

The quality of air on a commercial airplane is generally very poor: re-circulated and with no purification. As Traditional Chinese Medicine tells us that disease can enter the body via the skin and lungs, one health strategy for a long flight is to protect the respiratory system. Secondly, support the immune system by inhibiting free radical (cell damaging) activity with glutathione. Additional glutathione will also protect the body from the stress caused by the huge amounts of radiation that we're exposed to high in the sky. Be sure to drink extra water and avoid coffee, soda and alcohol, which further dehydrate the body.

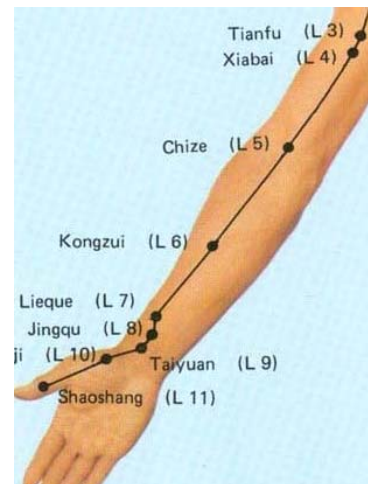
## WHILE IN FLIGHT:

### 1. Tonify and Strengthen the Lungs

Wear Energy Enhancers on both Lung 9 points, located at the bend of the inside wrist.

### 2. Inhibit Viral Activity

Wear a Glutathione patch anywhere on the midline of the body.



## JETLAG RECOVERY:

Wear Energy Enhancer patches on the 'Fire' points of the body: Tan patch on P6 (inside wrist) on the left arm and White patch on TB5 (outer wrist) of the right arm; OR try both K1 points (soles of feet). Wear for several days while recovering from jetlag.

### Triple Burner 5



### Pericardium 6



### Kidney 1



**DISCLAIMER** This suggested patch protocol has been compiled from independent distributor experience coupled with the principles of traditional acupuncture and acupressure. The LifeWave patches are not intended to treat, prevent or cure any disease in man or animals. The LifeWave patches are intended to aid the communication system of the body, increase energy production, and support antioxidant levels in healthy adults, age eighteen and over. This document has not been prepared by the LifeWave company or any of its employees. The Lifewave company does not assume any responsibility for your use of information on this document.