

AEON and SP6 – Weight Loss

In clinical studies with AEON one of the key findings is that it reduces Cortisol.

Presence of Cortisol is one of the major indicators of stress and it causes the body to accumulate and store fats around the waistline.

Suggested Patching

SP6 Complete is a Yin patch and is always on the left side.

AEON is a Yang patch and will go on the right.

Day 1

SP6 Complete (left) and AEON (right) on Spleen 6. (not for pregnant women)

To find this point place the four fingers of your right hand above the inside ankle bone on your foot. Spleen 6 is located on the bone (tibia). This point has given the best results for weight loss.

Glutathione on CV4

In the public region, on the anterior midline, 2 cun superior to the upper border of the symphysis pubis.

Day 2

SP6 Complete (left) and AEON (right) on Stomach 36.

To find this point place the four fingers of your right hand underneath the bottom of the left knee cap. Stomach 26 is one finger width to the outside of the knee. This point gives good results for weight loss.

Glutathione on CV4

In the public region, on the anterior midline, 2 cun superior to the upper border of the symphysis pubis.

Day 3

SP6 Complete (left) and AEON (right) on Kidney 3

To find this point locate the inside of your left ankle bone. Kidney 3 is located in the depression next to the ankle bone and the Achilles Tendon.

Glutathione on CV4

In the public region, on the anterior midline, 2 cun superior to the upper border of the symphysis pubis.

Day 4

Same as Day 1

Day 5

Same as Day 2

SOURCE: Hean Kheng Ong – 3 February 2011

Testimony from Ong

Ong received the AEON patches in September 2010 for trial and he lost 1.5 inches off his waistline in three weeks and without changing his diet. He also found that his mood was very much lifted with using the AEON patch. He sometimes calls it the “mood lifter patch from LifeWave”.

