



Transcript: #391 The 411 on Lifewave Infrared Activated Patches with Dr. Jess Armine

Wendy Myers:

Hello everyone. How are you doing? I'm Wendy Myers of myersdetox.com. Welcome to the *Myers Detox Podcast*. Today we have my friend, Dr. Jess Armine on the show. He's going to be talking about these Lifewave patches. I've been seeing them all over the place and I wanted to try them myself. Dr. Jess Armine is a really good friend of mine. I totally trust his advice. He's been using these for a while, in his practice. He sees clients from all over the world. I did genetics training with him. He's a brilliant, brilliant practitioner. I did that about 10 years ago, with him.

Wendy Myers:

He sent me some of these patches and I think they're fantastic. We're going to talk about what they are, how they work, how to use them, all the different types of patches there are and what they do. There are great patches for detoxification. One is for energy, one is for skin, one for pain and X39 are for stem cells. We're going to talk about all these things and more on show today, so tune in. I know you guys listening to the show are concerned about detoxification. How to detox your body? What kind of tests should you do? How toxic is your body? What toxins do you have?

Wendy Myers:

I created a quiz called heavymetalsquiz.com. Takes a couple seconds to take it. After you take it, you'll get a general assessment of your body's burden of toxins, and then get a free video series on how to address the toxins in your body. Check that out at heavymetalsquiz.com. My friend, Dr. Jess Armine is known worldwide as Dr. Jess. His passion is pulling together the healthcare puzzle. He specializes in diagnosing and treating complex multifactorial illnesses with a concentration in neuropsychiatric expressions, autism and chronic illnesses.

Wendy Myers:

He's one of the few healthcare providers worldwide, specializing in correlating the genetic data with neuro endo immunology, acquired mitochondrial dysfunction and cell wall integrity to identify hidden imbalances. He develops

individualized treatment plans specific to the history and physiology of the individual patient. He also lectures to practitioners in the USA, UK and Australia, as well as treating patients worldwide. He's constantly researching the latest findings in genetics, functional nutrition and medicine. You can find him at doctorjessarmine.com. Dr. Armine, thank you so much for joining us.

Dr. Jess Armine: Howdy.

Wendy Myers: Tell us about yourself and how you got started in functional medicine.

Dr. Jess Armine: Well, I've been in healthcare as a healthcare practitioner for 46 years now. I actually started as an EMT in New York city and became a paramedic. Then I went to nursing school and became a registered nurse. I enjoyed that because most of my nursing experience is in critical care and emergency. Beyond that, I was in the army for a while, as an army nurse. Then I drifted towards chiropractic and found out that the whole alternative medicine angle was something that really resonated with me.

Dr. Jess Armine: What really resonated over time was figuring out the puzzle of what was wrong with someone. If musculoskeletal, it was rather easy, but then I started doing some nutrition. What people might call woo-woo stuff. I found that there were a load of people out there who had no idea what was wrong with them. They were treated according to standard medical or allopathic protocols, and they weren't getting anywhere. They were frankly tired of being ill all the time or just managing their illness.

Dr. Jess Armine: During this whole thing, one of my children became very ill with a serious mental illness. I looked up a guide that said this disease is messing with their own daddy. With a lot of help, a lot of study and an awful lot of help from practitioners and people like yourself, I've started a knowledge base that allows me to treat those people who are way outside the bell curve. They simply can't figure out what's wrong. More than that, even if they knew what was wrong, all the types of treatment that they've had have been ineffective for them.

Dr. Jess Armine: This is an ongoing thing. I'm known very well around the world as Dr. Jess. Don't ask me how that started. No idea, but it stuck. I could not tell you. I'm not going to argue with everybody. I'm like, "Okay, call me Dr. Jess. Just don't call me late for dinner." I mean come on. I started getting more and more tools in my toolbox and learning more and more about every different aspect of what heals somebody like sound, light and vibration. I always say, "All right, these are my tools." When somebody needs it, I know what tool to pull out. Hence I'm still learning about everything. I'm known pretty well for being in the epigenetic world, MTHFR and that whole nutrigenomic thing. Neuroendocrinology, restoring mitochondrial function and so forth. Most people say, "What do you specialize in?" I say, "What I am is a specialized generalist."

Wendy Myers: Yes, you are so knowledgeable. I trained with you years ago in genetics with your colleague Sean Bean.

Dr. Jess Armine: Sean, right.

Wendy Myers: I was really surprised to learn that you were also incorporating some bioenergetic modalities and energy medicine into your practice as well. I was thrilled to hear that. I wanted you to come on and talk about that because I know you're so knowledgeable about so many areas of health. You sent me some of these Lifewave patches. This is kind of what they look like. They're Lifewave patches. This is the X39 that you sent me. I was having a little issue with sleep and things like that. You're like, "Oh, try the X39 right away." Let's talk first, about what Lifewave patches are? What is the premise behind them and how do they work?

Dr. Jess Armine: Well, the Lifewave patches are essentially a skin patch, but let me qualify that, they're not transdermal. We know that there are patches that put medicines or vitamins through the skin. This does not do that. These patches, which all look like this, they may have brown or white in the middle, are a collection of amino acids or certain peptides and crystals. You put them over certain points in the body and they use your body's infrared energy to activate them.

Dr. Jess Armine: I got introduced to this a few years ago. I was asking people, "So what does it do?" They kept talking about the copper peptide and this and this. I said, "Thank you. Now tell me how this creates that," and I would always get that blank stare. It's like, "No, no, no. You've got to tell me how this works. I know what a copper peptide does. I can look that up, but how does this do that?" I finally found out about photobio medicine or photobio stimulation if you will, that you can use light to activate what's in here.

Dr. Jess Armine: Think about it. The light hits this and then reflects back into you. Whatever it's doing is reflecting back into you. Here's the critical thing. Don't tell anybody, it's over acupuncture points. They have a patch to help addictions and it's called FP6. The name comes from spleen six of the acupuncture point. They give you different points that you put it on. I was thinking about it and I said, "You know, anybody who already knows me, realizes I don't hawk anything".

Dr. Jess Armine: Even if you look at the butter that I use for restoring leaky gut, it's a combination of products. I don't sit there and sell a kit or anything like that. I'm kind of sensitive to that, because as much as I respect people who do that, do research and put the good intentions together, like yourself, with all the stuff that you put together. There are a lot more people out there who are just like, "Let me make a product and then backfill in the research. I just want to move this product." Then all of a sudden you don't see them anymore. That bugs me, because at heart my job is to heal people.

Dr. Jess Armine: When I looked at this thing, I said, "You know? There's no risk here. Let me try it out." I got these patches and I started using it with some of my patients. I was impressed with some of the results. I used something called an IceWave patch. I have a bad left knee and it hurts all the time. I looked at the video on how to use it, and I'm like, "Give me a break." They said to put it here and then put another patch and move it around until you're not in pain. I said, "Okay, I'll try it."

Dr. Jess Armine: I did that. I got it to the right point and in about 15 seconds, my knee pain was gone. Now, that's not a placebo effect because I was expecting it not to work, not do the opposite. I dove into this. The phototherapy is a manner of doing that without putting stuff into your body that may have side effects or hurt it. A lot of my patients can't even put anything down their throats without it bothering them. This has been a lifesaver.

Wendy Myers: Yeah, and I felt the same way. Bioenergetic interventions are very simple and very inexpensive. They have no downsides. There's no contraindications for them. They're very simple to implement so they're just fantastic. They're easy to comply with also. It's easy for people to do. This patch, this is the X39. Why don't we talk a little bit about this patch specifically and what it does. I'm going to put one more on right now.

Dr. Jess Armine: Okay, wonderful.

Dr. Jess Armine: The X 39 is their most modern iteration of the patches. They have several different kinds. What this one's claim to fame is, and I can vouch for it because I've seen the studies, is that utilizing the X39 will stimulate the activity of your stem cells. We've all heard the word stem cells in one way or another, but stem cells are your basic cells that turn into your other cells. A stem cell, believe it or not, is what's called an undifferentiated cell. It is a cell that's just sitting there saying, "What would you like me to do?" It can become a nerve cell, or it can become a heart cell, or it could become a neural cell or it could become a red blood cell, depending on whatever.

Dr. Jess Armine: As we age, as we get older, as we get more assaulted by this toxic environment, the peptides that initiate the action of the stem cells start becoming less functional. This is the very basis of illness. If you read the literature or the stuff that Lifewave puts out, it starts talking about bringing down inflammation, doing this and doing that like wound healing, straightening up your wrinkles and so forth. Actually, it's correct but we tend to want to think of things as, "What can this do? What can you do for this? What can you do for that?"

Dr. Jess Armine: When I read about what this does, which with the X39 when you put it on the point and it starts working, it stimulates this thing called a copper peptide. If anybody wants to look it up, it's GHK-CU peptide. You'll see exactly what it does. It stimulates the stem cells to work properly. What is this going to affect? If anybody remembers from the sixties or seventies, The \$6 Million Man?

Wendy Myers: I have a lunchbox.

Dr. Jess Armine: Do you really?

Wendy Myers: I have a lunchbox with The \$6 Million Dollar Man on it.

Dr. Jess Armine: Oh, Lee Majors, he was so cool.

Wendy Myers: I'm all about the \$6 Million Dollar Man. Oh yes, that's my thing. I collect 70s television lunchboxes.

Dr. Jess Armine: Wonderful, wonderful. You're sitting there and I was thinking about this. I said, "Wait, this is exactly like that. We have the technology. We can rebuild him. He'll be stronger. He'll be faster. He'll be healthier." We're all looking for the silver bullet. I'm like, "You know, I'm beginning to learn that if we could get stem cells to simply work and that gets our body to work, then our body takes care of when this should grow, where it should go and everything else". Our bodies are a lot smarter than we are. It knows what to do.

Dr. Jess Armine: Sometimes you just have to give it what it needs and get out of the way. You don't want to micromanage. Increasing the activities of stem cells will start curing what has been bothering our society. I'm always talking about inflammation. I'm always talking about leaky gut. A lot of people are interested in anti-aging or elite athletes who want to get that extra three or 4%. This is one of those things that you can do. I'm very convinced. I've seen the evidence that it will improve your health and may improve certain specific conditions or certain specific symptoms. It's all based on how the body heals itself right up from the stem cell level.

Dr. Jess Armine: This little guy, I'm impressed that it can actually do that without introducing anything into your body and just using your body's infrared radiation. That heat you feel coming out of you is infrared radiation, just putting it here and reflecting. I'll tell you a little secret. I know it's got adhesives on it because it sticks to the skin. But guess what I found out and I've tested with a few patients? I heard it from one of the doctors over there and I said, "It can't work."

Dr. Jess Armine: Let's say I'm wearing a long sleeve shirt, just for argument's sake, but I'm allergic to adhesives. I can put it on my sleeve where it's just in that area and it will do the same thing because it's reflecting the infrared light coming from the skin. I've seen animals get better with this. They have one for horses. Although I'm not even going to pretend to understand where to put it on a horse, I would have to get the horses willing cooperation and agreement, probably signed because they're kind of big animals. I don't want them mad at me. If you put this in the wrong place...

Wendy Myers: I use the patches. I love them for anti-aging. I'm trying to do everything to prevent aging.

Dr. Jess Armine: Doing a good job by the way.

Wendy Myers: Thank you, thank you. I'm going to be 49 in a couple of months.

Dr. Jess Armine: Oh cut it out.

Wendy Myers: I cannot believe it.

Dr. Jess Armine: No, you lie like a rug. You look 35, cut it out.

Wendy Myers: No, it's true, it's true. The adhesive kind of wears off. Can you just glue it back on your body and stick it back on your body again?

Dr. Jess Armine: There's a question I have not gotten a good answer to. I'm glad you asked it because some people, with some of the other transdermal patches, they'll cut it and use half of it. Well, if you cut this one in half, you're just going to dump everything out. Can you reuse it? Yes. I don't know how long these crystals last. Of course, if you talk to the company, you use it for 12 hours and toss it away. Now why wouldn't they say that?

Wendy Myers: Yes, of course, of course.

Dr. Jess Armine: I have used them and I've seen them used effectively until the adhesive simply doesn't stick anymore. Another good thing is that you can put this on and you wear it for 12 hours. You could go and shower with it. You could go swimming with it. It doesn't peel off like some other transdermal patches, if you get them wet. Like I told you, I have a set of patients that if there's somebody out there that can only eat four different foods, they're my patient. I have one autistic child in Romania. I told his mother that this was part of my treatment, I said, "Well, just try it. I'll send you a few."

Dr. Jess Armine: Well, she put it on, and first thing of course peeled it off. Then she put one back where it was, and he sort of liked it. There was a glutathione patch that went in between two of the toes. He's beginning to speak now. He comes up and he asks her for it. Now, here's the thing about an autistic child. They don't lie. If something makes them feel good, they'll let you know about it. If they don't like something, you'll really know about it. You're a mom. You know there's two things you can't make a kid do. You can't make them eat and you can't make them poop. If you're trying to put something down a kid's throat who doesn't want it, especially an autistic child, good luck.

Wendy Myers: Yeah, good luck. My daughter will not take supplements. I had to hide them in a smoothie. I like things like this. She'll do a patch or she'll do the MiHealth. We do the MiHealth every night, for her. That's a NES health bioenergetic device.

Dr. Jess Armine: Wonderful.

Wendy Myers: She'll do that, but she won't take supplements.

Dr. Jess Armine: You know, there are a lot of kids who don't like that. It makes their bellies hurt. They don't like the taste of it. They don't like being forced into it. We have to use trickery. If it makes a person feel good, either on a conscious level, a subconscious level or even just a spiritual level, especially a child, because children don't have too much of a cortical override. If a kid's sick, you're going to know it. Your kids usually are not faking. As soon as they feel good, they just want to be children. "Okay, I want to go out and play." This, I'm amazed with. Again, like I tell you, I usually don't hawk anything except this because it is exceptional.

Wendy Myers: What kind of conditions does the X39 Lifewave patches help with?

Dr. Jess Armine: Okay, I'll tell you what they put in the literature. It supports wound healing, rapid pain relief, greater energy, improvement of sleep, improvement of skin appearance, dramatic anti-aging—I love dramatic—faster recovery from exercise and reduced inflammation, generally. Now remember, talking about inflammation or that kind of stuff, what other conditions have inflammation as a feature? Every illness you can think of. I'm not going to tell you that this cures cancer. I'm not going to tell you that this cure is anything. God forbid I should say something like that because this is just educational information. If you think about it, if this improves the function of stem cells and if you were going to get injections of stem cells, it would cost a pretty penny and that doesn't work all the time. It's been regulated severely throughout the world and for good reason. That's another thing, when people are getting stem cells. They're not getting stem cells. They're injecting it in places. Those are expensive and you have to travel places. This you can do on your own and it has the same effect. I've seen people get more energy. Not energy, but that kind of thing where you're going through the day and you have that pump. We don't need anybody walking around like Ricochet Rabbit or in your case, being in Mexico. Who's the Mexican?

Wendy Myers: Speedy Gonzales.

Dr. Jess Armine: Speedy Gonzales, the fastest mouse in all of Mexico. He goes to Ricochet Rabbit. He's actually his cousin, and deputy Droop-a-Long. We don't need to be deputy Droop-a-Long, we want to be Ricochet Rabbit. We don't really want to be Ricochet Rabbit. We'd like to have our energy throughout the day. You're doing things. How many people out there are drinking the right water, drinking clean water and eating clean? Maybe taking some supplements, but eating clean and exercising pretty well. They're wondering, "Why am I still not feeling myself? Am I expecting too much of myself?" You realize that with our environment being the way it is, that our energy, our light and I know that sounds woo-woo, but it happens to be true. That's been the balance. This is a noninvasive way of helping you get that balance. I have got to tell you something. Like I said, I don't usually say it, but it feels pretty amazing.

Wendy Myers: I would much rather naturally stimulate my body's ability to produce stem cells than inject them. That helps people, but 50% of people aren't helped by that. It just doesn't work. Talk to us about some of the other patches. This is the X39. Is this the first one that you start with?

Dr. Jess Armine: If you're going to get any patch, I recommend the X39 because essentially it almost does what all the other patches do. I said that at first, and then I ended up eating my words. They do have something called an IceWave patch, which can be used for local pain. It's very, very good. They have a carnosine patch. Hold on, I've got a list right here. Let me make sure I don't mess it up like I usually do.

Wendy Myers: The carnosine patch would be good for energy, for mitochondrial energy.

Dr. Jess Armine: Right. Mitochondrial energy and cognition. They have the SP6 like I just told you, don't ask me exactly how it helps with addictions, but it does in fact help with addictions. If you use it on a regular basis, you fight your cravings or addictions, let's take the broader definition. Addictions are anything that you have cravings for that you're having trouble managing. If you have a craving for chocolate, how do you know it's a craving as opposed to just a yen? Well, if you're jumping out of a moving car to get some chocolate, that's a craving.

Wendy Myers: That used to be me. I used to eat a huge chocolate bar every day.

Dr. Jess Armine: Amazing, amazing.

Wendy Myers: I realized it was my body trying to get magnesium and copper that I wasn't getting.

Dr. Jess Armine: Yeah, especially if it's dark chocolate. You're looking for phenylalanine to create the phenylethanolamine because that raises your ability to focus.

Wendy Myers: I was like, "I can't focus. My brain is not working. Where's the chocolate?" At 3:00 PM every day I would eat a huge chocolate bar. It would totally work. I don't need that anymore. I balanced all that out.

Dr. Jess Armine: That's wonderful. They have something called an Aeon, which is anti-inflammatory specifically. They have this energy enhancer patch, which is kind of two patches. I put them on one day and I didn't need coffee, people said you shouldn't drink coffee. Well, I have one cup of coffee, otherwise this cherub-like demeanor becomes more not-cherub-like. Sometimes you gotta hit the middle ground. I would often have to have a cup of coffee in the afternoon, because like I said, I practice all around. I kind of have to stay late because of the time differences in these countries, and it worked.

Dr. Jess Armine: The first time I used it, I was not overly active, but just like, "Hi, how are you doing? I'm awake." Here's the bigger one. They have a glutathione patch. This one I'm impressed with. Glutathione, as you know, and your listeners may have

heard the word, is your master antioxidant and anti toxicant. Everything you do in various pathways is to create this molecule that sucks out all your toxins. If you have biotoxins, glutathione's part of the therapy. If you're trying to neutralize any oxidative stress, this is what's doing it. Well, the studies that they have done with blood tests and so forth, show that if you use this glutathione patch, and it's not giving you glutathione for the skin, it increases glutathione production by 300%.

Wendy Myers: That's impressive.

Dr. Jess Armine: When you're dealing with somebody who has chronic infections, as I often do, because that is usually the root cause of what I'm seeing as symptoms. This is incredible. We talked about carnosine for tissue healing and longevity, you're absolutely correct.

Wendy Myers: Yes, and it's really hard to get carnosine as a supplement. Most of them on the market are garbage. They don't get into the cell. There's a big problem with carnosine supplements for that reason.

Dr. Jess Armine: Absolutely. They have something called the Silent Night patch, which is stimulating the release of melatonin. Remember melatonin is important to initiate the sleep cycle, but it is also, in and of itself, a great antioxidant.

Wendy Myers: Yes. We use it to detox the brain, as well.

Dr. Jess Armine: Especially the brain.

Wendy Myers: Yes, I use the Silent Night patch. I really like that one as well.

Dr. Jess Armine: My biggest problem with the Silent Night patch is, first of all, one of the places is here. Keep it there. One place is here, and the whole day I'm walking around saying, "Why am I so tired?" I went to scratch my ear, and pulled the patch off. It was still sitting there. They have something called an Alavida patch, Alavida is specifically for skin. It says it's the elevation of the epithalamin peptide. That's what it says. Believe it or not, they came out with a Nirvana patch, which I understand from some people helps a lot. What it's supposed to do is lift depression, increase endorphins, in other words I don't think it puts you in the transcendental meditation kind of Nirvana, right?

Dr. Jess Armine: Remember that all of these things are stimulating acupuncture points, because they tend to give you charts about these. It's not hard to use. It doesn't have to be overly exact. If it says put on the left leg and you put it on the right leg, well, you're probably not going to get the same effect. It's certainly not going to hurt you, but it's very, very, easy to use. You don't have to have all these patches. Maybe one or two depending on what your goals are. If you have dysthymia, this level of depression that has no real reason, the Nirvana patch would be golden for you. Nirvana NX39, because that's exactly what it's geared towards.

Dr. Jess Armine: It's not geared to somebody who's got bipolar depression. That requires medical intervention because we don't want somebody to get into a bad situation. Most of us are either like this most of the day, like they've had too much coffee and haven't had any, or we have this kind of low level, "I don't feel so hot. I don't like my life." Unfortunately, we have TV that tells us if you do this, you'll feel better. If you look like this, you'll feel better. If you take this, use this cream or whatever, you'll look like this supermodel. This works with the very base of your body, the very base of your health and builds you from the inside out. Frankly, that's the way it should be.

Wendy Myers: Now, are there any other patches? I've been in groups, with Lifewave groups, and I've seen a lot of ... sorry that's my peacock, my pet peacock.

Dr. Jess Armine: I hear him. He's like, "I'm waiting to jump out with the feathers. How are you doing mom?"

Wendy Myers: He's so cute.

Dr. Jess Armine: Let me show everybody this.

Wendy Myers: The neighbors love him when he starts crying at 6:00 in the morning.

Dr. Jess Armine: I don't doubt it. Oh my god. I bet if you don't see him, he'll be on somebody's dinner table, I promise.

Wendy Myers: I keep wondering, "Why do I wake up every morning at 6:00 AM?" I'm like, "Oh, it's the peacock."

Dr. Jess Armine: The peacock, yes.

Wendy Myers: I've been in some of these Lifewave groups and I see there's all these different protocols that you can do where you can use a combination of patches for various things. I was curious about them and skeptical at first, even though I'm very open-minded. I was in these groups and just seeing hundreds and hundreds of people using these things and reporting their pain was going away. They're sleeping better. They're feeling better. Like all kinds of things, skin issues going away, all kinds of stuff getting better and people posting photos. I know they work. When you are seeing hundreds and hundreds of people having success with something.

Dr. Jess Armine: I've seen people feel better and all kinds of stuff. There's IceWave. There's the X39 IceWave energy enhancer, the Eon, glutathione and so forth. Now here's the thing. I would recommend X39 for everybody. Number one, it is very easy to use. You're either putting it on the base of your neck, where the neck meets the shoulders, right in the middle, or from your navel about a couple of inches down right along that front line. You can alternate. That's it. It's very, very easy to use.

Dr. Jess Armine: Depending on what else is going on with you, maybe you have energy stuff, maybe you have inflammation stuff, you might want to use one or two of the other patches that seem to make sense to you. I would not use them line by line. In other words, "Gee, I have sleeping problems. I have inflammation. I have this." I wouldn't be buying five or six or seven different patches. I'd start with one or two of the major issues that you have and I would consider, first of all, X39. For pain, definitely get the IceWave patch and something for inflammation.

Dr. Jess Armine: Other side of the coin is if you have cognitive issues or you're not healing well then the carnosine is great. The glutathione patch is good for practically everyone, because if there is one deficiency we all have, it's glutathione. There's loads of reasons for it. It's sort of like a mineral deficiency. We live in a mineral deficient society. We live kind of in a glutathione deficient society. Whether we need more of it because of the toxins and/or we're simply not producing enough, this is kind of a no-brainer.

Dr. Jess Armine: There are tons of protocols. You can go to one of the Lifewave websites. If somebody goes to my website, they can see where I have a shop and just click where the Lifewave product is. You'll go to basically a canned website of Lifewave, but it's got tons of great information. They can contact me. I'll be happy to answer questions. I have got to tell you, yes there are a lot of people and I've read a lot of the protocols. Some of them are really good and make sense. Some of them seem a little bit over the top. Going through some of the groups and listening to, or actually reading what people write, I say to myself, "Gee, it depends on what your goals are and what your major issues are."

Dr. Jess Armine: Do you really need the Silent Night patch forever? You may need it for a month and maybe you have it for occasional use. You're always going to need stem cell stimulation. You're always going to need to bring inflammation down and part and parcel of that is going to be glutathione. If you just did the glutathione and X39, you'd be miles ahead of where you are. If sadness is one of your consistent features, consider Nirvana. Even if you don't need to use it all the time, this is not forever until your body gets balanced and you don't feel like that anymore. The reason you're feeling like that is not because you dislike who to live with or you dislike your life, it's because of stuff going on inside of you, either spiritually or biochemically.

Wendy Myers: Okay, fantastic. You guys can learn more about the Lifewave patches. Go to myersdetox.com/lifewave, and you can learn more about it there. Some people get turned off by these things because it is an MLM, but here's the thing. I don't get turned off by that because I've tried a lot of amazing products that are MLM products. That's just how the company chose to get the word out about their products, to get to all these housewives and other people selling their product. It's just one way to get the word out about your product. Some products, you can only get them as MLM, because that's the only way that they're sold. I really like the Lifewave patches. I've been using them for a few months. I beg people not to be turned off by that.

Dr. Jess Armine: About the MLM, you can get the distributor price if you go to the website. You'll see these beginning packages, if you will. The least expensive one is a \$25 fee and you don't have to join the MLM. All you'll get from that is the ability to buy everything at the distributor price, if that's what you're looking for. You don't have to make a business about it. Nobody's going to call you. Nobody's going to send you a million letters. Think about the Amway and stuff that people used to just crawl up your rear end with a microscope.

Dr. Jess Armine: It's like, "Stay away. Oh, let's cross the street. There he comes." But this is one of those real mild ones, that if you want to participate, great. If you want to make it a business, it's got a very good compensation plan. It's reasonable without you having to devote your entire life to it. You have really excellent products, but if you just want the products, you don't have to pay the big price. You can just do a little \$25 initiation fee to be a preferred customer. Guess what? You can have it at the exact price that we pay for it.

Wendy Myers: Okay, fantastic, fantastic. Guys check these out. myersdetox.com/lifewave. Dr. Jess, anything that we haven't talked about that you want to mention?

Dr. Jess Armine: No, just look at it critically. The thing that is going to make you confused is, can this do what it says? I can tell you that the mechanism, although it seems a little bit strange, actually does work. They call it photobiomodulation or just whatever kind of light therapy, red-light therapy. All of these things actually work and have been scientifically proven. It's hard to get me to believe something, especially scientifically, because I have got a really critical eye. If that's your glitch, trust me, it's worth a shot. It's worth a try. Some people get immediate results, like the first time they use it. For some people, it takes a couple of weeks. Just like for anything else, if you're using something and you're not seeing any changes, maybe this is not something you need.

Wendy Myers: Yes, for sure. It's like anything else. You have to have realistic expectations. If you eat salads every day, eating one salad, you're not going to feel amazing from that, but if you do it everyday for a month, you might see some changes. You have to do stuff consistently to see changes. People tend to give up too fast if they don't instantly see some sort of results. When it comes to energy medicine, you do have to kind of stick to it for a bit, to see the results.

Dr. Jess Armine: There are no magic bullets out there.

Wendy Myers: No. No, there's not.

Dr. Jess Armine: The ones that claim to be magic bullets usually have nasty side effects. You want to give your body the opportunity to heal, and then support that opportunity. This is part of a good program if you want to head in that direction.

Wendy Myers: Okay, fantastic. Well, Dr. Jess, thanks so much for coming on the show. Where can we find you again? Just tell us your website.

Dr. Jess Armine:

My website is drjessarmine.com. My name, .com. It is really easy.

Wendy Myers:

Okay, fantastic. Everyone, thanks so much for tuning in today to the *Myers Detox Podcast*, where we focus on everything related to detoxification. We're going to be talking a lot more about anti-aging on the show in the future. Tune in to that. I want to tell you all my secrets about what I do, how I stay young, vibrant and feel good. I can honestly say all the stuff that I'm doing, all these guests that I have on the show, I'm implementing their protocols and I feel better and better and better as I get older. I want to teach you how to do that also. Thanks for tuning in, and I'll talk to you guys next week.