

This manual is the ultimate guide on LifeWave products. Summarizing each product into this easy-to-use manual, you can print off individual pages to share at a meeting or send the entire manual to your team via email.

What is Phototherapy?

The science of phototherapy, which has been around for about 100 years, uses light to improve the health of the body. Modern forms of phototherapy such as Low-Level Laser Therapy, which helps reduce wrinkles and treat other more serious skin conditions, are very well understood scientifically.

But this idea is nothing new. As far back as two thousand years ago, the ancient Greeks had a centre for studying the effects of different colored lights on the body. Even the ancient Egyptians, who promoted health by focusing sunlight through colored glass on certain areas of the body, understood this concept.

How do LifeWave Phototherapy Patches Work

Your body emits heat in the form of infrared light. Our patches are designed to trap this infrared light when placed on the body, which causes them to reflect particular wavelengths of light depending on the patch. This process stimulates the nerves on the surface of the skin, which in turn produces specific health benefits that are unique to each LifeWave patch.



PATCH WARNINGS

Remove immediately if any discomfort or skin irritation occurs. Do not reuse the patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. If you have a health condition, ask a health professional any questions or concerns about your health before using the patch. Do not use if pregnant or nursing.



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LifeWave X39®

- The LifeWave X39® patch elevates the peptide GHK-Cu for the activation of stem cells
- Clinically proven to enhance overall health and vitality
- Gives you a new level of dynamic wellness experience
- Convenient and easy to use
- Fast results
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants



The LifeWave X39® is clinically proven to provide the body with a level of health and vitality that you have not experienced since you were in your youth. Using our patented form of phototherapy, the LifeWave X39® patch elevates the peptide GHK-Cu that is known to decline with age.

When elevated, this peptide activates the body's stem cells, providing incredible benefits.

Using technology backed by multiple clinical studies and 20 years of development, the LifeWave X39® patch has been demonstrated to provide a multitude of benefits such as better wound healing, heightened energy, deeper sleep, rapid pain relief, and even a reduction in the appearance of lines and wrinkles.

Instructions

Place one LifeWave X39® patch on the body. Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



Energy Enhancer

- Clinically proven to increase energy and endurance
- Supports a physical fitness routine
- Convenient and easy to use
- Fast results
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants



Energy Enhancer patches reflect particular wavelengths of light, which stimulate specific points on the skin that increase energy production in the cells (beta-oxidation). Because beta-oxidation produces more than twice the energy of carbohydrate burning, this is the most effective and natural way to increase overall energy.

Instructions

Place one set of Energy patches on the body, using one of the locations shown. Always place the WHITE patch on the RIGHT side of the body, and the TAN patch on the LEFT side of the body.

Apply the patch to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



IceWave

- Safe and natural pain relief
- Can be used for whole body and local pain
- Fast-acting and non-addictive
- Convenient and easy to use
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants



Chronic pain, alone, affects 1.5 billion people around the world, leading to billions of dollars in health care costs and lost work productivity each year. IceWave is a safe, powerful, and affordable solution for all levels of pain.

Using the healing properties of light, IceWave is designed to provide fast relief at the source of discomfort. If you have knee pain, for instance, you can place the patches around that area for quick relief. If you have pain throughout your body, there are different placement options that produce equally effective results.

This non-drug, non-addictive approach sets IceWave apart from all other pain relief products on the market, particularly in contrast to mainstream pharmaceutical painkillers, which are known to have harmful side effects.

1 David Borsook, M.D., Ph.D, a leading pain expert at Massachusetts General Hospital in the U.S.

Instructions

Place one white and one tan patch on the body, using one of the locations shown. Apply the patches to clean, dry, undamaged skin. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Only remove half of the patch backing until an effective placement site had been located.

If the pain is not reduced in 10 seconds, move to the next location to relieve pain in that area. This can be used on any area of the body. For specific patch protocols, please visit www.lifewave.com.

The Clock/Cross Method was developed to provide fast and effective results for non-specific, localized musculoskeletal pain. Move through the locations shown in Fig. 1.0 to 1.6 until the pain has been substantially reduced and/or mobility has increased.



Fig. 1.0

Fig. 1.1

Fig. 1.2

Fig. 1.3

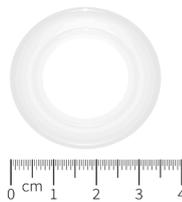
Fig. 1.4

Fig. 1.5

Fig. 1.6

Silent Nights

- Clinically shown to increase length of sleep by 66%
- Enhances the quality of sleep
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants

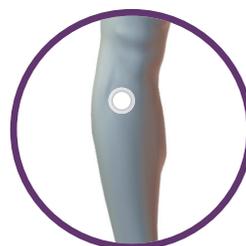


Free of drugs, chemicals, or stimulants, Silent Nights is clinically proven to improve the quality and length of sleep without causing that groggy feeling the next day. You'll wake up feeling well-rested, more energetic, and better prepared to make the most out of life. Silent Nights is clinically proven to increase the length of sleep by 66%, and since its release, it has helped people all over the world achieve better rest.

Subsequent to its release, a pilot study conducted by Dr. Norm Shealy concluded, "The safety and results obtained in the study of Silent Nights suggests that these patches may be one of the preferred potential approaches to significant improvement in sleep."

Instructions

Place one Silent Nights patch on the body using one of the locations shown. Apply the patch to clean, dry skin in the evening. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



Y-Age Aeon

- Clinically proven to reduce stress in the body
- Promotes relaxation
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants



Nobody is immune to stress, but when used as part of a healthy lifestyle, Y-Age Aeon delivers powerful relief without a trip to the doctor or pharmacy. As a result, you'll experience a greater quality of life, with no negative side effects.

Y-Age Aeon reflects particular wavelengths of light, which stimulate specific points on the skin that decrease inflammation and increase antioxidant production in the body.

Instructions

Rotate through the below point locations, using an Aeon patch 5 to 7 days per week.

When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations shown, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



Y-Age Glutathione

- Glutathione is the body's master antioxidant
- Supports the immune system
- Improves overall health
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants



Glutathione is the body's master antioxidant and primary antioxidant for detoxification. It's found in nearly every human cell, and medical experts say that lifespan is directly equivalent to the amount of glutathione in your body. With its ability to protect and detoxify, it also provides crucial immune system support. It's also worth noting that glutathione is incredibly well-researched. In fact, thousands of clinical studies have been conducted on this powerful antioxidant.

As the primary defence against invaders from outside and inside the body, the importance of the immune system cannot be overstated. The good news is, this patch is clinically proven to keep your immune system strong. No other single product can boost your immune system like Y-Age Glutathione, and this patch does it all with no drugs or chemicals.

Instructions

Rotate through the below point locations, using a Glutathione patch 5 to 7 days per week.

When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations shown, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



Y-Age Carnosine

- Clinically shown to increase stamina by up to 125%
- Improves strength and flexibility
- Improves overall health
- Improves bioelectrical properties of organs
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants



Many athletes and fitness enthusiasts use Y-Age Carnosine to push themselves further, but it can help anyone experience peak performance in their daily routine. This patch improves strength, flexibility, and endurance, which together form the foundation of a robust and active lifestyle.

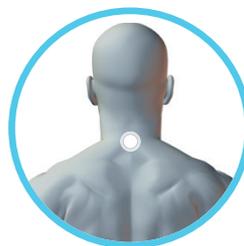
Y-Age Carnosine reflects particular wavelengths of light, which stimulate specific points on the skin that help increase stamina and improve strength and flexibility.

Instructions

Rotate through the below point locations, using a Carnosine patch 1 to 3 days per week.

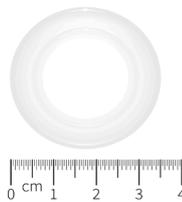
When combining Y-Age products, use any 2 patches on any 2 of the Y-Age point locations shown, applying the patches on either the midline or right side of the body.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.



SP6 Complete

- Compliments a weight loss program
- May help to reduce cravings
- May help reduce appetite
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants



The SP6 Complete patch gently stimulates points on the body that have been used to balance and control appetite for thousands of years. The result is a natural decrease in hunger and sugar cravings - without any drugs, stimulants, or needles entering the body.

The SP6 Complete patch helps to control and regulate your appetite and may help to reduce your cravings without the use of pills, drugs, stimulants, or needles.

Instructions

Place one SP6 Complete patch on the body using any of the recommended locations. For optimal results, rotate the patch between the placements that provide you the most control of your appetite.

Apply the patches to clean, dry skin in the morning. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Do not use more than one SP6 Complete patch at a time on the body.



Nirvana Mood Enhancer System

Nirvana Supplement

- Supports healthy endorphin production to enhance mood
- Patented stabilization process for sustained results
- Includes natural seaweed extract
- No drugs or stimulants

Nirvana Patch

- Enhances mood
- Sustained results
- Patented, proprietary form of phototherapy
- No drugs, chemicals, or stimulants



Life is challenging for everyone, and we could all use an emotional boost when we're feeling a little down, now and then. But what if you could be happier? Not surprisingly, the answer to this question is directly related to body chemistry. You know that warm, euphoric feeling you get when you flirt with someone you're attracted to? This feeling is actually produced by the body's natural release of endorphins. But as we can all attest, it doesn't last very long, and that's where Nirvana does something no other product can.

Nirvana Supplement

This product includes a natural seaweed extract that not only supports healthy endorphin production, but its patented stabilization process produces sustained results.

Nirvana Patch

The Nirvana patch is a patented technology that enhances your mood with no drugs, chemicals, or stimulants. So, LifeWave has combined this patented technology with a natural supplement for a dual-action combination unlike any other. Together, the Nirvana Supplement and Nirvana Patch work synergistically to support a prolonged sense of happiness and well-being, with no side effects.

Instructions

Patches: Place one Nirvana patch on the body, using one of the locations shown. Apply the patch to clean, dry skin in the morning or evening. Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product.

Tablets: Take 2 tablets daily as part of a balanced diet.



Alavida Regenerating Trio

- Improves the health of your skin from the inside out
- 98.6% naturally derived, plant-sourced ingredients
- More vibrant skin from day one



Alavida takes an entirely new approach to skin care. Our scientifically proven formulas, which include a patented, proprietary form of phototherapy, improve the health of your skin—from the inside out and the outside in.

From day one, Alavida provides immediate, long-lasting results that help beautify your skin's appearance and restore your youthful radiant glow. Plus, you'll be happy to know that our products are dermatologist and allergy tested, developed for all skin types, and contain no unnatural preservatives.

Alavida reduces the appearance of fine lines and wrinkles, brightens complexion for a regenerated, youthful glow, and evens out skin tone and discoloration.

Compelling Results from Clinical Research:

- Nearly 90% of subjects saw significant, overall improvement in appearance after 3 weeks.
- 100% of subjects reported an immediate significant improvement in skin hydration.
- Over 70% of subjects experienced significant improvement in skin firmness after only 3 weeks.
- Nearly 80% of subjects confirmed significant improvement in skin radiance after 6 weeks.

Instructions

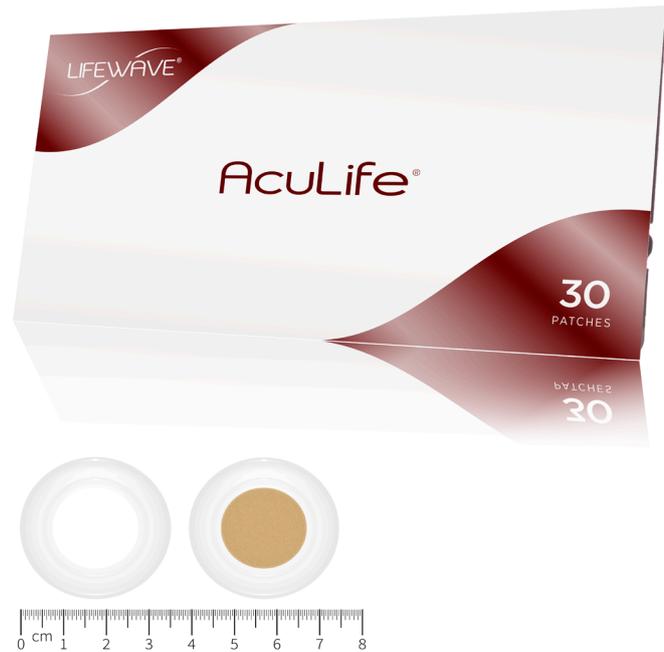
Patch: Apply one patch each night before going to bed. Place one patch on the body, using one of the locations shown. Apply the patch to clean, dry skin before retiring. Patch may be worn for up to 12 hours before discarding.

Crème/Nectar: Apply onto clean skin of face and neck.



AcuLife

- Safe and natural pain relief for horses
- Reduces inflammation
- Can be used for whole body or local pain
- Fast results
- Convenient and easy to use



LifeWave's exclusive non-transdermal patch system utilizes new technology to gently stimulate acupressure points, thus improving the flow of energy in your horse's body for improvement of pain and discomfort, within minutes of use!

AcuLife is a patch for your horse that you can get without a veterinary prescription. It's also an easy to use product — anyone can use AcuLife to provide pain relief for their horse!

Instructions

Locate the area on your horse that you wish to patch.

Remove a plastic bead from the bag. Then, remove the adhesive backing of a TAN patch and place the plastic bead in the centre of the adhesive side of the TAN patch.

Place the TAN patch with bead on the location you desire on the LEFT side of the horse. Then, press down firmly on the patch to ensure it is secure to the horse.

Repeat steps 2-3 with a WHITE patch, placing the WHITE patch and bead on the same location, but now on the RIGHT side of the horse.

Place a set of AcuLife patches as shown below — TAN on LEFT and WHITE on RIGHT.

