

## Q&A's

### **Does the X39 go on or under belly button?**

Either back of neck under bone or right on the bone or under belly button. Right on belly button is considered an emergency point in Eastern medicine but it is okay to apply it there too. It has nerves there going to rest of the body and I can see a benefit to that.

### **Are the only placements for X39 on the back of neck and under the belly button?**

No...you can pretty much place it anywhere that you need it. EX: Let's say you had lower back pain, you could apply the patch directly at the base of the spine if you wanted to. My daughter is 21 and an exercise enthusiast...am very proud of her because she was on the Junior Olympics Team for Volley ball but she was suffering with some exercise related upper back pain and I just happened to place an **X39** patch in the center of her back and instantly the pain was gone. So you have tremendous number of options for placement on **X39**. It can be placed on the problem point or rotated in a number of different points.

### **Is X39 best on back of neck or below the belly button?**

Clinical studies show that both are equally effective. A woman patched the back of her neck and then she found there was an injury on the back of her toe that had healed. She never expected that since she patched the back of her neck. We also have a remarkable testimony from someone that had a Diabetic ulceration on the top of her foot and that it healed when applying the **X39**. When you wear **X39** anywhere on the body it will affect the entire body. If you would like to place the patch direct on the injury you can do so.

**Can we use X39 along with the other patches?** Yes we do know it can be used in conjunction with **Carnosine**, **Energy** or **IceWave** but we are still testing with the other patches (9-19-2018) We haven't finished those tests as of yet.

**Is it okay to put the X39 on left side of the body?** Yes it can be put anywhere

### **How many X39s can we use at once?**

The testimonials we have been receiving have only been with one **X39**. At this time we have no reason to believe that more than one **X39** is necessary. The majority of benefits you will get from one patch...any additional may not give you any more. It's okay to experiment

### **Why do some feel an immediate benefit from X39?**

**X39** works on multiple levels. First thing it does is help to increase the energy production in the cells which people can feel immediately. This up-regulates the metabolism and people will experience less fatigue the very 1st day.

Another thing where **X39** benefits people very quickly is in changes in hormones specifically in Gaba which are elevated to improve melatonin levels which induces sleep.

The time to heal will vary based on age, overall health, diet, if they have a pre-existing medical condition, nutrient deficiencies, etc.

### **What happens when we discontinue use of the X39?**

Like with **Glutathione**, when we elevate **Glutathione** and we detoxify the body and help support the immune system...when we stop using the **Glutathione** patch, **Glutathione** levels will fall back to normal. We did detoxify the body but toxins will be coming back in. So when we stop using the **X39**, the copper peptide will go back lower so we will not be able to regenerate and repair quickly. But if you repaired a wound...that is not going to un-repair itself.

### **Can the patches be left in the car during the day? No**

The patches contain organic materials and are going to be subjected to damage by heat

### **Can someone who has a medical condition use X39?**

First talk with your doctor. Because the patches do not put anything into your body they are very very safe but a doctor needs to make that determination.

### **Is there any synergistic effect with the IGF1 ? Yes**

IGF1 is part of the body's repair process. Stem cells are going to release a whole collection of growth factors...you have IGF1, IGF2 and a very powerful growth factor called Vegfa. So if you were to use Arginine which is in Theta1 and the colostrum to support your IGF1 levels...that's definitely going to be synergistic.

### **What other patches or products are best used with X39?**

You can wear **X39** with **Energy Enhancer**, and **Carnosine**. If you would like to use **Aeon** and **Glutathione** use them at a different time like at night. Stem cells are attracted to inflammation and **Aeon** and **Glutathione** reduce inflammation in the body so the **X39** will probably work better without those other 2 patches...we are still doing research on this. Using other products there are a few ways to optimize **X39**...the first being make sure you are getting adequate amounts of protein and healthy fat in the diet like wild salmon and mackerel. I would recommend a good vitamin and mineral supplement to make sure you have your trace minerals, like magnesium, zinc, copper, boron, selenium which are used as part of the healing process and if you have a deficiency in these you may not be able to heal properly.

### **Ideally should we be detoxing before using X39?**

If we want to have an overall healthy body then yes we should all be detoxing on a fairly daily basis. We want to be drinking clean water every day, being careful about the food we eat, exercise to move the lymphatic system and we want to elevate anti-oxidants like **Glutathione** to protect us from the toxins in the environment. It is not necessary to detox before the **X39**.

### **For a lady over 50 would the X39 cause her to come back to her menstrual cycle?**

We have no answer for that yet.

**Can pregnant people use any of the patches?** No, there are no studies done on pregnant women. So we cannot recommend it at this time.

**Can children use any of the patches?** Check with your doctor. The guiding rule is they should be old enough 4-5 years, so if they experience any contra-indications, they can communicate that to you (such as if they get a headache or feel nauseas) then have the child drink lots of water. I don't know that **X39** would be the best choice for children--depends on what you are trying to do. Since **X39** elevates copper peptide...in children copper peptide will be at the highest of anytime during our lives. People who get past the age of 30...their copper peptide levels begin to decrease so using **X39** is a good way to increase those levels.

**Can someone breast feed or nurse while using the patch?**

No. We don't have any clinical studies on the use of the patch when someone is nursing or breast feeding. So we can't currently recommend that.

**Does moving the body daily enhance the benefit of the X39**

Exercise is going to be beneficial to the body and depending on the type of exercise you could be tearing up or building up the body. Ex: if you are engaged in a very long cardio, this uses a lot of oxidative stress and puts the body in a catabolic metabolism so it's going to tear the body down. When you do resistance training like weight or calisthenics for a shorter period of time will have a beneficial impact on the testosterone and other hormones in the body and tends to build the body up. Exercise will complement the effects of the **X39**.

**Since the patches are based on phototherapy, would they be effective if they were put near a light source or sunlight?**

The patches contain organic crystals that reflect very specific wave lengths of light and are activated by body heat. You do not want to store them where they are open to light where they will be exposed to heat because heat will de-activate them over an extended period of time. The UV light of the sun or heat could damage them.

**I have been using X39 for 5 days and I am losing sleep and feel very agitated. Should I stop using this?**

This could be from a number of different reasons and don't want to speculate without having more data but one thing I might suggest is if you are using the patch at the back of the neck try moving it below the belly button.

**My X39 anniversary date is July 22nd...are there any clinical studies done that are a year long?** Yes we started quite a while ago and are not quite ready to release those results...it is on going.

### **How to optimize the effects of the patches with supplements:**

Have adequate amounts of protein and healthy fats to heal the body, make hormones and have construction material. Key minerals are absolutely essential such as magnesium, zinc, copper, and selenium and are all involved with regeneration which you can get through diet but you can also supplement. Avocados are rich in magnesium, wheat grass for copper, zinc, & selenium, oysters, cashews, Brazil nuts and almonds are great source of minerals. Also have at least 7-8 hours of sleep, water and exercise.

### **How much is adequate protein and fatty acids?**

This will have a lot to do with a person's age, level of exercise etc.

With going to the extreme end like a body builder...they might require about a gram of protein per pound of body weight = 200 pound person would get 200 grams per day.

One that is not a body builder 1/2 gram or less = 80-100 grams might be satisfactory

You could take 20 grams of Omega 3s per day which would be non-toxic & the body has detoxification pathways even if the oils were rancid. Several grams per day should be fine.

The majority of this should be from your diet and supplement where necessary.

### **Does the X39 help with detoxing and can one be getting detox symptoms? Yes**

When we repair injuries in the body we need to remove the old tissue before we can repair the new tissue. You could be getting detox symptoms from removing this old tissue.

### **Wouldn't it make sense to use X39 at night?**

So far we have observed putting **X39** on during the day. Because **X39** has such a powerful effect, it alters the neurotransmitters of the body so even when you use it during the day and then remove the patch you still get the benefits in the evening and improve the quality of your sleep.

### **Have not had hot flashes for years. Been on X39 for over a month and hot flashes have resumed. What is happening?**

I am speculating this: One thing the **X39** does when it elevates the copper peptide, it is able to reset thousands of genes to a younger healthy state (as much as a 3rd of the geno) It would be interesting to research and find the extent of that age reversal effect. So what effect that will have on the brain, the hypo-thalamus and hormone production is open for research. So you could be having an age-reversal effect which is only my speculation.

### **When I have a stomach ache right after I eat, what should I put on besides X39 and Glutathione?**

This could be an indication of a number of things. Listen to your body. You may be allergic to what you are eating. Keep a notebook and when getting the ache, write down what you just had and then remove that next time. Another thing that happens as we age, our bodies start to produce less stomach acid. If you are having a diet high in protein, your body may not be able to break down that food so I would look into digestive enzymes and products that

increase production of Hydrochloric Acid. One is called Betaine HCL. If it's an occasional stomach ache you could patch Stomach 36 with Energy patches but I think there is something else going on.

### **X39 works very well for me on CV22. My energy level is incredibly high. Does that mean that CV22 needs stimulation?**

You can apply **X39** where ever you'd like. For instance the center of the chest is CV17. If you wanted to place the patch at the base of the throat, the Thymus, you could do that. The Thymus manufactures white blood cells and also does have an incredible effect on energizing the body so placing it over the Thymus or Thyroid would increase your energy production. Does your body need it there is a "maybe".

### **What is the research on stem cells and dental issues?**

Not our patch, but the research on stem cells has been used for bone growth, both in conditions where people have broken bones and for regrowth of lost bones. We worked with a scientist that has developed a gel that is similar to our seaweed extract we use in Theta Premium and when this gel is applied to teeth will actually regrow the bone that is lost in the jaw over time. We will offer this product in the future. Stem cells definitely have the potential to regenerate lost bone in the jaw as well as other parts of the body.

### **Would the X39 be most ideal for gum health support? If so, is it better to place near the mouth like the chin?**

With **X39**, patch placement is irrelevant. To get benefits of **X39** for anywhere in the body, place **X39** one day behind the neck and another day below belly button. No need to apply locally. Years ago there was a toothpaste made with a copper compound because it was found that copper would kill gingivitis. Since **X39** elevates copper peptide we could speculate that it would help to support the health of the gums. Other things that can help would be fish oil or algae oil will help as an anti-inflammatory for the gums.

### **Why do some get relief from pain with X39 while others get more pain?**

**X39** will help manage pain and inflammation

**X39** elevates copper peptide which is involved in wound healing. When there is an injury, there can be inflammation and there are old damaged cells there. In order to heal the body, those damaged cells or damaged tissue first needs to be removed. The way the body removes damaged cells is through inflammation. People will experience this as an increase in pain. So when using **X39** and you get an increase in pain, this can last 1-3 days. If the pain is too intense, remove the patch and use **X39** 2-3 hours per day, whatever is tolerable. You can also apply the **Aeon** patch to help manage the inflammation and reduce the pain. Inflammation is necessary to initiate the healing process.

### **Can the X39 patch be placed direct on the point of injury?**

A woman in mid 50s who was bone on bone on her right knee applied **X39** to back of neck and within 1 week the knee was feeling better...no pain, mobility & range of motion all normal. A man with bone on bone on 2 knees before **X39** had corrective surgery but still has problems. He applied 1 - **X39** to his knees...pain & inflammation went away...mobility returned. This shows you have options but placing **X39** on back of neck should treat the entire body. **NOTE:** For serious injuries you may not feel immediate results...it sometimes takes a few weeks for it to really kick in.

### **My friend is on morphine for pain, would they need to go off the drugs to make X39 or IceWave work?**

The majority of the time the answer will be yes. This is a very well known phenomena in phototherapy. The receptors for pain relief compete with drugs. They are the same receptors that were activated. So if you have a drug in your body that is activating your receptor, the patches or any type of phototherapy are not going to be able to work. When we do studies on pain relief, one of the conditions is the person cannot be taking any type of medication. Otherwise we will not see results. But that's not always the case as some are on medication and the patches still work but that is for your reference.

### **Will X39 work if taking Morphine and Gabapentin?**

**X39** will work but may not be able to provide pain relief. In light therapy, the receptors will be competition from the wave links of light and from drugs like Morphine. You will still get an increase of copper peptide levels but may be difficult to get the pain relief. What you could do is use the **Nirvana** pills. **Nirvana** elevates Beta Endorphins which are 20-30 times stronger than Morphine. But it takes a few weeks for those endorphins to build up in the body.

### **What about wound or cancer pain?**

As for a wound, I would be using **X39**...this is where **X39** really shines as it activates the stem cells supporting healing of wounds so I would use **X39** first. If the pain level goes up, then I would be adding **Aeon**. You could put **X39** behind the neck or below the belly button and **Aeon** direct on the point of pain. For cancer...check with your doctor to see if it would be okay to use the patches. Most Oncologists do not want their patients on anti-oxidants because it interferes with chemo and radiation. If the doctor is willing then I would use **X39** and **Glutathione** during the day and **Aeon** at night for pain management for cancer.

### **What would be a reason for the X39 not to work on the spine for pain when it works everywhere else?**

That's tricky to say if it was working in one place and not in another. I will just take a guess at this. Let's say there was an injury on the spine. When you apply **X39**, you could actually get a temporary increase in the amount of pain. When an injury heals we need inflammation to tear down the old tissue before we can build new cells. This would result with some discomfort of pain which is part of the healing process. This is based on other's experience with **X39**.

### **What is your take on the X39 with a degenerative disc?**

David has had dramatic improvement with himself with it and there was a woman that was incapacitated with a degenerative disc that got up and is walking again

### **For bone on bone, how long would it take to see results?**

Our Chief Financial Officer has been using our patches for the past couple years to manage his pain but his doctor kept telling him he needed to get a knee replacement and was blown away with the results. He removed **IceWave**, **Aeon** and **Glutathione** and placed one **X39** right at the knee and instantly got pain relief. By end of the first week his mobility had returned to normal and that weekend he celebrated by playing golf and shot the best round in his life. We have many other testimonials. Another example is a woman who has had problems on both knees for 40 years and she placed a patch on back of her neck and now her knees feel great.

### **How does X39 contribute to burning fat?**

1. First you need to get proper nutrition, exercise, enough sleep.

**X39** supports energy levels, meaning it supports metabolism.

When we increase the amount of energy that's available to the body, we are converting more calories into energy that we are burning resulting in a healthy metabolism and a healthy body composition.

2. **X39** will support sleep and some notice it the first day.

3. In order to re-shape your body, in order to exercise and see new strength and stamina and lean muscle, you need to break that muscle down.

Because the **X39** activates stem cells is going to support recovery of that muscle faster.

**X39** significantly will improve the health of the intestine which is responsible for our immune cells. So it's not surprising if you get bloating and diarrhea, you are cleaning out and detoxing.

### **What is the best placement of the patch for Arthritis?**

We have a testimony of a lady with crippling arthritis and she used the **X39** on back of neck and the very first day she got pain relief. After 24 days all symptoms of the arthritis had disappeared. the great thing about the **X39** is you can really apply it about anywhere. On back of neck or below belly button has effects throughout the entire body. If you had an injury or an arthritic knee and you want to place the **X39** on the knee, you could but people have benefited just from putting it on the back of the neck.

### **My mother has been having fantastic results with Aeon for her arthritis and prefers it over X39. I am encouraging her to use X39 for other issues. Would it be best to wear these at the same time or one day and one night?**

At this time we don't have any studies looking at what you're asking. I would say use **Aeon** during the day and **X39** at night. But if she is also using other patches and you want to use both during the day it's probably okay.

**If the X39 is attracted to inflammation does the inflammation go down once the cause is healed by X39?** Yes

The stem cells are healing the body...the body heals itself, so when we have a healthy diet, go through a surgery to correct something the body heals itself and it is the stem cells that are doing it. So we can provide a good environment for that healing to take place.

**Do you get more benefits with using Energy Enhancer with X39?**

That would be for an area with study. I use the **X39** with **Carnosine** and **Energy** daily and think there is a benefit to it but is yet to be proven.

**Can you put the patch directly on a scar?** Yes

**Does the X39 repair organs with stem cells?**

Basically what **X39** does is it activates stem cells meaning it's going to increase the ability to get stem cells to where they are needed. We cannot address if it repairs organs as that would be a medical claim.

**Has X39 helped with Neuropathy with Type 2 Diabetes?**

We don't want to make a medical claim here. But based on evidence the **X39** could help relieve pain and reduce inflammation as associated with Neuropathy.

**Could there be an old emotional clearing when using X39?**

Yes...this has its roots in Eastern medicine. There is the physical body, the emotional body and the spiritual body and illness is always associated with an emotion. When we use patches to move energy in the body, they up-regulate the increase of chemical energy in the body...the ATP. And when the energy starts to move, not only can we be reducing pain but the emotion associated with that pain can also come out. Over the years when applying patches to people, their pain goes away and they spontaneously break out and start crying.

It's a good cry because that emotion that was associated with that pain is leaving. Emotions can certainly come out when you move energy in the body.

**What about using SP6 with X39?**

That should be no problem

**Is there any way to measure stem cell growth?** Yes

There are a number of biological markers for stem cells. One is called the P63 Protein (if we wanted to measure the activity of stem cells in the body we would utilize this to see what the levels are in the body). There are a number of minerals that can be tested that are control limiting factors in the ability of stem cells to repair. There are also measures of growth factors, for example stem cells will release IGF1, IGF2 etc and these levels can be monitored. However these methods are not so much available to the consumer. These are done clinically in labs.



### **Can stem cells become unhealthy things instead of healthy things? Like tumors, warts, cysts.**

Stem cells can become any other cell in the body and mutations of cells occur all the time. If we were talking about plants, they have stem cells, animals have stem cells so everything is derived from that. So what we would be talking about is along the lines of cancer where the cell mutates. They mutate from being exposed to a carcinogenetic agent such as a pesticide or radiation from a normal cell over to a cancer cell. When the immune system is compromised and the aging process is going on as the cells begin to lose their electrical potential, cells could mutate. So yes it's entirely possible. As we age the efficacy of stem cells diminishes greatly so the ability of stem cells to make healthy cells diminishes and to release growth factors also dramatically declines. With just increasing stem cells does not mean it will necessarily be of help. What the **X39** is doing is significantly different. First we are causing an increase in the proliferation rate of the stem cells. **X39** resets thousands of genes in the body back to a younger healthier state. The **X39** has a built in protection mechanism that fosters health.

### **Can collagen and Vitamin C help with stem cell repair? Yes**

#### **Can the X39 help with the health of the Thyroid?**

We can't make medical claims but what we can say is that this product does support the natural healing process and stem cells are a very important part of the healing process and the health of the entire body. The peptide we are elevating is going to reset thousands of genes to a younger healthier state which would absolutely include the Thyroid. I might also recommend using our **Glutathione** patch to detoxify the Thyroid since heavy metals like mercury can accumulate there.

#### **Where would you put the Glutathione patch on for the Thyroid?**

Put it either directly over the Thyroid or a little bit lower over the Thymus. I would do that for a few days alternating between the two locations. Both of these areas are soft tissue and can accumulate toxins like mercury. For a man you might want to put it on the Adams's apple.

#### **What is a good protocol for a foggy brain? I feel sleepy tired all the time...I take X39 now.**

It could be from a nutrient deficiency. Recommend a few things. You can also add **Carnosine** which will improve cognitive function, Omega 3 fatty acids like salmon, mackerel. Being sleepy could have to do with your diet...speak with your doctor who is a clinical nutritionist to get an analysis of your vitamin/mineral profile to see if there is any deficiency like Vitamin B's which are involved in energy production.

#### **I am using Alavida cream for day and evening...do I still have to use the Alavida patch since I use X39 now?**

The **Alavida** patch and **X39** are significantly different in the way you use them. I would use **X39** during the day and **Alavida** at night.

<https://www.youtube.com/watch?v=3ptj-9kdg8s&pbjreload=10>

### **What is your protocol for protection from EMFs and 5G ?**

**Carnosine** has been shown to protect the body from Radiation. We have no clinical studies on 5G. Copper Peptide will protect the body from Radiation. Copper Peptide is elevated by **X39**. Copper Peptide is found in large amounts in the skin. So using both **X39** and **Carnosine**, you would get the benefit of these 2 anti-oxidants. **Glutathione** is another anti-oxidant that protects the DNA cells from Radiation. Anyone using these patches already has the protection from radiation from EMFs. David Schmidt is already working on this issue of addressing 5G. Any radiation is going to do damage to the electrons or the electrical charge that's in the cell. So if we can keep the cell charged like a battery and keep it charged with electrons, then EMFs will absolutely have no harmful effect. That is my plan for addressing the 5G. When I travel on a plane I use **X39, Carnosine** and **Energy** patches.

### **When would you use more than 1 patch?**

When I was in Mexico recently doing a LifeWave presentation, I hurt my foot and I carried no antibiotics with me so the protocol I used was to surround the infection with 3 **Glutathione** patches. The infection was on my big toe (one patch was on the other side, one below it , one over to the side). Within about 2 hours the inflammation was down about 80% and infection was gone after 24 hours. I patched for one more day just to be certain. I always carry **Glutathione** patches with me when I travel just in case there is any type of infection or injury.

With **Carnosine** for Athletes that do an intense level of workout, 1 patch is fine and 5 to 7 days per week is okay. For those who do not do an intense workout, 3-4 days is probably okay. But the study we did for cognitive study, the participants were using the patch daily.

### **How do you carry the patches while traveling?**

Have been in 50 countries the past 17 years with no issue with the patches de-activating. They are an energetic product but have crystals inside them that reflect light so they won't be damaged by X-rays.

### **Does the Carnosine patch assist with eye issues?**

Yes, plus **Carnosine** drops have been used to help treat different medical conditions associated with the eyes. **Carnosine** is a valuable anti-oxidant and nutrient for health of eyes.

### **What is the actual patch protocol for Motion Sickness?**

This would be a medical claim but it is well supported by FDA - David thinks the only thing they have ever approved for Acupressure is the treatment of motion sickness. Stimulation of the Acupoint Paracardium 6 is located on the wrist...3 finger widths from crease in wrist apply the Energy patch White on right...tan on left. The paracardium is the protective sheath that surrounds the heart. David does this once per week.

### **For eye improvements which point shall I use?**

The person in Europe tried multiple locations...he was using it on back of neck during day, he tried the right temple and in the evening he also tried above the eye.

### **Has anyone tried putting the patch on the forehead or head area? Yes**

One of our leaders in Europe had been in an accident and went blind in one eye. He had 4 corrective surgeries but none of that improved. He placed the **X39** on the head right around the eye, either directly on the temple or right around the eye and in about 3 weeks he regained about 50% of his vision. It was extraordinary.

**Along with elevating Glutathione for Parkinson's, which patch can elevate Dopamine?** The Nirvana patch elevates dopamine and beta endorphins...the feel good chemicals. **Glutathione** is neuro-protective meaning it protects the nerves from damage and will help manage the symptoms of Parkinson's. Also helps with M.S. , Alzheimer's etc., Neuropathy for sure.

### **What symptoms of Parkinson's is helped with Glutathione?**

We see people get improvement with their range of motion, reduction in pain, reduction in tremors, improvement in energy and overall improvement in well being. We have not done any studies on Parkinson's...it is all anecdotal feedback members have given or things we have seen.

### **What is the Glutathione patch targeting to stimulate the Glutathione release? If it is a wave length of light...how exactly does that work?**

What was discovered years ago is that the carrier for light in the body (in electronic terms you could think of this as being the transducer) is a chemical compound called "cytochrome c oxidase ". You have light which will hit the surface of the skin.

The wave lengths of light will come in contact with this chemical which is part of the energy production cycle in the mitochondria and then this gets converted over into bio-chemical effects. Let's say we use 660 nano meter light or a wave length of light in the infra red band, this chemical will be activated by this light and in response will increase beta oxidation which is fat burning. So we get an increase in mitochondrial energy. This mechanism is very well understood today and is the basis for photo bio-modulation and phototherapy.

### **For overall maintenance, how often would one wear the Glutathione patch?**

The **X39** will increase **Glutathione** levels about 30-40% from our research so that would be perfect for maintenance. But if you wanted to do a detox, I use **X39** on back of neck during day, **Carnosine** below belly button, 1 or 2 sets of **Energy** patches and at night the **Aeon** patch. I'm always experimenting with different patches and rotating them. On the weekends I substitute **Carnosine** for **Glutathione** patch. That's the cycle I like and depending what results you are looking for...you can experiment.

### **Which patches are best to remove toxins and bacterial infections from the head?**

For removing toxins, hands down, **Glutathione** is going to be the best way to go. It is a chelating agent and will attach itself to a toxin like mercury and pull the mercury out of the body. Toxins can be heavy metals, plastics, insecticides, radioactive waste, and parasites and there are different strategies for each. As a general way to support health and reduce the toxic load in our systems, **Glutathione** would be a great way to go.

With bacterial infections I would be using the **X39** and **Glutathione**. These saved my life a couple of times while traveling. But I must say for an infection, see a doctor about antibiotics. There are also some natural remedies which are very powerful antibiotics: olive leaf extract, oregano oil and some others. With infection around the jaw you may find some relief with 3-4 patches around the pain.

### **What about people with organ transplants?**

We can't recommend for those people to use the patches because we do not know what would happen. Typically those people are on immune suppressant drugs so we don't know how any of the patches would interact with those drugs.

**I fell down 15 steps in November 2018. After 3 hours in ER, the X-rays determined that it was only muscular. I have been on X39 since June and the shoulder pain is rare when I'm wearing the patch but still notice it when the patch is not on. What shall I try to totally resolve it?**

One thing I would want to look at is a top to bottom analysis of...what is your life style like? Are you getting adequate rest? What is your diet like...are you getting adequate amounts of protein, micro nutrients, healthy fats? Are you hydrating? Are you taking too much caffeine? all these kinds of things should be evaluated. So in supporting healing of an injury, besides all of the above you might want to add an Omega 3 supplement which will assist in wound repair and are also anti-inflammatory. And because it's muscular, you may want to apply the **Carnosine** patch directly to the injury which will also support wound repair.

### **Are we growing new stem cells with X39 or activating those that are already in the system?**

Yes, both. Copper peptide is going to increase expression of the P63 protein which activates the stem cells and the stem cells can proliferate, mobilize and get to the injury. Copper peptide will also convert the stem cells in your skin over to pluripotent stem cells which increases the pool of stem cells in your body and supports the natural process of healing injuries.

## **In the case of bone on bone in a shoulder to regrow cartilage and avoid a shoulder replacement how will the X39 work?**

First we do not make any medical claims. Seek the advice of your doctor before using this or any other product. One thing that has been demonstrated in other outside clinical research is that stem cells are in fact capable of regrowing cartilage. What we have seen over the years with **Aeon** and **Glutathione** patch when placed around an injury site is when you have supplementation of collagen, protein and Vitamin C people do in fact regrow cartilage. Stem cells are universal cells so cartilage comes from stem cells. The idea here is if we are able to improve the activity and function of stem cells in the body we can facilitate our own healing. Stem cells create everything in the body and studies show that stem cells can regrow cartilage. (that's injection of stem cells)

## **Will the X39 help in the production of cartilage?**

We do not have a clinical study, however my belief based on observation is in fact that it does. I would definitely be consuming additional protein each day...collagen protein preferred but not necessary and I'd also be consuming some Vitamin C. We know that people have had great results with these 2 things over the years when using our other patches.

**A question on viruses...**I prefer to use a combination of things to suppress the activity of a virus. Along with the **X39** I would suggest to take a copper supplement about 2.5 mg of copper glycinate would be something to help support suppression of viruses. Another of my favorites is BHT which is an anti-oxidant especially for people who have any type of Herpes. BHT is absolutely extra-ordinary. The clinical study I saw many years ago, 86% of people who go on BHT never get an outbreak of Herpes again. It is inexpensive and is an all naturally occurring anti-oxidant found in plankton. You can't take it with alcohol and you have to take it with a source of fat. Take it with a meal...250 mg to 500 mg a day should be enough. BHT is a way to suppress viral activity in the body...copper glycinate is a way to do it...Vitamin C in large doses, 1,000 mg of an ester C, oregano oil, olive leaf extract--you have a ton of options.

**Quick story from David:** We had a remarkable case where an individual in Italy had about a 2-inch diameter hole in their foot that ran all the way down to the bone. We had before and after pictures and the wound was healed by **X39** and we took this over to one of the stem cell scientists that we work with at the University. When he say it he said how many months did it take for this wound to heal and our response was 20 days. He said, well that's absolutely phenomenal ... I don't know of any technology that could do that. So they are very excited about **X39** and what we are doing with it.

<https://www.youtube.com/watch?v=UdfKoEnO9n4&pbireload=10> 12-11-18

**David reports:** At one of the leader meetings we had in Japan one of the leaders was suffering from back pain and was asking if **X39** could help him so I applied a patch on the back of his neck even though the pain was in his lower back and within minutes the pain dropped to almost 0.

**2 stories at the Phillipines meeting were exciting:** There was a young woman in her mid 30s or so and has been suffering from lung cancer for the past few years which has left her with very shallow breathing and pain throughout her body. She asked me if she used **X39** for 3 months would she notice any difference? We don't make any claims but the benefits of **X39** are significant in terms of improving energy, quality of sleep, wound healing etc. I placed a patch on the back of her neck and within about 1 minute she said..."I'm starting to feel a warm sensation throughout my body. About 1 minute later she started to cry. I asked her if she was okay and she said that she could breathe normally and she was no longer in pain. So we took that expectation from 3 months down to 2 minutes so she was delighted.

**We had another experience with X39 that was phenomenal:** One of the women at our leader meeting had Fibromyalgia which produces a tremendous amount of pain. We patched her with **X39** and her pain went to a 0. She was so excited that she wanted to host the pre-launch that we were having. So she hosted this event and she was absolutely spectacular.

**Here is a situation that I run into often driving long distances: I do wear X39 and Energy already but found myself getting sleepy during the drive. Is there a patching protocol to stay awake during the drive?**

Yes. Here is a protocol that I use that is very energizing and I really like. Ex: I stayed awake for 30 hours straight the other day ... woke up at 4:30 in the morning in the Phillipines and went to bed 10:30 at night. The protocol I used was **X39** on back of neck, **Carnosine** below belly button and 2 sets of Energy patches. The places where you apply Energy patches is important. The first protocol is to patch the kidney meridian...one set on bottom of feet on Kidney 1 and the other set right around the Thymus at Kidney 27. This was a protocol researched by a doctor in Italy a number of years ago and found that it produced the most excitation and energy in the body. Another protocol you can try was developed by a Marshall Artist and it's one set of **Energy** patches at Stomach 36 below the knees and the 2nd set on Paracardium 6 on the wrists. And again **X39** and if you wanted to add **Carnosine** you can but don't think it's necessary. I use the **Carnosine** when I travel because the body gets exposed to radiation and my belief is the **Carnosine** protects the body from radiation.

## **I want the most energy when I'm traveling...would it be okay if I used 4 pairs of Energy patches, X39 and Carnosine?**

I don't recommend 4 pairs of **Energy Enhancer**. It is over kill. I would put **X39** on back of neck and **Carnosine** below the belly button. You will get anti-aging benefits. From what I know about **Carnosine** is it helps protect the body from radiation. Using 1 set of **Energy Enhancer** gets you about 80% of the way there. Using a 2nd set is not necessary but it does provide benefits. Based on our tests I think the best place to put them is 1 set on the lower torso and 1 set on upper torso. This way you get energy moving through both parts of the body. The common place is Paracardium 6 and stomach 36...a great combo or Kidney 1 and Kidney 27 is another potential combination. There are different ways to combine them...today I have 1 set of energy on Liver 3 and 1 set on Paracardium 6.

[https://www.youtube.com/watch?v=II6\\_UqAXI04](https://www.youtube.com/watch?v=II6_UqAXI04)

9-10-2019

## **Can you use the Glutathione patch with X39? Yes**

One protocol: use **X39** behind neck & **Glutathione** below belly button during the day. If you want to add **Carnosine**...I would use it at night.

## **When a woman wears the patches she has a strong reaction the 1st 10 minutes. Why would someone experience pain from wearing the patch?**

This would typically happen with **X39** because when someone has an injury, you have to remove the damaged tissue first to make room for the healthy cells.

**X39** or copper peptide will manage inflammation in the body.

So when you have an injury, **X39** will increase the inflammation to tear down the old damaged cells and people experience this as a mild increase in pain. This can continue for 3-5 days. If the pain becomes too high, remove the patch and drink lots of water.

## **How often would you use the Glutathione or Carnosine patch?**

We have done some studies on this and what we have found is that using the **Glutathione** patch daily gives better results than only using it several times a week. Reason is because we have toxins in the environment and **Glutathione** helps protect the body from those toxins.

**Carnosine** is a little different...**Glutathione** does not last very long in the body...you have to keep renewing it but **Carnosine** stays in the body longer. If you are getting mild exercise during the week and **Carnosine** utilizes exercise, I would say you could use **Carnosine** 5 days per week and get very good benefits from it.

## **Does Glutathione chelate cancer cells from the body? No**

When we talk about chelation, it's going to be the toxins and the immune system and immune cells that are going to remove cancer cells from the body. There are many natural ways to help and suppress cancer. My favorite is ozone. Everyone who is diagnosed with cancer should immediately go on ozone therapy and would encourage you to read up on that.

**Do you have a water filter that you use?**

Yes I have one called Aquagear that I have just started looking at and just received so I can't say one thing or another about it. One benefit it does do is remove fluoride from the water. Any type of filter that is military grade that would remove not only the normal contaminants but also fluoride and fluorine would be beneficial.

**Can I use X39 on animals?**

We don't have any studies on that but many are using it on their dogs, cats and horses. But because there are studies using copper peptide on animals, my thought is that **X39** will work very well with animals.

**My 13-yr old Cocker Spaniel has cataracts and seems to be losing her hearing. The X39 seems to have resolved her arthritic pain in her back hips. Would the Glutathione patch help her eyes or hearing?**

**Glutathione** can help to protect from hearing loss but if they have lost their hearing I don't think **Glutathione** will really help. There is some research on copper peptide to regenerate damaged nerves. For the cataracts you might look at **Glutathione** or but we cannot make any medical claims...you'd want to work with your doctor. Both of these anti-oxidants are found in tears so may want to look at those.

**Can these patches be used on horses?**

Yes but the FDA has not approved them for horses...the **Aculight** is the only one we have registered. It's your choice if you want to use them on horses, we just don't have them registered that way with the FDA. We have done research with **IceWave** and **Aeon** on horses and they work spectacularly well.