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THE ROAD TO HEALTH . . . ***Using The Clark Method Newsletter***

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Bonnie O'Sullivan, Editor

Dear Friends,

Thank you for your prayers for my daughter, Sandy. After four years of oral surgeries her pain and depression are decreasing. The major reasons are: She found a highly skilled dental surgeon (in Mexico), the nine months since her last surgery gave her jawbone time to heal, her new dentures are allowing the bone above the roof of her mouth to heal, she is taking FrequenSea daily, and she is using Lifewave patches four days on and three days off.

Taking FrequenSea is helping with her depression. And it gave her energy to take a plane trip (alone) to visit her first grandson for a week at Thanksgiving. And now, after using the Lifewave patches too, Sandy has even more energy and says her housework gets done before she even thinks about it. She says as soon as she puts the patches on her body she feels pain relief. For the first time since July 2001 when she was diagnosed with Osteomyelitis of the jawbone (a hard-to-detect bacterial infection in the bone marrow of the jawbone that causes bone tissue to die), she is optimistic about her future. (To read about FrequenSea please see www.road-to-health.com/65 and www.road-to-health.com/66 and for more on Lifewave go to <http://www.road-to-health.com/energypatch/>)

I also love the Lifewave patches. I have 2 to 3 hours more energy each day from wearing them. I think FrequenSea and Lifewave energy patches go together perfectly.

Here is a testimonial that fits Sandy's experience with the Lifewave patches: "As an osteopath and acupuncturist I was interested to see if the patches would help my patients. So far, in addition to general reports of increased well being, my fibromyalgia patients have all improved, using the energy enhancer patches, as have three steroid-dependent asthmatics — dramatic cessation of all symptoms within minutes! Memory and concentration in older patients (as well as myself) have improved, due I presume to increased oxygenation.

"This is a completely new generation of health care, a new paradigm that medicine is going to have to adjust to and use. The new products coming up are going to cause a revolution in the field!" —Ralph McCutcheon, ND, DO, Bac

The following information is what motivated us to order (and have Sandy try) the Lifewave Energy Enhancement Patches. We are so happy we did!

Lifewave Energy Enhancement Patches

A company called LifeWave based in Atlanta, GA, after years of research, has developed a method of frequency modulating metabolic reactions in the human body through patches applied to the skin. The unique nature of these patches and what frankly got my attention is that they are *non-transdermal*. There are no substances that enter the human body.

The delivery system consists of two *non-transdermal* patches, the negative tan patch contains R form sugar isomers and the positive white patch contains L form amino acids that are combined in unique molecular arrangements. The specific molecular structures created out of these raw materials are a proprietary secret. When the two patches are applied to the proper points on the human body, they interact and frequency modulates the oscillating magnetic field of the human body.

The all-natural nontoxic organic materials within the patches are molecularly organized into liquid crystal *nanoantennas*. The interaction of the materials in the patches with the body's magnetic field generates frequency codes that are transmitted into the cells to optimize the cells' ability to burn fats as a fuel source.

The patches bring information into the body, while balancing the meridians. The interaction of the materials in the patches with the body's magnetic field creates resonant frequency signals, which are carried into the body and are resonantly absorbed by structures in the cells that are already tuned to receive these signals. These signals impact the ATP cycle as instructions are sent out to transport long chain fatty acids into the mitochondria so that they can be burned into energy. The end result is greater energy, stamina, and strength-endurance.

The patches have undergone pilot studies at several major Universities. They also have already been used by medallists on the USA Olympic swim and gymnastic teams. Currently, this technology is being used extensively by a number of individuals on both the women's and men's professional golf tour.

LifeWave patches do not introduce any chemicals or drugs into the body and they have already been tested and cleared by both the US DOPA and the International Olympic Committee drug screening programs. Because major sports teams have already been successful with the patches both university and professional athletic programs are now highly interested in trying out this exciting new technology.

The developers make no medical claims, but results with weight lifters have shown a 30%-50% improvement in performance of repetition and strength within minutes of their application. It is likely that you know individuals that could benefit from improved energy and stamina.

The Nanotechnology Revolution: Bigger Than the Silicon Chip?

When asked what the most important invention of the 20th century was 7% said television, 11% said the telephone, while 80% said the computer. So what do world-class scientists believe the most extraordinary discovery of the 21st Century will be? Nanotechnology.

What Is Nanotechnology?

Nanotechnology is the manipulation of atoms at the molecular level to produce products never before imagined. Imagine: clothes that will never stain, Computers 1,000x faster and 100x smaller, eyeglasses that will never scratch, windows that automatically clean themselves, environmental cleanup, homeland security, and robots so small they can be inserted in the blood to help clean up arteries to prevent strokes. It is so powerful the US National Science Foundation predicts, “There will be a one trillion dollar global marketplace for goods and services using nanotechnology by the year 2015.”

“Nanotechnology is destined to completely change our world and the way we live.”
—FORBES

“Those who discover this technology are destined to be wealthy.”
—BUSINESS WEEK

Well, imagine no more — Nanotechnology is here now and it’s here to stay. In the past millennium we’ve gone from Kitty Hawk to cars, from smoke signals to satellites, from the telegraph to the telephone, and now to a technological breakthrough that will change life as we know it for all future generations.

New Nanotechnology Patch

“Talks To Cells”

The first commercially available health product of the new nanotechnology world is here and it’s about to change the way you think, work and feel. According to David Schmidt, the inventor of this new technology called LifeWave:

“We refer to LifeWave as being software for the human body. Imagine if we had a way to improve energy, stamina, and quality of sleep and increase muscle mass without anything actually going into the body. That’s what this is all about.”

Worn on the body these patches reproduce cellular communication to the cells by way of signal transfer.

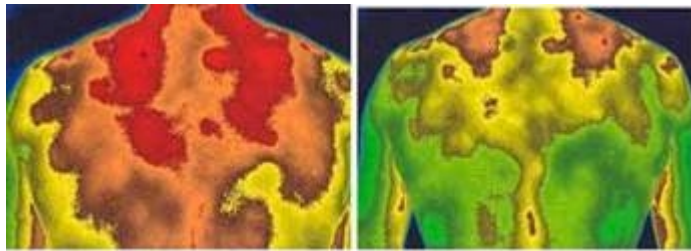
The first patch is designed to signal the cells “burn more fat” and increase energy. And clinical studies from several major universities confirm “LifeWave” Energy patches increase energy and stamina by as much as 20-40% within minutes and balance the energy meridians similar to acupuncture.

Another LifeWave patch is designed to tell the brain to increase delta waves for deeper sleep. Surprisingly nothing enters the body, other than a signal, so there are no stimulants or side effects whatsoever.

To learn more about this Nanotechnology Revolution and the Lifewave Energy Enhancement Patches go to <http://www.lifewave.com/flashmovie.asp> or call this recorded message (212) 990-6186.

To order the LifeWave energy patches or become part of this Nanotechnology Revolution go to <http://www.road-to-health.com/energypatch/> or call Sunwolf at (509) 782-7222.

Lifewave Nanotechnology Energy Patches for the 21st Century
****Software For The Human Body****
What Would You Think Of A Patch
That You Wear Like A Band-Aid,
That Is Not An Aroma Patch, Not A Magnet
Not Transdermal — So Nothing Enters The Body,
But When Placed On Different Body Points...
Instantly Gives You More (20-40% More) Energy, Stamina And
Strength?



BEFORE PATCHES 5 MINUTES AFTER PATCHES

This patch was considered the “Performance Enhancer of the Month” by Esquire Magazine, last November and again nothing enters the body. Which is why USADA — the US anti-doping agency — has deemed our patches to be NOT in violation of their regulations. The NCAA has also deemed them safe.

Who is using this product?

Olympic Athletes, NASCAR, Shaquille O’Neill, Over 100 LPGA Golfers, 7x Mr. Olympia Ronnie Coleman and many more.

Lifewave, LLC has developed several additional generations of revolutionary software patch programs for the body they will be introducing using **nanotechnology** programmed for:

- Non-surgical Facelifts (coming in 2006)*
- Sound sleep (available now)*
- Muscle growth (coming in 2006)*
- Anti-aging (coming in 2006)*
- Mental Clarity and more (coming in 2006)*

Lifewave Energy Patch Testimonials



“I have had wonderful results with the LifeWave™ technology, both in training and competition at the very highest levels. We are currently training several athletes that are preparing for the Olympic Trials and the Olympic Games and the LifeWave™ patches are a vital part of their training regime. We have already seen many life time best performances, including one world record.”

Richard W. Quick, Stanford University Women’s Swimming Coach, Head USA Olympic Coach-1988, 1996, 2000



“I wish there was LifeWave when I pitched in the Major Leagues! The wear and tear of workouts, practice, playing games in different time zones and traveling all the time for six months severely deplete all your physical and mental resources. As a former top-level professional athlete, I know the importance of keeping myself in good shape with regular exercise and workouts. That was becoming a bit more difficult until I tested LifeWave Energy Patches. I couldn’t believe how energized I felt! I was sold, and immediately became a Distributor. Now I am enjoying more stamina for a longer time throughout my business day. That encompasses personal appearances, running my various business interests, filming my national outdoor action TV program, performing on my regular sports-talk radio shows and many other strenuous activities. I don’t know how I could do it all without LifeWave. I strongly recommend the patches to all my friends, and not just to other athletes, but to people who just want to have more energy in their daily lives.”

Randy Jones, MLB National League Cy Young Award Winner-1976



“The LifeWave Energy Patches have made a huge difference in the quality of my life. With the patches, I feel much more energetic and want to do more, like I felt when I was younger.. 30 years ago or so! They are amazing in the change they have made for me!

But it is a steady energy and not like a stimulant. My mind is clearer, and I am able to focus better! In short, I can now do things that I haven’t felt able to do for many years, such as when I was still competing in Triathalons and Marathons. I wouldn’t trade my patches for anything! I treat them like precious gems, which they surely are!”

Douglas Eide, San Antonio, Texas, Retired Military Officer



“At first I didn’t believe it. Call me a skeptic if you will, but I didn’t get to be a healthy senior by biting on each new gadget and fad. Well, if you’re like me, you’ve got to admit-some things work and make sense, and others don’t. Okay, so I bit on this one. Listen, I keep strict records of my workouts. I have for years. I write down how many reps of this, how much weight on that, and so on. Well, if you know where you are, (that’s how much you can do) and suddenly you have a dramatic increase, that’s got to get your attention, right? Boy, it certainly got mine.”

Peter Ragner, Martial Arts Expert, Author, Speaker and Motivator

“I have been using LifeWave™ patches for over a year now. When I first started, I could bench press 220 pounds, now I do 330 pounds. Not bad for a 48 year old! I don’t really understand how signal induction works, but I know it works from seeing the results of numerous workouts. I don’t go to the gym without my patches.”

Chuck Ash, Head Trainer

“I use the patches every time I play and it makes a huge difference in my energy levels and my breathing. I feel like I am able to get more oxygen to my brain with very little effort because of the extra energy I get from the patches. I can concentrate and focus much better now, which is so important. I still have plenty of energy left over even after walking the 5 or 6 miles we walk in an 18 Hole round. My legs are not the least bit tired after playing; therefore I can practice even longer. I think they are amazing.”

LPGA Tour Hall of Fame Professional, World Golf Hall of Fame, JoAnne Carner



“Since I started using the Energy Enhancer Patches I have felt a positive difference in the way I feel both physically and mentally in the later part of my days than I used to. I have more mental and physical energy towards the end of a golf round or long practice/workout session. Thanks so much.”

Tracy Hanson, LPGA Tour Professional



“I really love them. I used the patches everyday in my last event, which was a major and I could definitely tell a difference. My energy was great and I felt terrific. Since then, I’ve also started wearing them when I practice. Thanks so much.”

Jerry McGee, Tour Professional, Champions Tour, Senior PGA

“As the strength and conditioning coach of a small Alpharetta private Christian school and also the Dad of a senior football player at the largest school in the state, I have seen many

products come and go. I have investigated Creatine, NO₂, NO₃, HMB and the Amino Acids. Many proclaim their ability to help an athlete get bigger and stronger. Some have worked and many have not. I cannot tell you how surprised and please I am to have been told of your product. From the beginning I was skeptical but I have seen it work in my own weight room. I have seen football players who could barely bench 135 pounds for 10 reps be able, just a few minutes after putting on the patches, to rep the same weight, 20 times. What has really sold me is the fact that my own son was able to increase his rep max at 225 from 8 to 19 and reports that after each game how energized he feels. I am now sold on your product.”

Cecil Lancaster; C.S.C.S., Assistant Athletic Director, Varsity Baseball Coach
Department of Health and Physical Performance, Mount Pisgah Christian School



“My name is Dianne Wandruff and I’ve worked on improving my health and strength for the last three or four years. I’ve been a person with extreme colon and liver and lymph congestion and muscles like a nice fresh marshmallow.

“During those years of cleansing the inside of my body, I learned to eat fresh and natural foods and marvelous changes began to occur in a visible way. My skin eventually lost it’s bronzed orange color and I lost about 20 pounds. I learned to dance and began to blossom emotionally as well!

“At the end of 2004, when I was gifted with knowledge about the Livewave energy patches, and accepted it eagerly, I was working with my new husband in the woods of northwestern Montana. Dave and I work strenuously by choice. We “park out the woods and do stream preservation and fire prevention”.

“We had no idea we needed the energy enhancement patches so much! But after wearing them a few months and then being without them a short time, our fifty-five year old bodies notified us in no uncertain terms that Lifewave Energy Patches make our work a whole lot easier. The patches also seem to sharpen our focus, allowing us to remember names or shopping lists, and definitely quicken our reflexes.

“Besides that, we are slimming and trimming down. I am even building firm and shapely muscles. My dreams regarding my physical health and strength are coming true thanks to the energy patches. I can hardly wait for the face-lifting patches to become available!

“Not surprisingly, I’ve made total health my business interest as well as my personal interest. Rebuilding my lost health and strength has become a moving force in my own life and I enjoy sharing it with others. My website is www.essentialimmunehealth.com. It is there that I teach how to move toward total health: body, soul, and spirit. I want you to know that I write a free online newsletter from a very personal perspective. It’s unique.

“My life’s experience is greatly affected by Lifewave’s energy enhancement patches and I highly recommend them to everyone I meet. The people who know me often comment on how good I look and are amazed that at my age, I work from morning till night outdoors. The people who don’t even know who I am, smile at me when they meet me on the street. I must

have a bright and cheerful face. I must look strong and happy! Thanks Lifewave.”

Dianne Wandruff, Kalispell Montana

“I wanted to write you a testimonial about my experience with the LifeWave™ Patches. I am a former professional soccer player and have been a personal trainer for 12 years. I am amazed at the exercise endurance I get when I wear the patches. Let me give you my first day experience with the patches and you will see what got my attention.

“I played tennis for 2 hours in the morning, went home and lifted weights, cut my lawn, ran with my 4 dogs (1 at a time), cleaned my house and ran with my dogs again without any drop in energy! I could not believe the difference the patches made. Since then, I have used them when I play tennis and when I lift. People always ask me how I do all the things I do in one day and I tell them the answer is simple, LifeWave™.

“I also would like to give some of the experiences I have had with my personal training clients:

- 77.2% increase in leg strength in a 4 week period for 2 of my clients (week 1 without patches and 3 weeks with them).
- My clients are gaining between 30% and 77% strength monthly.
- 1 client lost 7 lbs in the second week she wore the LifeWave™ patches.

“Every client is amazed at the great feeling they get when they wear the patches! I just thought you should know how much my clients and I love the LifeWave™ patches.”

Mike Gailey, Former Professional Soccer Player, Certified Strength and Conditioning Specialist

“The LifeWave™ Energy Enhancer has been a lifesaver for me. After taking last year off to have my first child I started out the year exhausted. Traveling with a newborn and playing golf everyday has been tiring to say the least. But with the LifeWave™ patches, I feel like my old self again. Thanks so much.”

Becky Iverson, LPGA Tour Professional

“I have been using the LifeWave™ patches for about 9 months. While on a recent snow boarding trip in Colorado, I experienced a very noticeable increase in stamina. I seemed to have more energy than my 14-year old son, and I am 52! That is a miracle in itself. I don't think I could have completed the last two days of boarding without my patches. Wow, thanks LifeWave™ for the boost, I feel like I'm 35 again.”

Richard Carlock, Atlanta Executive

“I have been a LifeWave™ user for months. Recently I drove down to Miami from Atlanta for a car race. I drove straight through to Miami but wasn't wearing my patches and was

exhausted. Within minutes after putting the LifeWave™ patches on, I was revived. With the patches on, I raced all day and then drove back to Atlanta. Without them, I know I would have never held up for the race and the trip back.”

Andy Sapp, Atlanta Programmer

“I am a believer. I have been using LifeWave™ in the gym and have much more endurance in my sets and reps. For example, without the LifeWave™ patches I could only do 12 dips. With the patches I could do 20! I got that much of an increase, immediately after I put the patches on.”

AJ Norcia, Atlanta Student

“I am the reigning Latin American and Caribbean Over-All Masters Swimming Champion in the 50-54 year class. At first I was very skeptical of the LifeWave™ patches, but now I swear by them. When I don't have the patches on, I feel lethargic and lazy. In workouts it's much more difficult physically and mentally to maintain a high level of energy without them.

“With the patches even after taking a week or two off from training I can climb back into the pool and pick right up where I left off. They are amazing! I don't get tired, wearing them, even doing the Butterfly! The LifeWave™ patches have come along just in time, but I hope the competition doesn't discover them before I go to the Worlds in 2007.”

Eric Robinson, San Jose, Costa Rica

“When we used the LifeWave™ patches for the first time, Jean my wife and I couldn't believe the amount of energy we had. We went for our regular run and easily ran 6 miles. Afterwards we felt so good we then worked in the yard the rest of the afternoon. We are now monthly supply buyers.” Jerry G, Atlanta Executive

“I love wearing the LifeWave™ patches for a number of reasons. First of all, I am able to get through the long demanding days of a tournament without any effort whatsoever. Everything seems much easier. I've noticed significant improvements in my overall energy, stamina and strength levels, not just on the golf course, but off too! My focus and concentration are much sharper when I wear the patches, as well as my ability to handle stressful situations. Nothing bothers me. And what's really neat, I don't even realize I'm wearing the patches until the day is done and I look back and see how productive I've been. I can't thank you enough for introducing your patches to me.”

Barb Mucha, LPGA TOUR Professional, Orlando, Florida

“I've been happily using the LifeWave™ patches at work ever since a friend of mine suggested I test them out. The results have been truly amazing. At the end of a typical workday, prior to wearing the patches, I would walk out to my car dreading the drive home because I was so tired. My feet and legs would ache from standing all day. I couldn't wait to

get home, take my shoes off and basically just crash. Now that I wear the patches, I don't hit the wall anymore. I physically and mentally feel so much better. When I get home now, I have the extra energy to work in my yard, do jobs around the house and even go out with friends. Because I'm not so tired I am able to multi-task better and stay focused on the job and enjoy a greater quality of life after work, which I love!"

Lisa Chirichetti (Age 40), PGA Teaching and Golf Club Professional, Country Club of Roswell, Roswell, GA

"Before wearing the LifeWave™ patches, I thought my days of being an active and productive adult were over. Bad circulation in both legs kept me from participating in the activities I used to take for granted. Soon after I started wearing the patches, I began to feel much better. I am doing things now that I only used to do 10 years ago. I've noticed a huge difference in my attitude and outlook for the future. It's wonderful to feel this good again, and I attribute it to the extra energy that the LifeWave™ patches have given me. Thank you very much."

Tony Berto, Retired HS Hall of Fame Football Coach, Delphi, Indiana

"I don't know why the LifeWave™ Patches work, but they do. The very first time I tried a sample, I noticed a night and day difference. I can tell a difference in both the amount of energy and the type of energy I have when I wear the patches, it's all good. You can bet when I am working out on Tour, I will have the patches with me. Thanks."

Rick Wynn, Professional TOUR Caddie, PGA and LPGA Golf Tour

"I got my patches today and tried them — had a 3 fold increase in strength within 10 minutes — went from curling a 35 pound dumbbell barely 5 times to doing 15 reps easily! Truly amazing!"

Ivan Pavlov, Corvallis, Oregon

"I have to tell you two amazing stories from my mother, Rita Williams. She is 78 years old and just had 5 by-pass surgery.

"First she said she needed to increase her leg strength and was starting to ride a stationary bike, I sent her some patches and told her to use them after her normal ride. She called and said she normally did 1/4 mile. Afterwards she waited for ten minutes, put on the patches, and did one whole mile.

"But then she called me again last night and told me the most heart warming story: Mom confessed that since her new grandson was born 8 months ago she has not been able to pick him up (20 lbs), so she was limited to someone passing the baby to her while she was sitting down. But yesterday when Amy brought the child over, she decided to put on the patches. She proceeded to not only pick the baby up from the crib; she carried him around for

another hour. “And I didn’t get tired at all”. She said it was the best day of her life and why had I not sent her more patches? I promised to send more immediately.

She said, ‘It was like I was at least 10 years younger.’”

Barry Williams

“I am currently the tennis pro at the Courtyard Health and Racquet Club. Apart from playing tournaments, I also compete in triathlons, 5k, 10k and half marathons. I am addicted to training and seeing how far I can push my body. I have successfully achieved winning three events in one tournament (2 singles, 1 doubles), which is extremely difficult to do in high temperatures and humidity. I use triathlons as cross training for tennis.

“On Tuesday, December 21st, Phil Fuseler gave me some LifeWave™ patches for the first time and this is how my day went.

“I practiced on the courts for 2 hours from 9 am to 11 am. I then went on a training ride averaging 20 miles per hour in windy conditions for 1 hour. I then got off my bike and ran 6 miles at a 6 min. 45 sec. Pace per mile. I am a sprinter not a long distance runner, but, on this day, I felt an effortless rhythm in my stride. IT WAS AMAZING!! After stretching and then having some lunch, I went back on the court for another 2 and ½ hours of playing and lessons. I felt I could spend another few hours training. At the end of my day, I felt a little tired, but. Today I still felt energized at 9pm without any soreness.”

Pat Serrett

“I've been wearing the patches now for 2 months and I have never seen anything like them! I'm up at 5:00 am every morning running the company nationwide. My ability to focus, concentrate, stay on point and multi task has never been this solid. I also compete as a cyclist and have had my best times ever. I would not be without them!

The Secret:

1. First time use — 3 straight days with a **new set** every morning — take them off at night (3 days — 3 sets)
2. Skip the 4th day
3. 3 more days — new set every day (This is 6 sets over first 7 days)
4. Then begin every other day.

“This initial ‘overload’ gives the body a chance to acclimate to the patches and works within someone’s lifestyle over 7 days. They will experience the patches at work, at night, in traffic, chasing kids around, cleaning the garage, working out, a round of golf, etc. In other words a true test of the benefits over a long enough period of time so the patches will have a chance to ‘engage’ and truly and show results.”

Gene Lamott, CEO of Gold’s Gyms

Lifewave Rest Quiet Patch Testimonial

“My 12 year old son has always been a “Night Owl.” Even as a toddler, instead of getting tired and going to bed at 8:00 pm, he got his second wind. Everyone used to joke that he was the only toddler who knew who David Letterman was. It wasn’t really a problem until he began school. He just couldn’t get to sleep at night. His mind would race for 1 to 2 hrs after the lights went out. We tried all kinds of relaxation techniques — everything from focusing on one thing, to counting, to music — nothing worked. I even took him to a sleep disorder specialist. She said he had Sleep Delay Disorder and prescribed sleeping pills for him. (I was tempted, but didn’t give them to him.) Then, because he was falling asleep so late he couldn’t get up in the morning. Last year, in the 5th grade he was late for school 40 plus times. Needless to say bedtime and mornings were very frustrating, well actually hell, for him, as well as for his dad and me.

“I was introduced to the Lifewave patches by a good friend of mine, Sunwolf. I was thrilled with the results, so I became very curious about what effect the Rest Quiet Patch would have on my son. I went to the conference in Las Vegas and came home with a couple of month’s worth of “sleep patches.” I put the patch on his right temple the night I returned from Las Vegas. He was asleep within 5 minutes after the lights went out! I was astounded! The results are undeniable because night after night he is asleep within 5 to 10 minutes. Putting the patch on has become a part of his bedtime routine because he knows it has changed his life. He now gets a good sleep and actually can get up in the morning (he still doesn’t like to, but he does it). This year he is in 6th grade and has not been late for school once! I unequivocally attribute this to the Rest Quiet patches. They truly have changed our lives!”

Sincerely,

Kim Baron

Happy New Year to you and your family from Dale, Bonnie and Sandy!

Love,



Bonnie

The Material in this letter is for educational purposes only and is not intended as a prescription for any illness.

For more information about Lifewave Energy Enhancement Patches (and Rest Quiet Patches) go to <http://www.lifewave.com/flashmovie.asp> or call this recorded message (212) 990-6186.

To order or sign up go to <http://www.road-to-health.com/energypatch/> or, to speak with a knowledgeable Lifewave Associate, call Sunwolf: (509) 782-7222 and please tell him you read about Lifewave in The Road To Health Newsletter.