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## F.A.Q.'s for IceWave Patching

Courtesy of Dr. Steven Haltiwanger, MD CCN, *Director of Health & Science*

### **What are some of the reasons why I cannot get a reduction in pain when I use the IceWave patches?**

The most common reason for poor performance of the patches is dehydration. Even a small deficiency of water can greatly reduce their effectiveness. Drinking plenty of good quality water and limiting dehydrating things like sodas and can make a real difference. Many people will convert to responders simply by having them drink one or even two quarts of water and then waiting 20-30 minutes.

The next most common reason for failure to get a reduction in pain is that you have placed the patches in the wrong location. Basically, using the IceWave patches for pain control is an acquired skill that requires practice. Do not be afraid to try many different placement combinations. Finding the best placement for pain relief may involve some trial and error. Read the instructions how to use the Cross or Clock Methods where you place one patch on the painful spot (usually the TAN patch) and then you move the other patch around in different positions waiting about 10-15 seconds in each position to see if a reduction in pain occurs.

### **When should you use the White patch on the pain instead of the Tan patch?**

When a person has an old injury and they do not show a response using the typical Cross Method of placing the TAN patch on the pain and the WHITE patch nearby many distributors have found that some people have a better response when a WHITE patch is placed over the painful spot and the TAN patch is tried in different positions.

### **What if the pain is all over the body? Where would you apply the patches?**

When a person has many pain spots or generalized pain one of the best locations to place the patches in on the bottom of the feet on the Kidney 1 acupuncture point. Place the WHITE patch on the bottom of the right foot just behind the ball of the foot then place the TAN patch on the same location on the left foot. [This placement may take more time for the effect to be felt]. You can locate the Kidney 1 acupuncture point by referring to an acupuncture chart. You can also use the internet to find acupuncture charts. One place to go is [www.acuxo.com](http://www.acuxo.com)

### **What is the largest number of patches you can wear for pain?**

In severe cases you can use two or even three sets of patches in individuals who have multiple areas of pain such as both knees. Go through the Cross or Clock Method on one area at a time. Once you are satisfied that you have established the position in that area



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that gives them the greatest relief, even if the pain response is only partial, place the patches and be patient. Many people will slowly improve their response over the next few hours.

### **In some people when I put the patches on why does the pain move from one place to another and what should I do?**

You will find people who get a clear response with control of pain in one location, but then the pain will move to another location. This phenomenon is called "Chasing the Dragon". One approach is to take a second TAN patch and place it over the new area of pain. This often occurs in people who have fibromyalgia or who have a lot of toxins in their tissues. What has occurred is that the energy is moving like water flowing in stream that has multiple beaver dams. You can open up the energy flow through one blocked area and then the energy will flow until it is obstructed by another blockage. Sometimes the painful area will move three or more times. If this occurs you should suggest that the person consult with a health provider who can provide education about diet change and body detoxification.

### **What are the different techniques for using the IceWave patches?**

The unique feature of the Cross Method is that it is easy to learn and teach. It is possible using this method to achieve significant reduction in pain within minutes. After making sure the person is well hydrated in your mind draw an imaginary cross with the center point being over the location of the most intense area of pain. Begin by placing the TAN patch over the identified pain spot, which would represent the center of the cross. Now you are going to try the WHITE patch in a series different locations first above the TAN patch, then below the TAN patch, then to the right of the TAN patch and then to the left of the TAN patch and finally to the opposite side of the body part.

To use the Clock method Imagine a clock face, with the center of the pain (where you've already placed the TAN patch) being at the center of the face, where the clock's hands would attach. Then image the numbers on the clock appearing around the TAN patch a couple of inches out from it, with the 12 o'clock position being *above* the TAN patch (towards the top of the head), 6 o'clock *below* it (*away* from the head, towards the hands or feet) and the other clock numbers in a circle around it. Place the WHITE patch at the 12 o'clock position; if there is *no change* in 10 – 15 seconds then move it to the 6 o'clock position. If that brings *no change*, then try the 9 o'clock position, then the 3 o'clock one, each time waiting only 10 – 15 seconds. You might also try the number positions between these, such as the 1 o'clock and 2 o'clock positions, sometimes moving the patch as little as an inch can make all the difference.

The most advanced technique is to utilize acupuncture charts to apply the TAN and WHITE patches to known acupuncture points that either pass through the painful area or bracket the painful area. The idea behind this technique is that skin areas typically identified with acupuncture points are much more electrically conductive than surrounding tissue. Place the TAN patch on known acupuncture point on one side of the area of pain



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and the WHITE on an acupuncture point on the other side. If that doesn't work, switch the patches to different sets of acupuncture points. Move them until you get relief.

### **Do the patches put substances into the body? Is this a trans-dermal patch?**

NO substance enters the body from the patch; this has been confirmed by independent testing labs. This is NOT a trans-dermal patch, but a completely new technology.

### **How safe are the patches to use?**

Among other functions, the patches will help de-toxify the body, releasing harmful substances already present in the body, possibly stored there for years. For *some* people, the release of these substances can happen more rapidly than their systems of elimination can move them out of the body. This *may* cause temporary symptoms such as rash, metallic taste, fatigue, headache, nausea, etc. These symptoms, if they become a problem, can be readily cleared up by removing the patches and drinking extra water. As the toxins start to clear out, the patches can then be used for longer and longer periods. Also, a very few people have an allergic reaction to the hypoallergenic medical-grade adhesive used on the patches, and develop a rash under them.

### **What should I feel when wearing the patches?**

If you have the patches in a location where you get an immediate response within minutes there should be a major reduction in the intensity of pain, though for some situations it may take 20 to 30 minutes to feel such a significant benefit. Further reductions in pain may show up after hours or even days of use and the benefit may last for hours after removal of the patches.

### **Have these patches been independently tested?**

Infrared imaging confirms a significant and rapid local-area change from use of these patches, as well as a whole-body effect.

### **How long can I wear a set of patches for pain control?**

The duration of pain relief can vary with the individual and their need, but a single set of IceWave patches are generally effective for about 12 hours when placed on the body. Although some individuals find that they get good relief if they wear a set of patches for 1-3 days. However, wearing the same set for several days in a row does increase the chance of skin irritation since the patches are water proof and the skin under the patches may stay too moist.

### **Can anybody use them?**

While it is believed that these patches are safe and effective, they are not at this time recommended for pregnant or nursing women.

### **Infrared Study of IceWave Patches**

Initial studies of the IceWave patches confirm the findings previously observed with the LifeWave energy patches which result in a response from the autonomic nervous system by cooling of localized hyperthermic regions.

Infrared studies were on 30 people with active IceWave patches. The infrared data shows that the IceWave patches consistently create an overall nervous system response to generally cool a hyperthermic region when measured with precise infrared technology. Conversely, when a region is hypothermic cold the IceWave patches will have the opposite effect on the area, and influence by warming the localized region. Infrared changes have also been noted in all other types of LifeWave patches that have been tested (Energy Enhancer and Rest Quiet).

Infrared Imaging clearly shows that LifeWave IceWave patches provide a thermoregulating effect to the body causing the nervous system to respond by normalizing the anomalous region of the body. Symptomatic changes seen with the IceWave patches included such things as pain relief, improved range of motion, changes in stiff joints, and reports of energy improvement.

It is well known that the energies of the body are influenced by a number of factors some of which can be explained by acupuncture, electromagnetic and bioenergetic studies. It is clear from Infrared testing that the IceWave patches offer a measurable physiological response changing and regulating the nervous system. IceWave patches consistently caused thermal changes that could be detected within a five to twenty minute period with infrared imaging.