

## PATCH USE GUIDELINE ACCORDING TO OVERALL HEALTH LEVEL

Alternatively, you can choose to follow the recommended Protocols here to help you maintain your health or better your health according to your Overall Health Level.

### LOW (LEVEL 1-2)

- **DETOX** (ACUPUNCTURE 5-DAY CYCLE DETOX Protocol) - 1 cycle every 3 months
- **ANTI-AGING** (Y-AGE 7 DAY CYCLE ANTI-AGING Protocol) - 1 cycle every month except when DETOX
- **ENERGY** (ENERGY BALANCING Protocol) - use every 3 day except when DETOX

### AVERAGE (LEVEL 3-5)

- **DETOX** (ACUPUNCTURE 5-DAY CYCLE DETOX Protocol) - 2 cycle every 3 months
- **ANTI-AGING** (Y-AGE 7 DAY CYCLE ANTI-AGING Protocol) - 2 cycle every month except when DETOX
- **ENERGY** (ENERGY BALANCING Protocol) - use every 2 day except when DETOX

### HIGH (LEVEL 6-8)

- **DETOX** (ACUPUNCTURE 5-DAY CYCLE DETOX Protocol) - 4 cycle every 3 months
- **ANTI-AGING** (Y-AGE 7 DAY CYCLE ANTI-AGING Protocol) - 4 cycle every month except when DETOX
- **ENERGY** (ENERGY BALANCING Protocol) - use every day except when DETOX

### CRITICAL (LEVEL 9-10)

- **DETOX** (ACUPUNCTURE 5-DAY CYCLE DETOX Protocol) - 4 cycle every 2 months
- **ANTI-AGING** (Y-AGE 7 DAY CYCLE ANTI-AGING Protocol) - 4 cycle every month except when DETOX
- **ENERGY** (ENERGY BALANCING Protocol) - use every day except when DETOX

## ENERGY BALANCING Protocol

### 2- PATCH ENERGY ENHANCER

With this protocol, two sets of patches are used on two separate acupoints. This combination has been used to recover lost energy.

Place the WHITE PATCH on the right side and the TAN patch on the left side of the body.



For more ENERGY BALANCING Protocols options, refer to "The Lifewave Handbook" on pages 48-54

## Y-AGE 7 DAY CYCLE ANTI-AGING Protocol

	DAY TIME 8:00 am - 8:00 pm (12 hours) (Drink 2 cups of water at time of use)		NIGHT TIME Use (8:00 pm) Remove (8:00 am)
	Y-AGE GLUTATHIONE	Y-AGE AEON	Y-AGE CARNOSINE
<b>MONDAY</b> Day 1	(RIGHT)  GALLBLADDER 41	(RIGHT)  KIDNEY 3	 GOVERNING VESSEL 14
<b>TUESDAY</b> Day 2	(RIGHT)  TRIPLE BURNER 5	(RIGHT)  LIVER 3	 CONCEPTION VESSEL 17
<b>WEDNESDAY</b> Day 3	(RIGHT)  STOMACH 36	(RIGHT)  PERICARDIUM 6	 CONCEPTION VESSEL 6
<b>THURSDAY</b> Day 4	(RIGHT)  LARGE INTESTINE 4	(RIGHT)  SPLEEN 6	 GOVERNING VESSEL 14
<b>FRIDAY</b> Day 5	(RIGHT)  BLADDER 60	(RIGHT)  LUNG 9	 CONCEPTION VESSEL 17
<b>SATURDAY</b> Day 6	(RIGHT)  SPLEEN 21	(RIGHT)  SPLEEN 4	 CONCEPTION VESSEL 6
<b>SUNDAY</b> Day 7	(RIGHT)  KIDNEY 1	(RIGHT)  KIDNEY 27	 GOVERNING VESSEL 14