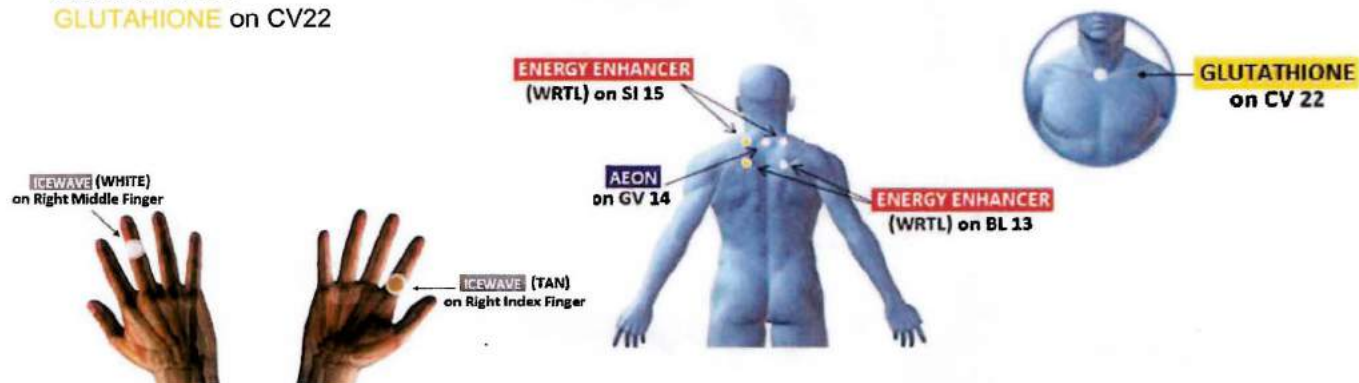
ICEWAVE (WHITE) on the dorsal aspect of the third phalange of the RIGHT hand at its midpoint.

ICEWAVE (TAN) on the second metacarpal bone (index finger) of the RIGHT hand at its midpoint.

ENERGY ENHANCER on BL13 or SI15(WRTL)

AEON on GV14

GLUTATHIONE on CV22



ICEWAVE (WHITE)  
on Right Middle Finger

ENERGY ENHANCER  
(WRTL) on SI 15

GLUTATHIONE  
on CV 22

AEON  
on GV 14

ENERGY ENHANCER  
(WRTL) on BL 13

ICEWAVE (TAN)  
on Right Index Finger

### OPTION #3: COUGH WITH PHLEGM, add the following:

GLUTATHIONE on the RIGHT side ST40 (midpoint between knee and ankle, and 2 fingers outside of bone)



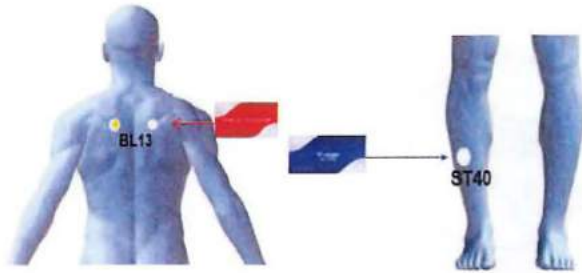
GLUTATHIONE

on ST40 on the right side

**OPTION #4:** COUGH WITH PHLEGM and accompanied by a COLD, add the following:

**ENERGY ENHANCER** on BL13

AEON on ST40



## CRAMP / Calambre / Chứng Vọp Bẻ/Chuột Rút / 痙攣 / けいれん

**OPTION #1:** BASIC

Muscle spasm sometimes known as a Charley horse, can be very painful. The causes of muscle spasms may include inadequate blood flow to the muscle, low potassium levels, mineral depletion or dehydration. Most of the time, you can hold the entire pack of CARNOSINE directly over cramp, and within seconds, you will notice the spasm has stopped.

CARNOSINE over effected area

**OPTION #2:** When Option #1 above fails, try the following:

**ENERGY ENHANCER** on BL57 and K1 (WRTL). You can also place a single AEON patch on the middle of your right palm - P8



**OPTION #3:** Whole Body

**ENERGY ENHANCER** on K1 and K27 (WRTL)

**GLUTATHIONE** on CV6 and LV 3 on the right.



## DENGUE / Dengue / Sốt Xuất Huyết / 登革熱 / デング熱

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

Dengue fever is a disease caused by a family of viruses that are transmitted by mosquitoes. It is an acute illness of sudden onset that usually follows a benign course with symptoms such as headache, fever, exhaustion, severe muscle and joint pain, swollen glands (lymphadenopathy), and rash.

**Step #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 - Detoxification)



**Step #2:** Add **GLUTATHIONE** on GV2 during the day.



GLUTATHIONE  
on GV2

Note: Continue Step #1 and #2 until symptoms subside. Follow with 7-Day Y-Age Protocol (optional)

## DEPRESSION – ANGER / Depresión - Enojo / Trầm Cảm-Tức Giận / 躁鬱症-憤怒 / うつ病 - 怒り

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

Excessive stress, resentment, frustration or depression when long lasting may disturb the Liver-Chi. Prolonged anger, indignation, animosity or even a feeling of "being insulted or enraged" may all cause stagnation of the Liver-Chi, and therefore, hyperactivity of the Liver-Yang later on. In these conditions, the stagnation of Chi may in turn cause the Blood to stagnate as well, which greatly aggravates the blockage in the channels.

Important Note: This special patching location utilizes the connection between the Large Intestine and Liver Meridians and has the effect of releasing Liver Chi congestion as well as adding a calming effect by opening the flow of energy throughout the entire nervous system. Interestingly, when used in cases of Anger and Frustration, the energy patches should be placed on the LEFT side of the body.

Apply in the morning, wear for 12 hours

**ENERGY ENHANCER (WHITE)** on the LEFT index finger

**ENERGY ENHANCER (TAN)** on LV2 LEFT side

**GLUTATHIONE** on LV3 RIGHT side (alternate on meridian SP6 points and ST36 points)

**AEON** on P6 RIGHT side



ENERGY ENHANCER  
on LEFT Index Finger

ENERGY ENHANCER (TAN)  
on LV2

GLUTATHIONE  
on LV3

AEON  
on P6

**In the Evening:** Remove all morning patches and apply 1 **CARNOSINE** on CV17



CARNOSINE  
on CV17



**OBSESSIVE THOUGHTS (OCD) & ANXIETY**

AEON on GV14

ENERGY ENHANCER on H7 (WRTL)

ENERGY ENHANCER on LU9 (WRTL)

ENERGY ENHANCER on P6 (WRTL)



AEON  
GV14



ENERGY ENHANCER  
"The Calming Triangle"

**DEPRESSION –GRIEF & SADNESS / Depresión – Profunda Pena & Tristeza /**

Trầm Cảm - Sâu Nao / 憂鬱症- 悲傷與憂愁 / うつ病 - 悲しみと悲しみ

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

Start by placing an AEON behind neck on C7. Then, use a set of ENERGY ENHANCER, rotate among the 5 positions below. Notice which position gives you the most relief.

**POSITION #1**

ENERGY ENHANCER (WHITE) - TB5 on the back of the right wrist

ENERGY ENHANCER (TAN) - PC6 on the LEFT side.



ENERGY ENHANCER  
(WHITE) on TB5, (TAN) on PC6

**POSITION #2**

ENERGY ENHANCER (WHITE) – LU4

ENERGY ENHANCER (TAN) – LU1



ENERGY ENHANCER  
(WHITE) on LU4, (TAN) on LU1

**POSITION #3**

ENERGY ENHANCER – H7 (WRTL)



ENERGY ENHANCER  
(WRTL) on H7

**POSITION #4**

ENERGY ENHANCER – SP6 (WRTL)



ENERGY ENHANCER  
(WRTL) on SPLEEN 6

**POSITION #5**

ENERGY ENHANCER on LU1 (WRTL).



ENERGY ENHANCER  
(WRTL) on LU1

# DETOXIFICATION / Desintoxicación / Giải Độc/Âm Dương Cân Bằng / 排毒 / 解毒

THIS DETOX PROTOCOL IS STRONGLY SUGGESTED FOR ALL FIRST TIME USERS. It is recommended to continue non-stop for six cycles. **Start with side 'A' – Yin-Yang Balancing and Detox for 2 cycles (10 days)**, and side 'B' for another 4 cycles (20 days) or for as long as you need it. It can also be used to "Reboot" ourselves periodically. This 5-day program is designed to open up all the meridian channels and help the cleansing process to begin. During detoxification, the body rids itself of waste and pollutants, heavy metals, nicotine, and other toxic substances. A natural by-product of energy production is metabolic waste, which is neutralized by antioxidants and eliminated from the body. This is why symptoms of detoxification can be noted with the ENERGY ENHANCER patches.

Side effects are a natural part of the detoxification process, but the effects are transient. Some people may experience these side effects more than others, depending on the amount of toxicity in the body and a person's susceptibility to detox symptoms. Some of the symptoms accompanying detoxification include: dry mouth, metallic taste in mouth, fatigue, runny nose, headache, minor rash and/or acne, sleepiness, nausea. Imagine your body as a swimming pool. You use a pump to filter and clean the grime, much like the kidneys and lymphatic system operate to filter our blood and other bodily fluids. Now, imagine the build-up of toxins as grime, accumulating at the bottom of the pool. If these toxins are allowed to build up over a long period of time, the pump ends up stirring up the muck faster than the pump can clean it. Imagine the stress this puts on our kidneys, lymphatics, and other organs. As you scrape the sides and bottom of the pool, this releases more grime so that the water becomes dirty and murky. These are the toxins mobilizing in your body. Imagine what our cells look like with the build-up of free radicals and toxins and the stress this creates on our internal organs.

## YIN-YANG Balancing & Detox with Brain Balancing

Wear the **DAY** patches for 12 hrs & discard, then wear the **NIGHT** patches for another 12 hrs  
 Non-stop patching from Day1 to Day5 then REPEAT from Day1 to Day 5 again (10 Days) before starting side B  
 Drink at least 8 glasses of water a day while detoxing to flush toxins

A

	<b>DAY PATCHING</b> Wear for 12 Hrs	<b>NIGHT PATCHING</b> Wear for 12 Hrs
DAY 1	<b>ENERGY ENHANCER</b> Tan LEFT White RIGHT 	<b>CARNOSINE</b> CV17 
DAY 2	<b>GLUTATHIONE</b> CV5 2 Fingers 	<b>SILENT NIGHTS</b> LV3 RIGHT FOOT 
DAY 3	<b>SP6 COMPLETE</b> SP6 4 Fingers LEFT LEG 	<b>AEON</b> GV24.5 
DAY 4	<b>GLUTATHIONE</b> CV22 	<b>SILENT NIGHTS</b> TB 23 RIGHT SIDE 
DAY 5	<b>SP6 COMPLETE</b> ST16 4 Fingers LEFT LEG 	<b>AEON</b> GV20 
DAY 5	<b>ENERGY ENHANCER</b> SP6 4 Fingers LEFT LEG 	<b>SILENT NIGHTS</b> TB 17 RIGHT SIDE 
DAY 5	<b>GLUTATHIONE</b> LV3 RIGHT FOOT 	<b>AEON</b> GV8 RIGHT SIDE 
DAY 5	<b>SP6 COMPLETE</b> ST16 4 Fingers LEFT LEG 	<b>SILENT NIGHTS</b> GV24.5 RIGHT SIDE 
DAY 5	<b>ENERGY ENHANCER</b> CV17 4 Fingers RIGHT LEG 	<b>AEON</b> GV15 RIGHT SIDE 
DAY 5	<b>GLUTATHIONE</b> LV3 RIGHT FOOT 	<b>SILENT NIGHTS</b> TB 23 RIGHT SIDE 
DAY 5	<b>SP6 COMPLETE</b> ST16 4 Fingers LEFT LEG 	<b>AEON</b> GV8 LEFT SIDE 

# YIN-YANG Balancing & Detox

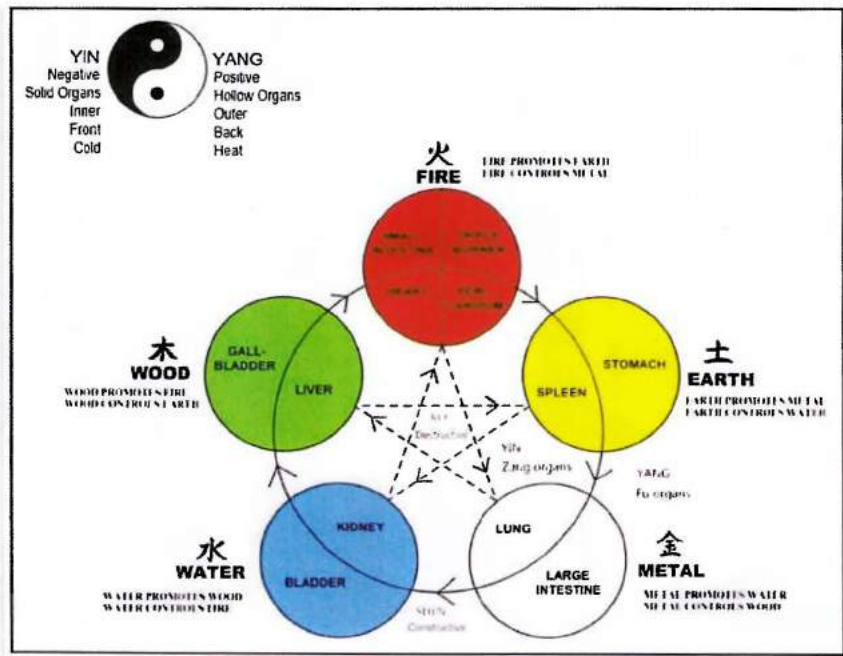
Wear the **DAY** patches for 12 hrs & discard, then wear the **NIGHT** patches for another 12 hrs  
 Non-stop patching from Day1 to Day5 then REPEAT from Day1 to Day5 again, **for as long as you need it**  
 Drink at least 8 glasses of water a day while detoxing to flush toxins

# B

## DAY PATCHING

## NIGHT PATCHING

	ENERGY ENHANCER	GLUTATHIONE	SP6 COMPLETE	AEON	CARNOSINE	SILENT NIGHTS
DAY 1	Tan LEFT White RIGHT LV3 GB41 	CV6 2 Fingers 	SP6 LEFT LEG 4 Fingers 	LI4 RIGHT HAND 	CV17 	LV3 RIGHT FOOT 
DAY 2	PB TB5 4 Fingers 	CV22 	ST38 4 Fingers LEFT LEG 	K3 RIGHT FOOT 	GV14 	TB23 RIGHT SIDE 
DAY 3	SP6 ST38 4 Fingers LEFT LEG 	LV3 RIGHT FOOT 	K3 LEFT FOOT 	CV6 2 Fingers 	LI4 RIGHT HAND 	TB17 RIGHT SIDE 
DAY 4	LI7 LI4 4 Fingers 	SP6 RIGHT LEG 4 Fingers 	SP6 LEFT LEG 4 Fingers 	LV1 RIGHT FOOT 	GV2 	GV24.5 
DAY 5	K3 BL60 LEFT FOOT INNER 	LU9 RIGHT HAND 	ST38 4 Fingers LEFT LEG 	CV14 	HT RIGHT HAND 	K3 RIGHT FOOT 



## YIN-YANG Balancing & Detox with Brain Balancing + X39
















Wear the **DAY** patches for 12 hrs & discard, then wear the **NIGHT** patches for another 12 hrs  
 Non-stop patching from Day1 to Day5 then REPEAT from Day1 to Day5 again (**10 Days**) before starting side B  
**Drink at least 8 glasses of water a day while detoxing to flush toxins**

# A

### DAY PATCHING Wear for 12 Hrs

ENERGY ENHANCER Tan LEFT White RIGHT	CARNOSINE CV17	SP6 COMPLETE SP6	X39 GV14
DAY 1 			
DAY 2 			
DAY 3 			
DAY 4 			
DAY 5 			

### NIGHT PATCHING Wear for 12 Hrs

GLUTATHIONE CV6	SILENT NIGHTS LV3	AEON (Brain Balancing) GV24.5
		
		
		
		
		

## YIN-YANG Balancing & Detox with X39
















Wear the **DAY** patches for 12 hrs & discard, then wear the **NIGHT** patches for another 12 hrs  
 Non-stop patching from Day1 to Day5 then REPEAT from Day1 to Day5 again **for as long as you need it**  
**Drink at least 8 glasses of water a day while detoxing to flush toxins**

# B

### DAY PATCHING Wear for 12 Hrs

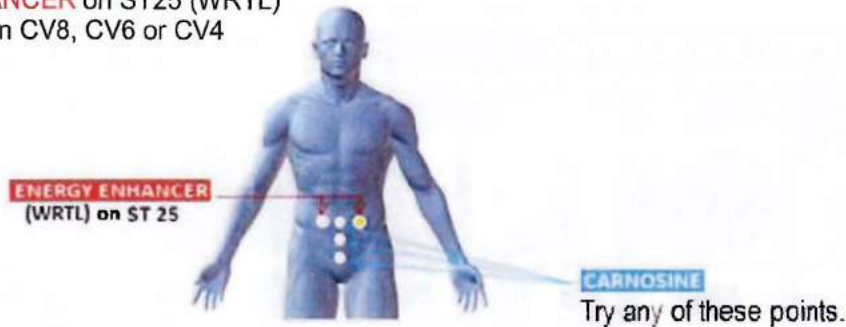
ENERGY ENHANCER Tan LEFT White RIGHT	CARNOSINE CV17	SP6 COMPLETE SP6	X39 GV14
DAY 1 			
DAY 2 			
DAY 3 			
DAY 4 			
DAY 5 			

### NIGHT PATCHING Wear for 12 Hrs

GLUTATHIONE CV6	SILENT NIGHTS LV3	AEON LV4
		
		
		
		
		

## DIARRHEA / Diarrea / Bệnh Tiêu Chảy / 腹瀉 / 下痢

**ENERGY ENHANCER** on ST25 (WRTL)  
**CARNOSINE** on CV8, CV6 or CV4



If accompanied by vomiting, you can test by adding the following:

**ENERGY ENHANCER** on ST36 (WRTL)  
**ENERGY ENHANCER** on P6 (WRTL)

## DIFFICULTY SWALLOWING / Dificultad Para Tragar / Chứng Khó Nuốt / 吞嚥困難 / 嚥下障害

Start this protocol in the morning, wear for 12 hours.

**ENERGY ENHANCER (TAN)** on CV22  
AEON stack on top of the **ENERGY ENHANCER (TAN)**  
**ENERGY ENHANCER (WHITE)** on GV15  
**GLUTATHIONE** on GV16  
**ENERGY ENHANCER** on ST9 (WRTL) or LI 18 (WRTL)



If the case of Difficulty Swallowing is accompanied by pain, test by using ICEWAVE instead of **ENERGY ENHANCER**.

Remove all patches in the evening and place a **CARNOSINE** on CV22 until next morning.

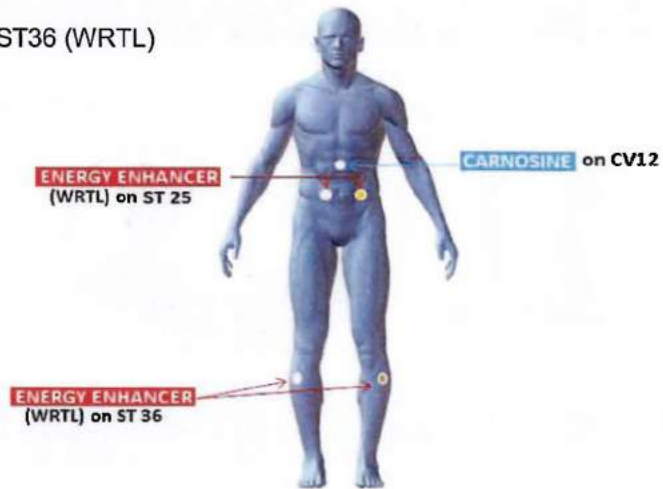
## DIGESTIVE ISSUES / Problemas Digestivos / Vấn Đề Về Tiêu Hóa / 消化問題 / 消化器の問題

**OPTION #1:** – Indigestion, Stomachaches, general discomfort.

**AEON** on ST25 (RIGHT side)  
**CARNOSINE** on ST25 (LEFT side) and CV10  
**GLUTATHIONE** on CV4



**OPTION #2:** – Improve Digestion  
**ENERGY ENHANCER** on ST25 and ST36 (WRTL)  
**CARNOSINE** on CV12



**OPTION #3:**  
**ENERGY ENHANCER** on LI 10, ST25, P6 or ST36 (WRTL)  
**CARNOSINE** on CV12  
**GLUTATHIONE** on CV4 or CV6

## DIVERTICULITIS / Diverticulitis / Viêm Túi Thừa / 憩室炎 / 憩室炎

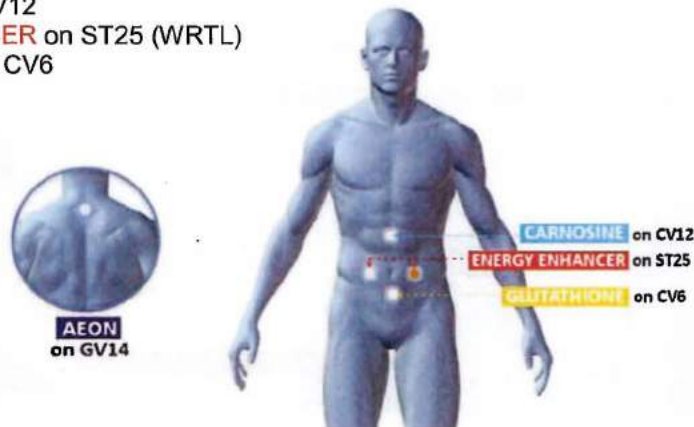
The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

Diverticulitis is a condition which develops over time. There is a connection between Diverticulitis and diet; and if you are trying to work around the Diverticula inflammation, you should first try to stop what's causing it.

**STEP #1:** Lifestyle adjustment. Consult with your doctor and understand which food group that you should or shouldn't be eating.

**STEP #2:** Try the following protocol for 5 consecutive days before moving to Step #3

**CARNOSINE** on CV12  
**ENERGY ENHANCER** on ST25 (WRTL)  
**GLUTATHIONE** on CV6  
**AEON** on GV14



**STEP #3:** Try the following protocol for 5 consecutive days; if you find relief, continue the protocol.

**ENERGY ENHANCER** on ST25 (WRTL)  
**ENERGY ENHANCER** (WHITE) on ST36 - RIGHT side  
**ENERGY ENHANCER** (TAN) on SP6 - LEFT side  
**CARNOSINE** on CV12  
**GLUTATHIONE** on CV6  
**AEON** on GV14

## DIZZINESS / Mareo / Chóng Mặt / 頭暈 / めまい

**ENERGY ENHANCER** on LV3 (WRTL)

Another set of **ENERGY ENHANCER** (WHITE) on GV 24.5 (TAN) on GV16.



## EAR INFECTION / Infección En El Oído / Nhiễm Trùng Tai / 中耳炎 / 中耳炎

### Option #1:

**In the Morning:** apply the following patches, wear for 12 hours.

**ENERGY ENHANCER** on TB3 (WRTL)

**ENERGY ENHANCER** on SI19 (WRTL)

**GLUTATHIONE** on TB5 (right hand)

**AEON** on GV14

**In the Evening:** Remove ALL morning patches

Apply **CARNOSINE** on LI4 (Large Intestine 4)

### Option #2:

**ENERGY ENHANCER** on TB21 (WRTL)

**ENERGY ENHANCER** on TB17 (WRTL)

Triple stack **AEON**, **GLUTATHIONE**, and **CARNOSINE** together on TB3 on the side where the ear is infected.

**SP6 COMPLETE** on SP6 point (LEFT ankle)

## EDEMA / Edema / Bệnh Phù Thũng / 水腫 / 浮腫

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### OPTION #1:

Swelling caused by fluid retention

**ENERGY ENHANCER** on BL23, ST25, SP6, and/or SP9 (WRTL)



### OPTION #2:

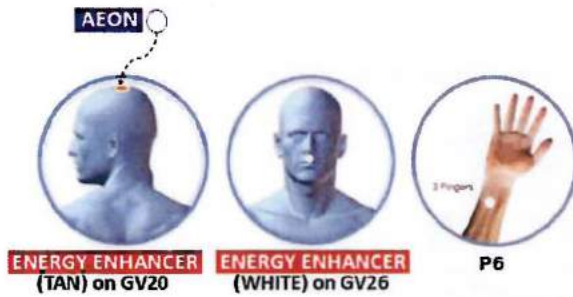
**GLUTATHIONE** on TB3 – R

**GLUTATHIONE** on LU1 – R



# EMOTIONAL DISTRESS / Aflicción Emocional / Rối Loạn Cảm Xúc / 情緒困擾 / 感情的苦

ENERGY ENHANCER (TAN) on GV20  
AEON over the ENERGY ENHANCER (TAN) on GV20  
ENERGY ENHANCER (WHITE) on GV26  
ENERGY ENHANCER on P6 or P8 (WRTL)



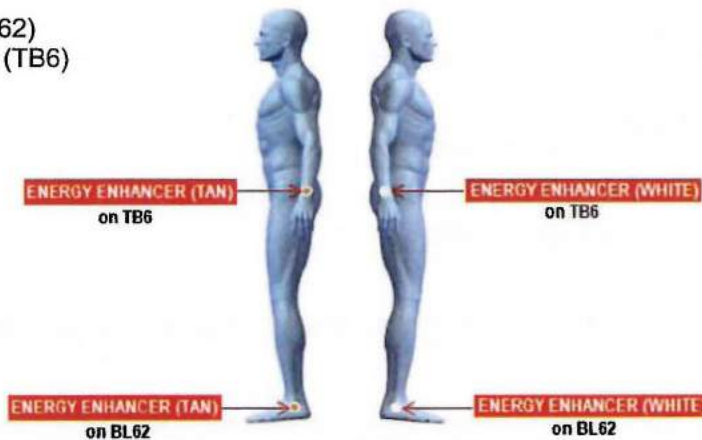
# ENERGY BALANCING / Balance De Energia / Cân Bằng Khí Lực / 能量平衡 / エネルギーバランス

This Golden Ratio Placement protocol uses two sets of ENERGY ENHANCER patches. The patch combinations used are optimized to encourage the flow of energy through the body. This protocol is fundamental to those recovering from surgeries, particularly to the back, neck, and upper torso regions.

Using 2 sets of ENERGY ENHANCER (WRTL)

## Option # 1:

Bladder 62 (BL62)  
Triple Burner 6 (TB6)



## Option # 2:

Pericardium (P6)  
Kidney 3 (K3)



## Option # 3:

Heart 3 (H3)  
Kidney 1 (K1)





**Option # 4:**

Lung 1 (LU1)  
Stomach 36 (ST36)



ENERGY ENHANCER  
(WRTL) on LU1

ENERGY ENHANCER  
(WRTL) on ST36

**Option # 5:**

This combination can be used to recover lost energy from surgeries to the back, neck, and/or upper torso regions.

Triple Burner 6 (TB6)  
Kidney 3 (K3)



ENERGY ENHANCER  
(WRTL) on TB6

ENERGY ENHANCER  
(WRTL) on K3

**ENERGY BOOSTING / Estimulación De Energía / Tăng Cường Năng Lượng / 提高能量 / エネルギーブースティング**

**OPTION #1:** – Upper Back exercise  
AEON on GV14, **ENERGY ENHANCER** on BL25 (WRTL)

**OPTION #2:** – Leg or running exercise:  
AEON on GV14, **ENERGY ENHANCER** on ST36 (WRTL)

**OPTION #3:** – Swimming or Soccer Player  
AEON on GV14, **ENERGY ENHANCER** on LU1 (WRTL)

**OPTION #4:** – For lack of Sleep  
AEON on GV14, **ENERGY ENHANCER** on LI4 (WRTL)

**OPTION #5:** – Upper Back exercise  
AEON on GV14, **ENERGY ENHANCER** on GB14 (WRTL). After 30 minutes, remove patches and put behind the ear.

**ENERGY (NEGATIVE) / Energia (Negativa) / Khí Lực Xấu / 壞氣場 / 悪いエネルギー**

This is a very useful protocol to protect yourself from negative energy when you are in crowded areas.

**ENERGY ENHANCER** (WHITE) on LI4 (RIGHT side)  
**ENERGY ENHANCER** (TAN) on LU9 (LEFT side)  
**GLUTATHIONE** on CV4  
AEON on GV14



ENERGY ENHANCER  
(WHITE) on LI 4 (Right)



ENERGY ENHANCER  
(TAN) on LU 9 (left)



GLUTATHIONE  
on CV4



AEON  
on GV14

**EYE ISSUES / Problemas Oculares / Vấn Đề Về Mắt / 眼睛問題 / 目の問題**

**OPTION #1:** Vision impairment, floaters, retina 願景減值, 飛蚊症, 視網膜

CARNOSINE on GV24.5  
ICEWAVE on TB23 – (WRTL)



ICEWAVE  
(WRTL) on TB23



CARNOSINE  
on GV24.5

**IMPORTANT:** It is recommended using patches at night before going to bed.

**OPTION 2:**

ENERGY ENHANCER over each eye (WRTL)



**Note:** The idea is to place the (WHITE) patch over the **RIGHT** eyelid and the (TAN) patch over the **LEFT** eyelid while resting (You may rest the patches over the eyes without removing the adhesive backing). One good solution is to stick both patches into a sleeping eye mask either on the outside or the inside. Remember to keep **WRTL**.

**OPTION 3:**

CARNOSINE over each eye

**OPTION 4:**

GLUTATHIONE over each eye

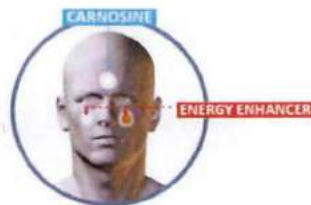
**OPTION 5:**

GLUTATHIONE on Right Temple  
CARNOSINE on Left Temple  
AEON on Third Eye – center



**OPTION 6:**

CARNOSINE on GV24.5  
ENERGY ENHANCER on ST3 (WRTL)



**OPTION 7:** Eye Lid Spasm / Tics

ENERGY ENHANCER on GB14 or ST1 or BL2 or TB23 (WRTL)

## FACE LIFT / Estiramiento Facial / Nâng Cơ Mặt / 面部拉皮 / フェイスリフト

CARNOSINE on ST3 on the left and the RIGHT side  
or CARNOSINE on ST9 on the left and the RIGHT side  
or CARNOSINE on GB37 on the left and the RIGHT side



## FACIAL TIC OR SPASM / Tic facial O Espasmo / Chứng Co Giật Cơ Nửa Mặt / 面部抽動或痙攣 / 顔の痙攣または痙攣

Facial Tics or Spasms are caused by Cold Wind affecting the flow of Chi. The mechanism is simple, Wind "Moves" and Cold "Contracts". Try the following protocol to see if it works for you.

ENERGY ENHANCER on LI4 (WRTL)

ENERGY ENHANCER on TW5 (WRTL)

ENERGY ENHANCER on GB20 (WRTL)

Then, place:

AEON and GLUTATHIONE double stack together on GV14

CARNOSINE on CV17

Additional Points:

If Tic is affecting the Eye: Place another AEON and CARNOSINE Double Stacked next to eye on the temple.

If Tic is affecting the Lips or Cheek: Place another ENERGY ENHANCER on ST4 – (WRTL)

## FATIGUE / Fatiga / Mệt Mỏi / 疲勞 / 疲勞

In traditional Chinese Medicine, Fatigue is associated with a Spleen and Kidney Yang deficiency. Chi, the body's vital life force energy, is responsible for movement. Yang is responsible for activity and Yin is responsible for nourishment. Kidney Yang is believed to be the root of all the physiological activities in the body. If the Kidney becomes deficient, the Spleen will be unable to effectively produce nutrient essence for the body's needs. In the case of Yang deficiency of the spleen and kidney, there isn't enough Chi (vital energy). Chi and Yang can be damaged by these 3 main factors: excessive work, exercise, and or worrying. Other factors include aging, unhealthy eating, illness, or side effects of medication.

Try using these 6 patches technique for balancing:

AEON on GV4

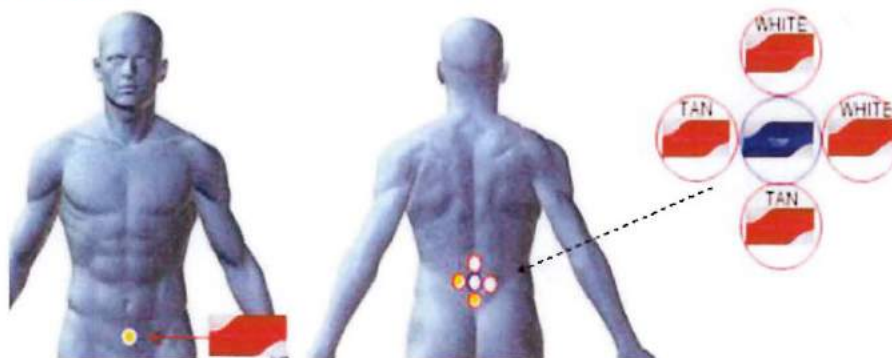
ENERGY ENHANCER (TAN) on CV4

ENERGY ENHANCER (WHITE) on the RIGHT of AEON patch

ENERGY ENHANCER (TAN) on the LEFT of AEON patch

ENERGY ENHANCER (WHITE) on TOP of AEON patch

ENERGY ENHANCER (TAN) BELOW GV4 AEON patch



## FEELING COLD / Sensacion De Frío / Cảm Thấy Lạnh / 感覺冷 / 寒い

2 sets of **ENERGY ENHANCER**

(TAN) on CV8

(WHITE) on GV14

(TAN) on P6 – LEFT

(WHITE) on K1 - RIGHT

AEON on GV14 on top of ENERGY ENHANCER (WHITE)

**GLUTATHIONE** on CV4

**CARNOSINE** on CV17

Plus, Theta One and Activator daily until symptoms subside.

## FEVER / Fiebre / Sốt Rét / 發燒 / 発熱

### Option #1:

**ENERGY ENHANCER** on K1 – (WRTL)

AEON on ST36 on the right



### Option #2:

**GLUTATHIONE** on LI4 – R

**CARNOSINE** on GV14

**ENERGY ENHANCER** on LI11 – (WRTL)



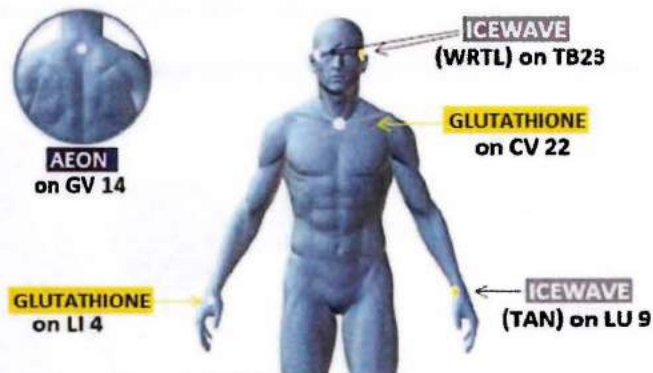
### Option #3:

AEON patch on GV14

**GLUTATHIONE** on CV22 & LI4 on the right

ICEWAVE (TAN) on LU9 (LEFT side)

ICEWAVE on TW23/ TB23 – (WRTL)



### OPTION #4:

**GLUTATHIONE** on LI 4 (RIGHT hand)

**GLUTATHIONE** on CV17

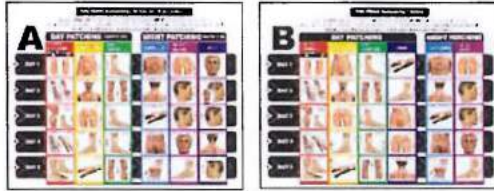
ICEWAVE (TAN) on LU 7 (LEFT)

ICEWAVE (WRTL) on temples

## FIBROMYALGIA / Fibromialgia / Đau Xơ Cơ / 肌纖維炎 / 線維筋痛

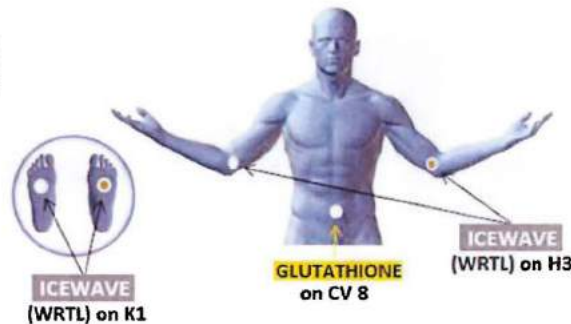
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It is strongly recommended to start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' (non-stop) until symptoms subside. In addition to this, it is recommended to add ICEWAVE following Day 1 and Day 2 below. (See page 52 - Detoxification)



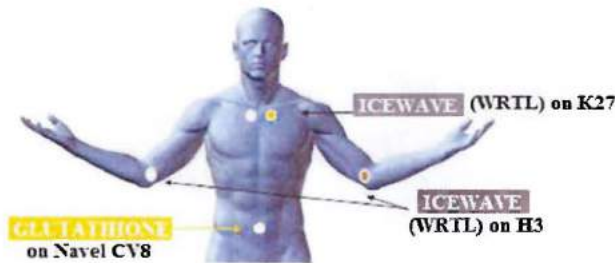
### Day 1:

GLUTATHIONE on CV8  
ICEWAVE on H3 (WRTL)  
ICEWAVE on K1 (WRTL)



### Day 2:

GLUTATHIONE on CV8  
ICEWAVE on H3 (WRTL)  
ICEWAVE on K27 (WRTL)



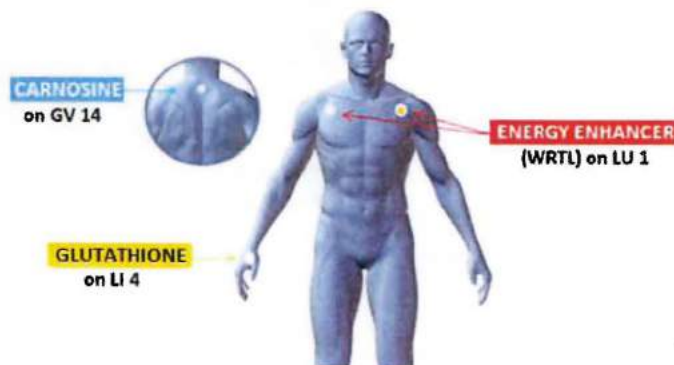
## FLU / Gripe / Cảm Cúm / 流行性感冒 / インフルエンザ

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The minute you experience flu symptoms, apply the following patching protocol.

### Options#1:

CARNOSINE on GV14  
GLUTATHIONE on LI4 (RIGHT)  
ENERGY ENHANCER on LU1



**Options#2:**

**ENERGY ENHANCER** (WHITE) on LI4  
**ENERGY ENHANCER** (TAN) on LU9  
**ENERGY ENHANCER** (WRTL) on BL12  
AEON on GV14

**GLUTATHIONE** + **CARNOSINE** double stack on CV21

**IF YOU ARE FEELING SOME HEART PALPITATIONS, ADD THE FOLLOWING:**

**ENERGY ENHANCER** (WRTL) on P6

**IF YOU ARE FEELING ANY DIGESTIVE DISCOMFORT, VOMITING, ADD THE FOLLOWING:**

**CARNOSINE** on CV12

**IF YOU HAVE DIARRHEA, ADD THE FOLLOWING:**

**CARNOSINE** on CV12

**ENERGY ENHANCER** (WRTL) on ST25

**IF YOU ARE FEELING LACK OF ENERGY, ADD THE FOLLOWING:**

**ENERGY ENHANCER** (WRTL) on ST36

**FOOT NUMBNESS & WEAKNESS / Entumecido De Pies & Debilidad / Tê Chân và Yếu**

Đuôi / 腳麻木 / 足のしびれ

**Day 1:**

**ENERGY ENHANCER** (WHITE) on ST36 - RIGHT side  
**ENERGY ENHANCER** (TAN) on SP4 - LEFT side  
**ENERGY ENHANCER** (WHITE) on GB39 - RIGHT side  
**ENERGY ENHANCER** (TAN) on BL62 - LEFT side  
AEON on GV14  
**CARNOSINE** on CV12

**Day 2:**

**ENERGY ENHANCER** (WHITE) on SP4 - RIGHT side  
**ENERGY ENHANCER** (TAN) on ST36 - LEFT side  
**ENERGY ENHANCER** (WHITE) on BL62 - RIGHT side  
**ENERGY ENHANCER** (TAN) on GB39 - LEFT side  
AEON on GV14  
**CARNOSINE** on CV12

Try this protocol for at least 3 cycles. If you are also experiencing pain, use IceWave instead of Energy Enhancer.

You can also add the following to the above Day 1 and Day 2's protocol.

ICEWAVE or **ENERGY ENHANCER** (TAN), one on the bottom of each foot (Kidney 1)

ICEWAVE or **ENERGY ENHANCER** (WHITE), one on top of the middle of each foot.

**FREQUENT URINATION / Micción Frecuente / Đi Tiểu Thường Xuyên / 尿頻 / 頻尿**

**Day 1:**

**ENERGY ENHANCER** on BL23 (WRTL)  
**ENERGY ENHANCER** on K3 (WRTL)  
**GLUTATHIONE**, **AEON**, **CARNOSINE** below navel across the bladder



**Day 2:**

**ENERGY ENHANCER** on ST36 (WRTL)

**ENERGY ENHANCER** on SP6 (WRTL)

**GLUTATHIONE, AEON, CARNOSINE** below navel across the bladder

Repeat Day 1 and Day 2 until you are comfortable with the frequency of your urination.

**FROZEN SHOULDER / Hombro Congelado / Đông Cứng Khớp Vai (Vai Đóng Băng) / 肩周炎 / 五十肩**

Frozen Shoulder is usually due to "Invasion" of Wind, Cold and Dampness not being expelled. It may also be caused by habitual sleeping on one side, which over time, gradually builds up what is called Blood Stasis in the Shoulder.

**Option #1: BASIC**

**STEP #1:** AEON on GV14



**STEP #2:** ICEWAVE - Start with the clock method (follow brochure), if no relief is noticed, go to step #3.



**STEP #3:** ICEWAVE (WHITE) on LU1 and ICEWAVE (TAN) on the pain, if no relief is noticed, go to step #4.

**STEP #4:** ICEWAVE (TAN) on the pain, ICEWAVE (WHITE) on ST38 on the same side of shoulder pain. You can also reverse positions.



**Option #2: X39 Patch**

X39 behind neck on C7 or below belly. Add another X39 directly over pain. It is best to use this patch continuously for a few weeks.

## FUNGAL INFECTION / Infección Micótica / Bệnh Nấm Da / 真菌感染(脚) / 真菌感染症

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below. A foot fungal infection might appear to have no connection with our internal organs or even with meridian imbalances. However, anything that occurs on the outside of our body often has a corresponding internal condition contributing to the problem. There are a number of natural remedies available on the market or you can try the following protocol.

**ENERGY ENHANCER** on SP6 (WRTL)

**ENERGY ENHANCER** on GB39 (WRTL)

**ENERGY ENHANCER** on ST41 (WRTL)

Stack **GLUTATHIONE** over **ENERGY ENHANCER** (WHITE) on ST41 on the RIGHT.

**AEON** on GV14

Remove all patches in the evening and wear a single **CARNOSINE** patch on CV17. Repeat until symptoms subside.

## GALLSTONE / Cálculo Biliar / Sỏi Mật / 膽結石 / 胆石

**VERY IMPORTANT:** The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

**Background:** The presence of stones in the gallbladder is referred to as Cholelithiasis. Gallstones are hard, pebble-like deposits formed within the gallbladder by accretion of bile components. Fortunately, there is a specific acupuncture point used for Cholelithiasis: The point Dannangxue (Extra Point) is a key area for both acute and chronic cholecystitis and cholelithiasis. In the majority of cases, this point becomes tender when the gall bladder is inflamed. Dannangxue is one of the few acupuncture points that only exists on one side of the body (RIGHT side). Try the following protocol.

### DAY 1:

**GLUTATHIONE** on Dannangxue Acupoint (RIGHT side)



Right Side  
Dannangxue is about  
3 fingers below GB 34.

**ENERGY ENHANCER** on LV14 (WRTL)

(If you experience sever pain, use ICEWAVE instead of Energy Enhancer.)

**ENERGY ENHANCER** (WHITE) on LV14 on the RIGHT

**ENERGY ENHANCER** (TAN) on GB34 on the LEFT

**GLUTATHIONE** stacked over the **ENERGY ENHANCER** or ICEWAVE WHITE on LV14 on the RIGHT

**ENERGY ENHANCER** (WHITE) on ST36 on the RIGHT

**ENERGY ENHANCER** (TAN) on LV3 on the LEFT

**CARNOSINE** on CV12

**AEON** on LI4

### DAY 2:

Same as Day 1 except for **ENERGY ENHANCER** (WHITE) on LV3 (RIGHT and **ENERGY ENHANCER** (TAN) on ST36 (LEFT)

**NOTE:** Day 1 and Day 2 is considered 1 cycle... continue for a minimum of 15 cycles.



## GAS / FLATULENCE / Aliento / Trung Tiện (Đầy Hơi, Chướng Bụng) / 消化不良/脹氣 / 消化不

Symptoms may include 'flatulence' (gas passed per rectum), belching, and/or bloated stomach.

**ENERGY ENHANCER** on ST36 (WRTL)

**CARNOSINE** on CV10



**CARNOSINE**  
on CV 10



**ENERGY ENHANCER**  
(WRTL) on ST 36

## GOUT / Gota / Bệnh Thống Phong / 痛風 / 痛風

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Gout is a type of arthritis that occurs when uric acid builds up in blood and causes joint inflammation. Acute gout is a painful condition that typically affects one joint. Chronic gout is repeated episodes of pain and inflammation, which may involve more than one joint. Symptoms, however, usually involve only one or a few joints. The big toe, knee, or ankle joints are most often affected. The pain starts suddenly, often during the night, and is often described as throbbing or excruciating. The joint appears warm and red and is usually very tender and sensitive to the touch. Some people may experience a fever.

Step #1: ICEWAVE (TAN) on the point of pain

Step #2: "Stack" a **CARNOSINE** over ICEWAVE (TAN)

Step #3: ICEWAVE (WHITE) on LV3 or BL62 (Same side of body where the pain is)

Step #4: "Stack" a **GLUTATHIONE** over ICEWAVE (WHITE) on LV3 or BL62 (Same side of body where the pain is)

**LV 3 Meridian Point**



**BL 62 Meridian Point**

IF NO IMPROVEMENT...FOLLOW THE YIN-YANG BALANCING AND DETOX, SIDE 'A' FOR 10 DAYS, AND SIDE 'B' NON-STOP UNTIL SYMPTOMS SUBSIDE. (See page 52 - Detoxification)



**ADD THETA ONE + ACTIVATOR EVERYDAY**

Add two droppers full of Theta Activate and one pouch of Theta One into 16 oz of water. Consume daily on an **empty** stomach in the morning before breakfast or any time during the day at least one hour before or after eating or taking meds. However, if night urination is not a concern, it is best to consume an hour before bedtime.



## GUM ABSCESS / Absceso De La Encía / Áp Xe Nướu Răng / 牙齦膿腫 / ガム膿瘍

You have a choice of either taking antibiotics and painkillers, or you can try the following protocol first. Many people report great results.

ICEWAVE on LI4 – (WRTL)  
GLUTATHIONE on LI9 – (RIGHT side)  
AEON on LI11 - (RIGHT side)  
ICEWAVE on LI20 - (WRTL)  
ENERGY ENHANCER on TB5 – (WRTL)  
ENERGY ENHANCER on SP10 - (WRTL)



**In the Evening** – Remove the 2 sets of **ENERGY ENHANCER** patches and add 1 **CARNOSINE** on CV17. Remove all patches in the morning.



## GUM ISSUES / Problemas De Las Encías / Vấn Đề Về Nướu Răng / 牙齦問題 / ガムの問題

**CARNOSINE** on point of pain

AEON on LI4 – Right Hand. If you experience pain on both sides, place 2 CARNOSINE patches, one on each side.



**NOTES:** It is recommended to patch consistently for several days depending on the severity of the issue or until you notice improvement.

# HAIR LOSS / Perdida De Cabello / Rụng Tóc / 脫髮 / 脫毛

According to the TCM literature, our hair is nourished by Kidney (Yin) and Liver Blood. There are many reasons for hair loss such as stress, anaemia, blood deficiency, etc. Notice where thinning of hair occurs. If hair loss/thinning is from the frontal area, this can be associated with the Stomach and Large Intestine Meridian Channels. If hair thinning is on the vertex, it is associated with the Liver and Pericardium Meridian Channels. In women, the hair usually becomes thin all over the head. For hair loss of any type, the Kidney Yin should be tonified first.

**Option #1:** Start with K7 position by placing an **ENERGY ENHANCER** (WRTL) daily for 5 consecutive days, rest 1 or 2 days and continue for a total of 2 to 3 cycles.

**Option #2: Suggestion for Frontal Head Alopecia**

Apply in the morning, wear for 12 hours

- ENERGY ENHANCER** on K7 (WRTL)
- ENERGY ENHANCER** on SP4 (WRTL)
- ENERGY ENHANCER** on ST42 (WRTL)
- AEON on CV12
- GLUTATHIONE** on GV14

In the Evening – Remove ALL morning patches. Alternate **CARNOSINE** on CV12 and ST42 (RIGHT side)

**Option #3: Suggestion for Vertex Alopecia**

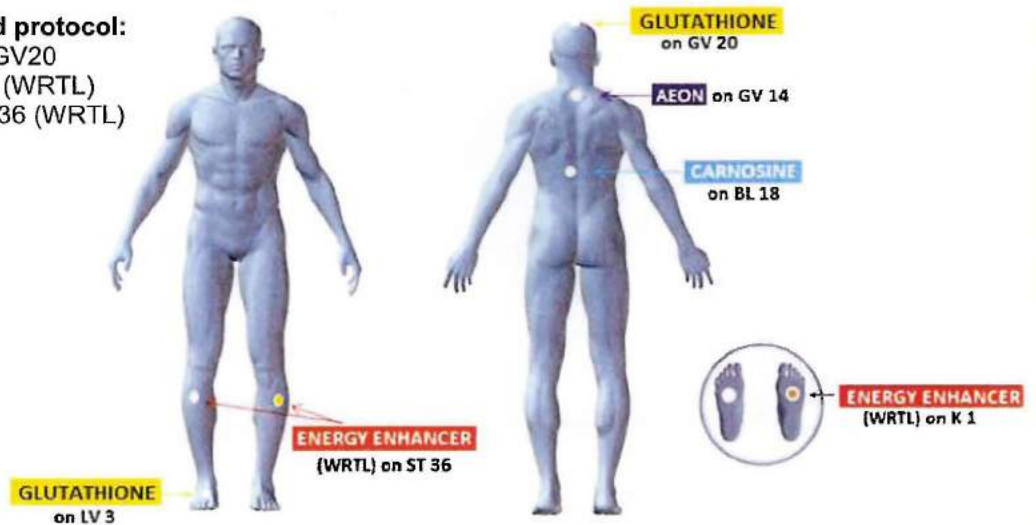
Apply in the morning, wear for 12 hours

- ENERGY ENHANCER** on K7 (WRTL)
- ENERGY ENHANCER** on LV5 (WRTL)
- ENERGY ENHANCER** on GB40 (WRTL)
- AEON on CV22
- GLUTATHIONE** on GV14

In the Evening – Remove ALL morning patches. Alternate **CARNOSINE** on CV22 and LV5 (RIGHT side)

**Option #4: Another suggested protocol:**

- GLUTATHIONE** on LV3 and GV20
- ENERGY ENHANCER** on K1 (WRTL)
- ENERGY ENHANCER** on ST36 (WRTL)
- CARNOSINE** on BL18
- AEON on GV14



**Option #5:**

- GLUTATHIONE** on TB23 (RIGHT side)
- CARNOSINE** on TB23 (LEFT side)
- AEON on TB5 (RIGHT side)



**Option #6:**

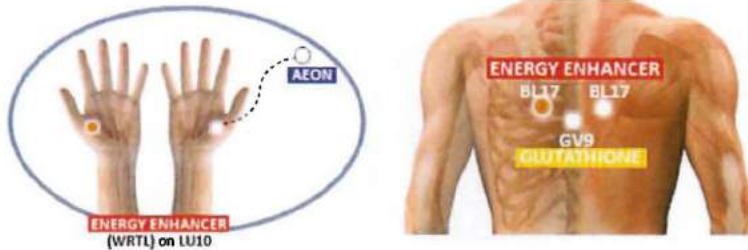
LifeWave Theta pure Premium and X39.



## HAND NUMBNESS / Entumecimiento De La Mano / Tê Tay / 手麻木 / 手の麻痺

Apply in the morning

**ENERGY ENHANCER** on LU10 – (WRTL)  
Stack **AEON** over **ENERGY ENHANCER** (WHITE) at LU10  
**ENERGY ENHANCER** on BL17 – (WRTL)  
**GLUTATHIONE** on GV9



During the evening, remove all daily patches and apply  
**CARNOSINE** on LU10 (RIGHT side)

## HANGOVER / Cruda/Resaca / Sau Con Say Bị Nôn Nao / 宿醉 / 二日酔い

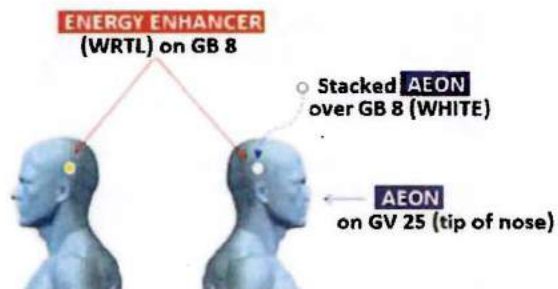
**BEFORE DRINKING:** try the following patching to avoid hangover.

**GLUTATHIONE** on GV14  
**GLUTATHIONE** on LV3



**AFTER DRINKING:** Experiencing hangover

**ENERGY ENHANCER** on GB8 (WRTL)  
"Stacked" **AEON** on GB8 over the **ENERGY ENHANCER** (WHITE)  
**AEON** on GV25



**Important:** Try to rest while wearing the patches, especially in cases of nausea and vomiting. After the effects are over, remove all patches. You may want to place 1 pair of **Energy Enhancer** on the **P6** (WRTL).

## HAY FEVER / Alergia Estacional / Sốt / 發燒 / 高熱

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

Hay fever, also called allergic rhinitis, causes cold-like signs and symptoms, such as a runny nose, itchy eyes, congestion, sneezing and sinus pressure. But unlike a cold, hay fever isn't caused by a virus. While hay fever and cold symptoms often overlap, there is one manifestation of pollen allergies that is never caused by colds - itchiness. If your eyes, ears, mouth or throat are itchy, it's probably hay fever.

### Approach 1:

ENERGY ENHANCER on LI4 - (WRTL)  
 ENERGY ENHANCER on LI11 - (WRTL)  
 ENERGY ENHANCER on LI20 - (WRTL)  
 AEON + GLUTATHIONE on Yintang (3<sup>rd</sup> Eye)  
 CARNOSINE on CV14  
 ENERGY ENHANCER on LV3 - (WRTL)



### Approach 2:

ENERGY ENHANCER on LI20 - (WRTL)  
 ENERGY ENHANCER on LV3 - (WRTL)  
 AEON + GLUTATHIONE on LI20 (RIGHT side) over the ENERGY ENHANCER WHITE  
 AEON on your Nose Bridge  
 CARNOSINE on CV14

### Approach 3: Simplified Version

ENERGY ENHANCER (WHITE) on LV3 (RIGHT side)  
 ENERGY ENHANCER (TAN) on LI20 (LEFT side)  
 AEON on your Nose Bridge  
 GLUTATHIONE on LI20 (RIGHT side)  
 CARNOSINE on CV14

## HEADACHE / Dolor De Cabeza / Đau Đầu/Nhức Đầu / 頭痛 / 頭痛

**OPTION #1:** Follow the LifeWave brochure.

**STEP #1:** Place an ICEWAVE (WHITE) on LI4 on the RIGHT hand, and an ICEWAVE (TAN) on the same point on the LEFT hand. If the pain is not reduced in 10 seconds, move to step #2.



**STEP #2:** Place an ICEWAVE (WHITE) on TB5 on the RIGHT wrist, and an ICEWAVE (TAN) on the same point on the LEFT wrist. If the pain is not reduced in 10 seconds, move to step #3.



**STEP #3:** Place an ICEWAVE (WHITE) on TB15 above the RIGHT scapula, midway between the neck and the shoulder, and an ICEWAVE (TAN) on the same point on the LEFT. If the pain is not reduced in 10 seconds, move to step #4.



**STEP #4:** Place an ICEWAVE (WHITE) on SI16 on the RIGHT of the neck, and an ICEWAVE (TAN) on the same point on the LEFT. If the pain is not reduced in 10 seconds, move to step #5.



**STEP #5:** Place an ICEWAVE (WHITE) on TB23 on the RIGHT temple and an ICEWAVE (TAN) on the same point on the LEFT. If the pain is not reduced in 10 seconds, move to step #6.



**STEP #6:** Place an ICEWAVE (WHITE) on GB14 on the forehead above the RIGHT eyebrow and an ICEWAVE (TAN) on the same point on the LEFT eyebrow. If the pain is not reduced in 10 seconds, move to step #7.



**STEP #7:** Place an ICEWAVE (WHITE) on ST7 on the right side of the face in the depression beneath the cheekbone, and an ICEWAVE (TAN) on the same point on the LEFT. Repeat STEP 1 – 7 until you find the point that gives you the most relief. Leave both patches on that position until your headache is gone.



**OPTION #2:**

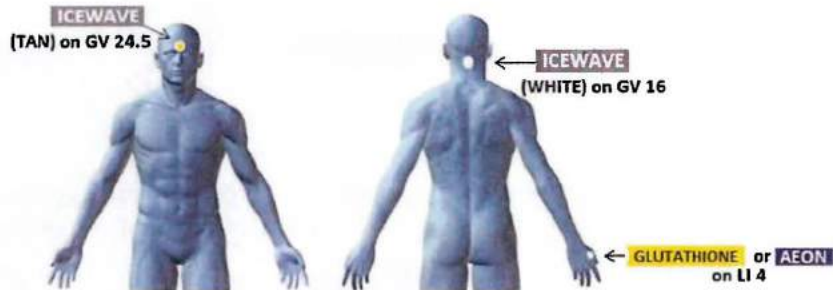
ICEWAVE on LI4 (WRTL)  
Alternatively you can place a GLUTATHIONE or AEON at LI4 position on the RIGHT hand ICEWAVE (TAN) patch at the point of pain.



ICEWAVE  
(WRTL) on LI 4

**OPTION #3:**

GLUTATHIONE or AEON on LI4 (RIGHT side)  
ICEWAVE (WHITE) on GV16  
ICEWAVE (TAN) on GV24.5



**OPTION #4:**

GLUTATHIONE or AEON on LI4 (RIGHT)  
ICEWAVE on both sides of the temple TW23 (WRTL)



GLUTATHIONE or AEON  
on LI 4



ICEWAVE  
(WRTL) on TB 23

**OPTION #5:**

ICEWAVE on both sides of temple TB23 (WRTL)  
ICEWAVE (WHITE) on GV20 and (TAN) GV16  
or ICEWAVE on LI4 (WRTL)



ICEWAVE  
(WRTL) on TB 23



ICEWAVE  
(WHITE) on GV 20  
(TAN) on GV 16



ICEWAVE  
(WRTL) on LI 4

**AFTER THE 5 OPTIONS ABOVE:** If headache persists, add the following:

GLUTATHIONE on GV24.5  
or ENERGY ENHANCER (WHITE) on BL 62  
ENERGY ENHANCER (TAN) on Kidney 6.



GLUTATHIONE  
on GV24.5



ENERGY ENHANCER (WHITE)  
on BL62



ENERGY ENHANCER (TAN)  
on K6

If headache is in the BACK of the head... Add **GLUTATHIONE** or AEON on the right of LU7 or LU9 and **CARNOSINE** on the left of LU7 or LU9.



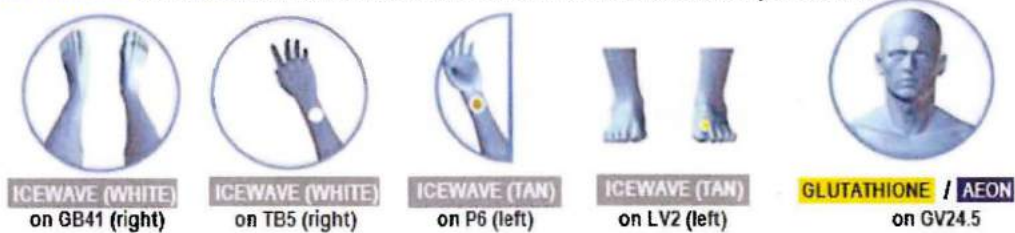
If headache is in the FRONT of the head... Add **GLUTATHIONE** or AEON on the RIGHT side of Large Intestine 4, and **CARNOSINE** on LEFT side of LI4



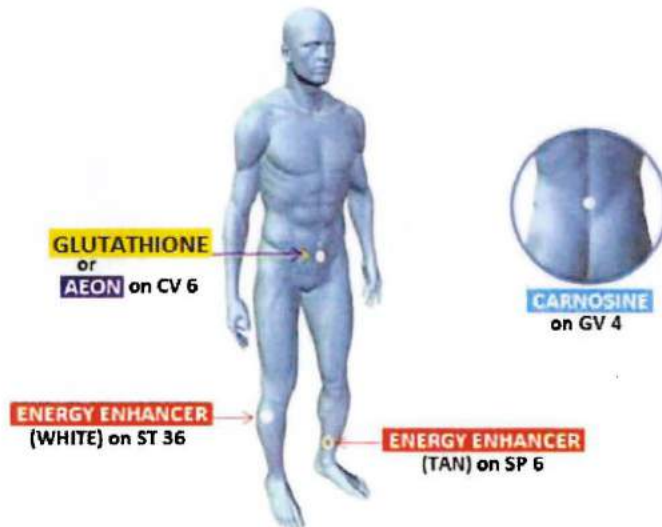
If headache is due to excess stress (a feeling like the head will explode), try **ENERGY ENHANCER (WHITE)** on GB40 on the right, and **ENERGY ENHANCER (TAN)** on LV3 on the left.



For migraines, ICEWAVE (WHITE) on GB41 and TB5 on the right. ICEWAVE (TAN) on P6 and LV2 on the left. Also, add either **GLUTATHIONE** or AEON in the middle of the forehead between the eye brows.



If headache is from overall stiffness, try **ENERGY ENHANCER (WHITE)** on ST36 on the RIGHT side and (TAN) on SP6 on the LEFT side. Add **GLUTATHIONE** or AEON on CV6 and **CARNOSINE** (GV 4).



**OPTION #6: Special patching for headache.**

- Step #1: Place an **ENERGY ENHANCER** pair on SP21 (WRTL)
- Step #2: Locate the following points: GB40, BL60, SI3 and place an ICEWAVE (WRTL) on the most tender/painful point. You can patch all three suggested points if all three points are equally painful.
- Step #3: Add a Y-Age Triple Stack (**CARNOSINE** + **GLUTATHIONE** + AEON) on **GV16**.

## HEAT EXHAUSTION / Agotamiento Por Calor / Kiệt Sức Vì Nắng Nóng / 中暑 / 熱疲労

ENERGY ENHANCER on K1 – (WRTL)



ENERGY ENHANCER  
(WRTL) on K 1

## HEPATITIS B / Hepatitis B / Viêm gan B / 乙型肝炎 / B 型肝炎

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

**Step #1:** Follow Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 - Detoxification)



**STEP #2:** Add ENERGY ENHANCER on K1 & K27 (WRTL), GLUTATHIONE on CV8, GLUTATHIONE on GV2



ENERGY ENHANCER  
(WRTL) on K27



ENERGY ENHANCER  
(WRTL) on K1



GLUTATHIONE  
on CV8 (navel)



GLUTATHIONE  
on GV2

**NOTE:** Continue until symptoms disappear. Follow with Y-Age 7 Days Anti-Aging Protocols.

## HOT FLASHES / Bochornos / Tắt Kinh Nguyệt / 更年期潮熱 / ほてり

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

### OPTION #1:

SP6 COMPLETE on ST36 position (LEFT)

SILENT NIGHTS on TB17 (RIGHT)

AEON on GV14



SILENT NIGHTS  
on TB 17



AEON  
on GV14



SP6 Complete  
on ST 36 (left)

Do You Know that the SP6 Complete patch will help Improve cellular physiologic functional status?

Note: Repeat the procedure as often as needed. Use new patches every day.



**OPTION #2:**

SP6 COMPLETE (left) on TB17  
ENERGY ENHANCER on K3 (WRTL)



**OPTION #3:**

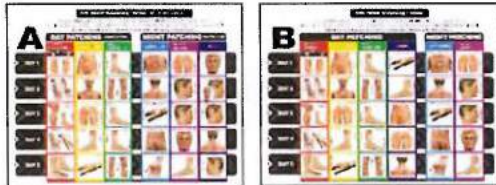
AEON (right) on SP6  
SP6 COMPLETE (left) on SP6

**OPTION #4:**

CARNOSINE on SP6 (left)

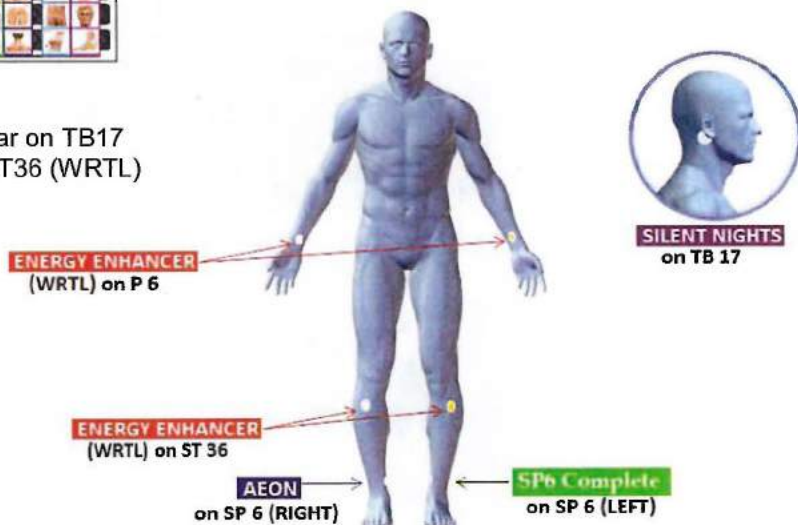
**OPTION #5: ADVANCE**

**STEP #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Revisit after 30 days of patching. (See page 52 - Detoxification)



**STEP #2:**

SILENT NIGHTS behind the right ear on TB17  
ENERGY ENHANCER on P6 & ST36 (WRTL)  
SP6-Complete on Spleen 6 (left)  
AEON on Spleen 6 (right)



**HYPERTENSION / Hipertensión / Tăng Huyết Áp / 高血壓 / 高血圧**

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**Definition: Hypertension is another name for high blood pressure.** According to Medical News Today, unmanaged hypertension can lead to severe complications and increases the risk of heart attack, stroke, and death. There are many possible causes of hypertension. Chronic kidney disease is a common cause of high blood pressure because the kidneys do not filter out fluid. This fluid excess can lead to hypertension.

ENERGY ENHANCER on K1 (WRTL)  
ENERGY ENHANCER on H3 (WRTL)  
ENERGY ENHANCER on SI16 (WRTL)



**GLUTATHIONE** on CV6  
AEON on GV14



**NOTES:** Wear patches in the morning, remove at night. Repeat Procedure until your numbers are within range. You should also be patching the following points using ENERGY ENHANCER: P6, H7, and K3.

## **HYPERTHYROID / Hipertiroidismo / Cường Giáp / 甲状腺機能亢進症 / 甲状腺機能亢進症**

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

**Definition: Hyperthyroidism is when your thyroid is over-producing hormones.**

According to TCM, the Thyroid Gland belongs to the "Water Realm", and because its function is related to growth, expansion, development and metabolism; thyroid Gland also belongs to the "Wood Realm". Lastly, because of its location where the Stomach Channel passes through, the Stomach Meridian Channel should also be patched.

**Step #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Revisit after 30 days of patching. (See page 52 - Detoxification)



**Step #2:** In addition to the above Yin-Yang Balancing, add the following:

**OPTION #1:**

**ENERGY ENHANCER (WHITE)** on K5 - RIGHT side  
**ENERGY ENHANCER (TAN)** on LV3 - LEFT side  
**GLUTATHIONE** on ST9



**OPTION #2: REVERSAL**

"Reversal" is a great way to check how you respond to the same positions and patch combinations.

**ENERGY ENHANCER (WHITE)** on LV3 - RIGHT side  
**ENERGY ENHANCER (TAN)** on K5 - LEFT side  
**CARNOSINE** on ST9

**OPTION #3: Y-AGE PATCHES COMBINATION** on ST9

**AEON** on the (CENTER)  
**GLUTATHIONE** on the (RIGHT)  
**CARNOSINE** on the (LEFT)

**OPTION #4: USING THE NEW X39 PATCH**

Suggested points:

1. Behind neck on **GV14**
2. Below Belly on **CV6**
3. **K5** (RIGHT side only or both left and right)
4. **LV3** (RIGHT side only or both left and right)
5. **ST9** (RIGHT side only or both left and right)

NOTE: Expect to continue patching for a minimum six weeks to have any noticeable result.

**SYMPTOM such as Bulging Eyes:**

**OPTION #1:**

Apply in the morning, wear for 12 hours

X39 on **TaiYang Point** on the **RIGHT side** – located at the temple.

Remove morning patch in the evening.

Replace with a **CARNOSINE** patch, wear for 12 hours



**OPTION #2:**

Apply in the morning, wear for 12 hours

X39 on **TaiYang Point** on the **RIGHT side** – located at the temple

**ENERGY ENHANCER** on LI4 - (WRTL)

Remove morning patch in the evening.

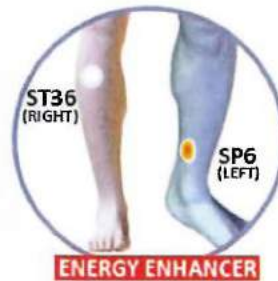
Replace with a **CARNOSINE** patch and **GLUTATHIONE** on LI4 on the RIGHT side

**HYPOTENSION / Hipotensión / Huyết Áp Thấp / 低血壓 / 低血压**

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

**Definition: Hypotension is another name for low blood pressure.** According to Medical News Today, low blood pressure, or hypotension, is not often considered to be a major problem. However, severe hypotension can indicate an underlying problem, and it can lead to serious heart disorders and organ failure, because oxygen and nutrients may not reach key organs.

- AEON on GV14
- CARNOSINE** on CV12
- GLUTATHIONE** on CV6
- ENERGY ENHANCER** (WHITE) on ST36 - RIGHT side
- ENERGY ENHANCER** (TAN) on SP6 - LEFT side



**ADD THETA ONE + ACTIVATOR EVERYDAY**

Add one and half to two droppers full of Theta Activate and one pouch of Theta One into 16 oz of water. Consume daily on an empty stomach in the morning before breakfast or any time during the day at least one hour before or after eating or taking meds. However, if night urination is not a concern, it is best to consume an hour before bedtime.



## HYPOTHYROID / Hipotiroidismo / Suy Giáp / 甲狀腺功能減退 / 甲狀腺機能低下症

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

**Definition: Hypothyroidism occurs when your thyroid is not producing enough hormones.**

**Step #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 - Detoxification)



**Step #2:** In addition to the above Yin-Yang Balancing, add the following:

AEON on GV14

ENERGY ENHANCER on ST9 – (WRTL)

GLUTATHIONE in the center



**NOTE:** In order to avoid skin irritation, it is essential that you do not patch in the same position every day. Place the ENERGY ENHANCER patches a few centimeters above, below, or behind ST9 point.

**ALTERNATIVE POSITION to test**

ENERGY ENHANCER (WHITE) on CV22

GLUTATHIONE stack over the ENERGY ENHANCER (WHITE) on CV22

ENERGY ENHANCER (TAN) on GV14

AEON stack over the ENERGY ENHANCER (TAN) on GV14



## IMMUNE SYSTEM (WEAKNESS) / Debilidad De Sistema Inmune / Hệ Thống Miễn Dịch (Yếu) / 免疫系統(虛弱) / 免疫システム

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

A weak immune system is classified as a deficiency of the Wei Chi or Defensive Chi. The major role of Wei Chi is to provide a defense against external pathogens entering our body. Using Y-Age patches on positions like GV14 and CV4 in combination, alternating daily among all 3 patches have shown good results.

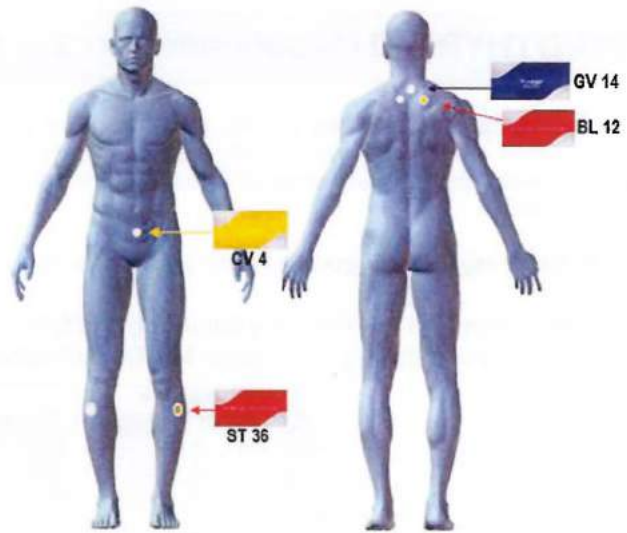
**Apply in the morning**

**GLUTATHIONE** on CV4

**ENERGY ENHANCER** on ST36 – (WRTL)

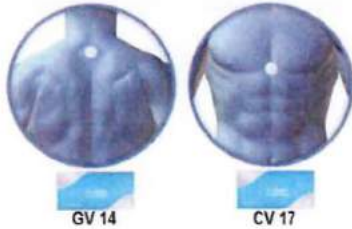
**AEON** on GV14

**ENERGY ENHANCER** on BL12 – (WRTL)



**Apply in the evening**

**CARNOSINE** on GV14 and or CV17



**ADD THETA ONE + ACTIVATOR EVERYDAY**

Add one and half to two droppers full of Theta Activate and one pouch of Theta One into 16 oz of water. Consume daily on an **empty** stomach in the morning before breakfast or any time during the day at least one hour before or after eating or taking meds. However, if night urination is not a concern, it is best to consume an hour before bedtime.



**POINTS EXPLANATION**

**GV14** is one of the most important points for strengthening Chi and Yang. In fact, GV14 is the meeting point of all Yang channels. It combats weather related pathogens and regulates Yang Chi.

**CV4** is probably the strongest tonifying point in acupuncture. It tonifies Chi, Yin, Yang, and Blood. It also increases immune-type functions of the body and helps in cases of whole-body weakness. In addition, it strengthens and supports Kidneys and benefits both Kidney and Spleen Yang.

**BL12** guards against exogenous pathogens especially wind, tonifies the immune system / defensive Chi (Wei Chi) and regulates breathing.

**BL13** strengthens and regulates the lungs, fights exogenous pathogens, reinforces Lung and Wei (Immune) Chi. BL13 may be used in various cases of immune deficiencies, especially those of the upper respiratory tract.

**ST36** tonifies Chi, digestion and the immune system as well as the blood and blood fluids. It is an important point for tonifying Chi and blood for general weakness.

**INDIGESTION / Indigestión / Khó Tiêu / 消化不良 / 消化不良**

**CARNOSINE** on CV12

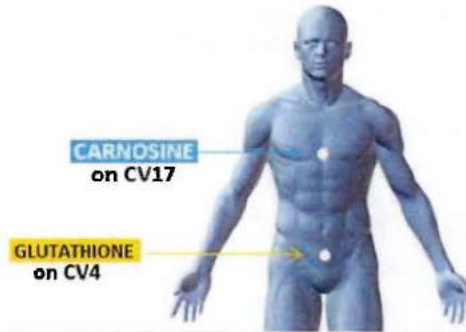
**ENERGY ENHANCER (WHITE)** on ST36 (RIGHT)

**ENERGY ENHANCER (TAN)** on SP6 point (LEFT)



## INFECTIONS / Infecciones / Nhiễm Trùng / 發炎 / 感染

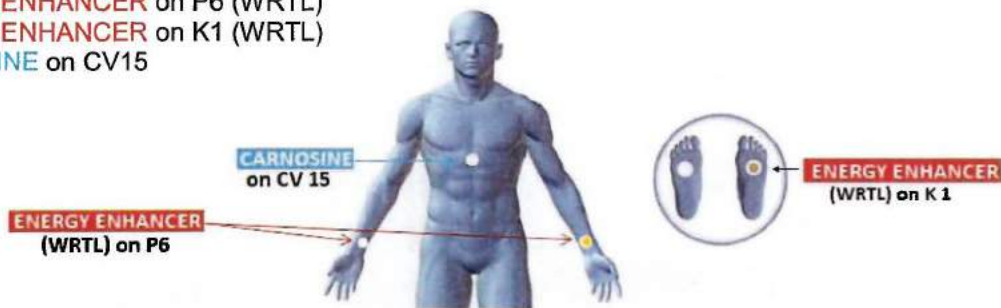
GLUTATHIONE on CV4  
CARNOSINE on CV17



## IRREGULAR HEARTBEAT / Latido Del Corazón Irregular / Rối Loạn Nhịp Tim / 心律不整 / 不整脈

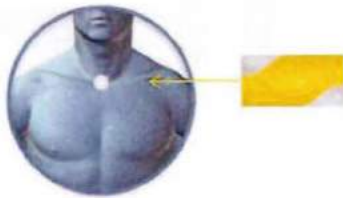
The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

ENERGY ENHANCER on P6 (WRTL)  
ENERGY ENHANCER on K1 (WRTL)  
CARNOSINE on CV15



## ITCHY THROAT / Picazón En La Garganta / Ngứa Cổ Họng / 喉嚨發癢 / かゆみ

GLUTATHIONE on CV22



## JETLAG / Desface Horario / Mệt Mỏi Sau Chuyến Bay / 時差 / 時差ぼけ

ENERGY ENHANCER or ICEWAVE (WHITE) on LI4 on the right hand,  
ENERGY ENHANCER or ICEWAVE (TAN) on LV3 on the left foot  
GLUTATHIONE on GB8 or GB41 on the RIGHT side



At night, use one SILENT NIGHTS on any of the point according to the SILENT NIGHTS pamphlets.

## KIDNEY FAILURE / Insuficiencia Renal / Suy Thận / 腎功能衰竭 / 腎不全

The patches are not intended to treat, prevent or cure any disease. They are intended to aid the communication system of the body, increase energy production, and support antioxidant levels. No medical claims are being made. Using the patches does not take the place of proper diagnosis and treatment by a properly licensed healthcare professional. You are strongly advised to consult with your doctor concerning your specific issue.

**STEP #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 - Detoxification)

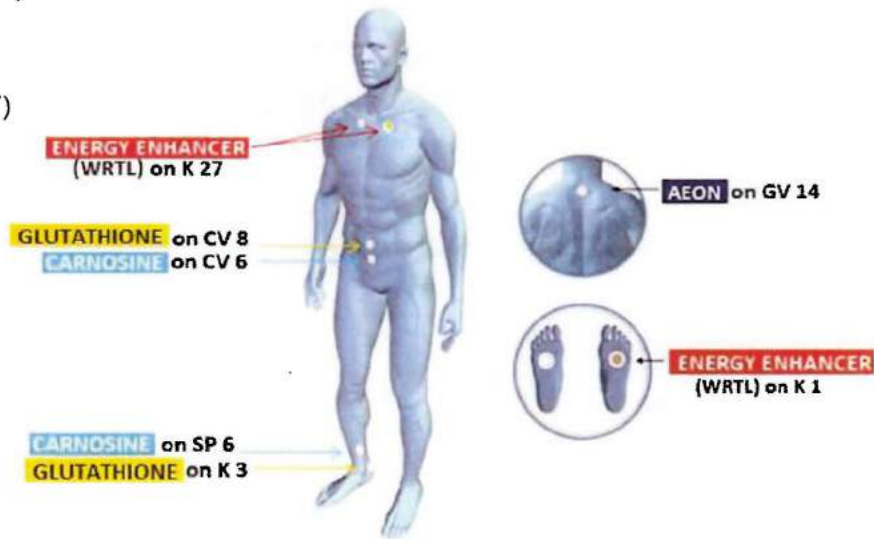


You should also consider following the Severe Patching Protocol instead of the above Yin-Yang Balancing. (See page 111 – Severe Symptoms)



**STEP #2:** After 30 days

- ENERGY ENHANCER on K1 (WRTL)
- ENERGY ENHANCER on K27 (WRTL)
- GLUTATHIONE on K3 (RIGHT)
- GLUTATHIONE on CV8
- AEON on GV14
- CARNOSINE on CV6
- CARNOSINE on SP6 (RIGHT)



(No medical claim is made) IF YOU ARE UNDERGOING DIALYSIS. Follow below protocol to ease your discomfort, so that you can experience better energy, increase immune system, and stress reduction and better sleep. Each day is a Protocol of its own designed to Move Energy at very specific areas in our body and attempt to work in Synergy with one another. IMPORTANT NOTE: You will have to be patient with this process. Discomfort caused by dialysis is NOT the same as having minor aches and pains, which can be alleviated in a few of days. Your body NEEDS to make a lot of adjustments, so be very focused on eating quality food during this time. Continue patching for 3 to 6 months for best results.

**DAY 1:**

- ENERGY ENHANCER on K1 - (WRTL)
- ENERGY ENHANCER on BL23 - (WRTL)
- GLUTATHIONE on GV4
- AEON on GV14
- CARNOSINE on CV17

**DAY 2:**

**ENERGY ENHANCER** on K3 - (WRTL)  
**ENERGY ENHANCER (WHITE)** on LI4 - RIGHT SIDE  
**ENERGY ENHANCER (TAN)** on LV3 - LEFT SIDE  
**GLUTATHIONE** on CV4  
 AEON on GV14  
**CARNOSINE** on CV17

**DAY 3:**

**ENERGY ENHANCER** on K7 - (WRTL)  
**ENERGY ENHANCER (WHITE)** on ST36 - RIGHT SIDE  
**ENERGY ENHANCER (TAN)** on SP6 - LEFT SIDE  
**GLUTATHIONE** on CV4  
 AEON on GV14  
**CARNOSINE** on CV17

## KIDNEY STONE / Cálculos Renales / Sỏi Thận / 腎結石 / 腎臟結石

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Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. In addition, add **GLUTATHIONE** on GV2 and the 3 Y-Age (**GLUTATHIONE**, AEON, **CARNOSINE**) directly over Kidney. (See page 52 - Detoxification)



AFTER 30 DAYS, YOU CAN TEST THE FOLLOWING PROTOCOL.

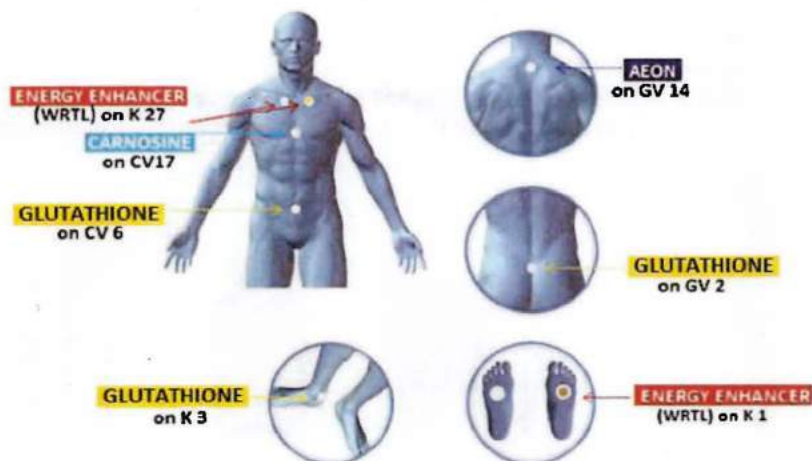
**OPTION #1:**

Apply in the morning, wear for 12 hours

- **ENERGY ENHANCER** on K1 and K27 (WRTL)
- **GLUTATHIONE** on K3 (RIGHT), CV6 and GV2
- AEON on GV14

In the Evening – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17

Repeat morning and evening patches for 5 consecutive days. 5-Day patching is considered 1 cycle.



Continue until symptoms subside. Use new patches every day.



**OPTION #2:**

ICE WAVE or ENERGY ENHANCER on BL57 - (WRTL)

ICE WAVE or ENERGY ENHANCER on BL40 - (WRTL)

NOTE: Apply pressure on BL57 and BL40 (both left and right side), determine which of the 4 points has the most pain. Then, place an AEON patch on top of that point.



**OPTION #3:**

ICE WAVE or ENERGY ENHANCER on K5 - (WRTL)

Add GLUTATHIONE over ENERGY ENHANCER (WHITE)

ICE WAVE or ENERGY ENHANCER on BL23 - (WRTL)

Add GLUTATHIONE over ENERGY ENHANCER (WHITE)

ENERGY ENHANCER on SP6 (WRTL)

AEON on GV14

CARNOSINE on CV4

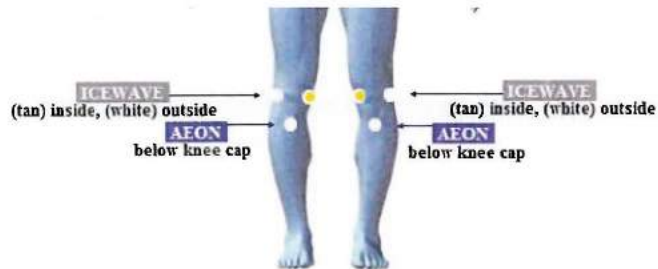
**KNEE PAIN / Dolor De Rodilla / Đau Đầu Gối / 膝關節疼痛 / 膝の痛み**

Try the following protocol: Depending on the severity of your symptoms, you may want continue for a longer period of time to experience significant improvement.

ICEWAVE (WHITE) on ST35

ICEWAVE (TAN) on the inner side of the knee cap

AEON on the top of the knee cap (forming a triangle with the 2 ICEWAVE patches). You can also try AEON below knee cap

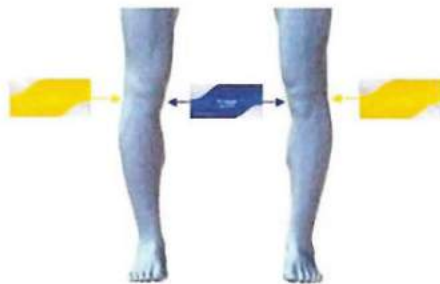


If Knee pain is due to a meniscus tear (torn cartilage) or meniscus worn out due to aging, you have the option of knee replacement surgery. You can also follow the below recommendations for a minimum of 3 months or until you notice improvement.

AEON on the inside of the Knee

GLUTATHIONE on the outside of the Knee

Take at least 10 grams of collagen protein per day. This will help provide the "raw materials" for the knee repair. Also take Vitamin C 1000mg; 3 times per day. (Ester C or Lypo-Spheric Vitamin C is recommended).



# LIVER ISSUE / Crisis Hepática / Xơ Gan / 肝功能問題 / 肝臓の問題

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Liver Crisis is commonly caused by an overly rich diet. Symptoms include vomiting and headache. Even though Liver Crisis isn't recognized by current medicine, it is indeed a reality. Try the following protocol for a quick improvement.

**STEP #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. In addition, apply the 3 Y-Age (AEON, GLUTATHIONE, CARNOSINE) directly over Liver. Revisit after 30 days of patching. (See page 52 - Detoxification)



**STEP #3:**

After 30 days of Yin-Yang Balancing and Detox, continue patching with the following daily:

Follow the Y-Age 7-Day Cycle Anti-Aging Protocols DAILY as well as GLUTATHIONE on LV3, AEON on GV14 or CV10

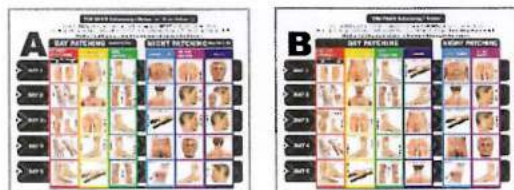
	DAY TIME 8:00 a.m. - 8:00 p.m. (12 hours) (Drink 2 cups of water at time of use)		NIGHT TIME 11p (8:00 p.m.) Removal: 8:00 a.m.
	Y-AGE GLUTATHIONE	Y-AGE AEON	Y-AGE CARNOSINE
<b>MONDAY</b> Day 1	(RIGHT)  GALLBLADDER 41	(RIGHT)  KIDNEY 3	 GOVERNING VESSEL 14
<b>TUESDAY</b> Day 2	(RIGHT)  TRIPLE BURNER 5	(RIGHT)  LIVER 3	 CONCEPTION VESSEL 17
<b>WEDNESDAY</b> Day 3	(RIGHT)  STOMACH 36	(RIGHT)  PERICARDIUM 6	 CONCEPTION VESSEL 6
<b>THURSDAY</b> Day 4	(RIGHT)  LARGE INTESTINE 4	(RIGHT)  SPLEEN 4	 GOVERNING VESSEL 14
<b>FRIDAY</b> Day 5	 BLADDER 60	(RIGHT)  LUNG 9	 CONCEPTION VESSEL 17
<b>SATURDAY</b> Day 6	(RIGHT)  SPLEEN 21	(RIGHT)  SPLEEN 4	 CONCEPTION VESSEL 6
<b>SUNDAY</b> Day 7	(RIGHT)  KIDNEY 1	(RIGHT)  KIDNEY 27	 GOVERNING VESSEL 14

## LOU GEHRIG'S DISEASE / Enfermedad De Lou Gehrig's / Bệnh Xơ Cứng Teo Cơ Một bên / 肌萎縮側索硬化與頸椎病性脊髓病 / 筋萎縮性側索硬化症および頸椎症性脊髓症

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

This is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Lou Gehrig's Disease or ALS (Amyotrophic lateral sclerosis) is indeed a challenging condition. Try the below protocol for 2-3 months for relief.

**STEP #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 - Detoxification)



**STEP #2:** After 30 days of Yin-Yang Balancing, continue with below patching for another 30 days or more.

Apply in the morning, wear for 12 hours

GLUTATHIONE on GV24.5

AEON on GV20

ENERGY ENHANCER on TW5 (WRTL)

ENERGY ENHANCER on TW15 (WRTL)

ENERGY ENHANCER on TW17 (WRTL)

ENERGY ENHANCER on TW23 (WRTL)

In the Evening – Remove ALL morning patches and apply 1 CARNOSINE on CV17. Remove patch the next morning.

## LUPUS / Lupus / Ban Đỏ Hệ Thống / 全身性紅斑狼瘡 / ループス

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

Lupus is a systemic autoimmune disease that occurs when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many different body systems — including your joints, skin, kidneys, blood cells, brain, heart and lungs. An autoimmune disease in TCM is an imbalance of Yin and Yang.

Suggested patching:

**STEP #1:** Follow below “Split Meridians” protocol for 3 consecutive days

Apply in the morning, wear for 12 hours

GLUTATHIONE on CV8

AEON on GV14

ENERGY ENHANCER on SP21 (WRTL)



GLUTATHIONE  
on CV8 (top of navel)



AEON  
on GV14



ENERGY ENHANCER (WRTL)  
on SP21

**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.



**STEP #2:** Follow below “**Upper Body-Lower Body Imbalance**” protocol for another 3 consecutive days  
Apply in the morning, wear for 12 hours

**ENERGY ENHANCER** on GB41 (WRTL)  
**ENERGY ENHANCER** on TW5 (WRTL)  
**GLUTATHIONE** on CV6  
**AEON** on GV4



**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.



**STEP #3:** Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 - Detoxification)



**STEP #4:**

Apply in the morning, wear for 12 hours

**GLUTATHIONE** on CV3  
**AEON** on top of the **GLUTATHIONE** patch on CV3 (Double Stack)  
**ENERGY ENHANCER** on LU9 (WRTL)  
**ENERGY ENHANCER** on K3 (WRTL)



**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.

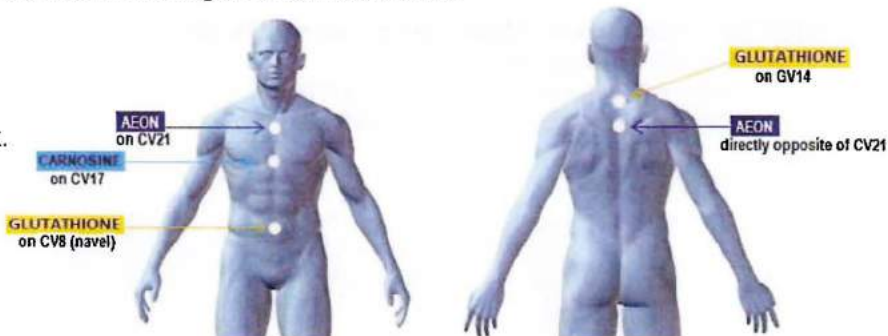
## LYME ARTHRITIS / Artritis De Lyme / Viêm Phong Thấp / 萊姆關節炎 / ライム病

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

Background: Because Lyme arthritis is caused by a bacterium transmitted by tick bites, it is important to rapidly boost the immune system. This can be achieved by stimulating the Thymus Gland. As you may know, the Thymus Gland secretes hormones called humoral factors which protect us from invading bodies, like bacteria.

Suggested patching:

AEON on CV21  
 AEON directly opposite CV21 at the back.  
 CARNOSINE on CV17  
 GLUTATHIONE on GV14 and CV8



## LYMPHATIC DRAINAGE / Drenaje Linfático / Thoát Nước Bạch Huyết / 淋巴引流 / リンパ排

Lymphatic drainage is a technique designed to stimulate the flow of lymph (a fluid that transports white blood cells, oxygen, and nutrients to tissues throughout the body). You can massage the affected area and/or use the patches.

ENERGY ENHANCER on K27 – (WRTL) opens lymphatic ports  
 GLUTATHIONE or AEON on SP6 (right) – manages swelling  
 GLUTATHIONE or AEON on GB6 (right) – opens channels



## MENSTRUAL CRAMPS / Cólicos / Đau Bụng Kinh / 痛經 / 月經痛

### OPTION #1:

ICEWAVE (TAN) on CV6  
 ICEWAVE (WHITE) on GV4  
 AEON on GV14



ICEWAVE (TAN) on CV 6



ICEWAVE (WHITE) on GV 4



AEON on GV14

### OPTION #2:

GLUTATHIONE on CV8  
 GLUTATHIONE on LV3 – (R)



GLUTATHIONE on CV 8 (belly button)



GLUTATHIONE on LV 3 (right)

### OPTION #3: DYSMENORRHEA

ICEWAVE on SP6 (WRTL)  
 GLUTATHIONE on CV2



ICEWAVE (WRTL) on SPLEEN 6



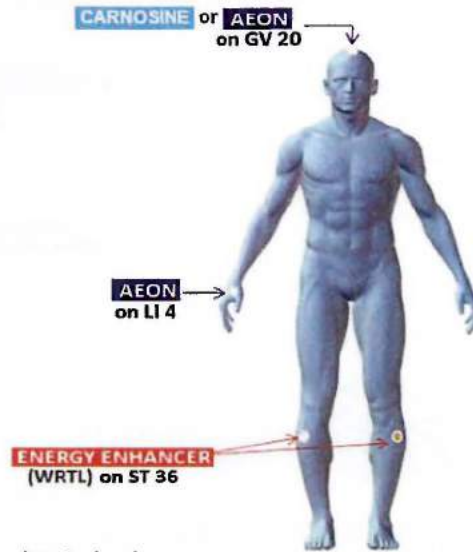
GLUTATHIONE on CV 2

## MENTAL CLARITY / Claridad Mental / Tinh Thần Sáng Suốt / 精神清醒 / 明確な精神

Sometimes this Mental Clarity patching will be helpful for those who have problems concentrating and / or are forgetful.

### OPTION #1:

AEON on LI4  
**ENERGY ENHANCER** on ST36 (WRTL)  
AEON or **CARNOSINE** on GV20



### OPTION #2:

Take 10ml of Theta Pure Premium before going to bed.



### OPTION #3:

Follow Brain Balancing protocol using AEON or **ENERGY ENHANCER**

### OPTION #4:

X39 daily per instruction on brochure.

## MERIDIANS (SPLIT) / Division De Meridiano / Kinh Mạch Chia Re / 經絡紊亂 / 經絡障害

Note: Sometimes we can experience ourselves to be less "receptive" to the patches or even non-receptive. One reason may be due to "Split" meridians.

### Apply in the morning:

**ENERGY ENHANCER** on Spleen 21 (WRTL)  
**GLUTATHIONE** on CV8  
AEON on GV14

### In the evening:

**CARNOSINE** on CV17



**ENERGY ENHANCER (WRTL)**  
on SP21



**GLUTATHIONE**  
on CV8 (top of navel)



**AEON**  
on GV14

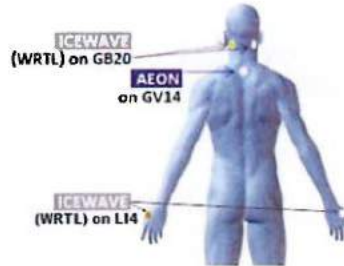
It is recommended to continue with this protocol for 3 to 5 days. Use new patches each day.

## MIGRAINES / Migrañas / Đau Nửa Đầu / 偏頭痛 / 片頭痛

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

### Apply in the morning

ICEWAVE on GB20 (WRTL)  
ICEWAVE on LI4 (WRTL)  
AEON on GV14



### In the evening:

CARNOSINE on CV17



Note: Add Brain Balancing on page 41 to the above protocol.

## MOUTH ULCERS / Ulcera Bucal / Viêm Loét Miệng / 口腔潰瘍 / 口腔潰瘍

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

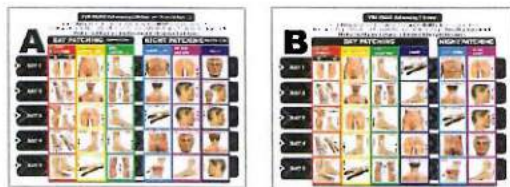
CARNOSINE on the side of the face where you have the ulcer.  
CARNOSINE on P8 center of palm – LEFT hand  
AEON on P8 center of palm – RIGHT hand



## MULTIPLE SCLEROSIS / Esclerosis Múltiple / Đa Xơ Cứng / 多發性硬化症 / 多發性硬化

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**Step #1:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Revisit after 30 days of patching. (See page 52 - Detoxification)



**Step #2:**

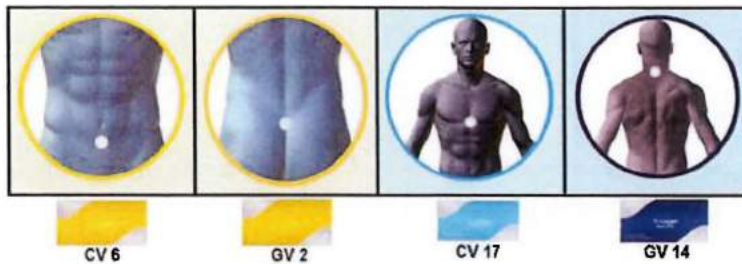
ENERGY ENHANCER (WHITE) on TB5

ENERGY ENHANCER (TAN) on P6

ENERGY ENHANCER (WHITE) on BL60

ENERGY ENHANCER (TAN) on K3

Vortex Protocol (GLUTATHIONE on CV6 and GV2, CARNOSINE on CV17, AEON on GV14)



**Step #3:**

Depending on your severity, consider replacing Step#1 above with SEVERE SYMPTOMS protocol (See page 111).



**NAUSEA/MOTION SICKNESS / Nausea/Mareo / Say Tàu Xe / 頭暈噁心 / 乗り物酔い**

**DO NOT EXPERIMENT WITH THIS PROTOCOL IF YOU ARE PREGNANT.**

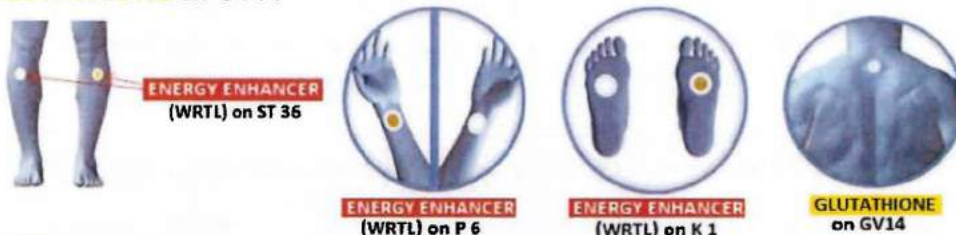
**OPTION #1:**

ENERGY ENHANCER on ST36 (WRTL)

ENERGY ENHANCER on P6 (WRTL)

ENERGY ENHANCER on K1 (WRTL)

GLUTATHIONE on GV14



**OPTION #2: SEA SICK**

ENERGY ENHANCER on P6 – (WRTL)

ENERGY ENHANCER on LI4 – (WRTL)

GLUTATHIONE on GV14

Note: Place all patches 1~2hrs before sailing.



**OPTION #3:**

ENERGY ENHANCER on P6 – (WRTL)

ENERGY ENHANCER on ST25 – (WRTL)

GLUTATHIONE on CV12



## OVARIAN CYST / Quiste De Ovario / U Nang Bồng Trứng / 卵巢囊腫 / 卵巢囊胞

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

### OPTION #1:

Apply in the morning:

X39 behind neck and over the cyst

In the evening:

Remove X39 and apply the 3 Y-Age (CARNOSINE, GLUTATHIONE, AEON) directly over the cyst  
Continue patching until symptom subsided.

### OPTION #2:

Ovarian Cysts could be a result of Spleen, Kidney or Liver deficiency.

Apply the 3 Y-Age (CARNOSINE, GLUTATHIONE, AEON) directly over the cyst plus the following patching:

#### DAY 1:

GLUTATHIONE on TB3 (right)

GLUTATHIONE on LU1 (right)

ENERGY ENHANCER on LV8 – (WRTL)

ENERGY ENHANCER on BL18 – (WRTL)

AEON on GV8

#### DAY 2:

GLUTATHIONE on TB3 (right)

GLUTATHIONE on LU1 (right)

ENERGY ENHANCER on SP6 – (WRTL)

ENERGY ENHANCER on BL20 – (WRTL)

AEON on GV6

#### DAY 3:

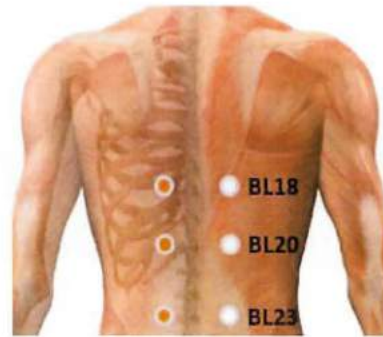
GLUTATHIONE on TB3 (right)

GLUTATHIONE on LU1 (right)

ENERGY ENHANCER on K3 – (WRTL)

ENERGY ENHANCER on BL23 – (WRTL)

AEON on GV4



The 3 days patching is considered 1 cycle. Try this patching for a minimum of 5 cycles. Continue until you are feeling better.

## OVER THINKING/WORRY / Pensando Demasiado/Preocupación / Rối Loạn Lo Âu / 過

度思考/擔心 / 思考/心配

### DAY 1:

Apply in the morning, wear for 12 hours

ENERGY ENHANCER on SP21 – (WRTL)

GLUTATHIONE on CV10



ENERGY ENHANCER (WRTL)  
on SP21



GLUTATHIONE

In the Evening – Remove ALL morning patches and apply 1 CARNOSINE on H7. Remove patch the next morning.



CARNOSINE

## DAY 2:

Apply in the morning, wear for 12 hours

**ENERGY ENHANCER** on SP21 – (WRTL)

**ENERGY ENHANCER** on H7 – (WRTL)

**AEON** on CV10

**ENERGY ENHANCER** on H1 – (WRTL)

**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV14.

Remove patch the next morning.



## PAIN REDUCTION / Manejo De Dolor / Biện Pháp Giảm Đau / 疼痛管理 / 痛みの管理

### PAIN - BASIC – THE CLOCK METHOD

#### STEP 1

Place a **TAN** patch directly on the point where you have the most pain.



#### STEP 5

Move the **WHITE** patch from the 6 o'clock position to the 9 o'clock position. If the pain is not reduced in 10 seconds, move to the next step.



#### STEP 2

Place the **WHITE** patch about two inches **ABOVE** the **TAN** patch. If the pain is not reduced in 10 seconds, move to the next step.



#### STEP 6

Move the **WHITE** patch so that it is parallel to the **TAN** patch. This is called **Bracketing the pain**. If the Pain is not reduced in 10 seconds, move to the next step.



#### STEP 3

Move the **WHITE** patch from the 12 o'clock position to the 3 o'clock position. If the pain is not reduced in 10 seconds, move to the next step.



#### STEP 7

Repeat the entire process starting at **STEP 1**, except place the **WHITE** patch directly on the pain point and move the **TAN** patch around as described.



#### STEP 4

Move the **WHITE** patch from the 3 o'clock position to the 6 o'clock position. If the pain is not reduced in 10 seconds, move to the next step.



If pain does not subside completely using the Clock Method or Bracketing Method, leave the ICEWAVE patches at the points where they have been most effective, and then place a **GLUTATHIONE** patch to the palm of the right hand (where it has contact with both Heart 8 and Pericardium 8).

**\*\* DID YOU KNOW??? THE HEART AND PERICARDIUM MERIDIANS BOTH CONTROL THE NERVES**

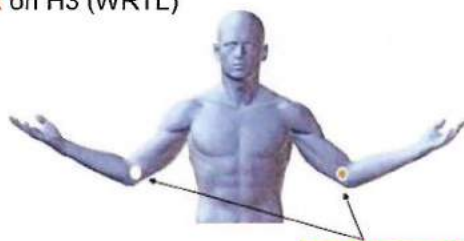


**GLUTATHIONE**  
on P8

**PAIN - CHEST PAIN / 胸痛 / Đau Ngực**

**Option #1:**

**ENERGY ENHANCER** on P6 (WRTL)  
**ENERGY ENHANCER** on H3 (WRTL)  
AEON on GV14



**AEON** on GV 14



**ENERGY ENHANCER**  
(WRTL) on H 3

**ENERGY ENHANCER**  
(WRTL) on P 6

**Option #2:**

**ENERGY ENHANCER** (WRTL) on H3  
or **ENERGY ENHANCER** (WRTL) on P6  
or **ENERGY ENHANCER** (WRTL) on P8  
or **ENERGY ENHANCER** (WRTL) on H9  
or **ENERGY ENHANCER** (WRTL) on LV14  
**CARNOSINE** on CV17



**H3**



**P6**



**P8**



**H9**

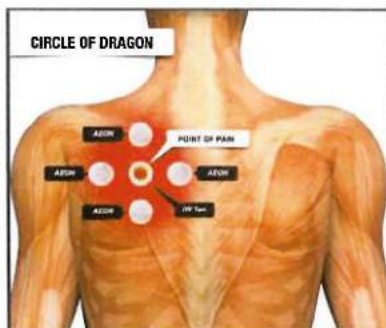


**LV14**

**PAIN – Circle of Dragon**

Use this protocol when your pain is severe and travel from 1 point to another.

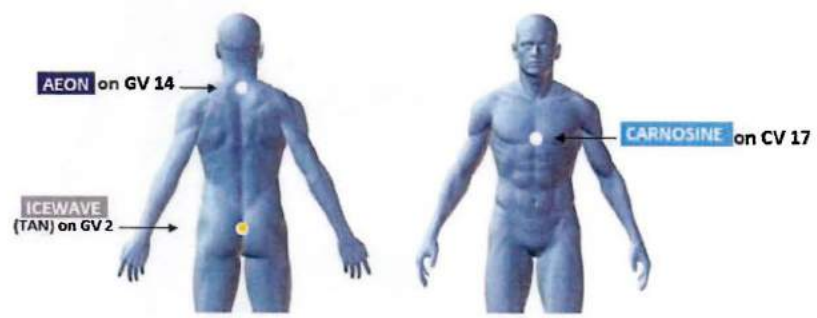
ICEWAVE (WHITE) on point of pain and 4 AEON patches placed 2 fingers of distance from the ICEWAVE (TAN) patch at TOP, RIGHT, DOWN and LEFT position.



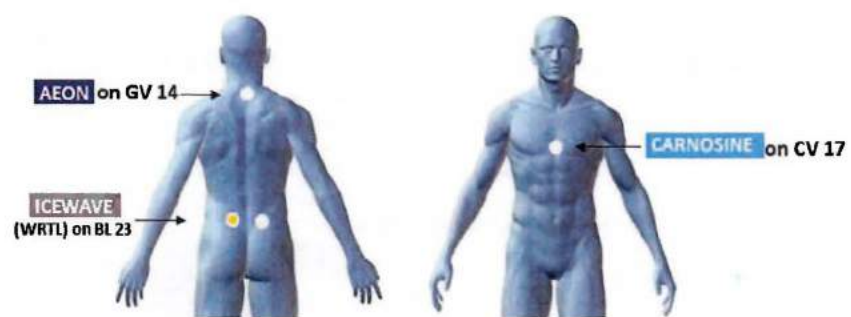
**Note:** Aeon patches have excellent anti-inflammatory properties, so they are highly effective in cases of severe pain.

**PAIN - LOWER BACK (CHRONIC) / 腰背部疼痛 / Đau Lưng Dưới**

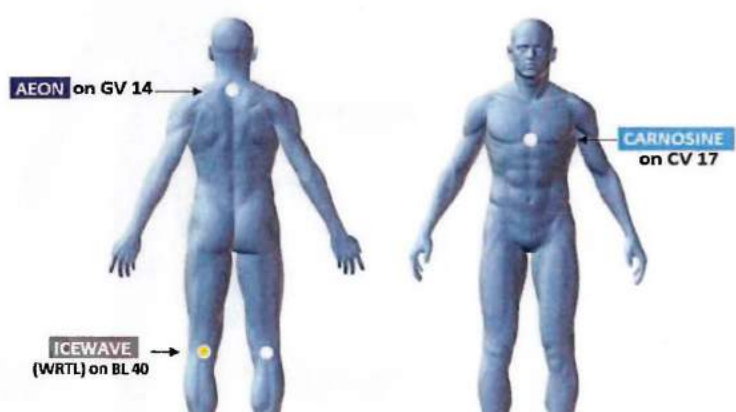
**Option #1:**  
 AEON on GV14  
 ICEWAVE (TAN) on GV2  
 CARNOSINE on CV17



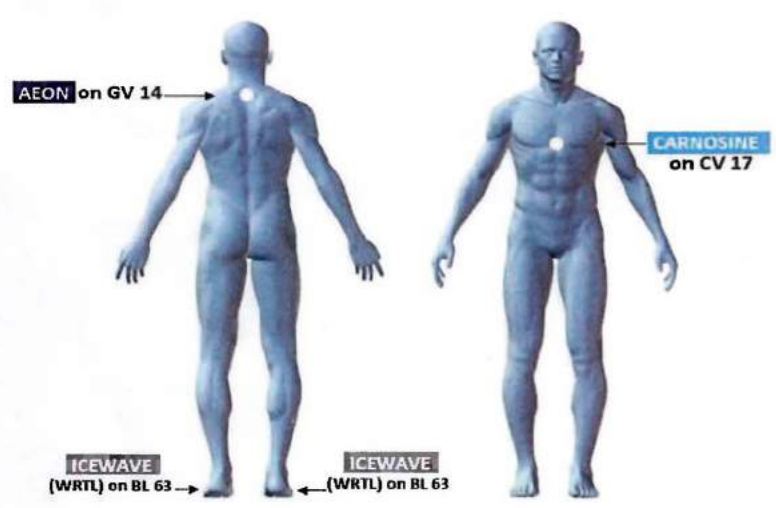
**Option #2:**  
 AEON on GV14  
 ICEWAVE on BL23 (WRTL)  
 CARNOSINE on CV17



**Option #3:**  
 AEON on GV14  
 ICEWAVE on BL40 (WRTL)  
 CARNOSINE on CV17

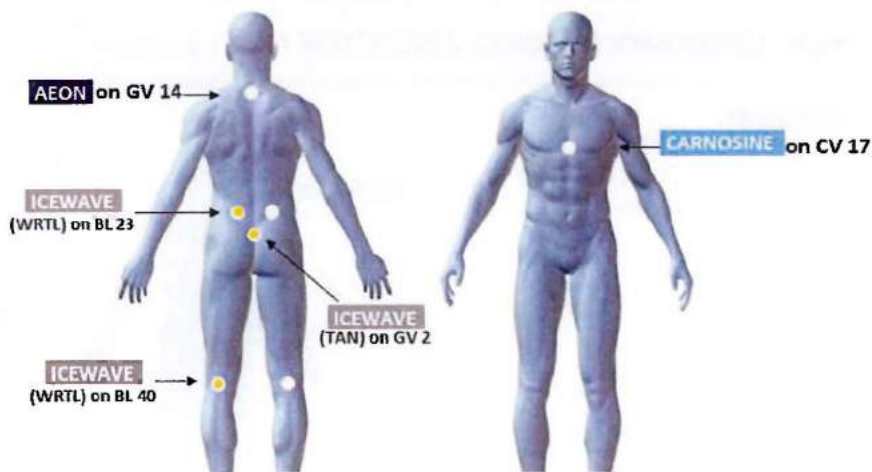


**Option #4:**  
 AEON on GV14  
 ICEWAVE on BL63 (WRTL)  
 CARNOSINE on CV17



**Option #5:** – (Sever Chronic Back Pain)

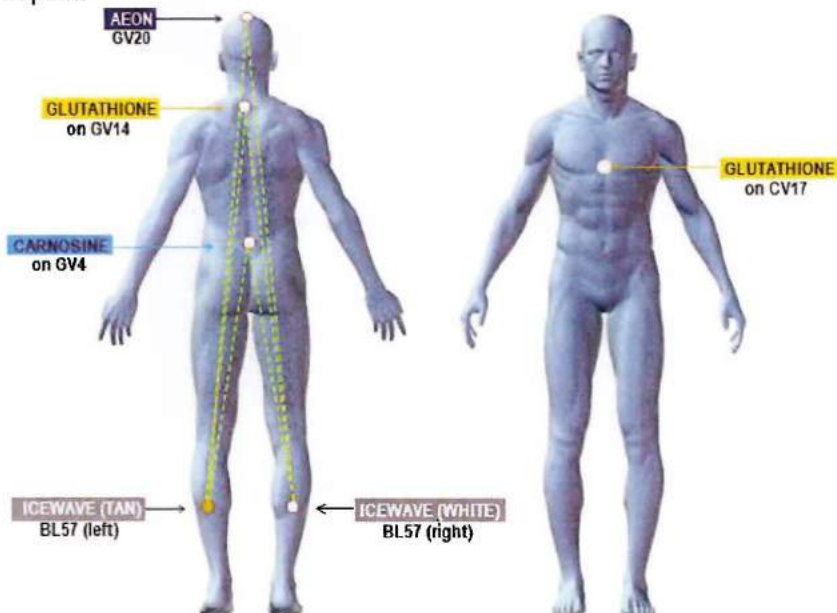
AEON on GV14  
ICEWAVE on BL23 (WRTL)  
ICEWAVE on BL40 (WRTL)  
ICEWAVE (TAN) on GV2  
CARNOSINE on CV17



**GENERAL NOTES:** IceWave patches can be worn for up to 24 hours. Then repeat procedure as needed. Rotate among the options until the desired result is achieved.

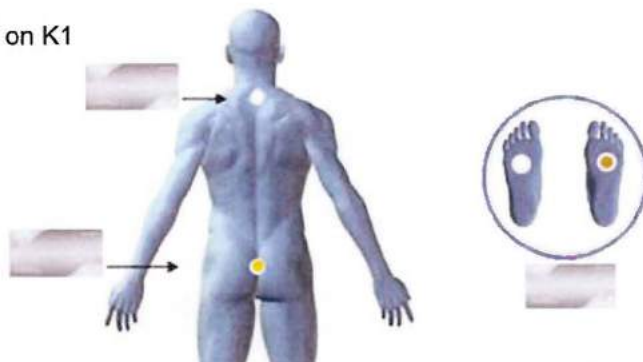
**Option #6:** – Larry's favorite for his lower back pain.

AEON on top of the head  
GLUTATHIONE on GV14  
GLUTATHIONE on CV17  
CARNOSINE on GV4  
ICEWAVE on BL57 (WRTL)

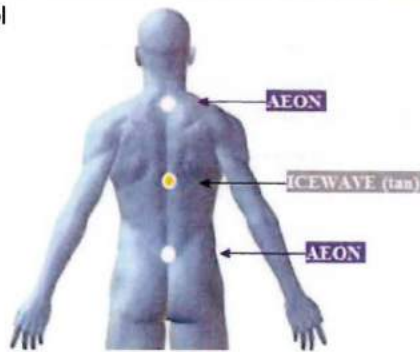


**Option #7:**

ICEWAVE (WHITE) on GV14  
ICEWAVE (TAN) on GV2  
If no reduction in pain, add a set of ICEWAVE on K1



**Option #8:** – Lisa's protocol



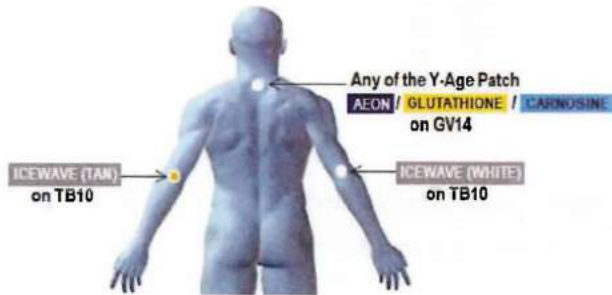
**PAIN - Upper Back Pain (Chronic) / 背部疼痛 / Đau Lưng Trên**

**Option #1:** – Clock Method.



**Option #2:**

GLUTATHIONE or AEON or CARNOSINE on GV14,  
ICEWAVE on TB10 – on back of elbows just above the joint (WRTL)

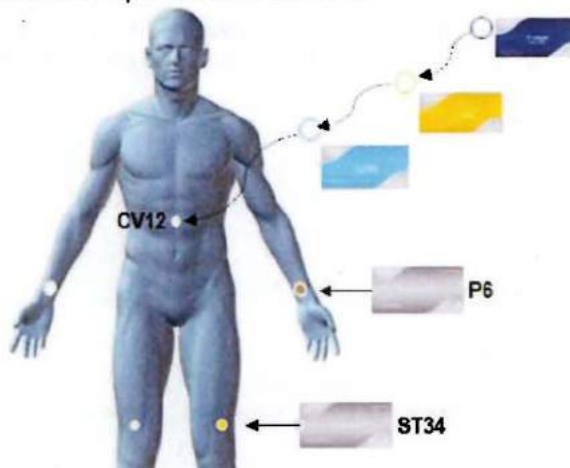


NOTE: This is Nickie's favorite! Can also place Aeon on top of the head, Glutathione or Carnosine on GV14.

**PAIN – Gastric Pain / 胃痛 / Đau Dạ Dày**

Gastric pain generally describes an upper abdominal pain, located above the belly button and below the ribs.

CARNOSINE, GLUTATHIONE and AEON Triple Stacked on CV12  
ICEWAVE on P6 (WRTL)  
ICEWAVE on ST34 (WRTL)



## PAIN – GROIN PAIN / 腹股溝疼痛 / Đau Háng

The groin is the area of your hip between your stomach and thigh. It is located where your abdomen ends and your legs begin. The groin area has five muscles that work together to move your leg.

ICEWAVE on SP12 (WRTL)  
ICEWAVE on GB27 (WRTL)  
ICEWAVE (WHITE) on GB34 - (RIGHT side)  
ICEWAVE (TAN) on SP9 - (LEFT side)  
ICEWAVE (WHITE) on LV3 - (RIGHT side)  
ICEWAVE (TAN) on SP10 - (LEFT side)

This combination is highly effective in creating a free flow of Chi through the main channels passing through the Inguinal Area. It may also clear blockages and reduce Pain.

AEON & **GLUTATHIONE** Double Stacked together on CV2  
**CARNOSINE** on CV17

## PAIN - HIP PAIN 髋關節疼痛 Đau Hông

ICEWAVE (TAN) on GB29  
ICEWAVE (WHITE) on GB34



## PAIN – LEG PAIN AND SWELLING / 腿部疼痛和腫脹 / Đau Chân Và Sưng

ICEWAVE on GB31 (WRTL)  
ICEWAVE on BL60 (WRTL)  
ICEWAVE (WHITE) on ST36 (RIGHT side)  
ICEWAVE (TAN) on SP9 (LEFT side)

This combination is effective in creating a free flow of Chi through the main channels on both legs, reducing numbness and therefore swelling, dissipating possible Wind and possible blockages, and reducing pain. Then, add the following:

### OPTION #1:

AEON on top of ICEWAVE (WHITE) on GB31 (RIGHT side)  
**GLUTATHIONE** on top of ICEWAVE (WHITE) on ST36 (RIGHT side)  
**CARNOSINE** on CV17

### OPTION #2:

AEON on GV14  
**GLUTATHIONE** on CV4  
**CARNOSINE** on CV17

Additional Points to consider patching:

ICEWAVE (WRTL) on K1  
or ICEWAVE (WRTL) on GB34  
or ICEWAVE (WHITE) on K1 on the RIGHT side  
and ICEWAVE (TAN) on GB34 on the LEFT side.

## PAIN – NECK PAIN / 頸部酸痛 / Đau Cổ

### OPTION #1:

ICEWAVE on this special acupoint – (WRTL)  
AEON on GV14



### OPTION #2:

ICEWAVE on LI4 – (WRTL)  
ICEWAVE on LU7 – (WRTL)  
ICEWAVE on GB20 – (WRTL)  
AEON on GV14

### OPTION #3:

ICEWAVE on TB15 – (WRTL)  
ICEWAVE on GB20 – (WRTL)  
AEON on GV14

### OPTION #4:

ICEWAVE (TAN) on the point that has the most pain  
ICEWAVE (WHITE) on GB21 on the same side.

Example: If can't turn your head to the Left, place ICEWAVE (TAN) patch on LEFT side of the neck on the most tender spot and ICEWAVE (WHITE) on Left GB21. You can also add another set of ICEWAVE on LI4 – (WRTL)

## PAIN – PAINFUL URINATION

尿痛

Đi Tiểu Đau

Painful Urination may manifest as stabbing, astringent, twisting or even burning pain during urination, and at times, it could also be accompanied by "Dribbling" Urination. Below is some useful Acupoint Combination that are used by acupuncturist.

Acupoint Combination #1: CV3 & BL28

ICEWAVE on BL28 (WRTL)  
AEON and **GLUTATHIONE** together over CV3 point.

Acupoint Combination #2: SP6 & LV8

ICEWAVE on SP6 (WRTL)  
ICEWAVE on LV8 (WRTL)  
**CARNOSINE** on CV17

## PAIN – PHANTOM LIMB (ARM)

### DAY 1:

#### STEP #1: For the Mind

**ENERGY ENHANCER** on GB20 (WRTL)  
**GLUTATHIONE** + AEON on GV16  
AEON on Yintang Extra Point (3<sup>rd</sup> Eye)  
**CARNOSINE** on CV17

#### STEP #2:

ICEWAVE (TAN) on LI4 – on the good Hand  
ICEWAVE (WHITE) on ST44 – Right  
**ENERGY ENHANCER** (TAN) on LI10 on the effected arm  
**ENERGY ENHANCER** (WHITE) on ST36 - RIGHT side

The above patching is called "Inner Gates Acupuncture" protocol. It is very effective in Tonifying Organs. Remove all patches before going to bed.



## DAY 2

### STEP #1:

Same as previous day.

### STEP #2:

ICEWAVE (TAN) on SI3 – on the good Hand  
ICEWAVE (WHITE) on BL62 – Right  
ENERGY ENHANCER (TAN) on LI10 on the effected arm

Test above patching for a minimum of 6 consecutive days. Take notice which day provides you with the most relief and continue patching with that day's protocol.

## PAIN – PHANTOM LIMB (LEG)

### STEP #1: Calm the Mind

AEON on Yintang Extra Point (3<sup>rd</sup> Eye) or follow "Brain Balancing" Protocol

### STEP #2:

AEON on LV3 (on the good leg)  
ICEWAVE (WRTL) on ST32  
GLUTATHIONE on CV4

If NO pain reduction is noticed, try below patching:

### OPTION #1:

FOR AMPUTATION ON THE LEFT LEG.

ICEWAVE (WHITE) on SP6 position (RIGHT side)  
ICEWAVE (TAN) on SI9 (LEFT side).  
ICEWAVE (WHITE) on GB39 (RIGHT side)  
ICEWAVE (TAN) on LU1 (LEFT side)

FOR AMPUTATION ON THE RIGHT LEG.

ICEWAVE (WHITE) on SI9 (RIGHT side)  
ICEWAVE (TAN) on SP6 (LEFT side).  
ICEWAVE (WHITE) on LU1 (RIGHT side)  
ICEWAVE (TAN) on GB39 (LEFT side)

### OPTION #2:

ICEWAVE (WRTL) on LI4

## PAIN – PLANTAR FASCIITI/ 腳底筋膜炎/ Đau Gót Chân

Plantar fasciitis is inflammation of the thick tissue on the bottom of the foot. It connects the heel bone to the toes and creates the arch of the foot.

ICEWAVE (TAN) at point of pain  
ICEWAVE (WHITE) on K3 (same foot)

You should also follow the clock method protocol

## PAIN – ROTATOR CUFF INJURY / 腳底筋膜炎/ Đau Gót Chân

### STEP #1:

ICEWAVE (TAN) at Point of Pain  
AEON patch Double Stacked on top of the ICEWAVE (TAN) at Point of Pain.  
ICEWAVE (WHITE) on LI11 on the opposite arm of the injury  
Leave above patches on for a couple of hours. If pain has not reduced, go to Step #2.

**STEP #2:**

Add the following to Step #1 patching

ICEWAVE on ST38 – (WRTL)

ICEWAVE on GB34 – (WRTL)

Additional Points can also help with the pain:

ICEWAVE on LI15 – (WRTL)

ICEWAVE on TW14 – (WRTL)

GLUTATHIONE on CV4

CARNOSINE on top of pain

**PAIN – SEVERE PAIN (Triple Stacking)**

嚴重的疼痛

Đau Dữ Dội

Managing severe pain situations such as banging your foot into a sharp object...

ICEWAVE (TAN) on point of pain

CARNOSINE "Stacked" over the ICEWAVE (TAN) at the same position

AEON "Stacked" over the CARNOSINE & ICEWAVE (TAN) at the same position

GLUTATHIONE over AEON.

**Note:** Triple stacking works effectively in many cases of severe pain. Experiment stacking on the affected areas

**PAIN – SHOULDER PAIN**

肩膀酸痛

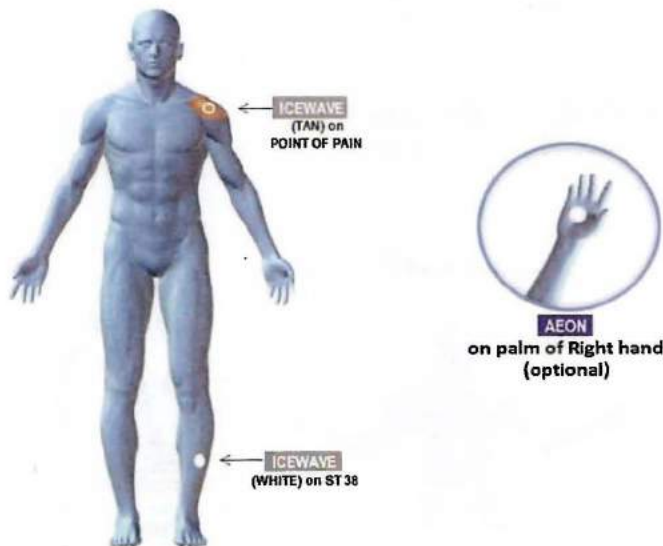
Đau Vai

Shoulder pain can be debilitating, often leading to stiffness and a lack of movement. Eventually, even simple tasks such as raising your arms above your head become too painful to perform. The following patch placement has been effective in reducing shoulder pain

ICEWAVE (TAN) on point of pain

ICEWAVE (WHITE) on ST38 on the same side of the body

You could also place 1 AEON patch in the center of right palm.



**OPTION #1:**

ICEWAVE (TAN) on point of pain

CARNOSINE "Stacked" over the ICEWAVE (TAN)

AEON "Stacked" over the CARNOSINE &amp; ICEWAVE (TAN)

**OPTION #2:** This advanced patching technique is called distal & contralateral patching. Understand that with this technique, the patches are not placed on the point of discomfort. Try the protocol below:

**STEP #1:**

ICEWAVE (WRTL) on LI11

ICEWAVE (WRTL) on TW10

**STEP #2:**IF YOUR ELBOW ISSUE IS ON YOUR **LEFT**, TRY THE PROTOCOL BELOW:

CARNOSINE + GLUTATHIONE (double stack) on CV4

AEON on GV4

IF YOUR ELBOW ISSUE IS ON YOUR **RIGHT**, TRY THE PROTOCOL BELOW:

CARNOSINE + GLUTATHIONE (double stack) on GV4

AEON on CV4

**STEP #3:**

ICE WAVE (TAN) on the point of pain

ICE WAVE (WHITE) on ST36 but on the opposite side of your pain.

For example: If your Tennis Elbow issue is on your left, then place the ICEWAVE (WHITE) on ST36 (RIGHT side).

Wait for a few minutes and if you do not experience pain reduction, MOVE ICEWAVE (WHITE) to GB34, and then to SP9

**OPTION #3:**

ICEWAVE (TAN) on LI11

AEON on LI10

AEON on LI12

AEON on LU5

AEON on H3

ICEWAVE (TAN) on GB34

Important note: The above patches should be placed all at once on the affected side of the elbow. For example, if the left elbow is having problems, place all the patches on the LEFT side.

**OPTION #1:**

ICEWAVE on K1 (WRTL)

ICEWAVE on H3 (WRTL)

You can also place 1 GLUTATHIONE on the palm of the right hand.

ICEWAVE  
(WRTL) on K 1

AND

ICEWAVE  
(WRTL) on H 3GLUTATHIONE  
on palm of Right hand  
(optional)

**Did You Know?** Heart 3 is the HeSea point on the Heart Meridian. It is a Water Point and calms *shen* (spirit). It also relieves cardiac and spasmodic pain and numbness of the hand and arm. Heart 3 can be used with Kidney 1 to relieve total body pain and soreness.

**OPTION #2:**

ICEWAVE on K1 (WRTL)

ICEWAVE on LU9 (WRTL)

You can also place 1 **GLUTATHIONE** on the palm of the right hand.



ICEWAVE  
(WRTL) on K 1

AND



ICEWAVE  
(WRTL) on LU 9



GLUTATHIONE  
on palm of Right hand  
(optional)

**OPTION #3:**

ICEWAVE on K1 (WRTL)

ICEWAVE on TB5 (WRTL)

You can also place 1 **GLUTATHIONE** on the palm of the right hand.



ICEWAVE  
(WRTL) on K 1

AND



ICEWAVE  
(WRTL) on TB 5



GLUTATHIONE  
on palm of Right hand  
(optional)

**OPTION #4:**

ICEWAVE on K1 (WRTL)

ICEWAVE on TB15 (WRTL)

You can also place 1 **GLUTATHIONE** on the palm of the right hand.



ICEWAVE  
(WRTL) on K 1

AND



ICEWAVE  
(WRTL) on TB 15



GLUTATHIONE  
on palm of Right hand  
(optional)

**OPTION #5:**

ICEWAVE on K1 (WRTL)

ICEWAVE on K27 (WRTL)

You can also place 1 **GLUTATHIONE** on the palm of the right hand.



ICEWAVE  
(WRTL) on K 1

AND



ICEWAVE  
(WRTL) on K27



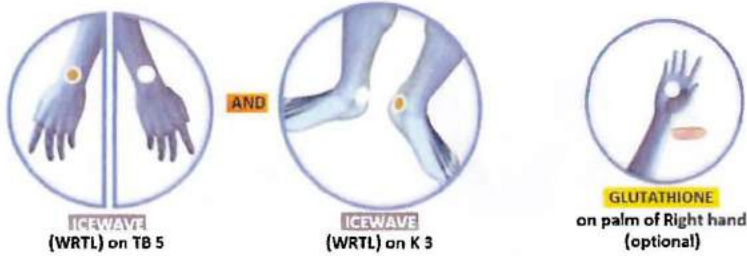
GLUTATHIONE  
on palm of Right hand  
(optional)

**OPTION #6:**

ICEWAVE on TB5 (WRTL)

ICEWAVE on K3 (WRTL)

You can also place 1 **GLUTATHIONE** on the palm of the right hand.



**OPTION #7:**

ICEWAVE (WHITE) on BL60 (RIGHT foot) behind the outside ankle bone.

ICEWAVE (TAN) on K3 (LEFT foot) behind inner ankle bone.



ICEWAVE (WHITE) on TB6 (RIGHT hand)

ICEWAVE (TAN) on P6 (LEFT hand)



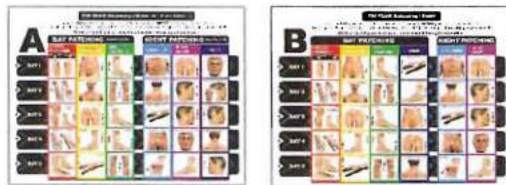
**GLUTATHIONE** on CV6

AEON on GV14

You can also place 1 **GLUTATHIONE** patch on the palm of the right hand on P8

**OPTION #8:**

Follow the Yin-Yang Balancing and Detox. Instead of using **ENERGY ENHANCER**, replace with ICEWAVE



**OPTION #9:**

ICEWAVE on BL62 (WRTL)

ICEWAVE on P6 (WRTL)



## PANIC ATTACKS / Ataques De Pánico / Tấn Công hoảng Loạn / 恐慌 / パニック発作

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

AEON on CV14

CARNOSINE on CV17

GLUTATHIONE on GV14

ENERGY ENHANCER (TAN) on H7 (LEFT side)

ENERGY ENHANCER (WHITE) on P6 (RIGHT side)



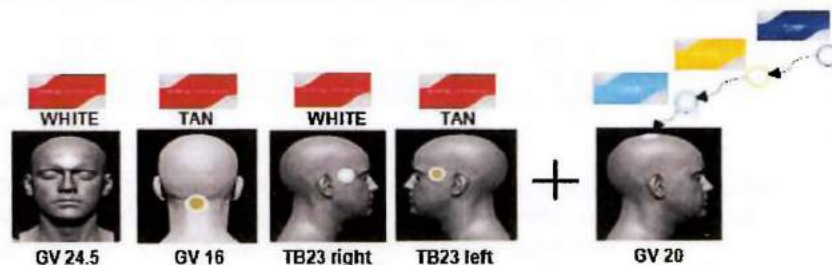
## PARKINSON'S / Parkinson / Bệnh Run Tay Chân / 帕金森氏症 / パーキンソン病

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

\*\*\*START WITH THE YIN-YANG BALANCING AND DETOXIFICATION PROTOCOL WITH BRAIN BALANCING\*\*\*

**OPTION #1:** This patching has shown tremendous improvement for many people.

**In the morning:** 2 sets of ENERGY ENHANCER, AEON, GLUTATHIONE, and CARNOSINE  
(It is recommended that you wear a hat while following this protocol for a minimum of 90 days)



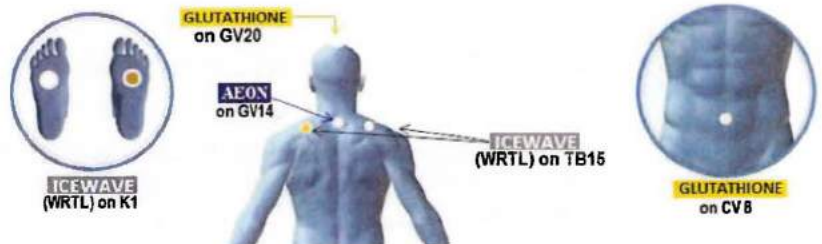
**In the Evening** – Remove ALL patches. Use 1 CARNOSINE according to Y-Age Brochure.  
It is strongly recommended that you consume Theta Pure Premium before going to bed.



**OPTION #2:**

**In the morning:**

ICEWAVE on K1 (WRTL)  
ICEWAVE on TB15 (WRTL)  
GLUTATHIONE on CV8  
GLUTATHIONE on GV20  
AEON on GV14



**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.



**NOTES:** It is recommended to continue patching until considerable improvement is noticed.

**OPTION #3:**

**In the morning:**

- ICEWAVE (WHITE) on TB5 (right)
- ICEWAVE (TAN) on P6 (left)
- ICEWAVE on TW15 (WRTL)
- ICEWAVE on GB20 (WRTL)
- AEON on GV20
- GLUTATHIONE on CV4 and GV14

**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.

**OPTION #4:**

**In the morning:**

- **ENERGY ENHANCER** on K1 and TB23
- ICEWAVE on TW15
- ICEWAVE on Lumbar 5 area
- **GLUTATHIONE** on GV24.5 and LV3 and CV8

**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.

**PHLEGM EXPECTORATION / Flema y Expectoración / Đau Nhức Toàn Thân / 咳痰 / 咳**

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Phlegm is a type of fluid that can cause stagnation of chi. Furthermore, phlegm can be visible and lodge in the respiratory track as a “sticky fluid” or it can be invisible and internal. (this is an extremely important concept to keep in mind). Invisible phlegm can accumulate at any part of the body and result in complicated symptoms by blocking the regular flow of chi. For example, accumulation of invisible phlegm in the chest and ribs may cause pain and discomfort in the area surrounding the heart to the back. It could also cause insomnia, palpitations and low back pain by affecting the balance between the heart and kidney channels or even nausea, vomiting, loss of appetite and distention in the upper abdomen by affecting the stomach channel. So, here you have a “mix” of approaches to deal and clear possible blockages due to excessive phlegm.

**BILATERAL PATCHING TECHNIQUE**

- ENERGY ENHANCER** on ST40 (WRTL)
- ENERGY ENHANCER** on LU5 (WRTL)

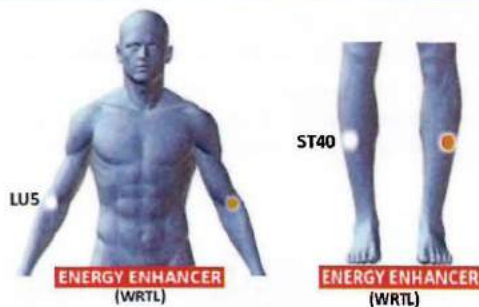
THEN ADD:

**Option #1:**

- AEON and **GLUTATHIONE** double stacked on CV12
- CARNOSINE** on CV17

**Option #2:**

- GLUTATHIONE** on top of **ENERGY ENHANCER** (WHITE) ST40 - (RIGHT side)
- AEON on top of **ENERGY ENHANCER** (WHITE) on LU5 - (RIGHT side)
- CARNOSINE** on CV12



### **UNILATERAL PATCHING TECHNIQUE**

**ENERGY ENHANCER** (WHITE) on ST40 - (RIGHT side)

**ENERGY ENHANCER** (TAN) on LU5 - (LEFT side)

THEN ADD:

**Option #1:**

AEON and **GLUTATHIONE** double stacked on CV12

**CARNOSINE** on CV17

**Option #2:**

**GLUTATHIONE** on ST40 - (RIGHT side) on top of the **ENERGY ENHANCER** (WHITE)

AEON on LU5 - (RIGHT side)

**CARNOSINE** on CV12

## **PTSD (POST-TRAUMATIC STRESS DISORDER) / Síndrome De Estrés Postraumático /** **Tổn Thương Về Mặt Tinh Thần / 創傷後壓力症候群 / 心的外傷後ストレス障害**

According to Mayo Clinic, Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. The suggested protocol below does not replace the diagnosis and treatment by a qualified licensed healthcare professional. Consult with your doctor of whether using the patches is good for your symptoms. No medical claims are being made.

**In the morning:**

AEON behind neck on GV14 (C7)



**NIRVANA** per instruction on brochure plus seaweed extract twice a day.



**In the evening:**

**CARNOSINE** on top of head





## PROSTATE / Próstata / Tuyến Tiền Liệt / 前列腺 / 前立腺

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

### General Prostate Health

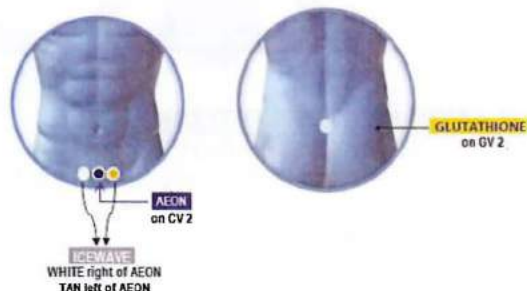
AEON on CV2

ICEWAVE (WHITE) on the right of the AEON patch

ICEWAVE (TAN) on the left of the AEON patch

GLUTATHIONE on GV2

It is strongly recommended that you start consuming Theta One + Activator.



Triple Action System Promotes: HGH, Nitric Oxide, SOD

### Option #1:

(NO MEDICAL CLAIM IS MADE! Try below patching for the following symptoms: Pain at the Perennial Area, discomfort pain radiating to the lower abdomen and or top of the thighs, inhibited Urination, dribbling Urination, incomplete urination, urinate several times to empty the Bladder, Lower Abdominal Distention.)

ENERGY ENHANCER on LI4 – (WRTL)

ENERGY ENHANCER on SP6 – (WRTL)

GLUTATHIONE on CV4

CARNOSINE on CV3

AEON on CV2

### Option #2:

(NO MEDICAL CLAIM IS MADE! Try below patching for the following symptoms: Urinary obstruction in general and sometimes aggravated by any emotional stress or upset. Lower abdominal distention, insomnia, irritability or tendency of getting Angry quite often.)

ENERGY ENHANCER on LV3 – (WRTL)

ENERGY ENHANCER on LV8 – (WRTL)

ENERGY ENHANCER on SP6 – (WRTL)

GLUTATHIONE on CV4

CARNOSINE on CV3

AEON on CV2

### Option #3:

(NO MEDICAL CLAIM IS MADE! Try below patching for the following symptoms: Frequent, short, and choppy urinations, urinary urgency and constant feeling of the need to urinate, urinary pain, turbid, cloudy or yellow urine, urination with a thin stream or dribbling urination, lower abdominal and perineal distention and pain.

ENERGY ENHANCER on SP6 – (WRTL)

ENERGY ENHANCER on SP9 – (WRTL)

ENERGY ENHANCER on BL54 – (WRTL)

GLUTATHIONE on CV4

CARNOSINE on CV3

AEON on CV2

### Option #4:

(NO MEDICAL CLAIM IS MADE! Try below patching for the following symptoms: Frequent, scanty, inhibited urination. Low back pain, dizziness, tinnitus, impotence, seminal emission, insomnia, night sweats, constipation.)

ENERGY ENHANCER on SP6 – (WRTL)

ENERGY ENHANCER on K7 – (WRTL)

ENERGY ENHANCER on BL23 – (WRTL)

GLUTATHIONE on CV4

CARNOSINE on CV3

AEON on CV2

## PSORIASIS / Psoriasis / Bệnh Vẩy Nấm / 牛皮癬 / 乾癬

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

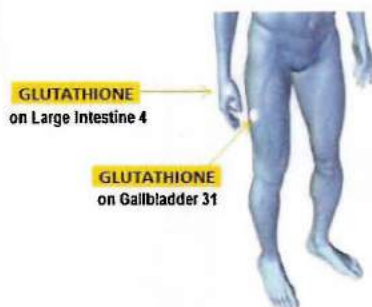
**STEP #1:** It is strongly recommended that you begin using **Alavida RegeneratingTrio**.



**STEP #2:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 - Detoxification)



**STEP #3:** Add **GLUTATHIONE** on GB31 and LI 4 to prevent itching and clear the heat.



## RINGING EAR – TINNITUS / Zumbido De Oído - Tinnitus / Ò Lỗ Tai / 耳鳴 / 耳鳴

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

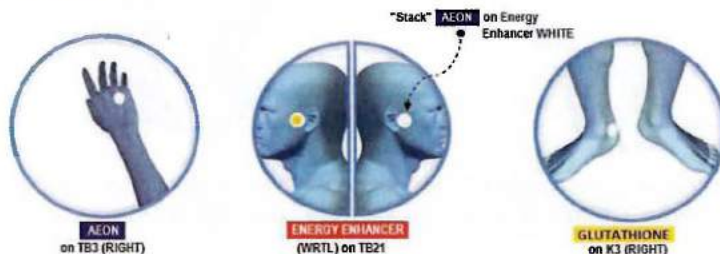
Tinnitus is commonly described as an annoying ringing in the ears; this protocol is quite useful for Tinnitus cases.

AEON on TB3 on the right

**ENERGY ENHANCER** on TB21 – (WRTL)

"Stack" one AEON patch over the **ENERGY ENHANCER** (WHITE) on TB21 (RIGHT SIDE)

**GLUTATHIONE** on K3



Experiment changing patch positions like Aeon on K3, **Glutathione** on TB3 or perhaps **Energy Enhancer** on TB3 – (WRTL), **Glutathione** on TW21 – R. The idea is to find the right position for you.

## SCIATICA PAIN / Dolor Ciático / Đau Thần Kinh Tọa / 坐骨神經痛 / 坐骨神經痛

The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and whether or not using the patches is good for you. No medical claims are being made with the suggested protocol below.

**Option #1: BASIC PATCHING** (Example below assuming sciatica pain is from the right leg. If your sciatica pain is on the left, simply reverse the suggested patching to the left side.)

### STEP #1:

AEON on GV14  
ICEWAVE (TAN) on the side that has the most pain  
ICEWAVE (WHITE) using clock method



If you don't experience immediately relief, go to STEP #2

### STEP #2:

Move ICEWAVE (WHITE) to GB29 on the same leg that has the pain.  
If the pain is not reduced in 10 seconds, go to STEP #3



### STEP #3:

Move ICEWAVE (WHITE) down to SP11 on the same leg that has the pain. If the pain is not reduced in 10 seconds, go to STEP #4



### STEP #4:

Move ICEWAVE (WHITE) down to ST36 on the same leg that has the pain.  
If the pain is not reduced in 10 seconds, go to STEP #5



### STEP #5:

Move ICEWAVE (WHITE) down to LV3 on the same leg that has the pain.  
Leave it on for 24 hours.



According to Traditional Chinese Medicine, Sciatica is caused by blockage of Bladder and Gall Bladder meridian. The pain is always along these 2 meridian lines. Therefore, if experienced no relief, go to Option #2.

**Option #2:**

**DAY 1: OPENING THE CHANNELS**

**ENERGY ENHANCER** on BL62 – (WRTL)

**ENERGY ENHANCER** on GB41 – (WRTL)

**GLUTATHIONE** on CV8



**DAY 2:**

Repeat Day 1 using new patches.

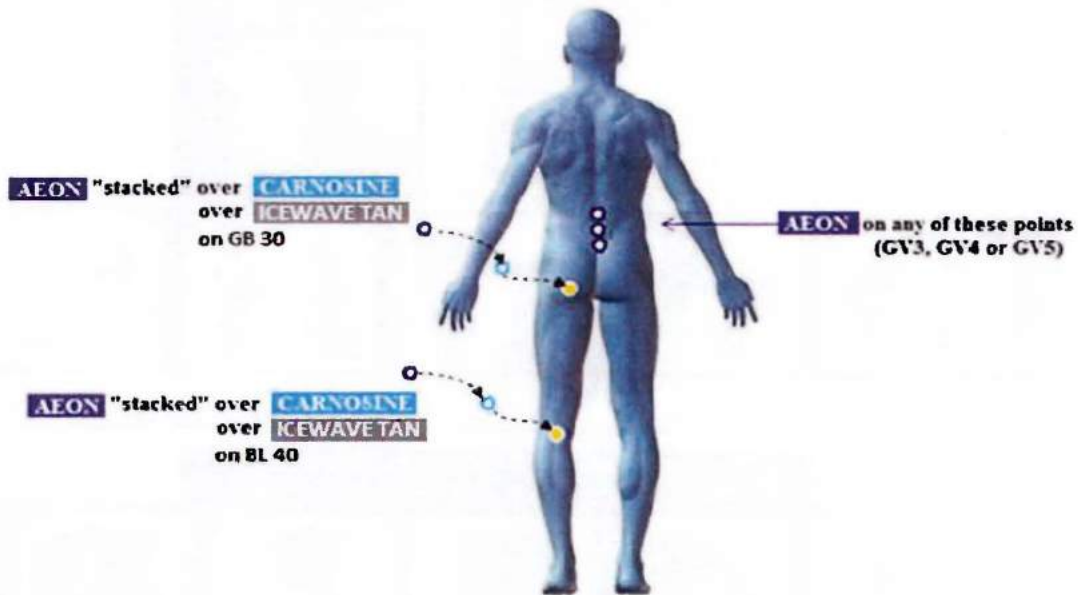
Now triple stack patches along the leg that has the pain.

**Triple Stack** - All 3 patches "Stacked" over each other at the same point.  
ICEWAVE (TAN) + **CARNOSINE** + AEON on BL40

**Triple Stack** - All 3 patches "Stacked" over each other at the same point.  
ICEWAVE (TAN) + **CARNOSINE** + AEON on GB30

Add a single AEON patch on GV3, GV4 or GV5

Note: Alternate among these three points until the most suitable position is found.



**Option #3:** It is strongly recommend starting with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Many users reported after detoxification, pain improved considerably after the first cycle of Yin-Yang Balancing. (See page 52 - Detoxification)



**SEVERE SYMPTOMS / Sintomas Severos / Triệu Chứng Nghiêm Trọng / 嚴重的症狀 / 重度  
の症状**

This 5-day program is designed to open all the meridian channels in one day and help the cleansing process to begin. During detoxification, the body rids itself of waste and pollutants, heavy metals, nicotine, and other toxic substances. Therefore, you may experience old pains, migraines, nausea and some dizziness, but it's all part of the detox process. If you feel really uncomfortable, remove all patches for a couple hours and continue once you are able. The good news is that you are quite receptive to the Patches for this particular protocol.

**Option #1:**

**FOR EXTREME CONDITIONS**

**SEVERE YIN-YANG BALANCING**

Wear the **DAY** patches for 12 hours & discard, then wear the **NIGHT** patches for another 12 hours  
Repeat daily for 5 consecutive days

**Drink at least 8 glasses of water a day while patching to flush toxins**



**DAY PATCHING** Wear for 12 Hrs

Use 2 sets of Glutathione, 1 Carnosine, 1 Aeon & 5 sets of Energy Enhancer.

<b>GLUTATHIONE</b>		<b>CV6</b> 2 Fingers	<b>CV17</b> CARNOSINE
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	<b>GV14</b> AEON
<input type="checkbox"/>		<input type="checkbox"/>	
<b>LV3</b> <b>GB41</b>	<b>P6</b> <b>TB5</b>	<b>SP6</b> <b>ST36</b>	<b>LU7</b> <b>L14</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>BL60</b> <b>K3</b>	<b>ENERGY ENHANCER</b>		<b>RIGHT FOOT - INNER</b>
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>



**(5) AEON daily BRAIN BALANCING**  
OPTIONAL to wear during the day or at night

<b>GV24.5</b>	<b>GV20</b>	<b>GB8</b>	<b>GV18</b>	<b>GV8</b>	<b>AEON</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**NIGHT PATCHING** Wear for 12 Hrs

Wear Only One Patch Each Night for 5 Nights.

<b>LV3</b>	<b>TB 23</b>	<b>TB 17</b>	<b>GV24.5</b>	<b>K3</b>	<b>SILENT NIGHTS</b>
<b>NIGHT 1</b>	<b>NIGHT 2</b>	<b>NIGHT 3</b>	<b>NIGHT 4</b>	<b>NIGHT 5</b>	

Option #2

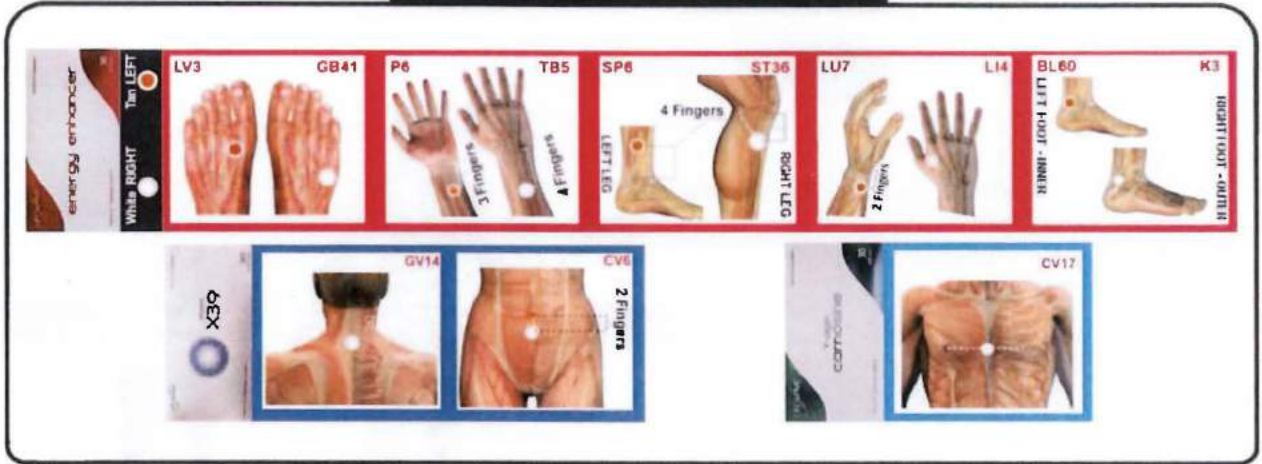
FOR EXTREME CONDITIONS ADDING X39

# SEVERE YIN-YANG BALANCING

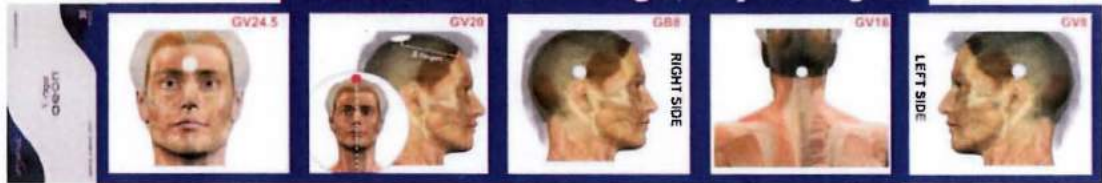
Wear the **DAY** patches for 12 hours & discard, then wear the **NIGHT** patches for another 12 hours  
Repeat daily for 5 consecutive days

Drink at least 8 glasses of water a day while patching to flush toxins

## DAY PATCHING Wear for 12 Hrs



## (5) AEON daily BRAIN BALANCING OPTIONAL to wear during the day or at night



## NIGHT PATCHING Wear for 12 Hrs

Wear Only One Patch Each Night for 5 Nights.



## SEX DRIVES / LIBIDO / Ham Muốn Tình Dục / 性慾 / 性慾

Please keep in mind that the below suggested options are not for immediate male enhancement. Rather, they are intended to promote long-term health and to regenerate your youth without drugs or stimulants.

It is strongly recommended that you start with Corsential (Theta One, Activator, and Aeon). This is triple action system which promotes HGH, Nitric Oxide, SOD. Consume this daily on an empty stomach, 1 hour before or after eating. Preferably before going to bed.

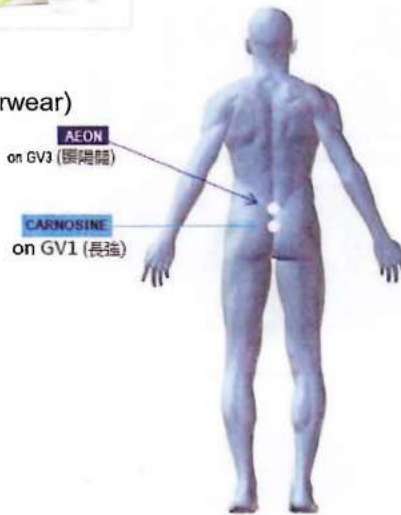


### Option #1:

**CARNOSINE** on CV1 (patch outside of underwear)  
**CARNOSINE** on GV1  
**ENERGY ENHANCER** on LV5 (WRTL)  
**AEON** on GV3

**AEON**  
on GV3 (腰陽關)

**CARNOSINE**  
on GV1 (長強)



**CARNOSINE**  
on CV1 (會阴)



**ENERGY ENHANCER**  
(WRTL) on LV5 (蠡溝)

### Option #2: ADVANCE PATCHING

**ENERGY ENHANCER** on LV5 (WRTL)  
**ENERGY ENHANCER** on SP6 (WRTL)  
**ENERGY ENHANCER** on BL23 (WRTL)  
**GLUTATHIONE** on CV2  
**CARNOSINE** on CV1  
**CARNOSINE** on GV1  
**AEON** on GV3

**General notes:** Use this protocol 24 hours daily for 7 consecutive days. After that, you can use it for 12 hours preferably starting in the evening and throughout the night.

## SINUS / Seno / Viêm Xoang / 鼻窦炎 / 副鼻腔

### Option #1:

**GLUTATHIONE** or **AEON** on LI4 – R  
**ICEWAVE** on LI20 – (WRTL)  
**CARNOSINE** on 3rd eye position (GV24.5)



**ICEWAVE**  
(WHITE) right, (TAN) left



**AEON**  
on LI 4

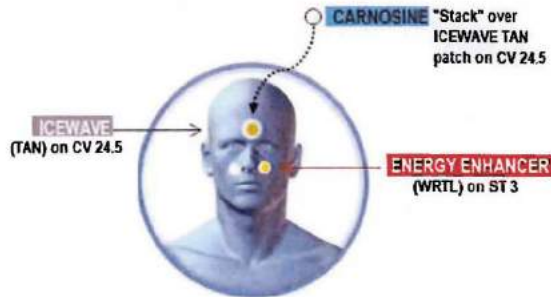
### Option #2: Sinusitis

Sinusitis is an inflammation, or swelling, of the tissues lining the sinuses. Normally, sinuses are filled with air, but when sinuses become blocked and filled with fluid, germs (bacteria, viruses, and fungi) can grow and cause an infection.

**Step #1:** Place an **ICEWAVE** (TAN) patch on GV24.5

**Step #2:** "Stack" a **CARNOSINE** patch over the **ICEWAVE** (TAN) patch on CV24.5

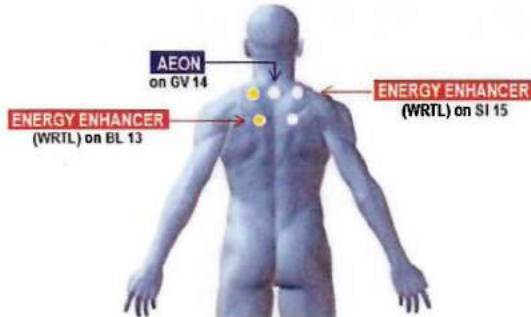
**Step #3:** Place an **ENERGY ENHANCER** pair on ST3 – (WRTL)



- You can also try the following: (Larry's protocol)
1. Stack an Aeon patch over ICEWAVE (TAN)
  2. Stack Carnosine over **Energy Enhancer (TAN)**
  3. Stack **Glutathione** over **Energy Enhancer (WHITE)**

**Step #4:**

- ENERGY ENHANCER** on BL13 – (WRTL)
- ENERGY ENHANCER** on SI15 – (WRTL)
- AEON** on GV14



**IMPORTANT:** The 2 most important ingredients of this patching protocol are patience and consistency. It is not going to work within seconds like ICEWAVE. However, if you keep patching consistently and follow all the steps above you should eventually experience favorable results.

**SKIN ALLERGY / Alergia De Piel / Dị Ứng Da / 皮膚過敏 / 皮膚アレルギー**

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**Step #1:**

**ENERGY ENHANCER** Patches on Bladder 23, these points are specifically, for the adrenal glands and allergies.



**Step #2:**

- 1 **AEON** daily per brochure
- 1 **GLUTATHIONE** daily per brochure





**Step #3:**

It is critical to be consuming at least 3 grams of Vitamin C per day (separated over 2 or 3 doses), and 2 grams of Vitamin B5 per day (again spread out over 2 or 3 doses). Vitamin C and Vitamin B5 are used by the body to make cortisone, and are extremely effective at treating allergies.

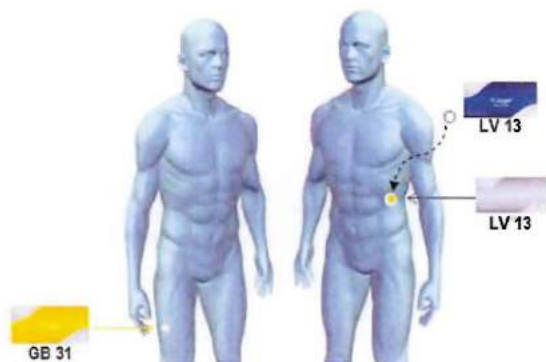
**Step #4:**

Add Alavida Trio to your daily regimen



## SKIN – ITCHINESS / Alergia De Piel – Picazón / Dị Ứng Da / 皮膚過敏-發癢 / アレルギー皮膚一

ICEWAVE (TAN) patch on LV13 (left)  
Stack an AEON on top of the ICEWAVE (TAN) on LV13  
**GLUTATHIONE** on GB31 (right)  
Add Alavida Trio Cream



## SKIN - Dryness / Piel Super Seca / Da Siêu Khô / 超級乾性皮膚 / スーパードライスキン

According to TCM, Dry Skin shows primarily a Yin Deficiency of the Lung and Large Intestine Channel.

**ENERGY ENHANCER** on LU1 – (WRTL)  
**ENERGY ENHANCER** on SP3 – (WRTL)  
**ENERGY ENHANCER** on K10 – (WRTL)  
AEON + **CARNOSINE** double stacked on LU1 - (RIGHT side)  
**GLUTATHIONE** on GV14

Test above Protocol for 5 to 6 consecutive days or continue until you experience some improvement.

Alternative Patching Option: If you experience dry skin along with dry and hard stools, you should consider the below protocol.

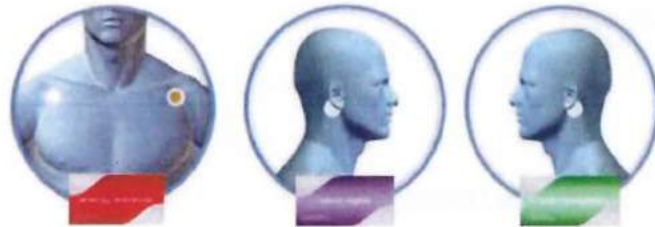
**ENERGY ENHANCER** on ST25 – WRTL  
**ENERGY ENHANCER** on LI5 – WRTL  
**ENERGY ENHANCER** on K10 – WRTL  
AEON + **CARNOSINE** double stacked on ST25 - (RIGHT side)  
**GLUTATHIONE** on GV4

Use an Alavida Trio patch and Cream daily.

## SLEEP APNEA / Apnea Del Sueño / Ngừng Thở Lúc Ngủ / 睡眠呼吸暫停 / 睡眠時無呼吸

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**SP6 COMPLETE** below the left ear  
**SILENT NIGHTS** below the right ear  
**ENERGY ENHANCER** on LU1



## SLEEPING ISSUES / Problemas De Sueño / Vấn Đề Về Giấc Ngủ / 失眠 / 睡眠の問題

Melatonin is naturally produced in your brain. It signals to your body that it's nighttime and it's time to sleep. Therefore, it is important that you turn off the light when you go to sleep.

### OPTION #1:

Place ONE SILENT NIGHTS patch on the RIGHT SIDE of the body using one of the following locations.



### OPTION #2:

Using one of the following locations, place ONE **CARNOSINE** on the LEFT side of the body where you have the SILENT NIGHTS patch on the RIGHT.



### OPTION #3:

REVERSE PATCHING

**ENERGY ENHANCER** (WHITE) on K6 (LEFT side)  
**ENERGY ENHANCER** (TAN) on K6 (RIGHT side)



**OPTION #4:**

SILENT NIGHTS on K6 on the (RIGHT side)  
SILENT NIGHTS BL62 on the (RIGHT side)  
AEON on LV3 on the (RIGHT side)

**OPTION #5:**

SILENT NIGHTS on the bottom of Right foot  
CARNOSINE on the bottom of Left foot



**OPTION #6:** Unable to sleep due to HEAVY MENTAL ACTIVITY

SILENT NIGHTS on CV14  
CARNOSINE on CV21 and on GV24.5

**OPTION #7:**

You can also try one of these sleep-related acupoints on the RIGHT side of your body using SILENT NIGHTS patches.  
Stomach 16 (ST16)  
Pericardium 4 through 7 (P4 or P5 or P6 or P7)  
Spleen 6 (SP6)

**SNEEZING / Estornudo / Nhay Mui / 打噴嚏 / くしゃみ**

If you are sneezing without any particular reason and cannot stop, try the protocol below:  
According to TCM, sneezing is caused by Yang rising fighting against external pathogens

**Combination #1:**

ENERGY ENHANCER on GB20 (WRTL)  
ENERGY ENHANCER on LI20 – (WRTL)  
Double Stack AEON and GLUTATHIONE together on GV14  
CARNOSINE on CV21

**Combination #2:**

ENERGY ENHANCER on TW5 (WRTL)  
ENERGY ENHANCER on LI4 (WRTL)  
Double Stack AEON and GLUTATHIONE together on GV14  
CARNOSINE on CV21

**Combination #3:**

ENERGY ENHANCER (WHITE) on GB20 - (RIGHT side)  
ENERGY ENHANCER (TAN) on LI20 - (LEFT side)  
Double Stack AEON and GLUTATHIONE together on GV14  
CARNOSINE on CV21

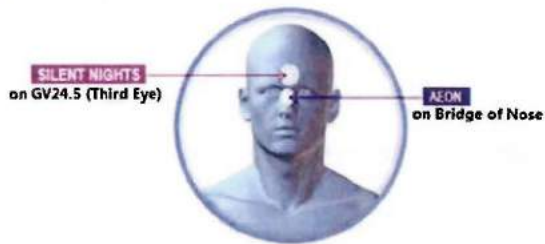
**Combination #4:**

ENERGY ENHANCER (WHITE) on LI4 - (RIGHT side)  
ENERGY ENHANCER (TAN) on TW5 - (LEFT side)  
Double Stack AEON and GLUTATHIONE together on GV14  
CARNOSINE on CV21

# SNORING / Ronquidos / Ngáy Ngủ / 打鼾 / いびき

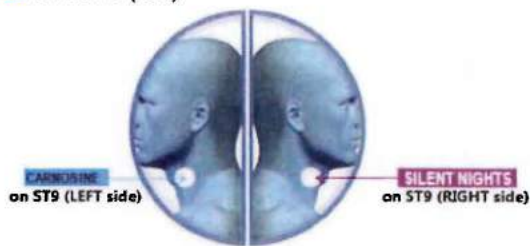
## OPTION #1:

SILENT NIGHTS on GV24.5  
AEON on Bridge of Nose



## OPTION #2:

SILENT NIGHTS on ST9 (right)  
CARNOSINE on ST9 (left)



# STOMACH ACHE / Dolor De Estómago / Đau Bụng / 胃痛 / 腹痛

## OPTION #1:

ICEWAVE on ST25 – (WRTL)  
GLUTATHIONE on CV8 (navel)

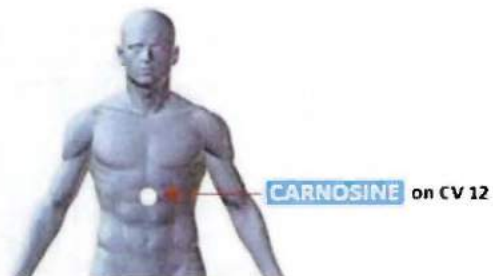


## OPTION #2:

ICEWAVE on ST36 – (WRTL)  
CARNOSINE on CV12

## OPTION #3:

ICEWAVE (WHITE) on ST36 on the right leg  
ICEWAVE (TAN) on SP6 on the LEFT side  
CARNOSINE on CV12



## OPTION #4: STOMACH CRAMPS

ENERGY ENHANCER (WRTL) on ST34  
AEON on top of ENERGY ENHANCER (WHITE) on ST34 RIGHT side

## STOMACH ULCER / Úlcera Estomacal / Loét Dạ Dày / 胃潰瘍 / 胃潰瘍

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### OPTION #1:

#### Step #1:

**ENERGY ENHANCER** (WHITE) on P6 - RIGHT side

**ENERGY ENHANCER** (TAN) on LI11 - LEFT side

**CARNOSINE** on CV12

**GLUTATHIONE** on top of the area of the stomach that gives you the most discomfort

If NO relief is noticed, go to Step #2

#### Step #2:

**ENERGY ENHANCER** (WHITE) on ST36 - RIGHT side

**ENERGY ENHANCER** (TAN) on SP4 - LEFT side

AEON Double Stacked over the **CARNOSINE** on CV12

### OPTION #2: REVERSE PATCHING

#### Step #1:

**ENERGY ENHANCER** (WHITE) on LI11 - RIGHT side

**ENERGY ENHANCER** (TAN) on P6 - LEFT side

**CARNOSINE** on CV12

**GLUTATHIONE** on top of the area of the stomach that gives you the most discomfort

If NO relief is noticed, go to Step #2

#### Step #2:

**ENERGY ENHANCER** (WHITE) on SP4 - RIGHT side

**ENERGY ENHANCER** (TAN) on ST36 - LEFT side

AEON Double Stacked over the **CARNOSINE** on CV12

## STOP SMOKING/CRAVING / Dejar De Fumar/Ansias/ Cai Thuốc Lá / 戒菸 / 禁煙します

### OPTION #1:

**ENERGY ENHANCER** on LU1 (WRTL)

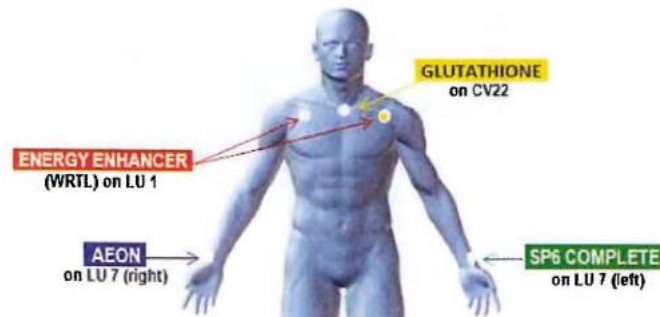
**GLUTATHIONE** on CV22

AEON on LU7 right

**SP6 COMPLETE** on LU7 left

### QUICK TEST:

Light a cigarette (hopefully it will be the last one), have a puff and place the **ENERGY ENHANCER** on LU1 position (WRTL). Keep smoking and notice if the taste changes in your mouth. After 2~3 min place the **GLUTATHIONE** on CV22. If you are receptive to the patches, you should experience an adverse sensation to the smoke. If you do, place the AEON patch on LU7 on the right and SP6 on the left- R and keep all patches for 24hrs. If you don't feel any difference with all patches on it is recommended that you start with the detoxification. (SEE DETOXIFICATION)



**OPTION #2:** Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Revisit after 30 days of patching. (See page 52 - Detoxification)



**DAY #1:**

**ENERGY ENHANCER** on LU1  
**SP6 COMPLETE** on LU7 on the left  
**GLUTATHIONE** or **AEON** on LU7 on the RIGHT side

**DAY #2:**

**ENERGY ENHANCER** on LU1  
**SP6 COMPLETE** on TB17 behind left ear  
**GLUTATHIONE** or **AEON** on TB17 behind right ear

**DAY #3:**

**ENERGY ENHANCER** on LU1  
**SP6 COMPLETE** on K7 on the left  
**GLUTATHIONE** on BL59 or LI 4 on the RIGHT side

**NOTE:** If you have withdrawal symptoms, place a **CARNOSINE** on GV2 and **GLUTATHIONE** on GV14

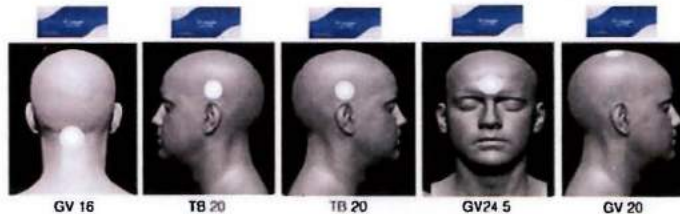
**STRESS / Estrés / Căng Thẳng / 壓力 / 応力**

Stress, Anxiousness, Irritability, Bad Temper

**OPTION #1:**

**DAY 1:**

**STEP #1:** Start patching in the morning, using AEON patch. Following below protocol for 30 minutes to an hour. Remove all patches, continue to STEP #2. You can also wear all patches for the rest of the day for faster results.



**STEP #2:**

**ENERGY ENHANCER** on LU1 (WRTL)  
**AEON** on GV14



**ENERGY ENHANCER**  
(WRTL) on LU 1



**AEON**  
on GV 14

**STEP #3:**

**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV17. Remove patch the next morning.



**CARNOSINE**  
on CV17

**DAY 2:**

**STEP #1:** SAME AS DAY 1, STEP #1

**STEP #2:**

**ENERGY ENHANCER** on LV3 – (WRTL)  
AEON on GV14

**STEP #3:** SAME AS DAY 1, STEP #3



**ENERGY ENHANCER**  
(WRTL) on LV 3



**AEON**  
on GV14

**DAY 3:**

**STEP #1:** SAME AS DAY 1, STEP #1

**STEP #2:**

**ENERGY ENHANCER** on P6 – (WRTL)  
AEON on GV14

**STEP #3:** SAME AS DAY 1, STEP #3



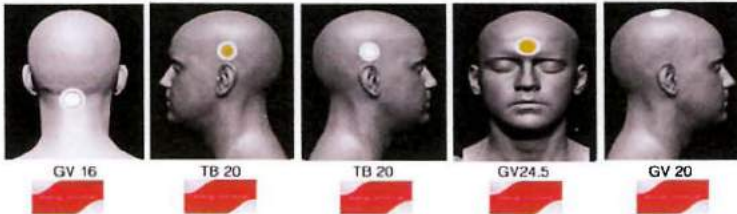
**ENERGY ENHANCER**  
(WRTL) on P6



**AEON**  
on GV14

**General notes:**

1. Step #1 & Step #3 are the same.
2. Wearing all above patching procedure in 3 steps daily for 3 consecutive days is considered 1.
3. It is recommended to continue for at least 3 consecutive cycles or until considerable improvement is noticed.
4. You can also use Energy Enhancer in place of Aeon for Step #1.



For the patch on top of head  
You can also replace with  
**GLUTATHIONE, CARNOSINE, or AEON**  
Or stack all 3 Y-Age together and  
wear at the same time.

**OPTION #2:**

**NIRVANA MOOD ENHANCER SYSTEM**



Nirvana Supplement is a natural seaweed extract that supports healthy endorphin production as well as produces a sustained result. You can take one tablet in the morning after breakfast and another tablet after lunch. Or you take both at the same time.



**NIRVANA patch:** Use 1 Nirvana patch daily follow below suggested positions either during the day or at night for 12 hours. Use new patch every day.



# STROKES / Apoplejia / Tai Biến Mạch Máu Não (Đột Quy) / 中風 / ストローク

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According to Mayo Clinic, a stroke occurs when the blood supply to part of your brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die. A stroke can sometimes cause temporary or permanent disabilities, depending on how long the brain lacks blood flow and which part was affected. Complications may include: paralysis or loss of muscle movement, difficulty talking or swallowing, memory loss or thinking difficulties, emotional problems, pain, changes in behavior and self-care ability.

LifeWave patches can support those challenges. ICEWAVE reduces pain, **ENERGY ENHANCER** increases circulation based on the Five-Element theory, **GLUTATHIONE** boosts immune system, **SILENT NIGHTS** provides better sleep, **AEON** reduces inflammation, and **CARNOSINE** repairs at the cellular level, **X39** activates stem cell, **THETA ONE & THETA ACTIVATES** has two forms of L-arginine, a precursor to nitric oxide that increases blood flow. By regenerating stem cells, improving energy, sleep, and appetite, and by reducing pain, the body becomes stronger and is better able to deal with the challenges.

It is **strongly** recommended that you continue with below protocol for a **minimum** of 3 months without stopping. This is the time that you need to invest in yourself and take care of your body.

## IN THE MORNING:

**STEP #1:** 5 Sets of **ENERGY ENHANCER** follow the diagram below.



**STEP #2:** 5 AEON follow the brain balancing diagram below.



**STEP #3:** 2 **GLUTATHIONE**, 1 **CARNOSINE**, and 1 **AEON** follow the diagram below.





**STEP #4:** Add two droppers full of Theta Activate and one pouch of Theta One into 16 oz of water. Consume daily on an **empty** stomach in the morning before breakfast or any time during the day at least one hour before or after eating or taking meds. However, **if night urination is not a concern, it is best to consume an hour before bedtime.**



## IN THE EVENING:

**STEP #1:** Use ONE X39 behind neck on GV14 or below belly in the evening. Rotate between these 2 locations daily. Remove patch in the morning.



**STEP #2:** ALAVIDA patch reduces oxidative stress and helps preserve antioxidants in the body. Use 1 patch daily on the 3<sup>rd</sup> eye between the 2 eyebrows.



**STEP #3:** Use ONE SILENT NIGHTS patch follow the diagram below.



**NOTE:** ADD CARNOSINE to where a clot may have formed. If you experience weakness or numbness in the leg, try adding ICEWAVE on GB29, GB32, and K1.

## **SWEATING EXCESSIVELY / Manos y Pies Sudorosos / Bệnh Ra Mồ Hôi Tay Chân / 手腳**

汗濕 / 汗をかく手と足

According to TCM, Excessive Sweating is caused by Yin Deficiency, presence of internal Heat and the disorder of Protective Chi. Therefore, it is important to Nourish Yin and remove Heat.

**ENERGY ENHANCER** (WHITE) on CV4

**GLUTATHIONE** Double Stacked over the **ENERGY ENHANCER** (WHITE) on CV4

**ENERGY ENHANCER** (TAN) on GV14

AEON Double Stacked over the **ENERGY ENHANCER** (TAN) on GV14

**ENERGY ENHANCER** (WHITE) SI3 - (RIGHT side)

**ENERGY ENHANCER** (TAN) on H6 - (LEFT side)

**CARNOSINE** on CV17

### **ADDITIONAL POINTS:**

For extreme cases of Yin Deficiency, try stimulating K7 by using:

**ENERGY ENHANCER** on K7 – (WRTL)

Another great combination to Nourish Yin is BL23 & SP6.

**ENERGY ENHANCER** on BL23 – (WRTL)

**ENERGY ENHANCER** on SP6 – (WRTL)

**OR**

**ENERGY ENHANCER** (WHITE) on BL23 - (RIGHT side)

**ENERGY ENHANCER** (TAN) on SP6 - (LEFT side)

It is **NOT** normal to sweat when you feel cold. According to TCM, this is caused by Lung Chi Deficiency.

### **Option#1:**

Apply in the morning, wear for 12 -16 hours, remove at night. Continue patching until you notice improvement.

**ENERGY ENHANCER** on BL13 – (WRTL)

**ENERGY ENHANCER** on LI11 – (WRTL)

**ENERGY ENHANCER** on LU7 – (WRTL)

AEON + **CARNOSINE** double stacked on CV17

**GLUTATHIONE** on GV14

### **Option#2: COLD SWEATY HANDS**

Apply in the morning, wear for 12 -16 hours, remove at night. Continue patching until you notice improvement.

**ENERGY ENHANCER** on BL15 – WRTL

**ENERGY ENHANCER** on SI3 – WRTL

**ENERGY ENHANCER** on LU9 – WRTL

AEON + **CARNOSINE** double stacked on CV14

**GLUTATHIONE** on LU1 - (RIGHT side)

### **Option#3: COLD SWEATY FEET**

Apply in the morning, wear for 12 -16 hours, remove at night. Continue patching until you notice improvement.

**ENERGY ENHANCER** on K7 – WRTL

**ENERGY ENHANCER** on K1 – WRTL

**ENERGY ENHANCER** on BL67 – WRTL

AEON + **CARNOSINE** double stacked on CV17

**GLUTATHIONE** on LU9 - (RIGHT side)

## SUNBURN PREVENTION / Prevención De Quemadura De Sol / Phòng Ngừa Chống Nắng / 防曬 / 日焼け予防

**GLUTATHIONE** on CV6 for 24 – 48 hours before sun exposure.



**GLUTATHIONE**  
on CV 6

Apply **ALAVIDA** cream immediately on top of skin after sun exposure for comfort.



ALAVIDA

## TENDONITIS / Tendinitis / Viêm Gân / 肌腱炎 / 腱炎

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Tendonitis is an inflammation or irritation of a tendon, a thick cord that attaches bone to muscle.

**AEON** on GV14

**ICEWAVE (TAN)** on the pain

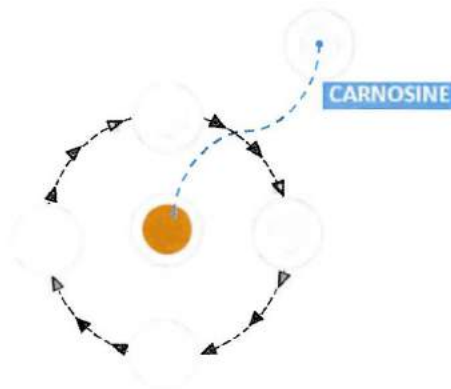
**ICEWAVE (WHITE)** using the "Clock Method" per brochure

**CARNOSINE** on top of **ICEWAVE (TAN)** patch



GV14

**AEON**



**CARNOSINE**

**TENSION IN NECK & SHOULDER / Tensión En Cuello y Hombros / Hội Chứng Căng Đau Vai Gáy / 頸部和肩部僵硬 / 首と肩の緊張**

**OPTION #1: STIFFNESS IN THE NECK AND SHOULDER**

Try this immediately before you experience pain.

**GLUTATHIONE** on Conception Vessel 6 (CV6)

**CARNOSINE** or **AEON** on Governing Vessel (GV14)



**GLUTATHIONE**  
on CV 6



**CARNOSINE**  
on GV 14

**OPTION #2: WHOLE BODY TENSION**

Problems begin when we internalize our stress, which results in stagnation of Energy/Blood/Body Fluid. The end result is Liver Yin and Yang Deficiency.

- Stagnation in the Stomach could result in Pain, Hyperacidity, or even Ulcers.
- Stagnation in the Skin could result in Eczema.
- Stagnation in the Blood Vessels could result in High Blood Pressure, or Headaches or Mental Depression with Suppressed Aggression.

Today, life is full of tension and stress and can often feel overwhelming. As a result, we may experience symptoms such as: weak and tense muscles, nervous tremors or tics, and high or low blood pressure, all of which make proper diagnosis and/or treatment challenging.

**POWERFUL COMBINATION**

**VARIATION #1:**

**AEON** on GV14

**ENERGY ENHANCER (TAN)** on LU7 - LEFT side

**ENERGY ENHANCER (WHITE)** on LV3 - RIGHT side

**CARNOSINE** on YinTang Extra Point (3<sup>RD</sup> eye, between the eyebrow)



GV14

**AEON**



2 Fingers

**ENERGY ENHANCER (TAN)** on LU7



**ENERGY ENHANCER (WHITE)** on LV3



**CARNOSINE**  
YinTang 3rd Eye

**VARIATION #2:**

**CARNOSINE** on GV14

**ENERGY ENHANCER (TAN)** on LV3 - LEFT side

**ENERGY ENHANCER (WHITE)** on LU7 - RIGHT side

**AEON** on YinTang Extra Point



GV14

**CARNOSINE**



**ENERGY ENHANCER (TAN)** on LV3



2 Fingers

**ENERGY ENHANCER (WHITE)** on LU7



**AEON**

YinTang 3rd Eye

Even though we are using the same Acupoints, we are actually Moving Energy in a very different way. Try each variation for a minimum of 3 consecutive days to see which option works better for you.

# THROAT ISSUE / Problema De Garganta / Vấn Đề Về Cổ Họng / 喉嚨問題 / 喉の問題

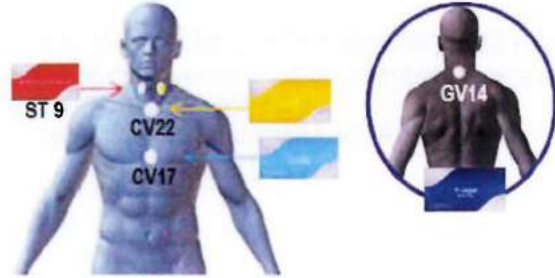
## OPTION #1: BACTERIAL INFECTION

AEON on GV14

GLUTATHIONE on CV22

CARNOSINE on CV17

ICEWAVE or ENERGY ENHANCER on ST9 (WRTL)



## OPTION #2: ITCHY THROAT

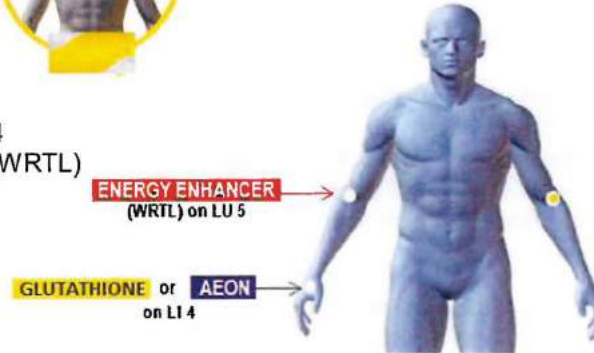
GLUTATHIONE on CV22



## OPTION #3: SORE THROAT

GLUTATHIONE or AEON on LI4

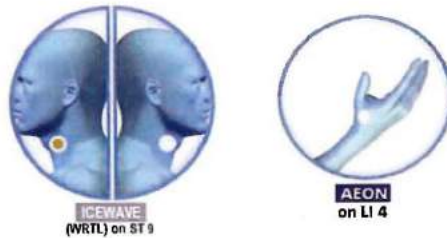
ENERGY ENHANCER on LU5 (WRTL)



## OPTION #4: SORE THROAT

ICEWAVE on ST9 (WRTL)

AEON on LI4 (RIGHT)



# TINGLING/GUILLAIN-BARRE SYNDROME / Hormigueo/síndrome Guillain-Barre / Ngứa Râm Ran/Suy Yếu Hoặc tê Buốt ở Hai Chân / 刺痛/無力或麻木中風前格林-巴利综合征

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This often begins with tingling and weakness starting in your feet and legs and spreading to your upper body and arms. These symptoms may begin — often not causing much notice — in your fingers and toes. In some people, symptoms begin in the arms or even the face. As the disorder progresses, muscle weakness can evolve into paralysis.

Start with the Yin-Yang Balancing and Detox, Side 'A' for 10 days, and side 'B' for another 20 days. Re-visit after 30 days of patching. (See page 52 - Detoxification)



Add ICEWAVE on ST6 (WRTL)

GLUTATHIONE on GV2 to create Vortex energy.

## TOOTHACHE / Dolor De Muelas / Đau Răng / 牙疼 / 齒痛

ICEWAVE (TAN) patch on the point of pain  
"Stack" a **CARNOSINE** patch over the ICEWAVE (TAN)  
ICEWAVE (WHITE) on LI4 (Right hand)  
"Stack" 1 AEON patch on LI4 over the ICEWAVE (WHITE).

## TRIGEMINAL NEURALGIA / Neuralgia Trigéminale / Đau Dây Thần Kinh Sinh Ba (Bệnh Đau Mặt) / 三叉神經痛 / 三叉神經痛

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Trigeminal Neuralgia also called tic douloureux, is a condition that is characterized by intermittent, shooting pain in the face. Trigeminal neuralgia causes a sudden, severe, electric shock-like, or stabbing pain that lasts several seconds. The pain can be felt on the face and around the lips, eyes, nose, scalp, and forehead. Symptoms can be brought on when brushing teeth, putting on makeup, touching the face, swallowing, or even feeling a slight breeze.

### Option #1:

ICEWAVE on TaiYang point - next to eye on temple (WRTL)  
ICEWAVE on ST4 - (WRTL)  
AEON on special acupuncture point called Jia Cheng Jiang (RIGHT side)  
**GLUTATHIONE** on LI 4



### Option #2:

ICEWAVE on ST7 - (WRTL)  
ICEWAVE on TaiYang point - next to eye on temple (WRTL)  
AEON on special acupuncture point called Jia Cheng Jiang (RIGHT side)  
**GLUTATHIONE** on LI4  
**ENERGY ENHANCER** on LV3 (WRTL)  
**ENERGY ENHANCER** on GB20 (WRTL)

## TRIGGER FINGER / Dedo De Gatillo / Ngón Tay Cò Súng (Ngón Tay Bật) / 扳指痛 / トリガーフィンガー

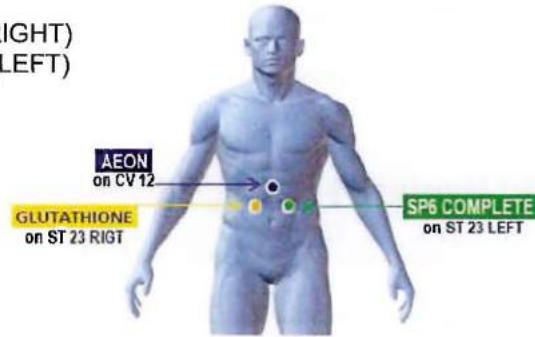
ICEWAVE (TAN) on the finger that cannot be bent or is having pain  
**CARNOSINE** "stacked" over the ICEWAVE (TAN)  
ICEWAVE (WHITE) about midpoint between wrist and elbow on the same side of the finger.



# TUMMY REDUCTION / Reducción De Barriga / Giảm Béo Bụng / 縮小腹部 / 腹の縮小

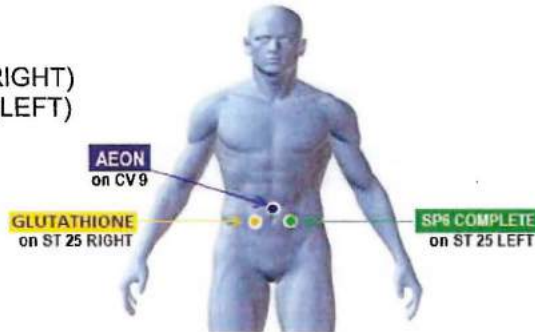
## Day #1:

GLUTATHIONE on ST23 (RIGHT)  
SP6 COMPLETE on ST23 (LEFT)  
AEON on CV12



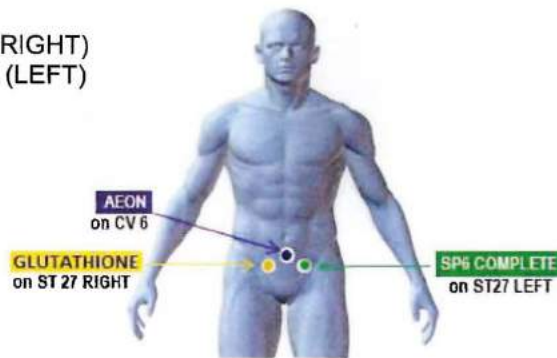
## Day #2:

GLUTATHIONE on ST25 (RIGHT)  
SP6 COMPLETE on ST25 (LEFT)  
AEON on CV9



## Day #3:

GLUTATHIONE on ST27 (RIGHT)  
SP6 COMPLETE on ST27 (LEFT)  
AEON on CV6



## Day #4: Repeat

NOTE: For better result, follow LifeWave WinFit Body Shaping system non-stop for a minimum of 3 months.

**winFit**



## URINARY ISSUES / Problemas Urinarios / Vấn Đề Về Tiết Niệu / 排尿問題 / 泌尿器科の問

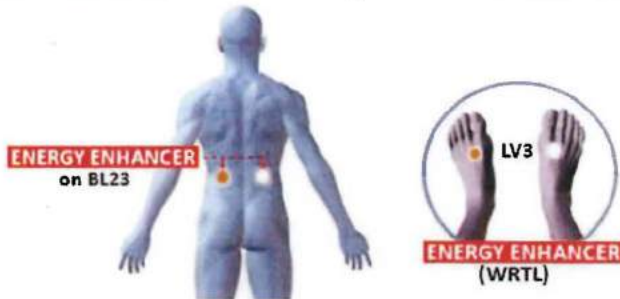
The patches are not intended to treat, prevent or cure any disease. The suggested protocol does not replace the diagnosis and treatment by a qualified licensed healthcare professional. We strongly recommend that you consult with your doctor concerning your specific health challenge and treatment needed. No medical claims are being made with the suggested protocol below.

Apply in the morning:

**ENERGY ENHANCER** (WRTL) on Bladder 23

**ENERGY ENHANCER** (WRTL) on Liver 3

**GLUTATHIONE** on CV3 or CV6 (rotate between these 2 points)



**In the Evening** – Remove ALL morning patches and apply 1 **CARNOSINE** on CV3 or CV6. Remove patch the next morning.

**For Bladder Infection:**

Bladder infections can be painful and serious and may require medical attention. The following protocol may help alleviate the pain. Try the protocol below: Use several of the Y-Age patches directly over the bladder.

**CARNOSINE**, **AEON**, and **GLUTATHIONE**.



## VAGINAL INFECTION / Infección Vaginal / Nhiễm Trùng Âm Đạo / 陰道感染 / 膻感染

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**OPTION #1:**

3 Y-Age (**GLUTATHIONE**, **AEON**, **CARNOSINE**) outside of undies.

**OPTION #2:**

**ENERGY ENHANCER** on SP6 (WRTL)

**ENERGY ENHANCER** on SP9 (WRTL)

**GLUTATHIONE** on CV8

**GLUTATHIONE** on GV4





## VERTIGO / Vértigo / Chóng Mặt / 眩暈 / めまい

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**OPTION #1:** Many cases of vertigo have been reported by members especially from seniors. This patching protocol has been proven effective.

**ENERGY ENHANCER** (WRTL) on P6  
**ENERGY ENHANCER** (WRTL) on K1



### OPTION #2:

Day 1:

**ENERGY ENHANCER** (WHITE) on GB20 – RIGHT side

**ENERGY ENHANCER** (WHITE) on LV3 – RIGHT side

AEON on GV14

**GLUTATHIONE** on CV4

**CARNOSINE** on CV17

NOTE: **ONLY ENERGY ENHANCER** (WHITE) PATCHES ON THE RIGHT SIDE ARE USED.

Day 2:

**ENERGY ENHANCER** (TAN) on GB20 – LEFT side

**ENERGY ENHANCER** (TAN) on LV3 – LEFT side

AEON on GV14

**GLUTATHIONE** on CV4

**CARNOSINE** on CV17

NOTE: **ONLY ENERGY ENHANCER** (TAN) PATCHES ON THE LEFT SIDE ARE USED.

### OPTION #3:

STEP #1:

**ENERGY ENHANCER** on LI4 – (WRTL)

**ENERGY ENHANCER** on LV3 – (WRTL)

In acupuncture, Large Intestine 4 (LI4) and Liver 3 (LV3) combined is called the Four Gates. These 2 points work together to circulate the qi and blood through the body. They help to open all the meridians, increase circulation, and decrease pain.

STEP #2:

AEON on GV14

**CARNOSINE** on CV17

**GLUTATHIONE** on CV4

If you don't experience noticeable changes, continue to Step #3

STEP #3:

**ENERGY ENHANCER** on P6 – (WRTL)

AEON on P6 over the **ENERGY ENHANCER** (WHITE) - RIGHT side.

If you don't experience noticeable changes, continue to Step #4

STEP #4:

**ENERGY ENHANCER** on ST36 – (WRTL)

**OPTION #4:**

**STEP #1:**

AEON on GB8 - RIGHT side



**STEP #2:**

If the RIGHT side is not giving you relief, move to the left.  
AEON on GB8 - LEFT side



**STEP #3:**

X39 on GB8 - Right or LEFT side (Check which position works better for you)

**STEP #4:**

AEON on P6 - Right or LEFT side (Check which position works better for you)

**STEP #5:** Combining GB8 and P6

X39 or AEON on GB8 - Right or LEFT side (Check which position works better for you)  
CARNOSINE on P6 - on the same side you placed the AEON OR X39.

**STEP #6:** Contralateral

X39 or AEON on GB8 - Right or LEFT side (Check which position works better for you)  
CARNOSINE on P6 - on the opposite side you placed the AEON OR X39.

Example: If X39 or AEON is on top of the **LEFT** ear, then **CARNOSINE** is on the **RIGHT** side of your wrist.



**STEP #7:** Bilaterally on point GB8

AEON OR X39 on GB8 - RIGHT side  
CARNOSINE on GB8 - LEFT side

**STEP #8:** Bilaterally on point P6

AEON OR X39 on P6 - RIGHT side  
CARNOSINE on P6 - LEFT side

**VOMITING / Vómito / Nôn Mửa / 嘔吐 / 嘔吐**

**OPTION #1:**

CARNOSINE on CV12  
ENERGY ENHANCER on P6 - (WRTL)



**OPTION #2:**

CARNOSINE on CV12  
AEON on P6 – RIGHT side

**OPTION #3:**

CARNOSINE on CV12  
ENERGY ENHANCER on this special Vomiting point – (WRTL)



**OPTION #4:**

CARNOSINE on CV12  
AEON on this special Vomiting point

**OPTION #5:**

CARNOSINE on CV12  
ENERGY ENHANCER on ST25 – (WRTL)  
GLUTATHIONE on CV4



**OPTION #6:**

CARNOSINE on CV12  
ENERGY ENHANCER on P6 – (WRTL)  
ENERGY ENHANCER on ST36 – (WRTL)  
ENERGY ENHANCER on LI4 – (WRTL)  
GLUTATHIONE on CV8  
AEON on GV14

**WART / Verruga / Mụn Cóc / 疣 / いぼ**

Warts are small rough growths on the skin caused by a virus. They are usually painless.

Try placing a single GLUTATHIONE patch directly over the wart daily for a week. Use a new patch every day

**WATERY EYE / Ojos Llorosos / Chảy Nước Mắt / 水汪汪的眼睛 / 水っぽい目**

**RIGHT EYE** – Test this protocol for at least 3 consecutive days. Start in the morning, and remove all patches in the evening. Members report success using this protocol.

**STEP #1:**

ENERGY ENHANCER on LI4 – (WRTL)  
ENERGY ENHANCER on LV3 – (WRTL)

In acupuncture, Large Intestine 4 (LI4) and Liver 3 (LV3) combined is called the Four Gates. These 2 points work together to circulate the qi and blood through the body. They help to open all the meridians, increase circulation, and decrease pain.

GLUTATHIONE on LV3 (Left Side) over the ENERGY ENHANCER (TAN) without removing the paper backing of the patch, leave the patch there for 4 hours.

AEON over Umbilicus or CV8

**STEP #2:**

After 4 hours, move **just** the **GLUTATHIONE** Patch from LV3 (Left Side) to LI4 (Left Side), again over the **ENERGY ENHANCER (TAN)** and leave all other patches in place.

**STEP #3:**

After 4 hours, move once again just the **GLUTATHIONE** Patch from LI4 (Left Side) to GB20 (Left Side) and leave all other patches in place.

**LEFT EYE****STEP #1:**

**ENERGY ENHANCER** on LI4 – (WRTL)

**ENERGY ENHANCER** on LV3 – (WRTL)

**GLUTATHIONE** on LV3 (RIGHT Side) over the **ENERGY ENHANCER (WHITE)** without removing the paper backing of the patch, leave the patch there for 4 hours.

**AEON** over Umbilicus or CV8

**STEP #2:**

After 4 hours, move **just** the **GLUTATHIONE** Patch from LV3 (RIGHT Side) to LI4 (RIGHT Side), again over the **ENERGY ENHANCER (TAN)** and leave all other patches in place.

**STEP #3:**

After 4 hours, move once again just the **GLUTATHIONE** Patch from LI4 (RIGHT Side) to GB20 (RIGHT Side) and leave all other patches in place.

**BOTH EYES**

Try moving the **GLUTATHIONE** patch either LEFT or RIGHT side and notice which option works best for you. Then add **ENERGY ENHANCER** on GB20 - WRTL

**WHEEZING / Silbido / Thở Khò Khè / 喘息 / 喘鳴**

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Wheezing is referred to as a high-pitched whistling sound made while you breathe. Perhaps, you can hear it most clearly when you exhale, but in severe cases, it can be heard when you inhale. It is caused by narrowed airways and/or inflammation and typically indicates some difficulty breathing.

**ENERGY ENHANCER** on BL13 (WRTL)

**AEON** and **GLUTATHIONE** double stacked on CV22

**ENERGY ENHANCER** on LU5 (WRTL)

**ENERGY ENHANCER** on LU9 (WRTL)

**CARNOSINE** on CV17

Below is a brief explanation of the commonly used meridian points in this guide. Understand that an individual point should not be looked at as a solution to a health challenge; rather, these points are meant to work in combination with one another.

**BL60 (Urinary Bladder 60) – 昆侖 KunLun**

This point is useful for acute lumbar pain, swelling, heel pain, difficult labor, headache, neck stiffness, dizziness, epistaxis, infantile convulsion. NOTE: pregnant women should be warned that this point can induce labor. For more information, refer to the book "A Manual of Acupuncture" difficult labor, retention of placenta, difficulty in conceiving.

**BL62 (Urinary Bladder 62) – 申脈 ShenMai**

This point is useful for insomnia, extroversion of foot, headache, neck rigidity, leg pain.

**CV4 (Conception Vessel 4) – 關元 GuanYuan**

This point is useful for impotence, enuresis, frequent micturition, retention of urine, irregular menstruation, metrorrhagia, prolapse of the uterus, infertility, postpartum hemorrhage, flaccidity of apoplexy, diarrhea, prolapse of rectum, dyspepsia, strengthens and nourishes the kidneys (Yin and Yang Qi).

**CV6 (Conception Vessel 6) – 氣海 QiHai**

This point is useful for abdominal pain, diarrhea, constipation, enuresis, hernia, impotence, irregular menstruation, amenorrhea, and strengthens kidney Qi.

**CV17 (Conception Vessel 17) – 膻中 TanZhong**

This point is useful for asthma, pain and oppression of the chest, cardiac pain, palpitations, insufficient lactation, hiccup, dysphagia. CV17 opens the chest, tonifies and regulates lung Qi.

**CV22 (Conception Vessel 22) – 天突 TianTu**

This point is useful for cough, asthma, chest pain, sore throat, sudden hoarseness of the voice, goiter, plum pit sensation in the throat, dysphagia. CV22 helps to redirect the flow of blood and energy throughout the body restoring and balancing your health.

**GB14 (Gallbladder 14) – 陽白 YangBai**

This point is useful for facial paralysis, ptosis of the lower eyelid, blur vision, eye pain, forehead pain, vertigo.

**GB41 (Gallbladder 41) – 足臨泣 ZuLingQi**

This point is useful for migraine, redness and pain of the eye, spasm and pain of the foot and toe.

**GV2 (Governing Vessel 2) – 腰俞 YaoShu**

This point is useful for irregular menstruation.

**GV4 (Governing Vessel 4) – 命門 MingMen**

This point is useful for impotence, irregular menstruation, leukorrhea, diarrhea, stiffness and pain of the lumbar.

**GV14 (Governing Vessel 14) – 大椎 DaZhui**

This point is useful for febrile disease, night sweats, aversion to cold, common cold, redness, swelling and pain of the eye, neck rigidity and pain, cough.

### **H3 (Heart 3) - 少海 ShaoHai**

This point is useful for spasmodic pain and numbness of the elbow and arm, hand tremor, phlegm, clears heat, benefits the arm, alleviates pain. Good local point to move the Qi and Blood.

### **H7 (Heart 7) - 神門 ShenMen**

This point is useful for emotional issues, especially those with related sleep or thinking manifestations - insomnia, muddled thinking. Irregular heartbeat, heart and phlegm fire leading to insomnia, anxiety, mania, physical responses to emotional stimuli - anxiety with palpitations, nausea with panic and or fear. HT 7 is *the* point for emotional issues, especially excessive anxiety and worry.

### **K1 (Kidney 1) - 涌泉 YongGuan**

This point is useful for liver Yang rising or liver Fire - Headaches, chronic sore throat, dry mouth, low back pain. Tonify kidney or heart Yin - insomnia, palpitations, anxiety, poor memory, mania, hot flashes, night sweats. Also useful for headache, nausea, insomnia, etc.

### **K3 (Kidney 3) - 太谿 TaiXi**

This point is useful for impotence, frequent need to urinate, tinnitus, irregular menstruation, lumbar pain, headache, dizziness, blurring of vision, cough, asthma, Insomnia.

### **K27 (Kidney 27) - 俞府 ShuFu**

This point is useful for opens the chest, descends rebellious lung and stomach Qi, asthma, constricted breathing, cough, chest tightness, fatigue, lowered immunity, chest pain, vomiting.

### **LI4 (Large Intestine 4) - 合谷 HeGu**

This point is useful for headache and body ache, dizziness, congestion, swelling and pain of the eye, epistaxis (nosebleed), toothache in the lower jaw, trismus (lockjaw), deafness, swelling of the face, facial paralysis, facial tic, swelling of the pharynx and aphonia (inability to speak). Gastric pain, abdominal pain, constipation, diarrhea, hemiplegia, finger spasm, pain in the arm. LI4 strengthens immunity, stops pain, regulates the face and head area, induces labor. Regulates the sweat glands, for excessive sweating. Any problem on the face - sense organs, mouth, teeth, jaw, toothache, allergies, rhinitis, hay fever, acne, eye problems, etc.

### **LI11 (Large Intestine 11) - 曲池 QuChi**

This point is useful for fever, sore throat, hemiplegia, pain and motor impairment of the shoulder, swelling and pain of the knee, headache, dizziness, redness, swelling and pain of the eye, blurring vision, abdominal pain, vomiting, diarrhea. LI11 is one of the strongest points in the body for clearing heat.

### **LV3 (Liver 3) - 太冲 TaiChong**

This point is useful for headache, eye issues - blurred vision, red, swollen, painful eyes, depression, pain in the hypochondrium, abdominal distention, hiccup, weakness, numbness and pain of the lower extremities, difficulty in walking, irregular menstruation. Calming point - anger, irritability, insomnia, anxiety. LV3 prevents Chi stagnation in the body and is the most important point for combatting stress.

### **LU1 (Lung 1) - 中府 ZhongFu**

This point is useful for cough, asthma, wheezing, chest pain, shoulder and back pain.

### **LU9 (Lung 9) - 太渊 TaiYuan**

This point is useful for cough with a large amount of phlegm, asthma, headache, cold, pain and weakness of the lower extremities, wrist pain.

### **P6 (Pericardium 6) – 內關 NeiGuan**

This point is useful for chest congestion, pain in the hypochondrium, cardiac pain, palpitation, vomiting, hiccup, depression, dizziness, vertigo, spasm and pain of the upper extremities, cough, asthma, irritability, nervousness, stress, poor memory, nausea, motion sickness, carpal tunnel syndrome. P6 opens the chest, regulates heart Qi, calms the Shen, harmonizes the stomach, relieves nausea and vomiting, regulates Qi.

### **SP6 (Spleen 6) – 三陰交 SanYinJiao (English translation: Three Yin Intersection)**

SP6 is the point at which the Spleen, Liver and Kidney meridians intersect. This point is useful for irregular menstruation, menstrual cramps, prolapse of uterus, postpartum faintness, persistent lochia, infertility, premature ejaculation, hernia, edema, dysuria, diarrhea, paralysis of the foot, muscular pain, diseases of the skin, urticaria, insomnia, headache, dizziness. SP6 strengthens the Spleen and Stomach, resolves dampness, harmonizes the Liver, strengthens the Kidneys, nourishes Blood and Yin, regulates menstruation, cools and invigorates the Blood, benefits urination, calms the Shen.

### **SP21 (Spleen 21) – 大包 Dabao**

This point is useful for pain all over the body. Moves Blood, regulates Qi, general aching and weakness of the limbs, asthma, pain in the chest and hypochondrium, pain of the thoracic region, cough, chest oppression, shortness of breath.

### **ST27 (Stomach 27) – 大巨 DaJu**

This point is useful for lower abdominal distention and pain, dysuria, difficult urination, irregular menstruation, abdominal pain, bloating, anxiety, panic attacks, insomnia, etc..

### **ST36 (Stomach 36) – 足三里 ZuSanLi**

This point is useful for gastric pain, vomiting, dysphagia, abdominal distention, diarrhea, indigestion, constipation, abdominal pain, acute mastitis, emaciation due to general deficiency, palpitation, shortness of breath, poor appetite, pain in the knee joint, edema. ST36 tonifies Qi and Blood, harmonizes and strengthens the Spleen and Stomach, strengthens the body and Wei qi, raises Yang, calms the Shen, activates the meridian, stops pain.

### **ST38 (Stomach 86) – 條口 TiaoKou**

This point is useful for coldness, pain, and weakness of the shoulder, Muscular atrophy, weakness, numbness and pain of the lower extremities, swelling of the foot, spasm, adhesive capsulitis or "frozen shoulder."

### **TB5 (Triple Burner/warmer 5) – 外關 WaiGuan**

TB5 is responsible for moving energy between the upper body and the lower body. This point is useful for fever and chills, cold, headache, redness or swelling and pain of the eye, tinnitus, deafness, nosebleed, dizziness, pain in the neck, shoulder, arm elbow, wrist and fingers, etc.

# LifeWave Commits Over \$2.1 Million Donation!

September 25, 2013 at 8:44am



LifeWave is proud to announce that we will be providing a long-term donation to the Military Order of the Purple Heart (MOPH) in an effort to reach Veterans who have been wounded in combat, but can't afford to provide themselves with pain management. These individuals live with pain from injuries sustained in battle, and in most cases expensive pharmaceutical drugs do not provide sufficient pain relief. LifeWave has committed a donation with a retail value in excess of \$2.1 million. This donation will include Aeon and IceWave patches, which are designed to deliver these Veterans fast, natural, and drug-free pain relief. In addition, LifeWave staff, medical doctors and support personnel will be made available to the MOPH for the purpose of providing expertise on product usage as well as other services.

*"LifeWave honors those brave men and women of the armed services who defend the United States, and often with their lives. I am personally delighted that this partnership with the MOPH has occurred, and we will be able to help those who are suffering in pain with our technology," said LifeWave Founder and CEO, David Schmidt. "This is one of the most important parts of our mission as a company."*

Long time LifeWave member, Thomas Burke, first developed LifeWave's relationship with the MOPH and has been personally responsible for organizing nearly all of the humanitarian aid LifeWave has provided during its 11-year history as a company. It is estimated that well over 1,000 Purple Heart recipients will be able to experience drug-free pain relief each month because of the donation of LifeWave products!

*"I have had the experience of seeing first-hand long-standing pain suffered by some of our Purple Heart Veterans relieved in seconds. For David Schmidt and LifeWave to make this technology available to many of our Combat Wounded Veterans who cannot afford this unique product is a tremendous act of compassion and generosity. That this will be life changing for these Veterans is the understatement of the year," said MOPH Florida State Commander, Richard Hunt.*

*"As President of LifeWave, and a Purple Heart Recipient myself, I stand shoulder to shoulder with this profoundly important organization," said Mike Collins. "Their work is the work that carries on long after the wounds heal over, and I am proud and humbled to be associated with this mission."*





**Q: What is your most favorite form of relaxation?**

DAVID: A) A form of resistance training like weight lifting. As we age, our bodies tend to lose muscle mass. When we lose muscle mass, there is a corresponding decrease in bone density. So, an important part in any anti-aging strategy is to keep the muscles strong and fit. It also happens that weight lifting can be a great way to de-stress. I have one day of high-intensity training in my routine, but enjoy a 30-minute workout 3 to 5 days per week. I will also put a favorite movie like "The Avengers" into the TV where I exercise.

B) Chi Kung. This is one of the ultimate ways to de-stress. I have been practicing Chi Kung daily for twenty years. I would recommend the book "The Way of Energy" by Master Lam Kam-Chuen. Chi Kung training strengthens the body as a whole, is relaxing, easy, convenient and promotes anti-aging.

C) Meditation. I have tried different forms over the years, but the method I find most practical is to meditate just prior to falling asleep at night. I generally focus on relaxing the body first, and then turning my focus on either the "third eye" or above the head. I use meditation as a spiritual practice to focus on attaining peace and enlightenment, and by virtue of this focus relaxation occurs.

**Q: What motivated you through the toughest year before you succeeded?**

DAVID: My toughest year was in 2007. LifeWave had been a victim of a credit card fraud scheme the year before, and it nearly drove us bankrupt. There was a 14-month period where I could not take a salary, and had to live off of credit cards to survive. What held me together were two things. First, I would spend about 3 hours each Sunday walking at La Jolla beach, and praying over the situation and asking God for strength and guidance. Second, the testimonials we received each week from our members helped to reinforce that this is what I was meant to do with my life, and with so many people suffering and in need of our products, I could not simply turn away and give up. I am very grateful that I went through this period as difficult as it was, because ultimately, I am a better person because of it.

**Q. What is your routine for finding a solution to a problem? I have heard you talk about it live, but do you have a kind of formula?**

DAVID: I am not sure I would call it a routine, as for me, it is a very natural process. I would compare this to playing the piano; for one person learning to play piano is very difficult, for another person they become world famous because they are blessed with this gift. Each person has their own gifts, and part of life is to know yourself--both strengths and weaknesses. For myself, the process begins with prayer. There is only one true source of knowledge, so if you want to know a truth to solve a problem, you should go to the source of all knowledge. Knowledge may also be found in nature, for it is the embodiment of the source. So, to solve a problem I might look towards nature (biomimetics) or be inspired from prayer. Before I go to sleep at night, I put a thought into my mind of what I am searching for, and the answer is given to me in the morning (a thought enters my mind on the subject).

**Q. Do you ever dance the chicken dance at the office when you're feeling good? :)**

DAVID: I am a terrible dancer, but I do like to sing. In fact, at a LifeWave event, I jumped up on stage, grabbed the microphone from the band, and began to belt out "Love Shack". I was told I did a pretty good job with it :).

**Q: When should I use the Energy Enhancer patches?**

DAVID: You should use the Energy Enhancer patches when you need to improve energy production, athletic performance and endurance, and to promote a general sense of well-being.

**Q: What should I expect to feel when using the Energy Enhancer patches?**

DAVID: Although individual results may vary, you should expect to feel elevated, stable energy levels throughout the day. This includes an increase in physical energy and endurance. You may also initially experience some detoxification symptoms.

**Q: What will I feel when wearing the Y-Age Carnosine patch?**

DAVID: As is the case with the other Y-Age patches, you may note some initial detoxification symptoms. Some people have reported a sedative effect when using Carnosine. If you find this to be true for you, try wearing this patch in the evening.

**Q: What is Glutathione and what are its benefits?**

DAVID: Glutathione is the body's master antioxidant and helps to detoxify and cleansing the body and neutralize free radicals while supporting the immune system. Detoxing Heavy metal such as mercury & lead, preventing disease for better body.

**Q: How does the LifeWave™ nanotechnology work if nothing enters the body?**

*DAVID: It is believed that the content of the patches communicates with the body through the human magnetic field. This is known as frequency modulation and Resonant Energy Transfer (RET). Utilizing Resonant Energy Transfer or RET; the LifeWave™ patches reprogram and reflect back magnetic waves produced by our body's energy system signaling our body to increase energy.*

**Q: Why haven't I experienced pain relief?**

*DAVID: The most common reason is dehydration. Drink one or two glasses of water and wait 20-30 minutes to apply patches. Another common reason is that you have placed the patches in the wrong locations. Using IceWave patches for pain control requires practice, follow the Clock Method instructions. If you have followed the directions and have not experienced pain relief, try placing the patches on the bottom of the feet (Kidney 1).*

**Q: I was wondering how you would patch for contact dermatitis?**

*DAVID: We do not have any clinical studies on applying our patches for this condition. For general improvement of the skin you would use the Glutathione patch. In Chinese medicine the lungs are connected to the health of the skin, so in addition you could apply the Energy patches to lung points, such as the Lung 9 points on the wrists.*

**Q: I'm 47 and have been battling adult acne. Have any studies been done, or is there a patch protocol already in place?**

*DAVID: Yes, we have performed a study on the use of our Glutathione patch in relieving acne. Acne is a medical condition, so we cannot claim our patch will improve this condition. For improving the health of the skin, I would recommend our Glutathione patch. There are also a number of nutrients as well as dietary changes that can help in relieving acne naturally.*

**Q: When I drive a long distance, my sciatic nerve acts up. How would I patch for that?**

*DAVID: Fortunately, IceWave and Aeon work GREAT for this problem! Place Aeon on the back of the neck. Place the TAN patch at the location of the pain on the lower back. Then, place the WHITE patch at the Liver 3 acupoint on top of the foot, ON THE SIDE WHERE THE PAIN RADIATES DOWN. This should eliminate the pain.*

**Q: What to do for a migraine?**

*DAVID: Place an Aeon patch at the back of the neck. We have the protocols for migraines in our ICEWAVE instructions. One location is to place the patches on the hands at the Large Intestine 4 location. This spot usually works very well. You could also place the patches on the temples, White on right, Tan on left. I am so very happy at how many people we have helped over the years with migraines!*

**Q: Any ideas for patching chronic muscular pain?**

*DAVID: For chronic muscular pain I might try the Carnosine patch, since it is involved in tissue repair. You could apply the Carnosine patch directly to the injured area. In addition, I would DEFINITELY recommend Theta One. Theta One elevates HGH levels which is exactly what the body requires for tissue repair.*

**Q: Is it safe to use IceWave patches during pregnancy or while breastfeeding?**

*DAVID:*

*LifeWave is passionate about research. In fact, over the past 10 years we have performed 70 clinical studies on our patches! This is a remarkable feat not matched by any other network marketing company. While our clinical research has demonstrated that all of our patch products are extremely safe, with no adverse side effects, we have never performed a clinical study on women that are pregnant or breastfeeding. On this basis, we have no evidence by which we can recommend our patches to women that are pregnant or nursing. If this is something that you would wish to pursue, we would recommend that you work with a doctor that is familiar with our products.*

**Q: I have a friend who is suffering from kidney stones...she is waiting to have an operation in a few weeks and is suffering great pain from them...what protocol would you suggest David to give her the most relief from her pain now and would you recommend the 5-day detox protocol before or after her operation.**

*DAVID: An old naturopathic remedy for Kidney Stones is malic acid, as found in Apples. Eating a few apples each day will help to soften the kidney stones, which will alleviate the pain. A preventative remedy for Kidney Stones is a Liver/Gallbladder flush using Epsom Salts, Olive Oil and Grapefruit Juice. The instructions are VERY precise, so look this up on the internet. This flush should not be performed without a doctor's consent. One other natural remedy is Apple Cider Vinegar. With the patches, we want to try and alleviate some of the inflammation that the stones are causing. I would use the "Circle the Dragon" protocol. Place a glutathione patch directly on top of the area of the most pain. Then, place a glutathione patch north, south, east and west of the center patch.*

**Q: Can patches be stacked on top of one another and still receive the same benefit from all patches?**

DAVID: An example would be to place any combination of Aeon, Glutathione, and Carnosine over the same meridian at the same time. There are many independent distributors promoting the placement of our patches in a "stacked" configuration. Please note that the instructions that we include with our products DO NOT include this as an option. The reason for this is that we have not performed a clinical study to demonstrate whether or not this in fact works. So, stacking patches may work, but at this point in time we have no scientific evidence to substantiate this. As another note, ALL patch placements and claims that LifeWave makes are supported by the more than 70 clinical studies we have completed on our products over the last 10 years. So, when you see a statement in our literature, you have the confidence of knowing it is backed by science.

**Q: I get a lot of muscle spasms along the side of my head. How would you patch for something like this?**

DAVID: Muscle spasms are likely caused from an electrolyte deficiency; could be magnesium, calcium or potassium. Try taking Theta Heart for one month and see if this reduces.

**Q: What is the maximum number of patches can a person use per day?**

DAVID: First, my personal use of patches on a daily basis is as follows: 1 set of Energy patches, using the 5-element protocol; an Aeon patch, usually at the back of the neck; a Carnosine patch 5 days per week, usually below the belly button; the other 2 days I wear Glutathione. The reason why I am currently using Carnosine more often is because I am weight lifting 3 to 5 days per week. Then at night, I wear Silent Nights at a point on the head or neck. This is a very effective routine, as my recent genetic tests prove that my telomeres are those of a 32-year-old. If a person were suffering with pain, and depending on the pain, I would recommend using 2 sets of IceWave each day; one on the bottom of the feet at Kidney 1; the other at a location that provides the most pain relief, as described in our product instruction manual. I would also use Aeon at the back of the neck, as this product provides very dramatic reductions in inflammation.

**Q: Do magnetic products like pillows, necklaces, etc., reduce the effect of the patches?**

DAVID: Magnets DO NOT have an effect on the patches, HOWEVER, magnets DO affect the human body. For a discussion on this, please read, "Magnetism and Its Effects on The Living System" by Albert Roy Davis. Put simply, almost all magnetic products on the market today are too strong. Davis discovered that in order for a magnet to be efficacious it should be below 1000 gauss. Above this, ill effects or no effects could occur.

**Q: What activates the patches to work for 3 days or 12 hours? Peeling the back? Contact with skin? Why can't they be deactivated for later use?**

DAVID: The patches are activated by body heat, a form of infrared light. So, when you apply them to the skin, they are active. If you remove them from the skin, they are no longer active. We do not recommend reapplying them because we cannot guarantee that they are still sanitary. A question I get sometimes is...how long is the suggested distance between body and patch so that it will not be activated? Ex., women with handbags and patches inside. The patches are activated by body heat, but this is a form of infrared light, so this energy actually travels for 1 or 2 feet from the body. So, placing the patches in a handbag is probably fine since the material that the handbag is made from will block the infrared to a degree.

**Q: Is there an energy protocol for speeding digestion (slow motility leading to reflux and constipation)?**

DAVID: It would be best for you to consult with an alternative healthcare practitioner. If you would like to use this website, they have a search engine for locating the treatment points for a condition: [www.yinyanghouse.com](http://www.yinyanghouse.com) Traditionally, Stomach 36 is the most powerful point for reflux and constipation, however a practitioner could determine what dietary changes might be required as well.

**Q: How would you patch for numbness of the thumb related to depressing the accelerator on a motorcycle? The numbness occurs within 30 minutes of riding.**

DAVID: This is going to be a guess on my part; the thumb is located on the Lung Meridian in acupuncture. So, one option would be to try placing the Energy patches on Lung 9 (at the crease in the wrist; the depression at the base of the thumb). Another possibility is to place the patches on Triple Burner 5, since this is for circulation; white on right, tan on left.

**Q: I'm visiting a lady next week with logical fallacies and allergic to every kind of electricity she gets in a range of. She gets quite sick, with soar blisters and gets dizzy. Any suggestions for how to help her with LifeWave products?**

DAVID: There are a very small number of people that are hyper sensitive to electromagnetic radiation, and no one seems to know exactly why. In this case, I would try applying Energy patches to the Kidney meridian. Either at Kidney 1 or Kidney 2. White on right, tan on left.

**Q: Corsentials was made to detox easier right? Does it raise glutathione levels?**

DAVID: Corsentials will produce a detox effect. Studies show an elevation in Glutathione from Corsentials, but not as high as from our Glutathione patch.

**Q: My sister has RSD reflex sympathetic dystrophy syndrome also known as complex regional pain syndrome CRPS. It is a very rare condition affecting her right hand and now spreading up to her arm. It is a chronic pain disorder; this particular case was caused by a burn. The doctors want to put in a dorsal implant stimulator to save the use of her hand. I don't know what protocol to do.**

*DAVID: I am so sorry to hear about this. Given the severity of the injury, I would recommend that you work with a healthcare practitioner that is familiar with the patches. Without knowing more, one thing I could suggest is to place the CARNOSINE patch on the most sensitive area of pain or injury, and then place 4 Aeon patches around it (like a cross). In addition, growth factors might be useful in this case, so I would recommend having her take 5 grams of colostrum per day.*

**Q: I patched my friend's mom for knee pain 3 times. I placed the patches at 7 pm and each time she said she felt relieved 50%. I follow up with her every morning and she claims that her knee pain becomes unbearable at night and that she can't go to sleep. Any idea why the pain comes back at night?**

*DAVID: Based on the information you have provided, it is difficult to say. Factors such as age, diet, exercise, hydration, electrolyte levels, etc. can all affect health. I do not know what protocol you are using, however, try the Glutathione patch on the OUTSIDE of the knee, and the Aeon patch on the INSIDE of the knee. In addition, the two most prevalent reasons for lack of response is dehydration and a magnesium deficiency. So, if the pain comes back at night, keep the patches on and have her drink a full glass of Theta Heart with Theta Activate.*

**Q: I work as a nurse at a major Danish hospital. I have just gotten the task to look in to pain management. The ward is an orthopedic ward, so on a daily base I treat people with painkillers, big time! And of course, these painkillers provide the patients with so many bad side effects. Is there any chance that Ice wave will get to the hospitals?**

*DAVID: IceWave WILL NOT be available in hospitals. We have a separate division of the company called LifeWave Med, and we are developing medical applications of LifeWave Technology for the purpose of making specialized products available to hospitals. At the moment we have one of our new patch systems available in France, and within the next few years these LifeWave medical patches will be available in hospitals all over Europe.*

**Q: Was asked yesterday if you were taking the CORSENTIALS, could you discontinue the other supplements you are using?**

*DAVID: Corsentials provides many nutrients that the body needs; however, there are other supplements that would be valuable for overall health that people should still consider. For example, it is generally agreed by health experts that essential fatty acids such as Omega 3's are the single best health supplement available. An Omega 3 supplement would be beneficial for an individual, although it would not produce anything similar to what people experience with Theta One. So, it really depends on what effect someone is attempting to achieve.*

**Q: In the conference in Barcelona last year you mentioned that LifeWave was working on a stronger IceWave patch for use in French hospitals for post-operative patients. I haven't heard (maybe I missed it) anything since. What is the update on this project?**

*DAVID: The Medical Division of our company – called LifeWave Med – IS NOT using a stronger version of the IceWave patch to treat pain. Instead, we are using a new patch system that has been developed for treating the symptoms of osteoarthritis. In January of this year we received the written report on the clinical study that was performed at 5 hospitals in France. The results were extraordinary; with 150 patients at 5 hospitals, with 15 medical doctors supervising, we experienced a 93% success rate! At this point we are forming a working relationship with a large number of hospitals in France and expect this product to be available in hospitals later this year.*

**Q: What is the best protocol for fibromyalgia flare ups? The pain travels to different locations making a game of finding patching placement.**

*DAVID: I would try the protocols we have for "whole body pain" as a start. Place IceWave on the bottom of the feet where we show in our illustrations. You could then place an Aeon patch either at the back of the neck or directly on the point of pain. The good news is that when pain is moving in the body, it means that your body is attempting to reach a state of balance (homeostasis). Drink an adequate amount of water, and make sure you have enough magnesium and potassium in your diet. Also, we have a new Theta product coming in 2014, and one of the nutrients in this formula, you would find helpful.*

**Q: What types of food do you recommend if we wanted the Y-Age patches to perform best? Our body needs nutrients to be able to produce Glutathione and Carnosine (and probably whatever Aeon is doing to our system).**

*DAVID: I would always recommend a "balanced" diet, with plenty of water, and avoidance of caffeine. "Balanced" though means different things to different people. To have the nutrients to make Glutathione, Whey protein would be an excellent source. I prefer a form of Whey protein that is cold processed so all of the enzymes are kept intact. To make Carnosine you need beta-alanine. This amino acid is found in chicken, turkey, red meat and fish. For Aeon, again a source of protein such as chicken, turkey, red meat or fish is adequate.*

**Q: I have a person who can't sleep and has the problem for years tried all kinds of things...gave her some Silent Nights to try...she has tried all the placements and still hasn't worked for her ...is there any advanced placements? They have worked for everyone else I know that has tried them.**

*DAVID: All of our LifeWave patches produce a bioelectrical response on nearly everyone tested within seconds of application. Silent Nights is particularly interesting in this regard. In our very first clinical study on our sleep product – which was performed at a center for sleep studies – it was noted that ALL participants had an improved quality of sleep, yet only a few of the participants FELT that the product worked. So, on one level, the product is probably working. To improve on the results, or when someone says that they are not responding, we should look at a few of the obvious factors. 1) How late is the person having dinner? It is generally more difficult to sleep on a full stomach. 2) Is this person drinking coffee with dinner? Stimulants will keep people awake and make it more difficult for Silent Nights to work properly. 3) Is the person well hydrated? Since one of the reasons why people legitimately will not respond to the patches is because of a severe magnesium deficiency, one thing that you could try is to take Theta Heart an hour before bed time, and then apply Silent Nights.*

**Q: "The book, 'The Great Cholesterol Myth' by Dr. Steven Sinatra, states that chronic inflammation has more to do with heart disease than with cholesterol. The best way to combat heart disease is by lowering inflammation in our diet and lifestyle. Is this an example where Aeon may come into play?"**

*DAVID: Dr Steve Haltiwanger once told me that hundred years ago a doctor could go his entire career and only see one or two cases of heart disease. Of course, back then people were eating plenty of eggs and milk every day. So, if cholesterol was the problem, then heart disease would have been the same magnitude then as it is today. Dr Sinatra is correct. We are being attacked each day without our knowing from numerous sources of chemicals that cause inflammation. In every disease, there is inflammation. In our food supply, GMO's are a significant source of inflammation. Antioxidants help to reduce inflammation, some better than others. Even Vitamin C is a powerful anti-inflammatory. Aeon is the most powerful anti-inflammatory we have. In heart disease we would be concerned with homocysteine. The Aeon patch was shown in a study to reduce homocysteine levels. That said, we do not have a study showing that the Aeon patch prevents heart disease.*

**Q: Can you use 2 SP6 at a time to get more appetite control...if so, would you stack them or place on 2 different points?**

*DAVID: We have no clinical studies utilizing (2) SP6 patches simultaneously. I personally DO NOT like the concept of weight loss; it is a "no win" scenario. Instead, working on changing body composition can be maintained forever. So, in my personal life, I do a form of resistance training (I prefer to lift weights), some cardio, and keep a clean diet. I never count calories, but focus more on the TYPES of food I eat. On an upcoming conference call, I will be talking about how I gained 30 pounds of muscle in 10 weeks using this technique, with actually less effort than you would expect. Bottom line: use SP6 to help you avoid sugar, and take this opportunity to introduce exercise and healthier eating habits.*

**Q: I would like to know if professional athletes can use Theta One without being anxious that they will fail a doping test?**

*DAVID: NONE of the ingredients in Theta One are on the banned substance list for the NCAA, WADA or IOC.*

**Q: Is it possible to use Nano technology to ask the immune system to recognize and destroy mycoplasma bacteria which doesn't have a cell wall?**

*DAVID: Perhaps, but that would not be the approach I would take. To target a specific bacteria, you could use a "rife" type of technology, but this would require knowing the resonant frequency of that organism. As an alternative (which I prefer), I would look at the reason WHY the host has the bacteria in the first place. The immune system is almost always able to handle an invading organism. When the immune system becomes compromised, then a virus or bacteria can proliferate. So, the answer would be to restore the immune system back to normal. One way to achieve this is with an Oxygen therapy such as ozone (or ozonated water), hydrogen peroxide or chlorine dioxide. Out of these three, chlorine dioxide is the most powerful. There is information on the internet about these.*

**Q: Will it help lower cholesterol AND is diluting with more water affecting the potency of the nutrients?**

*DAVID: According to the Nobel prize winner Dr Louis Ignarro, nitric oxide will lower "bad" cholesterol, however, we have not tested Theta One for this effect. Diluting with more water is fine.*

**Q: I wonder whether my body could be too stimulated when taking the CORSENTIALS every day AND Y-age, Energy Enhancer, Silent Nights and SP6 simultaneously?**

*DAVID: When you say too stimulated, what do you mean exactly? Our products are designed to promote balance. There are no stimulants, such as caffeine, which could cause stress on the adrenals. In my personal application of our products, I use Theta One in the morning, and then with our patches I use Aeon and Energy patches daily, and then also use either Glutathione or Carnosine with these, and Silent Nights at night. I have tests done regularly for my health, and what I find is that the products produce the effects I am looking for (youth restoration).*

**Q: About Theta One, how Long will it take for me at 68 to see results in my body and my face?**

*DAVID: After age 30, HGH, Nitric Oxide and SOD levels begin to decline, so that by age 70, the production of these nutrients in the body might be about 10% or less than someone under the age of 30. So, this means that (depending on your diet, amount of water you drink, level of health and amount of exercise you get) you should respond to Theta One very quickly. Our testing has indicated that almost everyone experiences a significant change in their health in less than 10 days.*

**Q: I've been contacted by the mother of a 20-year-old girl suffering from mannose-binding lectin protein (MBL) deficiency which alters the body's immune system. She's having Immunoglobulin injections every 4 weeks, and the disease affects internal organs. She's not able to go outside, as she will get an infection and having minimal social life. I have been thinking about both boosting her immune system with Aeon, Glutathione and Carnosine as well as patching for DNA repair. Can you please suggest the best patch-way?**

*DAVID: First, I would recommend that the young woman use Theta One (but the mother should ask her doctor). Theta One contains immunoglobulins concentrated and derived from natural colostrum. In addition, immunomodulating nutrients may prove helpful in treating this disorder however this should be done under a doctor's care. A very good example of a nutrient that helps to modulate the immune system is aloe. Theta One also contains nutrients that help to modulate the immune system. For patching, the classic points for the immune system are Large Intestine 4 and Stomach 36. You would use ENERGY PATCHES, white on right, tan on left. Glutathione ON TOP OF the belly button.*

**Q: Should people take CORSENTIALS every day? It is an expensive product to use every day, especially if it is a family that uses it, so the question will be, if it is necessary to take it every day or it can be reduced over time to 1 or 2 portions per week?**

*DAVID: One way to look at this is that Corsentials is very INEXPENSIVE compared to the cost of growth hormone injections (\$ 2000 USD per month). Also, compared to other health products, Corsentials is the best value for the money. In addition, you have the opportunity to earn money, and have your commissions pay for the cost of the product. As with any health supplement, daily use will produce the best results. When we have studied this product, it has been with daily use. So, using it less often will provide some benefit, and this will have to be for you to decide.*

**Q: Should people with Shingles/Herpes not take CORSENTIALS since it contains L-Arginine and it is recommended to stay away from this amino acid during an outbreak?**

*DAVID: This is a very interesting question. I will provide an answer but it will be based on speculation. You are correct in that the Herpes virus does use Arginine for replication, and that is why it is advised that people who have Herpes stay away from foods high in Arginine. On the other hand, the herpes virus is opportunistic, and will only cause an outbreak when the immune system is compromised. One of the benefits of Theta One is that it provides nutrients that improve the immune system. My recommendation would be that someone suffering from Herpes try Theta One for two months. They may find that because of the immune-enhancing properties of our system, they will not have outbreaks from its use.*

**Q: I'm wondering if you could use Theta One on kids that that are born prematurely and not fully developed? Not babies, but kids over 6 years old. They are already receiving HGH by injection. Thank you for your kind response!**

*DAVID: We do not currently have clinical studies on using Theta One with children, however, scientifically, it does make sense. In the USA, injections of HGH are also given to children ages 9 and older to help them grow faster (when underdeveloped), so my instinct would be that Theta One is a better alternative. As with any health product involving children, a doctor should be consulted.*

**Q: Is it possible for people with dairy allergies to take Theta One?**

*DAVID: The amount of lactose in Theta One is trivial. There is less than 1/2 a percent of lactose as compared to a glass of milk.*

**Q: Can you use more than one set of EE at a time to boost energy and would that possibly cause more fat metabolism?**

*DAVID: Since the beginning of the company athletes in particular have utilized 2 sets of Energy patches to boost performance. In a now vintage book by Peter Ragnar, he explains a number of protocols that he discovered for dramatically improving energy and stamina for the purpose of athletic competition. A standard one I would recommend is one set on the wrists, and a second set below the knees.*

**Q: Can the Activator be used alone? My theory is that the cells don't discriminate between Theta and ordinary vitamins? Right now, I'm drinking Ginseng and a glass of water with 23 drops of Activator. Is it possible to give a person 23 drops in a bottle and then wait till the next day to mix it?**

*DAVID: Theta products have been designed to work with our Activate formula. So, SOME nutritional supplements will work with Activate, but others will not. There is a proprietary part to this we do not share. Yes, Activate WILL remain stable in a bottle for a day; no issue.*

**Q. We here in Austria love your products! What are your projections and expectations for the next ten years?**

DAVID: My projections for the next 10 years? People are traveling into space as routinely as we get on airplanes today, stem cells replace the need for organ transplants, and Arnold Schwarzenegger moves back to Austria and becomes the mayor of Graz. Now with respect to LifeWave, my expectations are that we become a multi-billion-dollar company that transforms healthcare as we know it. Our medical division is already moving forward with a new treatment for osteoarthritis, and within the next year thousands of leads will be generated for the network each month from patients leaving hospitals that wish to use our consumer products. I also envision the new technologies I have already invented as being a part of the network in the future, and this will pave the way for a new standard in anti-aging, as well as growing financial opportunities.

**Q. Now that the Danish teams are expanding so much - are there any plans of establishing a European training/research/service/support center here?**

DAVID: When LifeWave first invested more than \$ 3,000,000 USD to expand our manufacturing facilities and open an office in Ireland, we were making a statement that we believed in the future of our European members, and we are here to stay. At the moment this facility in Ireland includes team management, manufacturing, order fulfillment, customer service and warehousing of product. In addition, Ireland also houses personnel that devote time and energy to the medical division of LifeWave. Over the past year, LifeWave has investigated a proposal to establish formal research capabilities in Ireland, and we are currently negotiating with the Irish government on this project. So, in short, our plans for our Ireland office as well as the European Union are to continue to expand, and broaden all aspects of our business.

**Q: If I drink any Theta product, of course using Theta Activate, with my dinner, would I also gain more nutritional benefits from my daily food then?**

DAVID: Yes, this is possible, however, we cannot be certain. There are a number of factors involving delivery of nutrients. What I would really recommend is to only use Theta One on an empty stomach, and upon waking up in the morning is the best time to take it.

**Q: Would combining Theta products with fruit or veggies in a smoothie be possible or would that change the efficacy?**

DAVID: This may or may not work. There are many factors affecting bioavailability, and nutrients do compete with one another (especially amino acids). So, you can experiment with this, however, we cannot guarantee or predict results. When we design Theta products, there are many things we consider when formulating, including competition of nutrients.

**Q. A customer of mine asked me where the colostrum contained in Theta One is from. As for Germany - as far as I know - it is only allowed to use excess breast milk from cows for the production of food supplements and stuff. Thank you!**

DAVID: You're absolutely correct! The colostrum used in Theta One does come from cows in the United States. Thank you!

**Q: Can you explain how the WinFit patch works specifically?**

DAVID: The WinFit patch is designed to keep the body in an anabolic window for a longer period of time. The mechanism I have investigated for doing this has been blocking or suppressing the myostatin protein. This approach has a number of significant advantages. While you still need to take in adequate protein and exercise to build muscle, the WinFit patch can make the process of shifting body composition much quicker. Thanks!

**Q. I have a friend who has been diagnosed lung cancer at the right lung and in a lymph gland under the left arm. She is embarking on chemotherapy and wondering if it would be wise to use our patches parallel with this treatment.**

DAVID: I am so sorry to hear about your friend! To answer your question, typically an oncologist WOULD NOT recommend the use of any products that elevates antioxidants during chemotherapy. The reason for this is that doctors believe that antioxidants protect ALL tissue from damage, therefore it is possible that antioxidants might make chemotherapy less effective. HOWEVER, there are some doctors who administer antioxidants AFTER chemotherapy, as this can help the body to detoxify after chemo treatments. So my advice would be to have your friend ask your doctor if it is ok to use antioxidants AFTER chemotherapy, and see if they say it is ok. In this event, the Glutathione patch could be used; either on the LI 4 point on the right hand, or directly over the thymus.

**Q. Hi, I'm new to this. I signed up under a friend, but I don't know how to present myself to produce the numbers to make this a successful business.**

DAVID: I want you to fail. Every successful person fails at one point or another. The difference is that the person who reaches success uses the failure as an opportunity to improve on what they are doing, not an excuse to give up. Presenting yourself to someone can be the easiest thing in the world to do. Remember to just SHARE what you have with someone as opposed to trying to sell them something. The "Chuck Michel" approach is about the best I have seen. Chuck will simply tell someone, "Let me tell you about what happened to me when I used this product". So, share the success story that YOU have had with LifeWave. You may fail the first time around, but if you are persistent, you can become the next LifeWave success!

**Q: I was wondering, what goes in the process of having your products being authorized for resell per country? Like for Canada :)**

*DAVID: The process of registering a product in a country outside of the United States involves many people, and in many different disciplines. Here is a very brief description: Let's use an example such as the new Theta Nutrition products. Once a nutrition product has been developed and formulated, and put through testing to demonstrate efficacy, the formulation must be submitted for an initial review to a regulatory consultant (usually an attorney that specializes in these matters) that can determine whether or not there are any ingredients in the formula that would be considered objectionable in a given country. This will usually take several weeks. Once this review is complete, then the formulation is submitted to a specific government branch for review (in Ireland it is the FSAI), and a government representative will then need to determine if the formula is acceptable for import or not. As long as nothing is objectionable, the process will take another several weeks. If they have questions – which they always do – then plan on a few months. After these regulatory hurdles have been cleared, packaging must be designed, and then all of the labeling must comply with the standards that each country has established. Again, more attorneys, more government review. While this is going on, a series of product claims must be made based on product efficacy that can be proved based on clinical research, as well as what claims are allowable in any given country. More attorneys, more review.*

*The beauty of the network marketing industry is that our members never need to handle this process, and you can focus on what you love to do, which is build a great income while helping others in the process.*

**Q: Please address the Amazon sales issue. When is it going to stop?**

*DAVID: We have already terminated the top two members that were selling LifeWave products on Amazon. We continue to monitor this, and do not hesitate members on a first offense basis, since this has become such an important issue.*

**Q. What do you recommend for jet lag?**

*DAVID: LifeWave President, Mike Collins, and I put on more airplane mileage than most people we know, yet we almost never suffer from jet lag. Use Silent Nights at night, and then during the day use TWO sets of Energy Enhancer patches; one set on the top of the feet at Liver 3, and then one set on the hands at Liver 4. In addition, drink a large amount of water, as dehydration is likely to occur from flying.*

**Q. My friend's wife was recently diagnosed with ALS.... at this point her most noticeable symptom is overall slight whole-body weakness and difficulty swallowing. What nutritional supplements and overall recommendation do you have for her to help her be stronger and increase immune system?**

*DAVID: So sorry to hear this! ALS is a horrible disease. Since there is no cure for ALS, there might be no harm in me making a few recommendations, HOWEVER I will be based on the basis that your friend needs to ask permission from their doctor first. LifeWave cannot claim to cure or treat any medical condition with our products. That said, I would focus on using both the Alavida patch and the Carnosine patch. Alavida at the third eye at night, Carnosine on the back of neck during the day. There is a chance the WinFit patch might help, but we do not have enough experience with this yet. Regarding supplements, I would strongly recommend the use of natural antivirals such as Olive Leaf Extract and Oregano Oil. Another daily supplement would be beta Alanine. WHEY Protein shakes should be consumed 2 to 3 times per day while also adding about 1 gram of Leucine. The intent here is to hold off on muscle wasting.*

**Q. I would like to have healthier skin, however, Alavida patch is keeping me up at night. Do you have alternative suggestion?**

*DAVID: The Alavida patch does a wonderful job of "activating" the brain! What we found in our clinical studies is that the Alavida patch stimulates the frontal lobes, so this will improve motor function and cognitive function. But to help you with this I would suggest trying the patch on top of the right foot in the evening; same place as Silent Nights in the SN instructions.*

**Q: Can someone who is vegan still use WinFit without Theta One?**

*DAVID: Yes, vegans and vegetarians may eat plant proteins while using WinFit, however their results may not be as rapid when eliminating Theta One. Also, for a vegan or vegetarian, it will be very important to focus on protein supplementation. I strongly recommend a protein such as hemp, since it contains all of the essential amino acids plus fatty acids. Pea protein and brown rice protein are ok.*

**Q: What do you suggest a person do with mobility issue on WinFit? They would love to lose weight but have limited mobility.**

*DAVID: This can present a significant challenge, of course. In this specialized case, I would look at modifying WinFit slightly. This person should follow the WinFit program, however when it comes to exercise they could use a piece of equipment like a bull worker. This is one of my favorite exercise tools, and a complete workout can be done while seated in just a few minutes. Another strategy will be to keep the food intake rich in clean protein as we recommend, and consume healthy fats like Olive Oil at each meal (although take the Olive Oil raw; do not cook with it). For a person that is obese I would certainly keep the carbohydrates low until the weight comes down. This will produce the fastest results.*



**Q: Someone said they already have too much potassium in their body and was not recommended to drink Theta One. Any thoughts on that David?**

*DAVID: This would be the exception, not the rule. It is estimated that over 90% of the population has a potassium deficiency, so clearly Theta One will be a big help for the majority. In this particular case they would need to follow the doctor's recommendation and not use Theta One.*

**Q: In WinFit, the concept is that you should avoid sugar. Is it the same thing with honey?**

*DAVID: Great question! Honey is a high glycemic food, so it spikes blood sugar, which is not good for weight loss. It is best to limit honey consumption.*

**Q: Since high levels of IgF-1 is suspected to play a role in cancer development, how is it safe to consume Corsentials on a daily basis?**

*DAVID: Great question! Before releasing WinFit we performed a search on PubMed with respect to this issue, along with the question as to whether or not elevating HGH could increase a person's risk of getting cancer. We received conclusive remarks from medical doctors that there is no evidence that when the human body naturally elevates HGH, there is NO associated risk with cancer. In addition, we found clinical studies that were using the IGF-1 in colostrum to help patients recover from chemotherapy.*

**Q: Will the new WinFit technology cleanse the body from toxins, as well? It is, after all, the body fat that protects our organs from the damaging toxins.**

*DAVID: The new WinFit product does not directly address the problem of toxins, but rather indirectly. Since toxins are locked up in body fat, as we reduce body fat, we can progressively release toxins from the body. Also, we would still recommend that people use our Glutathione patch to assist with reduction in heavy metals.*

**Q: I'm a Corsentials believer, one of my clients asked me what the source of the "colostrum" in the theta one is. (specifically, which animal) My client would benefit greatly from Corsentials...I appreciate your products & quest for wellness! Thanks!**

*DAVID: Our Colostrum is harvested by state-of-the-art facilities in the United States and processed in compliance with the FDA's Pasteurized Milk Ordinance for Grade "A" cow milk products, including whey. Thank you for your question!*

**Q: Why did your patch products stop being homeopathic and become photo therapeutic in the US?**

*DAVID: Hi Sharon, great question! We made this change because of a favorable development by the FDA in the United States. Last year the FDA came out with a guideline that they were creating a new category of products based around wellness, as opposed to their traditional classifications for drugs and medical devices. So, LifeWave as a technology that reflects light was a perfect fit for this new wellness category. We are very grateful for the FDA's recognition of wellness products, as this has expanded our ability to market our products in the United States.*

**Q: Do you have any patching suggestions for excessive dampness in the body? Thanks!**

*DAVID: Hi Cindy, this would be more for a holistic therapist to diagnose, as I would want to know more about your current diet, exercise and sleep, etc. To deal with the oriental concept of dampness requires a holistic approach to evaluate the cause. That said, there are a number of things you could try to see how they improve your general levels of energy and health. The first protocol would be to apply the Energy patches to the Triple Burner 5 points on the back of the wrists; white on right, tan on left. The second protocol I would try is placing the Energy patches on Stomach 36, and the third placement would be Kidney 1. You can find these points by consulting a guide to acupuncture points.*

**Q: I have a friend who's been a tough one to patch. She has triple rotary scoliosis-C-spine disease, Thoracic Outlet Syndrome, some regular arthritis, hyper-extensive (double jointed). Any suggestions?**

*DAVID: So sorry to hear this! An educated guess would be that she is suffering from a viral infection given the degenerative nature of these conditions. My first priority would be to build back up the immune system. So, CORSENTIALS would be the first thing to use. Your friend might experience some pain relief from the combination of Aeon for reduced inflammation and Theta One for overall immune support. Additionally, your friend might benefit from IceWave for pain reduction. This would be a good approach to start with. Of course, your friend's medical doctor should approve each of these recommendations.*

**Q: I have a friend who has been suffering from TMJ pain for about 15 years. Her Jaw locks frequently and she has consistent headaches. About three years ago she had her wisdom teeth surgery and during the surgery the disc in her jaw joint got displaced. She says it feels inflamed a bit and her headaches have only gotten worse. She would love to not be on pain medicine all day and muscle relaxer's at night. What would you suggest on patching placements and any other suggestions?**

*DAVID: I am sorry to hear about this, but there are a few possibilities. First, I would be applying the Aeon patch to the back of the neck, this should help reduce and manage stress and promote relaxation, which can help relax the jaw. Second, place the IceWave patches on the face at night where the jaw bone is, just below each ear, for easing the pain. Best of luck!*

**Q: I was wondering if any patch products can help alleviate the effects of other people biofields? And if we can see the effects of LifeWave products using a neurofeedback device that are now made available for consumers?**

*DAVID: What a great question! In the study of biofields, it is often stated that by strengthening our own biofields, we become more resistant to the negative influences of others. So, wearing the Energy patches (and especially on the bottom of the feet at Kidney 1) has been shown in our studies to amplify the biofield of the user. We have used MANY diagnostic aids to show the benefits of the patches, and you can find many of them listed on our "science" page: <http://lifewave.com/usa-en/science.asp>*

**Q: I exercise every day and I'm wondering as far as the Corsentials is it better to take them in the evening before bed or in the morning? thank you**

*DAVID: There are benefits to both, so I would suggest trying one week in the morning, and then one week in the evening, and see if you can measure how your body responds best. For improving exercise though, taking Theta One in the evening is superior to the morning. Thank you!*

**Q: With 62 million avid golfers worldwide, what LifeWave products apart from IceWave would you recommend?**

*DAVID: So many choices! I would recommend Aeon for stress reduction, as this can indirectly improve physical performance. Energy patches on the wrists is a great choice for improving athletic performance. Carnosine patches during the week for improving strength and stamina. Thanks for your question! David*

**Q: Hi David! How long does the high level of glutathione in the body after discontinuation the Y-Age Glutathione patch?**

*DAVID: Studies have shown that the "half-life" of glutathione is a few minutes, so within 1 hour of removing the patch the levels of glutathione have reduced considerably, or back to normal in this case. You can learn more about how the Y-Age Glutathione patch affects glutathione levels in this study: <http://bit.ly/29C97Ru>. The good news though is that while the patch is being used it is helping to remove toxins from the body, and of course the person retains this benefit.*

**Q: Dear David, could you explain how the patches effect the cell communication which works through Bio-photons? Is there a connection and is it even possible to influence the Bio-photons through the patches?**

*DAVID: Fantastic question! We wanted to know the answer to this a number of years ago, so we hired Dr. Karl Maret, a well-known biomedical researcher to perform just such a study. You can find that study here: <http://lifewave.com/.../Research-EffectsPatchesAcuMeridiansBi...> Basically, the patches improve cell coherence which REDUCES the emission of Bio-photons from the body. This is a good thing, because as we age Bio-photon emission increases, and this is because of the degradation of the cells. By increasing cell coherence, we partially restore the cells to normal function, and this is a very powerful anti-aging mechanism. So yes, we can influence the behavior of Bio-photons with the patches.*

**Q: I followed the instructions for pollen allergy with Energy Enhancer at BL23, and I am without pollen allergy now. What can I do to stop food allergies – eggs are the worst.**

*DAVID: Great to hear about your success! Yes, it is possible to remove your allergies to eggs, but I will warn you in advance that this is going to sound a bit strange. You will need to be in a place that is quiet; something suitable for meditation. Place an Aeon patch on top of the belly button. Place a second Aeon patch on the forehead at the "third eye" point. Take an egg, hold it in your hands and place against the chest. Remain quiet for about 10 minutes with your eyes closed, just breathing in and out softly. You will find that your sensitivity to eggs has been dramatically reduced or eliminated completely. Thanks to Karen Kan for introducing me to the Uwe method.*

**Q: The other day, I met a woman who has had several back surgeries. Some metal has been placed along her spine. How should I patch her?**

*DAVID: I am so sorry to hear about this! Yes, it can be tricky obtaining pain relief with IceWave when there is metal in the body, however it can be done. The problem is that metal implants interfere with the natural bio magnetic field of the body, as well as the nervous system. One possibility for using IceWave for pain relief along the spine is to place a white patch at C7 and a tan patch at the very base of the spine. A second recommendation is to place one set of IceWave on the bottom of the feet as in our instructions, and then a second set of IceWave on top of the shoulders at the trapezius muscles.*

**Q: I have had little success trying to patch my two brothers, both with same problem – pain in the front part of the foot, under the heads of the metatarsal's bones, just before the toes. What would you do?**

*DAVID: You have a number of patching options here. I am going to assume that you have already tried the IceWave clock method. An alternative is "circle the dragon" as it is known in acupuncture. This will require 5 Aeon patches, which will help reduce inflammation. Simply place an Aeon patch directly on the pain, then another 4 Aeon patches around it. These patches would be about 3" away, and located to form a cross. Thank you for your question!*

**Q: My husband and I started using Theta One consistently for about 3 weeks now. We feel great. I have noticed that after drinking theta one in the morning I have more stamina when I exercise! I was wondering if that is typical for those who use it. Thanks for such an awesome product.**

*DAVID: Thank you for your kind words! We will be releasing some new information on Theta One in the coming months, and yes, you are absolutely correct! It is very typical that people will experience a natural energy boost with Theta One, and there are a number of reasons for this. First, when the immune system is working properly, people are generally less fatigued. The Colostrum in Theta One provides immune factors that support immune health. Next, the 2 forms of Arginine in Theta One help to support both HGH and Nitric Oxide; HGH can assist in energy metabolism, and Nitric Oxide will improve circulation; both are of great value in feeling "full of energy". The high dose of potassium in Theta One supports muscle contractions. When you exercise after taking Theta One, this will support overall energy levels. Thanks!*

**Q: "My cousin suffers from high blood pressure, but is otherwise healthy. It seems to run in the family. She's cut down her salt, maintains a healthy weight and has used the energy patches on the bottom of her feet and Aeon on back of the neck. She really wants to stay away from medicines. Do you have any thoughts? Thanks so very much"**

*DAVID: Hi Carol, yes, there are many things that can be done to reduce blood pressure naturally, depending on the cause. First, I would start with Theta One. Theta One will elevate Nitric Oxide which expands the blood vessels (vasodilator), reducing blood pressure. Second, it is very important for your cousin to be on a magnesium supplement. Magnesium is involved in muscle contractions and acts as a muscle relaxant; magnesium will also help to reduce blood pressure; Theta Heart is one possible magnesium supplement. Finally, applying the Energy Enhancer patches to the base of the neck has helped many people. Simply locate the point that has the most tension, and apply the patches white on right tan on left to the same points. Of course, moderate exercise such as walking and a healthy diet will also be helpful.*

**Q: Hi David, what can be done with patches for painful & swollen joints?**

*DAVID: If it is arthritis, then your best option is to use both the Aeon patch and Glutathione patch every day at locations recommended in the instructions. I would also be using high doses of Vitamin C and Curcumin, as these are very powerful anti-inflammatory nutrients.*

**Q: What is the purpose of the patch in the Alavida Trio?**

*DAVID: The patch reduces oxidative stress, amongst other things. As we age our bodies start to decline in the ability to reduce oxidative chemicals, and this over time damages the skin. By reducing oxidative chemicals, the skin has the ability now to heal and build new collagen, which occurs with the help of the nectar and crème.*

**Q: What would be the best patching at night to recover sore muscles for next day (from hard running)?"**

*DAVID: I would recommend using the Carnosine patch DURING exercise, as well as the next day for recovery. Carnosine is stored in the muscles and acts to buffer lactic acid, speeding up recovery. You will be significantly improving your athletic performance as well!*

**Q: A few people have reported stomach upset with Corsentials. Why is this and what can be done to prevent it?**

*DAVID: At this point in time we do not have a design for a Theta One product without colostrum, but that might be possible in the future. In the meantime, it is possible that their allergy is to the small amount of lactose in colostrum. If this is the case, they can take a product such as Lactaid, which helps a person digest lactose. If they are lactose intolerant, please have them consult their medical physician first. Thank you!*

**Q: I've been using Silent Nights for months with great success to help me sleep. But for years, my mother has been using sleeping pills to fall asleep. I gave her a few samples of Silent Nights and she told me they didn't help at all--that she was up all-night tossing and turning. I told her she should give it a try for a total of 3 nights, at least, trying out the patches in different places on her body to see what worked best, but she didn't want to risk another restless night. Is there another way to figure out which placement is most effective? Alternatively, if she puts on two or even three patches in three different places, will they work "harder" for her?**

*DAVID: It can take weeks or even months for medications to leave the body. I would encourage her to drink plenty of water to help flush this from her system. In the meantime, yes, she can try 2 patches; one on the right temple and a second at the "third eye" point. It will also help to do a few things like make sure she does not have any caffeine after 4pm, not have a heavy meal too late, and set a good mood for sleep; a hot bath (add Epsom salts) and then no lights in the room. These steps will help her to make a faster adjustment. Thank you! David*

**Q: How do LifeWave Phototherapy Patches work?**

*DAVID: The patches contain organic materials that are "activated" by your body heat. So, when you place the patches on your body they will begin to reflect very specific wavelengths of light that stimulate the nerves and acupuncture points on the surface of the skin.*

**Q: "What is your suggestion for diabetic wounds on the feet? My former neighbor had a few of his toes amputated, so in order to prevent more to happen he has now since last week begun using CORSENTIALS every day and to patch with Carnosine and Glutathione on top of his feet. Since his problem is sores on both feet, I have told him to use Glutathione on the right and Carnosine on the left on alternate days. Does this align with what you would recommend or do you have any better suggestions?"**

*DAVID: Hi Andreas, and I am so sorry to hear about this! I have an invention for treating diabetic neuropathy, however it is not yet available to the public. First, as CORSENTIALS improve circulation, I would recommend taking this twice per day. Second, the protocol you are using with Glutathione and Carnosine is fine. I would also suggest applying IceWave patches to the Spleen 6 acupuncture points; they are located on the inside of each ankle; White on Right, Tan on Left.*

**Q: What is the purpose of the patch in the Alavida Trio?**

*DAVID: The patch reduces oxidative stress, amongst other things. As we age our bodies start to decline in the ability to reduce oxidative chemicals, and this over time damages the skin. By reducing oxidative chemicals, the skin has the ability now to heal and build new collagen, which occurs with the help of the nectar and crème.*

**Q: Are LifeWave patches safe to use while breast-feeding?**

*DAVID: Our patches put no drugs or chemicals in your body. Instead, each patch uses light to stimulate points on the skin, which produces a specific health benefit. As a result, the patches tap into the body's natural flow of energy and ability to heal itself. We believe our products to be safe. That said, our patches have not been specifically tested on women who are either pregnant or nursing to see the effects on mom and baby. As such, we do not have enough information to know whether use of our phototherapy patches is safe for use by women who are pregnant or nursing.*

**Q: How do I use patches for sciatica pain?**

*DAVID: We get GREAT results with IceWave for relief of radiating leg pain! First, place the TAN patch on the lower back where the pain is. Next, apply a WHITE patch on top of the foot, on the leg where the pain radiates down. So, for example if the pain were to radiate down your right leg, you put the white patch on top of the right foot. The correct point on the foot is called Liver 3, and it is located in the "webbing" of the big toe; it should be sensitive when you apply pressure to this point.*

**Q: What patches do you recommend for a frozen shoulder?**

*DAVID: We have had GREAT SUCCESS with using the patches to alleviate the pain of frozen shoulder. First, place an Aeon patch at the back of the neck. Second, place a TAN ICEWAVE patch at the shoulder at the point of pain. Then, place the WHITE ICEWAVE patch on the leg at the stomach 38 acupuncture point. This is located about 8 finger widths below the knee cap. This point will be sensitive when you apply pressure to the leg which is on the same side of the body as the frozen shoulder. The pain will go away in less than 1 minute, and usually instantly.*

**Q: Are there any patches or protocols that can help if someone has an intolerance to gluten?**

*DAVID: Of course, it is best for someone to avoid gluten entirely, and it depends on a person's sensitivity level. First, I recommend using the Glutathione patch daily, as elevating the body's antioxidants can help to reduce the inflammatory response, easing symptoms. Next, I would try applying the Energy Enhancer patches to the back at the Bladder 23 points, white on right, tan on left. These are the classic points for reducing allergy-like symptoms.*

**Q: How would someone who is undergoing treatment for herniated disks use the patches to relieve pain/improve recovery?**

*DAVID: The good news is that there are MANY options here! The easiest thing to do would be to apply the Aeon patch to the back of the neck, as it is a general anti-inflammatory. Many people find this will drop the pain down significantly. Second, when in doubt, place the IceWave patches on the bottom of the feet as shown in our instructions; this works very well for back pain. A second option which works very well is to apply the IceWave patches around the pain. So, you go to the area of the herniated disc, and apply white on right, tan on left around the herniation. I would also recommend using Theta One with Theta Activate. The elevation in Nitric Oxide will both improve circulation to the area, as well as contribute to pain relief.*

**Q. I wonder whether my body could be too stimulated when taking the CORSENTIALS every day AND Y-age, Energy Enhancer, Silent Nights and SP6 simultaneously?**

*DAVID: When you say too stimulated, what do you mean exactly? Our products are designed to promote balance. There are no stimulants, such as caffeine, which could cause stress on the adrenals. In my personal application of our products, I use Theta One in the morning, and then with our patches I use Aeon and Energy patches daily, and then also use either Glutathione or Carnosine with these, and Silent Nights at night. I have tests done regularly for my health, and what I find is that the products produce the effects I am looking for (youth restoration).*

**Q: Do you have an alternative suggestion for meniscus surgery?**

DAVID: I am so sorry to hear about this, but there is hope! Here is what I recommend. First, apply a #Glutathione patch to the OUTSIDE of the right knee. Place a Glutathione patch on the most tender point of pain (which should be over the meniscus). Place an #Aeon patch on the INSIDE of the knee. This will help to dramatically reduce the pain levels. Many people have used this protocol with great results! Including my own daughter!

**Q: What would you recommend to a friend of mine who has a bladder tumor and treated it with anti-tuberculosis vaccine BCG (bacillus Calmette-Guerin) and would like to get support to help decrease inflammation of the bladder?**

DAVID: Hi Andrea, for reduction of inflammation I would recommend applying the Aeon patch to the back of the neck, the Glutathione patch directly over the area of inflammation of the bladder, and the IceWave patches on the outside of each ankle at the Achilles tendon, White on Right, Tan on Left; these are points for the bladder.

**Q. I got this red very dry spot after I used carnosine on my neck. It doesn't happen with any other patch on any other spot but only with carnosine on my neck. First time was just redness but this time it's worse maybe because I had it on for 20hrs or so but do you know why it happened?**

DAVID: If this is only happening from the Carnosine patch, then this is a phenomenon in acupuncture (and energy medicine) where your body is rejecting stimulation of this product. It may mean that your body does not need the Carnosine patch.

**Q: "I have a question for you regarding the SP6 patch. It is a white patch and yet it goes on the left side of the body. Could you explain why this is?"**

DAVID: All of the patches produce a "vortexing" action, and depending on how the crystal lattice in the patch is constructed, will depend on the spin. So in the case of SP6, it is designed to produce a "negative" polarity and spin, hence it is used on the left side of the body.

**Q: "A physiotherapist asks which anti-stress hormones with the adherence of Aeon raises (increases) are provable. Thanks!"**

DAVID: We have studies that show Aeon reduces inflammatory cytokines, CRP's, homocysteine and lipid peroxides. In addition, Aeon will elevate SOD and Glutathione.

**Q: "Many of my friends have problems with varicose veins in their legs. Is there a possibility to help them with LifeWave Patches?"**

DAVID: Hi Gisela, what I recommend is (a) have them place the Energy Enhancer patches on the bottoms of the feet at the Kidney 1 acupoints, (b) place Aeon on the back of the neck daily, and (c) take Theta One daily; this will improve circulation by elevating Nitric Oxide, and reduce the varicose veins.

**Q: "I have been using the Alavida Patch for 3 weeks now. AND I LOVE IT! I have ADHD and the patch gives me peace of mind in the daytime and I am much better at focusing now. Normally my skin is sensitive to touch. When my husband touches me with his fingertips my skin would feel like it was burning and it would be very uncomfortable for me. Something has changed. My skin is not burning by his touch and it is not uncomfortable anymore. It actually feels nice now. I have never in my life experienced this. I believe that something has happened in my brain, and wonder if you have heard of this before and maybe if you can explain what Alavida has done to my brain/body to fight my sensitivity?"**

DAVID: Congratulations! Thank you so much for sharing this, and welcome to your new life! The Alavida patch is designed to stimulate the pineal gland of the brain, and our testing shows that in addition to this, we see excitation of other regions of the brain as well, including the pituitary, hypothalamus and frontal lobes. The regions of the pineal, pituitary and hypothalamus are responsible for controlling nearly all of the neurohormones in the body, and regulate the hormonal system. Sleep, body temperature and immune response are also regulated. So, it is entirely possible that the Alavida patch has helped to balance your nervous system, normalizing the way your body perceives "touch."

**1/8/2019 - Webinar**

**Q: What is your daily patching regiment?**

DAVID: I use one X39 on the back of my neck, Carnosine below the belly button. I also apply one set of Energy patches on my lower torso and another set of Energy patches on my upper torso, and I vary those locations. For Alavida, I have 2 locations that I like. One is on the RIGHT temple, and one is just above the RIGHT eye on the forehead, that is also an important point. I also apply an Aeon patch to the RIGHT side of my neck, most people accumulate stress and tension in their neck, and I found that using Aeon in the evening has been working fantastic in term of improving sleep and reducing stress.

**LIFEWAVE CORPORATE FACEBOOK**

**LifeWave Corporate**  
January 26, 2011

On January 24th, LifeWave Ambassador Suzanne Somers and Founder and CEO David Schmidt were lighting up the Big Apple! A photo of the two from the Y-Age Aeon launch was showcased on a sign in the heart of the most bustling square in New York City – Times Square – where millions of passerby had an opportunity to view it.



**LifeWave Corporate** shared a link.  
April 21, 2011

According to international celebrity and icon William Shatner, LifeWave is Moving America Forward! Watch this segment (<http://lifewave.com/video.asp>) featuring LifeWave from the national television program, which highlights entrepreneurs and organizations whose products and services contribute to the progress of the nation.



**Video - LifeWave Patches - LifeWave Inc**

LifeWave patches created by David Schmidt are used for Improved Energy, Pain Relief, Better Sleep, Anti Aging and Weight Loss. Learn more about the

**LifeWave Corporate**  
April 5, 2012

**Y-Age Aeon - Horse Photos** (5 photos)

Anti - Aging LIFEWAVE®



This is "Center", a 31 year old horse as of December, 2010



Here is "Center", in May 2011 after 6 months of using "Aeon"

Medical Infrared Imaging (thermography) performed by LifeWave gives us a clue as to why such a dramatic transformation can take place.

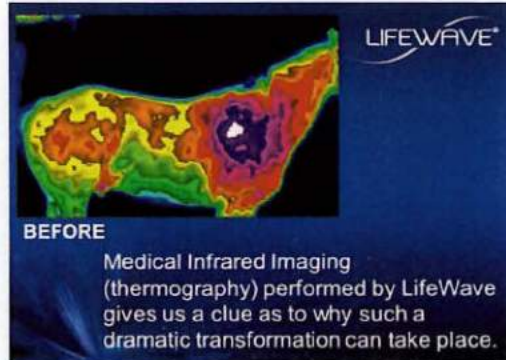
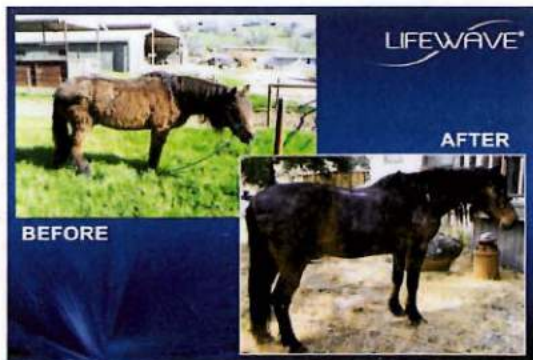
**LifeWave Corporate** shared a link.  
September 22, 2011

LifeWave makes the Inc. 5000 list of fastest growing companies in the US for the **THIRD** year in a row! Check out our news release for more info!



**LifeWave Makes Inc. 5000 List of Fastest-Growing Companies for Third Consecutive Year -- SAN DIEGO,.**  
[www.prnewswire.com](http://www.prnewswire.com)

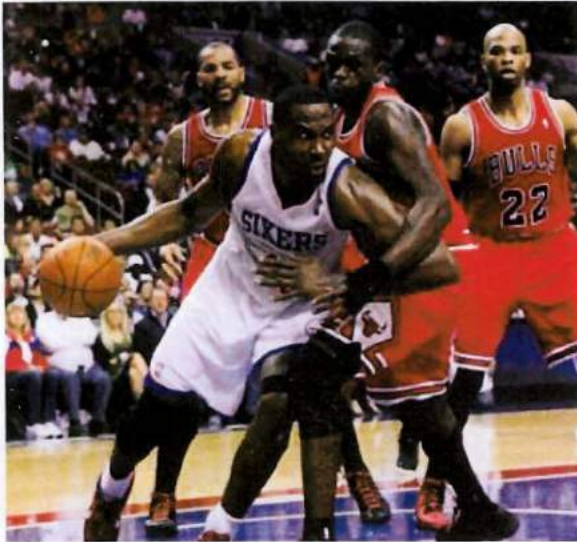
LifeWave Makes Inc. 5000 List of



Medical Infrared Imaging (thermography) performed by LifeWave gives us a clue as to why such a dramatic transformation can take place.

LifeWave Products Help NBA-Star Elton Brand Stay At The Top Of His Game!

LifeWave is proud to be a part of NBA-star Elton Brand's amazing performances on the court once again this season. This forward for the Philadelphia 76ers was among ... See More — with Mitzi Abella Ambrosio and 35 others.



Italian Grand Prix motorcycle racer, Lorenzo Savadori, won the Superstock 1000 FIM Cup while using LifeWave patches!

Lorenzo was introduced to LifeWave in May 2011 and began using Energy Enhancer and Glutathione patches, after which he noticed an immediate difference and experienced great results in his next motorcycle race. He instantly jumped onboard with the company and began wearing the LifeWave logo on his helmet during each of his races. This is just one of the many stories we hear about athletes wearing our patches and experiencing success.



"Geriatrics is the specialty of taking care of medical problems with elderly people—it expects the elderly will become sick and frail, and does its best to keep people alive, sometimes regardless of their level of function. Preventive/regenerative/anti-aging medicine believes sickness and frailty are not inevitable, and works early to prevent the problems associated with aging."- Suzanne Somers



Suzanne Somers  
LifeWave Ambassador

"The body's first line of defense against anti-aging is its antioxidant system, which is what protects us from free-radical damage. When our bodies' antioxidant levels become decreased, these radicals can get out of control and damage healthy tissue, organs, cells, and even our DNA. It's very important to keep our antioxidant levels elevated. The planet is, as you always say, a "toxic soup," and people are getting sick as a result, so we have to do everything in our power to fight the bombardment--healthy eating, exercise, etc--but even that is not enough to ensure good health. So I created the Glutathione patch, knowing that Glutathione is the body's master antioxidant, to detoxify the body on a continuing basis."-David Schmidt, LifeWave founder and CEO, in Suzanne Somers newest book "Bombshell"

Blood sugar is a crucial fuel and insulin is used to help transport the energy to the cells that need it through insulin receptors on the cell membrane. To keep blood sugar levels from rising, insulin receptors tell the cell to take in glucose and expect the cell to respond appropriately. However, there is only so much blood sugar the cells can take in at one time. When there is too much blood sugar, it can lead to insulin resistance and eventually type 2 diabetes. That's why we have to watch our sugar intake, and why eating healthy and exercising is able to reverse type 2 diabetes.

 **LifeWave Corporate**  
July 14, 2012

Environmental toxins can make you overweight. Clinical research shows that many people who can't lose weight are in fact struggling with an overload of toxins that are trapped in the body. Based on the evidence that toxins are stored in fat cells, here is a simple premise: remove the toxins from the body, and you are better able to lose the extra weight; prevent toxins from entering the body, and you will be more successful at keeping the weight off.

 **LifeWave Corporate** shared a link.  
July 28, 2012

Did you know?

As we age we are subjected to numerous heavy metals, in the food we eat and the air we breathe; Glutathione is known to rid the body of heavy metals such as Mercury.

<http://www.lifewave.com/yage-glutathione.asp>



**Y-Age Glutathione - LifeWave Patches - LifeWave Inc**  
[www.lifewave.com](http://www.lifewave.com)

LifeWave patches created by David Schmidt are used for Improved Energy, Pain Relief, Better Sleep, Anti Aging and Weight Loss. Learn more about the benefits and uses of LifeWave patch products and business opportunity of LifeWave Inc

 **LifeWave Corporate** shared a link.  
August 16, 2012

"You aren't getting nutrition because of your toxic burden, and toxins are everywhere: in our food, water, household cleaners, and skin and hair care products. Ever wonder why you have chronic headaches, asthma, allergies, brain fog, fatigue, memory problems, depression, chronic pain, infections, and gut problems? We are unknowingly filling our bodies with toxins that have burdened us, and sometimes these conditions are the body's way of screaming for help. These are signals to do something—and fast—because we are slowly killing ourselves. It's that important and that drastic." - Suzanne Somers in her book "Sexy Forever"

Y-age Glutathione promotes the release of stored toxins as well as supports the immune system and improves overall health.

 **LifeWave Corporate**  
July 23, 2012

LifeWave Tip:

Use Energy Enhancer on Triple Burner 5 (WHITE and RIGHT side) and Pericardium 6 (TAN and LEFT) for a combination that is commonly used to re-balance excessive low energy (i.e., feeling tired, sluggish).

 **LifeWave Corporate**  
August 8, 2012

"You want the life you have to be of ultimate quality. That wonderful life is yours, depending on the choices you make from this moment forward. Do you realize that most people make choices on a daily basis that unconsciously constitute slow suicide? What do you think consuming, using, eating, breathing, and drinking chemicals does to us? What do you think consuming junk food; nonfood' genetically modified, nutritionally void food; and packaged, chemically treated, lab-produced food will do to you? A body requires fuel, the best fuel, to operate."- Suzanne Somers in "Bombshell"

 **LifeWave Corporate**  
August 1, 2012

"We spend a lifetime on antibiotics, painkillers, sleeping pills, tranquilizers, synthetic hormones, blood pressure medications, cholesterol-lowering statins, and antidepressants, trying desperately to maintain our health or take care of a problem once we get sick. No one gets well on pharmaceuticals. We might get better, but drugs don't heal. In fact, the side effects of most pharmaceuticals usually create a need for another pharmaceutical and so on and so on. It's a vicious, unending cycle to nowhere. Pharmaceuticals can build up in your system, leading to a breakdown of our bodies and a toxic environment that is a breeding ground for diseases. The end result? The nursing home."-Suzanne Somers in "Breakthrough"

 **LifeWave Corporate**  
August 2, 2012

"We were never meant to drink fluoridated water or swim in chlorinated water. Milk was never meant to be homogenized. And who thought of irradiating our food? Who decided it was a good idea to put preservatives in our food? How is it that our government has "safe" recommendations for pesticides and chemicals; what makes them think any chemical or pesticide is safe for human absorption or consumption?" -Dr. Prudence Hall



 **LifeWave Corporate**  
August 8, 2012

"You want the life you have to be of ultimate quality. That wonderful life is yours, depending on the choices you make from this moment forward. Do you realize that most people make choices on a daily basis that unconsciously constitute slow suicide? What do you think consuming, using, eating, breathing, and drinking chemicals does to us? What do you think consuming junk food; nonfood genetically modified, nutritionally void food; and packaged, chemically treated, lab-produced food will do to you? A body requires fuel, the best fuel, to operate."- Suzanne Somers in "Bombshell"

 **LifeWave Corporate** shared a link.  
August 20, 2012

Clinical research shows that common glutathione pills, powders and drinks can only elevate blood glutathione levels by little more than 10% in 30 days.

A LifeWave research study was performed in 2006 to independently examine the effects of the Y-age Glutathione patch on blood glutathione levels over a period of 5 days. After 24 hours of patch use, average blood glutathione levels rose by more than 300% over baseline. Not only that, but by the end of the 5-day study period, they had also stayed at that elevated level!

 **LifeWave Corporate**  
August 21, 2012

LifeWave inventor, David Schmidt, is hard at work in the LifeWave laboratories! This picture is of a novel, DNA-like structure of the electrical discharge that is created by a technology he has invented. By shaping high energy electrical and electromagnetic fields, beneficial and new biological effects are possible. That's all we are allowed to tell you for now! (the dish soap bottle is for scale)



 **LifeWave Corporate** shared a link.  
August 16, 2012

"You aren't getting nutrition because of your toxic burden, and toxins are everywhere: in our food, water, household cleaners, and skin and hair care products. Ever wonder why you have chronic headaches, asthma, allergies, brain fog, fatigue, memory problems, depression, chronic pain, infections, and gut problems? We are unknowingly filling our bodies with toxins that have burdened us, and sometimes these conditions are the body's way of screaming for help. These are signals to do something—and fast—because we are slowly killing ourselves. It's that important and that drastic." - Suzanne Somers in her book "Sexy Forever"

Y-age Glutathione promotes the release of stored toxins as well as supports the immune system and improves overall health.

 **LifeWave Corporate**  
August 18, 2012

Excitotoxin: a substance added to foods and beverages that literally stimulates neurons to death, causing brain damage of varying degrees.

Why Are Excitotoxins Still On the Market?

- Lack of awareness by the general population is one of the main reasons aspartame is still on the market. If consumers weren't demanding it companies wouldn't produce it.
- Moreover, the diet industry is worth trillions of American dollars to corporations, and they want to protect their profits by keeping the truth behind aspartame's dangers hidden from the public.

If the FDA or any other government declared aspartame unsafe and pulled it from the shelves there would be so many lawsuits that it would almost destroy the food industry.

 **LifeWave Corporate**  
August 23, 2012

"Here's my criterion for choosing food: if you can pick it, pluck it, milk it, or shoot it, you can eat it! Outside of that guideline, you are getting into fake-food land, where nutritional content is absent. If you read labels and find something you can't pronounce, chances are it has been made in a chemical lab."-Suzanne Somers

 **LifeWave Corporate** shared a link.  
September 20, 2012

Stress produces harmful free radicals and other bio-chemicals that can damage our tissues and DNA. Recent research shows chronic stress reduces levels of DHEA, a powerful hormone directly connected to lifespan, and increases levels of the stress hormone cortisol, which has been linked to accelerated aging. Y-age Aeon is designed to help promote an "anti-stress" response in your body and reduce stress.

<http://www.lifewave.com/yage-aeon.asp>

Drinking water is so critical to staying healthy and for our patches to work most effectively. In fact, your body is made up of mostly water and this is important because it protects your joints, bones, and organs, helps your body digest food and remove waste, and keeps you hydrated. It's true that if we all only drank water as our beverages, we would be much healthier. We don't need any of the other beverage options.



"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted."  
-Denis Waitley

We agree...take preventative measures now!

LIVE LONG. LIVE WELL.

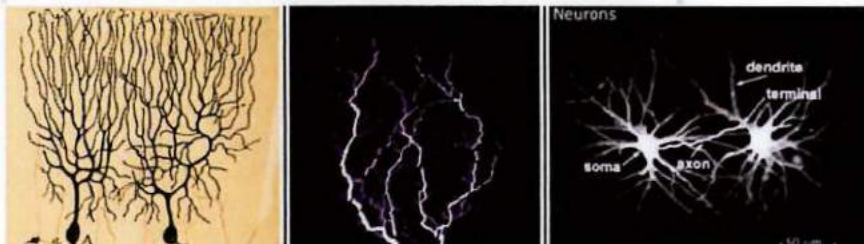


The LifeForce unleashed?

David Schmidt has been developing a new technology in the LifeWave Research Labs that allows energy fields to form structures that resemble living systems! The goal? Regeneration of body parts, and repair of damage that our bodies sustain over time.

The first picture below is of a neuron (nerve cell). The middle picture (David's invention) is an energy discharge that shows how electricity can be made to form structures that resemble living systems. The third picture is an actual image of brain neurons.

Don't they all look alike?



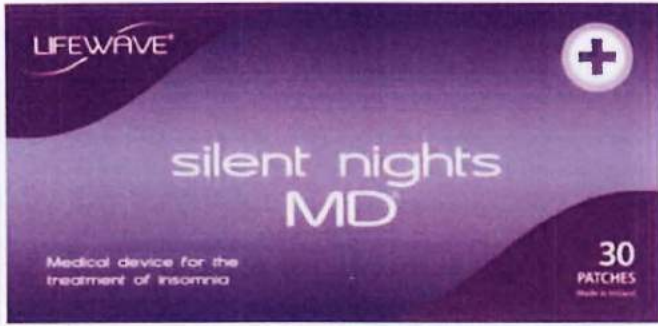
Suzanne Somers: As I've written in this book, the major factors in aging are oxidation, inflammation, and glycation, but also free radical damage is a major cause of aging. Would your technology help manage these issues?

David Schmidt: Yes, our glutathione patch helps to manage oxidation, our Aeon patch is a very powerful anti-inflammatory product, and our carnosine patch is perhaps the most powerful method for reducing cellular glycation."

(Excerpt from Suzanne Somers latest book "Bombshell")

EXCITING NEWS!

In the European Union, SILENT NIGHTS is now considered a Class 1 Medical Device for the treatment of INSOMNIA!!!! This is very exciting as LifeWave is the FIRST company in the history of direct sales to develop a cutting edge Class 1 Medical Device for distribution. — with Gina Corcuera Rea and 10 others.



Danielle Séroc has participated in mountain races for 20 years now. She is a part of the Salomon Team and she has mounted the most prestigious national and international podiums many times including races the likes of the Mont Blanc Ultra Trail-France, and the Marathon of Sands - Morocco. In October 2012, she placed in the top 3 at the Grand Raid (Bourbon Ultra Trail) at Reunion Island!

Danielle has used LifeWave Y-age and Energy Enhancer as part of her training since December 2011.

She says: "LifeWave has helped me to perform at a higher level. LifeWave patches have changed my training and also my life. I'm proud to officially endorse LifeWave technology."



Don't let yourself be someone who only appreciates your health the minute you start to lose it.

Like Comment Share

68 1 24

"The way you think, the way you behave, the way you eat, can influence your life by 30 to 50 years."-Deepak Chopra

What do you think?



How does Champion Alpine Skier Cristian Javier Simari Eirkner #MakItHappen? LifeWave Energy Enhancer patches

"Energy Enhancer plays an important role... especially on the sports side of my life"

Face each day with the endurance of a champion athlete... with help from Energy Enhancer patches. Learn more <http://bit.ly/energyenhancer/>





LifeWave Corporate

April 20, 2016



Please join us in congratulating LifeWave endorser, Youri Duplessis (Duplessis Youri Skicross), on becoming the 2016 French ski cross champion! This is a huge win for the 19-year old and we are honored to be a part of his journey. Youri uses IceWave and Energy Enhancer patches which help him improve performance. "I feel noticeably stronger. Since I started wearing the patches, I've advanced 25 to 30 seats in the European Cup for Junior European Cup victories!"

Yet another testament to the effectiveness of LifeWave's patented phototherapy technology. Do you know a professional athlete that has improved their performance using LifeWave products? If so, please have them contact us at [success@lifewave.com](mailto:success@lifewave.com).



Congratulations to LifeWave Endorser,  
*Christine Kennedy!*  
Third Place Overall Winner: Women's Dallas Marathon  
Broke the U.S. record for her age group!  
#PoweredByLifeWave



LifeWave Corporate shared a photo.

June 15, 2016



Love it! Danish singer, actress, and dancer Louise Fribo wears her Energy Enhancer phototherapy patches with style on stage in Copenhagen!



LIFEWAVE

## PAIN RELIEF FOR A CHAMPION!

Singles and doubles winner on the WTA Tour, **Julia Görges** (29), from Germany is an avid user of **LifeWave's IceWave Patches** to help **relieve pain** in her shoulder!

LIFEWAVE

RECHARGE - RENEW - REPAIR  
NATURALLY

X39

#LifewaveX39

LIFEWAVE

*'Energy is up 50%... Pain is reduced by 90%'*

I have been applying the X39 patch for 10 days now  
and here are my results:



**Energy is up 50%**  
I am no longer sleepy  
in mid-day



**Pain has reduced by 90%**  
An injury to my  
back has healed in  
record time.



**Libido is up  
considerably**



I always **sleep good**  
but now I am waking  
up before the alarm  
clock and **feel more  
rested**

- George Sanchez

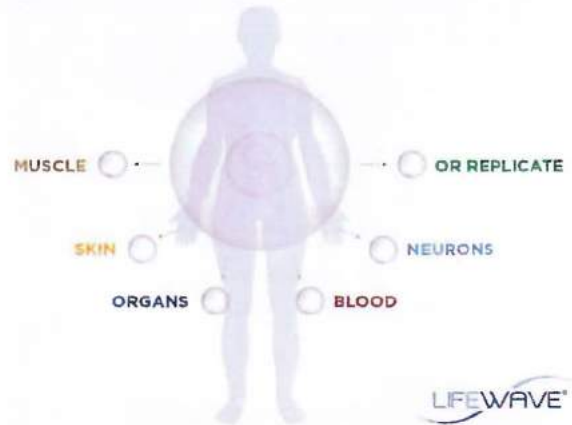
X39



WHY STEM CELLS  
ARE IMPORTANT

**Stem Cells** are capable of  
unlimited self-replication and may be the key  
to helping people with multiple diseases and  
repairing damaged tissue

A single stem cell can become...



LIFEWAVE



*'Wow, this patch is really strong  
and a new level of energy  
flowing through the body,  
I am impressed.'*

'When I first patched LifeWave X39 on my 3rd eye  
I felt 5 minutes a warm pressure on it as if somebody  
would hold his thumb on my 3rd eye.

My eye is definitely less burning already after three  
days. So really thrilling what will happen to it after a  
whole month.

Just with one single patch, that is really amazing!'

-Jan Wiegel

LIFEWAVE  
X39



### LIFEWAVE X39™ RESULTS SKIN PROBLEMS



13 September 2018



20 September 2018

X39 used for 7 days



### LIFEWAVE X39™ RESULTS WOUND HEALING



14 September 2018



18 September 2018



23 September 2018



26 September 2018

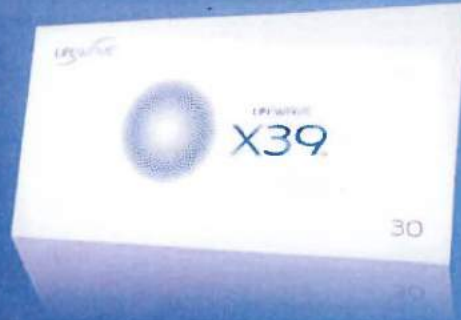


16 October 2018



18 October 2018

X39 used for 34 days after surgery



**LIFEWAVE X39™ RESULTS**  
**SCAR REDUCTION**



July 2017

July 2018

August 2018

Surgery July 2017, LifeWave Patches used until July 2018.  
 From July 2018, X39 has been used for 1 month.



**LIFEWAVE X39™ RESULTS**  
**WOUND HEALING**



25 September 2018



26 September 2018



30 September 2018



16 October 2018

Patches used for 21 days after a jellyfish sting



## LIFEWAVE X39™ RESULTS



After 18 years of multiple breaks, this member's thumb was inflamed and blue in colour. Using the X39 for 3 months, there is a dramatic difference. Incredible!



## LIFEWAVE X39™ RESULTS SKIN CONDITION



Before using X39



After 2.5 days using X39





## LIFEWAVE X39™ RESULTS "HEALED WITHIN 5 DAYS"

Day 1



Day 2



Day 5



"My son had a bad snowboard accident where he hit a rock with his face. Fortunately, he had only a bruise under the eye and the nose, but deep scrapes all over his face and he had an appointment on Monday for a new job!! So, he applied X39™ on his body for 3 days and just have a look at how quickly and perfectly his skin healed, there isn't even a trace of a scar on his cheek within 5 days."

- CHRISTINE GAY-GIRRBACH

LIFEWAVE



### *'More energy and natural day rhythm'*

'After 7 days with X39: Feeling a lot of energy. I never run. I don't like running. Suddenly I feel an urge to run 2-3 kilometres (to me that's really a long run) in the middle of my summer vacation and jump into the sea and swim afterwards. That never happened before.

Furthermore, my day rhythm has changed. I'm much more awake and clear during the day and I fall asleep immediately at night. It's a huge change to me.

Finally, it seems to have an effect on my nails, but I'm not sure yet - I'll return to you on that one later. I'm very excited about the future with LifeWave X39.'

- Hannah Maimin Weil



LIFEWAVE



***'I have been using LifeWave X39,  
for a full week now and I love it!!'***

'Even though I use the Y-Age system on a regular basis I had begun to have little aches in my hips and lower back. They only occur when I am driving and just get out of my car or riding and I jump off the horse. I had begun to think oh no I'm 54 and getting those "old" aches and pains. Within just a couple days of wearing the LifeWave X39 those aches, and pains were gone!

They have not returned. I have more sustained energy during the day and I am sleeping even better at night. I didn't think I could sleep better given the fact that I wear Alavida, but I am sleeping even better.

Thank you for this truly awesome new patch!'

- Rhonda Walker



LIFEWAVE


***'X39 is amazing,  
above all expectations!'***

***'From the first day, and every day.  
I am very energetic, all day long, with no  
need for rest at all.'***

- Orna Gilad, Israel



X39

LIFEWAVE

## *'The X39 is repairing old injuries'*

'I had a spinal disc herniation C4 for about 20 years, I feel how the X39 is working on that - my body is changing.

As a child I broke my ankle, it used to hurt once in a while, since X39, this problem is complete gone. Wow, wow, wow. I am very excited to see what happens in my body in the next months!'

- Nancy Boksberger

LIFEWAVE  
X39LIFEWAVE

## *'Immediately the Pain started to Subside'*

'I'm a former National Bodybuilder Champion since 1985 and competed in 14 Bodybuilding contests and WON 7 ... 1st. place trophies, including West Coast Nationals Bodybuilding Championship that was played on ESPN.

I'm 52 now and soon to get Married to my beautiful fiancé Diana, so I wanted to get back in shape fast, but haven't been in the gym seriously for many years. I decided to go to the gym with my older brother Tony and we first warmed up with the life cycle and went straight to the bench press and I went too heavy too fast and my left shoulder dropped, and I tore my tendon. I never tore a tendon before, that was VERY PAINFUL. my level of pain from 0 to 10... it was 15 I was sweating because I was in so much PAIN. I was told a torn tendon will take over a year to heal with physical therapy and even possibly surgery. I didn't want to do either of those, so I went home and applied X39 on the point of pain and immediately the pain started to subside. I was so EXCITED!!!

I used X39 everyday... just a little over 3 months, and my left shoulder was ALL the way BACK to normal and I CAN workout AGAIN!!! I might have had a little setback, but know I have a BIG come BACK THANKS to X39. How do you explain that it a "MIRACLE" I BELIEVE that David Schmidt is the GREATEST inventor of our TIME!!!

- Rick DeLuca from San Jose, CA.

LIFEWAVE  
X39



LIFEWAVE

***'I sleep like I am in the clouds'***

I thank god for X39, I have had muscle weakness for many years. Now using the X-39 patch I have noticed that the pain in my hands has calmed down.

I had very bad days before with lots of pain - now I sleep much better, I feel very light to move the body. I sleep feeling like I am in the clouds.

- GQ



LIFEWAVE  
X39



LIFEWAVE

***'These patches saved my life...  
I feel myself again'***

'I was in a state of extreme fatigue, I have been burnout and this winter I did not walk much nor bend my knees, nor my back.

I started with the patches in early August. After 3 days, I was surprised to have a new desire to do things, more energy, more strength and a clearer mind.

My sleep is deeper I feel less stressed. I have no more pains, just normal fatigue when I do too much (I am 63 years old).

I feel in shape again, I feel again joy and especially I feel myself again! For a month I put the patches every day, then I spaced and now the results continue.

These patches saved my life!


- Huguette



LIFEWAVE  
X39



LIFEWAVE



*‘I haven’t been able to walk up stairs in years... 2 days on the patch and I can!’*

“I haven’t been able to walk up the stairs in years. I mean I’ve had to do one step at a time. I had toxic black mold poisoning which attacks the muscles.

So, 2 days on the patch and I walk up the stairs!

Looking at the testimonials it looks like it is too good to be true, but so many people could not be blowing smoke. I knew intuitively that this is what I was waiting for so I am most excited to be part of this team!”

- Phyllis Goodrich

X39



LIFEWAVE



*‘I can enjoy playing badminton again’*

“I have not played my favourite game for several years because it hurt my hip, some 10 years ago X-ray and medical consultation showed degeneration of the joint. The operations of both knees gave effect.

After the first training, I felt hip pain, but after patching the X39 I completely forget about the problem. Hip **regenerated quickly**, I can go back to the badminton court!

There are no words that could describe it. I am **grateful** for Lifewave and David Schmidt!”

- Krzysztof Markowski



X39



LIFEWAVE



## *‘X39 Stopped my Migraines’*

I am still so **grateful** for the X39 patch!  
Besides more energy I have also  
managed to stop two migraine attacks,  
which I have never been able to with  
any of the other patches.'

- Heidi Horn Wiedemann

X39



LIFEWAVE

*‘I have noticed after I have been using X39  
for 2-3 weeks  
my skin looks much younger, healthier and  
shines 24/7 with or without make up.  
I am so excited, thank you for this  
discovery!’*

- Betty Aslanis



X39

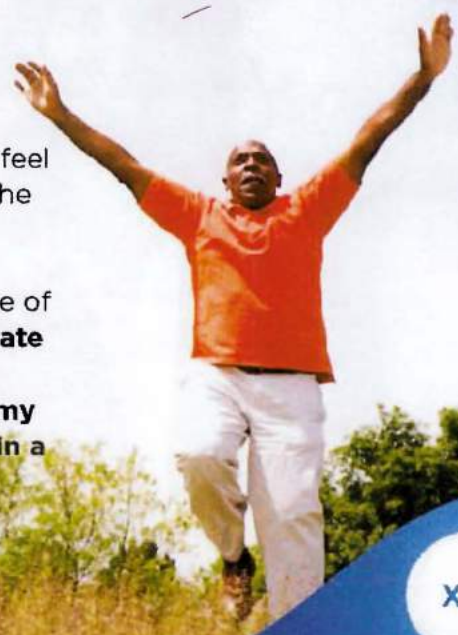
*‘This patch breaks every imagination’*

‘Thank you so much for this wonderful patch. I feel a tremendous amount of energy until late in the evening and then my **sleep is fantastic.**

Since I get back pain from time to time because of a disc prolapse, I have experienced an **immediate pain relief within seconds within a day.**

Another experience was that a small sore on **my lip caused by herpes had almost healed within a day.**

- Alexandra Paul



‘I have a friend here that had a tooth pulled yesterday.  
She was using CBD for pain relief but it started wearing off.  
So I handed her a X39 to hold in her fingers and **in 2 min ALL HER PAIN WAS GONE !!**

This patch is **incredible... !!**

- DrQ



LIFEWAVE

*‘Less wrinkle, smoother skin,  
faster wound healing, less  
stress, calmer and clearer  
mind.’*

- Leela Tsao

X39

LIFEWAVE

‘I have been using the patches about 35 days and I am amazed with the performance. The X39 patch is **restoring feeling to my feet!** I have had progressive neuropathy for over 25 years, to the point I could barely feel my hand touching my skin anywhere forward of my ankle.

On the sole of my foot, I could feel nothing a month ago, today I can feel gentle touch up to the base of my toes, with measurable progress every single day for the last two weeks. I am shocked!

The new feelings are quite a surprise and delight. Already, the **change positively affected how I walk.** The experts say this is not possible. Thank you!!!

- Terrence McGrath

X39



## *‘Increased Skin Suppleness’*

“In my twenties I spent a lot of time in the sun and the front of my lower thighs have had rougher skin as a result.

I have started to notice the skin is becoming **more elastic and smoother**. It feels like the right amount of oil is in my skin. It is hard to describe. I can even see in my forearms the skin elasticity has increased and skin on my hands appears more supple...”

- Angela Kilic-Cave



X39

## *‘I feel my skin is different... it’s more elastic’*

‘I thought I need a new bed, but I need this new patch!

After one week with X39 I woke up without a stiff body, thank you!

I also feel my **skin is different**. I don’t need so much body lotion. My skin is **more elastic**. I can’t see the different after 15 days.’

- Karin Rød



X39

LIFEWAVE



'I see life in two parts now...  
BeforeX39 and AfterX39... WOW!!

**CAN'T WAIT TO SEE WHAT THE  
NEXT WEEK BRINGS :)'**

- Nikki Jumper

X39

LIFEWAVE

***'I'M SO BLOWN AWAY  
BY THE X39 PATCH!'***

'I did 3 hardcore leg day workouts in a row (THURSDAY/FRIDAY/SATURDAY) ...  
I had **zero pain** - it's as if my body is recovering in REAL TIME!

**My mind is totally blown!**

I've never been so **excited** about a product in my entire life!!'

- Nikki Jumper

X39

## '85% reduction in Pain... Skin is not as Dry'



"The first day I received the X39 I had just finished a very rigorous 50-mile bike ride and I had strained my right knee to the point where I couldn't put my weight on it all the way - I was limping.

So, I immediately put a patch on and I was thinking to myself, gosh I wonder how long this is going to take to recover from and to my surprise the very next day I was able to ride again where I thought I'd be limping again for a good week or more so that was very exciting.

From there I continued to use the patch both on the recommended spots... and also directly on my left knee which has had chronic tendonitis and bursitis probably for about 5 years mostly because I won't stop and rest as I should, but I have seen **great improvement** in that.

I would say an **85% reduction in pain** there and my overall stiffness in my **spine has improved** and my skin is **not as dry as it normally was** so all in all very excited with the response I've received in just the 3 weeks I've been using it."

- Dr. Deb Wood-Schade

X39

## 'A very strong patch'

"Thanks for this wonderful patch. not only **my knee pain is gone**, I am able to do more workout due to **more flexibility and power** (not only on my knees).  
**A very strong patch**, only after one week of use... !!!"

- P. Heinrich

X39

LIFEWAVE

## *‘Draw from an inexhaustible source of energy’*

“It is with joy that I share my experience on the X39 with the hope that it can be a stimulus for everyone!

I've been using the X39 for now three weeks and they're amazing! I can enclose them in one sentence: **‘to draw from an inexhaustible source of energy’**. The energy is never lacking but living the day without feeling drops of tiredness, with a clear mind and a light out of the norm was really a discovery!

Infinitely grateful to be able to share this wonderful opportunity with the world... that needs so much **‘Light’ !!!**”

- Raffaella Ruggiano

X39

LIFEWAVE

## *‘So Much Energy with the X39’*



### *‘More Energy!’*

‘I was excited about this new patch. I feel that I have more energy doing my daily workout. I can do more repetitions and I am not so exhausted afterwards. It gives me more energy and I feel stronger.’

- Dagmar Mueller



### *‘More Clear in my Brain’*

‘I was tired, feel that my body really work with something. After 3-4 days of the X39, more clear in my brain and more energy. I also use x39 during the night and for the first time of many year. I woke up without being stiff in my body’

- Karin Rød



### *‘Feel More Energized’*

‘This is my third day and I am feeling the results, I believe I have felt more energized. They are working!’

-Thomas Burke

X39

*‘I am very excited about this,  
both product and business-wise’*

‘Thanks for the x39 patches, my first day yesterday was indeed **remarkable**. I felt the same warm, fuzzy and very pleasant Aeon effect with x39, and my powernap siesta in the hammock was immediate and short, but **revitalizing**.

I wore it all night also and had pretty much the same **amazing sleep** I experience with SN, but dreams were vivid, fun and easy to remember when waking up.

Working too much in the garden the past week, my shoulder and back was hurting and my legs sore, but I definitely felt better this morning.

I am very excited about this, both product- and businesswise.’

- Miguel Molina

X39

*‘X39 is a powerful stuff :)’*

‘I must share with you my experience with X39! I always - during the tests like this - push myself to the limits - I work out few days a week.

When I start using X39 my catabolic state shortened by 50%, I regenerate like I was 20 years old!

And additionally, I have **more energy** during the day after badminton. I've always had little energy after training. Now the sleep is deeper also!

X39 is a powerful stuff :)’

- Krzysztof Markowski

X39



LIFEWAVE

## *‘My first 24 hours with the X39’*

‘Beside sleeping better than normal I had the most vivid dreams ever. My sleep with the x39 is just **fantastic!**

I did not know what to expect from the x39 patch and how soon I would be able to feel anything, but it was **so quick** and I’m **blown away!**

- Christina Fabrin

X39



LIFEWAVE

## *‘The X39 proved again to be a game changer’*

‘I put the my first X39 patch on my aching knee (really need a replacement but do not want to go down that path yet) and the pain was literally gone within 30 minutes.

From a pain level of a 6, down to a 1. Just amazing results in 30 minutes. Day 2 and 3, same excellent results with the X39. Now it’s off to play golf this weekend walking 18 holes with relatively no pain.

Just want to let you know that when I play golf and walk, I usually have 6 patches on my knee in order to play without pain. But yesterday I used a single X39 on my knee and played golf pain free and with energy without worrying about whether or not I would be able to finish the round walking and not limping.

The X39 proved again to be a game changer. BTW I played one of my best rounds as well.’

- Joe, LifeWave CFO

X39

## 'My physiotherapist is amazed!'

'My recovery from a lower back injury has been **extremely quick. My physiotherapist is amazed!**

When X-39 is on the point of pain the pain **simply disappears.**

Over the last two nights my **sleep** has been way **deeper.** I fall asleep straight away.

I NEVER previously had to be woken by my alarm clock, but I was glad of it this morning otherwise I would still be asleep - **this is amazing.**

I feel **great** now as a result of my quality sleep.'

- C.D.



X39

## 'Tighter Skin... New Hairs'

'Thank you very much for your gift and for the new patch.

I started using it 10 days ago and already see that my skin responds positively to it. **Tighter skin** on my throat, my hairdresser commented today that I have received a lot of **small hairs throughout the scalp...** new that's new.

I also notice that I sleep deeper and have more energy throughout the day.

Thank you for your invention.'

- Olga Birjukova



X39

LIFEWAVE

## *‘In SECONDS my headache was GONE!’*



‘I woke up around 6 am with a migraine.

I took migraine medicine and went back to bed. Around 8 am, my head was still hurting... to the point that I could no longer lay there. I got up and put on one of the X39 patches.

Within a matter of SECONDS my headache was **GONE!!!**

I was so **impressed** by this that as soon as my husband got up I told him. He said “my shoulder has been hurting for a couple of days, do you mind letting me try one?”

I put a patch on the position at the base of the neck and within 15 minutes the pain was gone and he had full mobility of his shoulder/arm again!!’

- Angie, LifeWave Employee

X39

LIFEWAVE

## *‘The effect is almost a MIRACLE!’*

‘I ruptured a disc in my lower back in January which also caused sciatica in one leg. It’s the most painful experience I’ve ever had.

For the past several months I’ve had cortisone injections and physical therapy which have helped somewhat although I still was unable to walk normally.

As soon as I started using the **X-39** the **pain went down almost immediately**, and I was able to walk again without limping.

I don’t want to exaggerate but the **effect** is almost a **miracle!**

- Lily

X39





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The LifeWave story is one you'll want to tell anyone in search of a more balanced and fulfilling life. For many, sharing this story leads to earning extra income or an entirely new career. Others simply love using our products for the many health benefits they provide.

Whatever path you choose, we would love to have you join us as a LifeWave Distributor. You'll have the advantage of marketing products you believe in. And in the process, you'll be part of a caring, supportive community living a lifestyle of wellness unlike any other.

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