

## **Patching for Jet Lag**

11 April 2011 Marina - Hi everyone does anyone have any suggestions for using the patches with jetlag travelling from Sydney to LA. I am worried because my daughter has to perform the 4 days after we arrive in Disneyland and Universal studios and I would like her to recover from the flight as quickly as possible?

David: Hi Marina, last time Muffet and I flew to L.A. from Manila, about the same time span to L.A. as Sydney, we used:

- 2 sets of Energy - one on Lung 1, and one on Lung 9, wrist,
- 2 Glutathione, on CV 6 and CV 17.

We were amazed at the results, zero jet lag and slept fully there the very first night. These positions from David Schmidt himself, however now he puts an IceWave on lower back to help protect the back from being immobile for so long.

I'm sure an Aeon on GV 14 would not go astray either.

Yes put them on before you leave home and leave them on until you get to your hotel and I'm sure you will get the same results as we did. I know of others who have too. Good luck and enjoy your trip.

### **16 April 2011 Update**

Hi David Just to give you an update on wearing the patches over to LA. Well I do believe we had a positive result. Everyone seems to be fine and we were into day 2 of our trip and other than the usual soreness of walking around a theme park for 12 hours a day we all seem to be coping fine. My Daughter who has been dancing is going really well no complaints of being tired only lost her voice from screaming on rides. So a Big thank you from the B.... family everyone was happy to be up and going as soon as they got here.