

**PATCH and HEALTH SUGGESTIONS**  
*From David Schmidt, LifeWave Founder/Inventor*  
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These recommendations are not intended to diagnose, treat, cure or prevent any disease or medical condition. They suggest healthy habits, including wearing the patches, that can create an optimum environment for healing.

## Quick Overview of X39

- It is elevating copper peptide with light; elevating blood levels of copper peptides.
- GHK-cu is one of the most important peptides in our body.
- It resets 1000s of genes to a more youthful state – i.e. we get a partial reset to youth by using X39
- It mobilizes stem cells and gets them to act like younger, healthier cells
- It supports energy metabolism
- It manages inflammation
- It supports recovery
- And it supports overall wellbeing

This is the flagship patch! Focus on everyone starting with this patch.

### When might we add other patches?

First, find out what the customer needs specifically – sleep, energy, pain?

## PAIN

What is pain?

- Western Definition – tissue damaged, blocked signaling, brain interprets as pain
- Eastern Definition – damage to tissue resulting in a blockage to the flow of chi or life energy
- Something in the body changes so blood/energy doesn't flow and this is interpreted as pain.

### The solution:

- Normalize tissue conductivity
- Restore the flow of energy
- Manage inflammation
- Improve immune response (chronic)
- Improve hydration – tissues need water!

Inflammation is necessary in the activity of stem cells – it tells them where to go to repair. But too much inflammation needs to be managed.

### Patches for Pain Relief:

- **X39** on either of 2 recommended locations (top of spine/below belly button) + **Aeon** at point of pain
  - X39 by itself will often be enough but something that has been chronic may need more help
- **X39 + Glutathione**
  - Parkinson's, MS or Alzheimer's are associated with reduced glutathione so this may help. However, we are not suggesting this is a way to heal these diseases, just help reduce pain.

## PATCH and HEALTH SUGGESTIONS

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- **X39 + IceWave** – use the IceWave instructions for placement. *(Contact your LifeWave representative for details.)*

**Additional suggestions to support optimal health and healing:** *(Always check with your doctor first regarding supplement recommendations)*

- **Hydration**
- **Magnesium** (200-400mg/day), **Potassium** (1000mg/day)
- **Copper** is found in liver, wheat grass, dark chocolate, seafood – people with elevated levels of copper tolerate pain better.
- **NAC** – N-Acetyl Cysteine – an amino acid, a precursor to Glutathione. If you are vegan or vegetarian – this is recommended to support glutathione levels. It's also an antiviral.
- **Curcumin** – natural pain reliever and anti-inflammatory.
- **Olive Oil** – could be the reason why the Mediterranean Diet is so effective. A powerful gene-modulator and reset genes to a healthier state. Natural inflammatory.
- **Nitric Oxide** – the combination of garlic and Vit C will triple Nitric Oxide levels – improves circulation, could use as a part of an overall pain management program.
- Patches will help fastest for pain relief!

## LOW ENERGY

### Overview of the problem

- Being dependent on caffeine for your energy is not a good long-term plan. It puts a lot of stress on the body.
- Energy production is linked to mitochondria. If you have low energy the cells aren't effectively converting fat to energy (or food to energy).
- Lack of hydration
- Poor diet – not enough vitamins, minerals, too much stimulants,
- Not enough sleep, possibly overweight

### **The Solution**

- Get body back to functioning like in our teens, i.e. converting body fat to energy
- Get enough water
- Clean up the diet
- Regular exercise, which resets your genes to a younger state
  - DO YOU WANT TO MAKE MORE MONEY THIS YEAR? Richard Branson was asked how to make more money. His answer 'exercise'.
- Supplement as needed
- Reduce stimulants
- Restore Sleep (7-8 hours is ideal, less than 6 is a problem)

### **Patches for Restoring Energy**

- **X39 + Energy Enhancer** (There are a variety of locations - start on wrists)
- **X39 + Glutathione**
- **X39 + Silent Nights** (improve melatonin and sleeping longer)
- **X39 + Shine and Dream** – boost energy during the day, improve sleep quality

**Additional suggestions to support optimal health and healing:** *(Always check with your doctor first regarding supplement recommendations)*

- **Lipoic Acid** (300mg/day) + **Acetyl L-Carnitine** (500mg/day) – helps with body fat loss and mitochondrial function.
- **Hydration** – always important when using the patches!
- **Reduce sugar** and refined carbs
- **Exercise**
- **Magnesium, Potassium** (see suggestions for Pain)
- **Reduce** or eliminate **coffee**
- **Sleep** in a room that is dark; keep your feet warm (more on sleep to follow)

## **SLEEP ISSUES**

Overview of the problem:

- Age; lower hormone production
- Medical condition or on medication
- Poor diet / eating late at night *(ideal to have at least a 2-3 hours between eating and sleep)*
- Vitamin/mineral deficiencies – magnesium deficiency can affect sleep
- Too many stimulants (coffee)
- Poor sleeping conditions

**The Solution:**

- Restore hormones
- Improve diet and eating habits
- Supplement as needed
- Exercise
- Reduce or eliminate stimulants
- Sleep in the proper environment

**Patches to support sleep:**

- **X39 + Silent Nights** (start here – SN elevates melatonin – may take at least 7 days to start seeing results – good clinical data on this)
- **X39 + Alavida**
- **X39 + Aeon** – David uses Aeon at night – reduces stress on nervous system and calms you down – prepares you for rest
- **X39 + Shine and Dream** (lots of great testimonials for Dream supporting better sleep)

**Additional suggestions to support optimal health and healing:**

- **Magnesium Threonate** – unique form of magnesium that relaxes the brain and nervous system
- **Calcium** (algae) – take this with magnesium – doesn't have to be a lot – 2-300mg – there are studies that show a calcium deficiency can contribute to sleep issues. Calcium and Magnesium are often paired together.
- **Taurine** – David has done a lot of research

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- In literature it's not well understood how it does what it does. It is an antioxidant, amino acid – levels of taurine decline with age and it's found in the brain, heart and in testicles.
- 3-5g/day can elevate testosterone for men
- Also relaxes nervous system – 1000-2000mg could affect quality of sleep – Could take with magnesium and calcium.
- **Reduce sugar and caffeine** intake at dinner
- **Turn off cell phone**, computer 1 hour before bed
- **Sleep Conditions** - Dark room, warm feet

## LOSS OF CARTILAGE

### Overview of the problem:

- Often medical advice is surgery at this point.
- Your body made cartilage – can we repair it?
- It's irrefutable that stem cells can be used to make cartilage – already proven – so Stem Cell injections are a non-surgical solution
- What to do today? Why does someone have a loss of cartilage?
  - Normal age-related wear and tear
  - Sports injury
  - Medical condition
  - Aging process

### **The Solution:**

- Talk to doctor about improving stem cell activity in your body
- Manage inflammation
- Hyperbaric Oxygen – increase the number of circulating stem cells
- Provide protein needed
- Provide essential fatty acids
- Supplement as needed
- Sleep

### **Patches to support cartilage loss:**

- **X39** (at recommended locations) + **Glutathione**
  - Put Glutathione around the point of cartilage loss
- **X39 + Glutathione + Aeon** - lots of evidence supporting using Glutathione and Aeon around the knee (or point of cartilage loss).
  - Put Aeon on inside of knee and Glutathione on outside of knee, so they are parallel to each other – improves range of motion and there are other benefits

### **Additional suggestions to support optimal health and healing:**

- Collagen supplementation (beef collagen) – 10-20g/day – can help restore lost cartilage
- Protein supplement – Master Amino Acid Pattern (MAP) – free form amino acids including branch-chain amino acids

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- With a serious condition, talk to doctor about Vitamin C (Oral and IV 2x/week) – Vit C is a trigger for repairing collagen structures and repairing cartilage
- Copper - 2.5mg of copper glycinate, 1x/day
- NAC – supplement if you aren't getting eggs or dairy in diet (cysteine)
- Olive Oil – manages inflammation
- Curcumin – manages inflammation

If you are bone-on-bone with chronic inflammation, the inflammation is destroying stem cells. So if antioxidant system in body is compromised (poor diet, no elevated antioxidants), you need to get natural anti-inflammatories into your system so that stem cells can do their job. Stem cells will make collagen and cartilage.

## ACNE

### Overview of the problem:

- Medical Condition – discuss with doctor
- Hormonal changes
- Poor diet
- Poor nutrition
- It's a bacterial infection

These are the clues to help solve the case!

### **The Solution:**

- Speak with your doctor
- Manage inflammation
- Improve diet; reduce sugar
- Proper nutrition (diet and supplementation)
- Natural anti-bacterials

### **Patches to support skin health:**

- **X39 + Glutathione** (even for teens) – detox and support a healthy immune response
- **X39 + Alavida topicals** (if tolerated) – contains Vitamin C, which is a natural anti-bacterial – We don't make specific claims here because Acne is a medical condition. These will support the health of the skin.

### **Additional suggestions to support optimal health and healing:**

- **NAC** – 600mg, 2x/day - or getting eggs and dairy in diet (*helps elevate Glutathione but not quickly. Patch helps with this better.*)
- **Vitamin A** – very important for skin health – oral 10-25,000 IUs/day – this can get rid of acne alone – not too much – 50,000 IUs/day can be toxic – start with 10,000 IUs or what doctor recommends
- **Vitamin C** – 1000mg 1-2x/day
- **Zinc** - 15mg/day – a natural anti-bacterial
- **Copper** – also a natural anti-bacterial (2.5mg/day)

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- **Iodine** – talk to doctor, 1mg may be fine, 12mg may be OK, there can be adverse effects on thyroid
- **Oregano Oil** – internally – really powerful anti-bacterial (dried or oil)
- **Prebiotics** (soluble fiber)
- **Probiotics**
- **Hydration**

## WRINKLES

### Overview of the problem:

- Age-related loss of collagen
- Difficulty making collagen
- Poor Diet
- Habits that cause wrinkles (smoking, drinking)
- Too much sun exposure
- Lack of skincare routine

### **The Solution:**

- This all goes to mitochondrial function
- Improve collagen production – stem cells are great at this!
- Supplement with collagen (and make sure you have raw materials in diet to support this)
- Improve diet and supplement
- Daily skincare regimen
- Reduce/eliminate habits that damage skin
- Proper hydration
- Proper sleep
- Some people have a problem producing collagen (see more on this below)

### **Patches to support skin health:** (We have good clinical evidence with these combos)

- **X39 + Alavida System**
- **X39 + Glutathione (linked to collagen repair)**
- **X39 + Carnosine** – most powerful anti-glycation nutrient known. If you have blood sugar issues this can be resolved with carnosine. High blood sugar can damage nerves and break down collagen.
- **X39 + Shine and Dream**

### **Additional suggestions to support optimal health and healing:**

- **Collagen supplement** – 10-20g/day
- **Vitamin C** – 1000/2x per day
- **NAC**
- **Alpha Lipoic Acid** – antioxidant linked to skin health
- **Copper** – found in skin
- **Exercise** (growth hormone, detox) – resistance training!
- **Hydration**

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If you aren't getting results from X39 with wrinkles – you may have a natural inability to make collagen. A study showed that a Lysine, Proline, Green Tea and Vitamin C combo can prevent cancer or viral infections from spreading. Supplementing with Proline and Lysine could help. 2g/day – talk to doctor. *(More on this under Viral Infections below)*

## COGNITIVE DECLINE

### Overview of the problem:

- Age
- Medical condition
- Poor diet
- Lack of exercise
- Lack of mental stimulation
- One of the scariest consequences of aging for most people

### **The Solution:**

- Improve mitochondrial function
- Improve stem cell activity
- Improve diet
- Supplement as needed
- Exercise – *when you exercise you are turning on youth genes and telling your body you are interested in being alive!*
- Stay mentally active – hobbies, books, games
- Proper sleep - no less than 6 hours. Lack of sleep is linked to Alzheimer's.

### **Patches to support cognitive health:**

- **X39 + X49** – our clinical studies show improved cognition with this combination
- **X39 + Carnosine** – studies have been done on carnosine to reverse age-related cognitive decline
- **X39 + Shine and Dream**

### **Additional suggestions to support optimal health and healing:**

- **Beta Alanine** – in red meat, may need to supplement (1g/day is enough) – is a precursor to Carnosine and AHK-cu
- **Creatine** – body builders use this for muscle building, also a fuel for energy production. The brain and heart use larger amounts of energy
- **DHA** (fish oil or algae oil) – supplement if not getting fish – brain shrinks with lack of DHA
- **Phosphatidyl Serine** - nutrient
- **Cognizen** - nutrient
- **Olive Oil** – manages inflammation
- **Exercise** (gene activation)
- **Sleep** (7 hours +)

Clinical studies show you can get improvements in memory and focus within the 1st 1-3 weeks with X39 + X49 and Beta Alanine, for example.



## **MUSCLE LOSS**

### Overview of the problem:

- Age (sarcopenia) – by Age 70 could have lost 35% of muscle mass
- Lack of exercise – resistance type ideal to maintain muscle mass
- Low protein diet
- Poor nutrition
- Poor sleep
- Hormonal changes / Low Testosterone

If you are exercising and not getting results, you may need more protein!  
May need 40g to turn on emtor. 4g leucine if over 50 to get muscle protein synthesis.

### **The Solution:**

- **Good News!** No matter your age you can improve your body composition – it's been proven!
- Improve mitochondrial function
- Improve stem cell activity
- Improve diet
- Improve hormones (men and women)
- Supplement as needed
- Exercise – including resistance training
- Proper sleep

### **Patches to support body composition improvement:**

- X39 + X49 – go to for this (We have lots of data on this!)
- X39 + Carnosine – we have a study on this – mild anabolic (muscle building)
- X39 + Energy Enhancer
- X39 + Shine and Dream
- X39 + Silent Nights / Aeon / Alavida

**CAUTION!** If you haven't been exercising or are out of shape – take it slow!

### **Additional suggestions to support optimal health and healing:**

- **Exercise;** resistance training
- **Increase protein intake** – body weight in lbs x 80% = grams/day – divided over 4 servings. Ex. Man 200 lbs = 160 grams/day/4 in a day
- **Protein; MAP, Whey** (BCAA, Leucine) –
  - If Vegan – add Leucine to Pea Protein = same value as Whey protein
- **Beta Alanine** – supports AHK-cu and carnosine levels - anabolic
- **Creatine** – 5g/day – safe and natural muscle builder

## **ARTHRITIS**

### Overview of the problem:

- Age
- Medical condition – be sure to talk to your medical provider
- Poor immune function
- Poor mitochondrial function
- Chronic inflammation
- Poor nutrition
- Poor sleep

### **The Solution:**

- Improve mitochondrial function
- Improve stem cell function
- Improve immune function
- Manage inflammation
- Improve diet (consider Blood Type diet) – you may be eating something you are allergic to
  - Removing something toxic to you from your diet can improve inflammation
- Improve circulation (Nitric Oxide)
- Proper sleep

### **Patches to support pain management for arthritis:**

- **X39 + Glutathione**
- **X39 + Aeon** – manages inflammation/pain – place near pain
- **X39 + IceWave**
- **X39 + Shine and Dream**

### **Additional suggestions to support optimal health and healing:**

- **Diet** (blood type)
- **NAC**
- **Curcumin** or **Olive Oil** – natural inflammatory
- **Nitric Oxide** (Garlic Extract 800mg + Vitamin C - 2g – can triple Nitric Oxide levels)
- **Broccoli Sprouts** (sulphoraphane) – there are supplements too
- **Copper** – improves resistance to pain

## **ERECTILE DYSFUNCTION**

### Overview of the problem:

- Age
- Poor circulation (heart disease) – ED is often a symptom of heart disease (but not always)
- Medical condition – consult your doctor
- Low testosterone / high estrogen
- Poor nutrition
- Poor sleep
- Lack of exercise / overweight

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### The Solution:

- Improve circulation – it's more than elevating Nitric Oxide
- Improve hormone profile
- Exercise / reduce body fat – body fat around middle means higher estrogen levels
- Improve diet
- Improve sleep (melatonin, linked to testosterone)

### Patches to support overall health improvement:

- **X39 + X49**
- **X39 + Glutathione**
- **X39 + Silent Nights**
- **X39 + Energy patches** (on kidneys)
- **X39 + Shine/Dream**

### Additional suggestions to support optimal health and healing:

- Nitric Oxide
- Garlic Extract + Vitamin C – best way to elevate Nitric Oxide
- Pycnogenol
- Black Ginger
- Tong Kat Ali – 100-400mg/daily will improve testosterone levels
- Taurine – 3-5g/day good for anti-aging and testosterone level support
- Resistance training – improves hormone profile
- Reduce sugar – high sugar = lower testosterone
- Diet – **4 Hour Body** by Tim Ferris (book recommendation)
  - Grass Fed Beef
  - Eggs
  - Grass-Fed Butter
  - Almonds / Almond Butter

This recommendation increases cholesterol (eat before having sex), which may be OK for 20-40 years olds but not so great for over 50 year olds – consult doctor!

## HEART PROBLEMS

### Overview of the problem:

- Age
- Poor circulation (heart disease)
- Medical condition (high blood pressure, heart disease, #1 killer)
- Low testosterone
- Low Nitric Oxide levels
- Poor nutrition / poor sleep
- Lack of exercise / overweight

### The Solution:

- Speak with your doctor
- Improve circulation and improve hormone profile – short term solution

## PATCH and HEALTH SUGGESTIONS

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- Supplement / improve Nitric Oxide levels
- Exercise / reduce body fat
- Improve diet
- Improve sleep
- Drugs and surgery save lives – but not ideal long-term solution

### Patches to support healthy heart:

- **X39 + X49**
- **X39 + Carnosine** – talk to doctor about using this to relax the heart – try applying 2 or 3 patches around the heart. Try with doctor – push around your heart to find a pain point and apply a patch. Monitor blood pressure or with an EKG.
- **X39 + Silent Nights / Aeon**
- **X39 + Shine and Dream**

### Additional suggestions to support optimal health and healing:

- Supplements – Cardiologists aren't trained in these natural options. You are looking to get the health of your arteries back. Get tests done to find out where you are now then try some of these for at least 6-9 months:
- **Cyruta** (brand name) from Standard Process - buckwheat seed extract; reduces arterial blockage and stimulate blood flow – this is a natural remedy going back to the 1930s
- **Vitamin D** (improve arterial elasticity)
- **Pomegranate extract** (reduce arterial plaque) – Life Extension sells this – Product Name: Endothelial Defense
- **Niacin** – common for arterial health – you can get too high a dose – work with doctor
- **Potassium** (citrate) – naturally lowers blood pressure – 1000mg/day – eat bananas, seeds, avocados but may need more with supplement
- **Beta alanine** – supports carnosine
- **NAC** – elevates glutathione to manage inflammation
- **Nitric Oxide**
- **Talk to Doctor about this combo:**
  - Magnesium Threonate; helps to manage blood pressure
  - Calcium (algae-Cal)
  - Taurine (1 gram, 3 times per day) – this is a natural blood pressure monitor

## VIRAL INFECTION

### Overview of the problem:

- Medical condition – could be chronic, consult doctor on this
- Poor immune system
- Aggressive virus
- Virus such as herpes (cold sores, genital, shingles, etc.)
- Poor diet

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### The Solution:

- Improve immune response
- Improve diet
- Use natural anti-virals to
  - Slow down viral replication
  - Kill virus directly
  - Improve immune response

### Patches to support immune health:

- **X39 + Glutathione and/or Aeon**
- **X39 + Silent Nights**

### Additional suggestions to support optimal health and healing:

- **Vitamin D**; improves immune response and slows down virus
- **Copper**; strong natural anti-viral
- **Zinc**; effective against some viruses
- **Iodine**; very powerful anti-viral (1mg/daily for herpes) – work with doctor
- **NAC**; elevates glutathione, which is a powerful anti-viral
- **BHT** (herpes treatment) – for 6-8 weeks helps prevent outbreaks ever again
- **Melatonin** (powerful anti-viral)
- **Ozone therapy**

**Dr. Mathias Rath** – known for treating cancer, medical doctor

This combo can help prevent spread of cancer – talk to your doctor

- L-Lysine
- L-Proline
- Vitamin C
- EGCG (found in green tea)

Completely blocks the ability of a cancer cell or virus to spread by neutralizing an enzyme that dissolves collagen.

## CHRONIC WOUND

### Overview of the problem:

- Medical condition (diabetic ulceration, high sugar)
- Chronic inflammation
- Poor stem cell activity
- Low protein diet
- Diet low in fatty acids
- Poor circulation

### The Solution:

- Speak with your doctor; medical condition
- Improve stem cell activity
- Get inflammation under control

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- Improve circulation
- Improve diet
- Supplement as needed
- Hydration

### Patches to support chronic wound healing:

- X39 + Aeon
- X39 + Glutathione
- X39 + Silent Nights
- X39 + Shine and Dream (proper rest)

### Additional suggestions to support optimal health and healing:

- **Increase protein** in diet – you need the nutrients to heal a wound
- Supplement with **collagen**
- **Olive oil**
- **NAC**
- **Copper**
- **Magnesium**
- **Vitamin C**
- **Colostrum** – our first food – can support wound healing
- **PEMF** – talk to doctor
- **Hypobaric oxygen** chamber
- **Proper sleep**
- **Resistance training** – elevates growth hormone
- **Fasting** – helps get rid of dead tissue

## BLOOD SUGAR

### Overview of the problem:

- Medical condition
- Poor diet, high in sugar
- Lack of antioxidants
- Low protein diet
- Diet low in fatty acids
- Overweight

### **The Solution:**

- Speak with your doctor
- Reduce body fat
- Improve diet
- Exercise
- Increase antioxidants
- Manage inflammation
- Eliminate stimulants
- Improve sleep

**Patches to support healthy blood sugar levels:**

- **X39 + Glutathione** (antioxidant support)
- **X39 + Aeon** (antioxidant support)
- **X39 + Energy patches**
- **X39 + Silent Nights**
- **X39 + Shine and Dream** (proper rest)

**Additional suggestions to support optimal health and healing:**

- Sustained release **Alpha Lipoic Acid** (300mg, 4x/day) – best solution, can lower blood sugar levels by 60%
- **Acetyl L-Carnitine**
- High protein, moderate fat **diet**
- **Olive oil**
- **NAC**
- **Chromium**
- **Intermittent fasting**
- **Exercise**

**AGING**

Overview of the problem:

- Nature / created this way – how we age is under our control to a degree
- Chronic inflammation
- Poor stem cell activity
- Poor mitochondrial function
- Telomeres
- Accumulation of dead cells
- Poor diet
- Lack of exercise
- Poor habits (too much alcohol, drugs, smoking)
- Poor sleep

**The Solution:**

- Improve mitochondrial function
- Improve stem cell activity
- Get inflammation under control
- Exercise
- Intermittent fasting
- Improve diet
- Hydration

**Patches to support healthy aging:**

- **X39 + X49** – go to for improving and reversing parts of the aging process
- **X39 + Aeon** – reducing inflammation is a key
- **X39 + Glutathione** – people who live over 100 have elevated levels of glutathione

## **PATCH and HEALTH SUGGESTIONS**

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- **X39 + Carnosine**
- **X39 + Silent Nights / Alavida**
- **X39 + Energy patches**
- **X39 + Shine/Dream**

### **Additional suggestions to support optimal health and healing:**

- **Hydration**
- Supplement with **protein/collagen**
- **Olive** oil (sirtuin activator)
- **NAC**
- **Copper**
- **Magnesium, Potassium, Calcium**
- **Niacin** (supports NAD levels)
- **Beta alanine** – carnosine helps lengthen telomeres
- **Alpha Lipoic acid + Acetyl L Carnatine**
- **Taurine**
- **Diet and Exercise**
- **Proper sleep**

## **FINALLY, THE #1 SOLUTION TO SLOW DOWN AGING...**

LOVE.

- Being in a loving relationship.
- Loving your family, friends.
- Loving others who don't love you.
- Responding with love.