

## **LifeWave X39 - Stem Cell Activation Patch Guidelines**

### **How To Apply:**

- Place a new X39 on C7/GV14 on back of neck or 3 finger widths below belly button.
- Wear the X39 patch every day or every night, for 12-16 hours max per day.
- Remove the X39 for at least 8 hours per day.
- If you accidentally wear for 24 hours (all day and all night) then remove and wait for at least 8 hours to start the daily usage again. You can either wear them in the evening or during the day but not both.
- It is not necessary to put the X39 directly on the pain or affected area – wearing it on the directed spots will positively affect the whole body.
- LifeWave patches lose efficiency after 24 hours. Be sure to wear a new patch every day.

### **To Experience Best Results:**

- Stay hydrated. Drink 1 glass before applying the patch and continue to drink lots of water throughout the day. This will reduce any possible detox effects such as headache or nausea which is normal and usually disappears within the first day or two.
- Take a high-quality nutritional supplement with vitamins, minerals and trace minerals.
- Eat lots of fatty fish such as rainbow trout, salmon, sardines, mackerel and herring to have high quality protein, collagen, and omega 3's which help with the regeneration process.

### **What to Expect:**

- With first use, you may notice reduced pain, better sleep, feelings of improved vitality and faster recovery at the gym.
- Within the first few days, you may experience general improvements in feelings of wellness, increased strength, reduced inflammation and improvements in reduction of pain.
- Within two to three weeks, you may notice regeneration due to stem cell activation
- You may not notice any significant regeneration such as reduction in joint pain until the third or fourth week so it is important to continue wearing the X39 consistently even though you may not notice an immediate improvement.
- Your body heals and regenerates on a priority basis and your body knows where it needs to focus on more urgent healing which you may not be aware of so let your body heal naturally.
- Most people notice ongoing improvements in health that continue to become noticeable during the first few months of wearing X39 patches.

### **Track your progress!**

- Take a close up photo of your face, hands and hairline including any balding spots.
- List all pains and inflammation in your body including back, hip and joint pain etc.
- Note your general levels of vitality and energy and the quality of your sleep.

## **Other LifeWave Products Overview**

### **Energy Enhancer**

- Increase energy and stamina by 20%, and increase flexibility.
- Can be worn on temples to increase focus and to help manage a headache.
- Tested by US Anti-doping Agency and World Antidoping Agency - letters at [lifewave.com](http://lifewave.com)
- Safe to use for amateur and professional sports. Nothing enters the body.

### **Icewave patches**

- Help to reduce pain - sometimes almost immediately
- A double blind placebo controlled study (see study on [lifewave.com](http://lifewave.com)) done in 4 French hospitals on 100 patients by doctors found the patches helped reduce pain within 10 minutes or less, over 95% of the time.

### **Alavida**

- Help your pineal gland in the center of your brain release anti-aging substances into your body including melatonin that improves your sleep.
- The anti-aging properties are for every part of your body but is most visible in the look and appearance of your skin.
- The pineal gland is known as the human connection to God /spiritual connection.
- The Alavida patch may be worn only at night (when not wearing the x39.)

### **Y-AGE Aeon**

- Lower mental stress in about 15 -20 minutes, lowers inflammation in 15 minutes throughout your entire body, increases antioxidants and increases strength.

### **Y-AGE Glutathione**

- Elevate your body's master antioxidant that protects every cell in the body from oxidation and protects from damage by toxins and heavy metals.
- Within 24 hours of putting on the patch, the Glutathione produced by your body in your liver and lungs increases by 300%.
- Glutathione patches have been shown in studies to increase the heavy metals into the urine which shows how effective it is.
- Glutathione patches also have clinical studies that show they help with adult acne and acne in general.
- The Y-AGE Glutathione patch may be worn at night when not wearing the x39.
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### **Y-AGE Carnosine**

- Support cell repair
- Supports muscle building, which is great for body building
- Great to wear with X39 as it supports regenerative effects.