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icewave®

For the mild and temporary stimulation of Acupuncture points

NEW PAIN RELIEF TECHNOLOGY

icewave®

By **LIFEWAVE®**

DISCLAIMER

These statements have not been evaluated by the Food and Drug Administration. The IceWave patches are not intended to treat, prevent or cure any disease.

The IceWave patches are intended for healthy adults age eighteen and over. This instruction booklet and associated guidelines are solely for educational and informational purposes. This booklet is no way intended to be medical advice. Please contact a medical or health professional if you have any questions or concerns about your health. Individuals that are quoted on the LifeWave website have experienced results that may not be typical results and as such their results will not be the same as your individual results. LifeWave does not assume any responsibility for your use of information in this booklet. LifeWave patches are not intended to be used in the cure treatment or prevention of disease in man or animals.

INTRODUCING ICEWAVE



Imagine rapid & drug-free pain relief.

Now imagine it's yours with LifeWave.

Our exclusive non-transdermal patch system utilizes new technology to gently stimulate acupuncture points –

literally improving the flow of energy in the body for improvement of pain and discomfort – within minutes!

NEW PAIN RELIEF TECHNOLOGY

We're all accustomed to thinking that we have to put something into our body (like vitamins) to improve our health.

It's been known for thousands of years that specific frequencies of light can cause specific changes within the human body. For example, when we go out in the sun, a frequency of light causes our body to make Vitamin D. IceWave patches use this knowledge to stimulate acupuncture points on the body for improving the flow of energy and producing drug-free pain relief within minute of use.

WHAT IS ACUPUNCTURE?

Acupuncture is a type of Oriental healing art based on ancient Eastern medicine. A practitioner will typically stimulate acupuncture points on the body with needles or pressure to improve sleep, relieve pain and discomfort, and promote good health.



The self-adhesive LifeWave IceWave patches utilize the principles of acupressure to gently stimulate points on the body that have been used to balance and improve the flow of energy in the human body for thousands of years. The result is a natural way of improving your overall health without any drugs, stimulants or needles entering the body.

BEAD INSTRUCTIONS:



STEP 1

First, locate the acupressure point you wish to stimulate.



STEP 2

Next, remove a plastic bead from the bag. Remove the backing from the adhesive plastic patch included. Place the plastic bead in the center of the patch on the adhesive side of the patch.



STEP 3

Lastly, apply the bead and patch to the acupressure point, smoothing the patch on so that it is properly secured to the skin. There should be a mild pressure on the acupressure point.

ICEWAVE INSTRUCTIONS

Using the "Clock Method" indicates moving the patches around the body in order to get the most pain relief.

Start by locating the area with the most pain, then follow the instructions below:



STEP 1

Place a TAN patch directly on the point where you have the most pain.



STEP 2

Now place the WHITE patch about two inches ABOVE the TAN patch. If pain has not been reduced in 10 seconds move on to the next step.



STEP 3

Move the WHITE patch from the 12 O'Clock position to the 3 O'Clock position. If pain has not reduced in 10 seconds move on to the next step.



STEP 4

Then move the WHITE patch from the 3 O'Clock position to the 6 O'Clock position. If pain has not been reduced in 10 seconds, move on to the next step.



STEP 5

Next, move the WHITE patch from the 6 O'Clock position to the 9 O'Clock position. If pain has not reduced in 10 seconds move on to the next step.



STEP 6

Finally, move the WHITE patch so that it is parallel to the TAN patch. This is called bracketing the pain.

WARNINGS

Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. Do not use more than one patch at a time on the body. Keep your body well hydrated with water during the use of the patches. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition. Do not use if pregnant or nursing. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Individual results will vary.

PLACEMENTS FOR WHOLE BODY PAIN RELIEF



STEP 1

Place a WHITE patch on the bottom of right foot and TAN patch on bottom left foot on the KIDNEY 1 point and leave these patches in that position. Now take a second set of IceWave patches and follow the next STEPS.



STEP 2

Place a WHITE patch on the LUNG 9 point on the right wrist and a TAN patch on the same point on the left wrist. If pain is not better in 10 seconds move these patches to the next position in STEP 3.



STEP 3

Place a WHITE patch on the TRIPLE BURNER 5 point on the right wrist and a TAN patch on the same point on the left wrist. If pain is not better in 10 seconds move these patches to the next position in STEP 4.



STEP 4

Place a WHITE patch on the HEART 3 point on the right arm and a TAN patch on the same point on the left arm. If pain is not better in 10 seconds move these patches to the next position in STEP 5



STEP 5

Place a WHITE patch on the TRIPLE BURNER 15 point on the right shoulder midway between the neck and the end of the shoulder, and a TAN patch on the same point on the left.

Experience has shown that very often one set of IceWave patches placed on the bottom of the feet will relieve pain throughout the body. We have also found that when a second set of patches is necessary, that at least one of the other acupuncture points in this section will work extremely well in relieving pain.

PLACEMENTS FOR HEADACHES

Using one set of patches; WHITE on right, TAN on left. Wait 10 seconds after each placement to see if the pain reduces before you move the patches to the next location as indicated by STEPS 1-7.



STEP 1

Place a WHITE patch on the LARGE INTESTINE 4 point on the right hand and a TAN patch on the same point on the left hand. This point is on the top side of the hand, on the web between thumb and index finger. If pain is not better in 10 seconds move these patches to the next position in STEP 2.



STEP 2

Place a WHITE patch on the TRIPLE BURNER 5 point on the right wrist and a TAN patch on the same point on the left wrist. This point is on the back of the wrist. If pain is not better in 10 seconds move these patches to the next position in STEP 3.



STEP 3

Place a WHITE patch on the TRIPLE BURNER 15 point above the right scapula midway between the neck and the shoulder and a TAN patch on the same point on the left. If pain is not better in 10 seconds move these patches to the next position in STEP 4



STEP 4

Place a WHITE patch on the SMALL INTESTINE 16 point on the right side of the neck. Place a TAN patch on the same point on the left side of the neck. If pain is not better in 10 seconds move these patches to the next position in STEP 5.



STEP 5

Place a WHITE patch on the TRIPLE BURNER 23 point which is located on the right temple. Place a TAN patch on the same point on the left side. If pain is not better in 10 seconds move these patches to the next position in STEP 6.



STEP 6

Place a WHITE patch on the GALLBLADDER 14 point located on the forehead, one inch directly above the right eyebrow. Place a TAN patch on the same point above the left eyebrow. If pain is not better in 10 seconds move these patches to the next position in STEP 7.



STEP 7

Place a WHITE patch on the STOMACH 7 point which is located on the right side of the face, in the depression beneath the cheekbone. Place a TAN patch on the same point on the left side. *Experience has shown that very often one of these locations will relieve headache pain.*

MORE PLACEMENTS FOR PAIN RELIEF

KNEE PAIN:

Using one set of patches. Wait 10 seconds in each position to see if pain is reduced before you move the patches.



STEP 1

Use a WHITE patch on the OUTSIDE of the knee and a TAN patch on the INSIDE of the knee. If no relief in 10 seconds go to STEP 2.



STEP 2

Follow the directions in the ICEWAVE INSTRUCTIONS section. Place the TAN patch on the painful area and then place the WHITE patch above the TAN patch to see if pain is relieved. If no pain relief occurs in 10 seconds move the WHITE patch below the TAN patch, then to the right of the TAN patch and then to the left of the TAN patch.

SCIATIC NERVE PAIN:

Using one set of patches; WHITE on right, TAN on left OR WHITE patch on top of foot (Liver 3)



STEP 1

Bracket the pain using one set of patches; Place the WHITE patch to the right side of the painful area, TAN patch on the left side of the painful area, if no pain relief occurs in 10 seconds go to STEP 2.



STEP 2

Place the TAN patch on the painful area and place the WHITE patch on top of the foot on the LIVER 3 point. The LIVER 3 point is located about 3 finger widths from the angle of the big toe and the second toe, in the depression the size of a finger tip.



BACK PAIN:



Place a TAN patch on the center of the pain and then place a WHITE patch above the TAN patch. If pain is not relieved in 10 seconds move the WHITE patch to the other positions as shown in the section called ICEWAVE INSTRUCTIONS.

FREQUENTLY ASKED QUESTIONS

1) How does IceWave work if nothing enters the body?

This is a non-transdermal patch with a new technology that gently stimulates acupuncture points to improve the body's energy flow for relief of minor aches and pain. No drugs, stimulants or needles are used.

2) Why haven't I experienced pain relief?

The most common reason is dehydration. Drink one or two glasses of water and then wait 20-30 minutes to apply patches. Another common reason is that you have placed the patches in the wrong locations. Using IceWave patches for pain control requires practice, follow the Clock Method instructions. If you have followed the directions and have not experienced pain relief, try placing the patches on the bottom of the feet; (Kidney 1)

3) When should you use the White patch on the pain instead of the Tan patch?

Place the WHITE patch on the pain only AFTER you have tried placing the TAN patch on the pain with the Clock Method. Now, follow the Clock Method instructions, using the WHITE patch on the pain in place of the TAN patch.

4) How do you apply the patches for whole body pain?

Place the WHITE patch on the bottom of the RIGHT foot and the TAN patch on the bottom of the LEFT foot; (Kidney-1).

5) How many patches can I wear for the pain?

You can use up to two sets of patches. Place one set of patches on the bottom of the feet on Kidney-1 (WHITE on RIGHT, TAN on LEFT) and one set of patches on the elbows at Heart 3 (WHITE on RIGHT, TAN on LEFT).

6) How safe are the patches to use?

Acupuncture has been utilized for over thousands of years as a method for relieving pain and improving the quality of life. While we have shown our products to be safe, if you feel any discomfort at anytime, remove the patches and drink extra water.

7) Have these patches been independently tested?

Yes, clinical studies with Medical Infrared Imaging confirm significant and rapid improvement from pain with IceWave. Please visit lifewave.com/research.asp for more information.

8) How long can I wear a set of patches?

It is recommended to wear the patches for no more than 12 hours per day. Do not reuse the patches; use a new set each day.

9) Can anyone use IceWave?

If you have a health condition or are in doubt please consult your physician before using IceWave. Do not use if you are pregnant or nursing.

10) Where do I place the patches for knee pain?

Place the TAN patch on the inside of the knee, and the WHITE patch on the outside of the knee.