

POWERFUL COMBINATIONS USING LIFEWAVE PATCHES BACK PAIN POWERFUL COMBINATIONS



Gabriel Díaz Enrico

POWERFUL COMBINATIONS

Using Lifewave Patches

BACK PAIN

POWERFUL COMBINATIONS

“Back pain is one of the most common reasons people go to the doctor or miss work and a leading cause of disability worldwide”.

Combinations is one of the most useful concepts I’ve personally started developing since my early days studying TCM.

So, right inside this **BACK PAIN Powerful Combinations Booklet**, you have some Basic Principals to **Apply, Test, Reformulate** and **“Tailor” Your Own Combinations**.

As you can imagine, by having over **300 Acupoints on us**, and a total of **7 “Classic” Lifewave Patches (EE, IW, AEON, GSH, CSN, SN & SP6 COMP)**, combinations among everything we have in hand, are literally “Endless”...

However, in my personal experience, there are some very **POWERFUL COMBINATIONS** we can all use, attempting to be at the **ONLY “Business”** we should all be in when using the Patches: **The Business of Moving Energy**.

Enjoy It Then!.

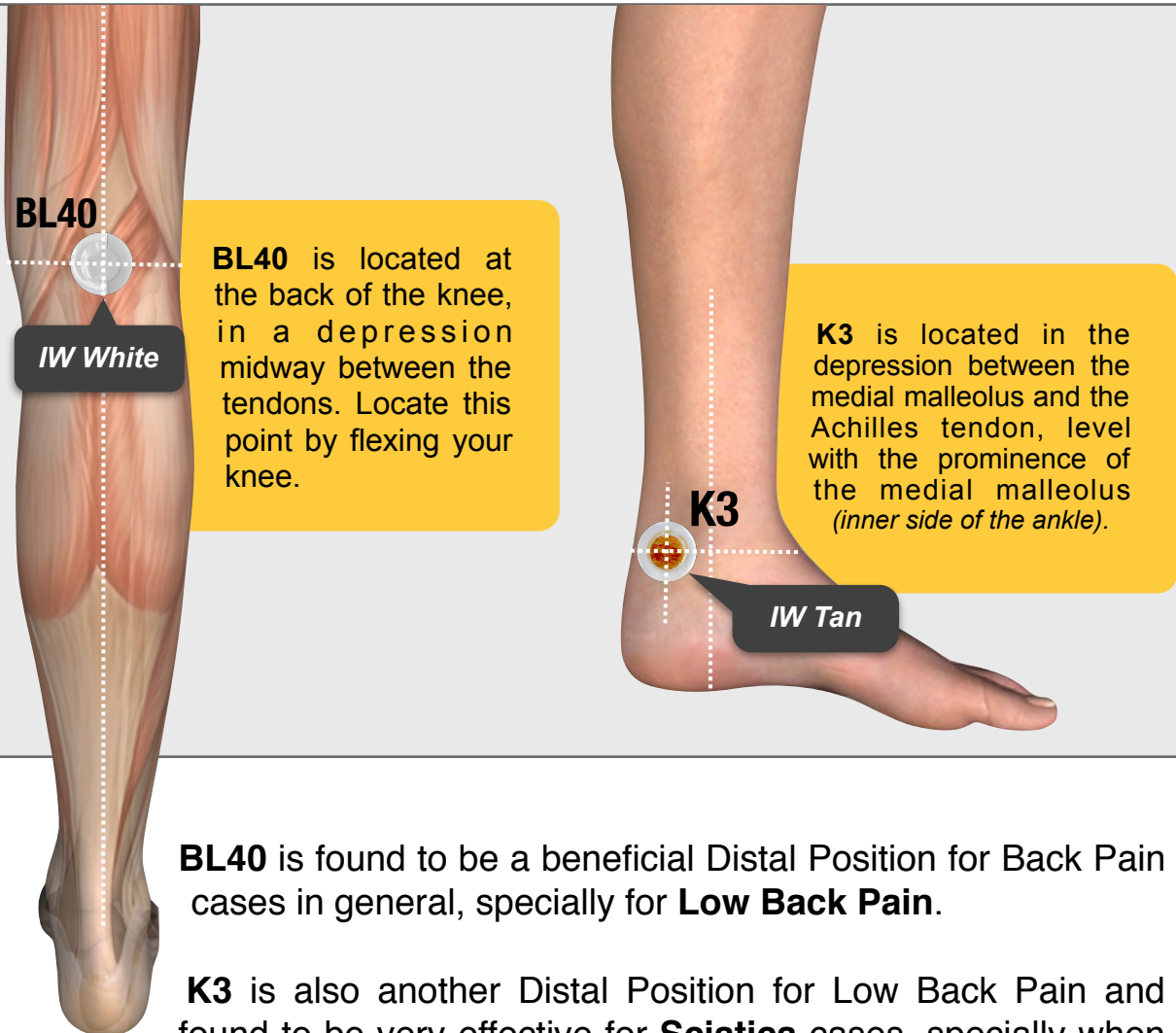
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BACK PAIN POWERFUL COMBINATIONS

STEP 1:

ICEWAVE White on **BL40** - Right Side

ICEWAVE Tan on **K3** - Left Side



BL40 is found to be a beneficial Distal Position for Back Pain cases in general, specially for **Low Back Pain**.

K3 is also another Distal Position for Low Back Pain and found to be very effective for **Sciatica** cases, specially when the pain is at maximum level in the Morning...

Try to start **STEP 1** sometime in the morning or at any time you think you may need it.

You can test running any Combination for 12 to 24 hours, and making sure to exchange new patches if were used more than 24 hours.

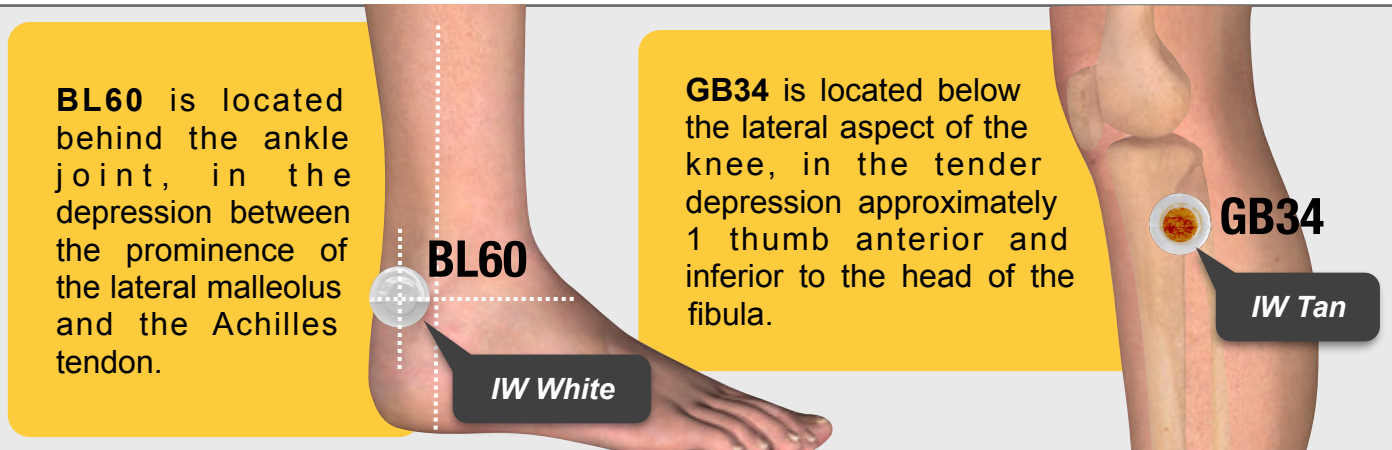
BE WELL HYDRATED ALL THE TIME!. VERY VERY IMPORTANT.

BACK PAIN POWERFUL COMBINATIONS

STEP 2:

ICEWAVE White on BL60 - Right Side

ICEWAVE Tan on GB34 - Left Side



BL60 is another Distal Position for Low Back Pain and found to be very effective for **Sciatica** cases, specially when the pain is at maximum level in the Evening...

GB34 is one of the most Powerful Positions for addressing stiffness, tension or tightness in the muscles and joints in the entire body.

You Can Test by adding this Powerful Combination to STEP 1

It's All About "Synergy"

All Acupoint Positions have their own functions within our body, no doubt about it, however, the real "Deal" here is to be able to Combine Specific Acupoints and "Take The Most" from them when we need it.

So, let's see at the next page how this First 2 Steps are placed together:

BACK PAIN POWERFUL COMBINATIONS

ICEWAVE White on BL40 - Right Side

ICEWAVE Tan on K3 - Left Side

ICEWAVE White on BL60 - Right Side

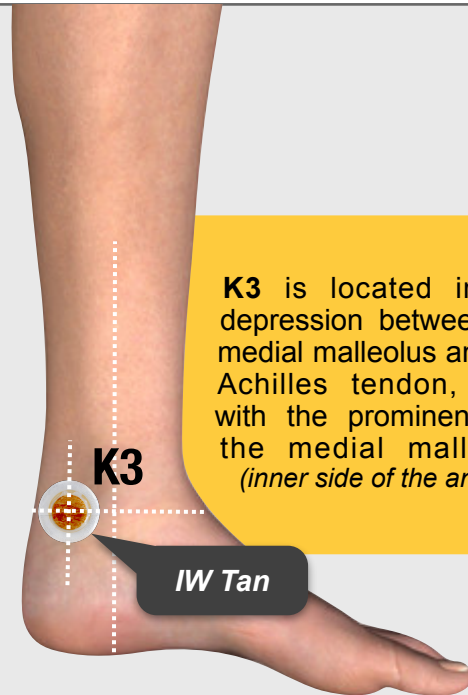
ICEWAVE Tan on GB34 - Left Side



BL40

IW White

BL40 is located at the back of the knee, in a depression midway between the tendons. Locate this point by flexing your knee.



K3

IW Tan

K3 is located in the depression between the medial malleolus and the Achilles tendon, level with the prominence of the medial malleolus (inner side of the ankle).

BL60 is located behind the ankle joint, in the depression between the prominence of the lateral malleolus and the Achilles tendon.



BL60

IW White

GB34 is located below the lateral aspect of the knee, in the tender depression approximately 1 thumb anterior and inferior to the head of the fibula.



GB34

IW Tan

As you can see, by using just 2 sets of **ICEWAVE Patches**, you are able to Move Energy at 4 Powerful Acupoint Positions, used specifically for **Back Pain** in general, more so for **Low Back Pain** and **Sciatica** cases.

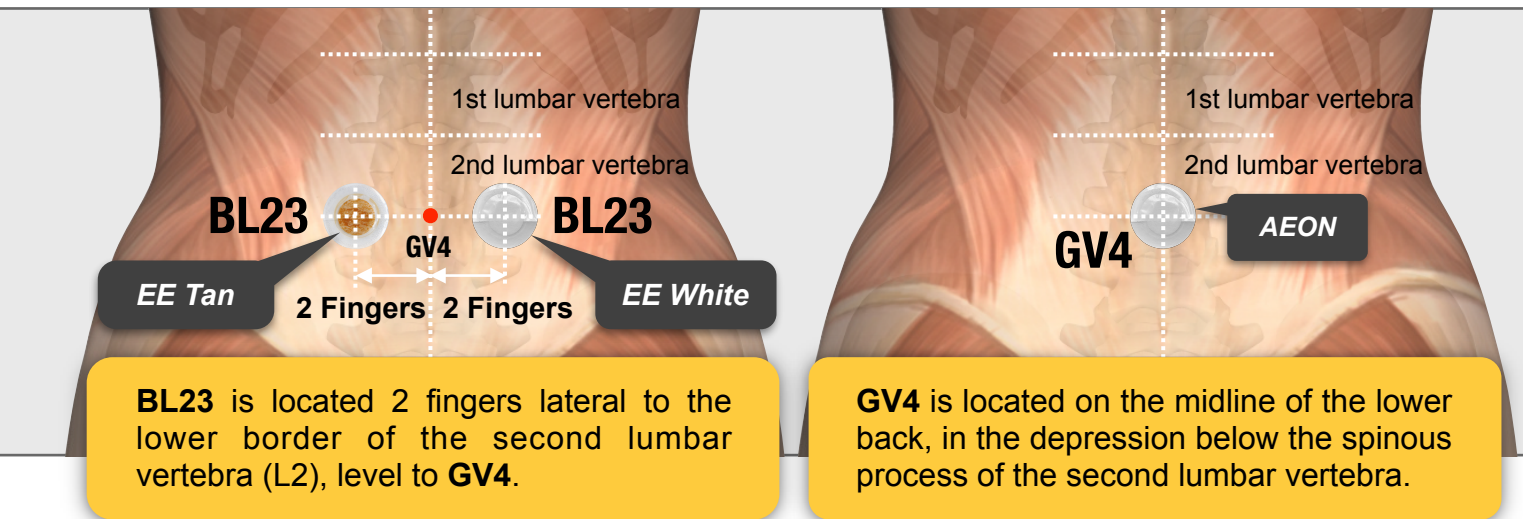
This is what I personally call:
A Powerful Cluster Combination.

BACK PAIN POWERFUL COMBINATIONS

STEP 3:

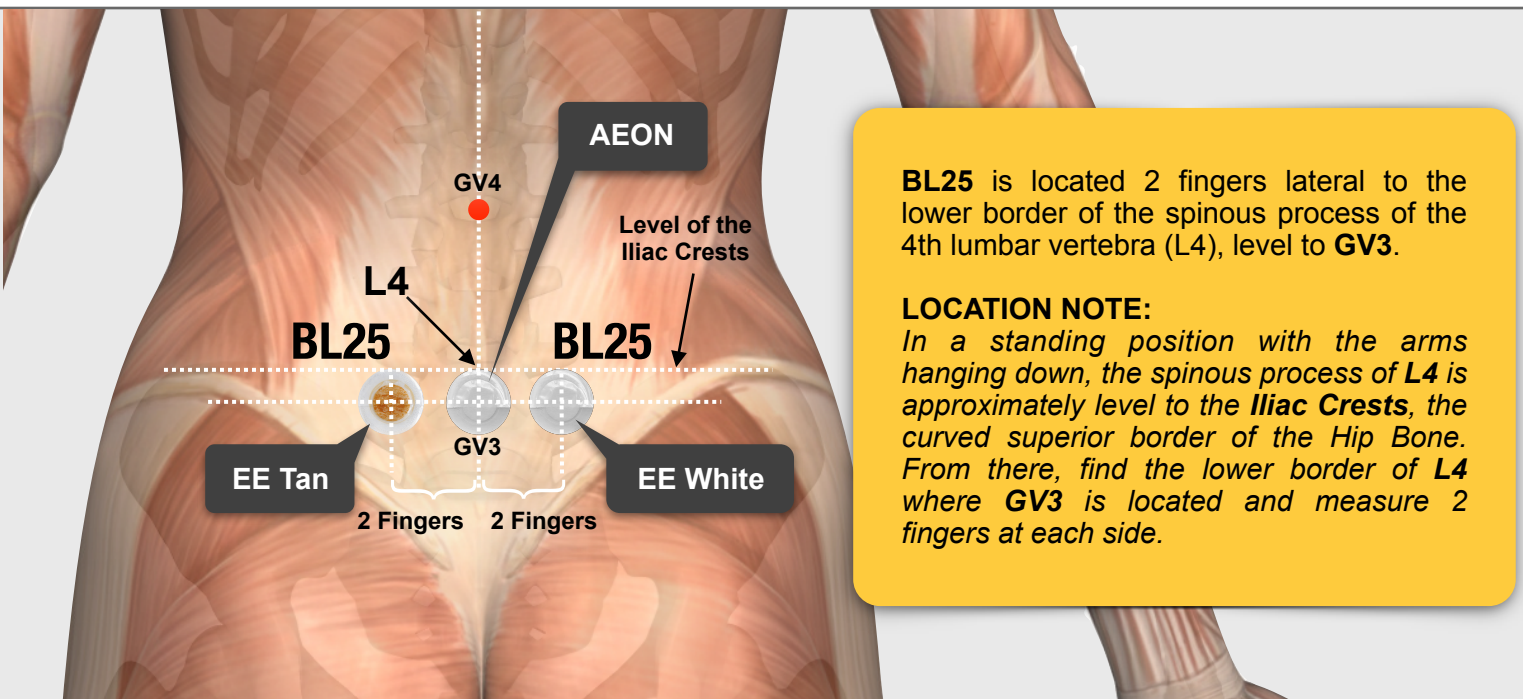
ENERGY ENHANCER on BL23 - WRTL

AEON on GV4



OR, Place ENERGY ENHANCER on BL25 - WRTL

AEON on GV3



HOW'S YOUR PROGRESS?

Depending on how your progress is when you run **STEP 1 & 2**, you can then, decide to add **STEP 3**.

The Combination **BL23 & BL40** is found to be beneficial to calm nerve pathways reducing Back Pain and Upper Leg Pain.

The Combination **BL25 & K3** is found to be beneficial to calm nerve pathways reducing Back Pain when the pain is at maximum level in the Morning.

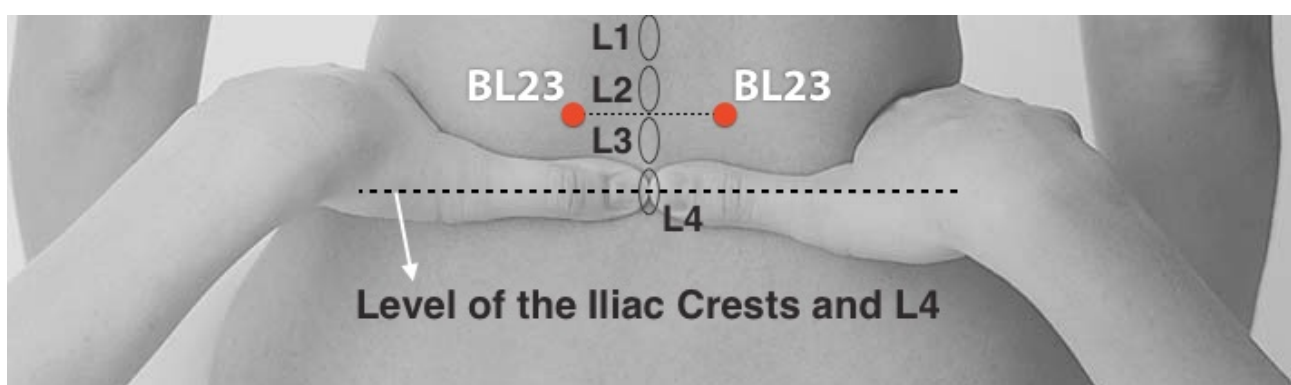
The Combination **BL25 & BL60** is found to be beneficial to calm nerve pathways reducing Back Pain when the pain is at maximum level in the Afternoon or Evening.

Please remember **It's All About "Synergy"**.

HOW TO FIND BL23?

I know that at first, it seems very difficult to find most **BL Positions** at the back, however, **BL23** is very simple to find.

Using both your hands, try to make an horizontal line level to the top of your **Hip Bone** called the **Iliac Crests**:



FINDING BL23

That horizontal line level to the top of your Hip Bone (Iliac Crests), is actually level to your **L4 (Lumbar Vertebra)**.

From there on, once you locate **L4**, try to feel the space between **L4** and **L3**, so, just slide your finder one more space up, and you will find the space between **L3** and **L2**.

BL23 is located 2 fingers lateral to the lower border of L2.

Just take your time and study yourself and how you will find **BL23**. In my experience this is a very good time “Invested” ...

FINDING BL25

Now you know how to find your **L4** (*Lumbar Vertebra*), from there on, find the lower border of **L4** where **GV3** is located and measure 2 fingers at each side.

Right there is where BL25 is located.

SYNERGY AMONG PATCHES

So far, we’ve been talking about **Powerful Combinations among Acupoint Positions**. However, the last step, is introducing **ENERGY ENHANCER & AEON Patches**.

Test how’s your response running this Combination and check STEP 4.

VERY IMPORTANT!:

Try to be well hydrated at all time. Drink plenty of high quality filtered water during the whole day and make sure you go regularly to eliminate all the water you drink. Try to avoid ANY Coffee, Tea, Juice etc. etc., just consume high quality filtered water and if it's warm better. Remember that your Stomach is at around 37° Celsius (at all time) so, anything below that will create either extra work for the Stomach to get back to it's temperature OR, if the water you consume is really cold, then, you are just giving Spasms to the Stomach and a lot of work to gain back to it's temperature. So, that right there is one of the biggest contributors to imbalances in our body. That simple.

BACK PAIN POWERFUL COMBINATIONS

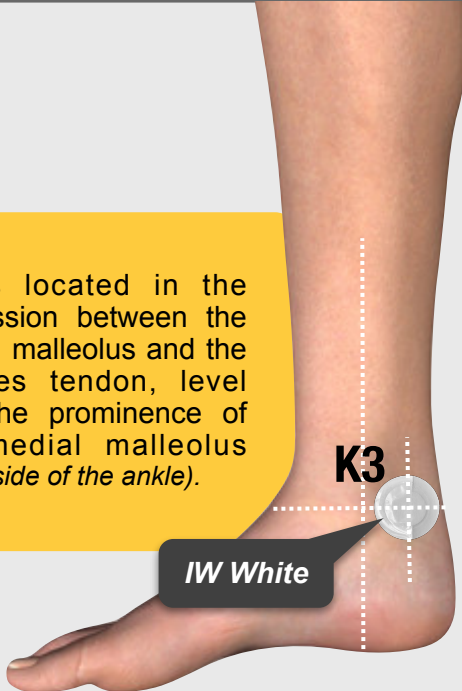
STEP 4 - VARIATION:

ICEWAVE White on **K3** - Right Side

ICEWAVE Tan on **BL40** - Left Side

ICEWAVE White on **GB34** - Right Side


ICEWAVE Tan on **BL60** - Left Side



K3 is located in the depression between the medial malleolus and the Achilles tendon, level with the prominence of the medial malleolus (*inner side of the ankle*).

IW White


K3



BL40 is located at the back of the knee, in a depression midway between the tendons. Locate this point by flexing your knee.

BL40


IW Tan



GB34 is located below the lateral aspect of the knee, in the tender depression approximately 1 thumb anterior and inferior to the head of the fibula.

IW White

GB34



BL60 is located behind the ankle joint, in the depression between the prominence of the lateral malleolus and the Achilles tendon.

BL60

IW Tan

This is extremely simple way to test a Variation. The idea here is to reverse the positions we use for the of the Main Powerful Cluster Combination we are using.

And of course, you can also test by adding the positions I suggest in **STEP 3**.

CONCLUSION

Here you have several New Ideas to test in any case of **Back Pain**, Including **Low Back Pain, Sciatica** and perhaps even **Upper Back Pain**.

As you can see, we have a lot opportunities to **Create Powerful Combinations among specific Acupoint Positions** and all the different “Flavours” available within the Lifewave Patches Family.

It’s completely **Up to Us** to “**Pick & Choose**” the most suitable Combinations according to what we need, and that’s what I personally call to be in the “**Business**” of **Moving Energy Using Lifewave Patches**.

All the concepts and mechanics you find inside this Short Booklet are explained in full inside **Book 6: POWERFUL COMBINATIONS Using LifeWave Patches**. Inside this Book, you will acquire all the Basic Principals to **Apply, Test, Reformulate** and “**Tailor**” **Your Own Combinations**.

Thank you very much for reading.

Gabriel Díaz Enrico

You can find out more about Book 6 here:

<https://www.patchingprotocol.com/blog/lifewave-patches-powerful-combinations-book/>

OUR BOOK FAMILY IS GROWING

