

## How to use LifeWave Glutathione Patches

Glutathione is central to your body's ability to detox. If you do a little research you will find glutathione involved in just about every detox pathway. Different genetic types and different age groups have different capabilities to produce glutathione. Lower glutathione levels will leave a person more predisposed to diseases of all types. There is evidence that even heavy metals like lead or mercury won't cause harm until glutathione levels are depleted. We see people try all kinds of detox systems but if your glutathione levels aren't adequate, these will all have limited use.

Getting glutathione levels to a healthy level is not that easy. Only a couple of companies have decent systems in that regard. One is EuroMedica with its sublingual Clinical Glutathione tablets and LifeWave Glutathione Patches. We personally use a combination of both here at [OVitaminPro.com](http://OVitaminPro.com).

So you have some persistent health issues and have decided to give LifeWave Glutathione Patches a try. This is good choice and you should see excellent results over the next several months and years. Your personal response will depend on the toxic state of your body. If you have been chronically ill, you can assume that you are in desperate need of raising your glutathione levels and are more likely to need a transition period.

The LifeWave Glutathione Patches are very effective at raising glutathione levels but you may not be able to tolerate that much that fast. We are not fans of pushing this increase in glutathione too hard. You may have to proceed slowly to get your glutathione levels to a healthy level over the next several weeks.

If you experience symptoms like headaches, muscle aches, coating on tongue, irritability or other symptoms like difficulty sleeping, this doesn't mean you are having side effects from the patches. This means the patches are working and are raising your glutathione levels, are having a natural increase in detoxification and you really need them but it is just too much too fast.

We have helped countless people through this transition. For most people who experience these reactions, building up in time can reduce the detox effects to something really mild. You can put the patch on (usually an inch or two below the belly button is a good spot) and leave it on for a couple of hours or until detox symptoms arise and then take it off, put the backing back on and put it aside. Wait a day or two and try again. At some point you may need to reapply the patch with some kinesio tape or other tape as the patch adhesive will only work so many times. Day by day and week by week you should be able to tolerate the patch more and eventually be able to put it on one morning and take it off the next without noticing anything in particular, just a gradual improvement in health.

We have seen a couple of cases where a person wasn't able to tolerate the patch on their skin because of the severity of the detox for any length of time. In these case, just putting the patch in a shirt or pants pocket (with the paper backing still intact) for a few minutes at a time. This will still work and will still move the detox process in the right direction. In a pocket, the patch is still in the body's energy field but

the reaction will be weaker which is what we want at first. If a person can then tolerate the patch in the pocket for a day at a time, it will be time to transition to applying it directly to the skin and begin working up to that goal of leaving it on a whole day without any detox symptoms.

Some people are also sensitive to any adhesive whether hypoallergenic or not. In those cases I would still recommend placement an inch or two below the belly button but stuck to the underwear instead of the skin. You could also try alternative spots like the sole of the foot where the skin might not be as sensitive to the adhesive.

The patches work about 18 hours. Just try to keep track of how many hours you have used each patch so you always know that you are using a good one.

Maintenance for most people will be one patch three times per week, for example Monday, Wednesday and Friday. If you are in a temporary crisis, you can use it more frequently for a time. I don't know of any downside to using the patches every day if you choose.

You can always give us a call at 877-465-0844 if you need clarification on any of this.