

Pre-Event: Build Reserves

To optimize overall health and organ functioning, muscle strength and endurance:

- Wear the Y-Age system as directed, e.g. 1 Glutathione patch 4 finger-widths below navel all day on Mon/Wed/Fri; 1 Carnosine patch on center of chest/sternum (at the nipple level) *or* 4 finger-widths below navel on Tues/Wed/Thurs; no patch on 7th day Sunday

Event Days: Inner-Outer Gate + Carnosine

To optimize performance, wear:

- EITHER 1 Glutathione 4 finger-widths below the navel; *OR* 1 Glutathione 4 finger-widths below the navel PLUS a 2nd glutathione patch on the back at the same level as the first patch; *OR* 1 Carnosine patch 4 finger-widths below the navel, all day during the event. Choose the option that works best for your body.
- 2 pairs of Energy Enhancers, worn simultaneously all day during the event as follows:
 - 1 white patch on RIGHT outer forearm, at acupoint **Triple Warmer 5** (two thumbwidths above the crease of the wrist)
 - 1 white patch on RIGHT outside ankle, at **Bladder 60** (look just above and behind point 62, circled in the image below)
 - 1 tan patch on LEFT inside wrist, at **Pericardium 6** (four finger-widths above the crease of the wrist, in the middle, palm side up)
 - 1 tan patch on LEFT inside ankle, at **Kidney 3** (located directly behind the inside ankle bone, on the front edge of the Achilles tendon)

Triple Warmer 5

Bladder 60

Pericardium 6

Kidney 3



Post-Event Pain: Place **Icewave** tan patches directly on painful areas, or place 1 white patch on Kidney 1 of the right foot (middle sole of the foot) and 1 tan patch on Kidney 1 of the left foot

DISCLAIMER These statements have not been evaluated by the Food and Drug Administration. LifeWave patches are not intended to treat, prevent or cure any disease in man or animals. LifeWave patches are intended for healthy adults, age eighteen and over. This information is in no way intended to be medical advice. Please consult a medical or health professional before you begin any new diet, exercise or nutrition program, or if you have any questions or concerns about your health. The LifeWave company does not assume any responsibility for your use of information on this document.