

LifeWave Power of the Patches Quick Reference

Disclaimer: The statements on LifeWave products are not intended to diagnose, treat, cure or prevent any disease or medical condition. Our products support and improve overall health and wellness in a variety of ways that are unique to each person. What we share comes from clinical evidence, our customers and our own personal testimonials, and we speak to symptoms, the products used, and individual results experienced.

Ingredients: The patches contain a patented blend of organic nano-crystals, including amino acids, sugars, water, stabilized oxygen, and natural organic compounds.

- These are applied to a polyester substrate and sealed inside a polymer shell.
- All active ingredients in the patches are listed under FDA regulations and are recognized as safe.
- The patches are non-transdermal, which means no substances enter the body.
- Patches can be worn on clothing instead of directly on the body.

How they are worn: They are worn 12 hours on and 12 hours off on specific acupuncture points that have been clinically tested for optimal results. Locations depend upon which patches are used.

- The reason we take a 12-hour break is to make sure we don't over stimulate the body with a light signal for too long, which can diminish their effectiveness.
- This is called attenuation, in medical terms.
- The rhythm is similar to the cycle of activity and recovery (rest/sleep), which is necessary for optimal health.

How our Light Therapy works: The patches are passive and activated by body heat (infrared light, the power source).

- When activated, they stimulate the surface of the skin with different wavelengths of light frequency, causing desired biochemical changes in the body in a process called photo biomodulation (also called photo therapy or light therapy).
- On the skin's surface are enormous clusters of nerves and acupuncture points, which transfer the signal from the patches to the rest of the body. The effect is systemic.
- There are also collagen fibers in the body that act like fiber optic cables for light, passing the infrared light 100 times faster than our nervous system (blood and urine tests have attested to this). This process causes the body to produce a specific and desired effect; similar to the way the light from the sun stimulates our body to produce Vitamin D or melanin. [Watch this 2 minute video](#)

An important Key to Success is HYDRATION! (ideally 1/2 of your body weight in ounces distributed evenly throughout awake hours, or an 8 oz. glass of water every waking hour, whichever is more).

- This is a KEY for optimum patch performance. Hydrated cells are more effective receivers for photo biomodulation.



LIFEWAVE PATCHES

X-39 patches reflect a light frequency that encourages stem cell growth stimulation and activity by elevating the copper peptide GHK-Cu.

- It resets about one third of the human genome to a younger, healthier state.
- People also report improved sleep, reduction in pain and inflammation, and an increase in Glutathione (master anti-oxidant) production by up to 30%.
- It promotes overall wellness, helps repair collagen in all tissues, discourages growth of abnormal cells.
- Has helped many with cardiovascular, spectrum and urinary and joint issues, recovery after exercise, better skin quality (less lines and wrinkles), mobility issues from diseases.

TAKE NOTE: It is encouraged to increase copper intake to assist X39.
KEY POINTS: X-39 has been proven to generate stem cell production. This is the first patch that any of us should use. Studies have shown that long-term use produces extraordinary cumulative health benefits

MORE: [Video about X39](#) (3-minute video)

X-49 patches reflect a light frequency that stimulates elevation of the copper peptide AHK-Cu (alanine), which activates stem cell production.

- X49 is our newest patch, released in January of 2022.
- This patch also helps the body reduce fat, and helps with brain health and cognition.
- Affects muscle density, strength, stamina, recovery, and protection from synthetic radiation such as WiFi, bluetooth, EMF/5G exposure.
- There is clinical evidence of improved cardiovascular and cognitive function, bone density and possible hair growth. These clinical studies are not yet complete.
- In a study group of 40+ year-olds, athletic performance and recovery were significantly improved.
- In a group of several 70+ year-olds, their strength doubled in 30-60 days.

TAKE NOTE: Vegetarians need to supplement with amino acids in order for X49 to work properly.
KEY POINTS: Use with X39, the "mother patch" for stem cell regeneration. The synergy magnifies the effects of both!

MORE: Here is the [X49 Video](#) (3 minutes)

X39/ X49 Placement Suggestions:



Y-Age Aeon reflects a light frequency that encourages the body to produce a broad-spectrum anti-inflammatory response, which also reduces cortisol and calms the nervous system.

- Elevates a liver peptide that is closely associated with longevity and activates the primitive immune system.
- Reduces inflammatory stress in the body and as a result, people with chronic pain can get the pain under control.
- Aeon has helped with joint pain, bruises, swelling, chronic immune issues, allergies, memory, brain balancing, calming plus reduces C-reactive proteins and elevates DHEA.
- It has even helped with stomach issues.
- It can protect the cells from free radical damage.
- This is #1 for pairing with X39 for effective healing.
- This patch was inspired by the Queen Bee's longevity due to consumption of Royal Jelly. **Aeon is like eating several cups of Royal Jelly per day.**

KEY POINTS: We call this the *"happy patch"*. It is great for managing mental/emotional stress and promotes relaxation. Excellent for night use, as it can help with sleep.

MORE: [Learn about the Happy Patch, Aeon](#) (40-minute video)

Y-Age Aeon Placement Suggestions:



Y-Age Glutathione reflects a light frequency that stimulates the body to increase glutathione production by 300% in 24 hours, which is valuable in boosting the immune system, fighting off viral, bacterial, fungal infections and eliminating toxins.

- It is the body's master antioxidant and detoxes heavy metals and environmental toxins from the body and protects the body from oxidative and inflammatory stress.
- It protects stem cells (all cells) from damage and helps the body heal and repair more efficiently.
- It protects hearing, skin, eyesight.
- It protects and repairs damage to DNA before it has a chance to replicate by directly intercepting free radicals before they can cause DNA damage.
- If someone has tremors and they hold this patch and their tremors stop, then the tremors are related to toxins in the body.

TAKE NOTE: Not recommended at night or you may wake up with detox symptoms, because constant hydration is so important for detoxing.

KEY POINTS: It's like having a wall of defense around a city.
MORE: [Glutathione video](#) (60 minutes)

Y-Age Glutathione Placement Suggestions:



Y-Age Carnosine reflects a light frequency that protects the body's *telomeres from degradation*.

- Telomeres lengthen the life span and overall health.
- Supports and enhances cognitive function with clarity, focus, memory and speed of processing within 30 days (especially over age 60).
- Can repair brain injury & help with neurological and cognition issues.
- Breakthrough research has shown that it can dramatically extend the lifetime of laboratory animals and in a culture it also extends the lifetime of human cells.
- Improves athletic performance, recovery, tissue repair and healing, longevity, strength, flexibility and bioelectrical organ properties, lumps, bumps, clots, bruises, lacerations.
- Lowers blood glucose, enhances insulin sensitivity, may help prevent emergence of sugar-related conditions.

KEY POINTS: Carnosine is a dipeptide (2 amino acids) and a natural **antioxidant** POWERHOUSE mostly found in brain, heart and muscle tissue.

TAKE NOTE: Preferable to use during the day as it can make you mentally active.
MORE: [Carnosine Video](#) (50 minutes)

Y-Age Carnosine Placement Suggestions:



IceWave is the pain patch set (it's a 2-patch system)

- This patch pair reflects a light frequency that causes the body to almost instantly reduce pain by sedating excess energy and inflammation.
- Great for headaches of all types, acute and chronic pain, tension, pulled muscles, pinched nerves, achy joints, chronic muscular discomfort, stiffness, pain from surgery, etc.
- Has been used for nausea when placed on either side of belly button.
- **Similar to a blue laser.**

TAKE NOTE: Generally provides relief between 15 seconds up to 2-3 minutes.

KEY POINTS: This is our primary pain relief product with over 12 clinical studies.

MORE: See [Dr Barbara's Video on Placement of the IceWave Patch](#) (10 minutes)

IceWave Placement Suggestions:

Placement depends on where the pain is. Here is another video about IceWave placement.

<https://www.youtube.com/watch?v=bVaN09Pppi8>

Nirvana reflects a light frequency that encourages the body to increase stability for gamma and dopamine.

- This causes elevated moods, i.e. euphoria, joy, happiness, peace, balancing emotions and lifting chronic dullness, sadness, elevating and sustaining production of beta-endorphins.
- Also increases collagen production, which can help with a reduction in lines and wrinkles.
- It promotes overall relaxation and reduction in stress and anxiety.

Nirvana System promotes overall relaxation, reduction in stress and anxiety, improves mood, clear thinking and direction.

- The oral supplement elevates beta-endorphins.
- One of our team members says this is one of the strongest patches she uses.

KEY POINTS: A security blanket. (Pairs well with our Nirvana supplements that are made from seaweed extract.) When used together the results can be seen in as little as 3 weeks.

TAKE NOTE: Generally provides relief between 15 seconds up to 2-3 minutes.

MORE: [Learn more](#) (2.5 minute video)

Nirvana Placement Suggestions:



Alavida reflects a light frequency that stimulates the body to produce a skin and body regenerating system via elevation of epithalioin peptide in the pineal gland.

- Increases organ function, reduces oxidative stress, increases antioxidants, stimulates frontal lobes, **pineal gland activation**, increases mental clarity and focus.
- Pairs well with Alavida facial day cream & night nectar.
- Has been used to remove abnormal skin formations.
- It was developed as anti-aging more than skin care.

Alavida Regenerating Trio was developed as anti-aging more than skin care.

- This trio can increase function in the liver, kidney, pancreas and pre-frontal lobe of the brain.
- *These are not merely cosmetics.* The naturally occurring materials in them are protected by the airless pump.
- When combined, this system reduces the appearance of fine lines and wrinkles and supports the renewal of the skin.
- Alavida elevates a peptide in the pineal gland (according to the Egyptians, this is the seat of the soul: It is regulated by light and we are beings of light!)
- The skin care lotions are non-synthetic, therapeutic and produce quick results.
- This system improves the skin from the inside out **and** the outside in.

TAKE NOTE: Best used at night, might help with sleep.

KEY POINTS: In improving the body, the skin can heal, possibly resulting in the reduction in appearance of lines and wrinkles (especially when combined with the skin care products).

MORE: For more information, visit MyAlavida.com (website)

Alavida Placement Suggestions:



Energy Enhancer reflects a light frequency that encourages the body to balance and increase energy and endurance, and reduce fatigue and muscle soreness.

- This can help with increasing fat burning and flow of energy throughout the body.
- Some have experienced weight loss.
- This was the first patch developed by David Schmidt and was originally intended for the military.

- Excellent for athletes. It was made famous by athletes wearing it in the Olympics.
- Use on acupuncture points bilaterally for nausea.
- It also improves digestion, strengthens and tones organs, drains dampness and phlegm.
- Bioenergy in organs.

TAKE NOTE: It is not a stimulant, but causes the body to mobilize.

KEY POINTS: Increases Qi. Similar to a red laser.

MORE: [Watch this video about Energy Enhancer](#) (50 minutes)

Energy Enhancer Placement Suggestions:



SP6 reflects a light frequency that stimulates the body to balance hormones, metabolism and cravings.

- Some have experienced a reduction in hormonal symptoms and chocolate cravings.
- This patch can help with portion control or reducing appetite.
- Effective with hormones and balancing blood sugar.

- Great for improving digestive function. This is NOT a weight loss patch but can be used in conjunction with a weight loss program.
- And it can repair lungs.

TAKE NOTE: This is one of our doctor's favorite patches!

KEY POINTS: Strengthens appetite control, balances blood sugar, increases organ function, balances the hypothalamus and therefore regulates all the autonomic nervous system.

MORE: [Here is a clinical study on how SP6 improves organ function](#) as well as a [video about SP6](#) (8 minutes)

SP6 Placement Suggestions:



Silent Nights reflects a light frequency that causes the body to regulate sleep through melatonin production.

- Using this patch can improve quality and length of sleep by over 60%.

- Also important for oxidative stress.

TAKE NOTE: Great for calming children with certain disorders.

MORE: [Video about Silent Nights](#) (50-minutes)

Silent Nights Placement Suggestions:



AcuLife was designed for horses and works for other animals as well.

- It reflects a light frequency that causes the body to provide pain relief and inflammatory response, similar to the IceWave 2-patch system.
- It comes with acupressure beads to assist in stimulating pressure points through their thick skin.

MORE: Visit <https://AcuLifeNow.com> (website)

NEW AROMATHERAPY MISTS DREAM AND SHINE

Due to legal regulations these are called aromatherapy. We can't really name them for all they can do, but just know that they are cutting edge, something that has never existed before and you can't get it anywhere else! If you want to know the juicy details, contact me privately!

- These mists are designed first of all to improve/enhance our light therapy patches.
- They were inspired by the truffles (mushrooms) hunted by wild pigs; a wildly sought after delicacy by humans for their natural aphrodisiac and hormone balancing properties.
- They use a novel delivery system of a one-of-a-kind, age reversal, structured water that has been energized (developed by David Schmidt, our CEO and inventor of the patches).
- The water is the engine that drives the essential oils and herbal complexes into our blood stream faster (nearly instantaneous results).

HOW TO USE:

- For the most effective use: Spray on wrist and inhale deeply 7-8 times.
- It is not necessary to be able to smell the fragrance in order for the mists to be effective.
- Inhaling brings them directly into the bloodstream and they go to work, delivering a total body experience.

MORE: Visit [LifeWave Aromatherapy](#) (website)

SHINE: Use first thing in the morning and pre-workout.

- Encourages feelings of overall wellness and energy, invigorating aroma to help awaken the senses.
- Helps create a focused, energizing boost for the day.

INGREDIENTS:

- Pine Pollen Extract (instead of truffles)
- Tongkat Ali Extract - known to improve libido and testosterone
- Polyrhachis Extract - known to improve growth hormone levels and nitric oxide
- Pine Oil - known for anti-inflammatory and increase of testosterone



- Blue Spruce - known to increase testosterone levels
- Ginger oil - known as an aphrodisiac, reduces anxiety
- Sage oil - known to increase testosterone and balance estrogen levels

DREAM: Apply 10 minutes before bedtime.

- Encourages deep sleep, feelings of rest and relaxation before bedtime.
- Soothe your senses with a peaceful aroma.
- Creates a calming ambiance for your bedtime routine.

INGREDIENTS:

- Pine Pollen Extract (instead of truffles)
- Tongkat Ali Extract - known to improve libido and testosterone
- Mucuna Pruriens - known to increase L dopa
- Pine Oil - known for anti-inflammatory and increase of testosterone



- Jasmine Oil - known to elevate Oxytocin
- Lavender Oil - known to reduce stress and improve sleep
- Clary Sage Oil - known to support relaxation and help with hormones