

## WELCOME TO LIFEWAVE

### You've got your patches but NOW WHAT?

1. Check out the pamphlet that came with your patches to see recommended placement. You can also find placement directions on the Lifewave website on the product's page, or on the company's Youtube Channel: <https://www.youtube.com/@LifeWaveHealth>. These are the spots the company clinically tested. However, you do not HAVE to put them there. Start there and then adjust as necessary. Need help? Ask the person who introduced you to the patches. You can also join us every Wednesday on Zoom to ask your patch questions. We have two times: 12 Eastern and 7:30 Eastern. Zoom link is <https://zoom.us/j/5362846915> passcode: light. (Zoom Meeting ID 5362846915)
2. Wear the patches up to 12 hours a day per patch. You can wear some during the day and some during the night. No more than six patches at a time, but start slow and build up to that. We recommend that the glutathione patch is worn during the day. It is important that you are hydrated for all the patches, but glutathione specifically supports the detox pathways in the body so it is extra important to be hydrated with that patch. Silent Night and Alavida are also better at night. \*\*Please note: If you experience a dull headache upon wearing the patches, try placing them below the waist when you wear them.
3. For best results, drink plenty of water. A good rule of thumb is drink half your body weight in ounces a day. For example, someone weighing 100 pounds is recommended to drink AT LEAST 50 ounces of water. In addition, make sure you get plenty of electrolytes/trace minerals.
4. For best results, eat a healthy diet. The patches encourage your body to maximize its biochemical processes. Your body will be more efficient if it has the nutrients it needs to support that biochemistry.
5. Some people \*feel\* something and others don't. That doesn't mean the patches aren't working. The body is a self-healing system, and it prioritizes its own healing. It will always prioritize the parts of the body that are necessary for life such as heart health and brain health. If your body is prioritizing balancing cholesterol or healing nerves or increasing bone density, you won't necessarily feel the difference as the body heals. We recommend using the patches for a minimum of one month per decade of age to allow time for your body to heal.
6. Interested in earning money to pay for your patches? We have team support to teach you how to do that. Please ask the person who invited you to invite you into the groups and team trainings. If you need technical assistance with Zoom or Facebook, please ask the person who shared the patches with you.
7. Each patch effects the body differently. You may notice clearer, brighter skin and eyes. More energy. Balanced moods. Improved sleep, including more dreams. Decreased pain and inflammation. These effects will increase over time. The longer you use the patches, the more benefits you will begin to notice. We recommend taking a before and after picture, and doing before and after tests so you can track your shifts.

## Examples of Benefits Over Time

### **X39 Long Term Results (Clinically-Tested)**

- First Few Days:
  - 4,000 Genes Begin to Reset to a Healthier, Younger State
  - GHK Copper Peptides are activated and initiate rapid repair of collagen in your body
  - “People using the cell activation patch will experience an immediate effect through the elevation of antioxidants and a decrease in inflammation and an increase in energy and joy.” Melinda H. Connor, DD, November 2020
- Within 1-3 months:
  - Physical, Mental, & Emotional Changes Occur
    - “A recent study has shown, after six weeks, X39 helped the brain become more balanced as shown on QEEG brain mapping. These types of changes help calm an overactive brain leading to a decrease in multiple symptoms related to memory, depression, anxiety, sleep, and more.” 2019 PSY-TEK Labs
  - Cardiovascular System Changes Occur
    - “The cardiovascular portion of the organ function study showed that after 6 weeks of wearing the X39, the cardiovascular systems acted eight weeks younger. So, if one does the math, for every day you wear the patch the cardiovascular system acts a day and a third younger.” The Center for Biofield Sciences: The Pilot Study
- Within 3-12 Months:
  - Active Master Cell Repair (the building blocks for all other cells in the body)
    - These are the only cells in the body that are changeable. They can change into any cell your body needs to repair, just like when you were 20!
    - These cells are what your body uses to repair and regenerate all of your cells, tissues, and organs.
    - Within this time frame your master cells are actively elevated
    - The body prioritizes what needs to be healed the most and goes to work.

### **X39 and X49 When Worn in Combo**

- Increase in fat loss of 11% over 60 days (per clinical studies)
- Increase in Stamina, Strength, Endurance
- Building lean muscle
- Healthy Blood Pressure Levels
- Support Strong Bones
- Reports of thicker, stronger hair and nails
- Support Heart & Brain Health