



## Patch-it!

Patch-it represents the synthesis of traditional healing and conventional science, the synergy of several complementary modalities, and the symbiosis of western and eastern concepts of health and wellness. Patch-it is based upon the practical concepts and ideas from acupressure's / reflexology, far infrared radiation (FIR), essential oils, research on pyroligneous acid, crystal healing and the use of poultices to create a product that is safe and effective for the entire family.

**Patch-it – The world's first detox patch** Patch-it is the world's first Detox-Patch! Patch-it actually works while you're asleep. Apply Patch-it to the soles of your feet before retiring and wake up feeling refreshed, lighter, invigorated and ready to start a new day. Patch-it

detoxifies your body while you sleep. When you peel Patch-it poultices off the soles of your feet in the morning, you can actually see some of the nasty impurities that have been slowing you down and affecting your health.

When used over a period of 5 to 10 days Patch-it will help to invigorate the body, reduce aches and pains, promote a general feeling of well being, and reduce the monotonous feelings of fatigue and stress. With Patch-it, good health is just a bedtime away.

Patch-it is an excellent addition to your health maintenance regime. This is a product that you and your family will love, regardless of age r gender. We are confident that you will find Patch-it highly effective in helping you to maintain good overall health in a convenient and practical way. Patch-it brings fun to detoxification. Many detoxification programs require ingesting large amounts of supplements and being close to your bathroom. Patch-it only requires that you get a good night's rest. It is that easy.

**Patch-it** Patch-it uses pyroligneous acid (purified wood vinegar). Selected crystal powders and sorbitol all working synergistically to create an effective product. The wood we use for making purified vinegar is harvested from a renewable resource. There are many different grades of wood vinegar, extracted form different types of wood. Only the highest quality, purest grade is selected, tested and used in Patch-it poultices. That means Patch-it contains only the pro-bio elements that are active and health enhancing. Our patches are perfectly safe and doctor recommended.

### Why use Patch-it

- **As a simple, effective and fun detoxification program – FOR ALL THE FAMILY!**
- **For soothing relief for aches and pains**
- **As an aid to improve circulation**
- **To foster better sleep and rest**
- **To recover form illness**
- **To re-energize and invigorate**
- **For use in injury recovery and convalescence**

**How Patch-it works** Patch-it is a poultice that contains a mixture or powdered ingredients. When the poultice is placed in contact with the skin and held in place over a number of hours, it promotes improved blood circulation and detoxification. The typical contact points on the body are the soles of the feet. It can also be used in areas where there is discomfort or pain. For example: Patch-it can easily be used on the shoulders, back, knee, ankle, elbow or other areas of the body.

**The making of wood vinegar** One industry that was ubiquitous in the early 1900's was the wood distillation industry. The principal product after processing was charcoal with low yields of chemical bi-products. The wood used for distillation was air dried for 6 to 18 months. Modernized drying methods were later developed to shorten the drying time and better control the moisture content.

During distillation, wood is placed inside an oven and heated. When wood is heated above 270 C, it begins a process of decomposition called carbonization. If air is absent the final product is charcoal (since there is no oxygen present to react with the wood). If air, which contains oxygen, is present, the wood will catch fire and burn when it reaches a temperature of about 400-500 C and the final product is wood ash. When wood is heated in the absence of air, moisture is first driven off and, until this is complete, the wood temperature remains at about 100-110 C.

The first distillate (condensation from the gases) is almost entirely water. It is not until about the 4<sup>th</sup> hour that the liquid slowly darkens containing an increased amount of acid. The crude condensate produced from distillation of wood is called pyroligneous acid. This crude pyroligneous acid is then refined by fractional distillation to yield a food grade version that is suitable for use in health products. It is this double distillation process that makes the vinegar in Patch-it safe and effective.

**Stimulation of meridian points** The concept of stimulating acupuncture points at the base of the feet, for example through foot reflexology massage, is well established. Meridians in Chinese traditional medicine may be understood as channels that link various parts of the body. Stimulation of points along such meridians by use of needles or massage will in turn generate stimulus in other organs or body functions that are related to that meridian.

**Far Infrared Radiation** Patch-it utilizes the far infrared Radiation (FIR) effect of certain materials to stimulate the meridian points. FIR has been researched and tested for many years in Japan, China, the US and Sweden for a wide variety of conditions such as muscle sprains, strains, peripheral vascular diseases, arthritis, shoulder stiffness, period pains etc. Far infrared is that part of electromagnetic spectrum from 5.6 to 1000 micron wavelength. The far infrared segment of the electromagnetic spectrum occurs just below, or "infra" to, red light as the next lowest energy band. This band of light is not visible to human eyes but can be seen by special cameras that translate infrared into visible colors. The sun produces most of its energy in the infrared segment of the spectrum. Our atmosphere has a "window" in it that allows infrared rays-in the 7 to 14 micron ranges-to safely reach the earth's surface. When warmed, the earth radiates infrared rays in the 7 to 14 micron bands, with peak output at 10 microns.

Our tissues normally produce infrared energy for warmth and tissue repair. Tissue production of infrared energy is associated with a variety of healing responses. At times, the infrared energy in our tissues may require a boost to a higher level to ensure the fullest healing possible for tissue repair. Body tissues that need an infrared boost selectively absorb infrared rays; after boosting a tissue's infrared energy, the remaining rays pass onward harmlessly. This phenomenon is called "resonant absorption." Our bodies radiate infrared energy through the skin at 3 to 50 microns, with most output at 9.4 microns. Our palms emit infrared energy too, from 8 to 14 microns.

Infrared energy penetrates tissues to a depth of over one inch. Its energy output is tuned to correspond closely to the body's own radiant energy so that body tissues absorb close to 93 percent of the infrared waves that reach the skin.

Patch-it! ® has been lab tested to demonstrate that at the concentration of wood vinegar powder used, there is indeed a far infrared emission at 40 deg. C. Many materials have to be heated up before demonstrating this behavior. In the case of tourmaline for example - it has to be heated to 70-80 deg C to exhibit this property. But interestingly enough, this is not the case with wood vinegar.

**Safe and Effective** Patch-it uses a special powderized purified aged pyroligneous acid that is free of harmful substances such as phenols. Nutriworks' powderized wood vinegar is made by a unique process to retain higher levels of vinegar (around 50% of the total weight of powder in the bag). This high concentration of vinegar is necessary to produce the beneficial far infrared effect. Patch-it provides a high level of active ingredients content and is designed for longer lasting effect. Generally the effect from the poultice ceases when all the powder in the bag is wet. Each poultice contains 5 grams of high quality, natural ingredients. With the use of a more absorbent bag material, each poultice will normally remain effective for at least 7 hours. After effective absorption of toxin and moisture from the body, the particles within the poultice turn deep brown in color.

**Synergistic ingredients** Tourmaline and Germanium powders are essential in order to benefit from the negative ion effect of these crystals. Both these crystals have been suggested to be beneficial to promoting physical well-being. For example, tourmaline has been incorporated into fabric made into clothing that will provide healthy stimulus to the wearer's body. Sorbitol acts as a humidity sink acting as a trap for moisture that is removed from the skin surface during detoxification.

**Usage** Use on the soles of the feet at night and at any time for other parts of the body. For maximum utilization and benefit, keep patches on for at least 7 hours. Tear open the protective wrapper for each patch and apply to the soles of the feet. The powder in the patch bag may turn a deeper brown color after use. Patch-It is effective irrespective of whether dry or wet after use.

**Ingredients** Mandarin Wood Vinegar: Stimulation of reflex point antibacterial, deodorizing, adsorbs toxins.  
Tourmaline / Germanium: Negative ion effect AND Mandarin Oil

**Patch-it! 20 patches per box (Net 5g per patch) \$35.00 +S&H**

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