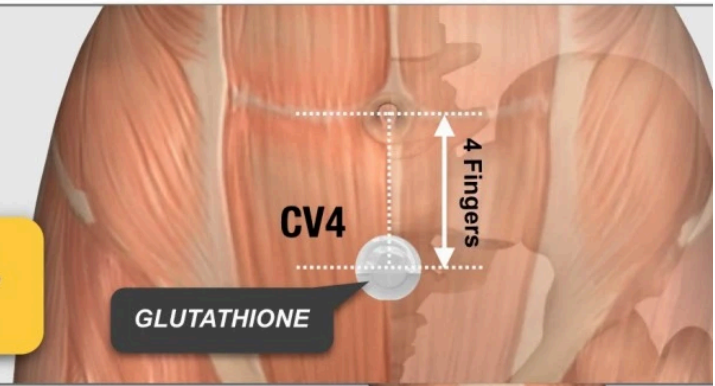


DURING THE DAY (Continue)

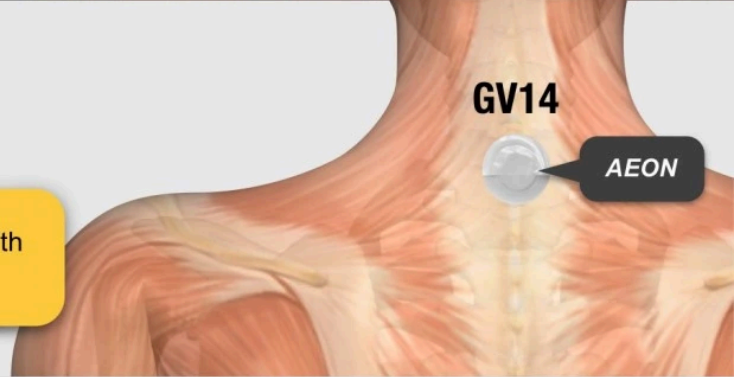
GLUTATHIONE on CV4

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).

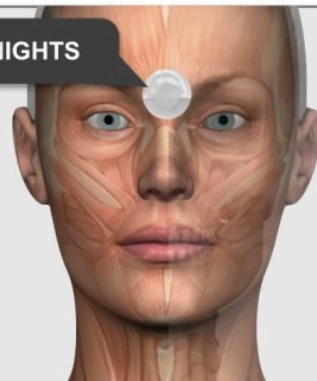


AT EVENING TIME

SILENT NIGHTS on Yintang Extra Point

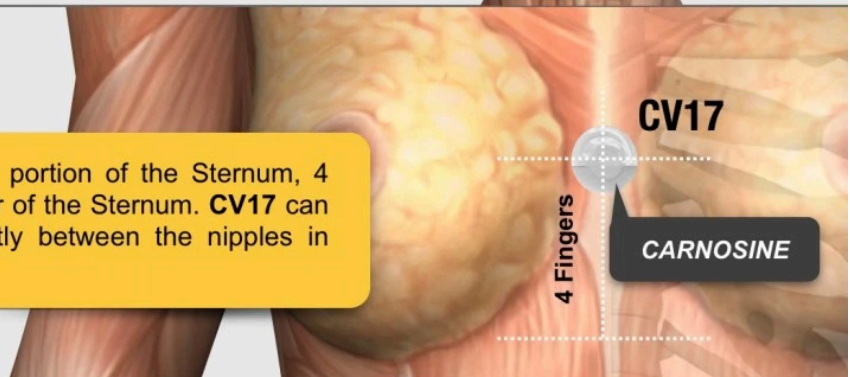
Yintang Extra Point is located at the midpoint between the medial extremities of the eyebrows.

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

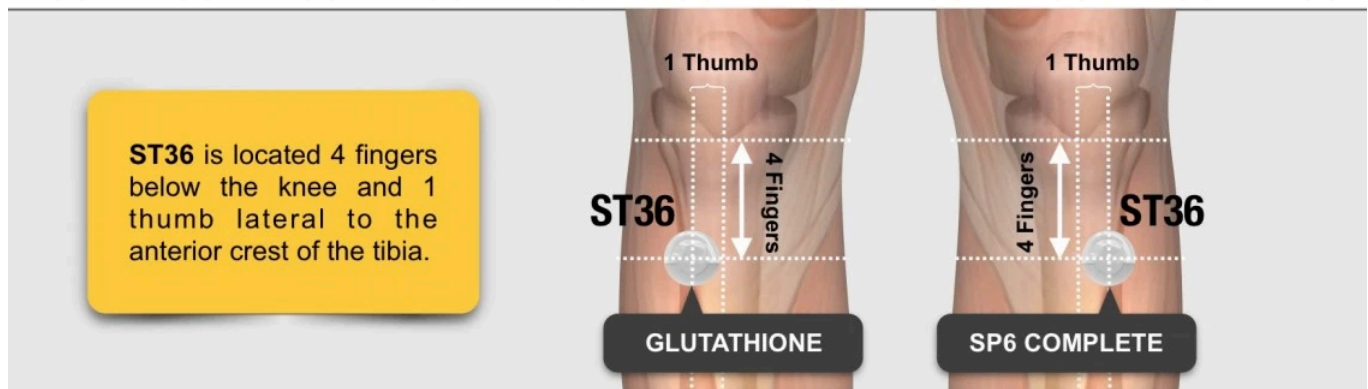
SP6 COMPLETE on **SP6** - Left Side



DAY 2

GLUTATHIONE on **ST36** - Right Side

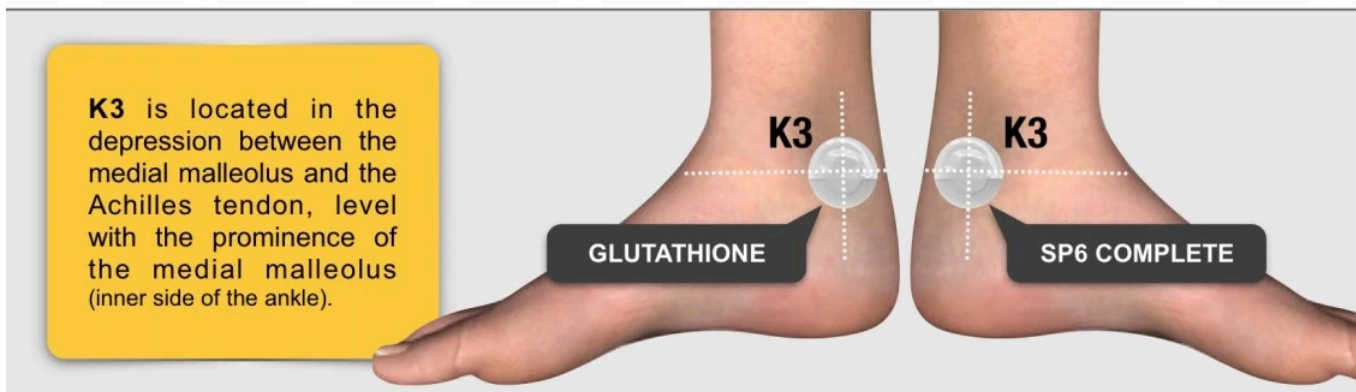
SP6 COMPLETE on **ST36** - Left Side



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

