

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):

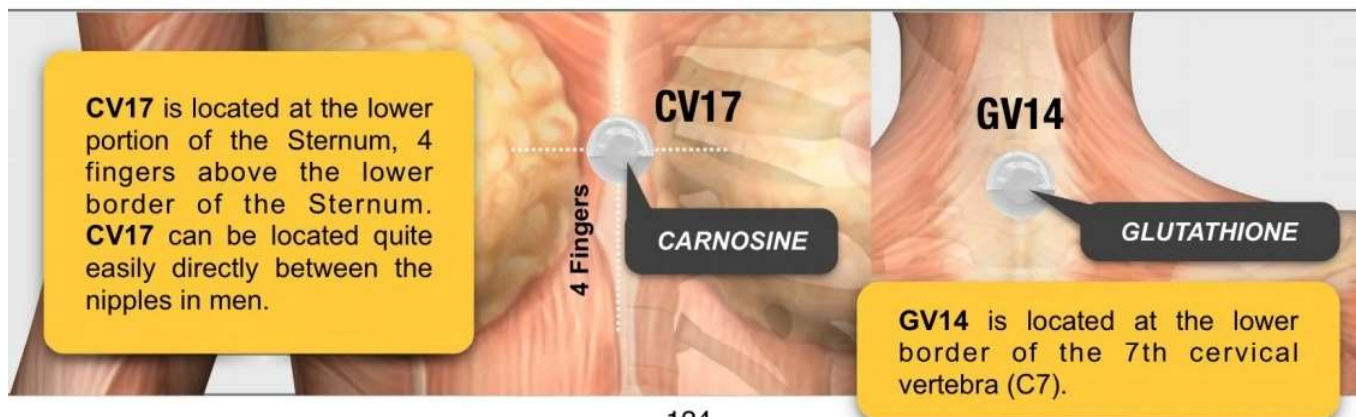
Place **AEON** on **CV21**

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



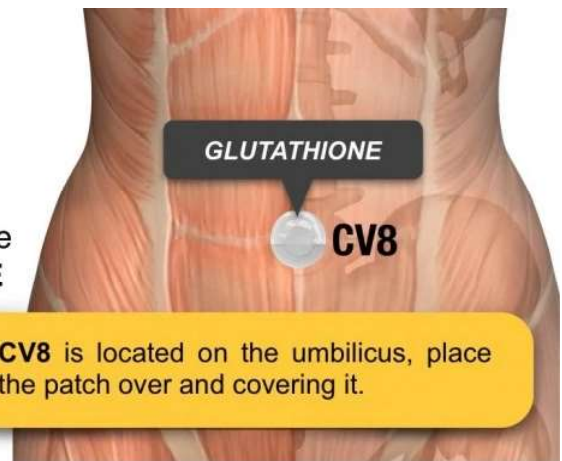
Then, place **CARNOSINE** on **CV17**
GLUTATHIONE on **GV14**
GLUTATHIONE on **CV8**

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.

Breathing Problems

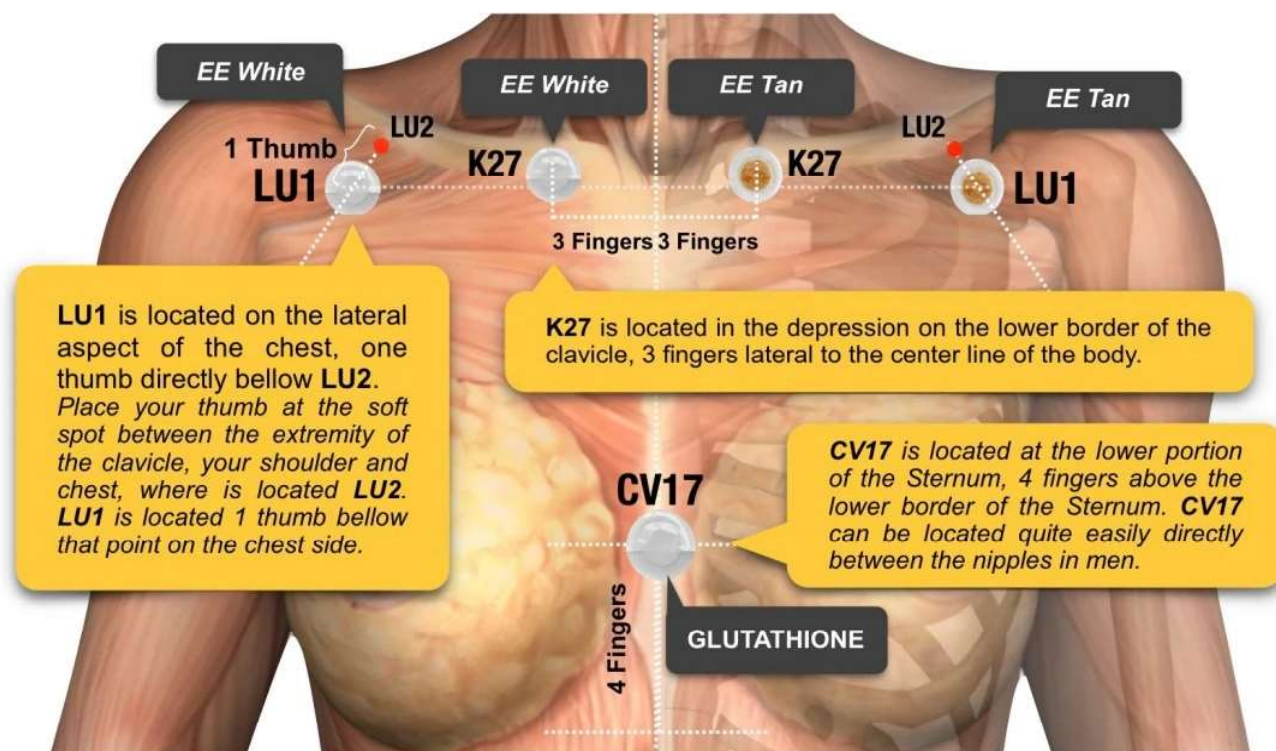
This is an excellent protocol tested by many members and it does work very well for Breathing Problem cases.

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.

DURING THE DAY (Continue)

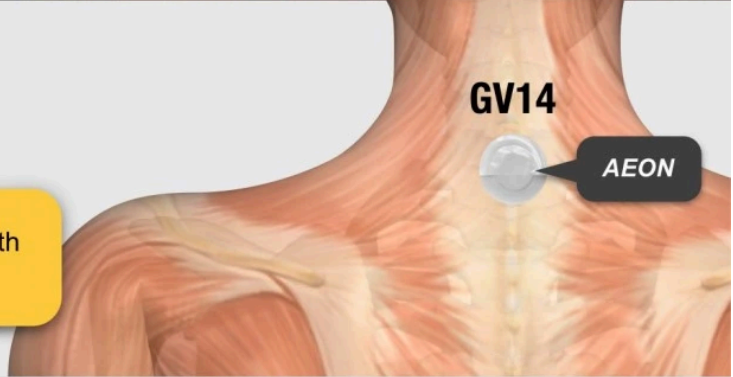
GLUTATHIONE on CV4

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).

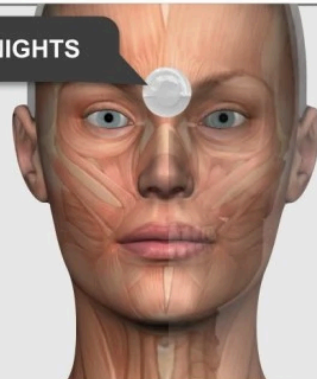


AT EVENING TIME

SILENT NIGHTS on Yintang Extra Point

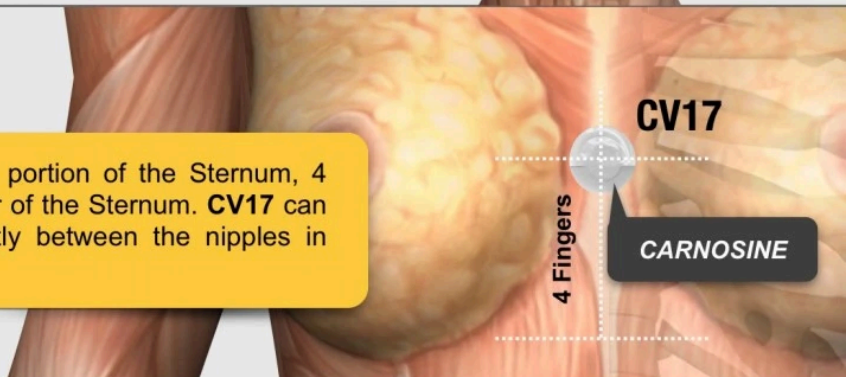
Yintang Extra Point is located at the midpoint between the medial extremities of the eyebrows.

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

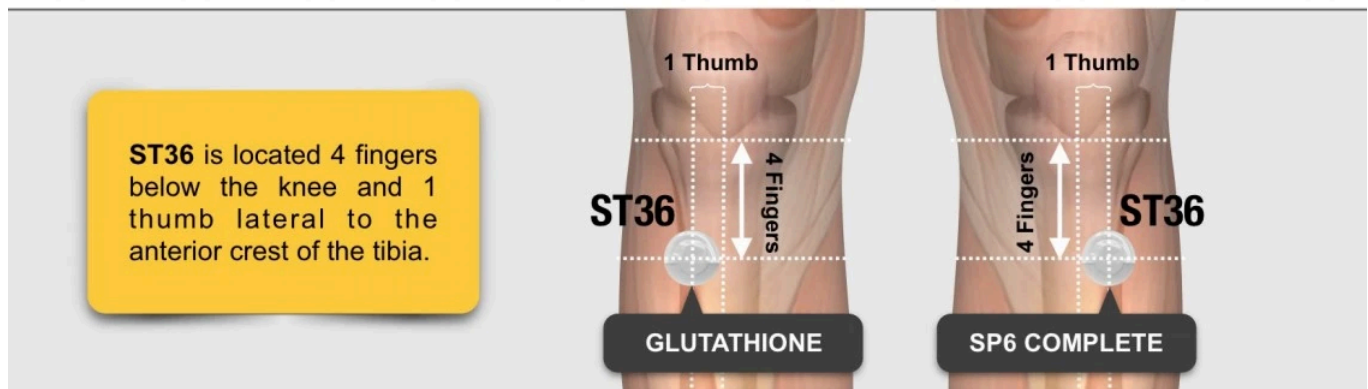
SP6 COMPLETE on **SP6** - Left Side

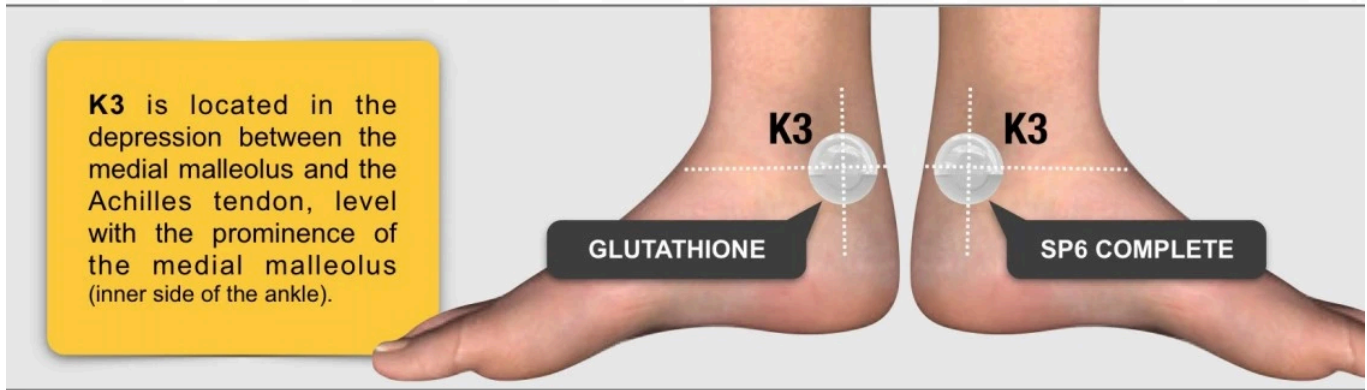


DAY 2

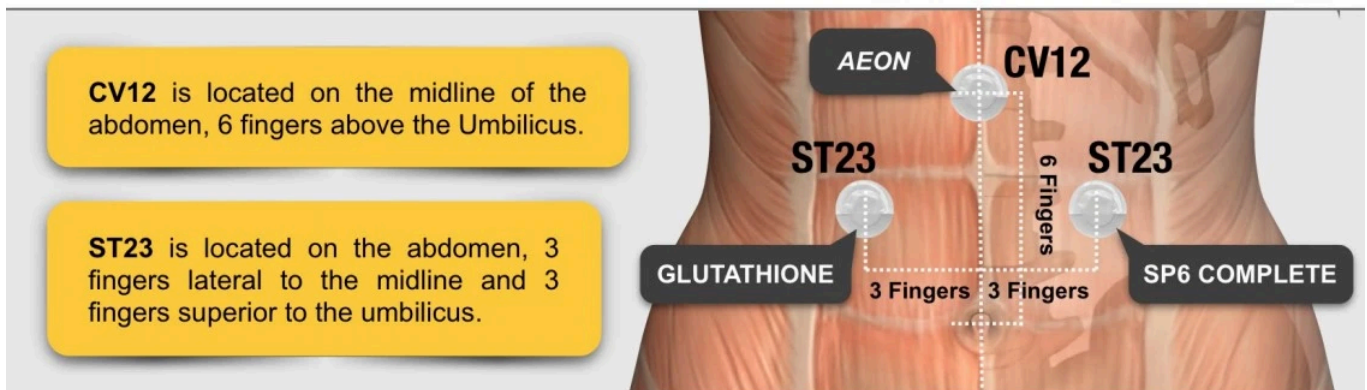
GLUTATHIONE on **ST36** - Right Side

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**

Hot Flashes

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

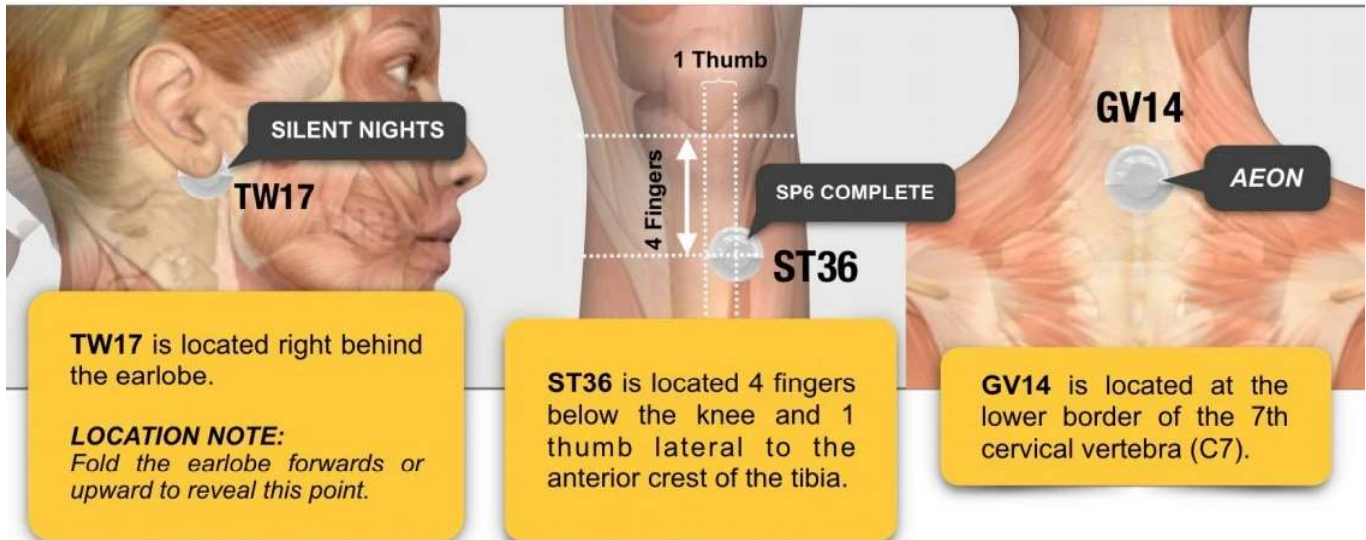
Menopause and Hot Flashes Option 1

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.*

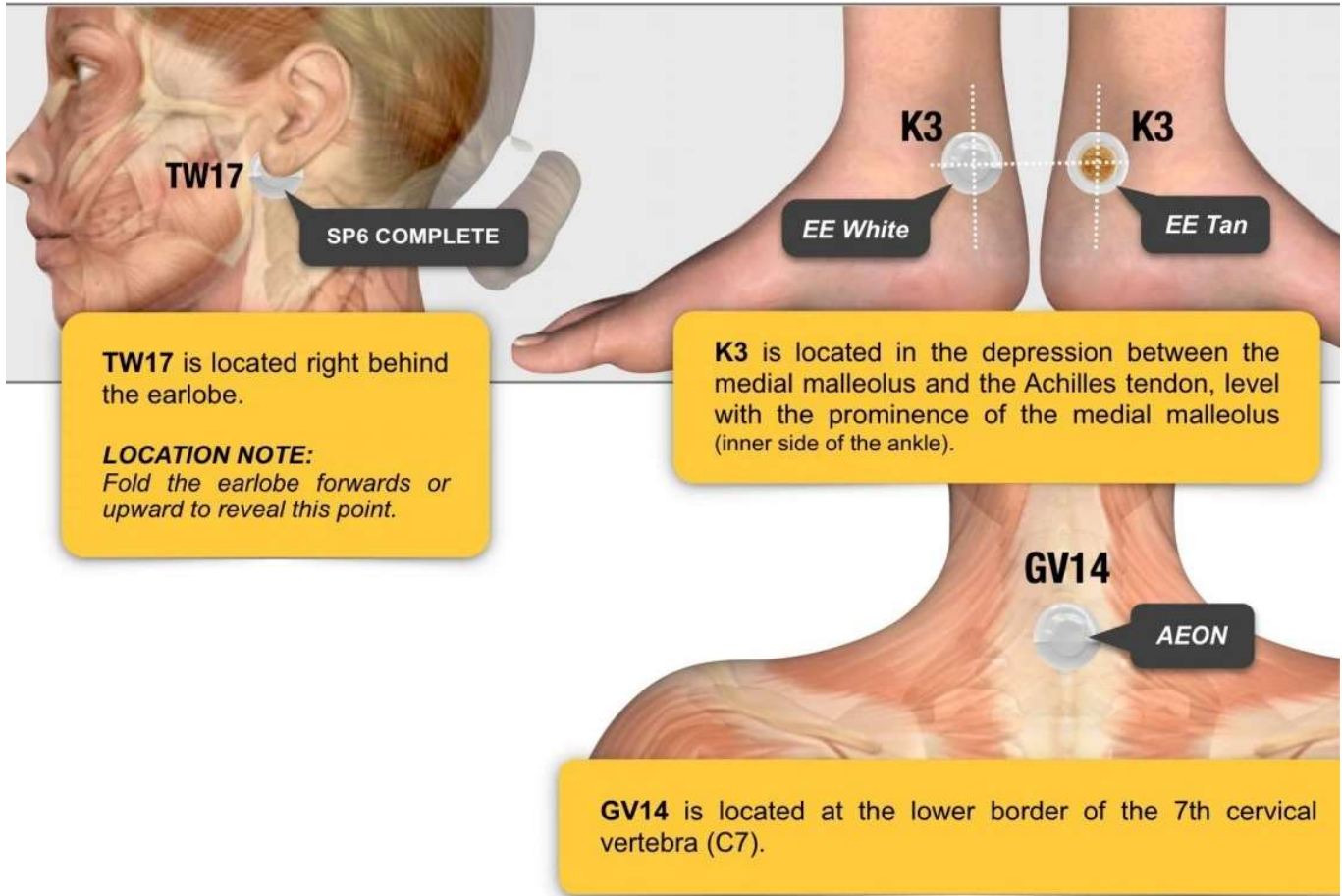


Menopause and Hot Flashes Option 2

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.

Eye Issues

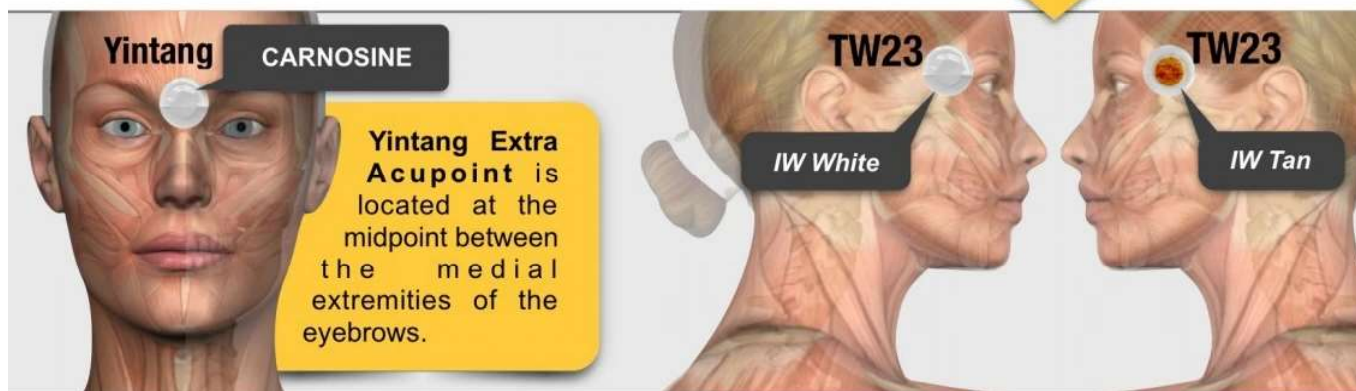
Here I include 4 different options for Eye Issues in general (*vision impairment, floaters, retina*). You might want to also check the Advanced Section of this book for more specific Eye Conditions.

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.



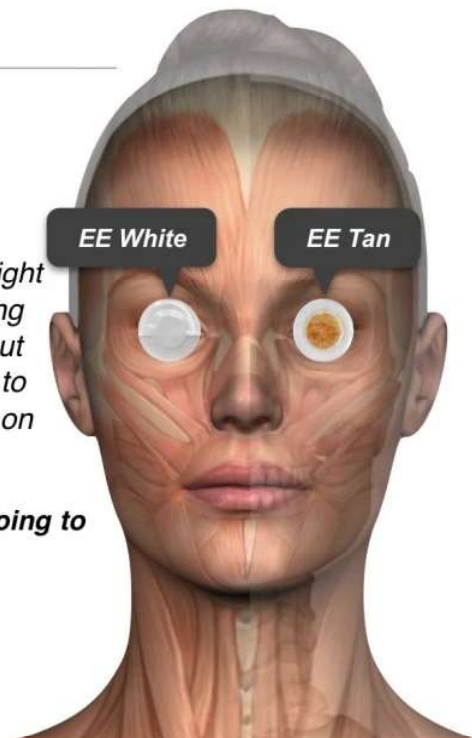
IMPORTANT: It would be a good idea to patch whilst going to sleep in the evenings.

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.

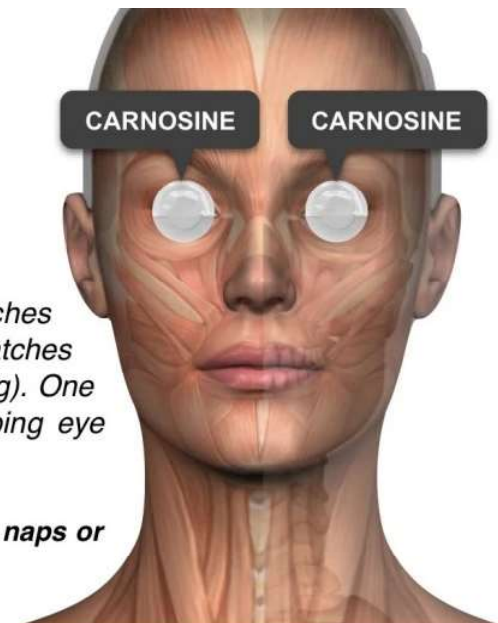


Eye Issues - Option 3

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.

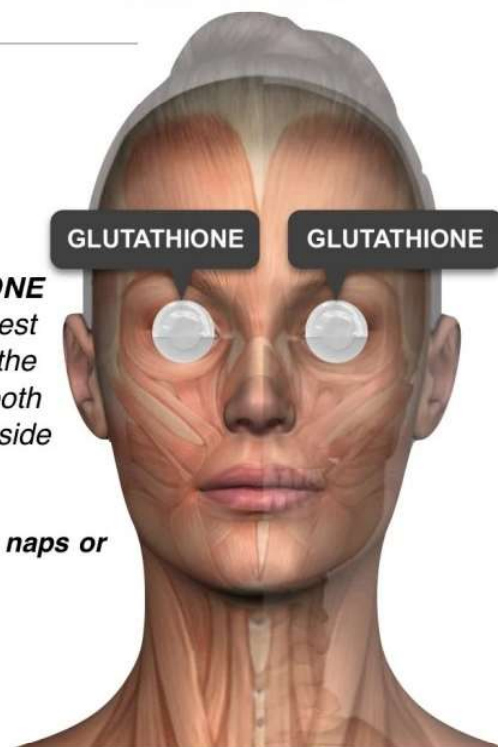


Eye Issues - Option 4

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:

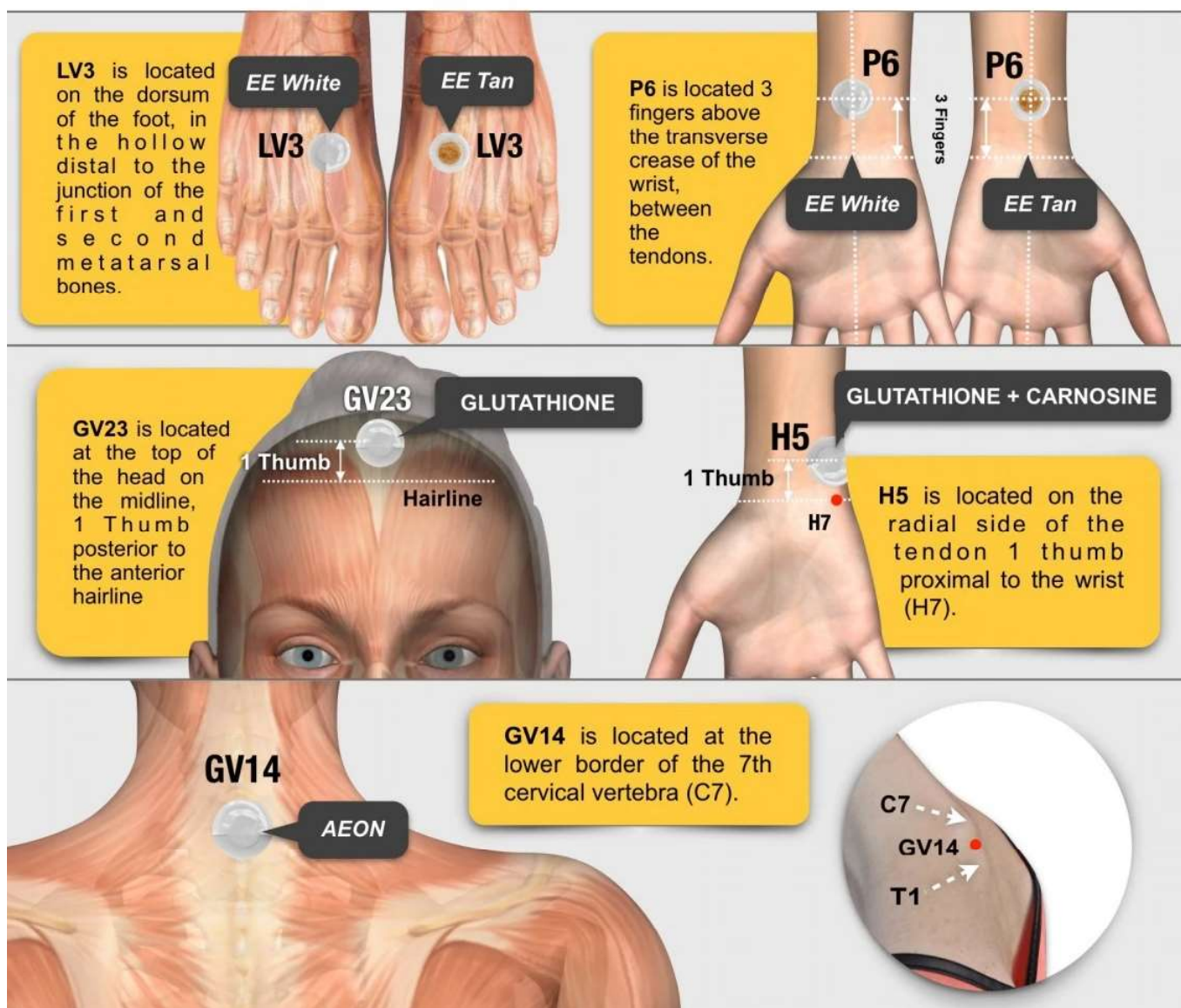
Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.

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.

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**).

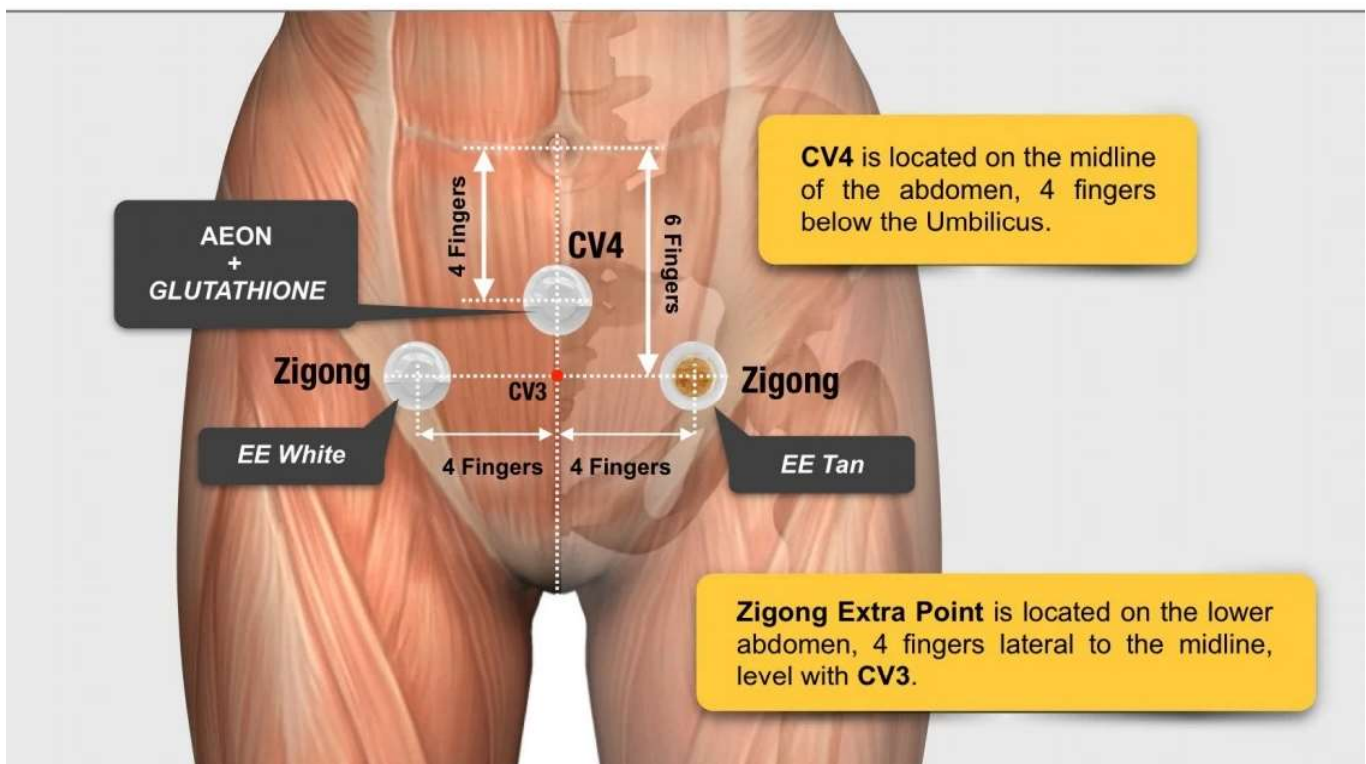
Step #2

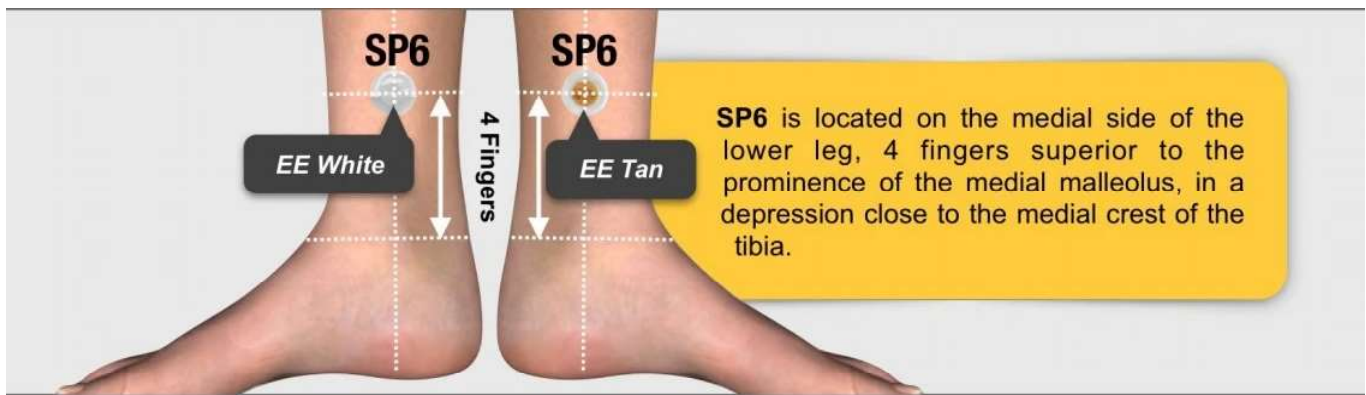
Start the actual **Fibroid or Myoma Uteri Protocol** in this way:

Day 1 - During The Day (First 12 hours):

AEON + GLUTATHIONE on **CV4**

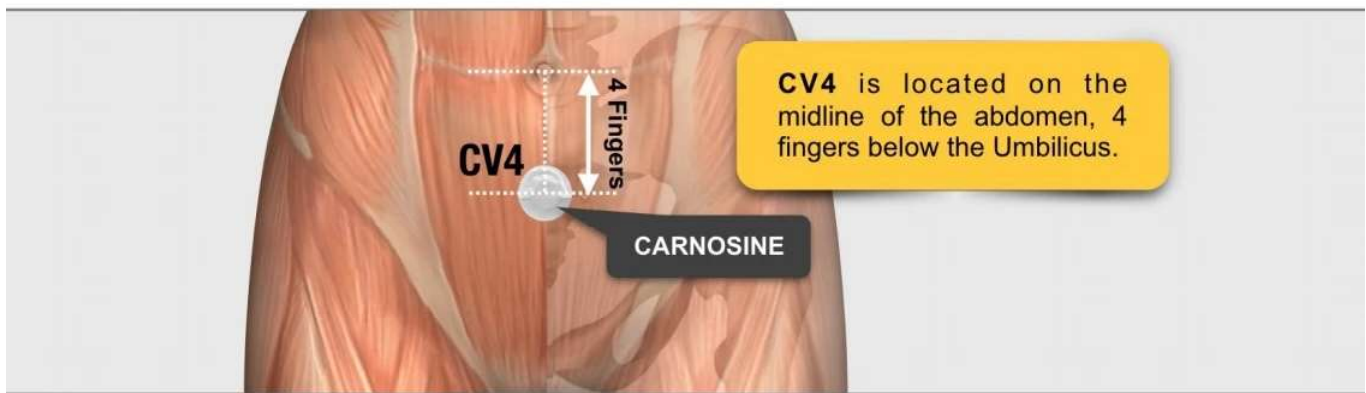
ENERGY ENHANCER on **Zigong Extra Point - WRTL**





ENERGY ENHANCER on SP6 - WRTL

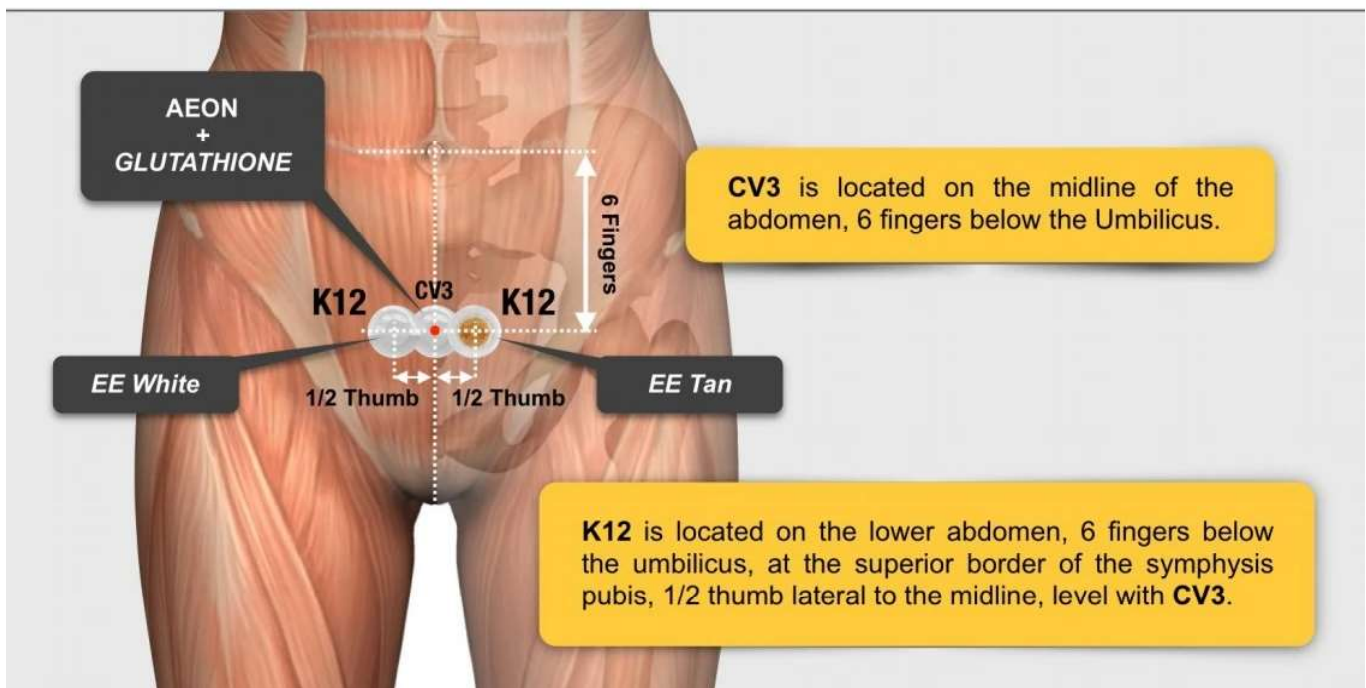
Day 1 - During The Night (Following 12 hours):



CARNOSINE on CV4

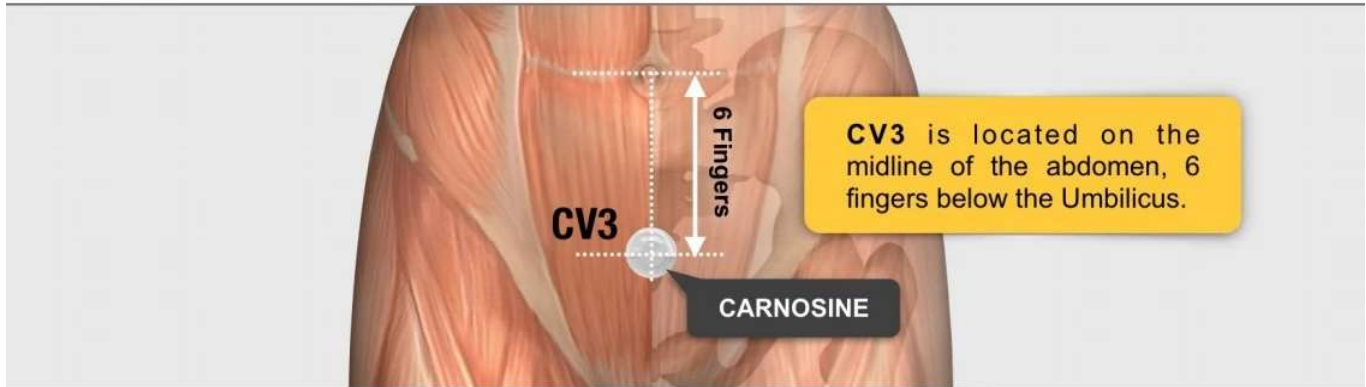
Day 2 - During The Day (First 12 hours):

AEON + GLUTATHIONE on CV3



ENERGY ENHANCER on K12 - WRTL

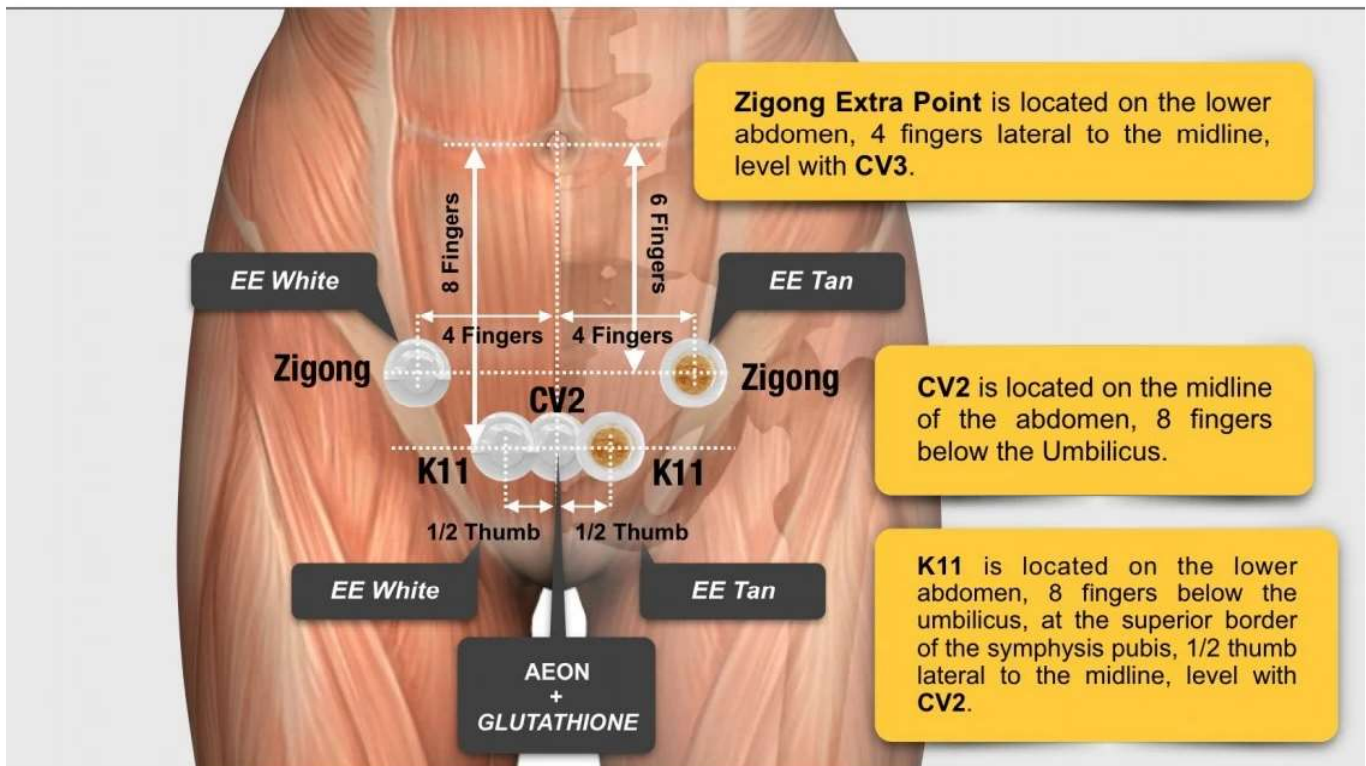
Day 2 - During The Night (Following 12 hours):



CARNOSINE on CV3

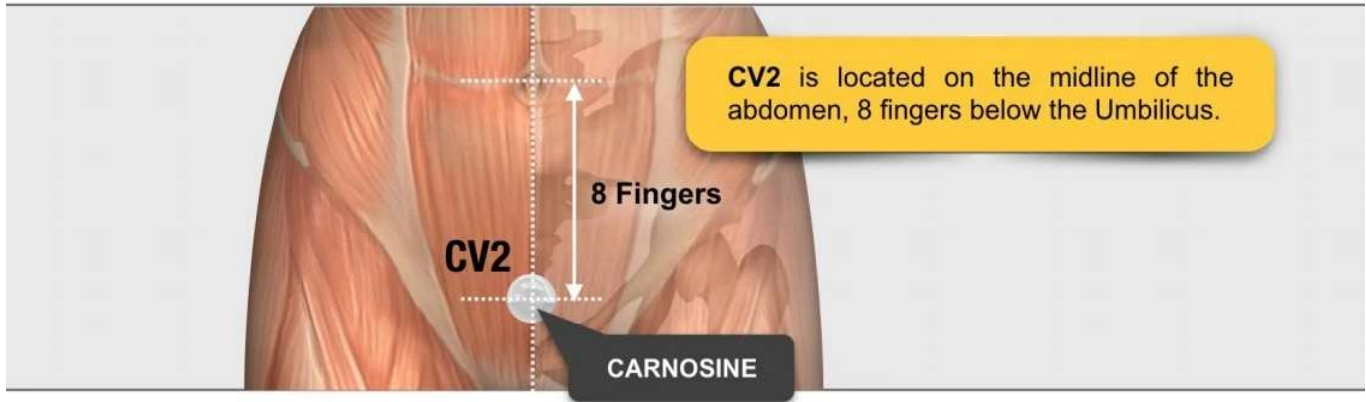
Day 3 - During The Day (First 12 hours):

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.

Blood Pressure (Low) - Hypotension

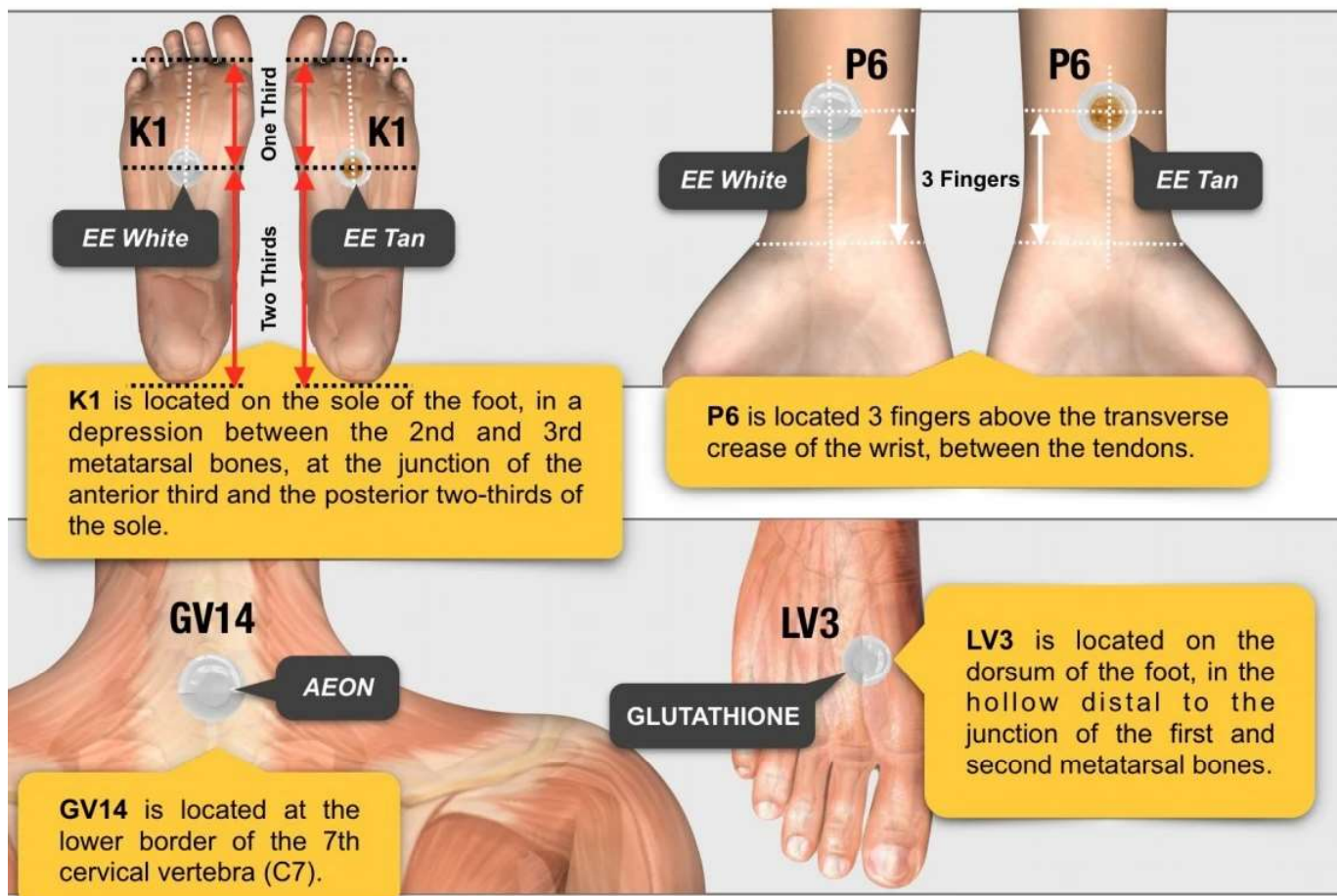
This is the exact protocol I used on my own Mother a couple of times before we started a more Advanced Approach to solve her Chronic Low Blood Pressure problem...

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...

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**

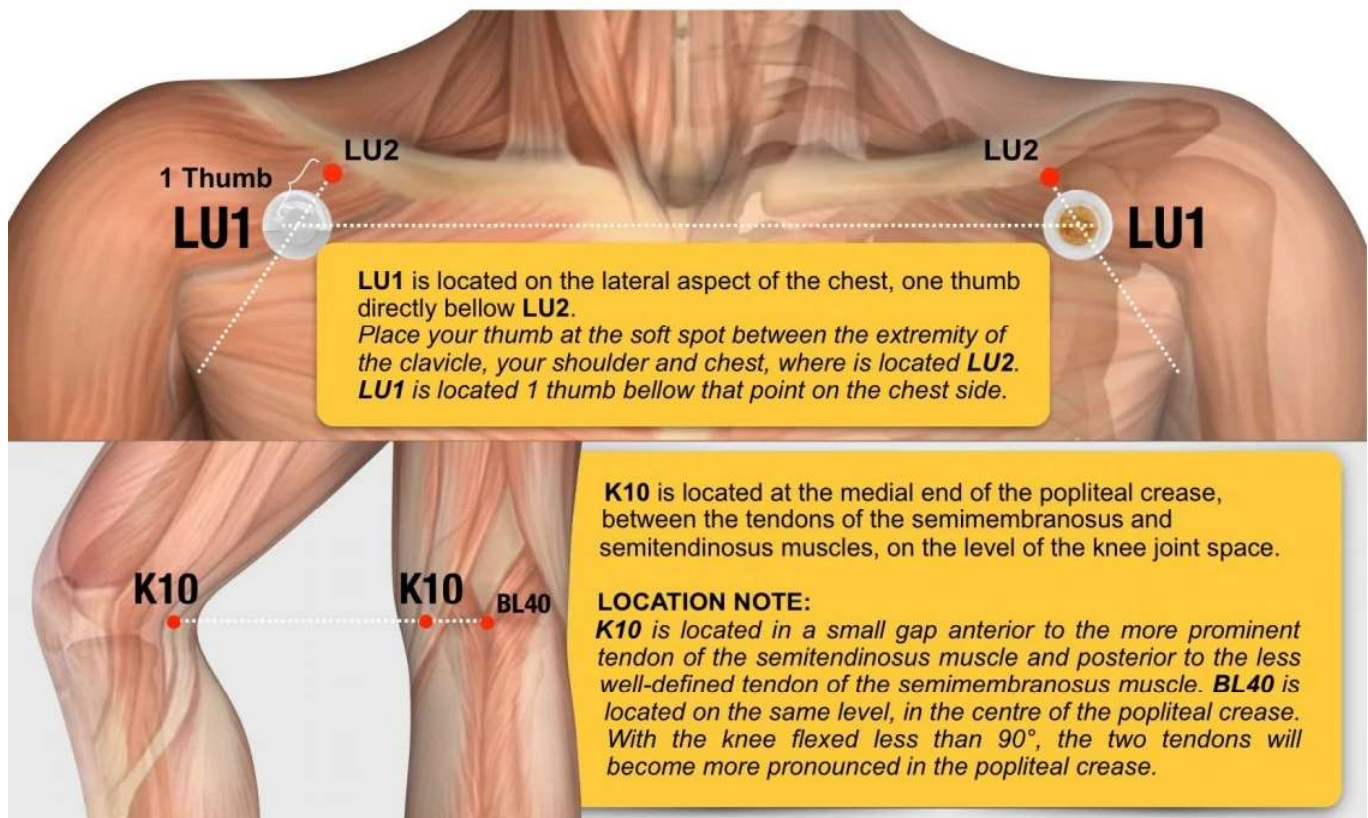
ENERGY ENHANCER on **K10** - **WRTL**

ENERGY ENHANCER on **LU8** - **WRTL**

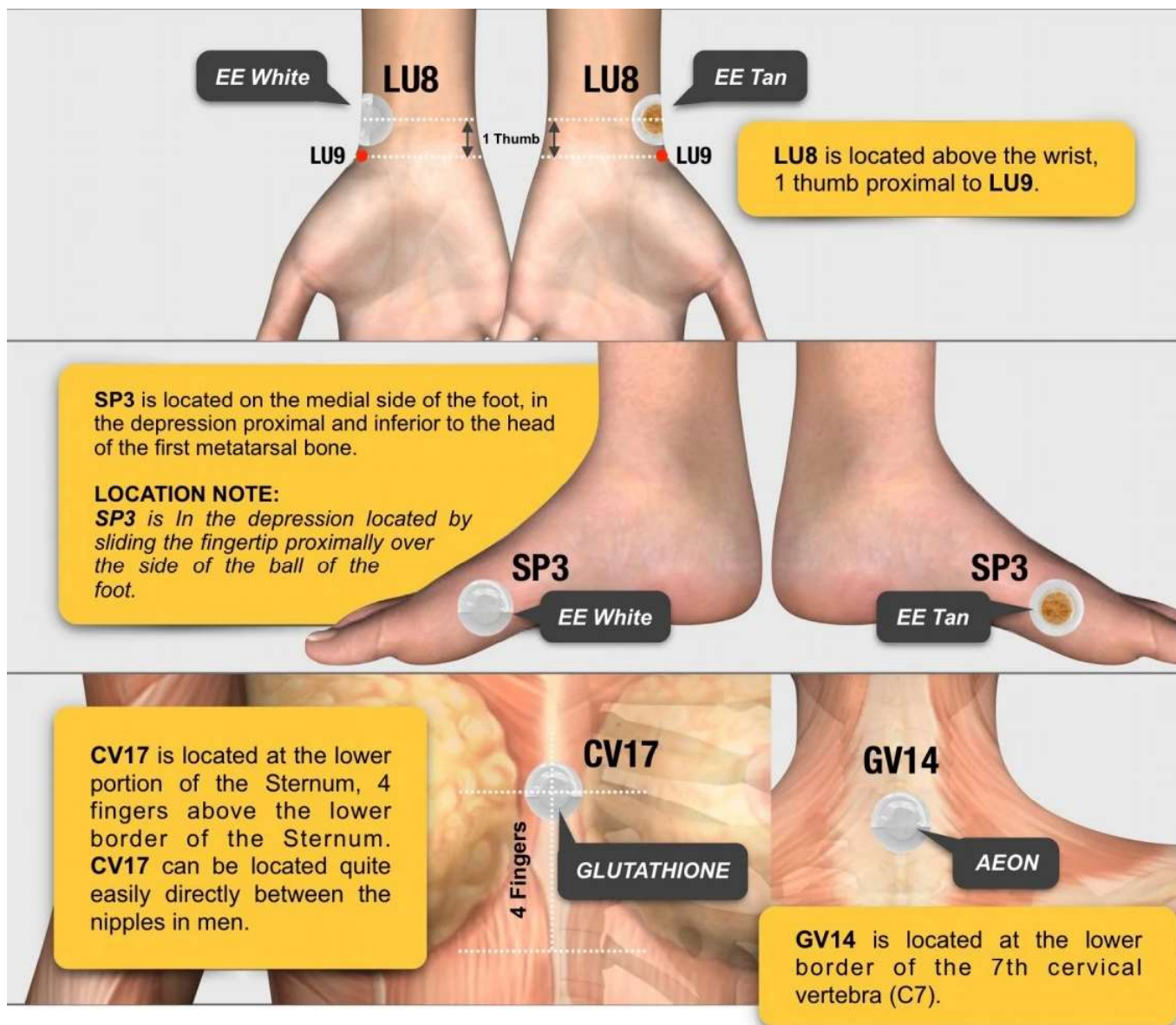
ENERGY ENHANCER on **SP3** - **WRTL**

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

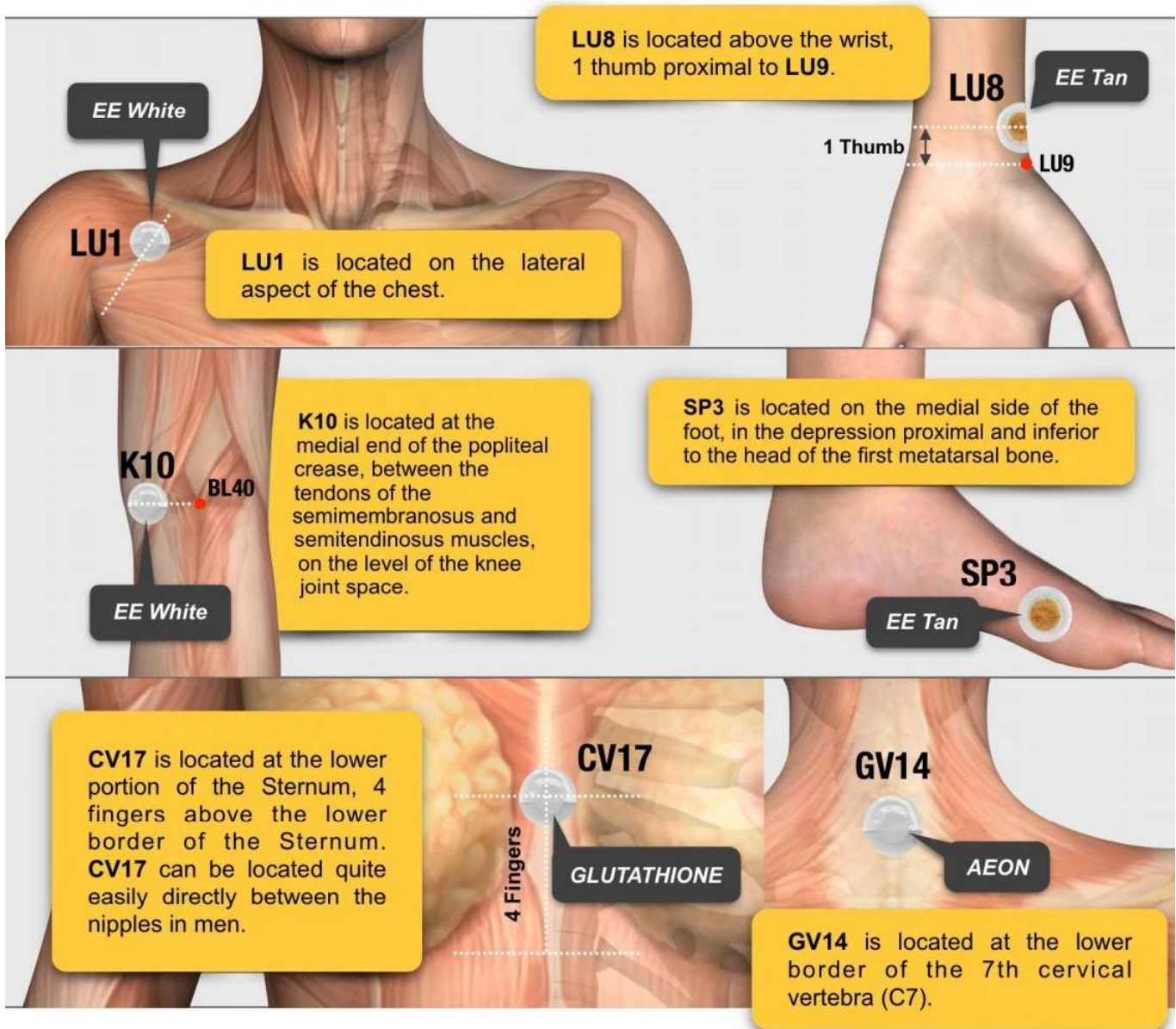
ENERGY ENHANCER Tan on LU8 - Left Side

ENERGY ENHANCER White on K10 - Right Side

ENERGY ENHANCER Tan on SP3 - Left Side

GLUTATHIONE on CV17

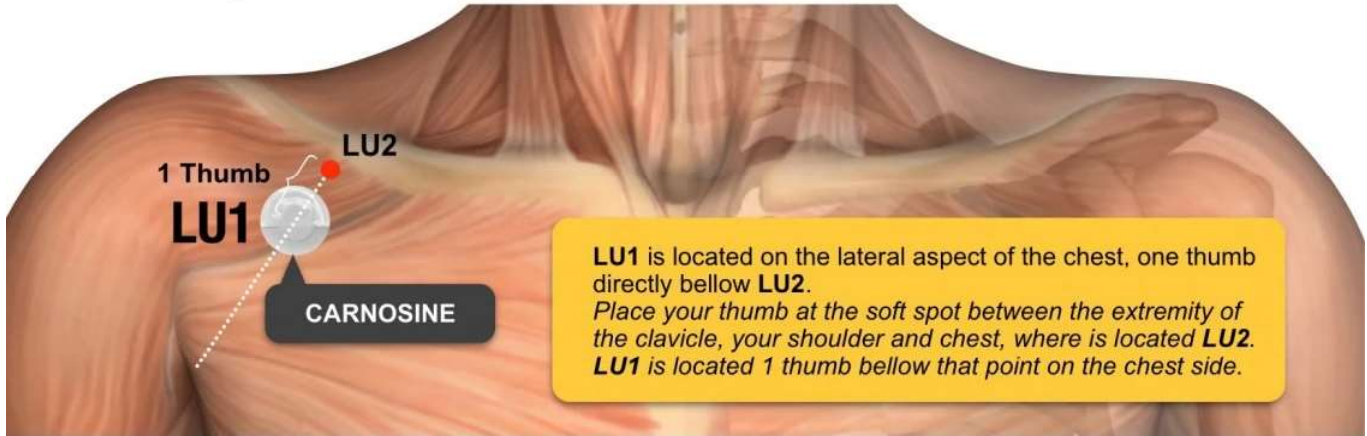
AEON on GV14



This protocol continues in the next page →

DAY 1 - During the Night

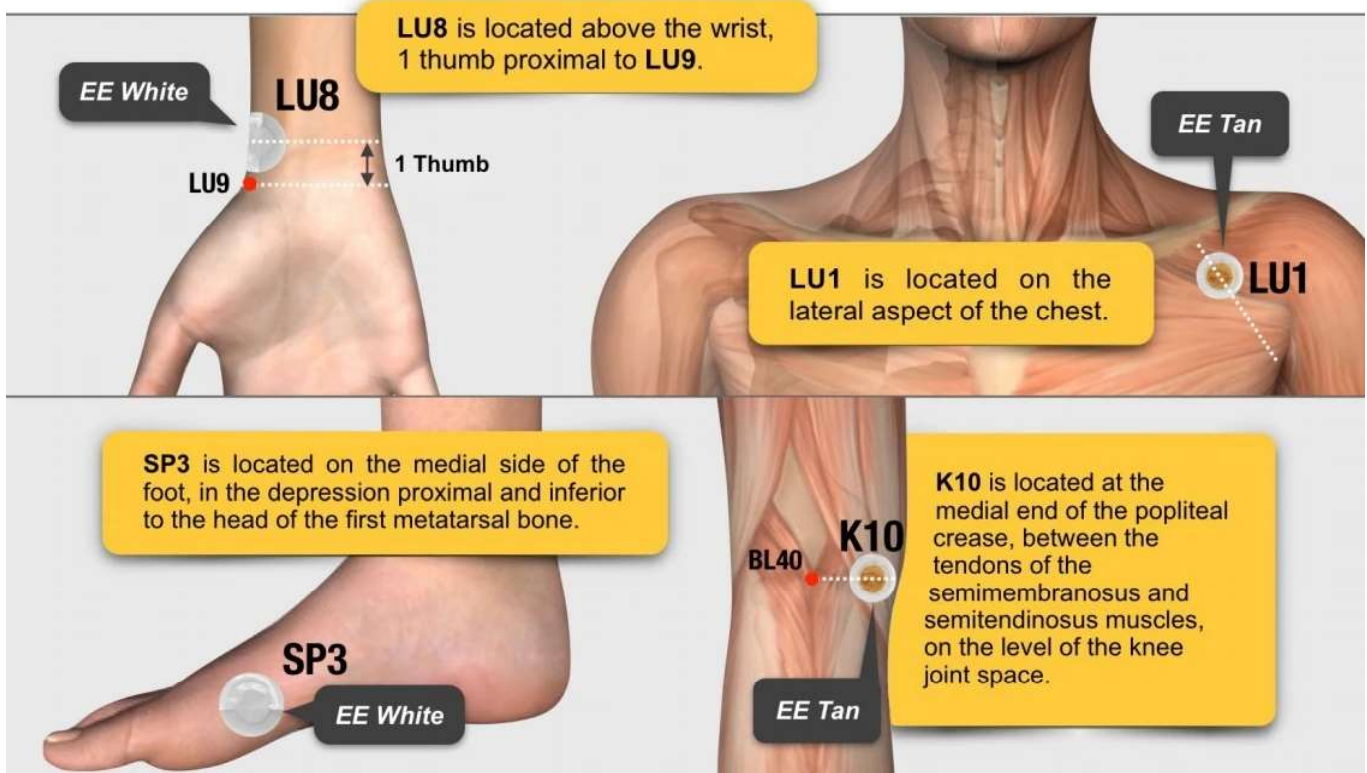
Remove all daily patches and apply **CARNOSINE** on **LU1 - Right Side** till following morning.



Then on the next day just reverse the **ENERGY ENHANCER** patches as follow:

DAY 2 - During the Day

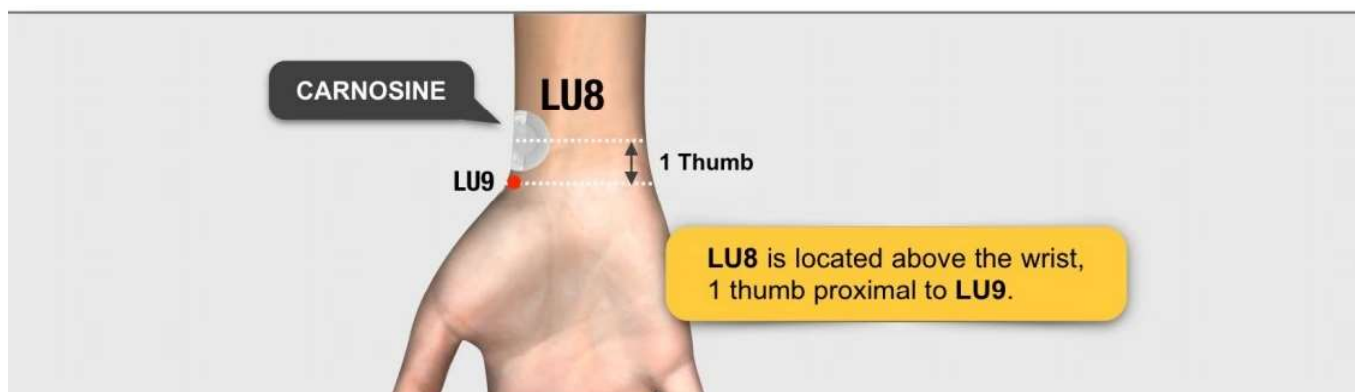
- ENERGY ENHANCER White** on **LU8 - Right Side**
- ENERGY ENHANCER Tan** on **LU1 - Left Side**
- ENERGY ENHANCER White** on **SP3 - Right Side**
- ENERGY ENHANCER Tan** on **K10 - Left Side**
- GLUTATHIONE** on **CV17**
- AEON** on **GV14**





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.

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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**

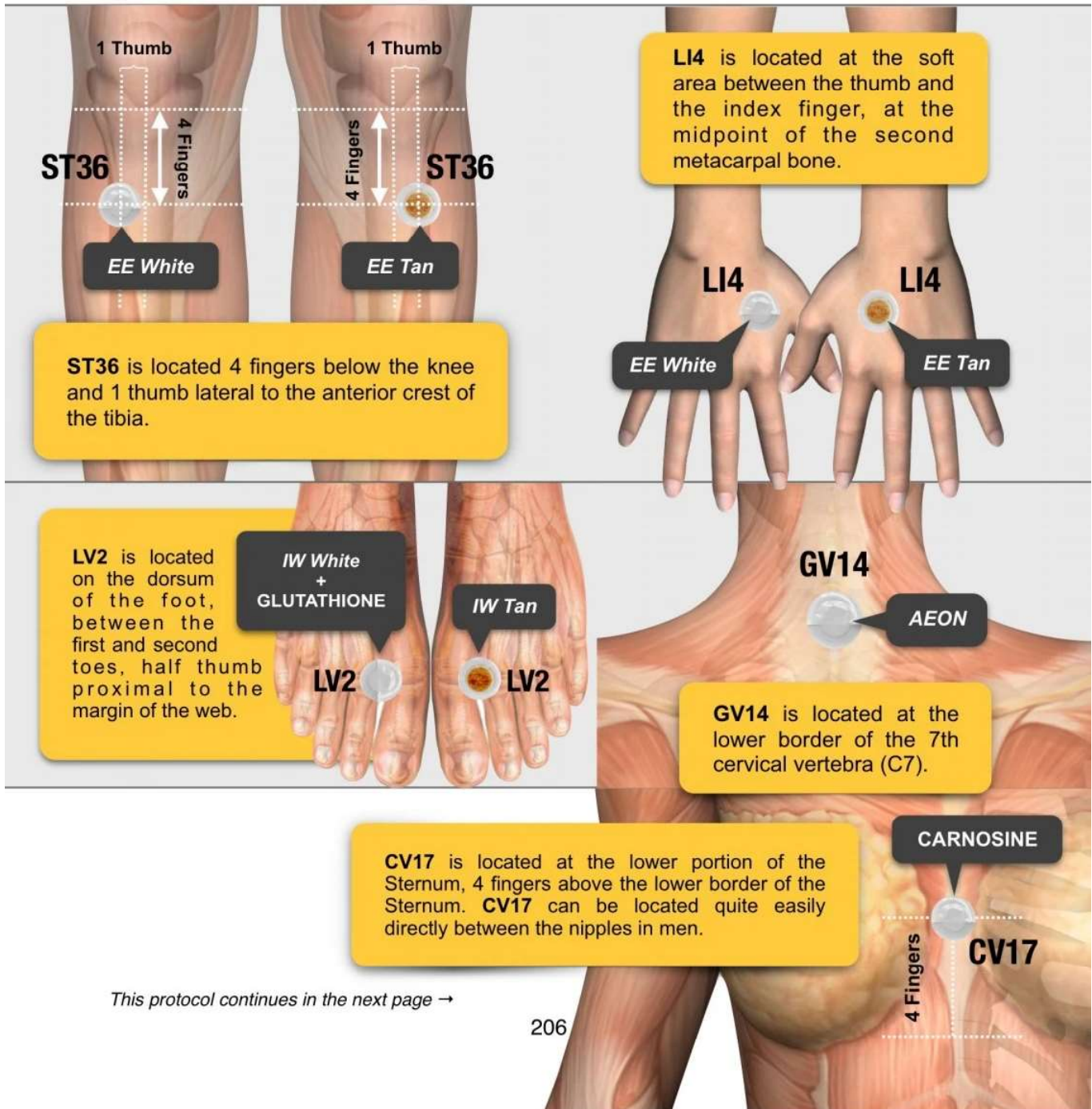
ENERGY ENHANCER on **LI4** - **WRTL**

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**

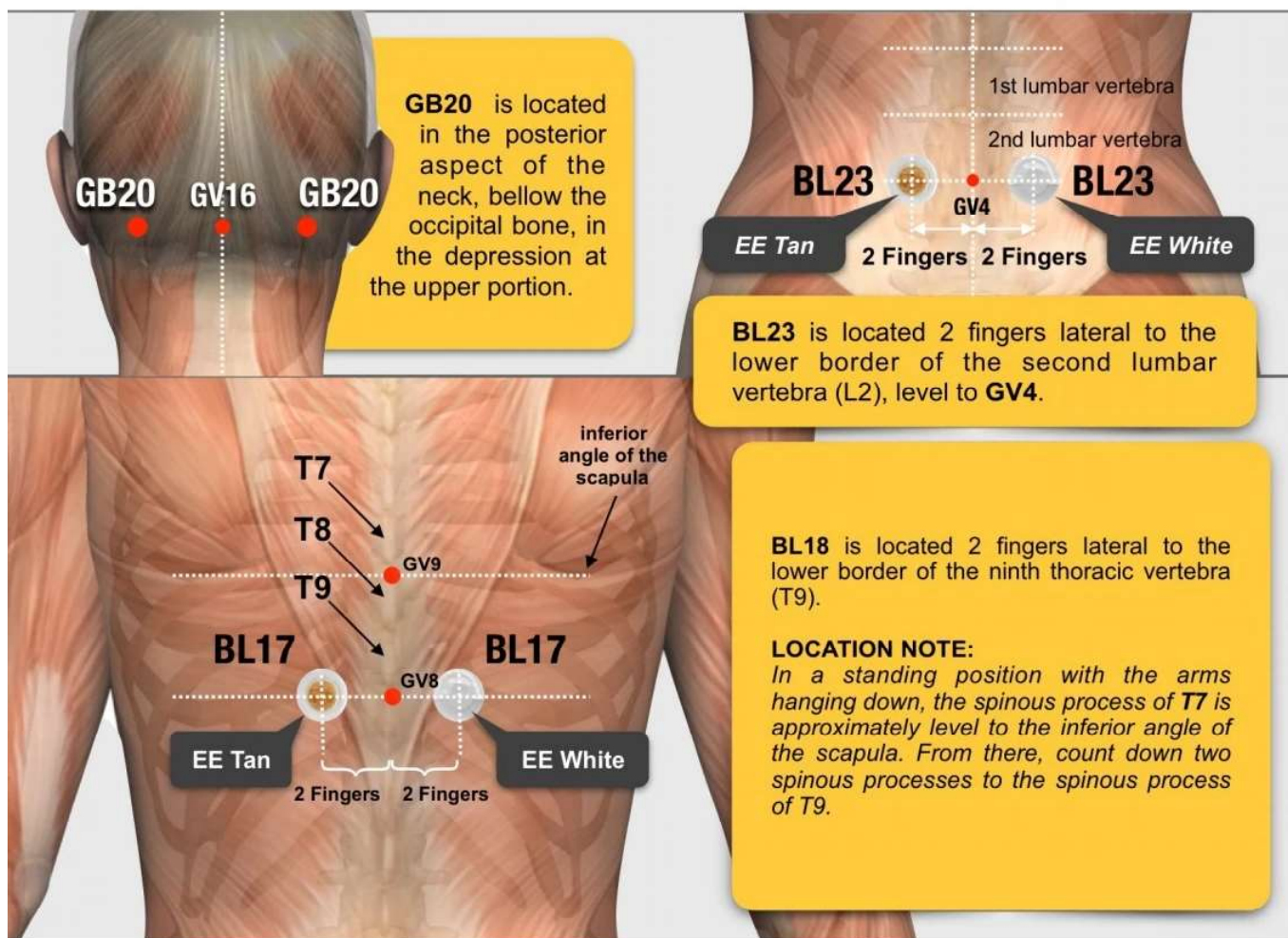
ENERGY ENHANCER on **BL18** - **WRTL**

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.

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

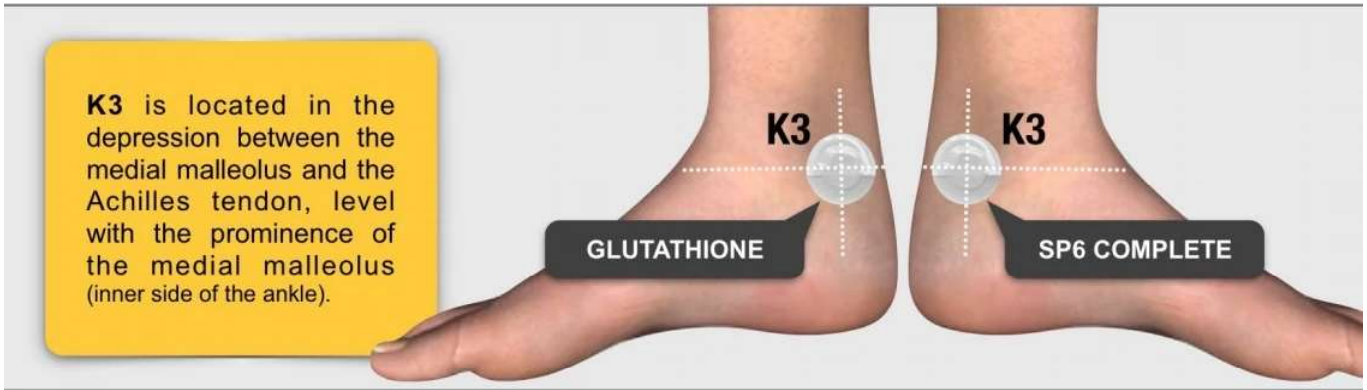
SP6 COMPLETE on **ST36** - Left Side



DAY 3

GLUTATHIONE on K3 - Right Side

SP6 COMPLETE on K3 - Left Side

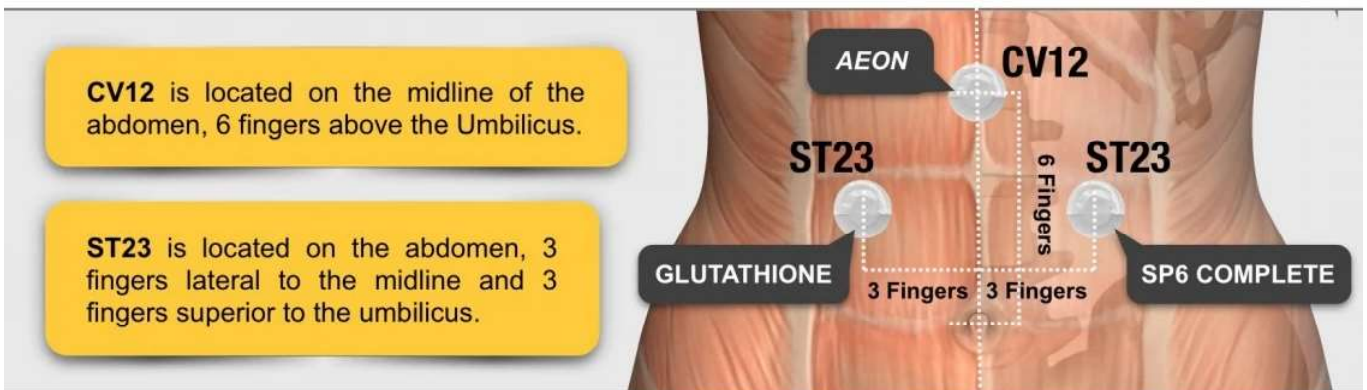


One More suggestion. Test by adding daily:

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.

Blood Pressure (High) - Hypertension

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

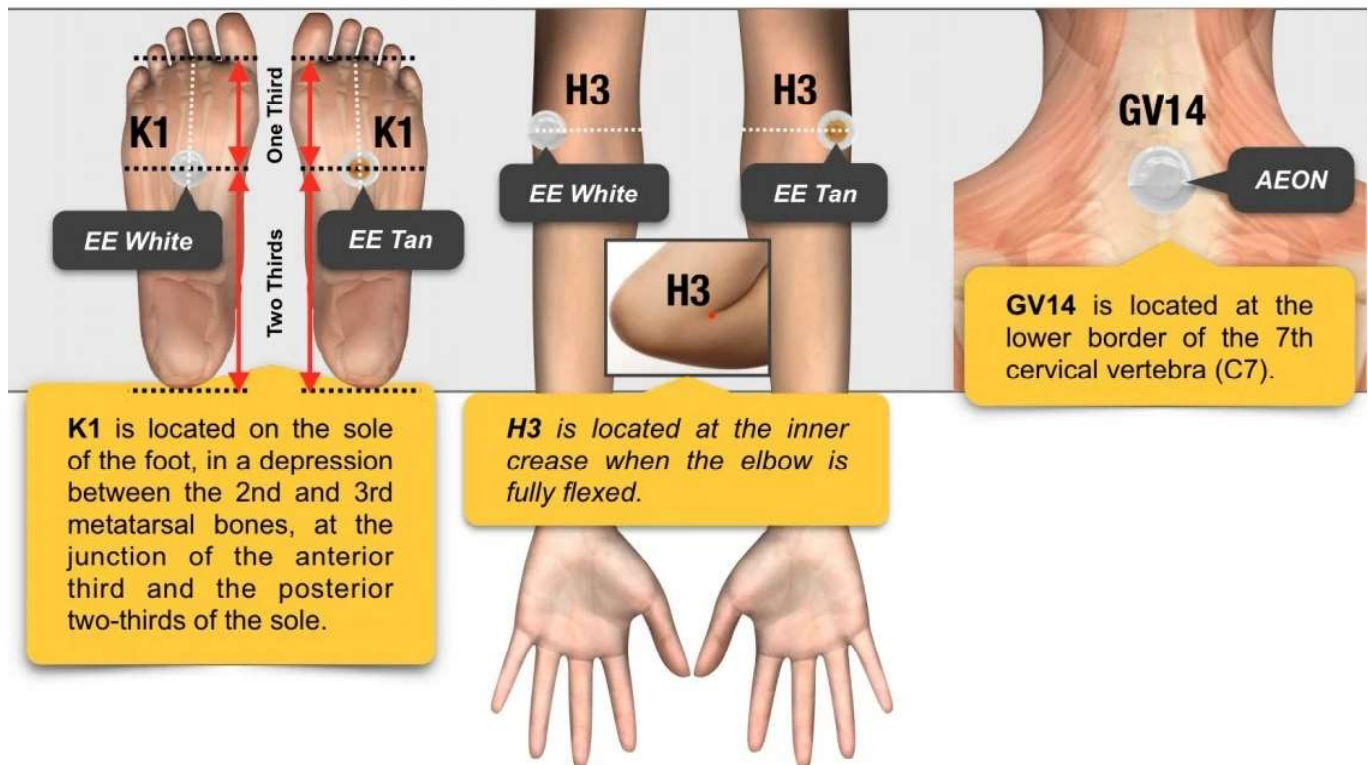
STEP 1:

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)



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...

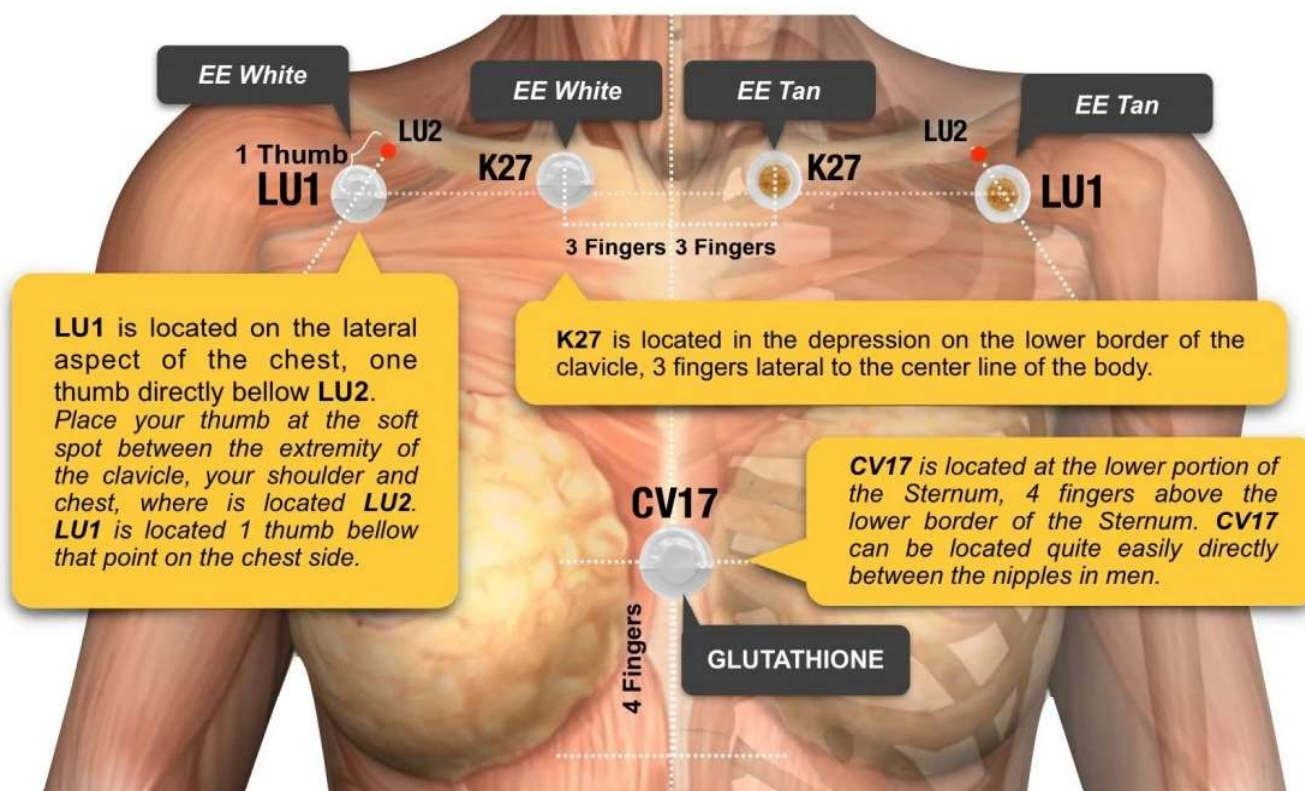
Asthma

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.

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:

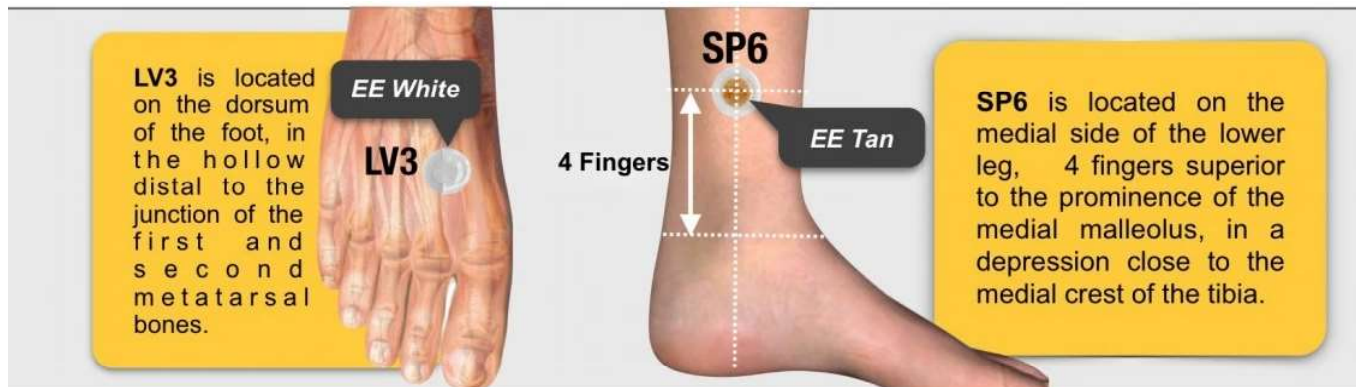
STEP #1

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)**





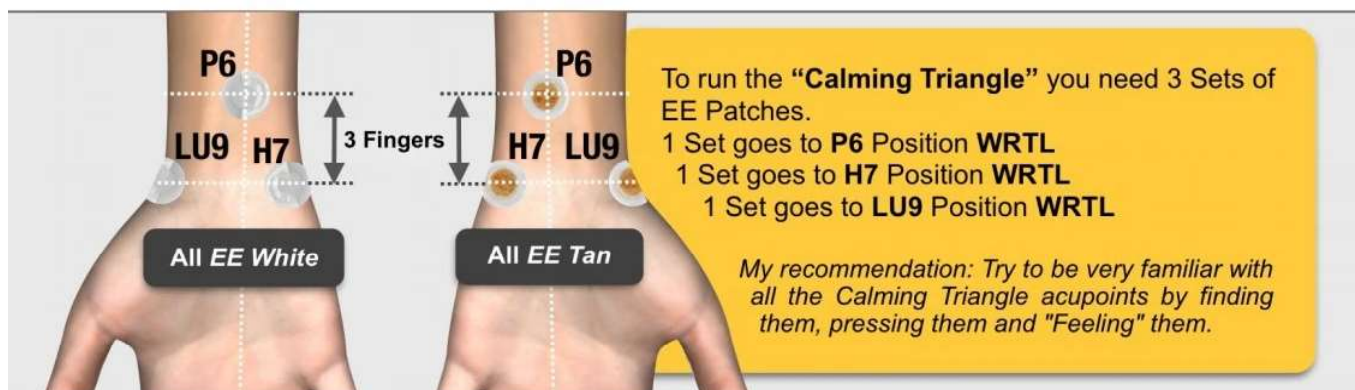
The idea here is to “**Connect**” specific points and give support to our “Emotional” aspect if you will...

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**.

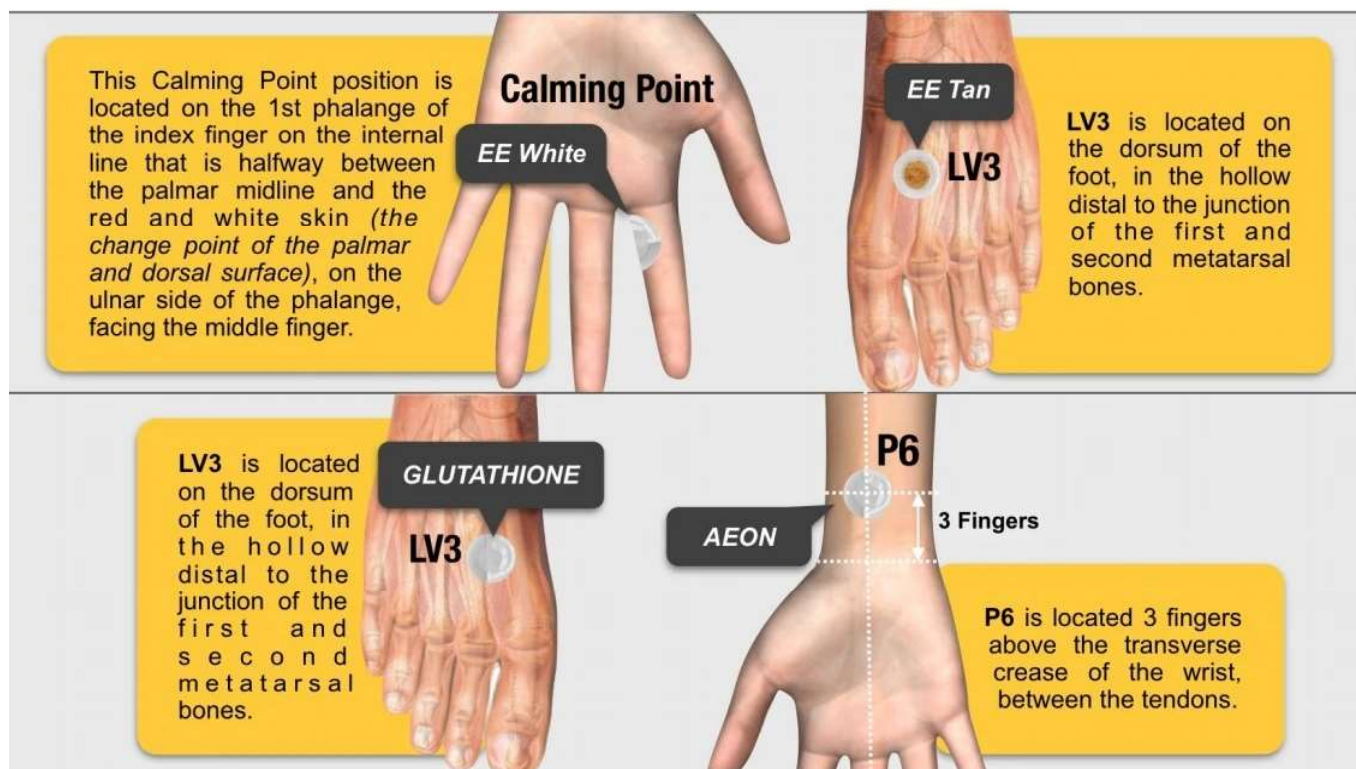
Now, let me introduce you to another Step which I think it will help greatly!.

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...

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

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.



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

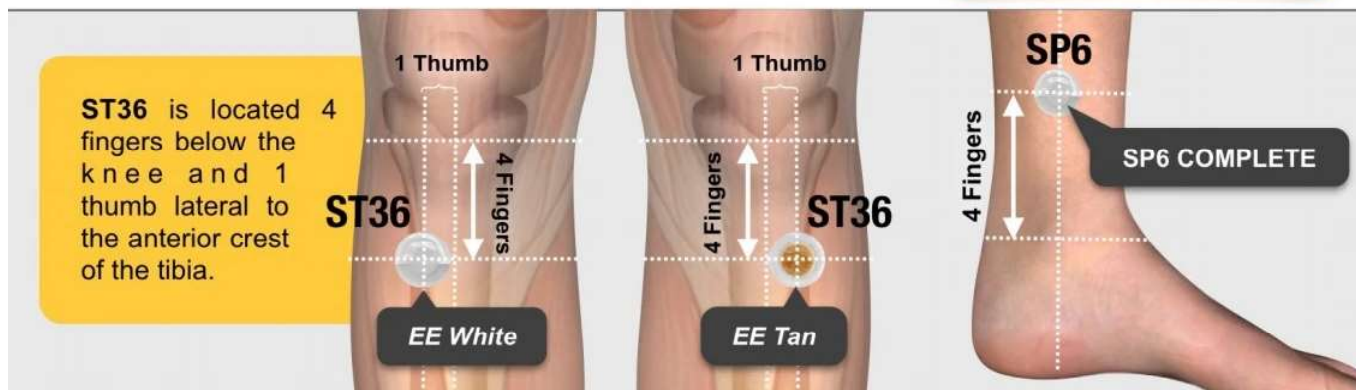


Day 2

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:

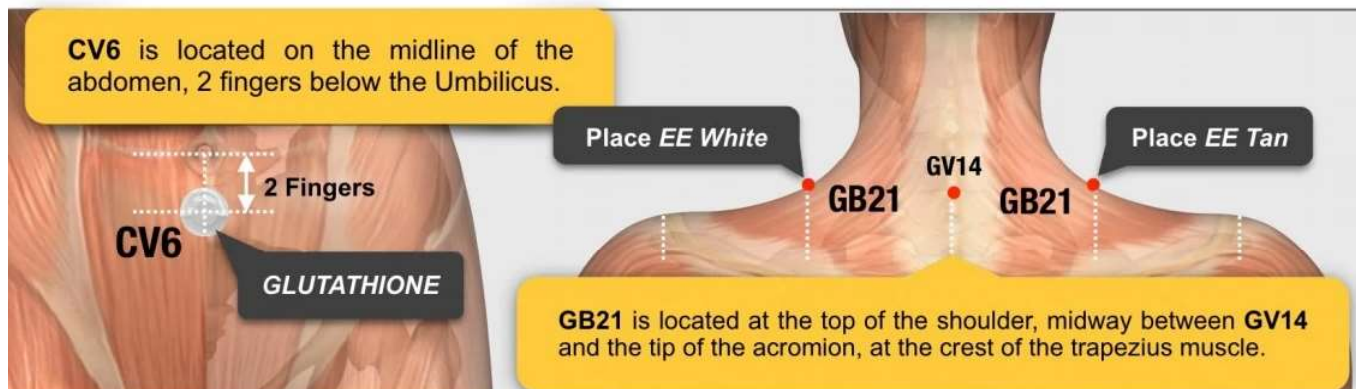
- 1- Start any option at a convenient time in the morning, i.e. 8am.
- 2- Keep all patches on for 24 hours.
- 3- Use new patches if were used for over 24 hours.

CHOLESTEROL OPTION #3

Day 1

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

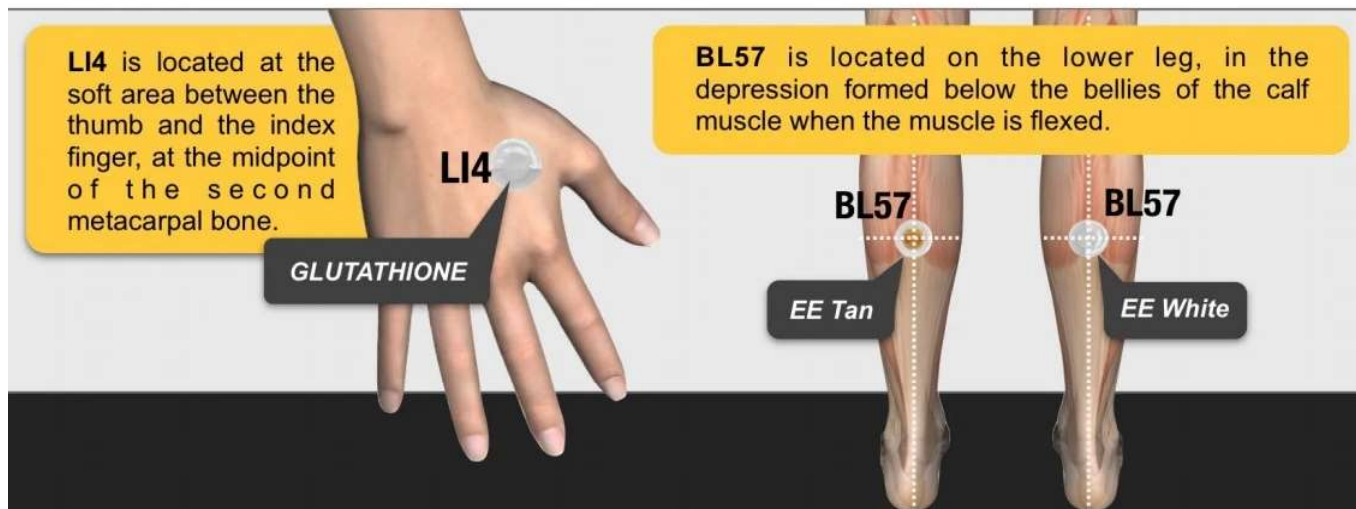
ENERGY ENHANCER on **GB21** - **WRTL** - Wear for 24 hours



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.

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**

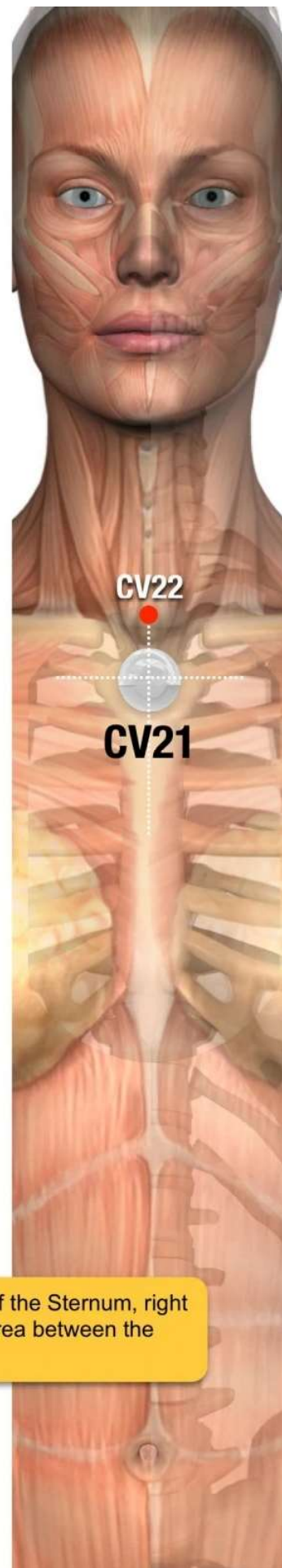
Note: Start at a convenient time in the morning (i.e. 8am)

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

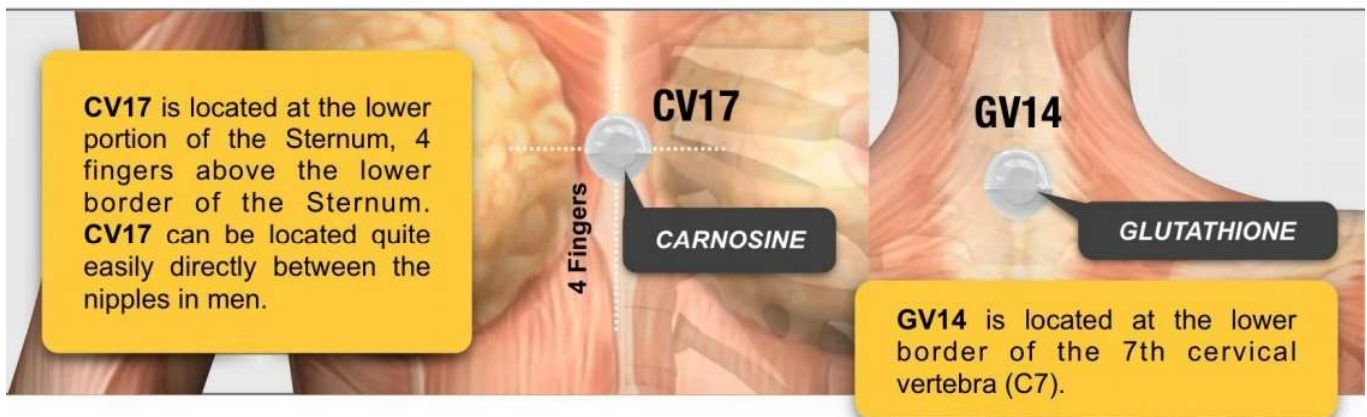
Step 1 – During the day (First 12 hours):

AEON on CV21

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

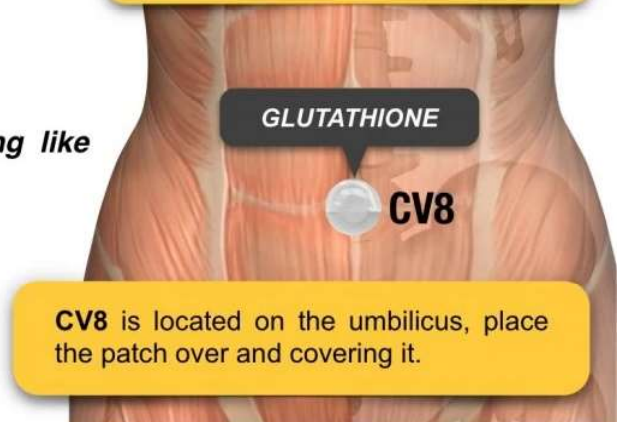


Then, place **CARNOSINE** on **CV17**
GLUTATHIONE on **GV14**



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.

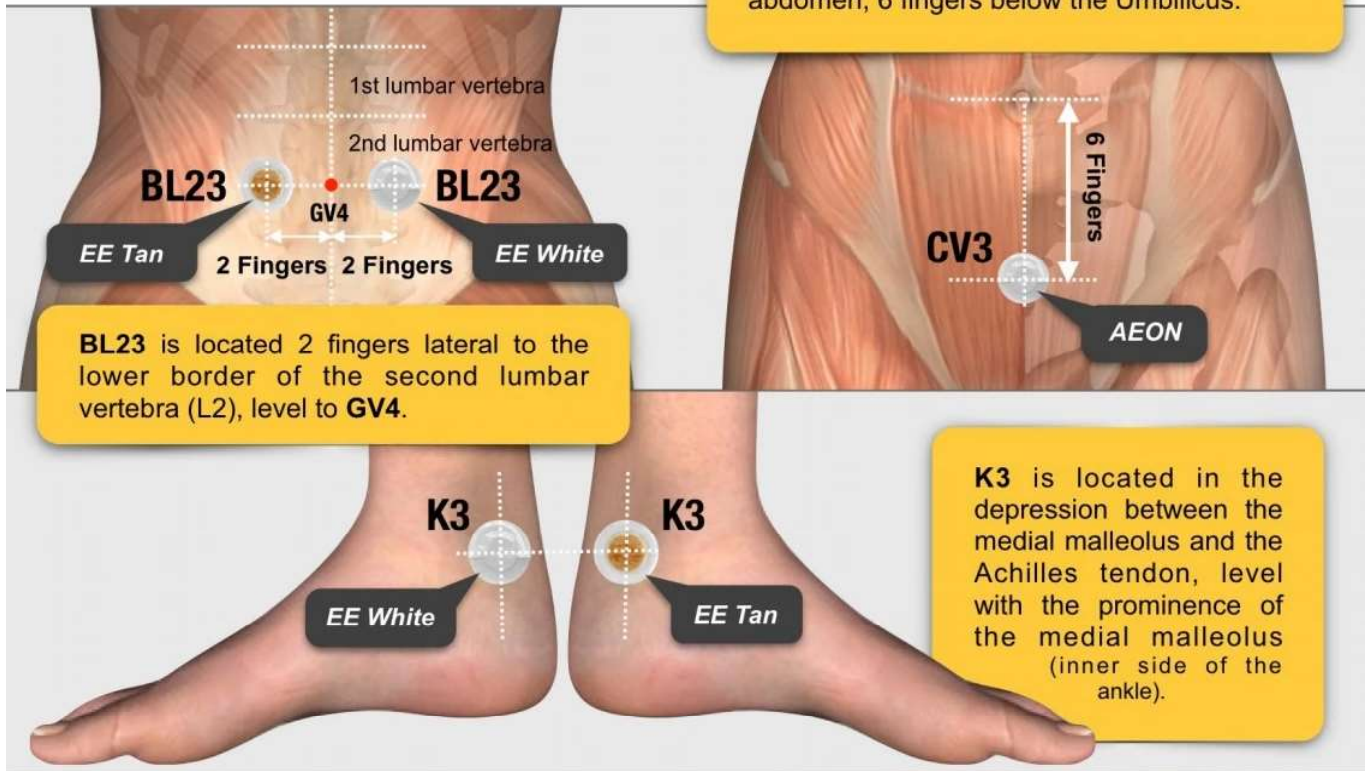
General Recommendations:

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

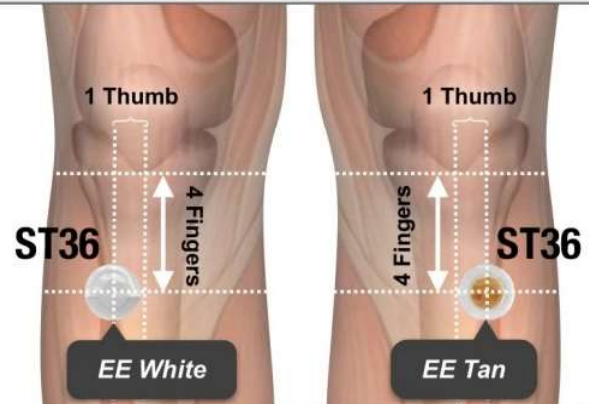
Frequent Urination at Night

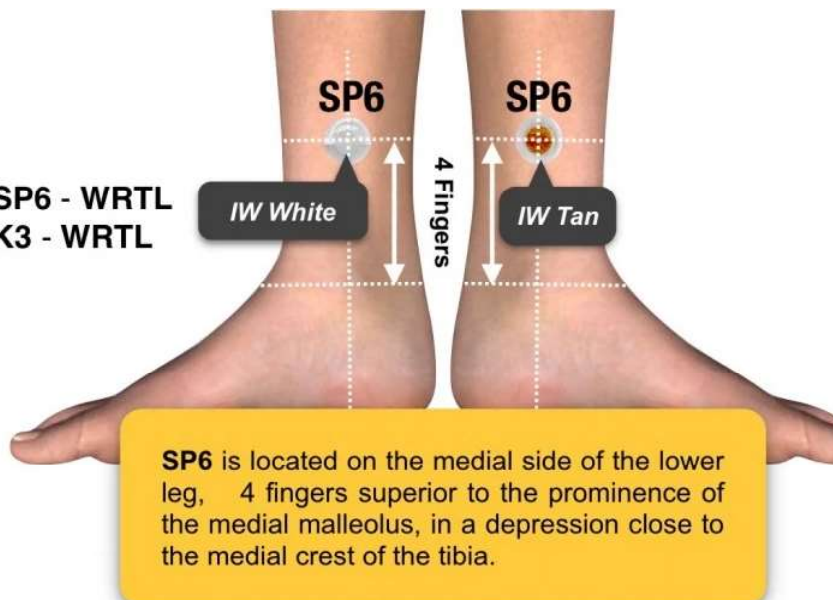
I've formulated this Protocol for some members who actually had pretty good results.

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



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)



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.

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.

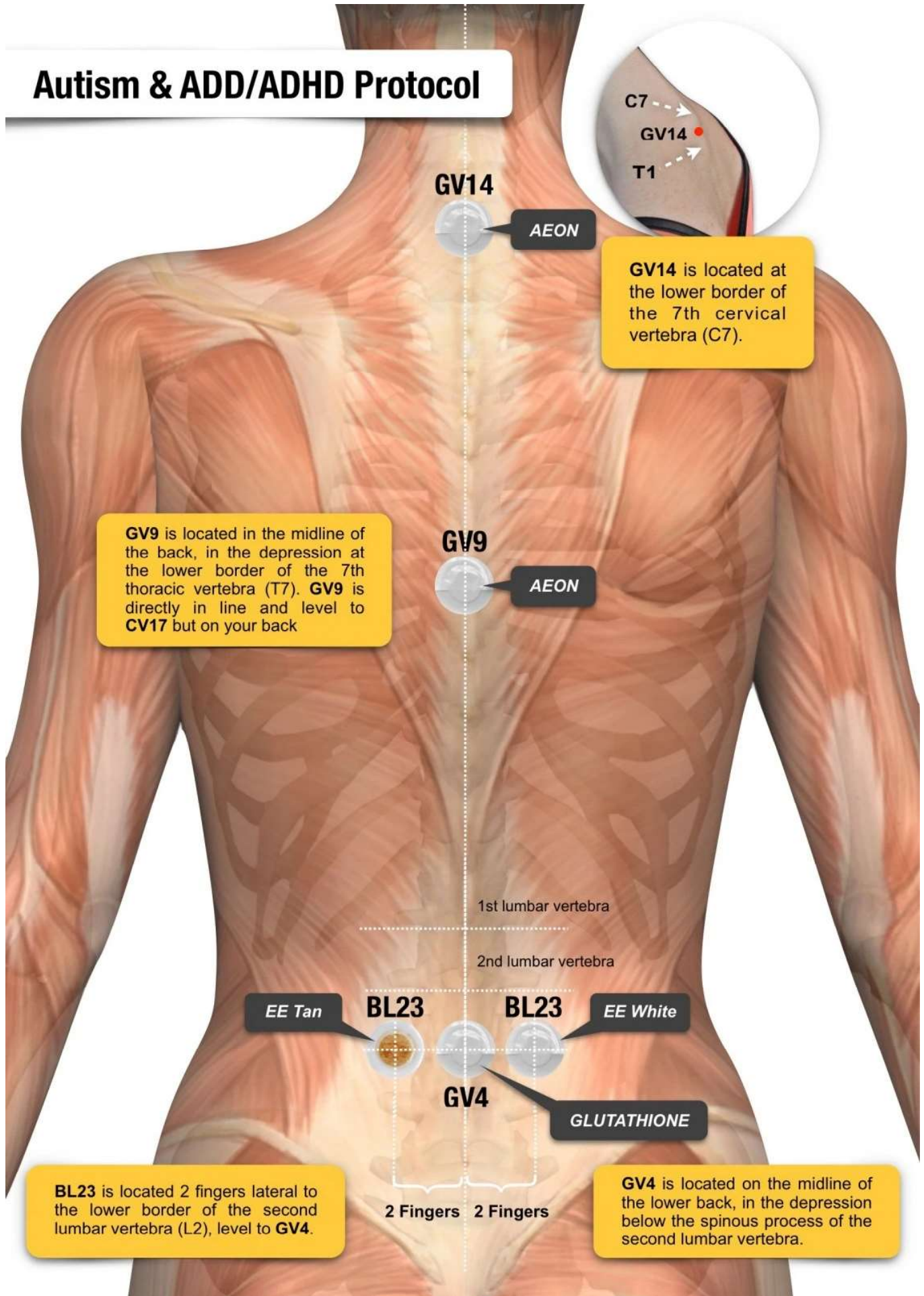
3- Use new patches if were used for over 24 hours.

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 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

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

GV4 is located on the midline of the lower back, in the depression below the spinous process of the second lumbar vertebra.

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**.

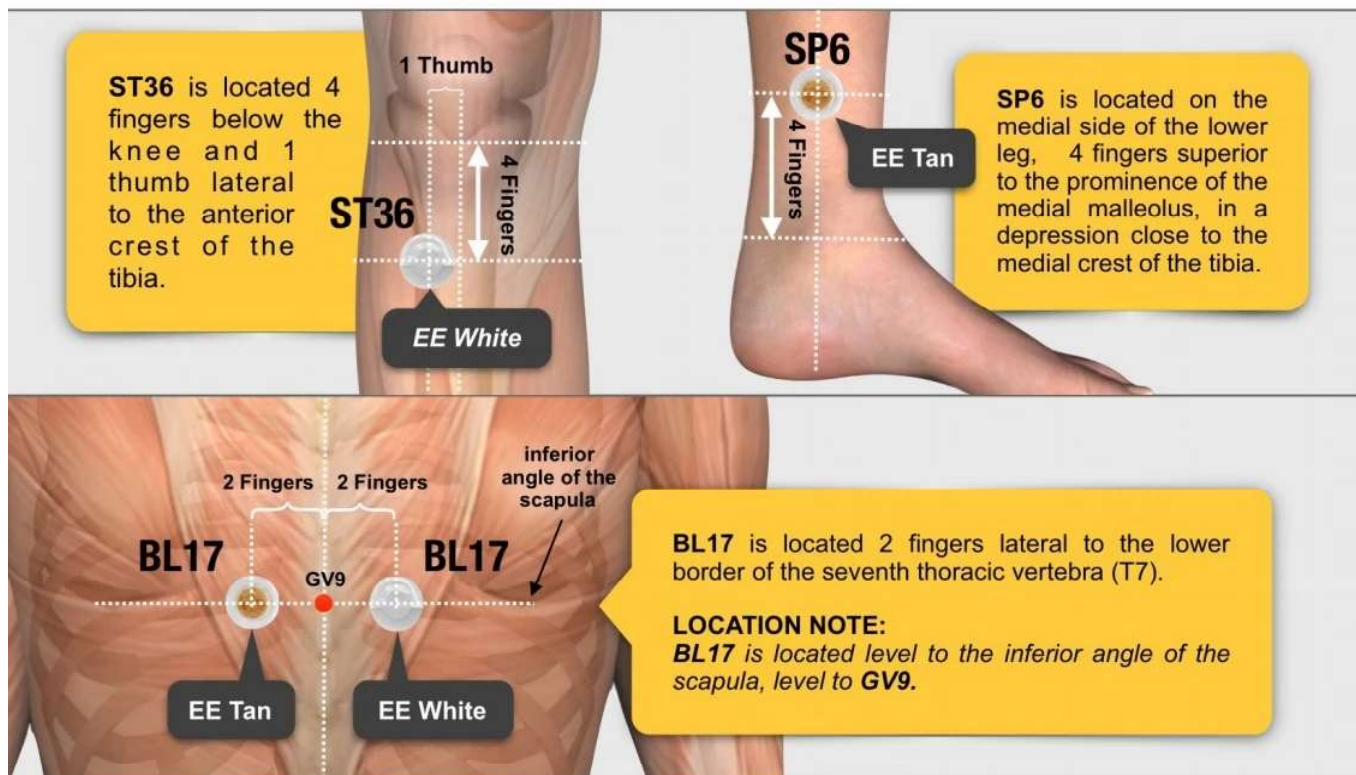
It's important to note that extreme emotional states such as depression, sadness and fear may result in blood deficiency. An imbalanced diet, hunger, excessive thirst, excessive consumption of salt may also lead to blood deficiency.

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

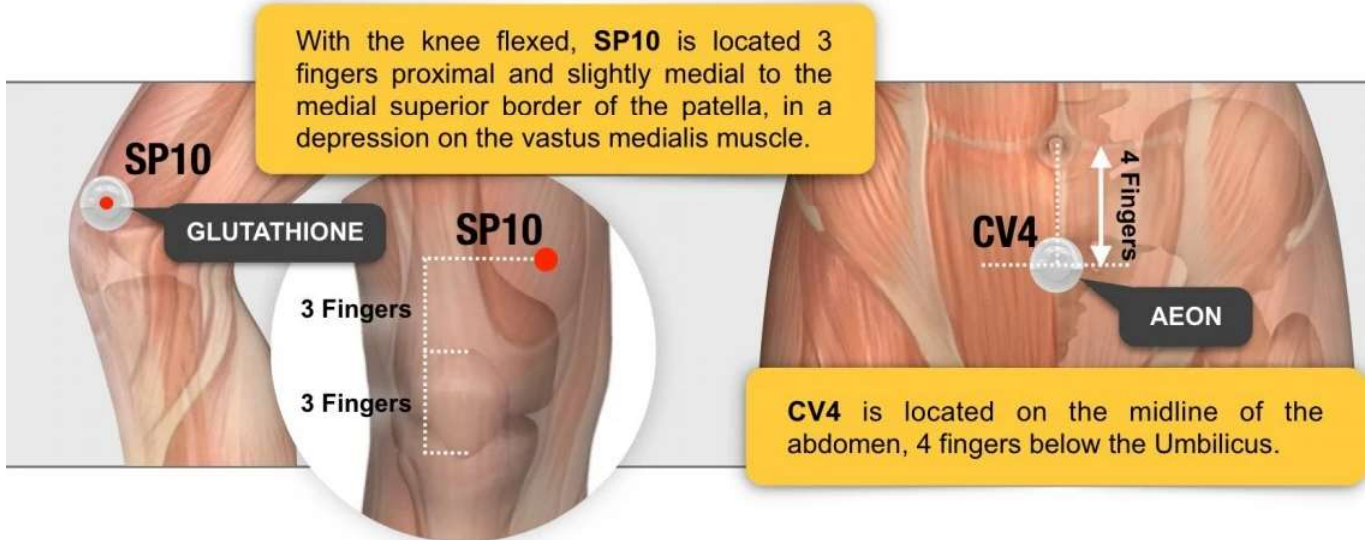


Anemia (Blood Deficiency) Protocol - DAY 1 - During the Day - *Continue*

Lastly, add the following:

GLUTATHIONE on **SP10** - Right Side

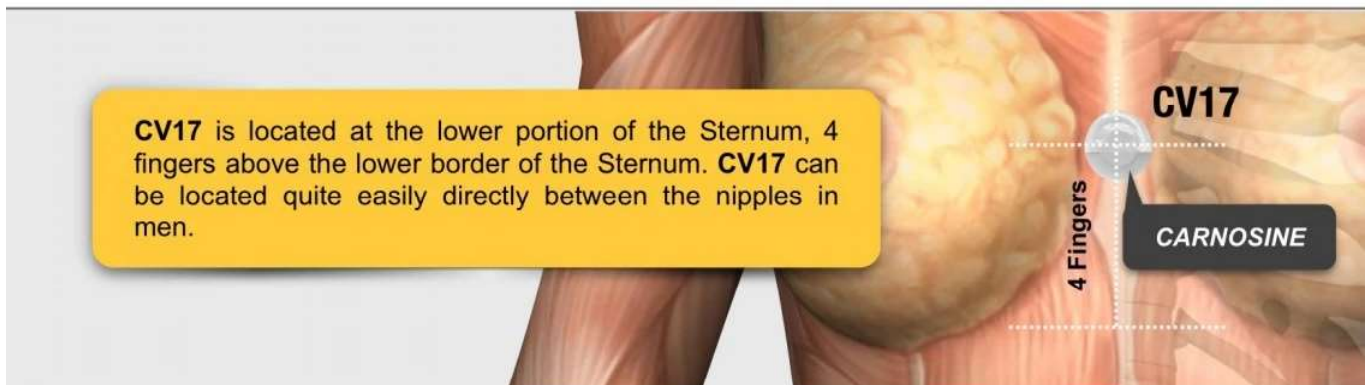
AEON on **CV4**



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.

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.

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.

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

EE White patch on **ST36**

EE Tan patch on **SP10**

EE Tan patch on **BL17**

EE White patch on **BL17**

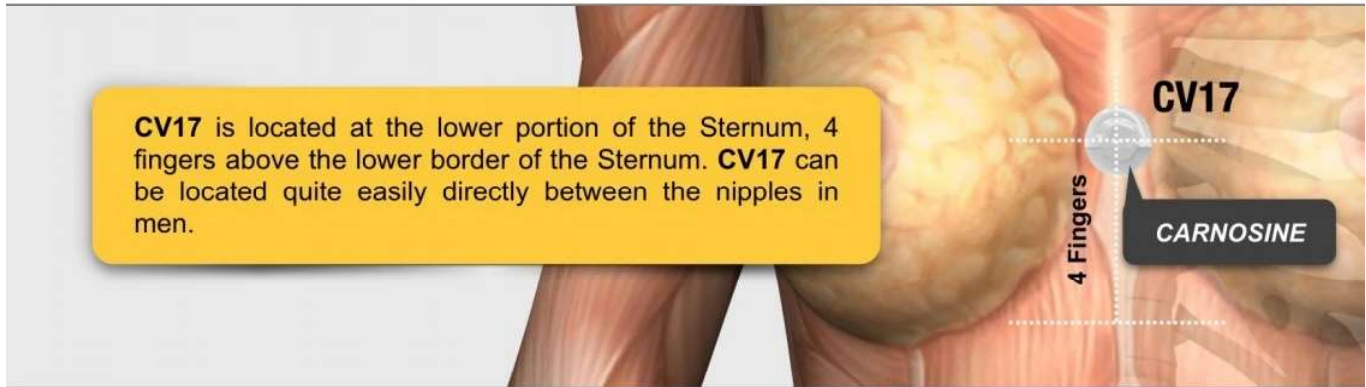
GLUTATHIONE patch on **SP6**

AEON patch on **CV6**

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.

Blood Circulation (Improving)

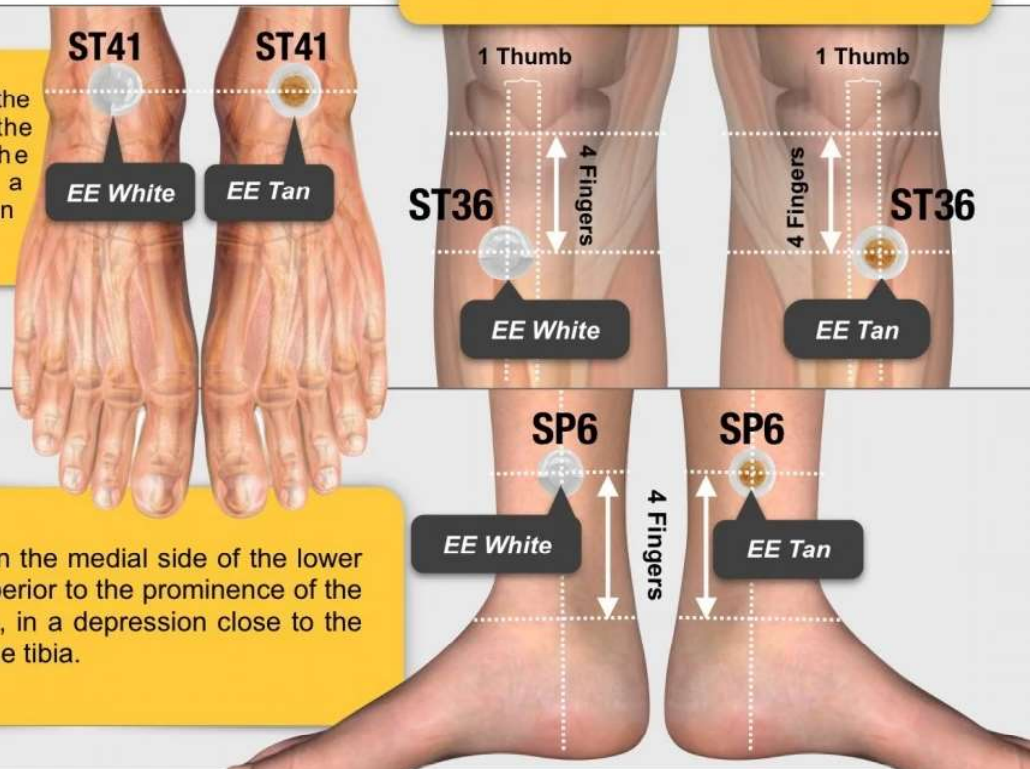
Improving Blood Circulation Advanced Patching Options

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.

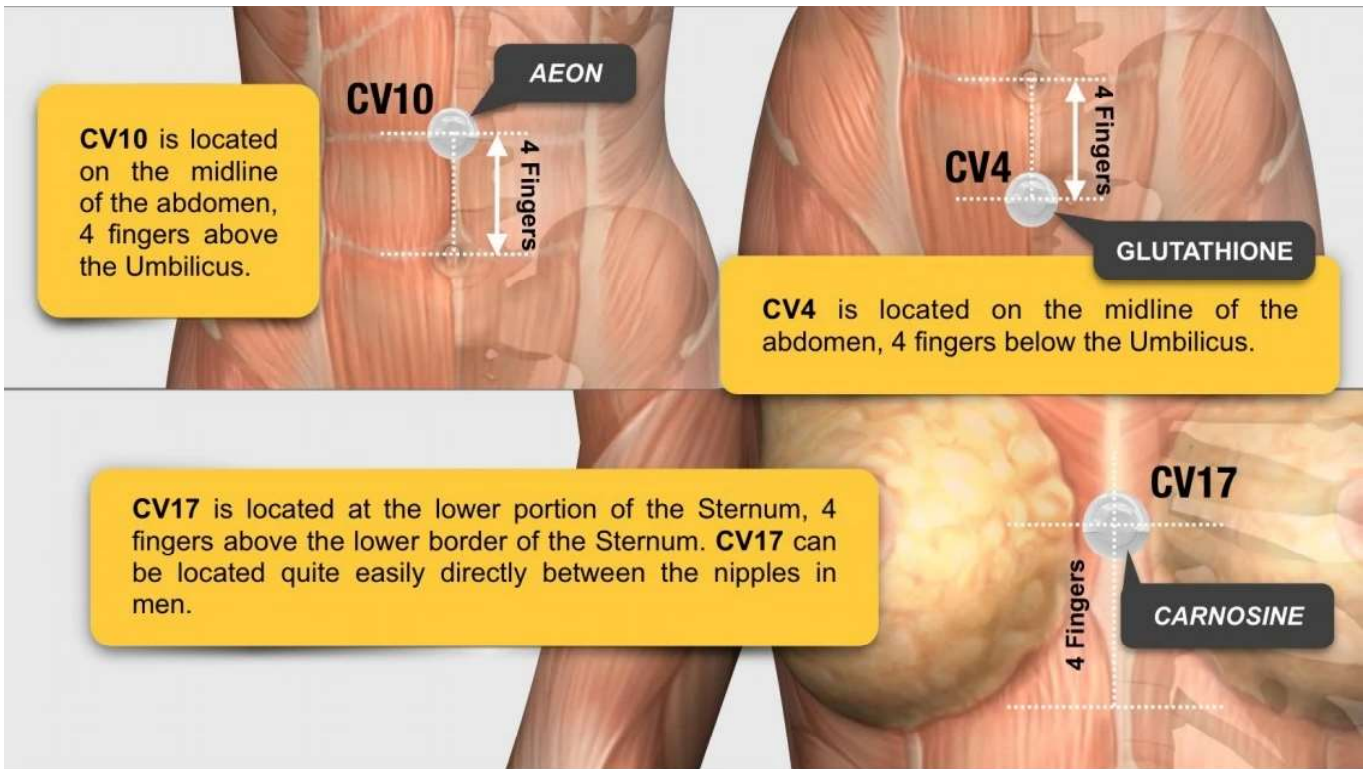
ST41 is located on the ankle, level with the prominence of the anklebone, in a depression between the tendons.



Then add:

AEON on **CV10**
GLUTATHIONE on **CV4**
CARNOSINE on **CV17**

This protocol continues in the next page →



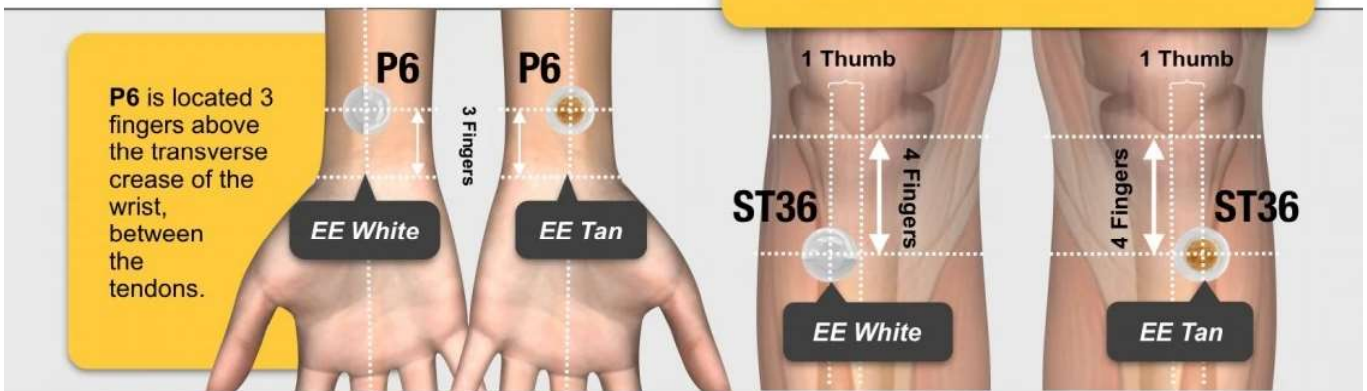
Run this Patching Option During The Day, 5 times per week and rest 1 or 2 days, then continue the following week, till you find some improvement in your overall circulation.

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**

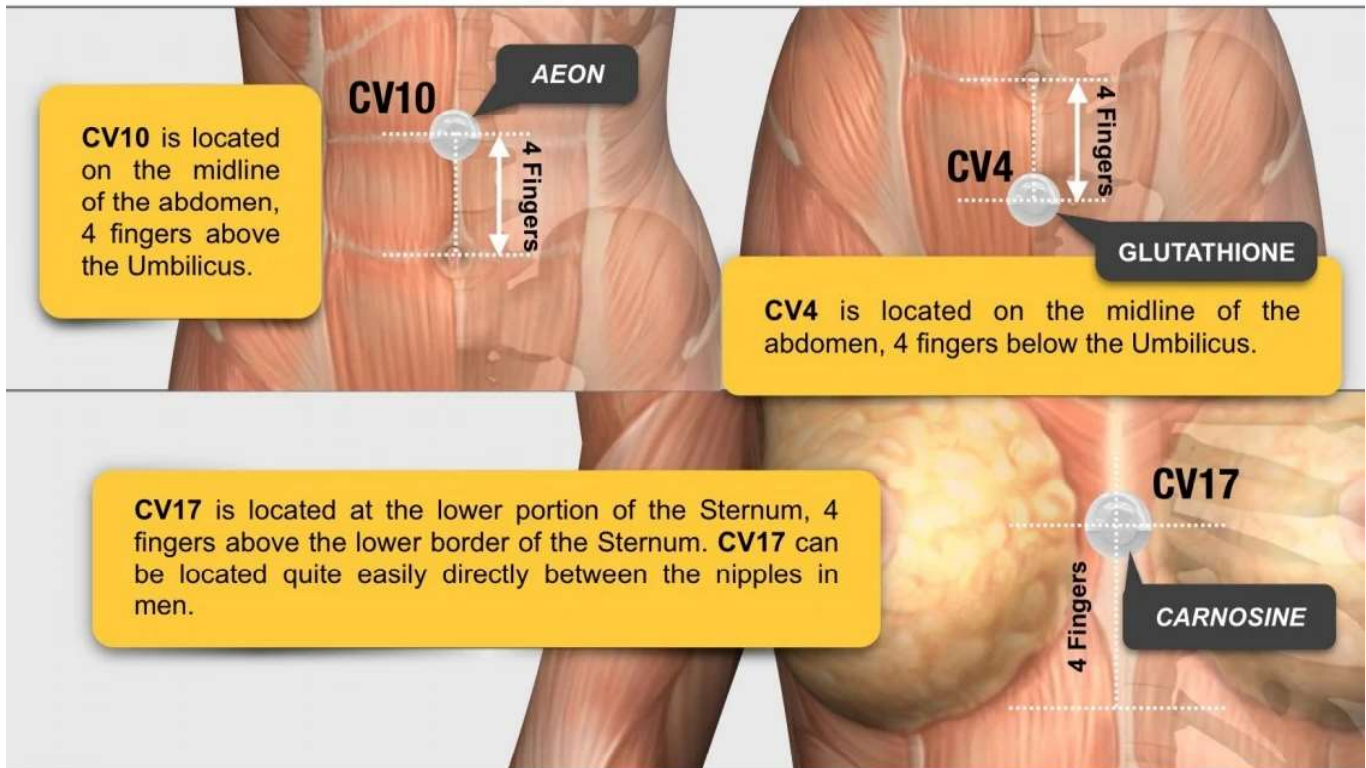
ST36 is located 4 fingers below the knee and 1 thumb lateral to the anterior crest of the tibia.



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.

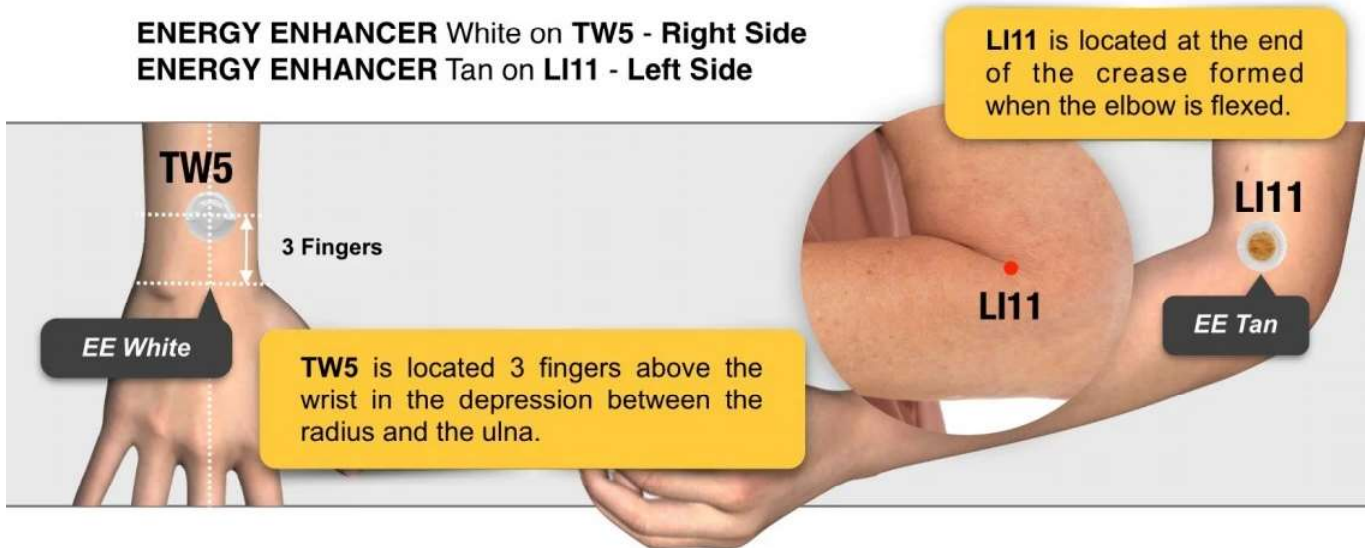
You can check which option works better for you.

This protocol continues in the next page →

Additional Combinations:

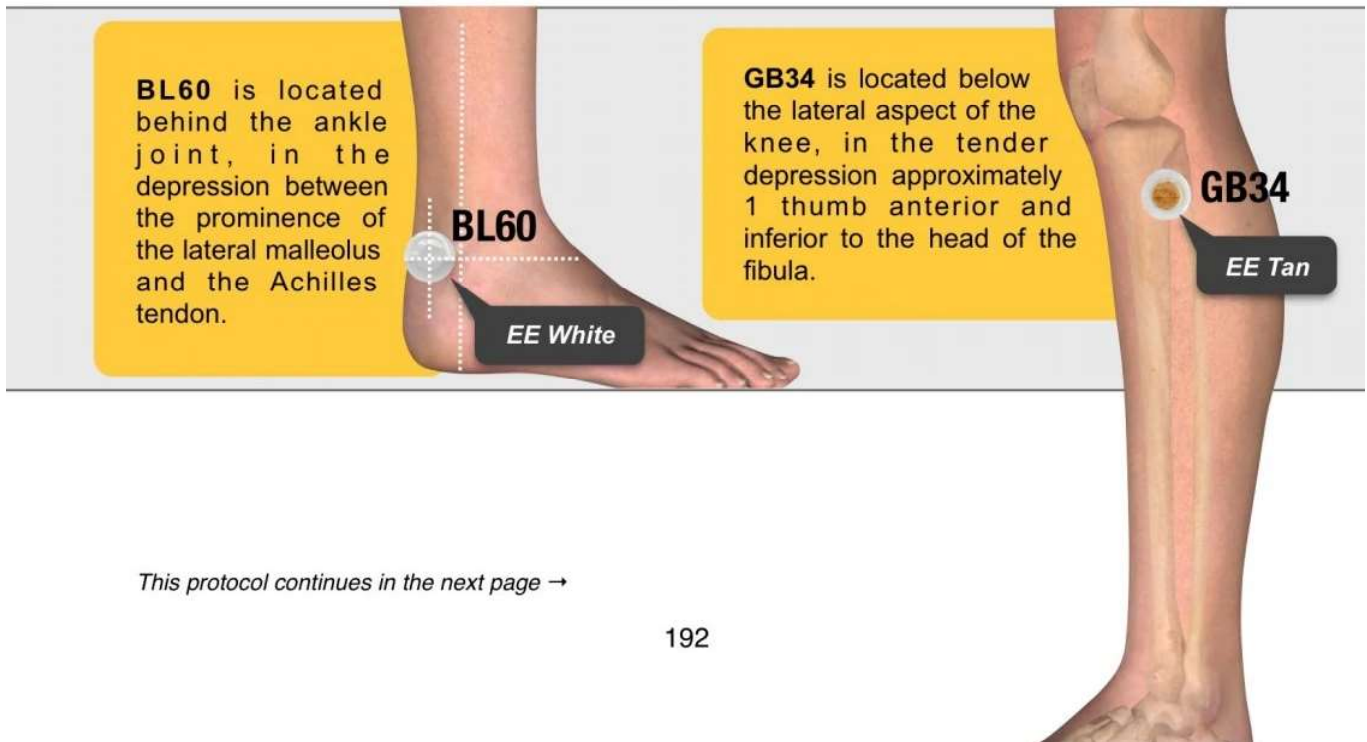
For Improving Circulation at Upper Extremities Specifically You Can Test by Adding Also:

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:

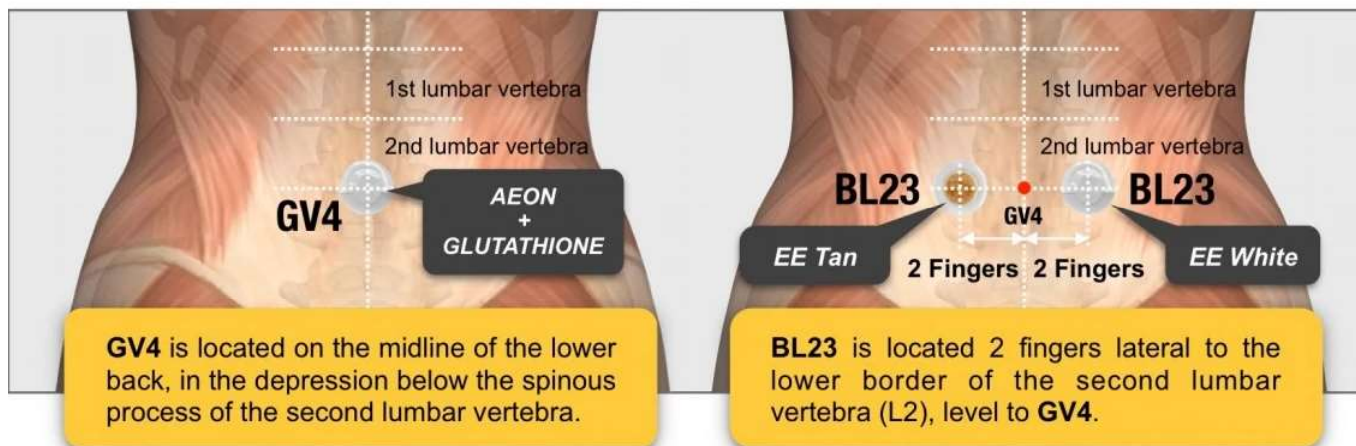
ENERGY ENHANCER White on BL60 - Right Side
ENERGY ENHANCER Tan on GB34 - Left Side



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**



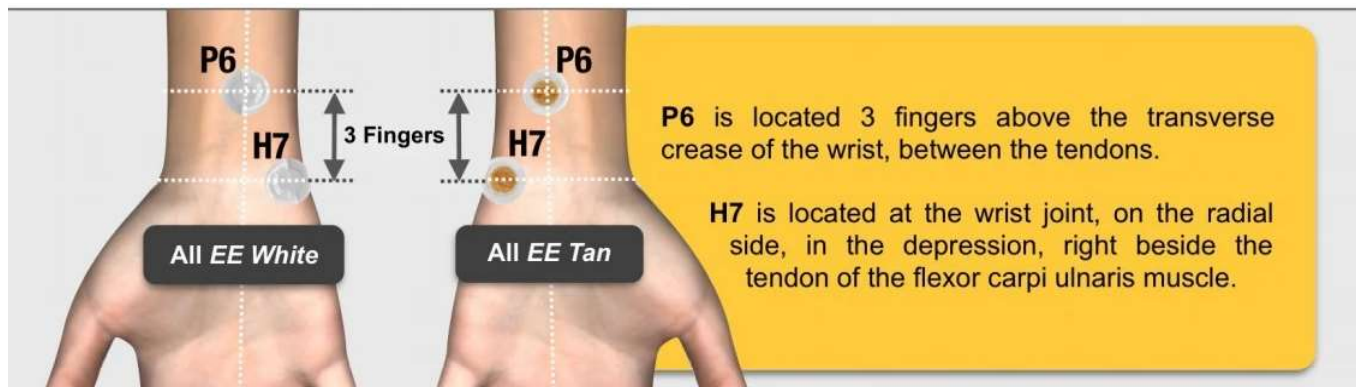
To Apply During The Night

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:

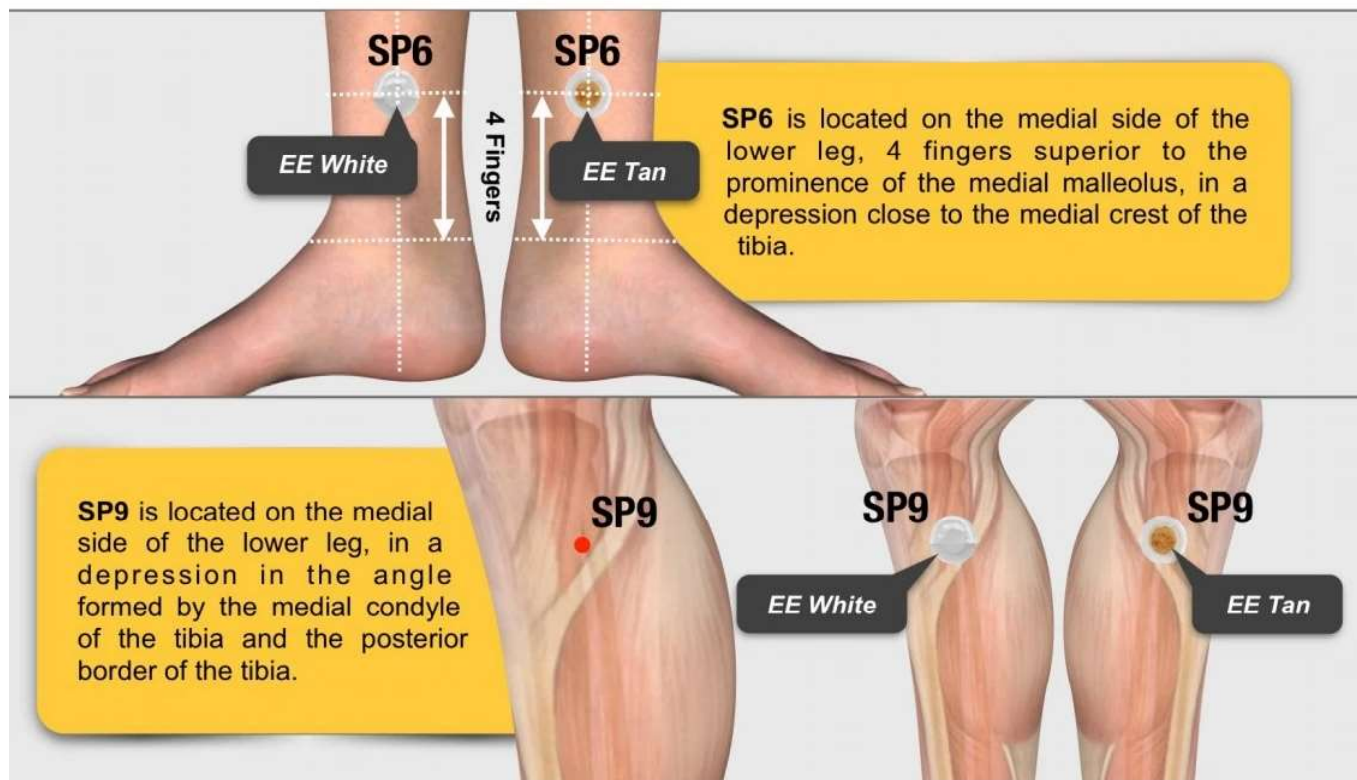
ENERGY ENHANCER on **P6 - WRTL**
ENERGY ENHANCER on **H7 - WRTL**



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.

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

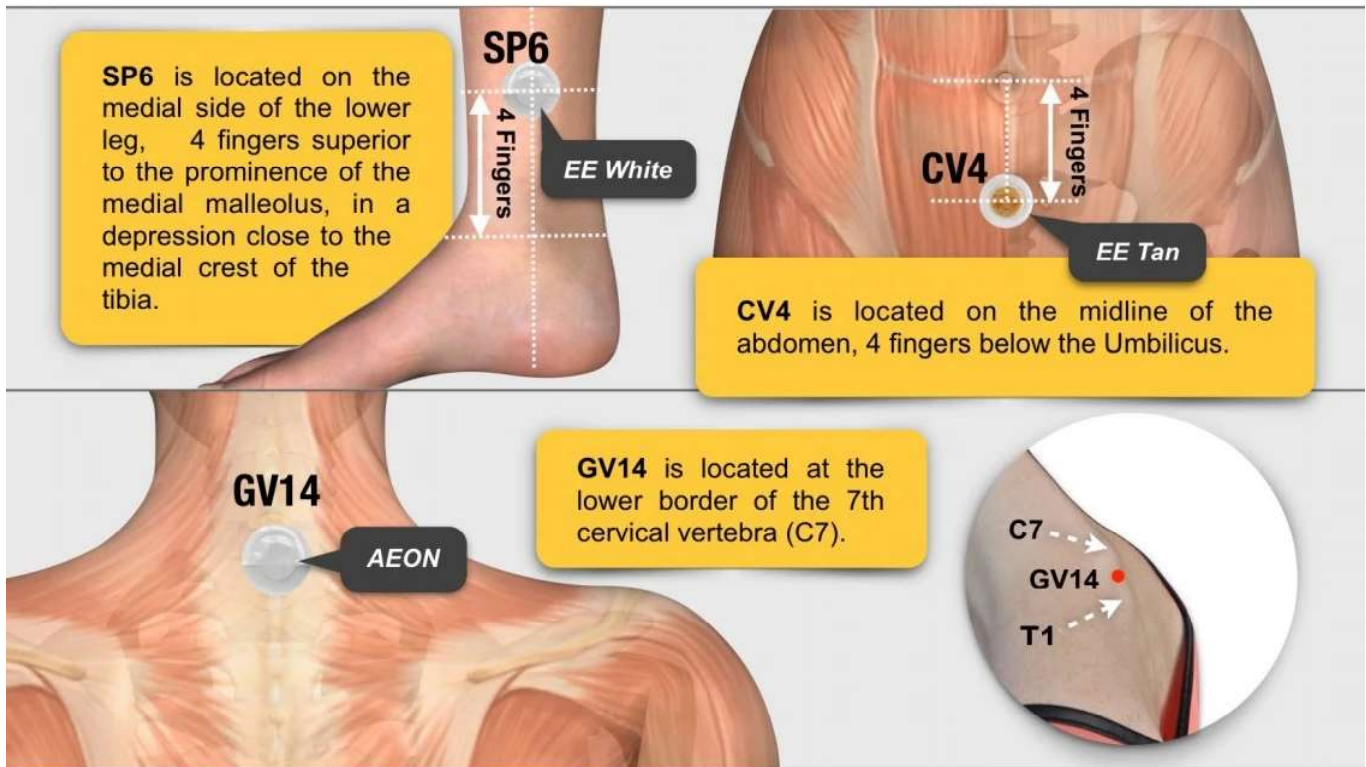
Day 1

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

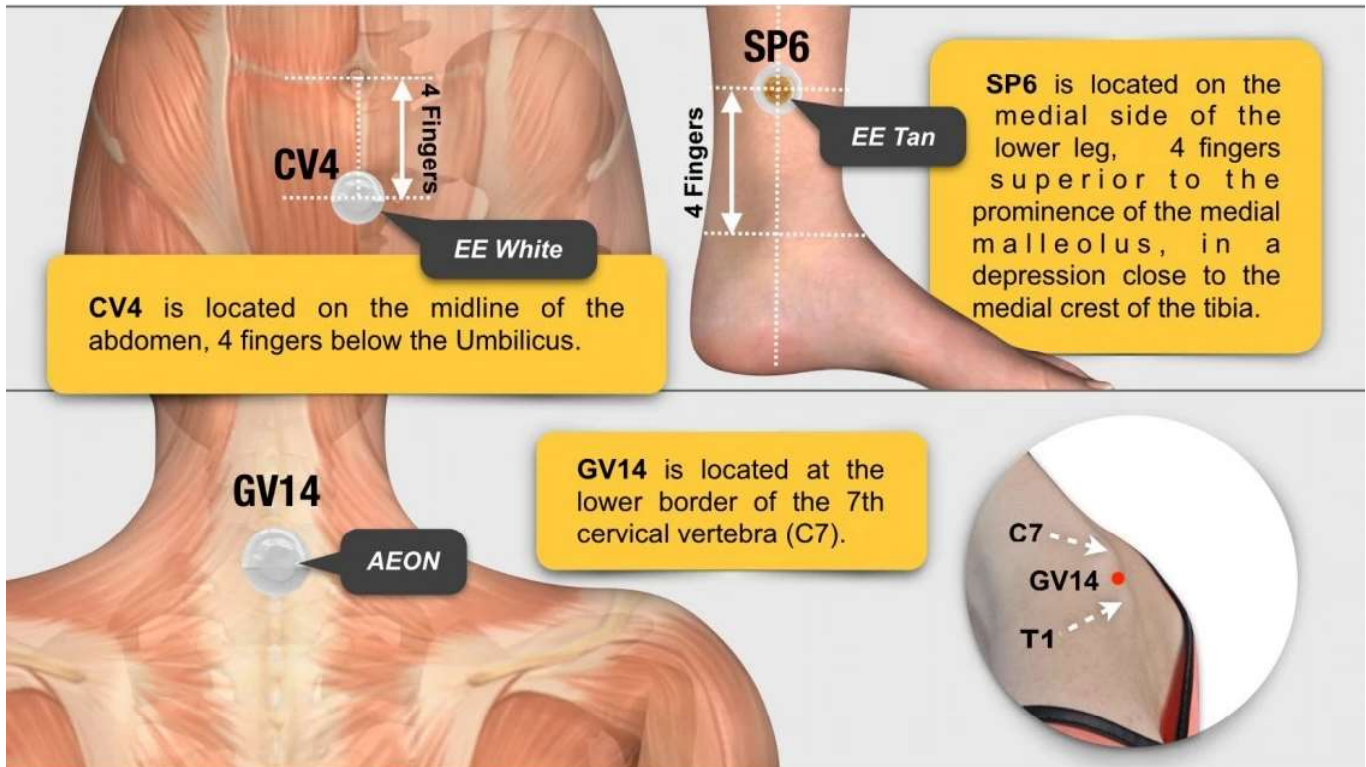
Remove all patches from the previous day and wear a new set.

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.

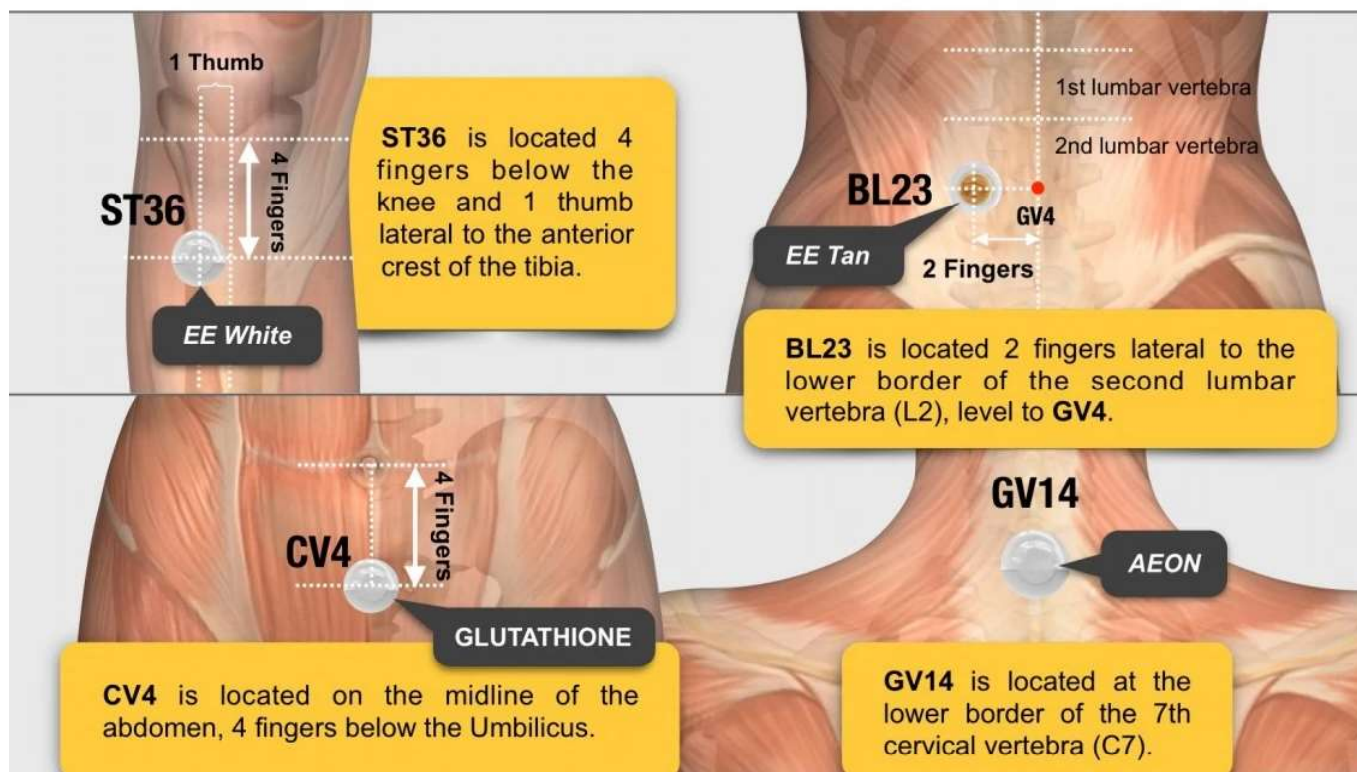
During The Day:

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.

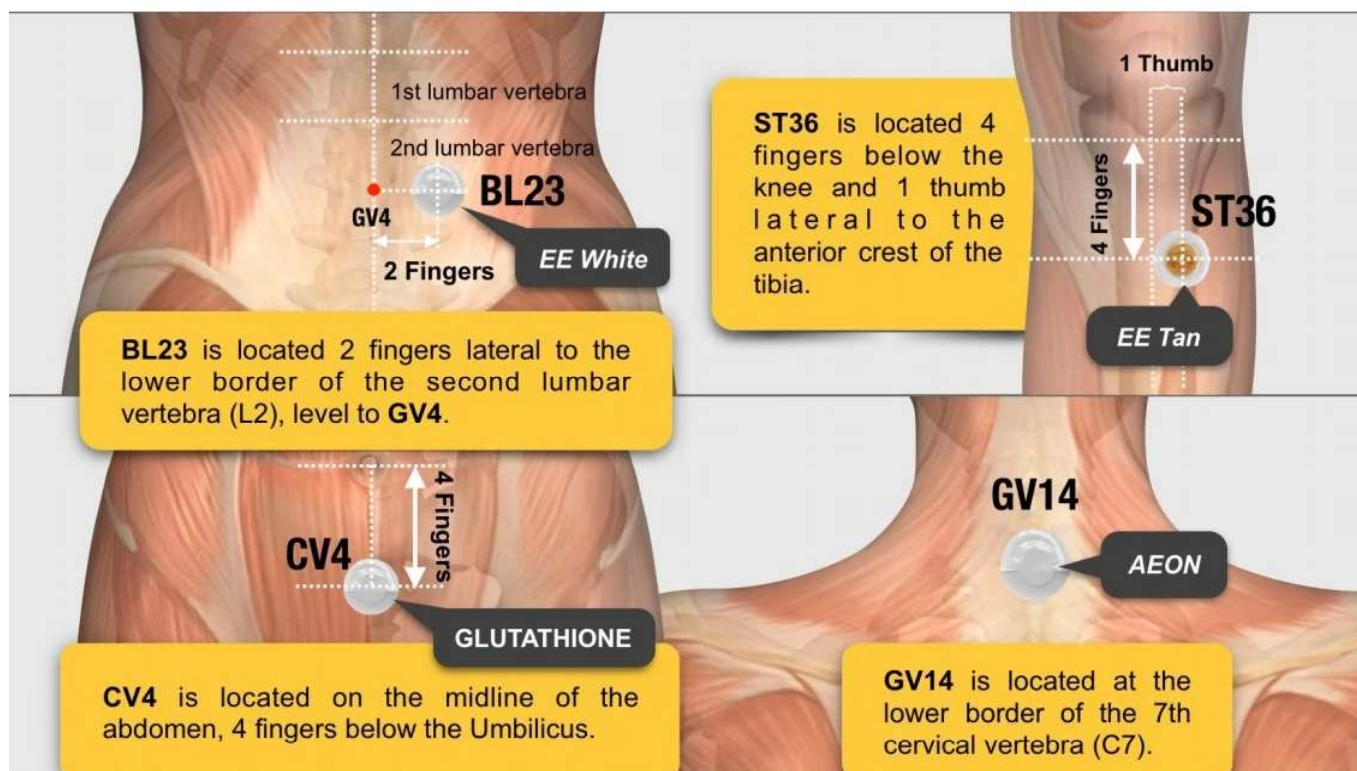
During The Day:

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.

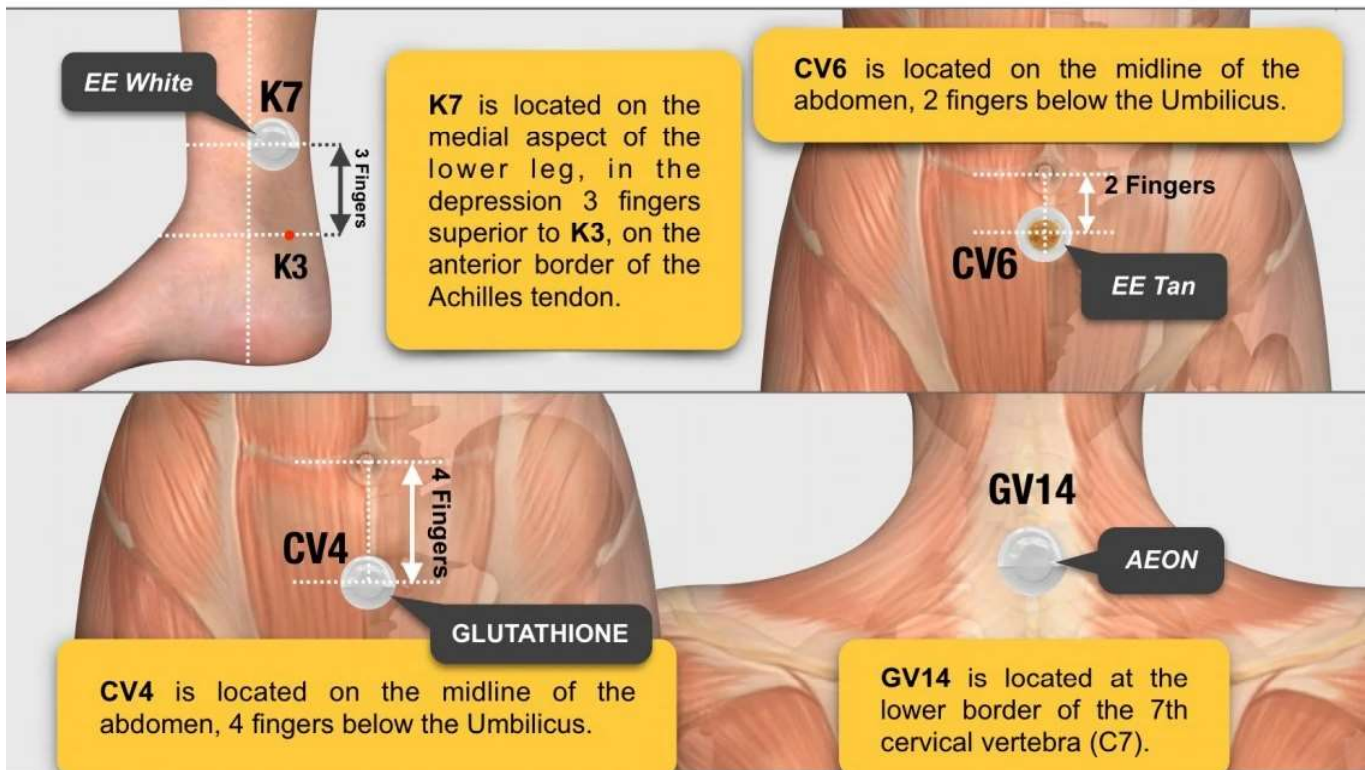
During The Day:

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

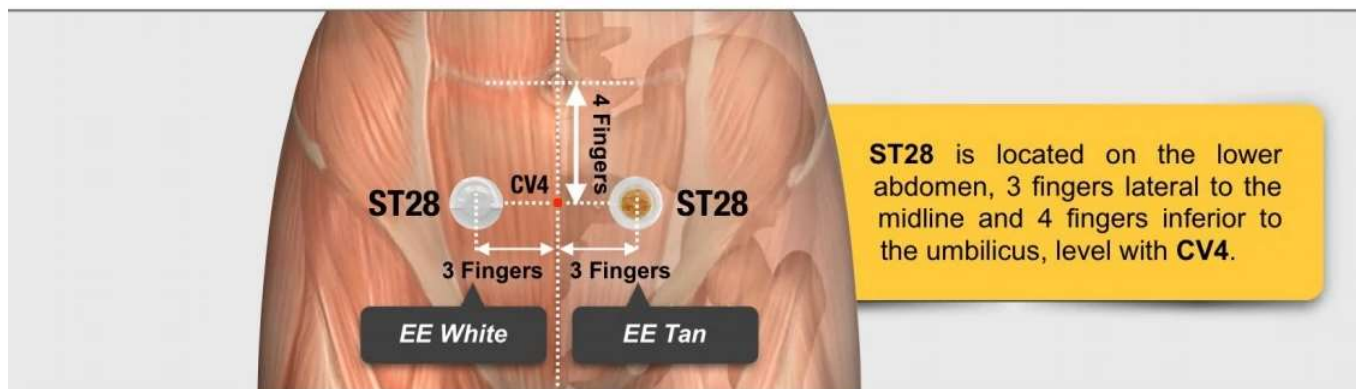
Note: Try to start this program at a convenient time in the morning, i.e. 8am. Preferably at the same time you started the day before. **CARNOSINE** patch should replace the **AEON** patch at the same position after 12 hours, i.e. 8pm.

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:

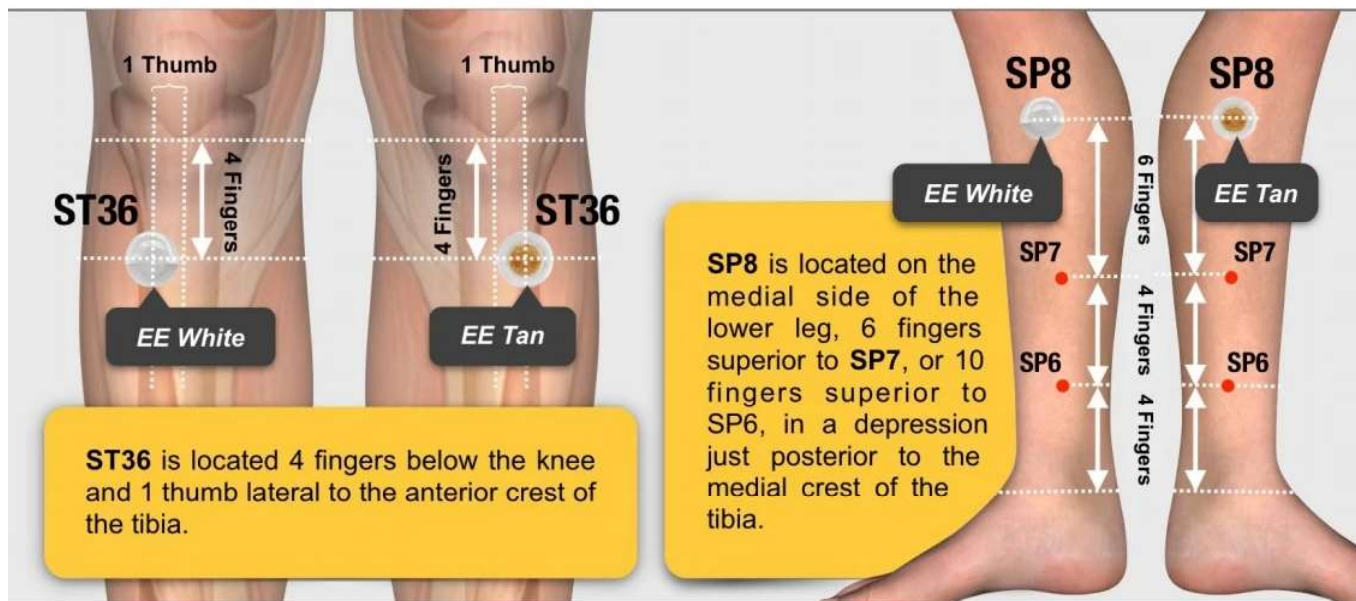
- 1- Diabetes CAN be controlled by using LifeWave patches.
- 2- Mr. Kok used the Main Diabetes Protocol consistently for 2 years.
- 3- To help him achieve maximum results he incorporated new habits into his lifestyle like for example: Proper Eating Habits and Exercise.
- 4- Now he has developed his own variation:

Diabetes Variation Protocol - During the Day:

First Place This:

ENERGY ENHANCER on **ST36** - **WRTL** - Wear for 6 hours.

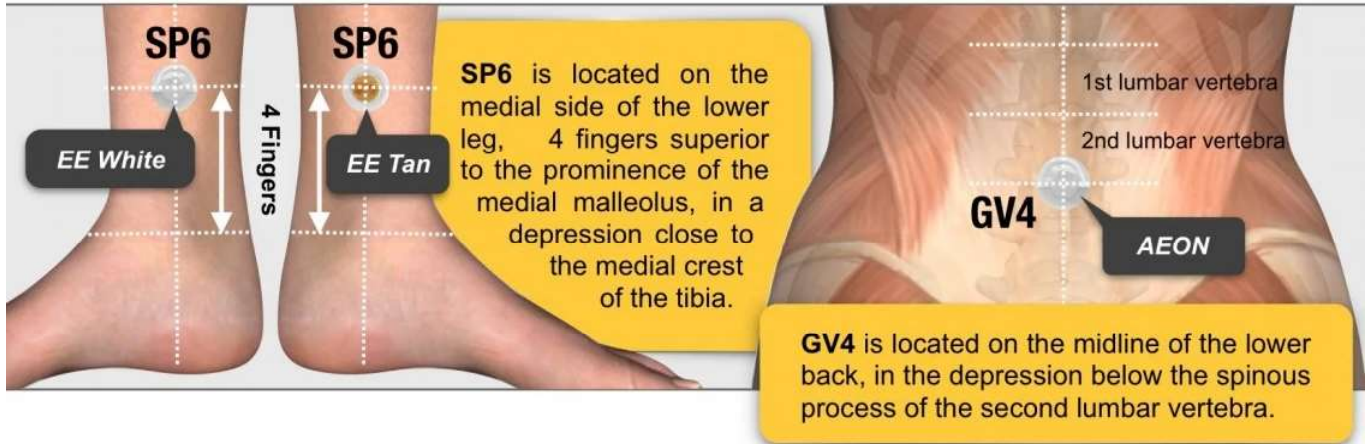
ENERGY ENHANCER on **SP8** - **WRTL** - Wear for 6 hours.



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.

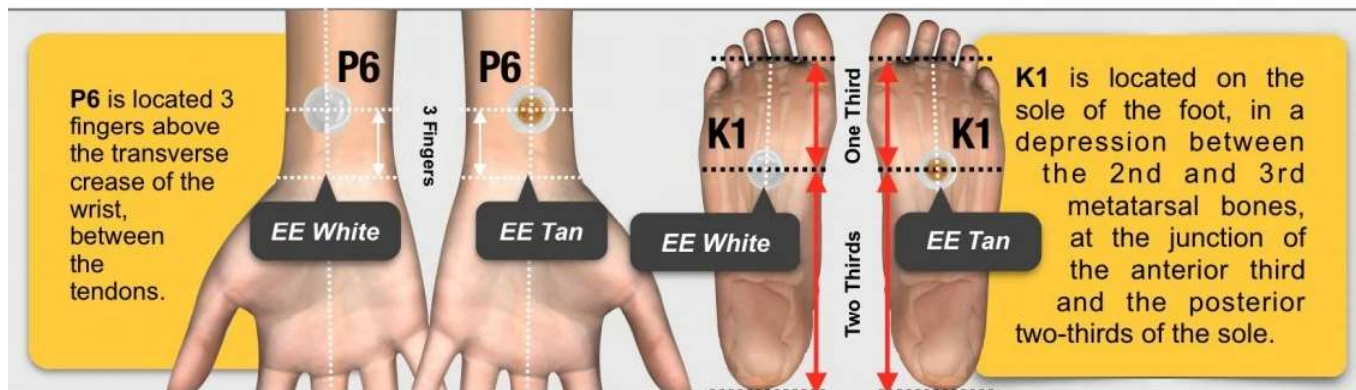
Vertigo

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.

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

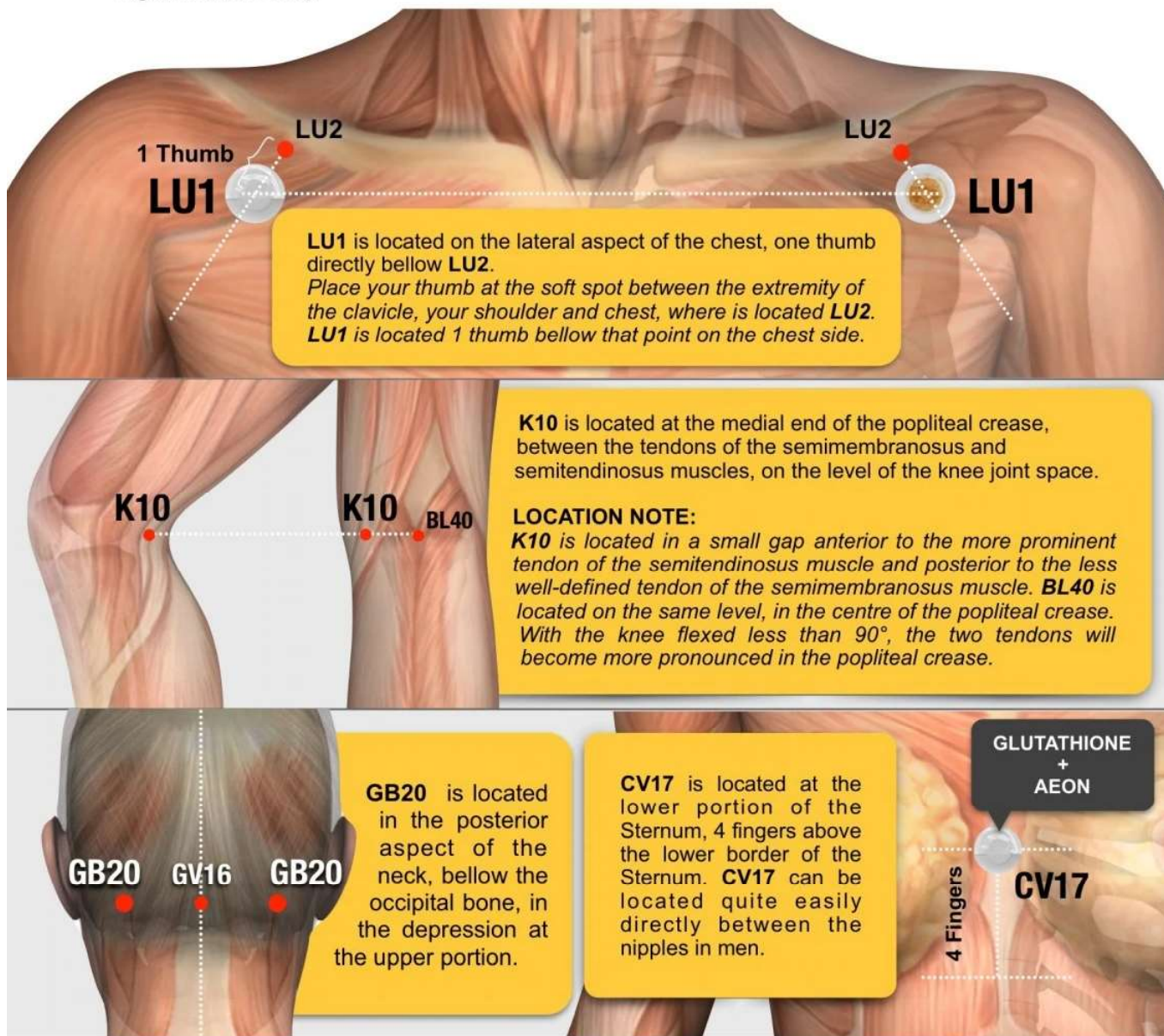
ENERGY ENHANCER on **LU1** - **WRTL** (This point is to tonify Lung Yin).

ENERGY ENHANCER on **K10** - **WRTL** (This point is to tonify Kidney Yin).

ENERGY ENHANCER on **GB20** - **WRTL** (This point is to reduce Wind).

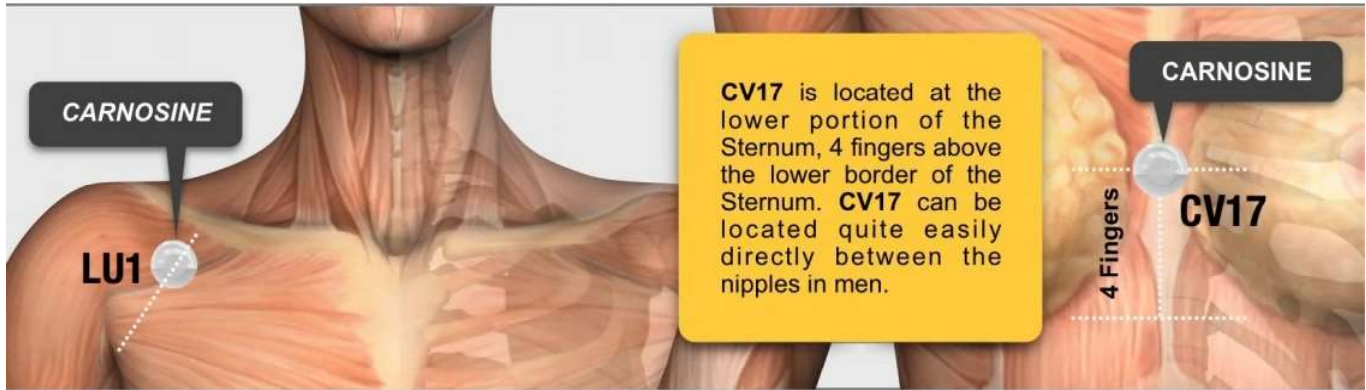
GLUTATHIONE + AEON Double Stacked or both together on **CV17**

(I include the point because **CV17** is considered by many the **Master Point** for the respiratory organs and the skin).



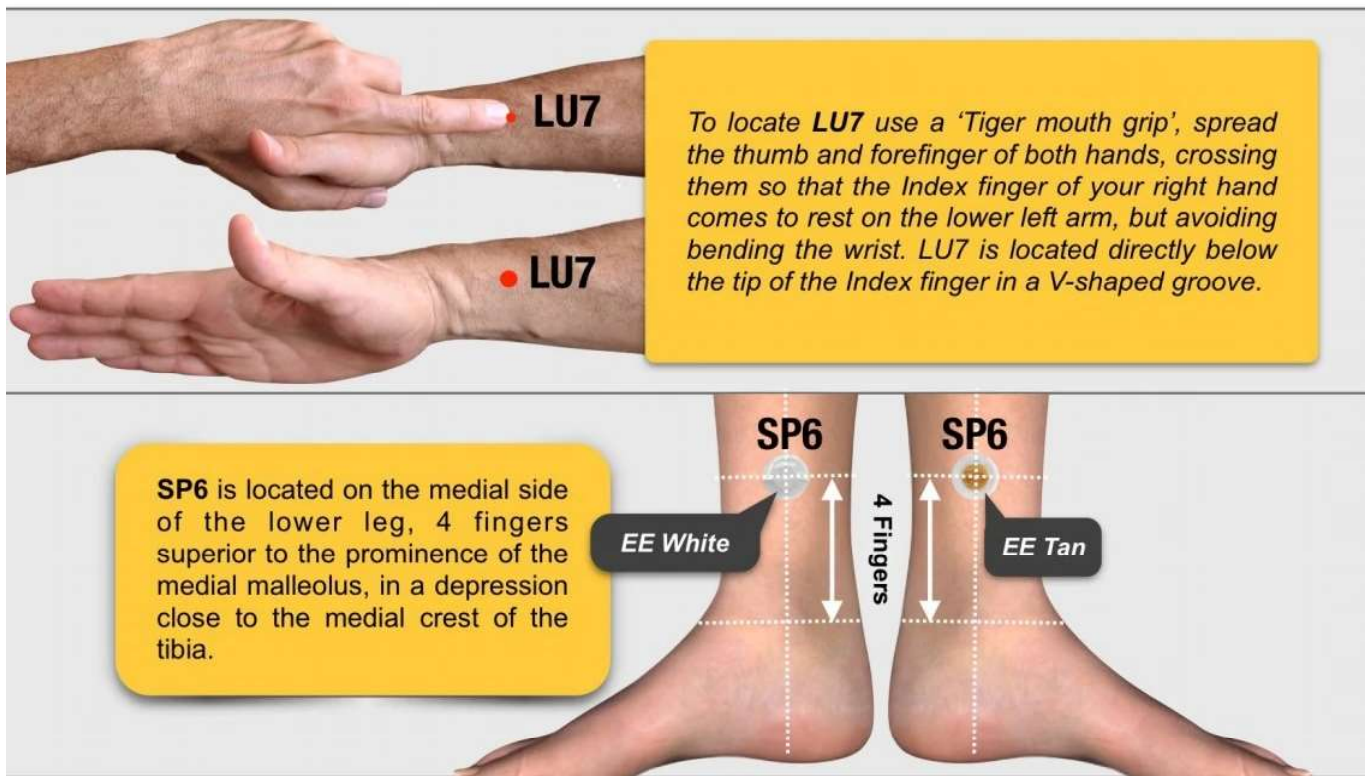
Acne Rosacea Protocol - DAY 1 - During The Night

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.

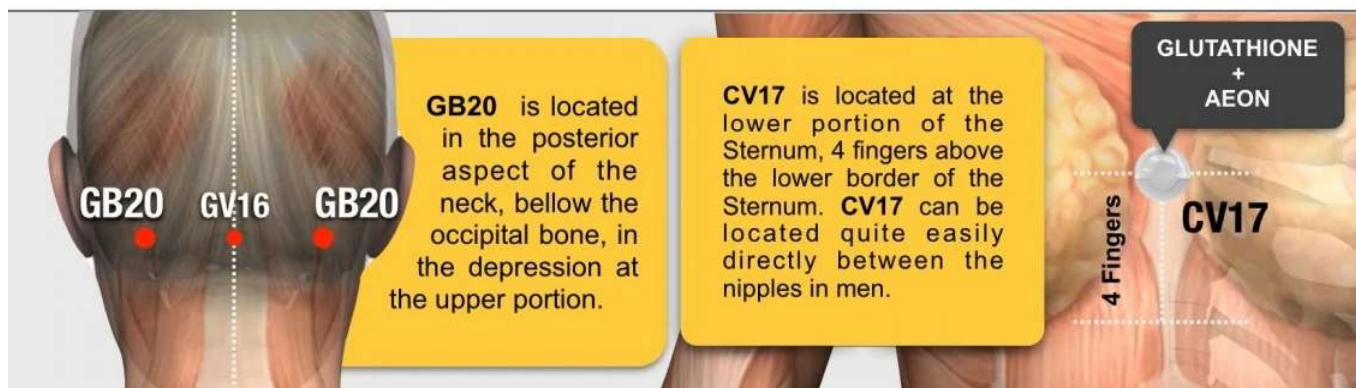


Acne Rosacea Protocol - DAY2 - During The Day

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*).

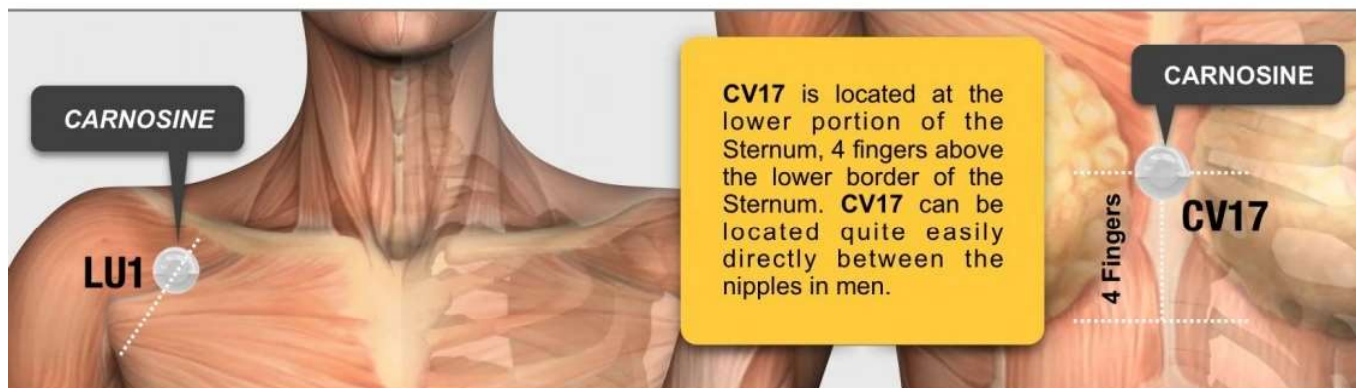


Then, place **ENERGY ENHANCER** on **GB20 - WRTL** (*This point is to reduce Wind*).
GLUTATHIONE + AEON Double Stacked or both together on **CV17**



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 kind, **Dairy Products** of any kind 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).*

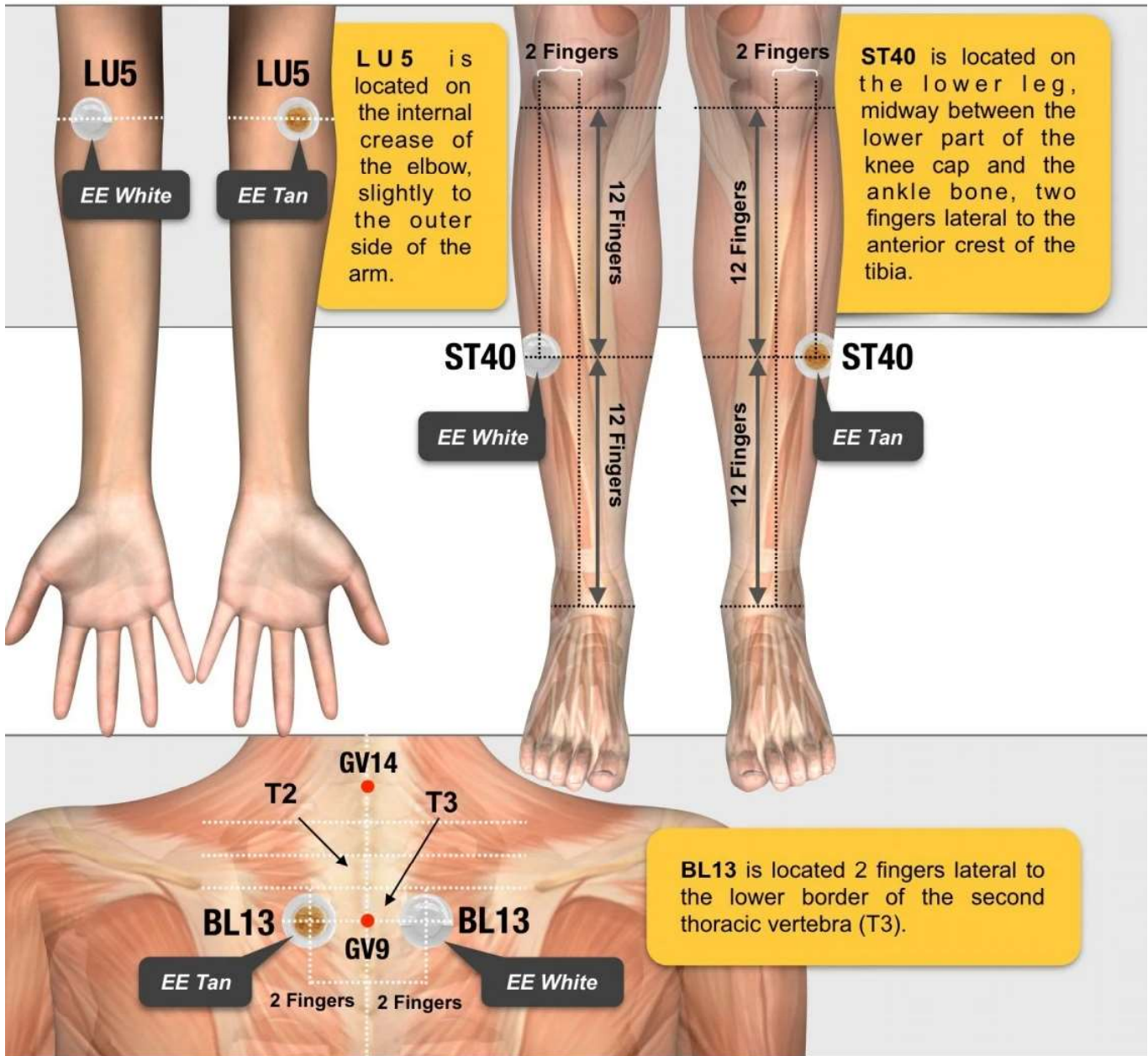
ENERGY ENHANCER on **ST40 - WRTL**

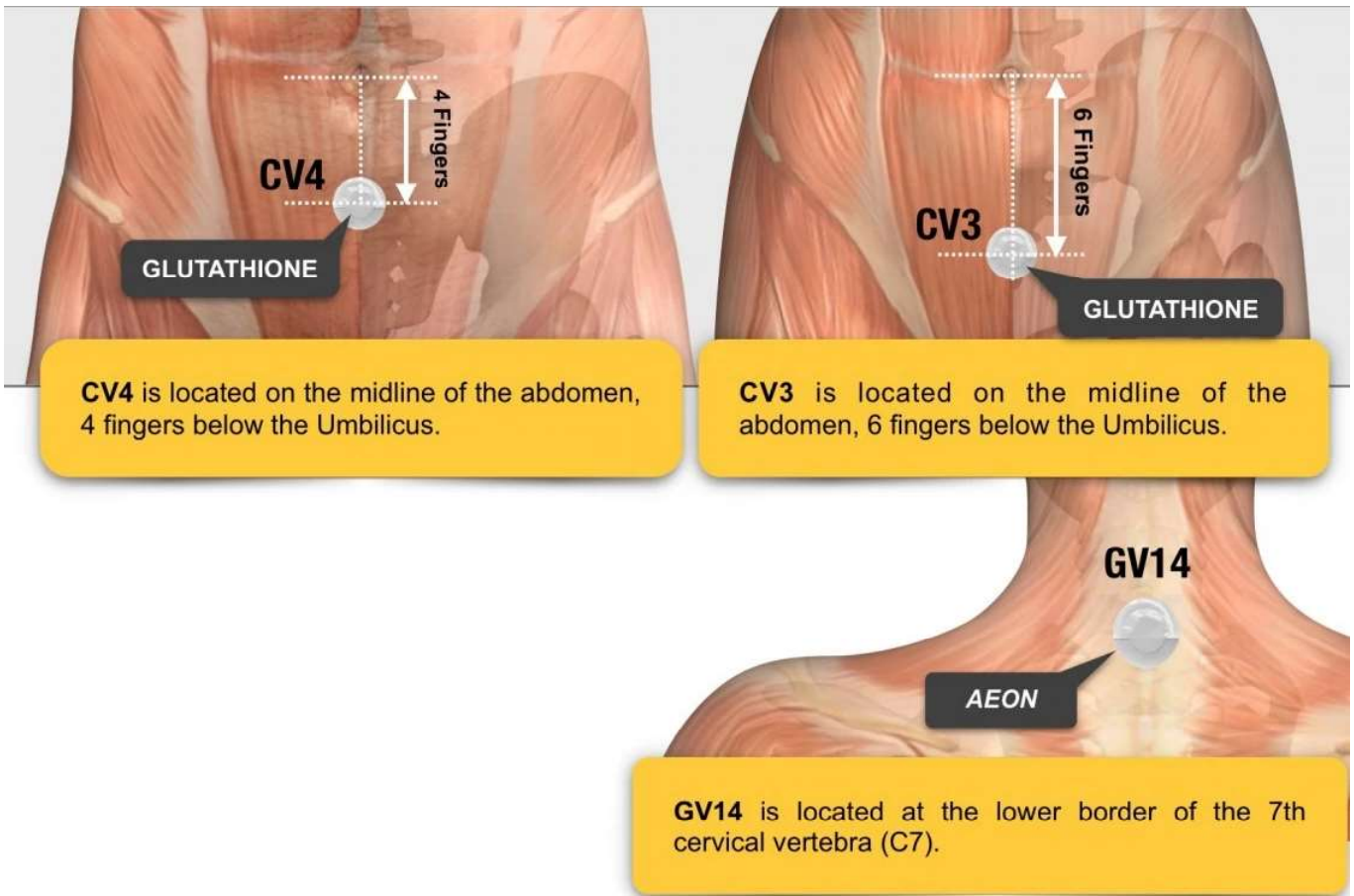
ENERGY ENHANCER on **BL13 - WRTL**

(Both these points are suggested to Improve circulation)

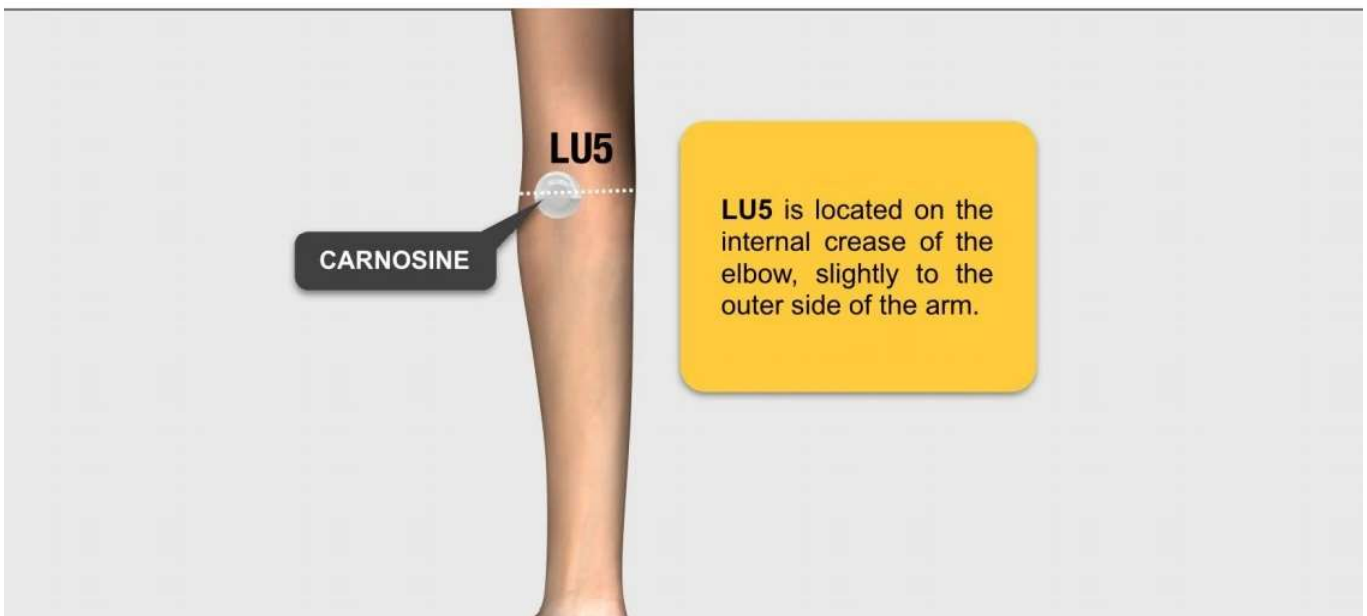
GLUTATHIONE on **CV4** for Male and **CV3** for Female

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

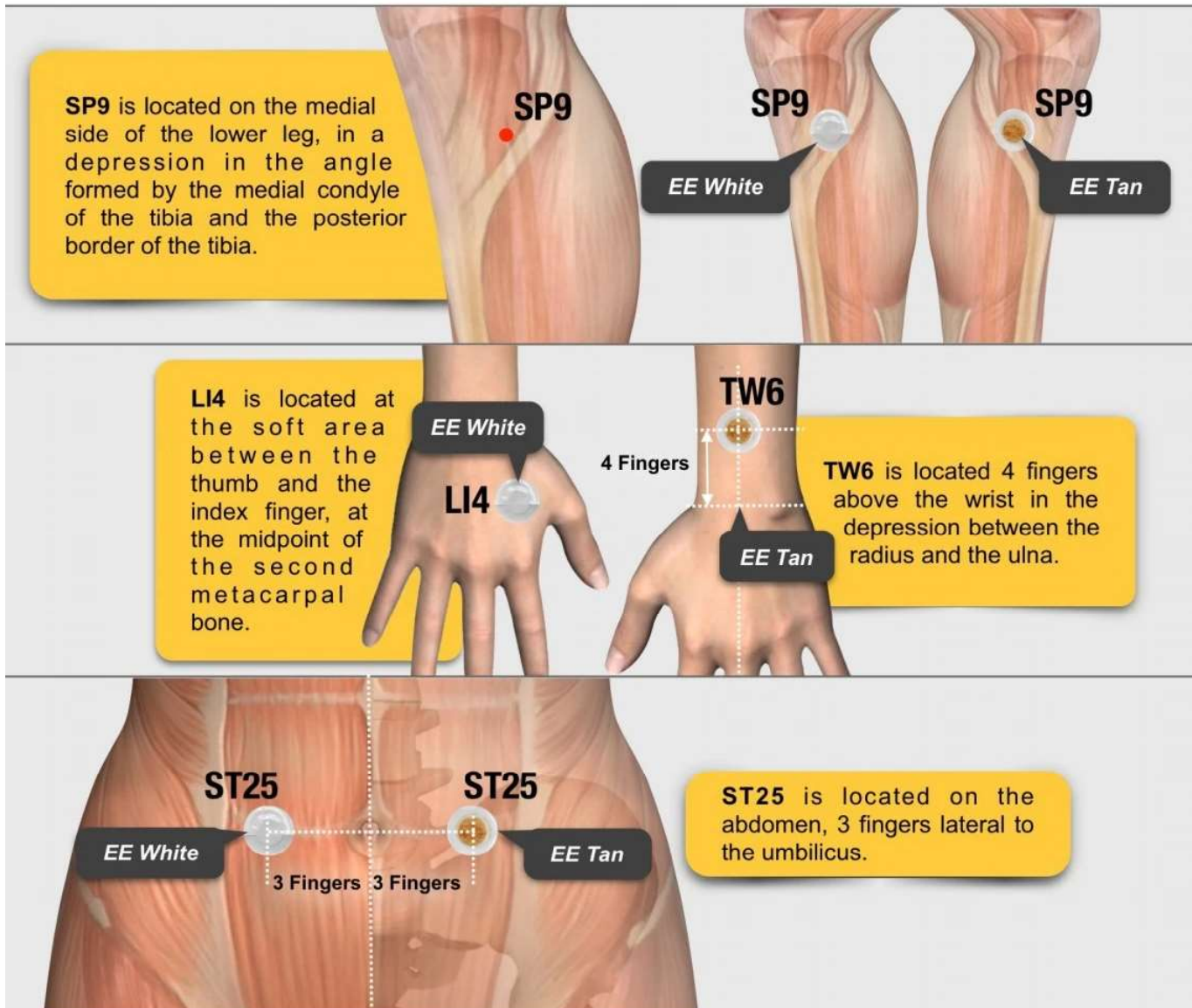
ENERGY ENHANCER on **SP9 - WRTL** (This point is to reduce dampness).

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

ENERGY ENHANCER TAN on **TW6 - Left Side**

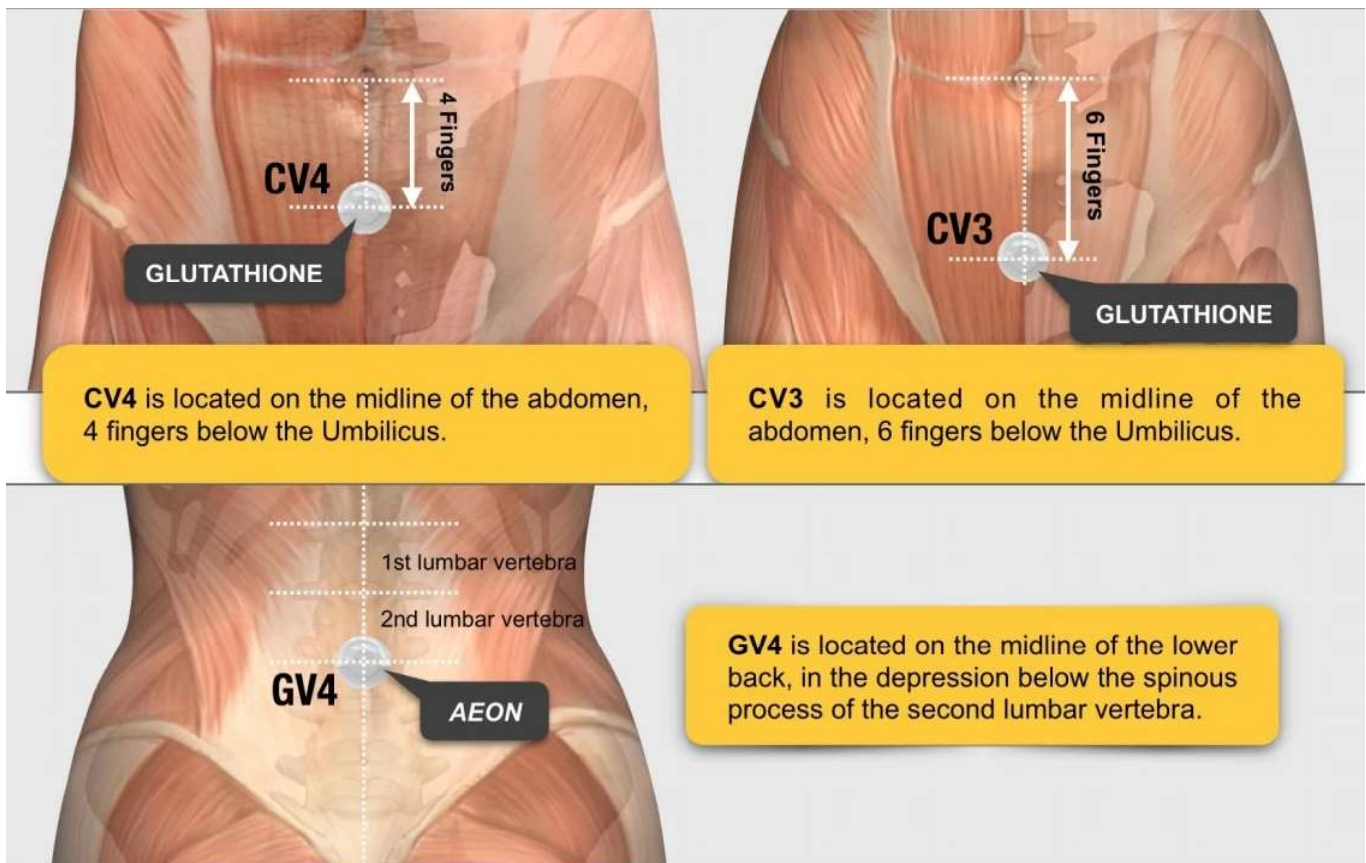
ENERGY ENHANCER on **ST25 - WRTL**

(These last 3 points are suggested to promote elimination).



GLUTATHIONE on **CV4** for Male and **CV3** for Female

AEON on **GV4**



Acne Vulgaris - DAY 2 - During The Night



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.

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 →

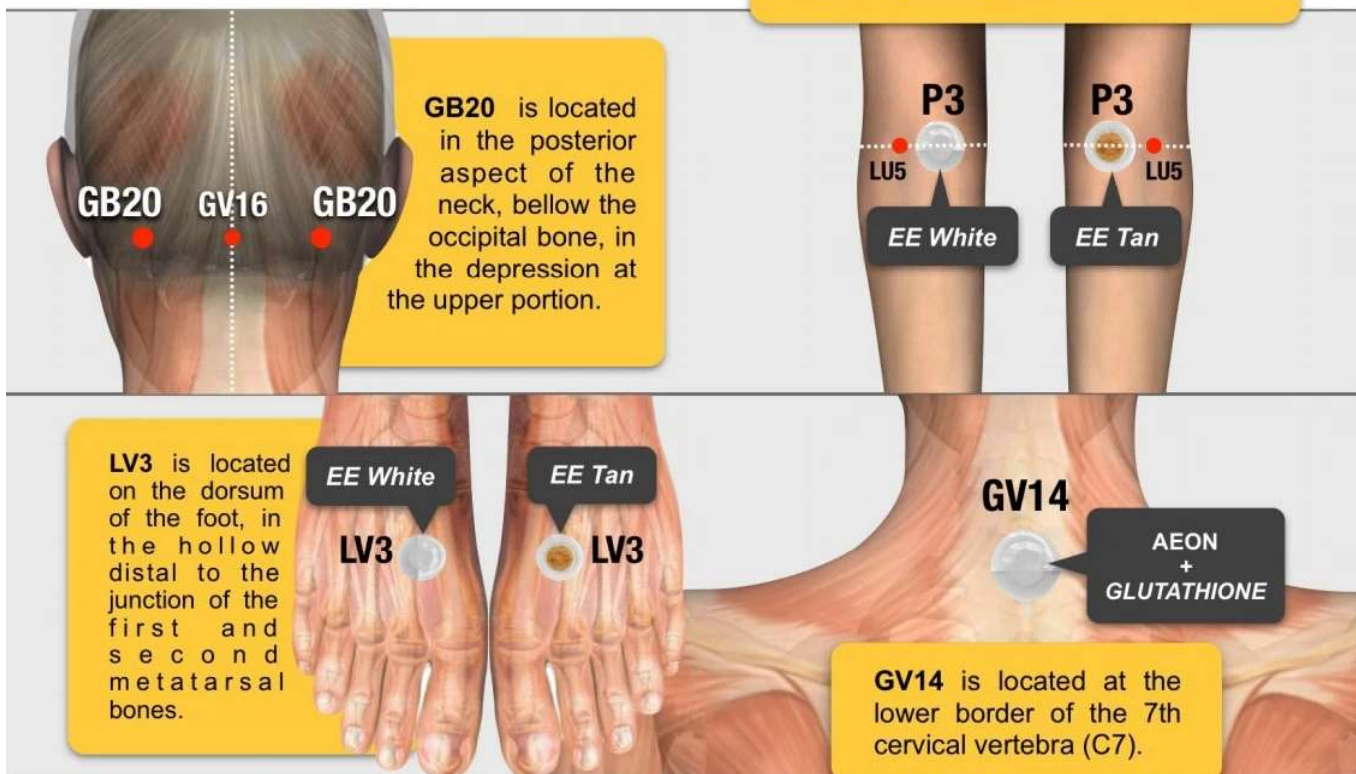
Glaucoma Protocol - Day 1

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**

P3 is located on the internal crease of the elbow, slightly to the inner side of the arm proximal to **LU5**.



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...

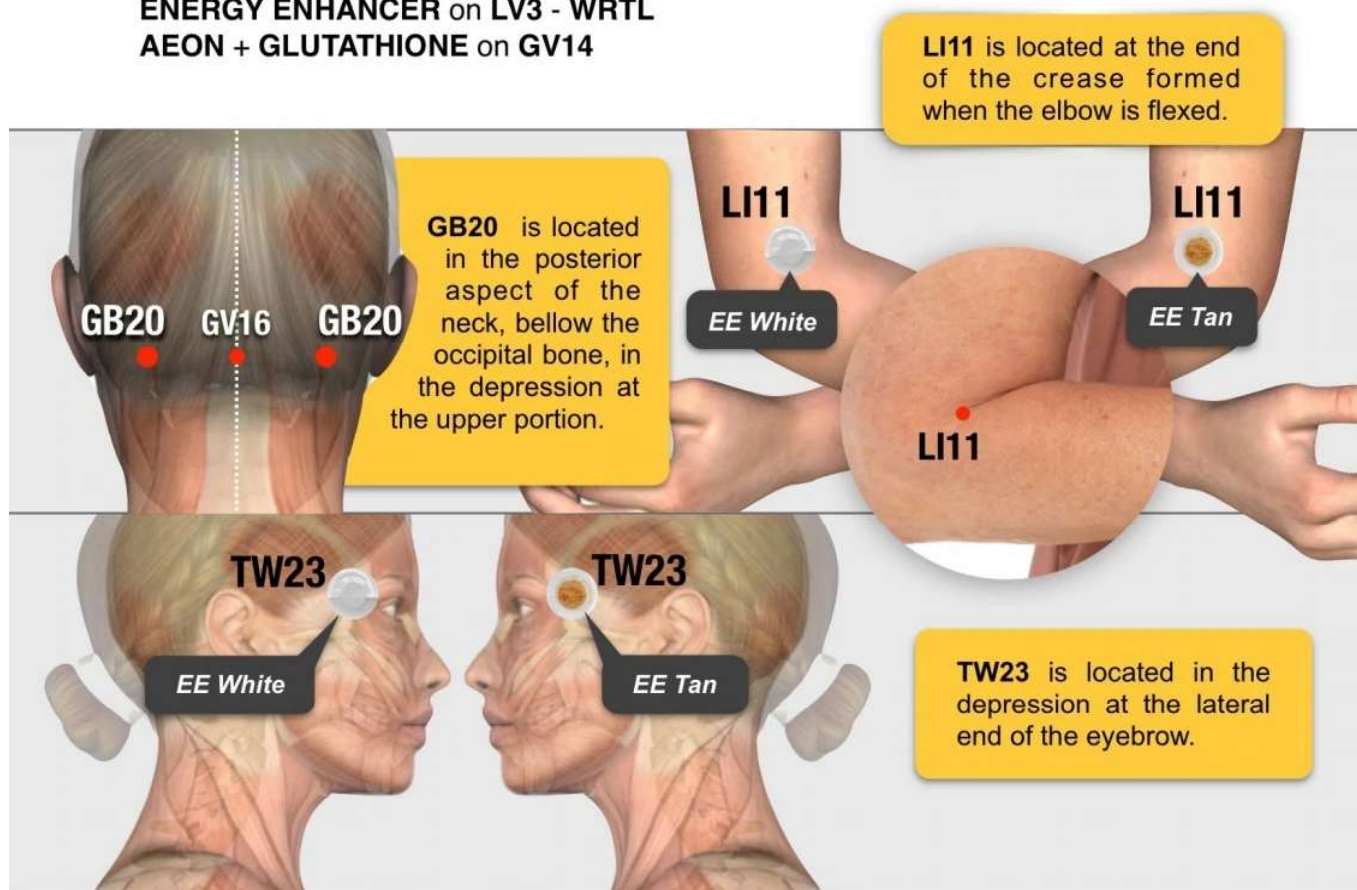
Adjust the time according to your daily activities.

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**





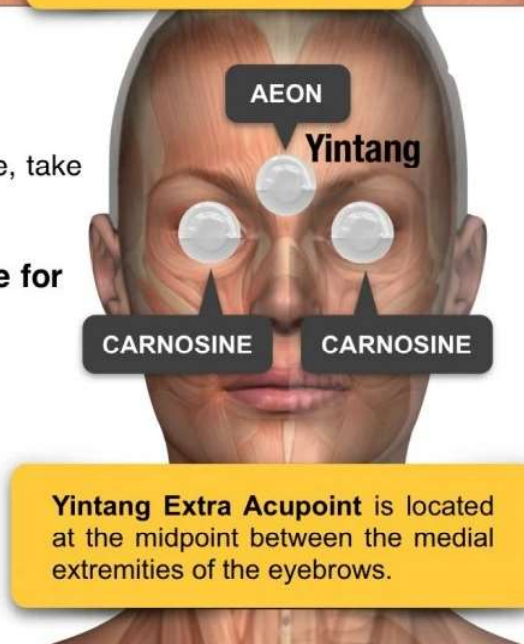
Step 2

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.

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).

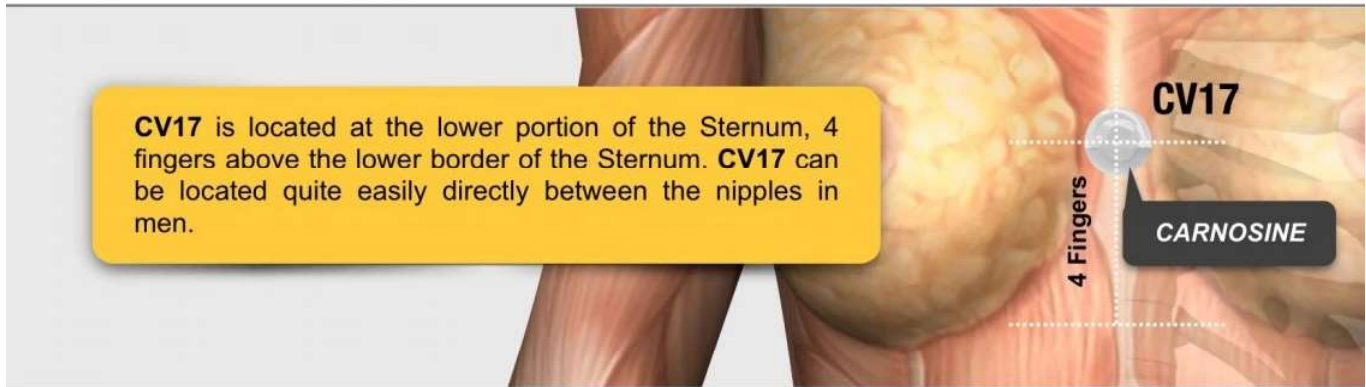
CV4 is located on the midline of the abdomen, 4 fingers below the Umbilicus.

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)*

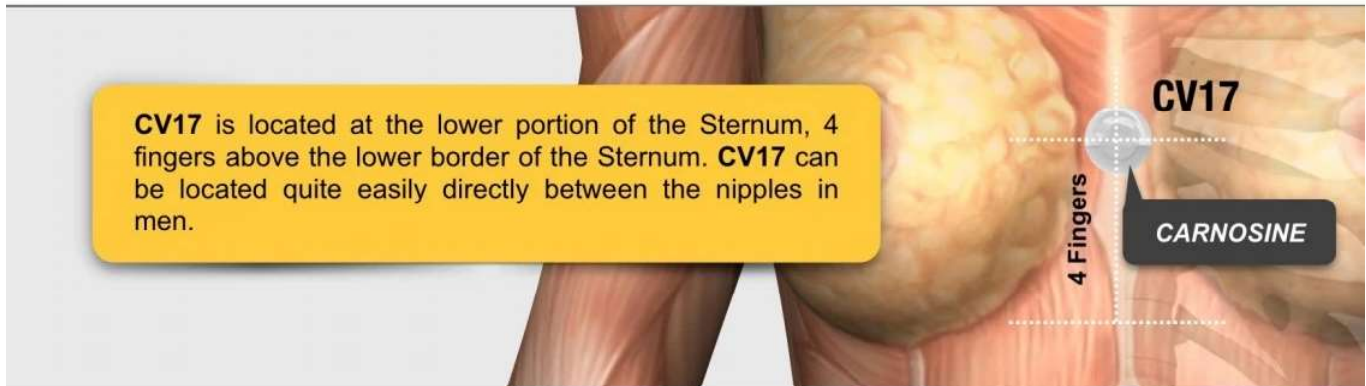


Note: Start this protocol at a convenient time in the morning, i.e. 8am.

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.

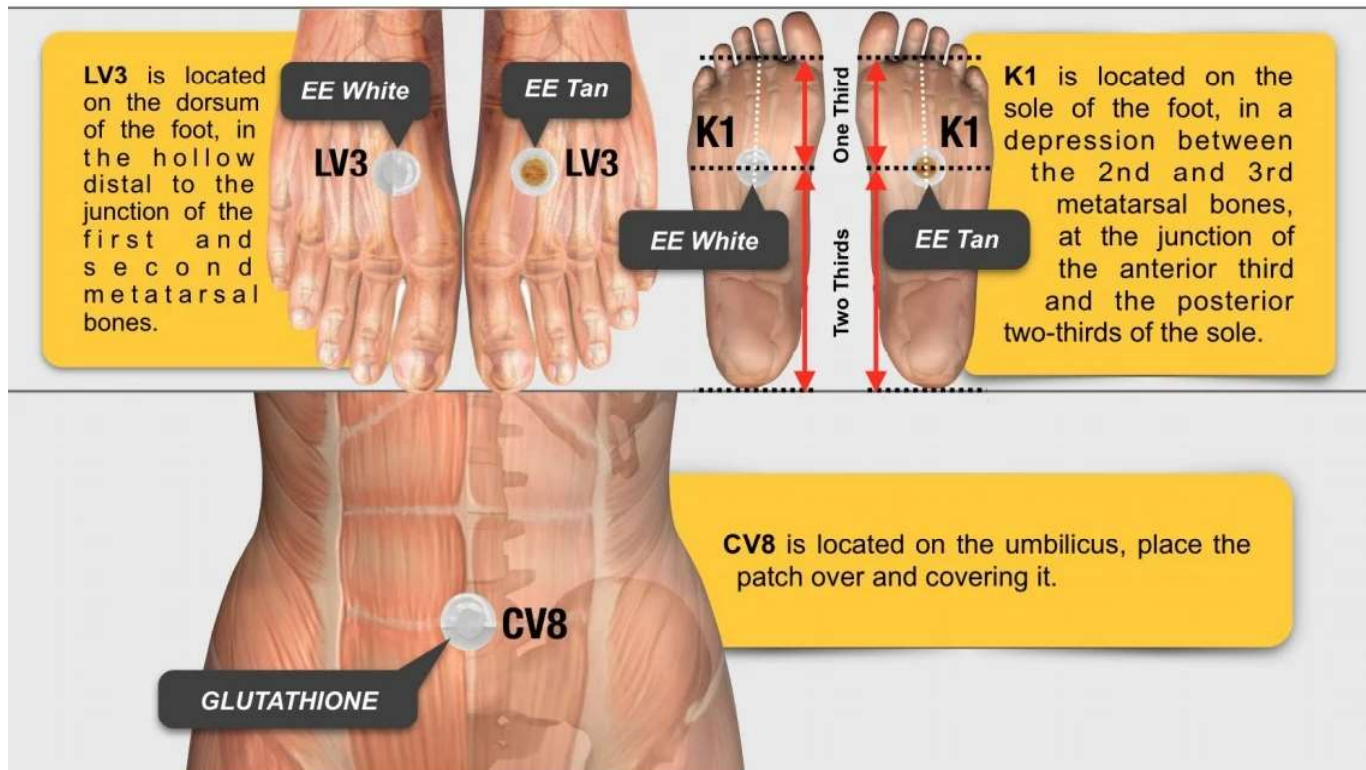
Liver Crisis

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.



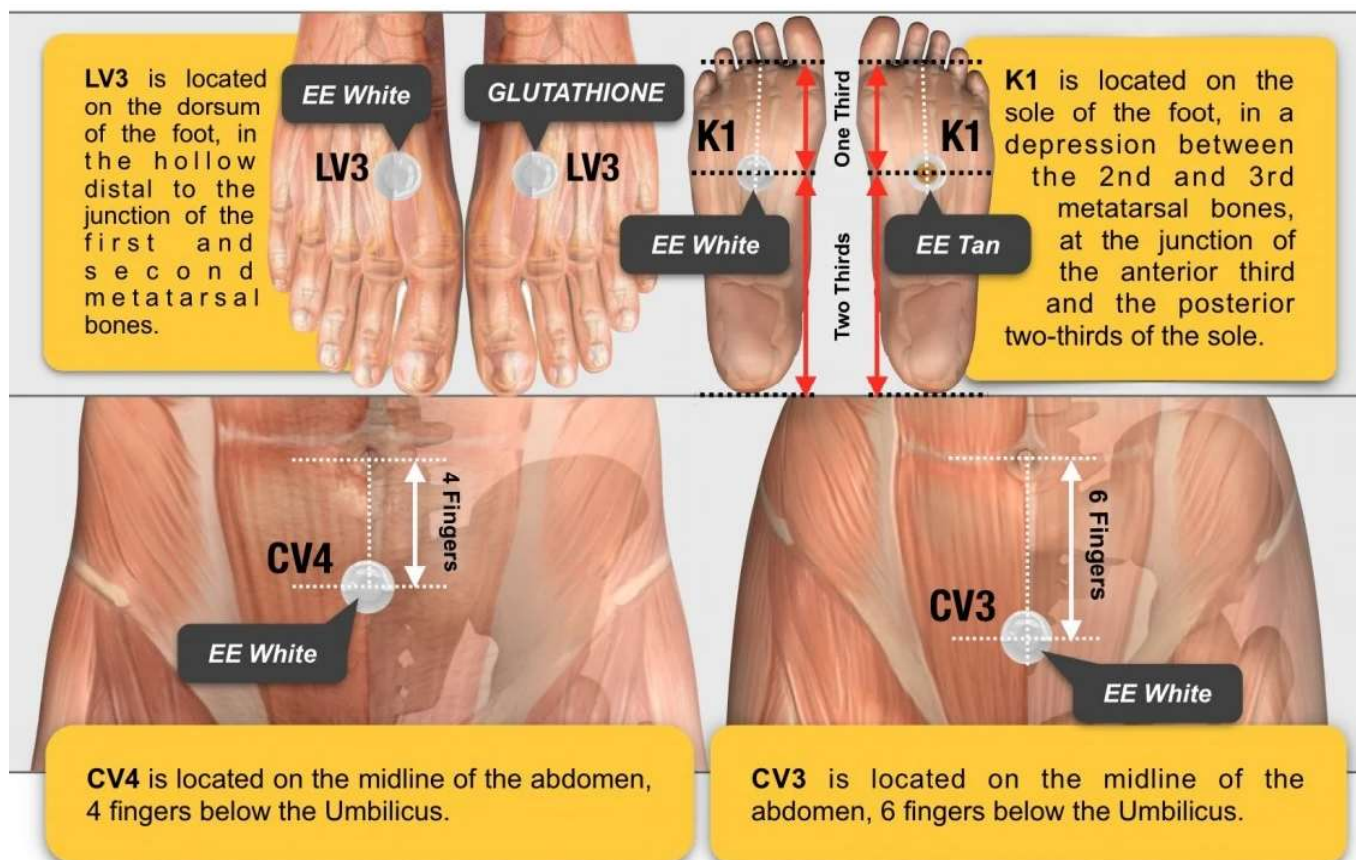
Step 2

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.

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 route 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

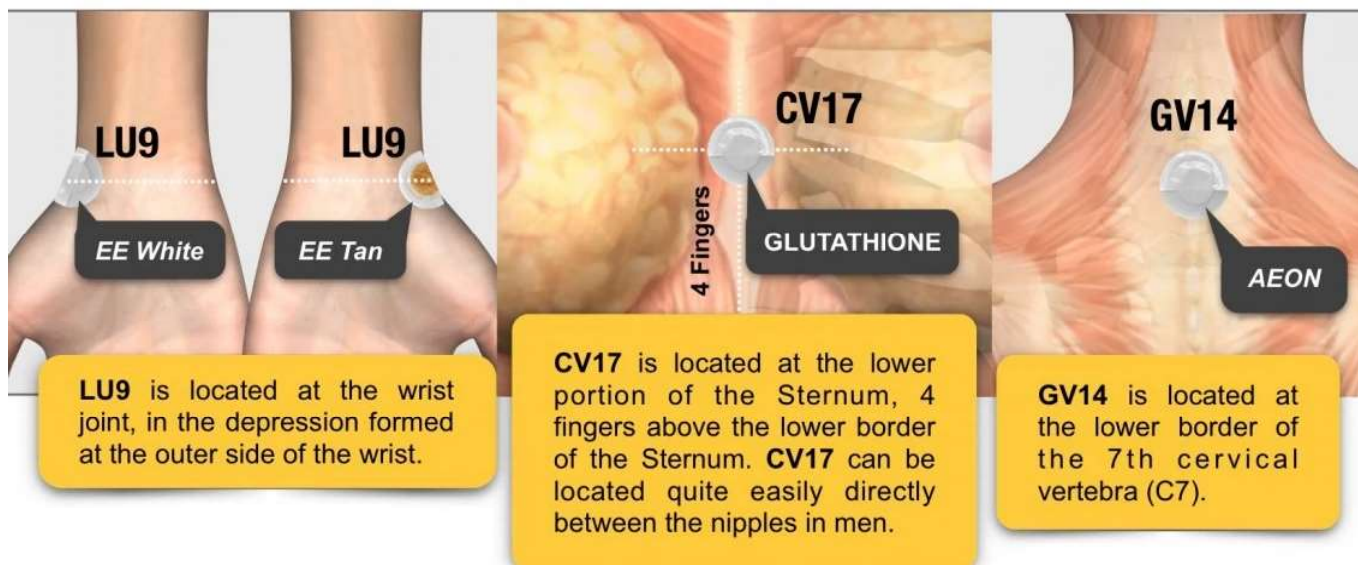
So, here you have it...

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...

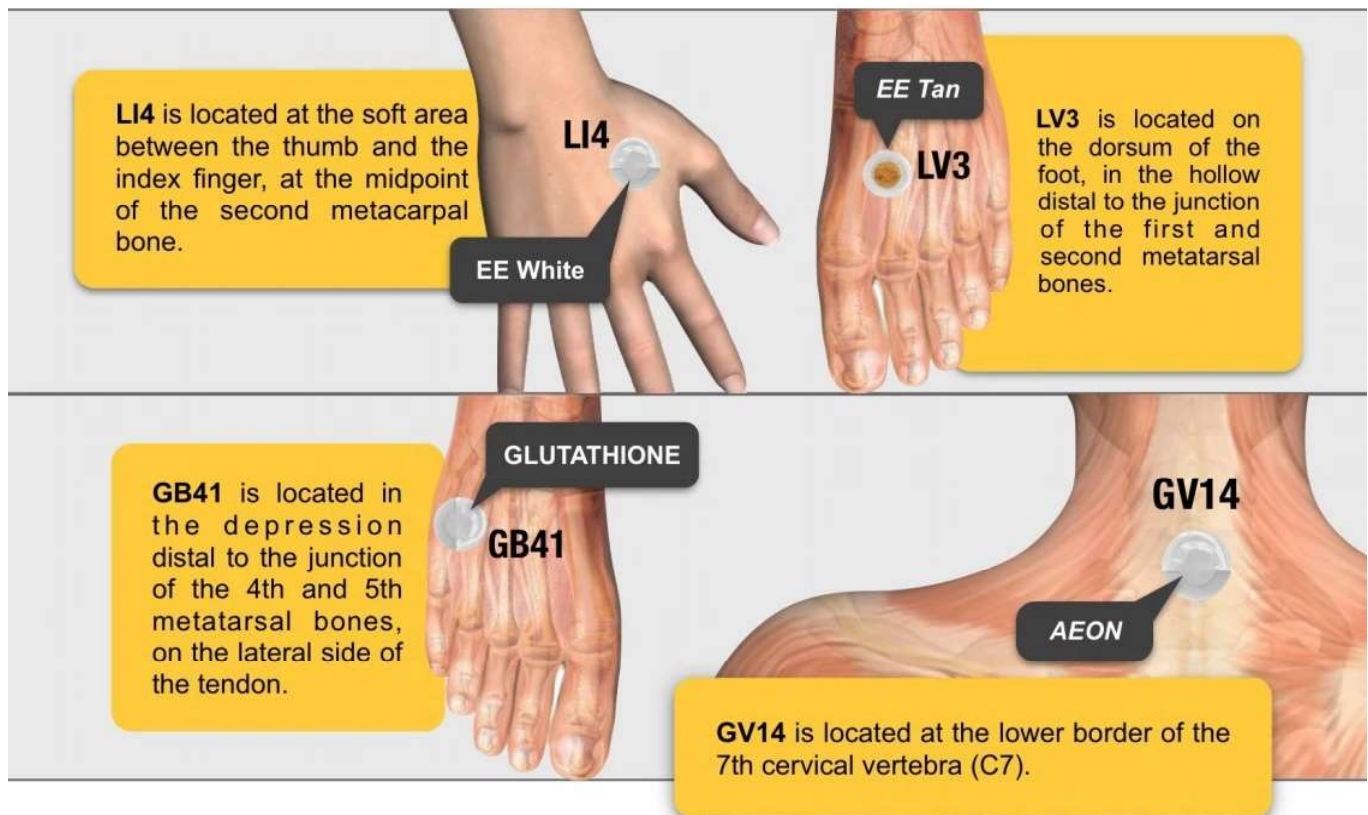
Then, I immediately place the next step:

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.

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.

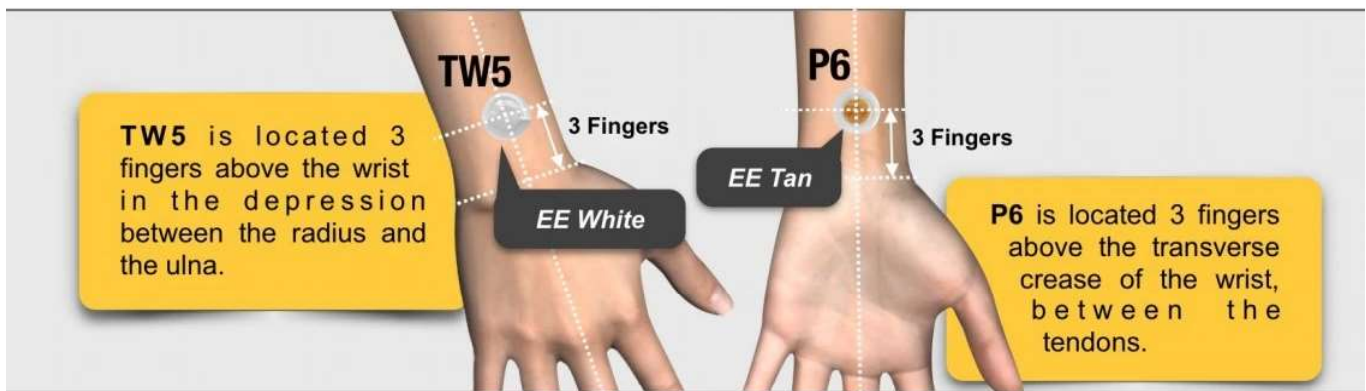
IMPORTANT: The logic behind this protocol is to sort of "**Re-boot The System**" by following the 5 Elements TCM Theory, which in fact did well in many cases. Most people running this protocol managed to be calmed and to sleep, the good news is that after 24 hours, in some cases, the person could speak 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



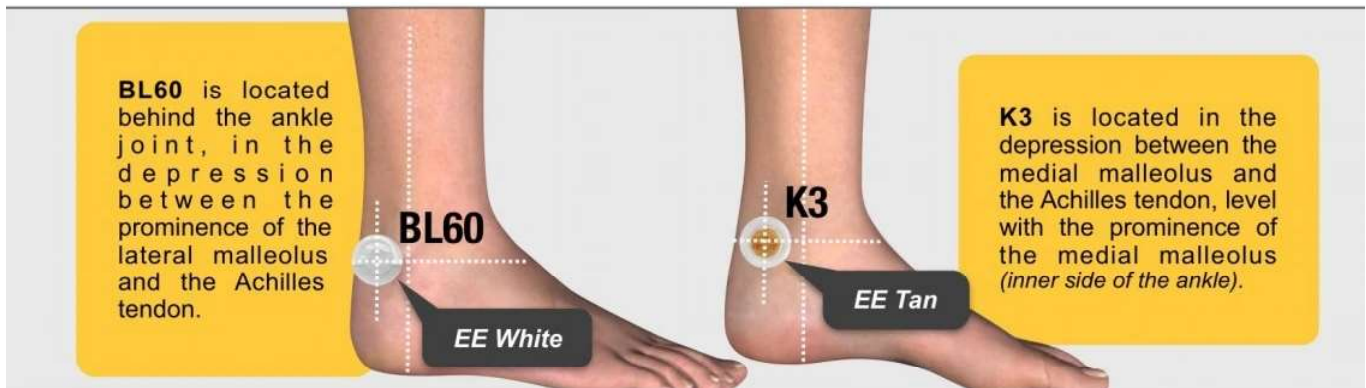
ENERGY ENHANCER White on ST36 - Right Side
ENERGY ENHANCER Tan on SP6 - Left Side



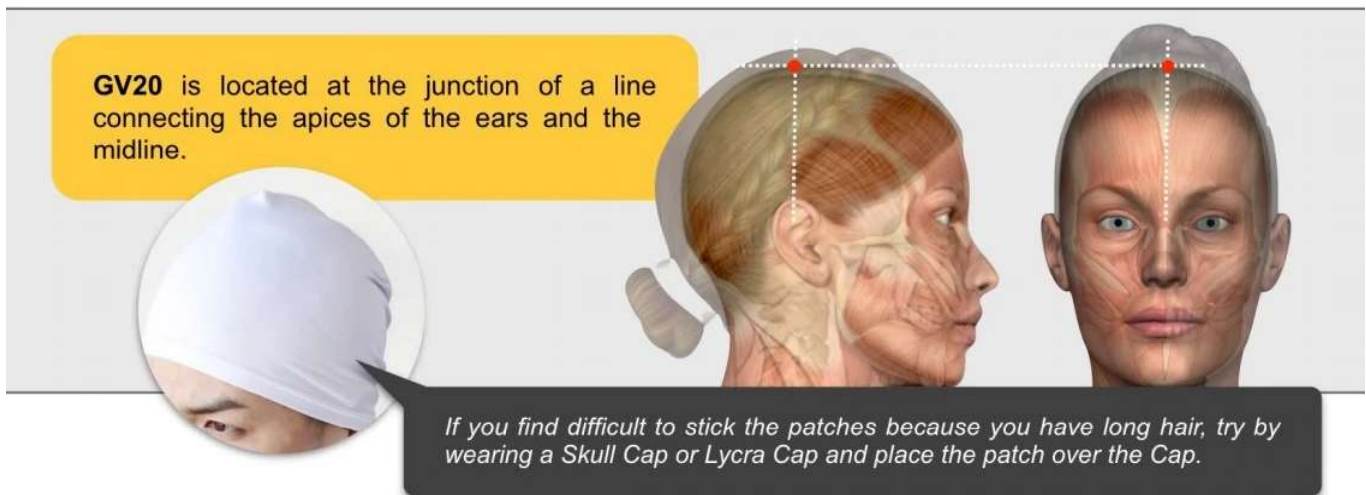
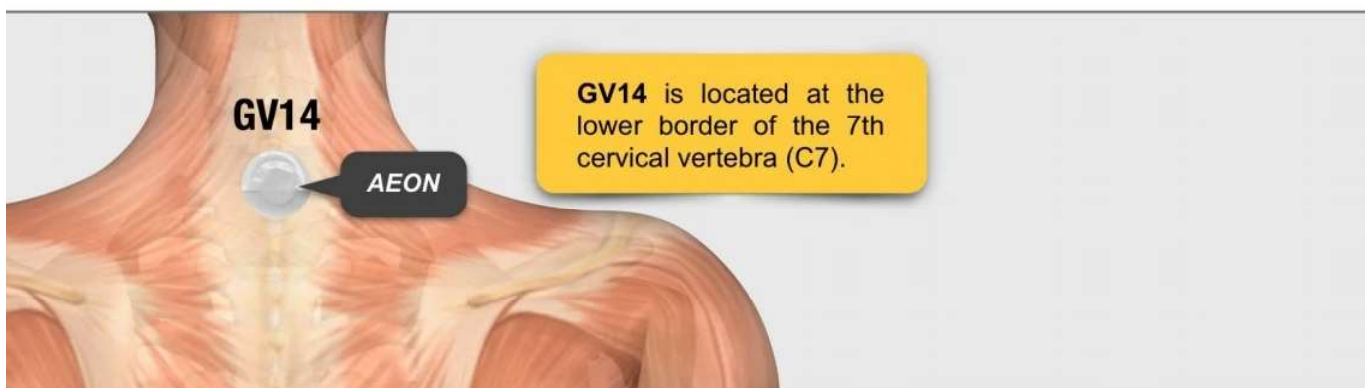
ENERGY ENHANCER White on LI4 - Right Side
ENERGY ENHANCER Tan on LU7 - Left Side



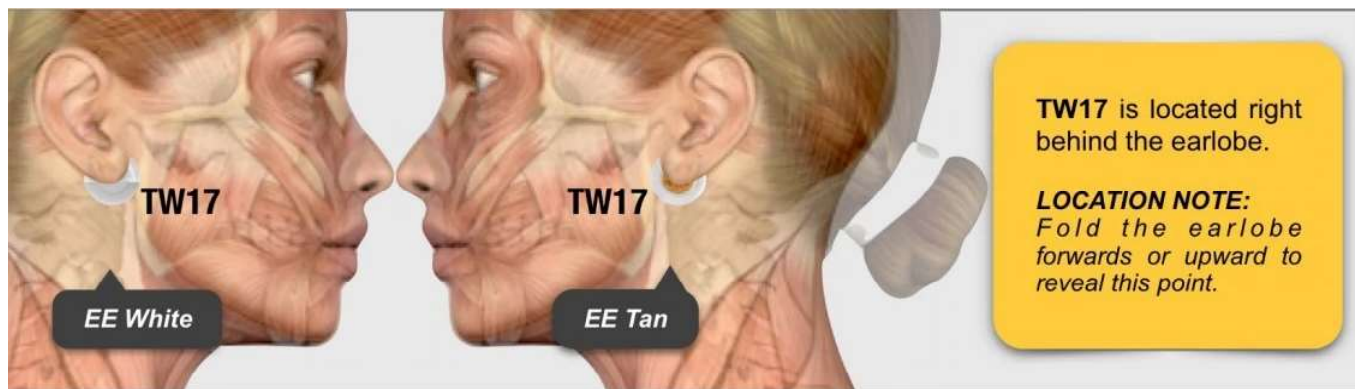
ENERGY ENHANCER White on BL60 - Right Side
ENERGY ENHANCER Tan on K3 - Left Side



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.



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**

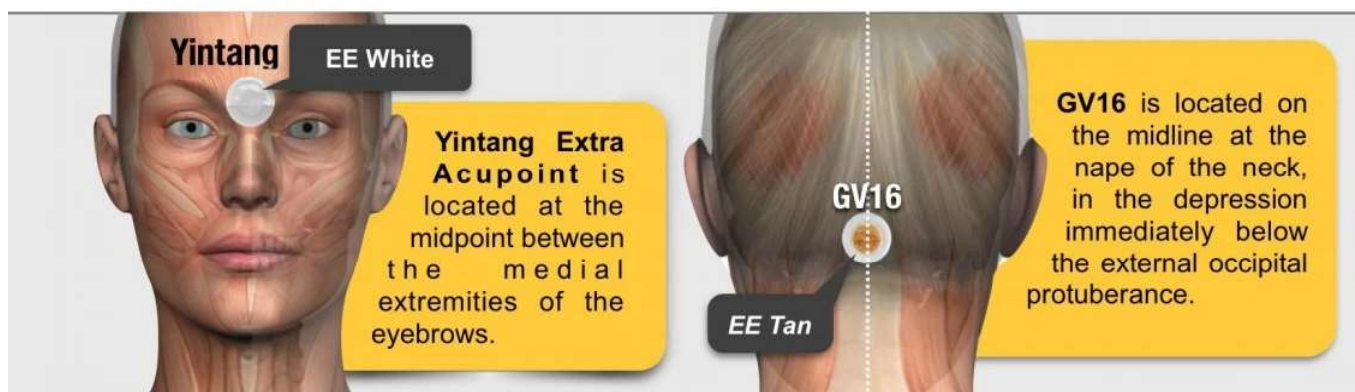
ENERGY ENHANCER Tan on **GV16**

ENERGY ENHANCER White on **TW23 - Right Side**

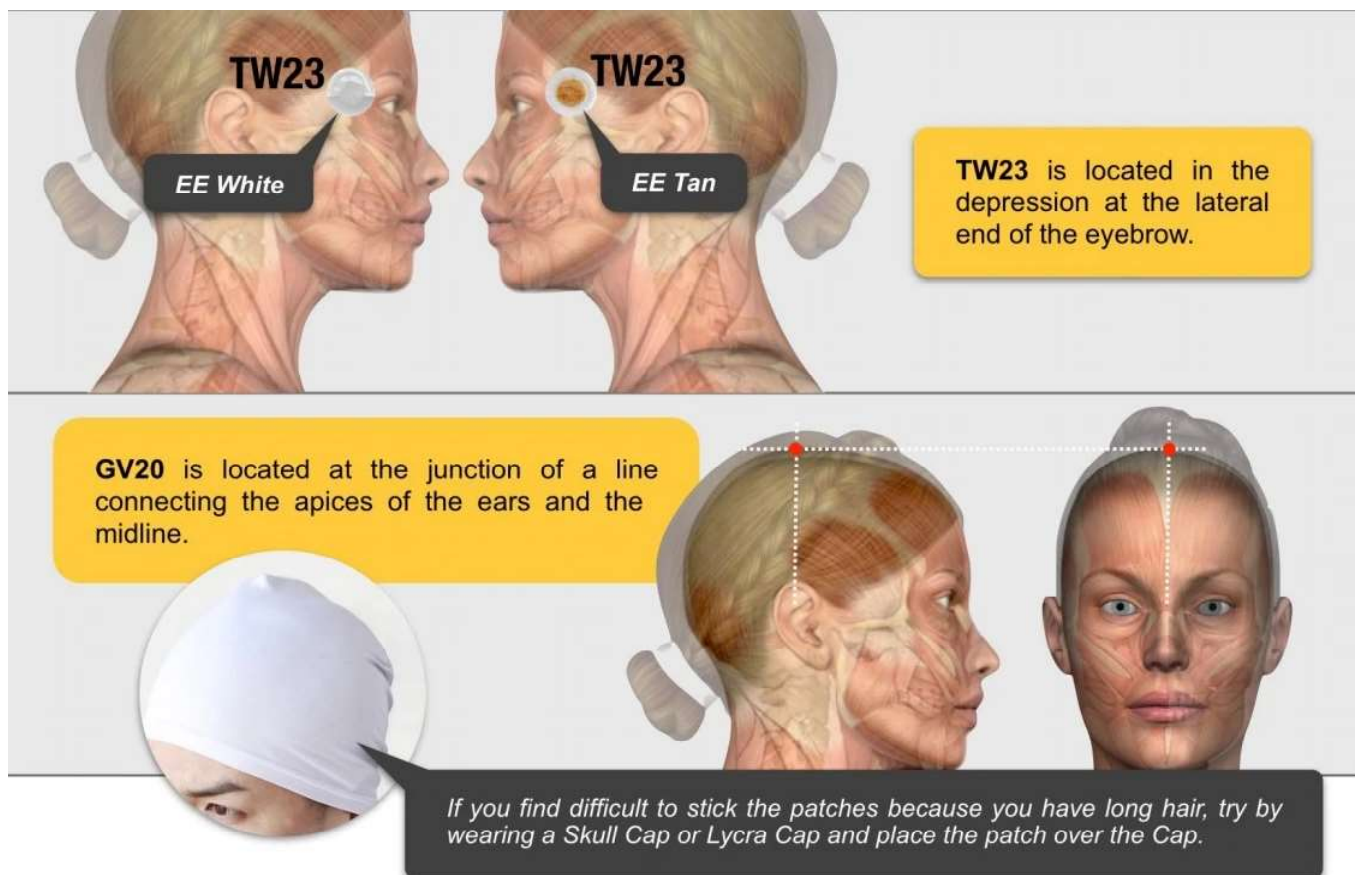
ENERGY ENHANCER Tan on **TW23 - Left Side**

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...

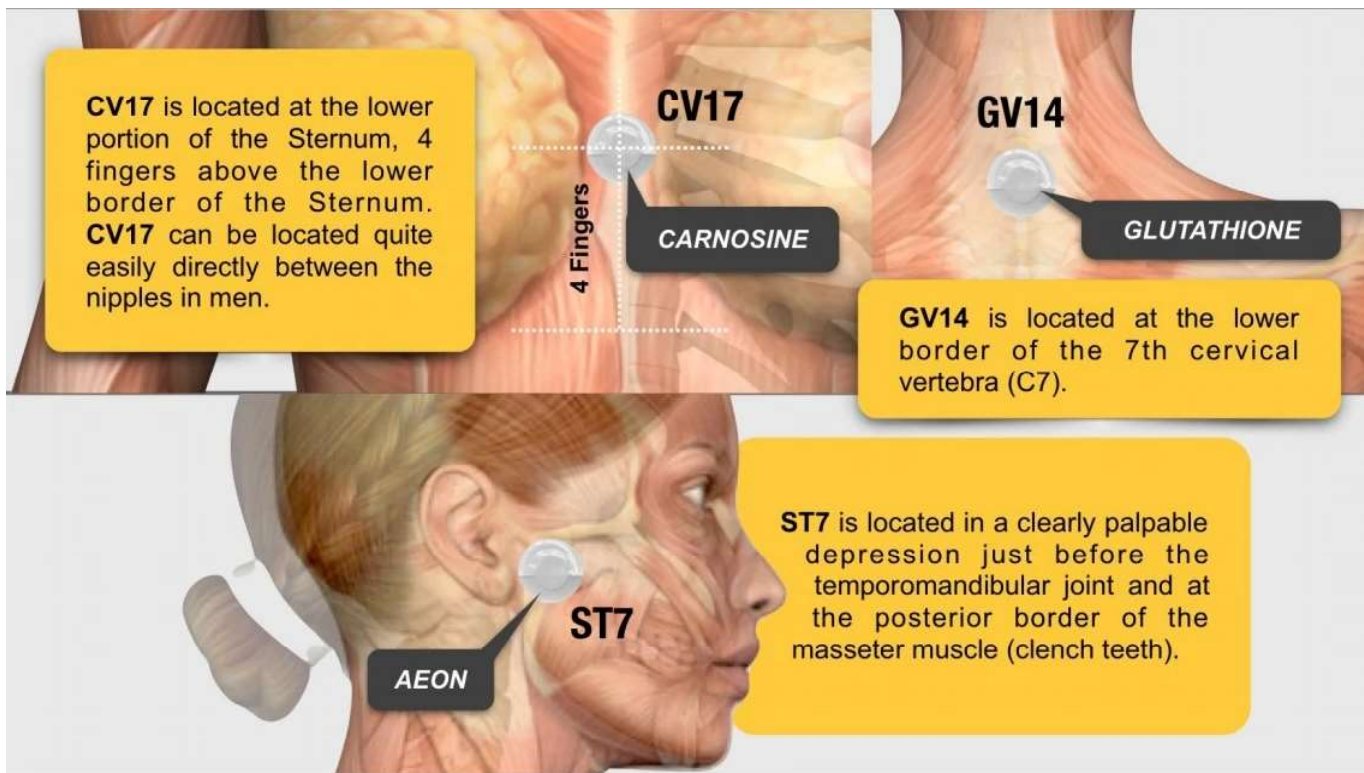
6- Continue the Base Protocol for another 4 to 6 hours then, add once again the **Bell's Palsy Additional Protocol** and run it for another 45 minutes.

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.

Fibromyalgia

This 2 days protocol is quite useful for Fibromyalgia cases.

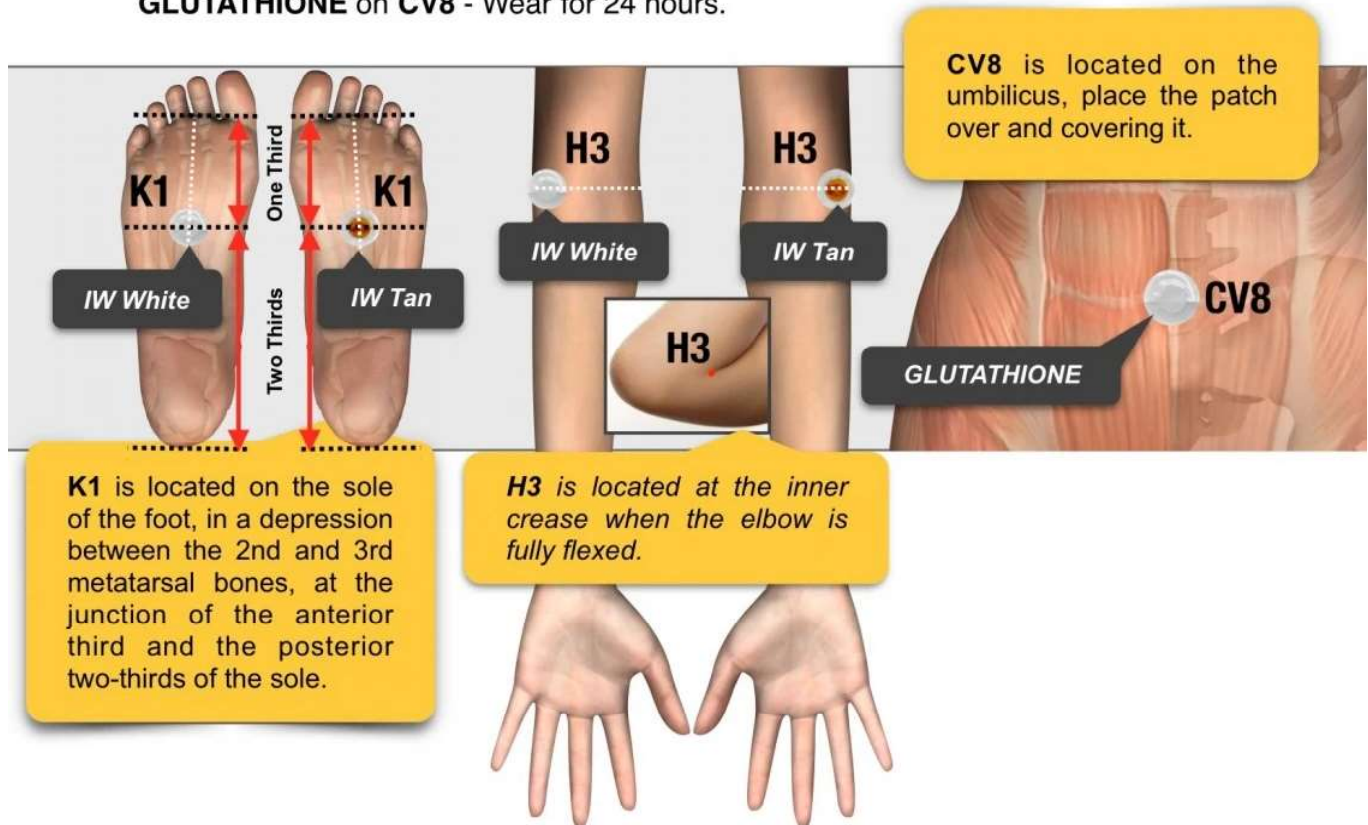
Fibromyalgia Protocol - Day 1

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 →

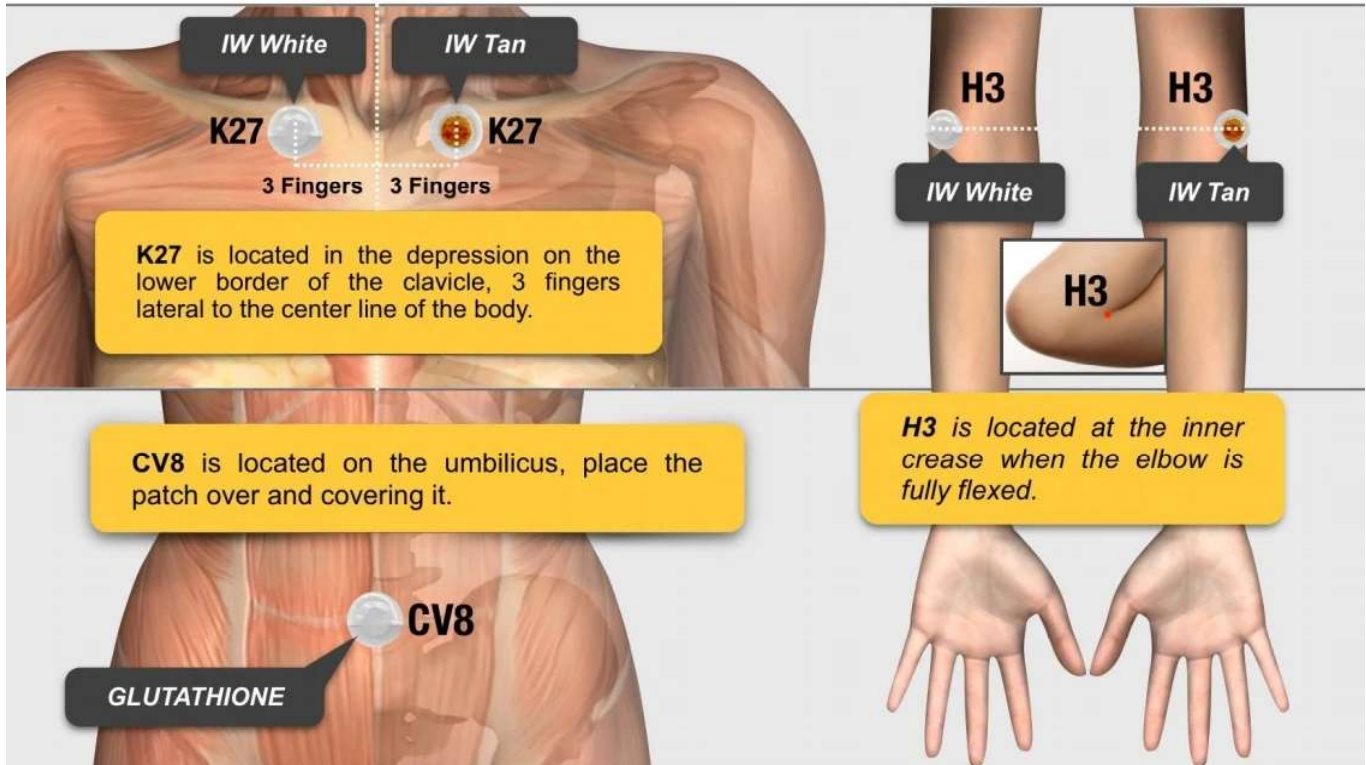
Fibromyalgia Protocol - Day 2

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.

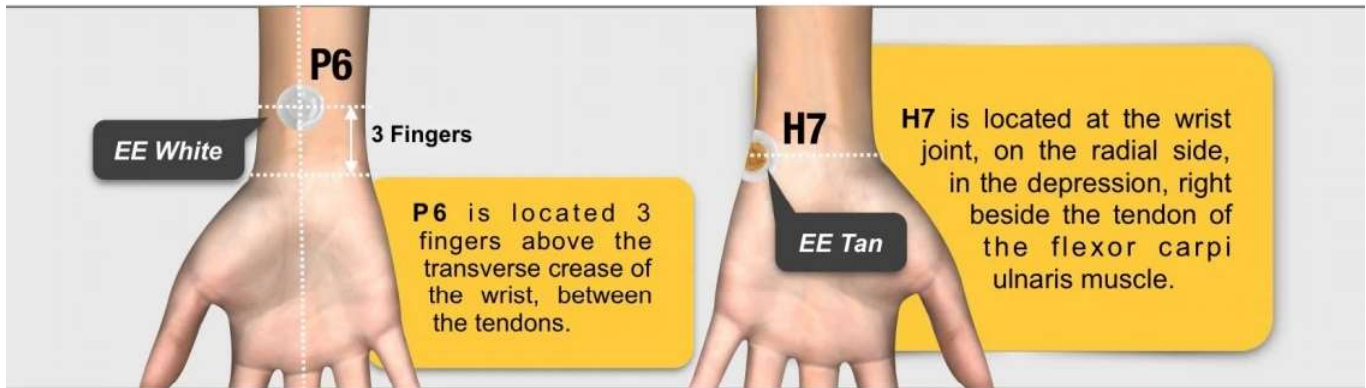
Palpitations

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.



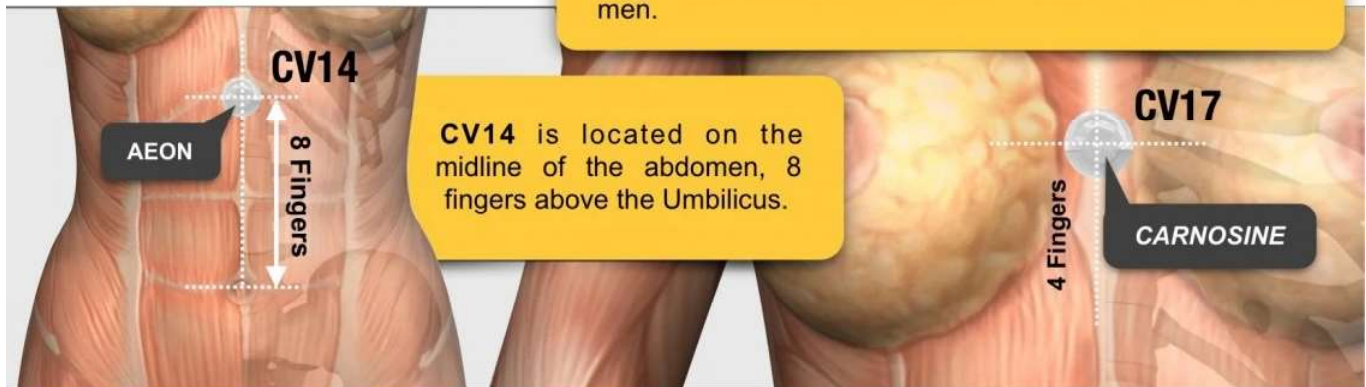
Then, place:

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.

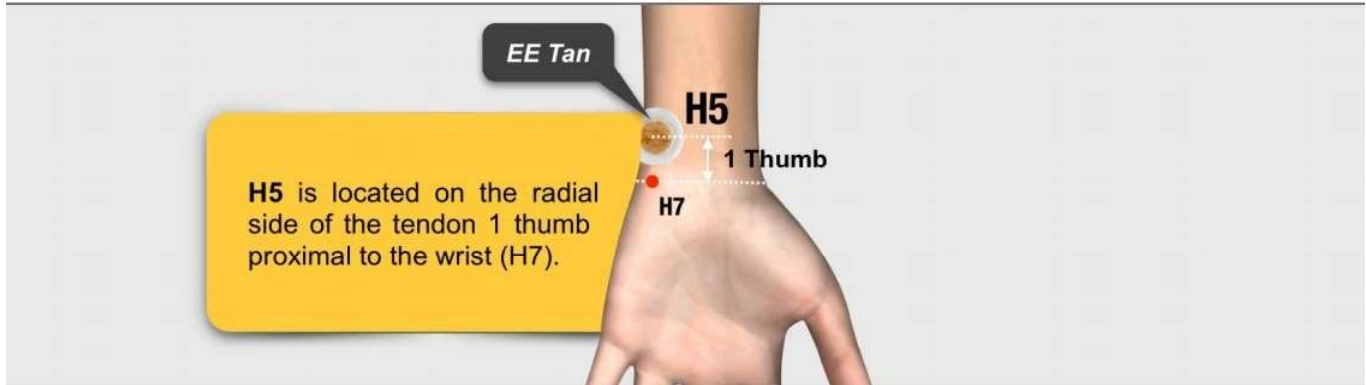


*I found that this Y-Age combination works very well with the **ENERGY ENHANCER** pair above.*



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.

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"...

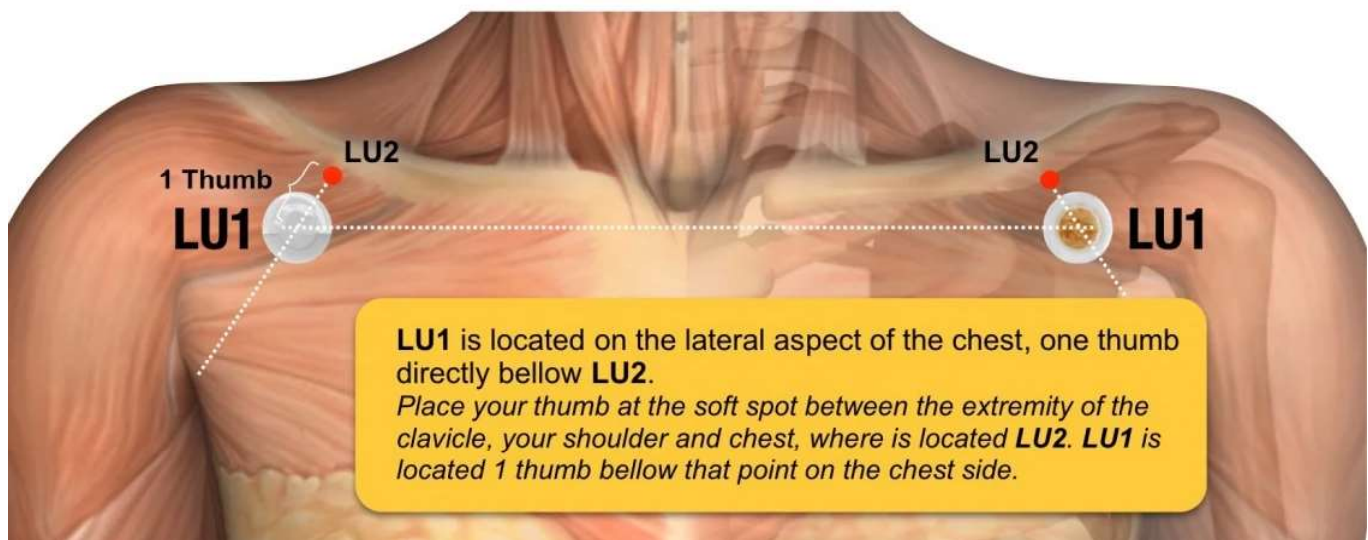
Norman was a "Social Smoker", not really into it but not able to get away from it either (*or that's what he was always telling us...*).

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...

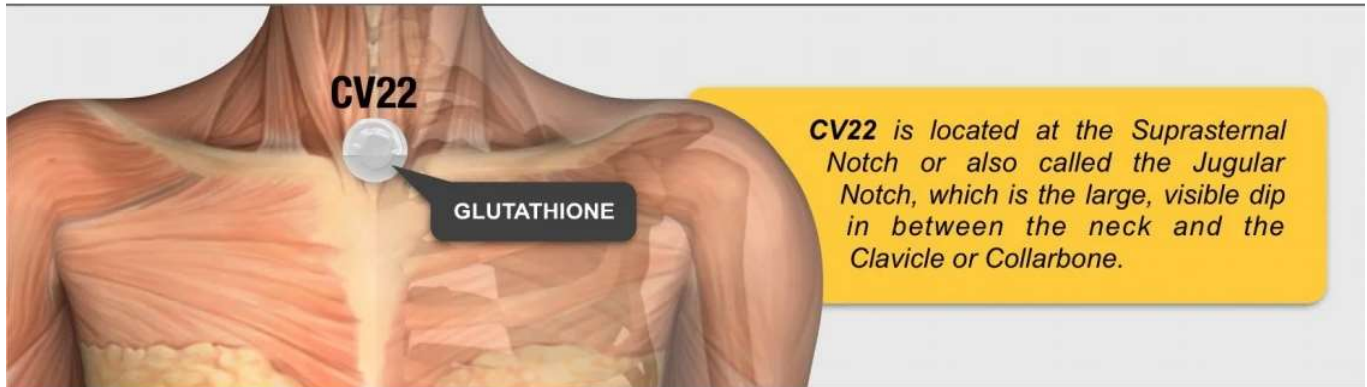
Before he lighted up, I asked him if he would like to make a quick test and he agreed...

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**



*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)

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.

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.