

## 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, magnets 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 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 pain relief?

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 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 pain relief with IceWave. Please visit [www.lifewave.com](http://www.lifewave.com) for more information.

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

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

## FAQ's continued...

### 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.



## TESTIMONIALS

*"I've had right foot pain for over 18 months. I have been to three doctors with no relief. Within 30 seconds my foot pain was gone. WOW this works!" - Andy F.*

*"I've had this pain (lower back pain) for 5 years; it was gone in 30 seconds with IceWave taped to my shirt. This is truly amazing!" - Tony D, SC*



*"I have been taking 15 very powerful pain killers a day for over 5 years for a condition in the bones in my left hip. Thanks to IceWave I have my life back. I will no longer let pain control my life, I was out riding my bike which I have not done so in years and cleaned my house from top to bottom. I will tell everyone who will listen about this company and IceWave." - Dave S.*

*"4 years ago while chasing a suspect; I was hit by a car, which destroyed my right knee. Within 60 seconds of placing the IceWave patches on my knee, the pain was gone. I feel like I am doing an injustice to everyone one I know if I do not tell them about LifeWave." - Keith C., Retired Police officer*

## TESTIMONIALS continued...

*"My back had hurt me so long I was willing to try anything. Pain was a 9-10 on a scale from 1-10. I can't believe it in 22 seconds my back pain was gone." - Ethel S.*

*"I was hit by a car while walking across a street in Greensboro NC about 16 years ago. I developed a chronic pain in both hips, over the years I have tried several different things but nothing ever seemed to help, a close friend of mine shared the LifeWave, IceWave patches with me and within 4 minutes, I got relief of my chronic pain.." -Tina C.*



*"I was scheduled to be at NFL Celebrity charity Golf tournament. In my preparation I happened to pull a rib muscle and a back spasm that literally took my breath away. I was sure at that moment I was not going to go let alone just getting on the course. I placed one white on my sternum and two in the area of my left rib cage in back. I went right back to the course for about 4 minutes.*

*The pain had been drastically reduced already and in the next 20 minutes I was fully mobile and went to the tournament. Here is the best part. Not only did I play without pain through the entire tournament, I won the longest drive hole!! If I had not had these patches I know for a fact that I would not have played at all. This is typically a 2 week injury for me as it has happened to me before. Wow!! Thanks Lifewave!!!!!!"*

**- Joe P., NFL Alumni**

*"I was laid up in the bed with pillows under my knees from a bad back pain. My son Gregory placed these patches on me and in no time I was up and a round, tell anyone to call me... I will tell them these patches work." - Ms. Hinton G., NC*

*"My back pain was a 5 on a scale from 1 to 10. In 20 seconds my pain was gone. I also had a pain in my right hand and after applying IceWave in less than 30 seconds this pain was gone also. This is unbelievable." - John G., SC*

For more information on LifeWave®, please contact:

LIFEWAVE®

Ice wave®

For the mild and temporary stimulation of Acupuncture points

NEW PAIN RELIEF TECHNOLOGY

## INTRODUCING ICEWAVE

Imagine rapid and 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 of use!



## 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. While proper nutrition, water and exercise are a necessary part of any healthy lifestyle, our bodies also require a continuous flow of energy. For example, our brains and nerves transmit electrical signals to our muscles to cause them to use stored chemical energy to contract.

It's been known for thousands of years that specific frequencies of light can cause specific changes within the human body. When we go out in the sun, a frequency of light causes our body to make Vitamin D. Another frequency of light (UV) will cause our body to make melanin, the chemical that gives us a sun tan.

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 minutes of use.

## ICEWAVE INSTRUCTIONS

The "Clock Method" of placing IceWave patches was developed to give the fastest and most effective pain-relief results.

Start by locating the area with the most pain. Move through the steps below until the pain has been substantially reduced and/or mobility has increased. If you experience pain all over the body, use the Kidney 1 patch placement.

**STEP 1**



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

**STEP 2**



Now move the WHITE patch ABOVE the pain. If pain has not been reduced in 10 seconds go to next step.

**STEP 3**



Move the WHITE patch to the 3 O'Clock position. If pain has not been reduced in 10 seconds go to next step.



**STEP 4**

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

**STEP 5**



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

**STEP 6**

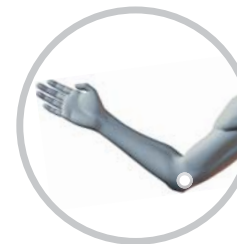


Finally, move the WHITE patch parallel to the TAN patch. If pain has not been reduced in 10 seconds see below.

**KIDNEY 1**



**HEART 3**



Pain all over body - place a WHITE patch on the bottom of right foot, and TAN patch on bottom of left foot (Kidney 1). A second set of patches may be applied to the elbows at Heart 3.

**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 2 sets of patches at a time on the body. Stay 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

## 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 IceWave patches utilize the principles of Oriental medicine and needleless acupuncture 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 the quality of your life without any drugs, stimulants or needles entering the body.

## ICEWAVE® GETS RESULTS

The photographs below are from clinical studies on IceWave. Most people who use IceWave and follow the "Clock Method" obtain positive results within the first few minutes of use.

