

# Jet Lag

I'm originally from Argentina and I used to live in Southeast Asia for almost 20 years, and as you can imagine, one trip I "Had" to make during all those years was **Kuala Lumpur to Buenos Aires...**

## A 25 Hours Flight Time...

I used to fly the old route through South Africa having 2 really short stopovers at Johannesburg and Cape Town. One long way back home, to say the least, which sometimes made it up to 27 Hours Flight Time!!...

Right there, I had the opportunity to **Put The Patches To The Real Test:**

## The Amazing LifeWave Jet Lag Protocol

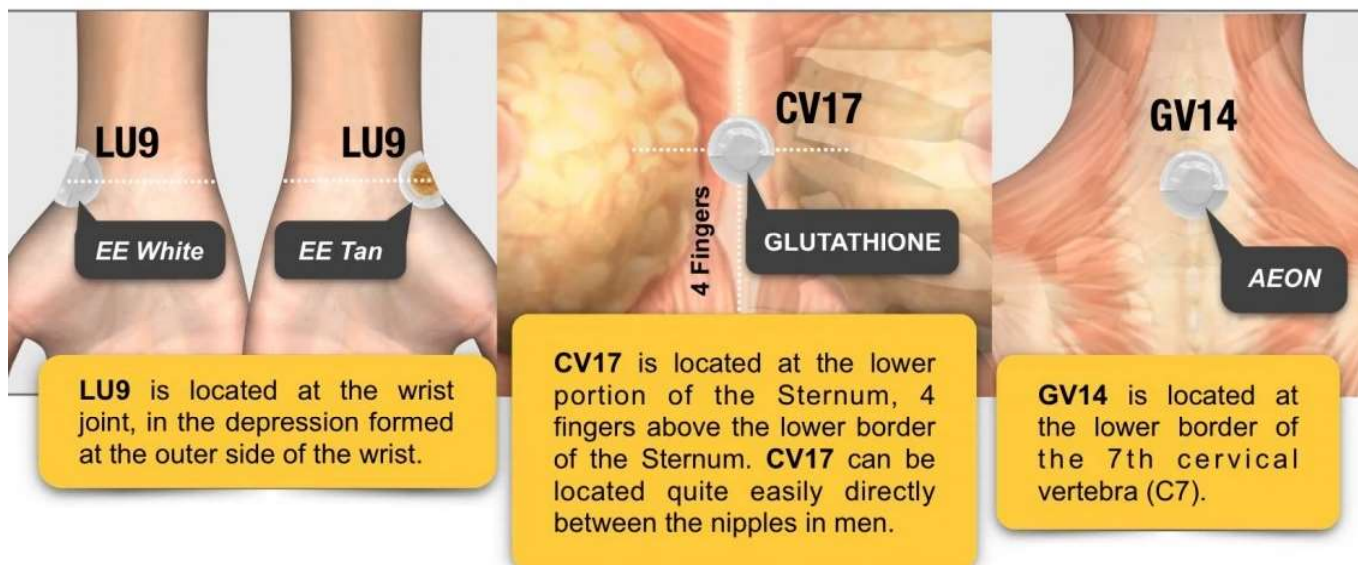
So, here you have it...

Bear in mind that this might be a little more advanced patching, but I guess that if you made it to this point of the book, you can already see many different "Approaches" I have for patching...

## Jet Lag Protocol - During The Flight (On-Flight Protocol)

Once I arrive at the Airport, I sort everything out first like tickets, luggage etc etc, and once I'm at the departure gate, I place the patches in this way:

One set of **ENERGY ENHANCER** on **LU9 - WRTL**  
Then I place **GLUTATHIONE** on **CV17**  
Lastly, **AEON** on **GV14**



**IMPORTANT NOTE:**

*When I take flights that long (usually above the 20 hours mark), I replaced new patches around 18 hours after I started the protocol, just to be sure I get to destination at "Full Force", if you know what I mean...*

And this is just half way through the Protocol.

**Jet Lag Protocol - Off-Flight Protocol (Recovery)**

Once I arrive at my final destination, once again, I sort everything out at the airport and I make my way to the Hotel, only then I take all the patches off and I go for a great relaxing shower...

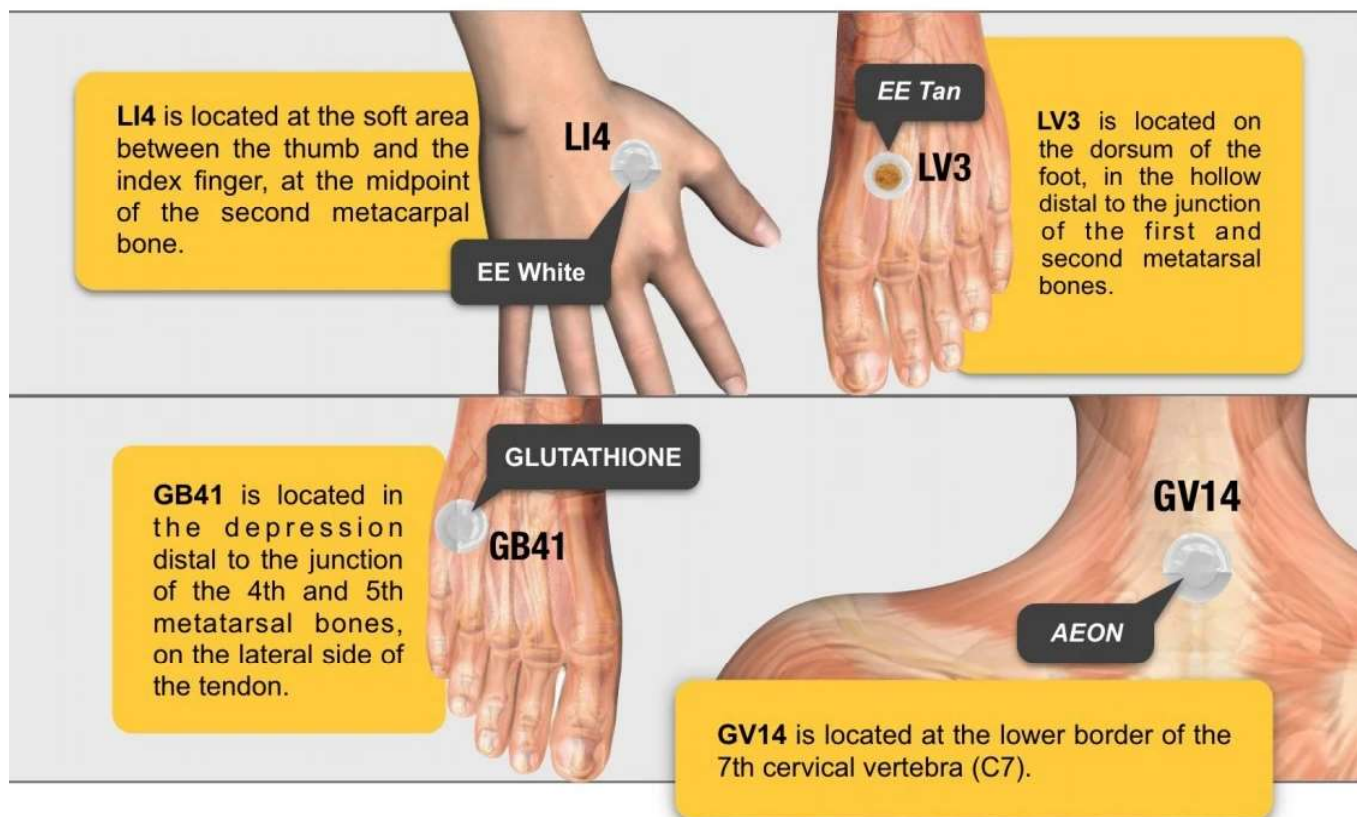
Then, I immediately place the next step:

**ENERGY ENHANCER White on LI4 - Right Side**

**ENERGY ENHANCER Tan on LV3 - Left Side**

**GLUTATHIONE on GB41 - Right Side**

**AEON on GV14**



Pretty simple and straight forward patching actually...

Sometimes I keep patching the Off-Flight Protocol (Recovery) for a couple of days till I feel I'm stable and all my usual routines like sleeping, eating, evacuating etc. patterns are back to normal...

Now, I can't really express in details what is the actual feeling though...

I've been flying most of my adult life and I know exactly how a Jet Lag feels, and after running this Jet Lag Protocol the difference is really obvious...

It's like when you run the Bloating Protocol when you feel Bloating, or the Cough Protocol once you have Cough...

Once you experience it, you know how it really feels...

In my opinion, there is something really amazing between LifeWave Patches and Jet Lag and you just have to experience it...

You will Just Know...

I hope you are enjoying this book and thank you for reading it!

### **General Notes:**

- 1- Start patching once you need it. It could be at any time of the day.
- 2- Keep the patch on till symptoms disappear.
- 3- Repeat the Off-Flight Protocol (Recovery) as long and as many times you need it.
- 4- Use new patches if were used for over 24 hours.

### **General Recommendations:**

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.