

Dear Friends-



During this challenging time, one of the most important things we can DO is support and care for our bodies. So then...what are the best ways to EMPOWER our Immune system and mitigate our stress response naturally?

One of my favorite products that I use myself and consistently recommend to my patients to support the immune and nervous systems is the **LifeWave phototherapy patch technology**. Whether you've already experienced the benefits of LifeWave patches or are new to this technology, I am excited to offer these unique healing patches to my patients, friends, colleagues and surrounding communities with quick home delivery.

A wearable, state of the art patch technology, this self-applied easy and affordable patch works with our bio-electric system. An example is the sun hitting our skin and creating a **bioelectrical** pathway to produce vitamin D naturally.

Similarly, the mechanism of these patches starts with light but that light is not coming from the sun. It's coming from your own body. ***The patch merely selects out a specific wavelength from the infrared light from your body and sends it back as a consistent signal to your cells to produce a certain biochemical reaction.***

And that reaction results in increased energy production and flow of energy in the body. WE experience this flow as a **reduction of pain, faster wound healing, improved energy and mood, support to our immune system, reduction of stress, improved sleep, regenerative collagen in our skin**, and a myriad of health benefits all of which improve our daily quality of life.

**A great immune system power combo are the X39, Glutathione, and Carnosine patches-**

**Here is my recommended protocol-**

In the morning, apply each patch and remove before bed. Be sure to drink lots of water, as this is how our body moves energy!

First, apply an **X39** patch to the back of your lower neck, where you feel the bump.



This patch restores the copper-peptide levels in our blood to produce a myriad of health benefits like cellular detoxification, increased energy and stamina, increased immune function, and activation of new stem cells.

Next, apply a **Glutathione** patch to the top of your right foot – an Acupressure point called Liver 1



Why? Glutathione is Naturally made in our Liver and is our body's master anti-oxidant.

Glutathione is highly supportive for our Immune system and for Detoxification, clinically proven to ELEVATE our bodies own Glutathione by 300% in 24 hours.

Third, apply a **Carnosine** patch to either your central sternum or your mid lower



back.



Carnosine is a powerful amino acid combo that boosts the immune system, protects the brain, heart, and vital organs, and aids in physical recovery.

**For stress, anxiety, and difficulty sleeping, the Aeon patch is a**

**favorite!**

If you are struggling with stress, anxiety, or having difficulty falling asleep, I recommend wearing an **Aeon** patch at night to either the neck or foot points above. This decreases the busy-ness of the mind and grounds the energy to allow for relaxation and a feeling of peace. They are also incredibly effective for tension headache, migraine disease, and inflammation.

**Please visit my site at [lifewave.com/stemcellactivation](http://lifewave.com/stemcellactivation) for more information, science, research, patents and testimonials. Wholesale options are available.**

I am seeing patients on a case-by-case basis in my office at Indigo Dragon Mondays and Wednesdays. We are keeping compliant with all CDC recommendations and continuing to support and serve our community during this transformative time.

Take good care of yourselves and love each other.  
Lara