

100 PROTOCOLS USING LIFEWAVE PATCHES

VOL. 1

Gabriel Díaz Enrico

This Book Is All About The Patches

Chapter 1: What's A Lifewave Protocol Anyway?

Chapter 2: Handling The Basics (Measurements & Positions)

Chapter 3: The "Opening" Protocols

Chapter 4: The Super Easy & "Quick Fix" Protocols

Chapter 5: General Protocols

Chapter 6: Advanced Protocols

Chapter 7: How To Start Patching Any Complicated Situation

Chapter 8: 6 Days Rewiring Program



100 Protocols

Using LifeWave Patches

*A Compendium Of
Useful Lifewave Protocols*

*by
Gabriel Díaz Enrico*

A Patching Protocol Production

VOL. 1

Version 1.2

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CHAPTER 1: What's A Lifewave Protocol Anyway?

Believe it or not, we've all contributed to the creation of a New Term:

A Patching Protocol

Now, looking at one definition of Protocol:

“A system of rules that explain the correct conduct and procedures to be followed in formal situations.”

and that's what we actually do...

We Explain A Correct Procedure Using The Patches:

“Take an Energy Enhancer pair of Patches and place them at this position, White To Right and Tan To Left...”

and to tell you the truth...

When I knew nothing about Acupuncture or even I knew nothing about the patches, this was SUPER HELPFUL to me...

Take This and Do Exactly This Is All I Needed...

and you know what?...

The sequence of events that this very simple action triggered on me was absolutely “Magic”...

It gave me a “Chance” to See, Feel and Experience Something New on myself which I could not See, Feel and Experience in any other way I knew at that time...

and that, Changed My Life Forever...

*This Book Is Created
With The Purpose
Of Giving You
A Chance To See,
Feel and Experience
Something New.*

Gabriel Díaz Enrico

CHAPTER 2: Handling The Basics

Patch Placement & Measurements

THUMB & FINGERS

1 CUN = 1 THUMB



Placing the patches is pretty straight forward. We use very specific measurements that are unique to all of us...

Acupoints are generally located using a measurement unit called the CUN, but throughout this book, I'll be using just 2 type of units: **Thumb** and **Fingers**, just to make it easier for everyone...



CHAPTER 2: Handling The Basics

Patch Placement & Measurements

THUMB & FINGERS

1.5 CUN = 2 FINGERS



CHAPTER 2: Handling The Basics

Patch Placement & Measurements

THUMB & FINGERS

2 CUN = 3 FINGERS



CHAPTER 2: Handling The Basics

Patch Placement & Measurements

THUMB & FINGERS

3 CUN = 4 FINGERS



CHAPTER 2: Handling The Basics

Patch Placement & Measurements

Applying LifeWave Patches



Applying LifeWave patches is really simple:

STEP 1: Take any patch with your fingers



CHAPTER 2: Handling The Basics

Patch Placement & Measurements

Applying LifeWave Patches



STEP 2: Remove the back cover protecting the sticky surface.



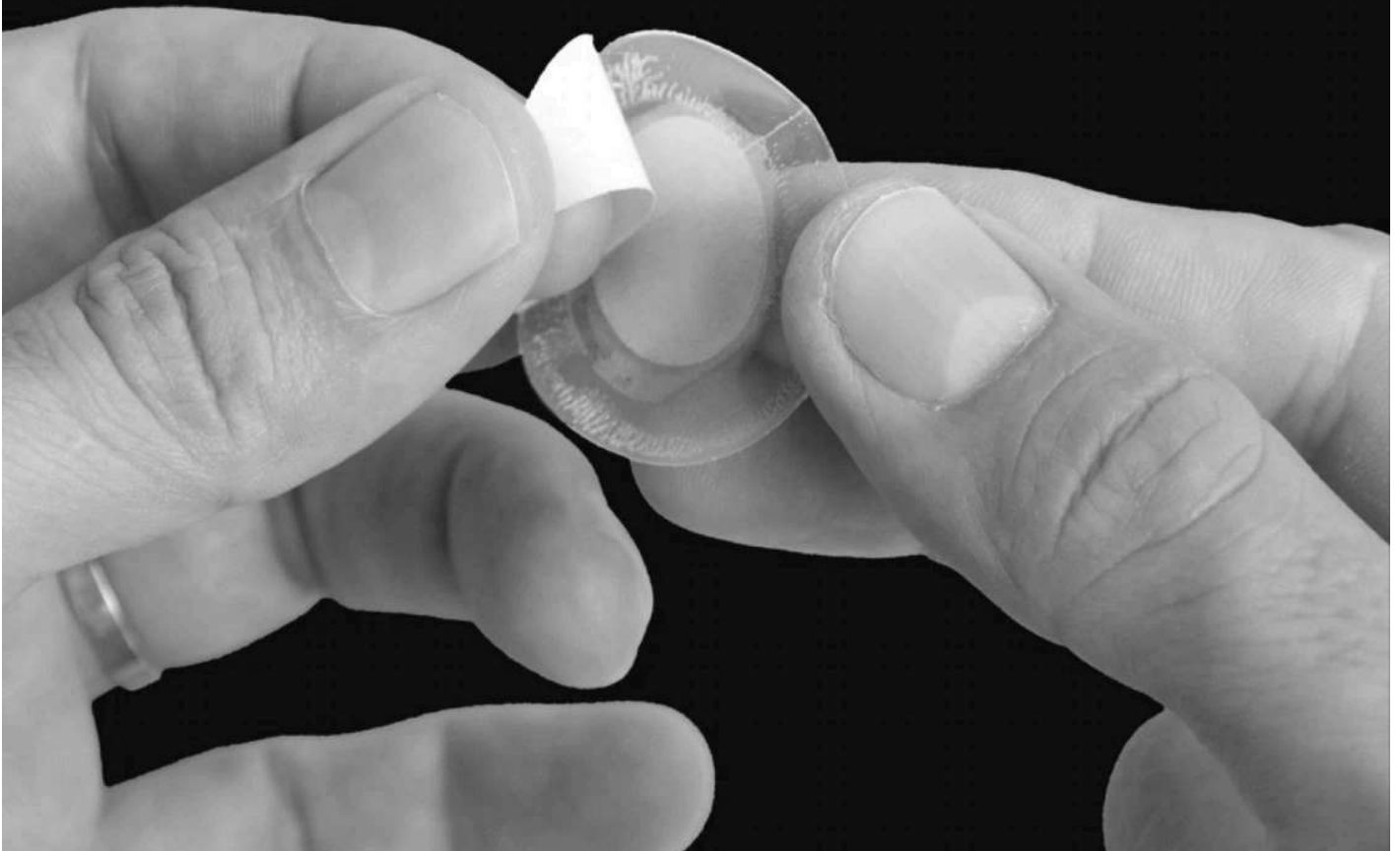
CHAPTER 2: Handling The Basics

Patch Placement & Measurements

Applying LifeWave Patches



STEP 2: Remove the back cover protecting the sticky surface.



CHAPTER 2: Handling The Basics

Patch Placement & Measurements

Applying LifeWave Patches



STEP 3: Identify the specific Acupoint location by using the measurements. In this example we are placing a patch at TW5 Acupoint position which is located 3 Fingers above the wrist in the depression between the radius and the ulna.



TW5

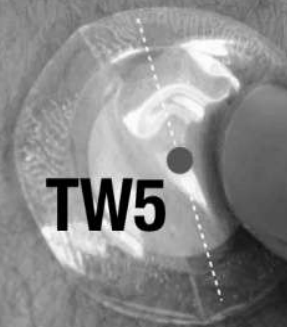
CHAPTER 2: Handling The Basics

Patch Placement & Measurements

Applying LifeWave Patches



STEP 4: Lastly stick the patch over the skin or over your clothing at the right position.



CHAPTER 3: The “Opening” Protocols

Four Gates

Upper Body / Lower Body Imbalance

Split Meridians

Golden Sequence

5 Days Detox

GV/CV Ring

An Opening Protocol has the primary function of initiating a process which we call “Opening The Channels”, increasing Energy Flow through specific Meridians and therefore promoting balance.

Four Gates

According to TCM, the Liver is responsible for the smooth flow of Energy throughout the body and smoothing our Emotions. Anger, irritability, and frustration are all signs that our Chi is not flowing smoothly.

LI4



A really popular Acupuncture Protocol to promote a Smooth Energy Flow is known as the “**Four Gates**”. A very simple protocol using just the right and left side of **LV3** and **LI4** positions.

LI4



Together these four acupuncture points may to enhance the circulation of Chi and Blood throughout the body and have a calming and analgesic effect.

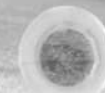
The Four Gates Protocol (My Own Adaptation):

You will need 2 sets of **ENERGY ENHANCER**, one on **LI4** and the other on **LV3** Position, both **White To Right Tan To Left (WRTL)**, then **AEON** on **GV14**, **CARNOSINE** on **CV17** and **GLUTATHIONE** on **CV4**. Excellent Protocol to Move Chi in the whole body as I said earlier and to “Initiate” vital Functions. If you are having issues and you don't know how to even start patching, then start with this Four Gates Protocol.

LV3

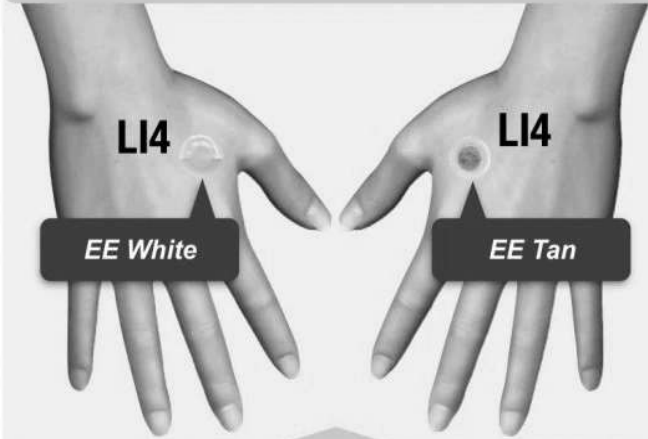


LV3



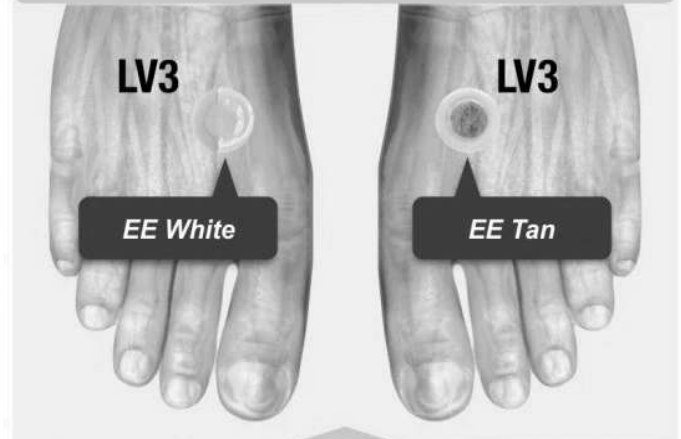
Four Gates Acupoint Positions

LI4



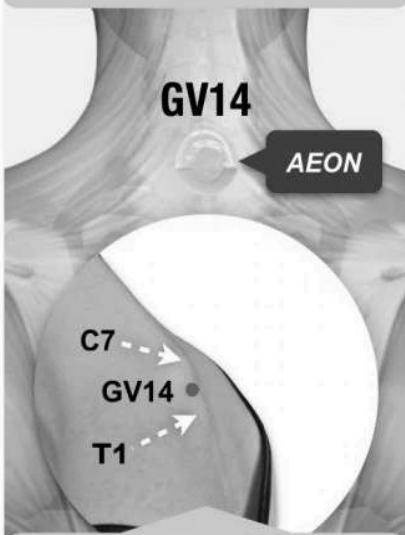
LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.

LV3



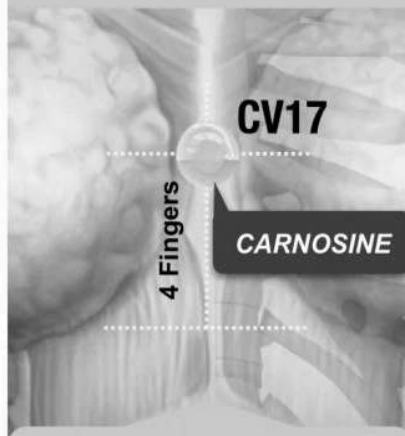
LV3 is located on the dorsum of the foot, in the hollow distal to the junction of the first and second metatarsal bones.

GV14



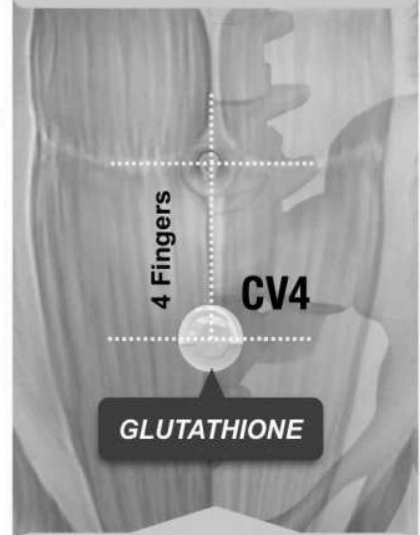
GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV17



CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.

CV4



CV4 is located on the lower abdomen, 4 fingers below the Umbilicus.

My Suggestion: Before you start any patching try to get familiar with each Acupoint Position.

Upper Body / Lower Body Imbalance

I came across this useful Protocol during the time I was working extensively with a Meridian Testing Equipment. What I could notice was that throughout the several hundred readings I've performed, over 80% of them had an Imbalance between their Upper and Lower Body...

So, having this type of Imbalance, it might eventually lead to an Energetic Splitting of the body between top and bottom, which can result in Tinnitus,

Pain in the lower body, Weak lower back, lower back pain even leading to Sciatica, Vaginal Discharge, Uterine Prolapse, Trouble moving hips and legs, Weakness and even muscular atrophy of lower

limbs, Sever and constant headaches and even major changes in body shape....

Without been dramatic about it, it would be important to note that in some cases where this major imbalance is left untreated, it might progress into more sever conditions like Fibromyalgia for example, and I mention this with the only intention to create a reference of the importance of this "Obstructive Disorder" and how is considered in Acupuncture literature.

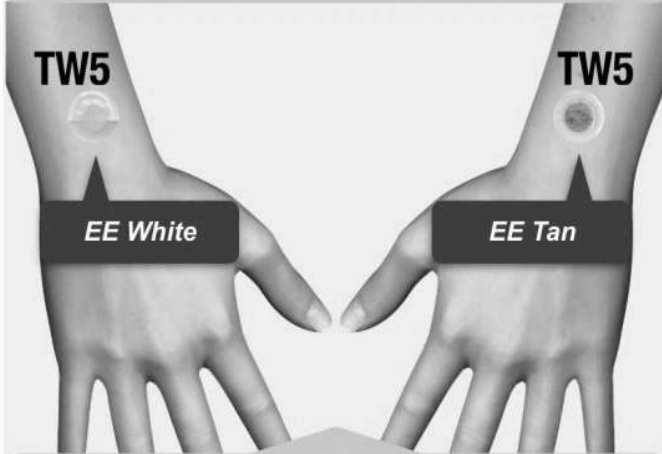
Upper Body / Lower Body Imbalance Protocol (Latest Version):

You will need 2 sets of **ENERGY ENHANCER**, one on **TW5** and the other on **GB41** Position (Both WRTL), then **AEON** on **GV14**, **GLUTATHIONE** on **GV4** and **CARNOSINE** on **CV17**. As you can see, this is a very simple Protocol and very helpful as an "Opener" and starting point for any kind of patching you do...



Upper Body / Lower Body Imbalance Acupoint Positions

TW5



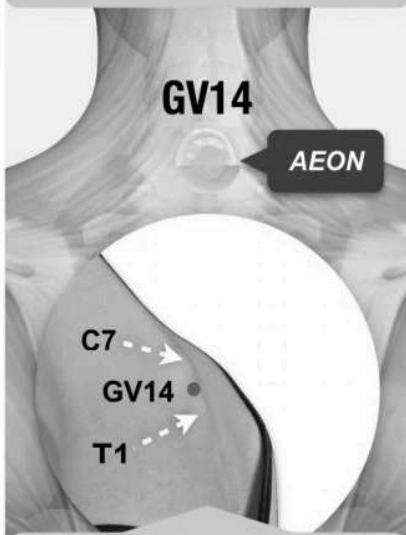
TW5 is located 3 fingers above the wrist in the depression between the radius and the ulna.

GB41



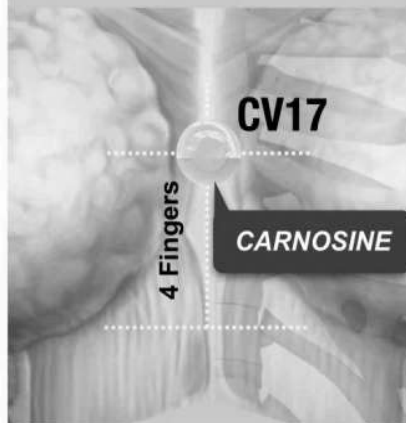
GB41 is located in the depression distal to the junction of the 4th and 5th metatarsal bones, on the lateral side of the tendon.

GV14



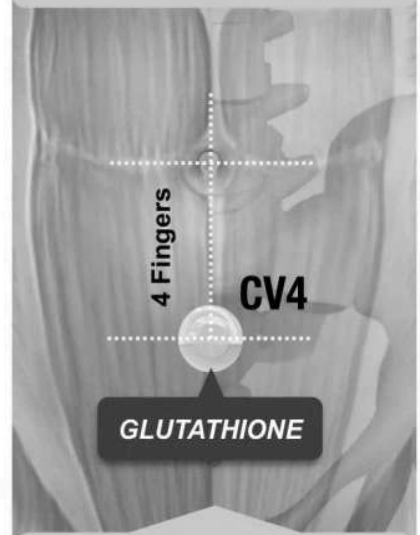
GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV17



CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.

CV4



CV4 is located on the lower abdomen, 4 fingers below the Umbilicus.

My Suggestion: Before you start any patching try to get familiar with each Acupoint Position.

Split Meridians



Split Meridians is the second “Major Imbalance” I found to be the “*Most Popular*” among all the people I’ve tested.

Now, we can define our body's overall balance to be "Normal" when all meridians are at a similar energetic level. We can also define our body to be Imbalanced when one or more meridians are “Excessive” (substantially more energetic activity than the average of all meridians), or it could also be “Deficient” (substantially less energetic activity than the average) and lastly it could be “Split”, when there is a large measured difference between the right and left sides of the body in the same meridian.

Sometimes we can experience ourselves to be less "receptive" to the patches or even non-receptive at all, that could be due to several reasons and I personally tend to believe that one of those reasons could be **Split Meridians**.



The Split Meridians Protocol:

You will need 1 set of ENERGY ENHANCER, placed on **SP21 Position (WRTL)**, then **AEON** on **GV14**, **CARNOSINE** on **CV17** and **GLUTATHIONE** on **CV4**. Excellent Opener Protocol to Move Chi and attempt to correct possible Split Meridians. This is also an excellent Protocol to use in combination with the **Upper Body / Lower Body Imbalance Protocol** if you are starting any kind of patching. The combination could be done by placing all Energy Patches (Total 3 Sets) and 1 piece of each Y-Age Patches...

Golden Sequence



I came across this Acupuncture concept a while ago, and I called this new patching technique **Golden Sequence**, simply because it could be applied in any situation where you are not sure what to do... (pretty interesting)

According to the original acupuncture method, this sequence might help to sort of “Connect” us back to our **foundation** or in other words, to help us get into balance. Other particularity of the Golden Sequence is that it could help someone who eats to sort of “Scape” or overcome uncomfortable feelings or emotions (I find this also a very interesting and useful aspect of it).

Important Note Before You Start:

There are basically 3 Steps in the Sequence and you can test all 3 steps in 1 day (every 4 hours per step, total 12 hours) or, you could test each step in 3 consecutive days instead (total 72 hours).

Enjoy It!



Golden Sequence

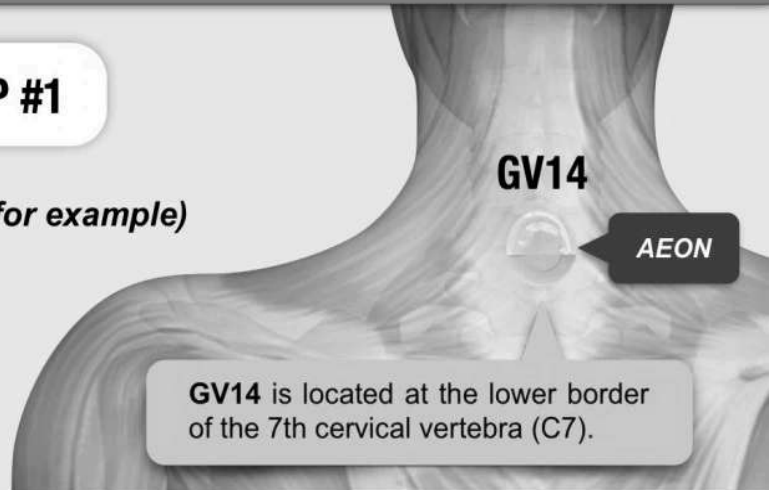
Complete Procedure

DAY 1

GOLDEN SEQUENCE DAY 1 - STEP #1

Start some time in the morning (8am for example)

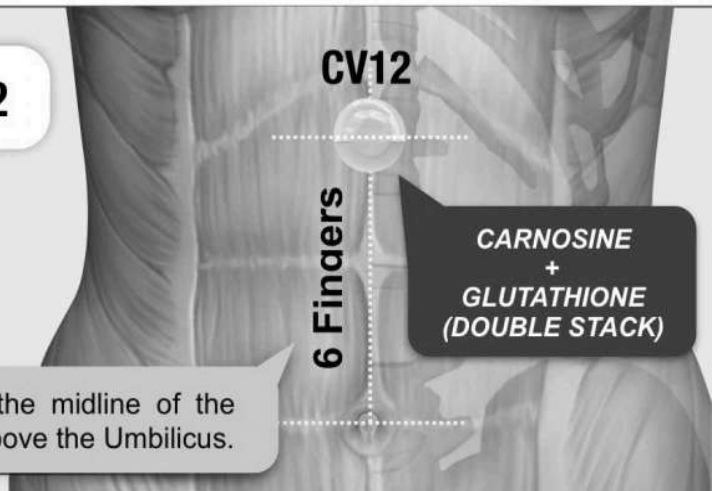
Place **AEON** on **GV14**



GOLDEN SEQUENCE DAY 1 - STEP #2

Then, place a **CARNOSINE** on **CV12**, followed by a **GLUTATHIONE** stacked over the **CARNOSINE** also on **CV12** (Double Stack)

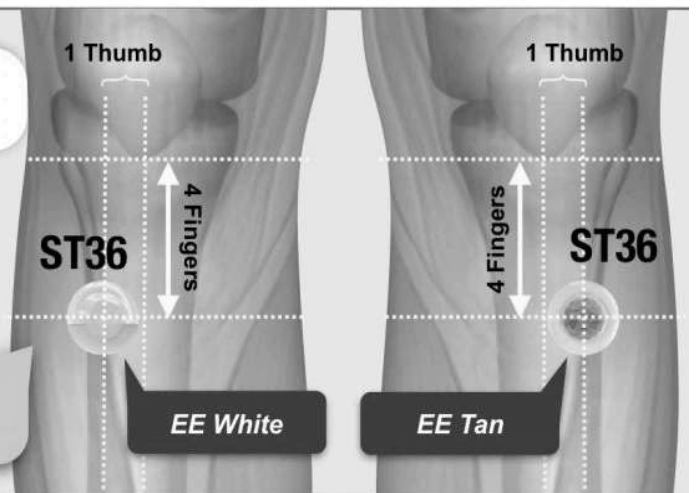
CV12 is located on the midline of the abdomen, 6 fingers above the Umbilicus.



GOLDEN SEQUENCE DAY 1 - STEP #3

Lastly, place 1 set of **ENERGY ENHANCER** on **ST36**

ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.



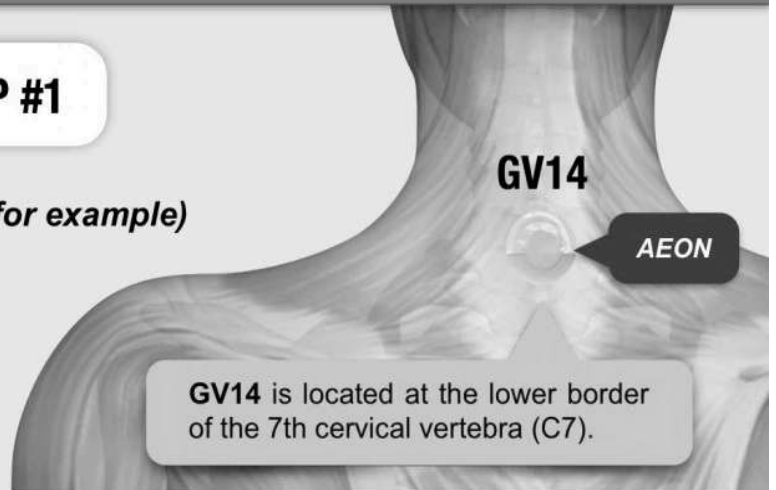
Golden Sequence Complete Procedure

DAY 2

GOLDEN SEQUENCE DAY 2 - STEP #1

Start some time in the morning (*8am for example*)

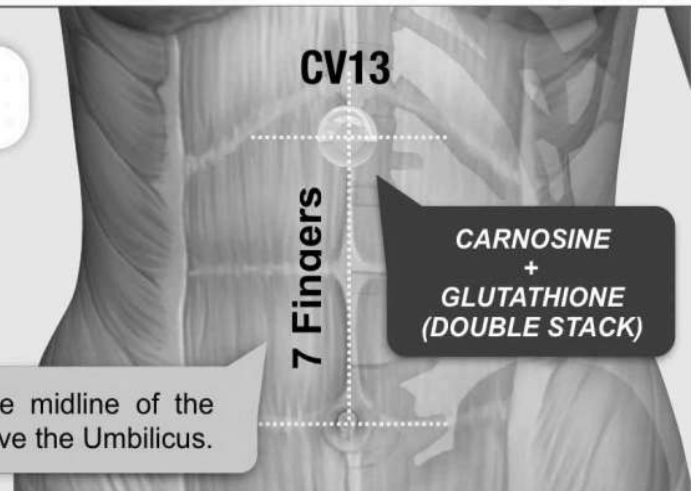
Place **AEON** on **GV14**



GOLDEN SEQUENCE DAY 2 - STEP #2

Then, place a **CARNOSINE** on **CV13**, followed by a **GLUTATHIONE** stacked over the **CARNOSINE** also on **CV13** (*Double Stack*)

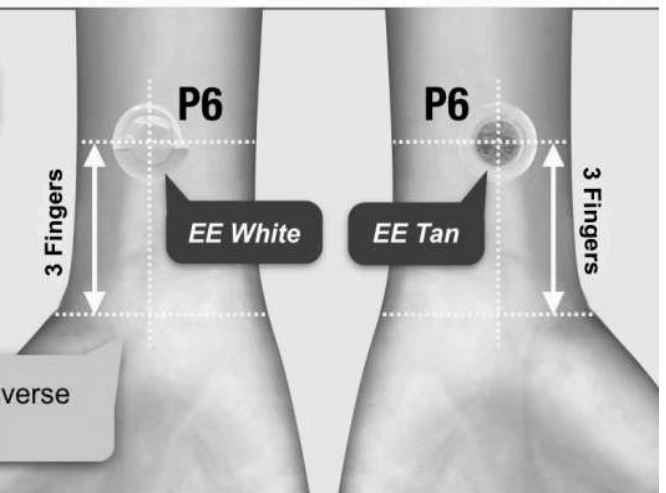
CV13 is located on the midline of the abdomen, 7 fingers above the Umbilicus.



GOLDEN SEQUENCE DAY 2 - STEP #3

Lastly, place 1 set of **ENERGY ENHANCER** on **P6**

P6 is located 3 fingers above the transverse crease of the wrist, between the tendons.



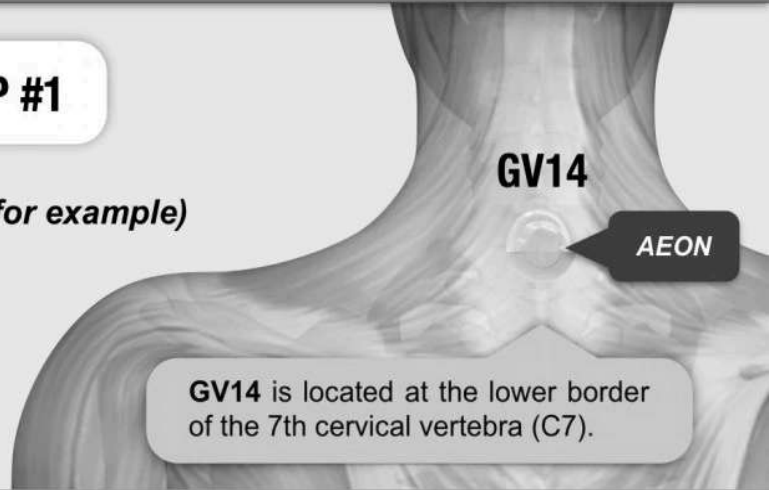
Golden Sequence Complete Procedure

DAY 3

GOLDEN SEQUENCE DAY 3 - STEP #1

Start some time in the morning (*8am for example*)

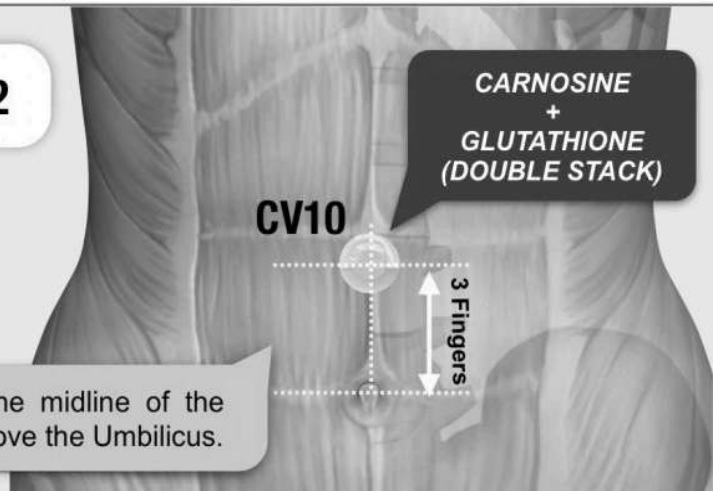
Place **AEON** on **GV14**



GOLDEN SEQUENCE DAY 3 - STEP #2

Then, place a **CARNOSINE** on **CV10**, followed by a **GLUTATHIONE** stacked over the **CARNOSINE** also on **CV10** (*Double Stack*)

CV10 is located on the midline of the abdomen, 3 fingers above the Umbilicus.



GOLDEN SEQUENCE DAY 3 - STEP #3

Lastly, place 1 set of **ENERGY ENHANCER** on **ST25**

ST25 is located on the abdomen, 3 fingers lateral to the umbilicus.



Golden Sequence

Conclusion



You could initially run the **Golden Sequence** for 3 to 6 consecutive days if you are running it in a single day (each step every 4 hours).

Or, you could run it for a minimum of 3 cycles or 9 days, if you are running the 3 Days version.

You may ask then: In what specific situation or conditions could I test the Golden Sequence?.

#1- If you haven't found much improvement with other protocols, just run the Golden Sequence, either all 3 steps in a Single Day or, each Step per day making it into a 3 Days Cycle.

#2- If you find yourself in a situation where you don't know how to start patching or even if you recommend it to someone else, and you think that the 5 Days Detox might not be suitable for that situation, just run the Golden Sequence according to the days I explain above.

That simple.

Just try to remember the sequence... or make sure you have downloaded this book into your lap-top or mobile device or else, if you have internet access, just get into your account with us and read it online...



The “Classic” 5 Days Detox

I had to include this “All Time Classic”...

The 5 Days Detox is in my opinion, still a great option to start patching any kind of situation...

The 5 Days Detox In Short:

- ▶ Gently stimulate each Major Meridian by using **Energy Enhancer** Patches.
- ▶ Complete a sequence designed to cleanse the body of toxins by using **Glutathione** Patches.
- ▶ Attempt a cellular repairing process by using **Carnosine** Patches.
- ▶ Boost the effect of all patches by adding **AEON** patches.

The 5 Days Plan:

Day 1 Stimulate and detoxifies on the **Liver** and **Gall Bladder** Meridians.

Day 2 Stimulate and detoxifies on the **Pericardium** and **Triple Warmer** Meridians.

Day 3 Stimulate and detoxifies on the **Spleen** and **Stomach** Meridians.

Day 4 works on the **Lungs** and **Large Intestines** Meridians.

Day 5 works on the **Kidneys** and **Bladder** Meridians.

VERY IMPORTANT

Detox reaction sometimes occurs as the body eliminates waste.

If you experience nausea, do remove all patches for 4 hours. Then you may continue where you left off.

*Drink at least 8 glasses of water each day to help your body flush out the toxins.
If you are overweight, you would most likely lose two to three kilograms during the 5 days (results may vary among individuals).*

Remember, LifeWave patches are completely safe. Nothing to ingest, nothing enters your body.

5 Days Detox Complete Procedure

DAY 1

Start at a comfortable time in the morning, i.e. 8am

During The Day - 12 Hours

GB41



EE White

GB41 is located in the depression distal to the junction of the 4th and 5th metatarsal bones, on the lateral side of the tendon.

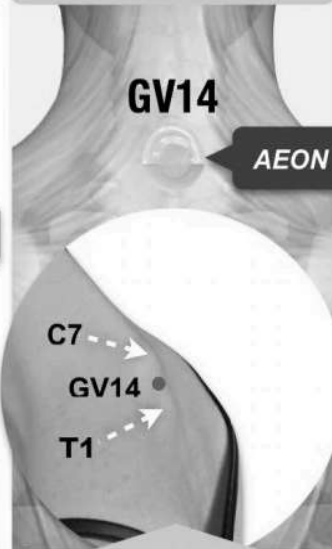
LV3



EE Tan

LV3 is located on the dorsum of the foot, in the hollow distal to the junction of the first and second metatarsal bones.

GV14



AEON

GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV4



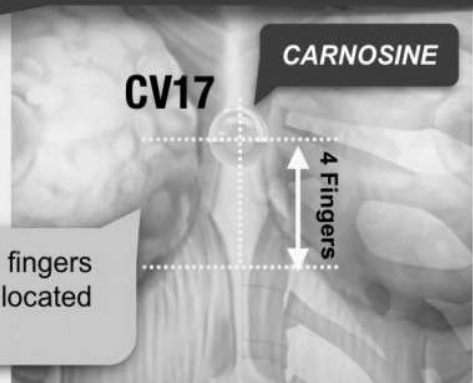
GLUTATHIONE

CV4 is located on the lower abdomen, 4 fingers below the Umbilicus.

During The Night - 12 Hours

After 12 hours, at evening time, remove all patches placed during the day and place 1 single **Carnosine** Patch on **CV17** till next following morning.

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.



CARNOSINE

CV17

4 Fingers

Stay well hydrated during the entire procedure. Drink at least 8 glasses of water each day.

5 Days Detox Complete Procedure

DAY 2

Start at a comfortable time in the morning, i.e. 8am

During The Day - 12 Hours

TW5

TW5 is located 3 fingers above the wrist in the depression between the radius and the ulna.

P6

P6 is located 3 fingers above the transverse crease of the wrist, between the tendons.

GV14

GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV4

CV4 is located on the lower abdomen, 4 fingers below the Umbilicus.

During The Night - 12 Hours

After 12 hours, at evening time, remove all patches placed during the day and place 1 single **Carnosine** Patch on **CV17** till next following morning.

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.

CV17

CARNOSINE

Stay well hydrated during the entire procedure. Drink at least 8 glasses of water each day.

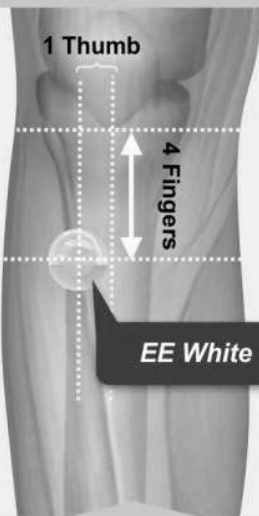
5 Days Detox Complete Procedure

DAY 3

Start at a comfortable time in the morning, i.e. 8am

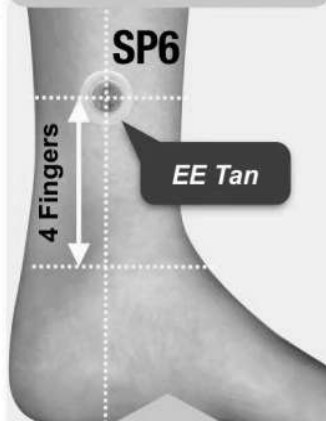
During The Day - 12 Hours

ST36



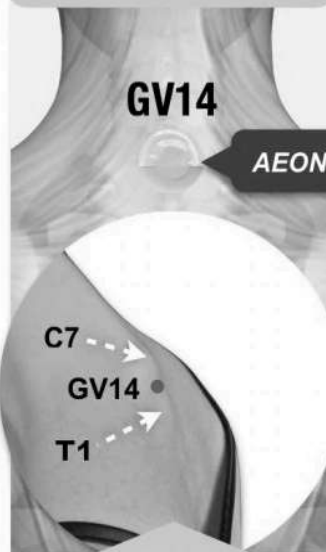
ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.

SP6



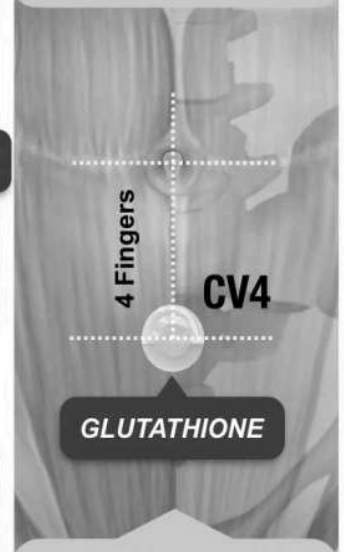
SP6 is located on the medial side of the lower leg, 4 fingers superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.

GV14



GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV4

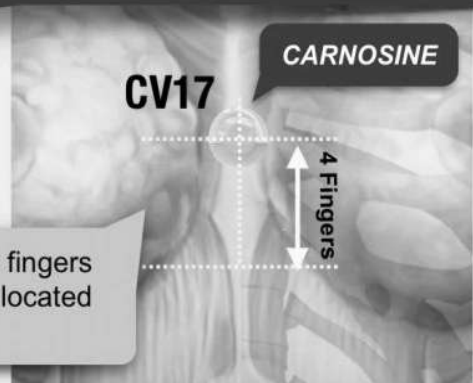


CV4 is located on the lower abdomen, 4 fingers below the Umbilicus.

During The Night - 12 Hours

After 12 hours, at evening time, remove all patches placed during the day and place 1 single **Carnosine** Patch on **CV17** till next following morning.

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.



Stay well hydrated during the entire procedure. Drink at least 8 glasses of water each day.

5 Days Detox Complete Procedure

DAY 4

Start at a comfortable time in the morning, i.e. 8am

During The Day - 12 Hours

LI4



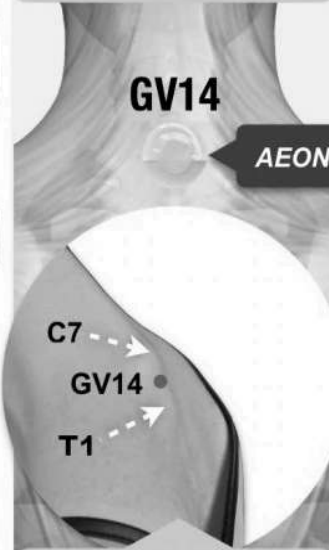
LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.

LU7



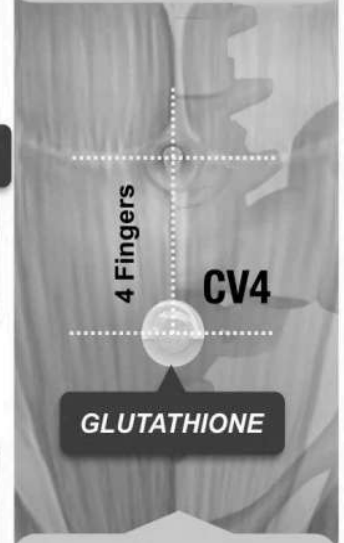
To locate **LU7** use a 'Tiger mouth grip', spread the thumb and forefinger of both hands, crossing them so that the Index finger of your right hand comes to rest on the lower left arm, but avoiding bending the wrist. **LU7** is located directly below the tip of the Index finger in a V-shaped groove.

GV14



GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV4

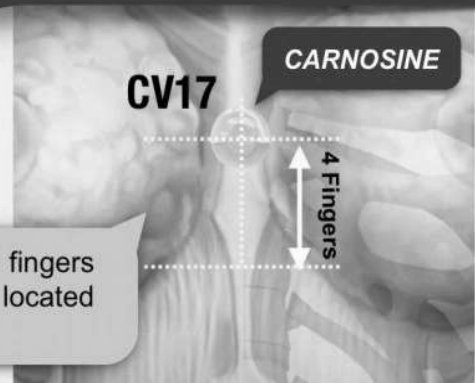


CV4 is located on the lower abdomen, 4 fingers below the Umbilicus.

During The Night - 12 Hours

After 12 hours, at evening time, remove all patches placed during the day and place 1 single **Carnosine** Patch on **CV17** till next following morning.

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.



Stay well hydrated during the entire procedure. Drink at least 8 glasses of water each day.

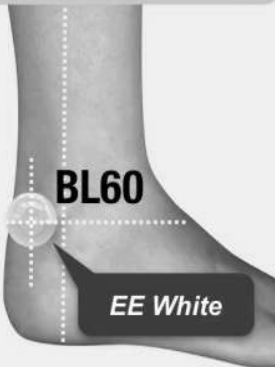
5 Days Detox Complete Procedure

DAY 5

Start at a comfortable time in the morning, i.e. 8am

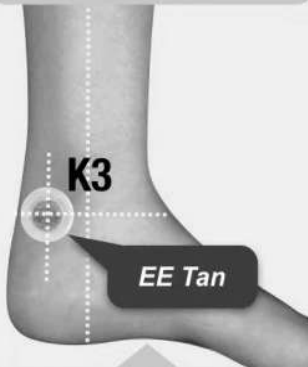
During The Day - 12 Hours

BL60



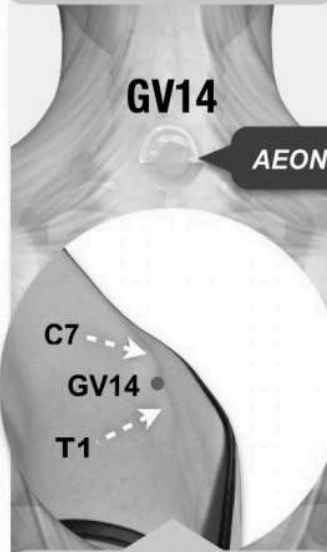
BL60 is located behind the ankle joint, in the depression between the prominence of the lateral malleolus and the Achilles tendon.

K3



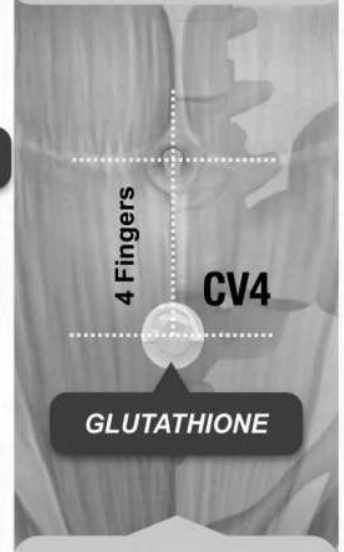
K3 is located in the depression between the medial malleolus and the Achilles tendon, level with the prominence of the medial malleolus (inner side of the ankle).

GV14



GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV4

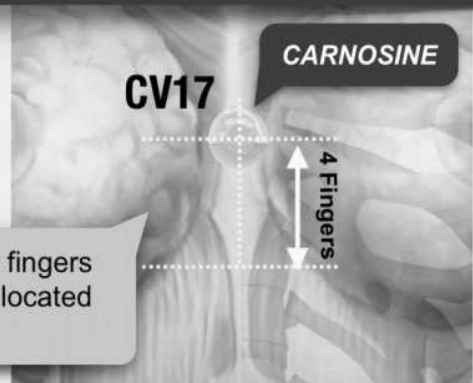


CV4 is located on the lower abdomen, 4 fingers below the Umbilicus.

During The Night - 12 Hours

After 12 hours, at evening time, remove all patches placed during the day and place 1 single **Carnosine** Patch on **CV17** till next following morning.

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.



Stay well hydrated during the entire procedure. Drink at least 8 glasses of water each day.

The "Classic" 5 Days Detox

3 FULL CYCLES SCHEDULE

Following all the procedure for 5 Consecutive Days is considered 1 cycle.

I strongly recommend to go for 3 full cycles in this way:

1 Cycle



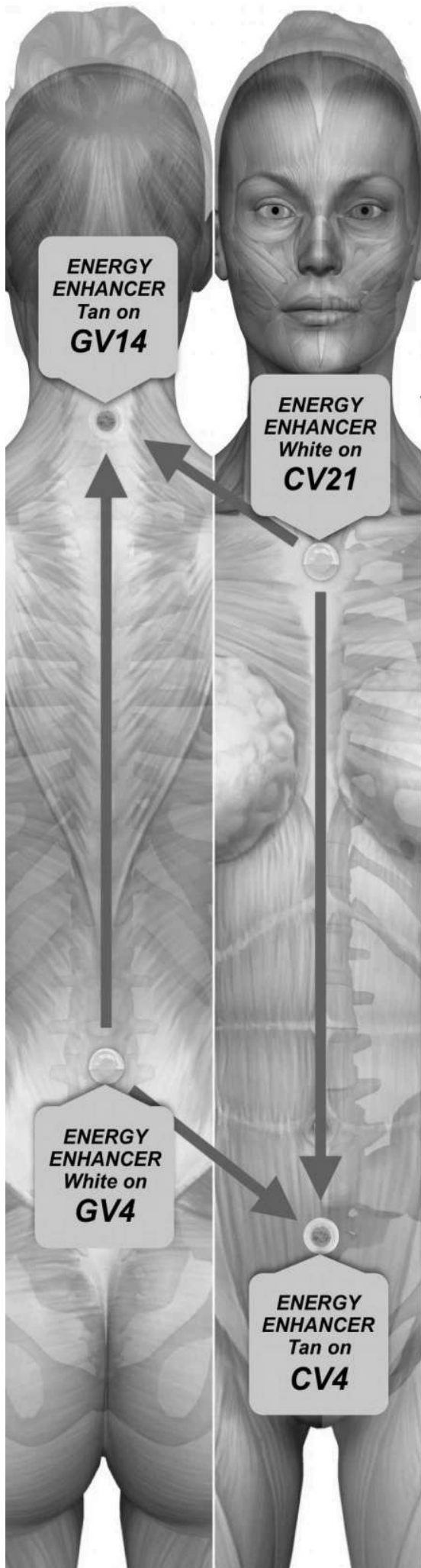
You can Start with Cycle #1 on Monday till Saturday Morning, then rest for 2 days till following Monday Morning.

Repeat the same procedure for 3 consecutive weeks and you will end up running 3 consecutive cycles.

This is will be the Ideal way to run the 5 Days Detox

There are countless cases where people experience a variety of outcomes during each cycle.

In short, doing this you will have better chance to stimulate, detoxify and repair all channels more effectively than just 1 cycle.



The GV / CV Ring

Yang - Yin Harmony Protocol

I've created this **GV/CV Ring** or the Yang-Yin Harmony Protocol several years back and I've tested it pretty much on myself and many others.

The Idea behind this protocol is to initiate a natural flow between The **GV** and the **CV** Channel, and I start that by placing an **ENERGY ENHANCER White** on **GV4** position, then, I place an **ENERGY ENHANCER Tan** on **GV14** position, so the energy moves upward or ascending as it suppose to be at our back. Then, I place an **ENERGY ENHANCER White** on **CV21** position, and lastly, an **ENERGY ENHANCER Tan** on **CV4** position, initiating a downward or descending movement of energy, as it suppose to be at the front of our body.

I found this protocol to be the most simple way to approach a major Yin-Yang Disharmony issue, by being **Yin Excess - Yang Deficiency** or a **Yang Excess - Yin Deficiency**. And the interesting part is that you can approach all 4 different states with this same protocol.

Variations:

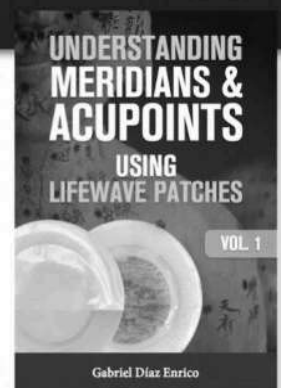
At **Low Back**, instead of **GV4**, you could test: **GV3**.

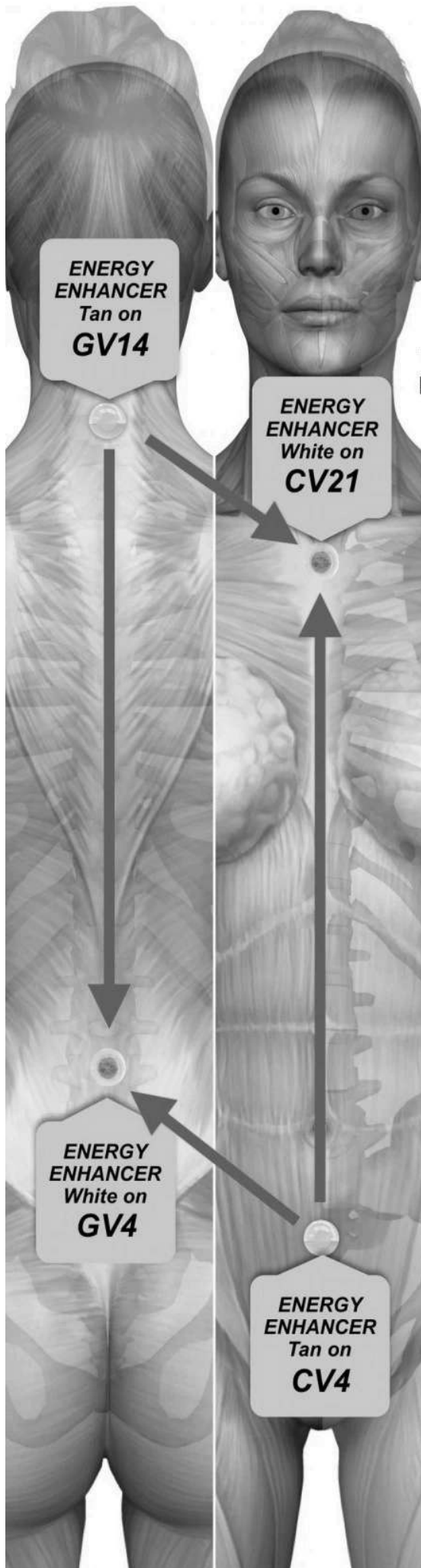
At **Upper Back**, instead of **GV14**, you could test: **GV16** or even **GV20**.

At **Upper Front**, instead of **CV21**, you could test: **CV17** or **CV22**.

and at **Low Front**, instead of **CV4**, you could test: **CV3**, **CV6** or even **CV12**.

This Opening Protocol is included at my First Book: **Understanding Meridians & Acupoints Using Lifewave Patches**. If you have that book, by reading the functions of each point you could create a variation according to your own situation →





The GV / CV Ring

REVERSE OPTION

I've also created and tested this second **GV / CV Ring REVERSE OPTION**, and I did that because sometimes we can't "Feel" any difference with or without the patches...

In other words, we might not be "Receptive" enough and we might think that the patches don't work at all...

Well, in my experience, our body is just "Numb"...

So, by reversing the natural flow of energy, I'm trying to attempt a reaction and to move along with it by changing the polarity or placing the original **GV / CV Ring**, or even start moving Energy on other areas according to the outcome I have...

VERY IMPORTANT:

I suggest you use this very Advanced option when you are more comfortable with the basics of what I'm presenting on this book and after you made your own discoveries by testing and achieving certain success in your formulations.

Variations:

You can test the same variations I've included earlier.

Y-Age Patches

You can add Y-Age Patches at both these GV / CV Ring options.

AEON would be to Enhance, Harmonise and/or Sedate.
GLUTATHIONE would be to Boost and/or Detox/Withdraw.
CARNOSINE would to Repair and/or Regenerate.

Read once again the functions of each point you are patching and make a decision according to what you'd like the Y-Age patches to initiate.

CHAPTER 4:

The Super Easy & “Quick Fix” Protocols

Acid Reflux

Bloating

Cold

Cough

Cough With Phlegm & Cold

Diarrhea - Handling it Quickly

Energy Booster (Quick Option)

Fever

Flatulence (Excessive)

Good Night Sleep

Immune System Booster (Quick Option)

Nasal Congestion or Stuffy Nose

Nose (Blocked)

Stress

Upper Respiratory Infection & Eye Infection

Water Retention

Watery Eyes & Runny Nose

A “Quick Fix” Protocol is a Super Simple Procedure involving just one or few patches. The list of Conditions/Situations I’m including here, are to me, a very good way to test the patches on yourself or in others and expect a favourable results, specially if you’re applying the patches for the first time.

Acid Reflux

A challenging condition:

Acid Reflux or Gastroesophageal Reflux

Many of us will experience an unpleasant feeling when food or fluids can be tasted in the back of our mouth. Using 1 pair of LifeWave **ICE WAVE** patches, we can solve that in a matter of minutes:

Step 1:

Place the Tan **ICE WAVE** Patch at your **Navel** or **CV8** Position.

Step 2:

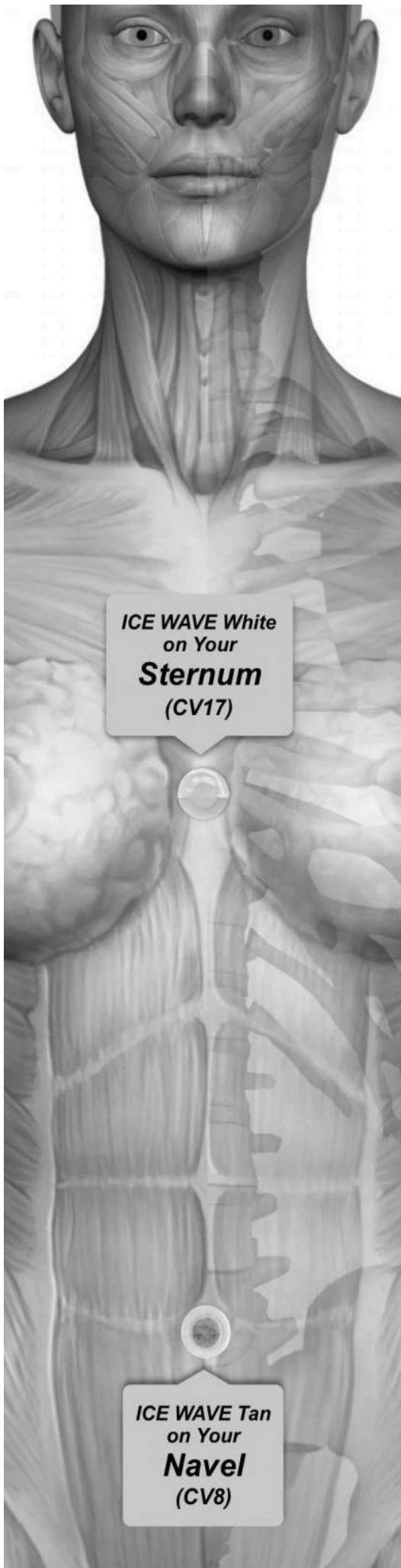
Place the White **ICE WAVE** Patch at your Sternum or **CV17** Position.

Important Notes:

- Make sure you are well hydrated.
- Hold both patches with your hands on top of your clothing till the Acid Reflux feeling is subsiding. In most cases, it would take around a minute or so to feel a considerable relief.
- In severe cases and no apparent relief is noted, you may want to place an AEON patch at the palm of you right hand or P8 acupoint position and a CARNOSINE (CSN) patch at CV12 position.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.



Bloating

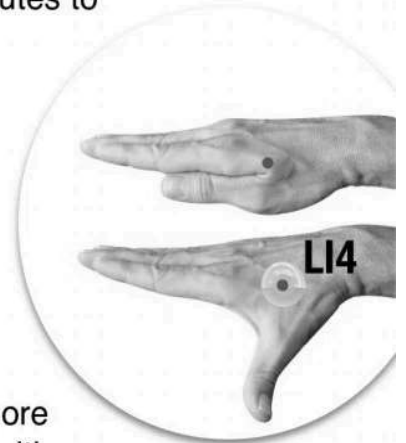
The Bloated Stomach Situation

After a heavy meal, overeating or mixing the wrong type of food may cause a Bloating Stomach sensation. Using only 1 LifeWave patch, we can solve that in matter of minutes:

Just place a single **CARNOSINE** Patch on **CV12**

Important Notes:

- It's recommended to place the **CARNOSINE** (CSN) patch directly to your skin. It would usually take around 5~10 minutes to feel a considerable relief.
- Expect Flatulence.
- In severe cases where no apparent relief is noted, you may want to place an **AEON** patch at the **Palm of your Right Hand** or alternatively at **LI4** Position (**Right Side**).



**CARNOSINE on
CV12**

CV12

**6
Fingers**

Thanks to **Ian Sim** from Singapore for sharing this useful protocol with me several years back!.

This might be one of the most useful protocols I've ever used on me and so many others...

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

CV12 is located on the midline of the abdomen, 6 fingers above the Umbilicus.

Cold

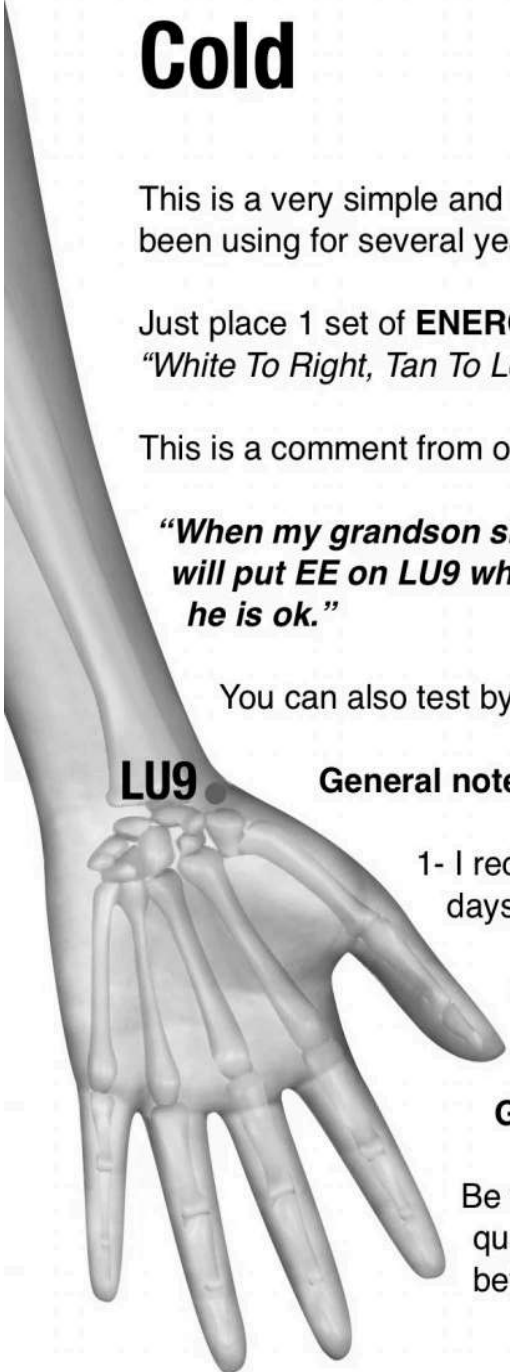
This is a very simple and useful protocol that myself and many others have been using for several years now:

Just place 1 set of **ENERGY ENHANCER** on **LU9** Position “White To Right, Tan To Left” or **WRTL**

This is a comment from one of our members back in 2012:

“When my grandson shows sign of catching cold, I will put EE on LU9 when he sleeps. When he wakes, he is ok.”

You can also test by adding **AEON** on **GV14**.



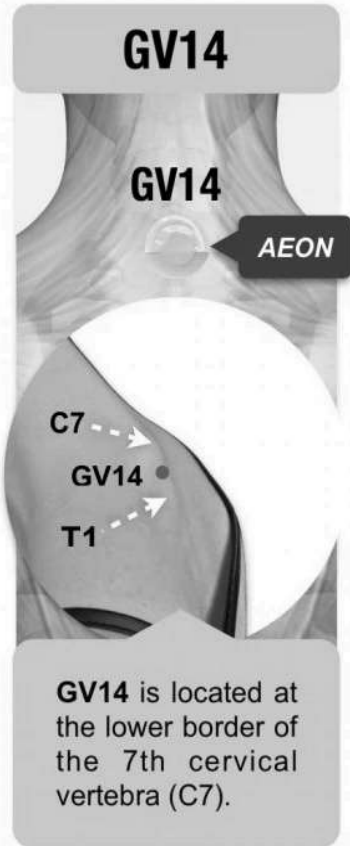
LU9

General notes:

- 1- I recommend to go for a couple of days till real improvement is noticed.
- 2- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.



GV14

GV14

AEON

C7

GV14

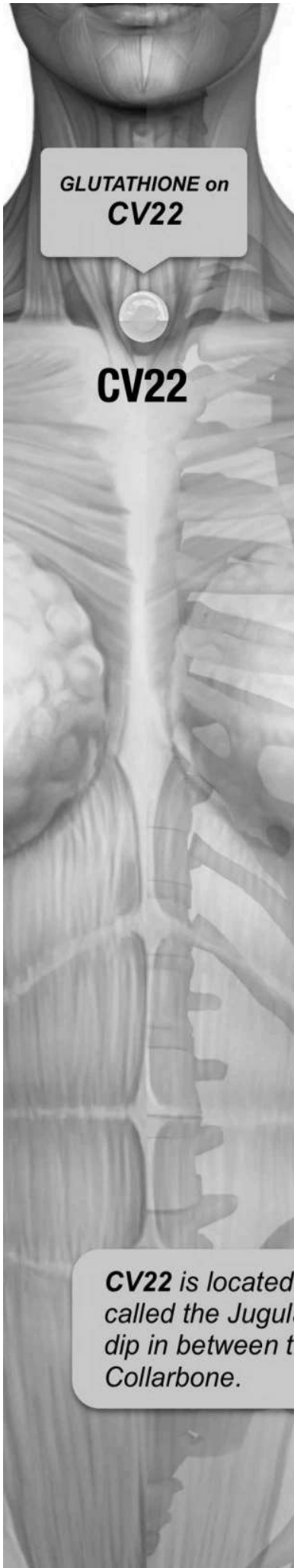
T1

GV14 is located at the lower border of the 7th cervical vertebra (C7).



LU9

LU9 is located at the wrist joint, in the depression formed at the outer side of the wrist.



Cough

A very simple Patching Protocol for Cough.

GLUTATHIONE on CV22

During a LifeWave meeting back in Singapore around 2009, it was one person having a strong and consistent Cough, so, I gave the person a **GLUTATHIONE Patch** and I asked him to put it at **CV22** position. Few minutes later, the person was not Coughing anymore and during the whole meeting the person was looking at me with absolute amazement and saying thank you...

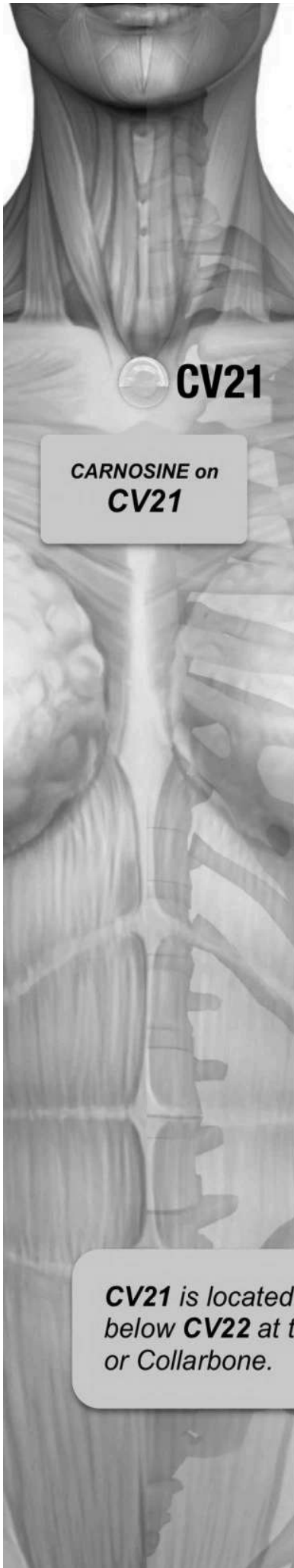
General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/ exchanging LifeWave Patches.

CV22 is located at the Suprasternal Notch or also called the Jugular Notch, which is the large, visible dip in between the neck and the Clavicle or Collarbone.



Cough (Second Option)

This is a second option I've personally found to be very helpful for Cough.

CARNOSINE on CV21

This is the actual protocol I use with my kids anytime I feel they are about to develop a Cough or if they've already started Coughing.

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

CV21 is located at the top of the Sternum, right below CV22 at the "bony" area between the Clavicle or Collarbone.

Cough With Phlegm & Cold

In cases of Cough with Phlegm and Cold do this:

Place 1 Set of **ENERGY ENHANCER** on **BL13** Position "White To Right, Tan To Left" or **WRTL**

Then add **AEON** on **ST40 (Right Side)**

General Notes:

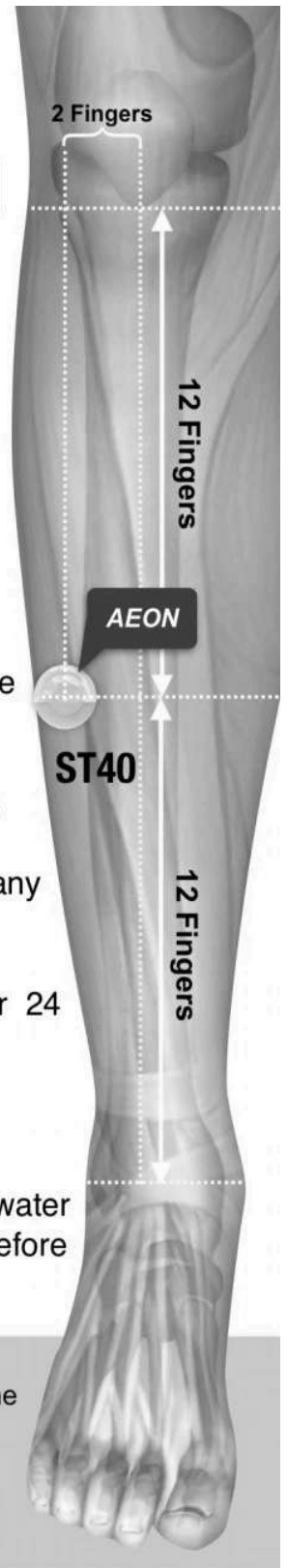
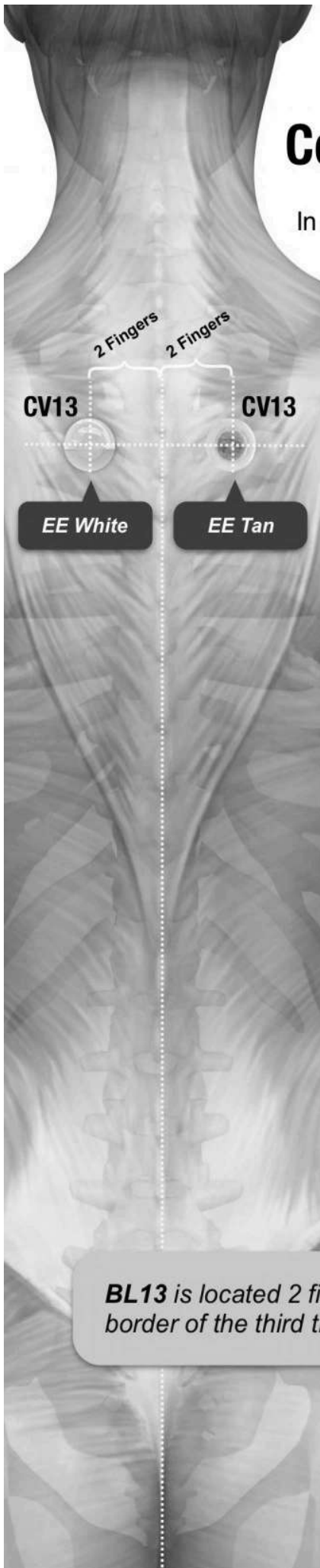
- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

BL13 is located 2 fingers lateral to the lower border of the third thoracic vertebra (T3).

ST40 is located on the lower leg, midway between the lower part of



Diarrhea - Handling it Quickly

This very simple protocol was tested by myself and many of us with very good results.

ENERGY ENHANCER on **ST25 - WRTL**

CARNOSINE on **CV12**

Important Note:

This protocol have been tested when bowel movements (stools) are loose and watery, not in sever cases of food poisoning for example where vomiting is also present.

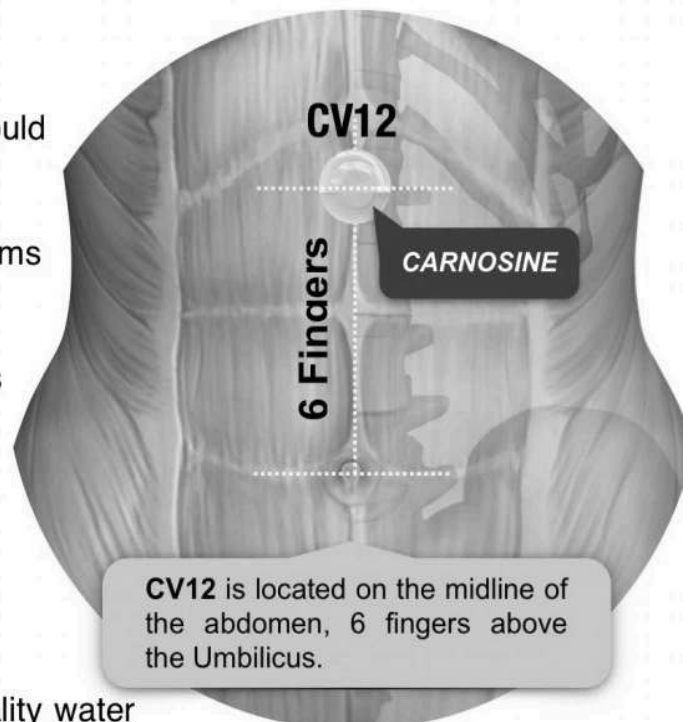
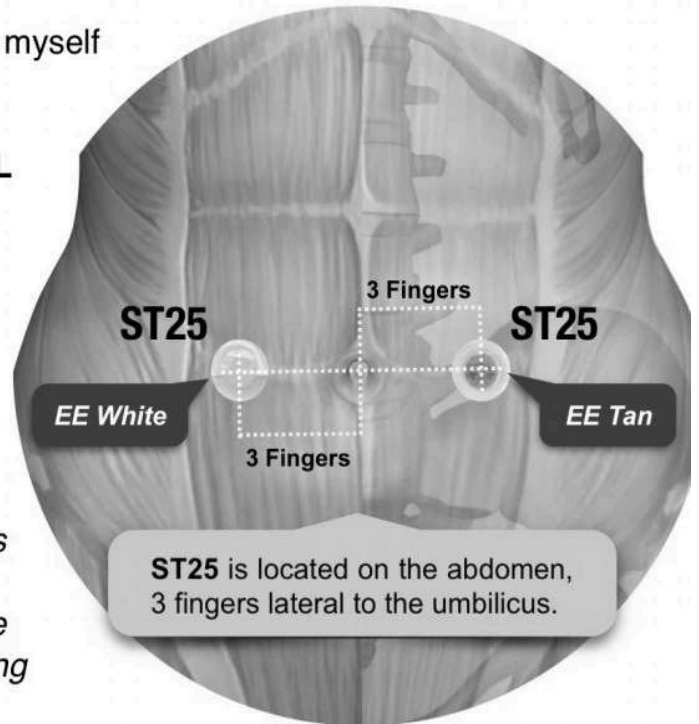
However, we tend to think that the same protocol might also help in food poisoning cases.

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.



Diarrhea

(With Vomiting)

If vomiting is also present and if the protocol above seems not to be effective quickly, you could test by doing this:

Run the Full Protocol described on the previous Page, then add

ENERGY ENHANCER on **ST36** - **WRTL**

ENERGY ENHANCER on **P6** - **WRTL**

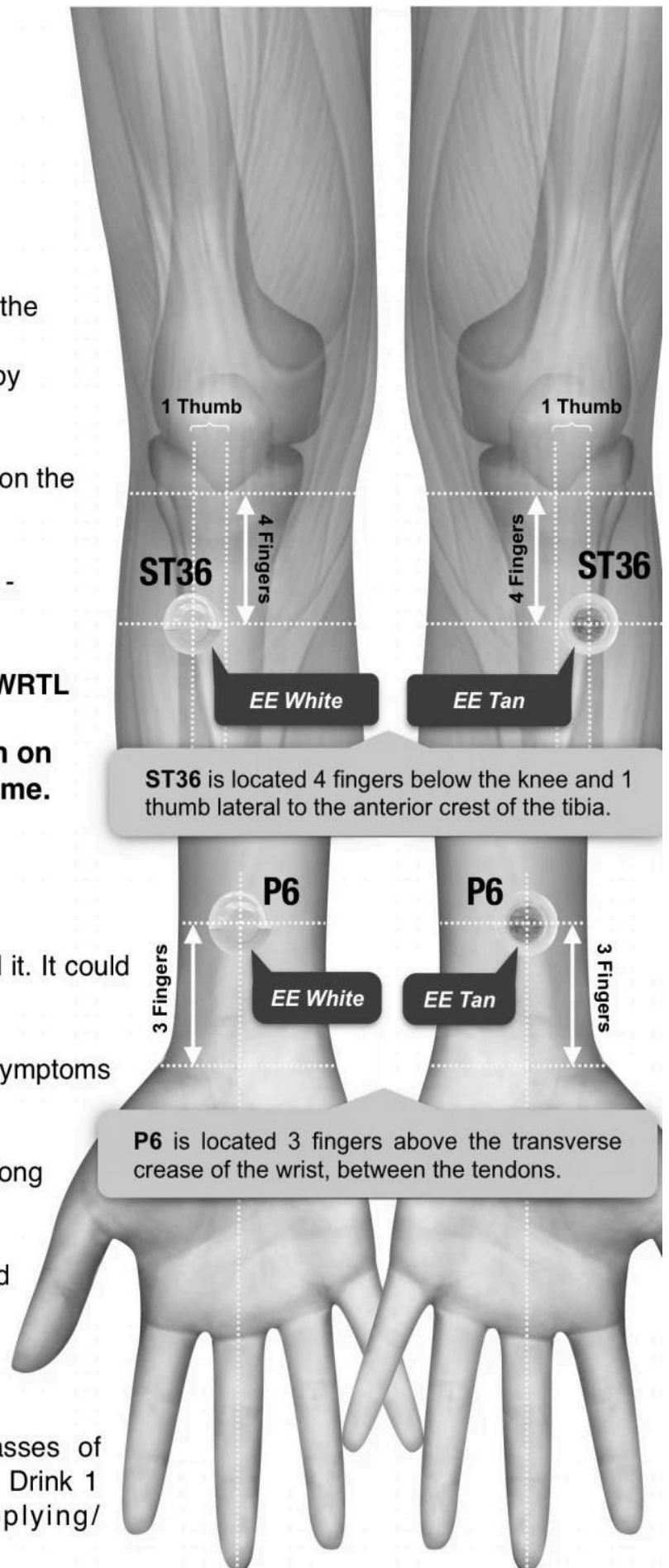
Please take special attention on your hydration during this time.

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/ exchanging LifeWave Patches.



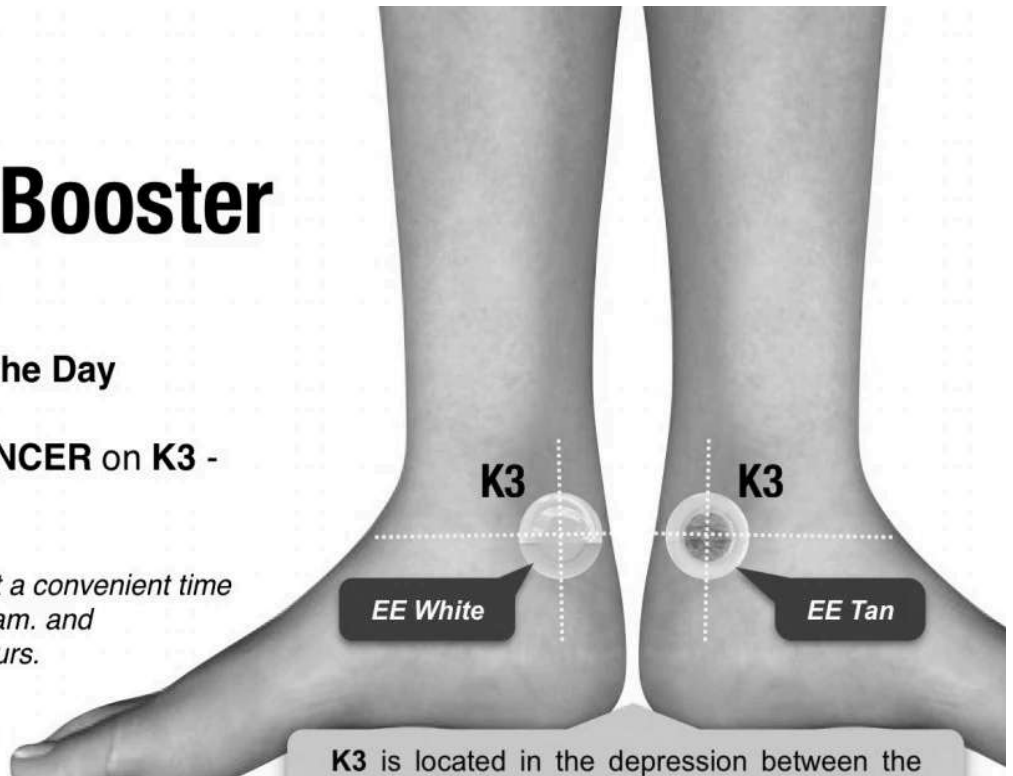
Energy Booster

(Basic Option)

DAY 1 - During the Day

ENERGY ENHANCER on K3 - WRTL

Note: Start the day at a convenient time in the morning, i.e. 8am. and remove it after 12 hours.

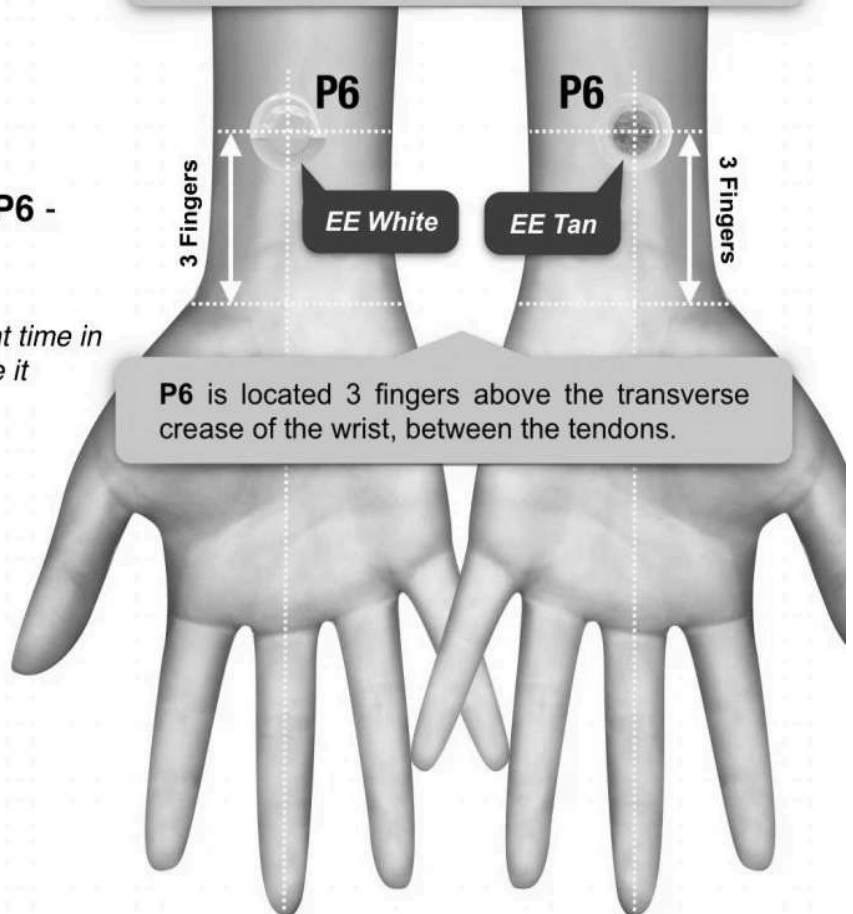


K3 is located in the depression between the medial malleolus and the Achilles tendon, level with the prominence of the medial malleolus (inner side of the ankle).

DAY 2 - During the Day

ENERGY ENHANCER on P6 - WRTL

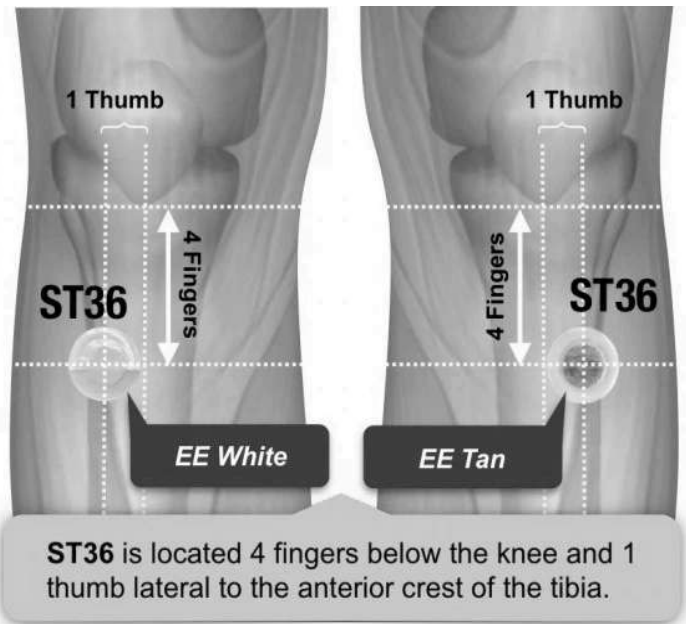
Note: Start the day at a convenient time in the morning, i.e. 8am. and remove it after 12 hours.



P6 is located 3 fingers above the transverse crease of the wrist, between the tendons.

DAY 3 - During the Day**ENERGY ENHANCER on ST36 - WRTL**

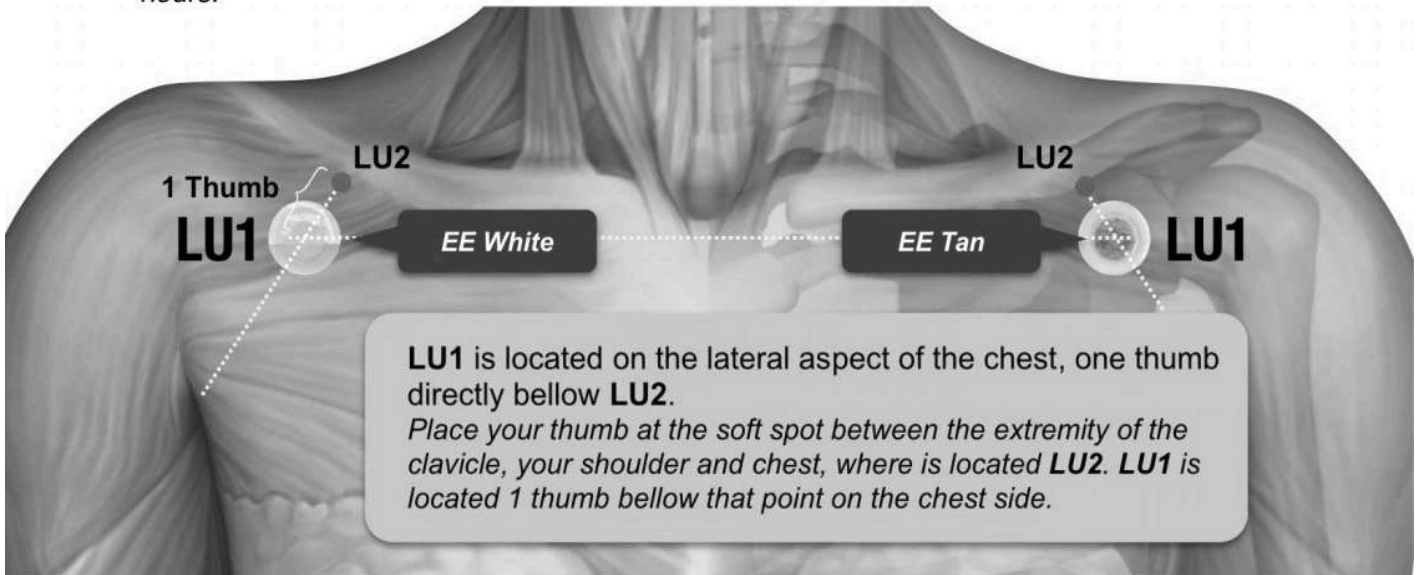
Note: Start the day at a convenient time in the morning, i.e. 8am. and remove it after 12 hours.



ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.

DAY 4 - During the Day**ENERGY ENHANCER on LU1 - WRTL**

Note: Start the day at a convenient time in the morning, i.e. 8am. and remove it after 12 hours.



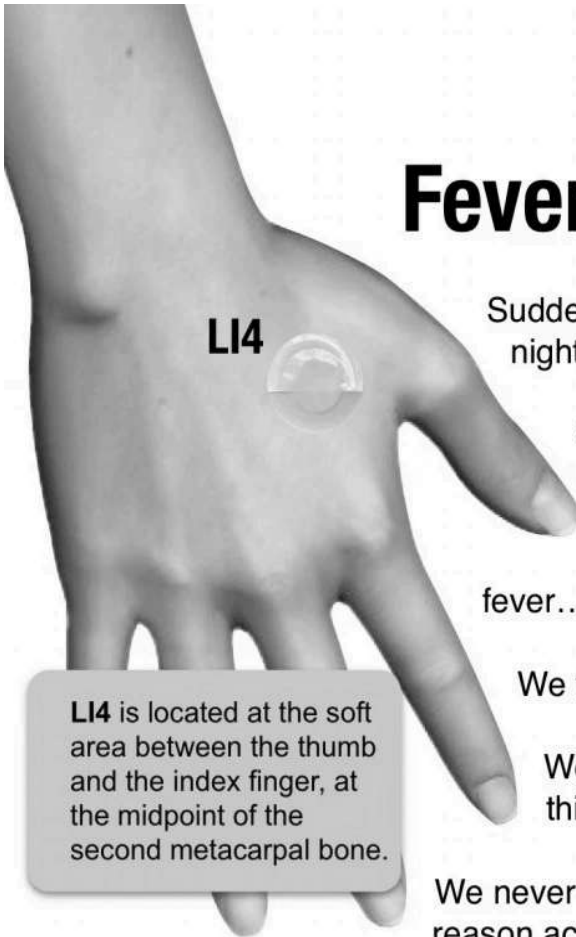
LU1 is located on the lateral aspect of the chest, one thumb directly below **LU2**.

*Place your thumb at the soft spot between the extremity of the clavicle, your shoulder and chest, where is located **LU2**. **LU1** is located 1 thumb below that point on the chest side.*

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times needed.
- 4- After a first round (4 consecutive days) check which positions were the most and least "favorable".
- 5- You might want to use the most favorable positions more often than the least favorable or simply wearing those most favorable positions two to four times per week.
- 6- Use new patches if were used for over 12 hours.

Fever



LI4

LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.

Suddenly, my wife and I woke up in the middle of the night...

Something was wrong with our baby daughter Mar...

My wife touched her and she was "Burning" in fever...

We tested and yes, she was 39.4°C (102.92°F)...

Wow, no time to waste I thought, and the only thing I went for were the patches...

We never patched Mar up to that point, we never had any reason actually, but that night, we had a big reason...

So, I took just one set of **Energy Enhancer** Patches and I placed the **White** patch on **LI4**.

Then, I placed the **Energy Enhancer Tan** Patch on **LU9**.

We started checking her temperature constantly and this is what happened:

She dropped to 38 plus (°C), then to 37 plus (°C) in about 5 minutes...

We looked each other with my wife and we shook our heads and smiled...

What a moment...



LU9

LU9 is located at the wrist joint, in the depression formed at the outer side of the wrist.

Fever

(Continue)

First child, 4 o'clock in the morning, first time with high fever and zero experience handling or even patching an 18 months old baby...

But it turned out alright...

We stayed awake testing Mar's temperature till it was time for us to go to the clinic and check what could be happening to her...

She stayed with the patches on all the time and she was stable at 36 plus (°C)...

The paediatrician asked what the patches were and I explained... well, she looked at me and she said:

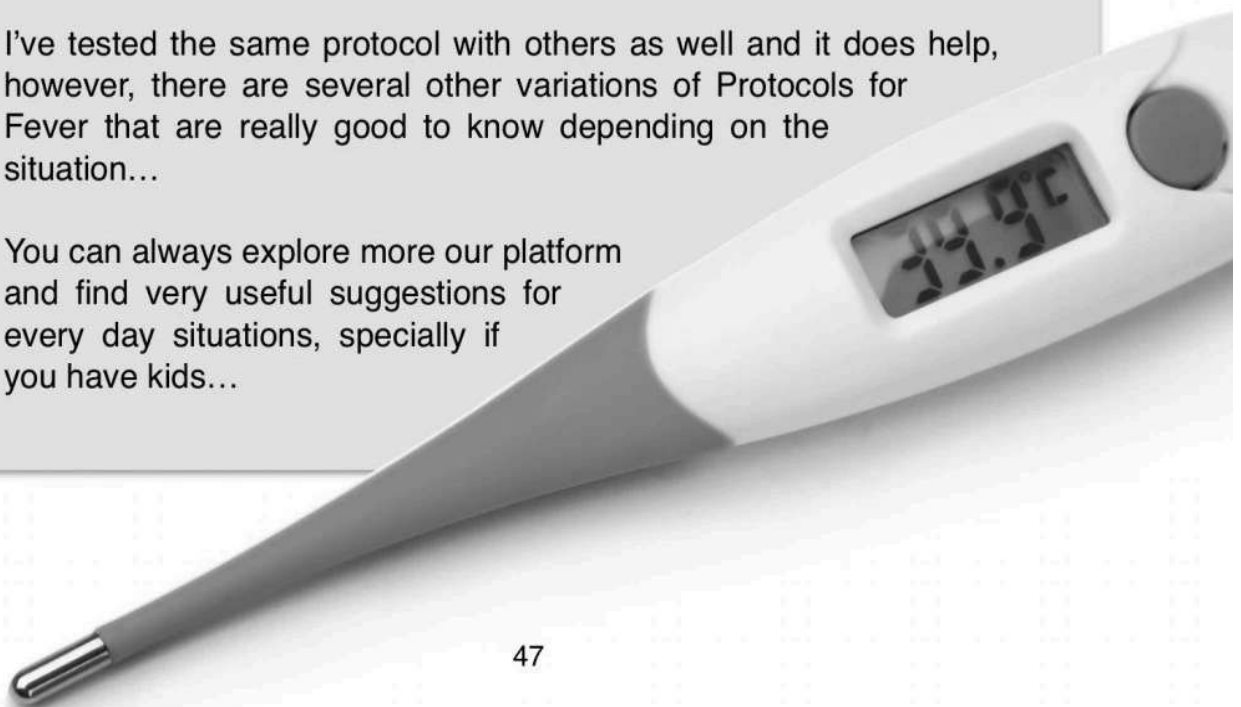
Interesting...

I'm personally proud that both my kids have never been exposed to antibiotics or any other type of meds... At all...

We just use the patches mixed with some other modalities which we learned through the years...

I've tested the same protocol with others as well and it does help, however, there are several other variations of Protocols for Fever that are really good to know depending on the situation...

You can always explore more our platform and find very useful suggestions for every day situations, specially if you have kids...



Flatulence

(Excessive)

Flatulence usually refers to gas passed per rectum. "Wind" as a symptom may mean either belching (gas passed from the stomach outwards via the mouth), or gas passed per rectum (or even just feeling bloated). Flatulence and belching are common symptoms in the general population.

ENERGY ENHANCER on **ST36** - **WRTL**

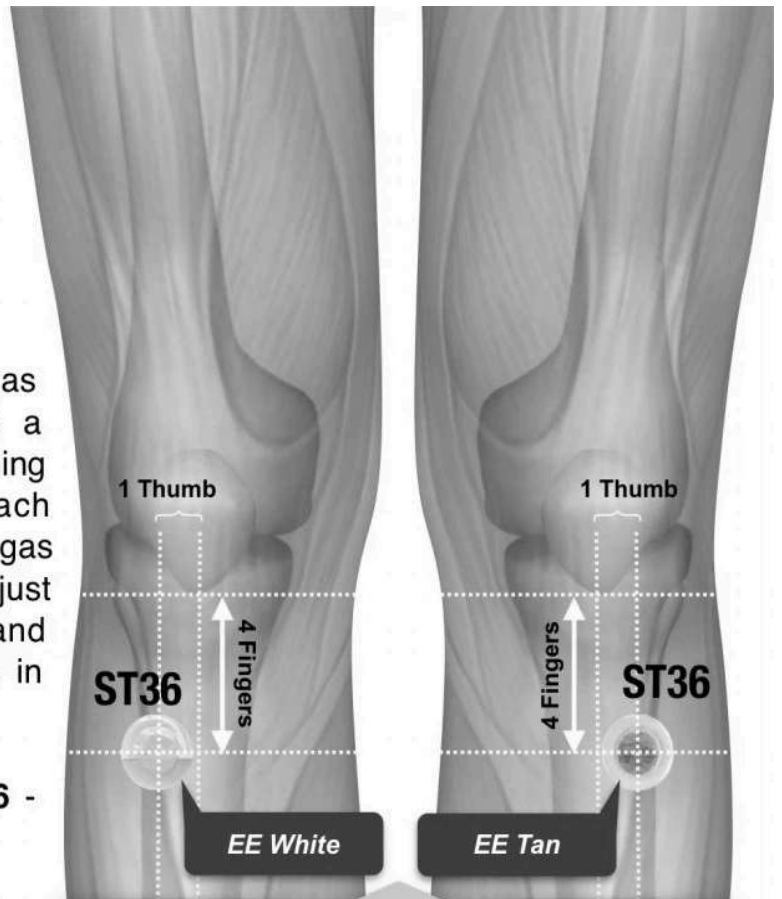
CARNOSINE on **CV10**

Important Notes:

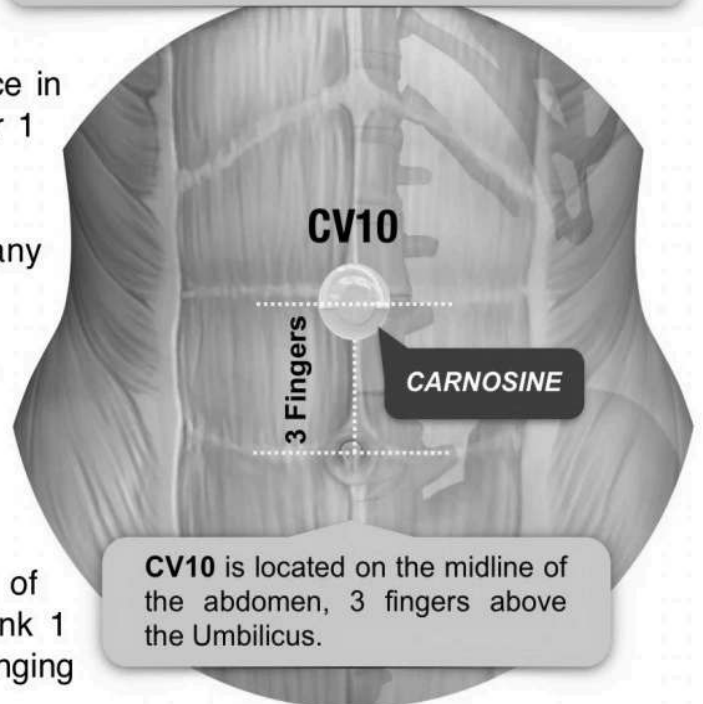
- 1- Wearing all above patches at once in combination for 24 hours is considered 1 Cycle.
- 2- Repeat the procedure as many cycles as needed.
- 3- Use new patches starting a new cycle.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.



ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.



CV10 is located on the midline of the abdomen, 3 fingers above the Umbilicus.

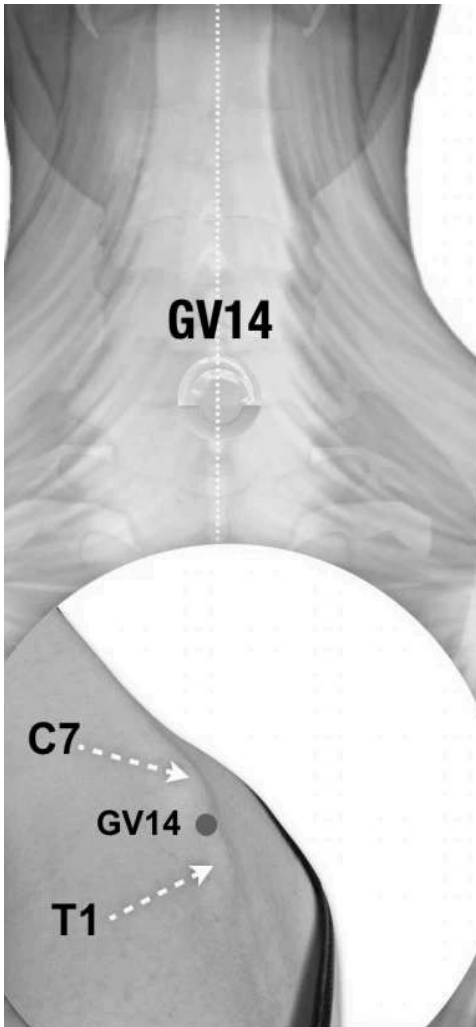
Good Night Sleep

If I need to, before I go to sleep, maybe an hour or two hours earlier, I place an **AEON** patch at **GV14** position...

then, I change it to my forehead or between my Eyebrows once I'm ready to sleep...

Test it, because it might work for you too...

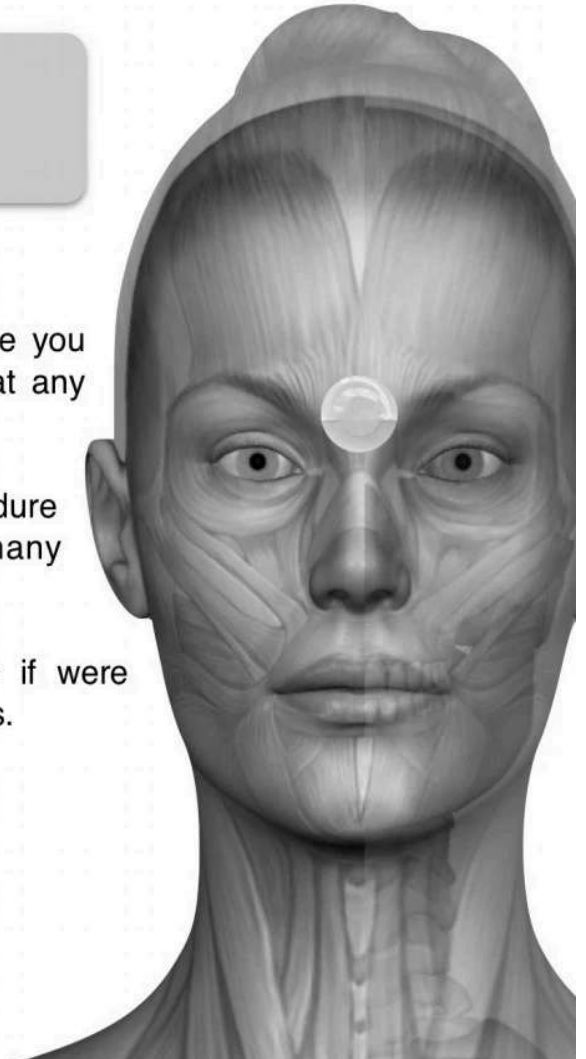
You can test other patches too, like **SILENT NIGHTS** of course, **CARNOSINE** or even **GLUTATHIONE** to see which one works best for you...

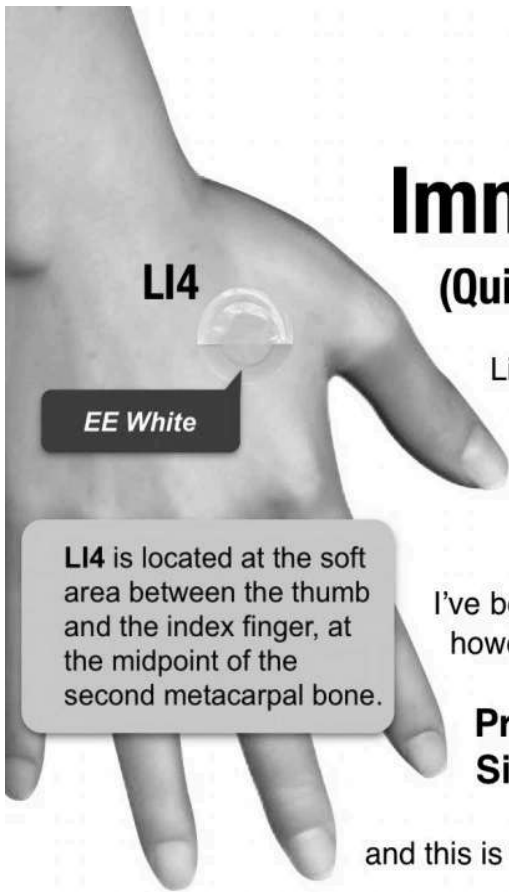


GV14 is located at the lower border of the 7th cervical vertebra (C7).

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.



**LI4****EE White**

LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.

Immune System Booster

(Quick Option)

Linda from the US sent me an email...

She reminded me about a very useful Patching Protocol that I've personally been using since I started patching many years back...

I've been using the same protocol in many different situations, however, Linda's email referred to a very specific use:

Protection When Traveling or in Vulnerable Situations (Exposure to Illness)

and this is what Linda told me:

"This is a protocol that David (Schmidt) says that he uses when traveling - especially on a plane. Also good protocol to use if someone around you, at home or at work, is ill."

Nothing new or "Groundbreaking" here, and that's what I like about Lifewave Technology...

Simple Principals To Apply in a Variety of Situations...

and at this time we are going to use a great Lifewave Patching Combination:

Energy Enhancer White on LI4 and Energy Enhancer Tan on LU9

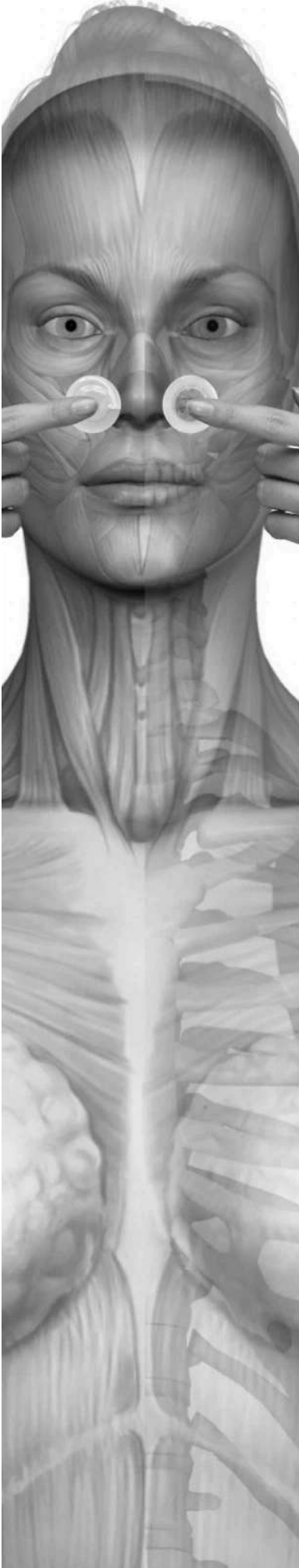
There is something very "Special" about this combination...

**LU9****EE Tan**

LU9 is located at the wrist joint, in the depression formed at the outer side of the wrist.

Because I use it for Fever for example, as well as a good way to Boost My Immune System if I need to...

and works fantastically for my Kids as I said earlier...



Nasal Congestion or Stuffy Nose

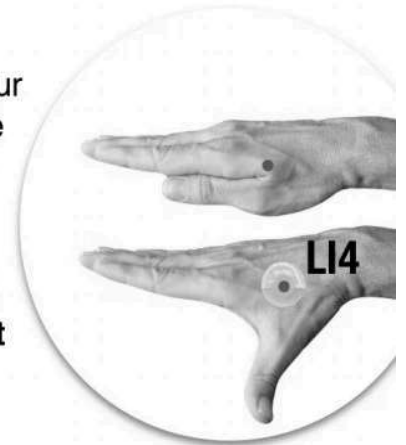
Solving a Simple Stuffy Nose

Sometimes we tend to wake up with Nasal Congestion or "Stuffy Nose". If that happens to you, you can use just 1 pair of **Ice Wave Patches** and you might solve that Stuffy Nose in a matter of minutes:

- 1- Take and hold with one finger the White **ICE WAVE** Patch at the right side of your nose.
- 2- Take and hold with other finger the Tan **ICE WAVE** Patch on the left side of your nose.

Important:

- You can just hold both patches with your hands. In most cases, it would take around 3~5 minutes to feel a considerable relief.
- In severe cases where no apparent relief is noted, you may want to place an **AEON** patch at **LI4** position **Right Side**.



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

Nose (Blocked)

Patching Procedure for Runny Nose and Blocked Nose

If you have a more serious Blocked Nose case, you can use this very simple yet effective patching protocol for Blocked Nose:

ENERGY ENHANCER on LI20 - WRTL

GLUTATHIONE on LI4 - Right Side

AEON + CARNOSINE both patches Double Stacked between your Eyebrows. **GV24.5** Position.



LI20 LI20

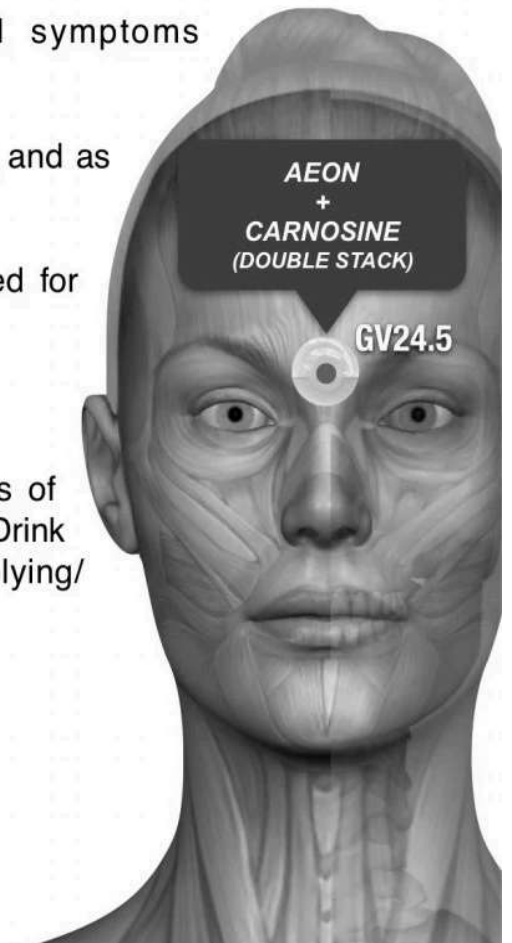
LI20 is located in the naso-labial groove, at the level of the midpoint of the lateral border of the ala nasi.

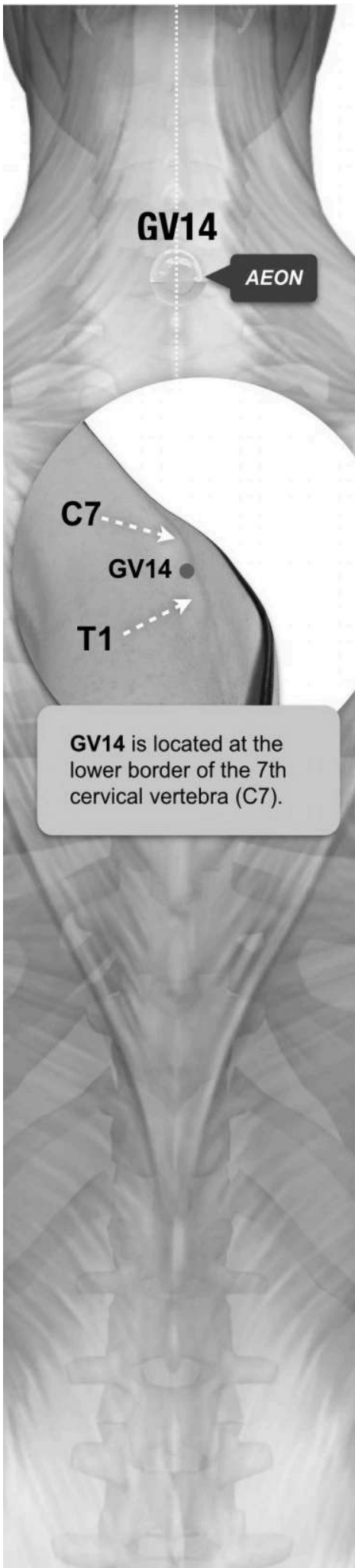
General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/ exchanging LifeWave Patches.





GV14 is located at the lower border of the 7th cervical vertebra (C7).

Stress

What are the odds?...

I was moving out from Kuala Lumpur and a Real Estate Agent came to see the house. We had a nice chat and showed her the property and I suddenly noticed that she had a Lifewave Patch at her back, at the base of her neck...

I started laughing (of course), and I asked her why she was using Lifewave Patches for...

She looked at me and she was obviously surprised that I knew anything about the patches and she told me she was using Lifewave Patches for Stress and she placed an **AEON** Patch...Her Friend recommended it to her...

What are the odds right?...

When I studied TCM with my Shifu back in Singapore, one of the first points that really caught my attention was **Governing Vessel 14** or **GV14** because at that point is where all the main channels moving the "Activity" part of our Energy meet...

Pretty Interesting...

I started using **Glutathione** and **Carnosine** quite regularly but when the new **AEON** were released, I immediately started using it at that point **GV14**.

and the reason was because one of the functions of **AEON** is to sedate or to calm and by sedating our "Activity" Channels, we might be able to manage overall Stress...

So, here you have a very simple protocol to test if you find yourself at "High Speed", if you know what I mean...

Upper Respiratory Infection & Eye Infection

Patching Successfully Lifewave AEON patches for Upper Respiratory Infection and Eye Infection

Shared By Linda From USA on January 2nd, 2016



This is the message I received from Linda:

"I thought you might enjoy seeing the amazing difference one day can make. These photos are of my sweet little 5 yr old granddaughter. She was suffering from an upper respiratory infection and then an eye infection. I finally realized the patches could help her. The first photo was taken the afternoon prior to patching. It's clear she was not feeling well and her eyes were inflamed, esp the left one. I placed the Aeon patches that night before bed. The second photo was taken the following morning. What a remarkable difference one night and a few patches made for her! All 3 patches are Aeon. I was actually patching for the sinus infection and it cleared the eyes as well."

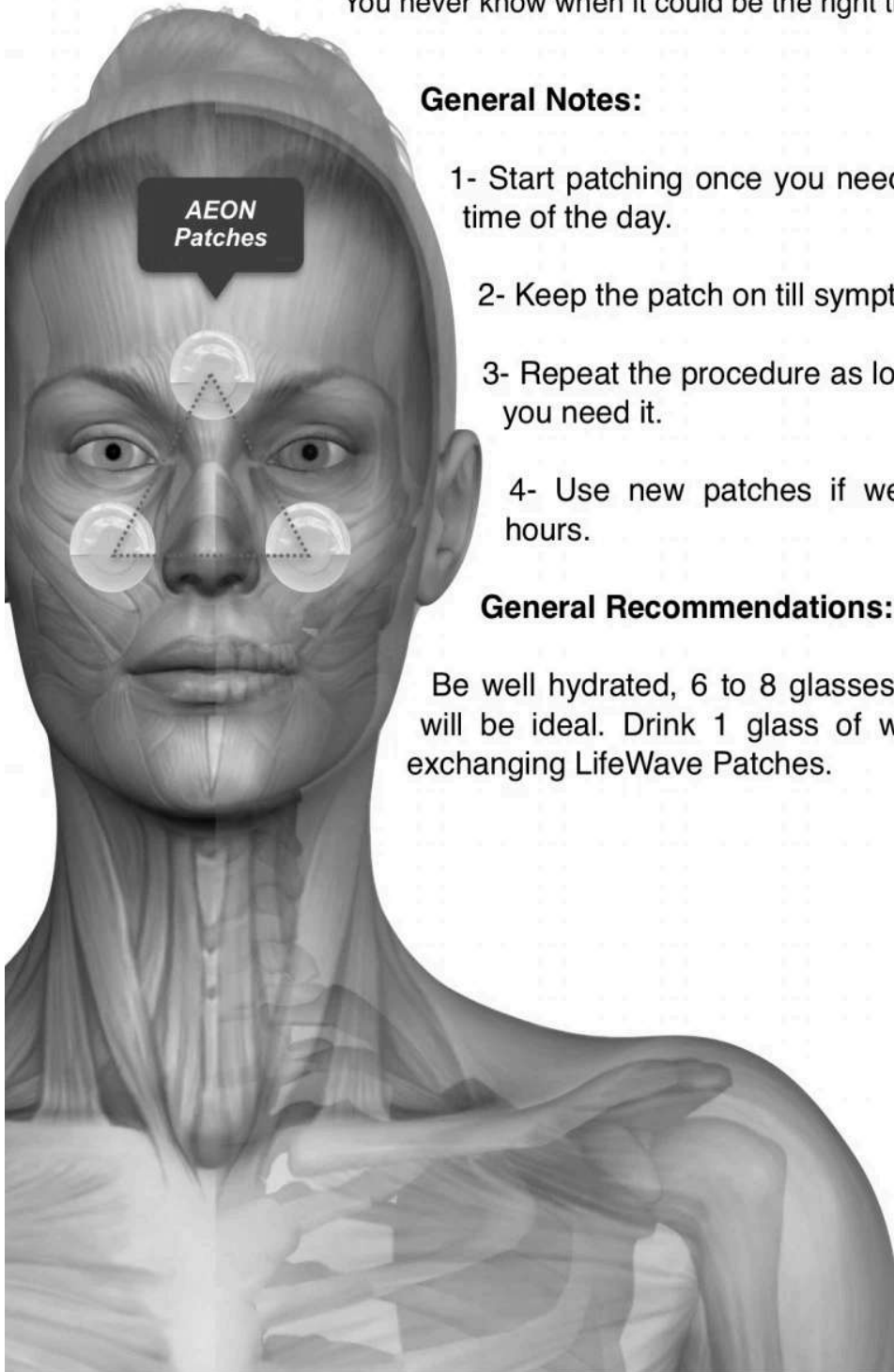
Using AEON Patches for Upper Respiratory Infection and Eye Infection

I've experimented a lot with AEON since its release in 2010 and yes, one amazing combination is a **Triple AEON in a Triangular Shape**.

I've used it for General Pain, Digestive Issues, Sinus, Brain Wave and General or Major "Sedation" if you will...

So, try to keep in mind this useful technique because it could become "Handy" in any kind of situation.

You never know when it could be the right time to use it...



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Water Retention

I was at my office one day, and my good friend Cliff called me and asked me if I knew how to patch for Water Retention for his Granny...

I had to go through my notes so I said, I would call back shortly...

Then, I did look for a Water Retention Protocol through my notes but I couldn't find anything really useful for Cliff...

So, I called Ian, who I consider to be one of the best "Patchers" I've ever come across till today. He has a tremendous knowledge in TCM and he is super creative with that knowledge, as well as he is consistent and dedicated, a rare combination of qualities I have to say...

Anyway, I asked Ian how would he patch for Water Retention, he paused for a second, and he said very quickly:

Try one **Glutathione** on **TW3** and another **Glutathione** on **LU1**, both Right Side...

Ok I said...

So I quickly called Cliff and told him Ian's suggestion and after my call, I continued my day as usual...

Next morning Cliff came to my office around lunch time and he was Super Happy...

He hugged me and he said:

TW3



TW3 is located on the dorsum of the hand, in the depression just proximal to the fourth and fifth metacarpophalangeal joints.

LU1
1 Thumb
LU2

LU1 is located on the lateral aspect of the chest, one thumb directly below **LU2**.

*Place your thumb at the soft spot between the extremity of the clavicle, your shoulder and chest, where is located **LU2**. **LU1** is located 1 thumb below that point on the chest side.*

My Granny is back to normal...

Then he told me the story...

His Granny was having some Water Retention issues on her feet and lower leg for over a month, consulting everyone in Singapore and with no apparent solution...

When he called me asking about the Water Retention Protocol, he saw a great chance to introduce the patches and to give it a try, because his Father, up to that point, didn't want to hear anything about any "Alternative" suggestion... He was consistent in his believes...

At that night, everyone on Cliff's family went to see Granny. Cliff was ready with the patches and everyone let him start...

Then, He finished, looked at everyone and his Father asked That's It?...

Yes, that's it..., It might take some time though, he replied...

So, everyone was looking at each other and started to do some other stuff...

Cliff and his Father stayed over with Granny that night and it was early morning when they had the Biggest Surprise... The Water Retention was completely gone!...

I started laughing when he said that to me...

And he took his phone and showed me the photos he had:



I sat down and I couldn't believe it my self...

and he was telling me how his whole family showed up immediately and everyone was so happy and nobody could believe either...

He was then at that point, very emotional and he truly thank me for my help...

And at that moment I decided the path I wanted to be in...

I could see and feel at "First Hand" what this technology could do and how it could impact someone's life...

I just needed to get deeper into understanding the use of it... and my friend Ian could show me the way...

So, as Amazing as it may sound, because of the decision I made that day, I met the Great Acupuncture Master who would become my "Shifu" for the years to come and I would also start the Patching Protocol Project together with the Team of "Patchers" I was part of...

Looking back today, I reflect in the fact that we don't truly know, understand or perceive the real "Dimension" of how everything or everyone is connected around us...

and it would sound really odd to say that you are reading this book today because Cliff's Granny solved her Water Retention 8 years ago...

and that's what really happened...

Water Retention Protocol:

GLUTATHIONE on TW3 - Right Side

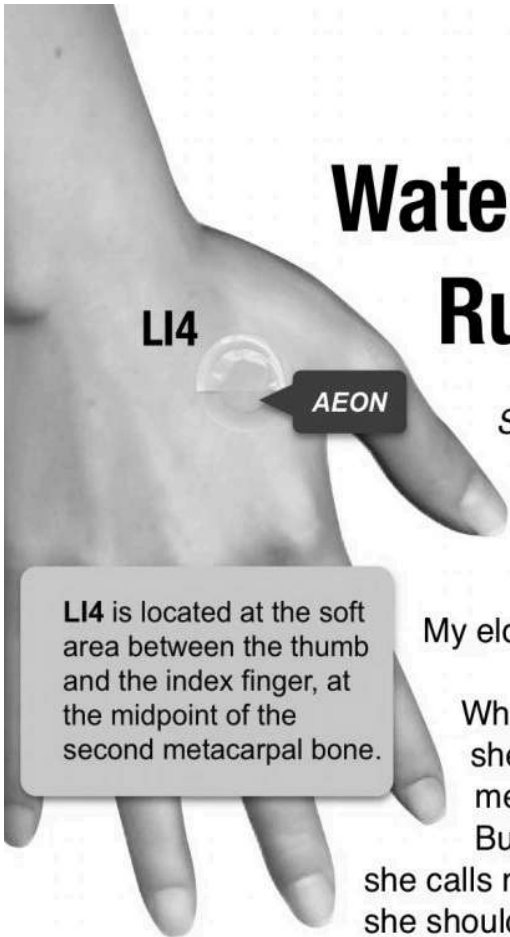
GLUTATHIONE on LU1 - Right Side

That's all...

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

Watery Eyes & Runny Nose



LI4

AEON

Shared by one of our members back in the early days of Patching Protocol.

LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.

My eldest daughter is a doctor.

When her husband is sick, she prescribes him medication.

But when she herself is ill, she calls me to ask how and where she should patch...

One day she returned from work with Watery Eyes & Runny Nose. Apparently many of the doctors at the hospital were also having bad cold.

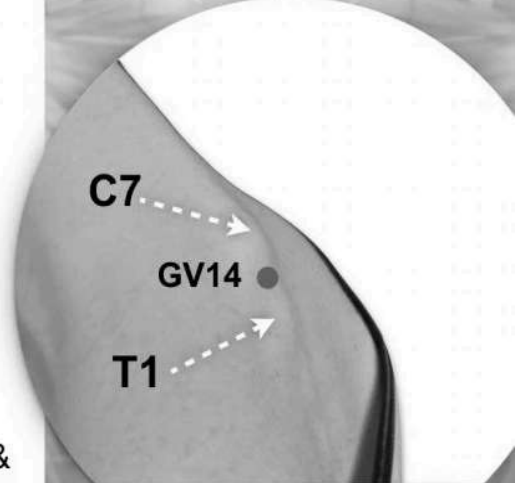
I asked her to put **AEON** on **GV14**, **ENERGY ENHANCER** on **LI4** & **LU9**, drink plenty of water and go to bed.

The next day, they were asking what medication she took to have recovered so rapidly. Curiously, many were on the internet looking up Lifewave in the doctors' rest area.



GV14

AEON



C7

GV14

T1

GV14 is located at the lower border of the 7th cervical vertebra (C7).



LU9

LU9 is located at the wrist joint, in the depression formed at the outer side of the wrist.

CHAPTER 5:

General Protocols

Acne
Allergic Itching Ears
Allergy (Seasonal)
Anxiety
Appetite Control Program
Asthma
Athletic Performance Booster
Blood Pressure (High)
Blood Pressure (Low)
Breathing Problems
Cholesterol
Constipation
Cramps (Legs)
Cramps (Whole Body)
Digestive Issues
Improve Your Digestion
Depression
Dysmenorrhea
Ear Infection (Basic)
Eye Issues
Fatigue
Frequent Urination at Night
Gum Issues
Hangover
Hay Fever
Herpes Simplex Keratitis
Hot Flashes
Immune System Booster Indigestion
and Lack Of Appetite
Influenza
Itchy Throat
Jet Lag
Liver Crisis
Lyme Arthritis
Menstrual Cycle Improvement
Mental Clarity
Moles
Mouth Ulcers
Nausea / Nauseating-Car Sick
Overthinking, Worry and Concern
Palpitations
Panic Attacks
Phlegm (Excessive) & Expectoration
Plantar Fasciitis
Quit Smoking
Sneezing
Sore Throat
Stress
Vaginal Infection – Vulvovaginitis
Vertigo

General Protocol are useful in many situations where we might need different approaches. Here you have the Main Section of this book, where you can find good patching options for the most common Conditions.

Acne

Very good patching protocol for young male and female who has pimples and blackheads acne problems. This protocol could also be used in cases of Adult Acne.

4 Consecutive days - Day 1 through Day 4:

GLUTATHIONE on **CV6** - Wear for 24 hours.

GLUTATHIONE on **LV3** - **Right Side** - Wear for 24 hours.

Then, on Day 5: **CARNOSINE** on **CV17** - Wear for 24 hours.

Day 6: **CARNOSINE** on **CV6** - Wear for 24 hours.

Day 7: No Patching

General Notes:

1- Start this short program at a convenient time in the morning, i.e. 8am and keep all patches on for 24 hours.

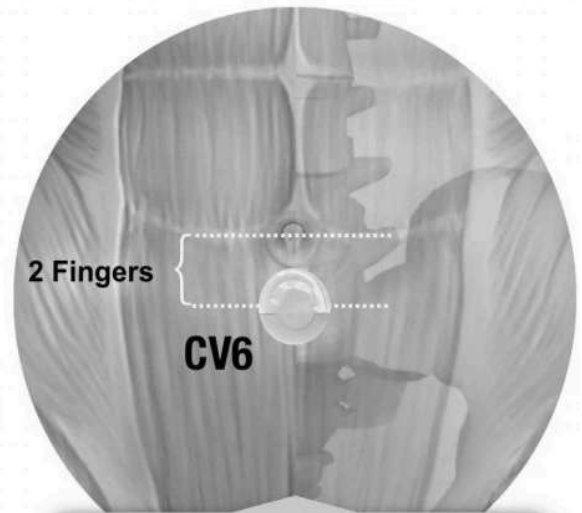
2- Wearing this procedure for 6 consecutive days is considered as 1 Cycle (*Day 1 through Day 6*). I'll recommend to start on Monday and finish the full cycle on Sunday morning, rest for the day, then, Monday morning start again.

3- I recommended to run this complete procedure for 3 to 4 cycles or 3 to 4 consecutive weeks.

4- Use new patches starting a new day.

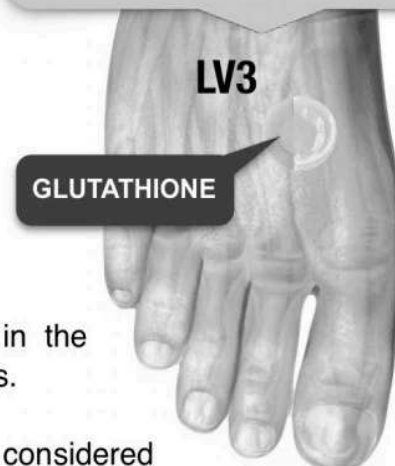
General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

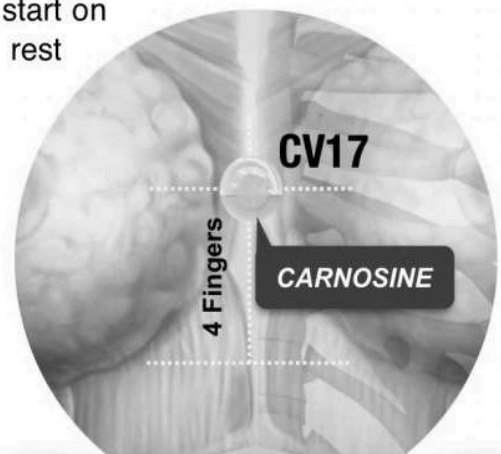


CV6 is located on the midline of the abdomen, 2 fingers below the Umbilicus.

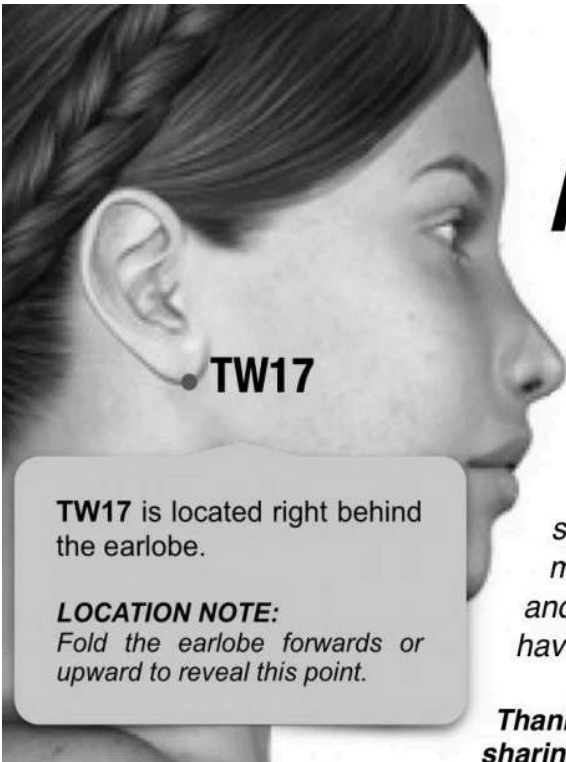
LV3 is located on the dorsum of the foot, in the hollow distal to the junction of the first and second metatarsal bones.



GLUTATHIONE



CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.



TW17

TW17 is located right behind the earlobe.

LOCATION NOTE:

Fold the earlobe forwards or upward to reveal this point.

Allergic Itching Ears

I shared this protocol for the first time on 21 February, 2014.

This is a comment sent on 14 July, 2014:

"Just to tell you the problem of allergic itching ears was completely solved with the protocol you suggested. As soon as I feel an allergic reaction in my ears or in my throat I do the protocol immediately and the problem is solved right away! And I have had this problem for decades!"

Thank you Catherine from Switzerland for sharing your experience!

DAY 1 - During The Day

ENERGY ENHANCER on **TW17 - WRTL**

GLUTATHIONE on **TW3 - Right Side**

DAY 1 - During The Night

Remove all daily patches and place **CARNOSINE** on **LI4 - Right Side** till following morning.

Then, next day just reverse the daily patches as follow:

DAY 2 - During The Day

ENERGY ENHANCER on **TW3 - WRTL**

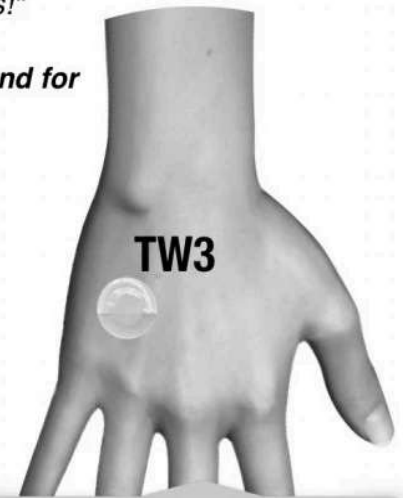
GLUTATHIONE on **TW17 - Right Side**

DAY 2 - During The Night

Remove all daily patches and place **CARNOSINE** on **LI4 - Right Side** till following morning.

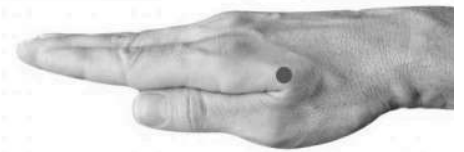
General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.



TW3

TW3 is located on the dorsum of the hand, in the depression just proximal to the fourth and fifth metacarpophalangeal joints.



LI4

LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.

Allergy (Seasonal)

This patching protocol is recommended to people experiencing nasal and sinus congestion among other allergy symptoms.

STEP 1 – During The Day (First 12 hours):

ENERGY ENHANCER on LV2 - WRTL

ENERGY ENHANCER on LI11 - WRTL

ENERGY ENHANCER on LI4 - WRTL

Stack an **AEON** patch over the **ENERGY ENHANCER WHITE** on LI4 - Right Side

Note: Start the program at a convenient time in the morning. Wearing all above patches at once in combination for 12 hours is consider 1 Cycle.

STEP 2 – During The Night (Next 12 hours):

CARNOSINE on CV17

Note: Remove all daily patches after 12 hours and use a single **CARNOSINE** patch for another 12 hours throughout the night.

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.



LV2

LV2 is located on the dorsum of the foot, between the first and second toes, half thumb proximal to the margin of the web.

LI11

LI11

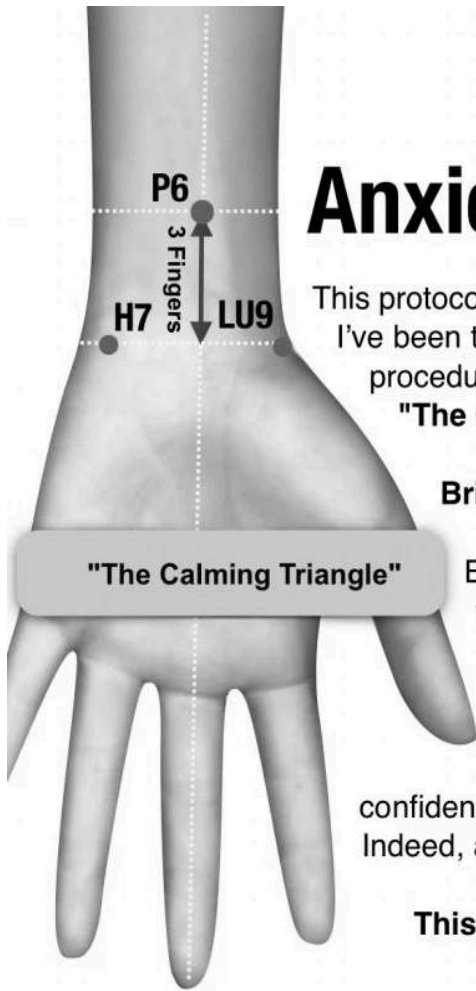
LI11

LI11 is located at the end of the crease formed when the elbow is flexed.



LI4

LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.



Anxiety

This protocol was first published back in June 2013.

I've been testing it extensively and today I'm including here the latest procedure and introducing a very interesting patching pattern: **"The Calming Triangle"**.

Brief note before you start:

"The Calming Triangle"

Emotions play a major factor on how our whole body functions and how our balance is achieved or imbalances are manifested, and there are many ways for us to go "off the road" emotionally. More we understand how we personally react to certain protocols during the ups and downs of our daily lives, will certainly help us gain confidence on how we can "work it out"...
Indeed, a very important place to start.

This is one of those protocols that we should all keep in mind...

During the Day

ENERGY ENHANCER on H7 - WRTL

ENERGY ENHANCER on LU9 - WRTL

ENERGY ENHANCER on P6 - WRTL

These 3 Points in Combination is called:
"The Calming Triangle"

Now, you need to add:

ENERGY ENHANCER on TW4 - WRTL

Lastly, you need to add:

GLUTATHIONE on CV4

AEON on GV14

At Evening Time

Remove all daily patches in the evening and place:

SILENT NIGHTS on **Yintang Extra Point**

*Note: Test also by adding a single **AEON** patch "Stacked" over the **SILENT NIGHTS** at **Yintang** position. A very effective combination.*

CARNOSINE on **CV17**

STRONG RECOMMENDATION

Try to be very familiar with all the Calming Triangle acupoints by finding them, pressing them and "Feeling" them.

Sometimes you could find yourself without patches at a "Crossroad" situation so, just relax yourself and start massaging all the points while breathing deeply and trying to clear your mind of negative thoughts..

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

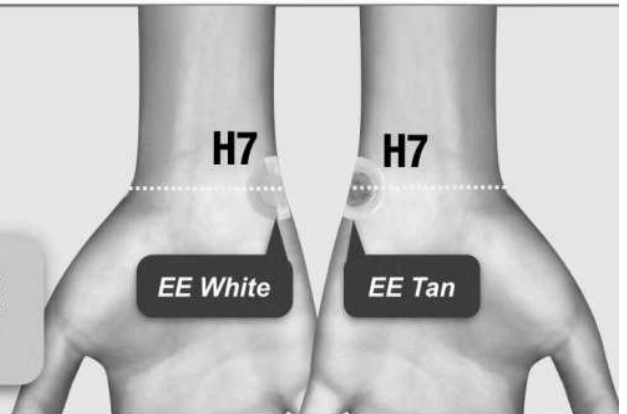
Check The Complete Patching Sequence on Next Page.

Anxiety Protocol Complete Sequence:

DURING THE DAY

ENERGY ENHANCER on H7 - WRTL

H7 is located at the wrist joint, on the radial side, in the depression, right beside the tendon of the flexor carpi ulnaris muscle.



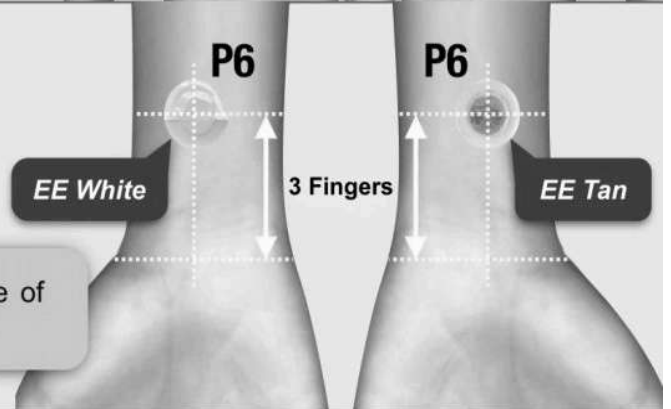
ENERGY ENHANCER on LU9 - WRTL

LU9 is located at the wrist joint, in the depression formed at the outer side of the wrist.



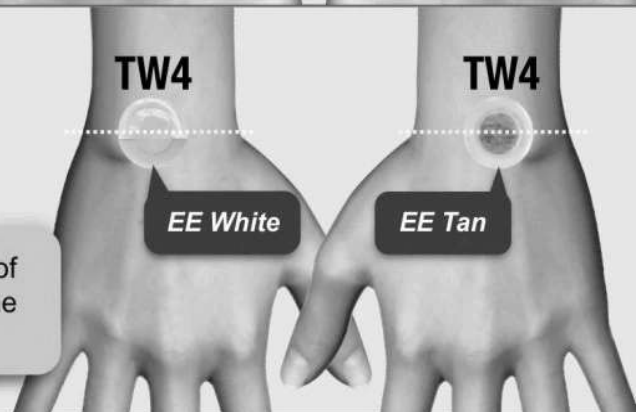
ENERGY ENHANCER on P6 - WRTL

P6 is located 3 fingers above the transverse crease of the wrist, between the tendons.



ENERGY ENHANCER on TW4 - WRTL

TW4 is located on the dorsum of the wrist, at the level of the wrist joint, slightly towards the pinky finger in the depression between the tendons.



DURING THE DAY (Continue)

GLUTATHIONE on CV4

CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.



AEON on GV14

GV14 is located at the lower border of the 7th cervical vertebra (C7).



AT EVENING TIME

SILENT NIGHTS on Yintang Extra Point

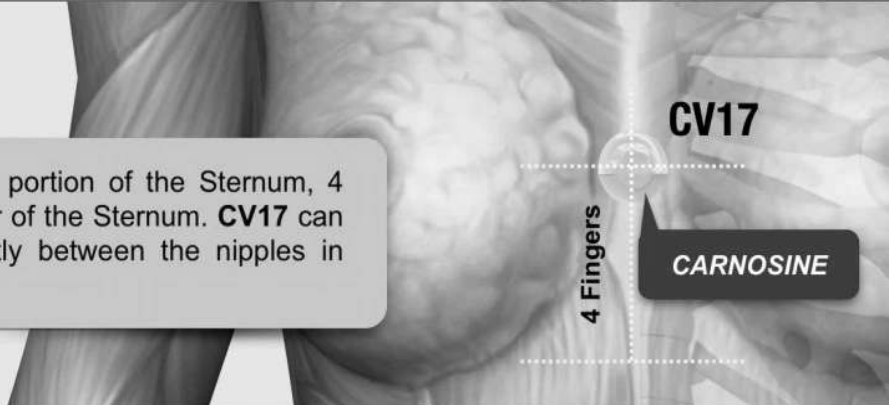
Yintang Extra Point is located at the midpoint between the medial extremities of the eyebrows.

SILENT NIGHTS



CARNOSINE on CV17

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.



Appetite Control Program

This simple protocol has received good reports from LifeWave members as an effective way to control appetite and loose weight.

DAY 1

GLUTATHIONE on **SP6** - Right Side

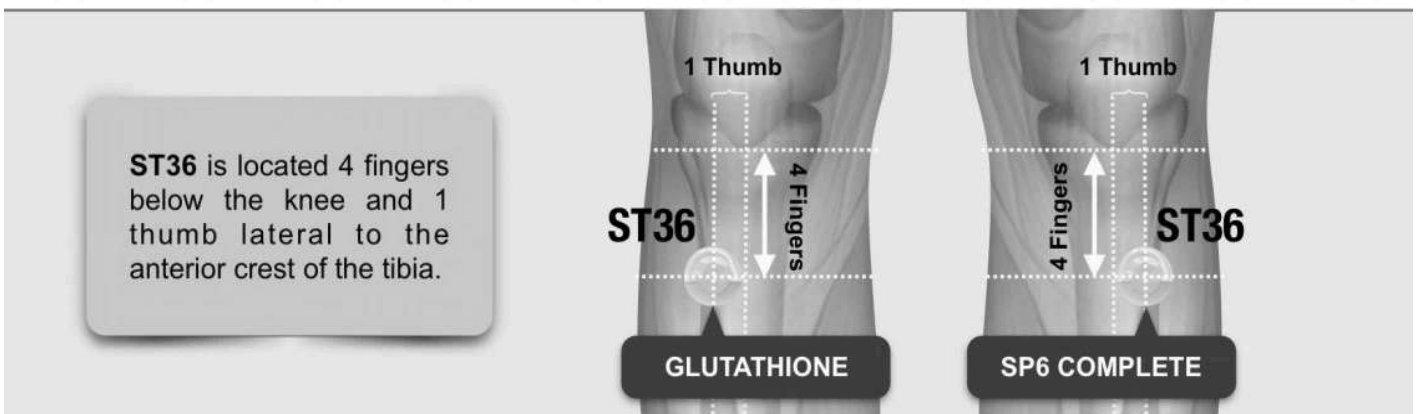
SP6 COMPLETE on **SP6** - Left Side



DAY 2

GLUTATHIONE on **ST36** - Right Side

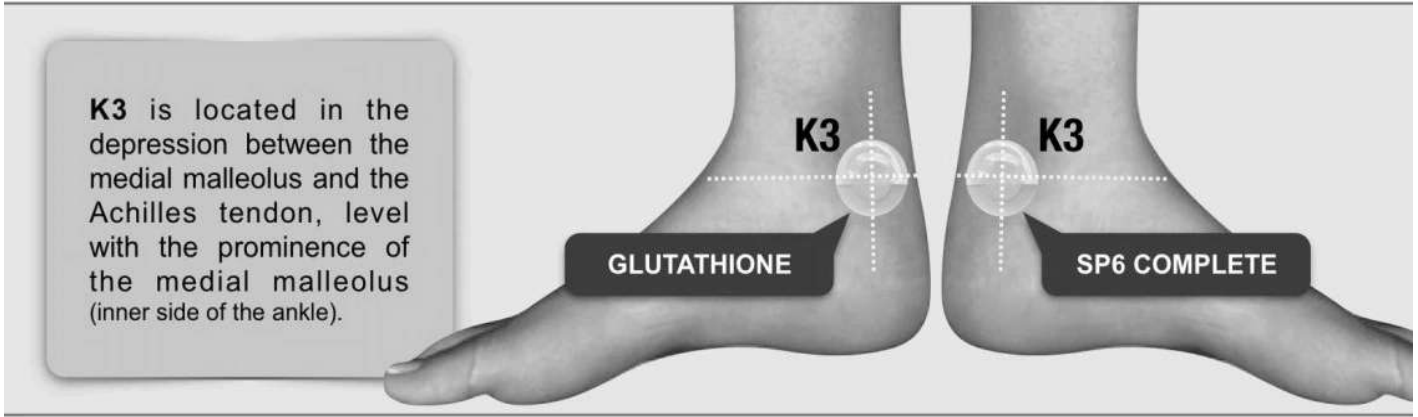
SP6 COMPLETE on **ST36** - Left Side



DAY 3

GLUTATHIONE on K3 - Right Side

SP6 COMPLETE on K3 - Left Side



One More suggestion. Test by adding daily:

GLUTATHIONE on ST23 - Right Side

SP6 COMPLETE on ST23 - Left Side

AEON on CV12



IMPORTANT NOTE:

Appetite control and Weight Loss are definitely a large topic and there are several options to look into. In my personal experience there are very mixed results with any protocol available.

What I can say is this:

The results will depend largely on how a person undertake the whole process of losing weight:

- 1- The person should have a STRONG desire to lose weight.
- 2- Consistency is KEY.
- 3- Consuming cold food and drinks will slow the results. It is strongly advised to consume warm and/or hot food and drinks.
- 4- NO sodas or carbonated drinks!. Consume good quality water instead (preferably warm or room temperature).
- 5- Pay special attention on your Carbs and Sugar daily intake. Reducing them throughout the program have shown good results.
- 6- Consume a nutrient-rich, well-balanced diet. Skipping meals or avoiding entire food groups may affect the results in a negative way

General Notes:

- 1- Wear all above patches daily for 12 hours.
- 2- Three consecutive days is considered as 1 cycle. I recommend to go for at least 6 consecutive cycles then check how the progress is at that moment.
- 3- Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

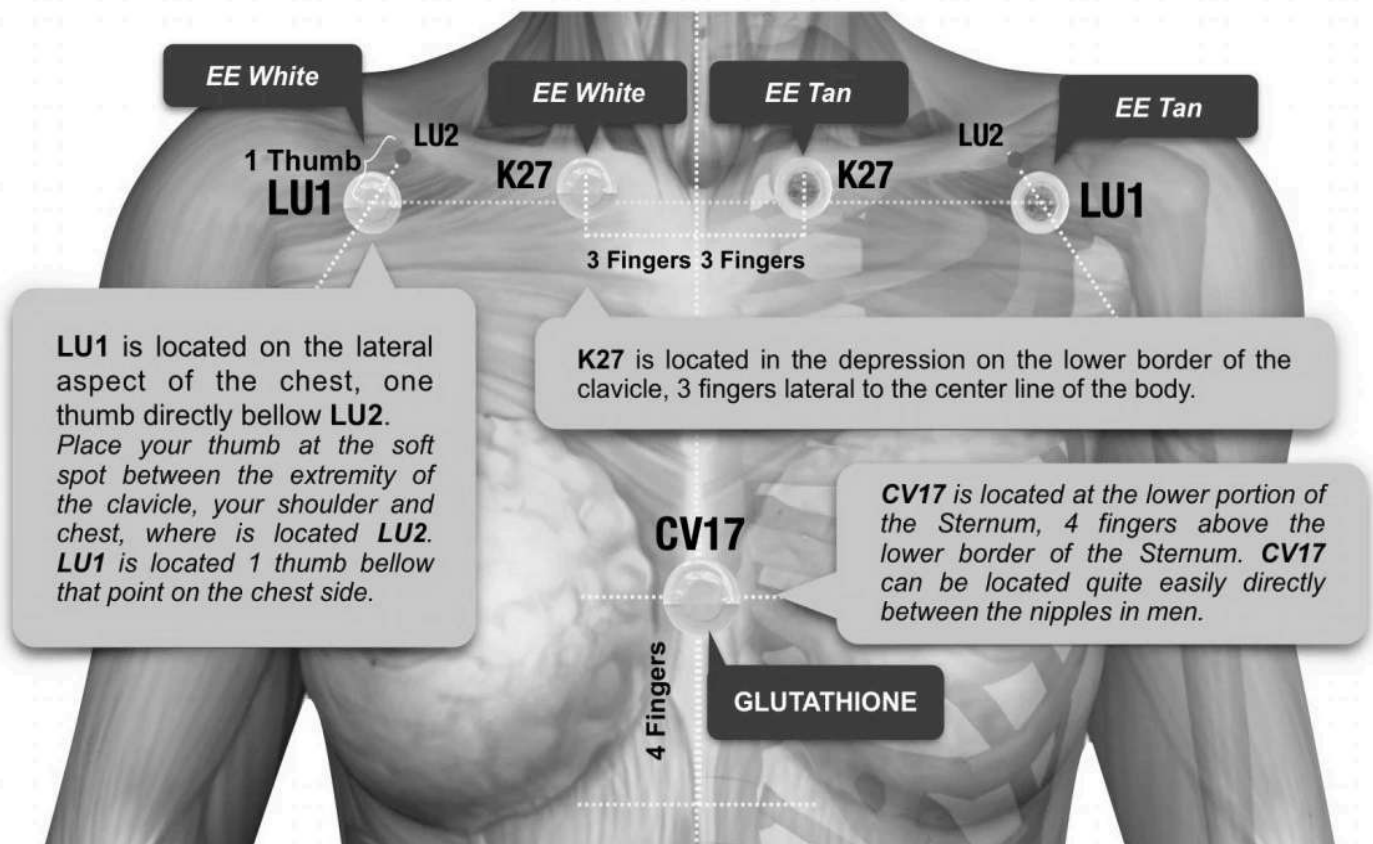
Asthma

A basic approach to Asthma. Alternatively do check the Asthma at the Advanced Protocols Section of this book.

ENERGY ENHANCER on **LU1** - **WRTL** - Wear for 24 hours

ENERGY ENHANCER on **K27** - **WRTL** - Wear for 24 hours

GLUTATHIONE on **CV17** - Wear for 24 hours



General Notes:

- 1- Start patching at a convenient time in the morning, i.e. 8am.
- 3- Wearing all above patches in combination for 24 hours is consider 1 Cycle.
- 4- Repeat the procedure as many cycles as needed.
- 5- Use new patches starting a new cycle.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Athletic Performance Booster

Many sport enthusiasts have tested the following protocol with excellent results. Use it 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 24 hours. - Monday / Wednesday / Friday

CARNOSINE on **CV17** - Wear for 24 hours. - Tuesday / Thursday / Saturday

No patches on Sunday.



CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.

EVENT DAY/S:

GLUTATHIONE on **CV4**

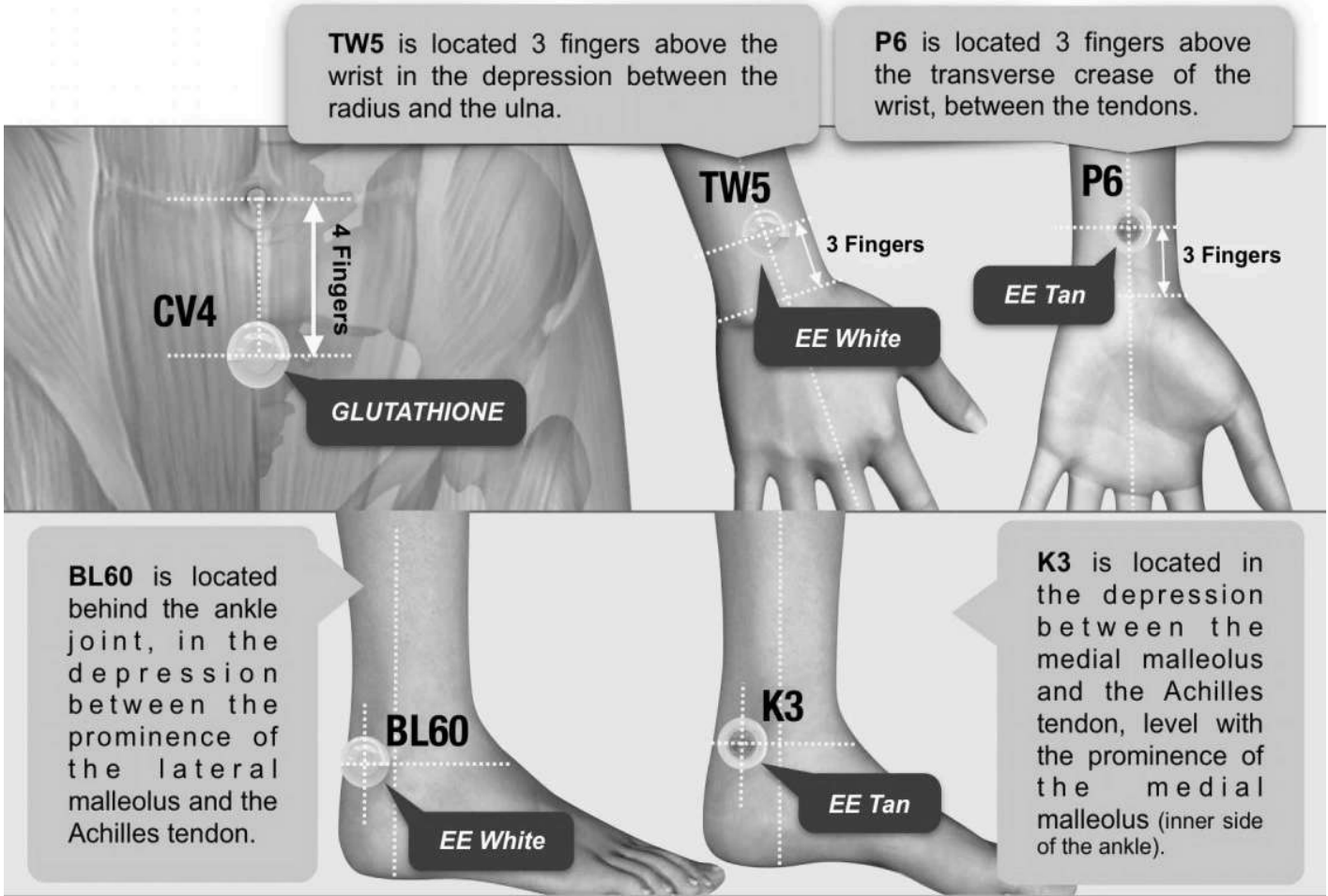
ENERGY ENHANCER WHITE on **TW5 - Right Side**

ENERGY ENHANCER TAN on **P6 - Left Side**

ENERGY ENHANCER WHITE on **BL60 - Right Side**

ENERGY ENHANCER TAN on **K3 - Left Side**

Note: Wear all patches simultaneously all day during the event.



POST-EVENT PAIN :

Place **ICEWAVE TAN** patches directly on painful areas

Or

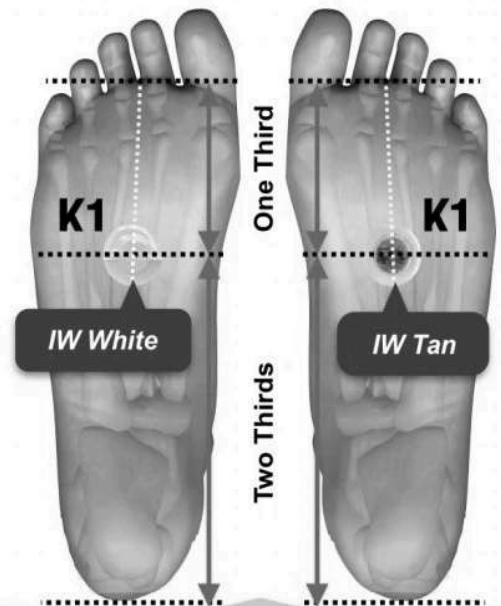
ICEWAVE on **K1 - WRTL**

General Notes:

Use new patches if were used for over 24 hours

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.



K1 is located on the sole of the foot, in a depression between the 2nd and 3rd metatarsal bones, at the junction of the anterior third and the posterior two-thirds of the sole.

Blood Pressure (High) - Hypertension

This is in my opinion a very helpful protocol to test in cases of High Blood Pressure.

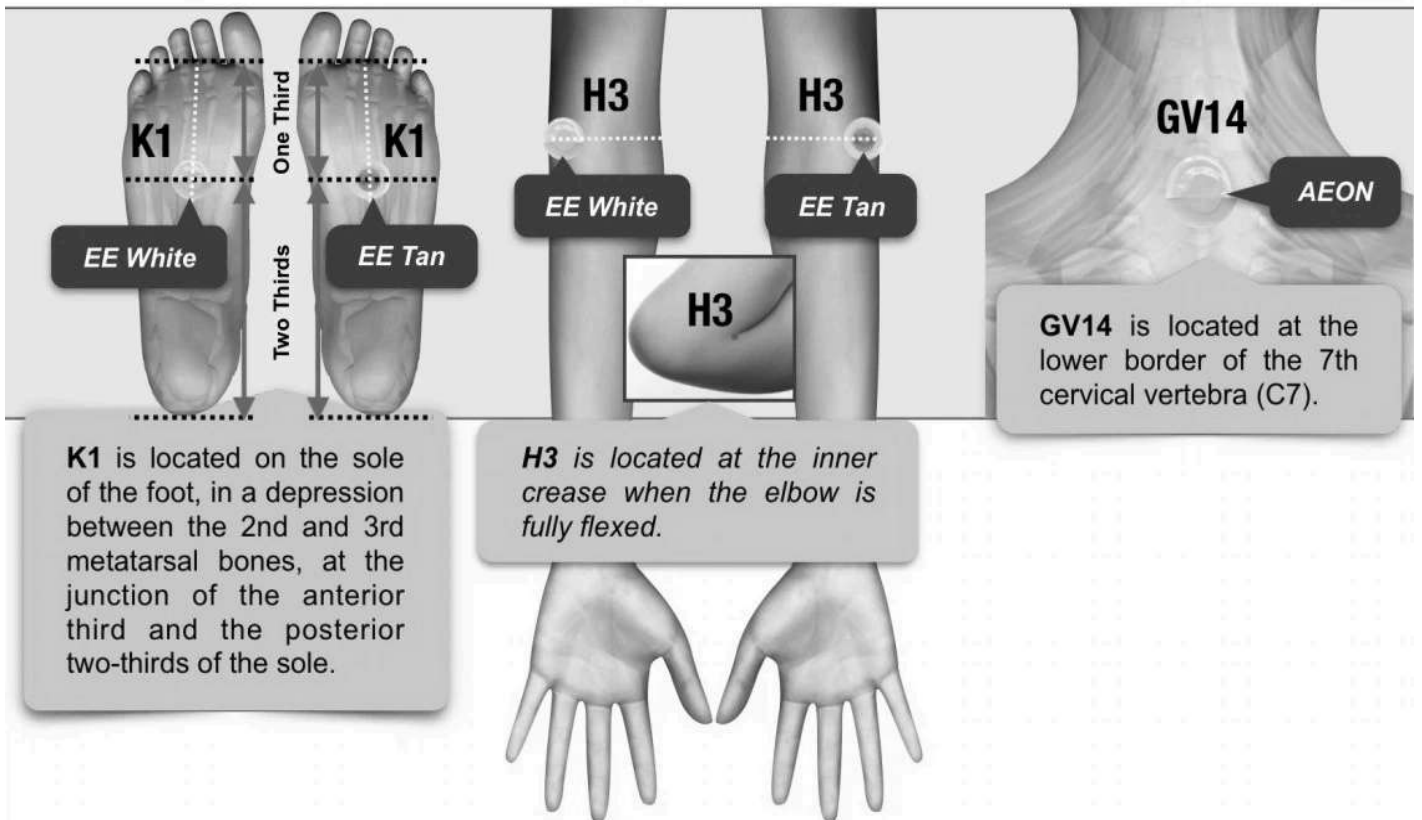
STEP 1:

IMPORTANT - Check your Blood Pressure Before You Start The Protocol

Place **ENERGY ENHANCER** on **K1 - WRTL**

ENERGY ENHANCER on **H3 - WRTL**

and **AEON** on **GV14**



Run all 3 positions for 15 minutes and test your Blood Pressure again.

According to your result, you can choose to continue with Step 2 on next page and test other positions as well.

STEP 2:

Place **ENERGY ENHANCER** on **SI16 - WRTL**

and **GLUTATHIONE** on **H3 - Right Side** ("Double Stacked" or Over the EE White)



H3 is located at the inner crease when the elbow is fully flexed.

There are several other acupoints that are useful that you could test like for example EE on **ST36** (WRTL) and EE on **P6** also (WRTL), however, in my personal experience, any patching approach for Hypertension or Hypotension are not addressing the real cause of the issue.

My own Mother suffered of Hypotension all her life, and now, at 75 years young, she solved it for good...

How Did She Do It?

We worked on all the basic areas which are the actual cause...

We worked on her "Lifestyle", involving everything around what she consumed daily.

And she is now having no issues at all...

and this results are not "Random", several other Hypertension cases have been completely solved using the same set of principals...

You can find out more about this topic at my **Lifestyle Protocol Video Series**, accessible at **PatchingProtocol.com** once you are logged in as a Subscriber (Free Member) or a Full Member...

Blood Pressure (Low) - Hypotension

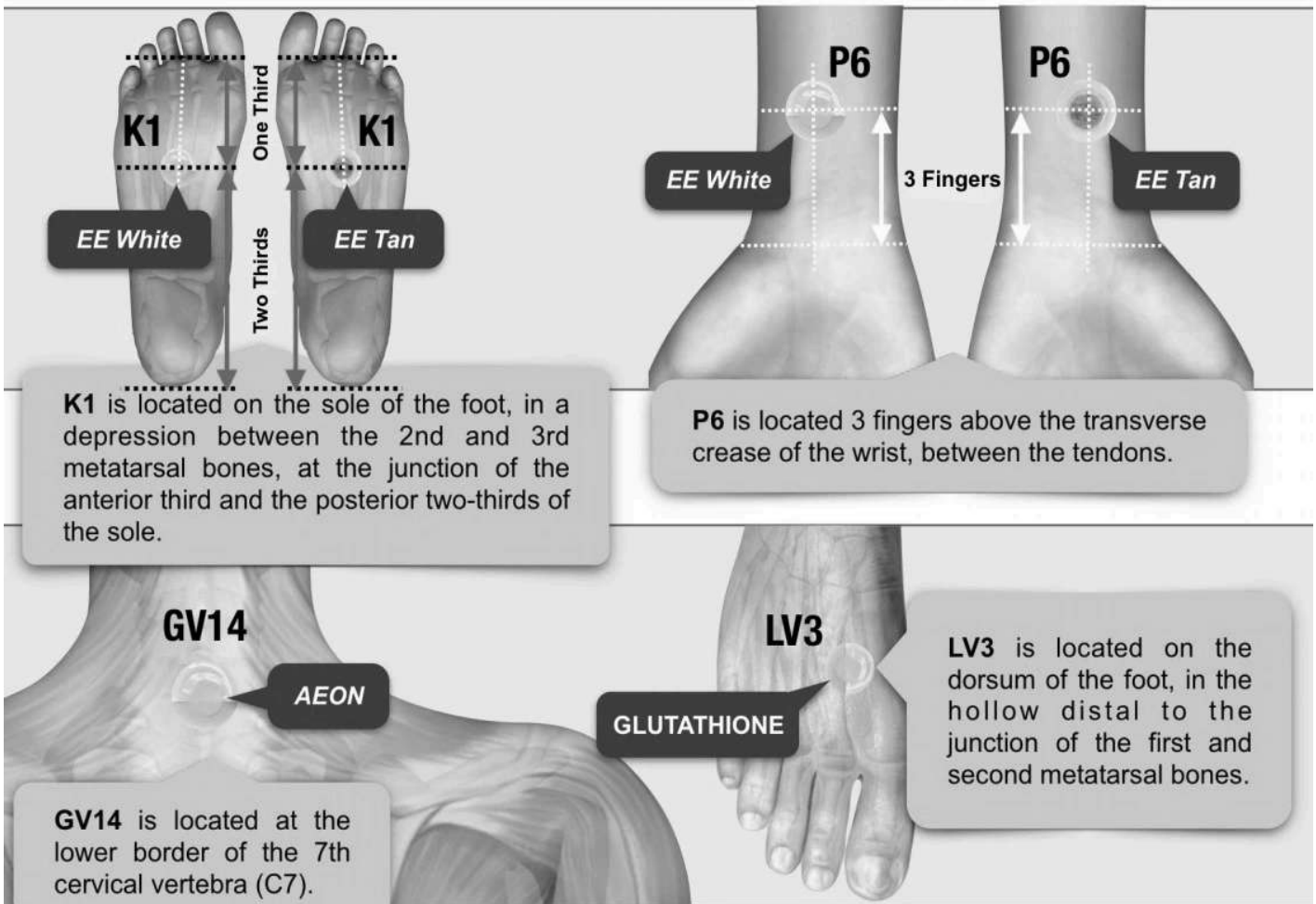
This is the exact protocol I used on my own Mother a couple of times before we started a more Advanced Approach to solve her Chronic Low Blood Pressure problem...

Place **ENERGY ENHANCER** on **K1 - WRTL**

ENERGY ENHANCER on **P6 - WRTL**

AEON on **GV14**

and **GLUTATHIONE** on **LV3 - Right Side**



Our Lifestyle plays a huge roll on how our body reacts in general. You can find out more about this topic at my **Lifestyle Protocol Video Series**, accessible at **PatchingProtocol.com** once you are logged in as a Subscriber (Free Member) or a Full Member...

Breathing Problems

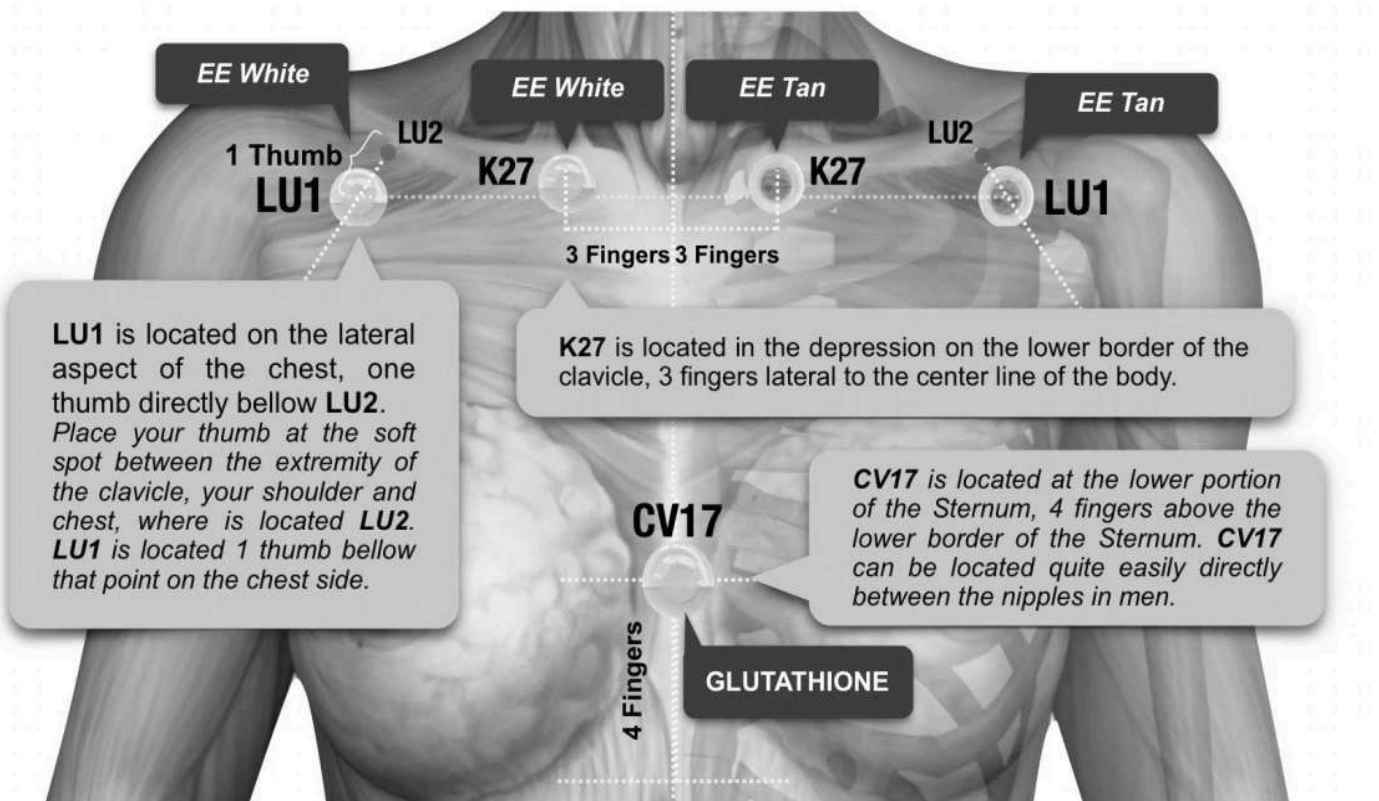
This is an excellent protocol tested by many members and it does work very well for Breathing Problem cases.

ENERGY ENHANCER on **LU1** - **WRTL** - Wear for 24 hours

ENERGY ENHANCER on **K27** - **WRTL** - Wear for 24 hours

GLUTATHIONE on **CV17** - Wear for 24 hours

AEON on **LU7** - **Right Side** - Wear for 24 hours



General Notes:

- 1- Wearing all above patch procedure is consider 1 Cycle.
- 2- It is recommended to go for several consecutive cycles until improvement in the condition is noticed.
- 3- Use new patches if were used for over 24 hours.



To locate **LU7** use a 'Tiger mouth grip', spread the thumb and forefinger of both hands, crossing them so that the Index finger of your right hand comes to rest on the lower left arm, but avoiding bending the wrist. **LU7** is located directly below the tip of the Index finger in a V-shaped groove.

Cholesterol

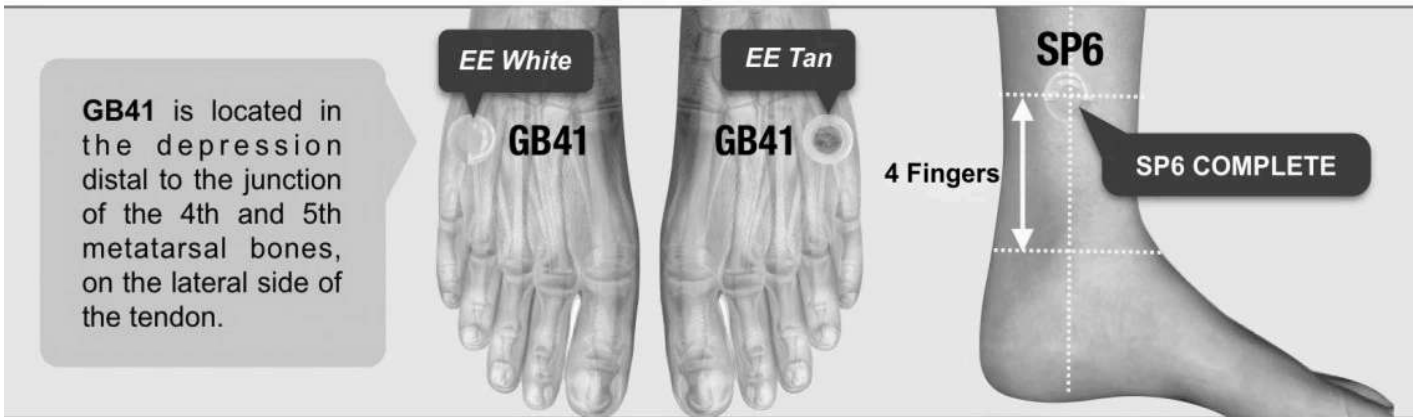
Here you have 3 Options for Cholesterol, which it needs discipline and patients...

CHOLESTEROL OPTION #1

Day 1

ENERGY ENHANCER on **GB41** - **WRTL** - Wear for 24 hours

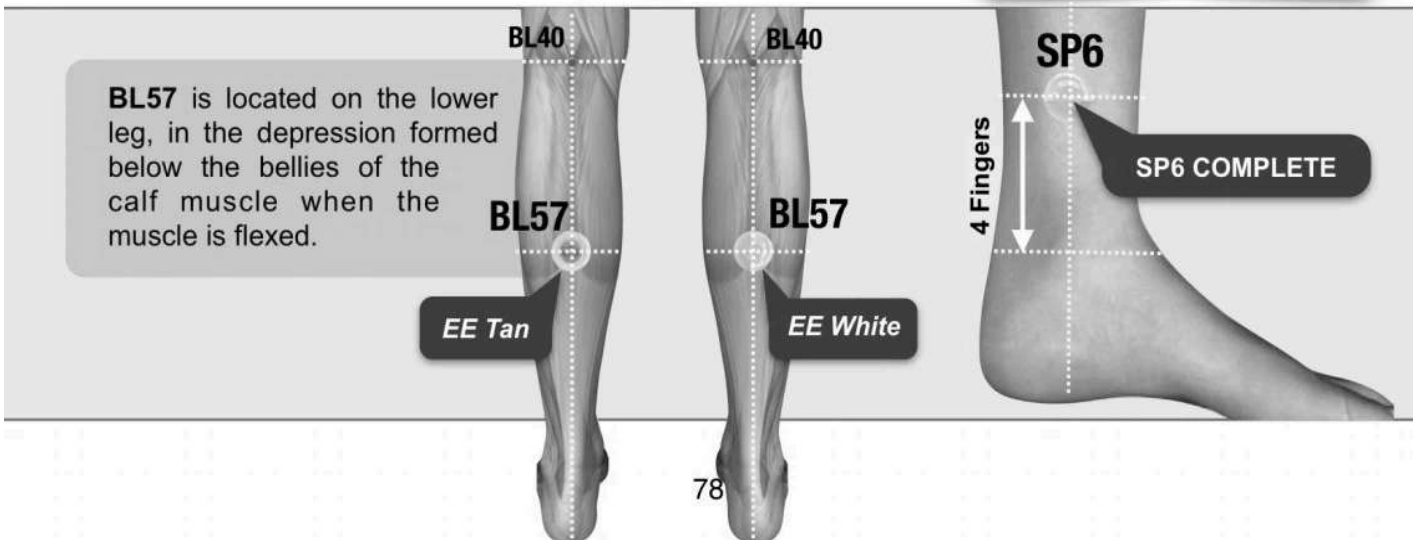
SP6 COMPLETE on **SP6** position - **Left Side** - Wear for 24 hours



Day 2

ENERGY ENHANCER on **BL57** - **WRTL** - Wear for 24 hours

SP6 COMPLETE on **SP6** position - **Left Side** - Wear for 24 hours

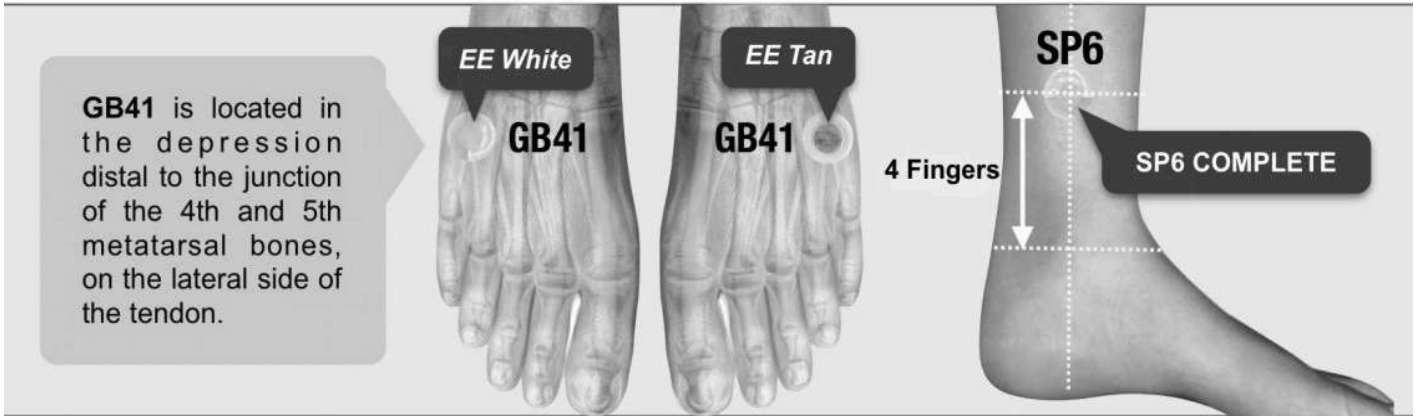


CHOLESTEROL OPTION #2

Day 1

ENERGY ENHANCER on **GB41** - **WRTL** - Wear for 24 hours

SP6 COMPLETE on **SP6** position - **Left Side** - Wear for 24 hours

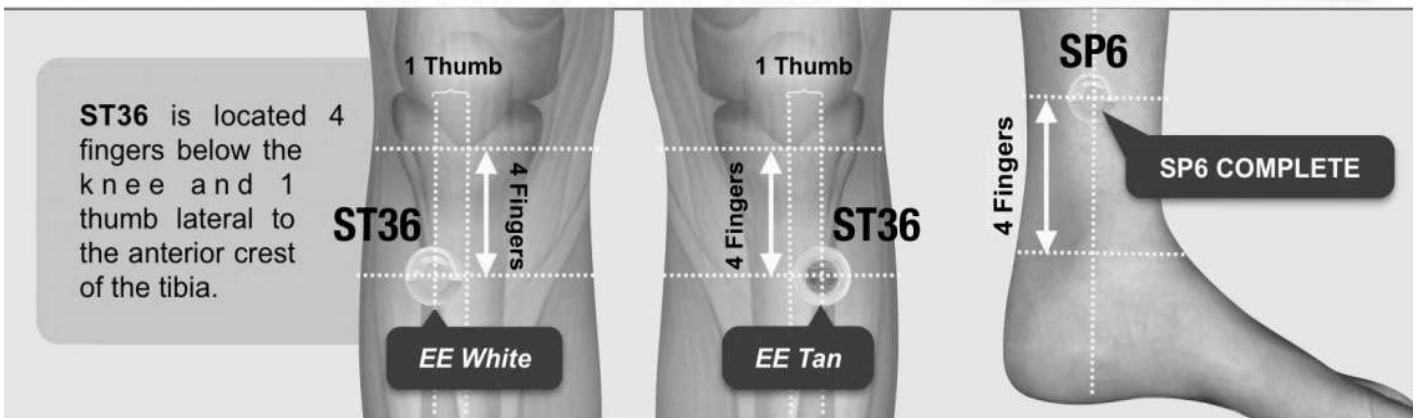


Day 2

ENERGY ENHANCER on **ST36** - **WRTL** - Wear for 24 hours

SP6 COMPLETE on **SP6** position - **Left Side** - Wear for 24 hours

SP6 is located on the medial side of the lower leg, 4 fingers superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.



General Notes:

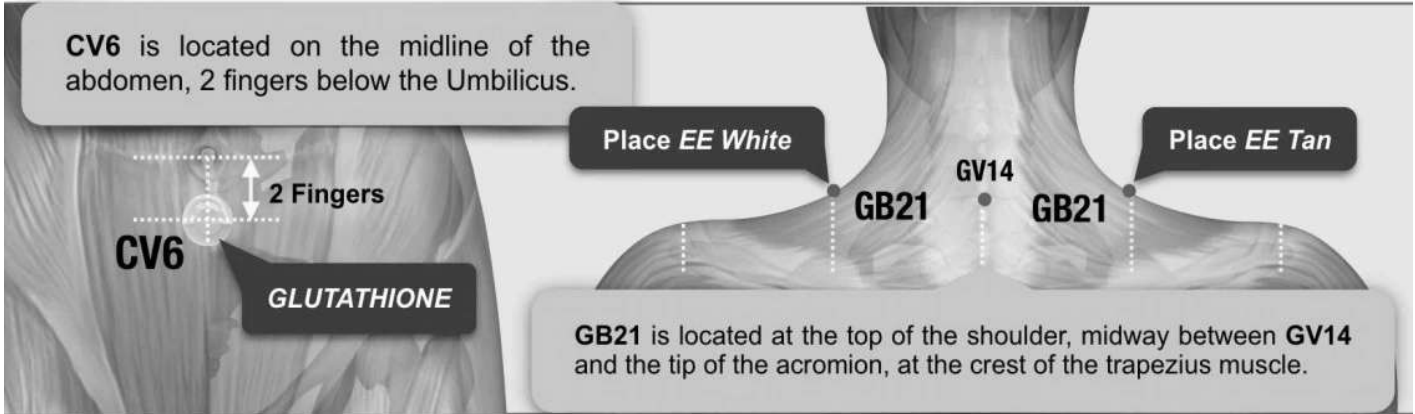
- 1- Start any option at a convenient time in the morning, i.e. 8am.
- 2- Keep all patches on for 24 hours.
- 3- Use new patches if were used for over 24 hours.

CHOLESTEROL OPTION #3

Day 1

GLUTATHIONE on **CV6** - Wear for 24 hours

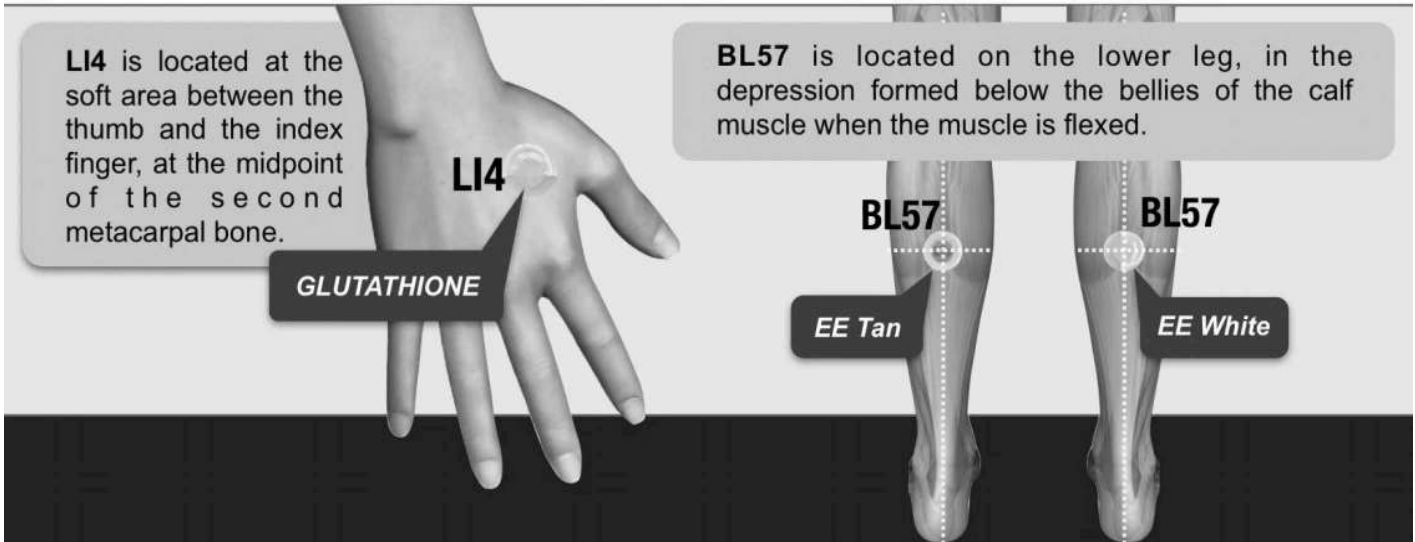
ENERGY ENHANCER on **GB21** - **WRTL** - Wear for 24 hours



Day 2

GLUTATHIONE on **LI4** - **Right Side** - Wear for 24 hours

ENERGY ENHANCER on **BL57** - **WRTL** - Wear for 24 hours



In my personal experience running these 3 patching options on myself and many others, I can say that it will be really important to look at your own Lifestyle as well.

Lifestyle plays a huge roll on how our body reacts in general. You can find out more about this topic at my **Lifestyle Protocol Video Series**, accessible at **PatchingProtocol.com** once you are logged in as a Subscriber (Free Member) or a Full Member. This new approach complement very well the patches working at a "Cause" level.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

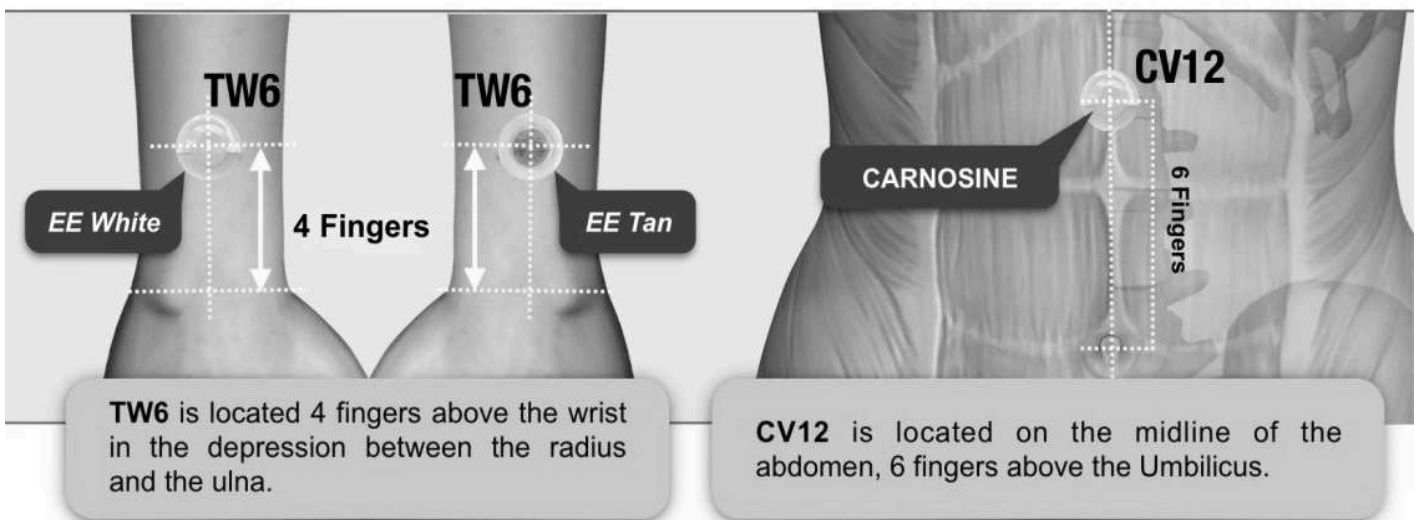
Constipation

Here you have 3 Patching Options for Constipation that worked very well for me and many others.

CONSTIPATION OPTION #1

ENERGY ENHANCER on **TW6** - **WRTL** - Wear for 24 hours

Then, at evening time, place a **CARNOSINE** at **CV12** till following morning.



Very simple approach and very effective in many cases. Run it for one full day first and check how's your response. Do continue for a few days if you think you may need it. Try to use new patches if were used for over 24 hours.

It's VERY IMPORTANT to be well hydrated at all time, 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

CONSTIPATION OPTION #2

This next protocol was shared by one of our members who had difficulties with someone else having sever constipation issues.

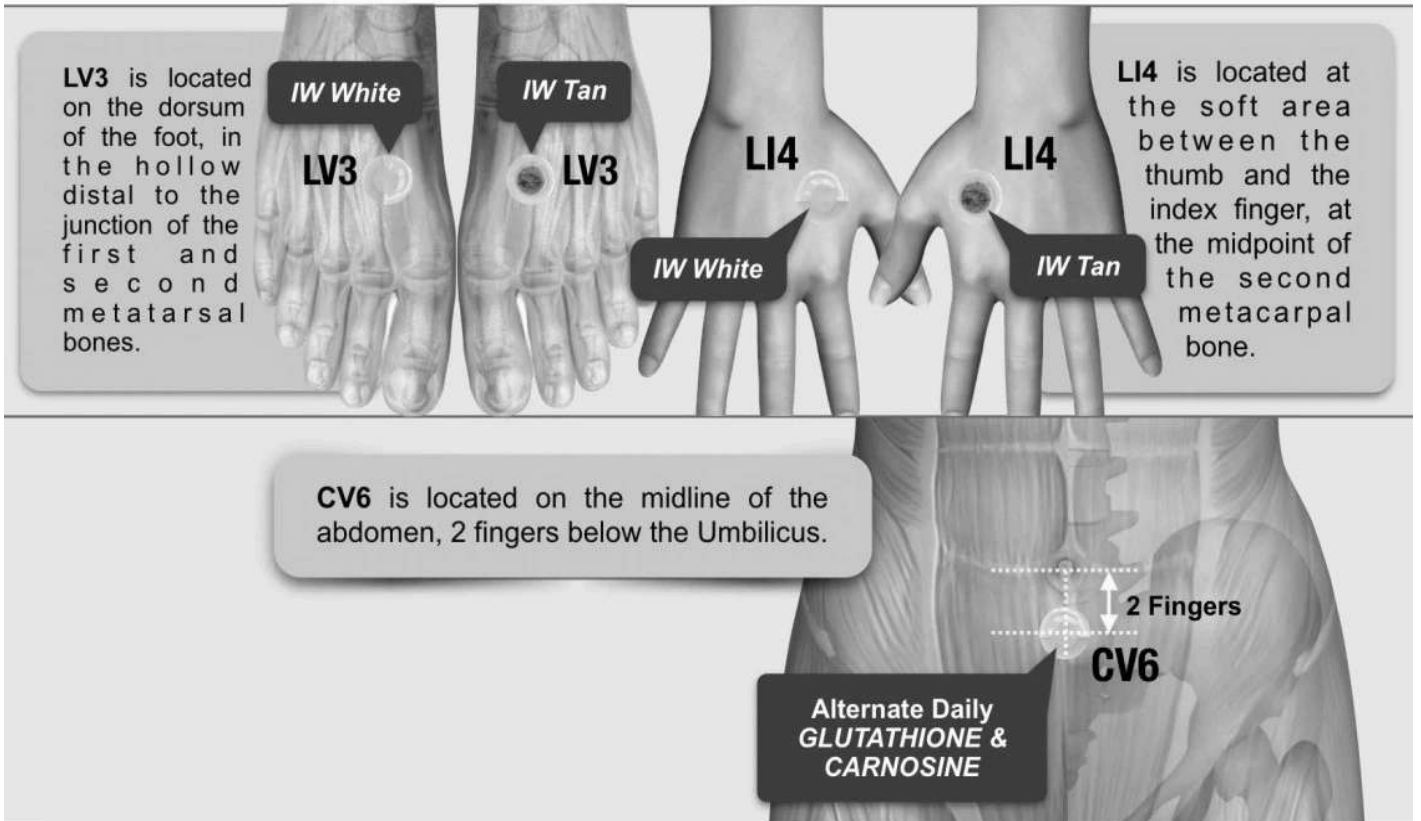
I have to thank Nicole and Andre from Switzerland for this excellent contribution!

ICEWAVE on **LV3** - **WRTL**

ICEWAVE on **LI4** - **WRTL**

Alternate daily **GLUTATHIONE** and **CARNOSINE** on **CV6**

*(First day **GLUTATHIONE** on **CV6**, then following day **CARNOSINE** on **CV6**, the day after that back to **GLUTATHIONE** on **CV6** and so on).*



This protocol was tested in sever cases and it did show favourable results in a consistent basis.

Run it for two full day first and check how's your response. Do continue for another two or four days if you think you may need it. Try to use new patches if were used for over 24 hours.

It's VERY IMPORTANT to be well hydrated at all time, 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

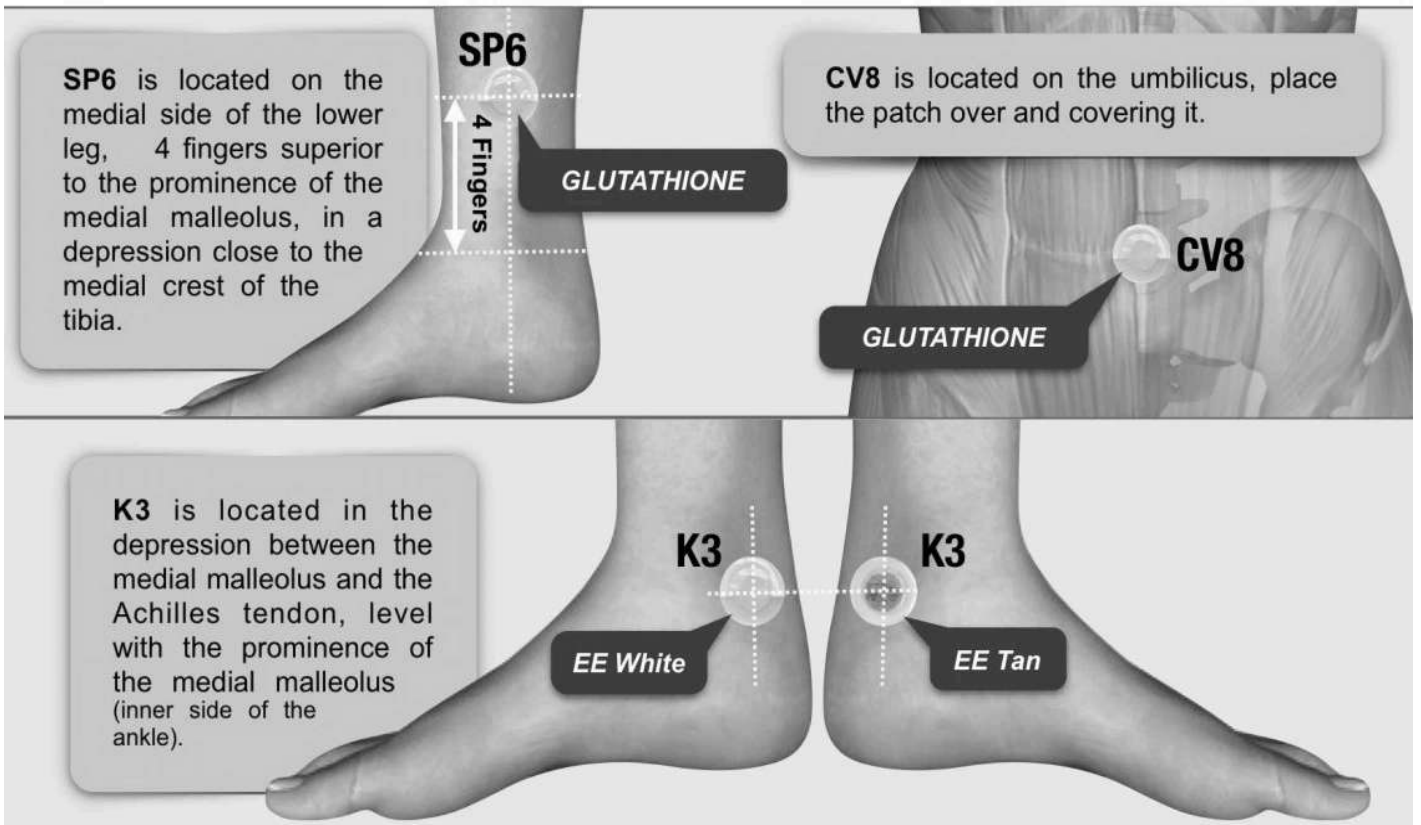
CONSTIPATION OPTION #3

This Constipation protocol works well in chronic cases and especially with seniors.

GLUTATHIONE on **SP6** - Right Side

GLUTATHIONE on **CV8**

ENERGY ENHANCER on **K3** - WRTL



Run this option for one full day first and check how's your response. Do continue for a few days if you think you may need it. Try to use new patches if were used for over 24 hours.

It's **VERY IMPORTANT** to be well hydrated at all time, 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

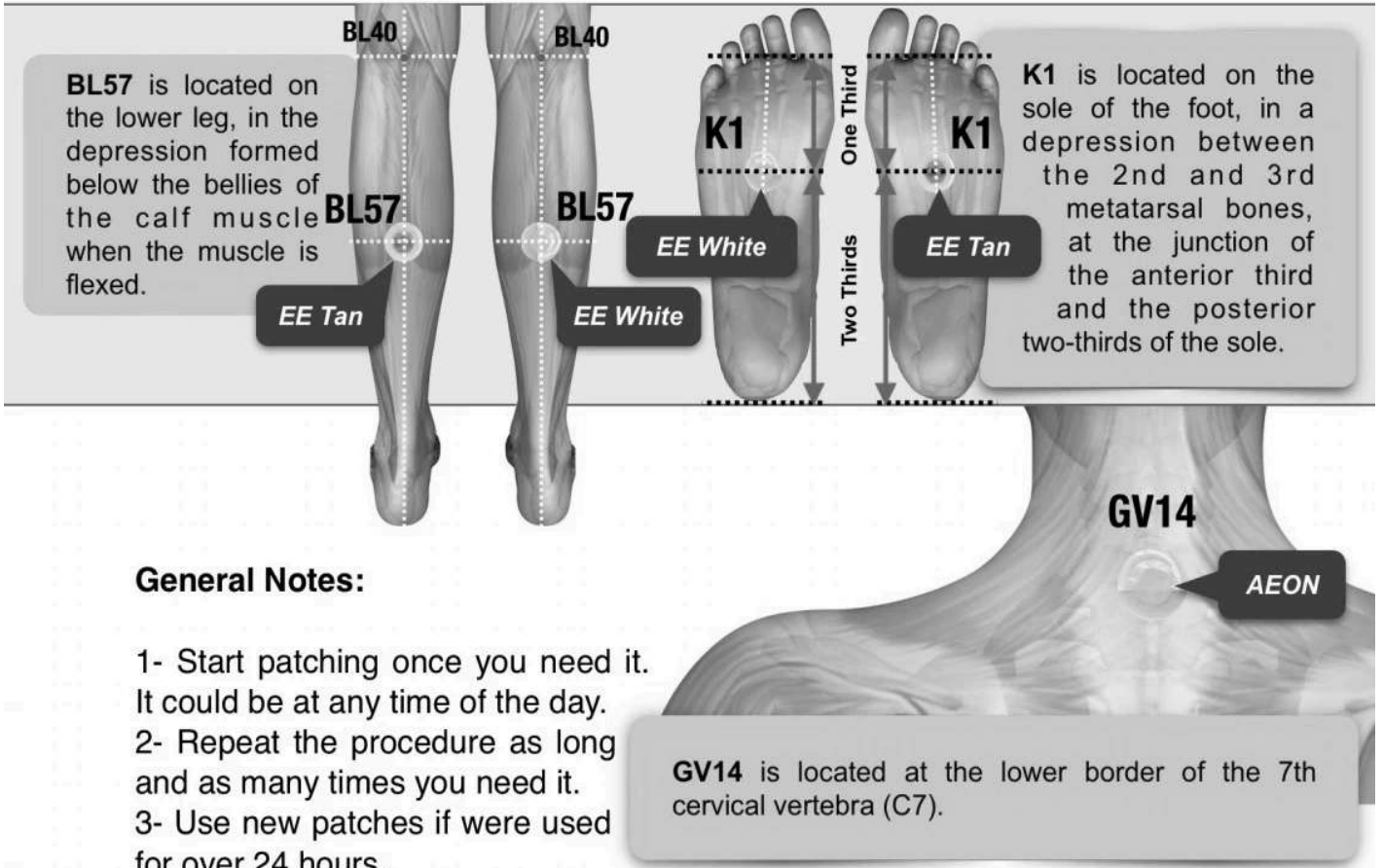
Cramps (Legs)

Use this protocol in cases of leg cramp.

ENERGY ENHANCER on **BL57** - **WRTL** - Wear for 24 hours

ENERGY ENHANCER on **K1** - **WRTL** - Wear for 24 hours

AEON on **GV14**



Cramps (Whole Body)

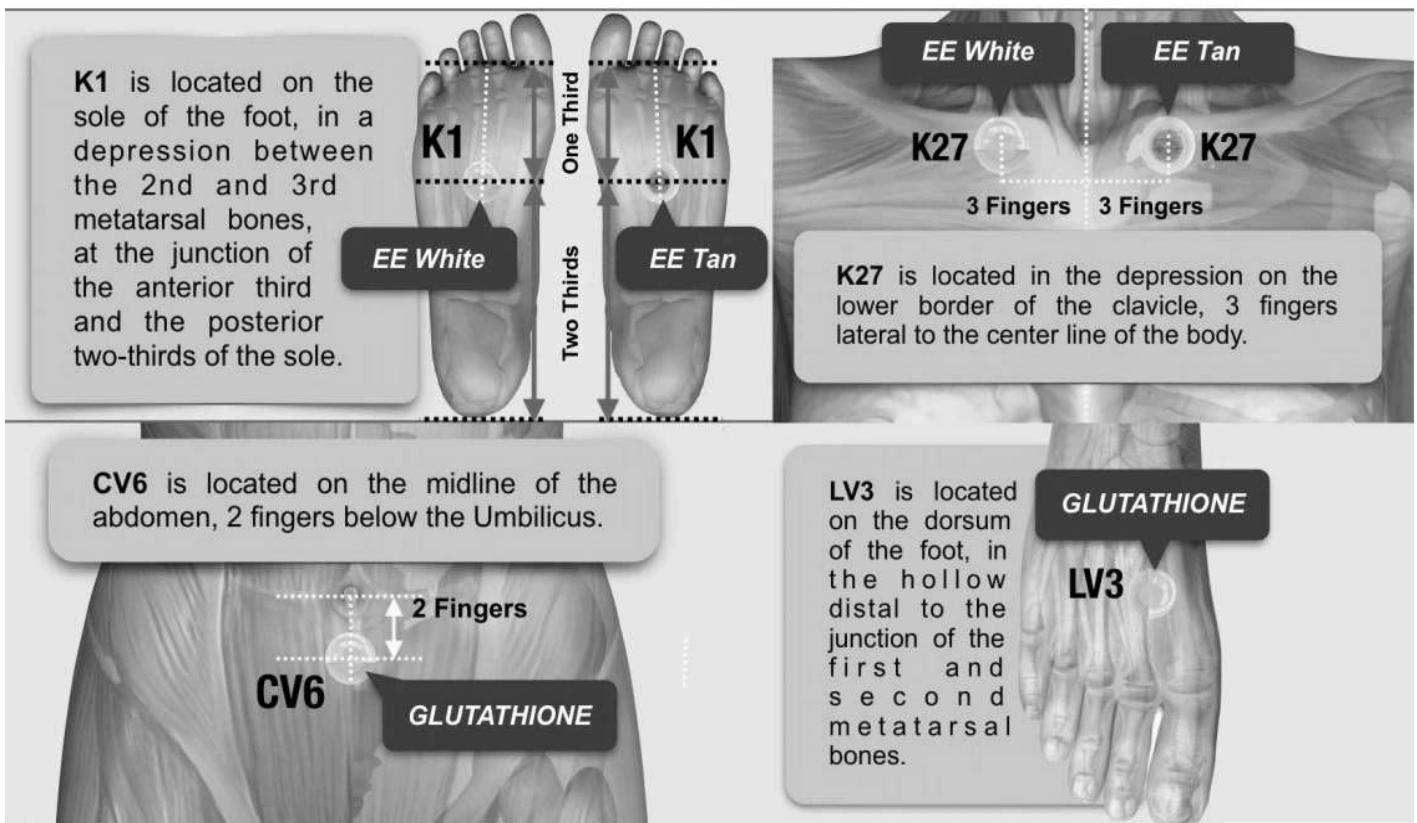
Use this protocol in cases of whole body cramps.

ENERGY ENHANCER on **K1** - **WRTL** - Wear for 24 hours

ENERGY ENHANCER on **K27** - **WRTL** - Wear for 24 hours

GLUTATHIONE on **CV6** - Wear for 24 hours

GLUTATHIONE on **LV3** - **Right Side** - Wear for 24 hours



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Digestive Issues

This is one the first protocols I've personally formulated. And I did it because I had so many Digestive Issues all my life that I had to "Easy" things up for me...

AEON on **ST25** - Right Side
CARNOSINE on **ST25** - Left Side
GLUTATHIONE on **CV4**

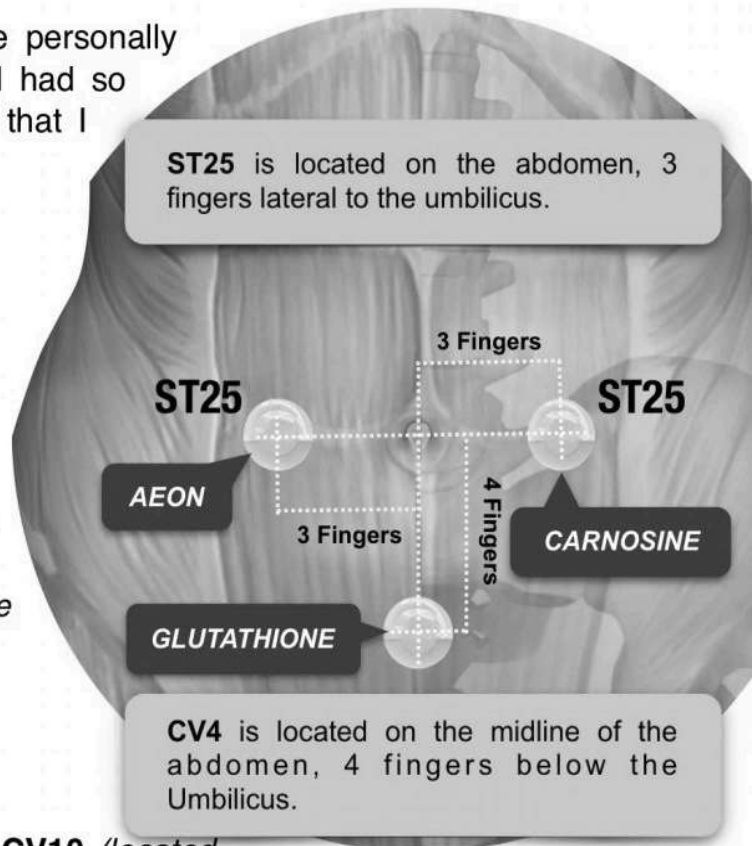
There are few things you can note here:

*I'm using the **CARNOSINE** Patch on the Left Side. Something that I'm using quite regularly.*

You can also note the triangular shape formed among the 3 patches.

ADDITION

You could add a **CARNOSINE** on **CV10** (*located 4 fingers above the umbilicus*) forming what we call a **Double Triangle**, indeed a very powerful shape.



When I first came across LifeWave Technology, what initially caught my attention was the "Pain Patches" (ICEWAVE). And that's because I had so much pain on my back, mixed with Sciatica issues, pain on my left hand, elbow and shoulder, toothaches, regular neck pain, headaches, old sport injuries on both my knees and ankles and of course Stomach Aches...

So, I had a lot of success patching for all my pains, and of course, I started thinking that the patches would "Solve" all my issues...

and much later I realized that the patches do not "Solve" anything... The patches are excellent "Tools" to assist our body to do certain stuff...

Then, I started a process of understanding what was really causing all my issues. So, in the end after having

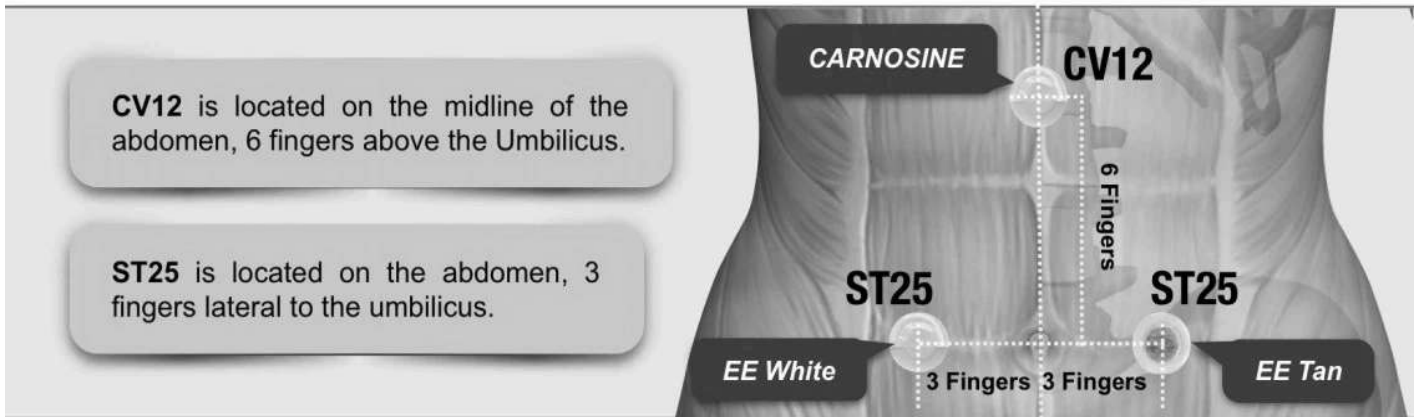
Improve Your Digestion

Good digestion is the seat of a long life.

TCM (Traditional Chinese medicine) has a great understanding of the importance of good digestion, as is expressed in the following sentence:

"If the Stomach is strong, life will be healthy; if the Stomach is weak, life will be unhealthy".

ENERGY ENHANCER on ST25 - WRTL
ENERGY ENHANCER on ST36 - WRTL
CARNOSINE on CV12

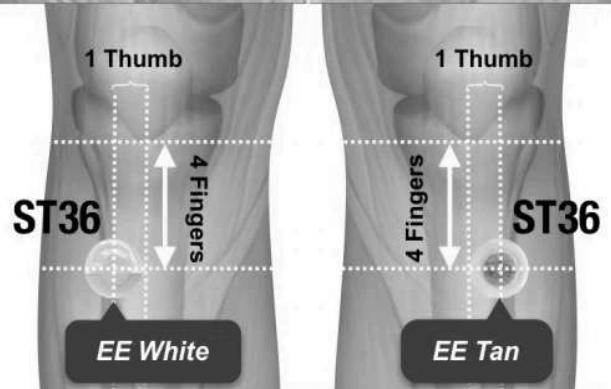


General Notes:

- 1- Wearing all above patches at once in combination for 24 hours is consider 1 Cycle.
- 2- Repeat the procedure as many cycles as needed.
- 3- Use new patches starting a new cycle.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.



Depression

Some time back I received a question from Melissa, one of our members at Patching Protocol and the question was related to Depression:

“What is the best method for patching for depression? I assume energy, aeon and glutathione if they're willing to buy 3 types of patches. Is the Calming Triangle the way? If the person wants "simple as possible" patch with those three patches according to LW booklet? Or use certain options in the booklets rather than any of the options?”

I think this is a great question, Thank You Melissa!, because the idea here is to attempt to achieve a result with **“What We Have In Hand”**, which I find it very focused, rather than an open **“What We Can Do”** in general...

So, that led me to dig into my TCM Notes because I remember a series of sessions with my Shifu talking about Emotional Issues pretty much in depth...

So, in regards to Emotional Issues, my Shifu introduced to me the concept of **“Connecting Back”**, and from there on, that’s what I personally like to apply as much as possible...

He told me about a quick way to test in cases of Depression and overall Emotional Issues so, here it is:

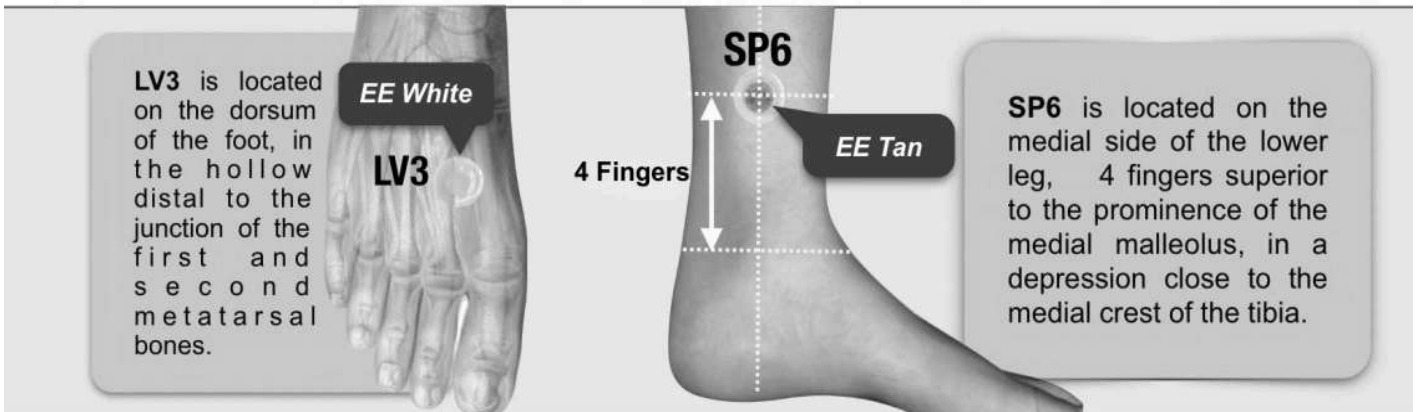
STEP #1

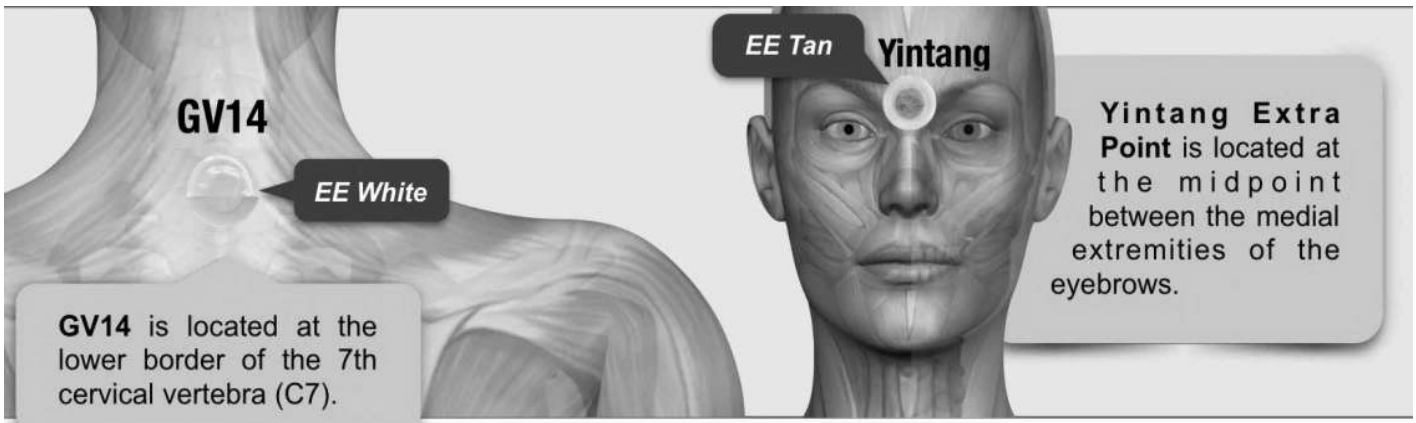
First, place an **ENERGY ENHANCER White** on **LV3 - Right Side**

Then, place the **ENERGY ENHANCER Tan** on **SP6 - Left Side**

Next, place an **ENERGY ENHANCER White** on **GV14**

and lastly, place the **ENERGY ENHANCER Tan** on **Yintang (Extra Acupoint)**





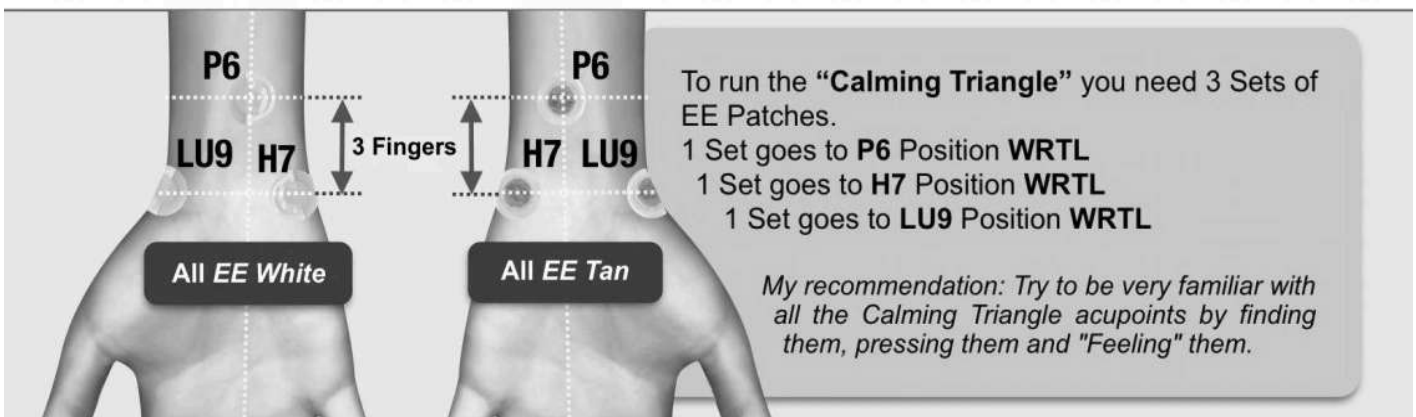
The idea here is to “**Connect**” specific points and give support to our “Emotional” aspect if you will...

So, that initial 2 sets of Energy patches might create a sort of “Base” to what’s next...

STEP #2

Run the quick base described on **STEP #1** above for let’s say an hour, then add the **Calming Triangle** (check Page 62 of this book), by placing it at the same time, and leave it for the rest of the day or keep it for 24 hours (Check which option works best for you).

If you follow the “Sequence” I’m introducing here:



First, we attempt to “Reconnect”.

Secondly, we introduce a well performing protocol specifically for Emotional Issues, the **Calming Triangle** and we run it together with the **Reconnecting Protocol**.

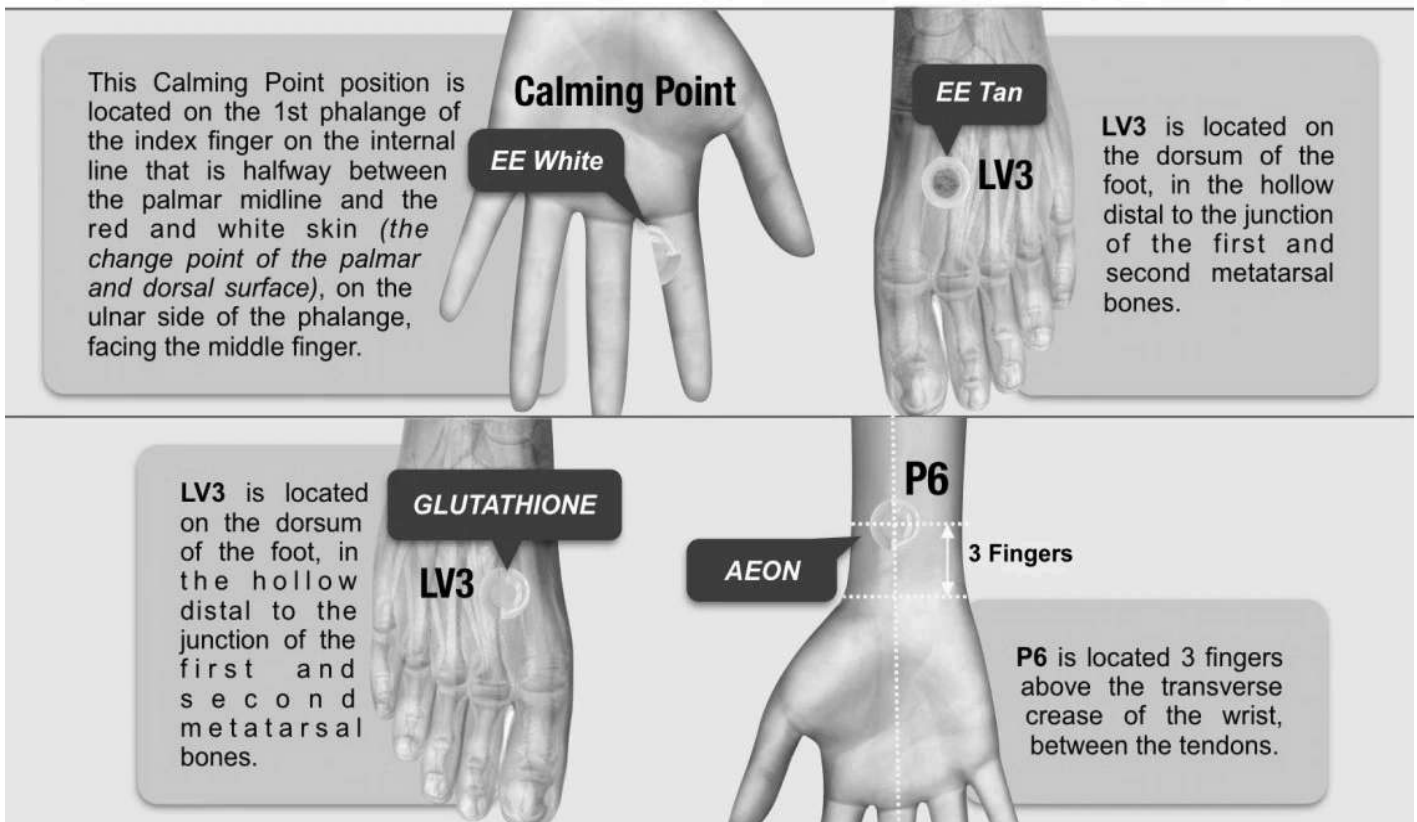
Now, let me introduce you to another Step which I think it will help greatly!.

STEP #3

Run Step #1 & #2 suggested earlier and you could test one of the best formulations I came up with a few years back:

ENERGY ENHANCER White on a Calming Special Point - Left Side

Note: this position should be placed on the Left Side of the body.

ENERGY ENHANCER Tan on LV3 - Left Side**GLUTATHIONE on LV3 - Right Side****AEON on P6 - Right Side**

1 set of **Energy**, 1 **AEON** and 1 **Glutathione**... A Super simple protocol that I personally tested many times, which I find extremely calming and sort of "Centering"...

Anyone can test this protocol anytime, because you might find that your mind gets more focused and starts to produce clearer thoughts naturally... pretty strange and wonderful stuff...

Now, if you ask me, run Step 1 & 2 first for 2 to 3 days to open up the channels and then run this last approach (Step 3) on day 3 or 4 and I think it will work well...

This is actually the Anger & Frustration protocol, however, it works very well for other Emotional related issues...

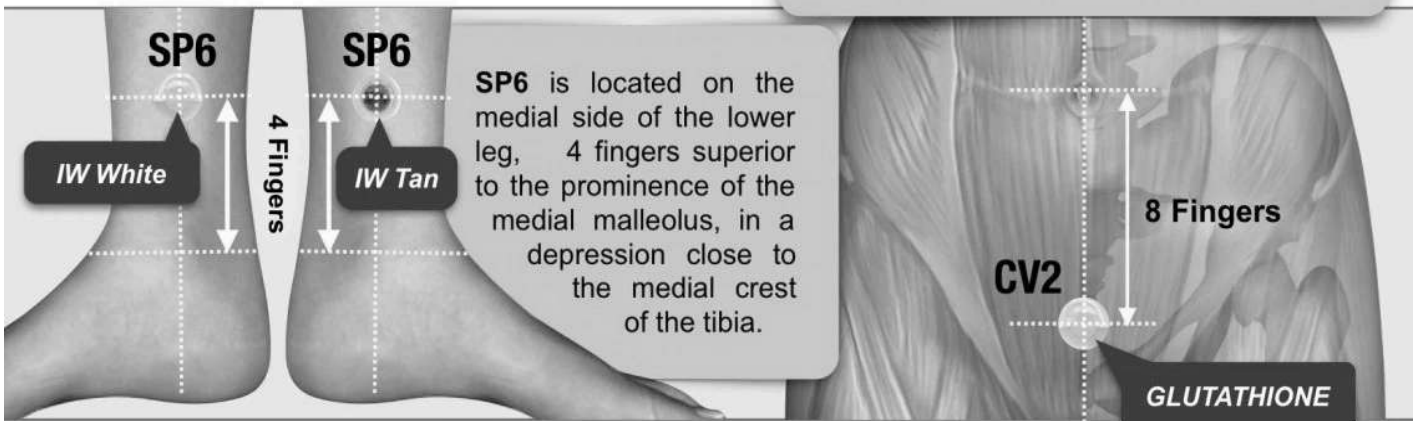
Dysmenorrhea

This effective Dysmenorrhea protocol was shared by one of our Senior Advisers at Patching Protocol.

ICEWAVE on **SP6** - **WRTL**

GLUTATHIONE on **CV2**

CV2 is located on the midline of the abdomen, 8 fingers below the Umbilicus.



NOTE: You could also check the **Menstrual Cycle Improvement Protocol** on page 126 of this book.

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Ear Infection (Basic)

Here I include a Basic Protocol for Ear Infection that I've formulated a couple of years back. You can also check the Ear Infection Protocol at the Advanced Area of this book.

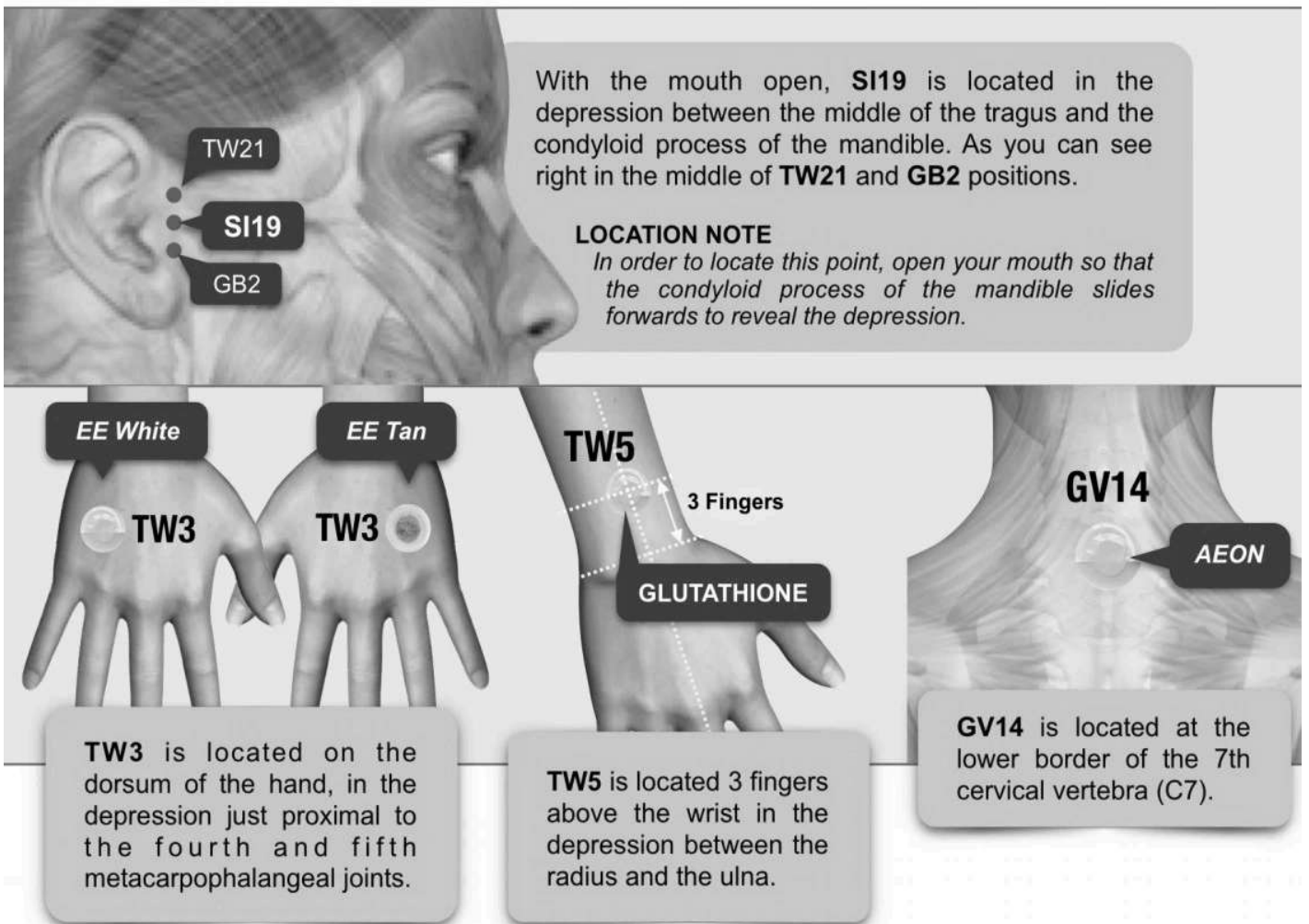
During the day (First 12 hours)

ENERGY ENHANCER on **SI19** - WRTL

ENERGY ENHANCER on **TW3** - WRTL

GLUTATHIONE on **TW5** - Right Side

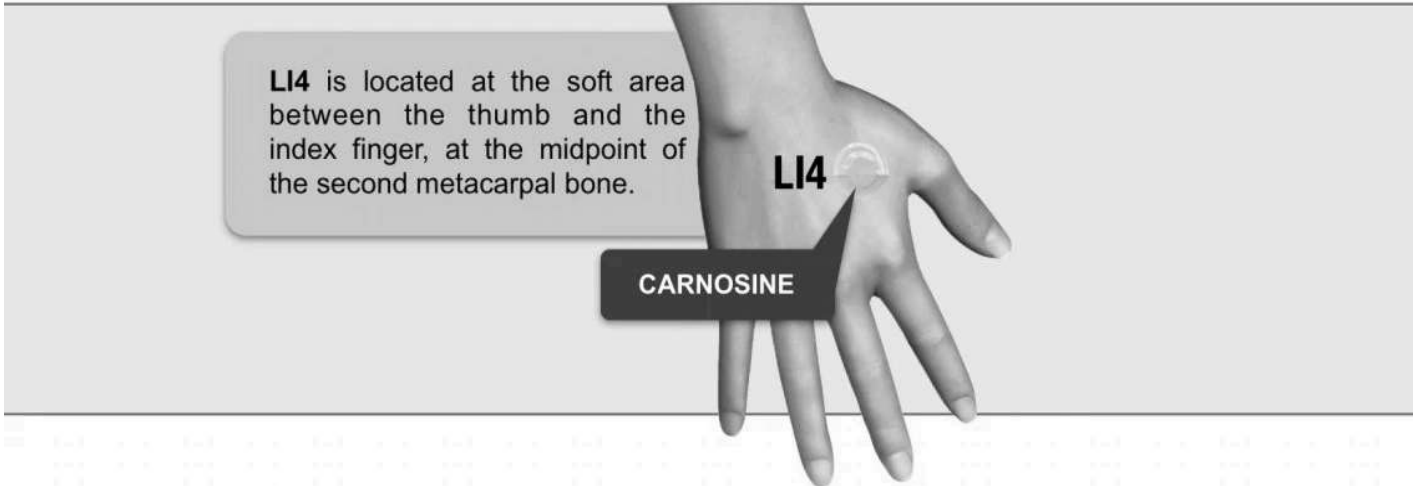
AEON on **GV14**



By placing a single patch on **SI19** position you might be able to stimulate **TW21** and **GB2** as well, all 3 very good points for Ear Issues in general.

During the evening and throughout the night (Next 12 hours)

CARNOSINE on LI4 - Right Side



Special Recommendations:

- During the night I recommend to place a single **CARNOSINE** patch on **LI4 Right Side**, however, if your condition is quite severe, you might want to consider placing another **CARNOSINE** patch on **CV17** and leave the **AEON** patch on **GV14** throughout the night as well.

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Eye Issues

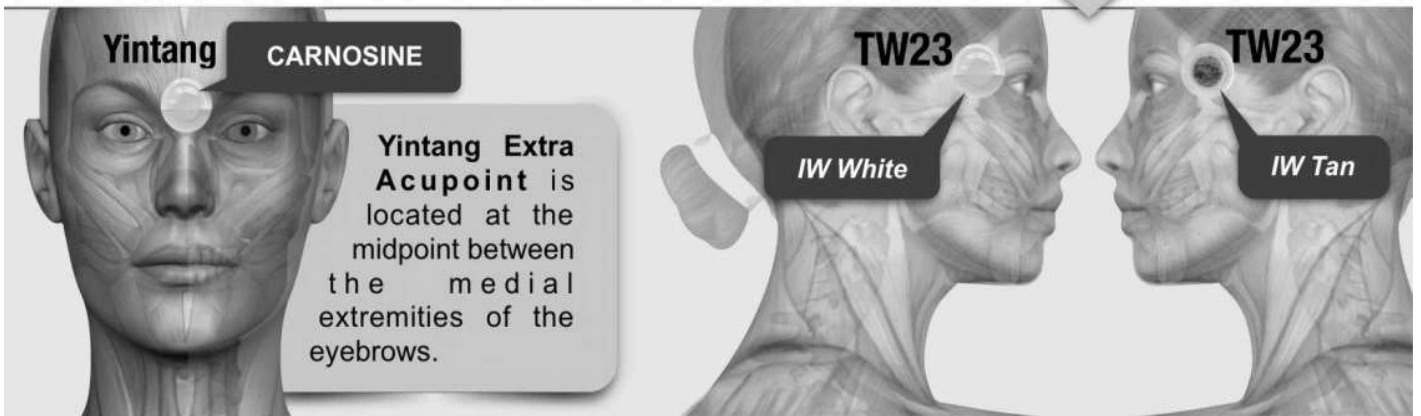
Here I include 4 different options for Eye Issues in general (*vision impairment, floaters, retina*). You might want to also check the Advanced Section of this book for more specific Eye Conditions.

Eye Issues - Option 1

CARNOSINE on Yintang Extra Acupoint

ICEWAVE on TW23 - WRTL

TW23 is located in the depression at the lateral end of the eyebrow.



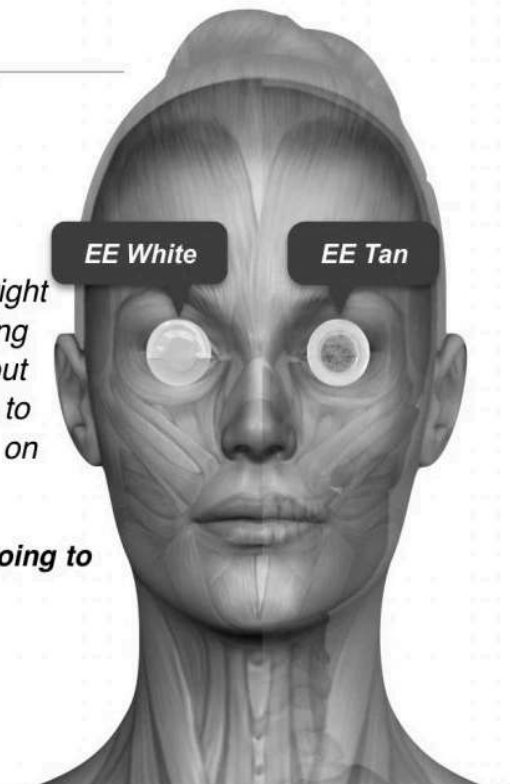
IMPORTANT: It would be a good idea to patch whilst going to sleep in the evenings.

Eye Issues - 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.

IMPORTANT: It would be a good idea to patch whilst going to sleep in the evenings.

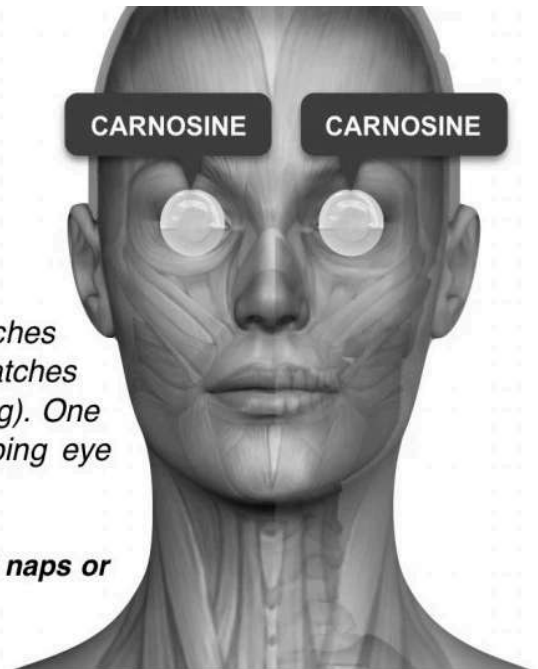


Eye Issues - Option 3

CARNOSINE over each Eye

*Note: The idea is to place the two **CARNOSINE** patches over each 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.*

IMPORTANT: Is recommended to patch whilst taking naps or long distance traveling.

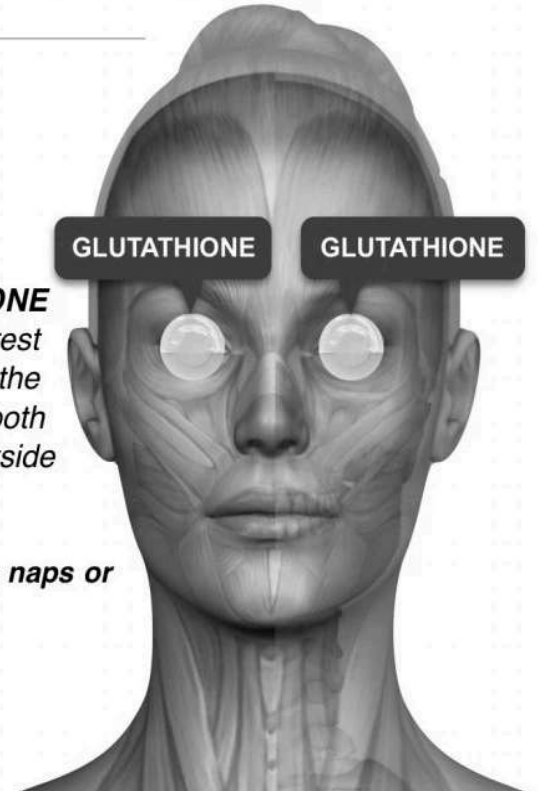


Eye Issues - Option 4

GLUTATHIONE over each Eye

*Note: The idea is to place the two **GLUTATHIONE** patches over each 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.*

IMPORTANT: Is recommended to patch whilst taking naps or long distance traveling.



General Notes:

- 1- You can start any of the 4 Eye Issues Options at anytime you need it.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Fatigue

I've formulated this patching technique specifically for cases of **Spleen** and **Kidney Yang Deficiency**.

So, What in a World a Spleen and Kidney Yang Deficiency Is?

you may ask...

As you may know by now, **Chi is the Body's Vital Life Force Energy** and it's responsible for movement.

Then, one part of Chi, named **Yang** is responsible for **Activity** and the other part of Chi named **Yin** is responsible for **Nourishment**.

Now, according to TCM theory, **Kidney Yang** is the root of all the physiological activities in the body. If the Kidney becomes deficient, the Spleen will be unable to effectively produce Essential Nutrients for the body's needs. And, in the case of Yang Deficiency of Spleen and Kidney, there isn't enough Chi (or vital energy) so, according to the Acupuncture literature, here are some of the main symptoms associated with a Spleen and Kidney Yang deficiency:

- ***Often feeling exhausted or fatigued, tired spirit***
- ***Coldness and pain in the lower abdomen***
- ***Intermittent constipation and diarrhea with undigested food, diarrhea***
- ***Lower back and knee weakness***
- ***Shortness of breath***
- ***Impotence or low libido***
- ***Abundant clear urination, nocturia or unsmooth urination***
- ***Edema/swelling of the face and the limbs***
- ***Excessive clear vaginal discharge***

Lastly, Chi and Yang can be damaged by these 3 main factors:

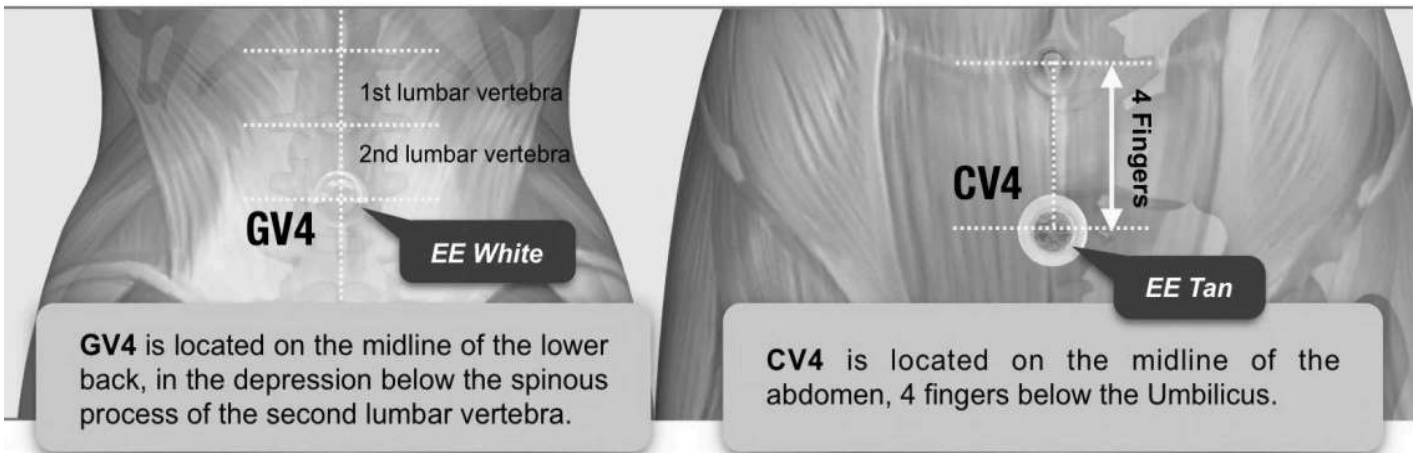
- ***Over work***
- ***Over exercise***
- ***Over thinking (or worrying)***
- ***Also by aging, unhealthy eating, enduring illness, or side effects of medication.***

The 6 Patches Technique

I've developed and tested the **6 Patches Technique** mainly in cases of **Constant Fatigue** combined with **Low Back Pain** and **Digestive Issues** where other Patching Protocols were not as effective.

INITIAL SETUP

ENERGY ENHANCER White on **GV4**
ENERGY ENHANCER Tan on **CV4**



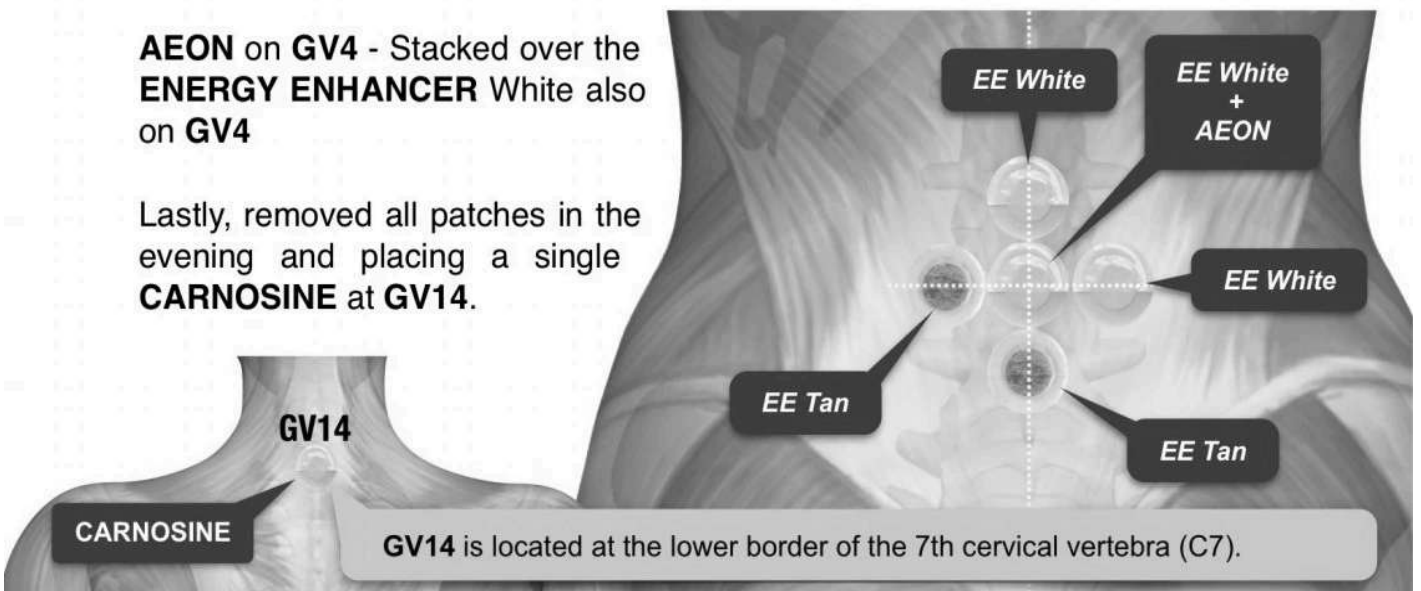
Then place 2 pairs of **ENERGY ENHANCER** around **GV4** position in this way:

One **ENERGY ENHANCER White** at the right side of **GV4**
 One **ENERGY ENHANCER Tan** at the left side of **GV4**
 Another **ENERGY ENHANCER White** at the top of **GV4**
 Then the last **ENERGY ENHANCER Tan** below **GV4**

I've also tested by adding:

AEON on **GV4** - Stacked over the **ENERGY ENHANCER White** also on **GV4**

Lastly, removed all patches in the evening and placing a single **CARNOSINE** at **GV14**.



POINTS AND PROCEDURE EXPLANATION

GV4 is very closely related to Kidney function as well as benefits the lumbar region and it's considered to be the "Purest" Yang. I use this point to tonify Kidney Yang by placing an **ENERGY ENHANCER** White and attempt to stimulate that point.

CV4 in this case, functions as the **Yin–Yang** or **Interior/Exterior** combination for **GV4**, attempting to restore balance with the Yin channel by placing an **ENERGY ENHANCER** Tan.

Now, the first pair of **ENERGY ENHANCER** is placed at very special points at each side of **GV4**. and those positions are specifically for the Kidneys.

Lastly, the second pair of **ENERGY ENHANCER** placed on top and below of **GV4**, complement the protocol attempting to "Warm" **GV4** by a "Double Bracketing" (*Horizontal and Vertical Bracketing*).

Placing an extra AEON on GV4 may also help, and I strongly suggest to test it!

CONCLUSION

After many tests on myself and others, I've managed to find favourable results and within 12 to 24 hours the Fatigue and the Low Back Pain was considerable reduced. I've also noticed a considerable increment of energy.

I personally tend to think that this simple protocol might also help Boosting the Immune System.

Final Note: I suggest not to use this protocol at night or before going to bed, because it might disturb your sleep. Do test how it work for you...

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Use new patches if were used for over 24 hours.

General Recommendations:

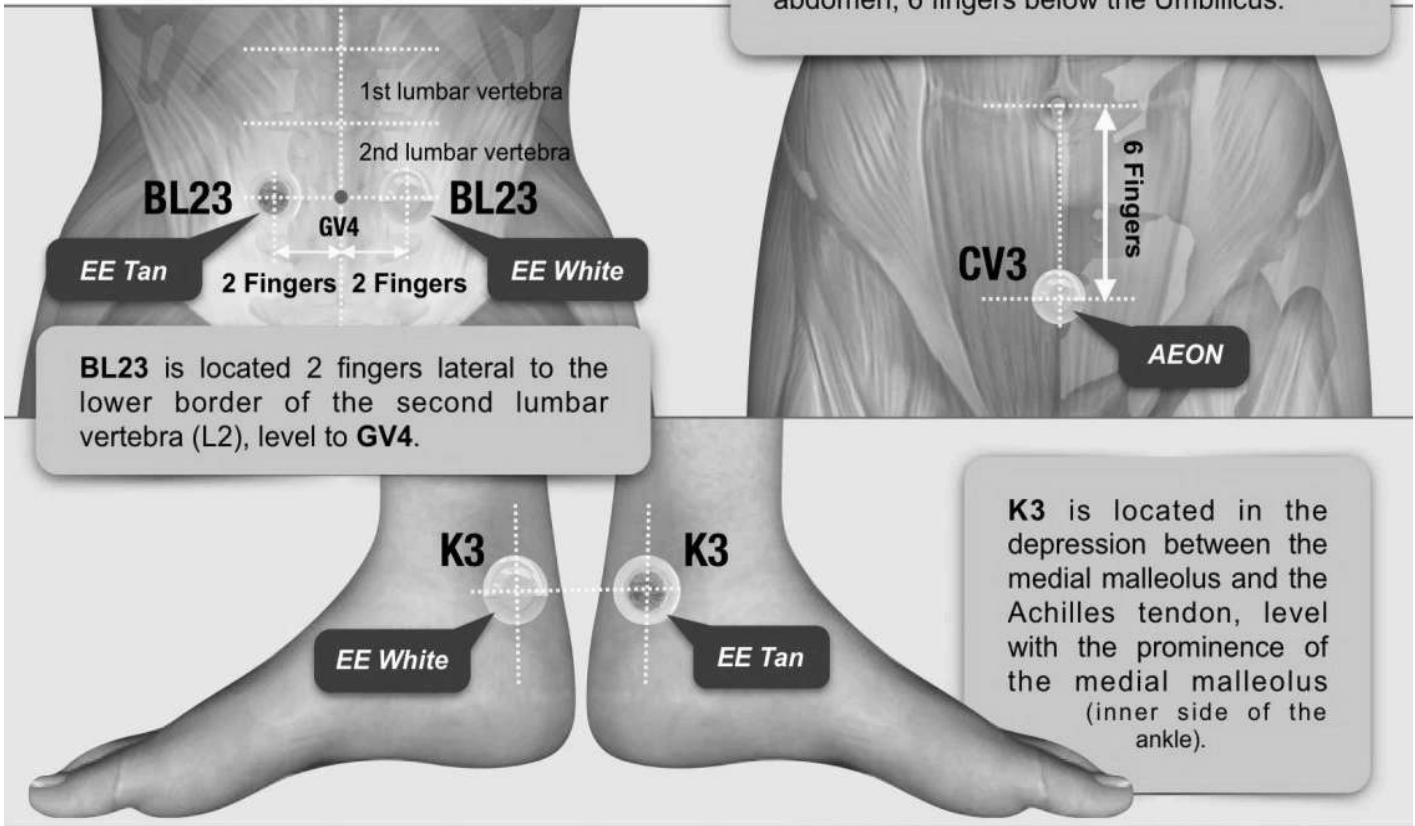
Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Frequent Urination at Night

I've formulated this Protocol for some members who actually had pretty good results.

DAY 1:
ENERGY ENHANCER on BL23 - WRTL
ENERGY ENHANCER on K3 - WRTL
AEON on CV3

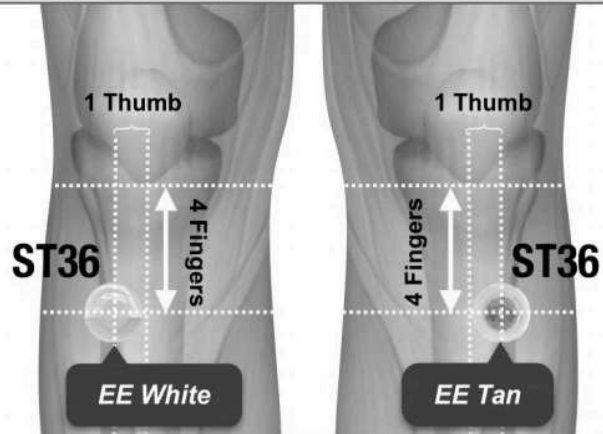
CV3 is located on the midline of the abdomen, 6 fingers below the Umbilicus.



BL23 is located 2 fingers lateral to the lower border of the second lumbar vertebra (L2), level to **GV4**.

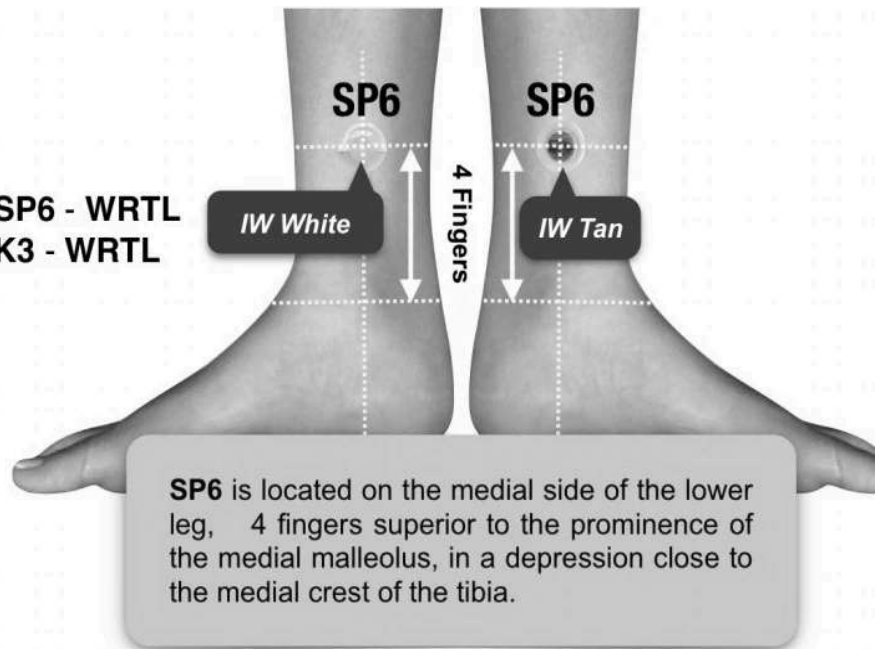
K3 is located in the depression between the medial malleolus and the Achilles tendon, level with the prominence of the medial malleolus (inner side of the ankle).

DAY 2:
ENERGY ENHANCER on ST36 - WRTL
ENERGY ENHANCER on K3 - WRTL
(Check the position at previous step)
AEON on CV3
(Check the position at previous step)



ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.

DAY 3:
ENERGY ENHANCER on **SP6 - WRTL**
ENERGY ENHANCER on **K3 - WRTL**
(Check the position at Day 1)
AEON on **CV3**
(Check the position at Day 1)



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Little Background on Frequent Urination at Night:

Frequent Urination symptoms are seen in Chinese medical terms as deficiency of the Kidney and Spleen, however, there is also reference that Frequent Urination and bed-wetting are associated to deficiency of the Bladder Meridian.

A simple explanation could be done by saying that if a case of frequent urination is due to Kidney Chi deficiency then the Kidney Chi is deficient and fails to dominate the bladder function for urine control, hence frequent urination at night.

The surge of energy of the Bladder Meridian comes between 3 and 5 in the afternoon so, it's lowest ebb of energy would be consequently between 3 and 5 AM. This, of course, is a period at the night commonly associated with Frequent Urination.

Gum Issues

A very simple and useful protocol to keep in mind in cases of Gum related issues like pain, swell and even Gum Recession...

CARNOSINE on **point of pain/swell/recession**

(Place the patch on your face level to where the issue is)

AEON on **LI4 - Right Side**

Note: If both sides are having problems, place 2 **CARNOSINE** patches, one on each side of your face.

General Notes:

1- Start patching once is needed. It's recommended to patch consistently for several days/weeks depending on the severity of the issue.

Because patches are placed on the face, you might have a limited time you can wear it due to your social activities like going out, work etc etc. (*unless you don't mind going out with patches in your face... 😊*), however, try to fix a schedule of 1~2 hours daily (*preferably in the morning*) for several days/weeks.

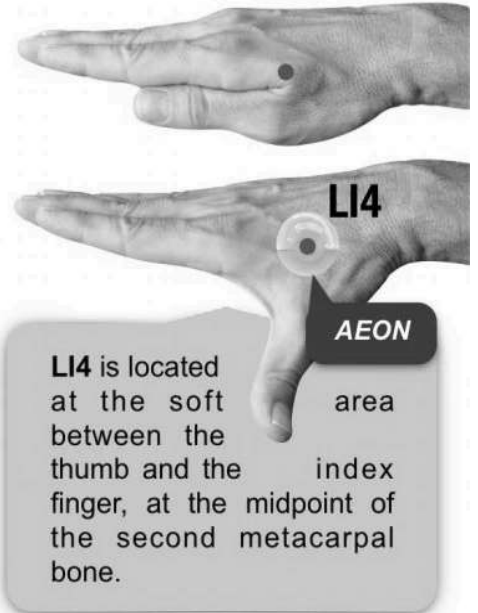
Note that using the patches in intervals of few hours daily, you can use the same patches for several days or even a week or so. Try to count the hours you are using each patch so, you know when to replace them and get the most of them each session...

2- Repeat the procedure as long and as many times needed.

3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.



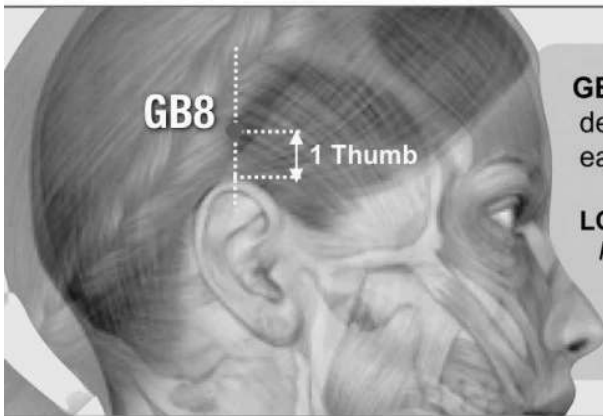
Hangover

I've formulated this protocol for myself one day when I really needed it...
I was having the worst Hangover I could remember and I manage to recover very fast after I ran this protocol...

ENERGY ENHANCER on **GB8** - **WRTL**

AEON "Stacked" on **GB8 (Right Side)** over the **ENERGY ENHANCER White**.

AEON on **GV25**



GB8 is located in the temporal region, in the slight depression 1 thumb directly above the apex of the ear.

LOCATION NOTE

Fold your ear forward to define the apex. Fold your ear so that the posterior part of the upper helix directly covers the anterior part of the upper helix, and try not to push the whole of the ear forward.

Important: Try to rest while wearing the patches, specially in cases of nausea and vomiting.

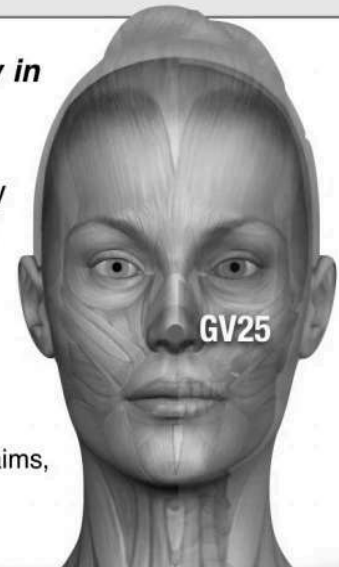
After the effects are over, remove all patches and you may want to place 1 pair of **ENERGY ENHANCER** to the **P6** position for a couple of hrs. - **WRTL**

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep all patches on till symptoms disappear. Without making any claims, you might see good results within 2 to 3 hours...
- 3- Repeat the procedure as long and as many times needed.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches. In some cases, drinking water may induce vomiting so, try to drink after all symptoms disappear.



GV25 is located on the midline at the tip of the nose.

Note: Just stick the patch with the center at the tip of the nose.

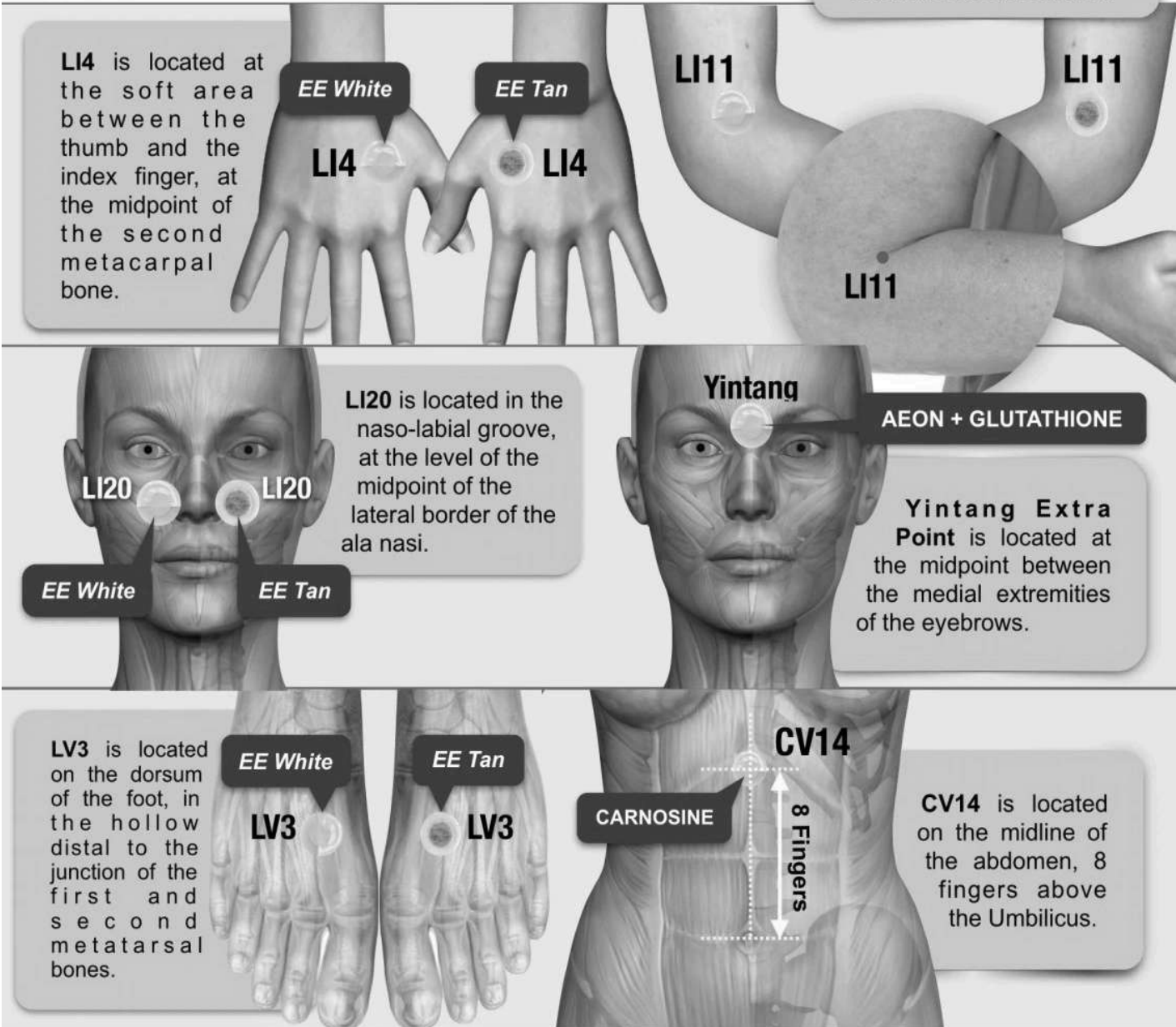
Hay Fever

Here I include 3 different approaches for Hay Fever.

Hay Fever Approach 1 - The Large Intestine Combo:

ENERGY ENHANCER on **LI4** - WRTL
ENERGY ENHANCER on **LI11** - WRTL
ENERGY ENHANCER on **LI20** - WRTL
AEON + GLUTATHIONE on **Yintang (Extra Point)**
CARNOSINE on **CV14**
 Lastly, **ENERGY ENHANCER** on **LV3** - WRTL
This is a "Textbook" TCM protocol adapted to the patches.

LI11 is located at the end of the crease formed when the elbow is flexed.



Hay Fever Approach 2:

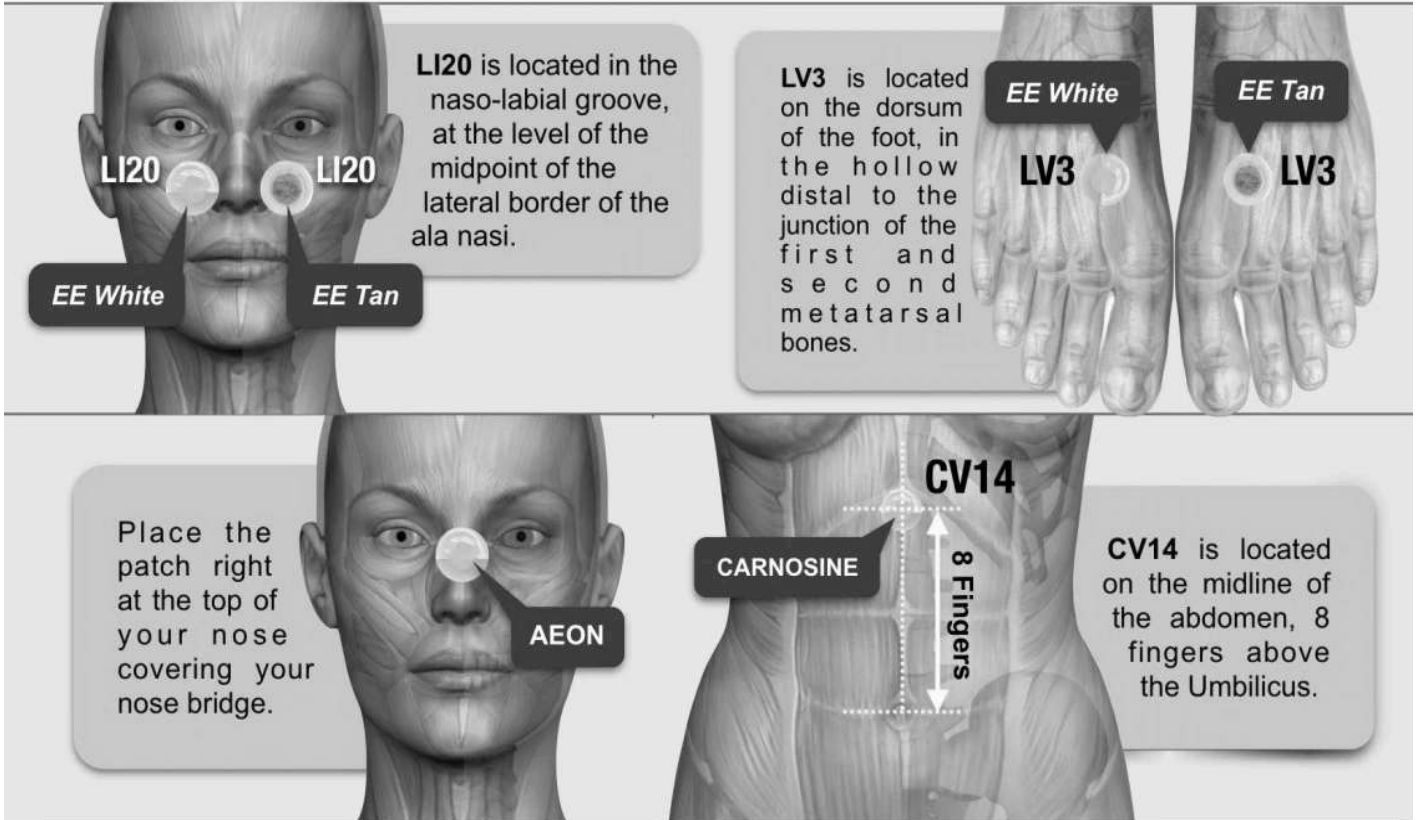
ENERGY ENHANCER on **LI20** - **WRTL**

ENERGY ENHANCER on **LV3** - **WRTL**

AEON + GLUTATHIONE on **LI20 (Right Side)** *over the EE White.*

AEON on your **Nose Bridge**

CARNOSINE on **CV14**



Hay Fever Approach 3 - Simplified Version

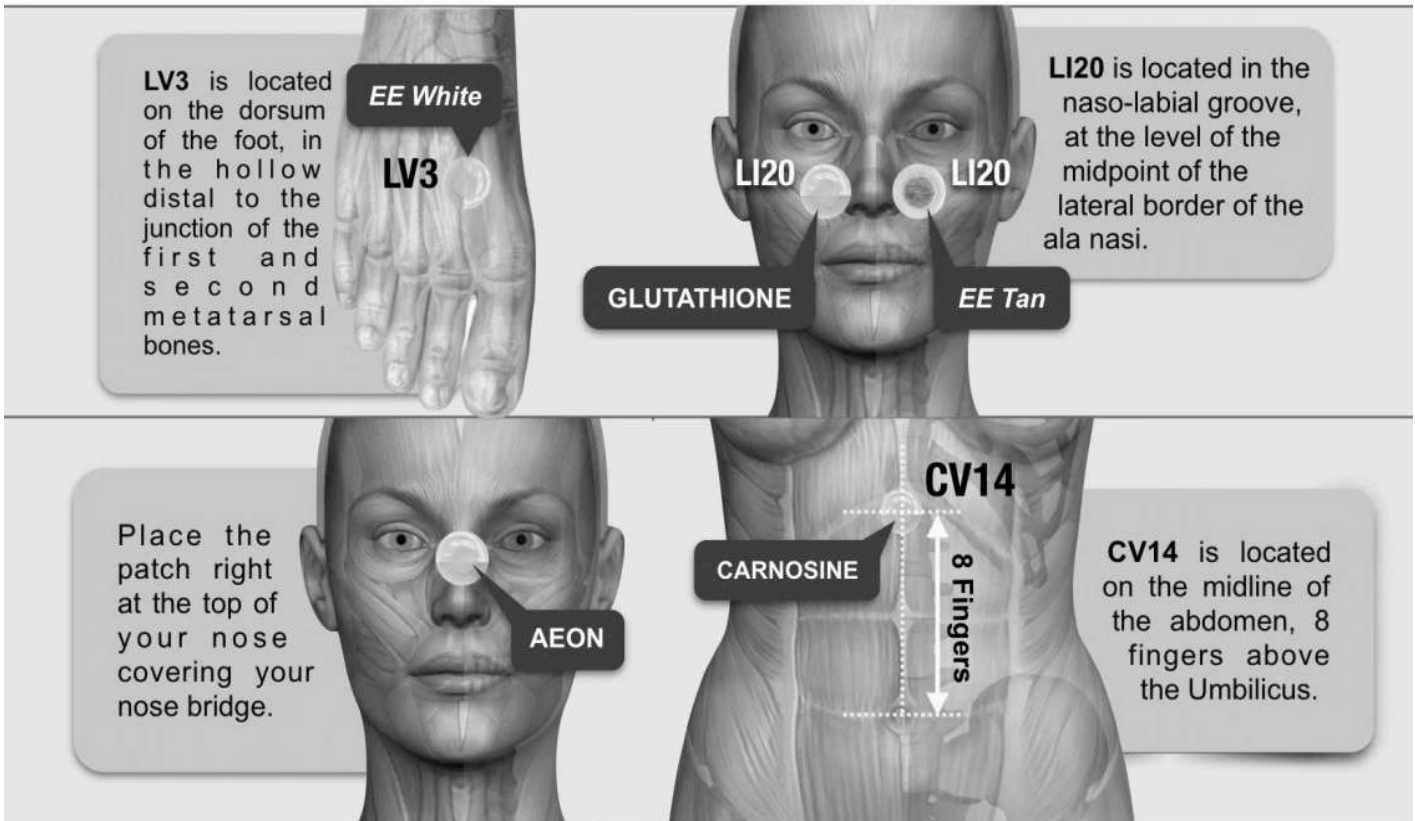
ENERGY ENHANCER White on LV3 - Right Side

ENERGY ENHANCER Tan on LI20 - Left Side

GLUTATHIONE on LI20 - Right Side

AEON on your Nose Bridge

CARNOSINE on CV14



Test any of the approaches and check which one works well for you.

You can test different variations of all 3 approaches till you find a good match...

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Herpes Simplex Keratitis

We received a question from one of our members related to Herpes Simplex Keratitis and I've formulated this simple patching strategy that might help to clear the symptoms in a couple of days...

Herpes is considered in TCM to be often concurrent in women during their period because it involves the entire pathway of 2 channels: Pericardium and Liver.

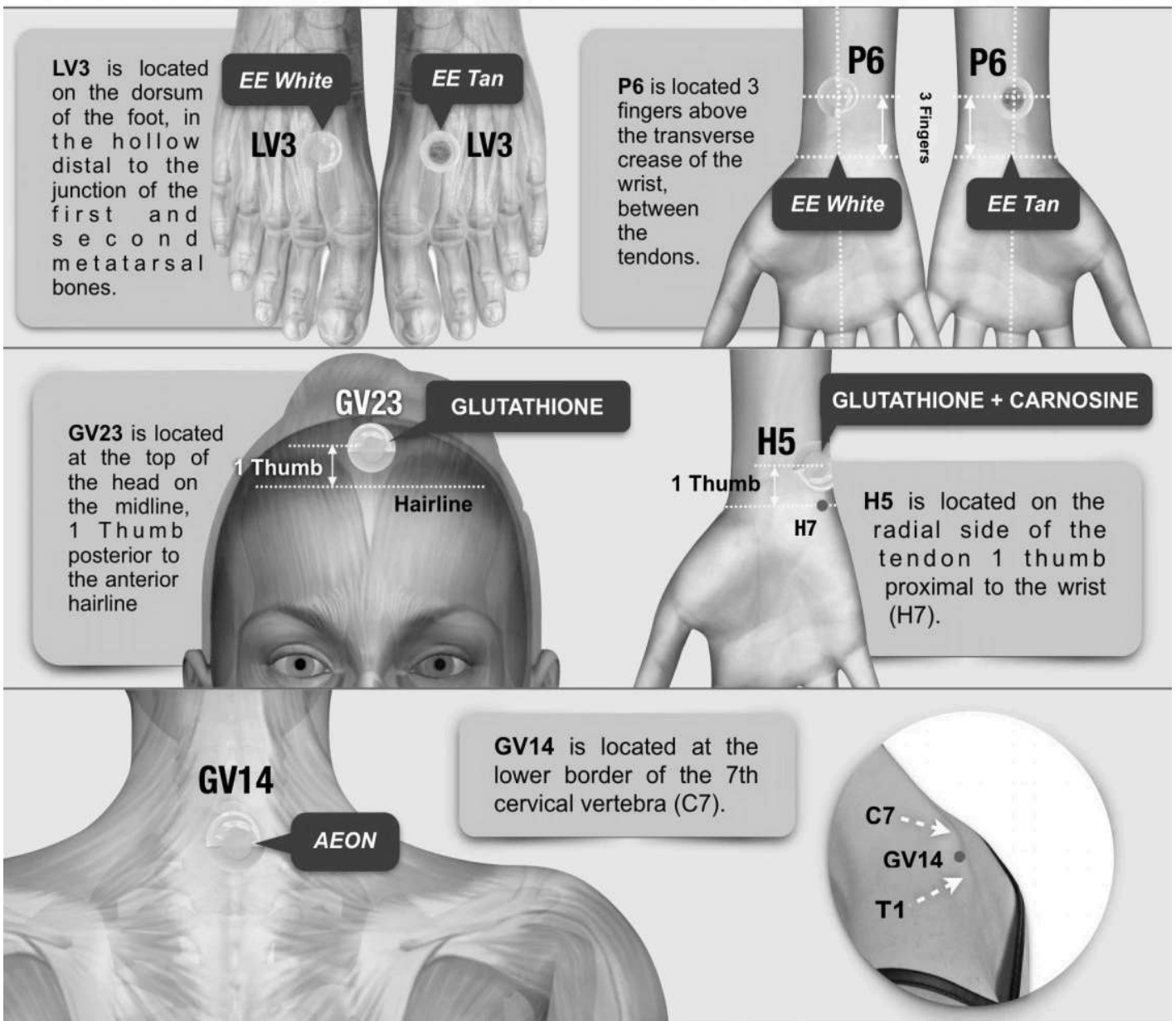
ENERGY ENHANCER on **LV3** - **WRTL**

ENERGY ENHANCER on **P6** - **WRTL**

GLUTATHIONE on **GV23**

GLUTATHIONE + CARNOSINE (*Double Stacked*) on **H5** - **Right Side**

AEON on **GV14**



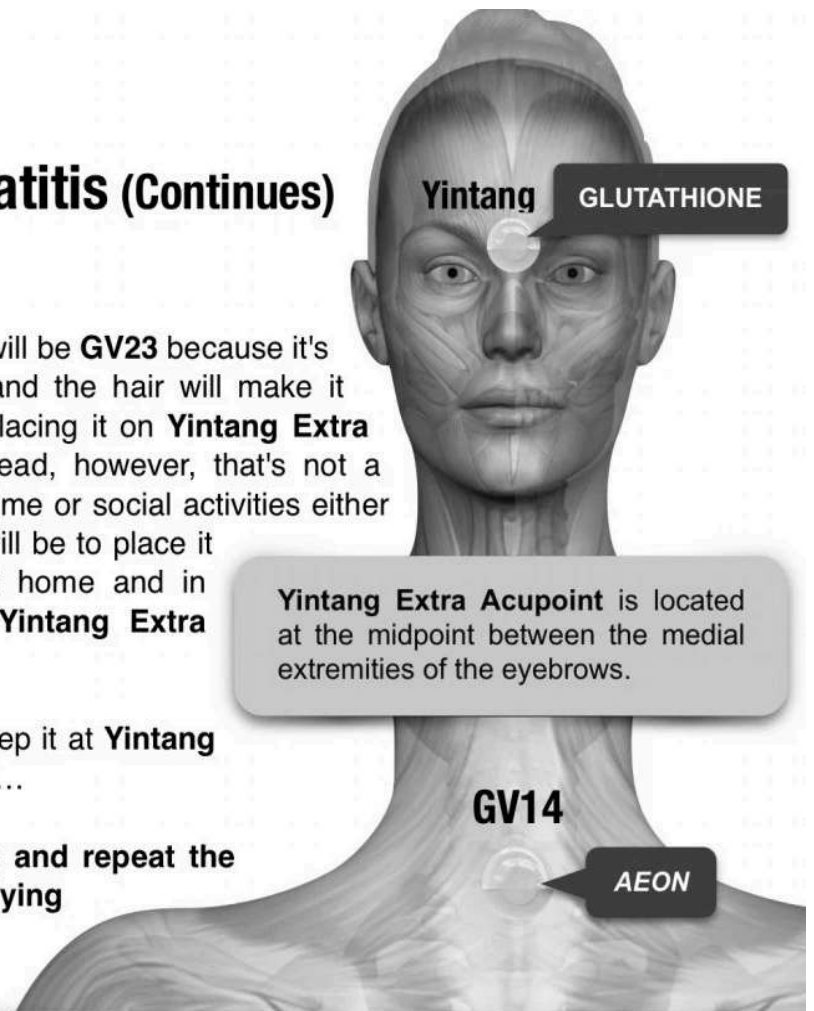
Herpes Simplex Keratitis (Continues)

Special Note:

the only difficult position to patch will be **GV23** because it's located at the top of the head and the hair will make it difficult to stick, you can try by placing it on **Yintang Extra Point** (*between your Eyebrows*) instead, however, that's not a good point to patch during work time or social activities either so, I guess that the next choice will be to place it at **GV14** during the day and at home and in private, change it to **GV23** or **Yintang Extra Point** till next morning...

If you can patch it on **GV23** or keep it at **Yintang Extra Point** it would be very good...

Leave all patches for 24 hours and repeat the process for 3 to 4 days by applying new patches after 24 hours.



Yintang Extra Acupoint is located at the midpoint between the medial extremities of the eyebrows.

GV14 is located at the lower border of the 7th cervical vertebra (C7).

Conclusion and Final Notes:

This will be a good Base Protocol to start and I also recommend this:

- Try to stop consuming Sugar in any form, as well as Coffee, Dairy and Flour for the days you are applying the patches.
- One last thing, try to get Coconut Oil and apply some throughout the day externally by using your hands and rubbing it around your eyes closed...

That I think will clear the symptoms in a couple of days...

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Hot Flashes

Two simple Patching Protocols which have proven to be quite effective in cases of **Menopause** and **Hot Flashes**.

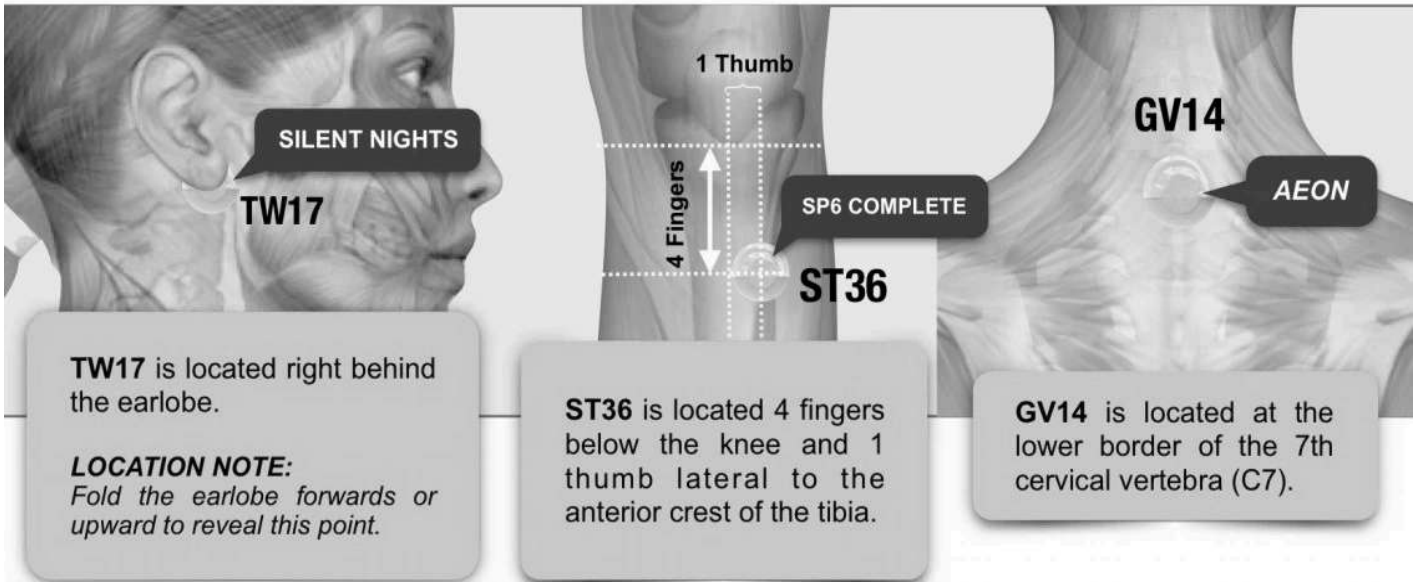
Menopause and Hot Flashes Option 1

SILENT NIGHTS on **TW17** - **Right Side** - Wear for 24 hours.

SP6 COMPLETE on **ST36** - **Left Side** - Wear for 24 hours.

AEON on **GV14** - Wear for 24 hours.

*Note: The **SP6 COMPLETE** patch will help Improving cellular physiologic functional status.*

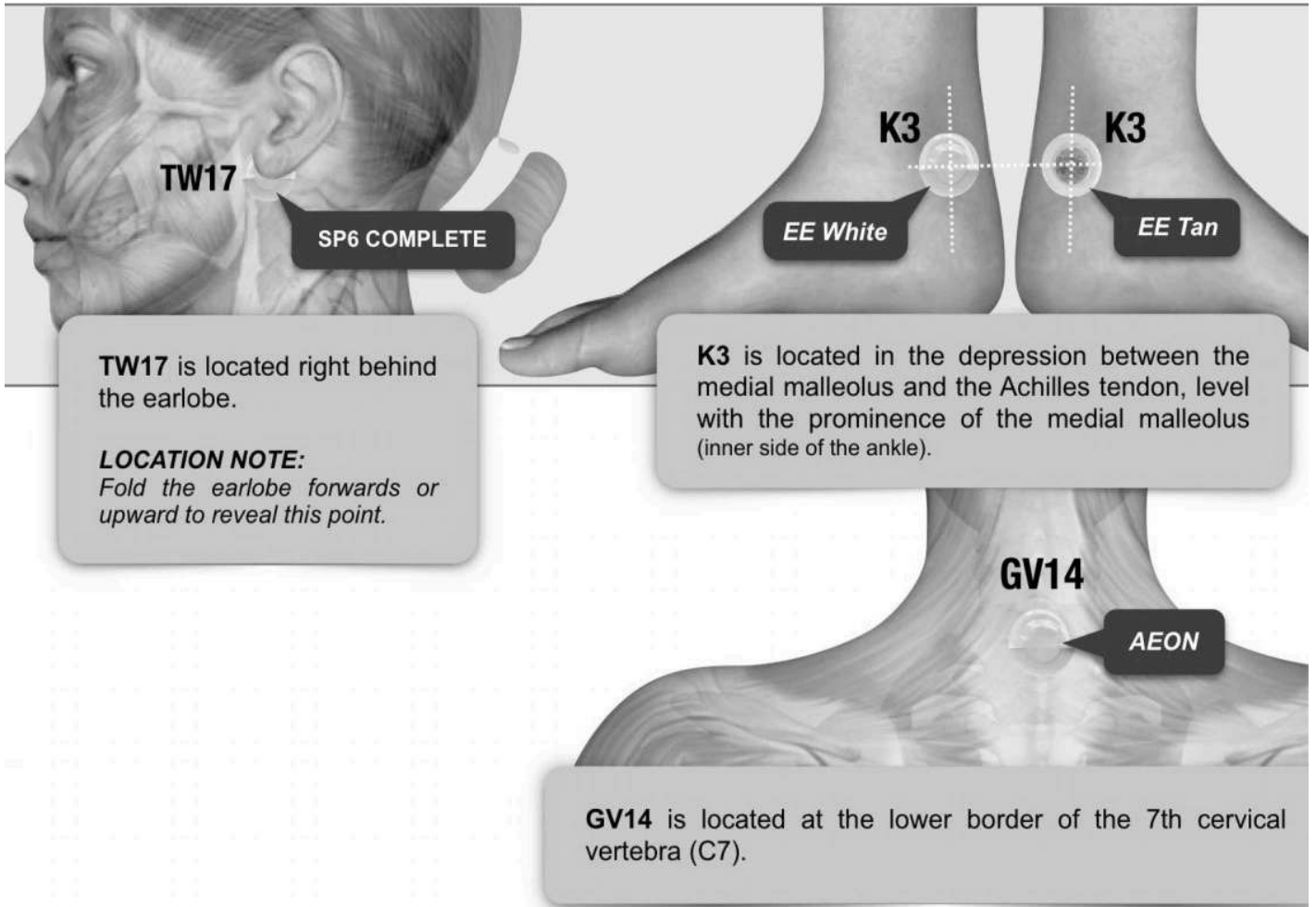


Menopause and Hot Flashes Option 2

SP6 COMPLETE on **TW17** - Left Side - Wear for 24 hours.

ENERGY ENHANCER on **K3** - **WRTL** - Wear for 24 hours.

AEON on **GV14** - Wear for 24 hours.



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Immune System Booster

The Thymus gland is the major gland of our immune system, responsible for many functions, including the production of T Lymphocytes, a type of white blood cell responsible for cell mediated immunity rather than antibody controlled immunity. Cell mediated immunity is extremely important in forming resistance to infection by mold-like bacteria, yeasts, fungi, parasites and viruses (including Epstein -Barr and Herpes Simplex). It is also critical in protecting us from the development of cancer and allergies.

The Thymus gland is situated under the breastbone at the top of the chest, just below the Thyroid Gland at **CV21** acupoint position.

I recommend to anyone experiencing any of the conditions listed above to test either or both approaches for at least 5 consecutive days.

IMMUNE SYSTEM BOOSTER - APPROACH #1

Step 1 – During the day (First 12 hours):

AEON on **CV21**

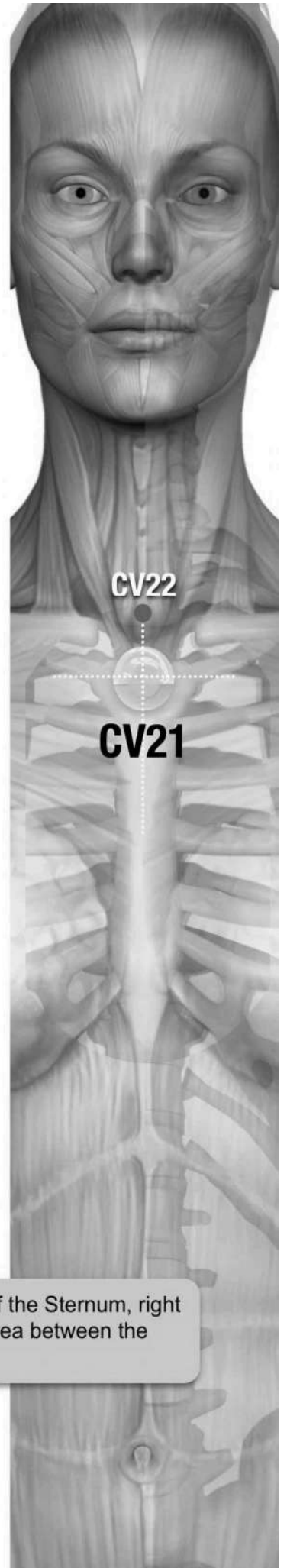
Note: Start at a convenient time in the morning (i.e. 8am)

Step 2 – During the night (Next 12 hours):

CARNOSINE on **CV21**

Note: Remove the **AEON** patch after 12 hours and use a single **CARNOSINE** patch for another 12 hours. (i.e. 8pm)

CV21 is located at the top of the Sternum, right below **CV22** at the “bony” area between the Clavicle or Collarbone.

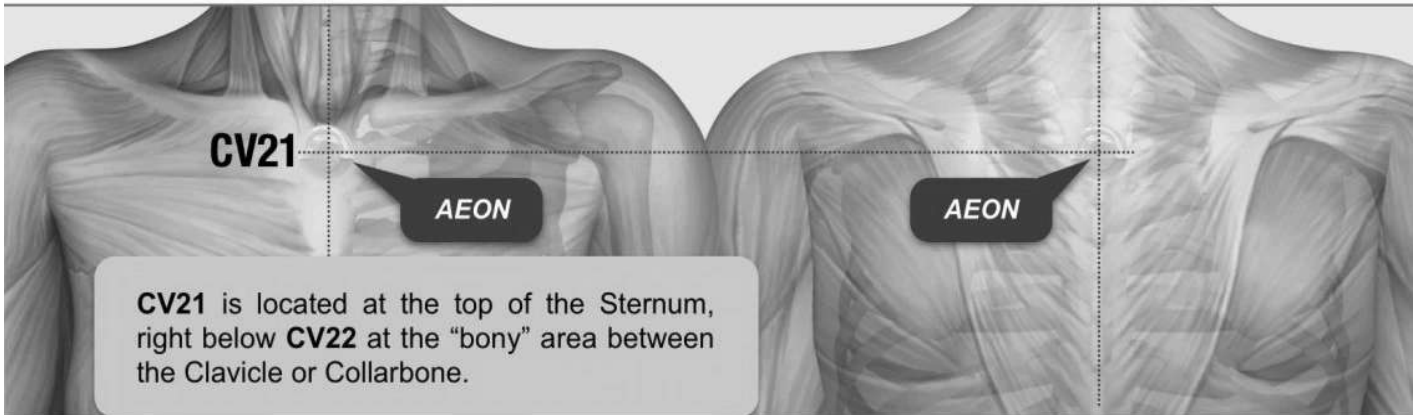


IMMUNE SYSTEM BOOSTER - APPROACH #2

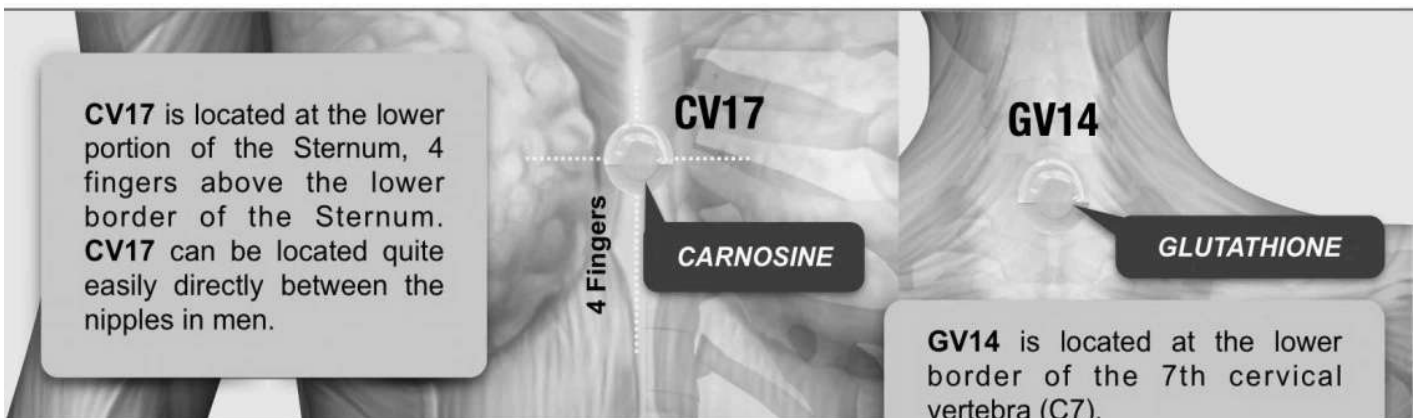
Step 1 – During the day (First 12 hours):

AEON on CV21

Next, place another **AEON** patch directly opposite the above location at the back of your body along the spine midline.



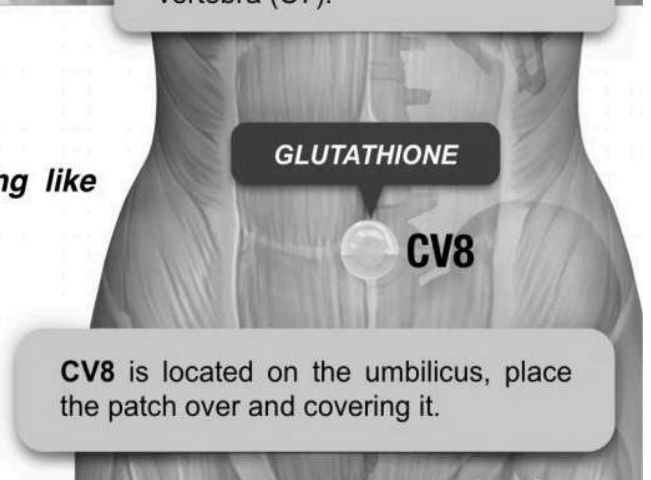
Then, place **CARNOSINE** on **CV17**
GLUTATHIONE on **GV14**



GLUTATHIONE on CV8

Note:

Start at a convenient time in the morning like 8am.



Step 2 – During The Night (Next 12 hours):

After 12 hours, at evening time, remove the **AEON** patch and use a single **CARNOSINE** patch for another 12 hours. (i.e. 8pm)



CARNOSINE on **CV21**

Additional Note: Approach #2 protocol is actually the **Lyme Arthritis Protocol**.

General Notes:

- 1- Wearing all above patch procedure for 24 hours. is considered 1 Cycle.
- 2- It is recommended to go for several consecutive cycles until improvement in the condition is noticed (if any).
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

The Double Baseline Concept

“As you may know, everything around us, affect us, from the environment, what we drink or eat, our daily interactions with other people or even anything that we come in contact with... But our body has a very complex and amazing mechanism to keep us being well on one side, from being unwell...”

*You can call this a Gap, Threshold, or even our body resilience or Immune System, I just call it the **Double Baseline**.*

Now, at one point in our lives, this Double Baseline is the largest and top performing, so, we feel well most the time, and sometimes we can feel unwell, and when that happens, our body reacts quickly because it has a large gap, and gets back to normal very fast and therefore we get well back again... And that's when the Double Baseline is top performing...

So, times goes by, we start to age and also the lifestyle and events in our lives, impact this Double Baseline, to a point where we start to feel unwell most of time and sometimes we feel a little bit better but right there, our body can't react at all and gets back to it's normal state very fast and we continue to be unwell...

Because, that's the normal state at that point, to be unwell...

So in other words, there is no longer a Gap or Threshold, or if there is one, is really narrow, and everything start to affect us constantly...

And that's were I was back in 2008, being unwell all the time and sometimes I felt a little better but very quickly some issues came along and my overall experience was horrible... all the time...

And yes, when I started with the patches back in to 2008, they did work very well in some areas, specially with pain, however, there were so many other issues going on at the same time, that my body was not able to correct itself, then it appeared like the patches didn't work as I thought they would...

*For example, how could I address my **IBS type C** (Constipation) with the patches?, or my **Eczema**, my **Tooth and Gum** issues, etc....*

My body was completely numb and when I applied the patches, I could feel improvement in many areas, however, my body was getting back to normal quickly...

and as I said just now, being normal for me at that time was being unwell...

because my body was...”

This Concept is a fragment of my new Lifestyle Protocol Available at PatchingProtocol.com

Indigestion and Lack Of Appetite

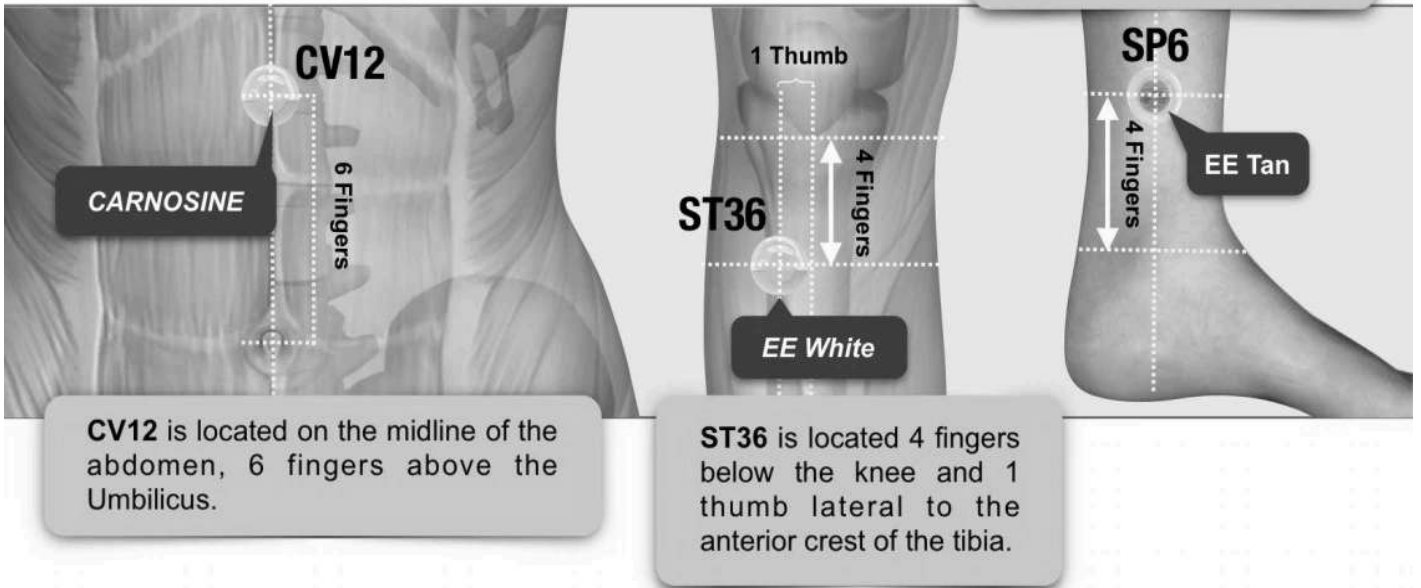
This is a very good patching protocol for cases of Indigestion and Lack of Appetite. In cases of Bloatiness please check the **Bloating Protocol** at **Chapter 4** of this book.

CARNOSINE on **CV12**

ENERGY ENHANCER WHITE on **ST36 - Right Side**

ENERGY ENHANCER TAN on **SP6 - Left Side**

SP6 is located on the medial side of the lower leg, 4 fingers superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

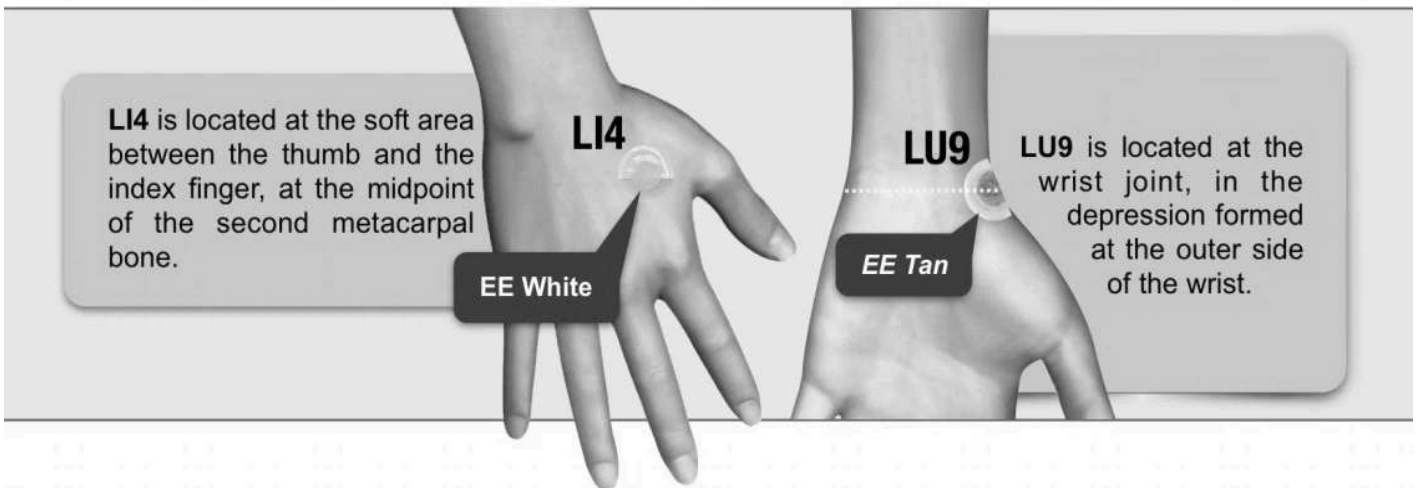
Influenza

Influenza, as we know it is a viral infection that attacks your respiratory system, more specifically the the nasal passage, throat and bronchial tubes. Influenza is commonly called the flu, and it's not the same as the stomach "flu" viruses that cause diarrhea and vomiting.

Here you have a new option to approach Influenza.

Step 1 - Place 1 set of ENERGY ENHANCER Patches in this way:

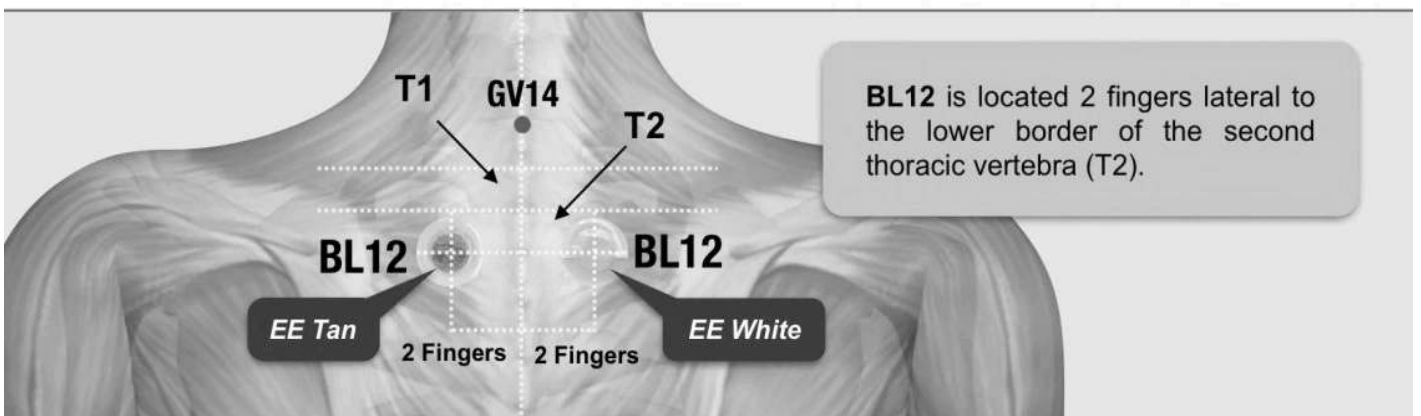
ENERGY ENHANCER White on LI4 - Right Side
ENERGY ENHANCER Tan on LU9 - Left Side



Step 2 - Place another set of ENERGY ENHANCER Patches in this way:

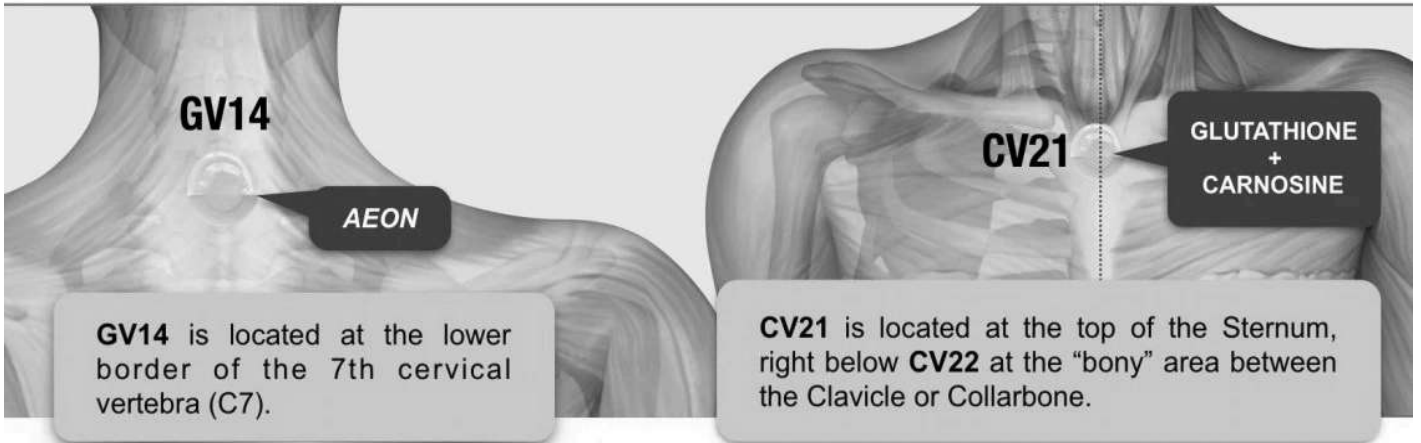
ENERGY ENHANCER on BL12 - WRTL

Step 3 - Place a full set of Y-Age Patches in this way:



AEON on GV14**GLUTATHIONE + CARNOSINE both together or Double Stacked on CV21**

Try to start this protocol some time in the morning, like 8 am for example,



then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all Y-Age patches on till next day.

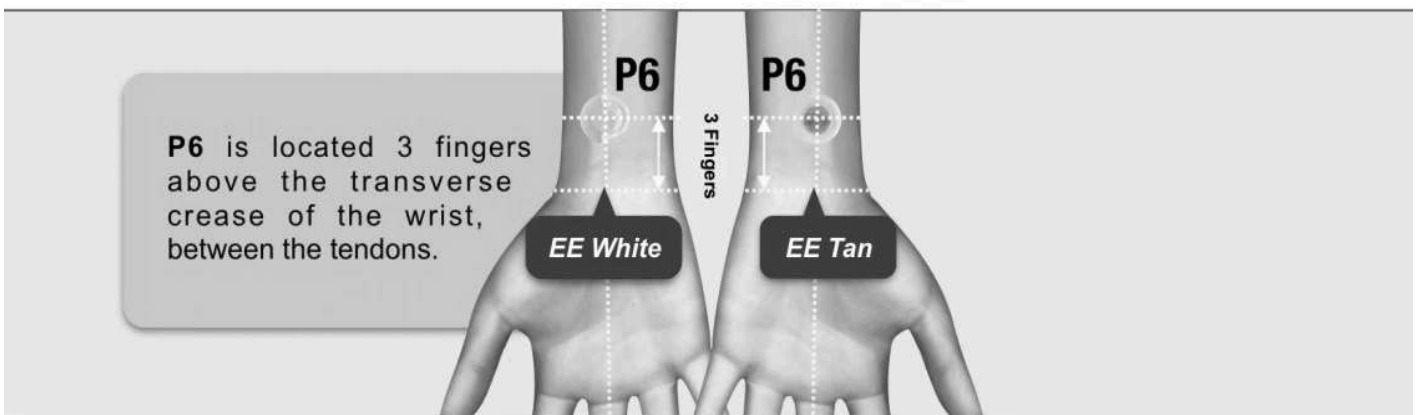
Run this protocol for 5 consecutive days. You might find improvement earlier than that, however, try to keep going with this protocol because it includes some elements to enhance your Immune System.

Some Other Suggestions:

If you feel some Heart Palpitations then, add to the protocol above:

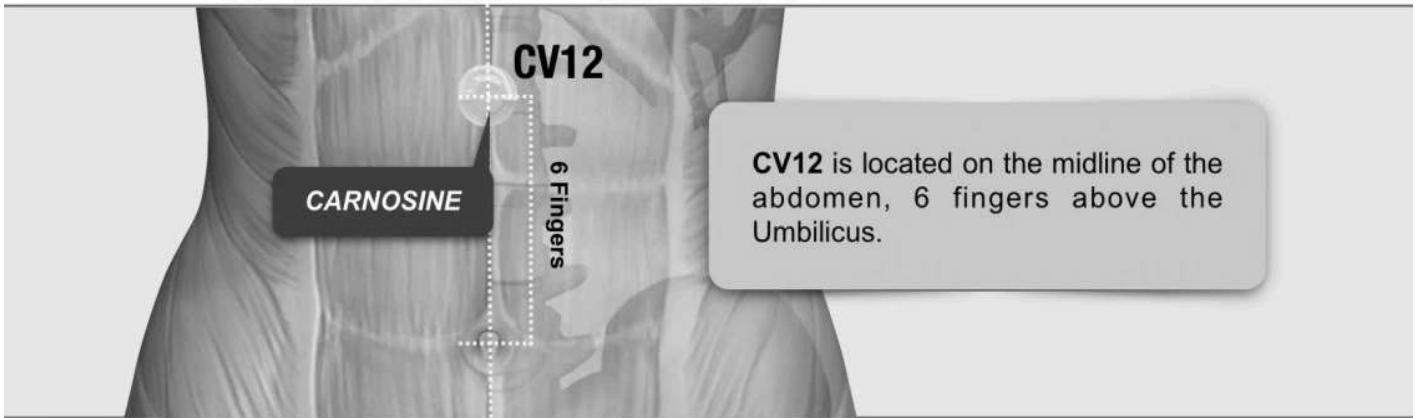
ENERGY ENHANCER on P6 - WRTL

If you feel any digestive discomfort, vomiting then, add to the Influenza Protocol:



extra **CARNOSINE** on **CV12**

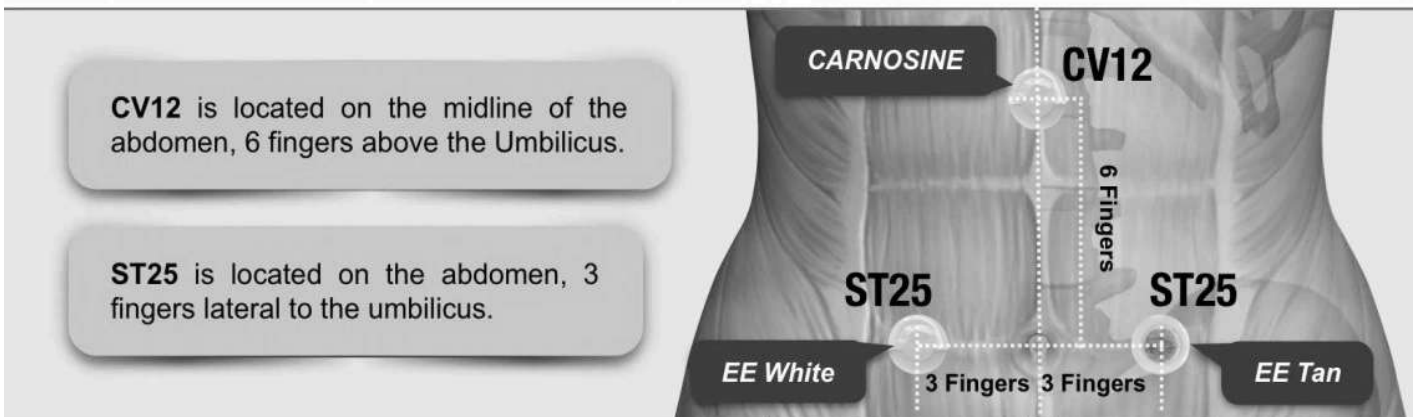
If you feel any diarrhea then, add to the Influenza Protocol:



extra **CARNOSINE** on **CV12**

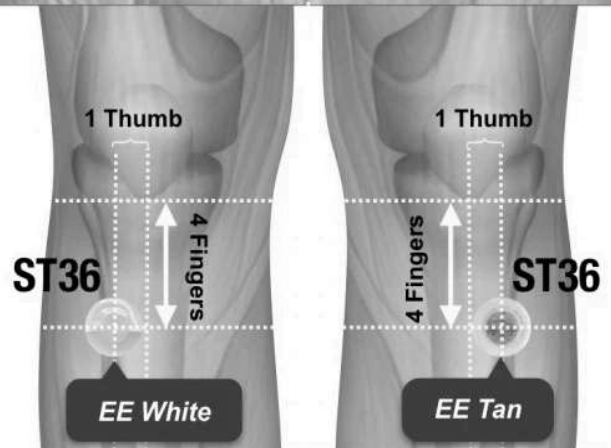
And also add 1 set of **ENERGY ENHANCER** on **ST25 - WRTL**

and lastly, if you feel yourself having low energy or a bit “Down” then, add to



the Influenza Protocol:

ENERGY ENHANCER on **ST36 - WRTL**

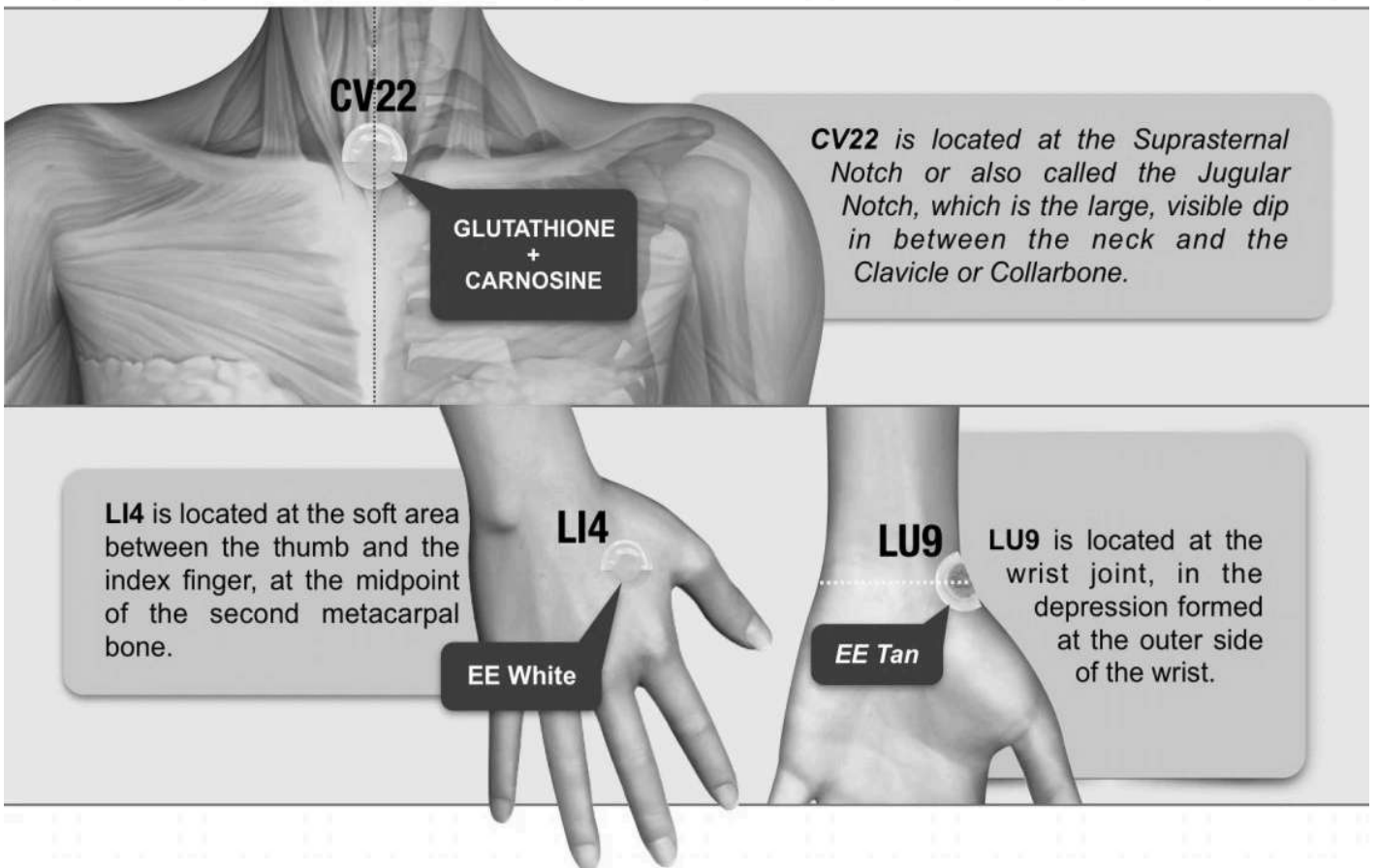


ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.

Itchy Throat

A very simple patching protocol for Itchy and Irritable Throat. In case of Itchy Throat associated with Cough, you may want to check the two Cough Protocol included at Chapter 4 of this book.

GLUTATHIONE + CARNOSINE Double Stacked on **CV22**
ENERGY ENHANCER White on **LI4 - Right Side**
ENERGY ENHANCER Tan on **LU9 - Left Side**



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Jet Lag

I'm originally from Argentina and I used to live in Southeast Asia for almost 20 years, and as you can imagine, one trip I "Had" to make during all those years was **Kuala Lumpur to Buenos Aires...**

A 25 Hours Flight Time...

I used to fly the old rout through South Africa having 2 really short stopovers at Johannesburg and Cape Town. One long way back home, to say the least, which sometimes made it up to 27 Hours Flight Time!!...

Right there, I had the opportunity to **Put The Patches To The Real Test:**

The Amazing LifeWave Jet Lag Protocol

So, here you have it...

Bear in mind that this might be a little more advanced patching, but I guess that if you made it to this point of the book, you can already see many different "Approaches" I have for patching...

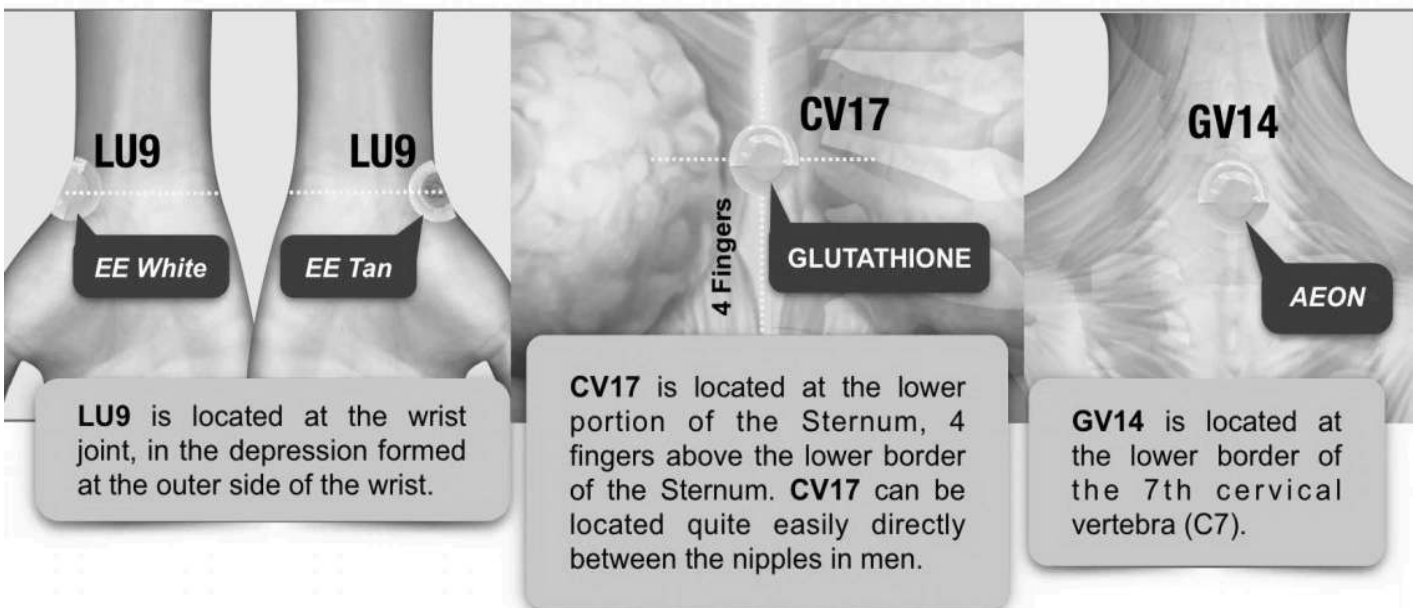
Jet Lag Protocol - During The Flight (On-Flight Protocol)

Once I arrive at the Airport, I sort everything out first like tickets, luggage etc etc, and once I'm at the departure gate, I place the patches in this way:

One set of **ENERGY ENHANCER** on **LU9 - WRTL**

Then I place **GLUTATHIONE** on **CV17**

Lastly, **AEON** on **GV14**



IMPORTANT NOTE:

When I take flights that long (usually above the 20 hours mark), I replaced new patches around 18 hours after I started the protocol, just to be sure I get to destination at "Full Force", if you know what I mean...

And this is just half way through the Protocol.

Jet Lag Protocol - Off-Flight Protocol (Recovery)

Once I arrive at my final destination, once again, I sort everything out at the airport and I make my way to the Hotel, only then I take all the patches off and I go for a great relaxing shower...

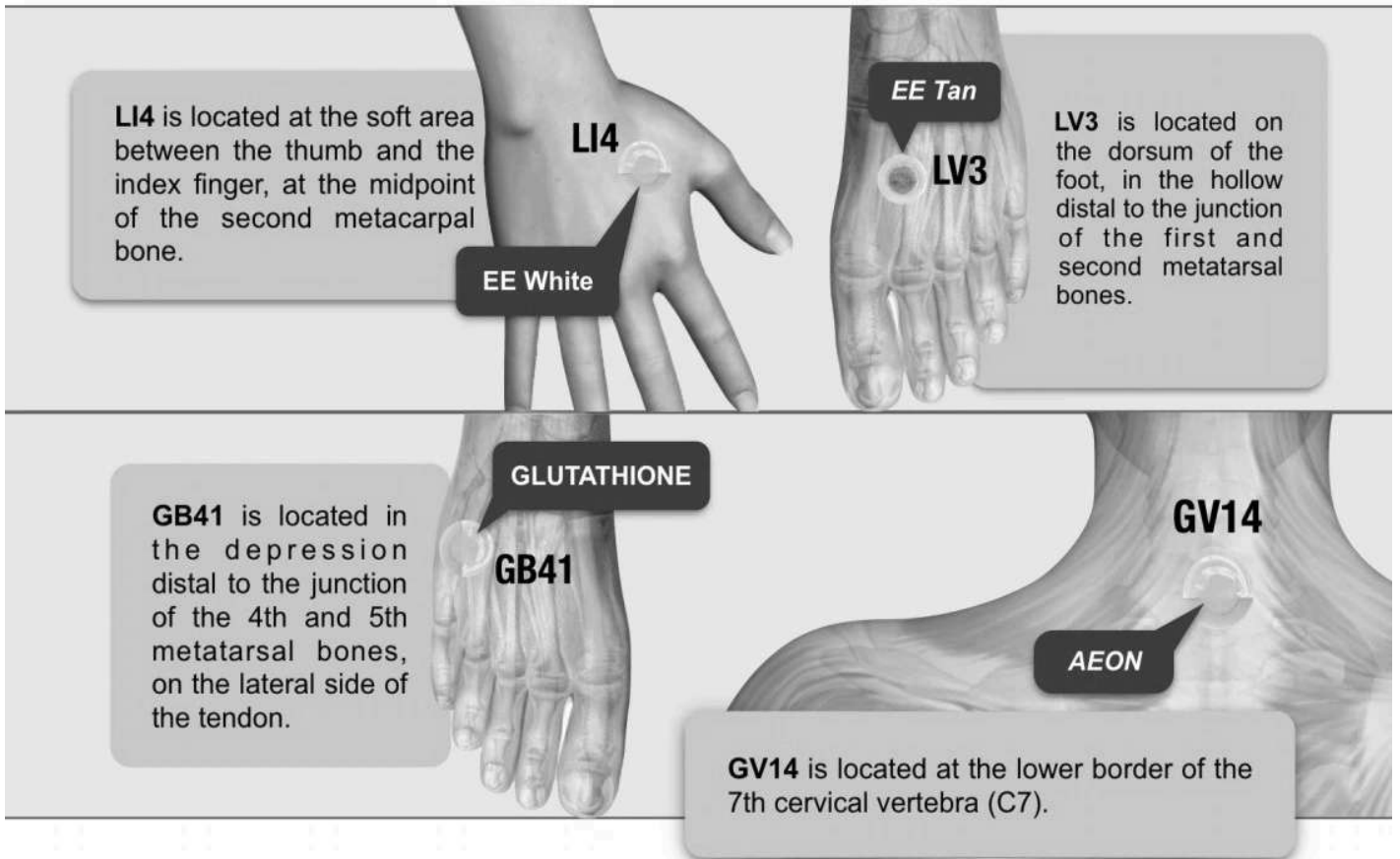
Then, I immediately place the next step:

ENERGY ENHANCER White on **LI4** - Right Side

ENERGY ENHANCER Tan on **LV3** - Left Side

GLUTATHIONE on **GB41** - Right Side

AEON on **GV14**



Pretty simple and straight forward patching actually...

Sometimes I keep patching the Off-Flight Protocol (Recovery) for a couple of days till I feel I'm stable and all my usual routines like sleeping, eating, evacuating etc. patterns are back to normal...

Now, I can't really express in details what is the actual feeling though...

I've been flying most of my adult life and I know exactly how a Jet Lag feels, and after running this Jet Lag Protocol the difference is really obvious...

It's like when you run the Bloating Protocol when you feel Bloating, or the Cough Protocol once you have Cough...

Once you experience it, you know how it really feels...

In my opinion, there is something really amazing between LifeWave Patches and Jet Lag and you just have to experience it...

You will Just Know...

I hope you are enjoying this book and thank you for reading it!

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the Off-Flight Protocol (Recovery) as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

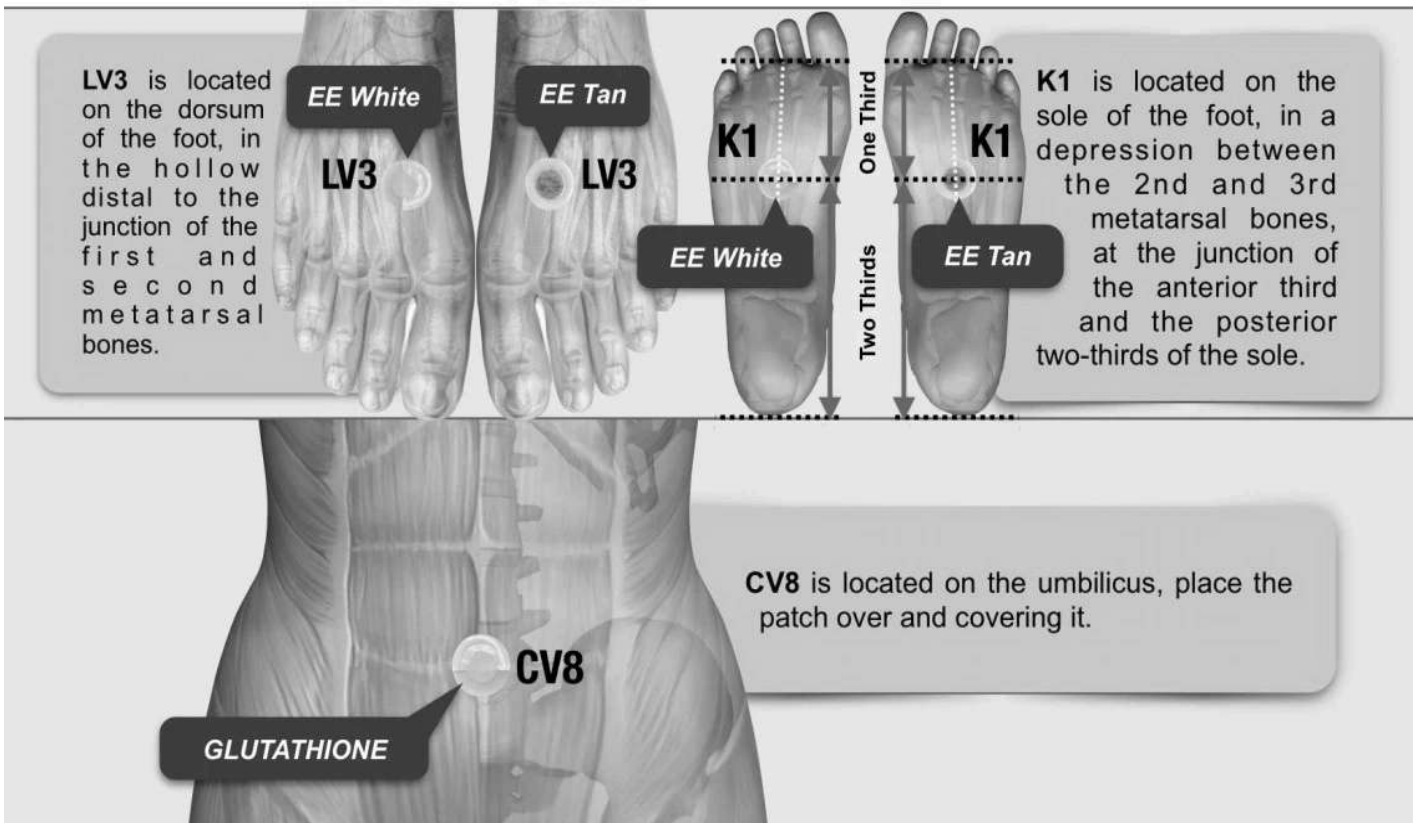
Liver Crisis

Liver Crisis is commonly caused by having too rich meals and you could experience symptoms such as vomiting and headache. The interesting thing is that Liver Crisis isn't recognized by current medicine, and if you had any, you will know for sure it's indeed a reality. This is the first actual **Patching Strategy** I've ever Formulated!

Step 1

Start by patching 1 pair of **ENERGY ENHANCER** on **LV3 - WRTL**
Then place another pair of **ENERGY ENHANCER** on **K1 - WRTL**
Next a **GLUTATHIONE** patch on **CV8**

Note: keep all patches on till a considerable relief is noticed.



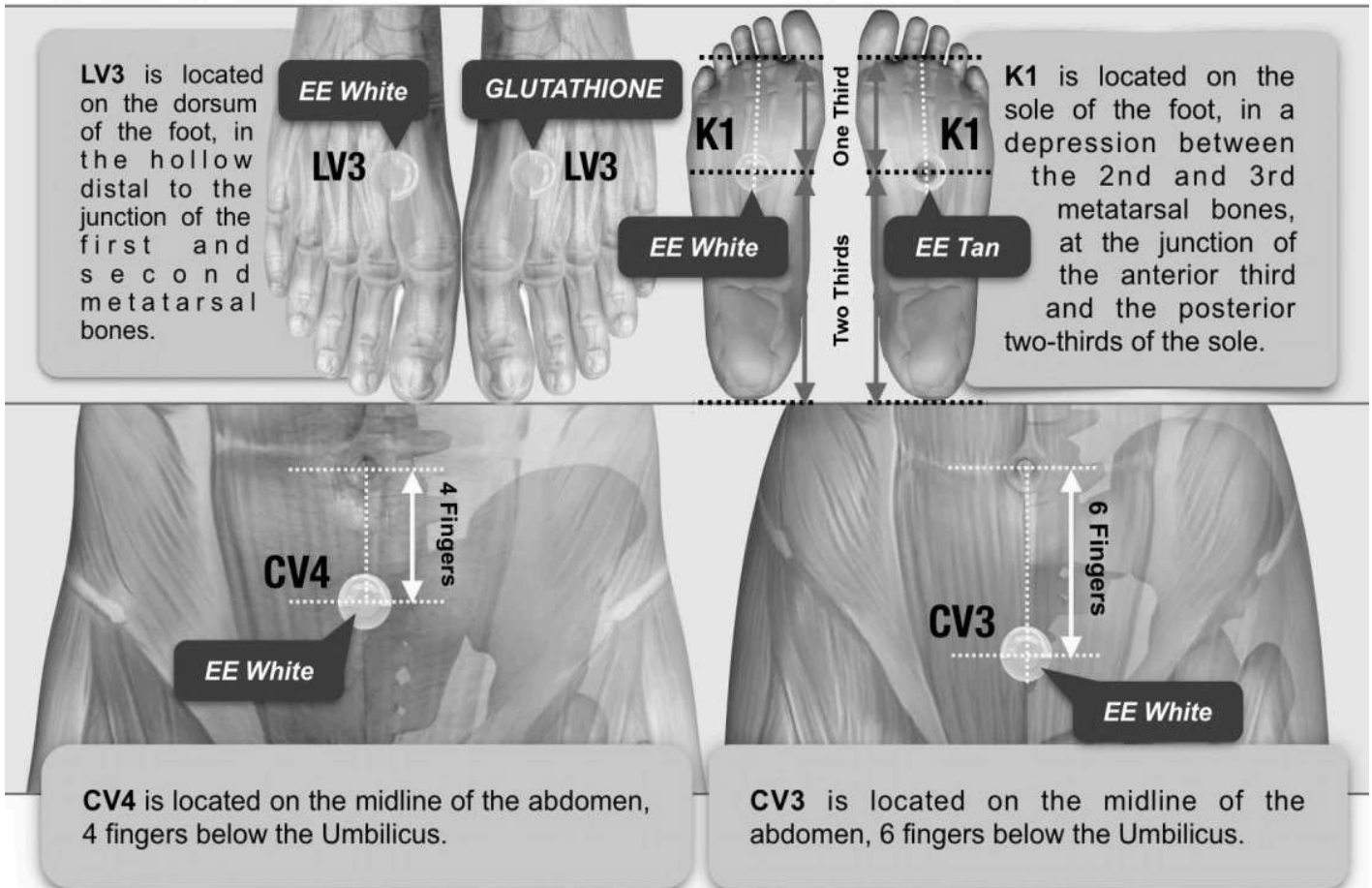
Step 2

After the crisis start to subside (30 min or whatever time it might take till you are more stable), take off the **ENERGY ENHANCER White** on **LV3 Right Side** and the **GLUTATHIONE** on **CV8** and do the following:

Place the same **GLUTATHIONE** patch on **LV3 - Right Side**

And place the **ENERGY ENHANCER White** patch on **CV4** in case of **Male** and **CV3** in case of **Female**.

Do keep the **ENERGY ENHANCER** placed at **K1** on the same position.



Step 3

After 4 hours of running **Step 2**, then, get back to **Step 1** positions exchanging back again the same patches until you complete a full 24 hours cycle, (*counting from the moment you started this patching procedure*).

General Notes:

- 1- Start patching once is needed.
- 2- Repeat the procedure as long and as many times needed. It is recommended to go for at least another 1 full day (24 hours.) for Step 1 (following day of the crisis) and another full day (24 ours.) for Step 2 right after.
- 3- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Lyme Arthritis

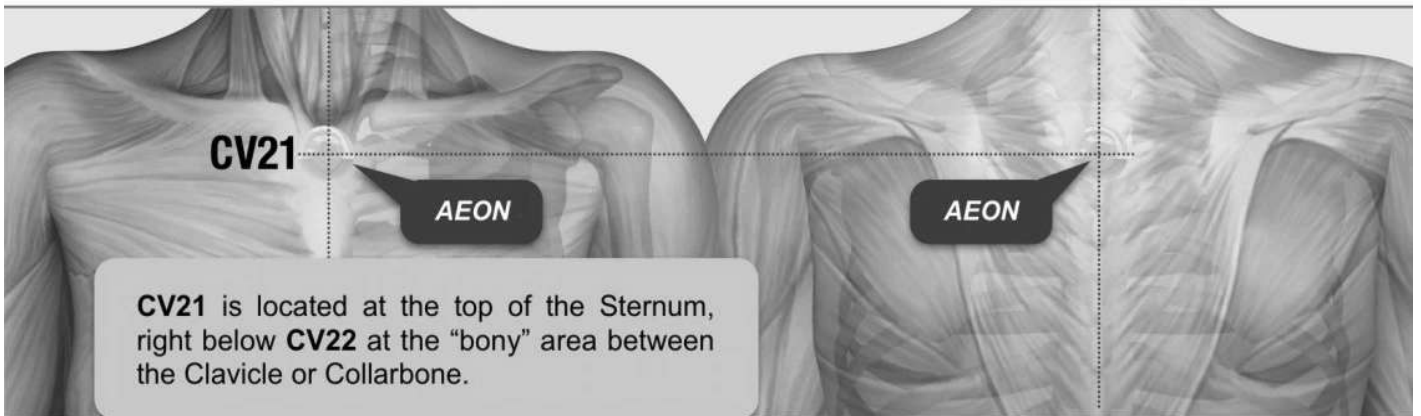
Because Lyme arthritis is caused by a bacterium transmitted by tick bites, we are looking here into rapidly boost the **Immune System**.

To achieve that we are going to stimulate the **Thymus Gland**. As you may know, the Thymus Gland secretes hormones called humoral factors and just in short terms protect us from invading bodies, like bacteria...

Step 1 – During the day (First 12 hours):

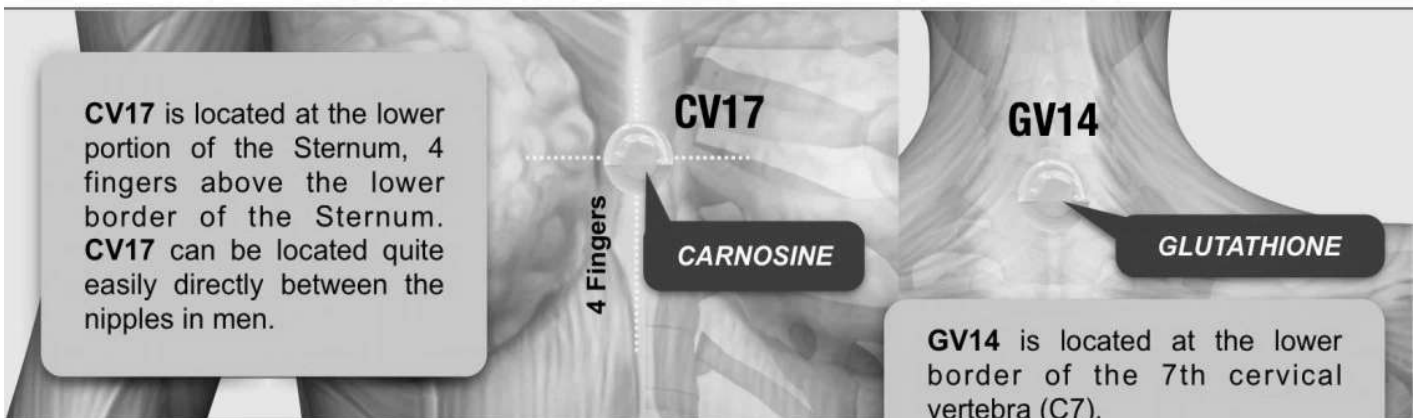
Place **AEON** on **CV21**

Next, place another **AEON** patch directly opposite the above location at the back of your body along the spine midline.



Then, place **CARNOSINE** on **CV17**
GLUTATHIONE on **GV14**
GLUTATHIONE on **CV8**

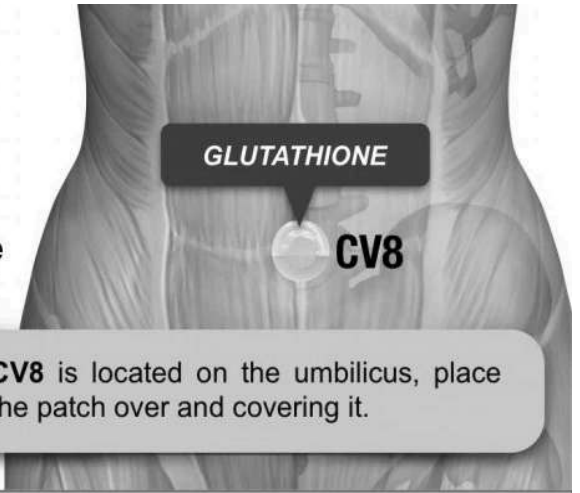
Note: Start at a convenient time in the morning like 8am.



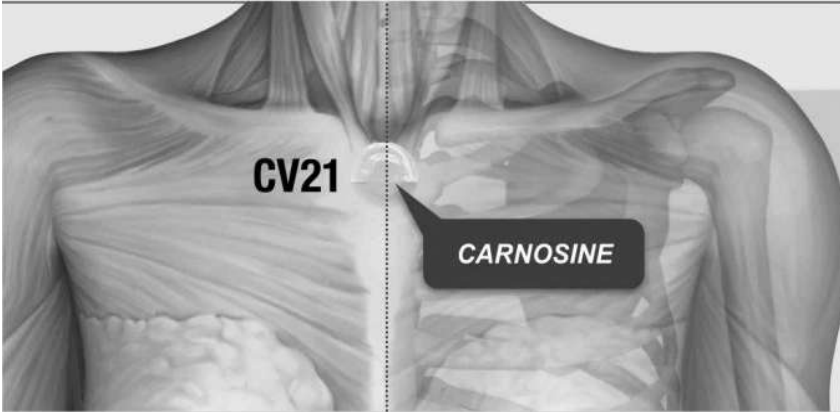
Step 2 – During The Night (Next 12 hours):

After 12 hours, at evening time, remove the **AEON** patch and use a single **CARNOSINE** patch for another 12 hours. (i.e. 8pm)

CARNOSINE on **CV21**



CV8 is located on the umbilicus, place the patch over and covering it.



CV21 is located at the top of the Sternum, right below **CV22** at the "bony" area between the Clavicle or Collarbone.

Additional Note: This is actually the **Immune System Booster - Approach #2 Protocol**.

General Notes:

- 1- Wearing all above patch procedure for 24 hours. is considered 1 Cycle.
- 2- It is recommended to go for several consecutive cycles until improvement in the condition is noticed (if any).
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Menstrual Cycle Improvement

Hello, Is there any patching protocol for improving menstrual cycle?...

That's the exact question I received from one of Patching Protocol's Members...

Now, Menses occurring much earlier or later than the normal date is known as "Irregular Menstruation"...

But there are also changes of color, quantity and quality of the Menses...

So, at this Improving Menstrual Cycle Approach you can test a very simple Protocol:

You can run this Protocol at anytime, however, it would be optimum if you start running it 2 weeks before the actual date of your Menstrual Cycle (or the date you expect it to be)...

Improving Menstrual Cycle - Patching Approach

Day 1 - During The Day

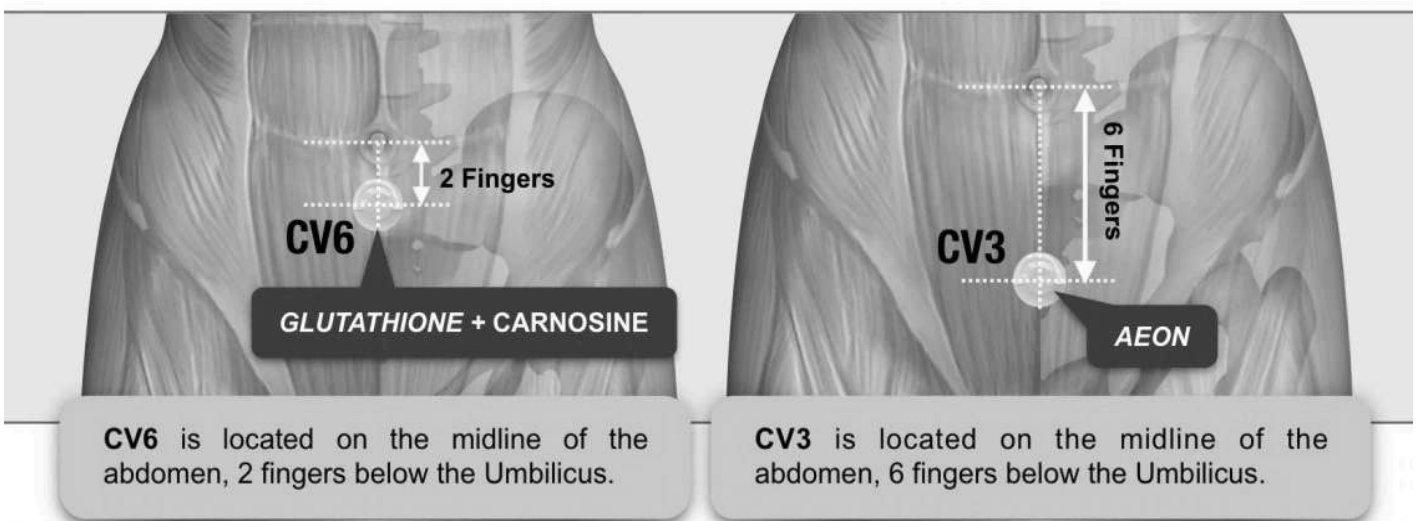
Please try to start sometime in the morning like 8am for example and place:

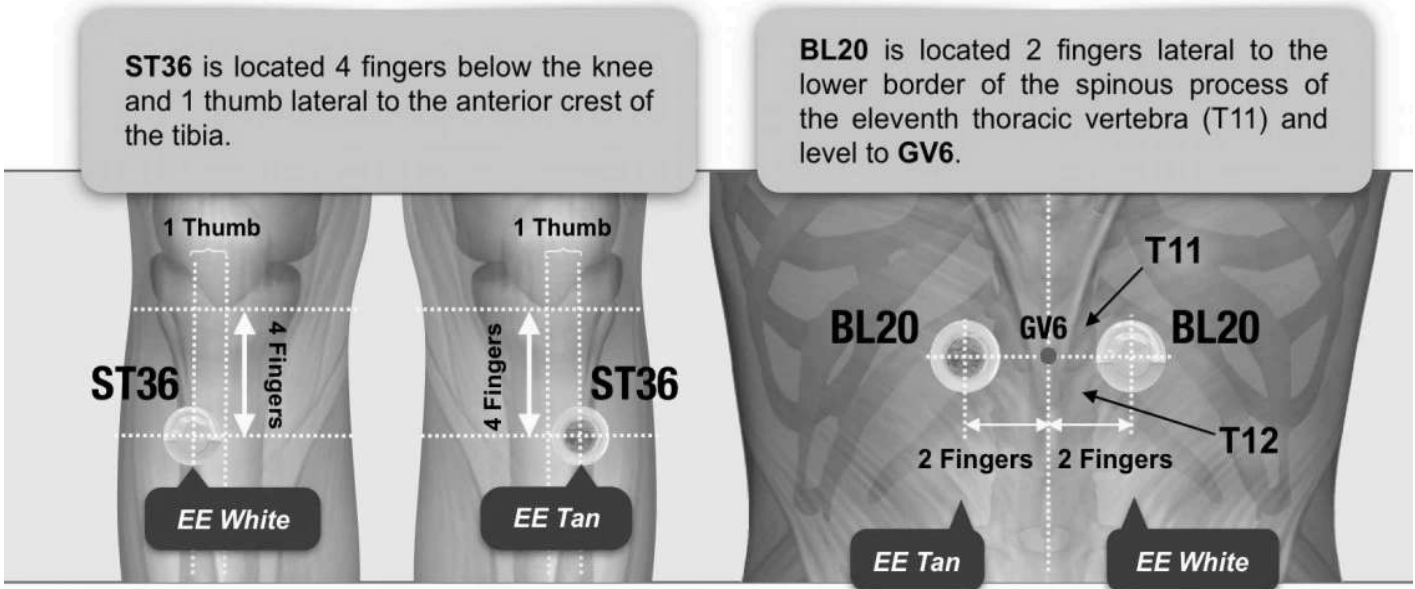
GLUTATHIONE and **CARNOSINE** together or Double Stacked on **CV6**

AEON on **CV3**

ENERGY ENHANCER on **ST36 - WRTL**

ENERGY ENHANCER on **BL20 - WRTL**





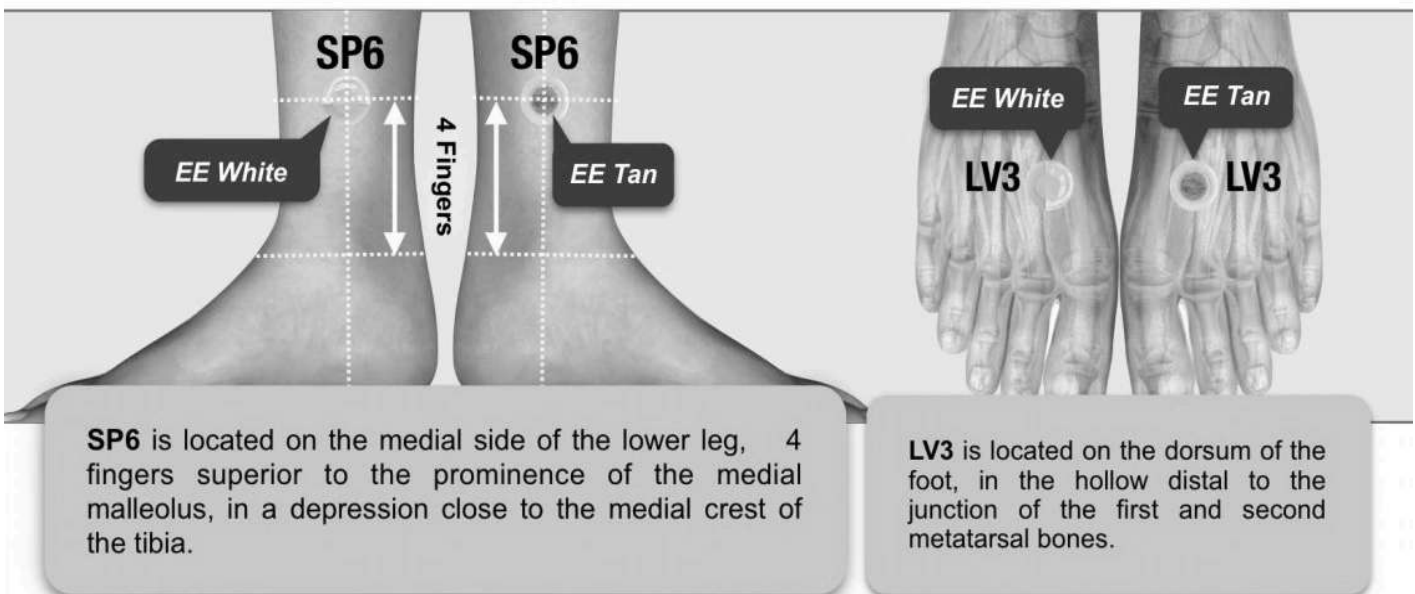
Day 1 - During The Night

After 12 hours, at 8pm in this example, remove all **ENERGY ENHANCER** patches and leave all Y-Age Patches in place till next following morning. You could also test by leaving all patches for 24 hours if you like. Make sure that the **ENERGY ENHANCER** patches don't disturb your sleep...

Day 2 - During The Day

After 24 hours, remove all patches if you've used them since the day before and try to start at the same time in the morning than the previous day and place:

- GLUTATHIONE** and **CARNOSINE** together or Double Stacked on **CV6**
- AEON** on **CV3**
- ENERGY ENHANCER** on **SP6 - WRTL**
- ENERGY ENHANCER** on **LV3 - WRTL**



Day 2 - During The Night

Once again, after 12 hours, at 8pm in this example, remove all ENERGY ENHANCER patches and leave all Y-Age Patches in place till next following morning.

You could also test by leaving all patches for 24 hours if you like. Make sure that the **ENERGY ENHANCER** patches don't disturb your sleep...

That will be it... a super simple protocol in 2 Days Cycle

Run it for 3 consecutive Cycles (6 Days) and you can rest 1 or 2 days and continue for another 3 consecutive Cycles (6 Days) and you might be able to tell the difference by the time of your next Menstrual Cycle. That's the reason I was saying earlier to start running it 2 weeks before the actual date of your Menstrual Cycle...

Please remember to use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

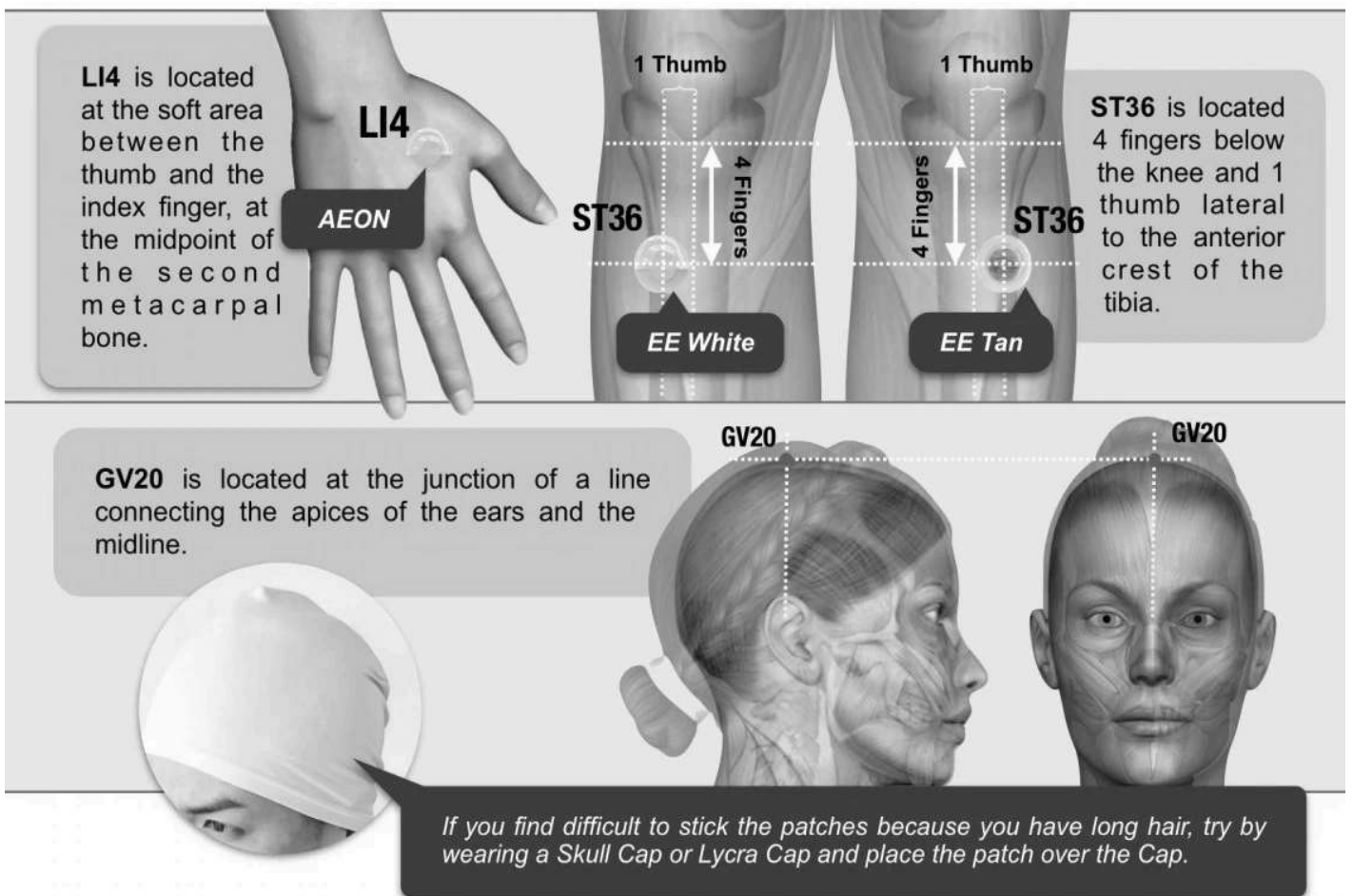
Mental Clarity

This Mental Clarity protocol will be helpful for those who have problems concentrating and are very forgetful.

AEON on **LI4** - **Right Side** - Wear for 24 hours.

ENERGY ENHANCER on **ST36** - **WRTL** - Wear for 24 hours.

AEON + ENERGY ENHANCER WHITE (Double Stacked) on **GV20**
for 2 hours, preferably in the morning



Test by running this protocol for 5 consecutive days.

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Use new patches if were used for over 24 hours.

Moles

This is a very interesting protocol for people with Moles which some experienced good results.

GLUTATHIONE patch directly over the Mole - Wear for 24 hours.

CARNOSINE patch Stacked over the **GLUTATHIONE** patch - Wear for 24 hours.

Note: After 3 to 4 consecutive days of patching the Mole might start to feel itchy, once that happens just stop placing the patches and the Mole may come off.

This protocol could help with keratosis or roughened skin thought to be precancerous. Just test and you might have a big surprise of the results!...

General Notes:

1- It's recommended to go on for at least 3 to 4 consecutive days.

3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Mouth Ulcers

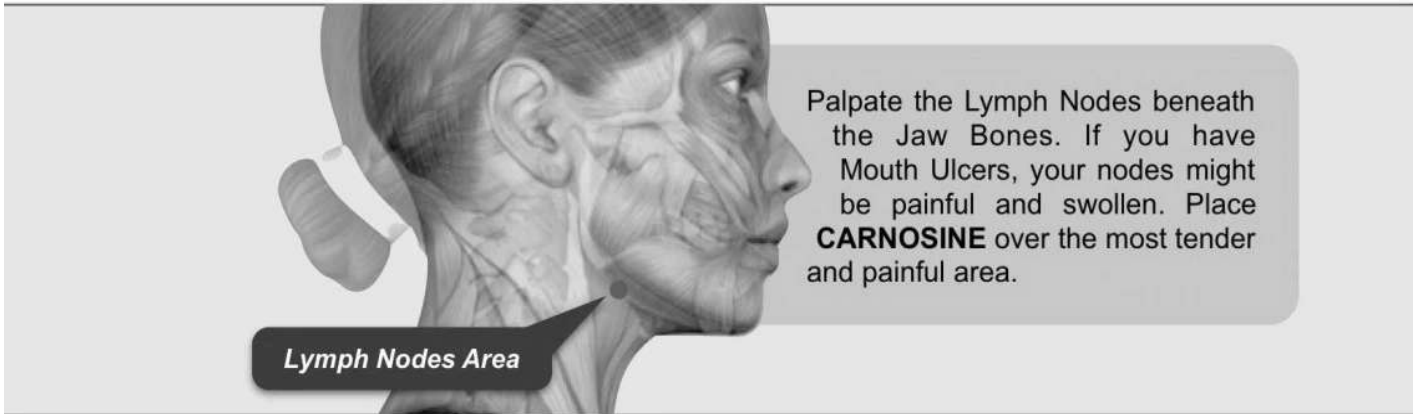
This is a very interesting approach for Mouth Ulcers.

Place **CARNOSINE** over your Lymph Nodes beneath the Jaw Bones

In general, if you have Mouth Ulcers, your nodes might be painful and swollen.

If Ulcers are on one side, patch on the same side.

for multiple Mouth Ulcers, use **CARNOSINE** on the **Left Side** and **AEON** on the **Right Side**.



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Nausea / Nauseating-Car Sick

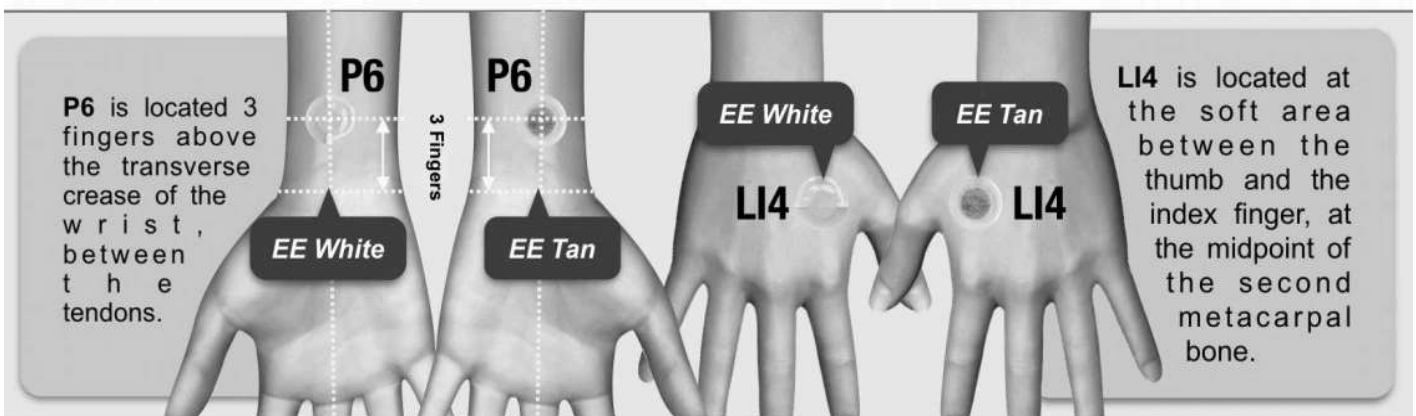
One of our members at Patching Protocol shared her patching experience in 2 cases of Nausea:

“Hi, One of my friends just came back from the hospital. She had a general anesthesia and felt terrible (nausea, difficulty to think and concentrate, heavy sweating and unusual smell). I gave her 2 of your protocols: the one for nausea and car sickness and the one for mental clarity. She tried the one for nausea. She is feeling much better now already... great!

PS: another person called me yesterday. She was suffering from nausea and vertigo. I also gave her your protocol for nausea and she fully recovered within 2 hours... I was with her the whole time... it was amazing to witness the rapid improvement in her condition! So, THANK YOU!”

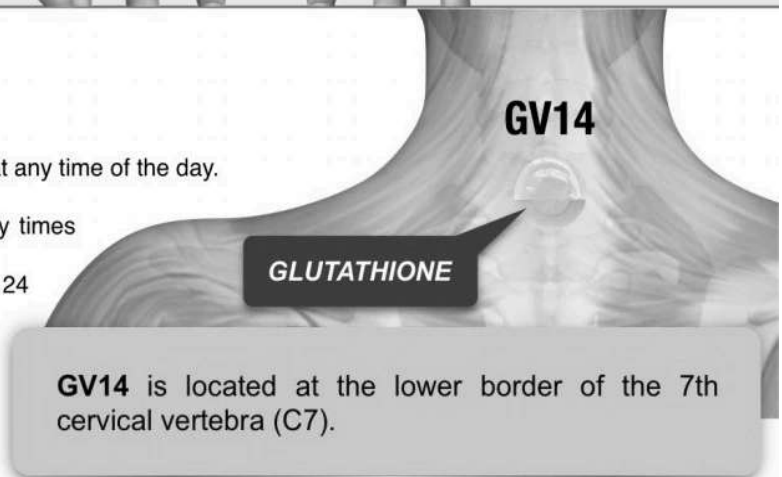
So, this is an excellent protocol to keep in mind for cases of Nauseating-Car Sick.

ENERGY ENHANCER on P6 - WRTL
ENERGY ENHANCER on LI4 - WRTL
GLUTATHIONE on GV14



General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the procedure as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.



GV14 is located at the lower border of the 7th cervical vertebra (C7).

Overthinking, Worry and Concern

Everything that happens around us, that external reality is perceived through our senses.

Now, according to TCM (*Traditional Chinese Medicine*), that perception is translated into an internal reality or awareness through our **Heart**.

In other words, **Our Senses** give us perception of all things happening constantly around us and **Our Heart** give us "Awareness" according to those perceptions.

Being more specific here, we see or perceive through our eyes for example, but sometimes we can't actually be aware of what we see, if you look for something like your house key and after quite some time you end up realizing that the keys were just in front of you all along, the issue isn't related to your eyes, the issue might actually lie on your **Heart Channel**, which is not "Aware" of what we perceive...

And that's a similar way thoughts might not be perceived by our Heart. So, we need this connection to be open for our thoughts to have an ending, a completion, a "Knowing", so we can "Move On" with our thoughts.

Pretty interesting actually.

Now, this particular type of "Blockage" could be manifested into two distinctive patterns:

Pattern 1

It could be a case of an **Excessive Spleen** (*a TCM Term*), leading to Overthinking and therefore, **the Heart is "Shut"** and not receiving the thoughts, as it was explained above.

Pattern 2

But also, it could be a **Deficient Spleen** and Chi or the Energy not reaching to the Heart causing more of an Anxious feeling or sometimes a "Freaking Out" feeling or even just being "tired" of thinking.

Well, I suggest the following protocol in two variation for both patterns:

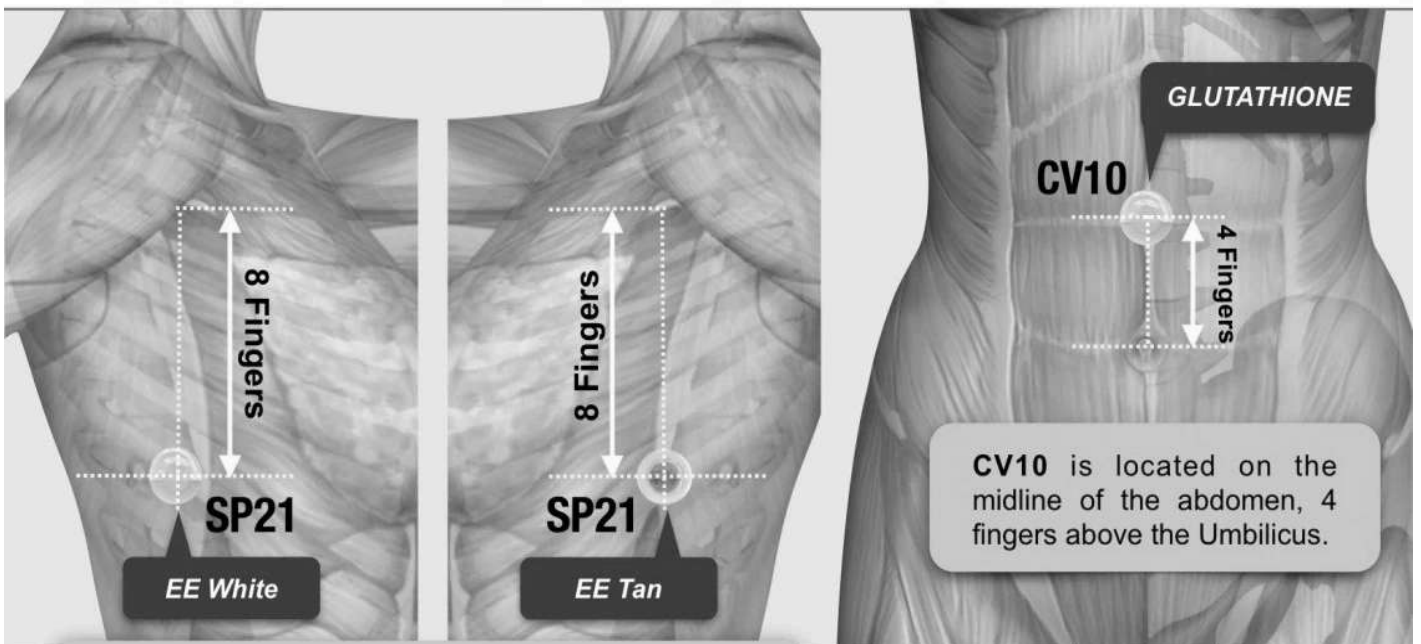
Patching Procedure for Overthinking, Worry and Concern Protocol due to Spleen/Heart blockage

Overthinking, Worry and Concern Protocol - PATTERN #1 - DAY 1

During The Day:

ENERGY ENHANCER on **SP21** - **WRTL**
GLUTATHIONE on **CV10**

The Spleen Meridian horary cycle starts at 9 am and it runs for 2 hours so, it would be a good idea to start patching before 9am.

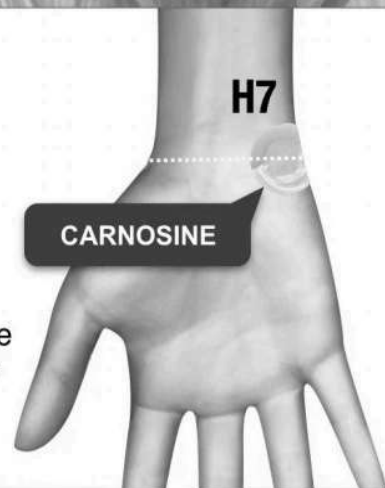


SP21 is located on the mid-axillary line, 8 fingers below the armpit (Axilla).
Note: the mid-axillary line is drawn vertically down from the apex of the axilla.

CV10 is located on the midline of the abdomen, 4 fingers above the Umbilicus.

At Evening Time:

Leave all patches for 12 hours and remove them in the evening. Then, place a single **CARNOSINE** patch at **H7** position **Right Side** till next morning.



H7 is located at the wrist joint, on the radial side, in the depression, right beside the tendon of the flexor carpi ulnaris muscle.

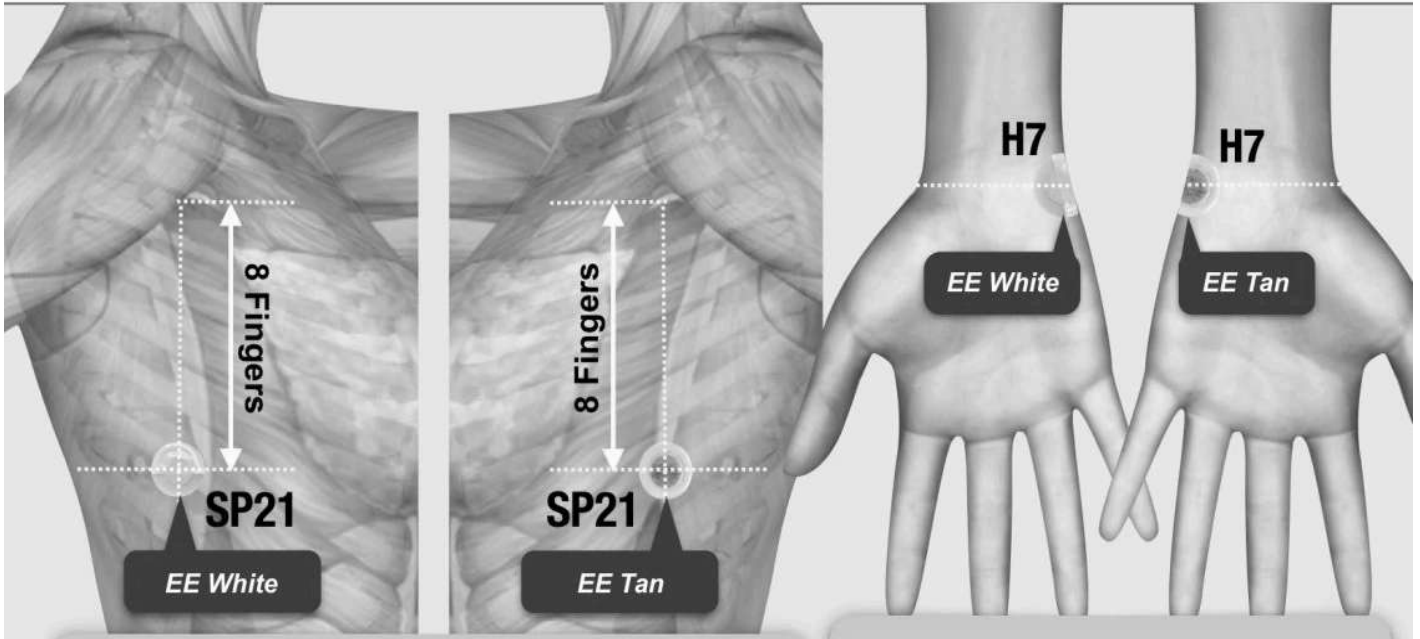
Overthinking, Worry and Concern Protocol - PATTERN #1 - DAY 2

During The Day - Note: Try to start before 9am.

ENERGY ENHANCER on SP21 - WRTL

ENERGY ENHANCER on H7 - WRTL

AEON on CV10 (check the location on the previous page)

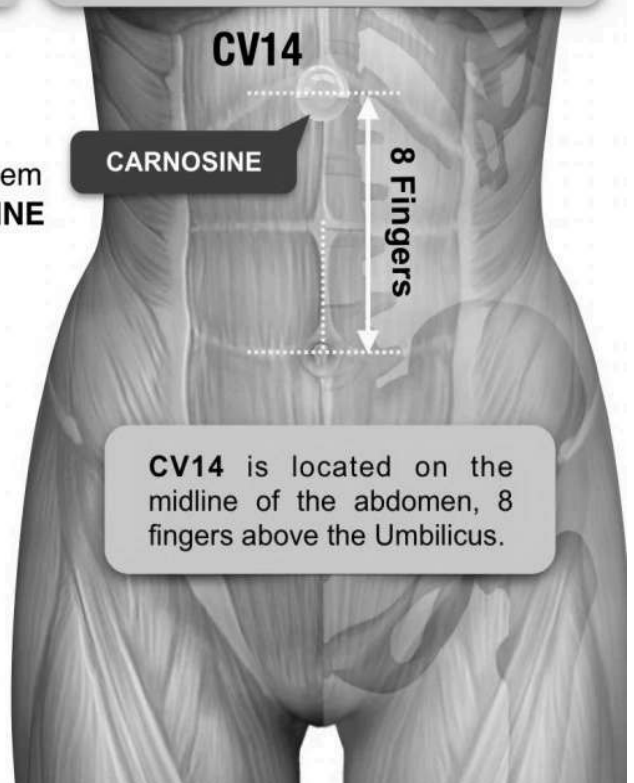


SP21 is located on the mid-axillary line, 8 fingers below the armpit (Axilla).
Note: the mid-axillary line is drawn vertically down from the apex of the axilla.

H7 is located at the wrist joint, on the radial side, in the depression, right beside the tendon of the flexor carpi ulnaris muscle.

At Evening Time:

Leave all patches for 12 hours and remove them in the evening. Then, place a single **CARNOSINE** patch at **CV14** position till next morning.



CV14 is located on the midline of the abdomen, 8 fingers above the Umbilicus.

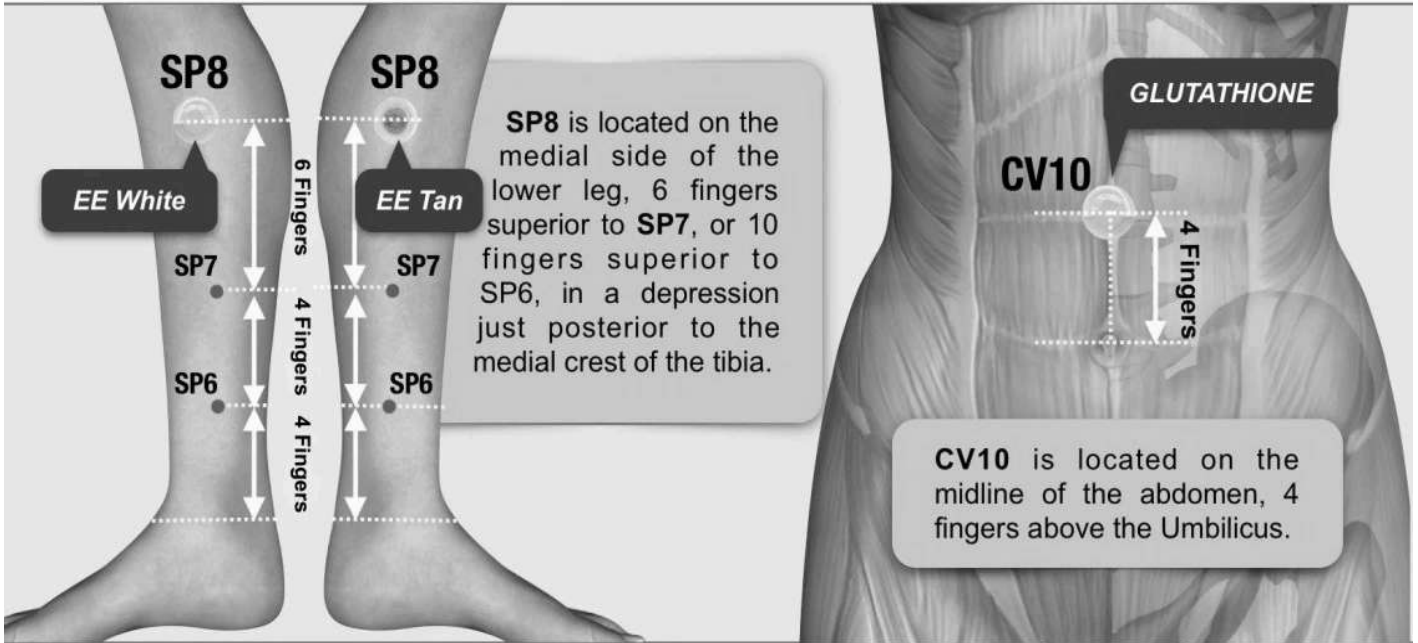
Overthinking, Worry and Concern Protocol - PATTERN #2 - DAY 1

During The Day:

ENERGY ENHANCER on SP8 - WRTL

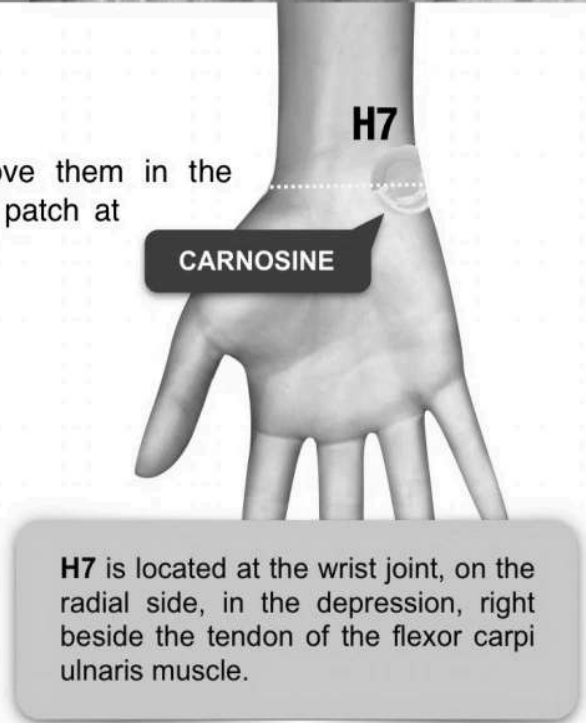
GLUTATHIONE on CV10

The Spleen Meridian horary cycle starts at 9 am and it runs for 2 hours so, it would be a good idea to start patching before 9am.



At Evening Time:

Leave all patches for 12 hours and remove them in the evening. Then, place a single **CARNOSINE** patch at **H7** position **Right Side** till next morning.



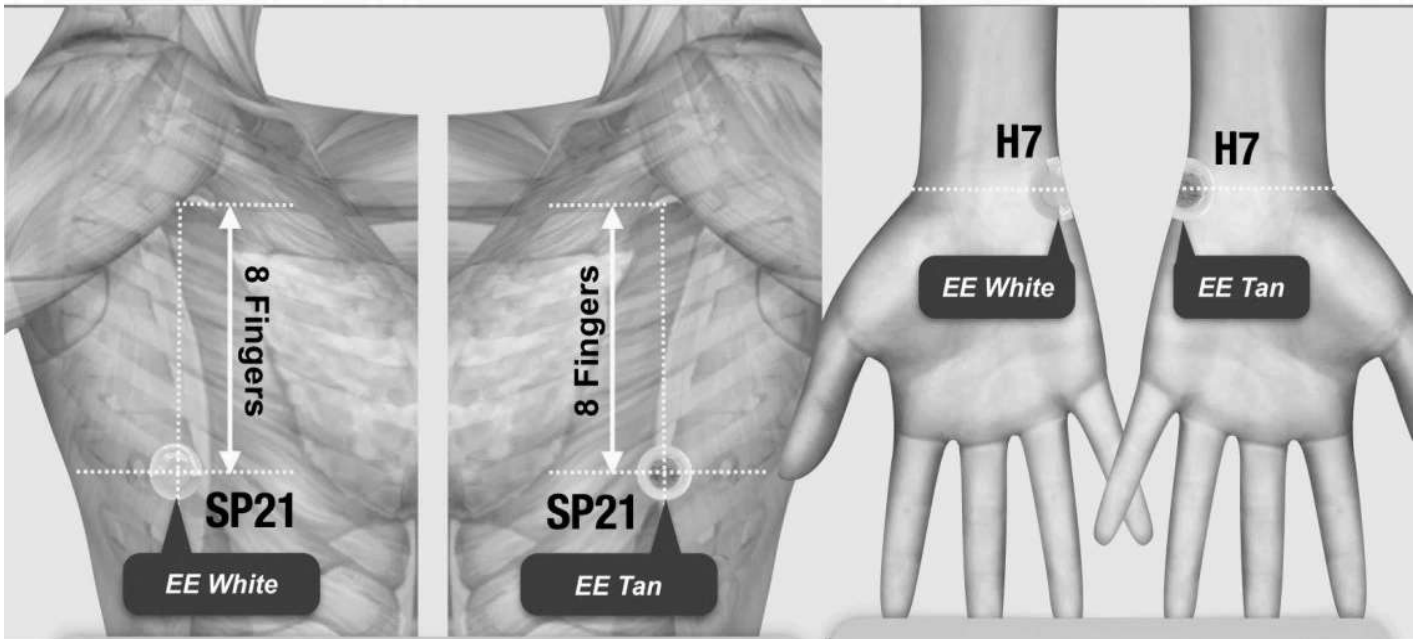
Overthinking, Worry and Concern Protocol - PATTERN #2 - DAY 2

During The Day - Note: Try to start before 9am.

ENERGY ENHANCER on **SP21** - WRTL

ENERGY ENHANCER on **H7** - WRTL

AEON on **CV10** (check the location on the previous page)



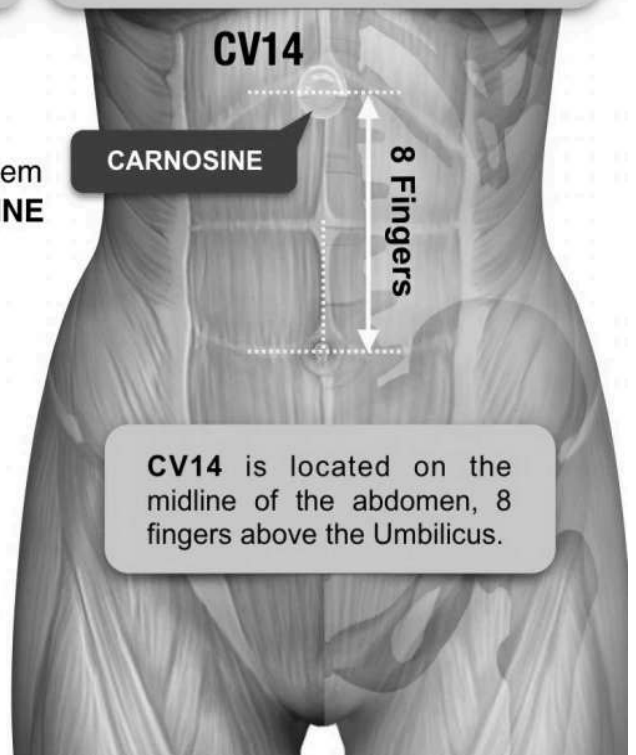
SP21 is located on the mid-axillary line, 8 fingers below the armpit (Axilla).

Note: the mid-axillary line is drawn vertically down from the apex of the axilla.

H7 is located at the wrist joint, on the radial side, in the depression, right beside the tendon of the flexor carpi ulnaris muscle.

At Evening Time:

Leave all patches for 12 hours and remove them in the evening. Then, place a single **CARNOSINE** patch at **CV14** position till next morning.



CV14 is located on the midline of the abdomen, 8 fingers above the Umbilicus.

Overthinking, Worry and Concern

CONCLUSION:

After testing this protocol and its actual results, it's important to note that overthinking sometimes becomes a habit and we may need to "train" ourselves by controlling any thinking process keeping it specific and trying to actually "Nourish" the Heart by thinking and not "Over" think as part of a habit.

Lastly, here I include something very interesting about **SP21**:

For several years, I've been using a Meridian Testing Equipment to test how imbalances are on ourselves and others, and that gave me more "certainty" about things...

Throughout all the tests I made, I can clearly see that a very high percentage of all those tests resulted on "**Split Meridians**".

For that reason, I created the **Split Meridians Protocol** a couple of years back, using **SP21** as the main point and I can actually "See In Real Time" how any Split Meridian corrects by using **SP21**. A very powerful and useful point to keep in mind in many cases, specially when protocols do not seem to work...

If this happens to you, just stimulate SP21.

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

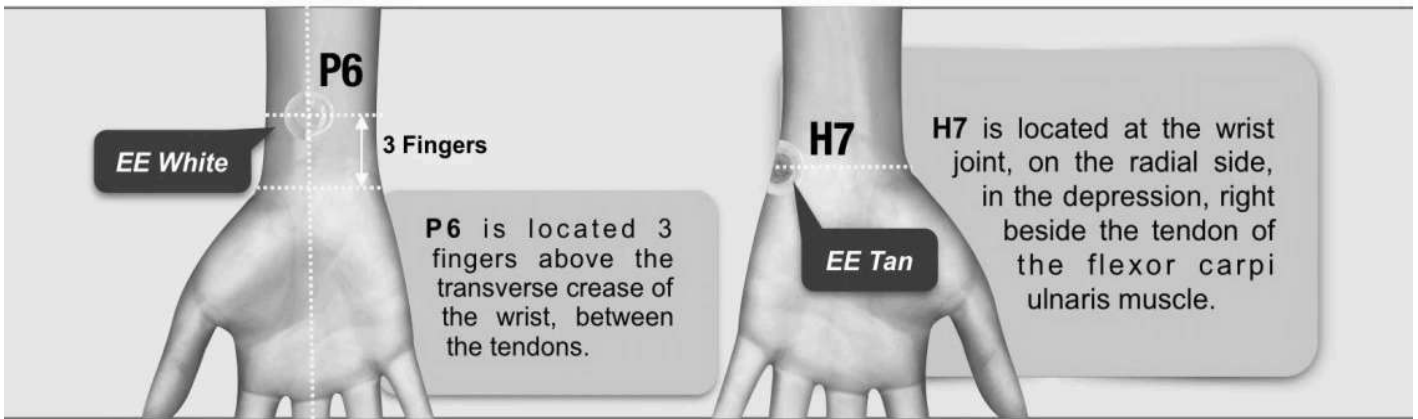
Palpitations

Here I include a simple strategy to use in cases of Palpitations.

First, place a **ENERGY ENHANCER White** on **P6 - Right Side**

Next, place the **ENERGY ENHANCER Tan** on **H7 - Left Side**

This combination is great to create a free flow of Chi through the main channels passing through the Heart & Pericardium, and possibly clearing blockages and palpitation.



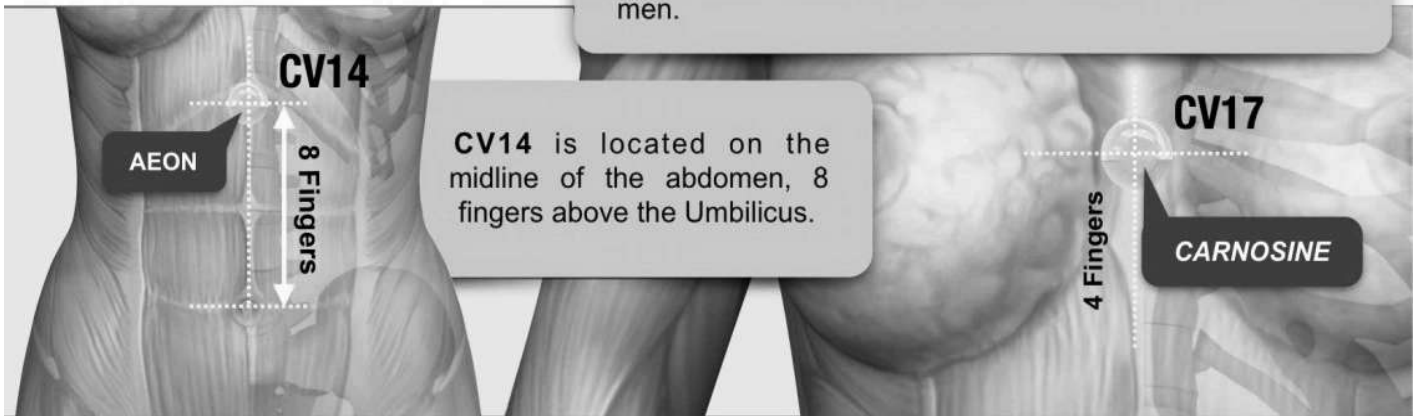
Then, place:

AEON on **CV14**

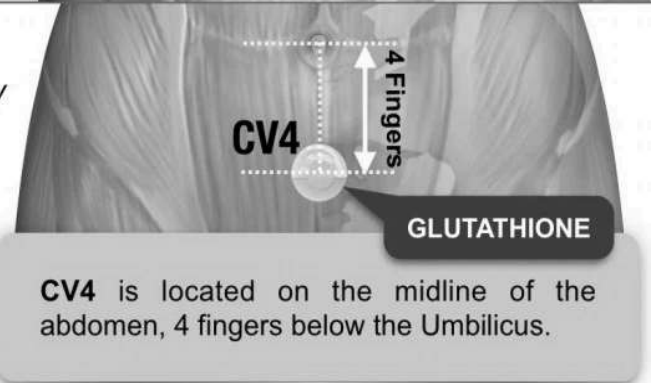
CARNOSINE on **CV17**

GLUTATHIONE on **CV4**

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. CV17 can be located quite easily directly between the nipples in men.

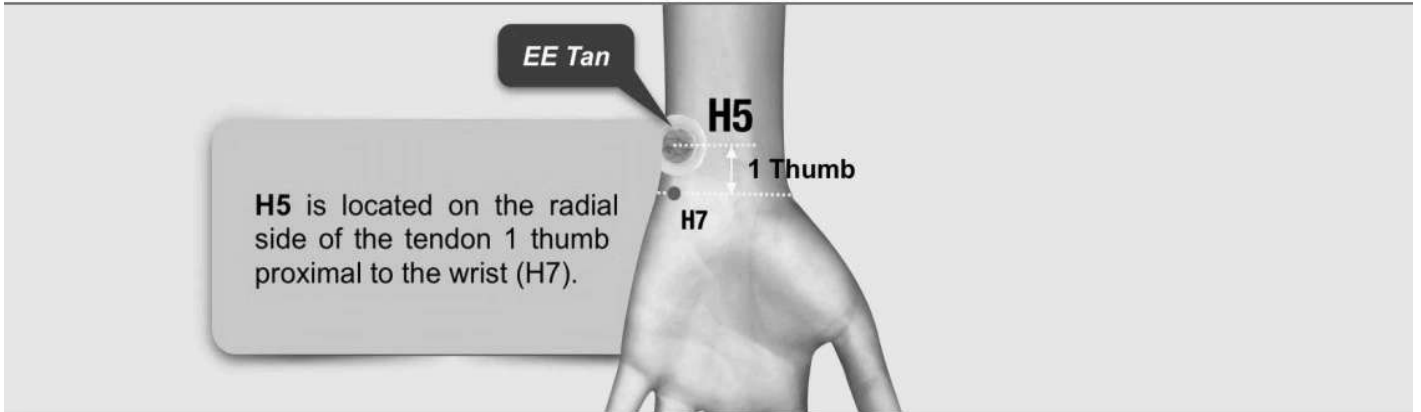


I found that this Y-Age combination works very well with the ENERGY ENHANCER pair above.



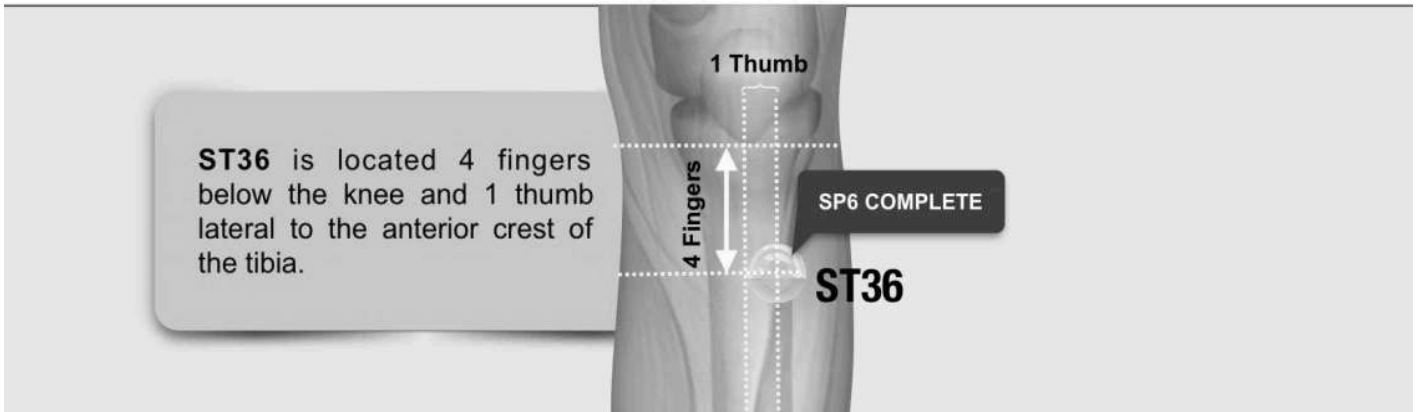
Variation

You can test **H5** Acupoint instead of **H7**.



Additions

You could also test running above protocol with a single **SP6 COMPLETE** patch placed on **ST36** position (**Left Side**).



General Notes:

- 1- Start patching once you need it and keep all patches on until the symptoms disappear or for a maximum of 24 hours.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Panic Attacks

How About patching for Panic Attacks?.

That's the question we received from one of our member...

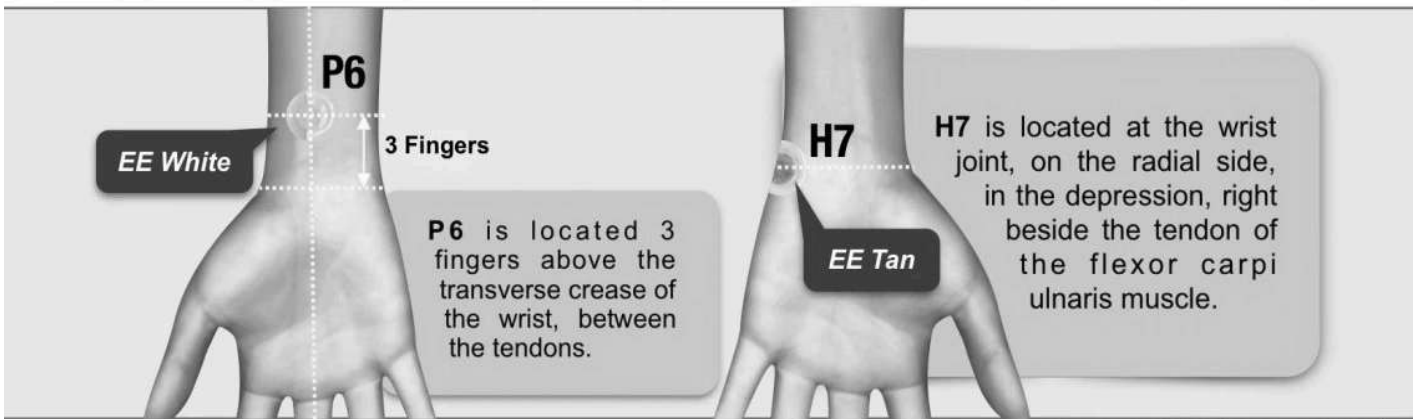
and here you have a Patching Approach for Panic Attacks:

Panic Attacks Base Protocol - During The Day

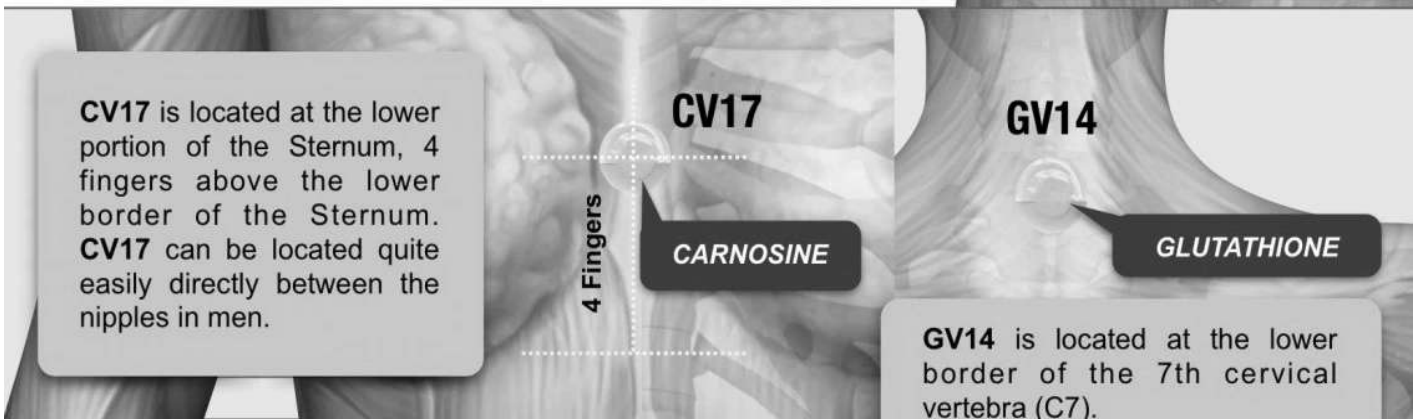
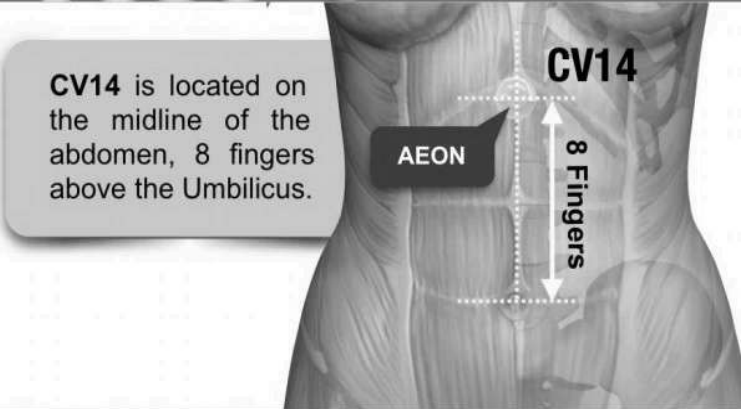
Please try to start sometime in the morning like 8am for example and place:

ENERGY ENHANCER White on **P6** (Right Side)

ENERGY ENHANCER Tan on **H7** (Left Side)



Then, place **AEON** on **CV14**
CARNOSINE on **CV17**
GLUTATHIONE on **GV14**



Panic Attacks Base Protocol - During The Night

After 12 hours, at 8pm in this example, remove all **ENERGY ENHANCER** patches and leave all Y-Age Patches in place till next following morning.

You could also test by leaving all patches for 24 hours if you like. Make sure that the **ENERGY ENHANCER** patches don't disturb your sleep...

Now, according to TCM, an Irregular Diet causes deficiencies of Chi and Yin of the Stomach, and continuing that for a long period of time, it may affect us in general and it might manifest as Anxiety and that might lead to Panic Attacks...

A very slow progression starting from a very simple cause that we could solve right away, instead of having to later on, deal with a much difficult and complex situation...

Run this Base Protocol for 5 consecutive days and check how's your...

I also suggest to seriously start looking into a very different Lifestyle in general, specially food habits...

You can check my **Lifestyle Protocol Video Series**, available at **PatchingProtocol.com**, (Once you are Logged In), for some suggestions in that direction...

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Phlegm (Excessive) & Expectorations

According to TCM, 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” (as we all understand it), or it can be Invisible and internal. (This is an extremely important concept to keep in mind).

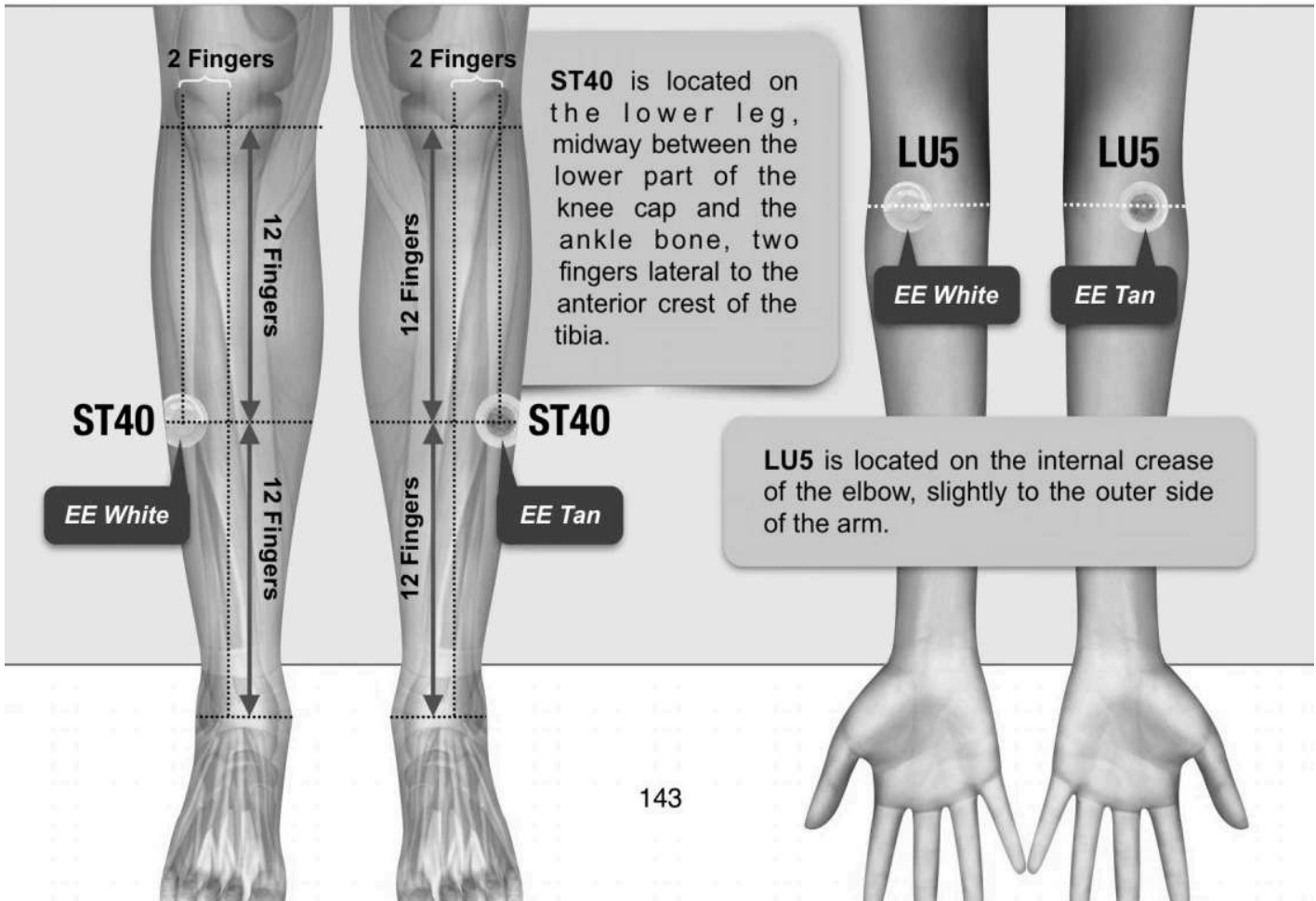
Invisible Phlegm can accumulate at any part of the body and result in complicated symptoms by blocking the regular flow of Chi. For example, accumulation of Invisible Phlegm in the chest and ribs, may cause pain and discomfort in the area surrounding the Heart to the Back. It could also cause Insomnia, palpitations and Low Back Pain by affecting the balance between the Heart and Kidney Channels or even Nausea, Vomiting, Loss of Appetite and distension 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.

Conventional Patching Style (Bilaterally)

ENERGY ENHANCER on ST40 - WRTL

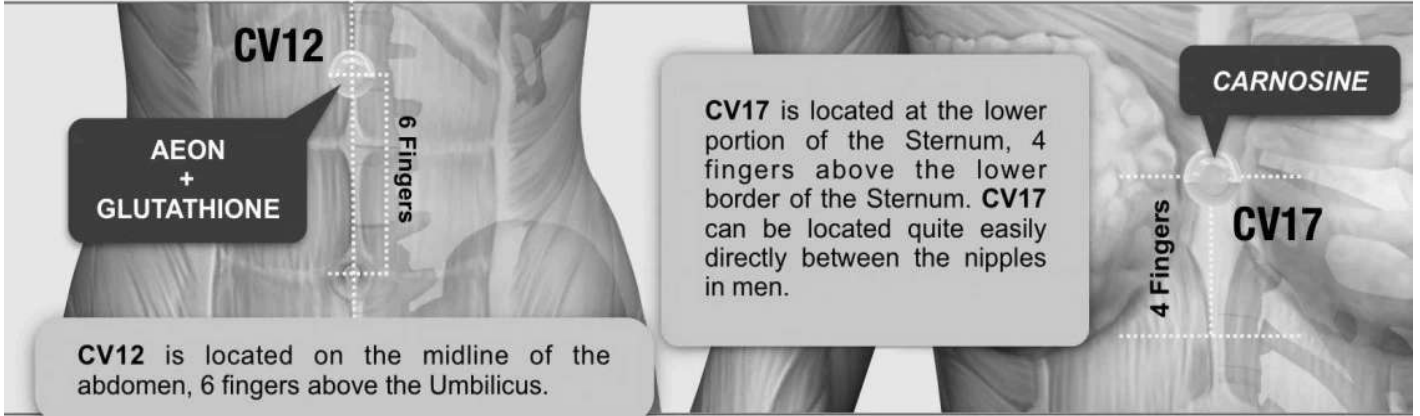
ENERGY ENHANCER on LU5 - WRTL



Then add:

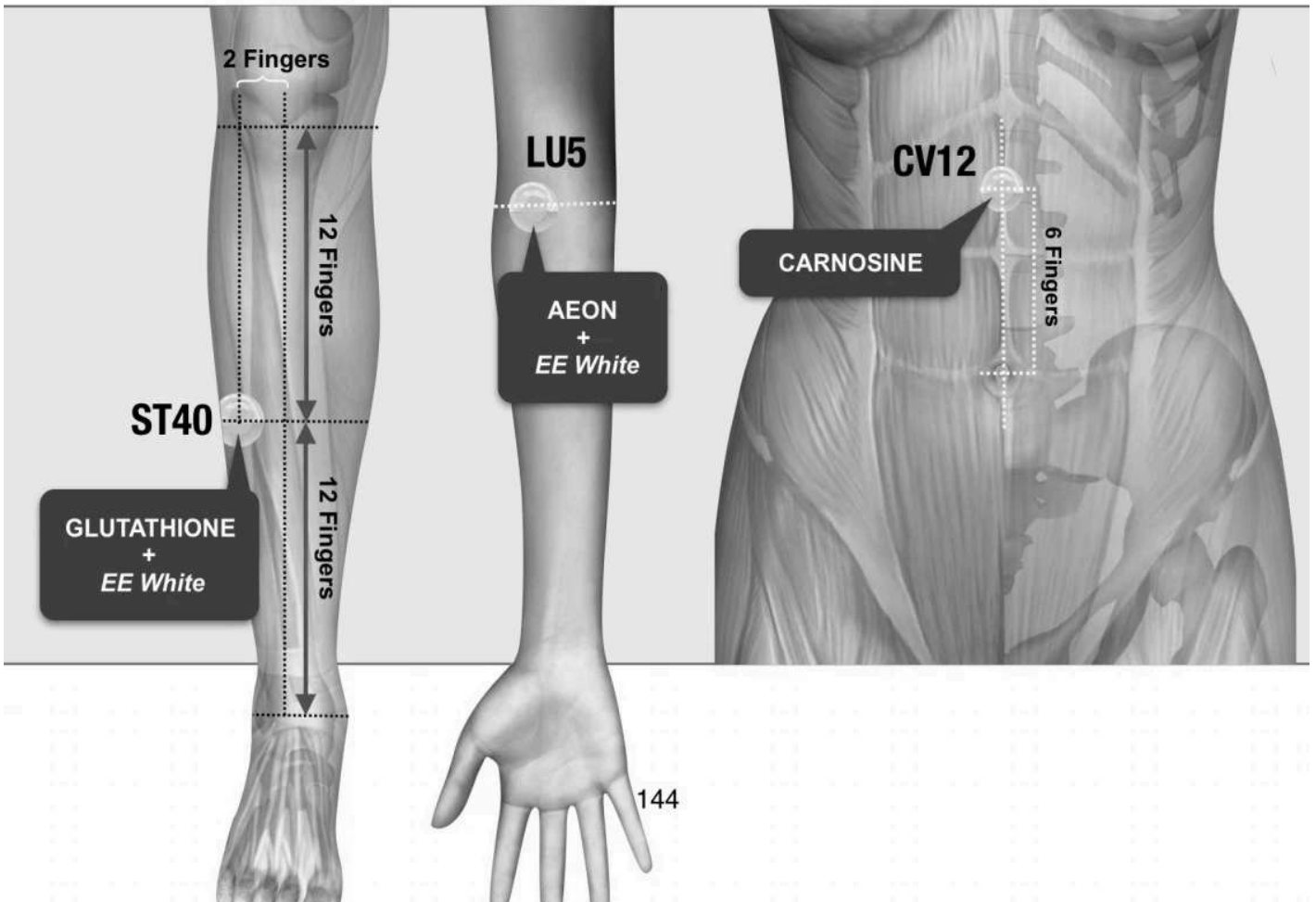
Option #1

AEON and **GLUTATHIONE** together or Double Stacked on **CV12**
CARNOSINE on **CV17**



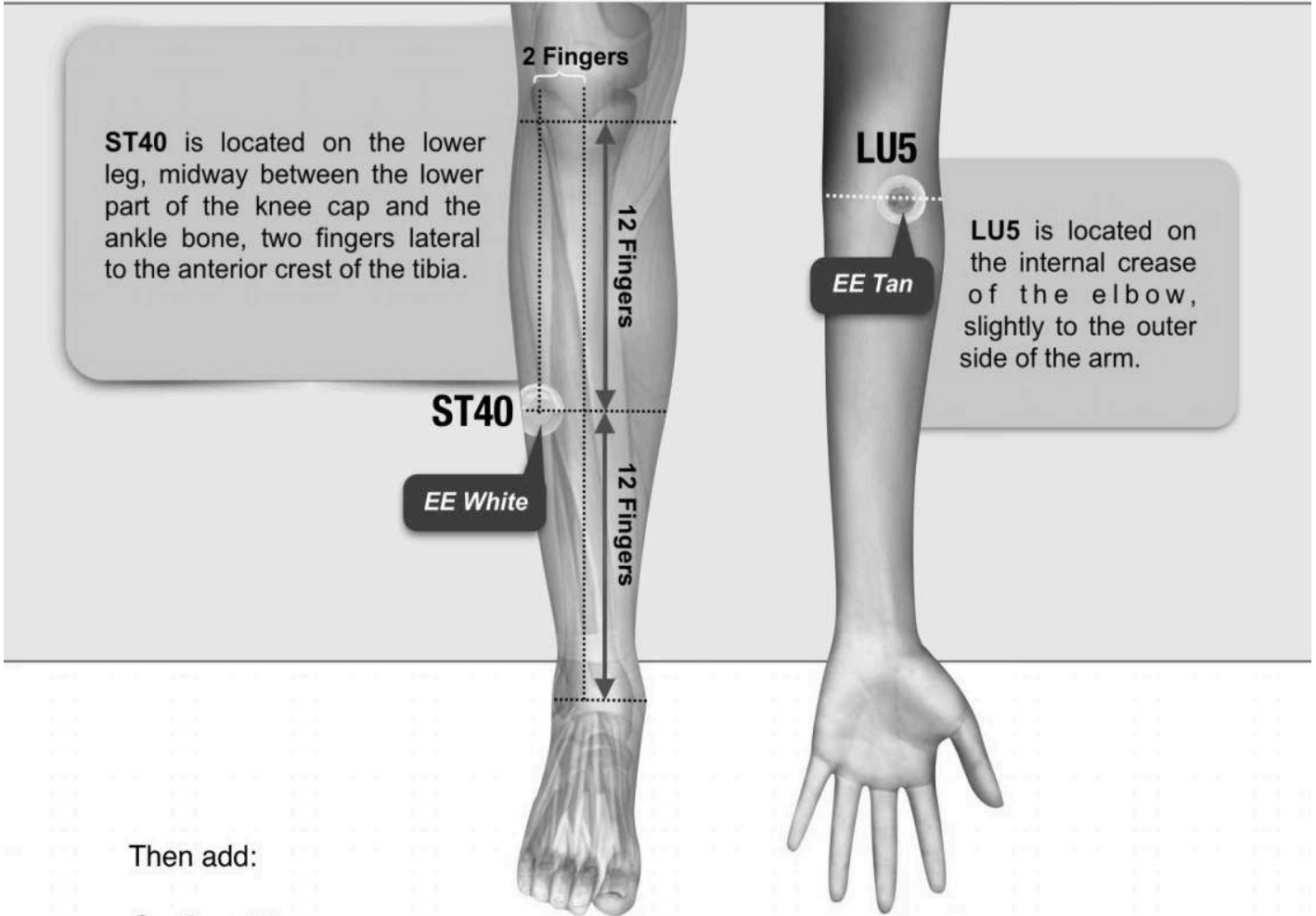
Option #2

GLUTATHIONE on **ST40 - Right Side** on Top or Double Stacked the **EE White**
AEON on **LU5 - Right Side** on Top or Double Stacked the **EE White**
CARNOSINE on **CV12**



Alternative Patching Style (Unilaterally)

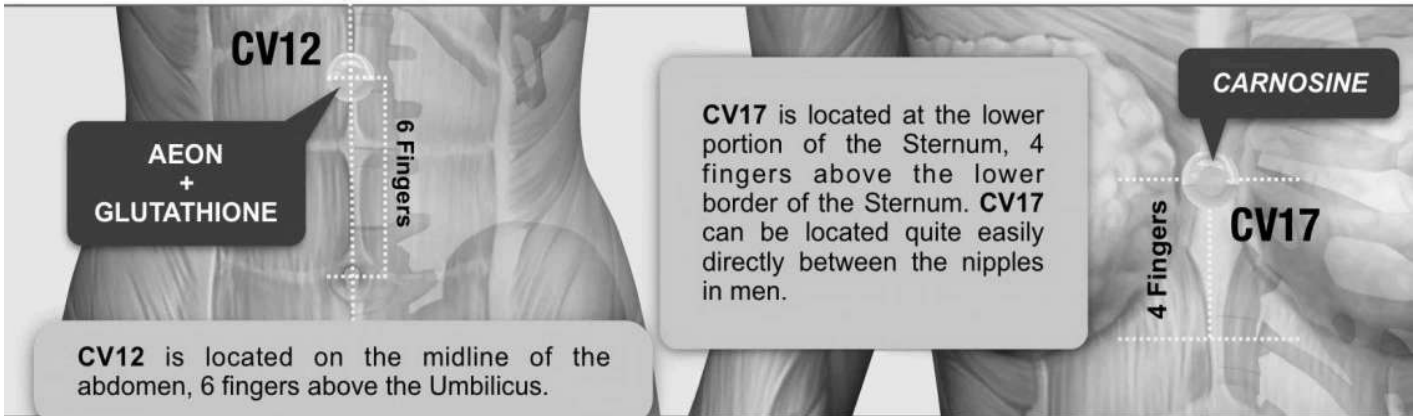
ENERGY ENHANCER White on ST40 - Right Side
ENERGY ENHANCER Tan on LU5 - Left Side



Then add:

Option #1

AEON and **GLUTATHIONE** together or Double Stacked on **CV12**
CARNOSINE on **CV17**

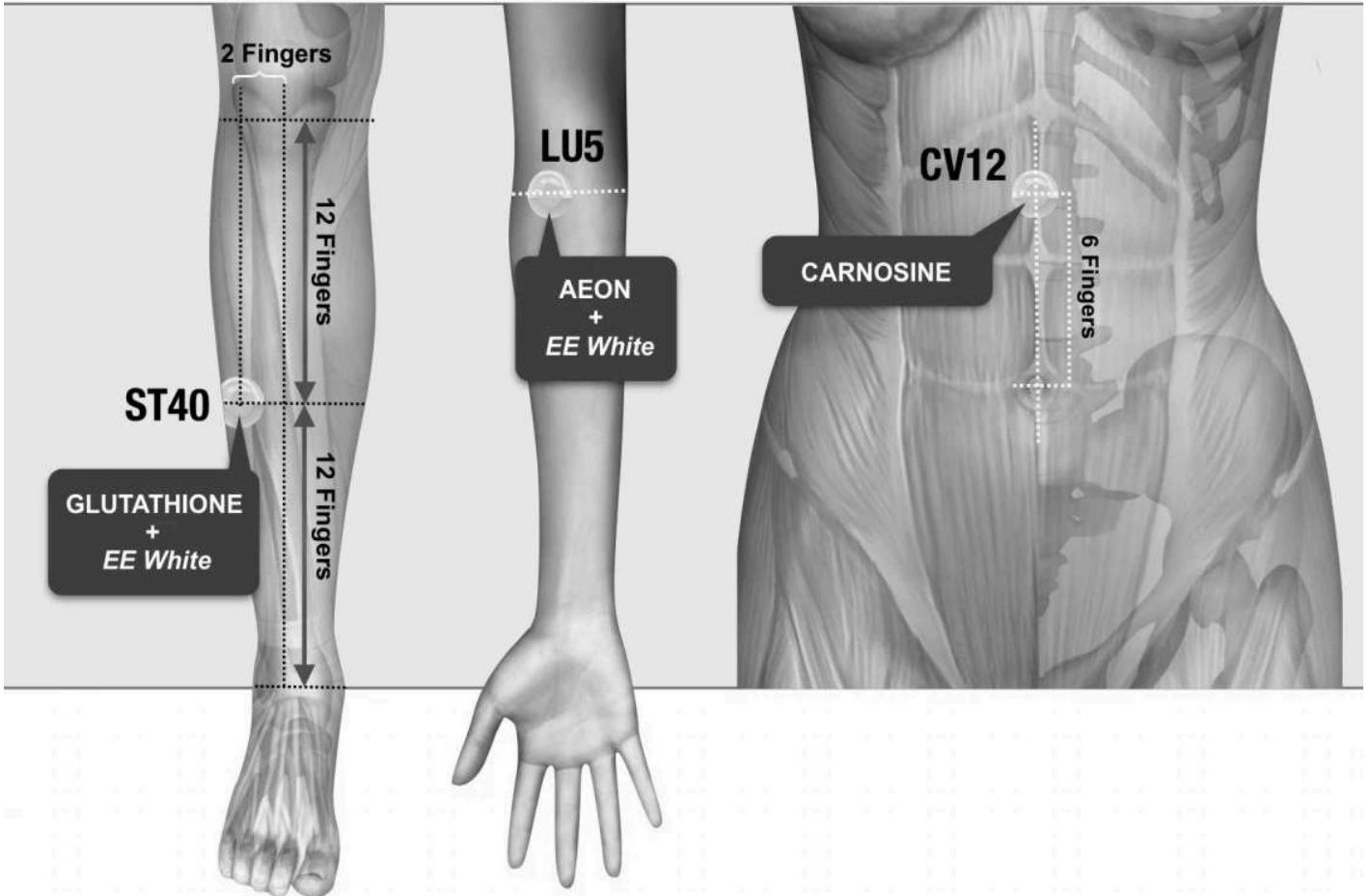


Option 2

GLUTATHIONE on **ST40** - **Right Side** on Top or Double Stacked the **ENERGY ENHANCER White**

AEON on **LU5** - **Right Side** on Top or Double Stacked the **ENERGY ENHANCER White**

CARNOSINE on **CV12**

**Final Notes:**

You can test both, the **Conventional** and the **Alternative Patching Style** so, you will know which style is more favourable for you. Both styles do work well.

At each style, I also present two different options applying Y-Age patches, and this is done to show different possibilities in a single scenario.

Please use this information as a “Base” for any future patching you do on your own.

General Notes:

- 1- Start patching at a convenient time in the morning, i.e.8am and keep all patches on for 24 hours.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

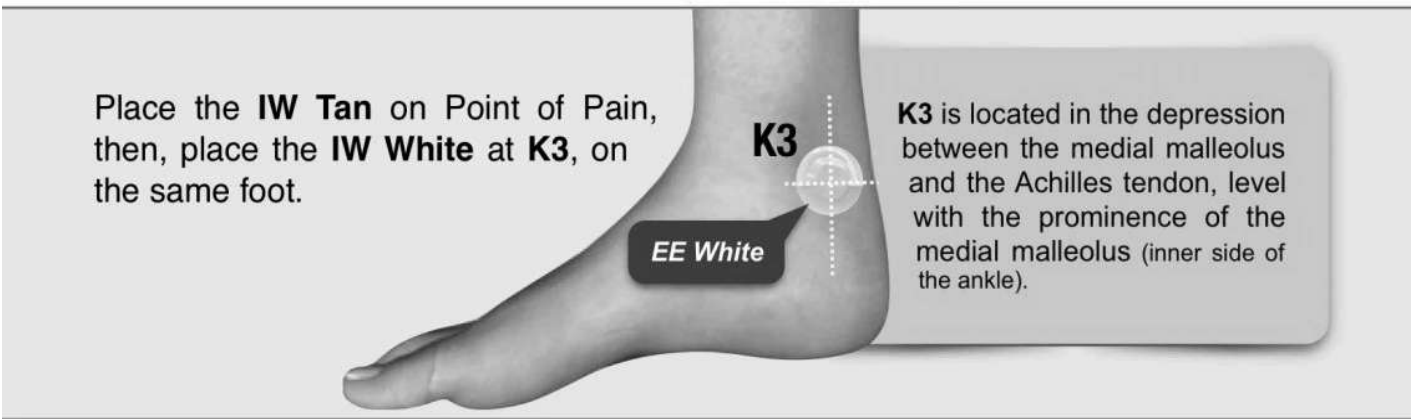
Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Plantar Fasciitis

Here I include 2 different approaches for Plantar Fasciitis. The first Option is a very simple approach published at Patching Protocol since the beginning. The Second Option was formulated by me according to some Members requests...

Plantar Fasciitis Patching Approach #1

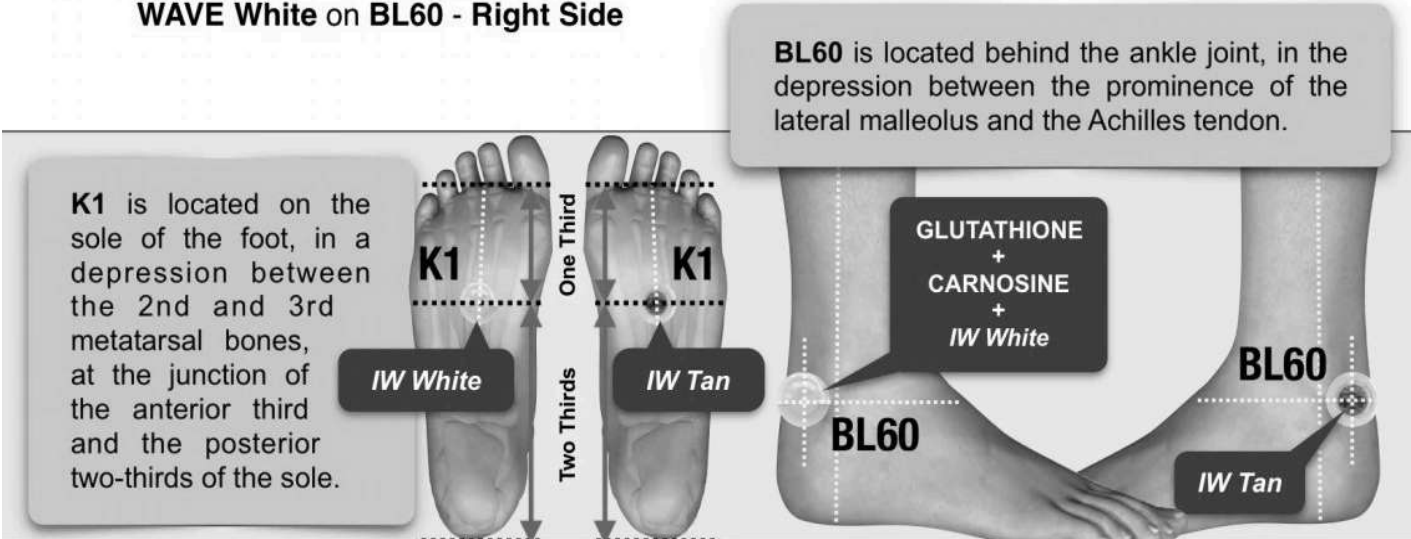
ICE WAVE TAN at point of pain
ICE WAVE WHITE on **K3** (same foot)



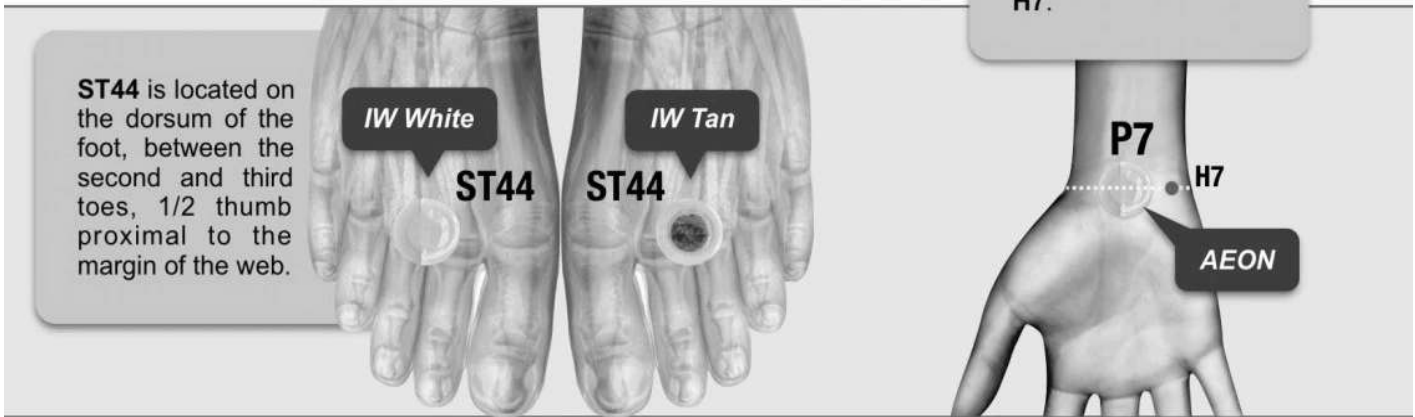
Plantar Fasciitis Patching Approach #2

Day 1

ICE WAVE on **K1 - WRTL**
ICE WAVE on **BL60 - WRTL**
GLUTATHIONE and **CARNOSINE** both together or "Double Stacked" over the **ICE WAVE White** on **BL60 - Right Side**



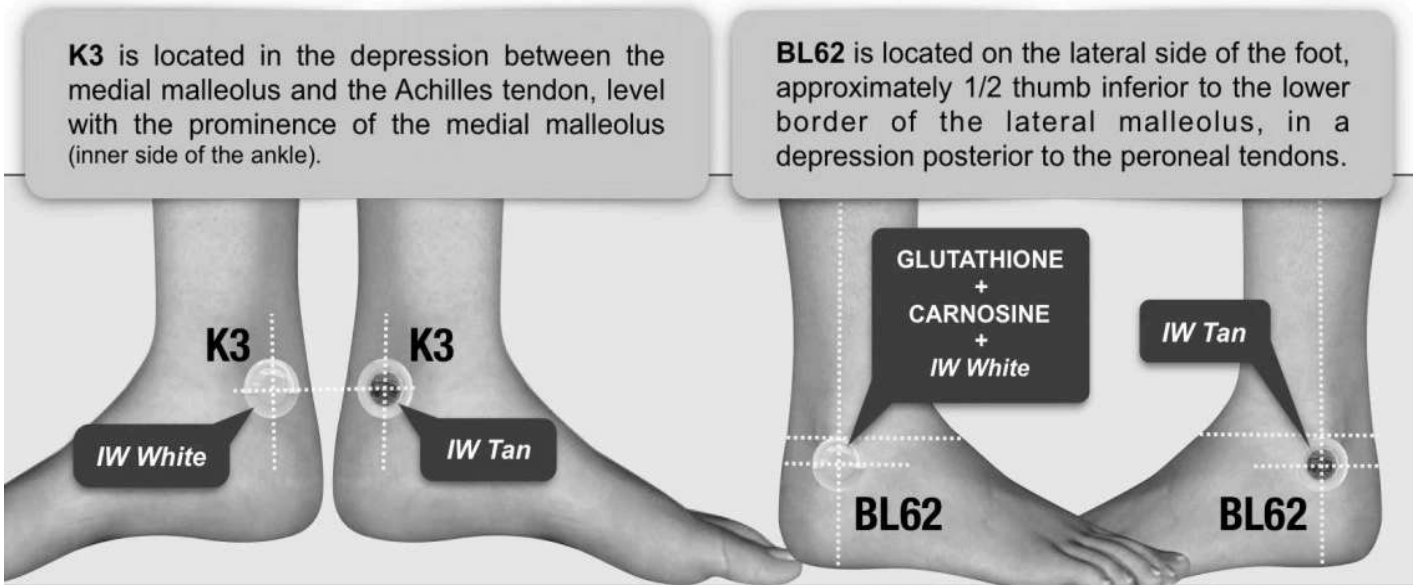
Lastly, place: **ICE WAVE** on **ST44 - WRTL**
AEON on **P7 - Right Side**



Try to start this protocol some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ICE WAVE** patches disturb your sleep... if so, just remove them and keep all Y-Age patches on till next day.

Day 2

ICE WAVE on **K3 - WRTL**
ICE WAVE on **BL62 - WRTL**
GLUTATHIONE and **CARNOSINE** both together or "Double Stacked" over the **ICE WAVE** White on **BL62 - Right Side**



Lastly, place: **ICE WAVE** on **ST44 - WRTL**
AEON on **P7 - Right Side**



Try to start this protocol some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ICE WAVE** patches disturb your sleep... if so, just remove them and keep all Y-Age patches on till next day.

Running Day 1 and Day 2 consecutively will be considered as 1 Cycle. Try to run it for 3 consecutive cycles (6 Days) and check how is your improvement.

Addition:

You could also add to both days above this position if you think you may need it:

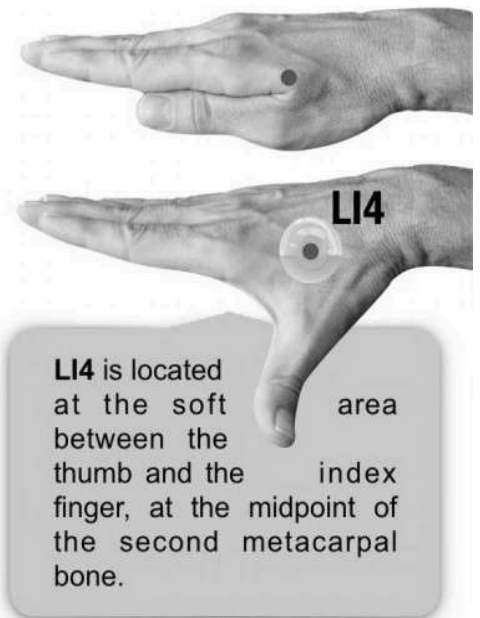
ICE WAVE on **LI4 - WRTL**

General Notes:

- 1- Repeat the procedure of 2 Days Cycle as long and as many times you need it.
- 2- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.



Quit Smoking

I remember back in Singapore when one of us at our group had a great result controlling his Smoking habits and even completely quit from it...

Roger (51 years old at that time) was a heavy smoker...

Started at age 13 puffing around 1 packet of cigarettes a day (20 sticks), later in life he was puffing around 3 to 4 packets per day, and it could also go up 5 or 6 packets if he was stressed out, which he was regularly...

His story was really amazing because **it took him only 5 days to get rid of his total addiction...**

I met Roger many times during our weakly talks and he did quit his smoking completely...

Now, I decided to put this protocol to a test so, I gather a couple of friends for dinner and one of them in particular was my "Guy"...

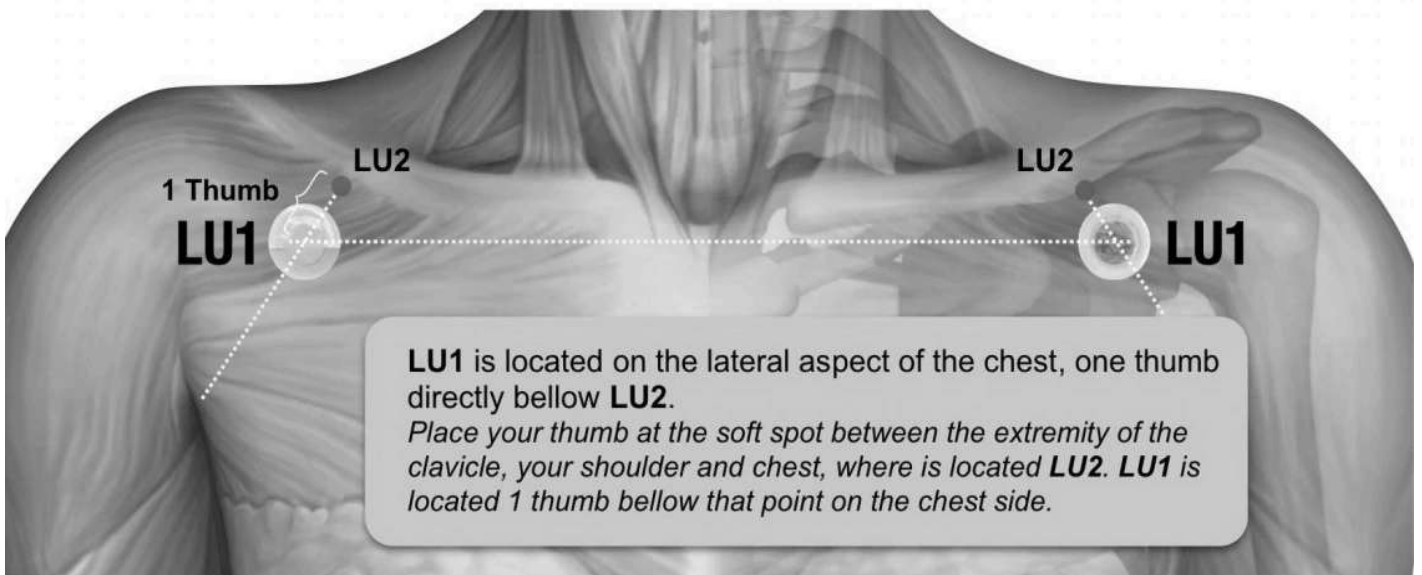
Norman was a "Social Smoker", not really into it but not able to get away from it either (*or that's what he was always telling us...*).

We had dinner as planned, and I didn't say anything about the test, and by the end of our dinner, Norman excused himself (*as usual*) and he showed his packet of smokes... and I asked if I could come along...

So, the three of us went to the smoking area, because as you may know, in Singapore there are very specific areas for those who choose to contaminate themselves and not others...

Before he lighted up, I asked him if he would like to make a quick test and he agreed...

He lighted up and made his first puff, then I placed one set of **ENERGY ENHANCER** at both sides of his chest at **LU1** Position:



He had a shirt on so, it was easy to place it directly to his skin...
He continued smoking while the patches were in place and he started noticing a change in the way his taste felt...

Then I placed one **GLUTATHIONE** Patch at **CV22**



CV22 is located at the Suprasternal Notch or also called the Jugular Notch, which is the large, visible dip in between the neck and the Clavicle or Collarbone.

*This is the same position I use for cases of **Cough**...*

And it was right there when Norman could not continue smoking...

He tried to smoke but he started to cough heavily and he felt disgusted by the taste of it... He felt like he couldn't inhale the smoke anymore he said, and the taste of it was horrible...

We all started laughing and that was it for Norman...

He stopped smoking after that day... He didn't feel like it was pleasant to smoke anymore he said...

That was the quickest test I've ever experienced since I started patching and I've ran it many times...

BUT

Not always I had the same results...

Some needed more days applying the same protocol to get to a point of not wanting to smoke any longer...

and to some others, didn't do anything at all...

and to me, after running it for so many years, my personal conclusion is this:

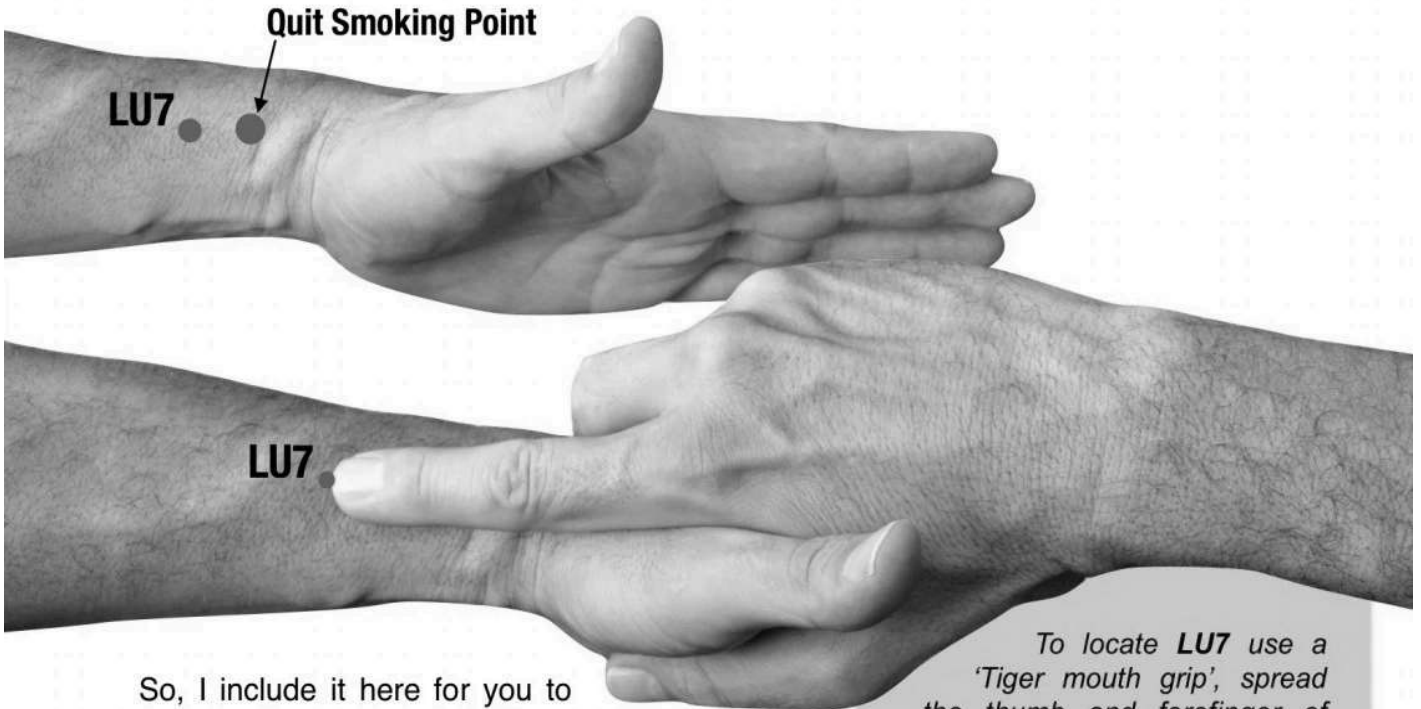
**To those who REALLY want to quit, their experience is extremely positive...
the great majority ended up quitting...**

However, for those who are not interested to quit smoking, almost no change was noticed...

and some felt it like the smoke was lighter that before...

So, it's a matter of testing on each case...

Now, this might be interesting to you, in Acupuncture there is a specific point called the "**Quit Smoking Point**", located at the wrist area next to **LU7** position...



So, I include it here for you to test how it works for you...

I suggest that you test the first protocol and perhaps you could add this as well:

ENERGY ENHANCER on **Quit Smoking Point - WRTL** - (Find **LU7** position and place the **EE White** patch right next to it following the image above)

To locate **LU7** use a 'Tiger mouth grip', spread the thumb and forefinger of both hands, crossing them so that the Index finger of your right hand comes to rest on the lower left arm, but avoiding bending the wrist. **LU7** is located directly below the tip of the Index finger in a V-shaped groove.

Then, place **GLUTATHIONE** on the **Quit Smoking Point - Right Side** Double Stacked or over the **EE White**

General Notes:

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Sneezing

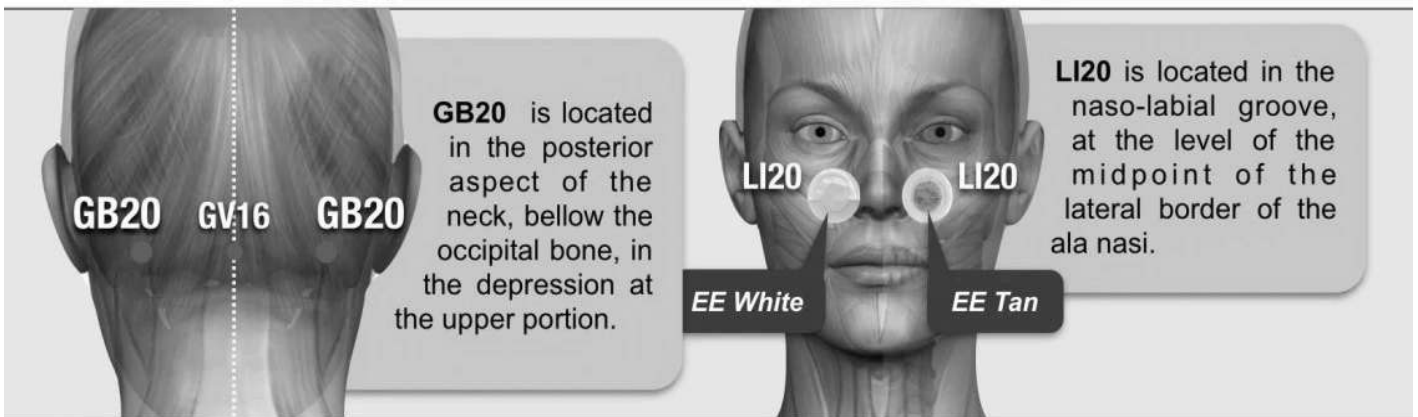
Sneezing is a sudden and uncontrolled burst of air through the nose and mouth, mainly due by itching inside the nose.

According to TCM, Sneezing is caused by **Yang Rising** fighting against external pathogens.

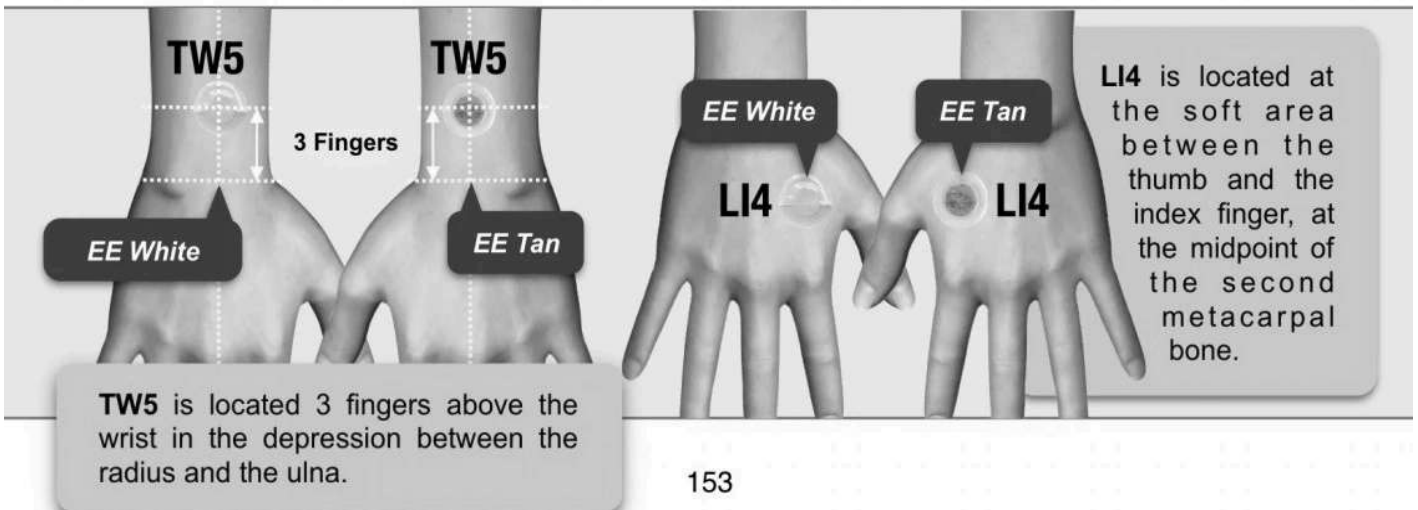
Here I include a useful **Patching Combination for Sneezing**.

Sneezing Patching Combination - Option #1 - (Bilateral)

Place the **GB20 & LI20** Combination:
ENERGY ENHANCER on **GB20 - WRTL**
ENERGY ENHANCER on **LI20 - WRTL**



Then, place the **TW5 & LI4** Combination:
ENERGY ENHANCER on **TW5 - WRTL**
ENERGY ENHANCER on **LI4 - WRTL**

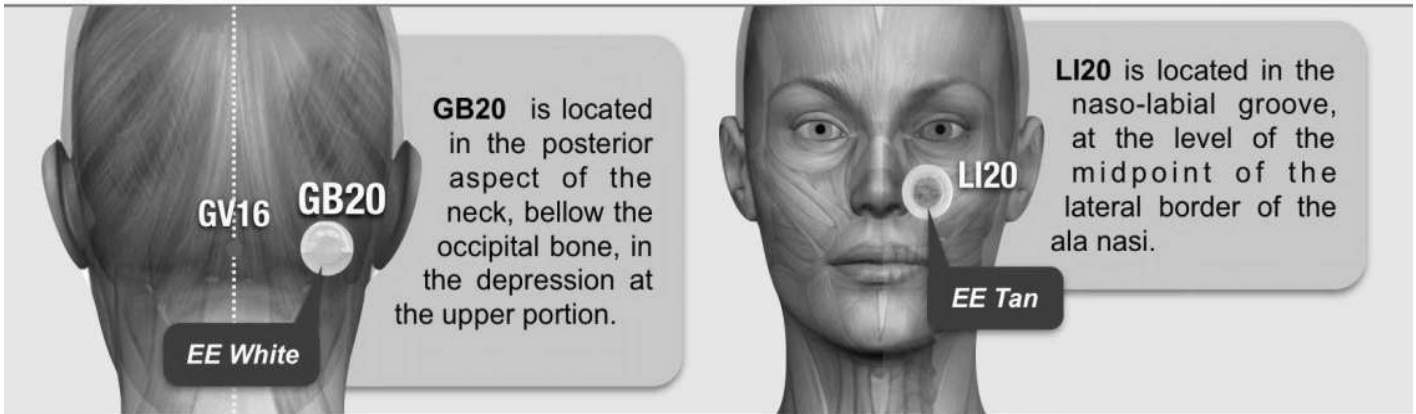


Sneezing Patching Combination - Option #2 - (Unilateral)

Place the **GB20 & LI20** Combination:

ENERGY ENHANCER White on **GB20 - Right Side**

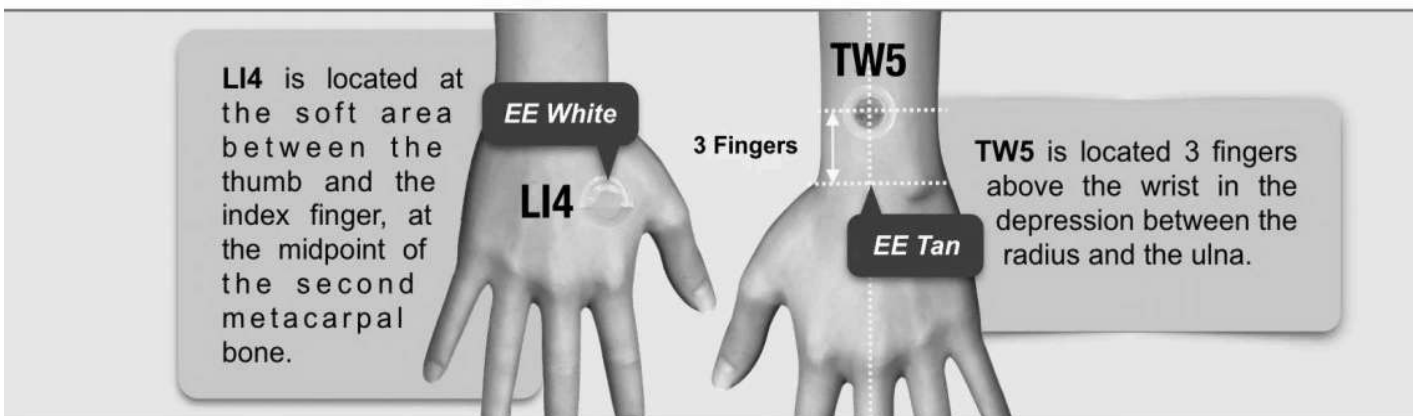
ENERGY ENHANCER Tan on **LI20 - Left Side**



Then, place the **TW5 & LI4** Combination:

ENERGY ENHANCER White on **LI4 - Right Side**

ENERGY ENHANCER Tan on **TW5 - Left Side**

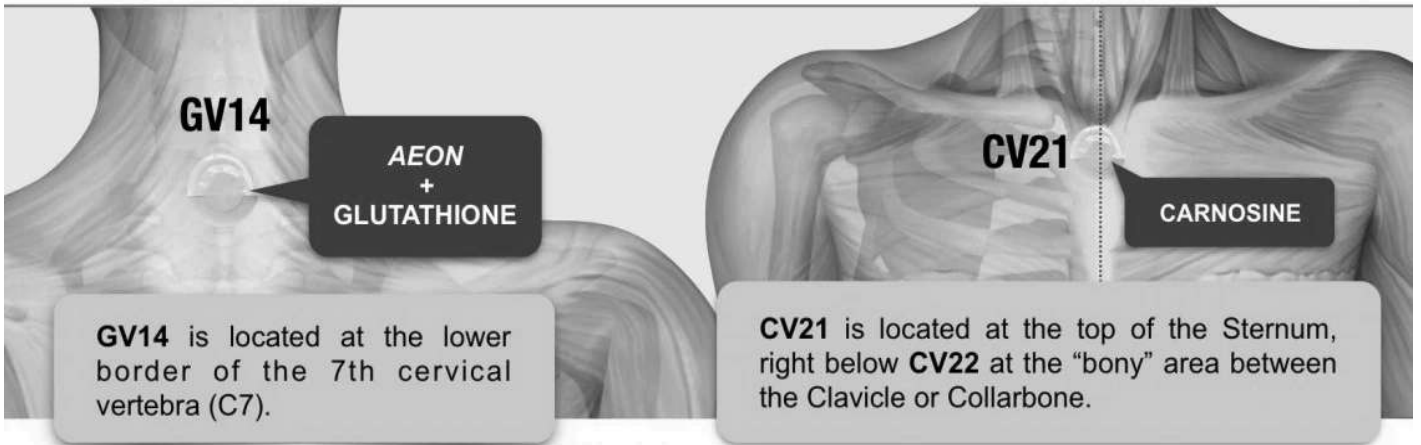


Note: Test which option is more favourable for your case.

Now, after placing any of the two options above continue in the way:

This protocol continues in the next page →

Place **AEON** and **GLUTATHIONE** together or Double Stacked on **GV14**
 Lastly, place **CARNOSINE** on **CV21**



General Notes:

- 1- Start patching once you need it and keep all patches on until the symptoms disappear or for a maximum of 24 hours.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Sore Throat

Here I include two very simple Patching Options for Sore Throat.

Sore Throat Patching Option 1

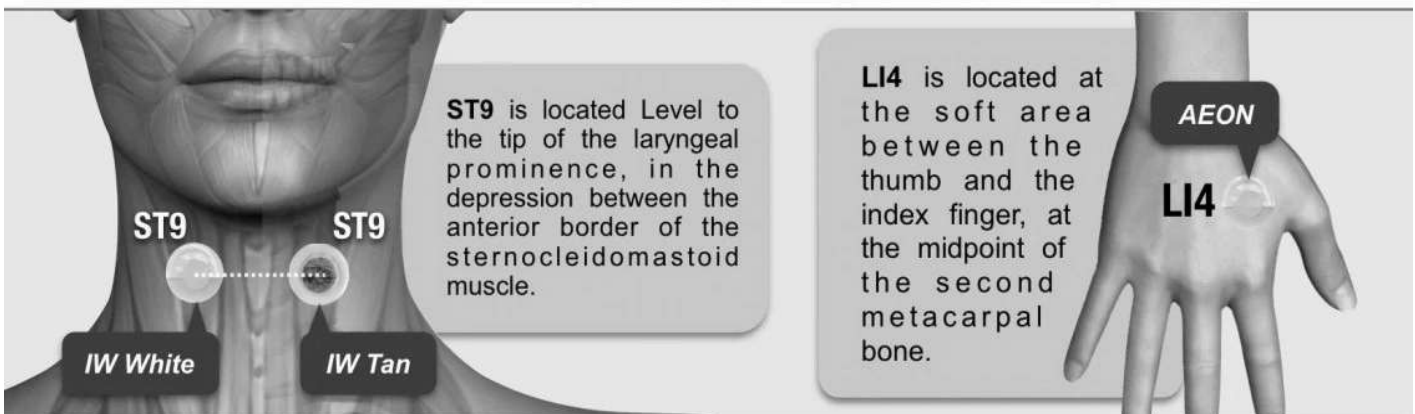
GLUTATHIONE or AEON on LI4 - Right Side
ENERGY ENHANCER on LU5 - WRTL

LU5 is located on the internal crease of the elbow, slightly to the outer side of the arm.



Sore Throat Patching Option 2

ICEWAVE on ST9 - WRTL
AEON on LI4 - Right Side



General Notes:

- 1- Start any of the options above once you need at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Stress

This is a new Patching Formulation that I've tested with great results for overall cases of Stress.

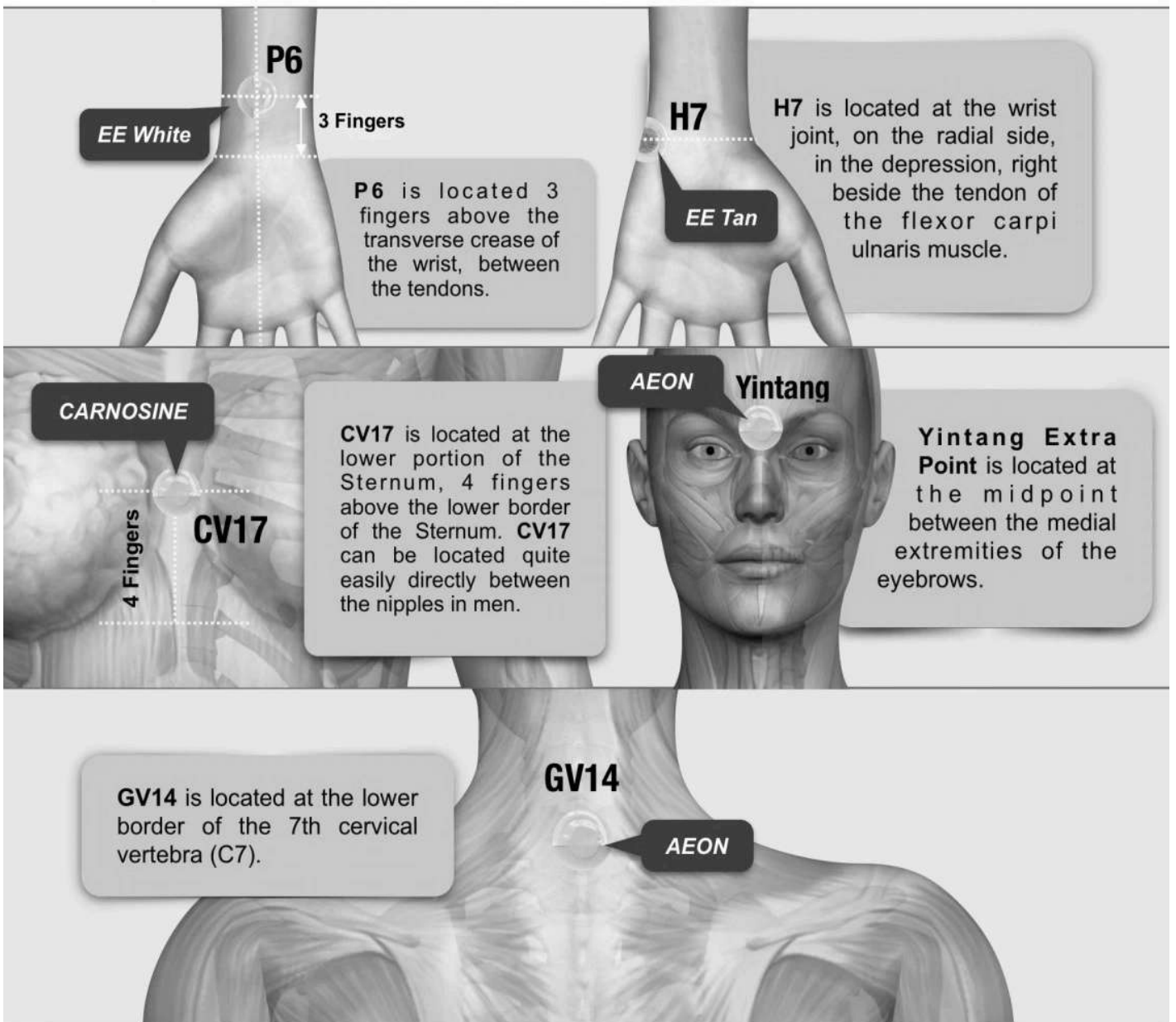
ENERGY ENHANCER White on **P6 - Right Side**

ENERGY ENHANCER Tan on **H7 - Left Side**

CARNOSINE on **CV17**

AEON on **Yintang Extra Point**

AEON on **GV14**



Practical Recommendation:

Start this Stress Protocol preferably in the morning, like 8am for example, or at any time you think you might need it really...

Try to run it for the whole day if you can so, the patches can do what they do for fare good amount of time...

Now, as you can see, all points are pretty much "Hidden" and you could use this protocol even if you go out, or during any social/work activity. The only point will be **Yintang Extra Point**, so, just remove that point if you need to go out and try to place it again once you are back home...

Lastly, you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all Y-Age patches on till next day.

General Notes:

- 1- Start any of the options above once you need at any time of the day.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Vaginal Infection – Vulvovaginitis

I'm very pleased to include this protocol here because it showed great results.

Vaginal infections are one of the most common types of infection in the world. More than 80% of women will experience some type of vaginal infection during their lives.

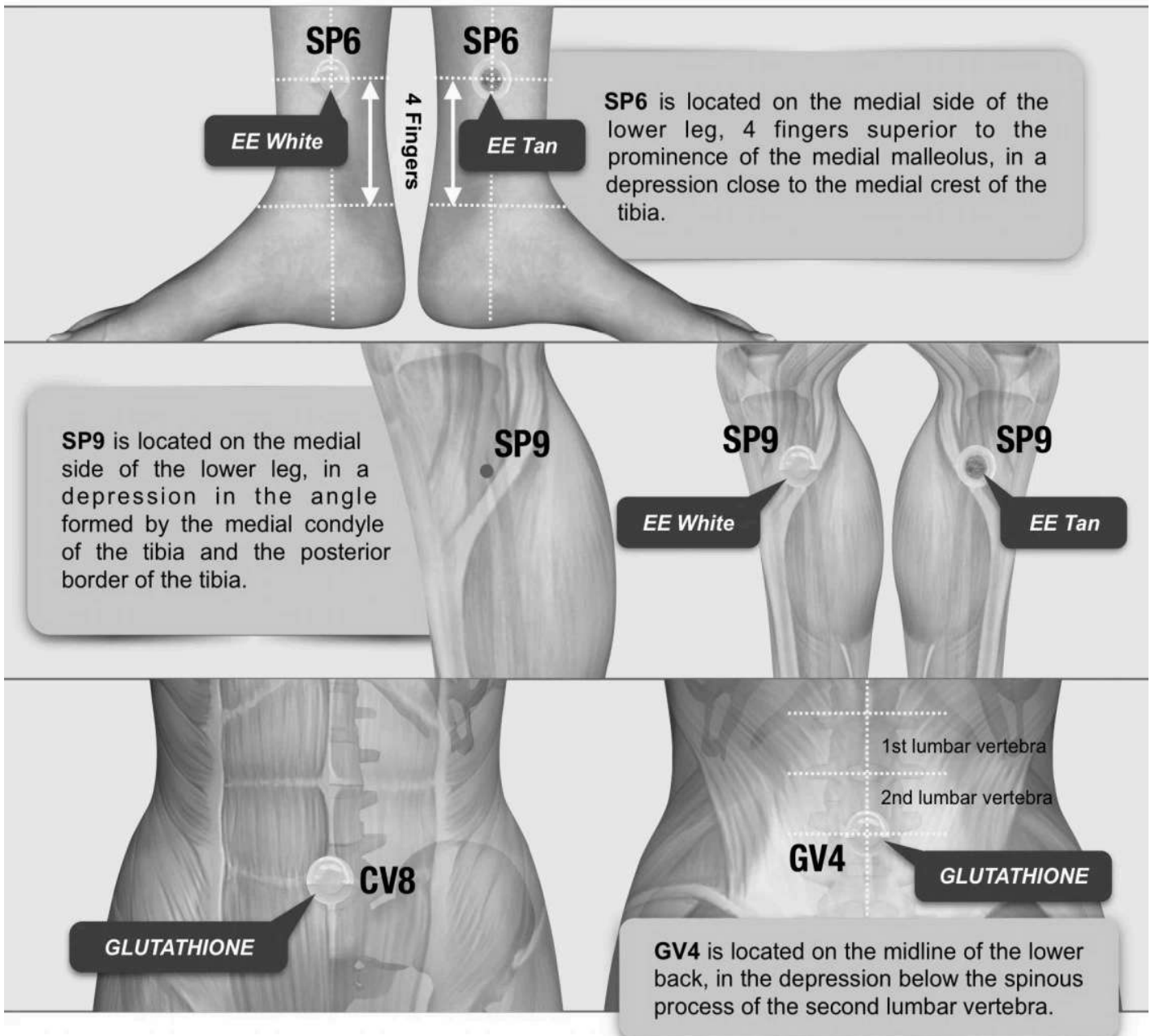
ENERGY ENHANCER on **SP6 - WRTL** - Wear for 24 hours.

ENERGY ENHANCER on **SP9 - WRTL** - Wear for 24 hours.

GLUTATHIONE on **CV8** - Wear for 24 hours.

GLUTATHIONE on **GV4** - Wear for 24 hours.

Final note: You might see results within 24~48 hours.



Results of This Protocols Told By One Of Patching Protocol Members:

"I'm using this Protocol together with Theta One.

Due to my age - 63 - my mucosa in my vagina was thin, dry and pale. It gave me severe pain - even when my doctor tried to touch me just with a little cotton-roled-stick for example with salt water.

Now, as you know Theta One is good for blood circulation and in some cases help men with their erection and sexual performance.

So, I thought, if it helps increasing blood circulation with men, it will also increase blood circulation in the mucosa of my vagina.

Therefore I combined the Vulvovaginitis protocol with Theta One. Every month - sometimes third month - my doctor looked at thickness, colour and sensitivity of my mucosa. He knew that I was using the patches and Theta One. I had this painful condition many years and was told there was nothing to do about it.

Slowly by using the patches and Theta One every day my mucosa changed and I think it was after about one half year that it was absolutely normal - as you would see it with a 20-year old woman (my doctors words).

The mucosa is now thick, normal red colour, and not dry any longer - and no pain at all - even if the doctor made a normal examination of the vagina."

This is a portion of an email sent by one of our members telling me the results she had with this protocol and how she added her own ideas to it... Great Stuff!!

Thank you Nina for sharing your results!.

General Notes:

- 1- Start patching once you need it and keep all patches on until the symptoms disappear or for a maximum of 24 hours.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

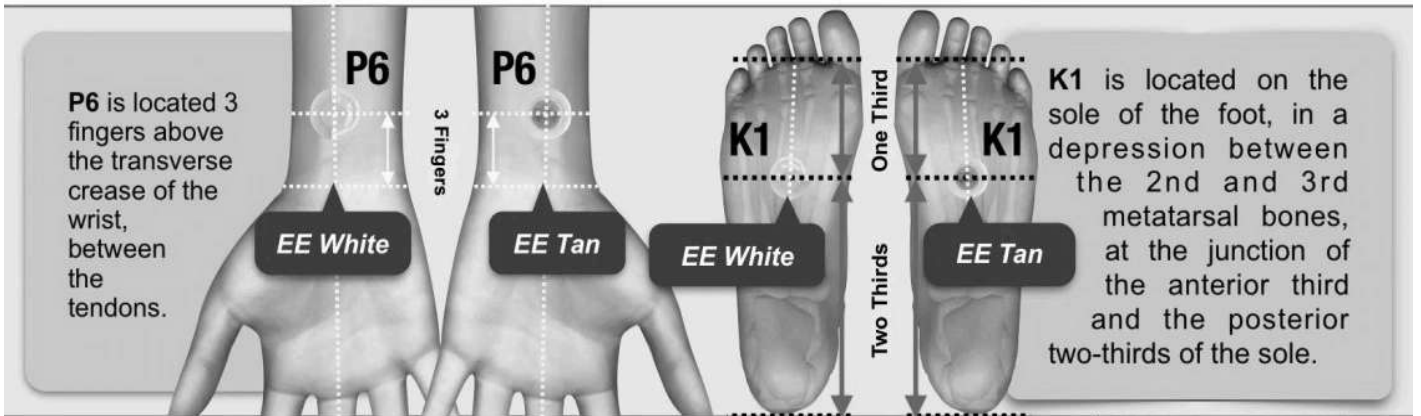
Vertigo

I'm including this simple yet effective Vertigo Protocol shared to me by a Senior Advisers who successfully used on relatives, friends and clients.

ENERGY ENHANCER on **P6** - WRTL

ENERGY ENHANCER on **K1** - WRTL

AEON on **GV14**



General Notes:

- 1- Start patching once you need it and keep all patches on until the symptoms disappear or for a maximum of 24 hours.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

CHAPTER 6:

Advanced Protocols

Anemia	Ear Infection
Acne Rosacea	Eczema
Acne Vulgaris	Fibroid or Myoma Uteri
Anger & Frustration	Fibromyalgia
Asthma (Advanced)	Glaucoma
Autism & ADD	Herpes Zoster
Bell's Palsy	Irritability
Blood Circulation (Improving)	Libido
Bronchitis	Macular Degeneration
Diabetes	Menstruation - (Improving Menstrual Cycle)
Diabetes - Mr. Kok's Variation Protocol	Parkinson's
Cataract	Prostate
Conjunctivitis	Restless Legs
Constipation Series	Stroke
Cough (Chronic Cases)	Tinnitus
Cystitis	

*When I started planning this book I thought to just concentrate on the most simple approaches to patching and not to include (at least at this book) the **Advanced Protocols Section**. Well, I did ask many of our members to suggest which Protocols they would like to have inside this book and guess what... many suggested a list of Very Advanced Stuff...*

*So, **What's the difference with all the other Protocols?**, you may ask... It actually goes from Point Selection, to how the Patches are combined, and to me most importantly, the Concept of how to approach each Condition... You will see the explanations I include in some Protocols.*

At this section you have a compendium of some of the best content we have inside PatchingProtocol.com.

Anemia

Blood Deficiency would be the closest term in TCM (*Traditional Chinese Medicine*) that we could actually relate to **Anemia**. However, Blood Deficiency in Chinese Medicine is a much broader concept.

According to the literature, there are two major patterns of blood disharmony: **Blood Deficiency** and **Blood Stasis**.

I've formulated this particular protocol based on one of those blood disharmonies, **Blood Deficiency**.

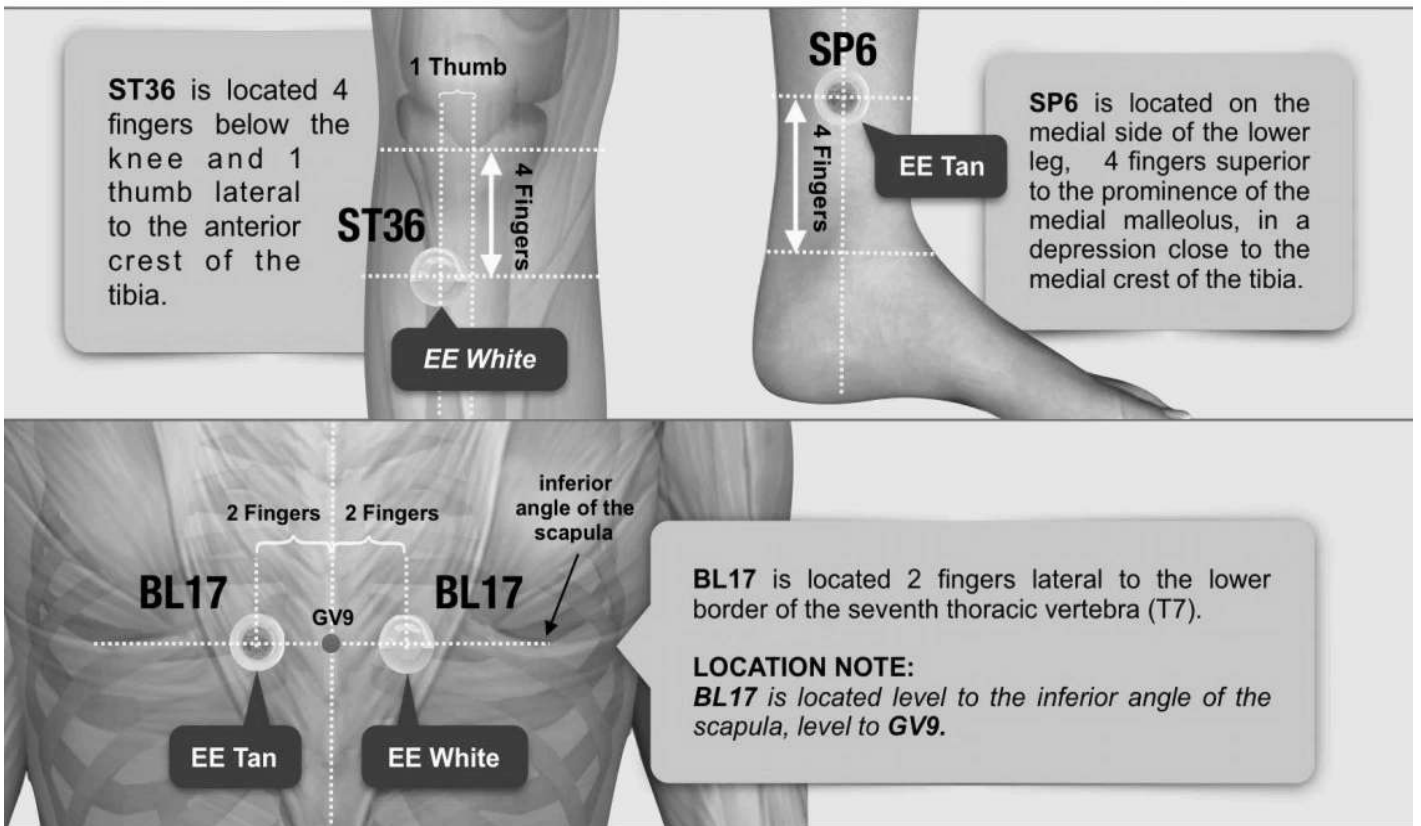
It's important to note that extreme emotional states such as depression, sadness and fear may result in blood deficiency. An imbalanced diet, hunger, excessive thirst, excessive consumption of salt may also lead to blood deficiency.

Anemia (Blood Deficiency) Protocol - DAY 1 - During the Day

ENERGY ENHANCER White on **ST36** - Right Side

ENERGY ENHANCER Tan on **SP6** - Left Side

ENERGY ENHANCER on **BL17** - WRTL

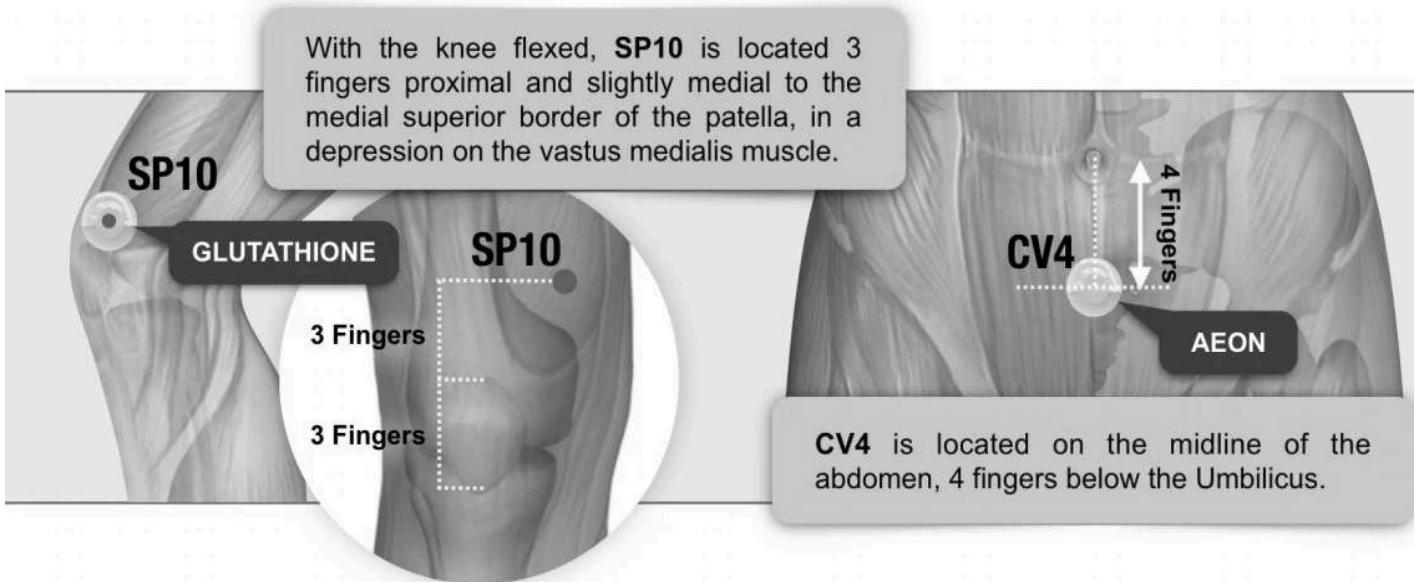


Anemia (Blood Deficiency) Protocol - DAY 1 - During the Day - *Continue*

Lastly, add the following:

GLUTATHIONE on **SP10** - Right Side

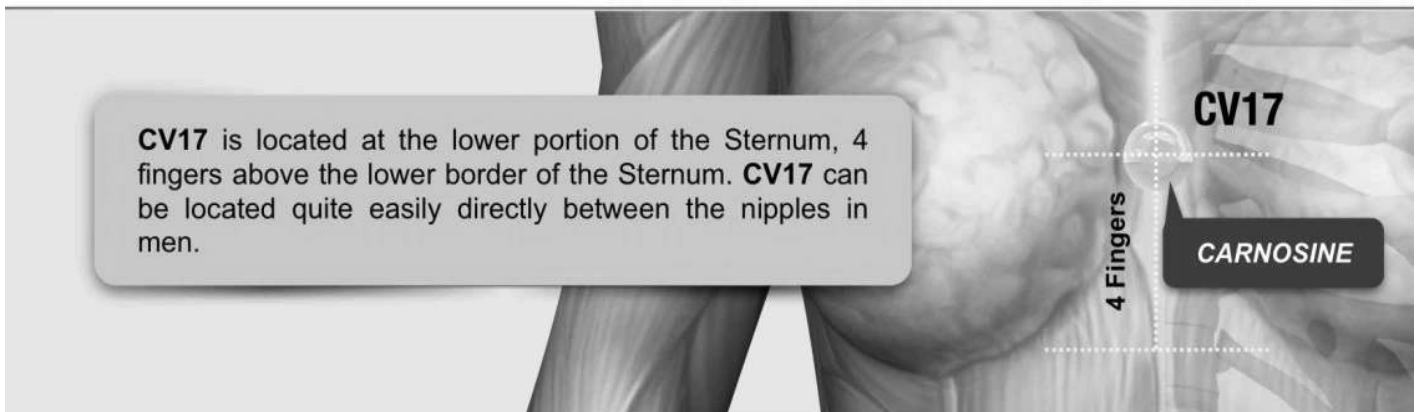
AEON on **CV4**



Anemia (Blood Deficiency) Protocol - DAY 1 - At Evening Time

Remove all daily patches in the evening and place:

CARNOSINE on **CV17** during the night until next morning.



Anemia (Blood Deficiency) Protocol - DAY 2 - During the Day

ENERGY ENHANCER White on **ST36** - Right Side

ENERGY ENHANCER Tan on **SP10** - Left Side

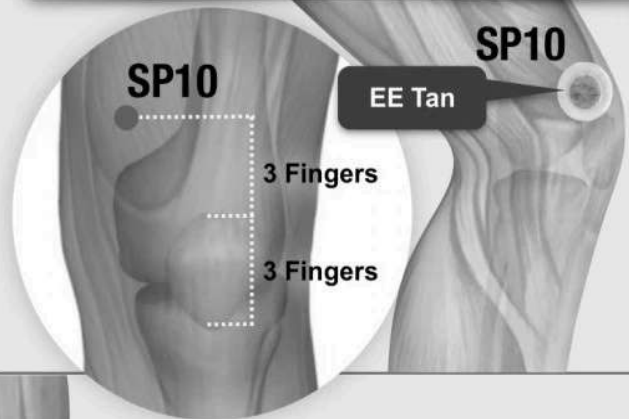
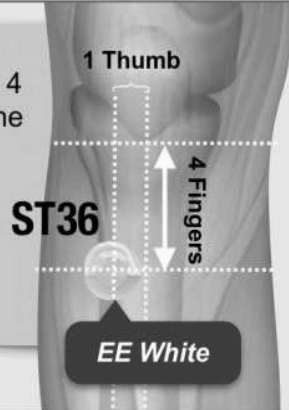
ENERGY ENHANCER on **BL17** - WRTL

GLUTATHIONE on **SP6** - Right Side

AEON on **CV6**

With the knee flexed, **SP10** is located 3 fingers proximal and slightly medial to the medial superior border of the patella, in a depression on the vastus medialis muscle.

ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.



BL17

EE Tan

EE White

BL17

inferior angle of the scapula

2 Fingers

2 Fingers

GV9

BL17 is located 2 fingers lateral to the lower border of the seventh thoracic vertebra (T7).

LOCATION NOTE:

BL17 is located level to the inferior angle of the scapula, level to **GV9**.

SP6 is located on the medial side of the lower leg, 4 fingers superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.

SP6

4 Fingers

GLUTATHIONE

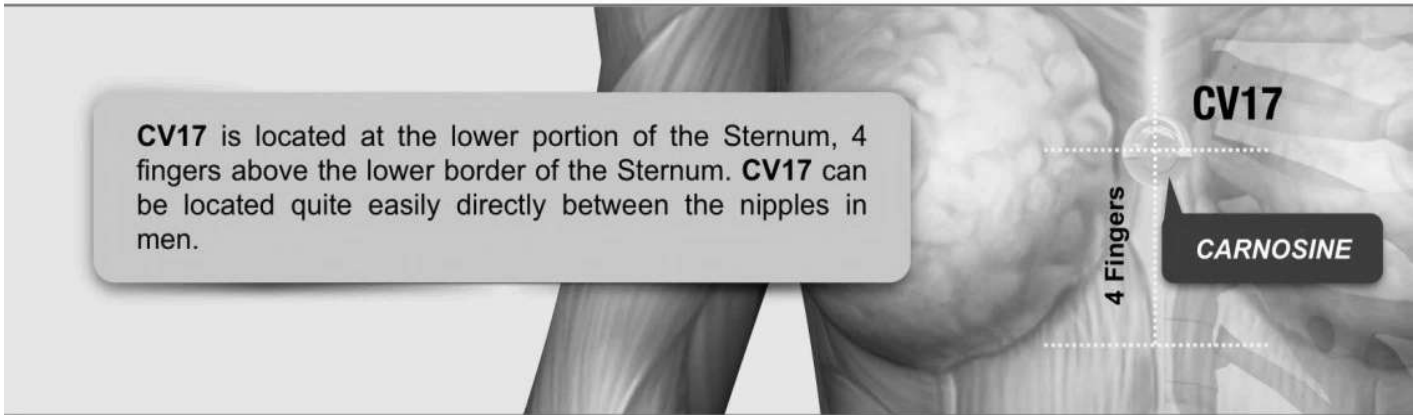


CV6 is located on the midline of the abdomen, 2 fingers below the Umbilicus.

Anemia (Blood Deficiency) Protocol - DAY 2 - At Evening Time

Remove all daily patches in the evening and place:

CARNOSINE on **CV17** during the night until next morning.



- *You can repeat the above procedure for 6 consecutive days and rest for a day or two and continue right after. It will all depend on your actual situation at that point.*
- *Lastly, please consider running a full 3 cycles of the Classic 5 Days Detox at some point. Also, remember that imbalanced diets, hunger, excessive thirst, excessive consumption of salt may also lead to blood deficiency.*

General Notes:

- 1- Start patching once you need it.
- 2- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Acne Rosacea

Before you start, you could also refer to the **Acne Vulgaris Protocol**, included next to this protocol, for another variation of this common condition.

So, let me give some background info here...

The Difference Between Acne Vulgaris & Acne Rosacea

***Acne Vulgaris** is associated with plugging of the ducts of the oil glands, resulting in blackheads and pimples on the face and sometimes also the back, shoulders or chest. **Acne Rosacea**, on the other hand, seems to be linked to the vascular network of the central facial skin and causes redness, bumps, pimples and other symptoms that rarely go beyond the face.*

Main Differences:

- **Acne Vulgaris** peak prevalence is between middle and late teenage years, generally improves with sunshine and it can affect chest and back.
- **Acne Rosacea** peak prevalence result in people aged between 40 and 70, it may worsen with sunshine and it's usually limited to the face.

How Traditional Chinese Medicine View Acne Rosacea:

Acne Rosacea starts primarily as accumulation of Heat in the Lungs and Stomach, perhaps due to alcohol, indigestion, endocrine imbalance, and persistent external climate acting upon the skin, such as working under high temperature, sunburn, and exposure to wind.

As the condition progresses, the redness becomes darker and capillaries become dilated (called telangiectasia). This is the development of Heat in the Blood.

Patching Procedure for Acne Rosacea (Initial Stage)

STEP #1: To start off, I strongly suggest to read carefully the next Chapter of this Book: **"How To Start Patching Any Complicated Situation"** at **Page 296**.

I tend to think that by running those suggested **4 Steps Procedure**, some noticeable results could be achieved because we are attempting to deal with major imbalances first, before moving to a more specific approach.

So, after running **Step #1** above, continue with **Step #2** for a more specific approach to **Acne Rosacea**.

STEP #2: Run this specific protocol for Acne Rosacea (Initial Stage):

BASE PROTOCOL:

Acne Rosacea Protocol - DAY 1 - During The Day

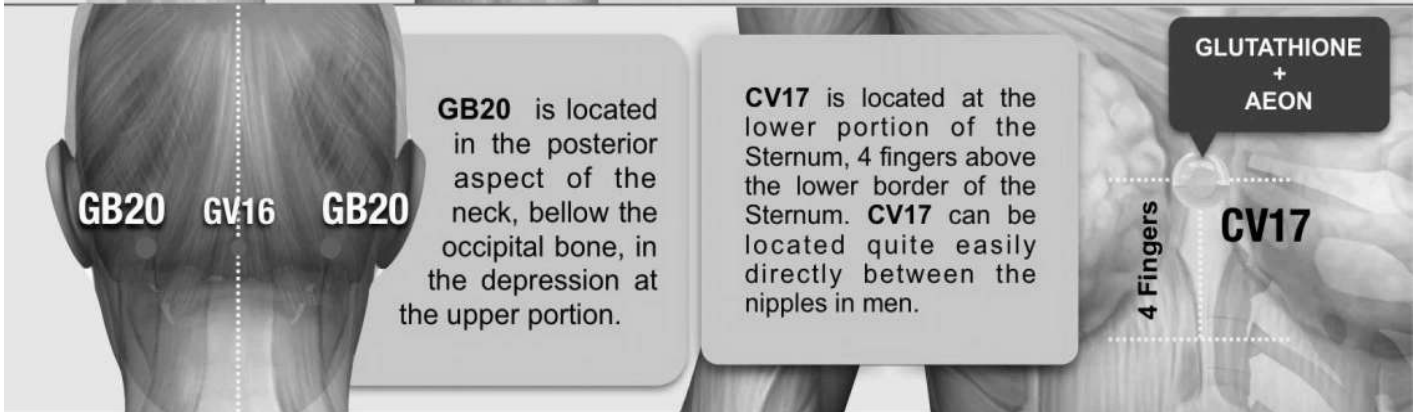
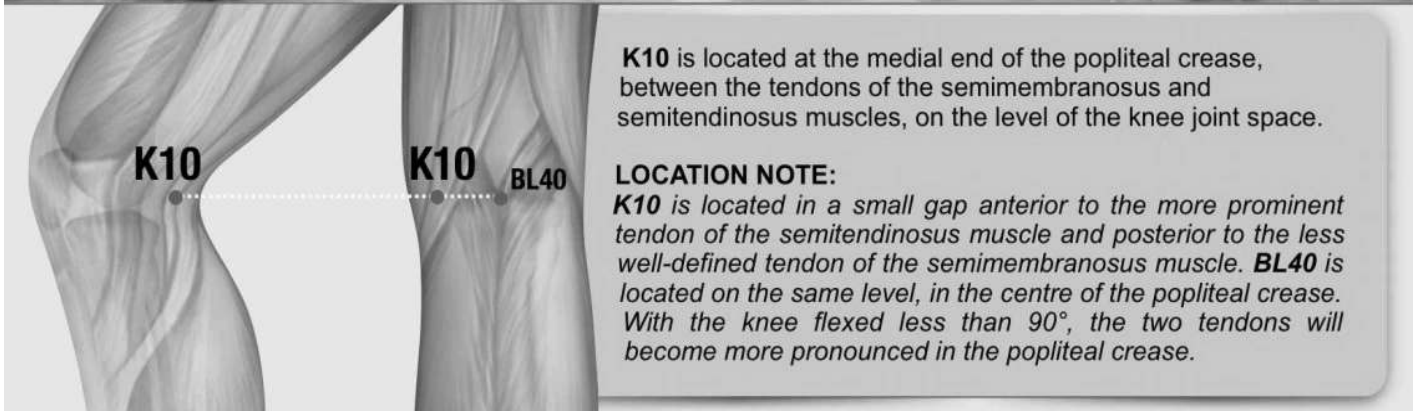
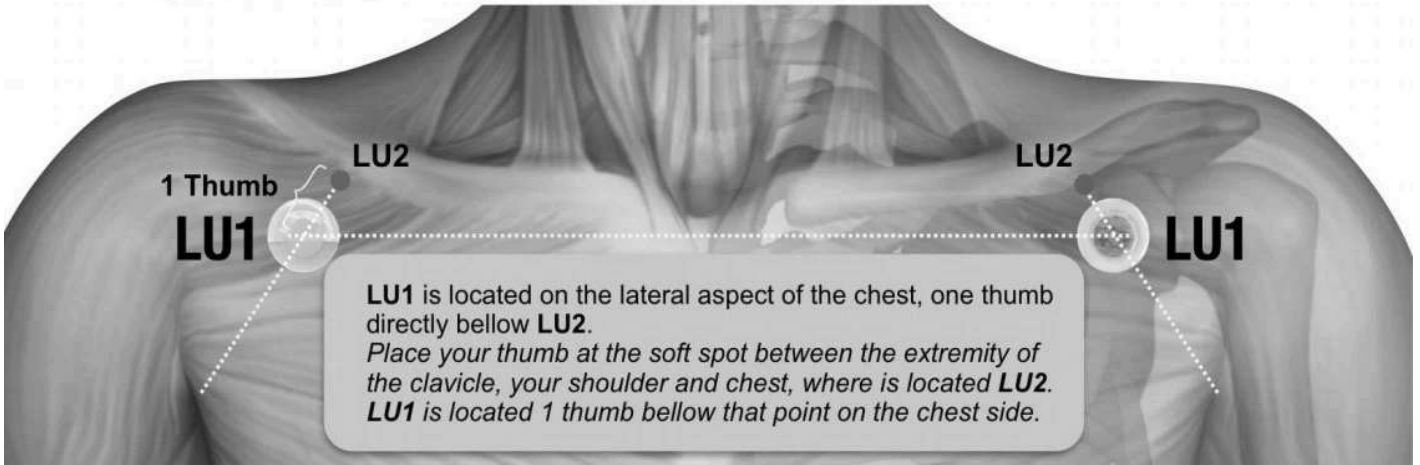
ENERGY ENHANCER on **LU1 - WRTL** (This point is to tonify Lung Yin).

ENERGY ENHANCER on **K10 - WRTL** (This point is to tonify Kidney Yin).

ENERGY ENHANCER on **GB20 - WRTL** (This point is to reduce Wind).

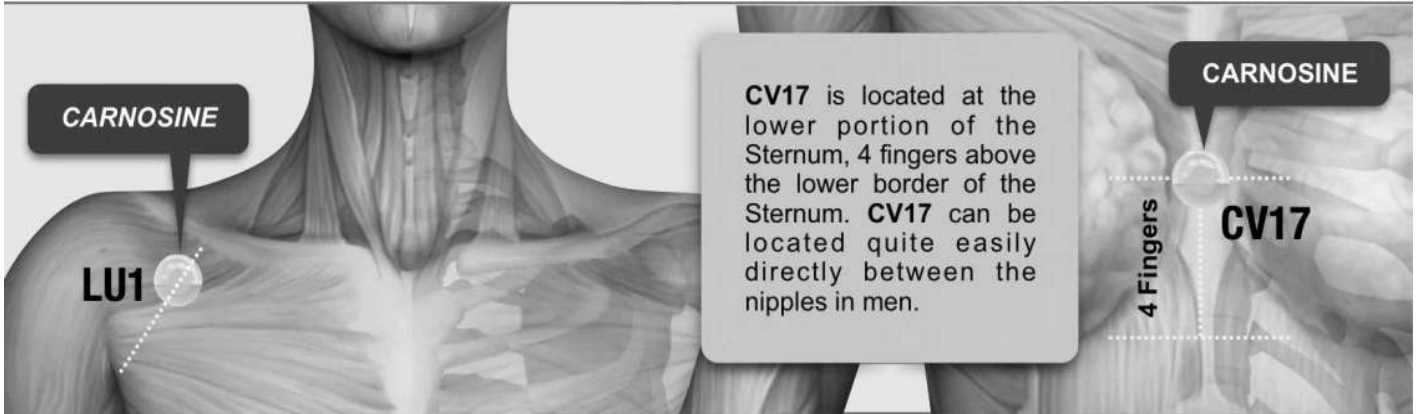
GLUTATHIONE + AEON Double Stacked or both together on **CV17**

(I include the point because **CV17** is considered by many the **Master Point** for the respiratory organs and the skin).



Acne Rosacea Protocol - DAY 1 - During The Night

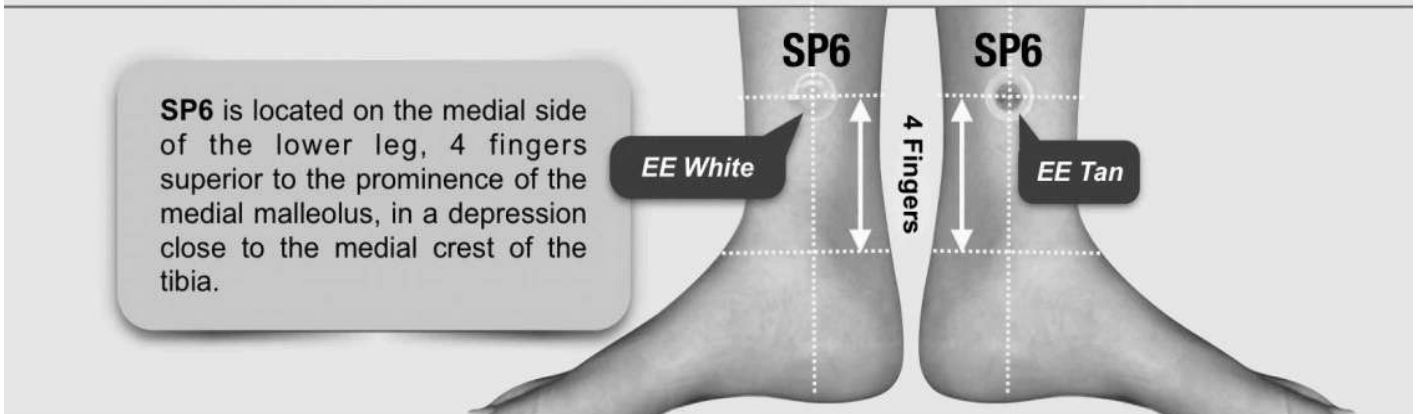
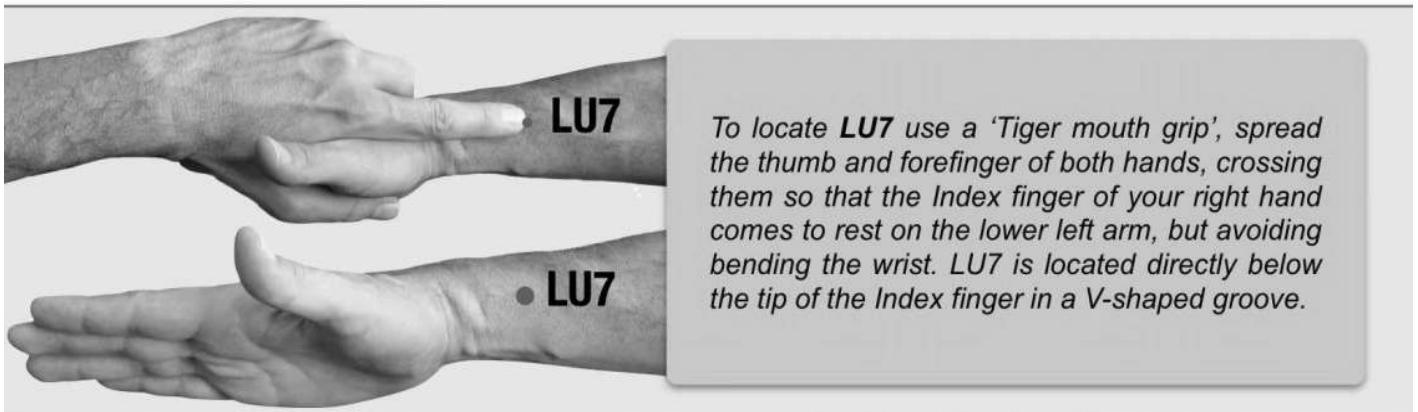
Remove all patches in the evening and place a **CARNOSINE** on **LU1 - Right Side** till the following morning and perhaps test by adding a second **CARNOSINE** on **CV17** also till the following morning.



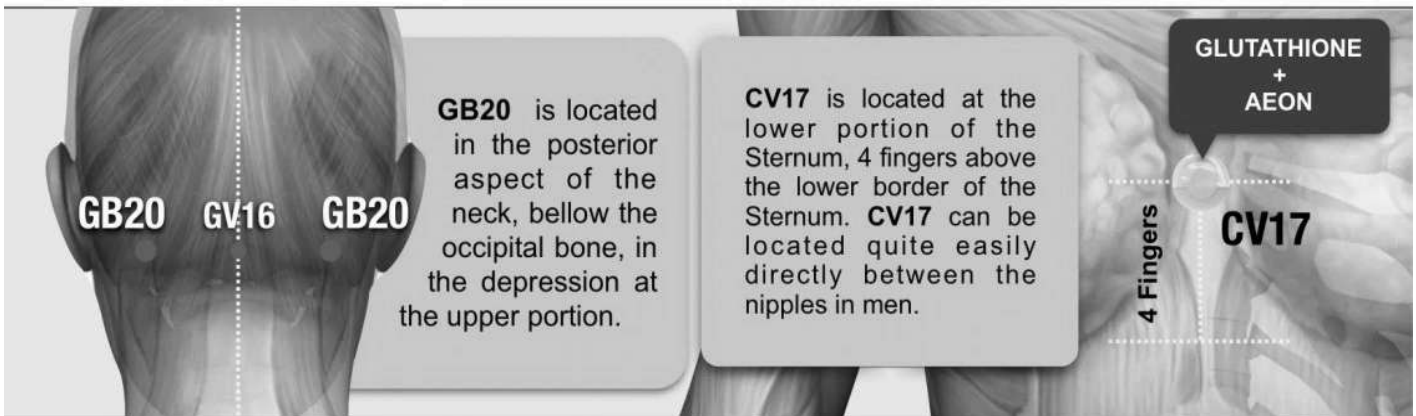
Acne Rosacea Protocol - DAY2 - During The Day

ENERGY ENHANCER on **LU7 - WRTL** (This point is to tonify Lung Yin).

ENERGY ENHANCER on **SP6 - WRTL** (This point is to help with Wind-Heat).

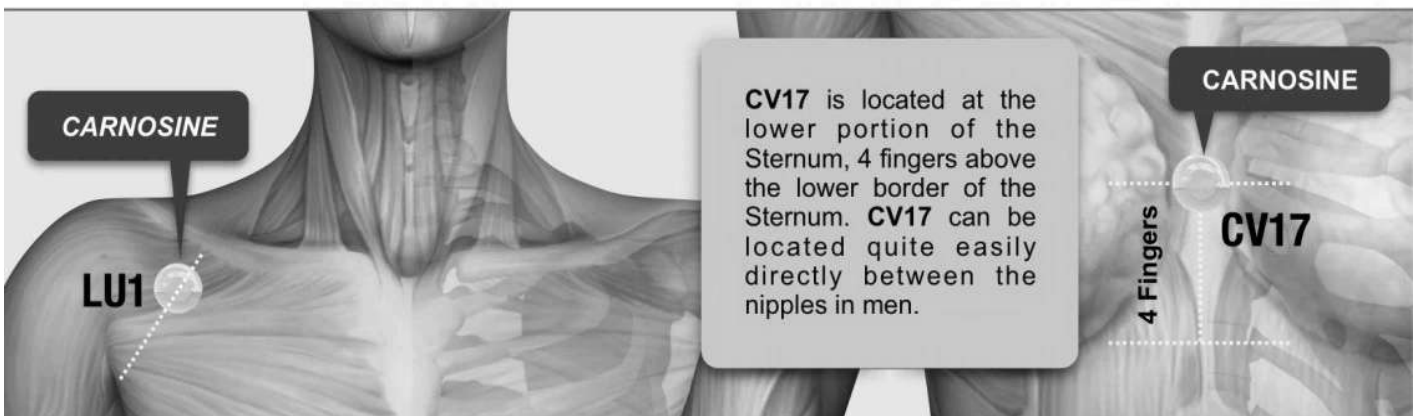


Then, place **ENERGY ENHANCER** on **GB20 - WRTL** (*This point is to reduce Wind*).
GLUTATHIONE + AEON Double Stacked or both together on **CV17**



Acne Rosacea Protocol - DAY 2 - During The Night

Remove all patches in the evening and place a **CARNOSINE** on **LU1 - Right Side** till the following morning and perhaps test by adding a second **CARNOSINE** on **CV17** also till the following morning.



VERY IMPORTANT:

I strongly suggest to drink water throughout the day and avoid **Coffee, Alcohol, Sugar** of any king, **Dairy Products** of any king and **Flour Products** of any kind like Bread, Pasta etc etc, during the time you intend to run the above procedure. (*This is Very, Very Important!*).

General Notes:

- 1- Start patching once you need it.
- 2- The above Specific protocol for Acne Rosacea is suggested in a 2 days step and wearing all above protocol for 2 consecutive days is considered 1 Cycle.
- 3- Repeat the procedure as long and as many times needed.
- 4- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Acne Vulgaris

Acne Vulgaris, or simply acne, is a common condition of the hair follicles and sebaceous glands during adolescence. It affects mainly the face, the chest and the back.

According to TCM, Acne results mostly when there is Heat in the blood in the Lung Meridian, and the Heat steams the face. It may also result when improper diet, with overindulgence in fatty, sweet or spicy foods, induces Heat accumulation in the spleen and the stomach. It is most prevalent in adolescents. Both sexes are affected, but males more so than females. In general, it resolves spontaneously when adolescence has passed.

How traditional Chinese medicine view Acne Vulgaris:

Thick oily skin due to dampness in Lung and perhaps Spleen.

Deep scars which remain after healing, making skin very uneven signifies Yin Deficiency and the fluid being too thick.

Poor elimination of skin or Lung and perhaps Large Intestine Chi deficiency.

Patching Procedure for Acne Vulgaris

STEP #1: To start off, I strongly suggest to read carefully the next Chapter of this Book: “**How To Start Patching Any Complicated Situation**” at **Page 296**.

I tend to think that by running those suggested **4 Steps Procedure**, some noticeable results could be achieved because we are attempting to deal with major imbalances first, before moving to a more specific approach.

So, after running **Step #1** above, continue with **Step #2** for a more specific approach to **Acne Vulgaris**.

This protocol continues in the next page →

STEP #2: Run this Base Protocol for Acne Vulgaris:

Acne Vulgaris - DAY 1 - During The Day

ENERGY ENHANCER on **LU5 - WRTL** *(This point is to reduce dampness).*

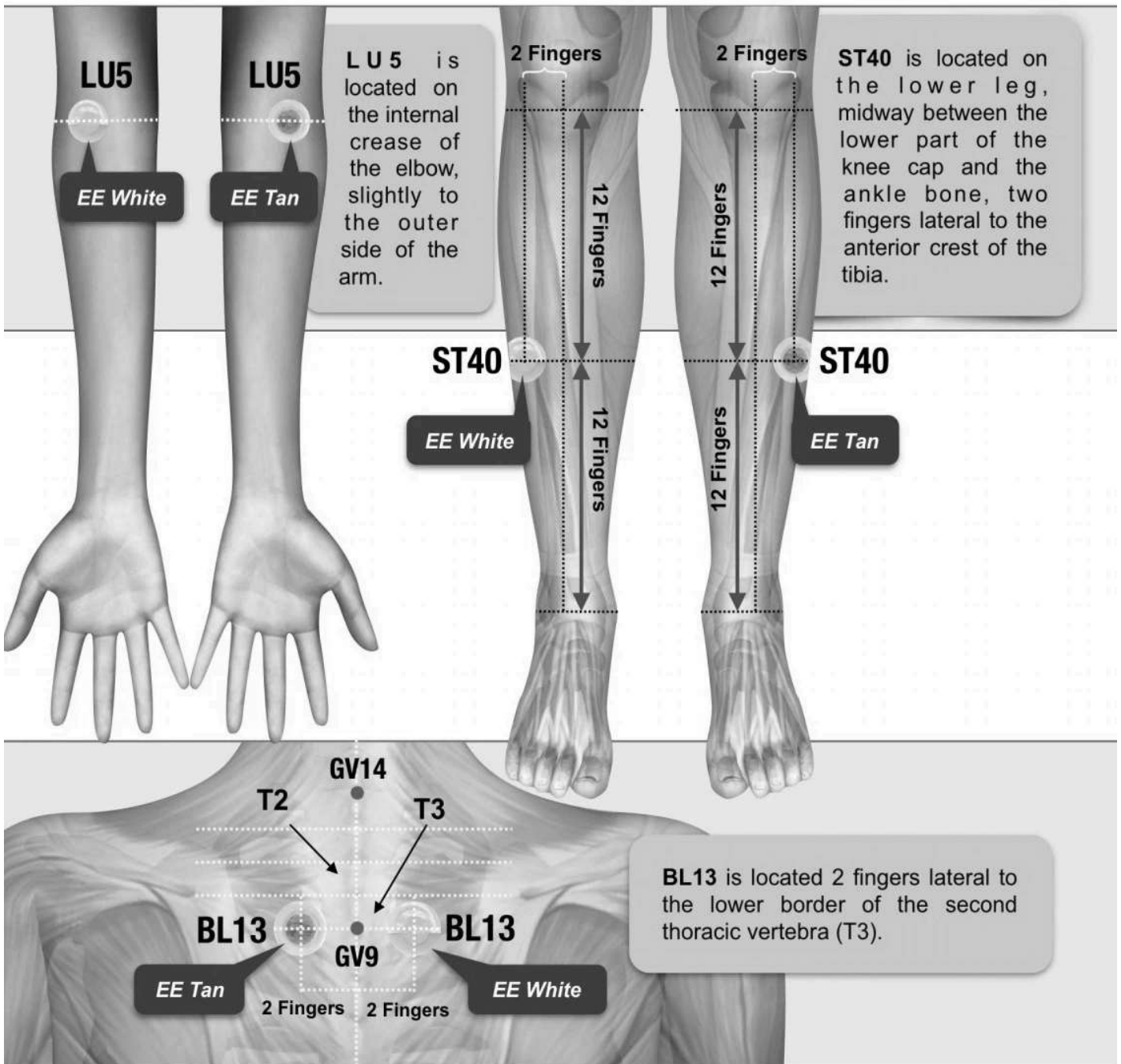
ENERGY ENHANCER on **ST40 - WRTL**

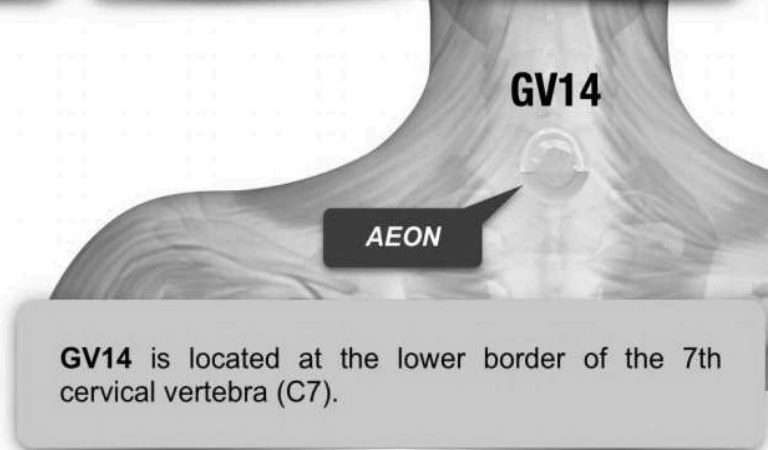
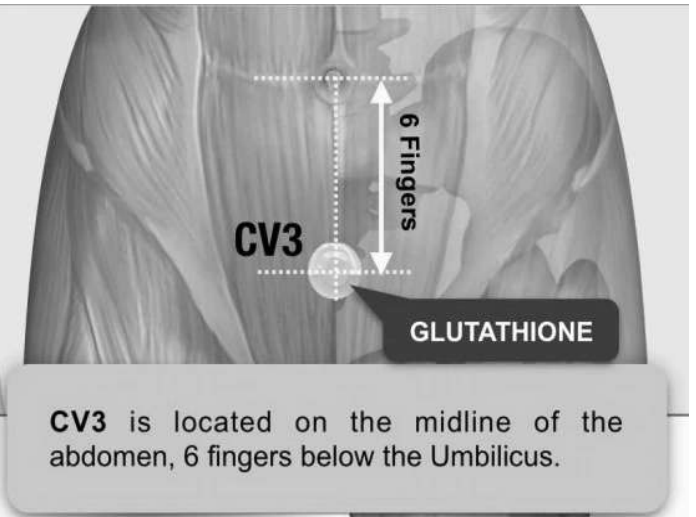
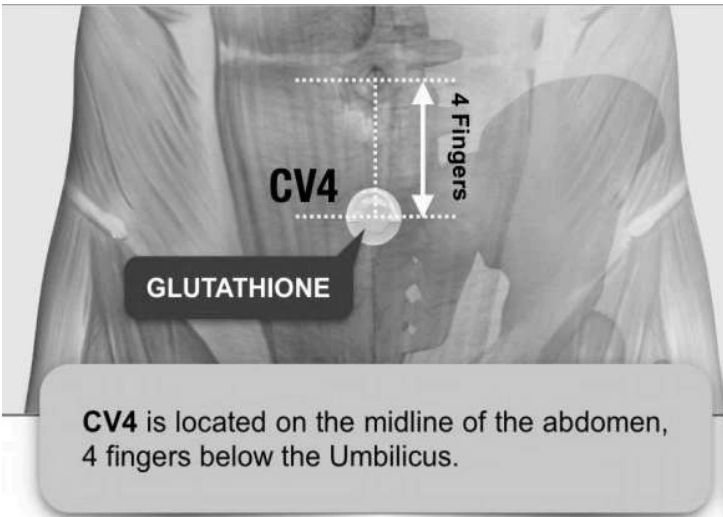
ENERGY ENHANCER on **BL13 - WRTL**

(Both these points are suggested to Improve circulation)

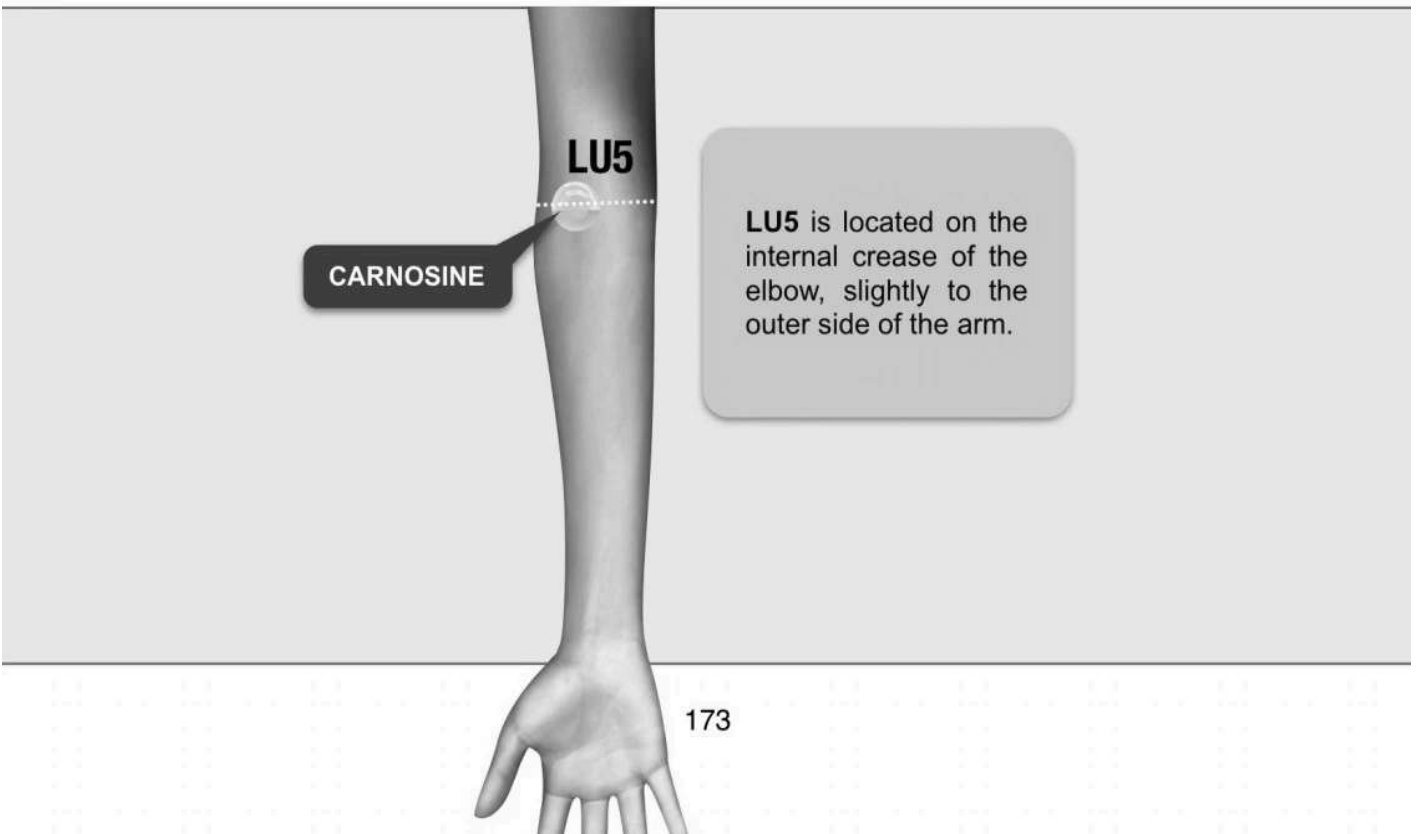
GLUTATHIONE on **CV4 for Male** and **CV3 for Female**

AEON on **GV14**





Acne Vulgaris - DAY 1 - During The Night



Remove all patches in the evening and place a **CARNOSINE** on **LU5 - Right Side** till the following morning.

Acne Vulgaris - DAY2 - During The Day

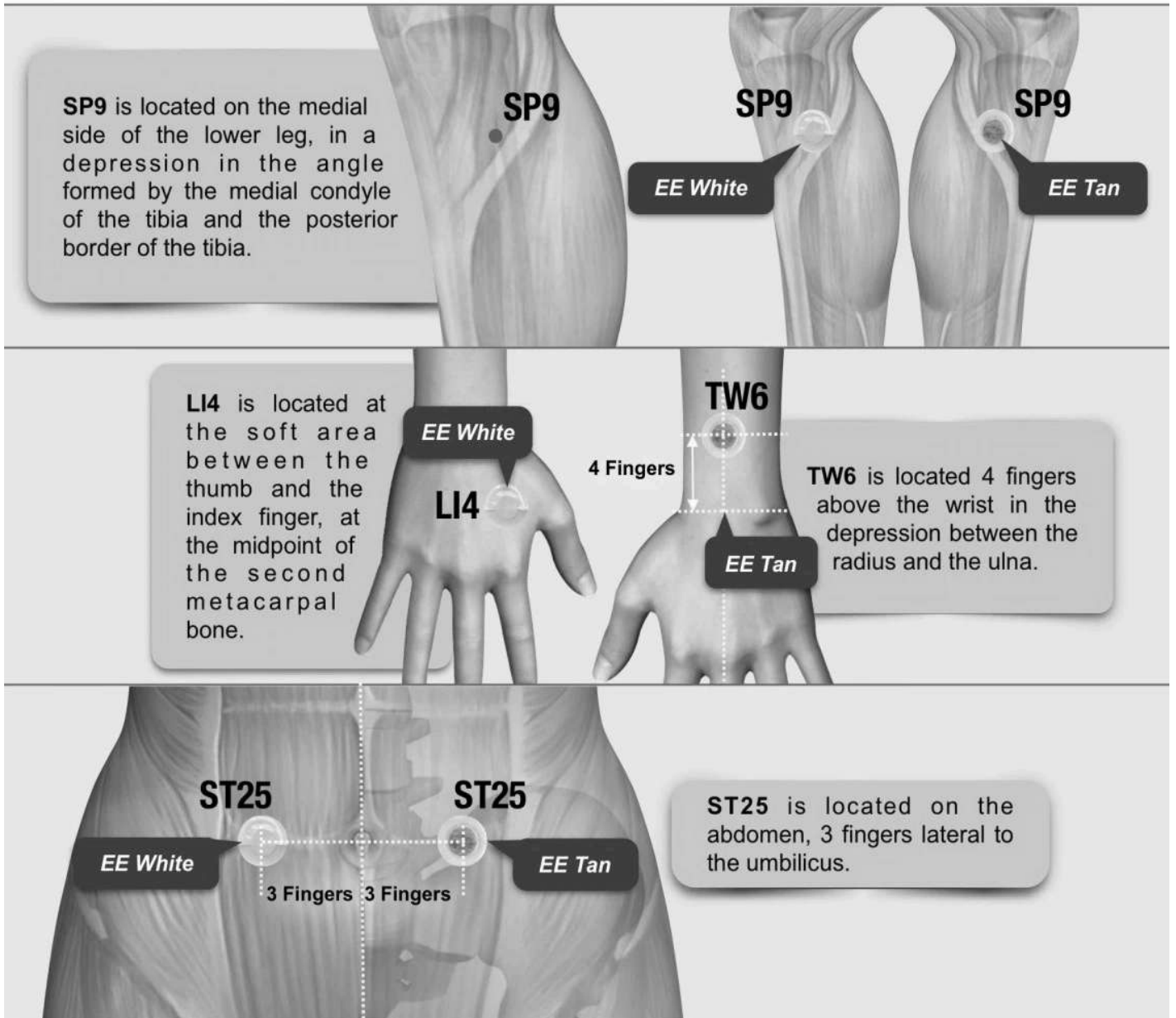
ENERGY ENHANCER on **SP9 - WRTL** *(This point is to reduce dampness).*

ENERGY ENHANCER WHITE on **LI4 - Right Side**

ENERGY ENHANCER TAN on **TW6 - Left Side**

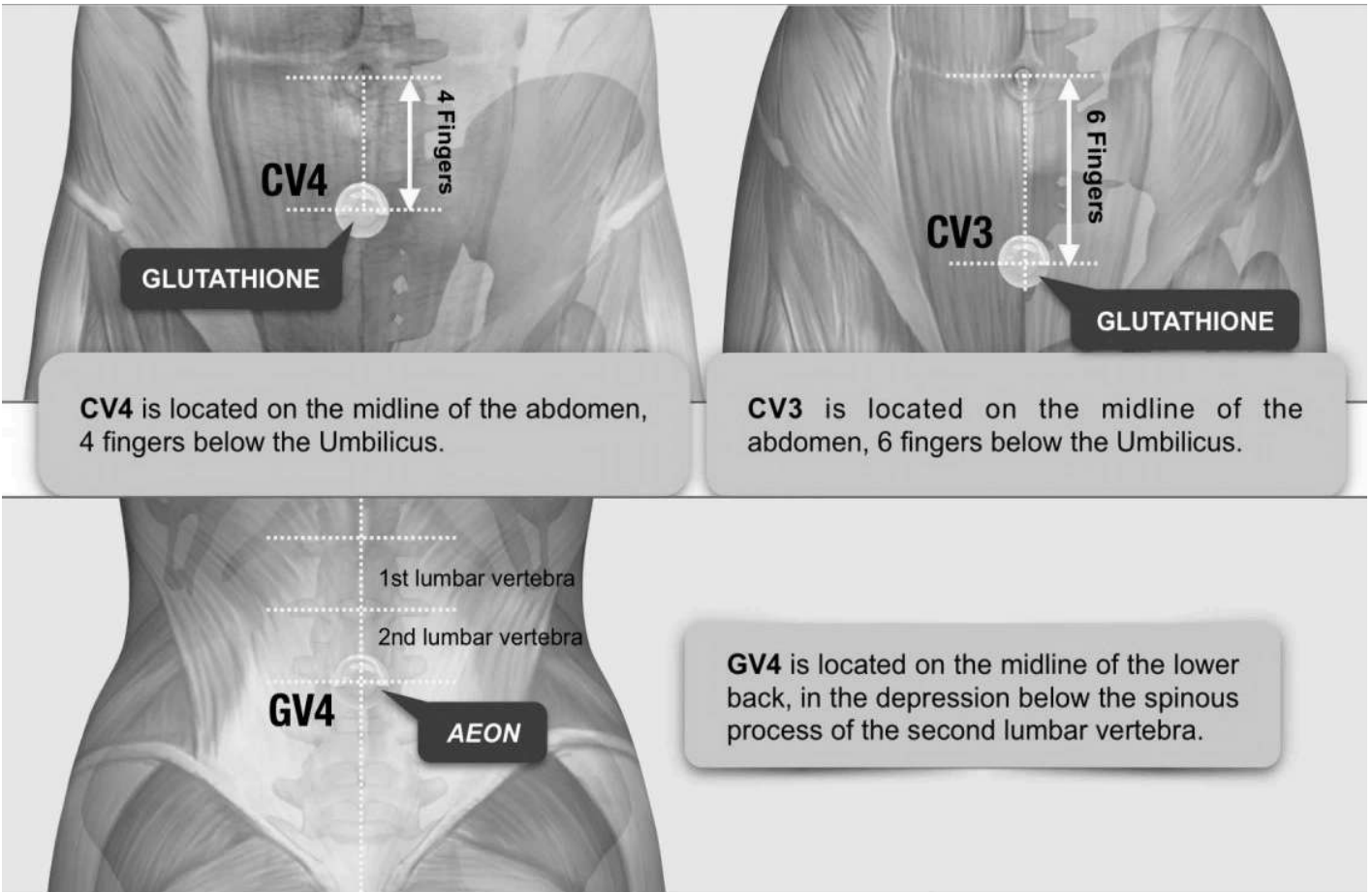
ENERGY ENHANCER on **ST25 - WRTL**

(These last 3 points are suggested to promote elimination).



GLUTATHIONE on **CV4** for Male and **CV3** for Female

AEON on **GV4**

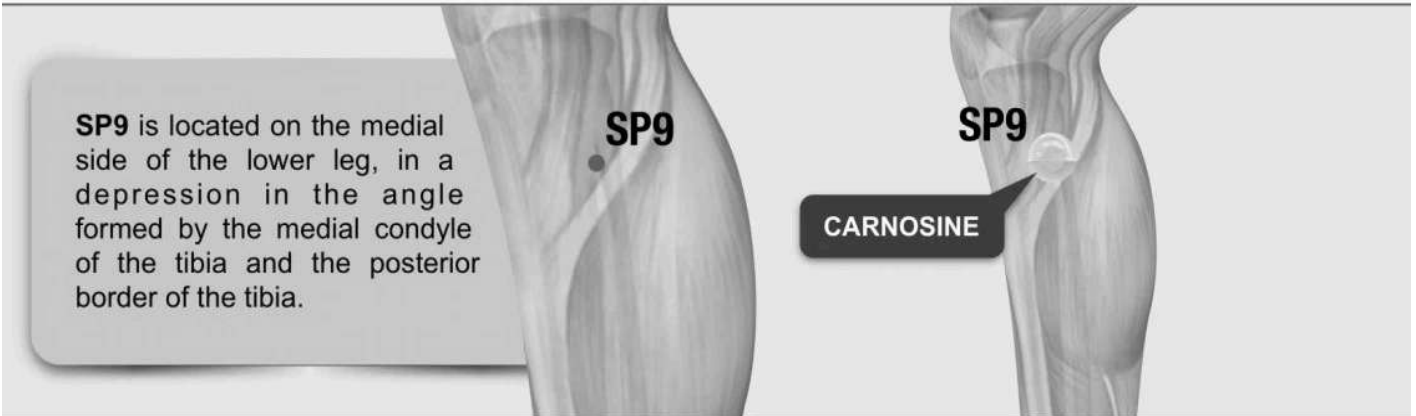


CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.

CV3 is located on the midline of the abdomen, 6 fingers below the Umbilicus.

GV4 is located on the midline of the lower back, in the depression below the spinous process of the second lumbar vertebra.

Acne Vulgaris - DAY 2 - During The Night



SP9 is located on the medial side of the lower leg, in a depression in the angle formed by the medial condyle of the tibia and the posterior border of the tibia.

CARNOSINE

Remove all patches in the evening and place a **CARNOSINE** on **SP9 - Right Side** till the following morning.

Other Suggestions:

- Avoid dairy products and refined sugars to counter dampness.
- Good skin hygiene is crucial in the treatment of acne.

- Using make-up to cover the acne is not a good idea, this blocks the pores and worsens the situation. The best will be to clean and steam the face morning and night, and to use a light moisturizer afterwards. A facial sauna is also a good idea.
- Drinking water (ideally warm) throughout the day is strongly suggested. This would thin out the thick damp fluid of the sebaceous secretions, therefore improving its circulation and elimination movement. **LU1** acupoint will also help to thin the sebaceous secretions so, an extra **ENERGY ENHANCER** on **LU1 (WRTL)** daily could be tested.
- Cooling the heat or helping with inflammation is done with points **SP10** or with **BL17**, both of which are excellent points against any surface irritation or inflammation, just take that as complement points too.

Important note: If you are currently taking an oral antibiotic treatment, it would be best if you stop taking the antibiotic, wait a month, and then start with the above suggested procedure (definitely starting from Step 1 suggested above). During that month, you could use a topical cream instead to ease the symptoms. The logic behind is that the skin might flare up very badly when you stop the antibiotic treatment and the effects of the patching procedure might not be as fast as you might desire and you might think that the patches do not work...

General Notes:

- 1- Start patching once you need it.
- 2- The above Specific protocol for Acne Vulgaris is suggested in a 2 days step and wearing all above protocol for 2 consecutive days is considered 1 Cycle.
- 3- Repeat the procedure as long and as many times needed.
- 4- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Anger & Frustration

Let me give a quick background on this topic:

As we know, Chi & Blood should circulate freely throughout the channels in our body. However, if the Chi and Blood stagnate, the channels become blocked...

Excessive stress, resentment over frustration or depression when lasting for long time, may disturb the Liver-Chi. Prolonged anger, indignation, animosity or even a feeling of "being insulted or enraged" may all cause stagnation of the energy going through the Liver Channel or what's called in Chinese Medicine as Liver-Chi, and therefore, hyperactivity of the whole Liver Channel later on and more specifically the Liver-Yang aspect. In these conditions, the stagnation of Chi may in turn cause the Blood to stagnate as well, which greatly aggravates the blockage in other channels.

Anger & Frustration Protocol - During the Day

ENERGY ENHANCER White on a Calming Special Point - Left Side

Note: this position should be placed on the Left Side of the body.

ENERGY ENHANCER Tan on LV3 - Left Side

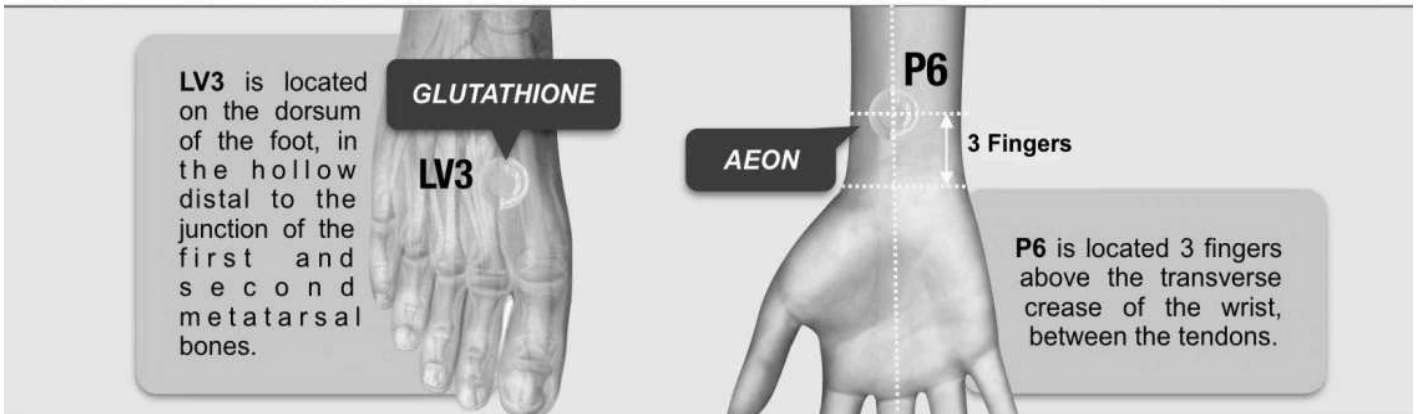


As you can see, this protocol, uses an "Unusual" patching position which has showed me very good results, specially in a person who gets easily angered or has a "Short Temper".

Important Note: *This special patching location uses the connection between the Large Intestine and Liver Meridians and it has the effect of releasing Liver Chi which might be "Congested" as well as adding a calming effect by opening the flow of energy throughout the entire nervous system. (Very Important)*

The interesting thing is that this special patching location used in cases of Anger & Frustration is placed at the left side of the body.

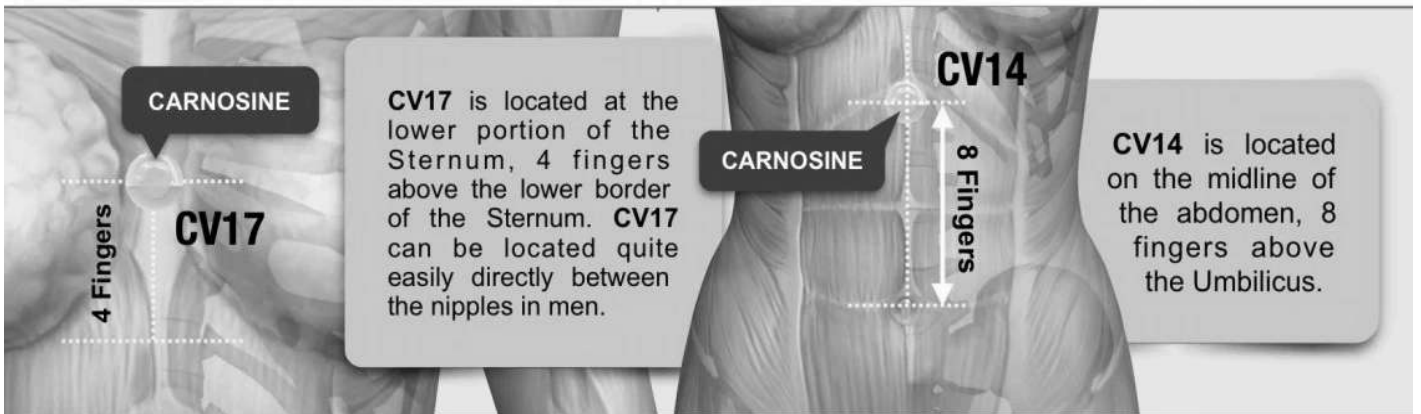
Next, place **GLUTATHIONE** on **LV3** - Right Side
AEON on **P6** - Right Side



Anger & Frustration Protocol - At Evening and During the Night

Remove all daily patches in the evening and place:

CARNOSINE on **CV17** and alternate daily with **CV14**



*Note: You can use this protocol for 2 consecutive days and each day alternate among positions described above (only for **CARNOSINE** patches)*

I've formulated and personally used this protocol for many years with super good results on myself and many other people...

General Notes:

- 1- Start patching once you need it.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Asthma (Advanced)

Asthma Advanced Approach - DAY 1 - During the Day (First 12 hours):

ENERGY ENHANCER on SI15 - WRTL

ENERGY ENHANCER on LU1 - WRTL

AEON on GV14

GLUTATHIONE on CV4

SI15 is located 3 fingers lateral to the lower border of the 7th cervical vertebra (C7) level to **GV14**.

GV14 is located at the lower border of the 7th cervical vertebra (C7).

LU1 is located on the lateral aspect of the chest, one thumb directly below **LU2**.
Place your thumb at the soft spot between the extremity of the clavicle, your shoulder and chest, where is located **LU2**.
LU1 is located 1 thumb below that point on the chest side.

GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.

AEON

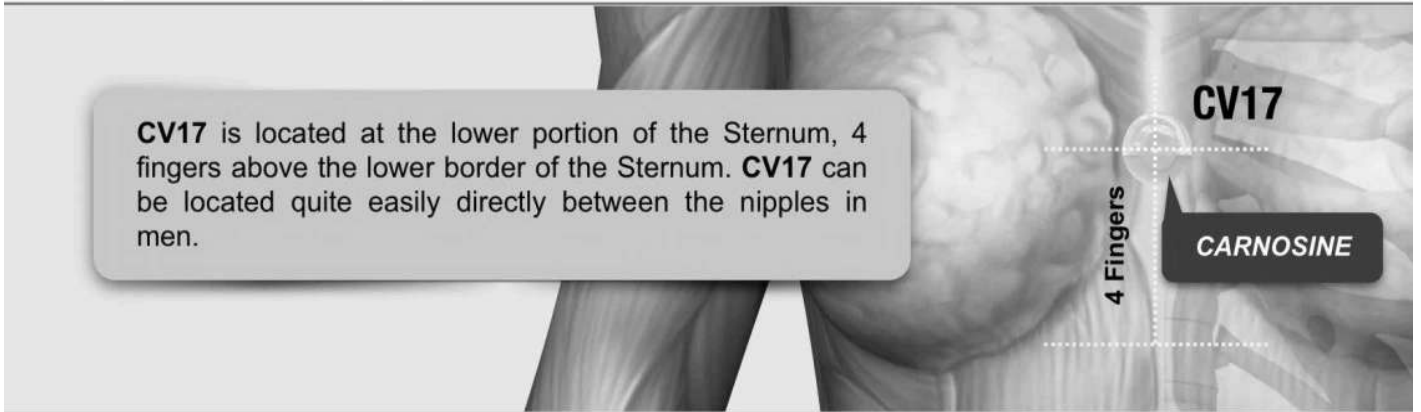
GLUTATHIONE

Note: Start this protocol at a convenient time in the morning, i.e. 8am.

Asthma Advanced Approach - DAY 1 - During the Night (Next 12 hours):

Remove all daily patches after 12 hours, i.e. 8pm and place this for another 12 hours:

CARNOSINE on **CV17**



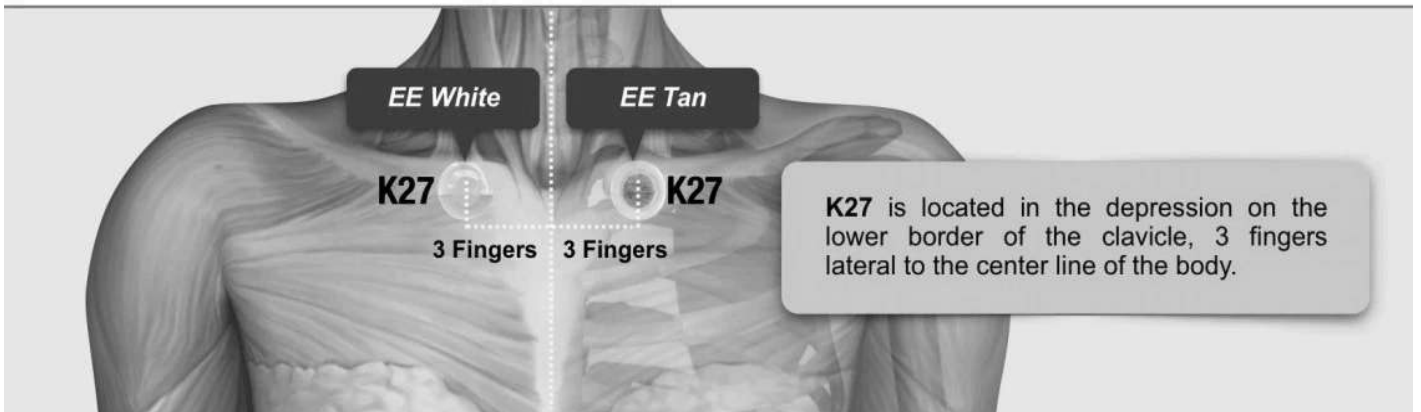
Asthma Advanced Approach - DAY 2 - During the Day (First 12 hours):

ENERGY ENHANCER on **SI15 - WRTL** *(Check this location at previous page)*

ENERGY ENHANCER on **K27 - WRTL**

AEON on **GV14** *(Check this location at previous page)*

GLUTATHIONE on **CV4** *(Check this location at previous page)*

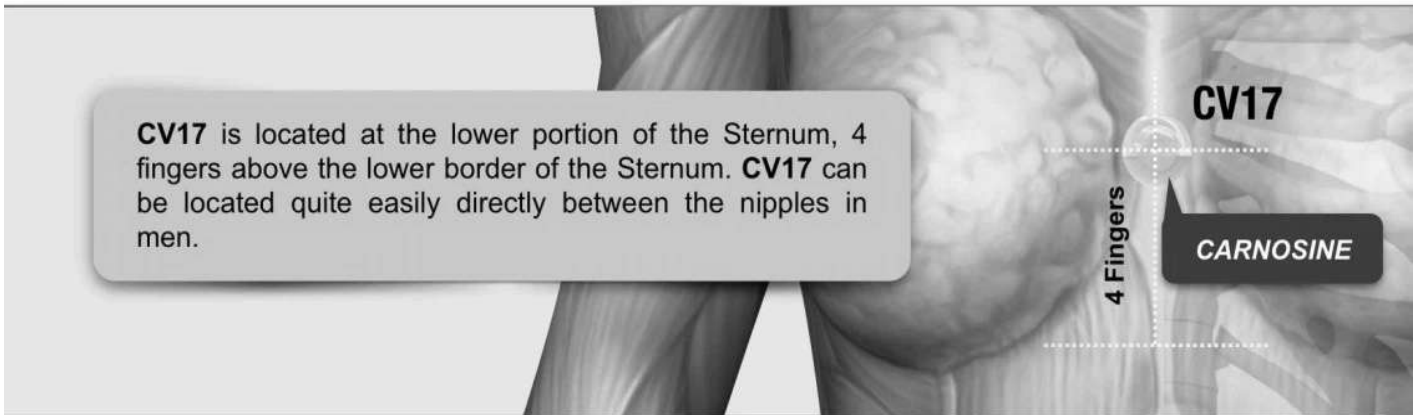


Note: Start this protocol at a convenient time in the morning, i.e. 8am.

Asthma Advanced Approach - DAY 2 - During the Night (Next 12 hours):

Remove all daily patches after 12 hours, i.e. 8pm and place this for another 12 hours:

CARNOSINE on **CV17**



General Notes:

- 1- Wearing all above patching procedure for 2 consecutive days is considered 1 Cycle (Day 1 and 2).
- 2- It is recommended to go on for 3 cycles or 6 consecutive days.
- 3- Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Autism & ADD/ADHD

I managed to experience many different cases for the past few years and some very moving but the following case has reached another level...

Judge for yourself:

I had the opportunity to interview **Mr. Hean Kheng Ong**, who in my opinion is the "**Master**" once it comes to patching Autism Cases, and during his interview this is what we talked about:

In his own words: "This boy, 16 years of age, a case of down syndrome and autism was presented to me. I could see his eyes were completely lost with no ability to fix his attention, his daily routine was running around the room, a very light sleeper and barely he could sleep for a couple of hours at the time.

I've interviewed his mother, who manages to do some sewing work for others in between the time she has left while her son is asleep...

Patching this boy was a challenge because he wouldn't let me touch him, also because any patch placed in front of his body, he would just remove it.

What we did was, I've explained the patching procedure to the mother and she would place the patches once the boy was asleep, then she did so.

After 1 week of patching, the miracle started to happen...

The boy, for the first time in 16 years managed to sleep 8 hours straight, he could now sit quietly and look around as if he was participating with us. Testing some overall activities like passing some object from one hand to another hand, we discovered that he knew what his right and left hand was...

The mother started to cry..., a very touching moment for everyone, it was the first time she could feel a connection with her son...

I've experienced many cases of Autism but this has definitely showed me the true potential of LifeWave patches. Simply Amazing!"

Now, I also had the opportunity to meet this 16 years old Boy during a Lifewave Meeting back in Kuala Lumpur and I saw how he could actually look at your eyes and "Connect"... very impressive result using the patches...

The same Patching Approach was tested successfully in several other Autism and ADD/ADHD Cases...

Autism & ADD/ADHD Complete Patching Procedure:

AEON on **GV14**

AEON on **GV9**

ENERGY ENHANCER on **BL23 - WRTL**

GLUTATHIONE on **GV4**

Check All The Positions Of This Protocol Next Page.

Note: Leave all patches for 24 hours and repeat the procedure for at least 7 to 14 cycles, preferably, resting 1 day in between every 7 cycles.

After a week, slowly start patching **CARNOSINE** on **CV14** to help calming down.

General Notes:

1- Start patching once is needed.

2- Wearing all above patches in combination and at the same time, it's considered and 1 cycle. Repeat the procedure for at least 7 to 14 cycles, preferably, resting 1 day in between every 7 cycles.

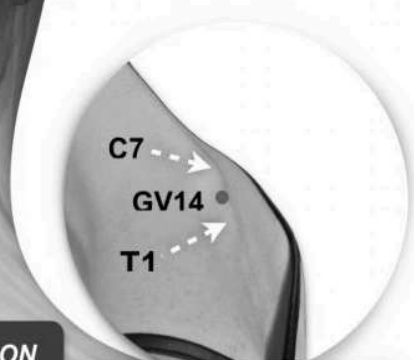
3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

End Note: Several other Autism and ADHD cases were patched with the same protocol and so far they were showing very positive results.

Autism & ADD/ADHD Protocol



GV14

AEON

GV14 is located at the lower border of the 7th cervical vertebra (C7).

GV9 is located in the midline of the back, in the depression at the lower border of the 7th thoracic vertebra (T7). **GV9** is directly in line and level to **CV17** but on your back

GV9

AEON

1st lumbar vertebra

2nd lumbar vertebra

EE Tan

BL23

BL23

EE White

GV4

GLUTATHIONE

BL23 is located 2 fingers lateral to the lower border of the second lumbar vertebra (L2), level to **GV4**.

2 Fingers 2 Fingers

GV4 is located on the midline of the lower back, in the depression below the spinous process of the second lumbar vertebra.

Bell's Palsy

Raquel from USA sent us an email sometime ago asking for an option for Bell's Palsy so, this is my actual answer to her:

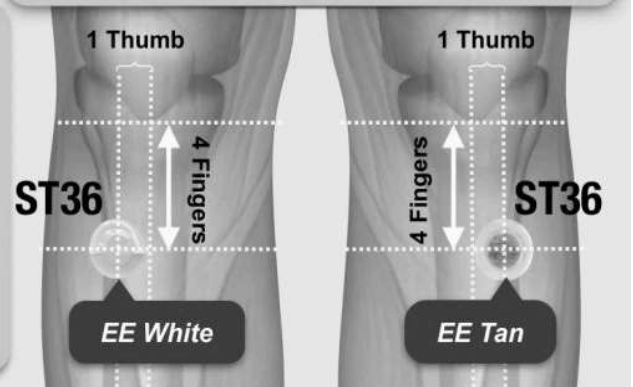
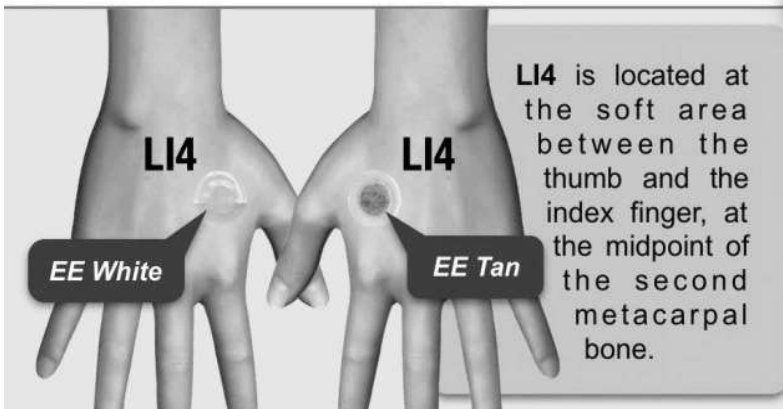
- The ideal thing to do from the start is to run a **5 Days Detox** as soon as the symptoms start to develop...

- Now, there are many acupoints that could be involved in Bell's Palsy, however, the main points you can use right now are these:

Bell's Palsy Base Protocol:

ENERGY ENHANCER on **LI4** - **WRTL**
ENERGY ENHANCER on **ST36** - **WRTL**
ENERGY ENHANCER on **ST7** - **WRTL**
ENERGY ENHANCER on **TW17** - **WRTL**
AEON on **GV14**
GLUTATHIONE on **CV4**

ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.



This protocol continues in the next page →



This is the complete **Bell's Palsy Base Protocol**...

Here You Have The Step-by-Step Approach for Bell's Palsy

- 1- If possible, do run 1 week of the **5 Days Detox** (Included at Page 26 of this book) before you start this protocol.
- 2- After you are done with that week, or if you'd like to start straight away patching the protocol above, then do this:
- 3- Start by placing all the patches suggested above at the same time. It would be good if you start sometime in the morning (like 8 am for example).
- 4- Run that for 4 to 6 hours and then, add this:

Bell's Palsy Additional Protocol

ENERGY ENHANCER White on **Yintang Extra Point**

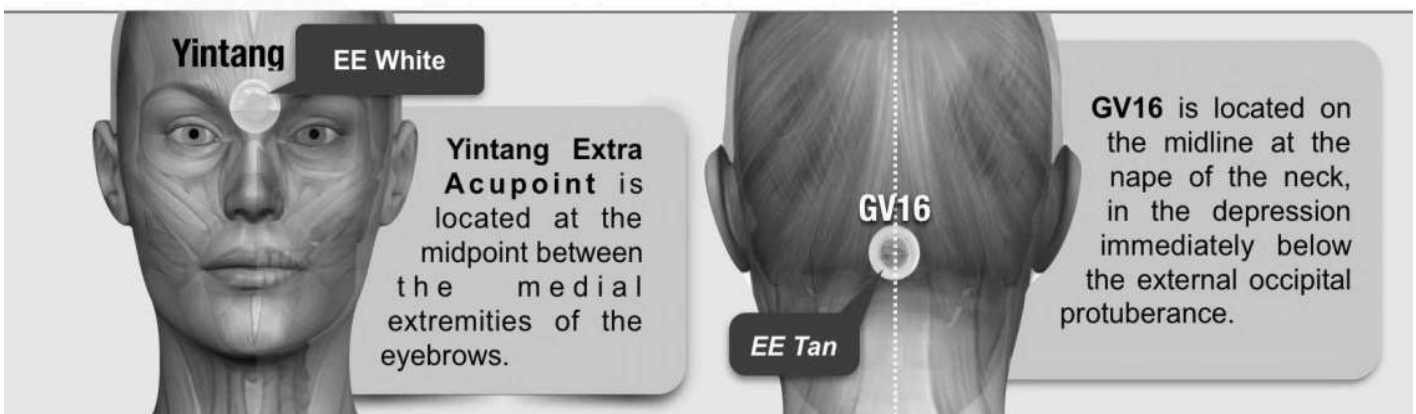
ENERGY ENHANCER Tan on **GV16**

ENERGY ENHANCER White on **TW23 - Right Side**

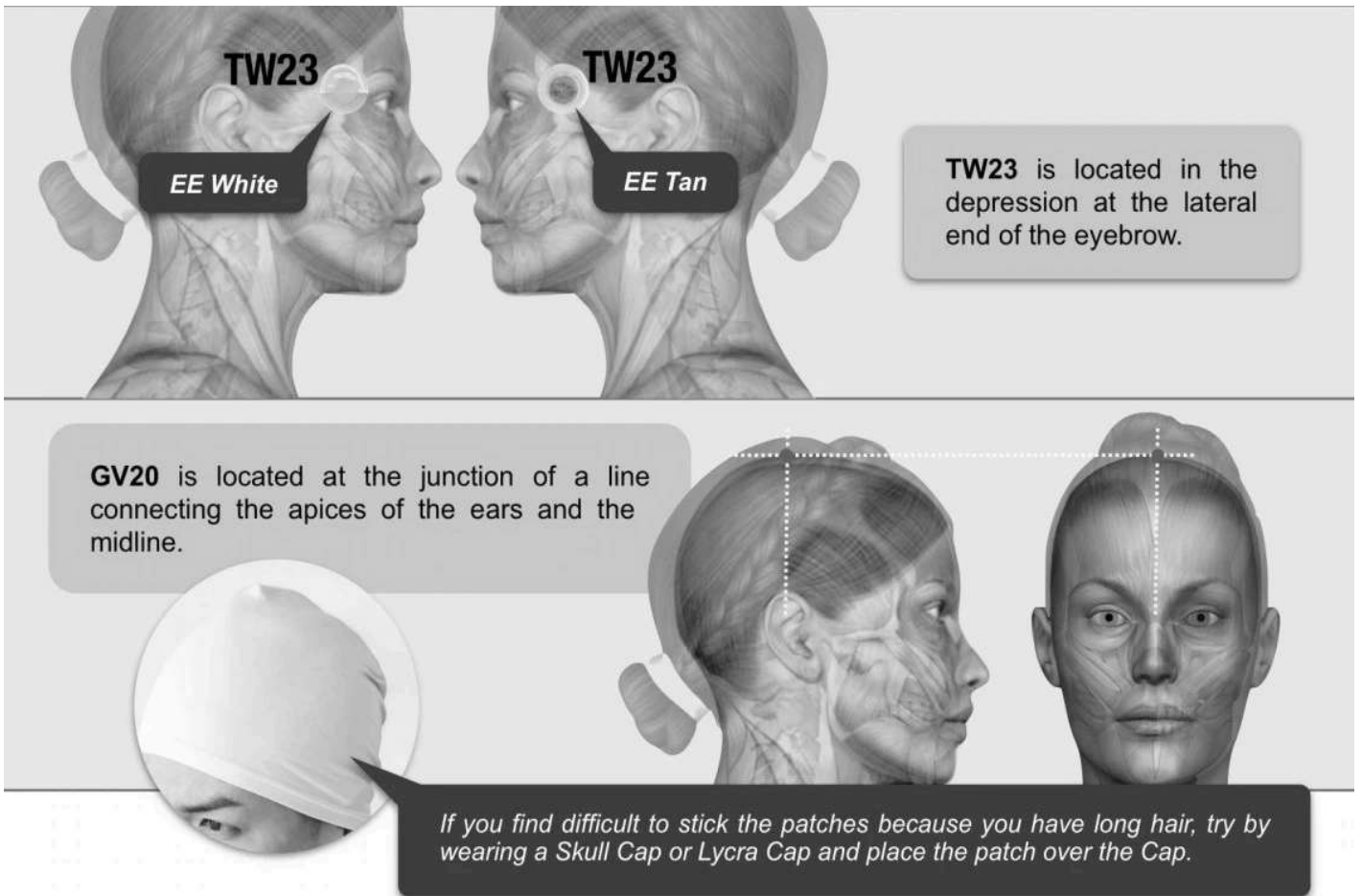
ENERGY ENHANCER Tan on **TW23 - Left Side**

AEON on **GV20**

and run it for 45 minutes.



This protocol continues in the next page →



5- Once you are done with that addition to the Base Protocol, take it off and keep the patches handy for later...

6- Continue the Base Protocol for another 4 to 6 hours then, add once again the **Bell's Palsy Additional Protocol** and run it for another 45 minutes.

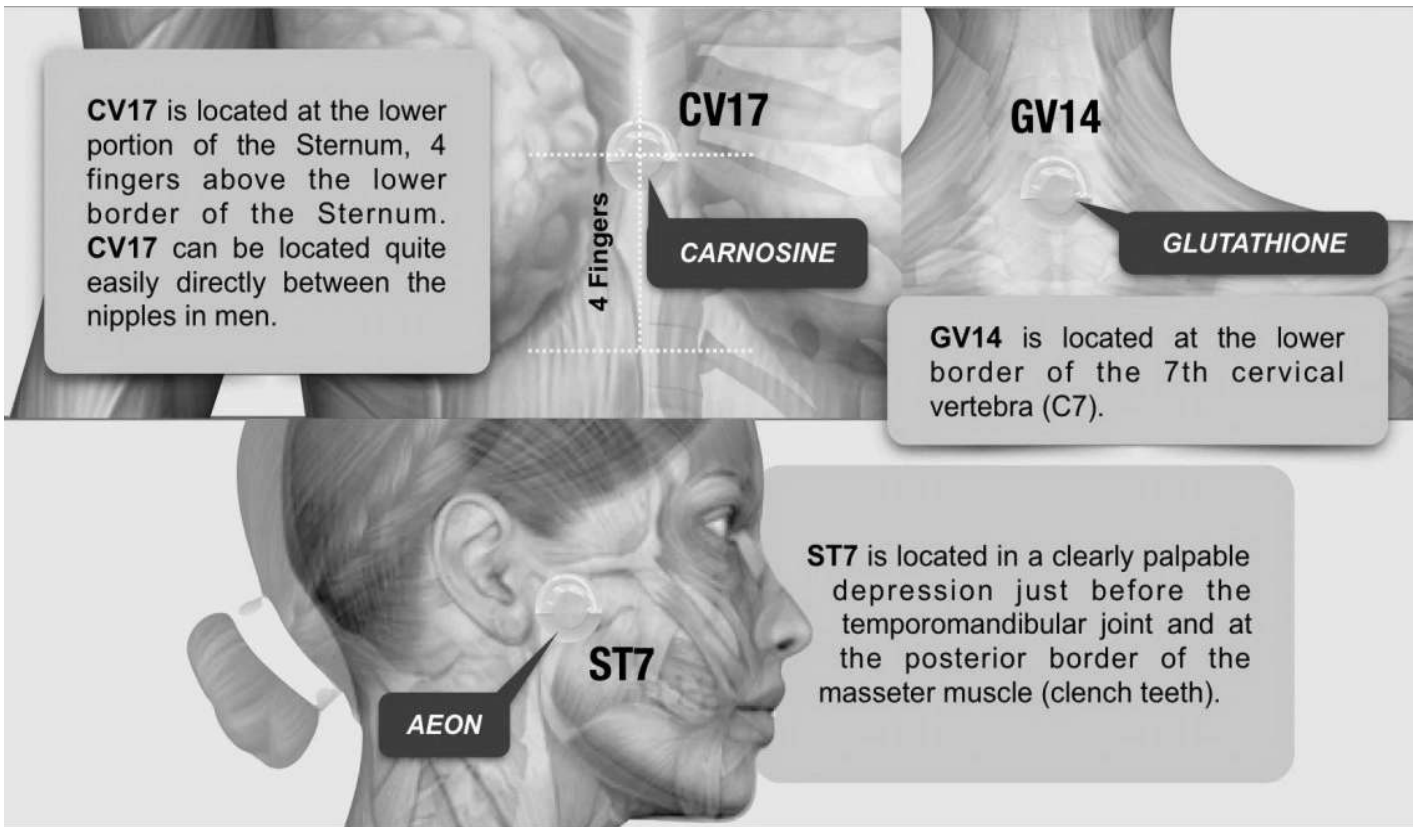
7- After 45 minutes, once you are done with the **Bell's Palsy Additional Protocol**, take it off and keep the patches handy for next day...

8- At that point you've been running this protocol for 8 to 12 hours. Take all the patches off and keep them handy for you to use them back again next day.

Then, place this:

CARNOSINE on **CV17**
GLUTATHIONE on **GV14**
AEON on **ST7 - Right Side**

This protocol continues in the next page →



If your day was planned correctly, you are ending up with this simple Y-Age protocol sometime in the evening...

9- Keep it on throughout the evening and sleep with that Y-Age protocol till next following morning.

10- Once you wake up next day, try to start at the same time than the previous day by placing the **Bell's Palsy Base Protocol** suggested above and repeat the whole cycle again.

Do that for 4 to 6 consecutive days and check how is your progress.

IMPORTANT: *Try to be well hydrated during the time you are patching or even off patching. I also suggest that you start watching my latest video series Lifestyle Protocol (if you haven't done so), because I discuss there some new concepts on what's causing most our issues and how to go about them...*

Use new patches if were used for over 24 hours.

Blood Circulation (Improving)

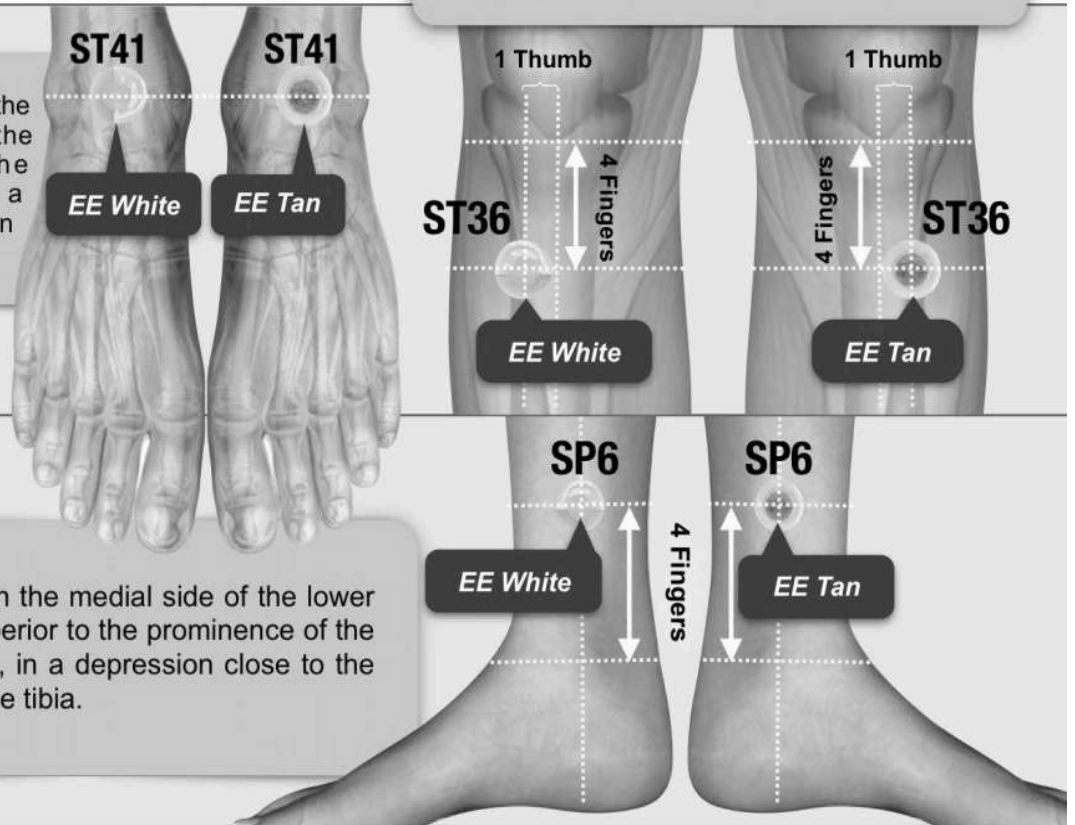
Improving Blood Circulation Advanced Patching Options

Patching Option #1 - Approach For General Improvement:

ENERGY ENHANCER on **ST41** - WRTL
ENERGY ENHANCER on **ST36** - WRTL
ENERGY ENHANCER on **SP6** - WRTL

ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.

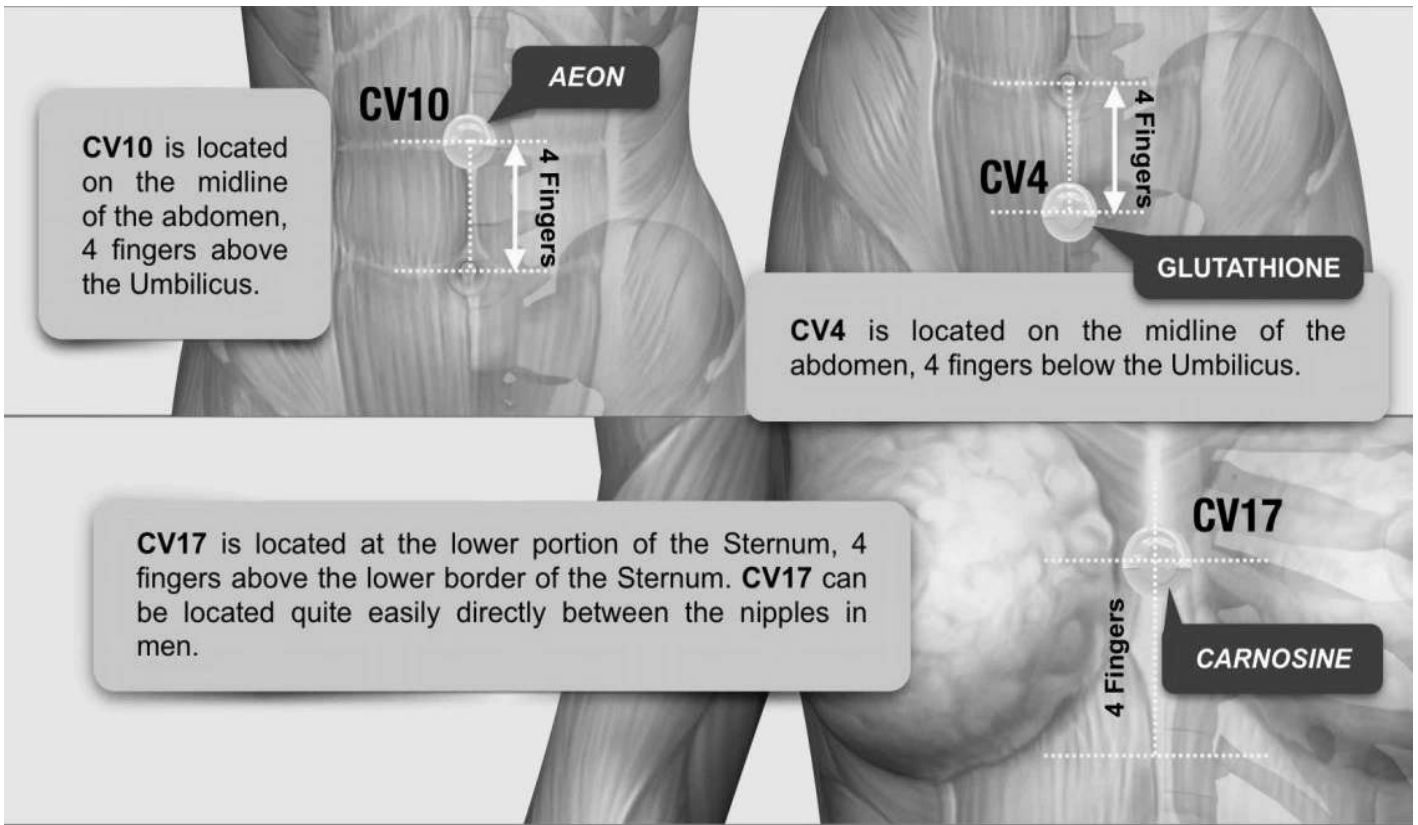
ST41 is located on the ankle, level with the prominence of the anklebone, in a depression between the tendons.



Then add:

AEON on **CV10**
GLUTATHIONE on **CV4**
CARNOSINE on **CV17**

This protocol continues in the next page →



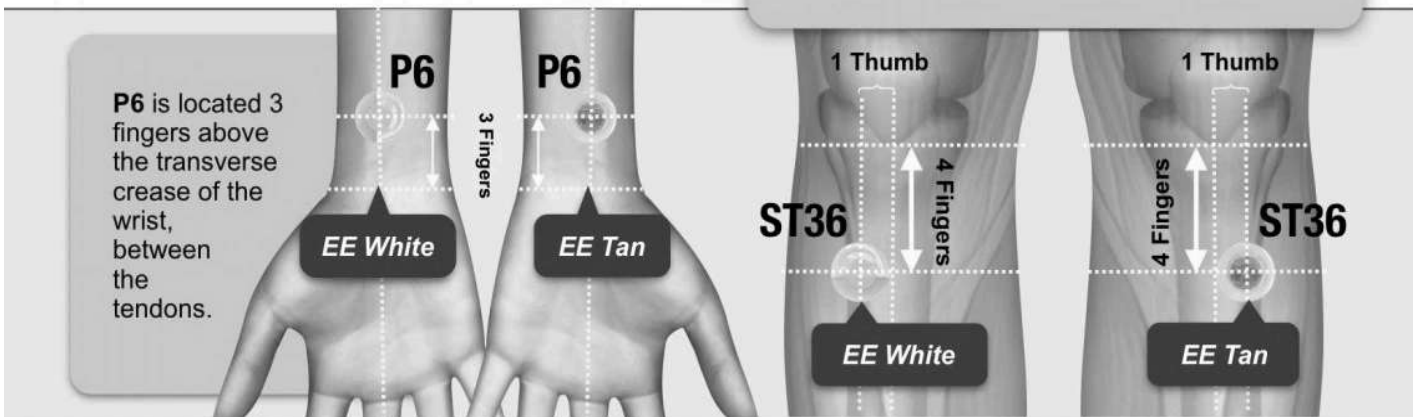
Run this Patching Option During The Day, 5 times per week and rest 1 or 2 days, then continue the following week, till you find some improvement in your overall circulation.

Researches have been done indicating that **ST36**, **ST41** & **SP6** are beneficial to Improve Circulation as well as to enhance Tissue Repair.

Patching Option #2 - Approach For General Improvement:

ENERGY ENHANCER on **P6** - **WRTL**
ENERGY ENHANCER on **ST36** - **WRTL**
ENERGY ENHANCER on **LI4** - **WRTL**

ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.



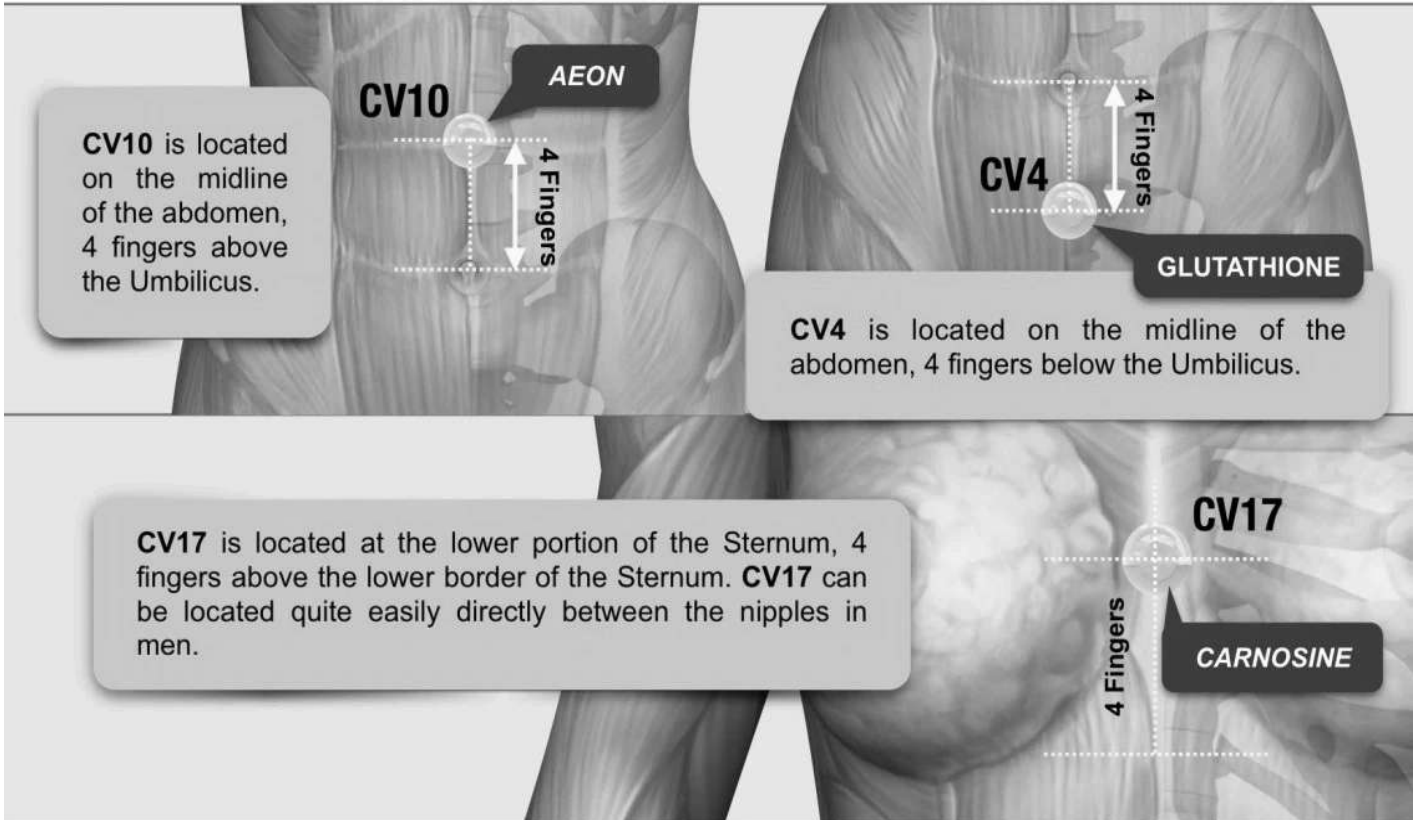
This protocol continues in the next page →

Then add:

AEON on **CV10**

GLUTATHIONE on **CV4**

CARNOSINE on **CV17**



Run this Patching Option During The Day, 5 times per week and rest 1 or 2 days, then continue the following week, till you find some improvement in your overall circulation.

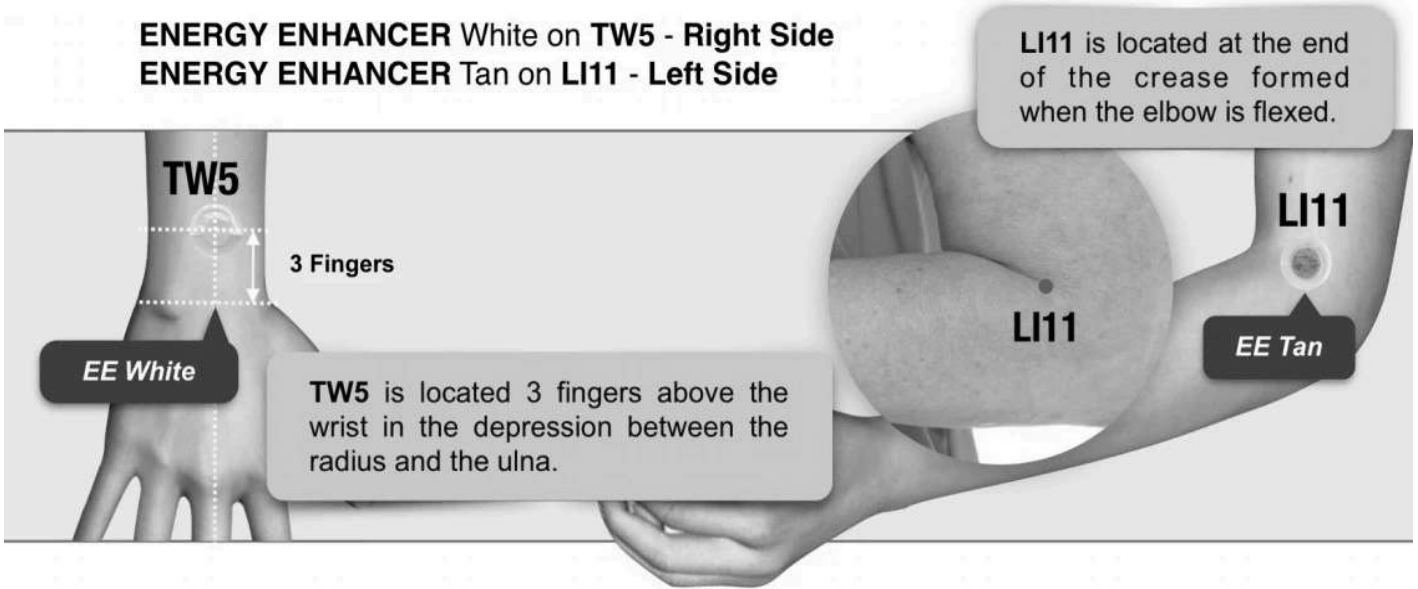
You can check which option works better for you.

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Additional Combinations:

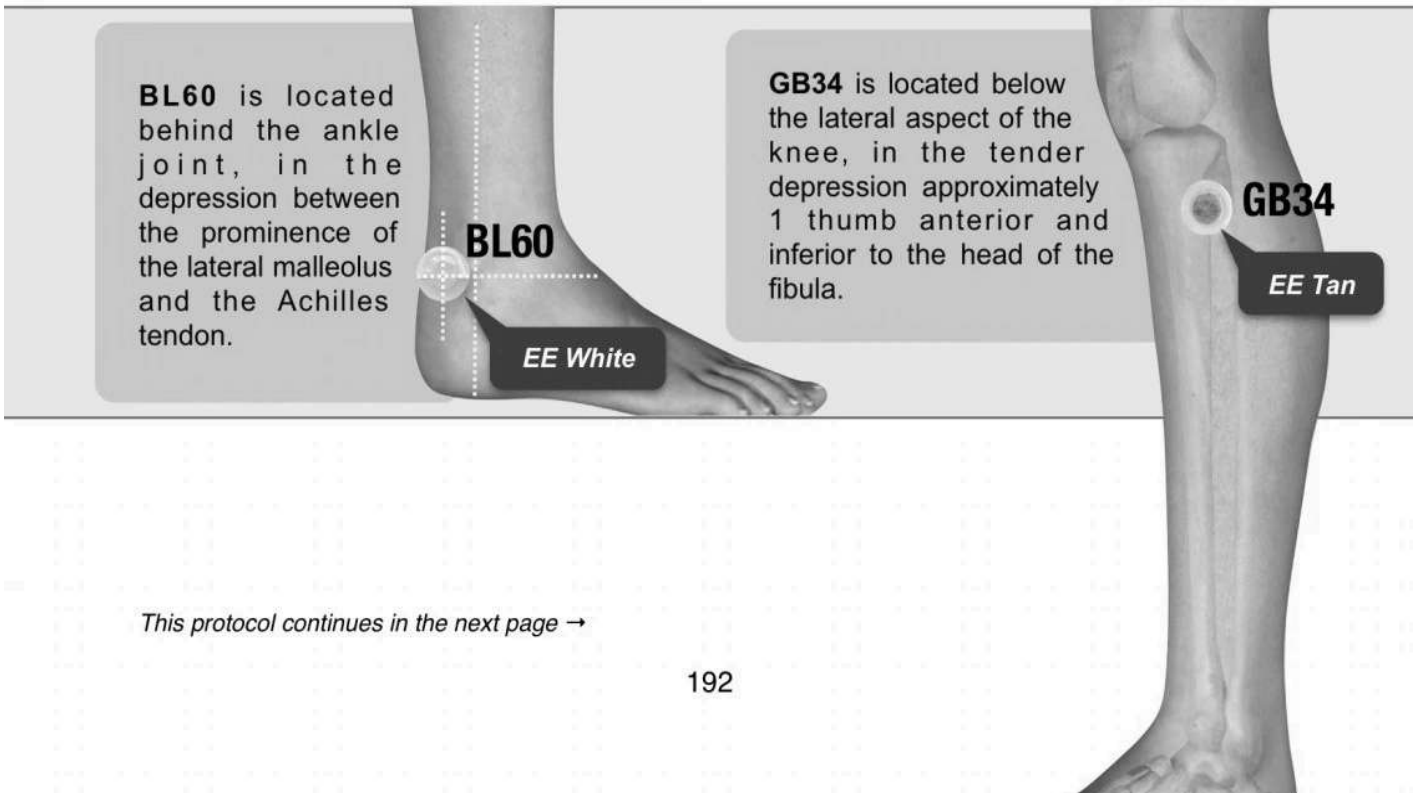
For Improving Circulation at Upper Extremities Specifically You Can Test by Adding Also:

ENERGY ENHANCER White on TW5 - Right Side
ENERGY ENHANCER Tan on LI11 - Left Side



For Improving Circulation at Lower Extremities Specifically You Can Test by Adding Also:

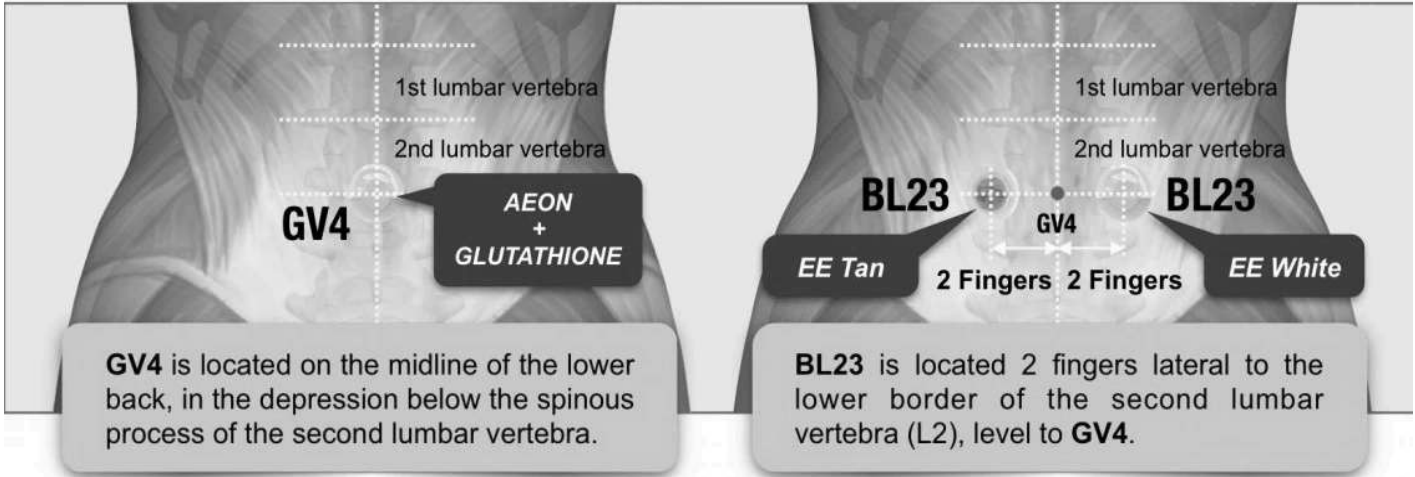
ENERGY ENHANCER White on BL60 - Right Side
ENERGY ENHANCER Tan on GB34 - Left Side



This protocol continues in the next page →

As a General Support Specially for Cases where the Blood Circulation is poor at the Lower Extremities, You Can Test by Adding Also:

AEON + GLUTATHIONE Together or Double Stacked on **GV4**
ENERGY ENHANCER on **BL23 - WRTL**



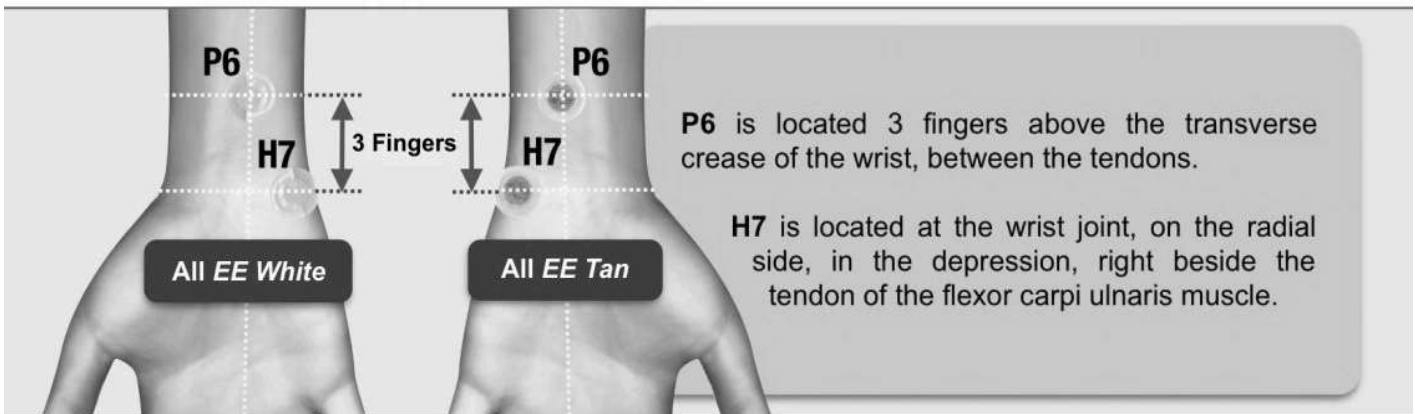
To Apply During The Night

Here I include a very special addition to this Advanced Protocol Section because it is based on **researches done on how to improve Venous and Lymphatic return flow at a Parasympathetic Nervous System level, and that's the reason it should be placed at Night.**

So, before you test the 2 options below, please **remove all Energy Enhancer Patches** placed during the day, then place this:

For Upper Extremities Specifically place this combination:

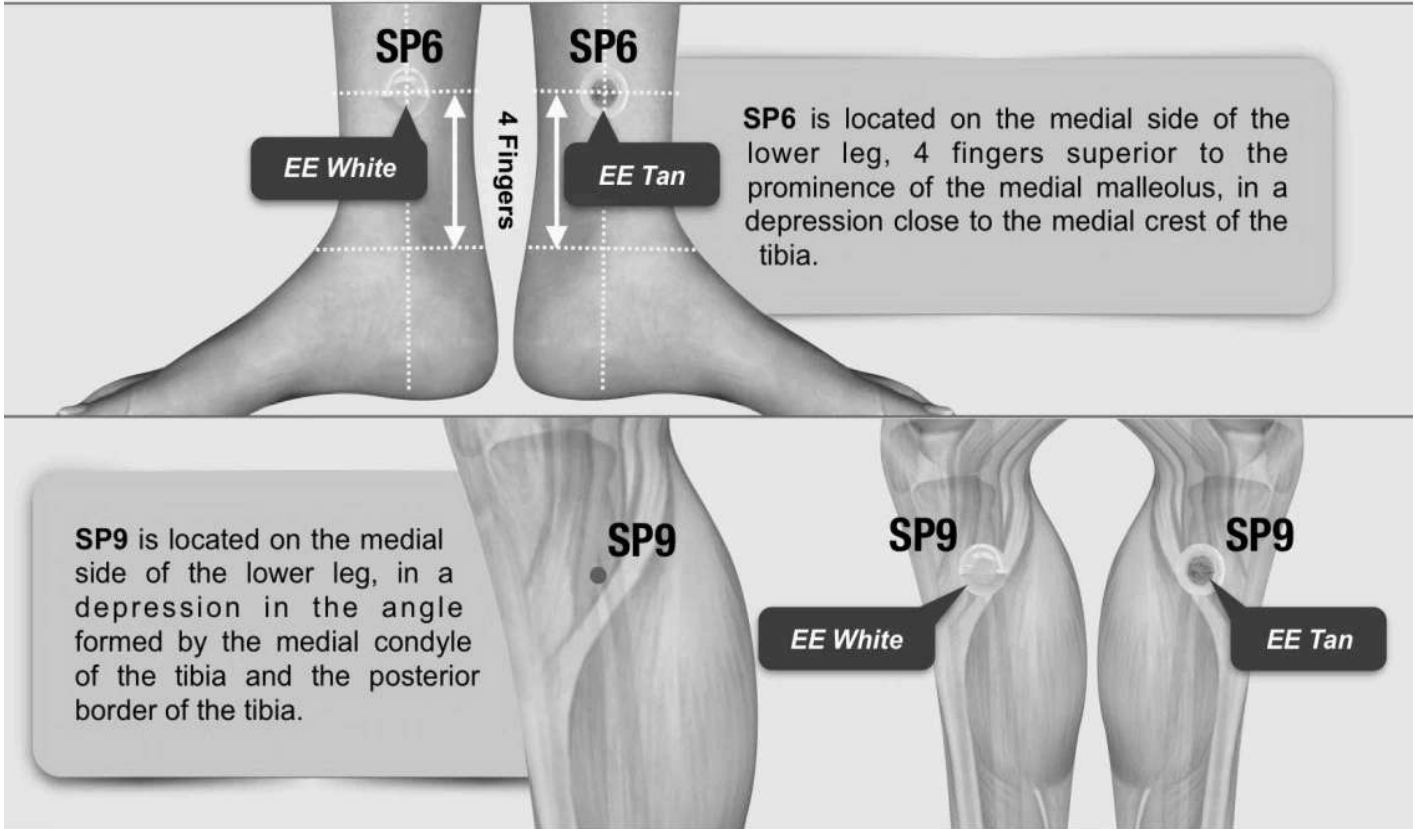
ENERGY ENHANCER on **P6 - WRTL**
ENERGY ENHANCER on **H7 - WRTL**



For Lower Extremities Specifically place this combination:

ENERGY ENHANCER on SP6 - WRTL

ENERGY ENHANCER on SP9 - WRTL



Lastly, You can use both these “During The Night” Options together with Y-Age Combination I suggested earlier used during the day:

AEON on CV10

GLUTATHIONE on CV4

CARNOSINE on CV17

(Check all positions at previous pages)

Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Bronchitis

Trying to put it In simple terms, according to TCM, Bronchitis occurs when the Lung Chi cannot descend properly and Coughing is the result of rebellious Lung Chi.

Here I include a Bronchitis Protocol that works pretty well:

Bronchitis Base Protocol

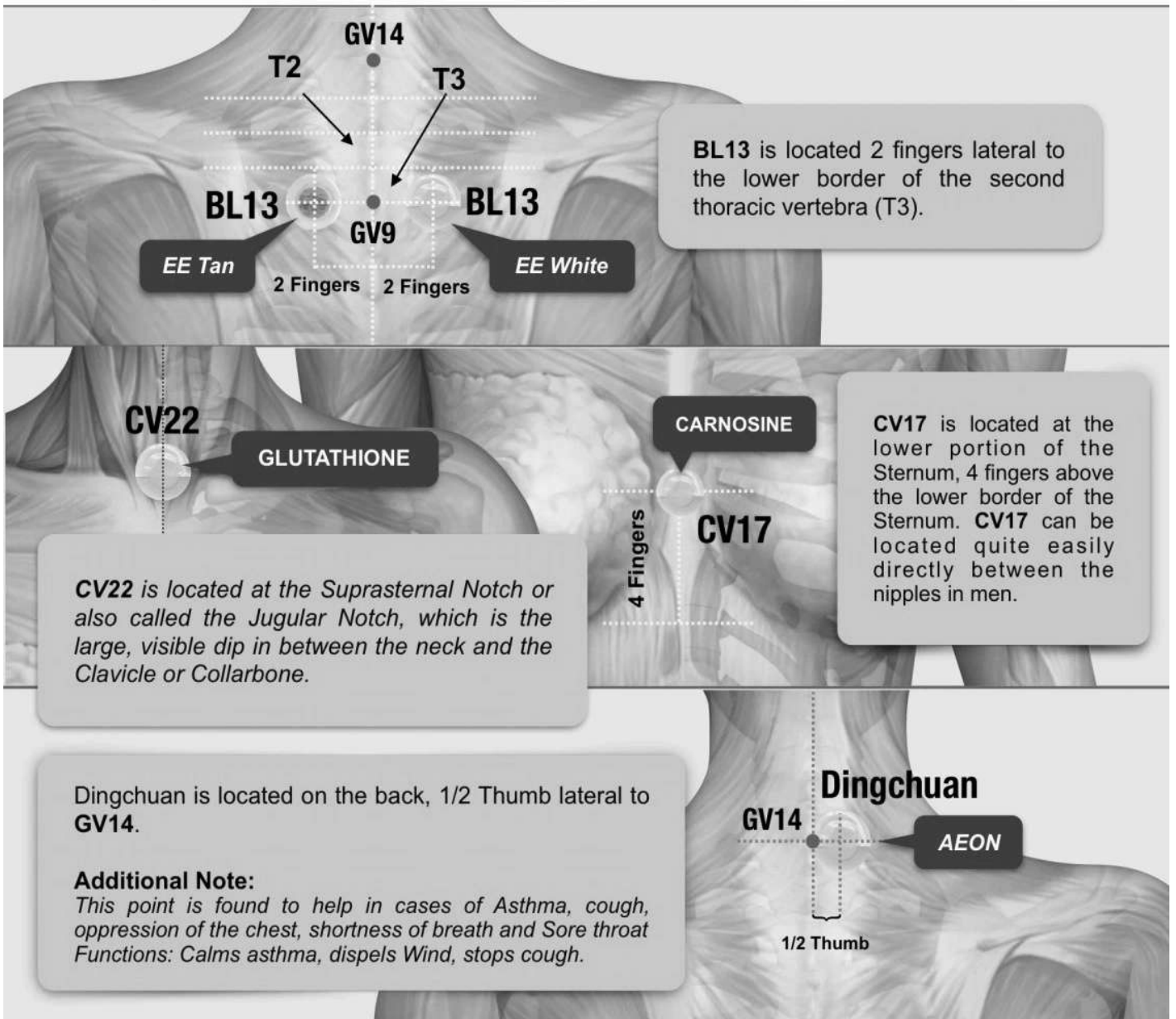
DURING THE DAY

ENERGY ENHANCER on **BL13** - **WRTL**

GLUTATHIONE on **CV22**

CARNOSINE on **CV17**

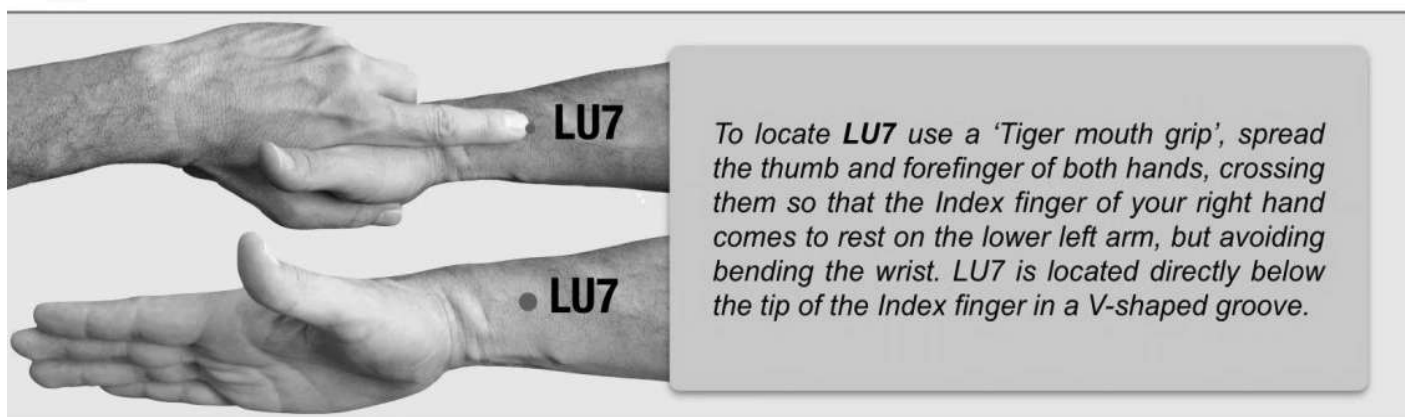
AEON on **DINGCHUAN** Extra Point - **Right Side**



Additional Point to Test To The Bronchitis Base Protocol:

ENERGY ENHANCER on LU7 - WRTL

Explanation: Depending on how your condition is, if it's acute/sever, test by adding **LU7 (WRTL)** to the Bronchitis Base Protocol because that Position might help restoring the descending Lung Chi...



DURING THE NIGHT

Remove all daily patches and apply another set of:

CARNOSINE on CV17

AEON on DINGCHUAN Extra Point - Right Side

(Check both positions at previous pages)

Special Note:

Try to avoid:

- 1- All Dairy products as well as Banana because they produce phlegm.
- 2- The excessive consumption of cold, sour, or sweet-greasy foods because it injures the Spleen so, in consequence, it cannot transform and transport food essences properly. When this happens, Phlegm forms, it accumulates in the Lungs, obstructs Lung-Qi and causes all kind of issues like Bronchitis for example...

General Notes:

- 1- Start patching once you need it and keep all patches on until the symptoms disappear or for a maximum of 24 hours.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Diabetes

Diabetes is certainly a very difficult subject for us all. The below 5 days protocol is designed to help through this challenging condition.

Diabetes Protocol

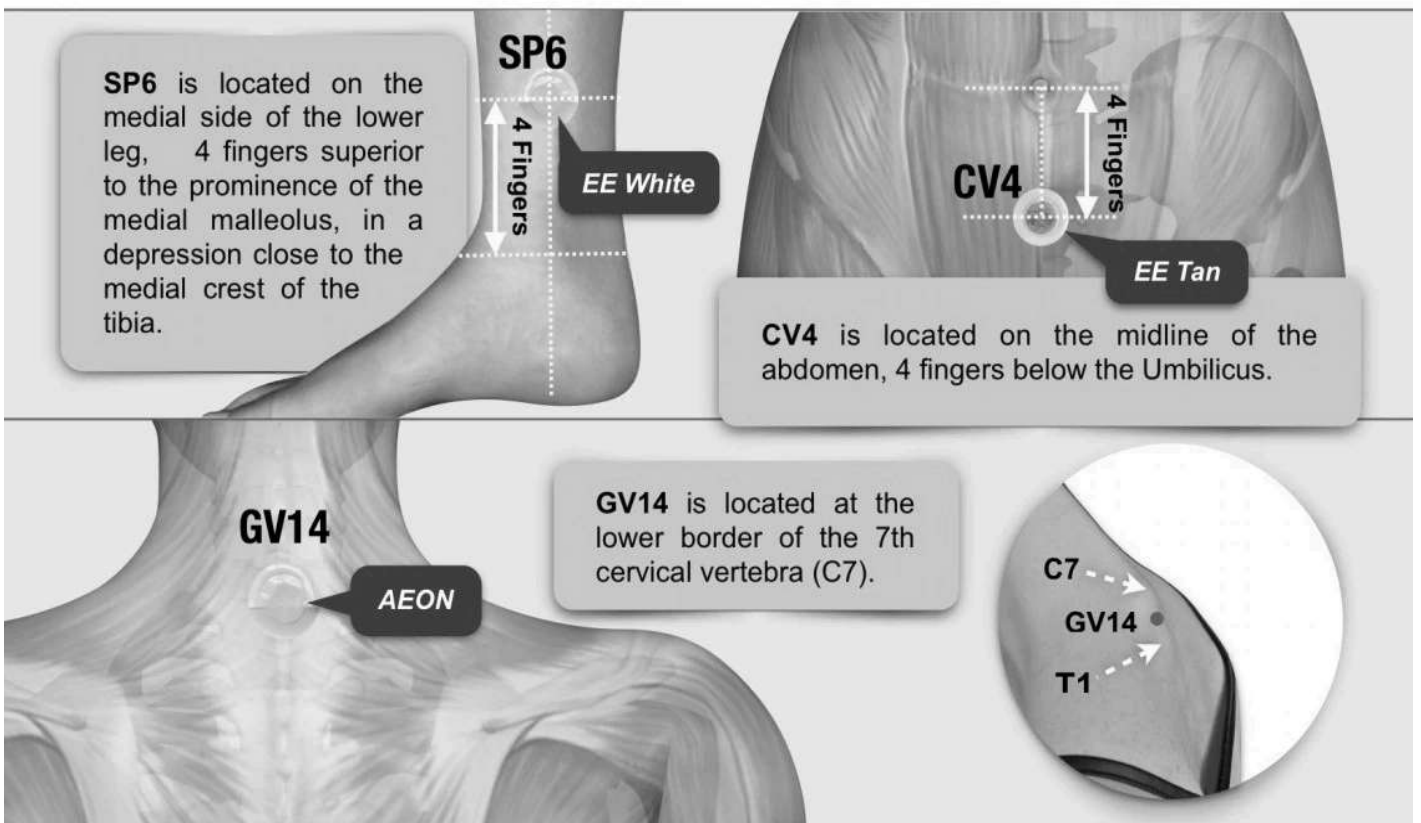
Day 1

During The Day:

ENERGY ENHANCER White on **SP6** - **Right Side** - Wear for 24 hours

ENERGY ENHANCER Tan on **CV4** - Wear for 24 hours

AEON on **GV14** - Wear for 12 hours during the day



During The Night:

CARNOSINE on **GV14** - Wear for 12 hours during evening/night time

Note: Try to start this program at a convenient time in the morning, i.e. 8am. **CARNOSINE** patch should replace the **AEON** patch at the same position after 12 hours, i.e. 8pm.

This protocol continues in the next page →

Day 2

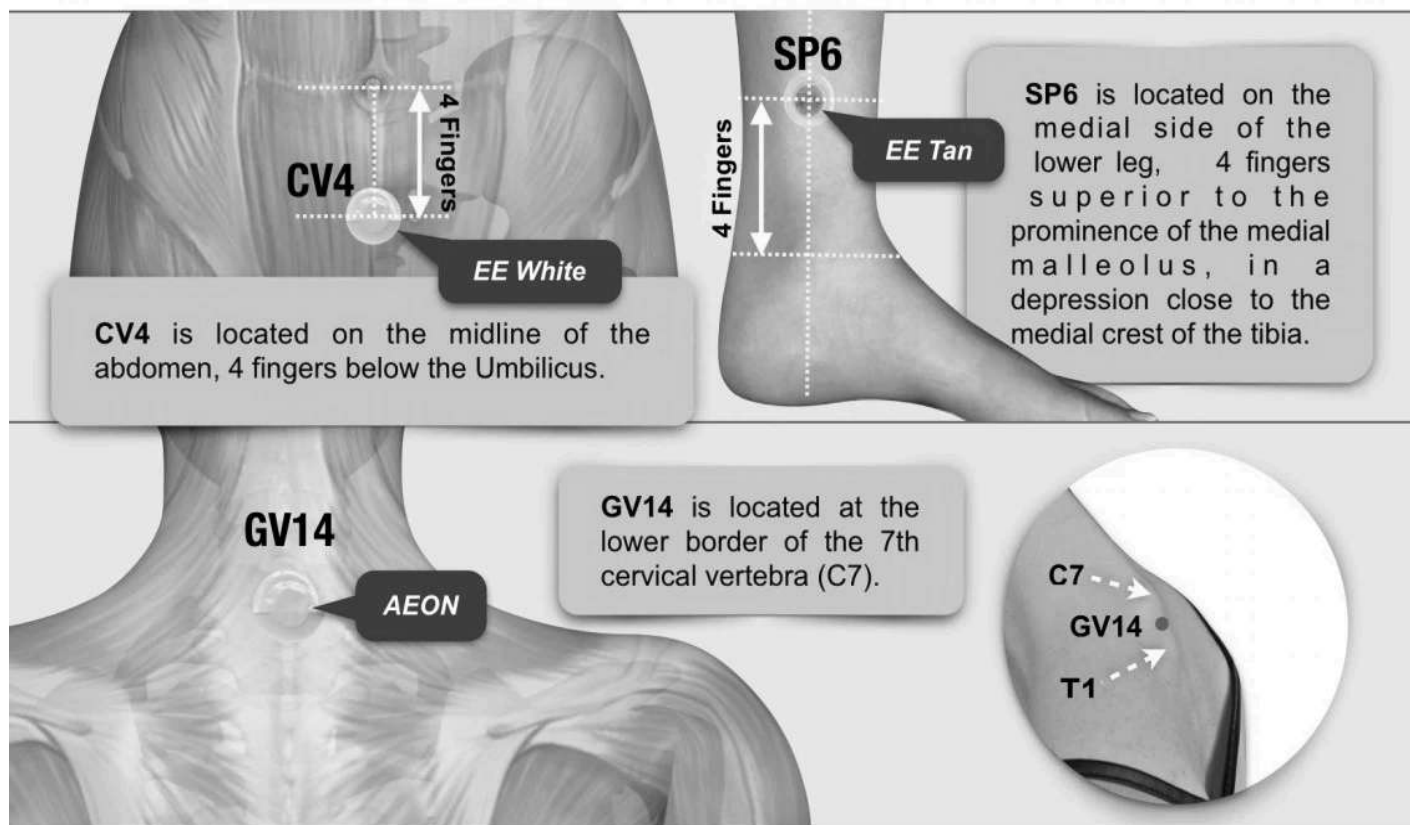
Remove all patches from the previous day and wear a new set.

During The Day:

ENERGY ENHANCER White on **CV4** - Wear for 24 hours

ENERGY ENHANCER Tan on **SP6** - **Left Side** - Wear for 24 hours

AEON on **GV14** - Wear for 12 hours during the day

**During The Night:**

CARNOSINE on **GV14** - Wear for 12 hours during evening/night time

Note: Try to start this program at a convenient time in the morning, i.e. 8am. Preferably at the same time you started the day before. **CARNOSINE** patch should replace the **AEON** patch at the same position after 12 hours, i.e. 8pm.

This protocol continues in the next page →

Day 3

Remove all patches from the previous day and wear a new set.

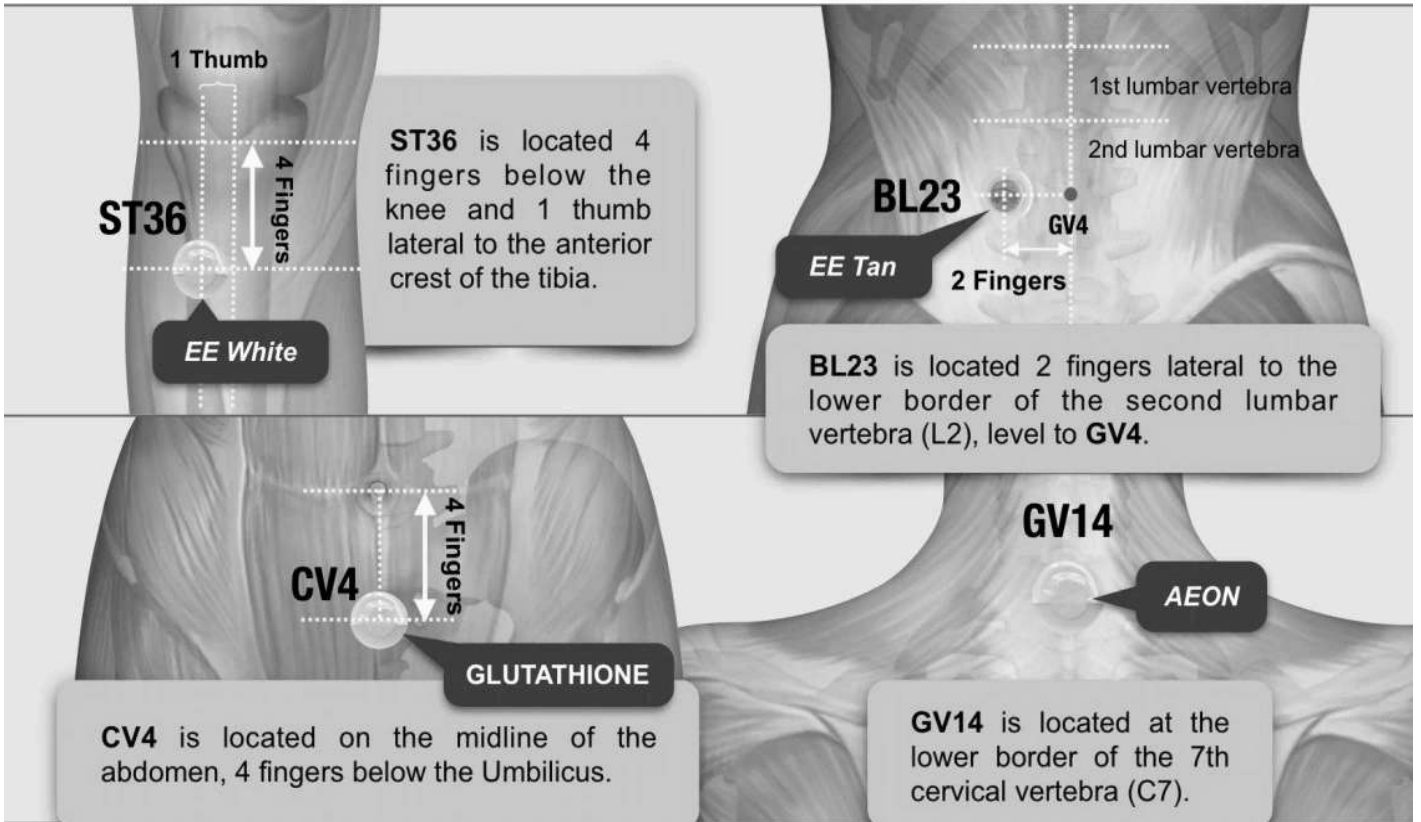
During The Day:

ENERGY ENHANCER White on **ST36** - **Right Side** - Wear for 24 hours

ENERGY ENHANCER Tan on **BL23** - **Left Side** - Wear for 24 hours

GLUTATHIONE on **CV4** - Wear for 24 hours

AEON on **GV14** - Wear for 12 hours during the day

**During The Night:**

CARNOSINE on **GV14** - Wear for 12 hours during evening/night time

Note: Try to start this program at a convenient time in the morning, i.e. 8am. Preferably at the same time you started the day before. **CARNOSINE** patch should replace the **AEON** patch at the same position after 12 hours, i.e. 8pm.

This protocol continues in the next page →

Day 4

Remove all patches from the previous day and wear a new set.

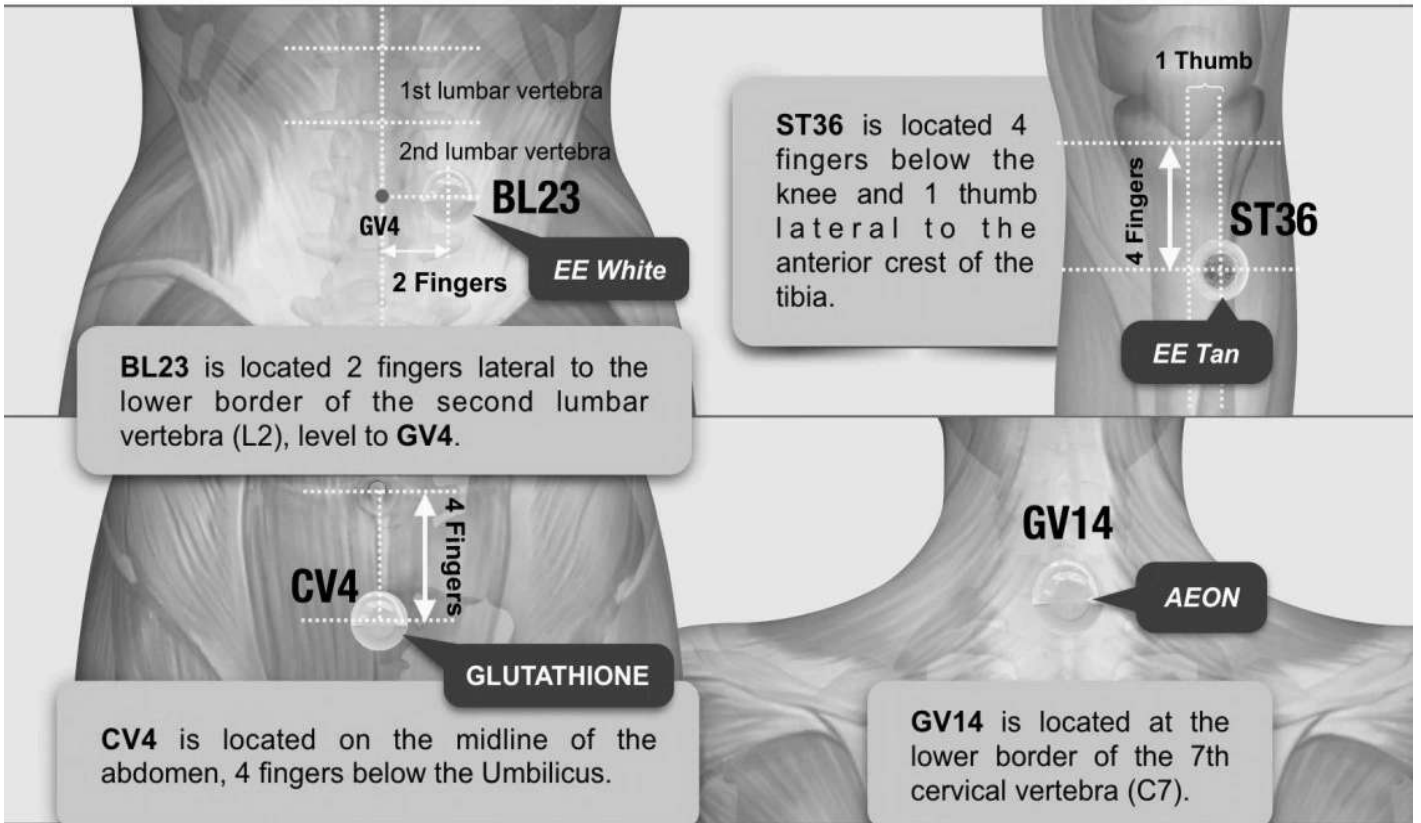
During The Day:

ENERGY ENHANCER White on **BL23** - **Right Side** - Wear for 24 hours

ENERGY ENHANCER Tan on **ST36** - **Left Side** - Wear for 24 hours

GLUTATHIONE on **CV4** - Wear for 24 hours

AEON on **GV14** - Wear for 12 hours during the day

**During The Night:**

CARNOSINE on **GV14** - Wear for 12 hours during evening/night time

Note: Try to start this program at a convenient time in the morning, i.e. 8am. Preferably at the same time you started the day before. **CARNOSINE** patch should replace the **AEON** patch at the same position after 12 hours, i.e. 8pm.

This protocol continues in the next page →

Day 5

Remove all patches from the previous day and wear a new set.

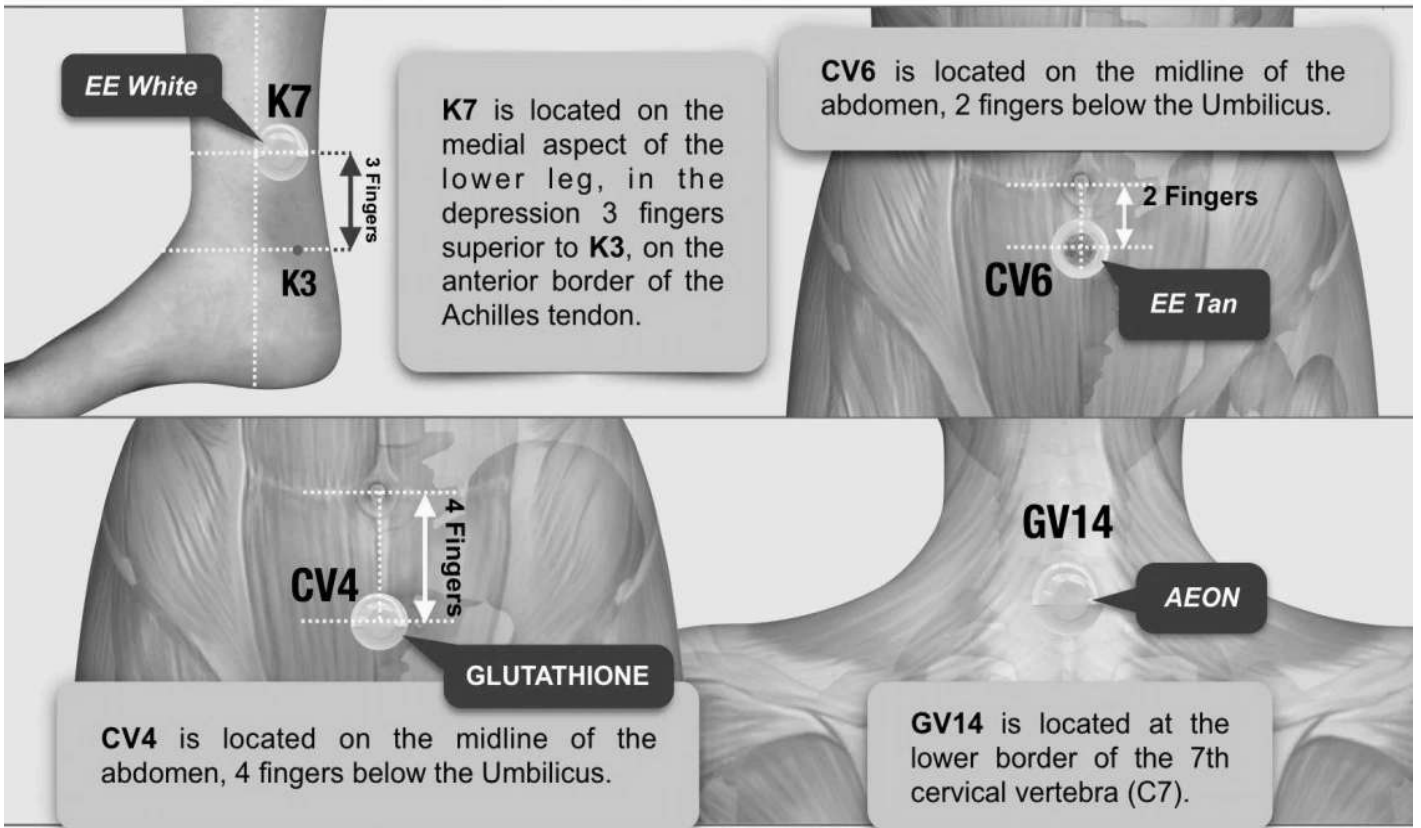
During The Day:

ENERGY ENHANCER White on **K7 - Right Side** - Wear for 24 hours

ENERGY ENHANCER Tan on **CV6** - Wear for 24 hours

GLUTATHIONE on **CV4** - Wear for 24 hours

AEON on **GV14** - Wear for 12 hours during the day

**During The Night:**

CARNOSINE on **GV14** - Wear for 12 hours during evening/night time

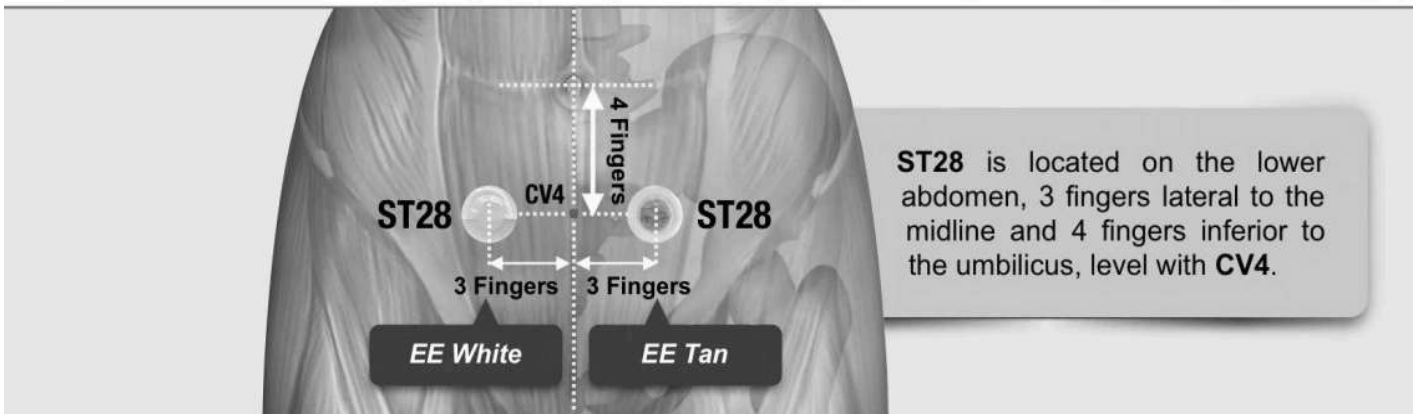
Note: Try to start this program at a convenient time in the morning, i.e. 8am. Preferably at the same time you started the day before. **CARNOSINE** patch should replace the **AEON** patch at the same position after 12 hours, i.e. 8pm.

This protocol continues in the next page →

IN CASE OF THIRST

Some people will experience a strong thirst during the course of this program. If that happens to you, add at anytime this:

1 set of **ENERGY ENHANCER** 3 fingers both sides of **CV4** location - **WRTL**
(That's **ST28** Position)



CONCLUSION:

I do understand the complexity of this particular protocol and it might be a very testing procedure for new and even experienced LifeWave patch users. Please do take your time to comprehend the mechanics of it before starting. The good side of it is, this protocol has shown a great improvement to the majority of those who wear it consistently .

General Notes:

- 1- Running this complete patching procedure for 5 consecutive days is considered 1 Cycle (*Day 1 through Day 5*).
- 2- I recommend to go for a minimum of 2 cycles or 10 consecutive days and check how is your response.
- 3- This Diabetes Protocol has been consistently showing positive results in most people. However, there are cases where no effects are noticed. That will of course depend on many factors...
- 4- Use new patches starting a new day.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Diabetes

Mr. Kok's Variation Protocol

I came across this Diabetes Variation Protocol during a conversation I had with Mr. Kok, one of our members who successfully managed to control his Diabetes by using exclusively LifeWave patches.



Mr. Kok

Mr. Kok's Interview Conclusions:

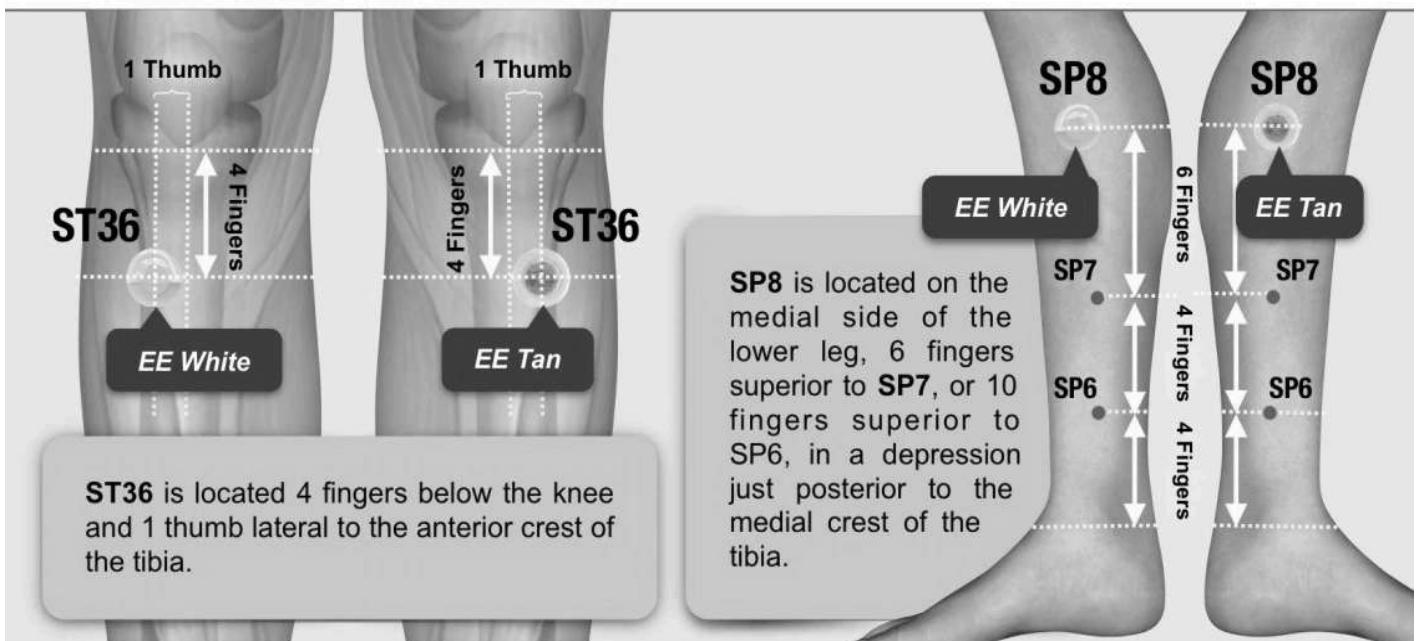
- 1- **Diabetes CAN be controlled by using LifeWave patches.**
- 2- **Mr. Kok used the Main Diabetes Protocol consistently for 2 years.**
- 3- **To help him achieve maximum results he incorporated new habits into his lifestyle like for example: Proper Eating Habits and Exercise.**
- 4- **Now he has developed his own variation:**

Diabetes Variation Protocol - During the Day:

First Place This:

ENERGY ENHANCER on ST36 - WRTL - Wear for 6 hours.

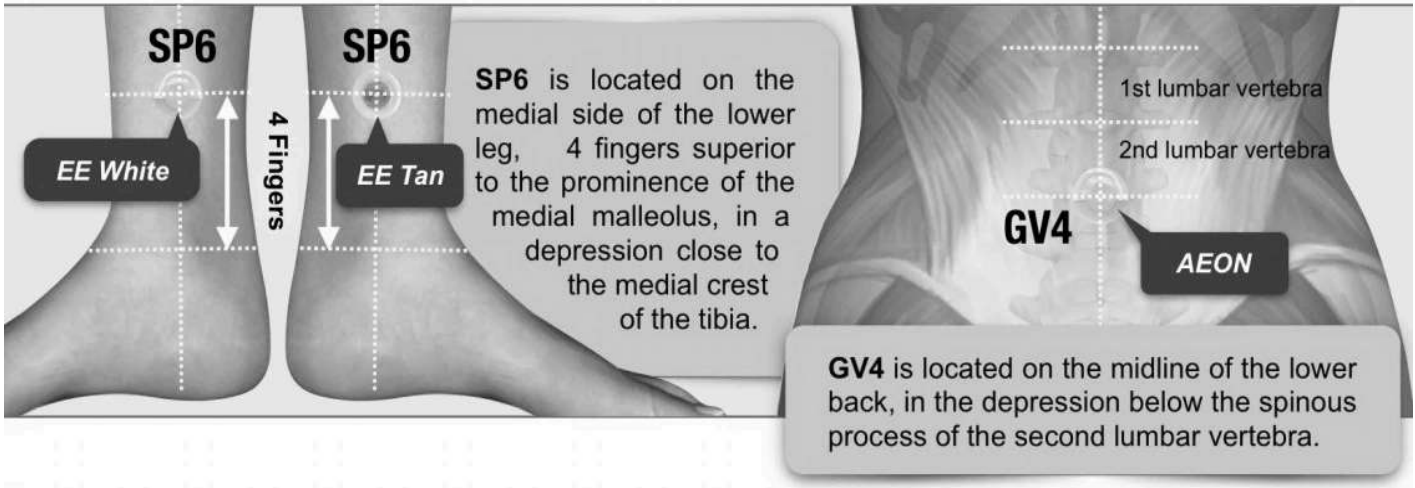
ENERGY ENHANCER on SP8 - WRTL - Wear for 6 hours.



This protocol continues in the next page →

Then, place this:

ENERGY ENHANCER on **SP6** - **WRTL** - Wear for 6 hours.
AEON on **GV4**



Note: You could use the same pair of **ENERGY ENHANCER** patches by changing location every 6 hours daily or you could wear 3 pairs of **ENERGY ENHANCER** patches for 6 hours daily.

Diabetes Variation Protocol - During the Night:

Alternate daily **CARNOSINE** on **CV17** and **GV14**. (i.e.: Monday **CARNOSINE** on **CV17** in the evening and throughout the night, Tuesday **CARNOSINE** on **GV14** in the evening and throughout the night)

Thanks to Wai Meng Kok from Malaysia for sharing his story with us!.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Cataract

According to TCM, a physician may look at these two main aspects of Cataract:

- 1- **“Overheating” of the Liver**
- 2- **“Overcooling” or “Emptiness” of the Kidneys.**

Now, the mechanism is quite simple according to TCM:

Overheating or “Fire” of the Liver rises upward and into the eyes because there is an “Emptiness” of the Kidneys, causing therefore the Cataract development.

and one clear tendency among those who develop Cataract is to be Irritable in nature.

The idea behind this Cataract Patching Option Special is to attempt to lower the Overheating of the Liver as well as to “Fill Up” the Kidneys back again and I’ll talk a bit more about this process at the “My Personal Take” section below...

Quick Note: If you’d like to understand more about all the “Academic” Terms I use here, you might want to read my first book: **Understanding Meridians & Acupoints Using LifeWave Patches**, where I explain in simple terms the most basic TCM concepts.



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Cataract Patching Option

First Pairing of Points:

ENERGY ENHANCER on **ST36** - **WRTL**

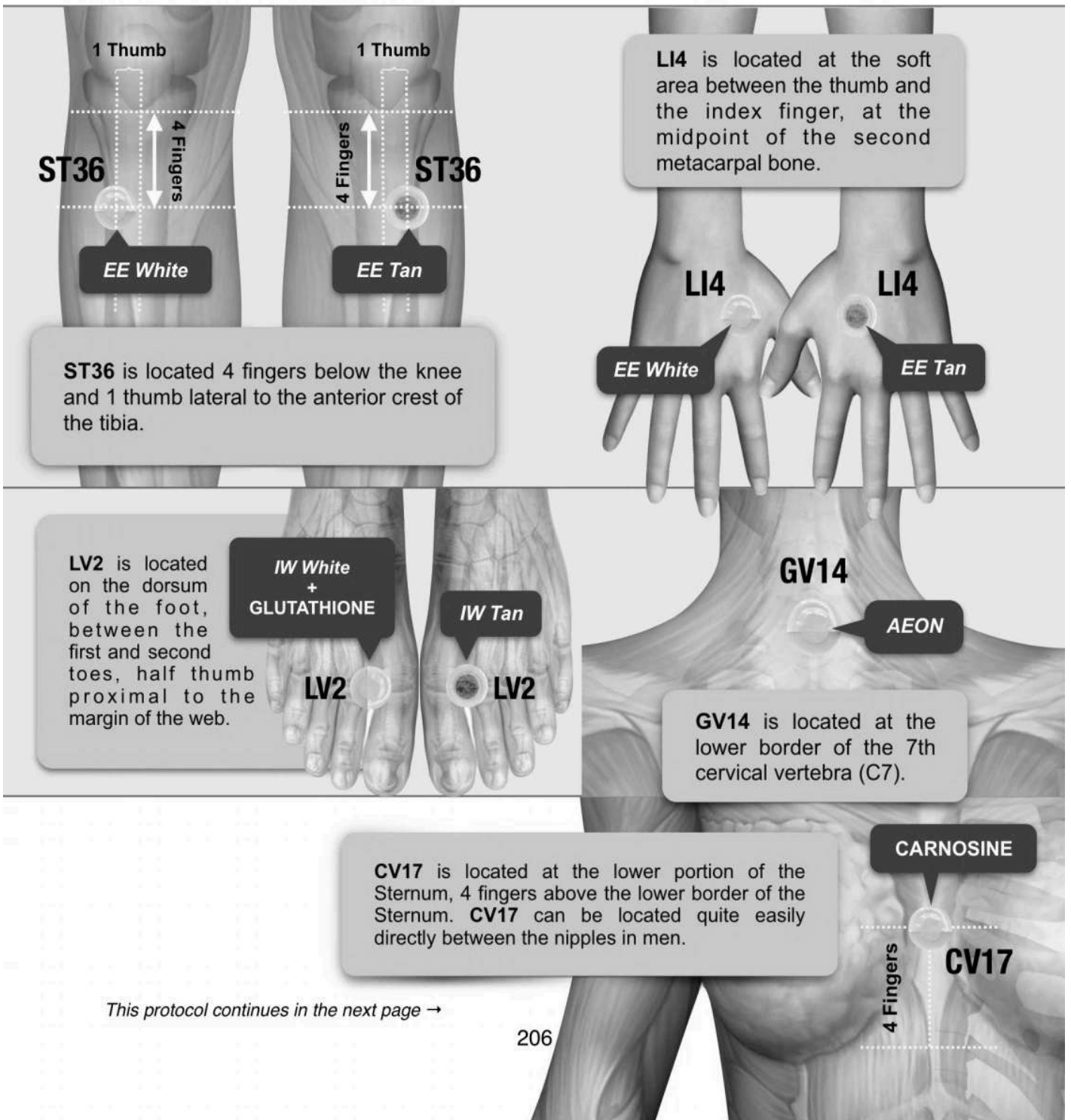
ENERGY ENHANCER on **LI4** - **WRTL**

ENERGY ENHANCER on **LV2** - **WRTL**

GLUTATHIONE on **LV2** - **Right Side** (Double Stacked or over the **ENERGY ENHANCER White**)

AEON on **GV14**

CARNOSINE on **CV17**



This protocol continues in the next page →

Second Pairing of Points:

ENERGY ENHANCER on **GB20 - WRTL**

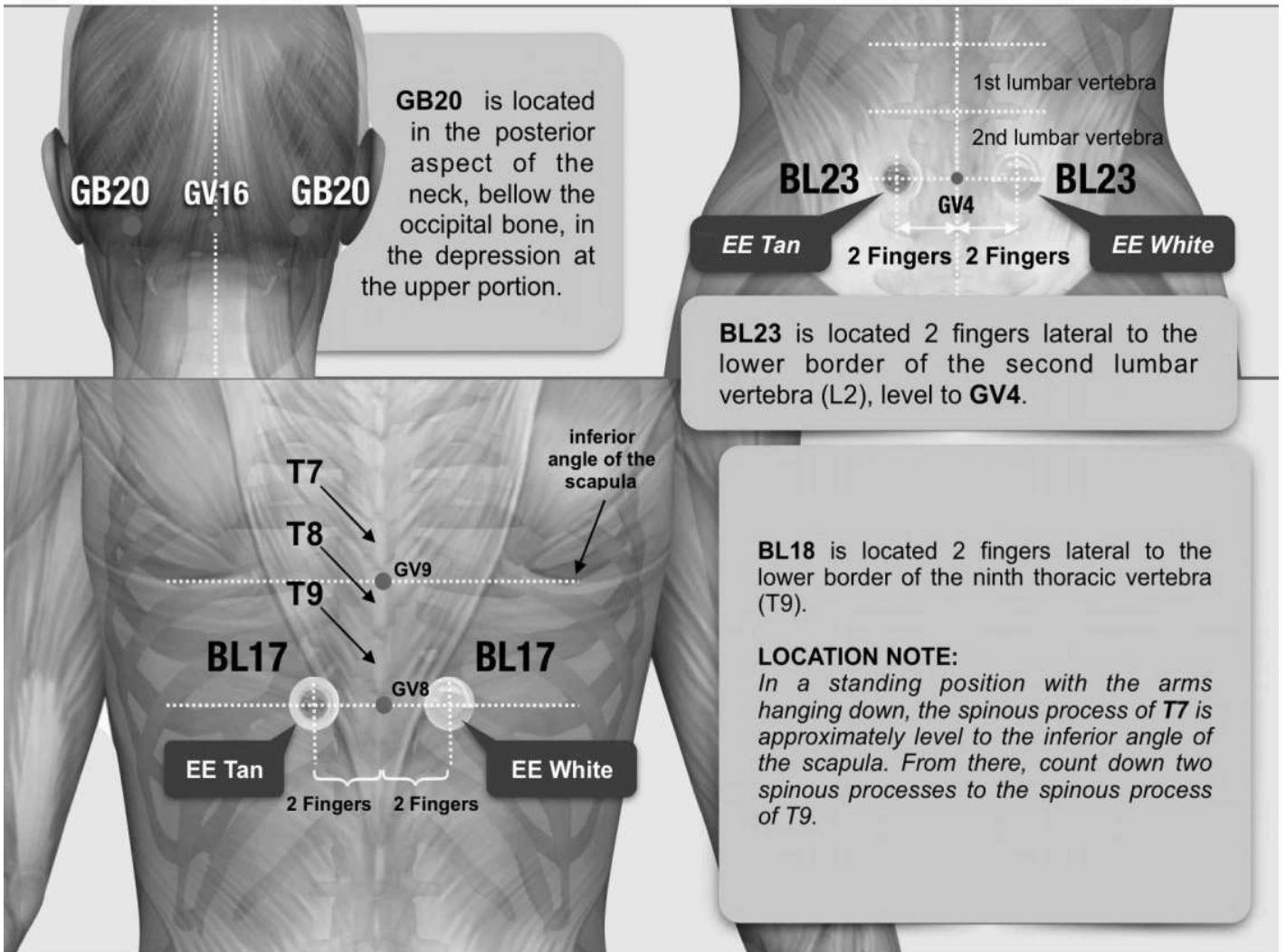
ENERGY ENHANCER on **BL18 - WRTL**

ENERGY ENHANCER on **BL23 - WRTL**

GLUTATHIONE on **GB20 - Right Side** (Double Stacked or over the **ENERGY ENHANCER White**)

CARNOSINE on **CV17** (Check this position at previous pages)

AEON on **GV4** (Check this position at previous pages)



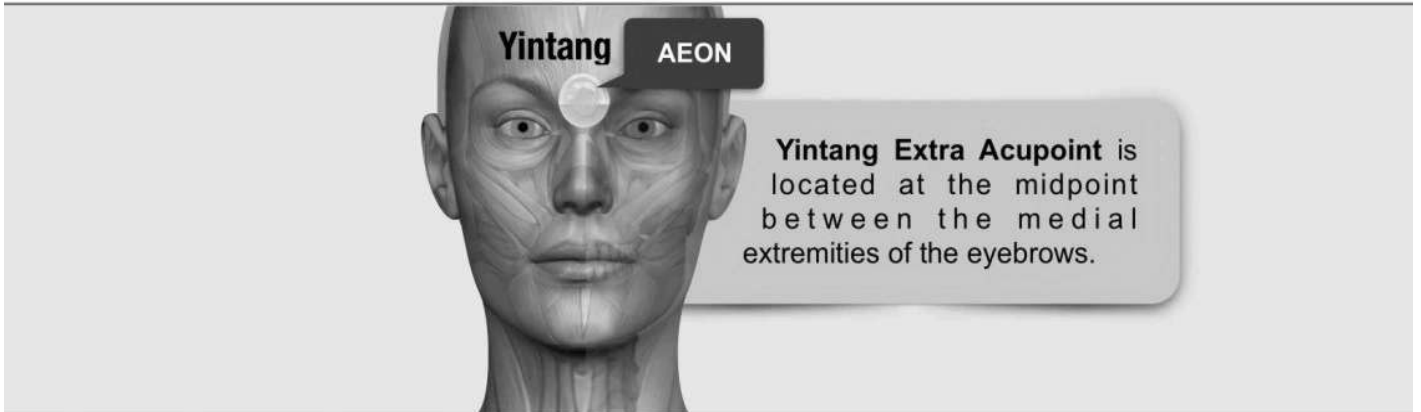
I'm presenting this **Cataract Patching Option** as a 2 separate group of points which you can convert into a 2 Days Protocol, Day 1 & Day 2 respectively.

Try to start patching some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all Y-Age patches on till next day.

Please change all patches starting a new day.

If you are at home and not going out much, then it would be good if you place a Second **AEON** Patch:

AEON on **Yintang Extra Point**



Now, as you can imagine, Cataract is a “Process” and it doesn’t develop overnight...

A question came to me from one of our members who is right now at an “Early Stage” of Cataract...

So, the Patching Option above might help to Balance the two main aspects I was mentioning earlier: **Overheating of the Liver as well as “Emptiness” the Kidneys...** However, what this Patching Option might not be helpful for is with **What’s Really Causing** this Overheating of the Liver and the “Emptiness” Kidneys...

and that to me it’s all related to **Lifestyle...**

and if you are right now having a similar situation, where a Cataract is at a “Early Stage” then, it would be good to start this Patching Option as well as to read the section below:

My Personal Take on Cataract

What really helped me revert all the health problems I had is to realise that the reason why things are happening to all of us is because we do the things we do...

or in other words we have the Lifestyle we have...

and if you think about it, Cataract doesn't "Just Happen"...

and there are many aspects of the Process of Reverting it, which it might require that we start looking into what's really causing it...

and the patches might help in same degree to address some of the Imbalances, but what's causing those imbalances is still there... then the process might take much longer or even, it might seem that the patches do not work at all...

I mention this because the main question of everyone always is this: "How Long" do I need to patch for to see some results?...

and of course, it will all depend on how you manage what's really causing the issue and not only how the patches could help you with the Imbalances...

In my personal experience, by managing the real cause of an issue, it does help tremendously in the "Reverting" process, specially when you find a good patching strategy and you Complement it with your main "Solving", because the patches in the way I see it, accelerate the process of recovery when the conditions in the body are "Promoting" that...

If you'd like to understand more about how I look at the Real Cause of almost anything, you can watch my latest video series **Lifestyle Protocol** accessible via the Top Menu once you are logged in at **PatchingProtocol.com**...

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Conjunctivitis

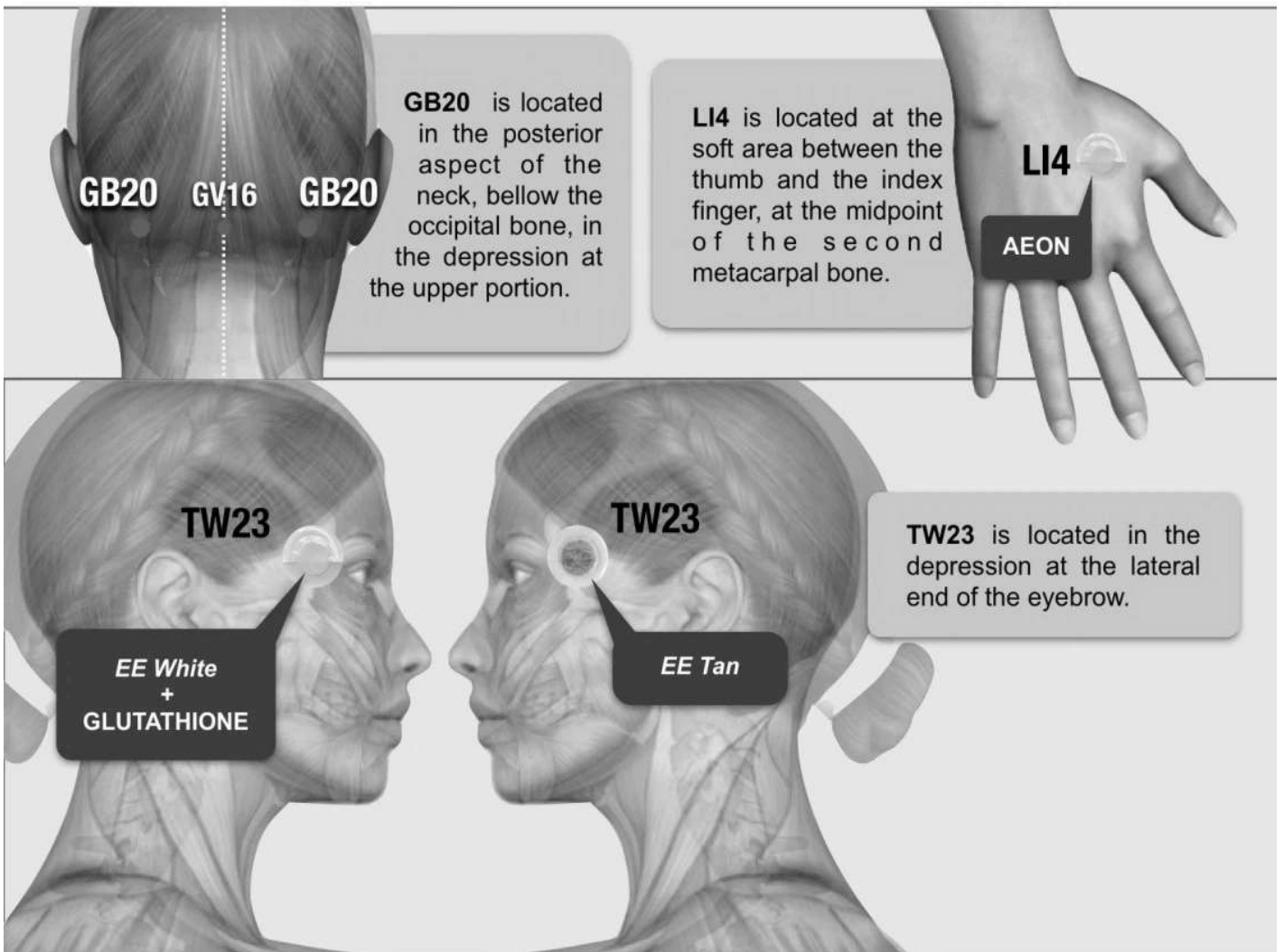
Patching Procedure for Conjunctivitis

ENERGY ENHANCER on **GB20** - **WRTL**

ENERGY ENHANCER on **TW23**- **WRTL**

GLUTATHIONE on **TW23** - **Right Side**

AEON on **LI4** - **Right Side**



General Notes:

- 1- Start patching once you need it.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Constipation Series

I guess we all understand what constipation is, or at least how it manifests. However, many of us might not really know the causes of it. So, I decided to include several basic concepts inside this **Constipation Series**.

*This Series was originally called “Understanding Constipation” and first published under our **Following The Root Area at PatchingProtocol.com**.*

Background

Constipation is indeed a common problem, and sometimes there are some basic concepts which are not really clear:

#1- If there is no bowel movement for more than 3 days, this is serious constipation.

In actual fact, if bowel movements do not occur daily, we could consider ourselves constipated.

If you think about it, It takes about 12 hours for food to go from the mouth to the rectum. If we finish dinner at 6:30 pm in the evening and go to bathroom at 6:30 am in the next morning, we excrete all foods eaten the day before.

One simple logic here, if we have 3 Meals per day, we should be able to evacuate 3 times per day as well...

#2- Dry or Hard stools, difficult defecation, incomplete evacuation and abnormal shape of stools are other clear ways of how Constipation manifests

What should it be our IDEAL then?: The bowels should open every day and the stools should be light-brown in color, roughly cylindrical in shape and a few inches long.

That's the ideal we should be focusing on achieving...

Anything other than that, we will have to look closely into what we do in a regular basis for us to be constipated.

OUR DIET

Diet is of course a very important cause of constipation. Excessive consumption of Hot Energy Foods dries up the fluids of Stomach and Intestines and may cause constipation by drying up the stools so that they cannot be moved properly. We are talking about Hot Energy Foods as Alcohol, Coffee or Caffeine based drinks/infusions, sugar and strongly heating, pungent spices.

TCM explain it very simply: ***"Hot energy food will burn off the fluids and cause constipation from dryness."***

Conversely, excessive consumption of Cold Energy Foods may block the Spleen function of transportation so that stools cannot be moved downwards. Cold Energy Foods refers not only to those directly taken from the fridge (referring to cold in temperature) but also to raw foods, as these require extra energy for digestion compared to pre-cooked foods. This means choosing steamed vegetables over a green salad or switching from granola to oatmeal for breakfast. Using a warming method of cooking will also enhance the body's energy, therefore soups, stews and slow roasted foods become the dishes of choice. Do not use hot seasoning to an excess, which will induce sweating and having actually a cooling, drying effect on the body.

Many Chinese people automatically assume constipation is caused by excessive heat and eat "cold" foods, like bananas, for relief. But bananas and other cold energy foods might only work for constipation caused by excessive heat... they might not do any good in other cases. In fact, eating cold energy foods can damage the already weak but healthy energy of a constipated person, worsen the constipation problem and lead to other health problems.

- ▶ ***Those with insufficient energy and blood, need to reinforce energy.***
- ▶ ***Those who suffer from stagnating energy might need to unblock the energy through the channels.***

Both are very important concepts to keep in mind.

Apart from the nature of foods eaten, lack of fibre in food is of course a major cause of constipation. Lack of fibre in the diet is a modern cause of disease. Lack of fiber results in insufficient bulk of the stool, therefore, stool stays in longer causing constipation and that might lead to other more severe conditions like Diverticulosis for example. Fiber not only gives bulk, but also holds water in the stool which gives sufficient lubrication to expedite movement. However, some who eat lots of fiber suffer with constipation too...

Another interesting thing is, some say that drinking water helps in cases of constipation but drinking water may cause more frequent urination and in many cases it does not help constipation as much as we would like.

OUR HABITS

This might sound odd, but in a TCM perspective, improper habits condition how our bowel habits are:

Sitting too long in the bathroom without any bowel/bladder activity (like reading the paper, etc.) will train your body not to associate sitting on the toilet with actually defecate (the actual reason why we are there...). Waiting too long to use the bathroom when you have urge can also cause constipation...

OUR EMOTIONS

Emotional stress affects the bowel movements mostly through the Liver and Spleen. Emotional problems such as anger, resentment or frustration over a long period of time may cause stagnation of the Chi in the Liver. Stagnant Liver Chi obstructs the smooth flow of Chi in the Lower Burner leading to constipation and abdominal distention and pain. This is considered constipation of an Excess nature.

Excessive mental work, too much thinking and worrying, brooding, all affect the Spleen and slow down its transportation of food in the Intestines, leading to constipation. This is constipation of a Deficient nature and is not accompanied by distention and pain.

OUR PHYSICAL ACTIVITY

Lack of exercise is another very important cause of constipation. Exercise stimulates the peristalsis of the Large Intestine and, from a TCM perspective, lack of exercise weakens Spleen Chi and may also cause stagnation of Liver Chi. Deficient Spleen Chi over a long period of time fails to provide Chi to move the stools and therefore may result in constipation, while stagnant Liver Chi may cause it by failing to move Chi in the Intestines.

Conversely, excessive physical work weakens the Spleen and injures muscles. Deficient Spleen Chi fails to move the stools in the Large Intestine and may cause constipation.

Overwork in the sense of working long hours without adequate rest for many years weakens the Kidneys. If it weakens Kidney Yin it may cause constipation from dryness. If it weakens Kidney Yang, it may cause constipation by leading to internal Cold.

CONCLUSION

Before I move into how we could use the patches in several of the situations I'm describing here, I can say that the cause of Constipation could be also due to many other habitual, environmental or even emotional reasons like:

- *Overuse of laxatives (stool softeners) which, over time, might weaken the bowel muscles.*
- *Consumption of medicines (especially strong pain medicines such as narcotics, antidepressants, iron pills, antacid medicines containing calcium or aluminium).*
- *Eating large amounts of dairy products.*
- *Stress.*
- *Etc.*

The list is actually long...

However, at this **Constipation Series**, I'll concentrate on the Root Causes according to TCM and some options for you to test with the patches.

Now, I hope that by including this short Background, it will help me clarify a very simple concept:

The Patches do not solve Constipation, nor any other condition, in my opinion and experience, the patches might help address the imbalances we have, and for us to achieve a more effective patching experience, we might need to know the possible causes of those imbalances.

MY OWN APPROACHES TO CONSTIPATION

NOTE: The approaches I'm including here were tested with favourable results according to the specific situation described.

APPROACH #1 - BLOCKAGE OF THE LARGE INTESTINE

One of the most important concept to have in mind refers to blockage of the transmitting/flow of Chi function of the Large Intestine, especially in combination with the Spleen or Stomach.

If we think about it, the large intestine's function is to No. 1 absorb fluids and No. 2 to promote movement of stool, therefore, any blockages might limit it's functions and cause Constipation.

A Stomach and Large Intestine blockage result in constipation because the downward flow of Chi is insufficient and the upward flow is too excessive.

For you to have an idea, a Spleen and Stomach blockage results in diarrhea, because the downward flow of Chi is too excessive and the upward flow is insufficient.

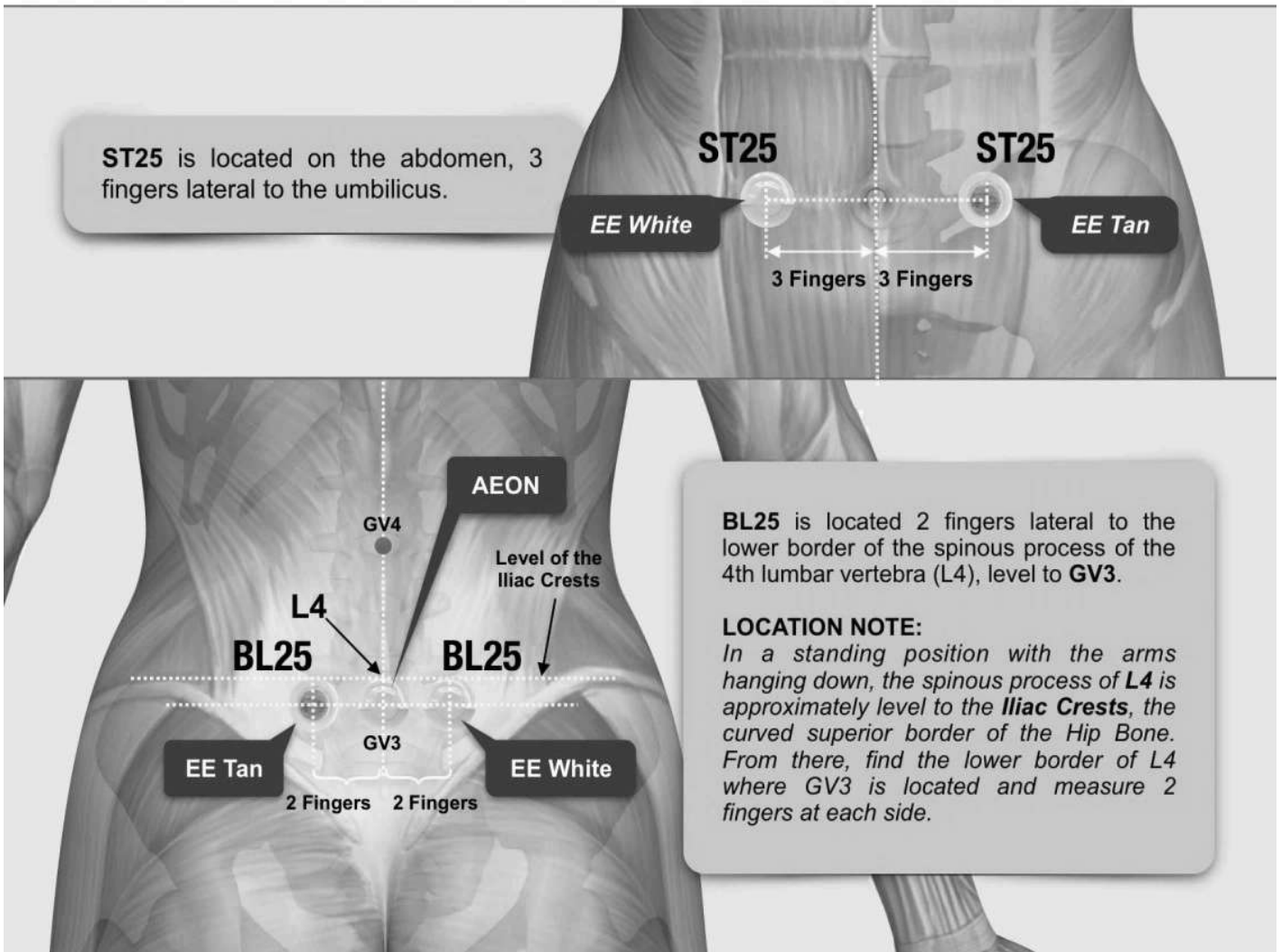
Now, I'm including here a **Base Protocol** to address blockages of the Large Intestine.

This protocol continues in the next page →

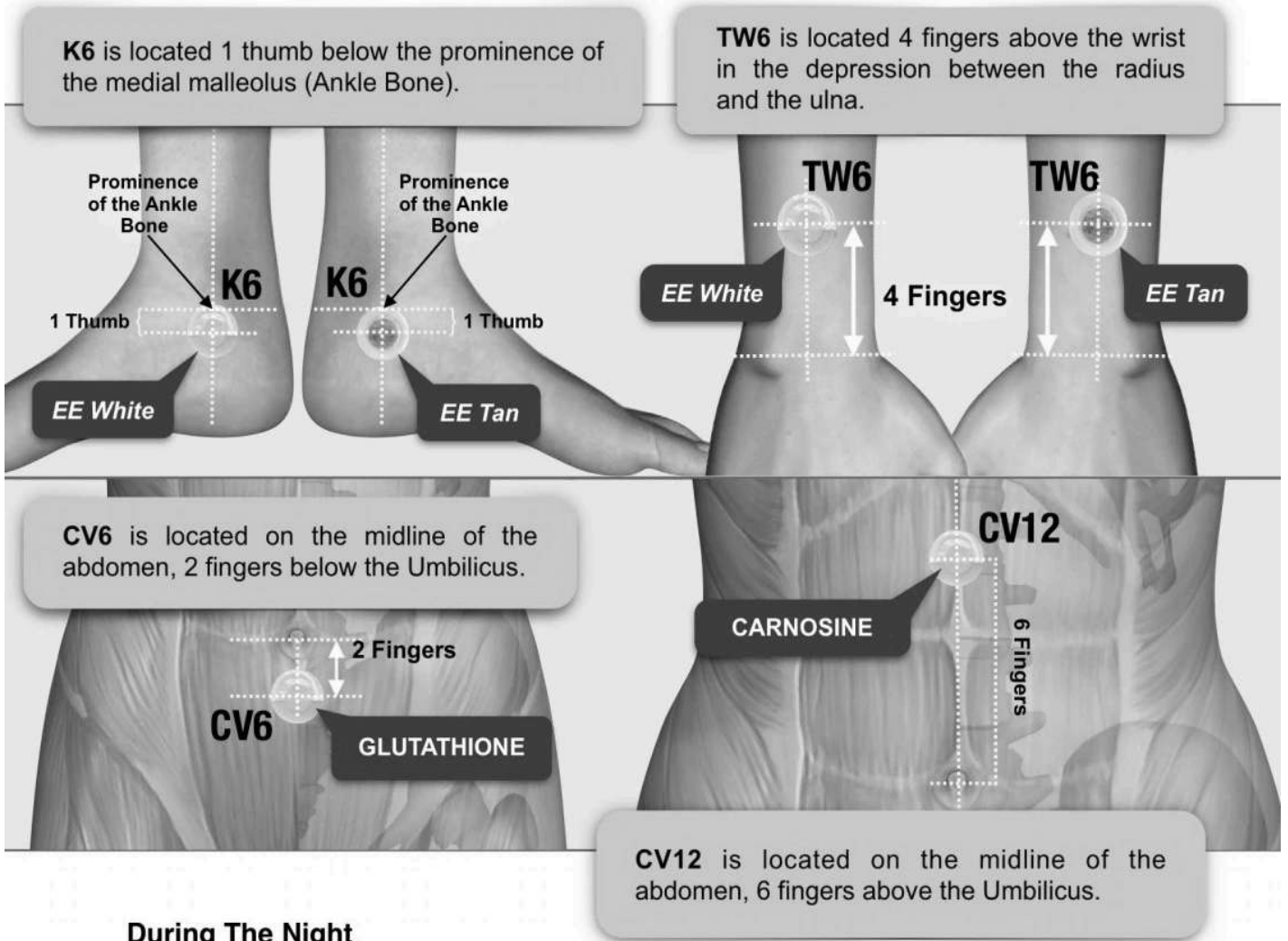
Constipation - Approach #1 Base Protocol

During The Day

- ENERGY ENHANCER** on **ST25** - WRTL
- ENERGY ENHANCER** on **BL25** - WRTL
- ENERGY ENHANCER** on **K6** - WRTL
- ENERGY ENHANCER** on **TW6** - WRTL
- AEON** on **GV3**
- GLUTATHIONE** on **CV6**
- CARNOSINE** on **CV12**



This protocol continues in the next page →



During The Night

Remove all daily patches and just keep at evening time till following morning the **CARNOSINE** patch on **CV12**.

(You might want to change the **CARNOSINE** for a new patch if you'd like so, the effectiveness is there).

Notes Explaining the above Base Protocol:

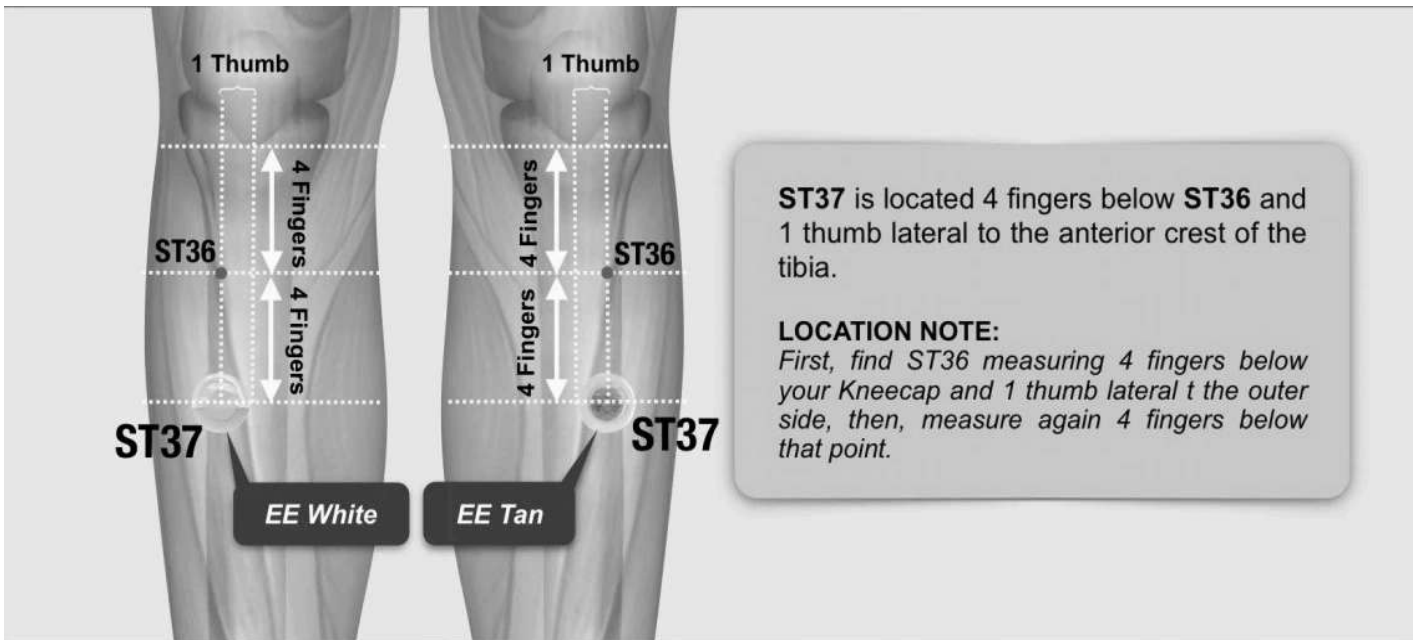
ST25 is the front point and **BL25** is the back point associated to Large Intestine, both promotes a balanced movement of Chi through the channel. **K6** is selected because of it's qualities to nourish Yin and it work very well in combination with **TW6** for constipation cases.

Y-age system have been selected to boost and also nourish the channel through those specific locations.

Another placement to consider in cases of Dry or Hard stools is:

ENERGY ENHANCER on ST37 - WRTL

This protocol continues in the next page →



ST37 is what is called the lower sea point of the Large Intestine and it's related to digestion and water metabolism.

VERY IMPORTANT: Add this point only if the stools are dry or hard.

You may test the above Base Protocol as a starting point by running it for 3 consecutive days.

That will most probably give you a clear indication of to the receptiveness you have to the patches as well as the approach used.

APPROACH #2 - HEAT IN THE STOMACH AND LARGE INTESTINE

TCM or Traditional Chinese Medicine is all about relationships...

The Large Intestine energy has a special relationship with the Stomach energy, as I was mentioning earlier, and they are both strong Yang energy systems. This means that they are easily affected by heat. Yang, is the active, hot, fiery, expansive parts of our being. (As opposed to Yin, which is the passive, watery, cool, inward parts.) This heat might be generated by long-term patterns of stagnant energy as is a poor diet for example, or physically or emotionally toxic environments.

Therefore, dry stools, infrequent bowel movements, thirst, scanty-dark urine, red face, feeling of heat, abdominal pain, even sometimes burning sensation in anus heat, dry mouth and foul breath are some of the manifestations of heat in the Stomach and Large Intestine.

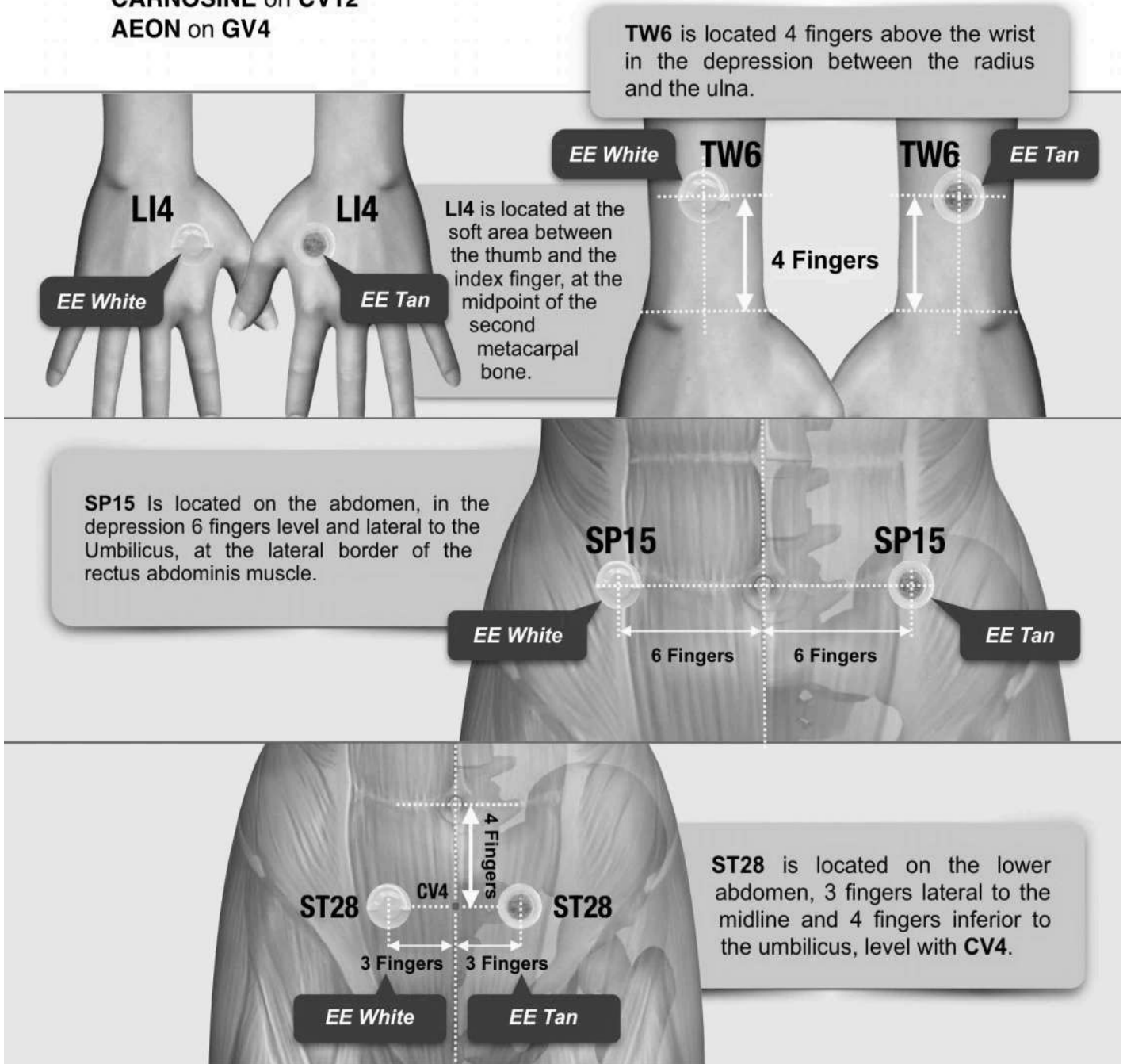
Approach #2 then, will attempt to clear heat, drain Fire of Large Intestine, moisten the Intestines.

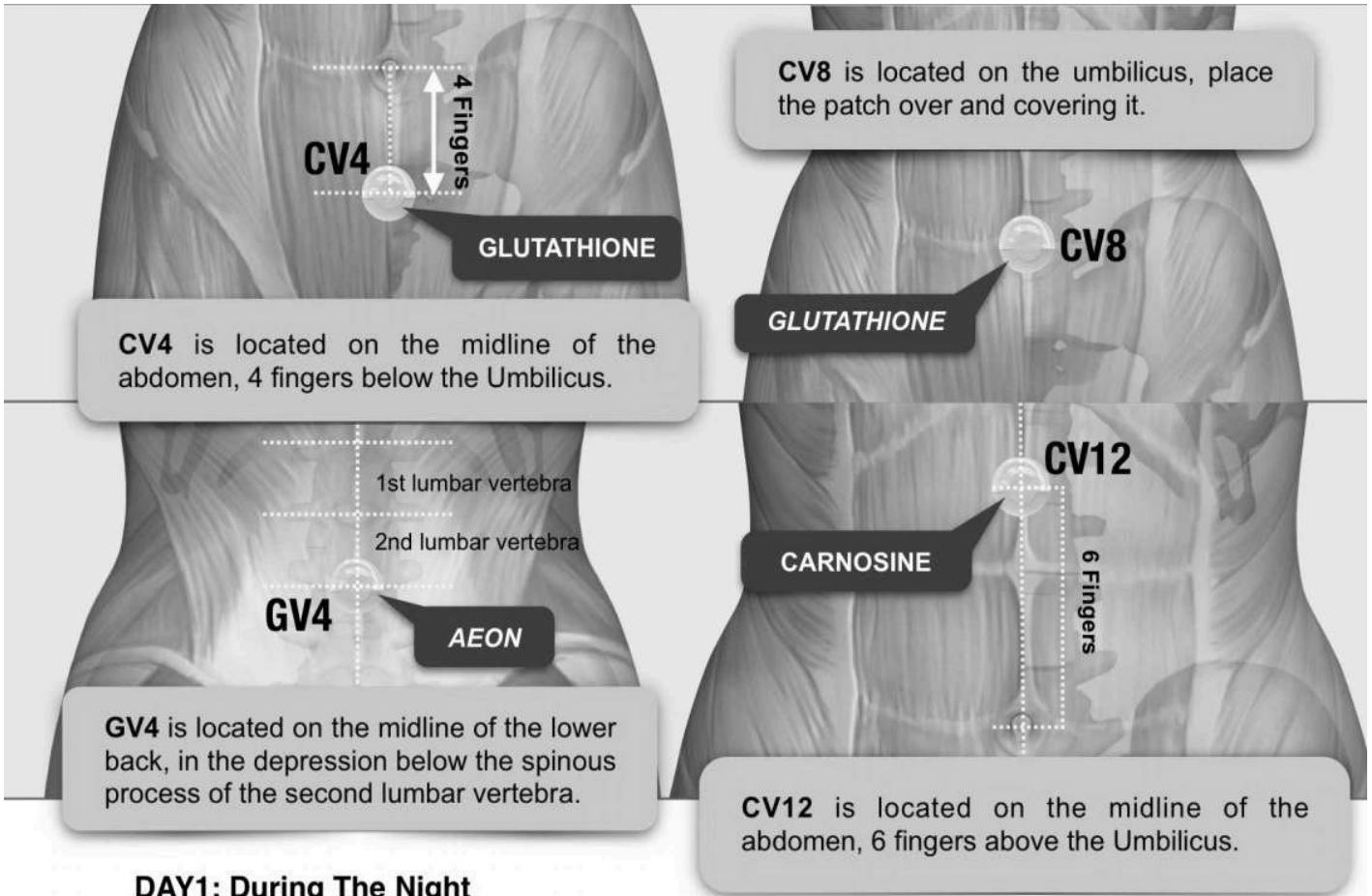
This protocol continues in the next page →

Constipation - Approach #2 - Clearing Heat From The Large Intestine

DAY1: During The Day

- ENERGY ENHANCER** on **LI4** - WRTL
- ENERGY ENHANCER** on **TW6** - WRTL
- ENERGY ENHANCER** on **SP15** - WRTL
- ENERGY ENHANCER** on **ST28** - WRTL
- GLUTATHIONE** on **CV4** or **CV8** (Check for best performance)
- CARNOSINE** on **CV12**
- AEON** on **GV4**



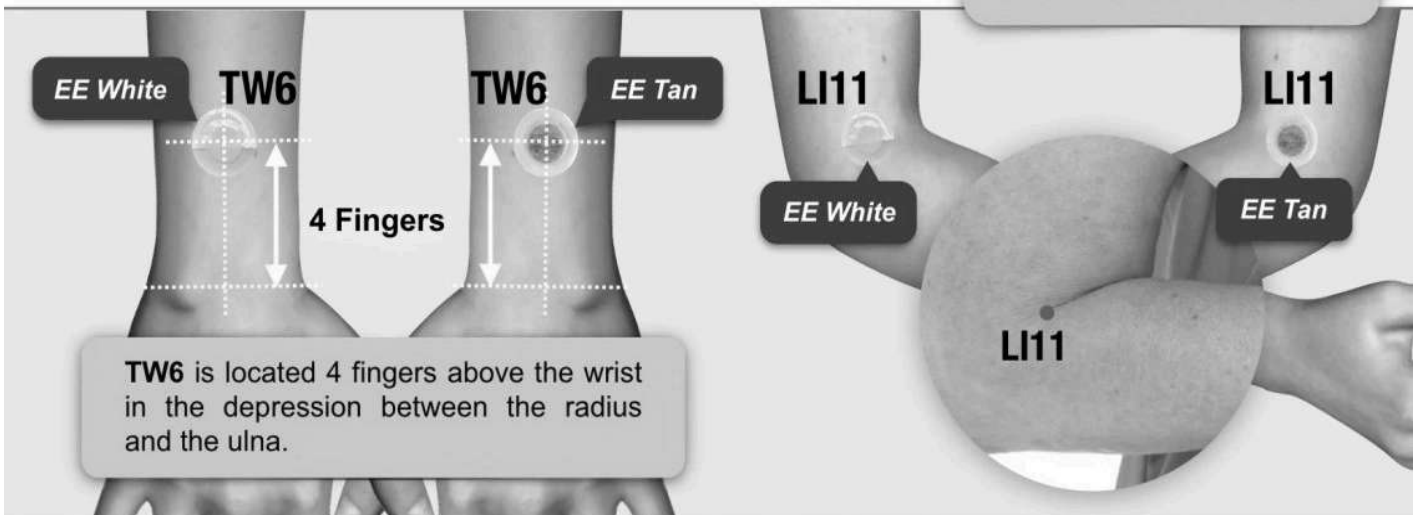


DAY1: During The Night

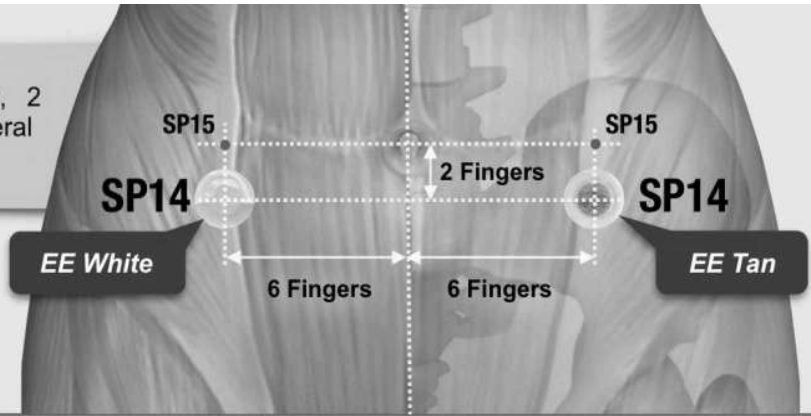
Remove all daily patches and just keep at evening time till following morning the **CARNOSINE** patch on **CV12**.
 (You might want to change the **CARNOSINE** for a new patch if you'd like so, the effectiveness is there).

DAY2: During The Day

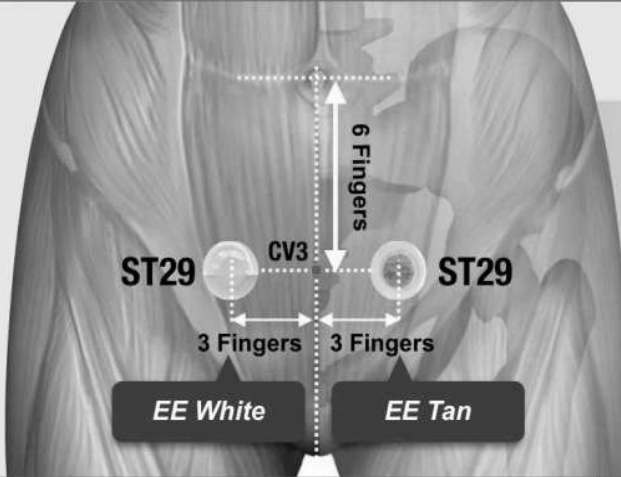
- ENERGY ENHANCER** on **TW6** - **WRTL**
- ENERGY ENHANCER** on **LI11** - **WRTL**
- ENERGY ENHANCER** on **SP14** - **WRTL**
- ENERGY ENHANCER** on **ST29** - **WRTL**
- GLUTATHIONE** on **CV3** or **CV6** (Check for best performance)
- AEON** on **GV3**
- CARNOSINE** on **CV12**



SP14 is located on the abdomen, 2 fingers right below **SP15**, 6 fingers lateral to the Midline of the body.



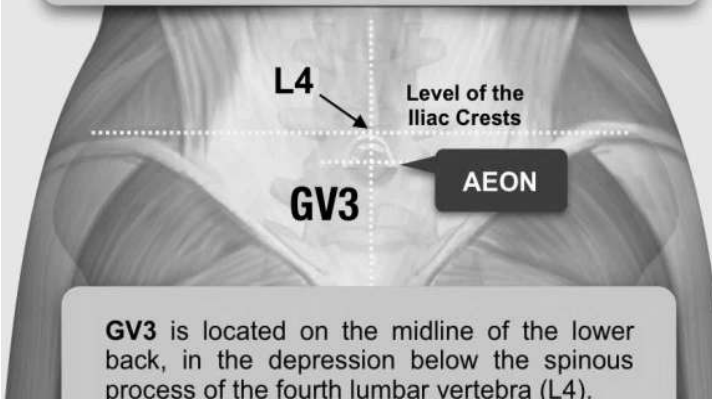
ST29 is located on the lower abdomen, 3 fingers lateral to the midline and 6 fingers inferior to the umbilicus, level with **CV3**.



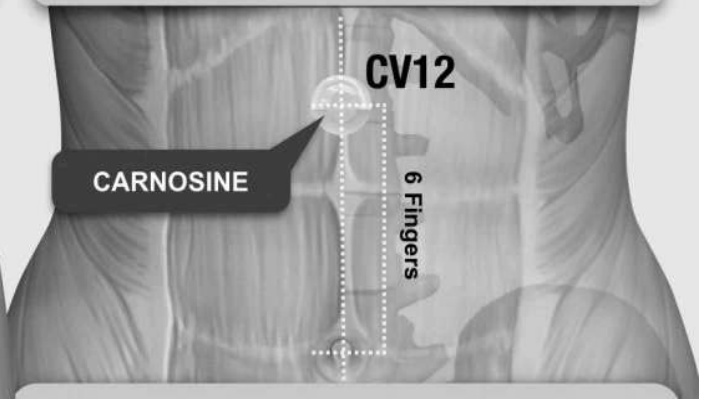
CV3 is located on the midline of the abdomen, 6 fingers below the Umbilicus.



CV6 is located on the midline of the abdomen, 2 fingers below the Umbilicus.



GV3 is located on the midline of the lower back, in the depression below the spinous process of the fourth lumbar vertebra (L4).



CV12 is located on the midline of the abdomen, 6 fingers above the Umbilicus.

This protocol continues in the next page →

DAY2: During The Night

Remove all daily patches and just keep at evening time till following morning the **CARNOSINE** patch on **CV12**.

*(You might want to change the **CARNOSINE** for a new patch if you'd like so, the effectiveness is there).*

Notes Explaining the Above Protocol:

Originally, this protocol was tested as a 1 Step/1 Day Approach and taking full advantage of the "Power" pairings like LI4/11, SP14/15 and ST28/29 at one go. However, I then thought it wasn't that practical and the 2 days Approach gave us good results as well...

Here are the basics:

LI4 clears Heat in the Large Intestine and moves the stools, **LI11** clears Heat in the Large Intestine, **TW6** clears Heat as well as opens the Triple Warmer and promotes the bowel movement. **SP14** and **SP15** move the energy downwards, regulates the intestines and promote distribution of body fluids. **ST28** and **ST29** clear Heat as well as promote the bowel movement.

Y-age system have been selected to boost and also nourish the channel through those specific locations.

You may test the above protocol by running it for 2 to 3 consecutive cycles (4 to 6 days in total).

That will most probably give you a clear indication of to the receptiveness you have to the patches as well as the approach used.

APPROACH #3 - STAGNATION OF LIVER CHI

This type of constipation is very widely seen. This expresses as a bowel movement that is very dry at first and hard and ends loose/soft, also stools might be shaped like pebbles but not dry, there might be desire to open the bowels but difficulty in doing so, belching, abdominal distention, irritability.

In short, this is a disharmony between the Liver and the Middle Warmer or Liver overacting on the Middle Warmer therefore causing Spleen / Stomach deficiency.

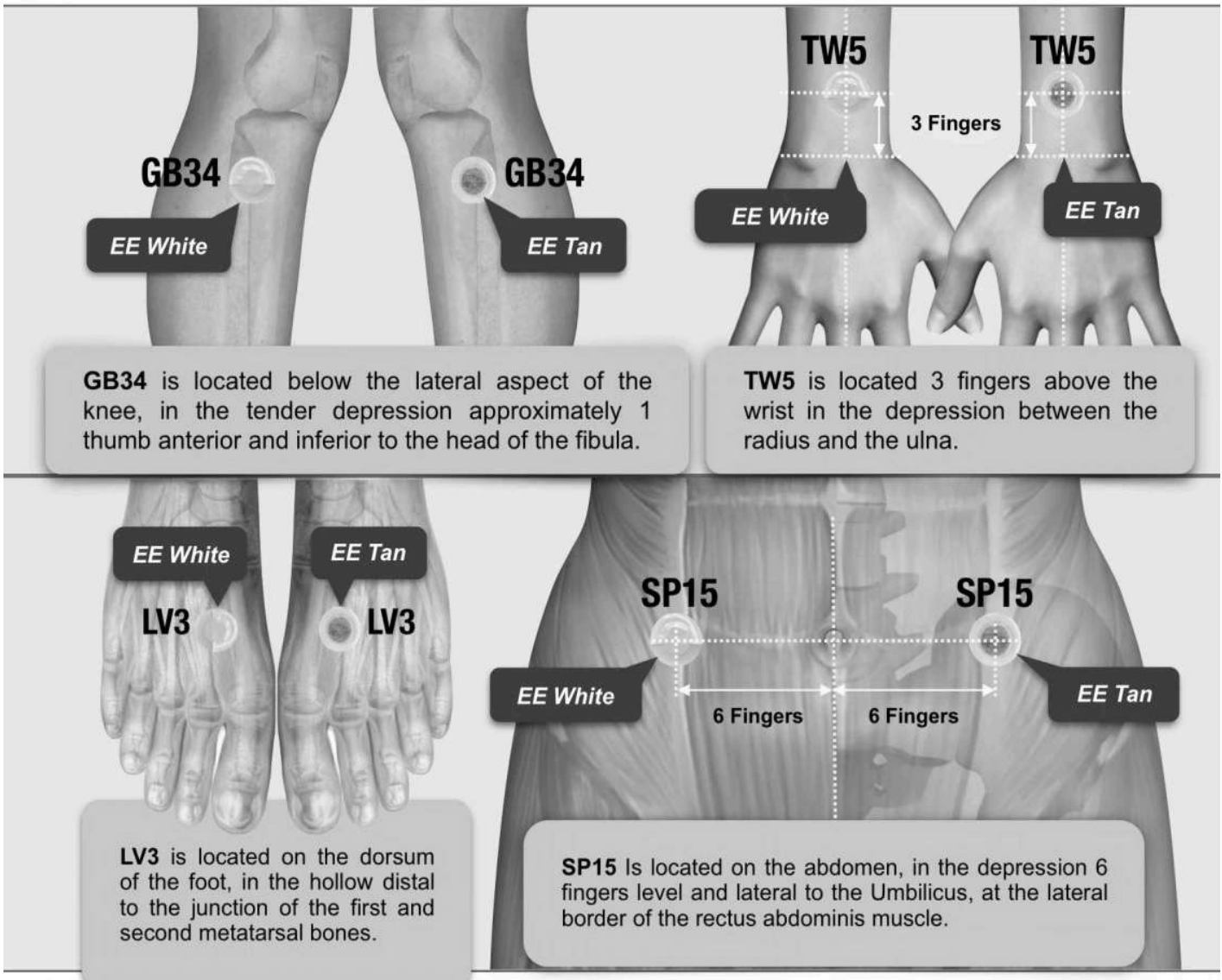
Approach #3 then, will attempt to pacify the Liver, regulate Chi, make Chi to flow downwards and eliminate stagnation.

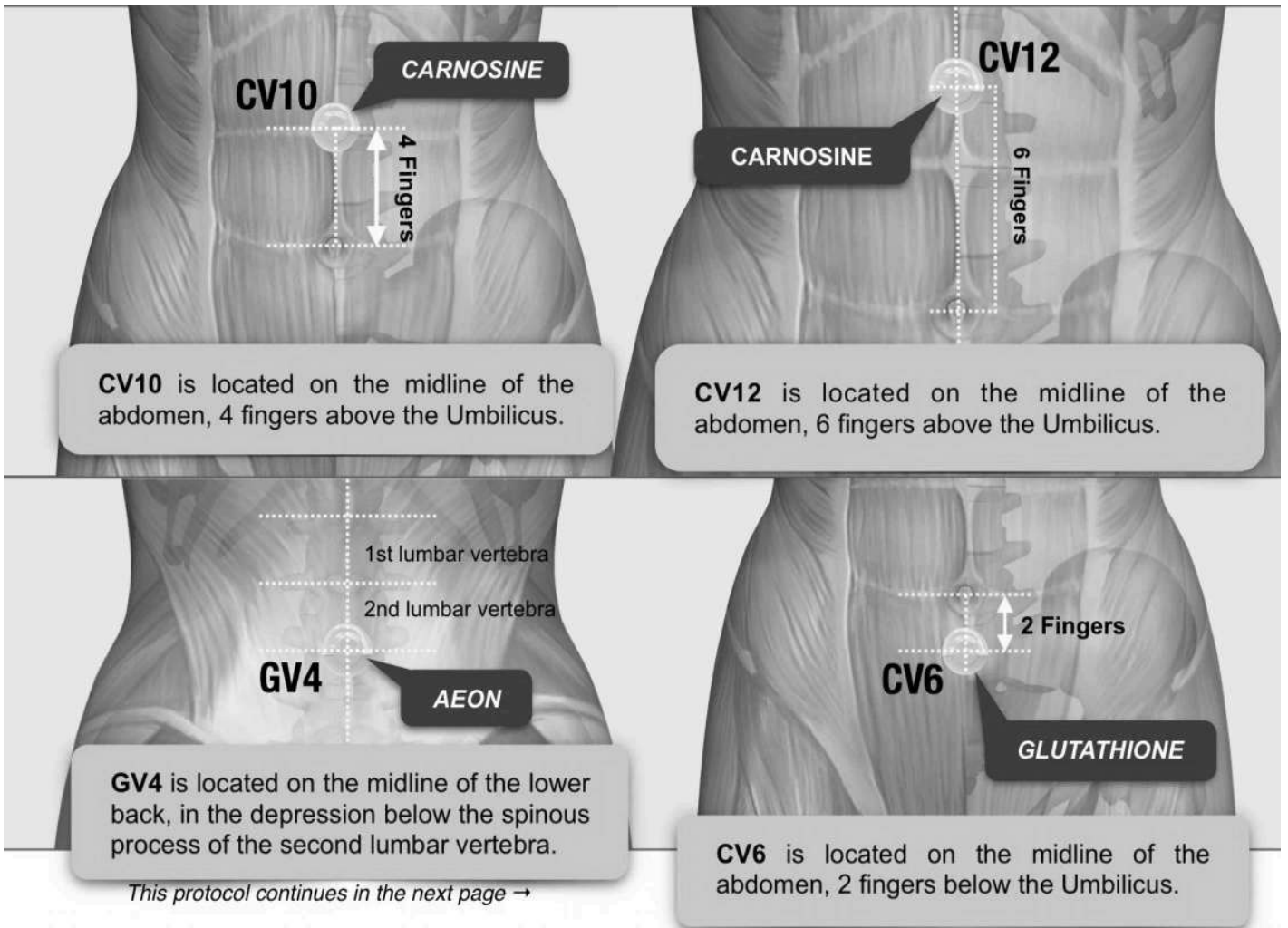
This protocol continues in the next page →

Constipation - Approach #3 - Stagnation Of Liver Chi

During the day

- ENERGY ENHANCER** on **GB34** - WRTL
- ENERGY ENHANCER** on **TW5** - WRTL
- ENERGY ENHANCER** on **LV3** - WRTL
- ENERGY ENHANCER** on **SP15** - WRTL
- CARNOSINE** on **CV10** or **CV12** (*Check for best performance*)
- GLUTATHIONE** on **CV6**
- AEON** on **GV4**





During The Night

Remove all daily patches and just keep at evening time till following morning the **CARNOSINE** patch on **CV10** or **CV12** (Check for best performance).
(You might want to change it for a new patch if you'd like so, the effectiveness is there).

Notes Explaining the Above Protocol:

LV3 moves Chi and pacifies the Liver (our main objective), then **GB34** and **CV6** in combination, move Liver-Chi in the lower abdomen. **SP15** move the energy downwards, regulates the intestines and promote distribution of body fluids and finally **CV10** is included because it does stimulates the descending of Chi as well, but might want to test in alternated days with **CV12** for best performance.

You may test the above protocol by running it for 3 consecutive days.
That will most probably give you a clear indication of to the receptiveness you have to the patches as well as the approach used.

This protocol continues in the next page →

Final Thoughts

I'm taking the opportunity to introduce several concepts associated to Constipation. My experience for the past 7 years and literally thousands of communications with others is telling me that most members at PatchingProtocol.com are interested to a **Patch-To-Solve** approach...

Nothing wrong with that obviously, however, sometimes and under certain situations, we might need to understand a bit more the reasons behind why we are experiencing what we are experiencing, therefore, to be able to patch more effectively according to the scenario we are presented.

For example, a very frequent manifestation in elderly people is dry stools, thirst with desire to sip water, dry mouth and throat especially in the evening, sore back and knees, dizziness, tinnitus, night-sweating. So, a specific approach to nourish Yin, tonify the Kidneys and moisten the Intestines would be an appropriate choice...

Quick Note: *If you'd like to understand more about all the "Academic" Terms I use here, you might want to read my first book: **Understanding Meridians & Acupoints Using LifeWave Patches**, where I explain in simple terms the most basic TCM concepts.*



General Notes:

- 1- Start patching once you needed.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

IMPORTANT NOTE: *I do understand the complexity of all the concepts included in this **Constipation Series** and it might be a very testing procedure for new and even experienced LifeWave patch users. Please do take your time to comprehend the mechanics of it before starting any of the Patching Approaches I'm suggesting here .*

When dealing with conditions where imbalances have been progressing for a long period of time, as are a great majority of chronic cases, regaining balance will depend on several factors like the approach or procedure used, consistency on applying those approaches or procedures and the level of personal interest to achieve good results.

I'm constantly experiencing cases where take minutes to achieve a positive outcome, others take hours, days and even months to show a general improvement. Everyone has a different set of conditions but those who experience good results are sharing some common denominators:

- **All individuals are highly motivated to regain back their balance.**
- **They keep testing options till they find their most suitable procedure.**
- **They create a consistent habit and endured patience focusing only on positive results.**

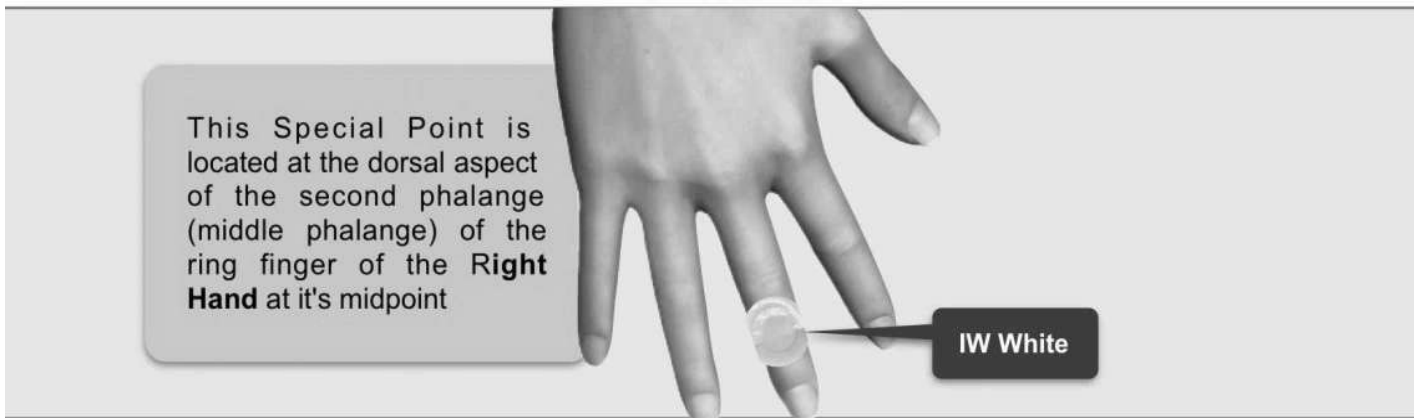
Cough (Chronic Cases)

Chronic Cough is another difficult condition. I found this Patching Option to be very helpful...

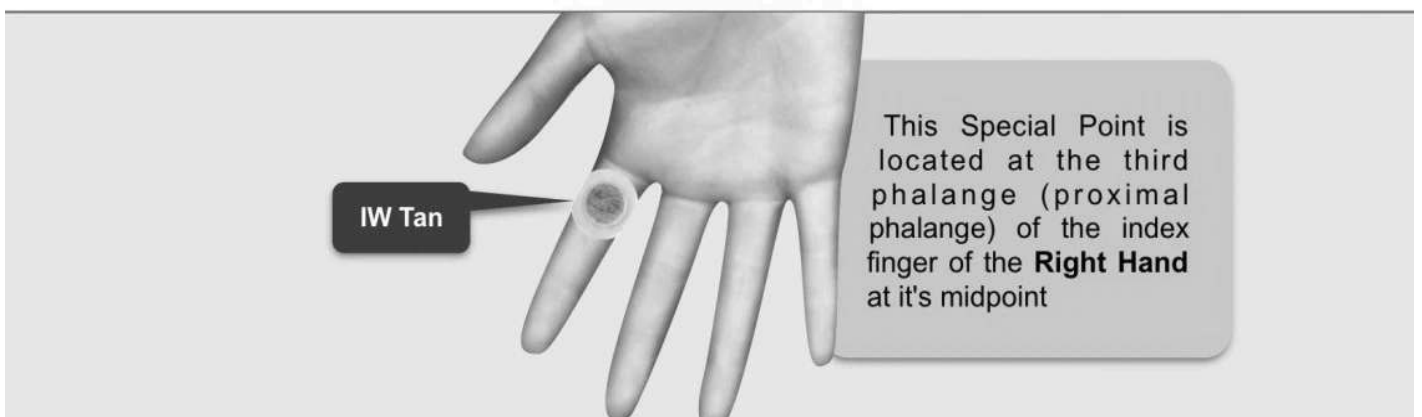
Chronic Cough Protocol

First, place an **ICEWAVE WHITE** Patch at the dorsal aspect of the second phalange (middle phalange) of the ring finger of the **Right Hand** at it's midpoint.

- **Wear for 24 hours.**



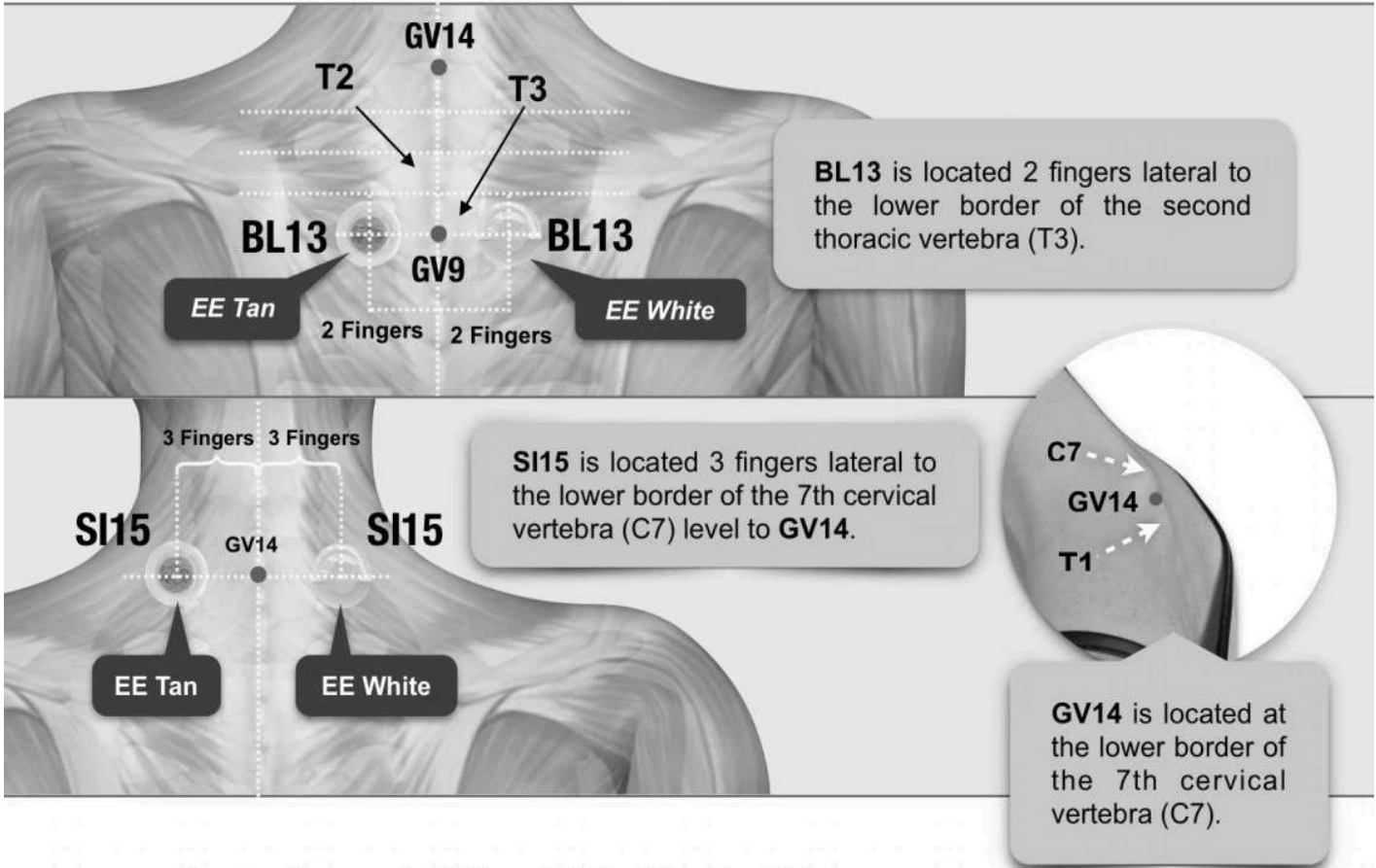
Then, place the **ICEWAVE TAN** Patch on the third phalange (proximal phalange) of the index finger of the **Right Hand** at it's midpoint. - **Wear for 24 hours.**



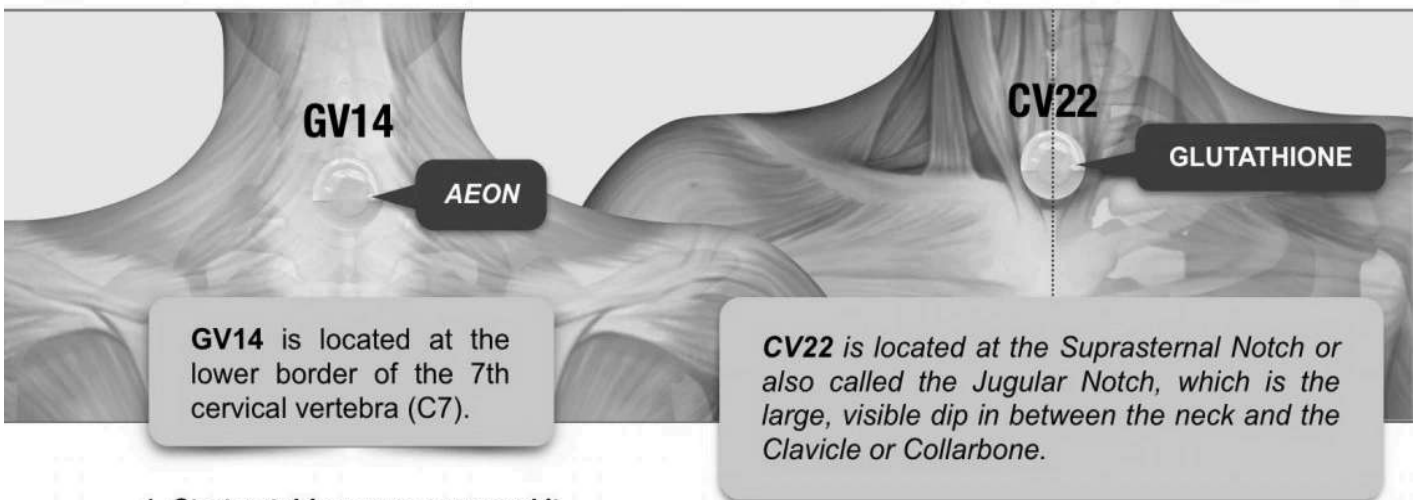
This protocol continues in the next page →

Next, place an **ENERGY ENHANCER** on **BL13 - WRTL** - Wear for 24 hours.
 or, **ENERGY ENHANCER** on **SI15 - WRTL** - Wear for 24 hours.

Note: Check which location gives better results



and lastly, place an **AEON** on **GV14** - Wear for 24 hours.
 and a **GLUTATHIONE** on **CV22** - Wear for 24 hours.



- 1- Start patching once you need it.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

Cystitis

Patching Procedure for Cystitis.

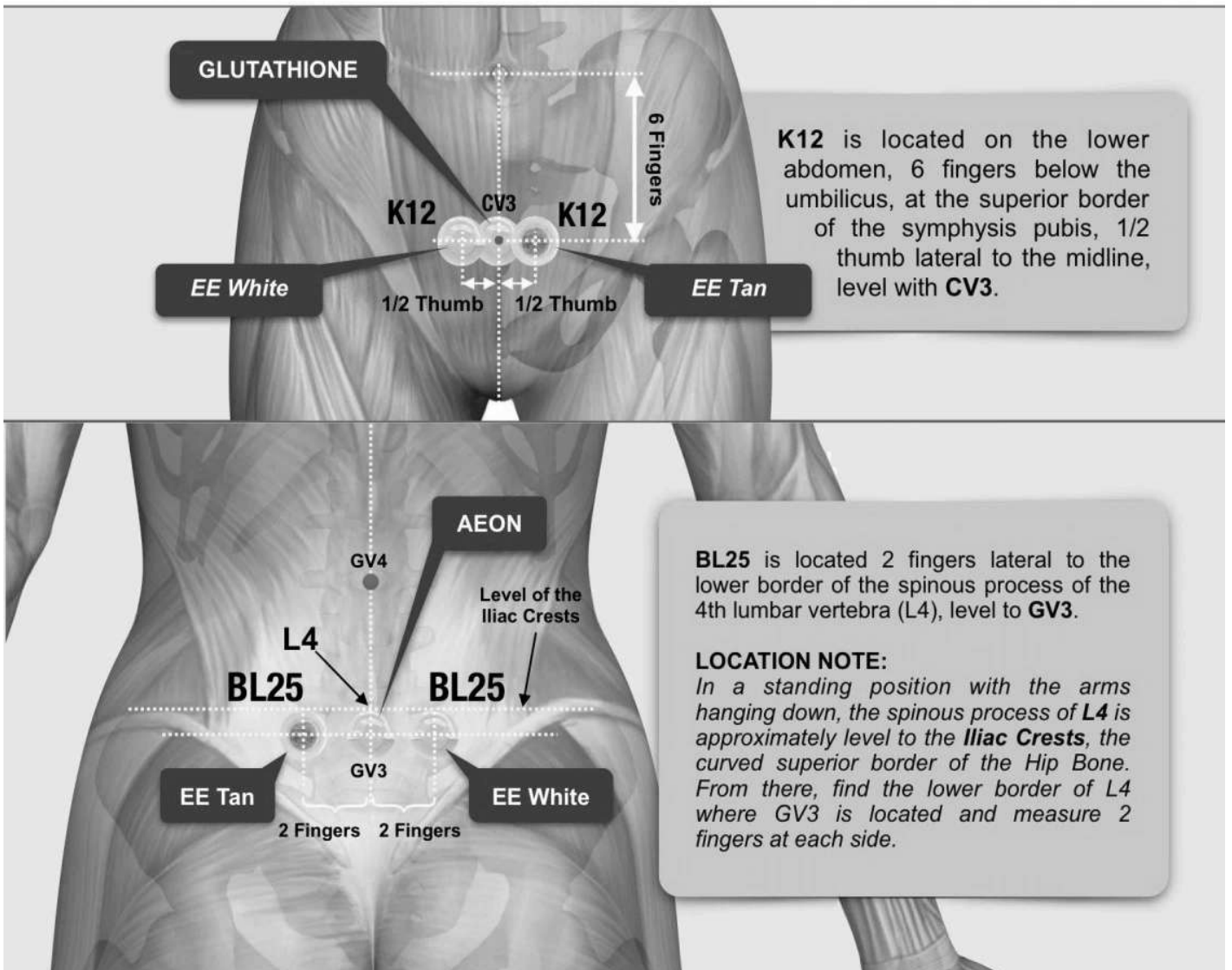
ENERGY ENHANCER on **K12** - **WRTL**

GLUTATHIONE on **CV3**

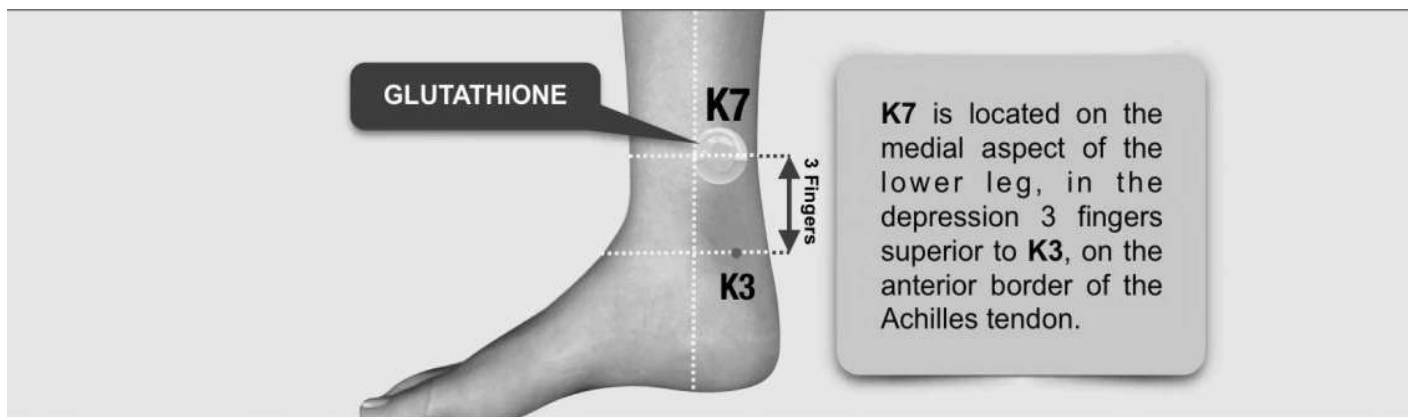
ENERGY ENHANCER on **BL25** - **WRTL**

AEON on **GV3**

GLUTATHIONE on **K7** - **Right Side**



This protocol continues in the next page →

**General Notes:**

- 1- Start patching once you need it.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Ear Infection

Here you have an **Acupoint Combination** for cases of Ear Infection.

You can also refer to the **Basic Ear Infection** protocol included at **page 92** of this book.

Ear Infection Main Acupoint Combination

First, place **ENERGY ENHANCER** on **TW21 - WRTL**

ENERGY ENHANCER on **TW17 - WRTL**

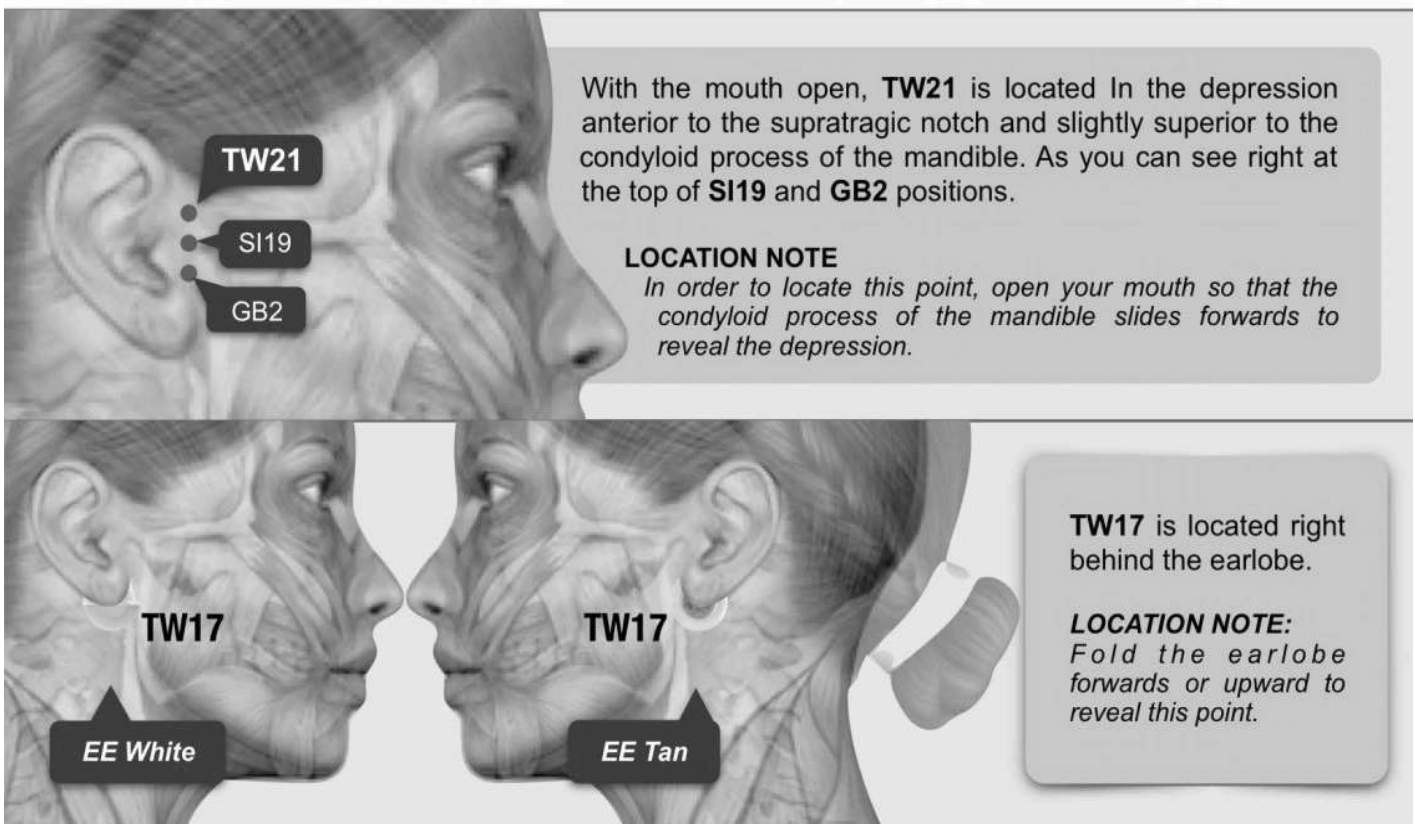
Then place **AEON**, **GLUTATHIONE** & **CARNOSINE** all three patches together or "Triple Stacked" on **TW3 at the side where the Ear is infected**. If both sides are having issues, just place it at the **Right Side**.

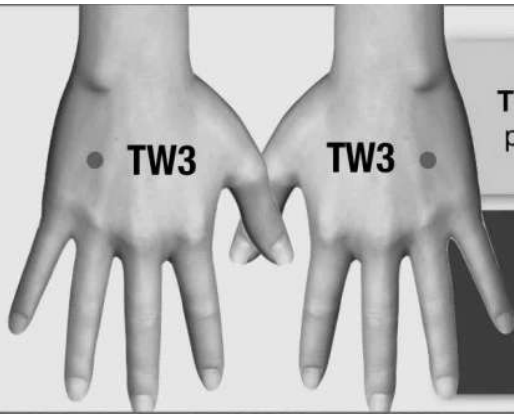
Next, place **ENERGY ENHANCER** on **BL20 - WRTL**

and **ENERGY ENHANCER** on **ST36 - WRTL**

Then place a second **GLUTATHIONE** patch on **CV6**

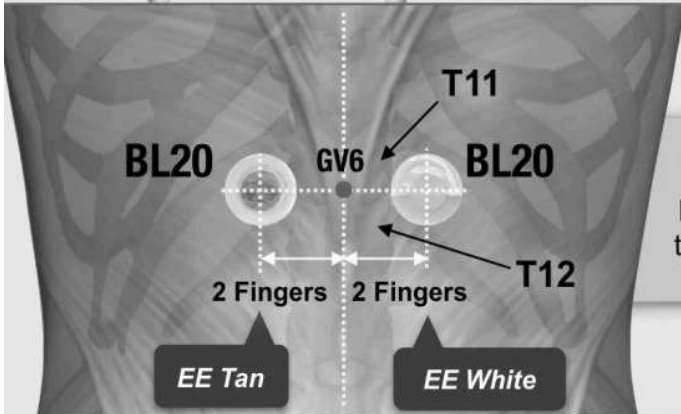
and lastly, place **SP6 Complete** on **SP6 Position - Left Side**



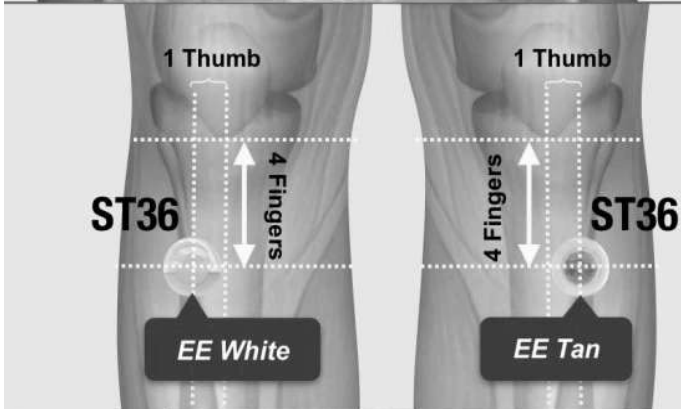


TW3 is located on the dorsum of the hand, in the depression just proximal to the fourth and fifth metacarpophalangeal joints.

Place **AEON**, **GLUTATHIONE** & **CARNOSINE** all three patches together or "Triple Stacked" on **TW3** at the side where the **Ear** is **infected**. If both sides are having issues, just place it at the **Right Side**.



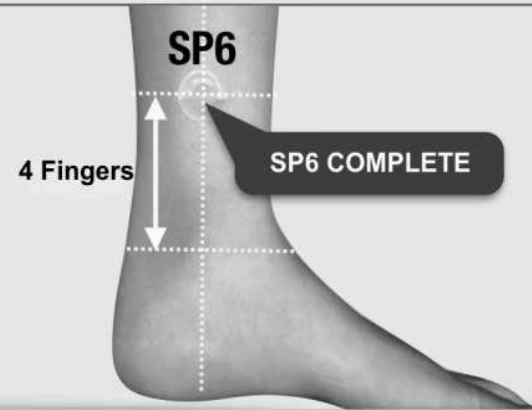
BL20 is located 2 fingers lateral to the lower border of the spinous process of the eleventh thoracic vertebra (T11) and level to **GV6**.



ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.



CV6 is located on the midline of the abdomen, 2 fingers below the Umbilicus.



SP6 is located on the medial side of the lower leg, 4 fingers superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.

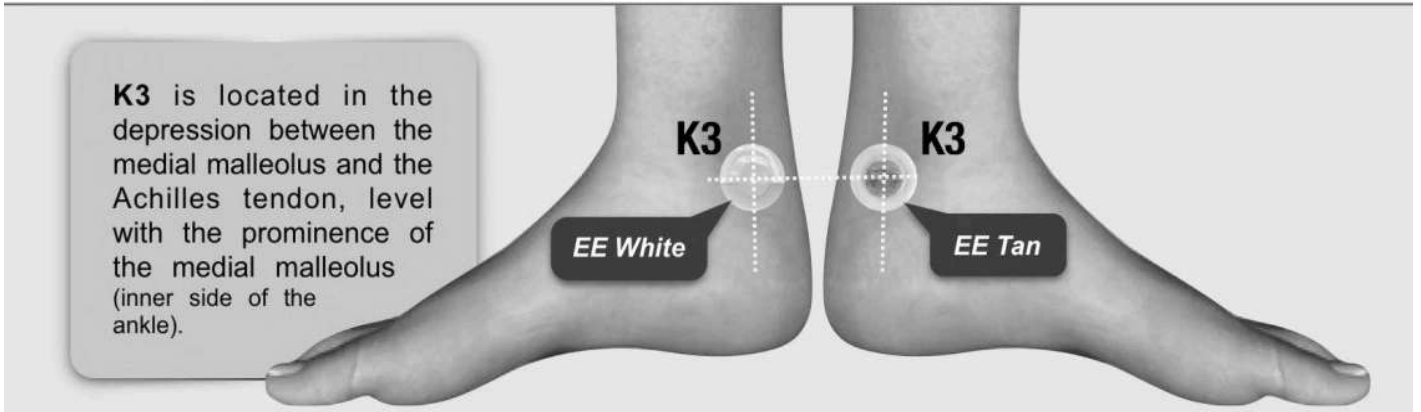
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Test by running this Main Acupoint Combination for 3 to 5 consecutive days initially and check how is your response.

Additional Points

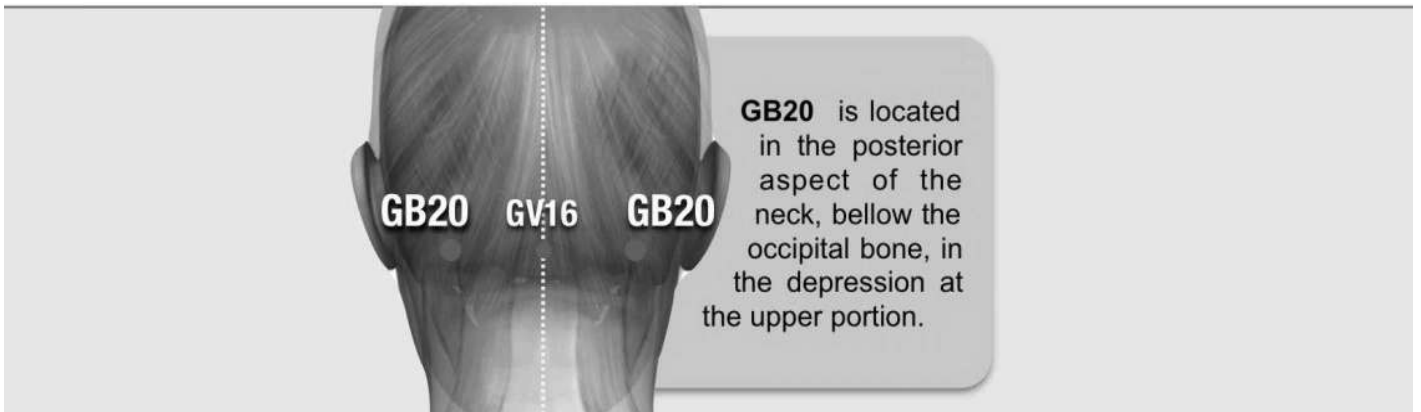
There are two other points which might be useful to include, depending how is your initial response with the Main Acupoint Combination above:

ENERGY ENHANCER on K3 - WRTL



And / Or

ENERGY ENHANCER on GB20 - WRTL



General Notes:

- 1- Start patching once you need it and keep all patches on until the symptoms disappear or for a maximum of 24 hours.
- 2- Repeat the procedure as long and as many times needed.
- 3- Use new patches starting a new day.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Eczema

According to **TCM** (*Traditional Chinese Medicine*), **Eczema** or **Atopic Dermatitis** is due to **Wind-Heat in the Lung** specifically and here I include Two Patching Methods to tonifying the Yin of the Skin and Lung.

FIRST METHOD:

During the day

ENERGY ENHANCER on **LU1** - **WRTL**

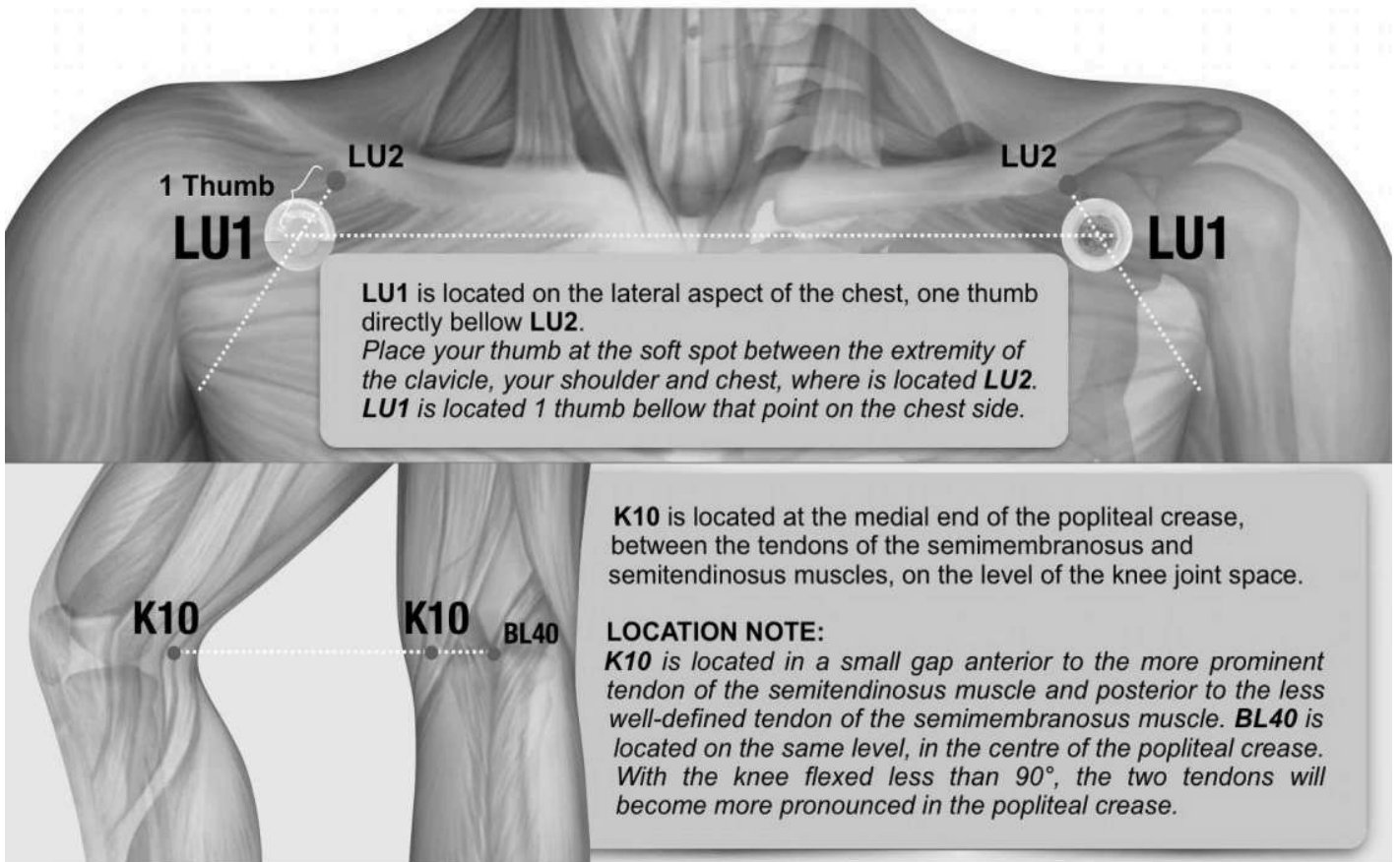
ENERGY ENHANCER on **K10** - **WRTL**

ENERGY ENHANCER on **LU8** - **WRTL**

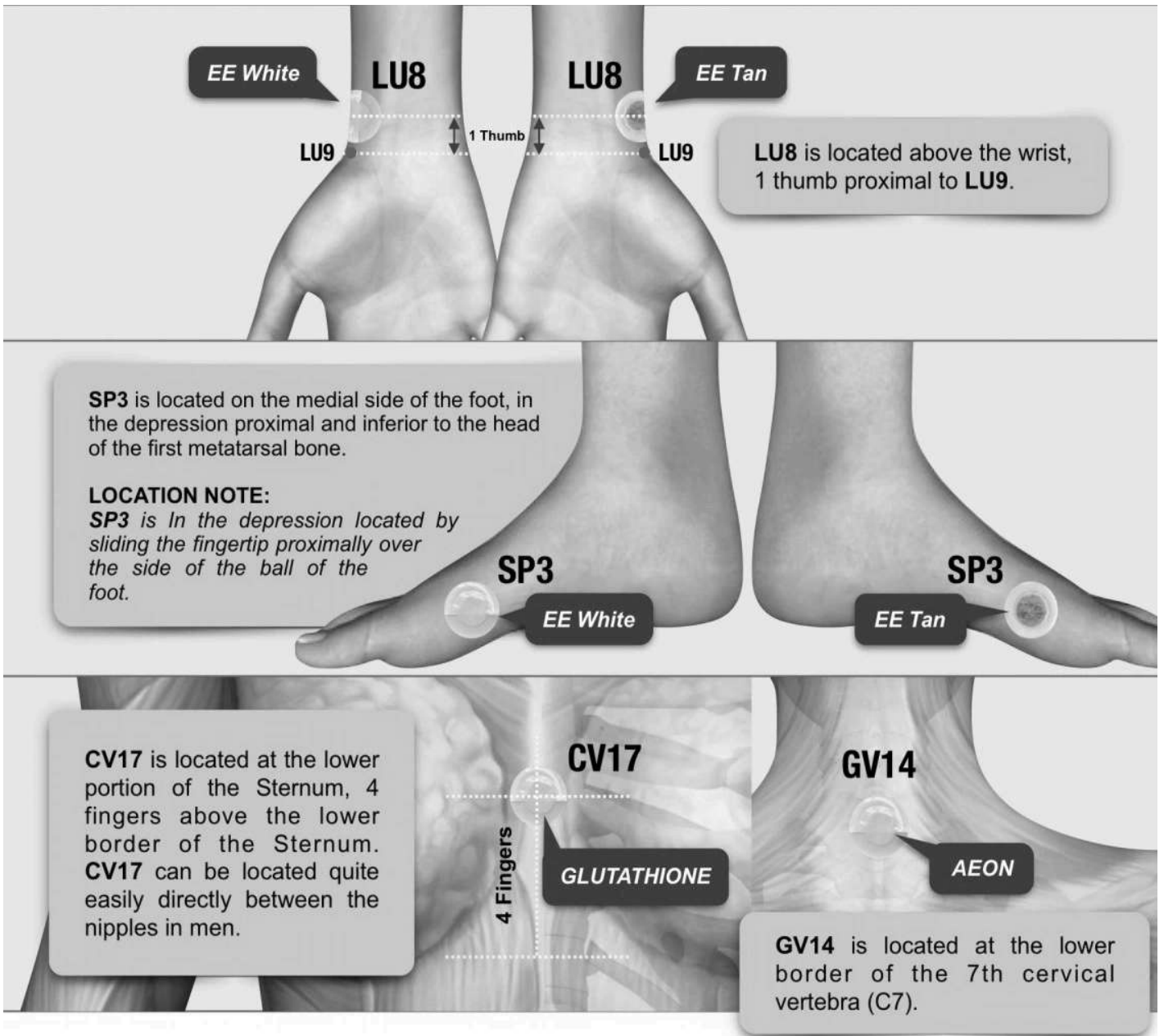
ENERGY ENHANCER on **SP3** - **WRTL**

GLUTATHIONE on **CV17**

AEON on **GV14**



This protocol continues in the next page →



During the night

Remove all daily patches and apply **CARNOSINE** on **LU1 - Right Side** till following morning.

NOTE: If you start with this particular method, I'd suggest you run it for 3 consecutive days and each day, during the night, alternate daily the **CARNOSINE** patch between **LU1**, **K10** and **SP3** all at **Right Side**.

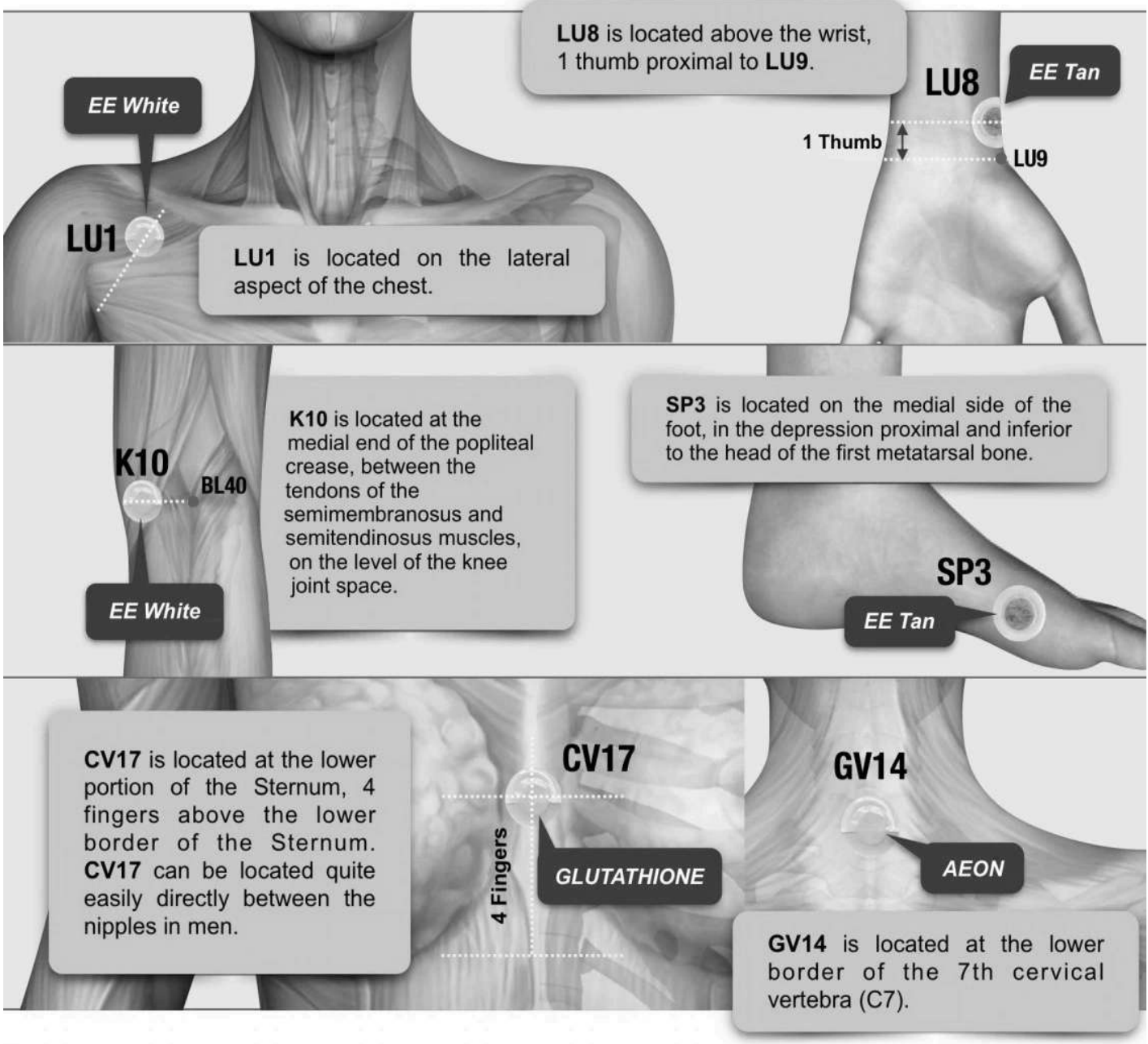
For example: **CARNOSINE** on **LU1** during the night on **Day 1**, **K10** during the night on **Day 2** and lastly **CARNOSINE** on **SP3** during the night on **Day 3**.

This protocol continues in the next page →

SECOND METHOD:

DAY 1 - During the Day

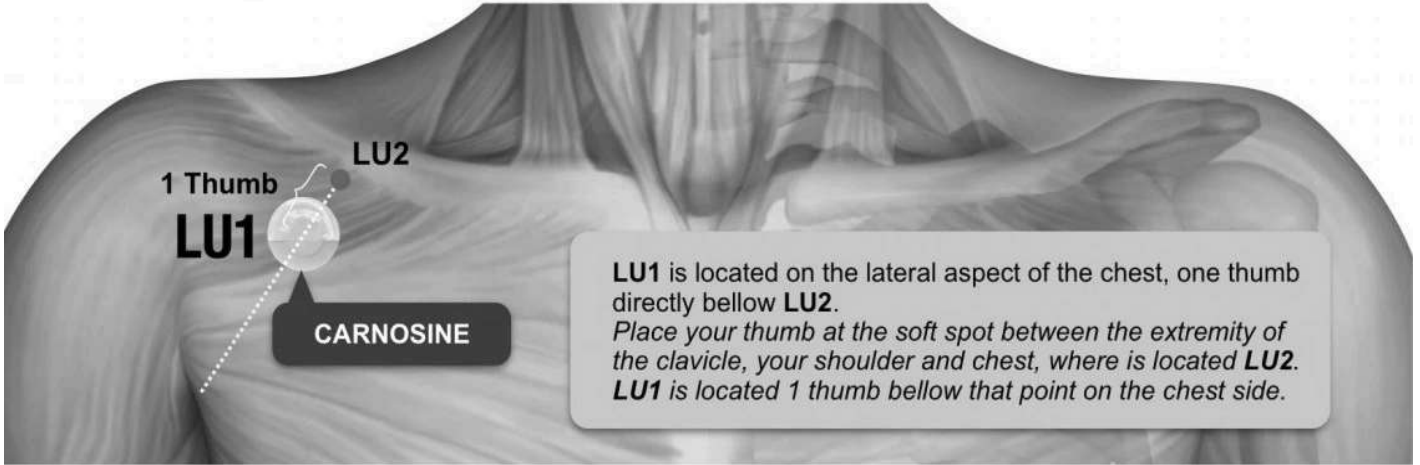
- ENERGY ENHANCER White on LU1 - Right Side**
- ENERGY ENHANCER Tan on LU8 - Left Side**
- ENERGY ENHANCER White on K10 - Right Side**
- ENERGY ENHANCER Tan on SP3 - Left Side**
- GLUTATHIONE on CV17**
- AEON on GV14**



This protocol continues in the next page →

DAY 1 - During the Night

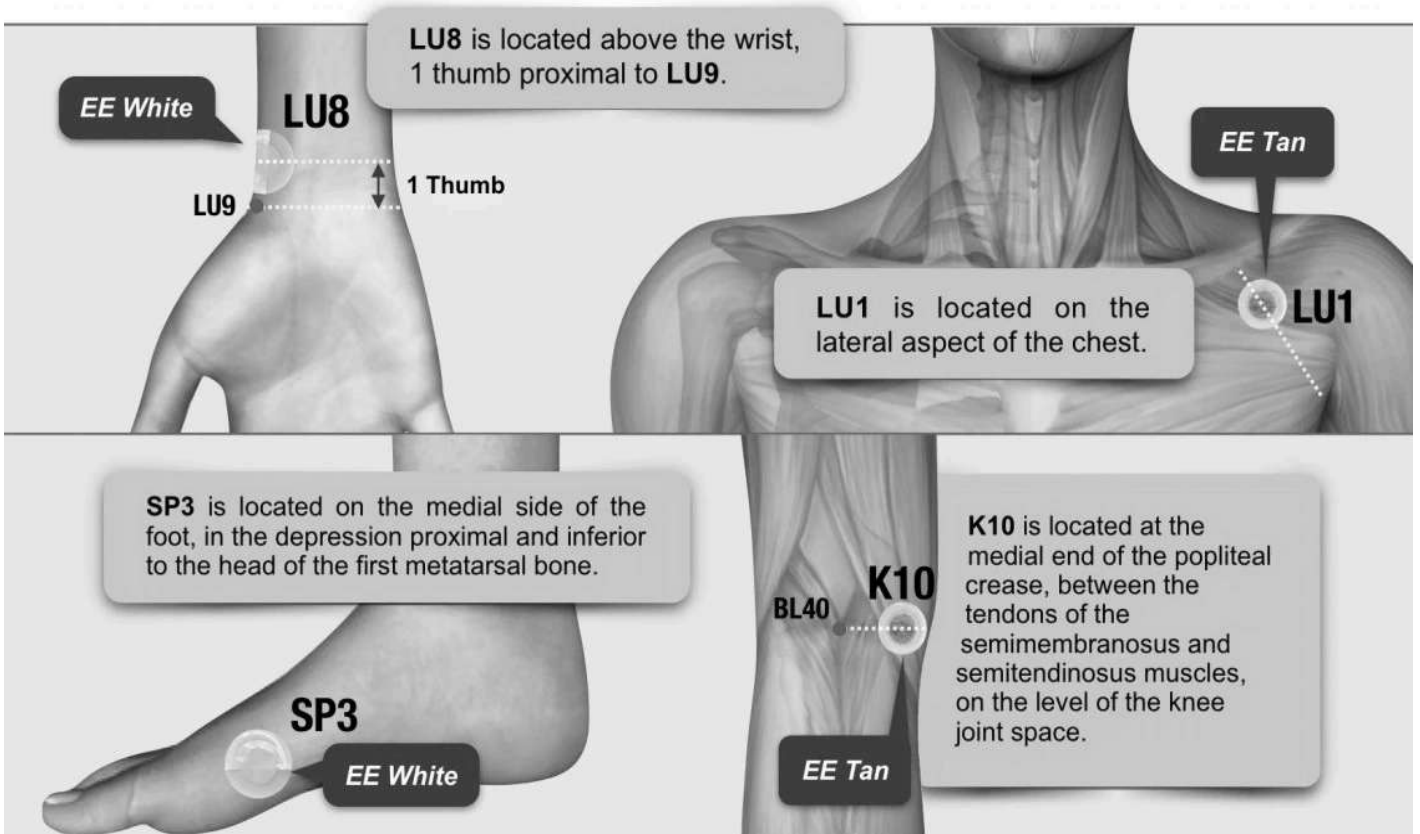
Remove all daily patches and apply **CARNOSINE** on **LU1 - Right Side** till following morning.



Then on the next day just reverse the **ENERGY ENHANCER** patches as follow:

DAY 2 - During the Day

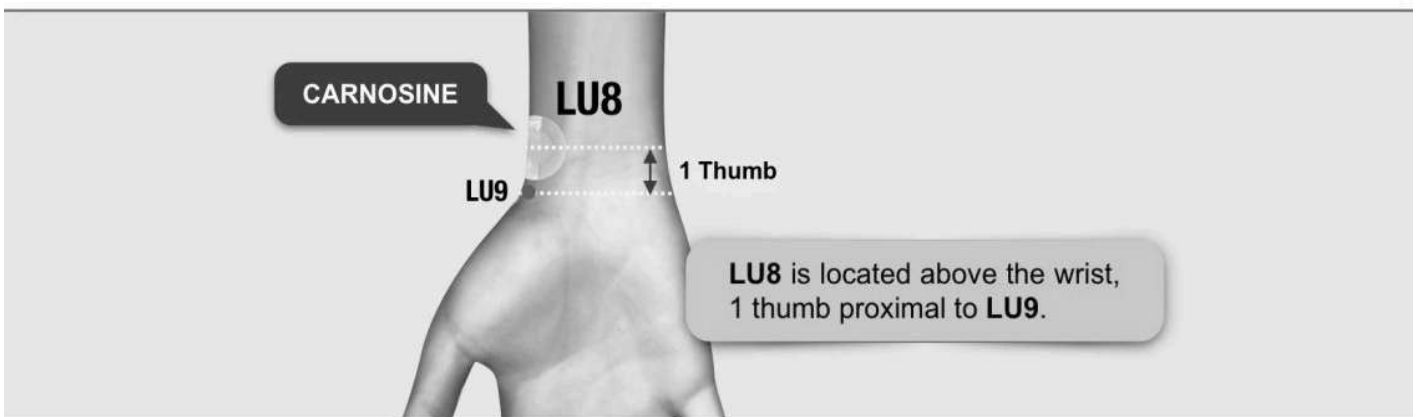
- ENERGY ENHANCER White** on **LU8 - Right Side**
- ENERGY ENHANCER Tan** on **LU1 - Left Side**
- ENERGY ENHANCER White** on **SP3 - Right Side**
- ENERGY ENHANCER Tan** on **K10 - Left Side**
- GLUTATHIONE** on **CV17**
- AEON** on **GV14**





DAY 2 - During the Night

Remove all daily patches and apply **CARNOSINE** on **LU8 - Right Side** till following morning.



NOTE: This second method is included as a "Maintenance" protocol. If after running the first method above, you notice an improvement on your skin, you could run this second method instead.

I suggest you test this Maintenance Protocol twice a week (4 days in total) then move to once a week if you are having good results with it...

Here I include a Procedure Explanation if you are interested:

As we understand it, Lung (and skin) gets its Yin from the Kidney and its nutrition (Blood) from the Spleen. It is for this reason it is used **SP3**, attempting to tonify Spleen Yin/Blood, **K10** to tonify Kidney Yin and **LU1 & LU8** to tonify Lung Yin. **K10** on the other hand draws yang away from the Large Intestine, therefore, we are attempting to reduce the Lung Yang indirectly, as the Large Intestine is the coupled Yang organ to the Lung.

CV17 is a very useful acupoint and we understand that it is the master point of respiratory organs, and that covers also the skin (as the skin is our third lung) so, in this case is given in the direction of the meridian flow, so an **AEON** patch at that position might help tonifying the Yin and enhance the effect of all **ENERGY ENHANCER** patches.

Lastly, **GV14**, as we know, is the meeting point of the Governing Vessel with the six Yang channels of the hand and foot, therefore, a **GLUTATHIONE** patch might help "Reducing" Yang and help detoxifying as well as bringing the system in balance.

Please take your time to comprehend the mechanics of it before starting any of the Methods I suggest here.

General Notes:

- 1- Start patching once you need it.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Fibroid or Myoma Uteri

"Hi PatchingProtocol Team, Will it be possible to get suggestions to the below question? I have a question on Myoma Uteri and Cystic Ovarium. Any idea how to patch? Would really appreciate any suggestions. Thank you"

Fibroids are non-cancerous growths in the womb (uterus), also known as uterine myomas, uterine leiomyoma, myoma, fibromyoma, fibroleiomyoma.

Fortunately, we had a similar case where the below protocol was used with positive results.

Step #1

Run a complete **5 Days Detox Program** as described at **Page 26** of this book (**Full 3 Cycles**).

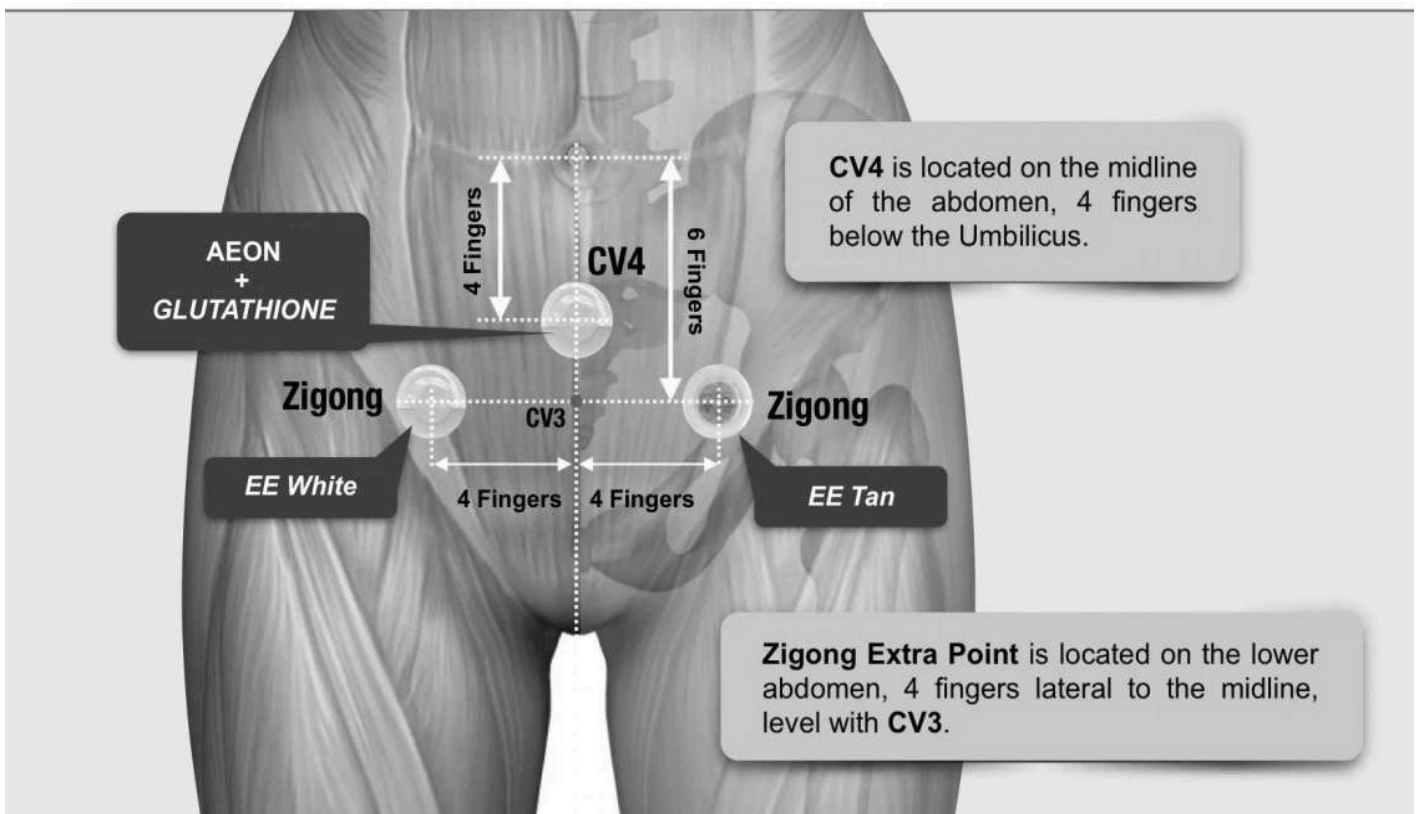
Step #2

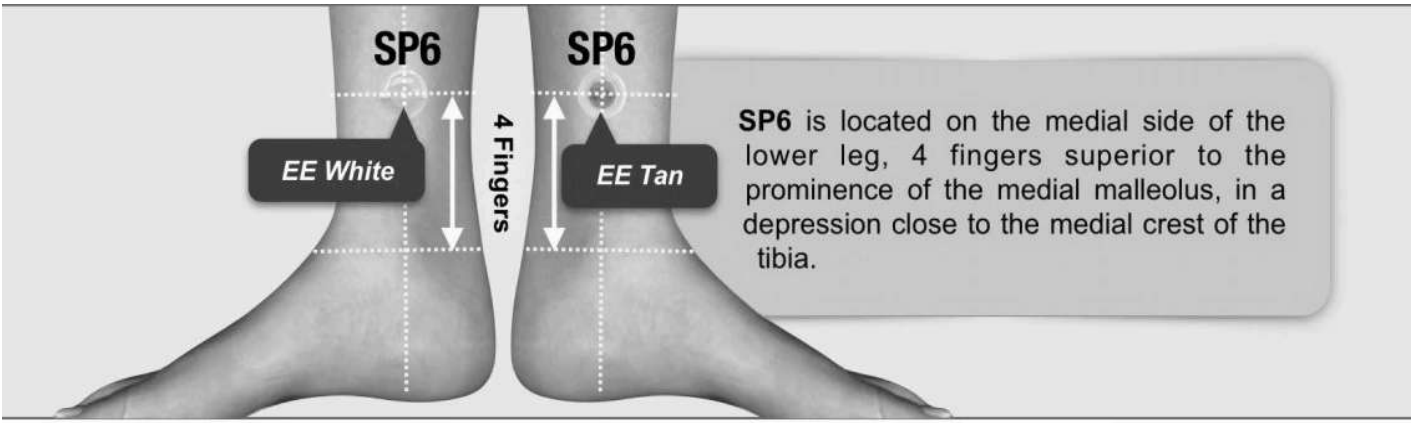
Start the actual **Fibroid or Myoma Uteri Protocol** in this way:

Day 1 - During The Day (First 12 hours):

AEON + GLUTATHIONE on **CV4**

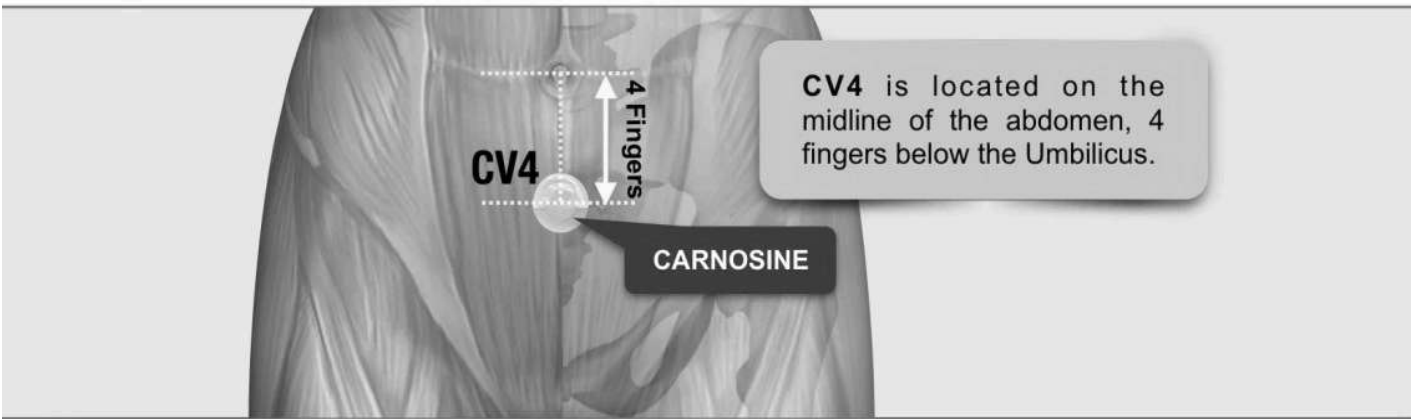
ENERGY ENHANCER on **Zigong Extra Point - WRTL**





ENERGY ENHANCER on SP6 - WRTL

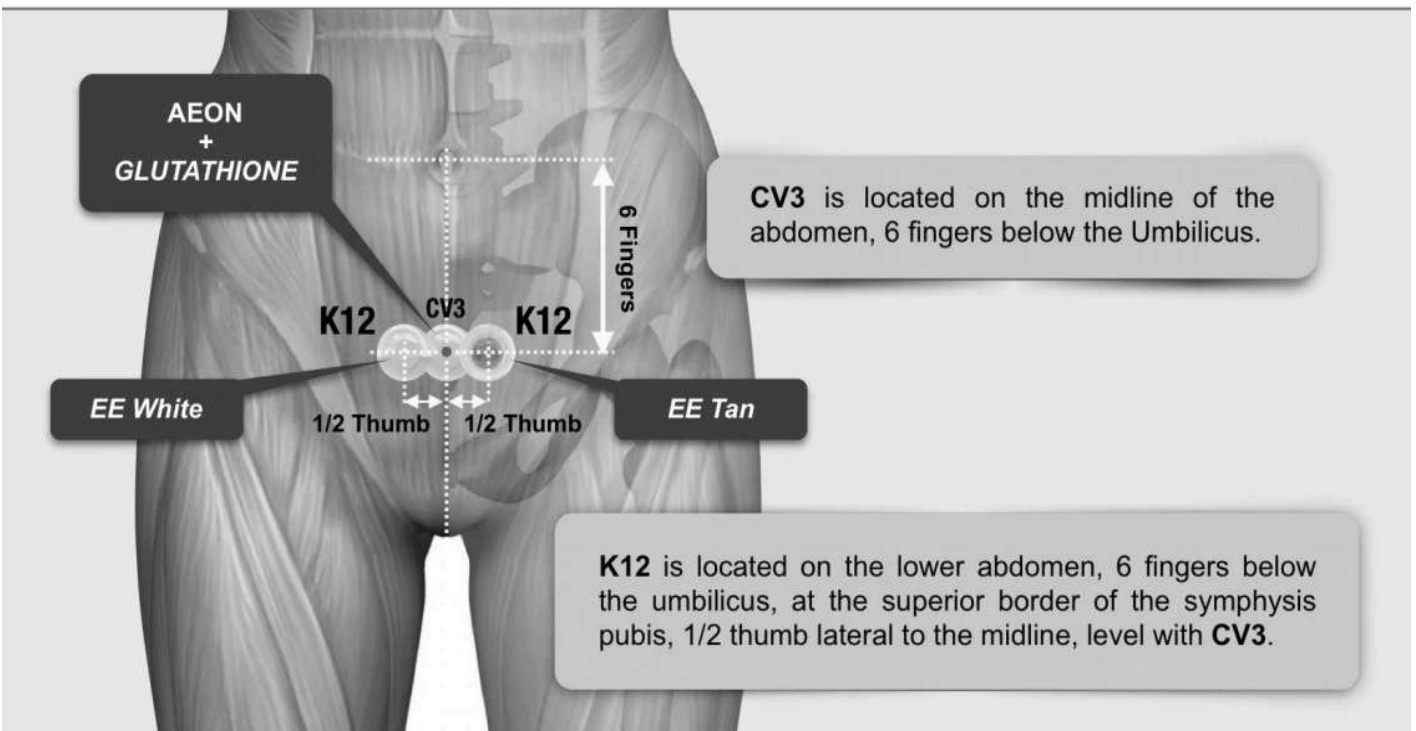
Day 1 - During The Night (Following 12 hours):



CARNOSINE on CV4

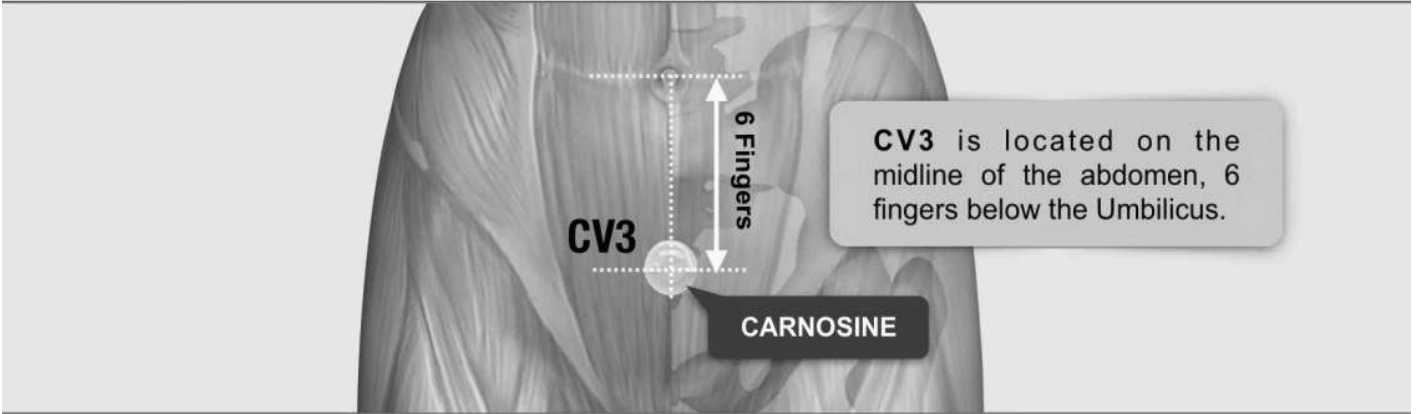
Day 2 - During The Day (First 12 hours):

AEON + GLUTATHIONE on CV3



ENERGY ENHANCER on K12 - WRTL

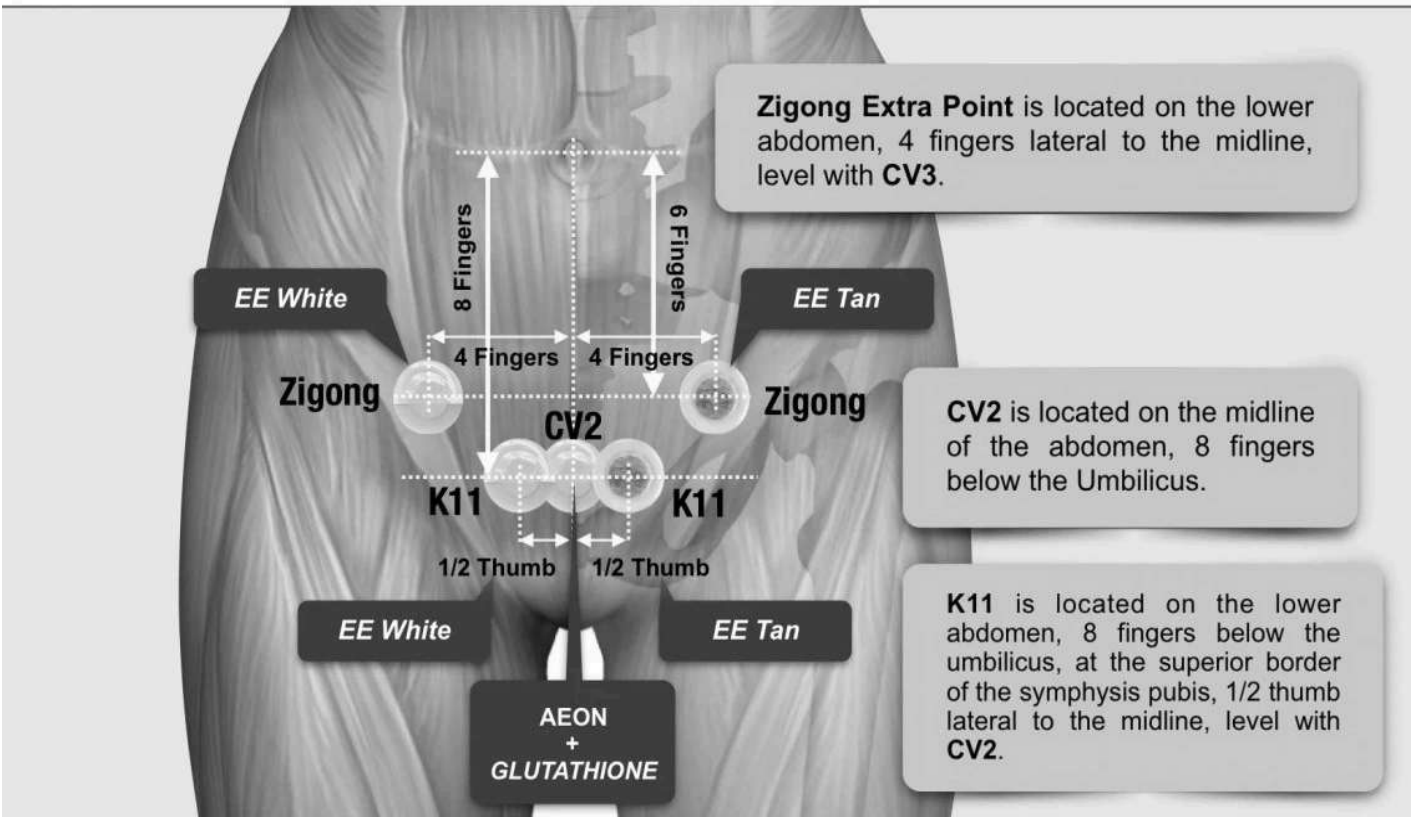
Day 2 - During The Night (Following 12 hours):



CARNOSINE on CV3

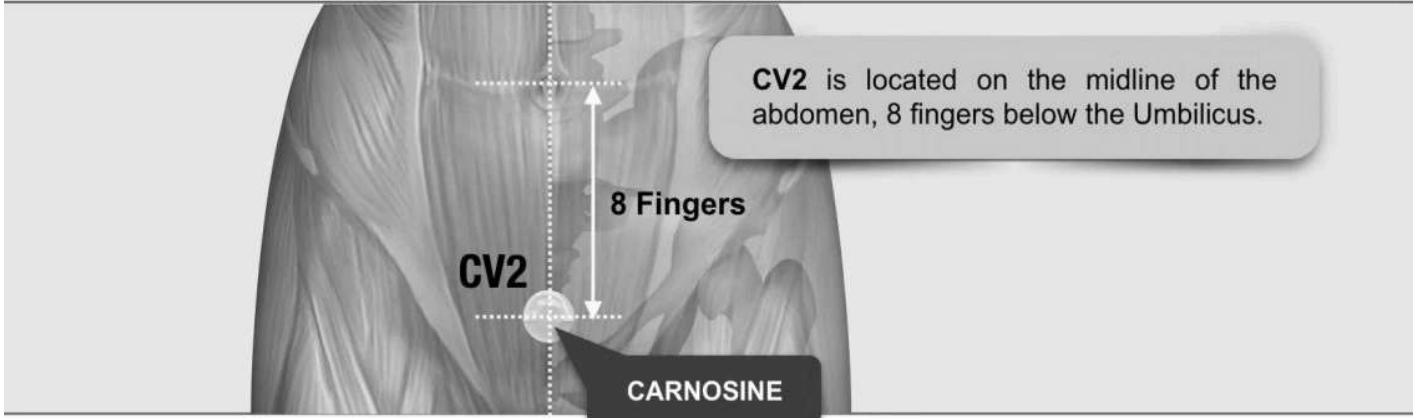
Day 3 - During The Day (First 12 hours):

AEON + GLUTATHIONE on CV2
ENERGY ENHANCER on K11 - WRTL



ENERGY ENHANCER on Zigong Extra Point - WRTL
Day 3 - During The Night (Following 12 hours):

CARNOSINE on CV2



Running **Step #2** for 3 Consecutive Days is considered 1 Cycle. Try to repeat as many Cycles as you like till you see some improvement.

General Notes:

- 1- Start patching once you need it.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Fibromyalgia

This 2 days protocol is quite useful for Fibromyalgia cases.

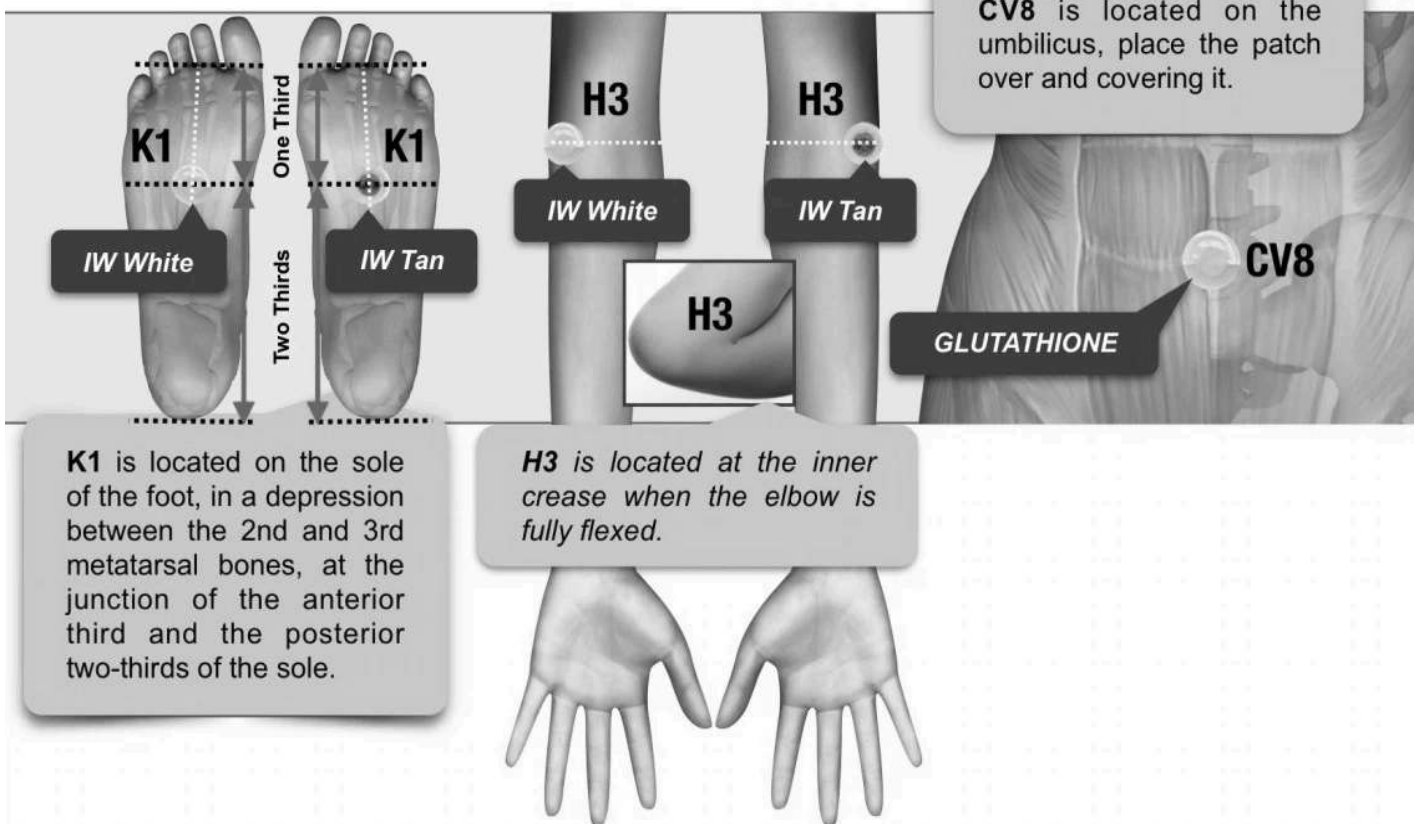
Fibromyalgia Protocol - Day 1

Try to start patching at a convenient time in the morning like 8am for example.

ICEWAVE on **K1** - **WRTL** - Wear for 24 hours.

ICEWAVE on **H3** - **WRTL** - Wear for 24 hours.

GLUTATHIONE on **CV8** - Wear for 24 hours.



This protocol continues in the next page →

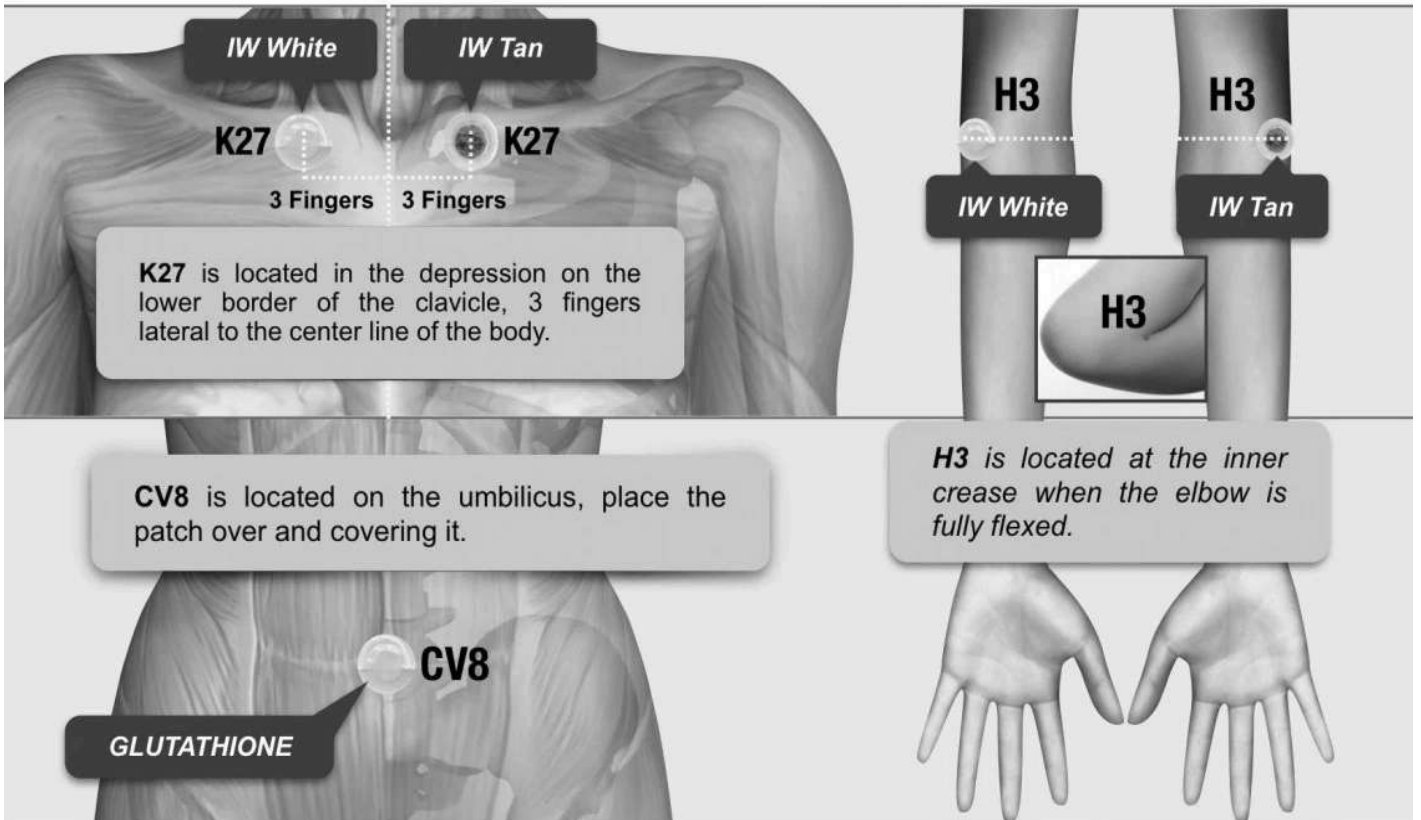
Fibromyalgia Protocol - Day 2

Remove all patches from the previous day and wear a new set. Try to start at the same time, 8am for example.

ICEWAVE on **K27** - **WRTL** - Wear for 24 hours.

ICEWAVE on **H3** - **WRTL** - Wear for 24 hours.

GLUTATHIONE on **CV8** - Wear for 24 hours.



General Notes:

- 1- Wearing all above patching procedure for 2 consecutive days is consider 1 Cycle (Day 1 and Day 2).
- 2- I recommend to go for several consecutive cycles until you notice improvement in the condition.
- 3- Use new patches starting a new day.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Glaucoma

As we understand it, Glaucoma is a syndrome of increased intraocular pressure and visual field defect due to the progressive damage to the Nerve Fibres.

According to TCM, Glaucoma is a symptom of **Wind**.

A Wind Symptom starts dramatically, progresses rapidly and changes fast, and it's considered a serious condition.

Simple Explanation:

The Liver Channel opens into the Eyes and **Liver "Fire"** can produce Wind and excessive **Liver Yang** could transform also into Wind. In other words, Glaucoma is a condition mostly related to the Liver.

Internal Emotional Injuries could be a major contributor to the development of Glaucoma. Hyperactivity of Liver Yang due to Yin Deficiency can all lead to the disharmony of Chi and Blood of the Meridians and Liver overacting on the Spleen could lead to the accumulation of liquid in the Eyes which is also considered a cause of Glaucoma.

Quick Note: If you'd like to understand more about all the "Academic" Terms I use here, you might want to read my first book: **Understanding Meridians & Acupoints Using LifeWave Patches**, where I explain in simple terms the most basic TCM concepts.



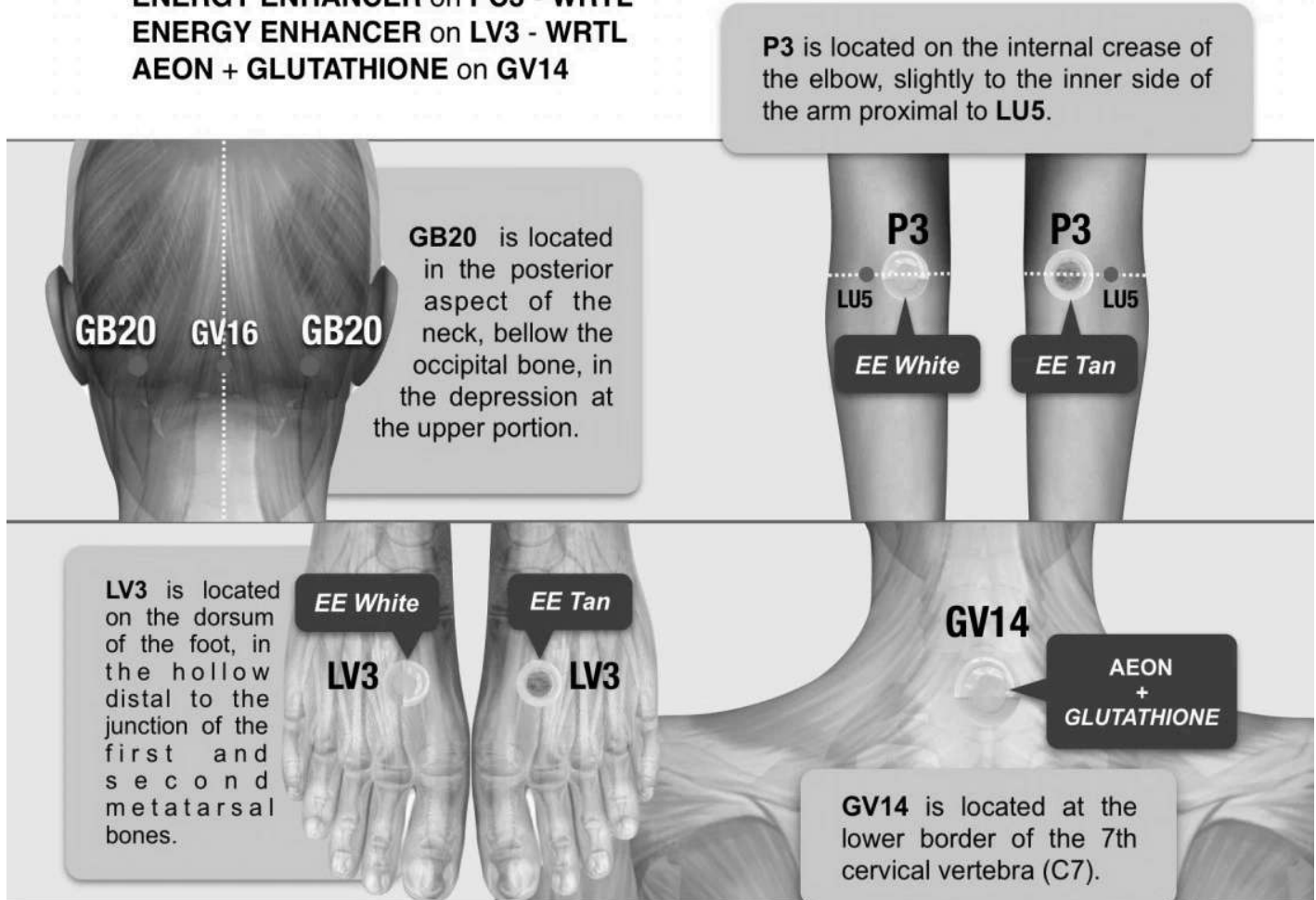
This protocol continues in the next page →

Glaucoma Protocol - Day 1

Step 1

Try to start patching at a convenient time in the morning like 8am for example.

- ENERGY ENHANCER** on **GB20** - **WRTL**
- ENERGY ENHANCER** on **PC3** - **WRTL**
- ENERGY ENHANCER** on **LV3** - **WRTL**
- AEON + GLUTATHIONE** on **GV14**

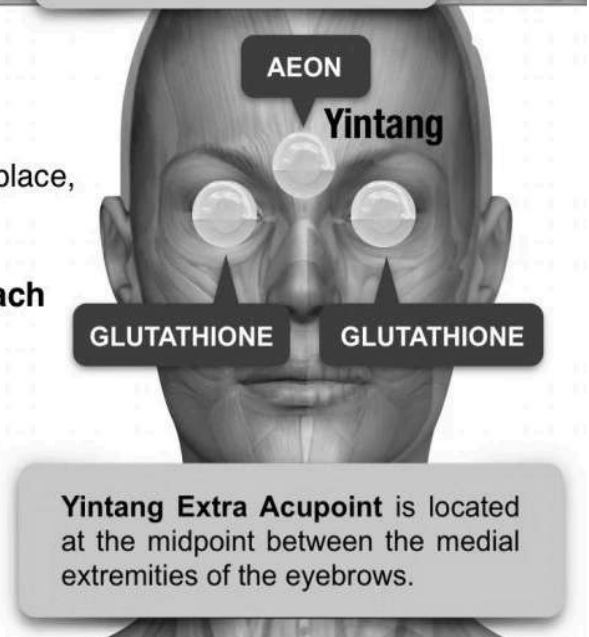


Step 2

As soon as you have all patches at Step 1 in place, take two **GLUTATHIONE** patches and do this:

place each **GLUTATHIONE** Patch over each **Eye for 1 Hour**

Add 1 **AEON** Patch on **Yintang** Position



This protocol continues in the next page →

*Note: The idea is to place the two **GLUTATHIONE** patches over each 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.*

IMPORTANT: After 1 hour, remove both **GLUTATHIONE** patches from your Eyes and the **AEON** patch from your forehead and keep them handy, because you will apply them again 2 more times making a total of 3 times per day.

You could do that **Early Morning**, in the **Afternoon / Evening Time** and **Night** before going to Sleep...

Adjust the time according to your daily activities.

Glaucoma Protocol - Day 2

Step 1

Remove all patches from the previous day and wear a new set. Try to start at the same time, 8am for example.

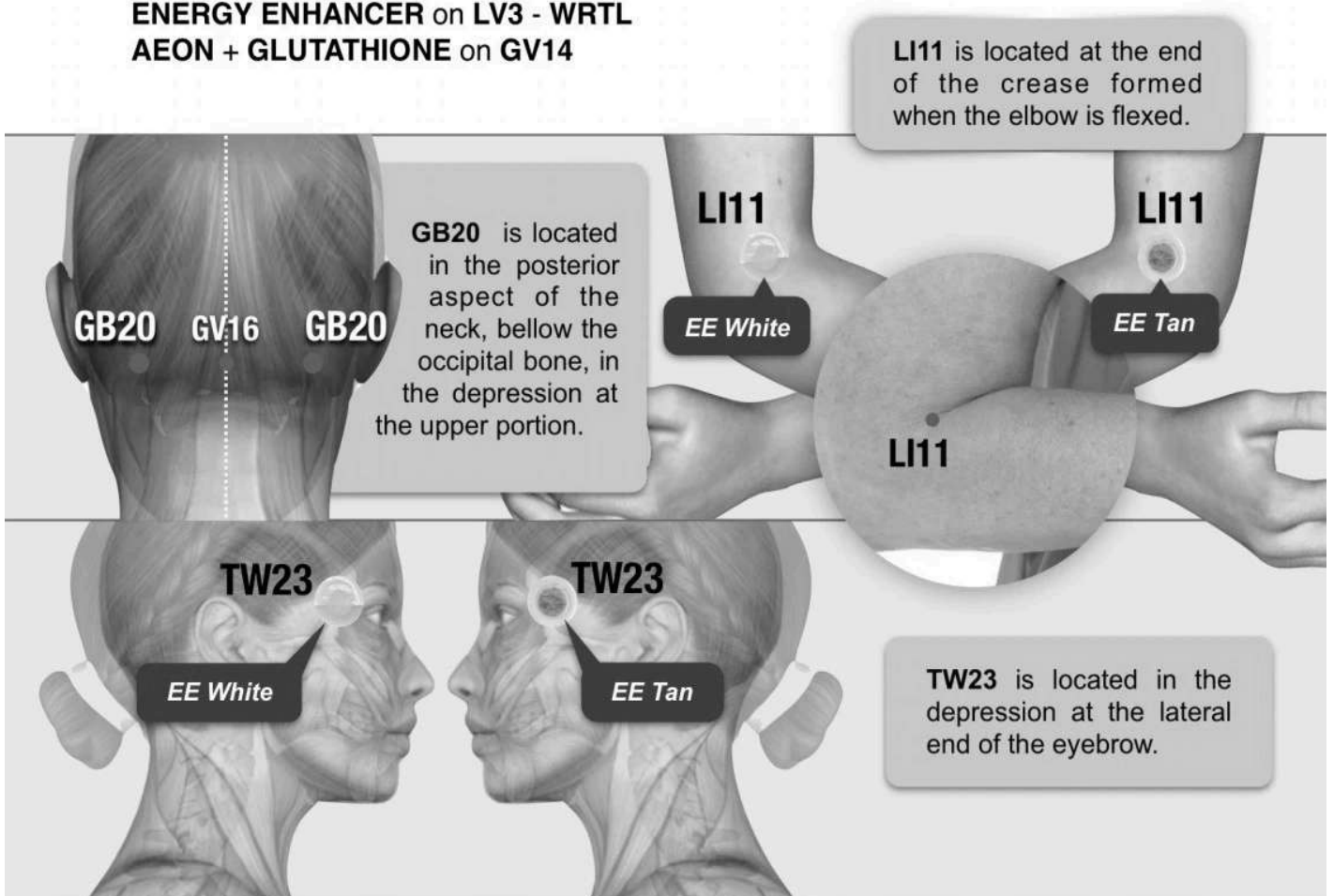
ENERGY ENHANCER on **GB20** - WRTL

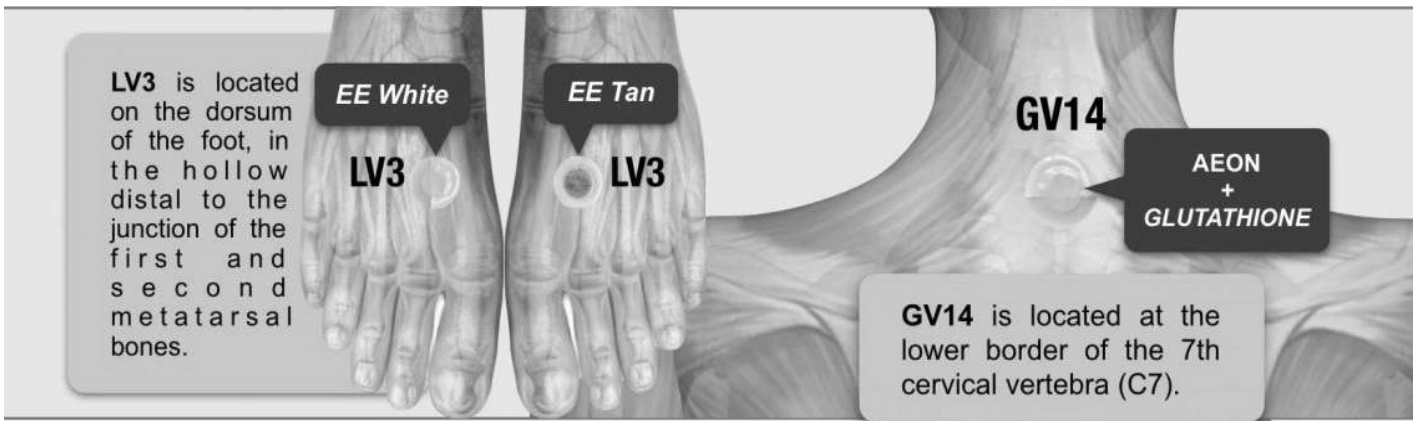
ENERGY ENHANCER on **LI11** - WRTL

ENERGY ENHANCER on **TW23** - WRTL

ENERGY ENHANCER on **LV3** - WRTL

AEON + GLUTATHIONE on **GV14**





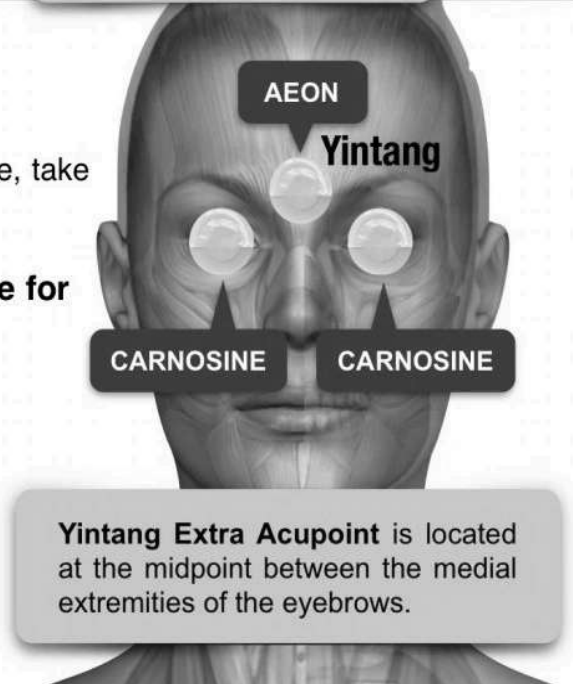
Step 2

As soon as you have all patches at Step 1 in place, take two **GLUTATHIONE** patches and do this:

place each **CARNOSINE** Patch over each Eye for **1 Hour**

Add 1 **AEON** Patch on **Yintang** Position

*Note: The idea is to place the two **CARNOSINE** patches over each 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.*



IMPORTANT: After 1 hour, remove both **CARNOSINE** patches from your Eyes and the **AEON** patch from your forehead and keep them handy, because you will apply them again 2 more times making a total of 3 times per day.

You could do that **Early Morning**, in the **Afternoon / Evening Time** and **Night** before going to Sleep...

Adjust the time according to your daily activities.

General Notes:

- 1- Wearing all above patching procedure for 2 consecutive days is consider 1 Cycle (Day 1 and Day 2).
- 2- I recommend to go for several consecutive cycles until you notice improvement in the condition.
- 3- Use new patches starting a new day.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Herpes Zoster

Background

What is known, **Herpes Zoster** or **Shingles** is a nerve infection caused by the chicken-pox virus. Once an episode of chickenpox has resolved, the virus is not eliminated from the body and can go on to cause herpes zoster often many years after the initial infection. Shingles is known to be most common in older adults and people who have weak immune systems because of stress, injury, certain medicines, or other reasons.

Initially, the symptoms might be experienced as a slight headache followed by typical flu-like symptoms as well as some light sensitivity. This is usually followed by some localized pain or tingling in the affected area.

Shortly thereafter a rash begins as red patches that soon develop blisters often on one side of the body. The blisters may remain small or can become large. They typically heal in about two to four weeks and may leave scars.

Shingles is often quite painful, due to the fact that the virus travels along the nerve to get to the skin resulting in inflammation and damage to the nerve. Sometimes it leads to a painful condition known as **PHN**, or **Postherpetic Neuralgia**, which is prolonged pain and sensitivity in the area that can last for months and even years.

Now, let's look at the Mechanism according to TCM:

According to TCM, there are four main forms:

Liver-Gallbladder Exuberant Heat. This pattern may result from emotional disharmony impeding the liver's function of free coursing. In this case, liver depression transforms into fire and gives rise to liver-gallbladder fire.

Symptoms: *Red skin, eruption of tight, fluid-filled blisters. Scorching hot pain or itching of the affected skin. Bitter taste in the mouth, dry throat. Dry stool*

Damp-heat in the spleen channel. Damp-heat in the spleen channel results from eating too many spicy, greasy, sweet, and/or rich foods that damage the spleen and impair its function of movement and transformation.

Symptoms: *Eruption of soft fluid-filled, blisters that burst easily. Pain is not severe. Torpid, intake distention in the abdomen. Dry stool.*

Chi stagnation and blood stasis. After herpes zoster has endured for a long time, enduring liver depression can result in Chi stagnation and blood, stasis. In short, this pattern is the development of another pattern.

Symptoms: *Often seen in old people. Severe pain persists even after the fluid-filled blisters heal. There may be oppression in the chest and frequent sighing.*

Yin depletion blood stagnation. After herpes zoster has endured for a long time, it may also progressively damage Yin. When Yin is depleted the liver channel is not properly nourished, which results in dull pain.

Symptoms: After the fluid-filled blisters heal there is dull or stabbing pain in the rib-side and chest. Dry mouth and throat.

Now, here I include a base protocol to test:

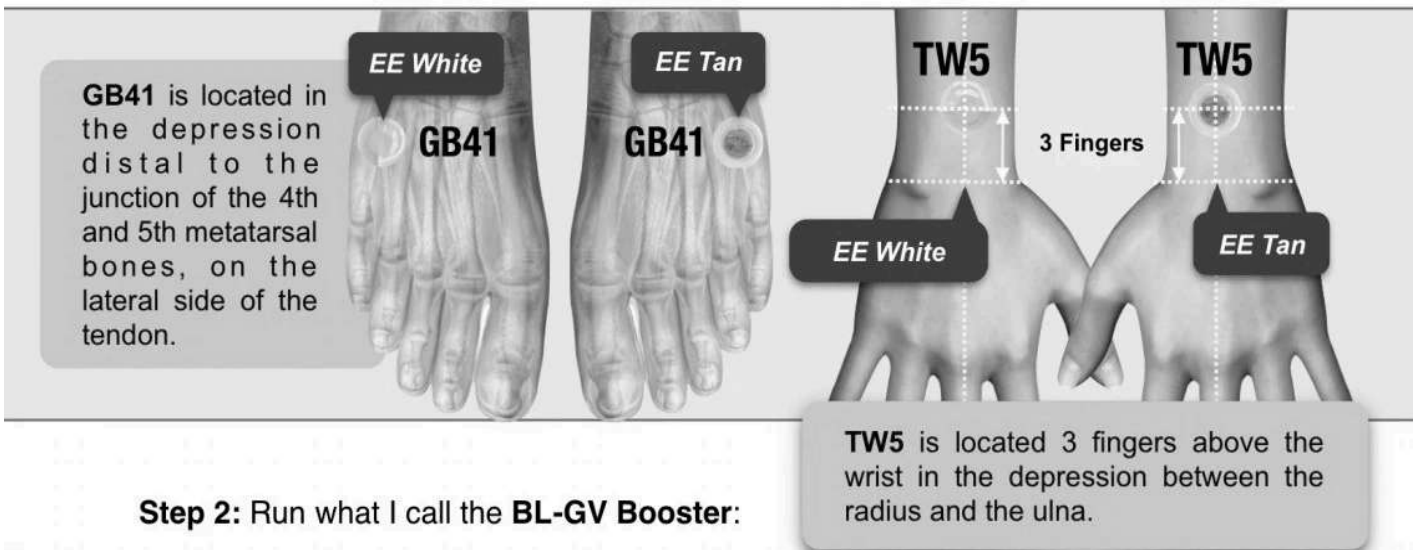
Herpes Zoster or Shingles Base Protocol

During the Day

Step 1: Place the following **ENERGY ENHANCER** Pair:

ENERGY ENHANCER on **GB41 - WRTL**

ENERGY ENHANCER on **TW5 - WRTL**



Step 2: Run what I call the **BL-GV Booster:**

BL-GV Booster Protocol

AEON on **GV14**

ENERGY ENHANCER Tan placed at each side of the **AEON** patch at **GV14** position

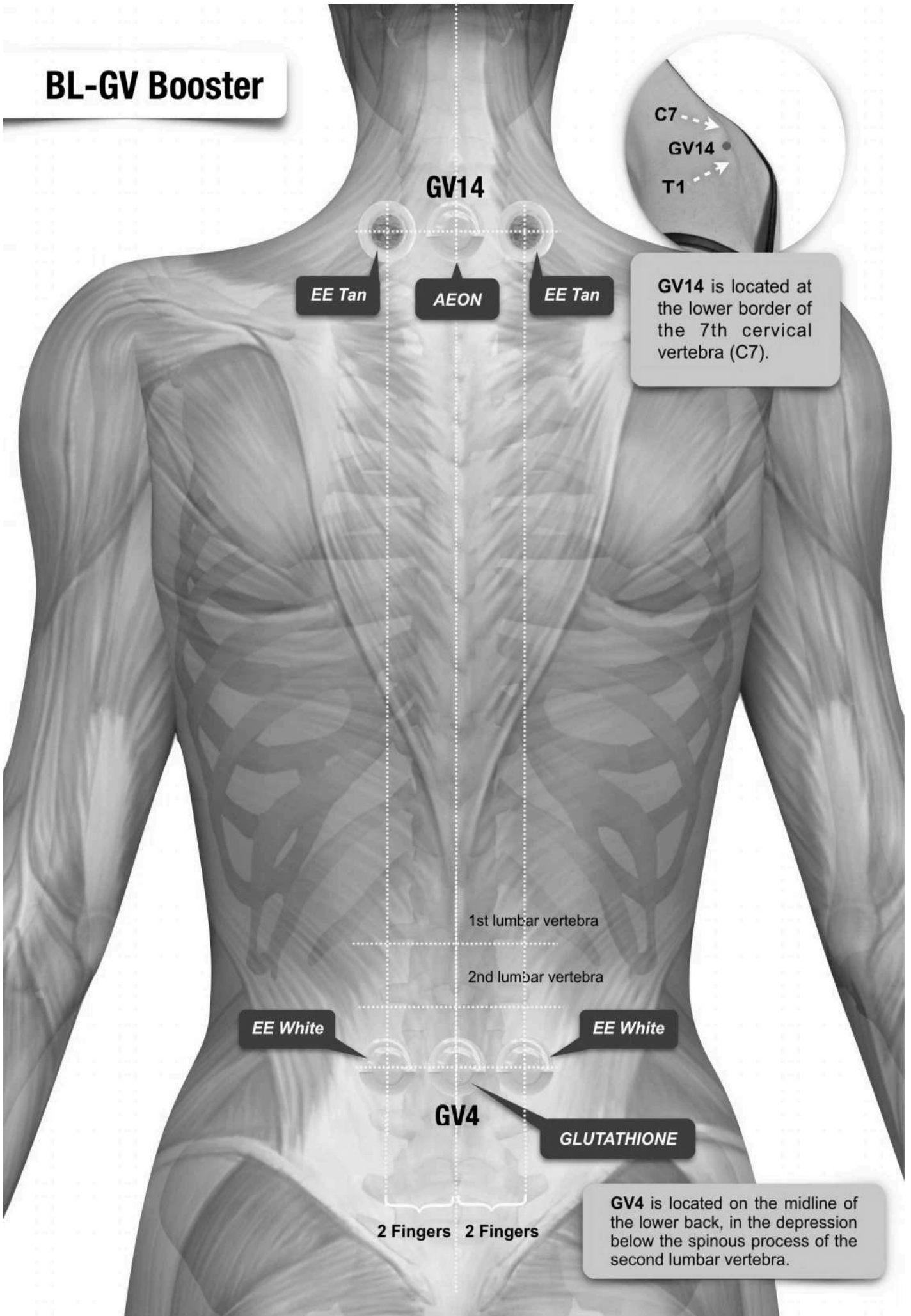
GLUTATHIONE on **GV4**

ENERGY ENHANCER White placed at each side of the **GLUTATHIONE** patch at **GV4** position

Lastly, add **CARNOSINE** on **CV21**

Check the **BL-GV Booster Image** next page →

BL-GV Booster





BL-GV Booster Protocol Ex-planation:

Firstly, take note that both **ENERGY ENHANCER Tan** patches are placed at the upper location, one at each side of the **AEON** patch at **GV14** position and both **ENERGY ENHANCER White** patches are placed at the lower location, one at each side of the **GLUTATHIONE** patch at **GV4** position

The reason to do this is to keep consistent to an old and effective TCM technique called the *Spinal Kneading Technique* which it's performed on a hand kneading upward movement from the lower back portion (**GV4**) along the Bladder line until the upper back portion (**GV14**).

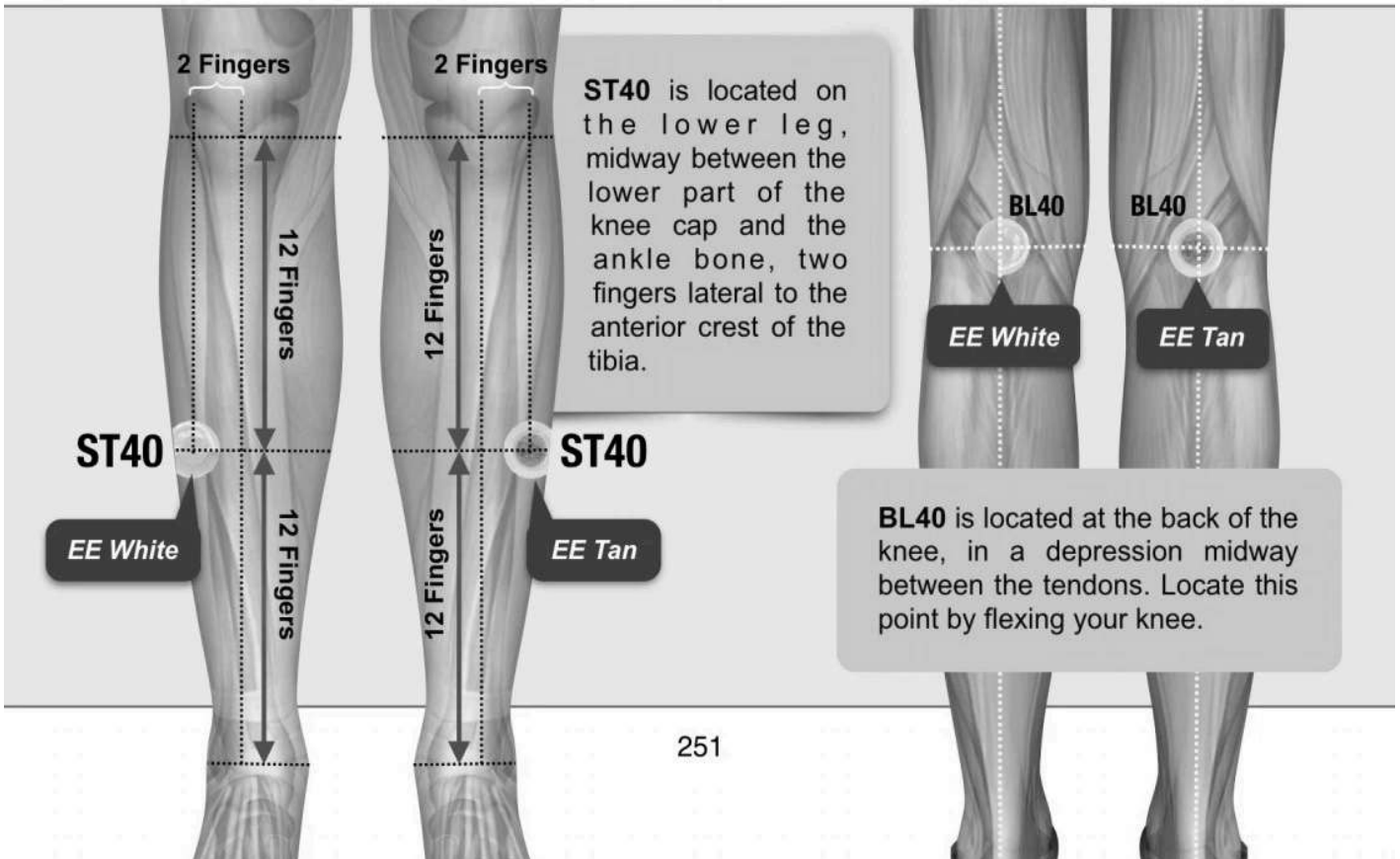
So, by placing both **ENERGY ENHANCER** sets in this way, the energy flow will be upward as well.

In this particular case, the *BL-GV Booster Protocol* might help to address the nervous system which it's infected by the herpes zoster and it might also help the *GV* channel.

Step 3: Lastly, test by adding these few complementary points:

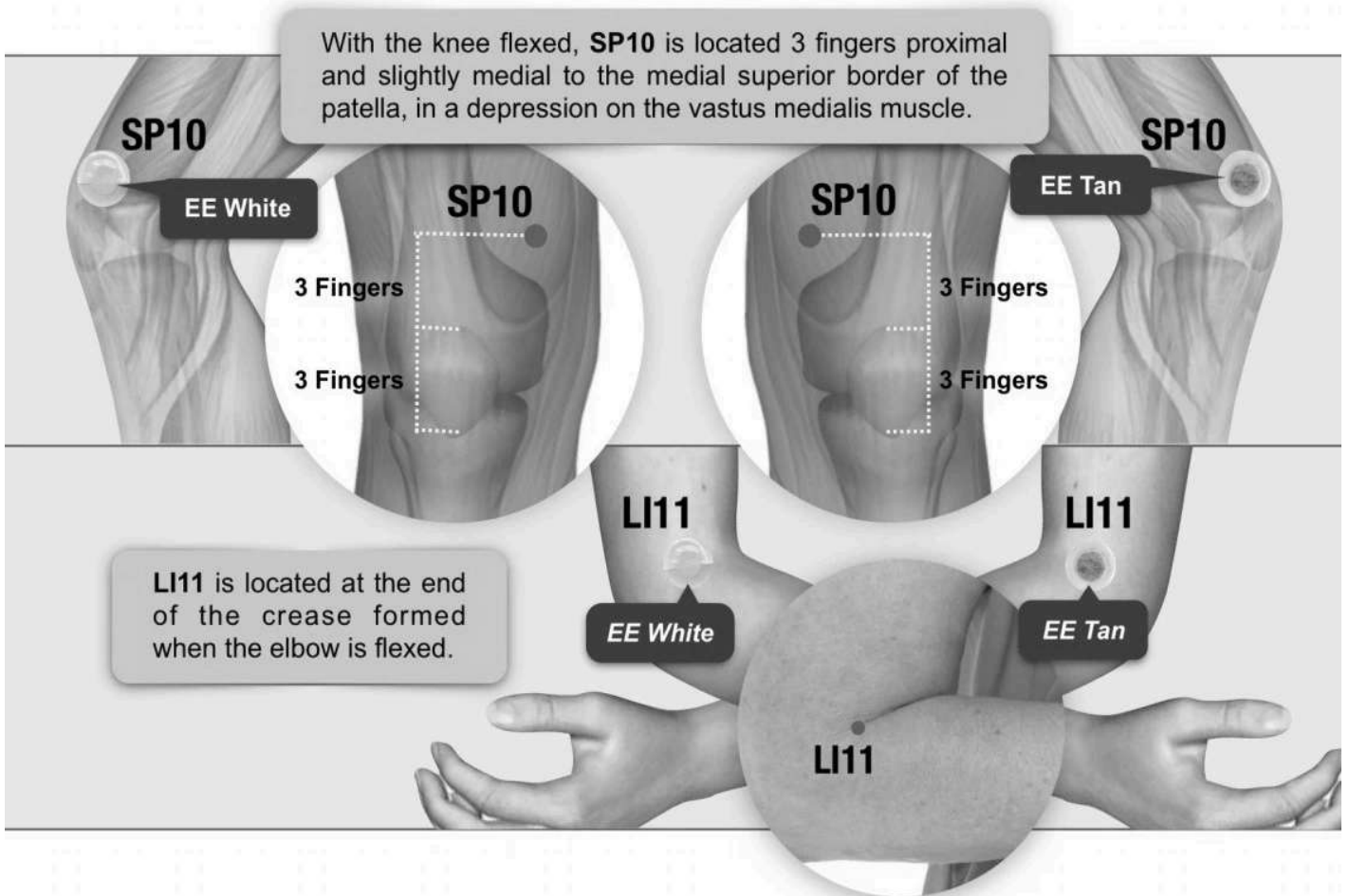
ENERGY ENHANCER on **ST40 - WRTL - ST40** removes damp and phlegm.

ENERGY ENHANCER on **BL40 - WRTL - BL40** removes damp heat and toxic heat.



ENERGY ENHANCER on SP10 - WRTL - SP10 clears heat in the blood, removes dampness, addresses blood/heat skin problems and it's also good for stasis.

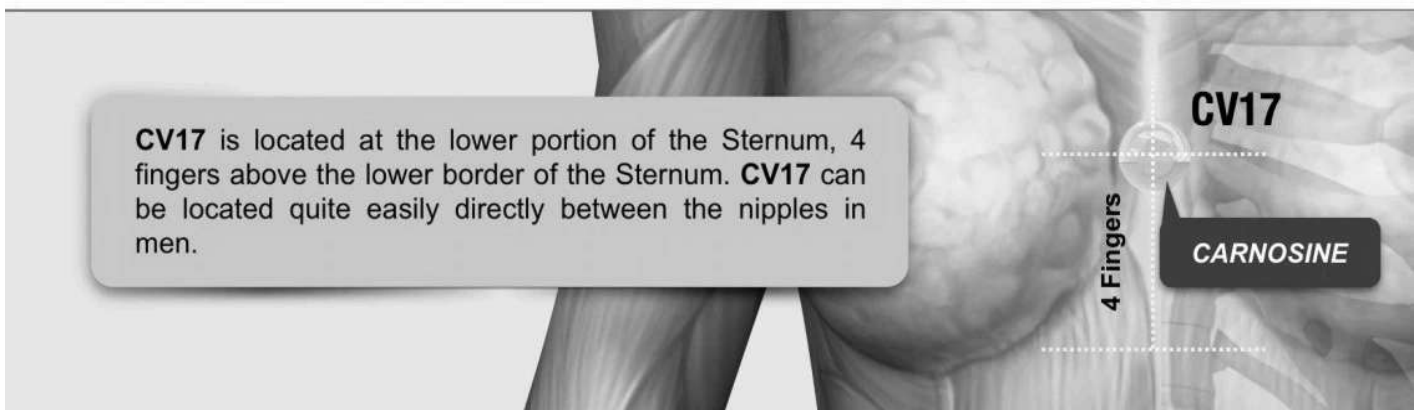
ENERGY ENHANCER on LI11 - WRTL - LI11 removes heat.



You could test by running the above Herpes Zoster or Shingles Base Protocol all steps in the same day or by applying each step daily. Results may vary according to each individual case.

During the Night

Remove all daily patches and place at evening time till following morning in alternated days: **CARNOSINE** on **CV17**.



Now, if you are experiencing the following:

- Severe, sharp or needling pain, worse at night.
- Fixed pain.
- Blisters are shrinking or gone.
- Local skin becomes dark-red in color
- Fatigue, insomnia, restlessness at night.
- Pain may last for weeks, months, years (this typically occurs in 15% of people after “recovery”)

This might be: **CHI AND BLOOD STAGNATION (Third Stage)**

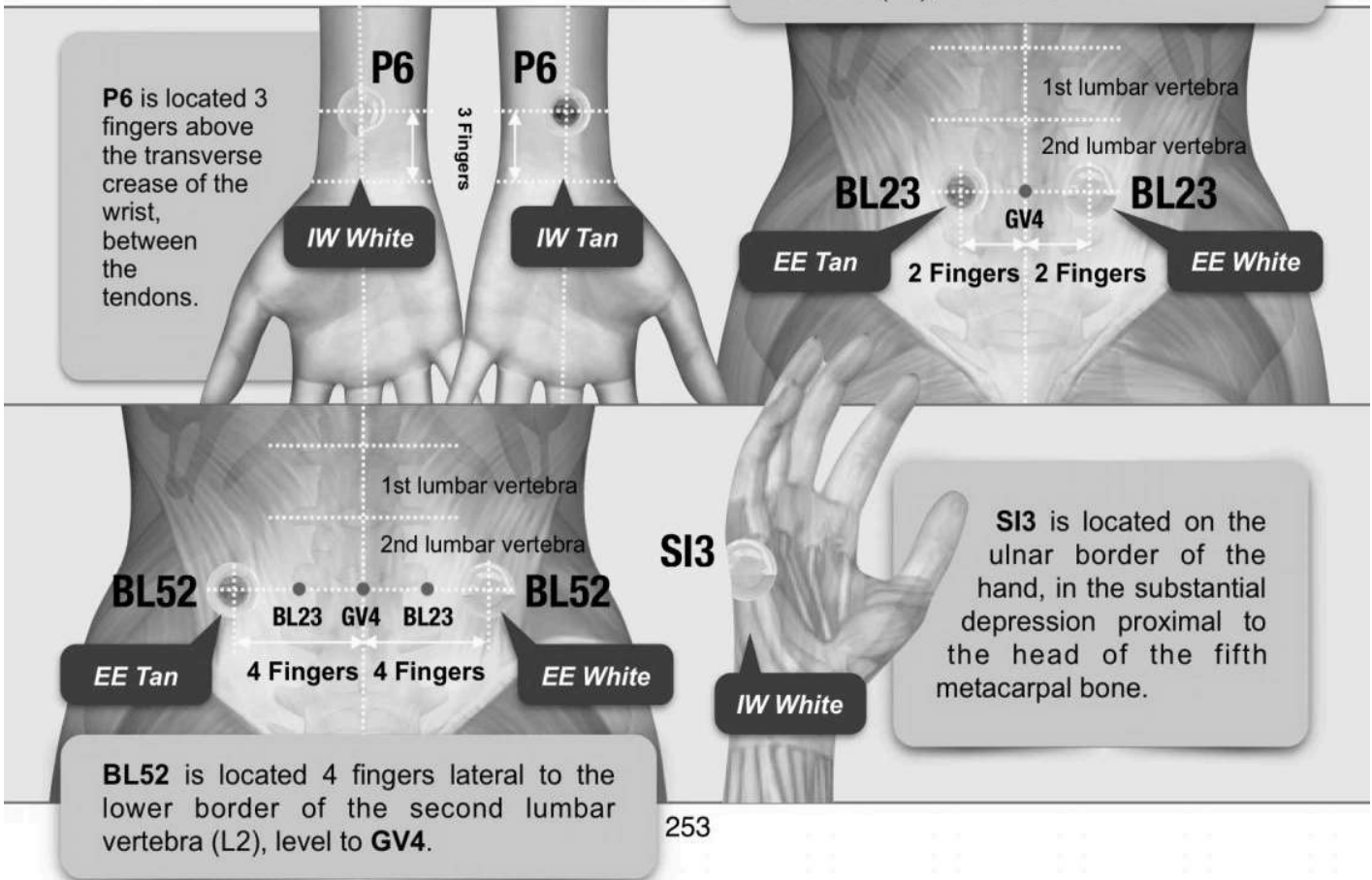
Then do this:

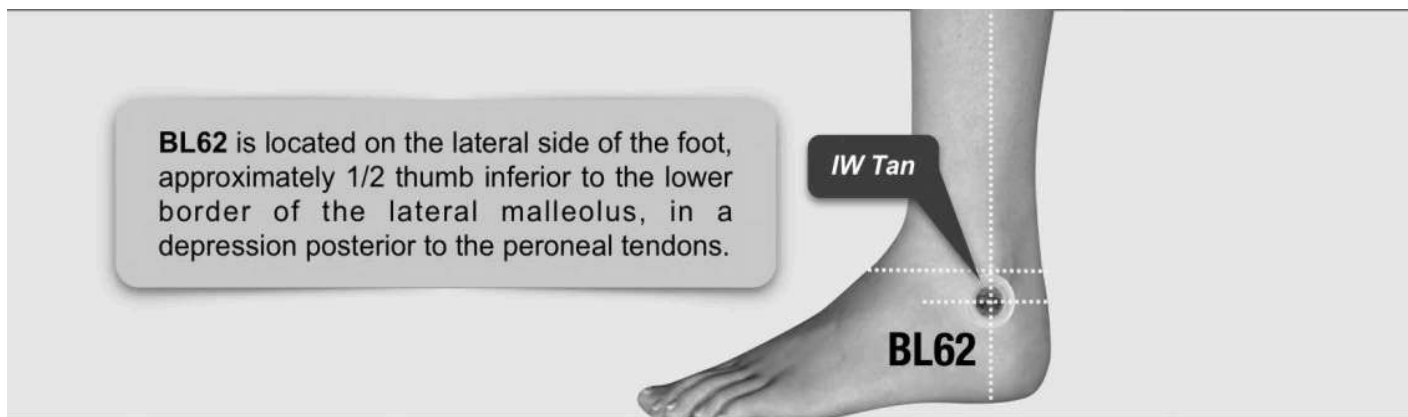
First, run the **Herpes Zoster or Shingles Base Protocol** above

Then add:

- ICE WAVE** on **P6** - **WRTL**
- ENERGY ENHANCER** on **BL23** - **WRTL**
- ENERGY ENHANCER** on **BL52** - **WRTL**
- ICE WAVE White** on **SI3** - **Right Side**
- ICE WAVE Tan** on **BL62** - **Left Side**

BL23 is located 2 fingers lateral to the lower border of the second lumbar vertebra (L2), level to **GV4**.





Keep patching consistently those positions daily complementing the Herpes Zoster or Shingles Base Protocol.

IMPORTANT NOTE: I do understand the complexity of all the concepts included in this Herpes Zoster or Shingles Advanced Protocol and it might be a very testing procedure for new and even experienced LifeWave patch users. Please do take your time to comprehend the mechanics of it before starting any suggested protocol.

FINAL THOUGHTS

What can you actually expect from all this information?

A very fair and understandable question, specially for those new to LifeWave technology.

If you had the opportunity to watch our first video series **The LifeWave Journey**, we have suggested on video No. 1 that ***"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"***.

When dealing with conditions where imbalances have been progressing for a long period of time, as are a great majority of chronic cases, regaining balance will depend on several factors like the approach or procedure used, consistency on applying those approaches or procedures and the level of personal interest to achieve good results.

We are constantly experiencing cases where take minutes to achieve a positive outcome, others take hours, days and even months to show a general improvement. Everyone has a different set of conditions but those who experience good results are sharing some common denominators:

- ***All individuals are highly motivated to regain back their balance***
- ***They keep testing options till they find their most suitable procedure***
- ***They create a consistent habit and endured patience focusing only on positive results.***

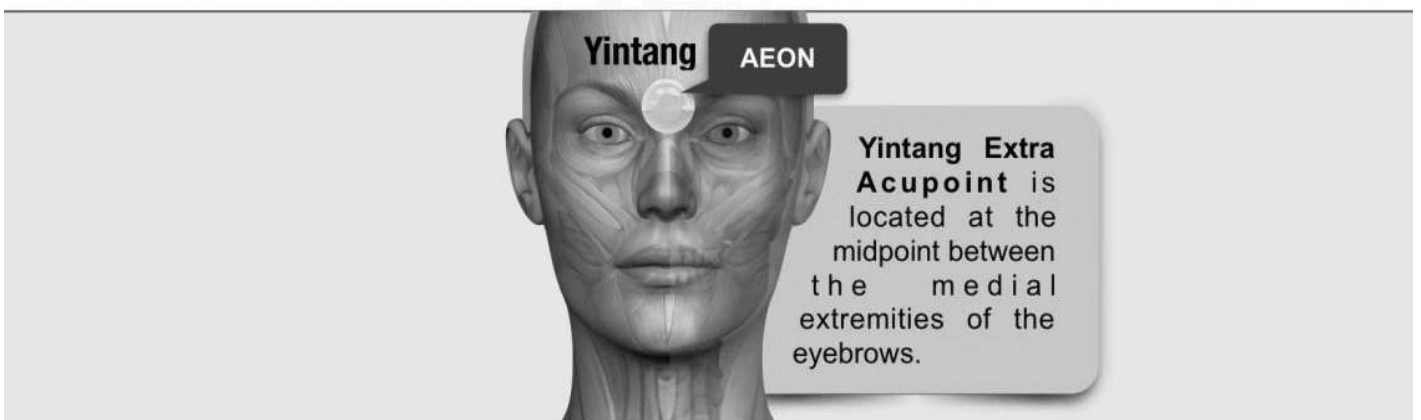
Irritability

This is a 3 days patching protocol in 2 steps designed to help cases of **Irritability, Stress & Anxiousness**.

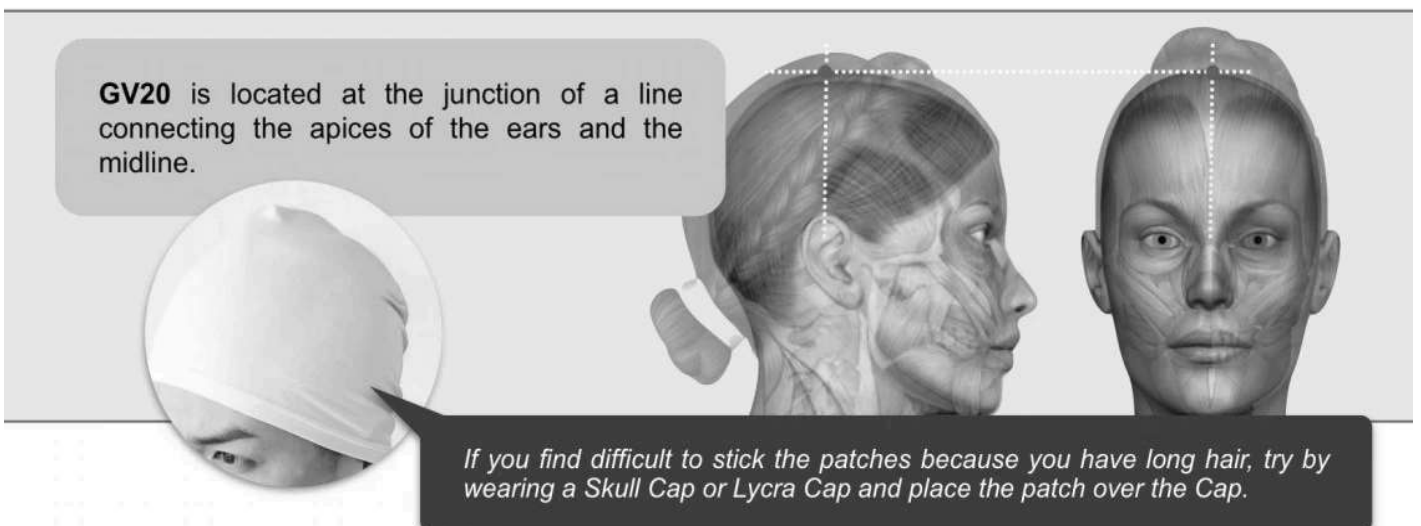
DAY 1 - STEP 1 - *(Try To Start Sometime In The Morning Like 8am For Example)*

Using 1 **AEON** patch, go through the following patching sequence for 20min each position:

Position 1: Yintang Extra Acupoint - AEON - Wear for 20min

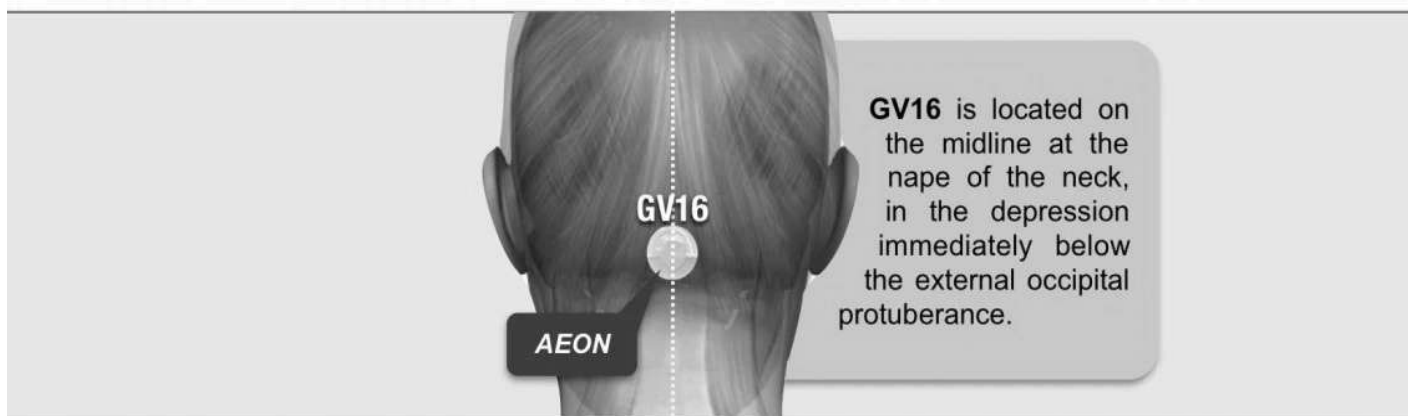
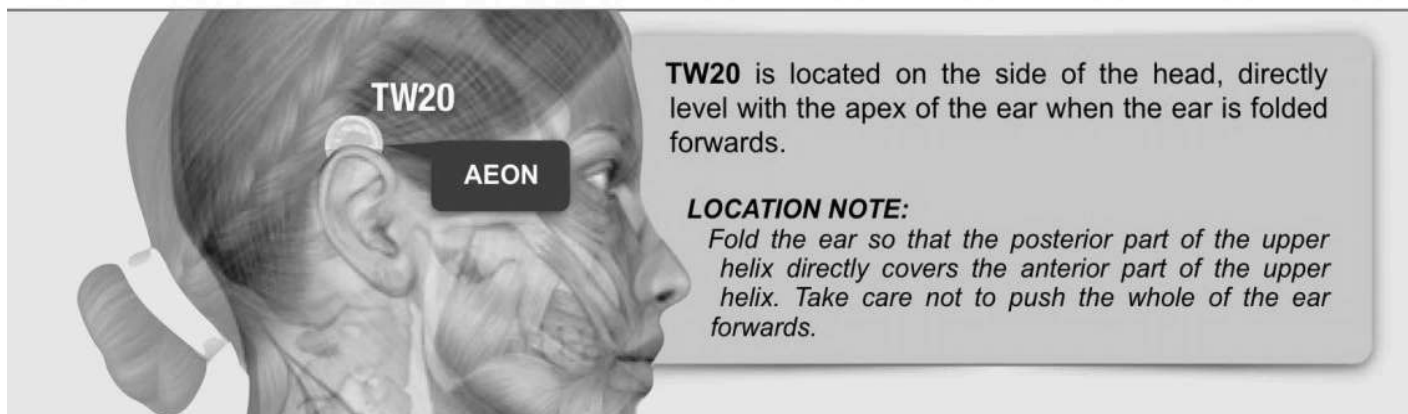


Position 2: GV20 - AEON - Wear for 20min



This protocol continues in the next page →

Position 3: TW20 - AEON - Right Side - Wear for 20min



Position 4: GV16 - AEON - Wear for 20min

Position 5: TW17 - AEON - Right Side - Wear for 20min

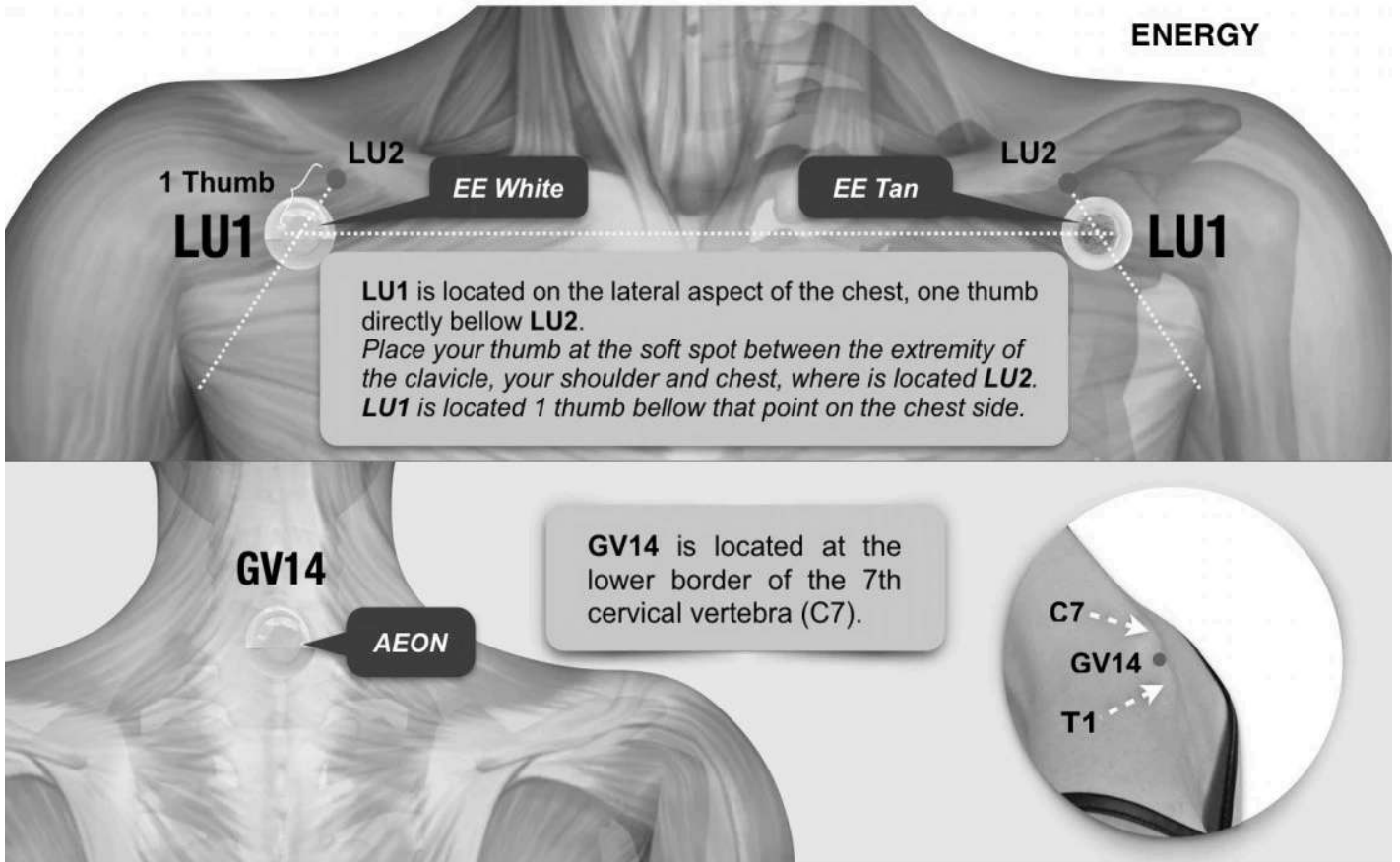


Note: Use the same AEON patch for all positions, one after the other.

Total duration of Step 1: 1 1/2 hours.

DAY 1 - STEP 2 – During the Day (First 12 hours)

Right after you finish Step 1, place this:

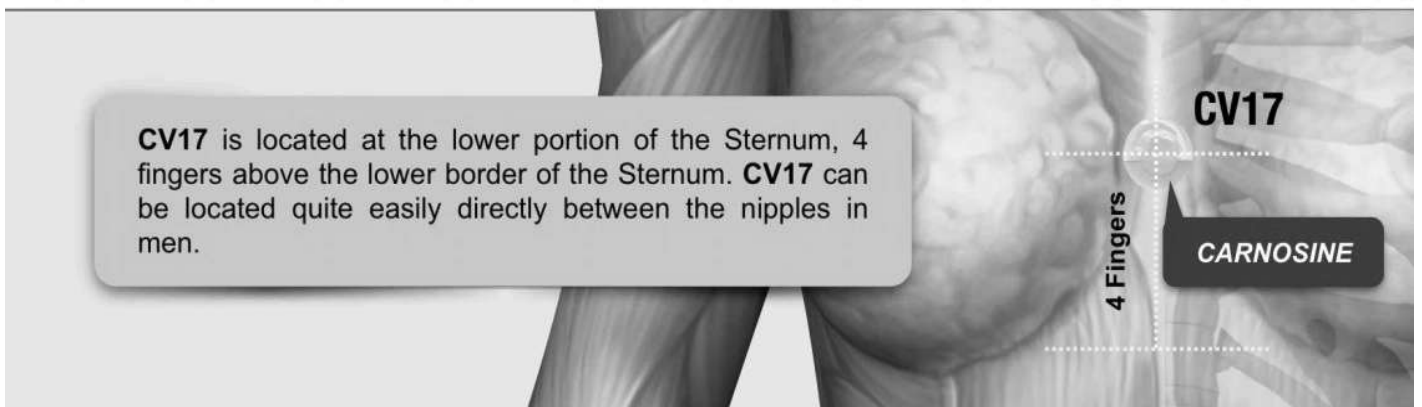


ENHANCER on LU1 - WRTL

AEON on GV14

DAY 1 – During the Night (Next 12 hours):

CARNOSINE on CV17



Note: Remove all daily patches after 12 hours and use a single **CARNOSINE** patch for another 12 hours.

DAY 2 - STEP 1

Using 1 **AEON** patch, repeat the same procedure I explained on DAY 1. Go through the following patching sequence for 20min each position:

Position 1: Yintang Extra Acupoint - AEON - Wear for 20min

Position 2: GV20 - AEON - Wear for 20min

Position 3: TW20 - Right Side - AEON - Wear for 20min

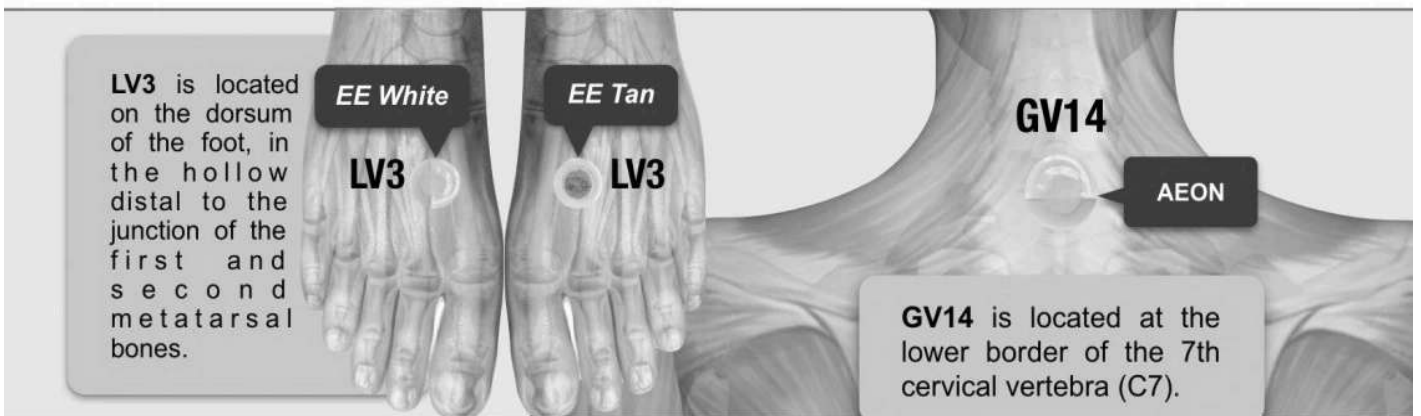
Position 4: GV16 - AEON - Wear for 20min

Position 5: TW17 - Right Side - AEON - Wear for 20min

Check All The Acupoint Positions On Day 1

Total duration of Step 1: 1 1/2 hours.

DAY 2 - STEP 2 – During the Day (First 12 hours)

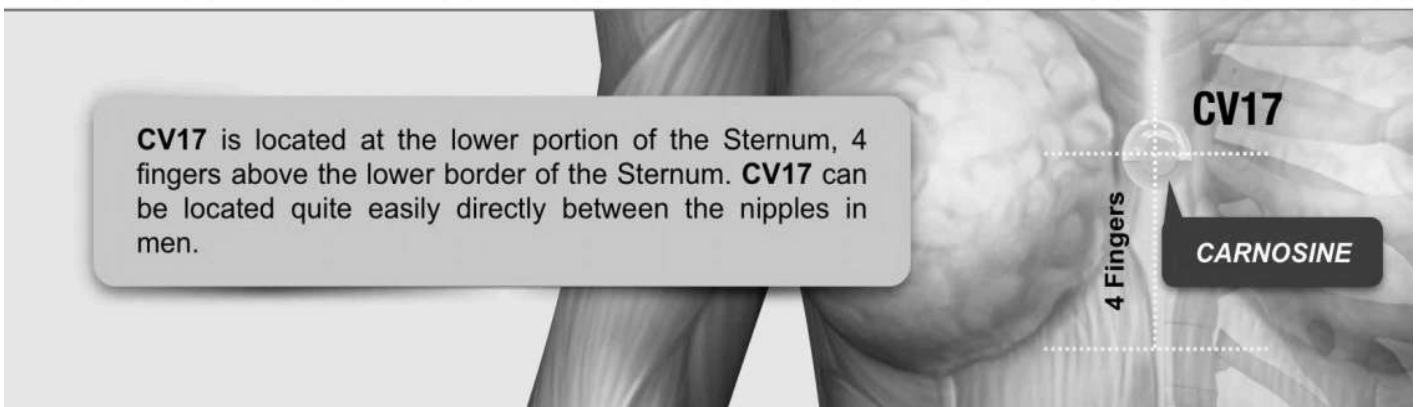


Right after you finish Step 1, place this:

ENERGY ENHANCER on **LV3 - WRTL**

AEON on **GV14**

DAY 2 – During the Night (Next 12 hours):



CARNOSINE on CV17

Note: Remove all daily patches after 12 hours and use a single **CARNOSINE** patch for another 12 hours.

DAY 3 - STEP 1

Using 1 **AEON** patch, repeat the same procedure I explained on DAY 1. Go through the following patching sequence for 20min each position:

Position 1: Yintang Extra Acupoint - AEON - Wear for 20min

Position 2: GV20 - AEON - Wear for 20min

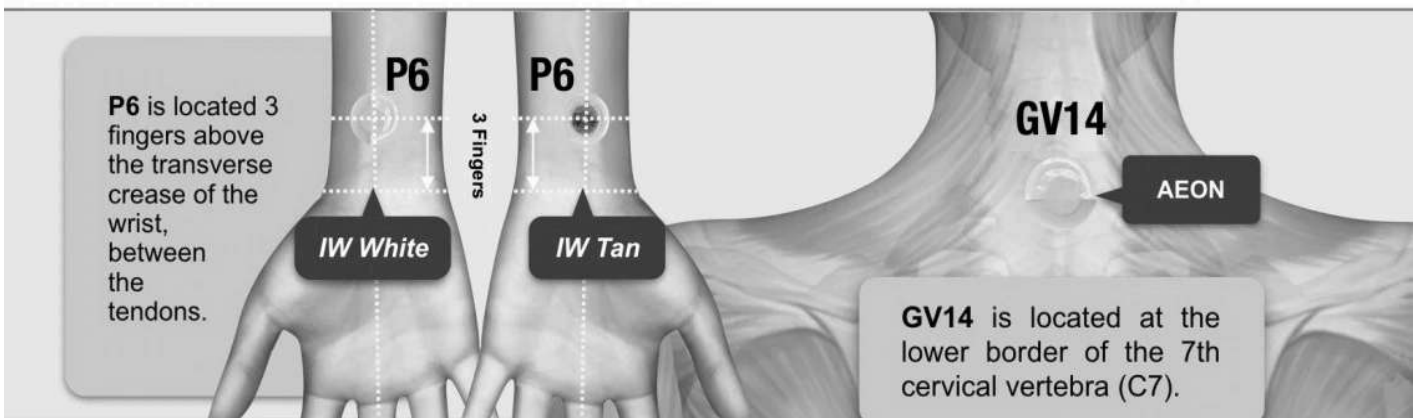
Position 3: TW20 - Right Side - AEON - Wear for 20min

Position 4: GV16 - AEON - Wear for 20min

Position 5: TW17 - Right Side - AEON - Wear for 20min

Check All The Acupoint Positions On Day 1

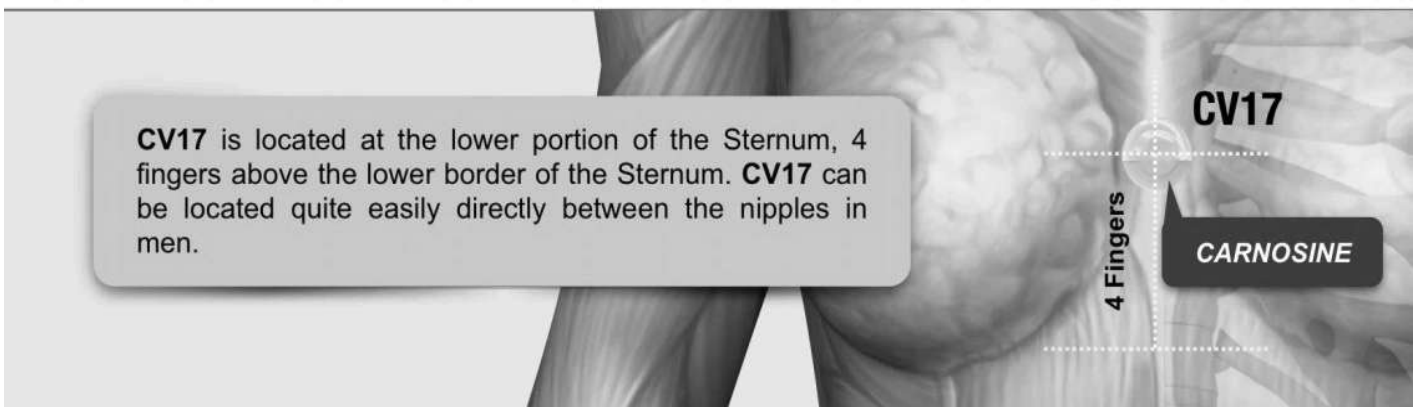
Total duration of Step 1: 1 1/2 hours.

DAY 3 - STEP 2 – During the Day (First 12 hours)

Right after you finish Step 1, place this:

ENERGY ENHANCER on P6 - WRTL

AEON on GV14

DAY 3 – During the Night (Next 12 hours):

CARNOSINE on CV17

Note: Remove all daily patches after 12 hours and use a single **CARNOSINE** patch for another 12 hours.

IMPORTANT: Please do take your time to comprehend the mechanics of it before starting.

General Notes:

1- STEP 1 is the same for every starting day.

1- Wearing all above patching procedure in 2 steps daily for 3 consecutive days is considered 1 Cycle (Day 1 through Day 3).

2- I recommended to go on for at least 3 consecutive cycles or till you find a considerable improvement.

3- Use new patches if were used for over 24 hours.

General Recommendations:

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Libido

I'm presenting to you here 2 different protocols for Libido. The **First Option** is the "Original" Protocol formulated several years back and many members have already used it with good results in general.

Now, the **Second Option** is a New Approach that I've personally formulated.

Libido Protocol - Option 1

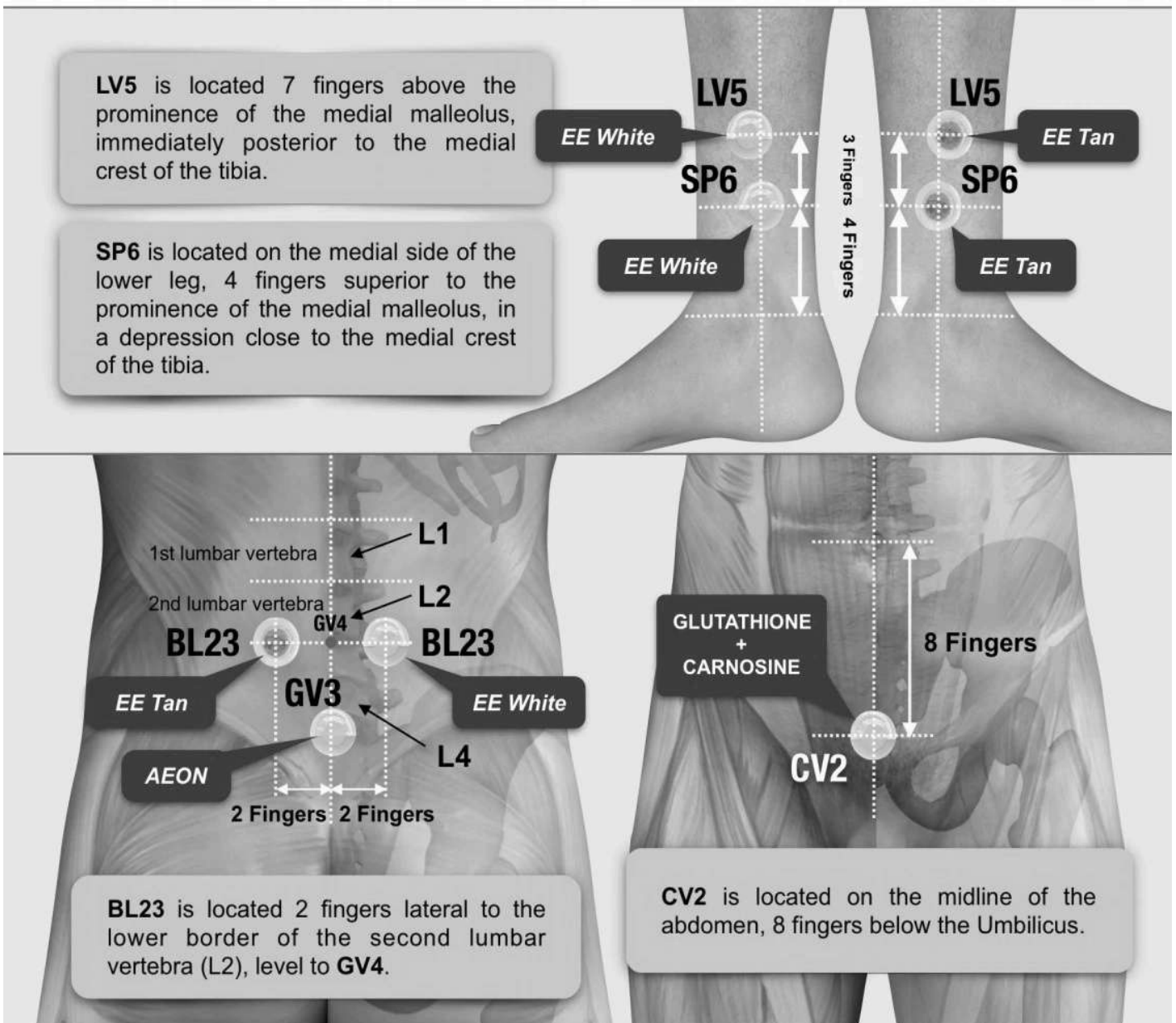
ENERGY ENHANCER on **LV5** - **WRTL** - Wear for 24 hours.

ENERGY ENHANCER on **SP6** - **WRTL** - Wear for 24 hours.

ENERGY ENHANCER on **BL23** - **WRTL** - Wear for 24 hours.

AEON on **GV3** - Wear for 24 hours.

GLUTATHIONE + CARNOSINE on **CV2** - Wear for 24 hours.



Libido Protocol - Option 2

Step 1 - Place:

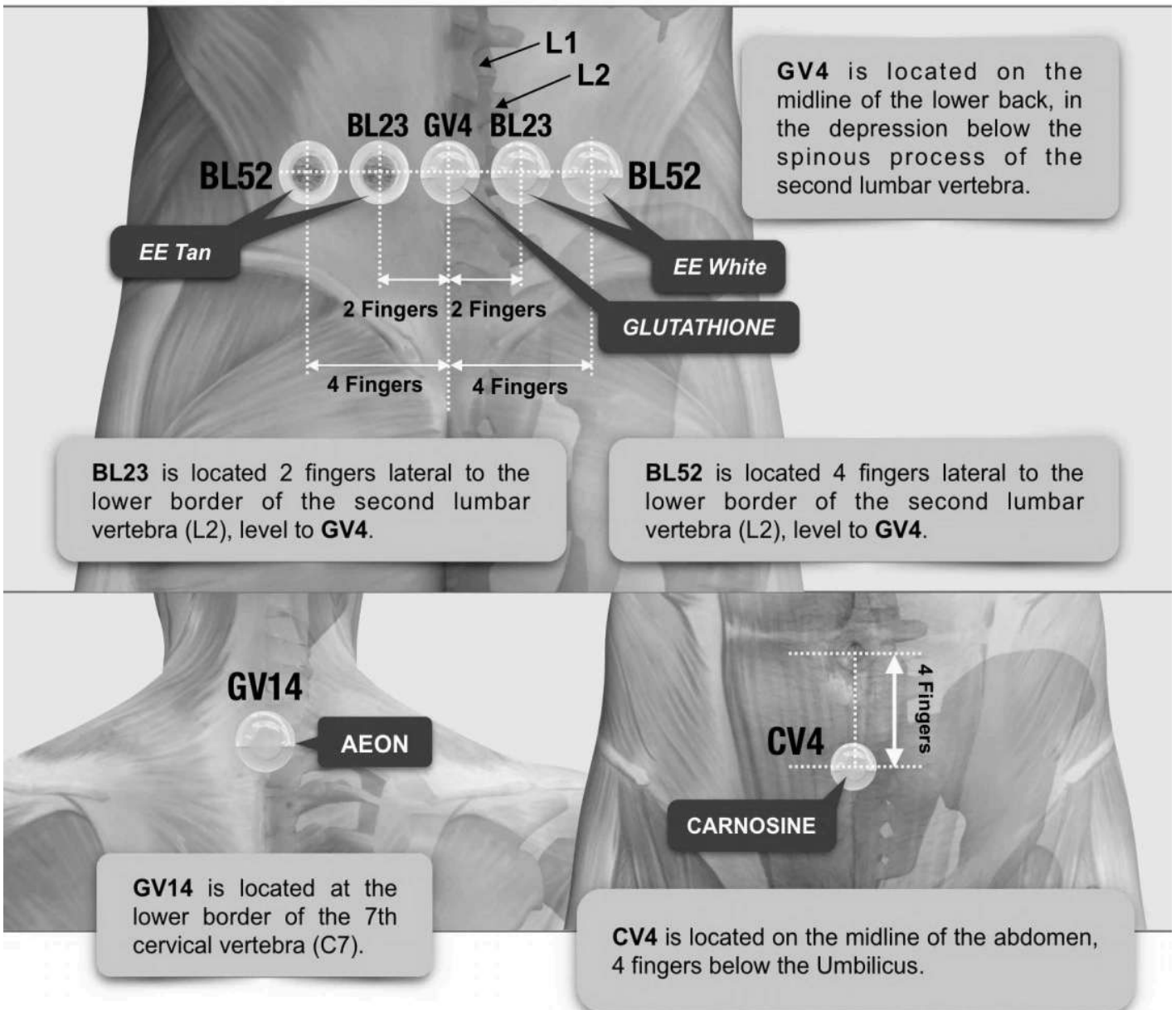
ENERGY ENHANCER on **BL23 - WRTL**

ENERGY ENHANCER on **BL52 - WRTL**

GLUTATHIONE on **GV4**

AEON on **GV14**

CARNOSINE on **CV4**

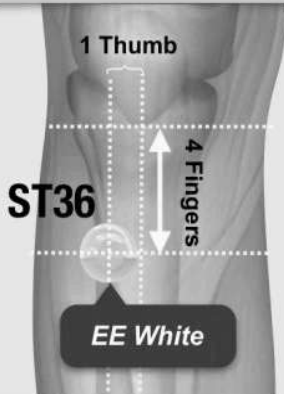


This protocol continues in the next page →

Step 2 - Place:

ENERGY ENHANCER White on ST36 - Right Side
ENERGY ENHANCER Tan on SP6 - Left Side

ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.



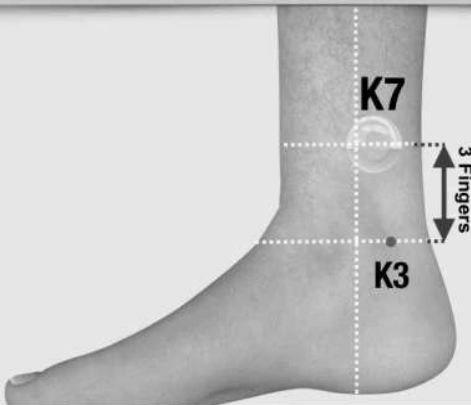
SP6 is located on the medial side of the lower leg, 4 fingers superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.



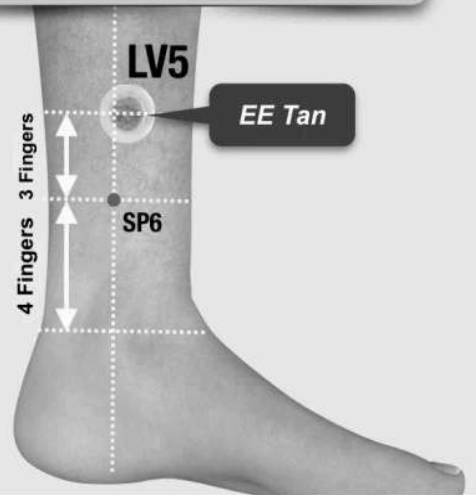
Step 3 - Place:

ENERGY ENHANCER White on K7 - Right Side
ENERGY ENHANCER Tan on LV5 - Left Side

K7 is located on the medial aspect of the lower leg, in the depression 3 fingers superior to **K3**, on the anterior border of the Achilles tendon.



LV5 is located 7 fingers above the prominence of the medial malleolus, immediately posterior to the medial crest of the tibia.



This protocol continues in the next page →

General Recommendations

Try to start this protocol some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER Patches** disturb your sleep... if so, just remove them and keep all Y-Age patches on till next day.

Run this protocol for 5 consecutive days. If you schedule it properly, you could start on Monday morning and run it till Saturday Morning.

It will be important to look into a more "Nurturing" diet during the time you are patching for Libido specifically...

Once you finish those initial 5 days, "Give it a Go" and you will have a clear indication if you need to patch for a longer period... if so, just rest 2 days of the protocol and start once again for another 5 consecutive days.

I suggest you place 1 set of **ENERGY ENHANCER** on LV5 - WRTL and another set of **ENERGY ENHANCER** on ST36 - WRTL

the day of "testing" how you are doing...

Conclusion:

According to TCM, Libido related issues is pretty much related to loss of **Kidney Essence** mainly (among other stuff of course), and here I make a special note:

Everything Outcome We Have Is Bases On Our Lifestyle...

*One of the main objectives of my new **Lifestyle Protocol** is to work around **Kidney Essence** and to regain all the "Core" elements for a normal functioning within...*

General Notes:

- 1- Running any of the Patching Options above for 12 to 24 hours is considered 1 Cycle.
- 2- Repeat the procedure as many cycles as you need it.
- 3- Use new patches starting a new cycle.

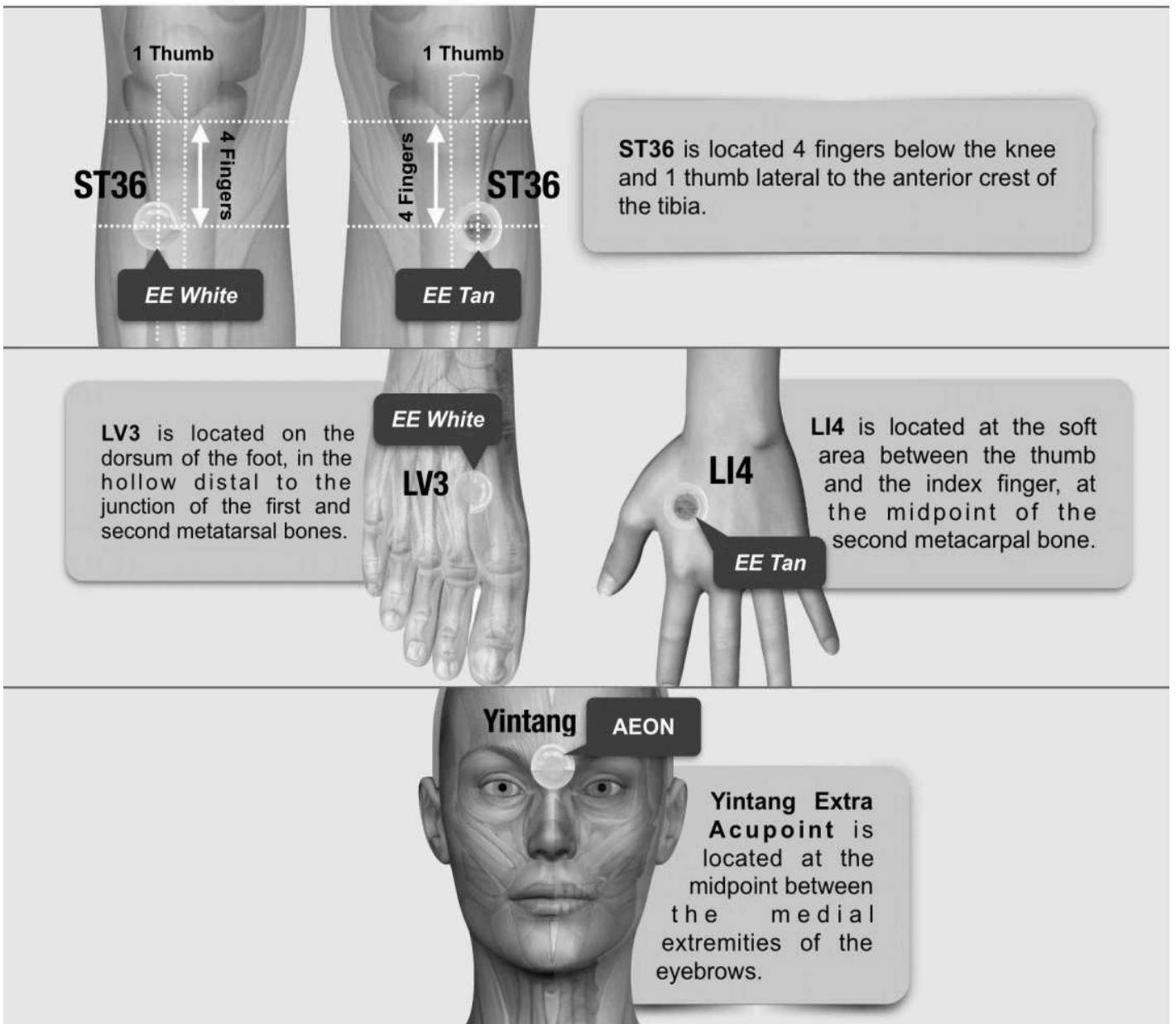
Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Macular Degeneration

Here you have a complete Patching Option for **Macular Degeneration**:

Day 1

ENERGY ENHANCER on **ST36 - WRTL**
ENERGY ENHANCER White on **LV3 - Right Side**
ENERGY ENHANCER Tan on **LI4 - Left Side**
AEON on **Yintang Extra Point**



(This will be the Base Protocol for the day)

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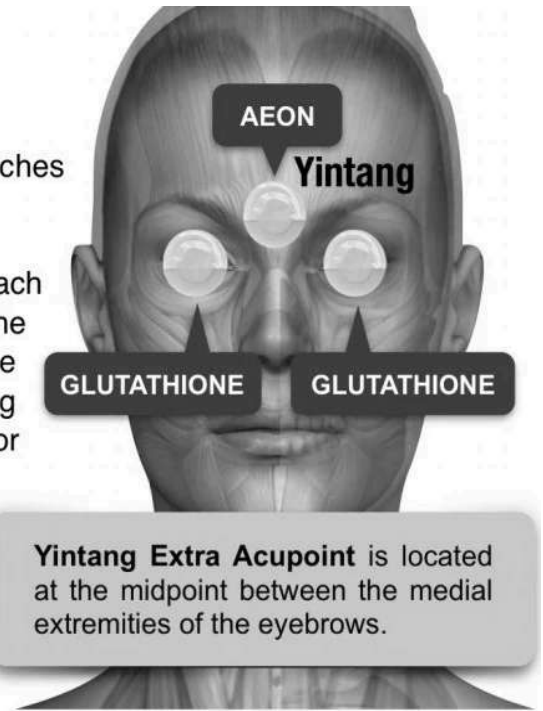
Then, laying down, place two **GLUTATHIONE** patches over each eye.

Note: The idea is to place the two patches over each 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 (check this image) either on the outside or the inside.

Try to do that for a minimum of 1 hour, 2 to 3 times per day if possible, leaving all other patches in place.

Try to start this protocol some time in the morning, like 8am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all Y-Age patches on till next day.

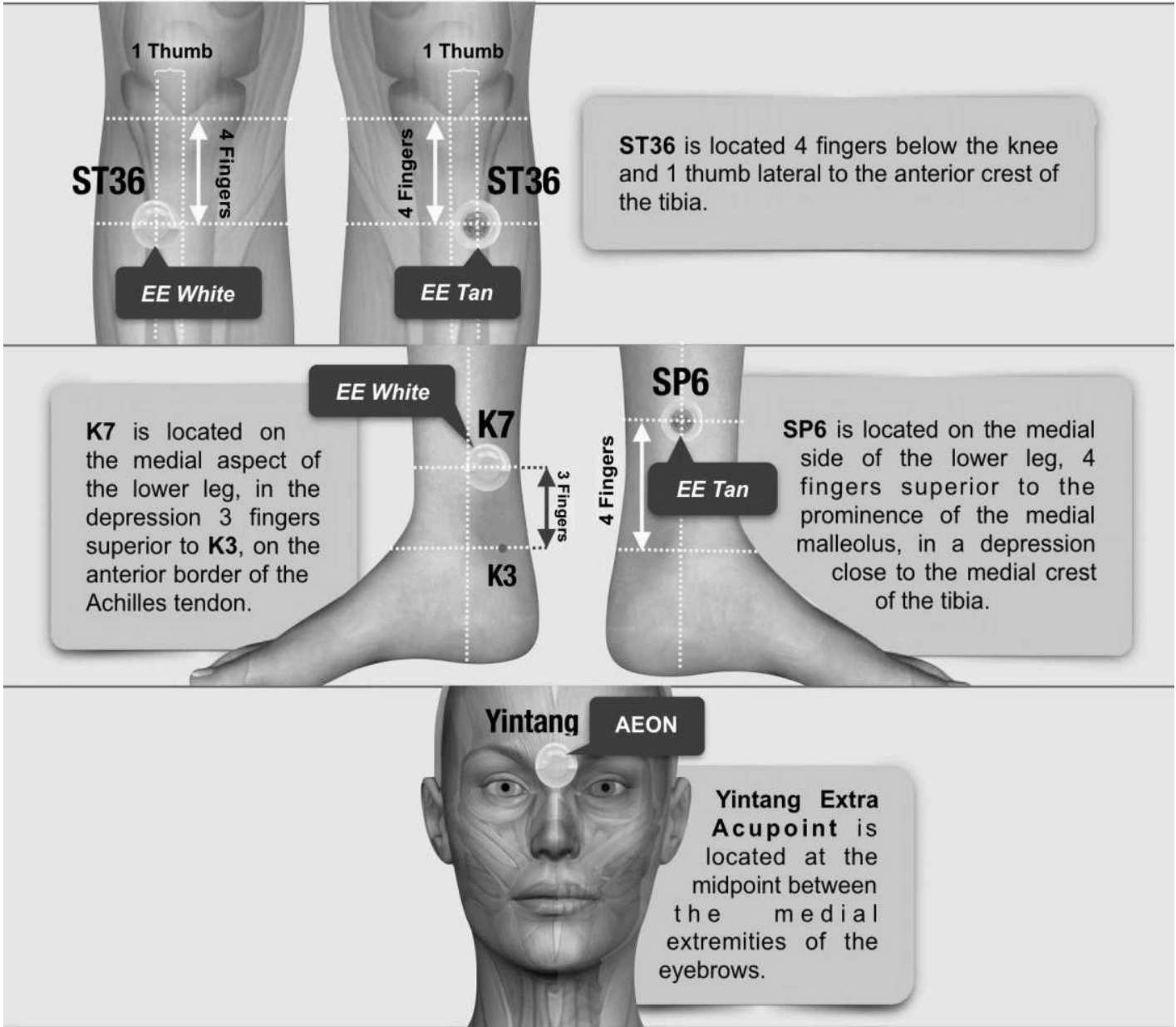
Please change all patches starting a new day.



This protocol continues in the next page →

Day 2

ENERGY ENHANCER on ST36 - WRTL
ENERGY ENHANCER White on K7 - Right Side
ENERGY ENHANCER Tan on SP6 - Left Side
AEON on Yintang Extra Point



(This will be the Base Protocol for the day)

This protocol continues in the next page →

Then, laying down, place two **CARNOSINE** patches over each eye

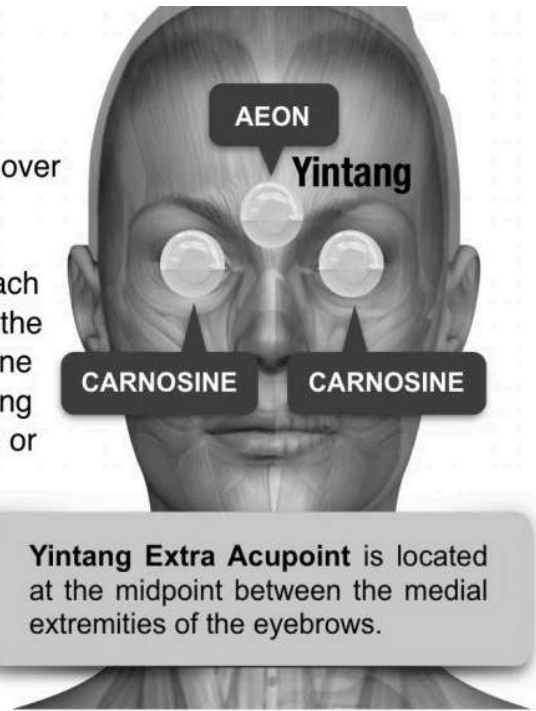
Note: The idea is to place the two patches over each eyelid while resting (You may rest the patches over the eyes without removing the adhesive backing). One good solution is to stick both patches into a sleeping eye mask (check this image) either on the outside or the inside.

Try to do that for a minimum of 1 hour, 2 to 3 times per day if possible, leaving all other patches in place.

Try to start this protocol some time in the morning, like 8am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all Y-Age patches on till next day.

Please change all patches starting a new day.

- *Completing 2 consecutive days according to what's suggested above is considered as 1 Cycle.*
- *Try to run 3 Cycles or 6 Days, then, rest for 1 day and continue for another 3 Cycles or 6 Days.*
- *By that time, you might be able to tell how's your reaction to the protocol and the patches.*



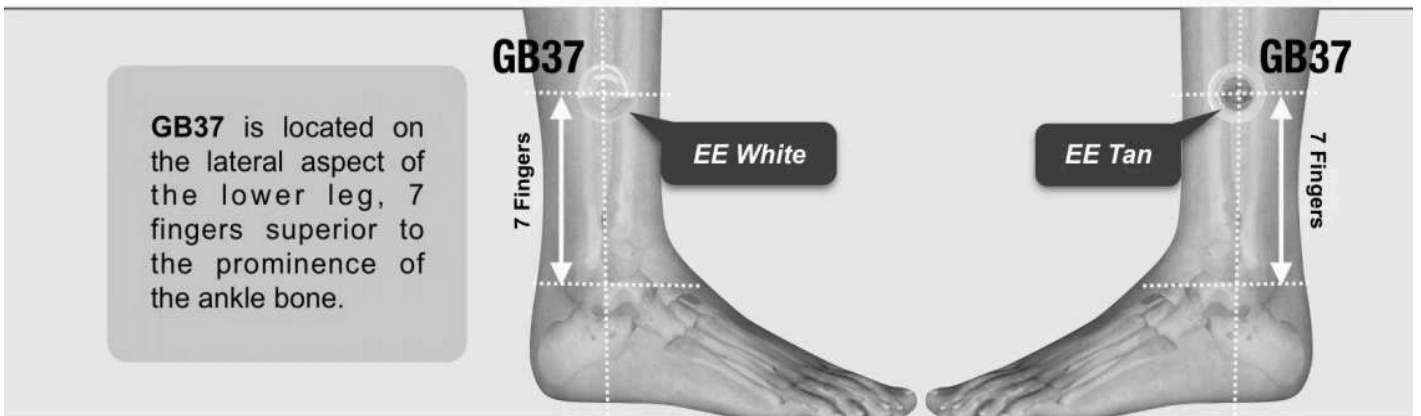
This protocol continues in the next page →

Additions:

Try to run this protocol as described above, then, check how you react to it. If you feel that you might need an “**Extra Support**”, you can add the following:

ENERGY ENHANCER on TW23 - WRTL

And / Or:

ENERGY ENHANCER on GB37 - WRTL

- Repeat the procedure as many cycles as you need it.
- Use new patches starting a new cycle.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Menstruation - (Improving Menstrual Cycle)

Hello, Is there any patching protocol for improving menstrual cycle?...

That's the exact question we received at PatchingProtocol.com...

Menses occurring much earlier or later than the normal date is known as "Irregular Menstruation"...

But there are also changes of **Color**, **Quantity** and **Quality** of the Menses...

So, at this **Improving Menstrual Cycle** you can test a very simple Protocol:

You can run this Protocol at anytime, however, it would be optimum if you start running it 2 weeks before the actual date of your Menstrual Cycle (or the date you expect it to be)...

Improving Menstrual Cycle

Day 1 - During The Day

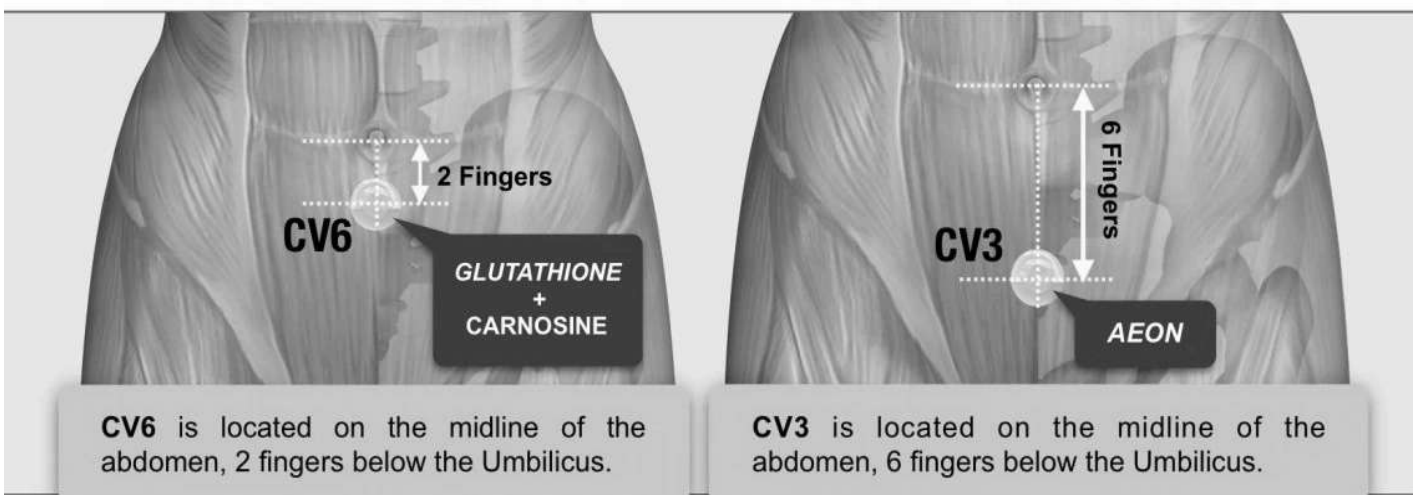
Please try to start sometime in the morning like 8am for example and place:

GLUTATHIONE and **CARNOSINE** together or Double Stacked on **CV6**

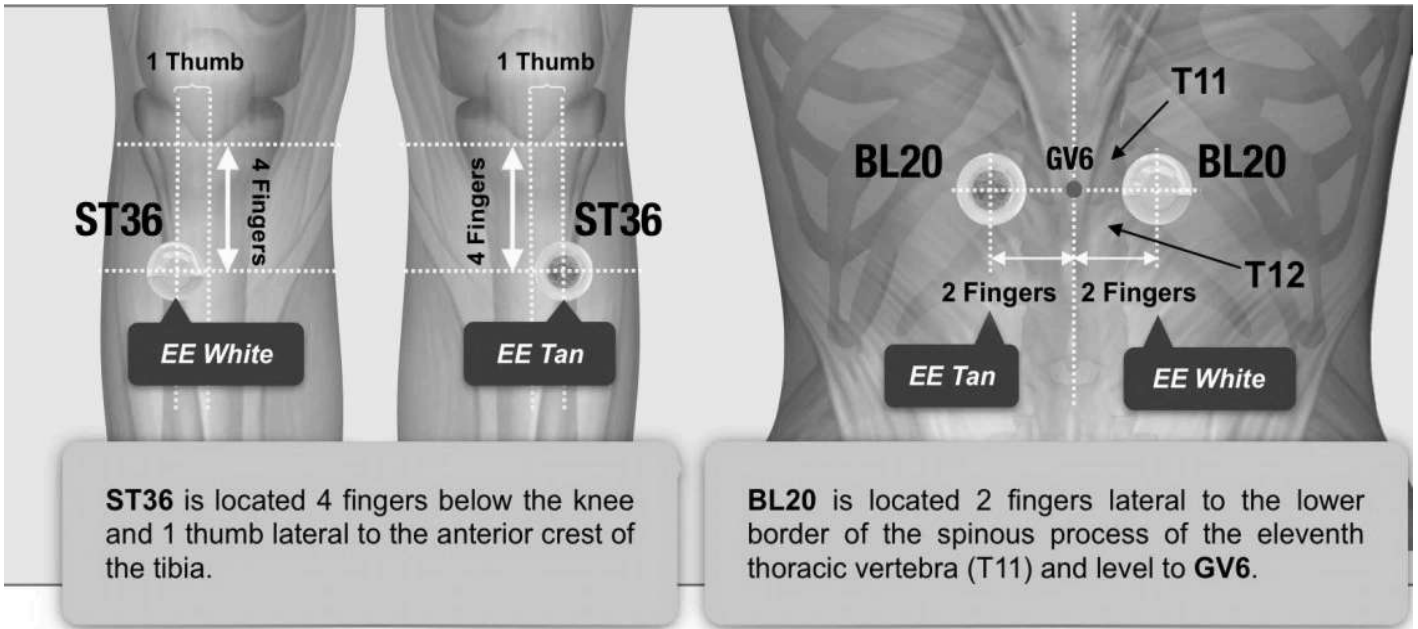
AEON on **CV3**

ENERGY ENHANCER on **ST36 - WRTL**

ENERGY ENHANCER on **BL20 - WRTL**



This protocol continues in the next page →



ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.

BL20 is located 2 fingers lateral to the lower border of the spinous process of the eleventh thoracic vertebra (T11) and level to **GV6**.

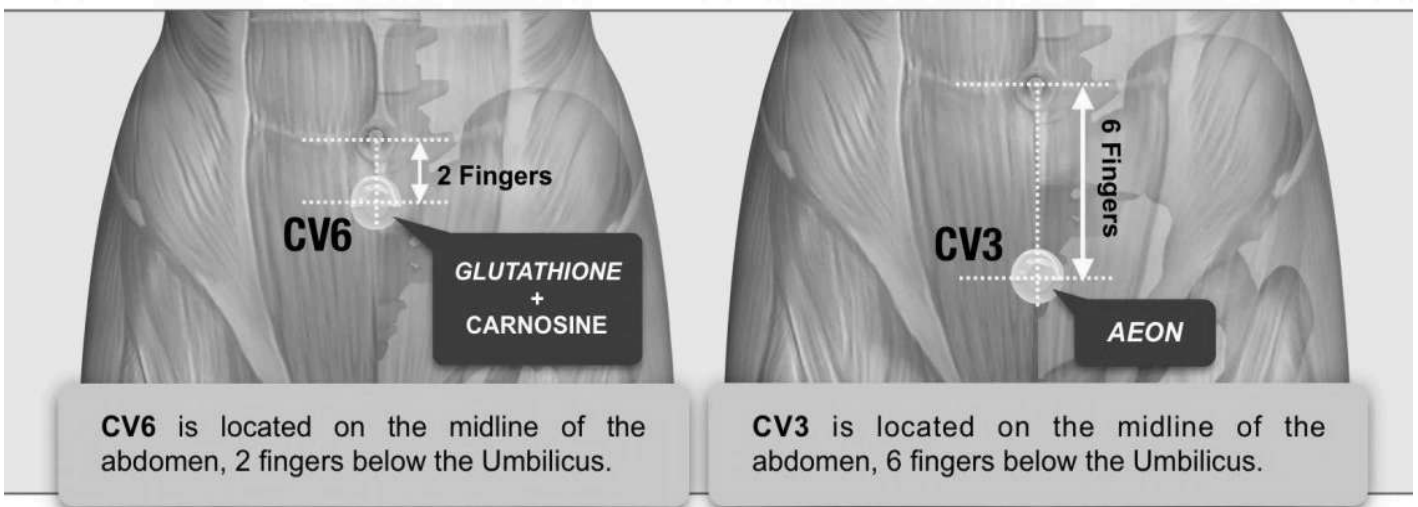
Day 1 - During The Night

After 12 hours, at 8pm in this example, remove all **ENERGY ENHANCER** patches and leave all **Y-Age** Patches in place till next following morning. You could also test by leaving all patches for 24 hours if you like. Make sure that the **ENERGY ENHANCER** patches don't disturb your sleep...

Day 2 - During The Day

After 24 hours, remove all patches if you've used them since the day before and try to start at the same time in the morning than the previous day and place:

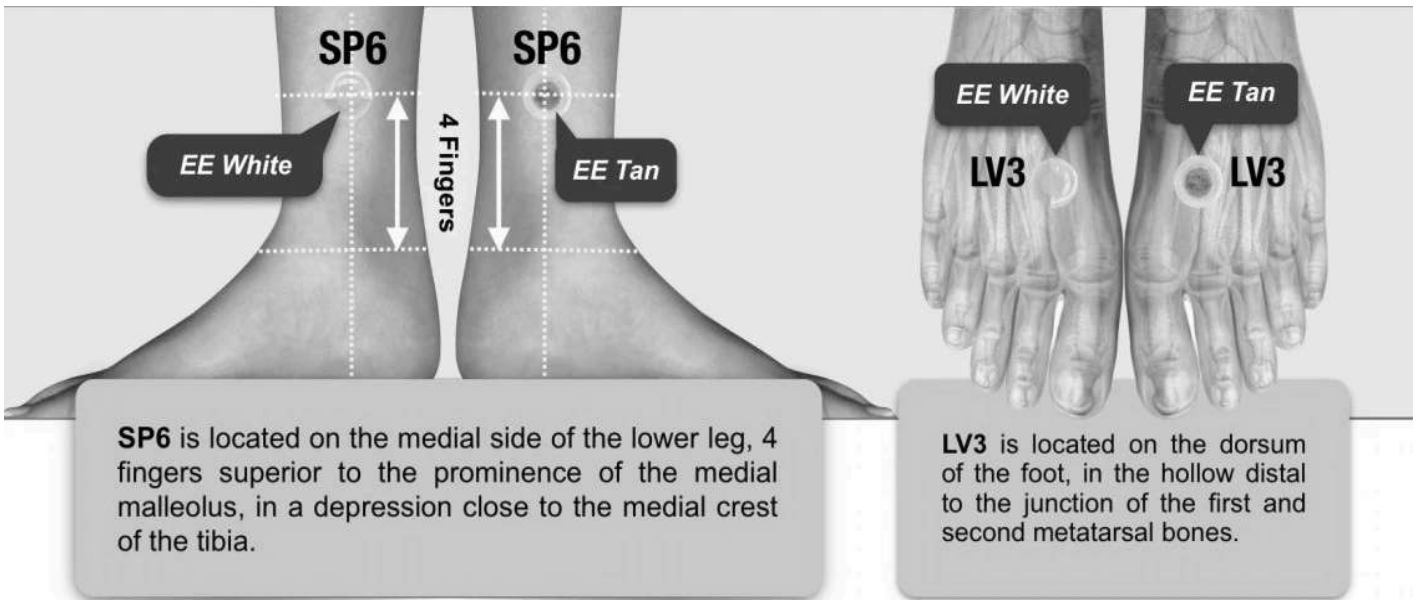
- GLUTATHIONE** and **CARNOSINE** together or Double Stacked on **CV6**
- AEON** on **CV3**
- ENERGY ENHANCER** on **SP6 - WRTL**
- ENERGY ENHANCER** on **LV3 - WRTL**



CV6 is located on the midline of the abdomen, 2 fingers below the Umbilicus.

CV3 is located on the midline of the abdomen, 6 fingers below the Umbilicus.

This protocol continues in the next page →



Day 2 - During The Night

After 12 hours, at 8pm in this example, remove all **ENERGY ENHANCER** patches and leave all Y-Age Patches in place till next following morning.

You could also test by leaving all patches for 24 hours if you like. Make sure that the **ENERGY ENHANCER** patches don't disturb your sleep...

That's All!... a super simple protocol in 2 Days Cycle

Run it for 3 consecutive Cycles (6 Days) and you can rest 1 or 2 days and continue for another 3 consecutive Cycles (6 Days) and you might be able to tell the difference by the time of your next Menstrual Cycle. That's the reason I was saying earlier to start running it 2 weeks before the actual date of your Menstrual Cycle...

- Repeat the procedure as many cycles as you need it.
- Use new patches starting a new cycle.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Parkinson's

Here I include two Patching Options for Parkinson's Disease.

Parkinson's Protocol - Option 1

STEP 1 – During the day (First 12 hours):

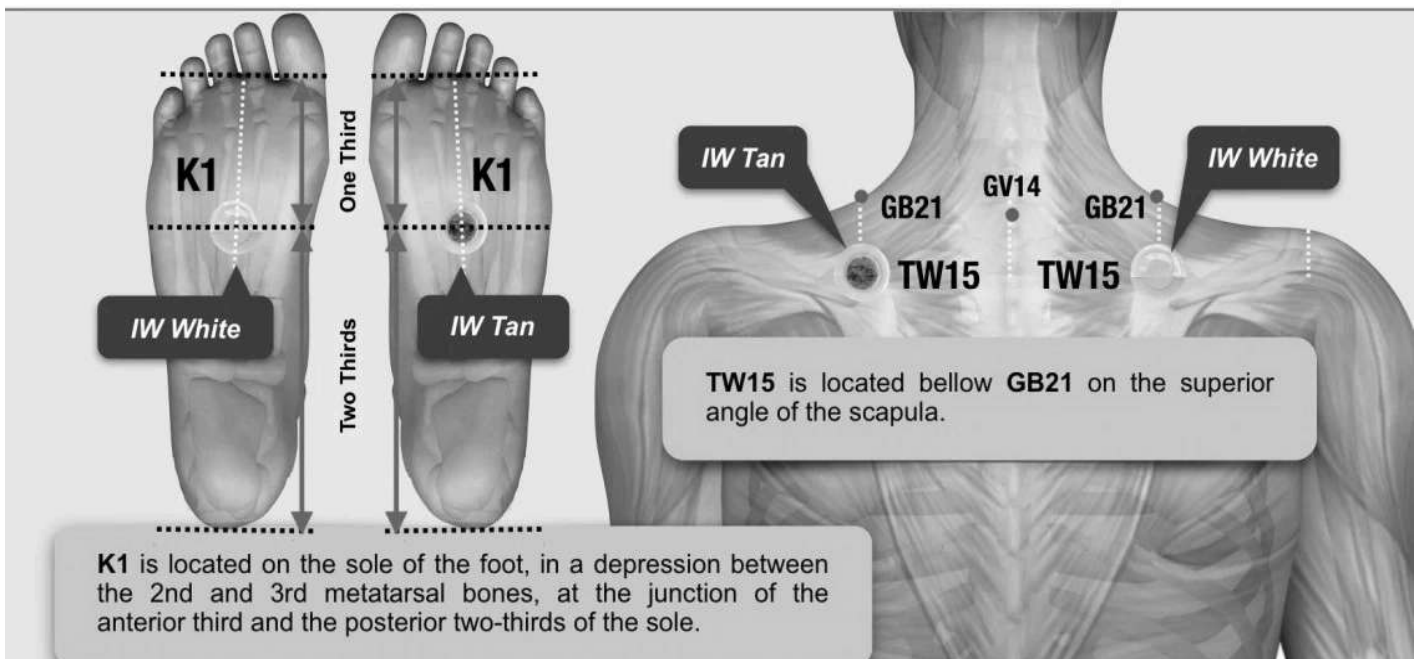
ICEWAVE on **K1** - **WRTL**

ICEWAVE on **TW15** - **WRTL**

GLUTATHIONE on **GV20**

GLUTATHIONE on **CV8**

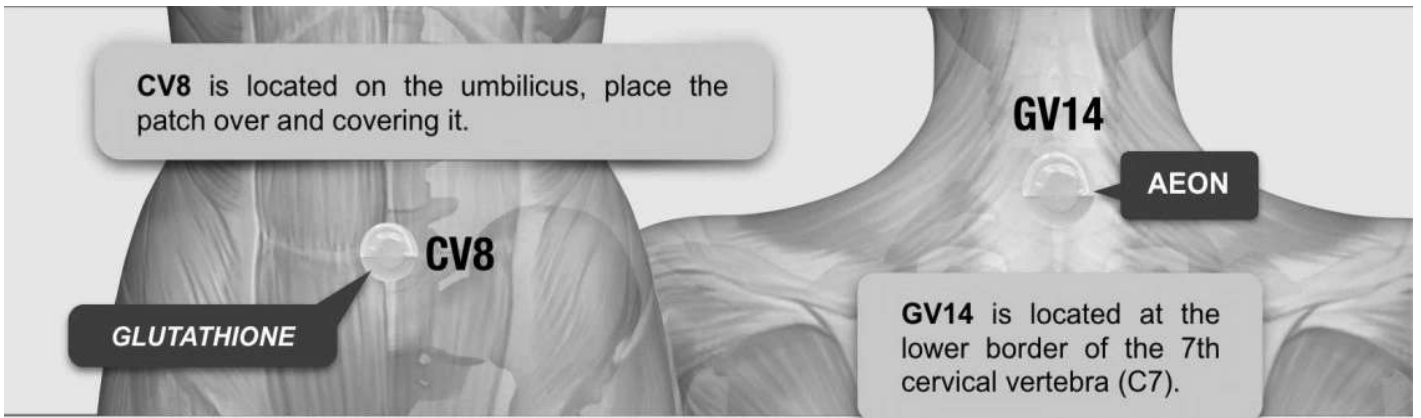
AEON on **GV14**



GV20 is located at the junction of a line connecting the apices of the ears and the midline.



If you find difficult to stick the patches because you have long hair, try by wearing a Skull Cap or Lycra Cap and place the patch over the Cap.



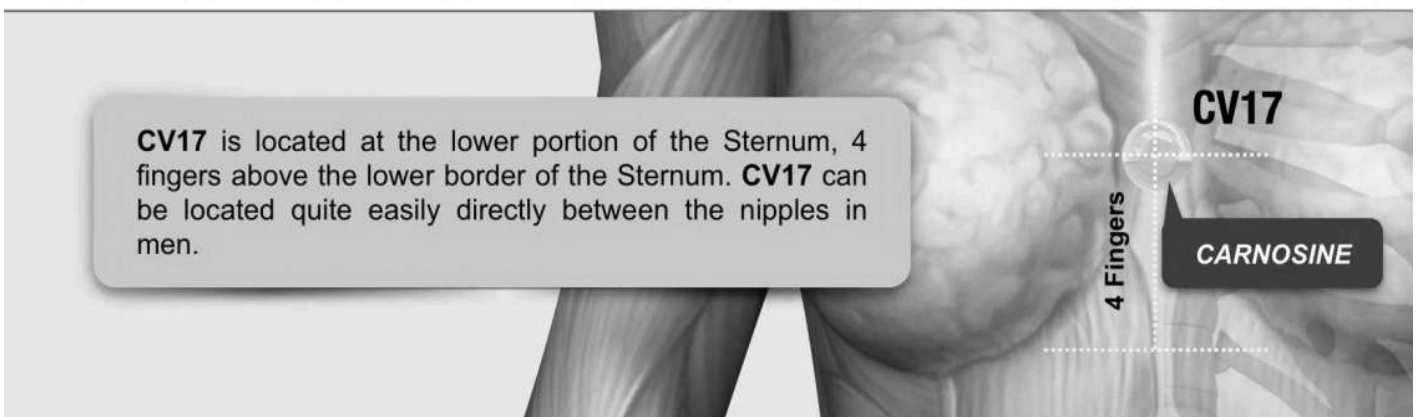
Note: Start the above protocol at a convenient time in the morning and remove all patches after 12 hours. (e.g. 8am till 8pm).

Except the **AEON** patch on **GV14** position (Wear for 24 hours).

STEP 2 – During the evening and throughout the night:

CARNOSINE on CV17

Note: You might see some good response after a couple of hours. However, results depend on each individual.



This protocol continues in the next page →

Parkinson's Protocol - Option 2

ICEWAVE White on **TW5** - Right Side

ICEWAVE Tan on **P6** - Left Side

ICEWAVE on **TW15** - WRTL

AEON on **GV20**

ICEWAVE on **GB20** - WRTL

GLUTATHIONE + AEON on **GV14** (Both Patches Double Stacked)

GLUTATHIONE on **CV4**

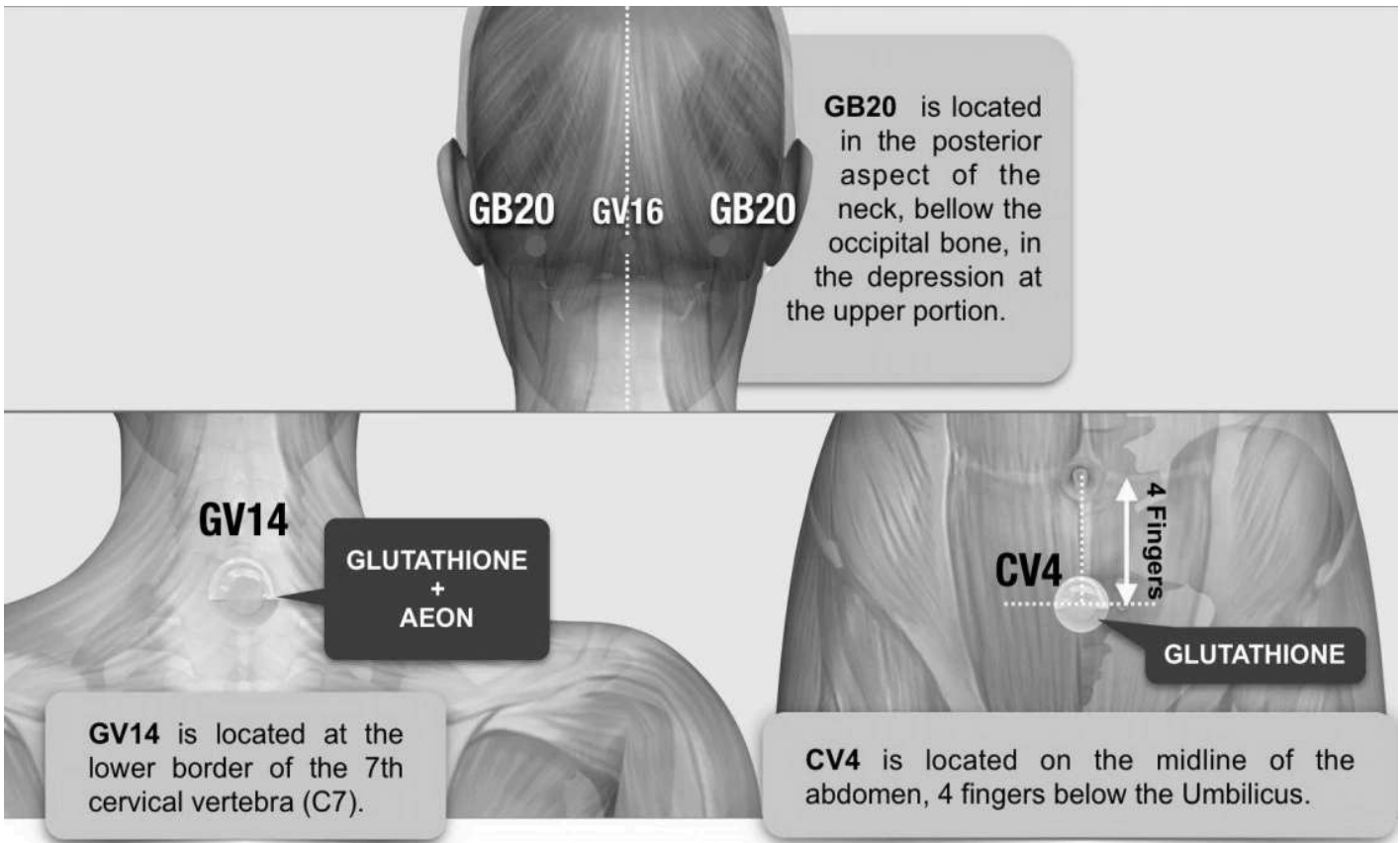
TW5 is located 3 fingers above the wrist in the depression between the radius and the ulna.

P6 is located 3 fingers above the transverse crease of the wrist, between the tendons.

TW15 is located below **GB21** on the superior angle of the scapula.

GV20 is located at the junction of a line connecting the apices of the ears and the midline.

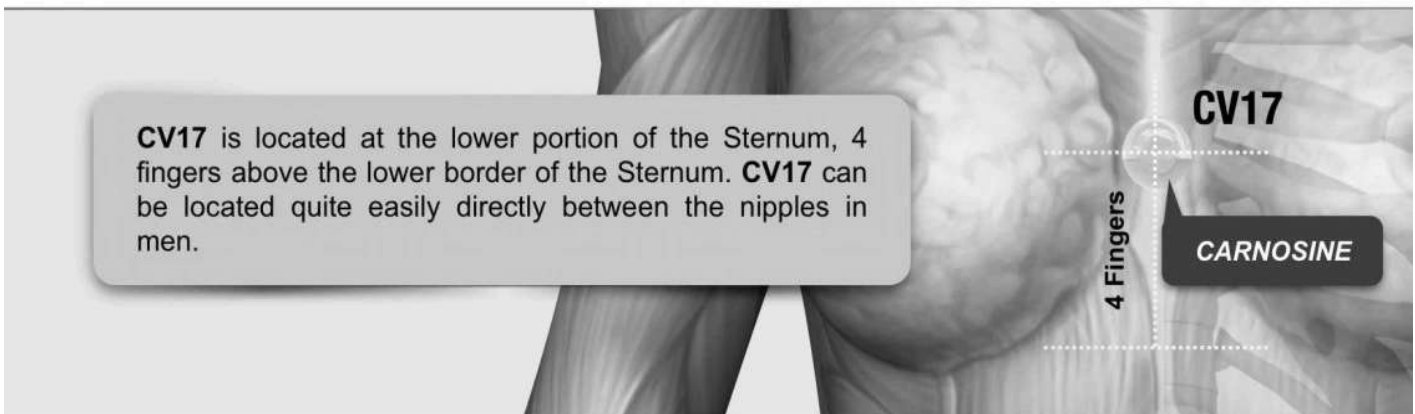
If you find difficult to stick the patches because you have long hair, try by wearing a Skull Cap or Lycra Cap and place the patch over the Cap.



Note: Start the above protocol at a convenient time in the morning and remove all patches after 12 hours. (e.g. 8am till 8pm).

STEP 2 – During the evening and throughout the night:

CARNOSINE on **CV17**



General Notes:

- 1- Running any of the Patching Options above for 12 to 24 hours in 2 steps is considered 1 Cycle.
- 2- I recommend to go on for at least 5 consecutive cycles or till considerable improvement is noticed. Repeat the procedure as many cycles as you need it.
- 3- Use new patches starting a new cycle.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Prostate

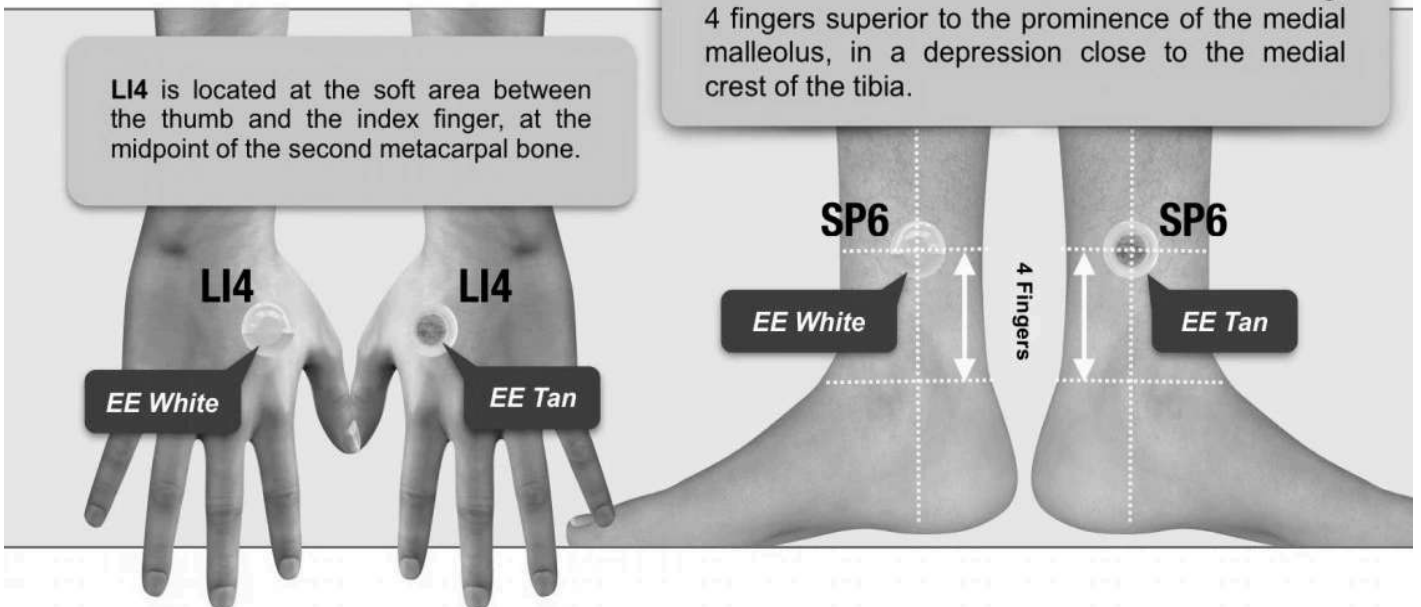
It's considered that the congestion and overgrowth of the prostate gland is virtually universal in men over the age of 60.

At this section I'll be including some Patching Options according to different Symptoms:

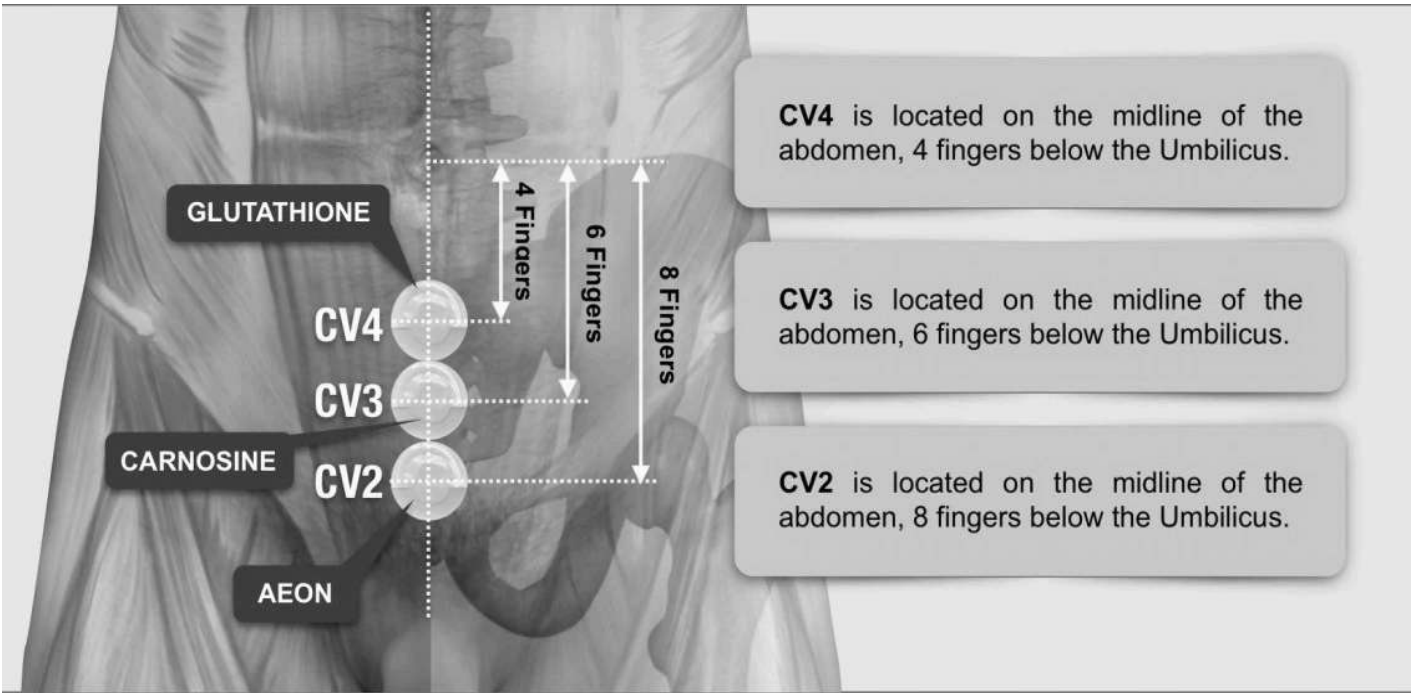
Prostate Patching Option 1

- Pain at the Perennial Area.
- Discomfort radiating to the lower abdomen and or top of the thighs.
- Inhibited Urination
- Dribbling Urination
- Incomplete Urination / Urinating 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**



This protocol continues in the next page →



CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.

CV3 is located on the midline of the abdomen, 6 fingers below the Umbilicus.

CV2 is located on the midline of the abdomen, 8 fingers below the Umbilicus.

Try to start this protocol some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all **Y-Age** patches on till next day.

Please change all patches starting a new day.

Prostate Patching Option 2

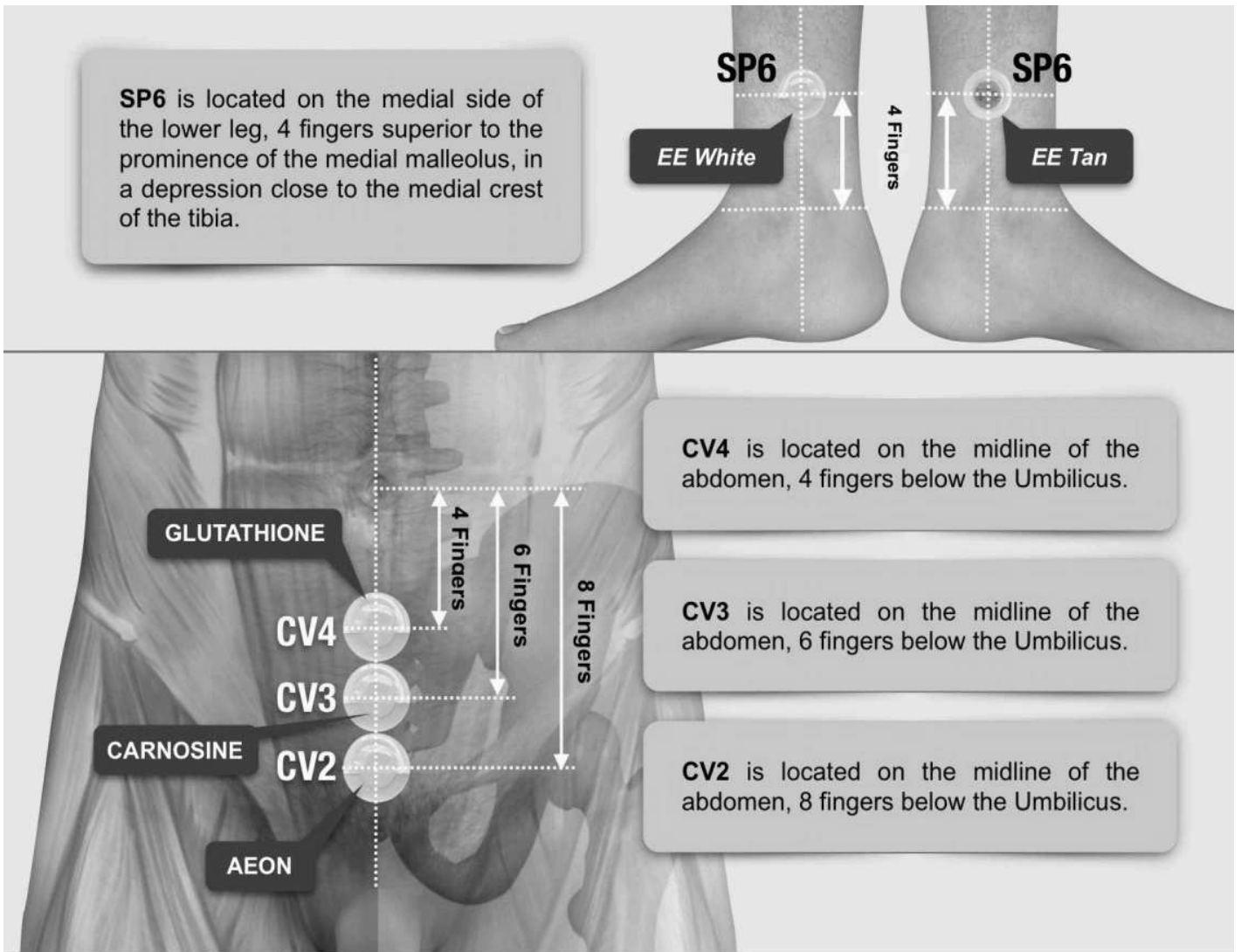
- Urinary obstruction in general and sometimes aggravated by any emotional stress or upset.
- Lower Abdominal Distention
- Insomnia
- Irritability or tendency of getting Angry quite often

ENERGY ENHANCER on **LV3** - WRTL
ENERGY ENHANCER on **LV8** - WRTL
ENERGY ENHANCER on **SP6** - WRTL
GLUTATHIONE on **CV4**
CARNOSINE on **CV3**
AEON on **CV2**

LV8 is located just superior to the medial end of the popliteal crease, in the depression anterior to the tendons.



LV3 is located on the dorsum of the foot, in the hollow distal to the junction of the first and second metatarsal bones.



Try to start this protocol some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all **Y-Age** patches on till next day.

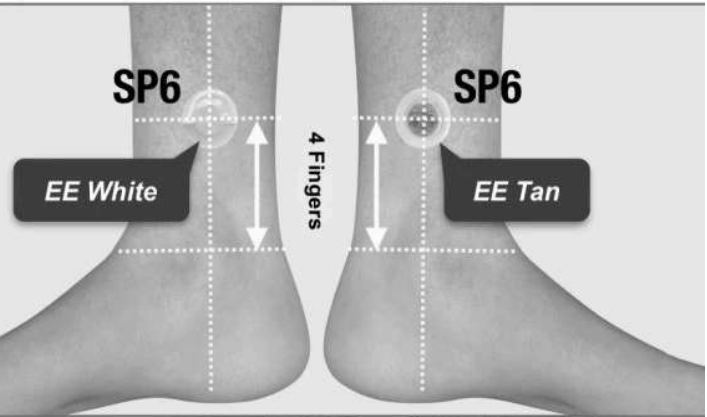
Please change all patches starting a new day.

Prostate Patching Option 3

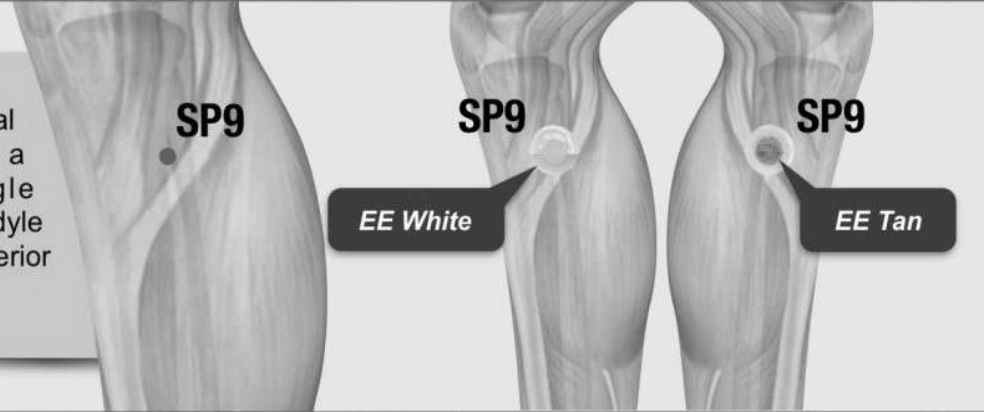
- Frequent, short, and choppy urinations
- Urinary urgency and constant feeling of the need to urinate
- Urinary pain
- Turbid, cloudy or yellow urine
- Urination with a thin stream or dribbling urination,
- Lower abdominal and perineal distention and pain
- Dry, bound stools and possible bitter taste in the mouth, a purple tongue with slimy, yellow fur, and a
- bowstring, slippery, rapid pulse

ENERGY ENHANCER on SP6 - WRTL
ENERGY ENHANCER on SP9 - WRTL
ENERGY ENHANCER on BL54 - WRTL
GLUTATHIONE on CV4
CARNOSINE on CV3
AEON on CV2

SP6 is located on the medial side of the lower leg, 4 fingers superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.



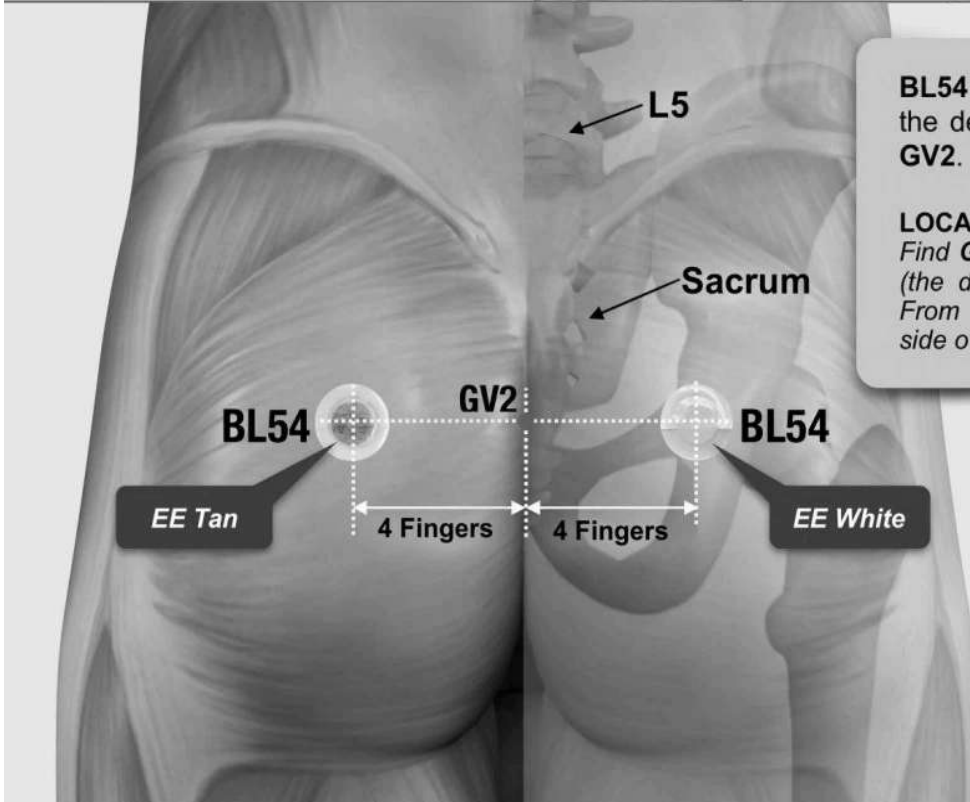
SP9 is located on the medial side of the lower leg, in a depression in the angle formed by the medial condyle of the tibia and the posterior border of the tibia.

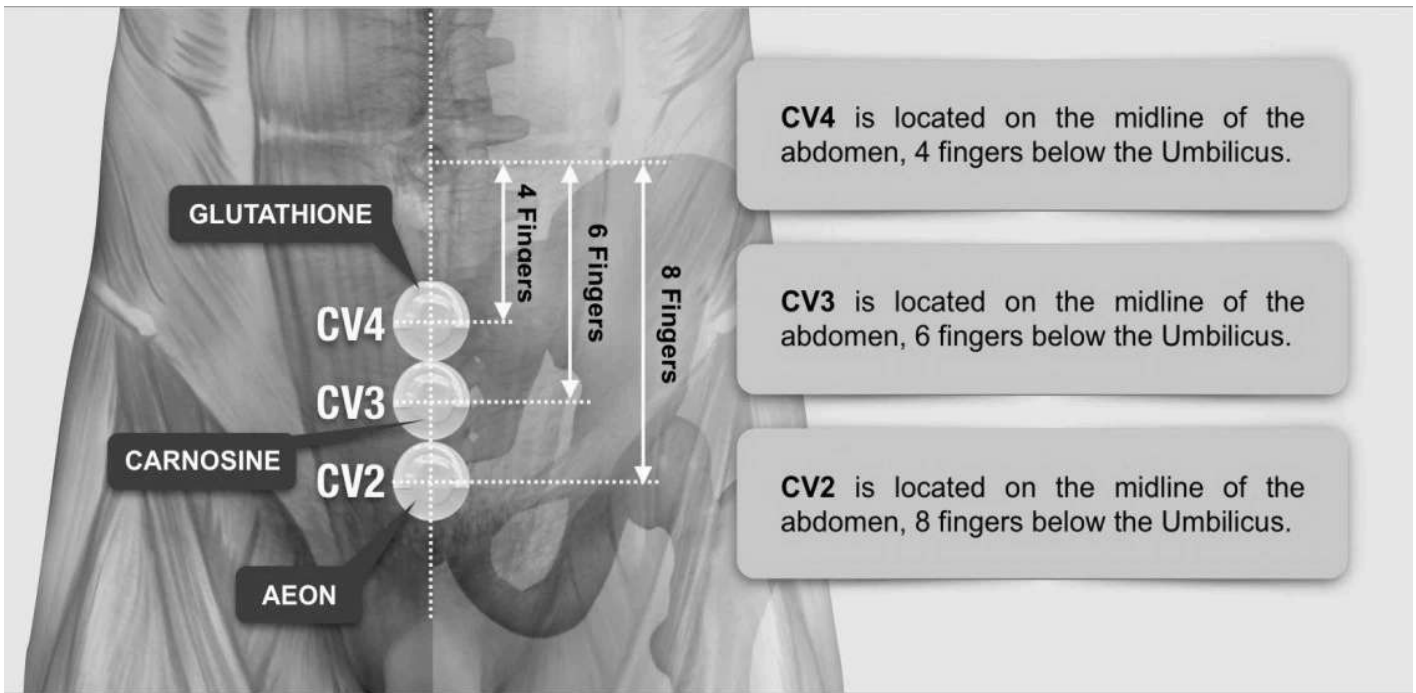


BL54 is located on the buttock, in the depression 4 fingers lateral to **GV2**.

LOCATION NOTE:

Find **GV2** right at your **Sacral Hiatus** (the depression over your **Coccyx**). From there measure 4 fingers each side over your **Buttock**.





Try to start this protocol some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all **Y-Age** patches on till next day.

Please change all patches starting a new day.

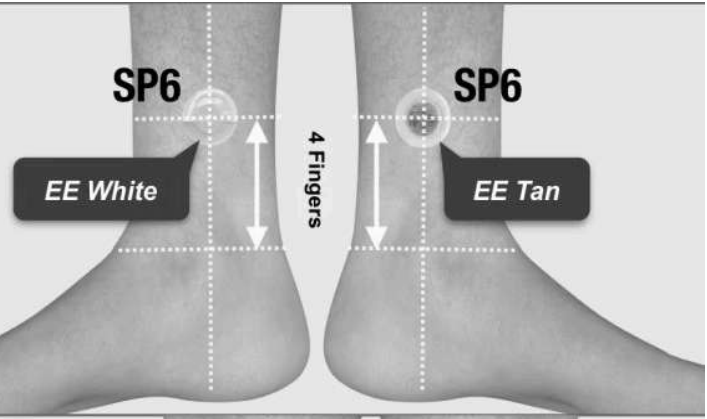
Prostate Patching Option 4

- Frequent, scanty, inhibited urination
- Low back pain
- Dizziness
- Tinnitus
- Impotence
- Seminal Emission
- Insomnia
- Night sweats
- Constipation

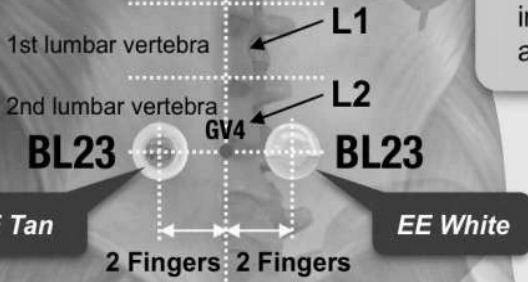
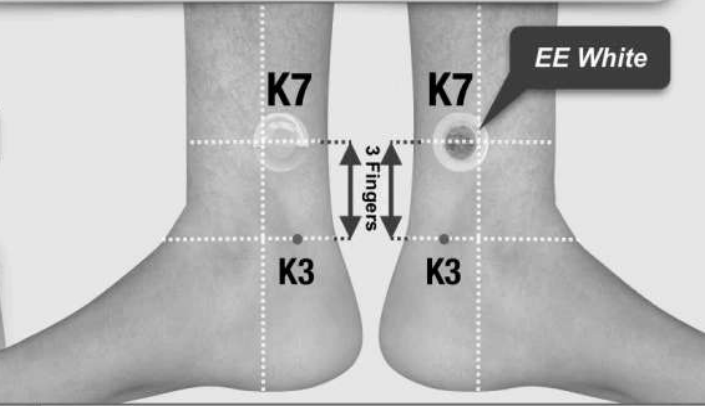
ENERGY ENHANCER on **SP6 - WRTL**
ENERGY ENHANCER on **BL23 - WRTL**
ENERGY ENHANCER on **K7 - WRTL**
GLUTATHIONE on **CV4**
CARNOSINE on **CV3**
AEON on **CV2**

This protocol continues in the next page →

SP6 is located on the medial side of the lower leg, 4 fingers superior to the prominence of the medial malleolus, in a depression close to the medial crest of the tibia.



K7 is located on the medial aspect of the lower leg, in the depression 3 fingers superior to **K3**, on the anterior border of the Achilles tendon.

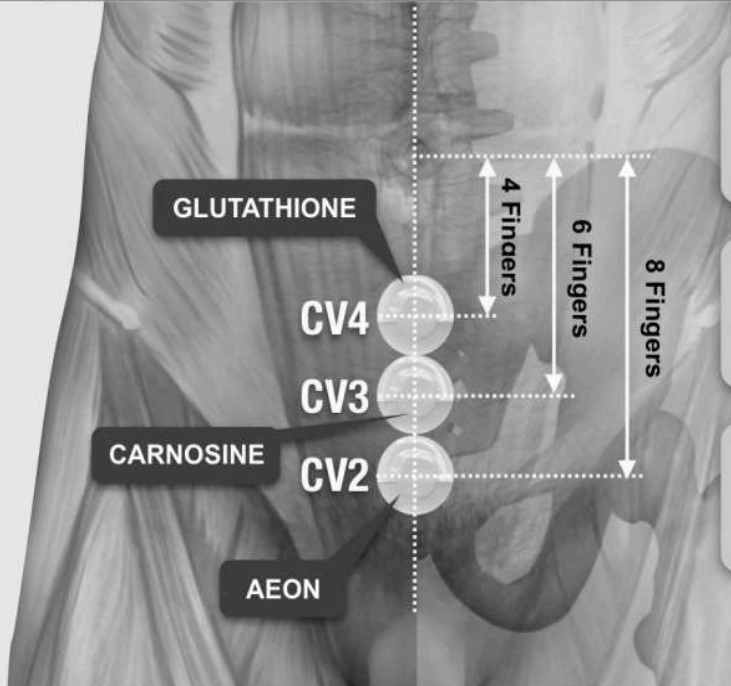


BL23 is located 2 fingers lateral to the lower border of the second lumbar vertebra (L2), level to **GV4**.

CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.

CV3 is located on the midline of the abdomen, 6 fingers below the Umbilicus.

CV2 is located on the midline of the abdomen, 8 fingers below the Umbilicus.



*Try to start this protocol some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all **Y-Age** patches on till next day.*

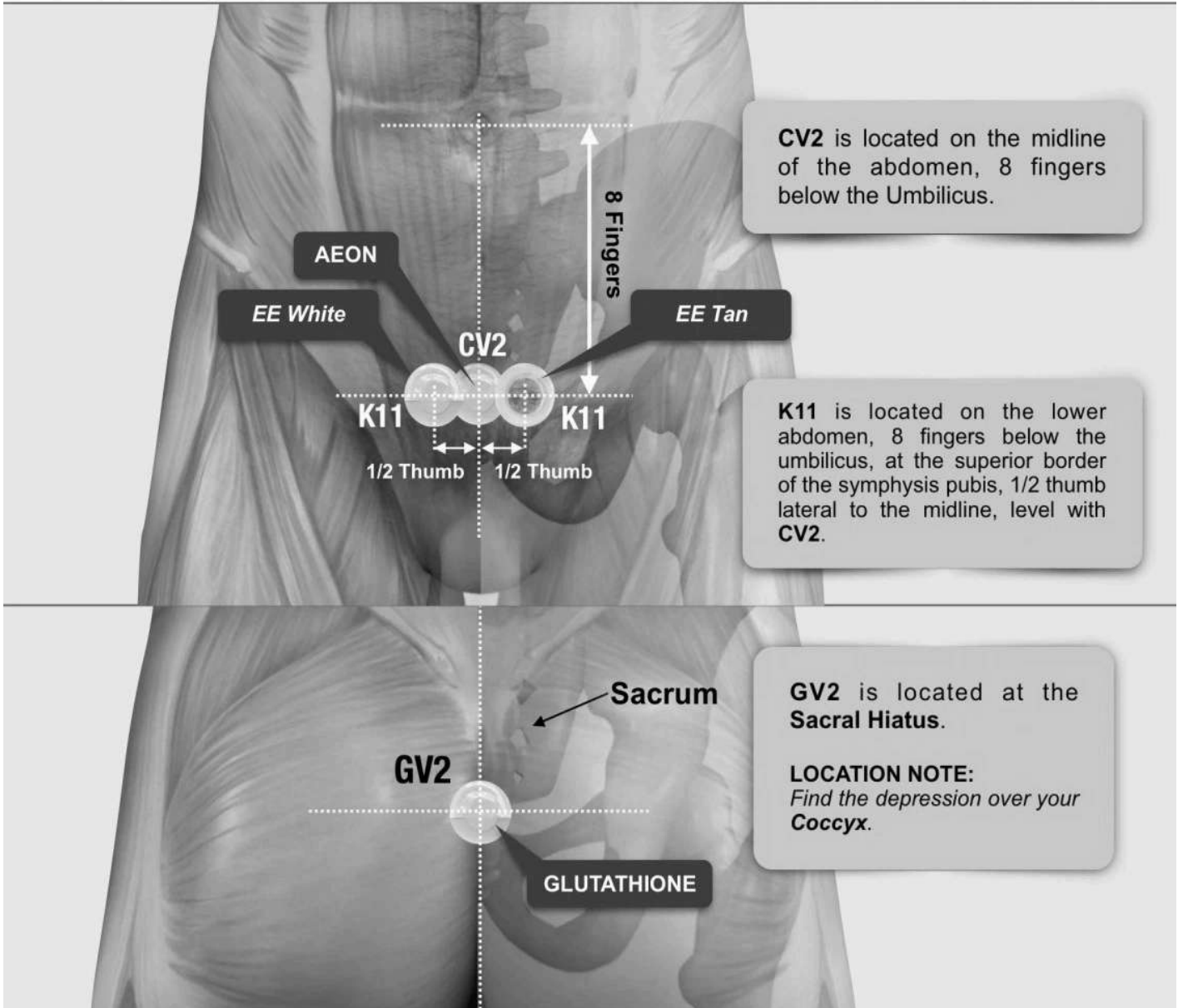
Please change all patches starting a new day.

Prostate Maintenance Option

AEON on **CV2**

ENERGY ENHANCER on **K11** - **WRTL**

GLUTATHIONE on **GV2**



*As you can see, this is the simplest option among all the others. I recommend that you select and test any of the other options first according to your own symptoms, then, use this last option as a **Daily "Maintenance"**. Remember that we always attempt to "Open The Channels" and try to bring much needed Balance...*

This protocol continues in the next page →

Try to start this protocol some time in the morning, like 8 am for example, then you can test it by running it for 12 hours or even 24 hours. Please check if the **ENERGY ENHANCER** patches disturb your sleep... if so, just remove them and keep all **Y-Age** patches on till next day.

Please change all patches starting a new day.

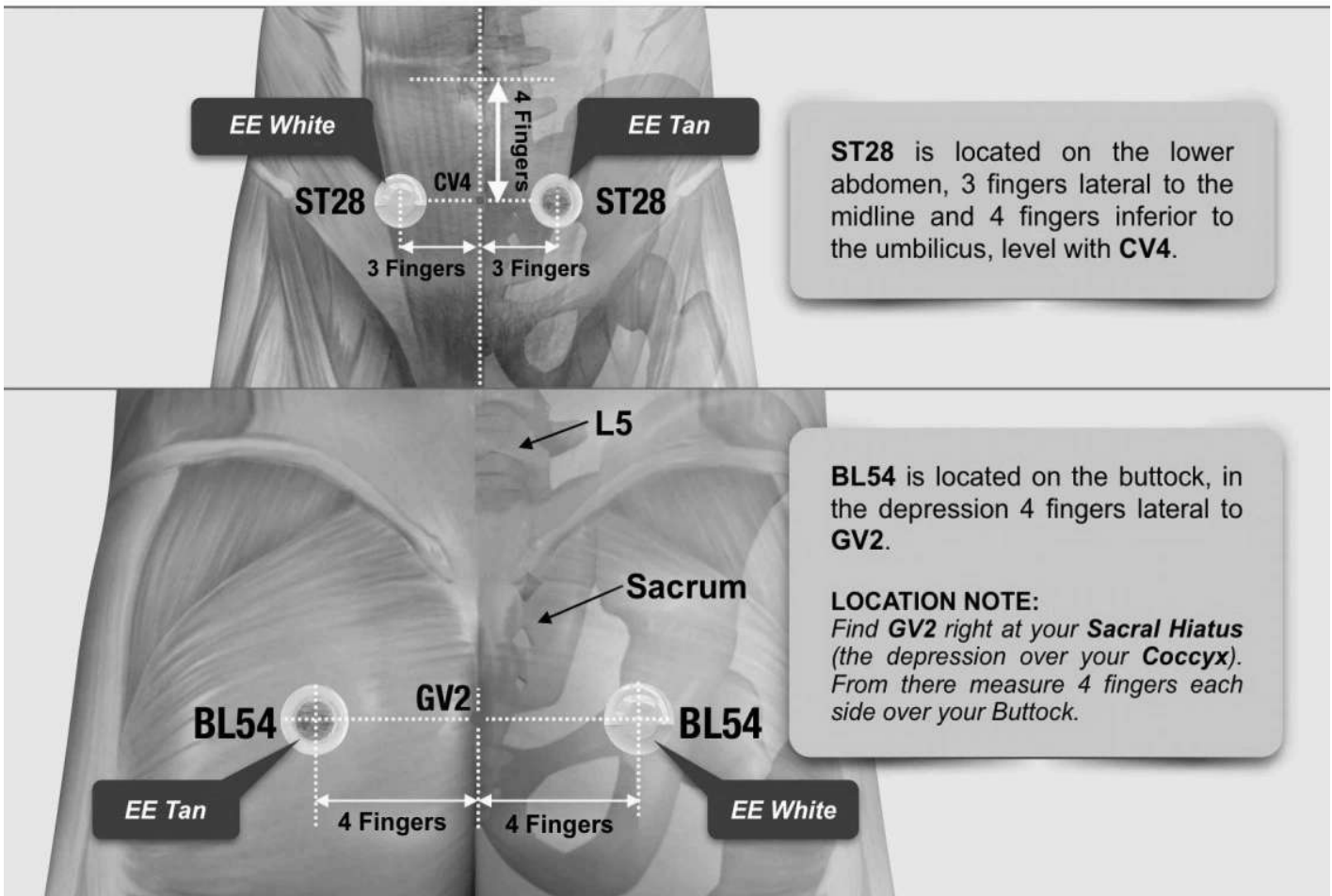
IMPORTANT: The most important thing here is "Consistency", choose your option and patch daily and you will find improvement.

Additional Suggestions

➔ In case of having stabbing or piercing pain during urination, then add to any of the above:

ICEWAVE on **ST28** - **WRTL**

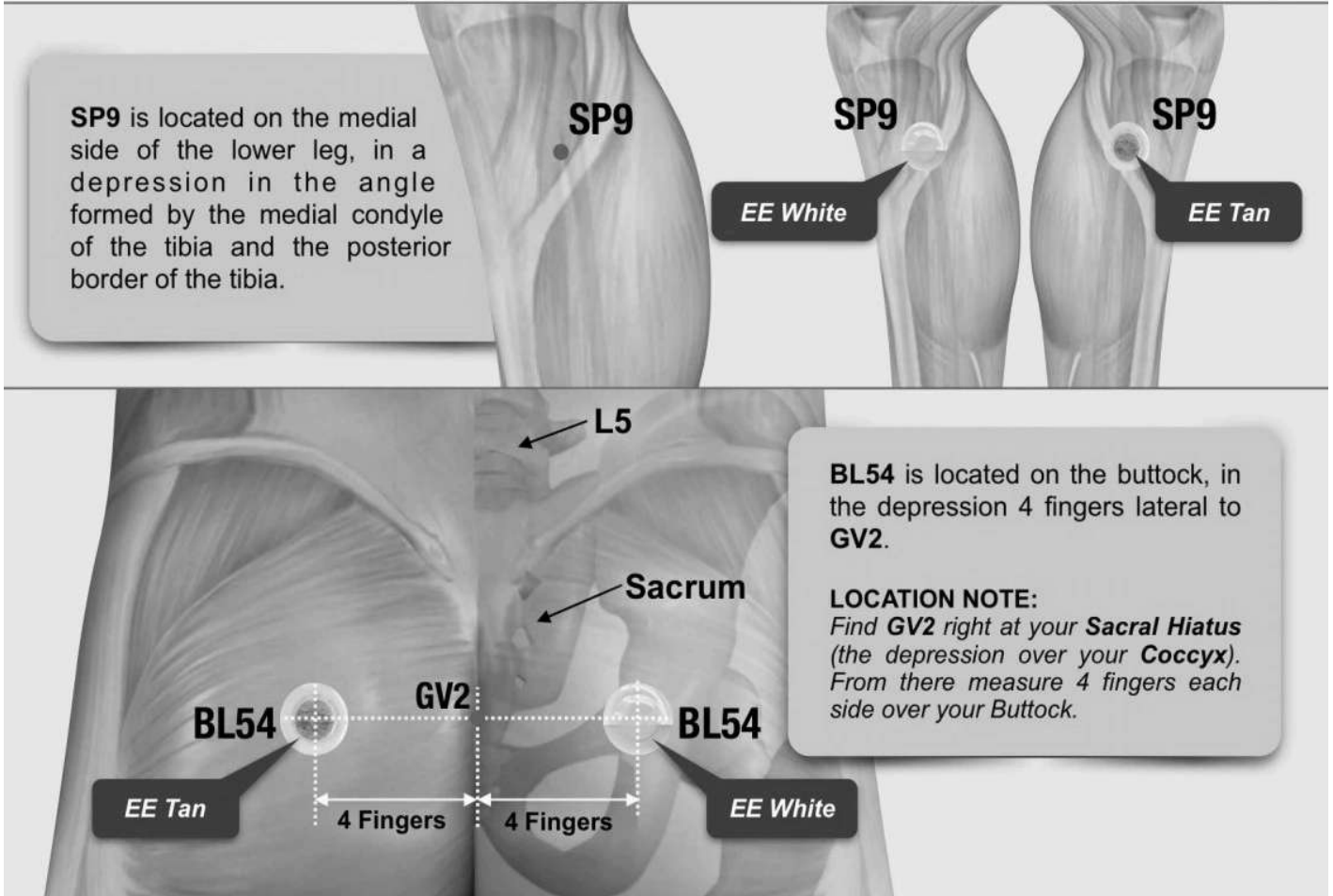
ICEWAVE on **BL54** - **WRTL**



This protocol continues in the next page →

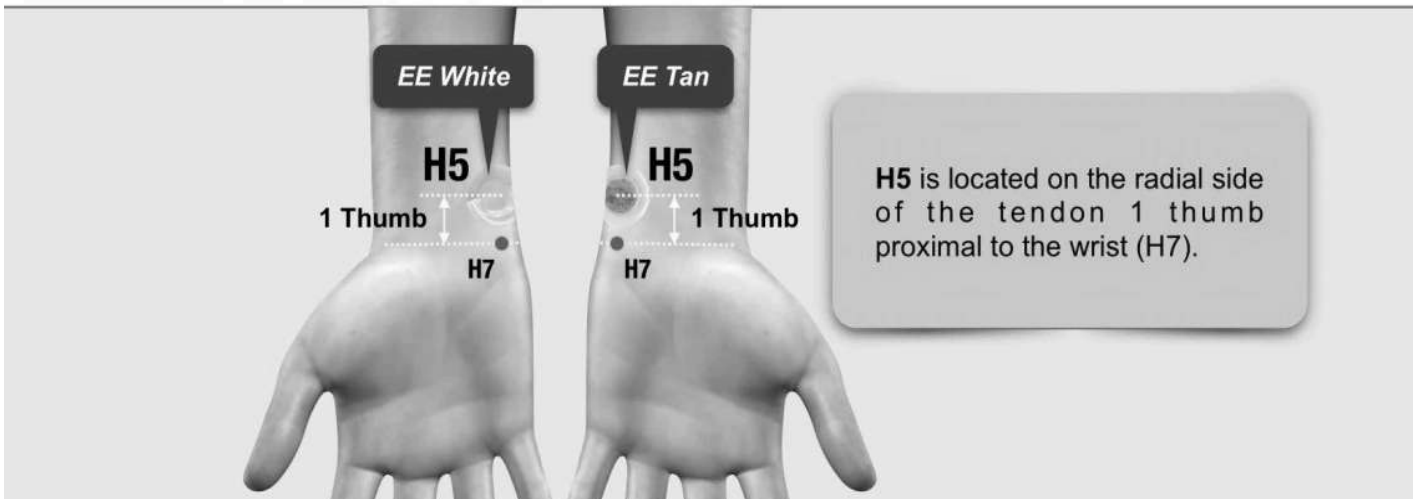
- ➔ If you find that your urination is very difficult, then add to any of the above **(Except Patching Option #3)**:

ENERGY ENHANCER on SP9 - WRTL
ENERGY ENHANCER on BL54 - WRTL



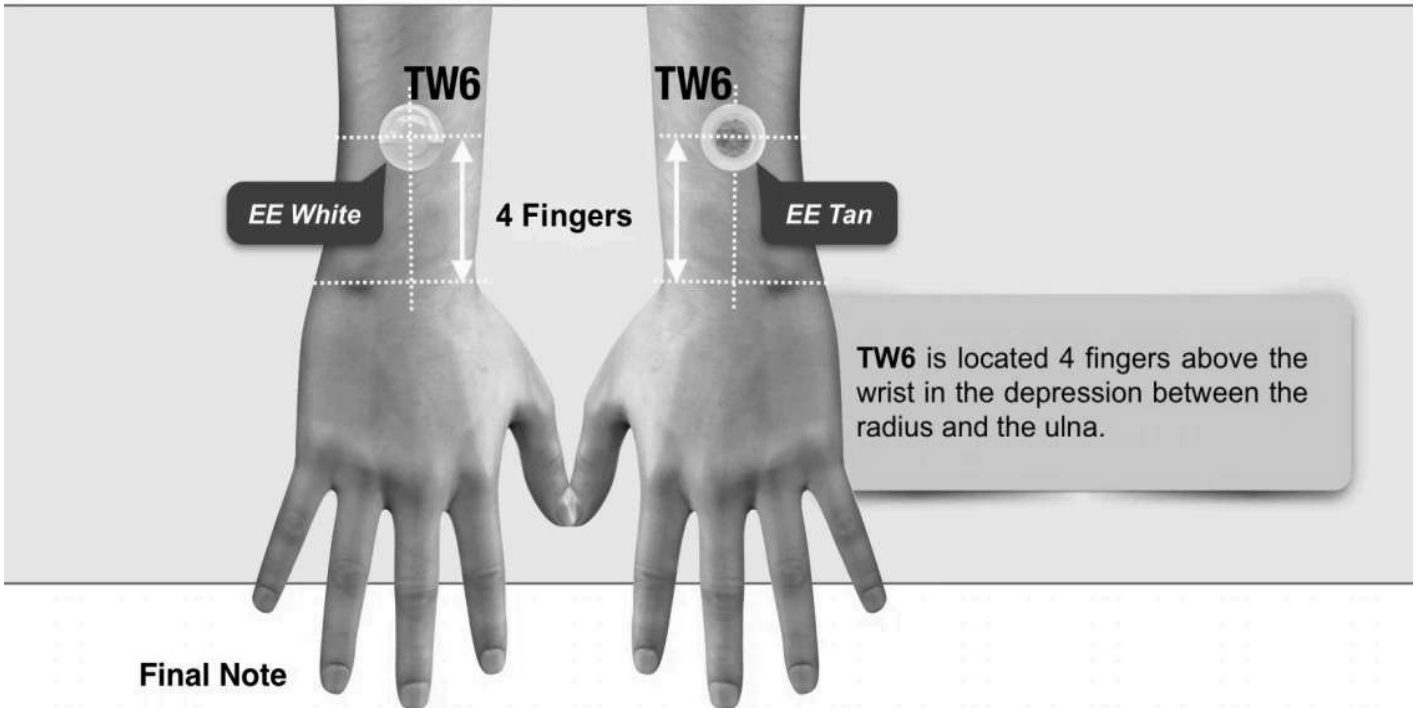
- ➔ If you feel Restless and/or have Insomnia, then add to any of the above:

ENERGY ENHANCER on H5 - WRTL



➔ If you find yourself constipated, then add to any of the above:

ENERGY ENHANCER on TW6 - WRTL



Final Note

Since my late 30's I've introduced a new routine in my life...

I ALWAYS sit to urinate...

That's right... Well, this might be a very disturbing change to many, but according to some popular sayings, by doing that consistently, it helps to empty the bladders completely and also sort of "Easy" the Prostate and lower risks of Prostates Problems in general...

It's Free and Easy to do...

So, I've included here a series of Prostate Patching Options depending on what kind of symptoms you are having...

Do try any option above and you might discover which option is more favourable for you in general and it might help to reduce an Enlarged Prostate Too...

- Repeat any of the procedure as many cycles as you need it.
- Use new patches starting a new cycle.

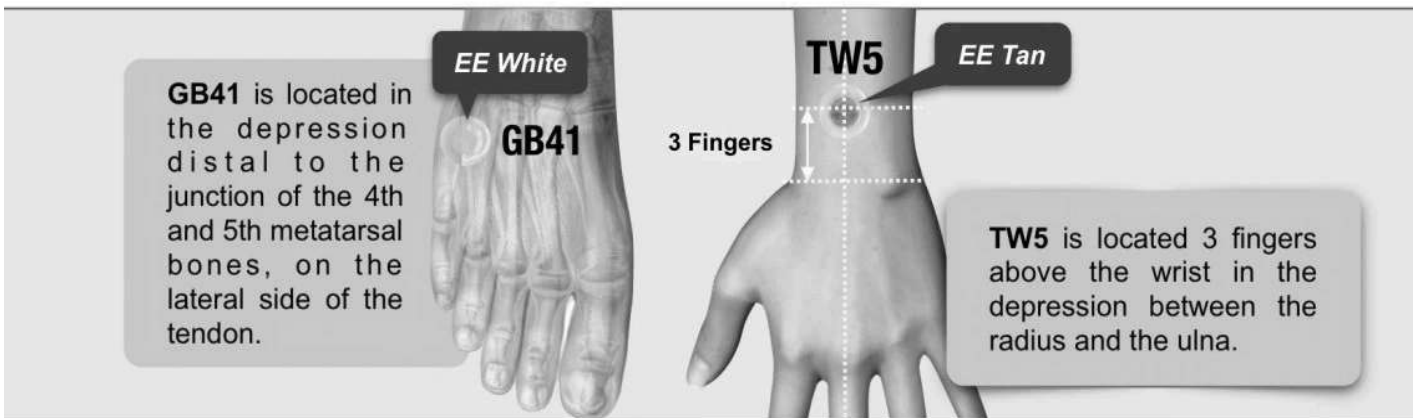
Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Restless Legs

If you are experiencing **Restless Legs**, you can test this approach:

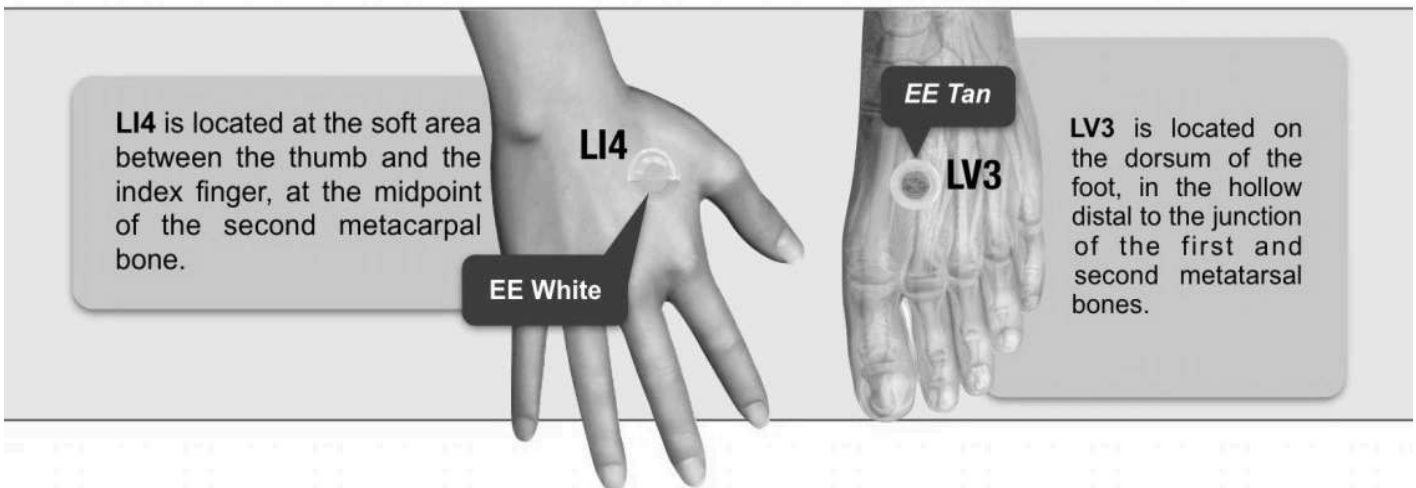
Step 1: Run a quick Opener for one Full Day:

ENERGY ENHANCER White on GB41 - Right Side
ENERGY ENHANCER Tan on TW5 - Left Side



Then, place

ENERGY ENHANCER White on LI4 - Right Side
ENERGY ENHANCER Tan on LV3 - Left Side



Note: Start Step 1 some time in the morning like 8am for example and run it for 24 hours till 8am next morning.

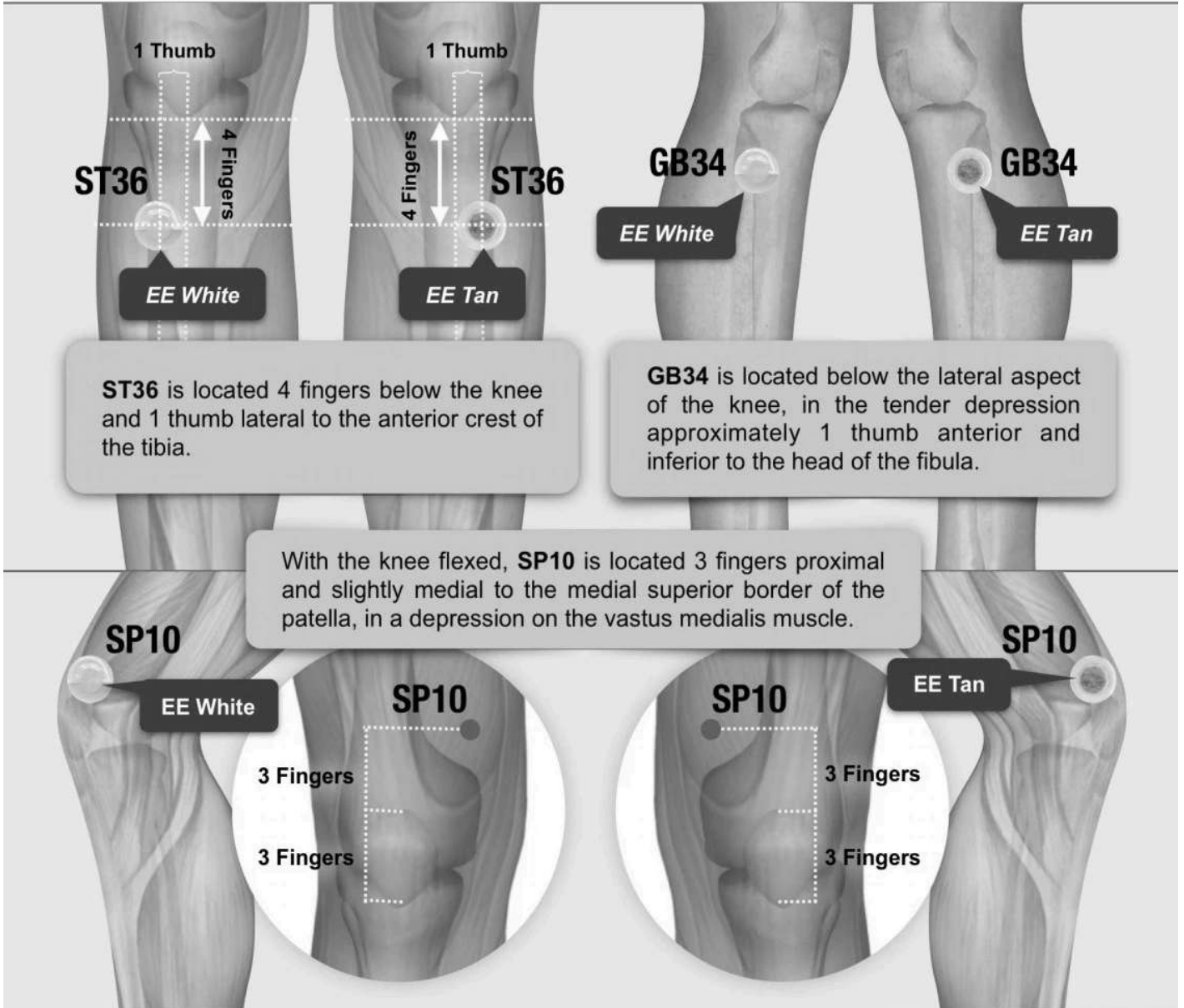
This protocol continues in the next page →

Step 2: Next following day, once you remove all patches placed on Step 1, run the actual Restless Legs Protocol:

ENERGY ENHANCER on ST36 - WRTL

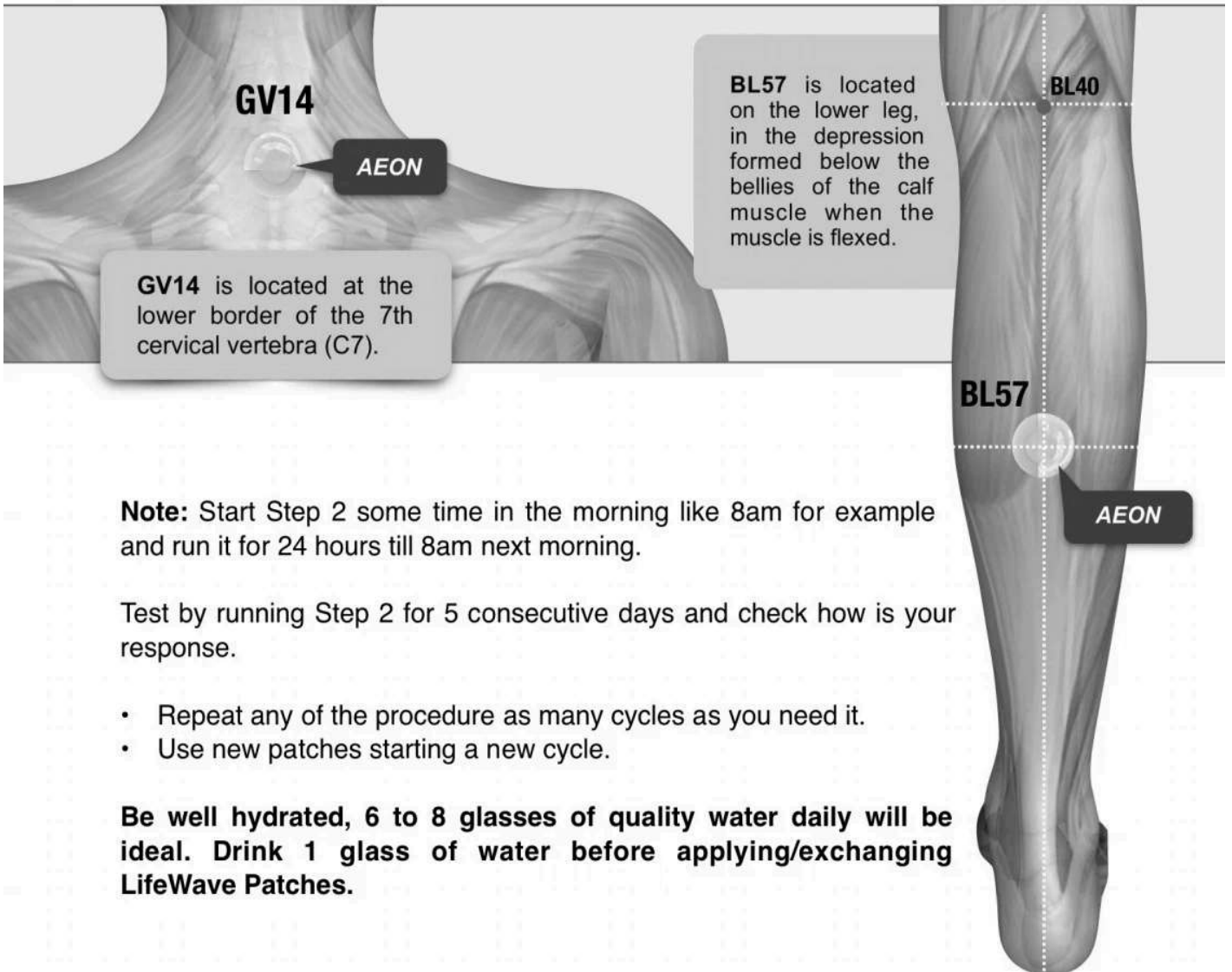
ENERGY ENHANCER on GB34 - WRTL

ENERGY ENHANCER on SP10 - WRTL



This protocol continues in the next page →

Lastly, **Double AEON** on **GV14** and **BL57** - **Right Side**, respectively.



Note: Start Step 2 some time in the morning like 8am for example and run it for 24 hours till 8am next morning.

Test by running Step 2 for 5 consecutive days and check how is your response.

- Repeat any of the procedure as many cycles as you need it.
- Use new patches starting a new cycle.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

Stroke

This is a Patching Procedure for **Progressive Stroke**.

Patch the **5 Days Detox Program** at one go. In other words, all **ENERGY ENHANCER** patches placed at the same time (***total 5 EE White Patches on the Right & 5 EE Tan Patches on the Left according to the 5 Days Detox Program positions***)

Then place:

GLUTATHIONE on **CV8**

AEON on **GV20**

AEON on **GV14**

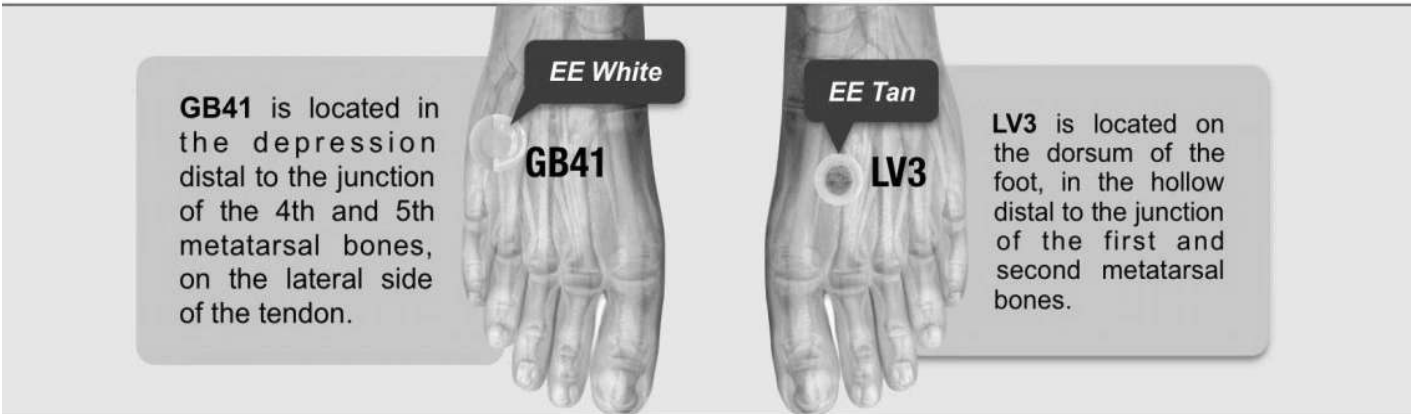
Lastly, place two sets of **CARNOSINE** at both sides of the head (*where a **Clot** may form or over the clot if has formed*)

Note: Wear all patches for 24 hours.

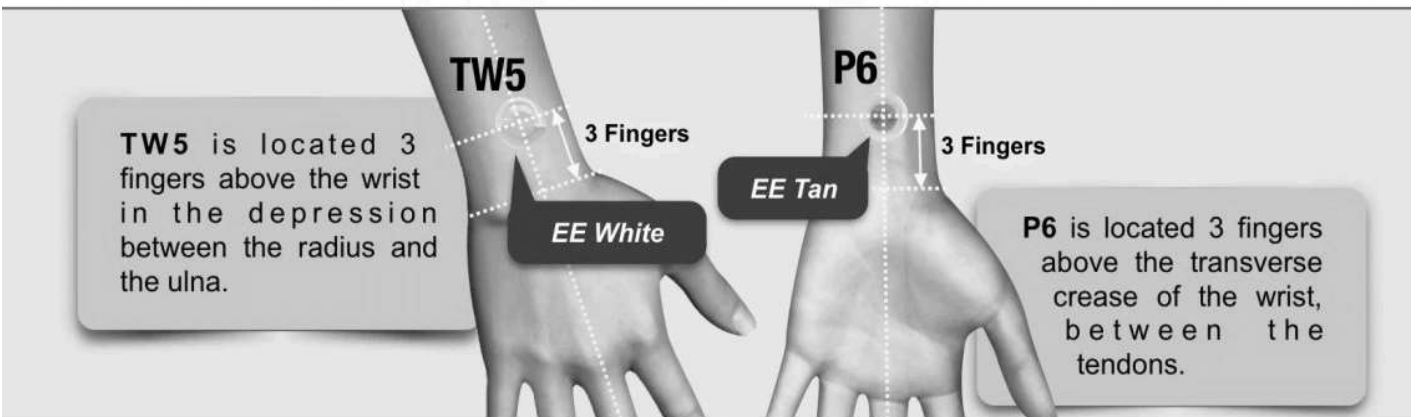
IMPORTANT: The logic behind this protocol is to sort of "**Re-boot The System**" by following the 5 Elements TCM Theory, which in fact did well in many cases. Most people running this protocol managed to be calmed and to sleep, the good news is that after 24 hours, in some cases, the person could speak almost normally. This of course, will depend on each individual case and severity of the situation.

Starting next page you have all the positions in sequence →

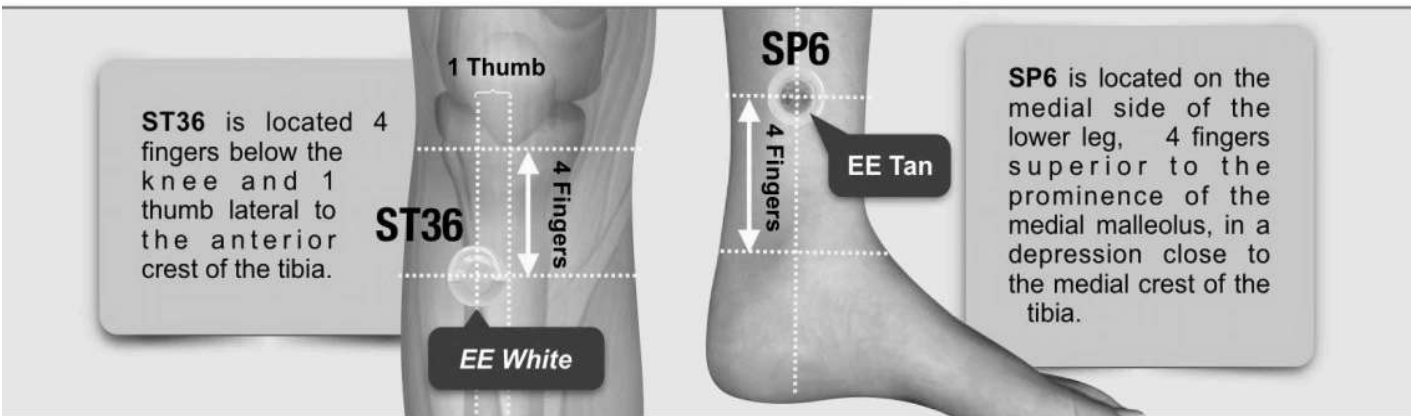
ENERGY ENHANCER White on GB41 - Right Side
ENERGY ENHANCER Tan on LV3 - Left Side



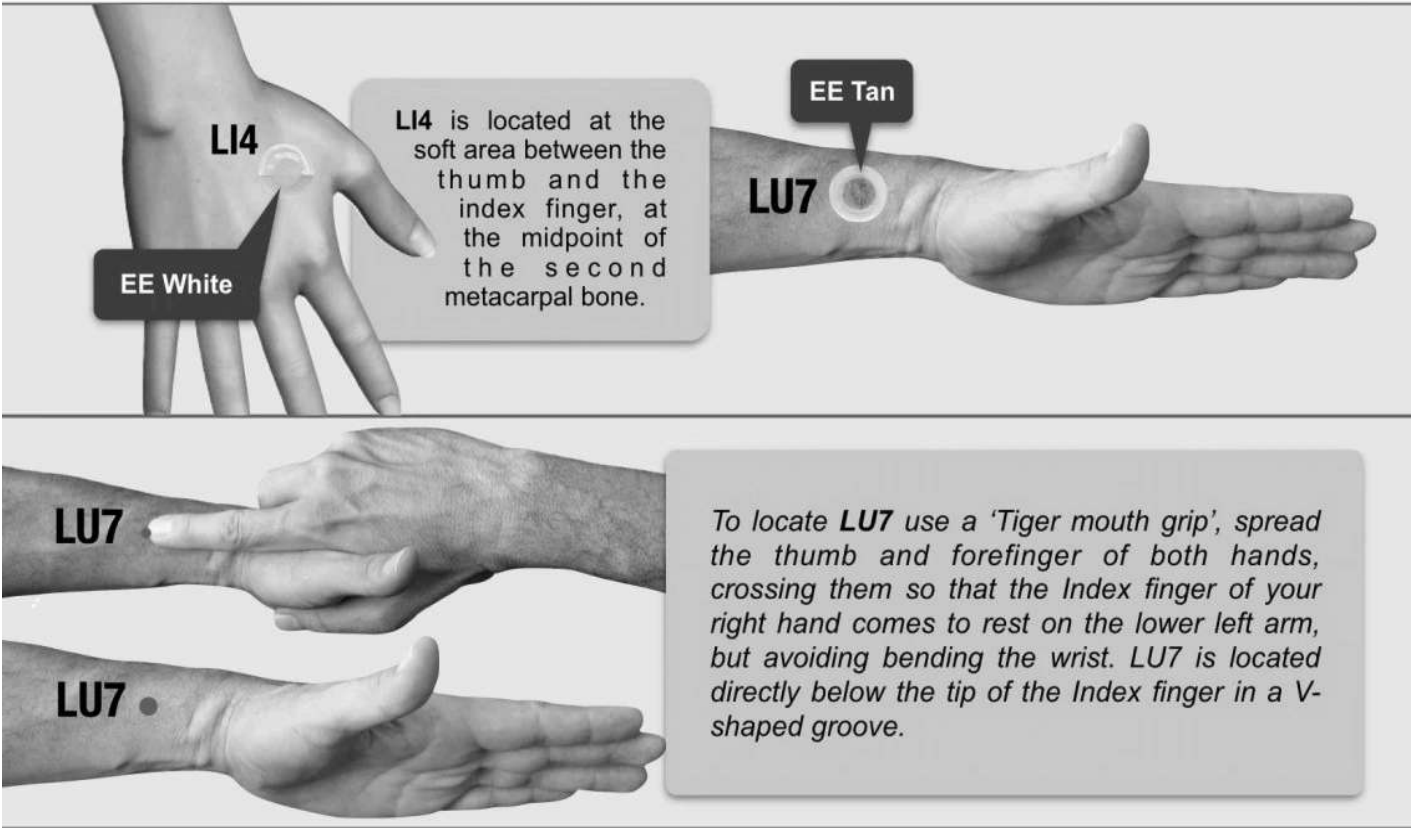
ENERGY ENHANCER White on TW5 - Right Side
ENERGY ENHANCER Tan on P6 - Left Side



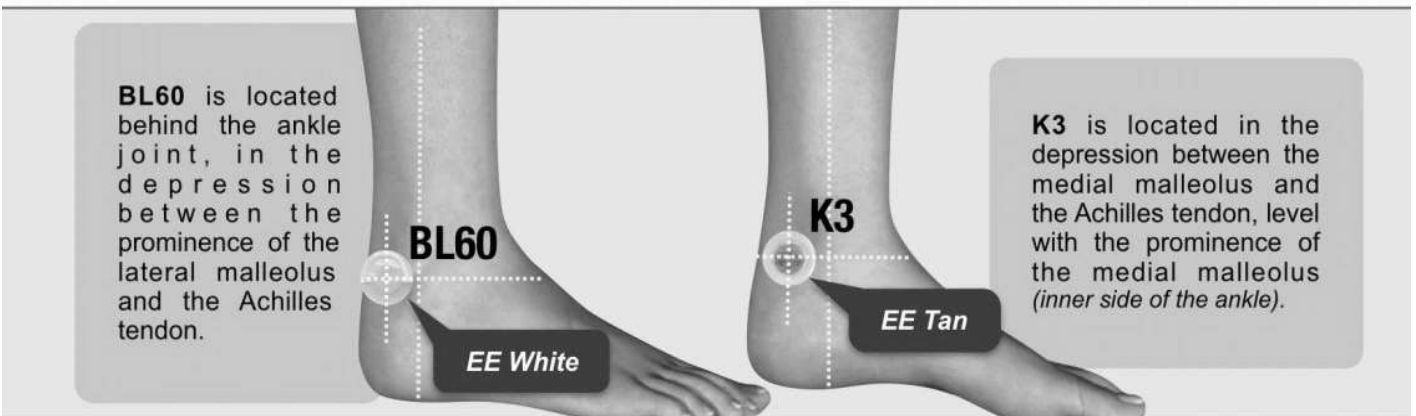
ENERGY ENHANCER White on ST36 - Right Side
ENERGY ENHANCER Tan on SP6 - Left Side



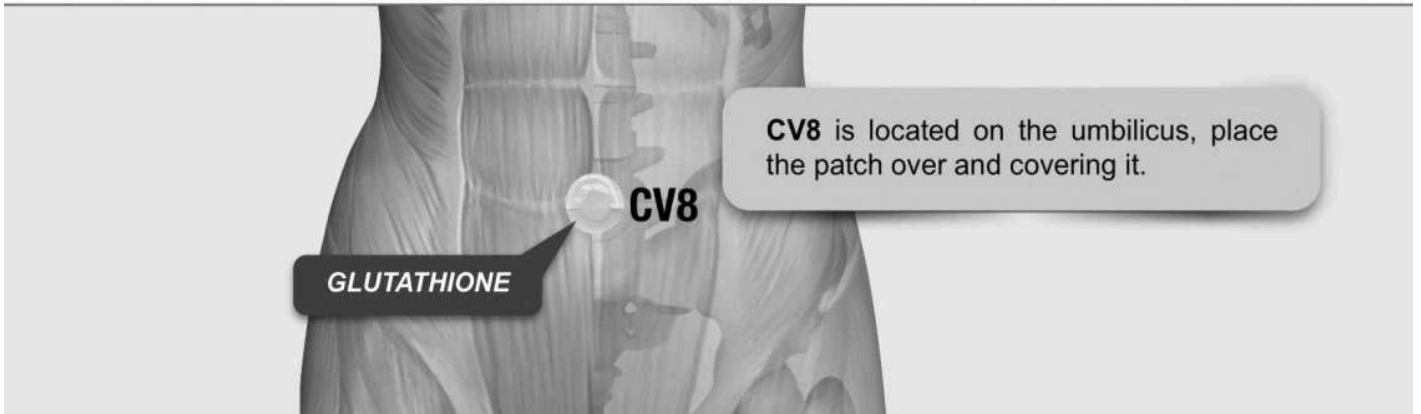
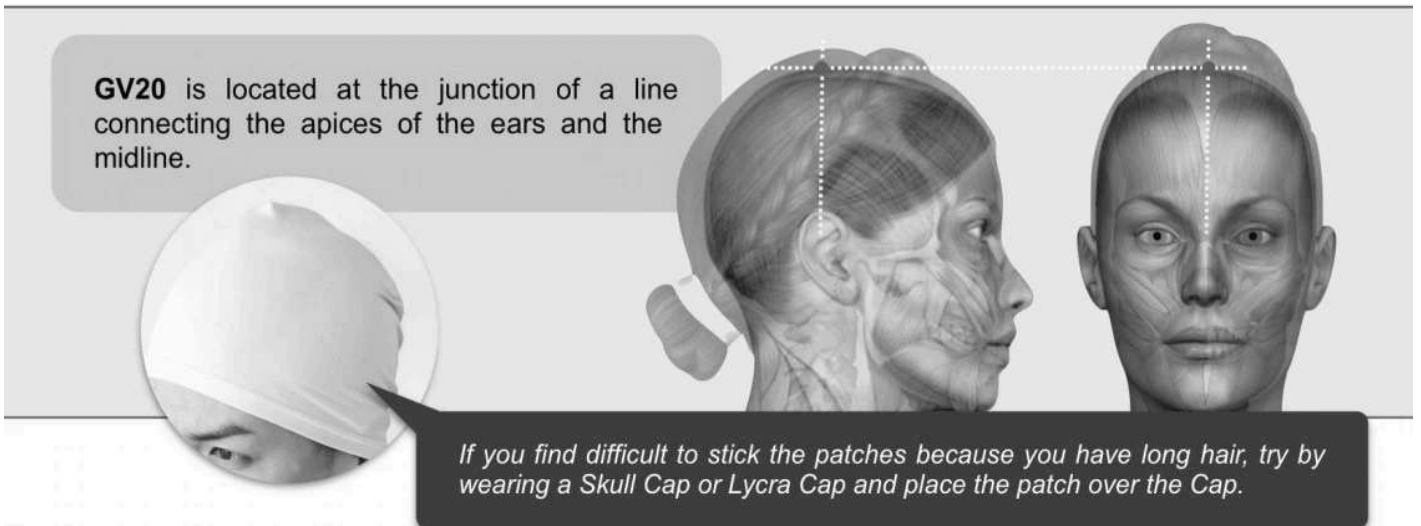
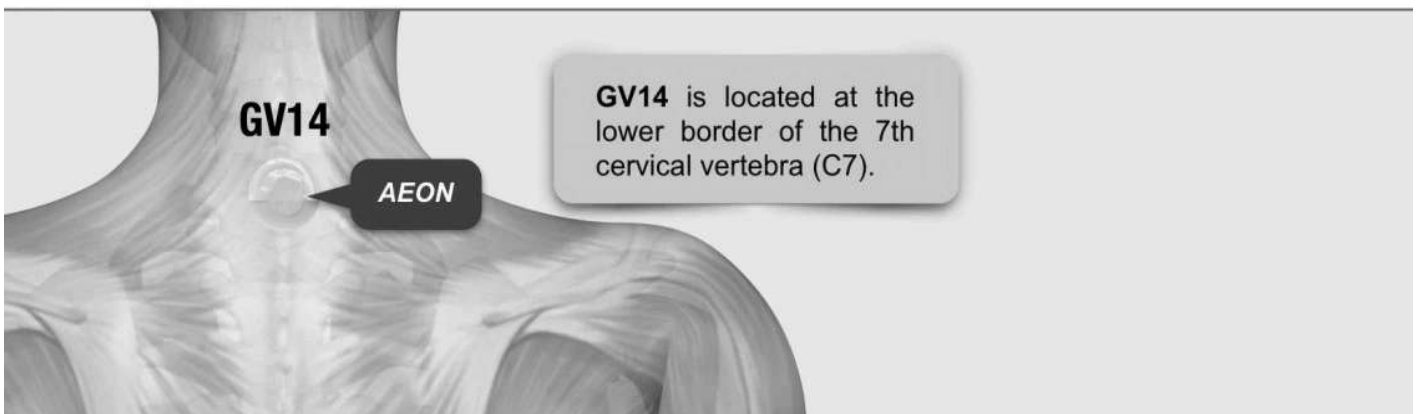
ENERGY ENHANCER White on LI4 - Right Side
ENERGY ENHANCER Tan on LU7 - Left Side



ENERGY ENHANCER White on BL60 - Right Side
ENERGY ENHANCER Tan on K3 - Left Side



This protocol continues in the next page →

GLUTATHIONE on CV8**AEON on GV20****AEON on GV14**

- Repeat the above procedure consecutively for at least 7 days.
- Use new patches if were used for over 24 hours.

Tinnitus

As we all may know it, Tinnitus is an annoying ringing in the Ears, so, this protocol is quite useful for Tinnitus cases.

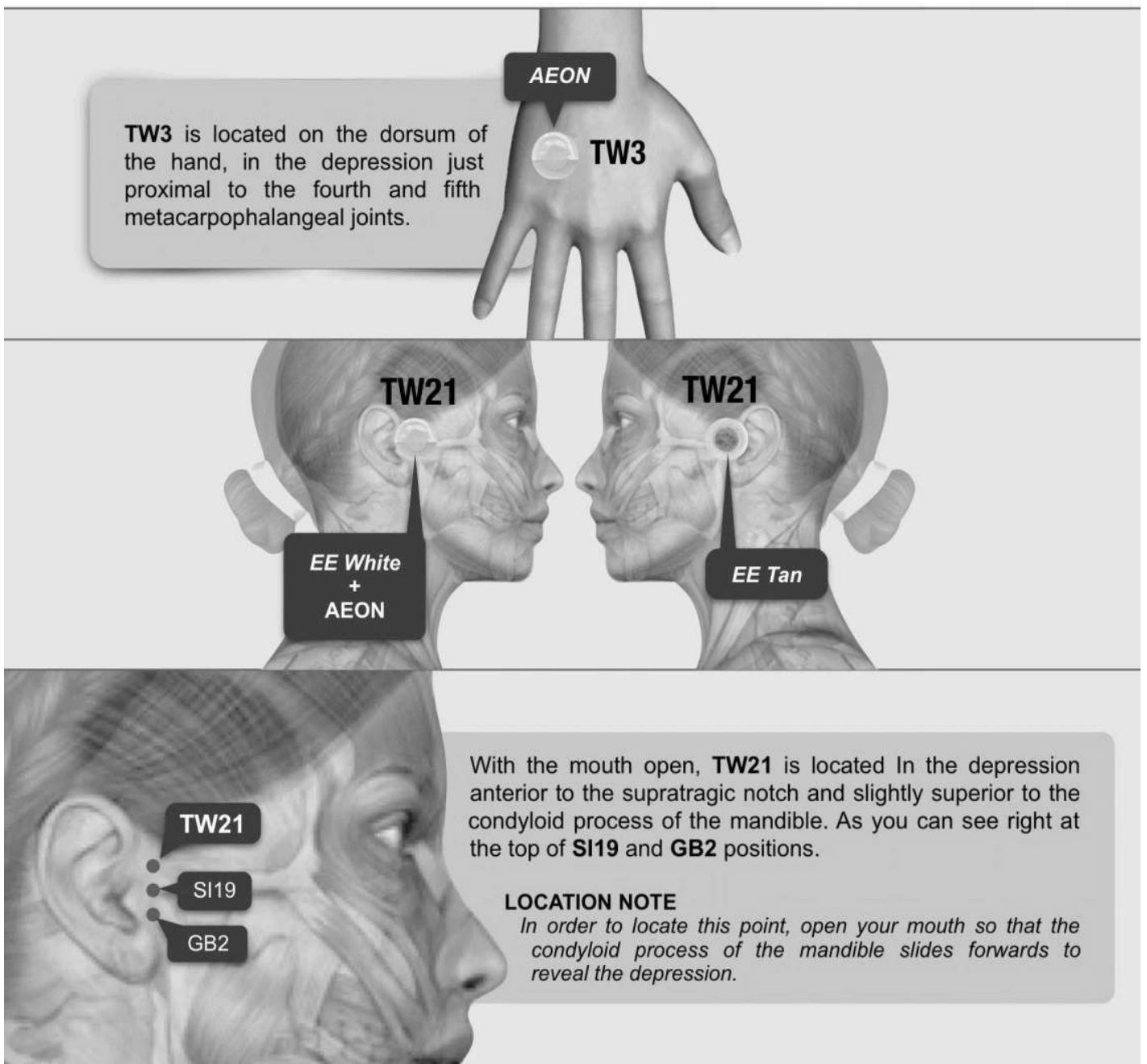
AEON on **TW3** - **Right Side**

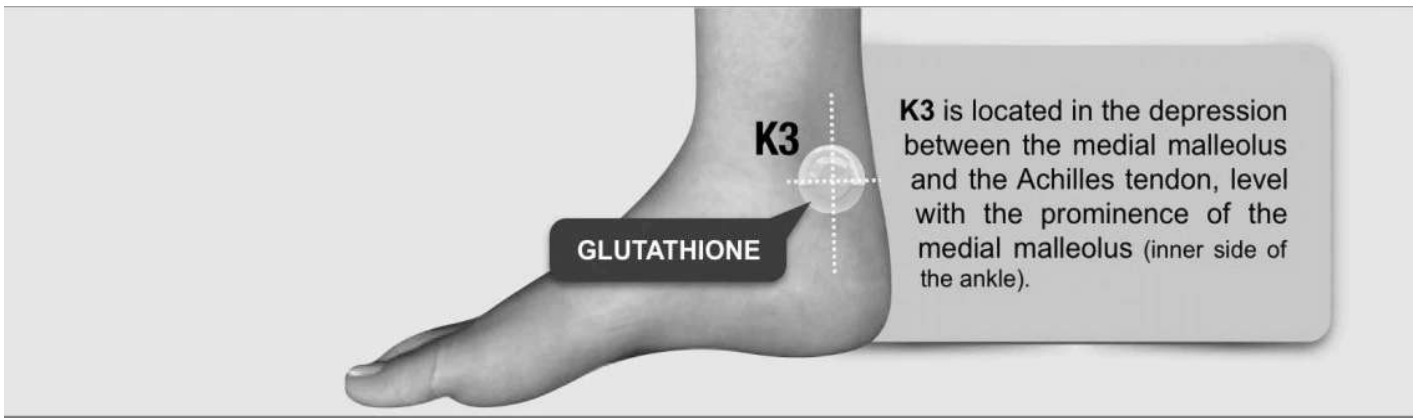
ENERGY ENHANCER on **TW21** - **WRTL**

Then, "Stack" one **AEON** patch over the **ENERGY ENHANCER White** on **TW21** - **Right Side** position

GLUTATHIONE on **K3** - **Right Side**

Note: Wear all patches for 24 hours.





General Recommendations:

- 1- Wearing all above patch procedure for 24 hours is consider 1 Cycle.
- 2- I recommend to go for several consecutive cycles until you find improvement.
- 3- Do experiment changing positions like **AEON** on **K3** (*Right or Left Side*) and **GLUTATHIONE** on **TW3** (*Right or Left Side*) or perhaps **ENERGY ENHANCER** on **TW3 - WRTL** and **GLUTATHIONE** on **TW21** (*Right or Left Side*).

Be creative here, because the idea is to find the right position for you and your condition and you can test the patches **Anywhere** you think it might help you!.

- 4- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

CHAPTER 7:

How To Start Patching Any Complicated Situation?

How To Start Patching ANY Complicated Situation?

This is indeed a very interesting subject, and quite regularly we receive this question at PatchingProtocol.com...

To me, this is actually a very personal choice...

Let me explain...

When I started with the patches back in 2008, there were very limited patching options and protocols...

and I remember that most of the “Attention” was given to anything to do with Pain...

It does make sense of course, because this would be the easiest/fastest way to understand if the patches work, isn't it?...

So, on the other hand, for any other type of Situation/Condition, most of us, the “Beginners”, we had the “Classic” **5 Days Detox Program...**, specially when we needed to patch any complicated situation...

and those who did understand the mechanics of Traditional Chinese Medicine, would have a very different way to approach each situation...

Well, I did find my own way after all, and I will present it to you on the next page...

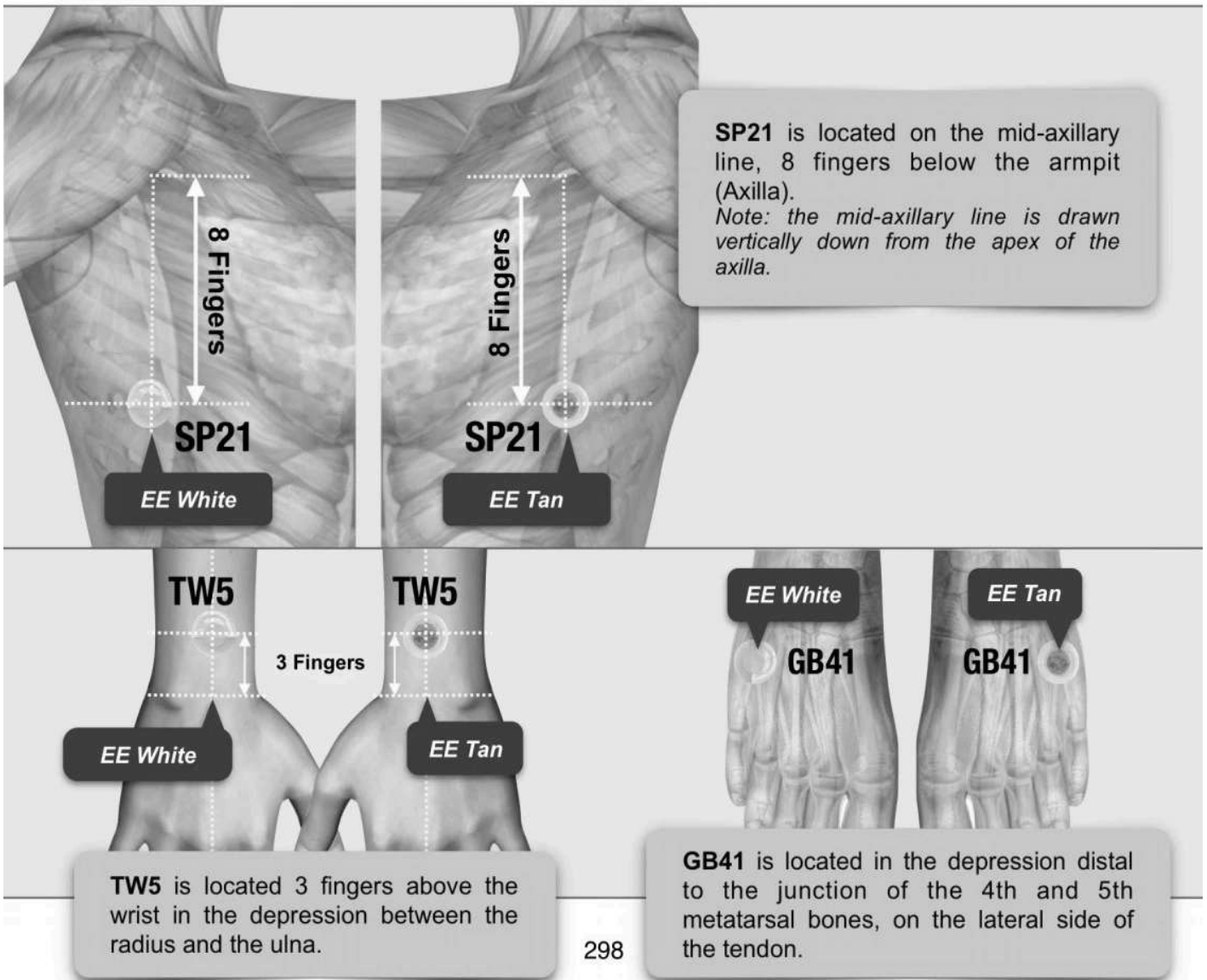
How To Start Patching Any Complicated Situation Step-By-Step

BASE STRATEGY

DAY 1- STEP 1 - Start by Addressing Major Imbalances:

Run the **Split Meridians Protocol** and the **Upper Body / Lower Body Imbalances Protocol**, both at the same time in this way:

Place **ENERGY ENHANCER** on **SP21 - WRTL**
ENERGY ENHANCER on **TW5 - WRTL**
 and **ENERGY ENHANCER** on **GB41 - WRTL**



DAY 1- STEP 2 - Then Add at the same time a 3rd Major Imbalance Component:

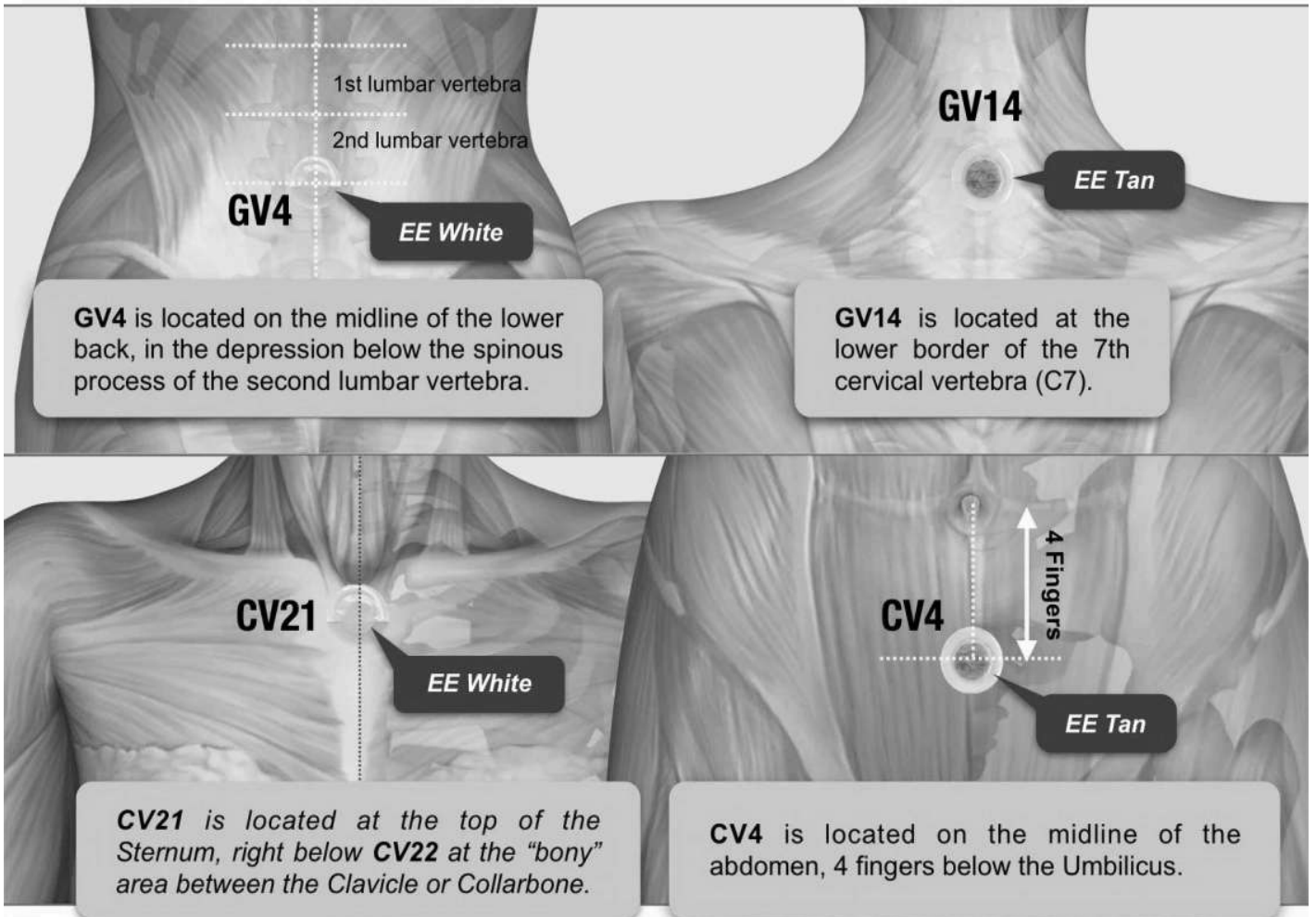
The GV/CV Ring

ENERGY ENHANCER White on GV4

ENERGY ENHANCER Tan on GV14

ENERGY ENHANCER White on CV21

ENERGY ENHANCER Tan on CV4



DAY 1- STEP 3: Lastly Add Y-Age

AEON patch over the **ENERGY ENHANCER White** on **GV4**

GLUTATHIONE patch over the **ENERGY ENHANCER White** on **CV21**

CARNOSINE patch over the **ENERGY ENHANCER Tan** on **GV14**

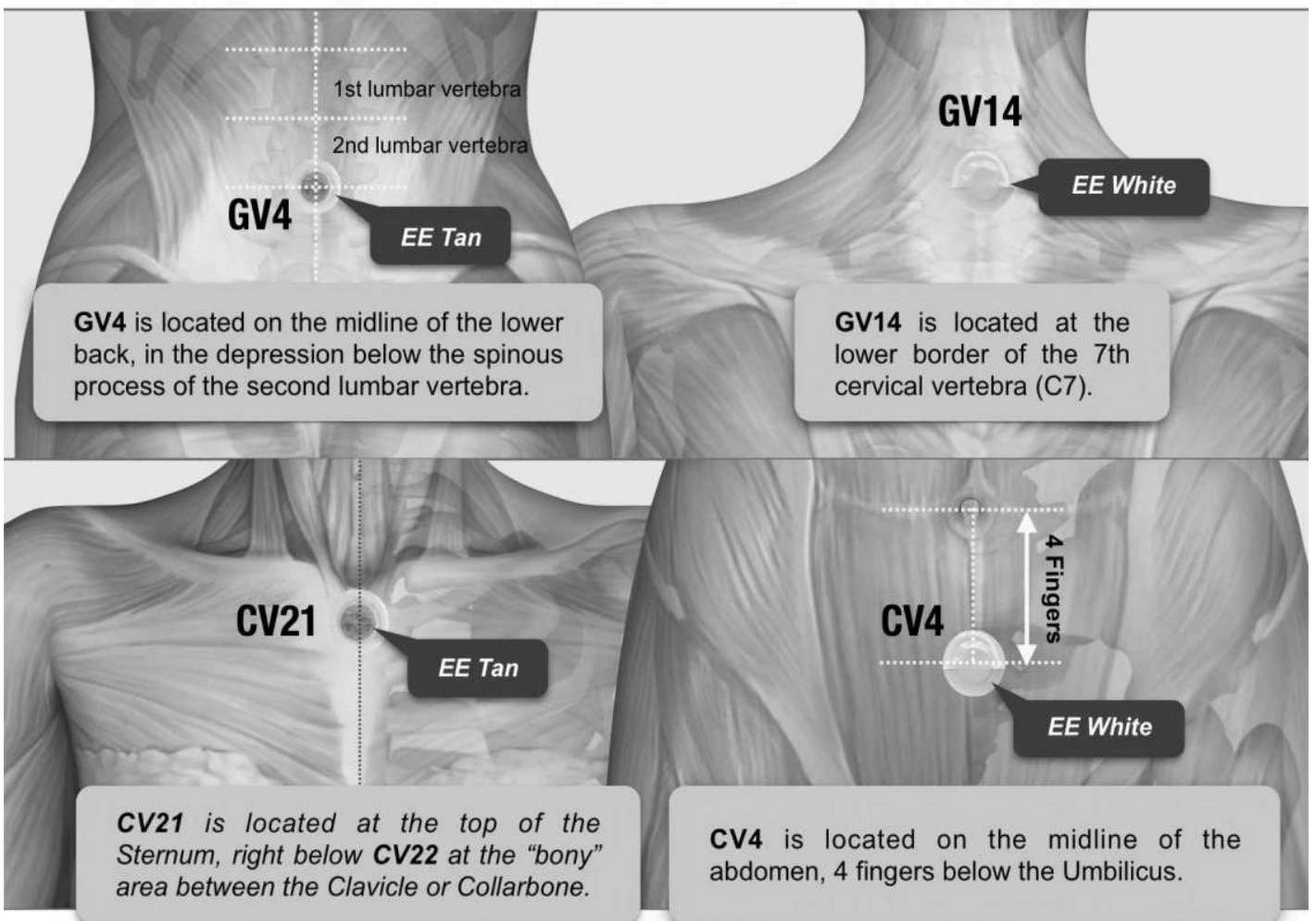
IMPORTANT NOTE: Try to start all 3 steps above early in the morning and run it all for a full day or 24 hours.

Next following morning remove all patches placed the day before and place a new set of patches in this way:

DAY 2- STEP 1: Place the same positions as DAY 1.

DAY 2- STEP 2: The GV/CV Ring - Reverse Option

ENERGY ENHANCER Tan on GV4
ENERGY ENHANCER White on GV14
ENERGY ENHANCER Tan on CV21
ENERGY ENHANCER White on CV4

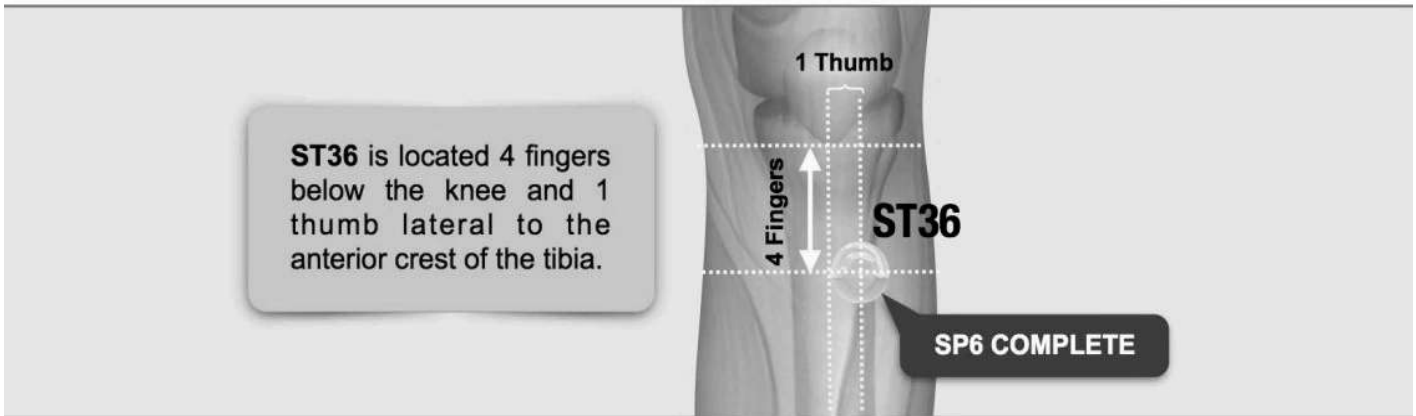


DAY 2- STEP 3: Add Y-Age

AEON patch over the **ENERGY ENHANCER White** on **GV14**
GLUTATHIONE patch over the **ENERGY ENHANCER White** on **CV4**
CARNOSINE patch over the **ENERGY ENHANCER Tan** on **CV21**

DAY 2- STEP 4:

Then add, **SP6 COMPLETE** patch on **ST36 - Left Side**



Run Day 2 for another full day or 24 Hours.

Now, try to run the same procedure for another 2 days making a total of 4 consecutive days alternating between **DAY 1** and **DAY 2**.

Things to Notice

1- How were you responding to each step above during or after the initial 3 days?.

Try to look into any pattern changes like, **Appetite, General Mood, Sleep Quality, Energy Level, Mental Clarity**, etc.

2- If you were having any kind of quick response, it means you are responding well to the patches and we will just need to work around the right strategy for your case so, continue with the next step below.

If you were NOT having any kind of response, please read the **Final Note** below.

STEP 5: After completing the 4 steps above you could start with a specific protocol for the condition you are patching for.

Final Note:

If after running all the steps above, you were **NOT** having any kind of response, I suggest then to contact us to look into a different kind of strategy involving suggestions beyond patching to support it.

CHAPTER 8:

6 STEPS REWIRING PROGRAM

6 STEPS REWIRING PROGRAM

I've developed the 6 Steps Rewiring Program for only one reason:

To help us “Re-Connect”

and the concept I'm using is quite simple...

We all have 12 Very Specific Acupoints in our body, the **12 “Origin” Points** or the **Source of Vital Energy** through which the changes of the organs are manifested, and these 12 Points can be used in disorders of the internal organs.

Pretty Interesting Stuff...

Now, you can run this simple protocol in **6 Consecutive Days** or you could also run it in **3 Consecutive Days** or even in **2 Consecutive Days!**. *(very useful if you are looking for a shorter timeframe).*

I will suggest that you test the **6 Consecutive Days Option** first, then, when you are more familiar with the patching procedure, you can switch to the **3 or 2 Consecutive Days**.

Once you complete the 6 Steps *(independently of how many days you run it for)*, it will be considered as **1 Full Cycle**. You can test by running it for **3 Full Cycles** and check how's your overall response to it.

A very similar approach to the 5 Days Detox though.

In fact, I like to think as if this could be an alternative option to the 5 Days Detox, because in many cases, we might need to approach a situation from a different perspective all together, something that I pretty much needed a couple of years back...

So, in the next page you have the 6 Steps Rewiring Program Sequence, Step-by-Step, and at the end of the sequence, you will have my suggested Night Positions for each day...

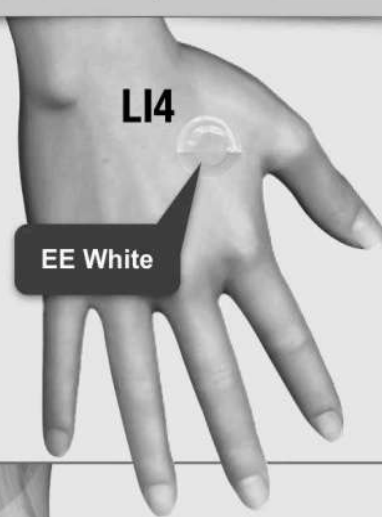
Enjoy It!

6 STEPS REWIRING PROGRAM

STEP #1

ENERGY ENHANCER White on LI4 - Right Side
ENERGY ENHANCER Tan on LU9 - Left Side
AEON on GV14
GLUTATHIONE on CV4
CARNOSINE on CV17

LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.

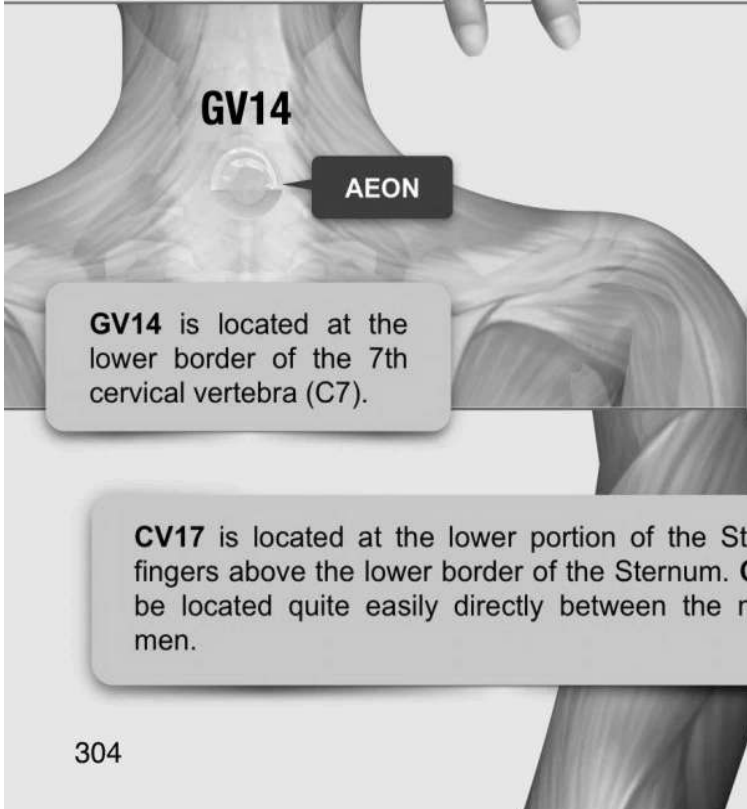


LU9 is located at the wrist joint, in the depression formed at the outer side of the wrist.



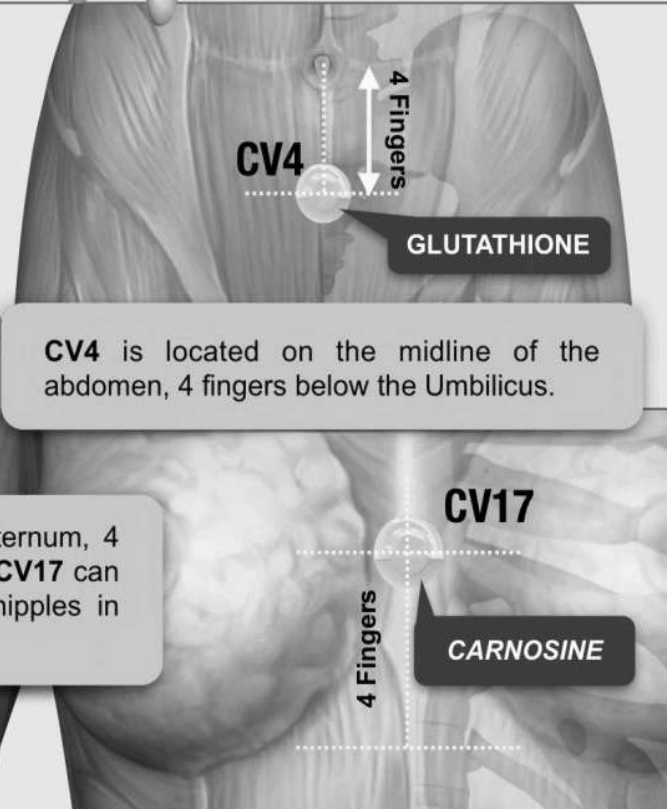
GV14
AEON

GV14 is located at the lower border of the 7th cervical vertebra (C7).



CV4
GLUTATHIONE

CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.



CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.

CV17
CARNOSINE

6 STEPS REWIRING PROGRAM

STEP #2

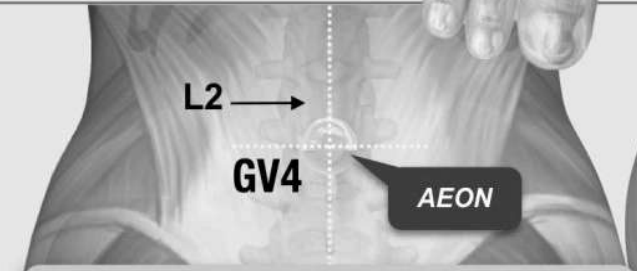
ENERGY ENHANCER White on ST42 - Right Side
ENERGY ENHANCER Tan on SP3 - Left Side
AEON on GV4
GLUTATHIONE on CV21
CARNOSINE on CV12

ST42 is located on the dorsum of the foot, in the depression formed by the junction of the second and third metatarsal bones and the cuneiform bones (*second and third*), 2 fingers distal to **ST41**, on the line drawn between **ST41** and **ST43**.

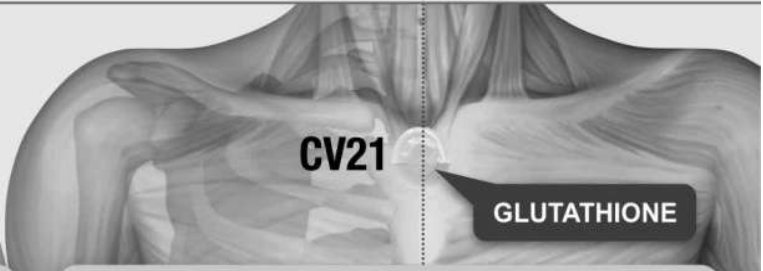


SP3 is located on the medial side of the foot, in the depression proximal and inferior to the head of the first metatarsal bone.

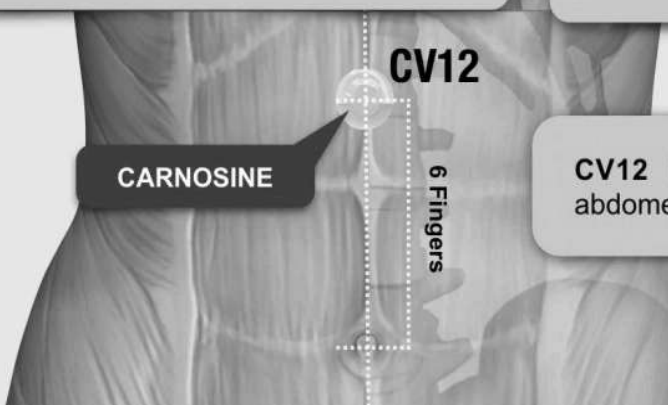
LOCATION NOTE:
SP3 is in the depression located by sliding the fingertip proximally over the side of the ball of the foot.



GV4 is located on the midline of the lower back, in the depression below the spinous process of the second lumbar vertebra.



CV21 is located at the top of the Sternum, right below **CV22** at the "bony" area between the Clavicle or Collarbone.



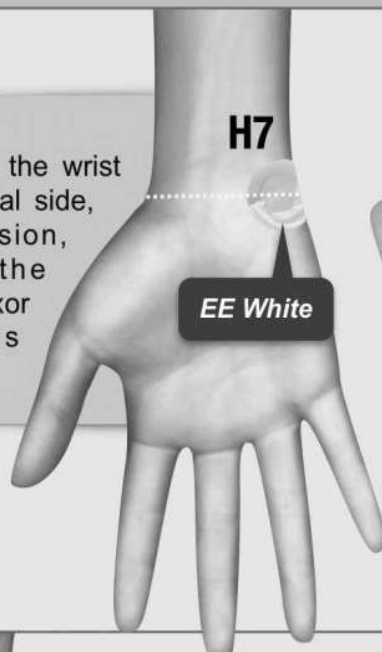
CV12 is located on the midline of the abdomen, 6 fingers above the Umbilicus.

6 STEPS REWIRING PROGRAM

STEP #3

ENERGY ENHANCER White on H7 - Right Side
ENERGY ENHANCER Tan on SI4 - Left Side
AEON on GV14
GLUTATHIONE on CV4
CARNOSINE on CV17

H7 is located at the wrist joint, on the radial side, in the depression, right beside the tendon of the flexor carpi ulnaris muscle.



Fifth Metacarpal

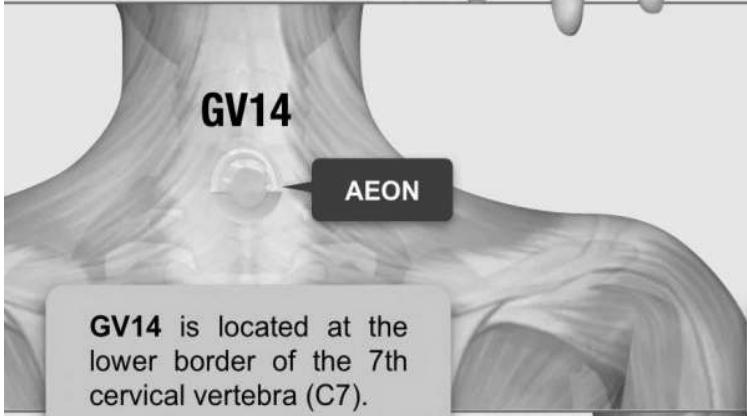
SI4 is located on the ulnar border of the hand, in the depression between the base of the fifth metacarpal bone and the triquetral bone.



GV14

AEON

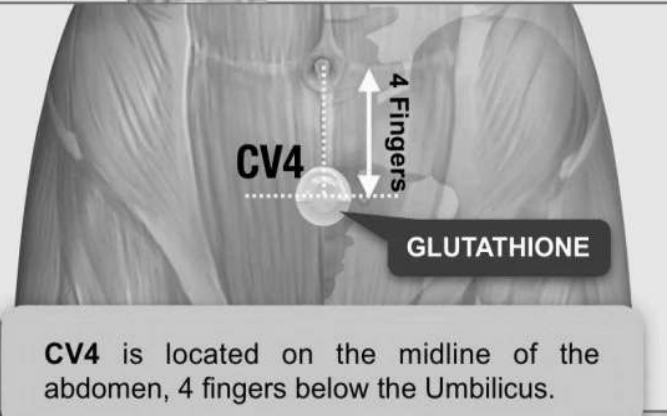
GV14 is located at the lower border of the 7th cervical vertebra (C7).



CV4

GLUTATHIONE

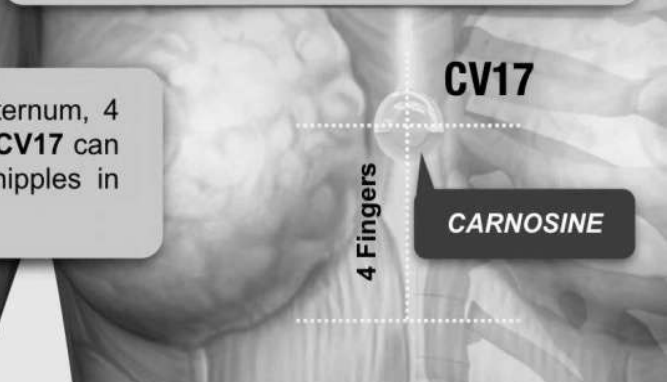
CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.



CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.

CV17

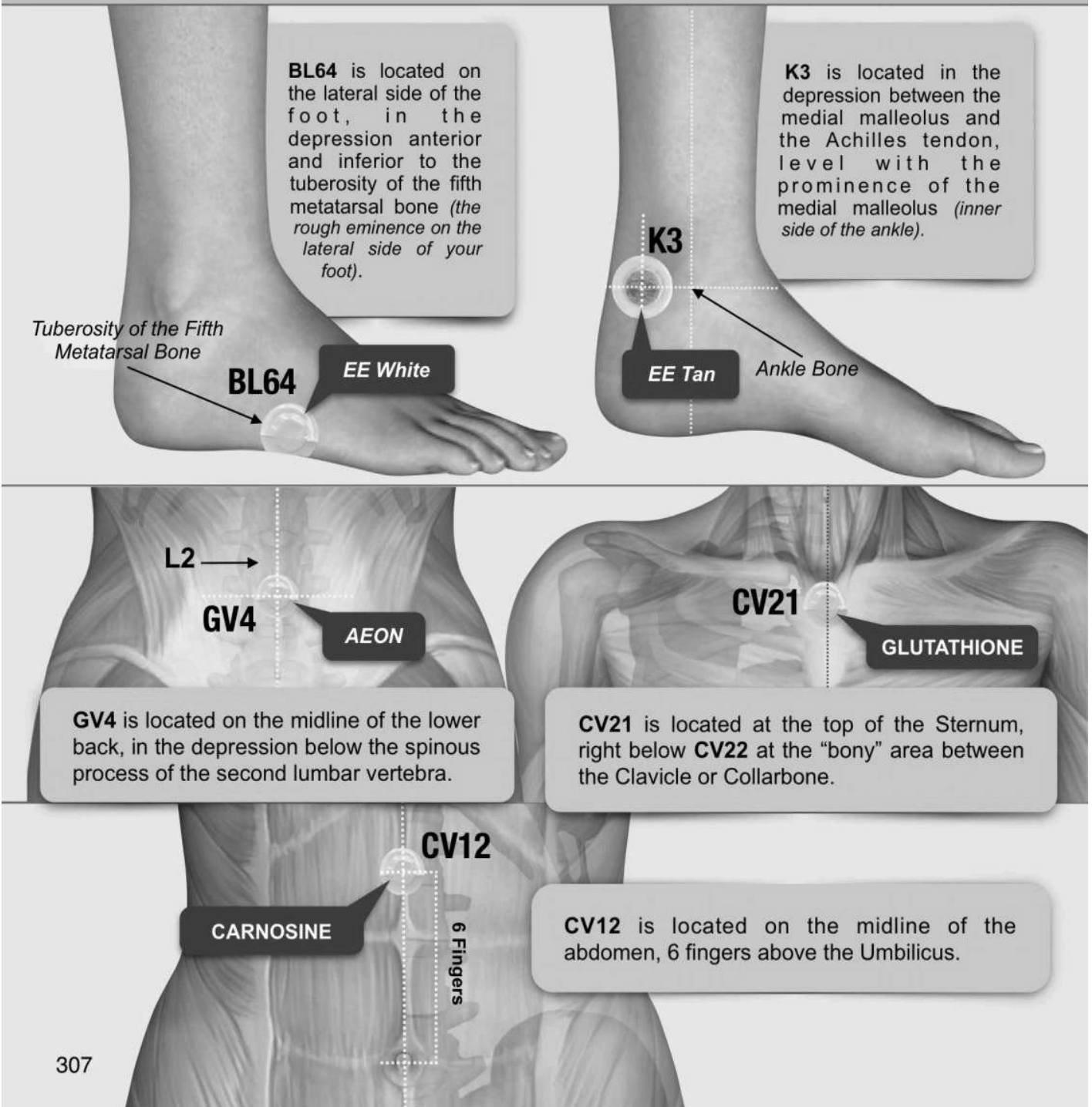
CARNOSINE



6 STEPS REWIRING PROGRAM

STEP #4

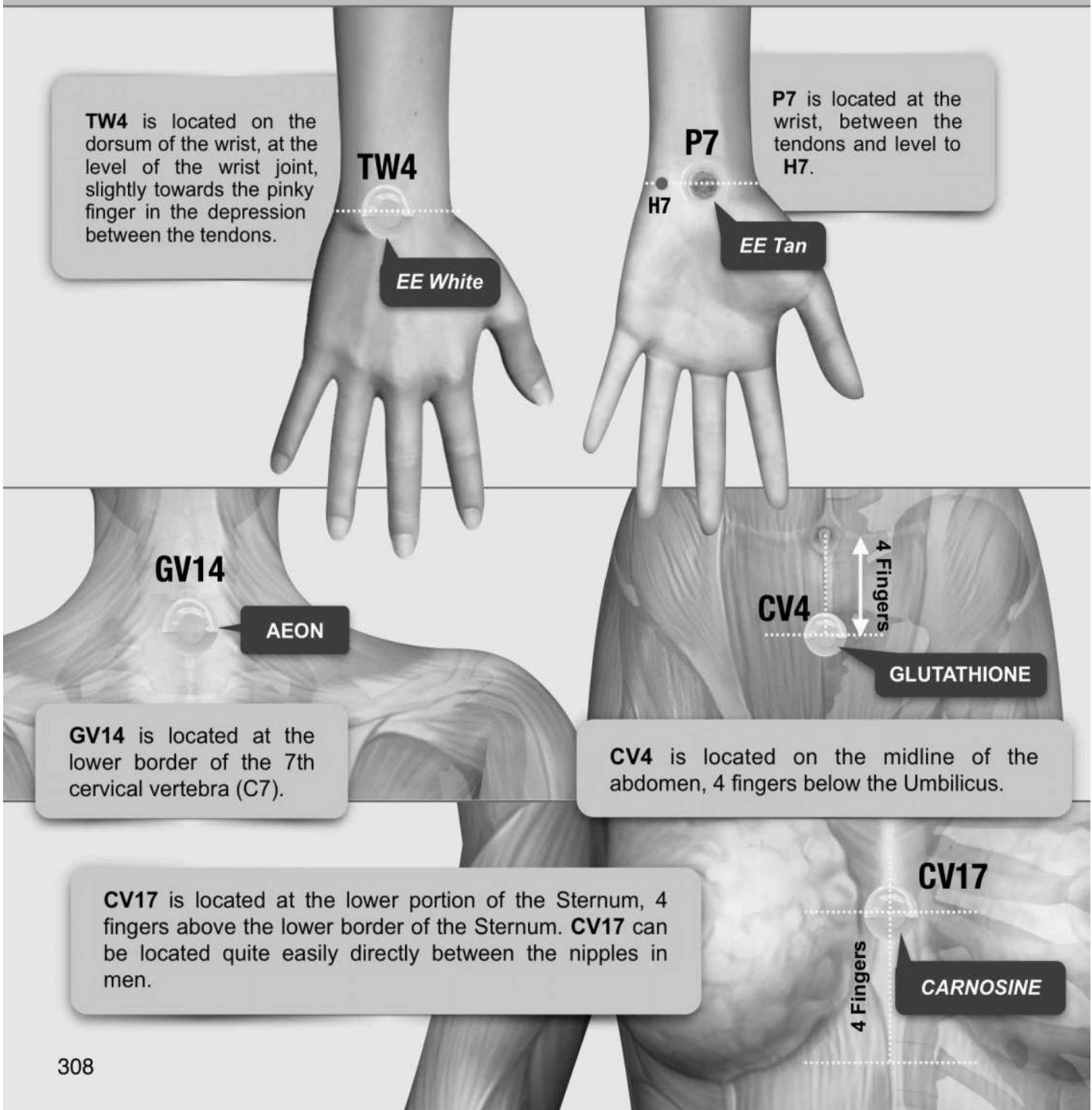
ENERGY ENHANCER White on BL64 - Right Side
ENERGY ENHANCER Tan on K3 - Left Side
AEON on GV4
GLUTATHIONE on CV21
CARNOSINE on CV12



6 STEPS REWIRING PROGRAM

STEP #5

ENERGY ENHANCER White on TW4 - Right Side
ENERGY ENHANCER Tan on P7 - Left Side
AEON on GV14
GLUTATHIONE on CV4
CARNOSINE on CV17



TW4 is located on the dorsum of the wrist, at the level of the wrist joint, slightly towards the pinky finger in the depression between the tendons.

TW4

EE White

P7 is located at the wrist, between the tendons and level to **H7**.

P7

H7

EE Tan

GV14

AEON

GV14 is located at the lower border of the 7th cervical vertebra (C7).

CV4

4
Fingers

GLUTATHIONE

CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.

CV17

CV17 is located at the lower portion of the Sternum, 4 fingers above the lower border of the Sternum. **CV17** can be located quite easily directly between the nipples in men.

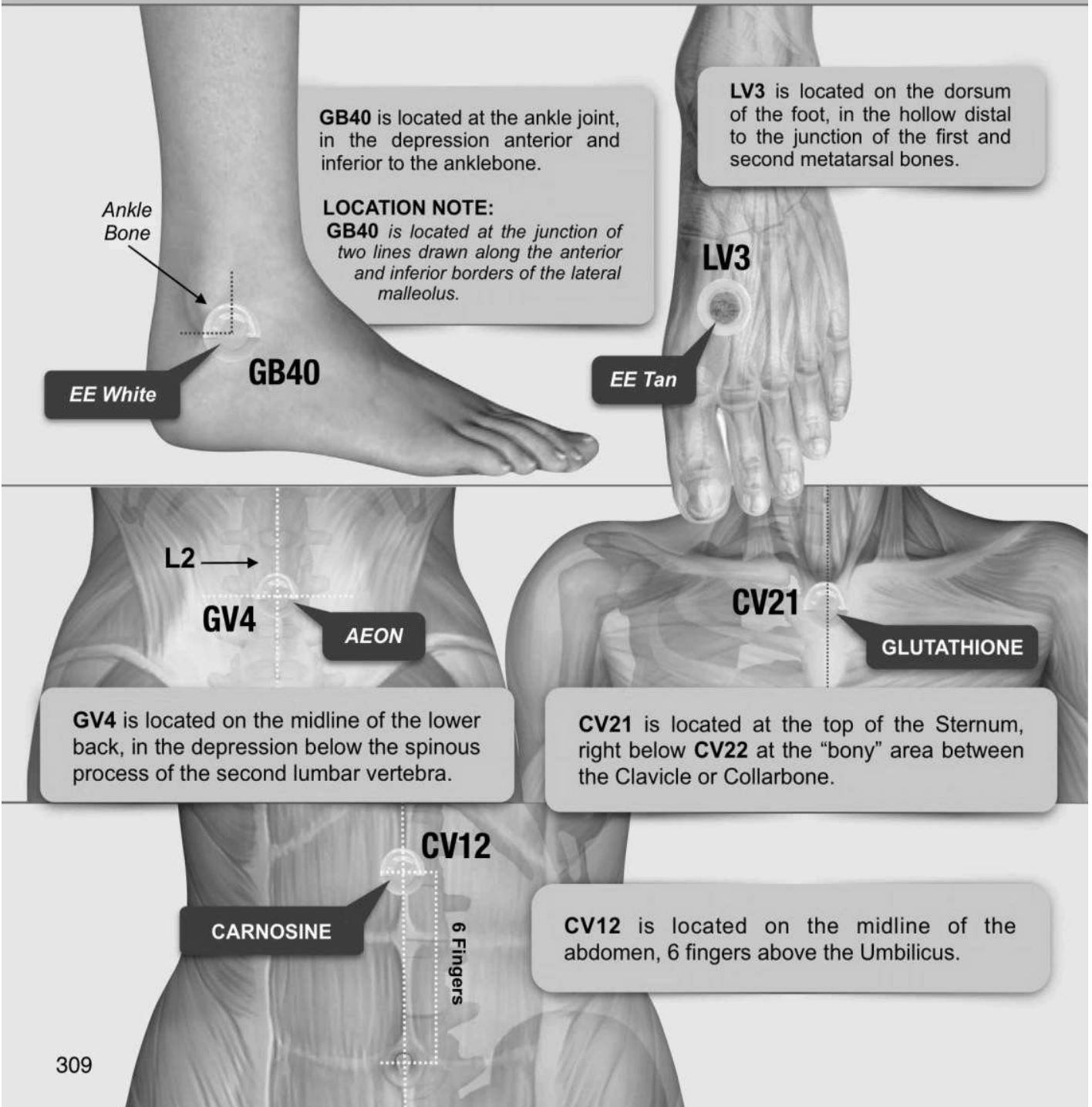
4
Fingers

CARNOSINE

6 STEPS REWIRING PROGRAM

STEP #6

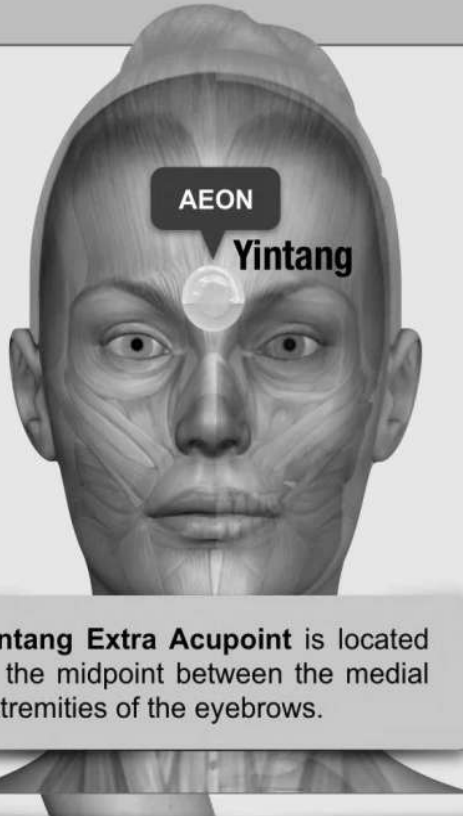
ENERGY ENHANCER White on GB40 - Right Side
ENERGY ENHANCER Tan on LV3 - Left Side
AEON on GV4
GLUTATHIONE on CV21
CARNOSINE on CV12



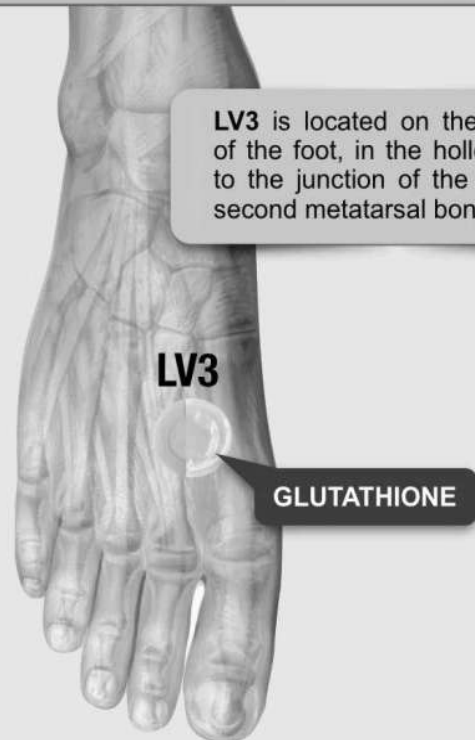
6 STEPS REWIRING PROGRAM

NIGHT POSITIONS

AEON on Yintang Extra Acupoint
GLUTATHIONE on LV3 (Right Side)
CARNOSINE on LI4 (Right Side)



Yintang Extra Acupoint is located at the midpoint between the medial extremities of the eyebrows.



LV3 is located on the dorsum of the foot, in the hollow distal to the junction of the first and second metatarsal bones.

LI4 is located at the soft area between the thumb and the index finger, at the midpoint of the second metacarpal bone.



Why Should I Run a Night Position?

You could run each of the 6 Step for 24 hours and not to change any positions at night... However, I've found a good combination during the night to "Calm, Detox and Repair" which you might want to test and see how the result is for you...

Just apply the 3 Y-Age Patches following each position included at this page during the evening till following morning. Just keep this option in mind.

6 STEPS REWIRING PROGRAM CONCLUSION

As you can see, the complete sequence I included earlier explains each step as if you will run it day by day in a total of 6 Days.

Now, How a 3 Days Sequence Would Be Then?

DAY1: Just rung Step 1 & 2 together + all 3 Y-Age Patches in this way:

ENERGY ENHANCER White on LI4 - Right Side
ENERGY ENHANCER Tan on LU9 - Left Side
ENERGY ENHANCER White on ST42 - Right Side
ENERGY ENHANCER Tan on SP3 - Left Side
AEON on GV4
GLUTATHIONE on CV21
CARNOSINE on CV12

DAY2: Just rung Step 3 & 4 together + all 3 Y-Age Patches in this way:

ENERGY ENHANCER White on H7 - Right Side
ENERGY ENHANCER Tan on SI4 - Left Side
ENERGY ENHANCER White on BL64 - Right Side
ENERGY ENHANCER Tan on K3 - Left Side
AEON on GV4
GLUTATHIONE on CV21
CARNOSINE on CV12

DAY3: Just rung Step 5 & 6 together + all 3 Y-Age Patches in this way:

ENERGY ENHANCER White on TW4 - Right Side
ENERGY ENHANCER Tan on P7 - Left Side
ENERGY ENHANCER White on GB40 - Right Side
ENERGY ENHANCER Tan on LV3 - Left Side
AEON on GV4
GLUTATHIONE on CV21
CARNOSINE on CV12

Remember to run each day the Night Positions explained at page 310.

Lastly, **How a 2 Days Sequence Would Be?**

DAY1: Just rung Step 1, 2 & 3 together + all 3 Y-Age Patches in this way:

ENERGY ENHANCER White on LI4 - Right Side
ENERGY ENHANCER Tan on LU9 - Left Side
ENERGY ENHANCER White on ST42 - Right Side
ENERGY ENHANCER Tan on SP3 - Left Side
ENERGY ENHANCER White on H7 - Right Side
ENERGY ENHANCER Tan on SI4 - Left Side
AEON on GV4
GLUTATHIONE on CV21
CARNOSINE on CV12

DAY2: Just rung Step 3 & 4 together + all 3 Y-Age Patches in this way:

ENERGY ENHANCER White on TW4 - Right Side
ENERGY ENHANCER Tan on P7 - Left Side
ENERGY ENHANCER White on GB40 - Right Side
ENERGY ENHANCER Tan on LV3 - Left Side
ENERGY ENHANCER White on BL64 - Right Side
ENERGY ENHANCER Tan on K3 - Left Side
AEON on GV4
GLUTATHIONE on CV21
CARNOSINE on CV12

Remember to run each day the Night Positions explained at page 310.

-
- ✓ **To me, this is an Excellent Protocol to start Anyone having Any Condition.**
 - ✓ **You could even use it in combination with the procedure explained at “How To Start Patching Any Complicated Situation” at page 298, by running it at Step 5 described at page 301.**
 - ✓ **You can schedule this Full 6 Steps Rewiring Program into 6, 3 and 2 Days depending on the timeframe you have *(a very powerful option in many cases where “Time” is a Big Factor)***
 - ✓ **1 Day Option?. You bet you can run it if you need it...**
 - ✓ **And remember, all 12 Main Points selected during the 6 steps are the “Origin” Points or the Source of Vital Energy of each Main Meridian or Channel in your body...**

Conclusion

Everything changed for me when I discovered that the **Patches Don't Do Anything.** *Our Body Dose All The Doing.* This made me realize that if I'm always giving my body the chance to be in balance and harmony, then, it will do whatever it needs to do to get well...

LifeWave Patches are definitely a great way to achieve Balance and Harmony... not the only way though, and I've also discovered that if I constantly take better decisions for my self in every aspect, specially around my own Lifestyle, then, I'll be moving myself into a true "*Healing Zone*", and to recover from most issues I had, including rapid ageing... and that's where the patches can really be of great use...

I hope you've enjoyed the book and I thank you very much for being part of our **Great Community of Patchers!**

Gabriel Díaz Enrico

Please Don't Share Openly The Content Of This Book.

It took a lot of effort to create this book, and I would really appreciate if you could invite others to read it from the source, instead of giving them the content. I know it's very tempting to just share it everywhere, however, with more support, we can keep the prices low and everyone will surely benefit from that...

Thank You Very Much!.

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Patching Protocol

LifeWave Patching Community



LIVE EDITION

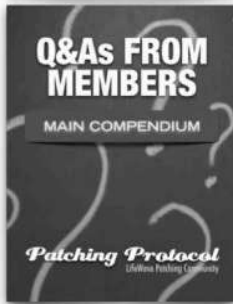
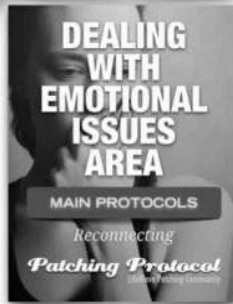
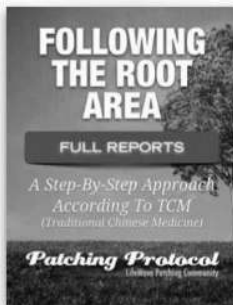
STAY UP-TO-DATE

✓ Close to 100 Protocols
Are Added Each Year

✓ Patching Strategies
Are Available

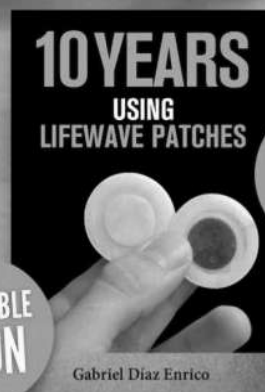
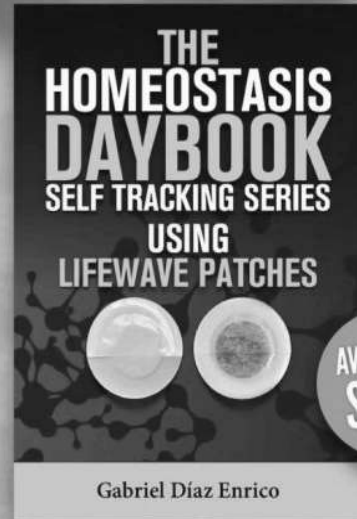
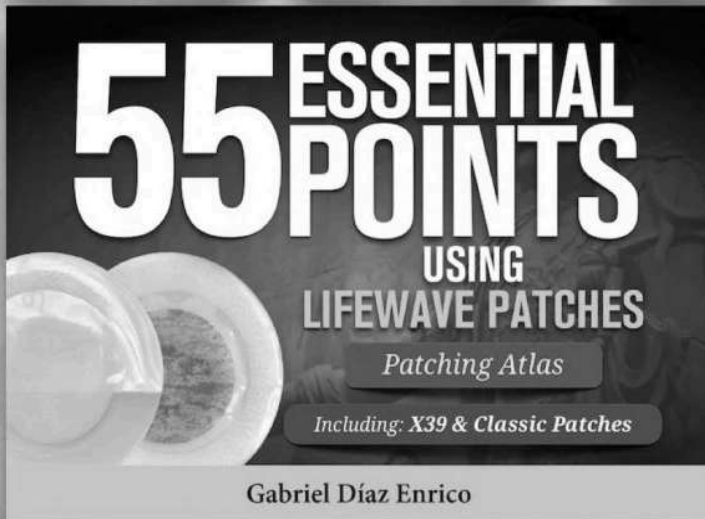
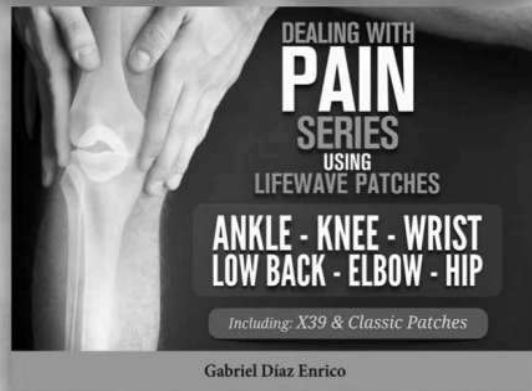
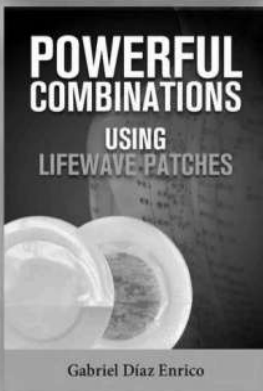
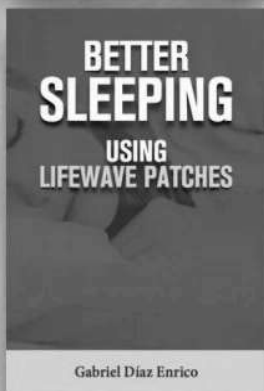
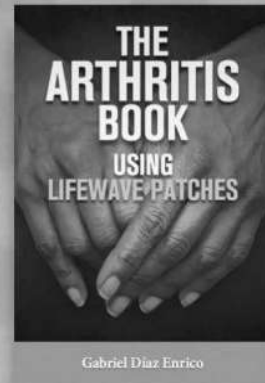
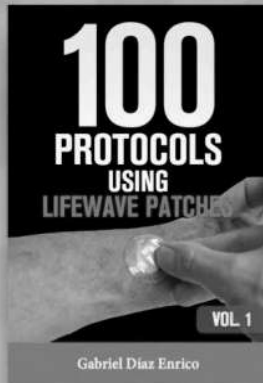


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OUR BOOK FAMILY IS GROWING



100 PROTOCOLS USING LIFEWAVE PATCHES



Gabriel Díaz Enrico



Back in 2008 I turned 40 years old, and it was like my body just gave up on me... I had all sort of pains, ranging from **Chronic Low Back Pain, Sciatica** Issues that were affecting my right leg and sometimes, I couldn't even walk or sit properly, I started to develop an **Arthritic Pain on my Left Hand** due to an old injury and the pain was radiating up to my arm and shoulder, making it really hard for me to close my hand and move my arm, and I also had constantly **Frozen Shoulder** and **Calf Cramps** at night regularly. I had **Chronic Constipation** and **Gastritis** since I was 14 years old, plus **Bleeding Hemorrhoids** and constant **Bloatiness** throughout my twenties and thirties. My

Bloatiness was so bad that it felt like getting Bloating just by drinking water... And one of the worst part was when I was diagnosed with **Irritable Bowel Syndrome (IBS) Type C**, which is the Constipation Type...

I was way overweight, around 93 Kg at that time (*Picture at the left*), and my **Sugar, Cholesterol** and **Uric Acid** levels were shooting up as well... Not to mention that **my sleep quality was awful**, I could not have a peaceful sleep at night, I had **Eczema** for many years, I started developing **Alopecia**, so my hair was falling off quickly, I had **severe tooth and gum issues** and the list goes on...

Not a good situation for me back then, however, **I do not have any of those issues anymore. None,**

Everything is gone for good now...

and if you ask me today how I've managed to solve all my issues, it was by understanding a few but very important concepts that are actually available to all of us, but, unfortunately, for some reason, not many people talks about it today...

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