

# David Schmidt 5-Element Patch Placement Protocol

Repairing the Meridian System - Cycle 5 days on / 2 days off

## **DAY 1:** WOOD

LIVER - (NEGATIVE, TAN PATCH, LEFT SIDE OF BODY) **LV 3** Place TAN PATCH between big toe and second toe, on the top of the foot, about 1 1/2 inches behind the crack between the two toes, NOT touching the toes in any way.

GALLBLADDER + (POSITIVE, WHITE PATCH, RIGHT SIDE OF BODY) **GB 41** Place the WHITE PATCH up from the right little toe, (about three fingers up from where the toe meets the base of the foot). The patch appears to be on the top of the foot in line with the little toe.

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## **DAY 2:** FIRE

PERICARDIUM - (NEGATIVE, TAN PATCH, LEFT SIDE OF BODY) **PC 6** Turn your left hand over. See your palm. Find the place where your hand is attached to your wrist. Place your right hand, three fingers onto the underside of your wrist, up from the wrist crease (This is about 1 1/2 inches up from the crease on the inside, underside of left arm, near wrist, on the heel side of wrist, NOT the little finger side of that long forearm bone that is in the center). Now place TAN PATCH over the soft tender spot.

TRI-HEATER + (POSITIVE, WHITE PATCH, RIGHT SIDE OF BODY) **TH 5** The WHITE PATCH is placed over the outside of the right wrist about 2 inches or three fingers above the wrist bone, top of the forearm.

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## **DAY 3:** EARTH

SPLEEN - (NEGATIVE, TAN PATCH, LEFT SIDE OF BODY) **SP 4** The TAN PATCH is to be placed on the inside of the left foot, behind where the big toe joins to the foot, but forward of mid point of the arch, on the side of the foot, near to the sole, but not on the sole.

STOMACH + (POSITIVE, WHITE PATCH, RIGHT SIDE OF BODY) **ST 36** The WHITE PATCH is to be placed just below the right knee, in the hollow to the right of the shin bone.

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#### **DAY 4: METAL**

LUNG - (NEGATIVE, TAN PATCH, LEFT SIDE OF BODY) **LU 7** Place the TAN PATCH on the underside of left hand, from the heel and thumb, toward the wrist and about 2 fingers beyond the crease of the wrist into the forearm.

LARGE INTESTINE + (POSITIVE, WHITE PATCH, RIGHT SIDE OF BODY)  
**LI 4\*** Place the WHITE PATCH on the top of the right hand, half way between the wrist and webbing on the outside of the right hand, top.

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#### **DAY 5: WATER**

KIDNEY - (NEGATIVE, TAN PATCH, LEFT SIDE OF BODY) **KD 3** Place TAN PATCH at left inside ankle bone, approximately one inch from the tip (high point) of the ankle bone, touching the ankle bone. (If standing, top of ankle bone is as leg extends upward. This is 12 o'clock. The patch belongs at 11 o'clock).

URINARY BLADDER + (POSITIVE, WHITE PATCH, RIGHT SIDE OF BODY)  
**BL 62** Place WHITE PATCH outside of right foot, below ankle bone, forward of the heel and NOT touching ankle area in any way, just above the sole of the foot.

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\*An alternative point to **LI 4** on the hand is **LI 11**, on the crease of the right arm approximately 2/3 the way going from the elbow around the outside of the arm to the depression opposite the elbow. During pregnancy **LI 4** is particularly cautioned against using.

**Notes:** All nanotechnology energy meridian patches work best for 12 hours. However if your body starts releasing significant levels of toxins, you may feel symptoms such as fatigue, sniffing, etc., possibly on some days of this protocol more than others. This is actually a good thing, but if these symptoms become too uncomfortable, simply remove the patches. For best results, drink plenty of high pH or alkaline water; extra vitamin C can help with de-toxing discomforts. TAN patches go on the left side of the body and WHITE patches go on the RIGHT side of the body. For improvements to specific conditions, place patches as directed, and over soft tender spots where the skin is thin.