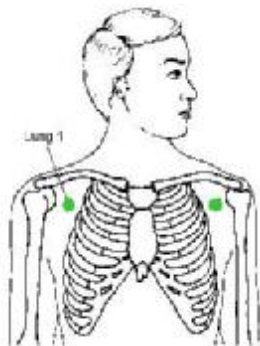




## Recommended Placement Sites

The following provides you with detailed information as to placing the patches and the advantage of each placement point.

LifeWave Energy Patches respect the natural polarity of the body and of the energy field. The patches come in complimentary pairs. There's a white one and a tan one. The white one is worn on the right and the tan one is worn on the left. (The spots are colored only to help you see the correct locations for placement.)



### **Lung 1**

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**Location:** On the upper outer part of the pectoral muscle about an inch away from the arm pit.

**Properties:** Good general point for vitality because it affects the lungs which affect oxygen, vitality, and breathing. This is a preferred sport for endurance such as running.

### **Pericardium 6**

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**Location:** On the inside of the arm about 2 ½ inches above the wrist.

**Properties:** Very powerful point especially for people working with their hands and arms. This is a preferred spot for sports such as football.



### **Stomach 36**

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**Location:** 3 thumb widths below the knee joint and about an inch to the outside of the shin bone.

**Properties:** Really good point for runners, cyclists, and people who are on their feet all day.

### **Liver 3**

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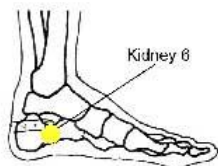
**Location:** Go between the first and second toe and then come back towards the ankle about an inch.

**Properties:** This is a really good spot because it's a grounding spot and it helps to balance the liver. (Most Americans need help balancing their liver).



### **Kidney 6**

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**Location:** This spot is on the inside of the ankle, inside of the heel.

**Properties:** This spot is good for people whose energy is a little low or who are suffering from fatigue. The kidneys are where our reserves are and if our reserves are depleted this point can be very helpful.