



LIFEWAVE®

icewave®

Instructions

Instructions for Use

The Clock Method

The Clock Method was developed to provide fast and effective results for non-specific, localized pain. Move through the steps below until the pain has been substantially reduced and/or mobility has increased.



STEP 1

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



STEP 4

Move the WHITE patch from the 3 O'Clock position to the 6 O'Clock position. If the pain is not reduced in 10 seconds, move to the next step.



STEP 2

Place the WHITE patch about two inches ABOVE the TAN patch. If the pain is not reduced in 10 seconds, move to the next step.



STEP 5

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



STEP 3

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



STEP 6

Move the WHITE patch so that it is parallel to the TAN patch. This is called bracketing the pain.

Placements for Whole Body Pain Relief



STEP 1

Place a WHITE patch on the bottom of the RIGHT foot and a TAN patch on the bottom of the LEFT foot on KIDNEY 1. Leave the patches in that position. Now take a second set of IceWave patches and follow the next steps.



STEP 2

Place a WHITE patch on LUNG 9 on the RIGHT wrist and a TAN patch on the same point on the LEFT wrist. If the pain is not reduced in 10 seconds, move to the next step.



STEP 3

Place a WHITE patch on TRIPLE BURNER 5 on the RIGHT wrist and a TAN patch on the same point on the LEFT wrist. If the pain is not reduced in 10 seconds, move to the next step.



STEP 4

Place a WHITE patch on HEART 3 on the RIGHT arm and a TAN patch on the same point on the LEFT arm. If the pain is not reduced in 10 seconds, move to the next step.



STEP 5

Place a WHITE patch on TRIPLE BURNER 15 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, at least one of the other acupuncture points in this section will work extremely well in relieving pain.

Placements for Head Pain



STEP 1

Place a WHITE patch on LARGE INTESTINE 4 on the RIGHT hand and a TAN patch on the same point on the LEFT hand. If the pain is not reduced in 10 seconds, move to the next step.



STEP 2

Place a WHITE patch on TRIPLE BURNER 5 on the RIGHT wrist and a TAN patch on the same point on the LEFT wrist. If the pain is not reduced in 10 seconds, move to the next step.



STEP 3

Place a WHITE patch on 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 the pain is not reduced in 10 seconds, move to the next step.



STEP 4

Place a WHITE patch on SMALL INTESTINE 16 on the RIGHT side of the neck and a TAN patch on the same point on the LEFT. If the pain is not reduced in 10 seconds, move to the next step.



STEP 5

Place a WHITE patch on TRIPLE BURNER 23 on the RIGHT temple and a TAN patch on the same point on the LEFT. If the pain is not reduced in 10 seconds, move to the next step.



STEP 6

Place a WHITE patch on GALLBLADDER 14 on the forehead, above the RIGHT eyebrow and a TAN patch on the same point above the LEFT eyebrow. If the pain is not reduced in 10 seconds, move to the next step.



STEP 7

Place a WHITE patch on STOMACH 7 on the RIGHT side of the face, in the depression beneath the cheekbone, and a TAN patch on the same point on the LEFT.

More Placements for Pain Relief

Knee Pain

STEP 1

Use a WHITE patch on the OUTSIDE of the knee and a TAN patch on the INSIDE of the knee. If the pain is not reduced in 10 seconds, move to the next step.



STEP 2

Place a TAN patch on the painful area and a WHITE patch above the TAN patch. If the pain is not reduced in 10 seconds, follow steps 3 through 6 in the Clock Method section.

Back Pain



Place a TAN patch on the painful area and a WHITE patch above the TAN patch. If pain is not relieved in 10 seconds, follow steps 3 through 6 in the Clock Method section.

Lower Back Pain



STEP 1

Bracket the pain by placing a WHITE patch to the RIGHT of the painful area, and a TAN patch to the LEFT of the painful area. If the pain is not reduced in 10 seconds, move to the next step.

STEP 2

Place a TAN patch on the painful area and a WHITE patch on top of the foot on LIVER 3, which is located on the top of the foot, in the web of the big toe.



Warnings: Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. 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, any questions or concerns about your health. Do not use if pregnant or nursing. This booklet is no way intended to be medical advice. Individual results will vary.



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