



Tips on How to Use the Patches

- **Stay hydrated.**
- Wear for 12 hours. Take patch off and go 12 hours without.
 - Put on a **new patch after 12 hours off.**
 - This timing is calculated for each individual type of patch.
 - **Example:** You can wear the X39 from 8am to 8pm, take it off, then put on a different patch at night - like the Silent Nights - and wear that for 12 hours. Then take that off, and put on the new X39 for the next day. Then use another Silent Nights at night again.
- You could wear all 12 patches together and it wouldn't hurt you and they would each work. But it's not recommended. Typically people **wear as many as 3 at a time** but more than that could start to dissipate the effectiveness.
- **If you forget to take a patch off** and end up wearing it all night (or all day, depending on when you put it on), then don't wear another patch (of that type) for the next 24 hours. (We've all forgotten at least once!)
- The **patches are waterproof!** OK to wear in shower, bath or pool.
- The **placement locations are recommended** based on where they were used in the clinical studies. It's OK to experiment with placement. Putting on a pressure point is recommended, because this helps disseminate the energy in the body.
- The patch does not have to be adhered to your body to work. **If a patch is within 3-5" of your body**, it will activate and work.
 - For this reason, it's not a good idea to carry extra patches near your body - like in your pocket.
 - If your skin is irritated by the adhesive you can put the patch on your clothes and it will work. Or, hang it around your neck. (*The adhesive is hypoallergenic and latex-free.*)
 - Also, you could stick the patch on the inside of your clothes so the top of the patch is touching skin but not the adhesive. The patch is effective facing either way.
- Precautions about transporting patches:
 - **Keep them away from extreme heat** - don't leave them in a car, for example.
 - They **won't be affected by security checks** in airports or public/government buildings.
- **To use with pets**, start by trying one of your used patches and attach to their collar or tag.
 - **Note:** The Aculife patch is designed for horses but it can be used with other animals. It works similarly to the IceWave.