



STEP 4

Move the WHITE patch to the 6 O'Clock position. If pain has been substantially reduced, place the white patch directly onto the skin. If pain has not been reduced in 10 seconds go to next step.



STEP 5

Move the WHITE patch to the 9 O'Clock position. If pain has been substantially reduced, place the white patch directly onto the skin. 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 (very rare) in 10 seconds, start over at Step 1 but reverse the position of the patches, i.e. place the white patch directly on the point of pain and move the tan patch clockwise until you experience relief.

*Once a pain relief patch position has been identified, leave the pair of patches on for **12 hrs of waking time** then discard. Your body's anti-inflammatory and self-healing activities will continue after the patches are removed. Keep drinking lots of water. Wait 36 hrs and, if pain returns, place a second pair of patches as above for another 12 hrs. Wait 36 hrs and place a third pair of patches only if necessary.*



For **All-Over Body Pain** - place a WHITE patch on the bottom of the right foot, and a TAN patch on bottom of left foot. A second set of patches may be applied to the insides of the elbows (WHITE on right, TAN on left).