

# ASSIST WITH ACUPATCHING™

Accessible and Scientific Surgery & Injury Support Technique

## WHEN TO START PATCHING AFTER SURGERY

Do not wear the patches during your surgical procedure. Begin patching when you feel stable. Here are a few examples:

- **Outpatient surgery:** you may consider patching 24 hours after getting home.
- **Moderate surgery:** you may consider patching 72+ hours after your procedure.
- **Major surgery:** it is encouraged to let your body heal naturally after surgery. You may consider patching approximately 1-2 weeks after your surgery or when you feel stable.



You can apply patches over clothing or bandages. Do not place on open wounds.

You can shower with the patches. If patch loses its adhesive quality, use medical tape to secure the patch.

## MAIN PATCHES



- **X39- STEM CELLS (DAY)**  
Activates and mobilizes your own stem cells. Stem cells serve as a repair system for the body. Supports wound healing, pain relief & mental clarity.



- **AEON ANTI-INFLAMMATORY (DAY)**  
Decreases inflammation, increases antioxidants, reduces stress & anxiety.



- **CARNOSINE - TISSUE REPAIR (NIGHT)**  
Support tissue repair, wound healing, improves flexibility and balance, supports memory and cognition.

**JILL STILL**  
ACUPATCHING™  
SPECIALIST

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## INSTRUCTIONS

### X39 PATCH

- 1 WEAR ONE X39 PATCH AT A TIME**  
One patch is all your body needs. More is not better with the X39.
- 2 WHERE DO I PLACE X39?**  
Place at site of surgery or where you feel pain. If over a 12 hour period, your pain moves, you can move the patch accordingly.
- 3 WHEN AND HOW LONG?**  
Wear for 12 hours during the daytime. For example: 8am-8pm.
- 4 WHEN DO I REMOVE THE X39?**  
Wear for 12 hours and then discard. Do not wear for more than 12 hours.
- 5 HOW MANY DAYS PER WEEK?**  
Wear the patch 7 days/ week until you are recovered.

### AEON PATCH

- 1 USE ONE AEON PATCH PER DAY**  
You will wear the Aeon patch during the day while simultaneously wearing the X39 patch.
- 2 WHERE DO I PLACE AEON PATCH?**  
Place on GV 14. Alternatively you can wear on CV 6. Choose which location feels best or alternate between the points each day.
- 3 WHEN AND HOW LONG?**  
Wear for 12 hours during the daytime. For example: 8am-8pm.
- 4 WHEN DO I REMOVE THE AEON?**  
Wear for 12 hours and then discard. Remove at 8pm.
- 5 HOW MANY DAYS PER WEEK?**  
Wear the patch 7 days/ week until you are recovered.

### CARNOSINE PATCH

- 1 WEAR ONE CARNOSINE PATCH AT NIGHT**  
Remove X39 and Aeon prior to patching with carnosine.
- 2 WHERE DO I PLACE CARNOSINE?**  
Place carnosine patch at the surgery/injury site. Specifically where you feel the most pain. Continue to wear near surgery/injury site until recovered.
- 3 WHEN AND HOW LONG?**  
Wear for 12 hours during the daytime. For example: 8am-8pm.
- 4 WHEN DO I REMOVE THE AEON?**  
Wear for 12 hours and then discard. Remove at 8pm.
- 5 HOW MANY DAYS PER WEEK?**  
Wear the patch 7 days/ week until you are recovered.

### TIPS

- Water and minerals will help optimize conductivity of the patches.
- Drink at least 1/2 of your body weight in water daily. Drink a glass of water before applying the patches.
- Take a magnesium supplement nightly.
- Eat healthy fats and proteins, including wild fish or a daily Omega 3 supplement.

**Need additional support with Sleep, Intense Pain, Digestion, or other symptoms, ask your practitioner.**

Visit [www.alpinelac.com](http://www.alpinelac.com) for more information.