

# WHAT TO EXPECT

when you wear the X39 light technology patch.

**The First  
Few Days**

**4,000 Genes begin to reset**

Within 24 hours 3,000-4,000 genes begin to reset to a younger healthier state.

**Within  
4 Weeks**

**YOUR NEW ARMY IS ACTIVATED**

Your new army is now activated and attracted first to your most critical issues that need repair and regeneration, which you may not feel, such as an internal organ or tissue, before helping something you do feel.

**Within  
6 Weeks**

**BRAIN BALANCING**

A recent study has shown, after six weeks, the **brain became more balanced** as shown on QEEG brain mapping. These types of changes help calm an overactive brain leading to a decrease in multiple symptoms such as memory, depression, anxiety, sleep and more.

~ 2019 PSY-TEK Labs

**Within  
3 Months**

**COLLAGEN IS INCREASED**

Your collagen is elevated initiating rapid repair of tissue in your body.

**Within  
6 Months**

**REDUCED HEART AGE**

**Cardiovascular System Changes Occur**

The cardiovascular portion of the organ function study showed that after 6 weeks the cardiovascular systems acted eight weeks younger. So, if one does the math, for every day you wear the patch the cardiovascular system acts a day and a third younger.

~ The Center for Biofield Sciences

**Within  
12 Months**

**REGENERATION IS NOTICEABLE**

You look and feel younger inside and out.

Info: [RevitalizeByLight.com](http://RevitalizeByLight.com)



# WHAT TO EXPECT

## While Using LifeWave Products

### PERSONAL EXPECTATIONS

- Everyone responds differently
- Fill out the LifeWave Health Tracker
- Take note of specific issues/prescriptions
- Patches work with the body where work is needed
- Internal repair may happen first
- Exhaustion can happen when healing
- If you are tired, know that it is working
- Commit to 6-12 months of consistent use
- Take BEFORE photos of yourself
- Take AFTER photos of yourself at 3, 6 & 12 months.  
Watch the changes!



### DETOXIFICATION SUPPORT

- Mild detox is common for 1-2 weeks
- Cellular hydration is critical
- Drink 4-5 ounces of water every 30 minutes or a few sips every 15-20 min (Goal: Half of body weight in ounces)
- Use a quality electrolyte daily - Cellergize is an optimal blend of electrolytes, bio-available vitamins, organic amino acids & minerals
- Limit or remove caffeine, sugar, alcohol
- Get extra sleep, or take naps
- Take occasional Epsom Salt baths for added toxin release
- Practice deep breathing
- Think optimistically



### YOUR MASTER CELL ARMY IS HARD AT WORK!

Even if you don't immediately feel the effects, rest assured your army of repair/prevention cells is now hard at work repairing your most critical issues first, before moving on to **something you do feel or notice**.

Remember, this is a journey to **root-cause repair** of health & wellness.

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