



5 Day Detox

Energy Enhancer and Y-Age Patches

This protocol is suggested for anyone wanting to achieve good health by natural means. By applying the LifeWave Patches according to the system laid out in this document you will achieve excellent results without ingesting anything.

How does it work?

Applying the patches each day according to this protocol gently stimulates each organ in a sequence designed cleanse the body of toxins.

Day 1 detoxifies on the Liver and Gall Bladder

Day 2 detoxifies on the Pericardium and Triple Burner

Day 3 detoxifies on the Spleen and Stomach

Day 4 works on the Lungs and Large Intestines

Day 5 works on the Kidneys and Bladder

What you may experience.

Detox Reaction sometimes occurs as the body eliminates waste.

If you experience nausea, remove patches for 4 hours.

Drink at least 8 glasses of water each day to help your body flush out the toxins.

If you are overweight, you most likely will lose two to three kilos during the 5 days.

Remember, LifeWave patches are completely safe. Nothing to ingest, nothing enters your body.



5 Day Detox

Energy Enhancer and Y-Age Patches

Day 1

Every Day:

Drink at least 8 glasses of filtered water (2 litres). Best results are obtained when the body is well hydrated.

Morning:

Glutathione Patch – Place on Conception Vessel 4 (CV4), four finger widths below navel. Remove in the evening

Morning

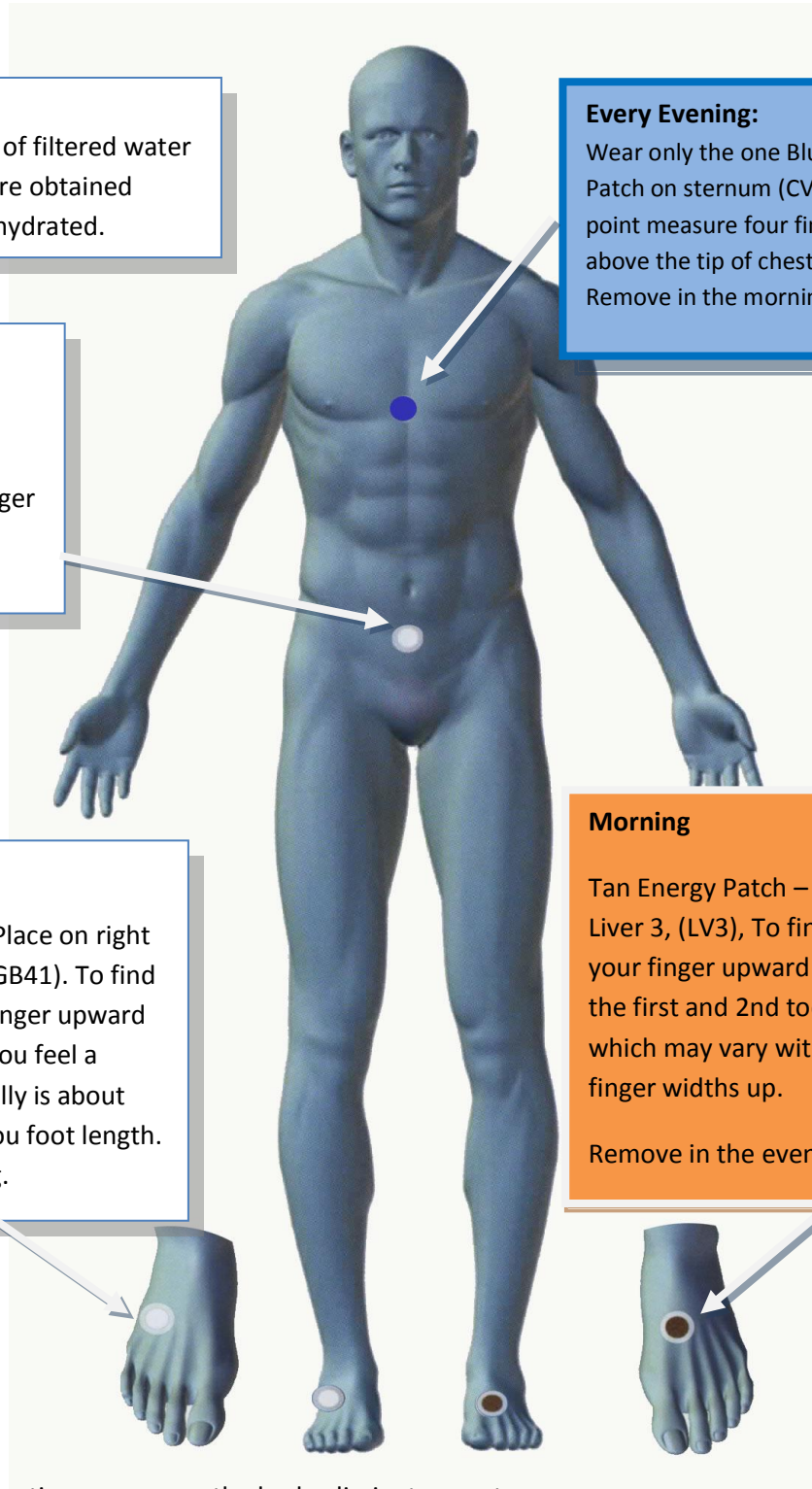
White Energy Patch – Place on right foot, Gall Bladder 41 (GB41). To find this point- glide your finger upward from your 4th toe till you feel a depression which usually is about the midway point of you foot length. Remove in the evening.

Every Evening:

Wear only the one Blue Carnosine Patch on sternum (CV17). To find this point measure four finger widths above the tip of chest bone. Remove in the morning.

Morning

Tan Energy Patch – Place on left foot at Liver 3, (LV3), To find this point glide your finger upward from the web of the first and 2nd toe to a depression which may vary within from 1-1/2 to 2 finger widths up. Remove in the evening.



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For more details about acupressure points go to www.acuxo.com



5 Day Detox

Energy Enhancer and Y-Age Patches

Day 2

Every Day:

Drink at least 8 glasses of filtered water (2 litres). Best results are obtained when the body is well hydrated.

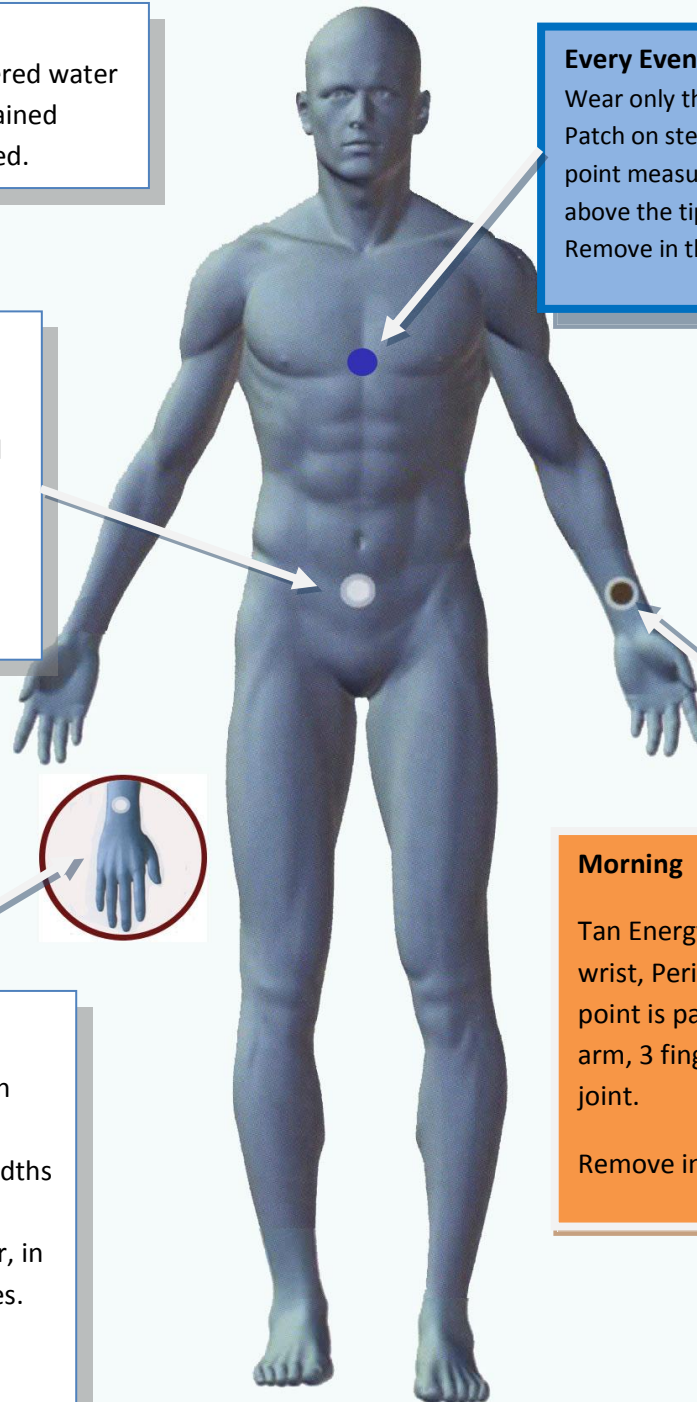
Morning:

Glutathione Patch – Place on Conception Vessel 4 (CV4), four finger widths below navel.

Remove in the evening

Every Evening:

Wear only the one Blue Carnosine Patch on sternum (CV17). To find this point measure four finger widths above the tip of chest bone. Remove in the morning.



Morning

White Energy Patch – Place on right forearm, Triple Burner 5 (TB5). This point is 3 finger widths from the wrist joint at the forearm. Align with ring finger, in the depression between bones.

Remove in the evening.

Morning

Tan Energy Patch – Place on left wrist, Pericardium 6 (P6). This point is palm side; at center of the arm, 3 finger widths up from wrist joint.

Remove in the evening.

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5 Day Detox

Energy Enhancer and Y-Age Patches

Day 3

Every Day:

Drink at least 8 glasses of filtered water (2 litres). Best results are obtained when the body is well hydrated.

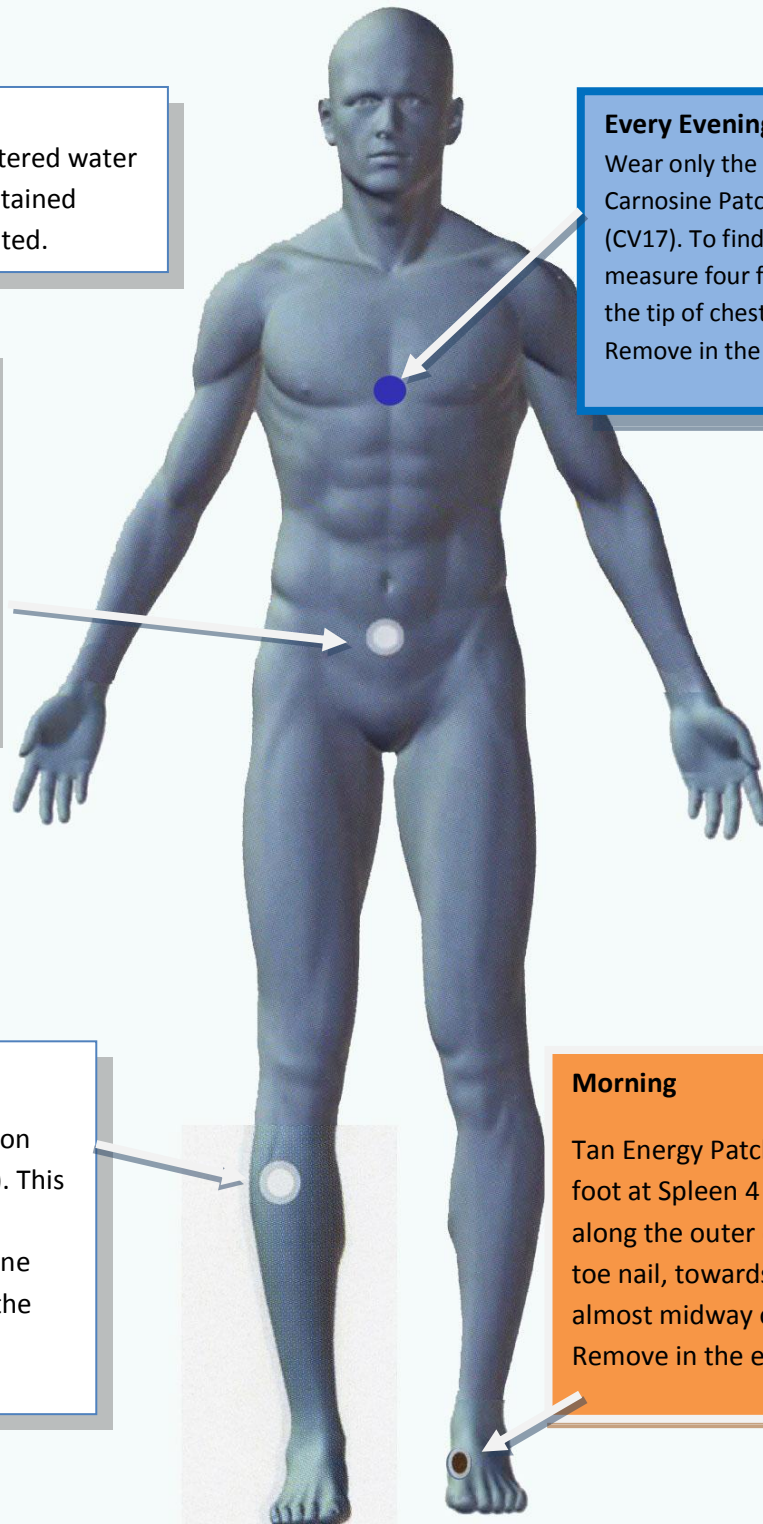
Morning:

Glutathione Patch – Place on Conception Vessel 4 (CV4), four finger widths below navel.

Remove in the evening

Every Evening:

Wear only the one Blue Carnosine Patch on sternum (CV17). To find this point measure four finger widths above the tip of chest bone. Remove in the morning.



Morning

White Energy Patch – Place on right leg, Stomach 36 (ST36). This point is four finger widths beneath the knee cap and one finger width outward from the shin bone.

Remove in the evening.

Morning

Tan Energy Patch – Place on left foot at Spleen 4 (SP4). This point is along the outer edge of your big toe nail, towards the depression at almost midway of your foot. Remove in the evening.

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5 Day Detox

Energy Enhancer and Y-Age Patches

Day 4

Every Day:

Drink at least 8 glasses of filtered water (2 litres). Best results are obtained when the body is well hydrated.

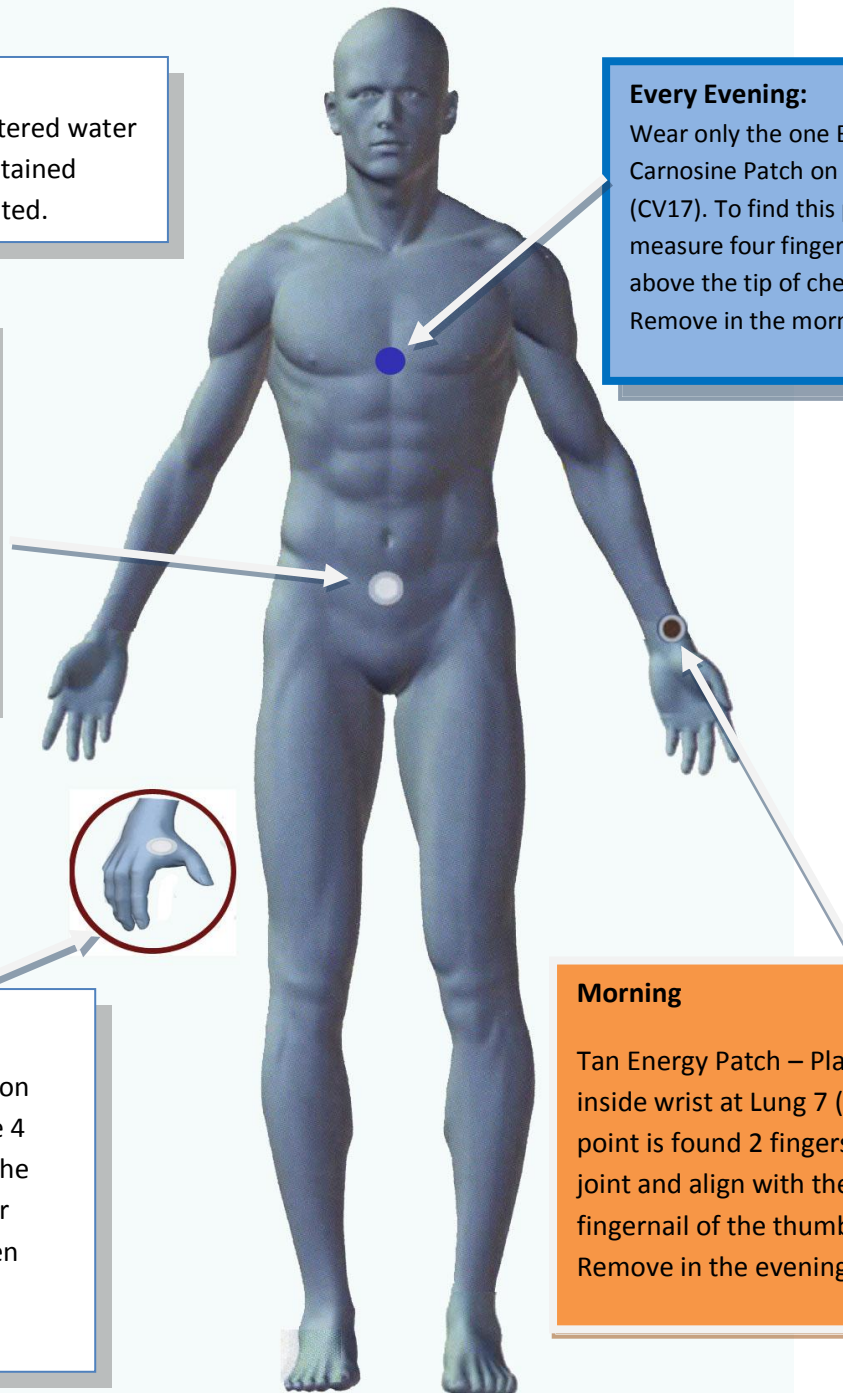
Morning:

Glutathione Patch – Place on Conception Vessel 4 (CV4), four finger widths below navel.

Remove in the evening

Every Evening:

Wear only the one Blue Carnosine Patch on sternum (CV17). To find this point measure four finger widths above the tip of chest bone. Remove in the morning.



Morning

White Energy Patch – Place on right hand at Large Intestine 4 (Li4). This point is found at the fleshiest point between your thumb and index finger when squeeze them together. Remove in the evening.

Morning

Tan Energy Patch – Place on left inside wrist at Lung 7 (Lu7). This point is found 2 fingers from wrist joint and align with the outer edge fingernail of the thumb. Remove in the evening.

Detox Reaction sometimes occurs as the body eliminates waste.

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5 Day Detox

Energy Enhancer and Y-Age Patches

Day 4 Alternative

Every Day:

Drink at least 8 glasses of filtered water (2 litres). Best results are obtained when the body is well hydrated.

Morning

White Energy Patch – Place on right elbow at Large Intestine 11 (Li11), at the end of the crease.
Remove in the evening.

Morning:

Glutathione Patch –
Place on Conception Vessel 4 (CV4), four finger widths below navel.
Remove in the evening

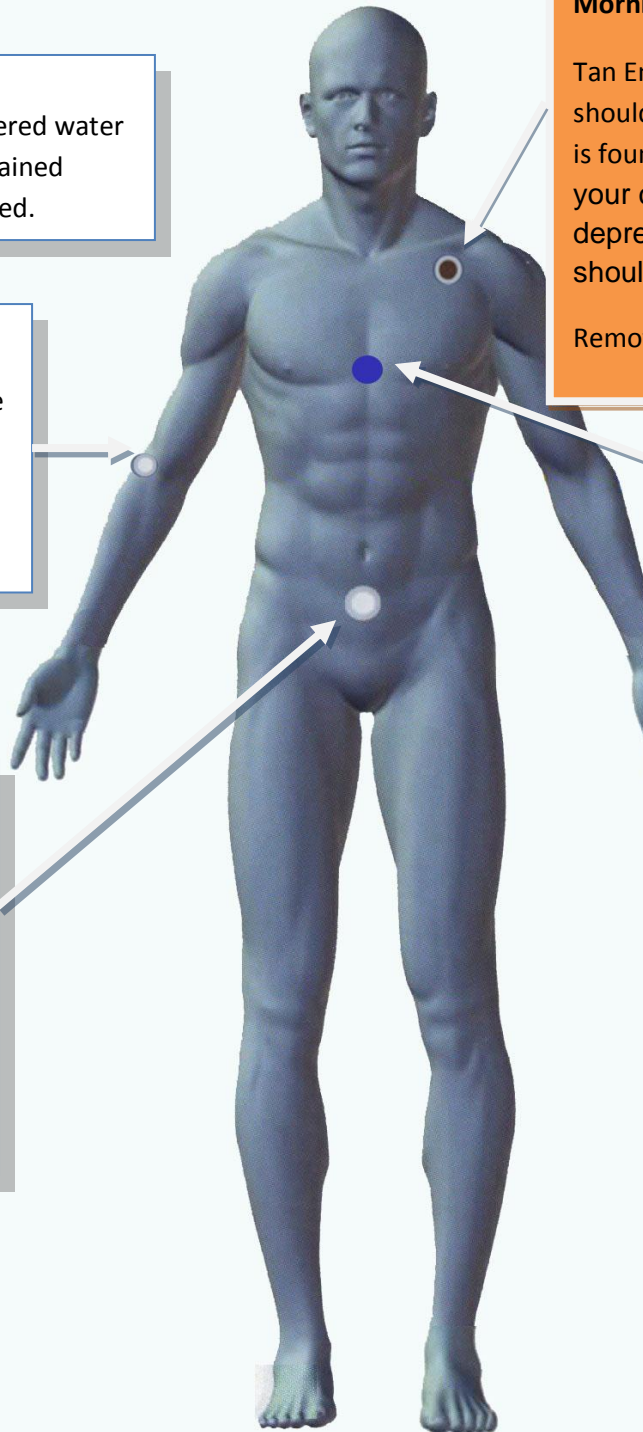
Morning

Tan Energy Patch – Place on left shoulder at Lung 1 (Lu1). This point is found one thumb width below your collar bone at the depression when you arch your shoulder forward.

Remove in the evening.

Every Evening:

Wear only the one Blue Carnosine Patch on sternum (CV17). To find this point measure four finger widths above the tip of chest bone.
Remove in the morning.



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If you experience nausea, remove patches for 4 hours.

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5 Day Detox

Energy Enhancer and Y-Age Patches

Day 5

Every Day:

Drink at least 8 glasses of filtered water (2 litres). Best results are obtained when the body is well

Every Evening:

Wear only the one Blue Carnosine Patch on sternum (CV17). To find this point measure four finger widths above the tip of chest bone. Remove in the morning.

Morning:

Glutathione Patch – Place on Conception Vessel 4 (CV4), four finger widths below navel.

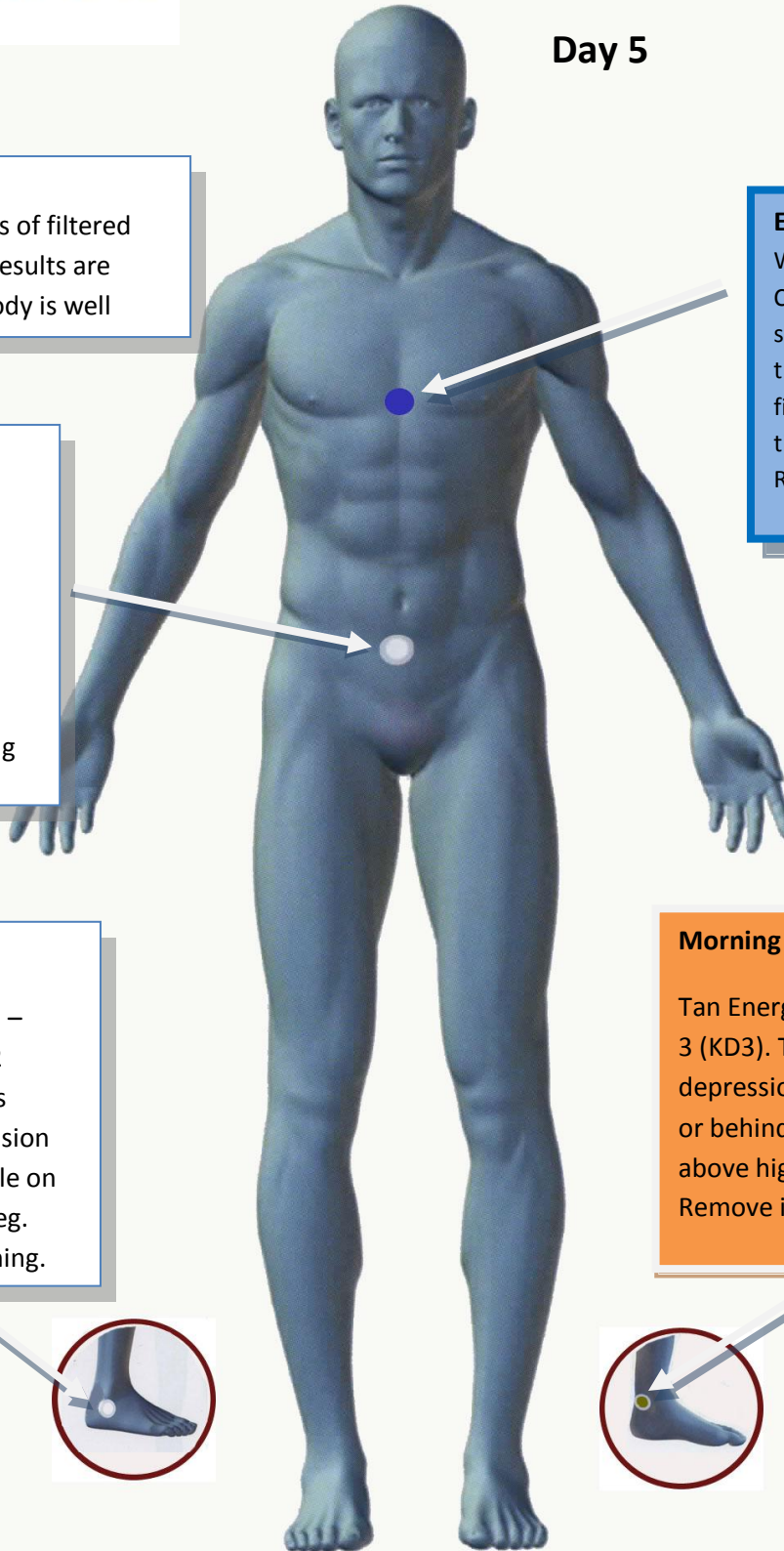
Remove in the evening

Morning

White Energy Patch – Place on Bladder 62 (BL62). This point is found in the depression below the right ankle on the outside of the leg. Remove in the evening.

Morning

Tan Energy Patch – Place on Kidney 3 (KD3). This point is found at the depression of the inside leg, beside or behind the ankle but at 1 finger above high point of ankle bone. Remove in the evening.



Detox Reaction sometimes occurs as the body eliminates waste.

If you experience nausea, remove patches for 4 hours.

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Alternative Placements for

- **Glutathione** (worn during the day)and
- **Carnosine** (worn overnight) patches.

Glutathione Patches can be worn on any of these points.

a) At CV 2 (6 to 7 fingers below Belly Button)

b) At CV 4 (4 fingers below Belly Button)

c) At CV 10 (3 fingers above Belly Button)

Carnosine Patches can be worn on any of these points.

a) CV 17 (4 fingers above tip of chest bone)

b) CV 15 right below the tip of the chest bone bone

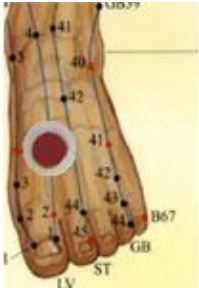
c) CV 14 (1 thumb below chest bone)

The next page is a one page diagram for the 5 day detox program.

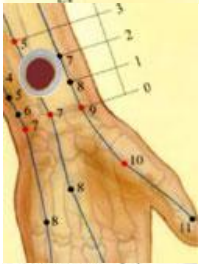
5 Day Detox Plan

On a page.

Day 1
Left Foot,
Tan Patch
Liver 3



Day 2
Left Wrist,
Tan Patch
Pericardium 6



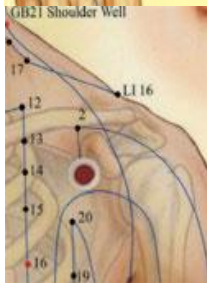
Day 3
Left Inside Foot,
Tan Patch
Spleen 4



Day 4
Left Wrist,
Tan Patch
Lung 7



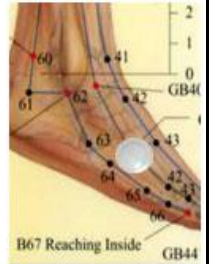
Day 4
Alternative
Left Shoulder,
Tan Patch
Lung 1



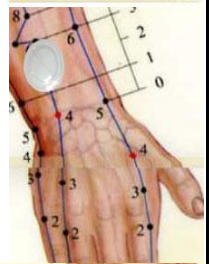
Day 5
Left Inner Foot,
Tan Patch
Kidney 3



Day 1
Right Outer Foot,
White Patch
Gall Bladder 41



Day 2
Right Wrist,
White Patch
Triple Warmer 5



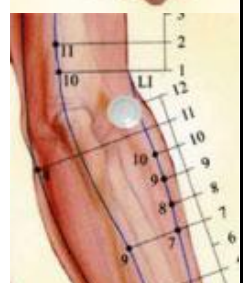
Day 3
Right Leg,
White Patch
Stomach 36



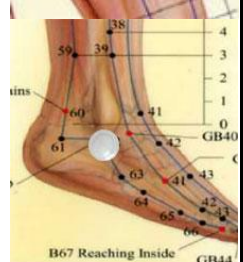
Day 4
Right Hand,
White Patch
Large Intestine 4



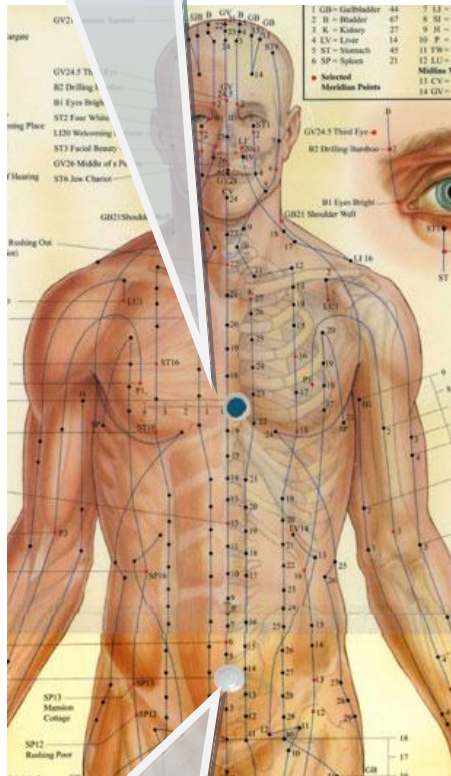
Day 4—Alternative
Right Elbow,
White Patch
Large Intestine 11



Day 5
Right Outer Foot,
White Patch
Bladder 62



In the evening after all patches have been removed place **Blue Carnosine** patch on the sternum.
Remove this patch next morning



Each morning place **White Glutathione** Patch 4 fingers below Navel and Energy patches according to this chart

