



Unofficial
LifeWave Patch Placements:
WE ARE NOT MAKING ANY HEALTH CLAIMS OR CURES
Solely to help you in patch placement:
(Provided by John Chance – Master LifeWave Distributor)

- 1- First, drink at least 8 oz of water before applying the Patch/s.
- 2- **Headaches** -just hold a white patch on the right temple and tan on the left for a few minutes - the headache should go away within two minutes. You can use the Energy or the IceWave patches for this
- 3 - **Upset stomach** - Use the IceWave Patches. Place the tan 2-3 inches below the belly button and the white one on top of the right sock – right in the middle of the top of the right foot [you do not have to put the patch on the skin]
- 4 - **Menstrual Cycle pain** – use IceWave: Place the tan on the pain and the white patch on the top of the right sock
- 5 - **Carpel tunnel syndrome** – On one wrist or both: Use IceWave, place a tan on the inside of the wrist or directly on the pain, place the white patch in the center of the chest. If pain is not gone in 60 seconds, place the white on top of the right sock
- 6 - **Tennis elbow** - Use IceWave: Place the tan on the pain and the white on top of the right sock
- 7- **Symptoms of Fibromyalgia** - use the Energy Enhancer Patches: Place the white patch right below the right ankle as shown on the brochure and the tan on the left...we are battling 1000% with this issue
- 8 - **Knee pain or Knee replacements** - Use IceWave: Tape the tan patch on the pants leg at the knee directly on the pain. Place the white patch on top of the right sock
- 9 - **Numbness, swollen, burning, or pain in the feet** - Use IceWave: Place the tan patch on the bottom of the feet, this would be called the ball of the foot. Then place a white patch on the right sock. (Top of the middle of the right foot)

10 - **Sinus blockage** - use Energy Enhancer: Hold the white patch on the right cheek bone and the tan on the left cheek bone. Sinuses should clear up in 1 minute or less

11- **Neck pain at the base of the skull, this would be around the c3 c4** - Use IceWave: Place a white patch on the pain and the tan one 2 inches directly below the white patch. If pain is not gone in 30 seconds, move the white patch around ½" or so left and right until you pinpoint the hot spot. The pain should leave in 30 seconds, no more than one minute

12- **Neck pain at the base as the neck follows into the shoulders c5 c6** - Use IceWave: If neck is hurting on both sides, the left and right. Do this first. Place a white patch on the right side pain and the tan on the left side pain. If pain is not gone in 30 seconds, take the white patch, move to the top of the right sock, and place another tan patch on the right side pain

13 - **Lower back pain on both sides of the spine - copy the same placement listed above on 12**

14- **Smokers looking for energy** - use Energy Patches on the lung points or wrist points as shown on brochure

15 - **Acid reflux** - Use IceWave: Place the tan patch 2 - 3 inches below the belly button and the white one in the center of the chest

16 - **Hang over, yes hang over!** - Use Energy patches on the wrist points & drink 8 oz's of water

17 - **Person struggling to walk around because of weak legs** - Use IceWave or Energy Enhancer Patches: Place the patches as shown on the Energy brochure on the ankle points or on the liver points - this is at the base of the big toe, over towards the second toe about 1/2"