Podcast Session #90

Stem Cells and Light Therapy

With David Schmidt

Our stem cells serve a unique purpose and persist throughout life. They replace cells lost to homeostatic turnover, injury, and disease. However, their functions decline with age which contributes to degeneration and dysfunction. Imagine if we could activate those cells to regenerate new cells and utilize them to support our health and wellness at any age?

Dr. Christine Schaffner sits down with David Schmidt, inventor, and founder of LifeWave, to discuss stem cell research using LightWave technology and how light therapy can be used to regenerate stem cells.

For more about , please visit www.lifewave.com

Dr. Christine Schaffner: Hi everyone. I'm Dr. Christine Schaffner and welcome to the Spectrum of Health Podcast. Today I'm interviewing David Schmidt, who is the innovator and inventor of LifeWave patches. We discuss this technology and how this can use light to activate our own body's cellular energy and stem cells. He also shares tips to support a healthy immune system. So please enjoy the podcast. Welcome David, it's really an honor to have you on the podcast today.

0:00:29.2 David Schmidt: Thank you, it's great to be here. Thank you for having me.

0:00:31.6 CS: Absolutely. There were so many connections that led us to meeting, and I'm so excited to learn more about your background and your work and how we can help more people using the technology that you invented. Before we dive in, many people have a story or have some background that allowed them to delve deeper into the healing field. Can you share a little bit about your background and what led you to the invention of LifeWave patches?

0:00:54.1 DS: Sure. I've been on a journey of being an inventor, I think since I was seven or eight years old. I've always liked to take things apart and figure out how they worked. I had the opportunity growing up in New Jersey to visit the research lab of Thomas Edison, and I'd have to say that had a huge impact on me. I came home after my parents took me there and I said, "Dad, I want to be an inventor." He said to me, "Well, there's no such job." And the funny thing is his brother, my uncle, was a inventor during his life, and he worked for Bell Laboratories doing semiconductor research and had I think

over 100 patents. But, my dad didn't seem to think that you could be an inventor. I wanted to pursue my dreams and that's actually a good lesson. We shouldn't let the ones that love us around us steal our dreams because they can sometimes innocently do that.

0:01:53.0 DS: I went to school for a degree in computer science management and then later biology. I began to do an investigation into the electrical properties of neuroblastomas and found a method by which you could selectively manipulate the membrane potential of cancer cells as opposed to healthy cells, and selectively destroy these cancer cells. That was really my first experience with energy medicine, and the idea that we didn't have to rely on biochemistry, that the biochemistry and the bioenergetic system, they could work together. As Dr. Robert Becker found, of course, in the '60s, the bioelectrical system or biophysics is going to control the biochemistry. So this has been a journey, it's hard to believe it's been almost 40 years.

0:02:47.3 CS: Wow. I just love that your spirit knew at a young age what you were called to do and that you followed your passion. A big passion of mine, something that I continue to delve more deeply into, is this understanding of the body electric, or this bioelectrical nature, more than biochemistry. I see a lot of patients who've tried a lot of things, I've seen wonderful doctors and a lot of functional doctors who are awesome, but they really focus on the biochemistry, and some people stay stuck or plateaued until we start using other tools and technologies or principles that work with the body's electrical system. I'm super fascinated by all of the tools out there, and of course the work that you've developed. You created something called LifeWave patches. Can you tell the audience what they are and what they do?

0:03:39.0 DS: Sure. I started this project over 20 years ago. At the time, I owned a company with a group of other guys, and we were developing survival equipment for the US Navy through government contractors. I got invited to a project where we were trying to figure out how to keep people alive longer in survival situations, and I thought, "Well, these people are going to be using drugs and stimulants to keep themselves awake, maybe there's a better way that we could do this with energy as opposed to having to rely on a drug or a chemical." So I began several years of research looking at how we could use light to elevate the mitochondrial energy and how we could improve the metabolism, and this resulted in the first LifeWave patch.

0:04:35.0 DS: Phototherapy has been around, of course, for thousands of years in different forms, but it's really only matured as a proper science over the past 10 years. The types of devices that are available on the market today are cold lasers and lamps, we stimulate the body with light. But the innovation that I came up with, and that was later patented, is a way that we can take organic crystals, they're stereoisomers of amino acids and sugars, and they're put in a sealed compartment, and they're designed so that they can be activated by body heat and stimulate the skin with very, very low levels of light. When we do this, we create biochemical changes in the body, which is quite measurable, and we have almost 90 clinical studies now to substantiate and verify this through traditional blood, urine and saliva tests as well as bioelectrical tests. The simple thing is the LifeWave patch stimulates the skin with light and will produce a favorable biochemical change. We have a number of devices, and they do everything from improving energy, relieving pain, improving sleep to much more sophisticated things like activating stem cells.

0:06:00.9 CS: Awesome. I definitely want to dive into the stem cell component. These patches are not using the transdermal route, so it's not like such as with a glutathione patch--it's not a patch of actual glutathione that we're applying topically, but it's more maybe building blocks or support in a crystal form that remains in the patch, but through the light penetration and interaction with what's in the patch, it stimulates the body?

0:06:28.4 DS: Yes, definitely, you've got it right. So we go out in the sun and the sun will cause our body to make vitamin D. This is a process that's known as photobiomodulation, it simply means that we can use light to create physical biochemical changes in the body. What happens on a biochemical level is that if we stimulate the skin with the correct wavelengths of light, we're going to elevate something called cytochrome c oxidase. Now this is a important biochemical in the electron transport chain and is integral in the cell's ability in the mitochondria to manufacture energy. So the first thing that happens when you wear a LifeWave patch and it stimulates the skin with light, no chemicals involved, is it will increase the metabolism and increase the amount of energy that your cell will produce.

0:07:26.8 DS: One of the problems with aging, of course, most people feel this, probably not you, because I know that you're doing all the right things, but as people get older, they experience what's called mitochondrial dysfunction. This means that our cells decline in their ability to make energy. So some of the really exciting research, such as Bruce Ames at University of California in Berkeley, he did some of the foundational work in this area. Today, we would think of people like David Sinclair, but what's so exciting about this is that increasing the amount of energy that the mitochondria produces is a path to age reversal. It's a path to anti-aging and then ultimately reversing

the physical age of the cell. We've validated this with our technology such that we see anti-aging and age reversal effects. It all starts with increasing the amount of energy in the cell.

0:08:25.8 CS: I love that. With the cytochrome c oxidase example, I always love to highlight that we're wired to receive light and we have chromophores in our body, so we're wired to respond to different wavelengths of light. One thing that I've been noodling on, and I might be off, but I've been studying structured water a lot, and the effects of structured water in our cells and in our matrix and in the fluids in our body. Have you had any perspective on how the LifeWave patches might be helping to increase exclusion zone or structured water in the body?

0:09:00.9 DS: Yes, absolutely. It's funny, I just took a sip of structured water as a matter of fact. We're totally in sync. So we did a very interesting study with Dr. Gaetan Chevalier. Dr. Chevalier, he's a PhD and nuclear scientist. He had done work on fusion energy at UCLA prior to working in his current field of laser spectroscopy, looking at biophoton emission. One of the characteristics of aging is a loss of coherence in the cell. So as we age, it's like having a house, the house begins to break down, the plumbing doesn't work, the wiring is not so good. That's what's going on in our cells, the aging process is going to have a detrimental effect on how everything in the cell works, and we can refer to this as the coherence of the cell.

0:09:53.8 DS: In the cell nucleus where the DNA is, there's going to be coherent emission of light. This was discovered by Fritz Popp in Germany. As we age, the amount of light that our cells release changes. Actually our cells emit more light paradoxically, but this is because they're leaking light, the

cells are losing their ability to contain those fields. This is not a good thing because it interferes with the ability of the cell to communicate with its environment. This is all measurable with something called a photomultiplier tube. I'm taking a really long time to answer this question.

0:10:34.5 CS: No, please. I love this work. This is awesome.

0:10:38.3 DS: We did a study with Dr. Chevalier using photomultiplier tubes. The net end effect of this is that we saw that when people used our energy patches, that the cells went into coherence. One of the effects of coherence is water structure. So we know that the water inside a cell is going to be essentially a liquid crystal, and all of the organelles in fact mimic electronic components. So we could describe the cell as being a capacitor, it certainly has a capacitance, which is measurable. The mitochondria has been compared to a cyclotron, and there's even a phenomenon called ion cyclotron resonance. This is all going to depend on coherence in the cell and proper water structuring. That's all to say that we found with our very first product, the Energy Enhancer, that it would produce structured water within the cell.

0:11:40.9 CS: Awesome. I love that. I've studied all this work and I know I had a sense these patches were creating coherence and creating structured water, but it's so awesome that you can measure that. In my healthcare clinics, one of our future visions, is if we could have photomultipliers in the office and see what our biophoton emissions are, I think that's such a key marker for health that we're really under-acknowledging at this point.

0:12:07.0 DS: It is. Actually, this is an incredible area of research that's open. I don't know if you've ever been a fan of Star Trek, but I certainly always was.

The original show where Dr. McCoy would take a tricorder and rub it over the body and then you would see what was going on inside. I believe that's going to be possible through measuring the different wavelengths of light, and we can correlate these to different types of biochemical reactions in the cell, metabolic phases of the cell. By reading light emission, we can learn pretty much everything that's going on in the body.

0:12:49.4 CS: It's fascinating. It's the future, right?

0:12:52.7 DS: It is the future.

0:12:52.7 CS: The Star Trek visualization's going to happen, I feel that. So David, part of the benefits of your patches is linked to some of the research you've done with stem cells. With stem cells, there's a lot of hype around this, there's a lot of amazing results that are potential, there is an extreme, amazing potential for people who are really quite sick. In the US, I still feel it's a little bit of the wild west with finding the right technology, the right doctor, the right timing. And the cost of stem cells can be quite high for a lot of people who need them. Please share a little bit about your stem cell research and how you've also developed this technology to support our body's ability to produce stem cells.

0:13:44.5 DS: We started stem cell research about 13 years ago, it's hard to believe it's been that long. First, what we were trying to do was basically find a way that we could activate the stem cells in the human body. If you were to identify what some of the real drawbacks are of stem cell technology as it existed back then and as it exists today, it's that we have to use injections of external stem cells. The stem cells are expensive, as you've said, and they

come with a certain amount of risk. They don't always work, and sometimes they'll damage healthy cells, or they'll be recognized by the body as foreign cells. Also, we don't see broad regulatory acceptance of current stem cell technology, so we don't find here in the United States, in Europe and Japan, that these things are approved by the FDA or ministries of health. So this is a real issue.

0:14:47.8 DS: Stem cells today have very, very limited use, but we know it's the future. So 20 years from now, somebody gets in an accident, they have diabetes, stem cell injections are going to be commonplace. How do we get from where we are today to that future? The approach that I wanted to take was to say, okay, look, we have stem cells already in our body, and those stem cells are going to age with the rest of the body. So what if there was a way that we could reset those stem cells and get them to function like younger, healthier cells? This seems to be a little bit of science fiction and not reality, but as it turns out, the process of age reversal now is something which is scientifically accepted as fact and in fact, inevitable.

0:15:46.9 DS: I looked at work by someone by the name of Dr. Loren Pickart. And in my view, he should win a Nobel Prize for this research. He devoted over 45 years of his life to researching this. What he did was he took the blood of someone that was young, and he started to expose liver cells to the young blood. What he found was that he could reverse the age of those liver cells. Through a lot of time and effort, he isolated this down to a single peptide called GHK, and that is known as copper peptide or copper-binding peptide. What he learned over time is that this peptide specifically, it's a very simple peptide made of glycine, histidine and lysine, and what he discovered is that this peptide could reset about one-third of the genes in our cells to a

more youthful state. The peptide would cause these cells to act like younger cells, they would cause the stem cells to migrate and they would also increase the number of total stem cells in the body. It sounds like magic.

0:17:06.2 CS: Right.

0:17:06.9 DS: The problem is that if you take a copper peptide pill, it's slightly toxic in the gut, so you can't take it, we can't go to the vitamin store and get it orally. You can inject it, but most people don't want to give themselves injections every day, and the FDA has never approved its use. So, the research has stayed off to the side and the only applications commercially have been in skincare. I saw this research, and I thought, okay, if we could find a way to elevate copper peptide and we're going to do it with light, then we could offer people a stem cell technology today and do it safely, cost-effectively and it could produce some pretty dramatic results. So that's the short version of the story. There's a lot more detail but that's the short version.

0:17:55.2 CS: That's amazing. So that's your LifeWave X39 patch, is that correct?

0:18:00.4 DS: That's right.

0:18:01.2 CS: Awesome. What are some things that you've heard when people start using the X39 patch? I'm super curious, it's one of the ones that I've been playing around with, and I had one patient who's quite sick and when she put it on, she had the best sleep of her life after that. I was just curious about what kind of anecdotes you tend to see with the X39 patch.

0:18:24.1 DS: If it's okay with you, if there's any skeptics on the line, we can start with the science, because we've done somewhere in the ballpark of 90 clinical studies now. We've done about nine clinical studies on X39, some of those have been published. The research that we've done is traditional blood and urine testing. We look at how when you put a patch on, it is elevating copper peptide the way that we say. We do analysis to look at changes in metabolism, so we can look at changes in synthesis of amino acids, changes in hormone levels, changes in inflammatory markers. We've done brain scans with a P3 system, looking at how stem cells that are activated improve the overall health of the brain and improve cognition. We have the scientific evidence to say, this is what's going on.

0:19:17.3 DS: To answer your question, what kind of benefits could people expect from this, within the first 24 hours, an improvement in energy. As you've said, an improvement in the quality of sleep. We see increases in GABA levels in the brain in as quickly as the first 24 hours. We see better control and better management of pain, better management of inflammation. We also see very rapid wound healing. There are two effects that we see with X39 that is what really attracts people to this. The first thing is they can heal quickly from injury, even if it's an old injury. We also see something called youth renewal, meaning that as people use this, they begin to not only feel younger, but they begin to look younger as well.

0:20:08.2 CS: Who doesn't want all of that, right?

0:20:11.0 DS: Let's take it all.

0:20:12.2 CS: These can all be theories and clinical anecdotes, but that's great that you're working. What your work does with objective information, I think that's just such a win-win to demonstrate this. From a user perspective, you have all these patches, and I'm just super curious because I'm starting to implement and integrate them in my patient care and there's different places we can put them on the body. Is there any methodology or anything that we should be thinking about regarding how we apply them and where we apply them to get the effect?

0:20:48.1 DS: When people are first starting with this, I would say simplicity is a good way to approach it. We give a number of locations where people can use any of the patches, and that's all based on the clinical studies. When we're recommending a point to apply it to, it's because we have a clinical study that said it's going to be effective there. So for X39, people would apply it either behind the neck or below the belly button. And in practice, if people want to apply it at the site of an injury, they can. Now, because we're stimulating the skin with light to elevate a peptide, it gets elevated systemically. So you can really put the patch anywhere and it's going to be effective. For example, we've had cases where somebody had an old injury to their toes, they put the patch behind the neck and they noticed that the toes were starting to heal. So the placement is not as important as one might think. Now, on the other hand, we'll have therapists, let's say acupuncturists, who say, "Oh, I want to put the patch at this point, so not only can we activate stem cells, but we can stimulate these acupuncture points." They can be used as a sophisticated tool that way, but for most people, pretty much put them anywhere and they're going to work great.

0:22:08.8 CS: Awesome. And they last for about 12 hours, is that correct?

0:22:15.3 DS: Yes. They're disposable, you put them on in the morning and take them off at night. You don't want to leave them on all the time, for a number of reasons. One is because the patch is sealed and it's going to create an increase in heat under the patch. If people leave it on too long, like more than 12 hours, they can get a heat rash. The temperature is very, very mild, it's nothing serious, but you wouldn't want to leave it on all day for 24 hours because it could make the skin a little itchy.

0:22:44.9 CS: Got it. In my world, we are really excited about peptides, obviously for good reason with what you just shared with the copper peptide. Right now we use a lot of compounding pharmacies to get injectable peptides, and again, as you said, some people don't like to do injections, and we know the FDA is taking some of the peptides away right now. So we're just looking for more approaches of how we can support more of these naturally occurring peptides in our bodies to support all these different functions. One that I find really works for my patients is thymosin alpha 1 or thymosin beta 4. Do you have any patches or any tools that you use to support the thymus? Especially with everyone's immune system on top of mind right now.

0:23:35.0 DS: That's an interesting question, because we know that the thymus, the thyroid, and the liver are all going to be relatively soft tissue, and they're going to tend to accumulate heavy metals like mercury. One of the things that we recommend is our glutathione patch. Of course, we're going to recommend a healthy diet, exercise, drinking clean water, getting proper rest, taking supplements, doing all of those things, and of course, proper spiritual

practices, meditation, these types of things. Have a balanced life. But with respect to the immune system, there are so many options that are available today and people really don't need to fear the novel coronavirus.

0:24:18.0 DS: It doesn't mean we shouldn't be concerned about it, but we shouldn't be afraid of it because there are plenty of tools to deal with it and really make it a non-issue. With respect to the thymus, one thing I would recommend is that people go through regular detox. There's a study that just came out today on this, as a matter of fact. Plenty of studies show most people have at least 100 foreign chemicals in their body, and that's a 100% of the population. So all of us should be detoxing regularly. Glutathione is the body's master antioxidant. How long we live is correlated with our body's levels of glutathione. Glutathione is intimately connected with our immune health and hearing, the ability to protect our hearing, our eyesight. And glutathione is a chelating agent.

0:25:08.6 DS: So if we do get exposed to things like mercury in the air that we breathe or we have seafood often, we want to keep our glutathione levels elevated because glutathione attaches to mercury and then pulls it out of the body. So someone can place one of our glutathione patches over the thymus, over the thyroid, and it's going to help to pull the mercury out of the body and have a very nice detox and it happens quickly.

0:25:39.5 CS: I know the glutathione patch, I've been exploring and it works for a lot of my patients. Some people might say, obviously all of our cells have glutathione and we make it naturally, but in the world of chronic illness, for some people when they take exogenous glutathione, they can be highly sensitive for lots of different reasons. I had a patient ask if they're sensitive to

glutathione, can they still use your patch, or would they expect a different response?

0:26:10.4 DS: So the patch is going to assist the body in making more glutathione, so that's going to be the difference. There's no glutathione in the patch that's going to go into the body, so that would be something that would be really important. Then what a person would do, just make sure that they have enough N-acetylcysteine in their diet, or supplement. That's going to be the amino acid that is going to be kind of the key for glutathione levels in the body. So someone that's vegan may not be getting enough or any cysteine in their diet, so they may have to supplement with cysteine and take something like NAC. But I would definitely say that this is a preferred way to elevate glutathione, because even if we get it by injection, the half-life of glutathione is seven minutes, so that means the glutathione levels decline very rapidly after an injection.

0:27:07.3 CS: Another area of interest of mine is around collagen. Collagen is obviously the most abundant protein in the body, and has a structural function, but also I've been learning about its semi-conductive properties as a photon carrier in the body for the communication network in the body. Do you have any patches that support collagen synthesis or energy communication in the body?

0:27:32.6 DS: Well, all of the patches support energy communication in the body. First of all, the X39 patch will, by elevating copper peptide, stimulate the fibroblasts into increasing collagen production. One thing that stem cells do really well is repair damage tissue, and of course they have to produce lots of collagen in order to be able to do that. So copper peptide is one that

we have that will do it. We also have an oral supplement called Nirvana, the short story is it's a natural seaweed extract that elevates beta endorphins, and chronic elevation of beta-endorphins has been shown to increase collagen production.

0:28:23.9 DS: Of course, there's things like glutathione and vitamin C, which will help to repair damaged collagen structures in the body. We could use something like a broad-spectrum anti-inflammatory, that would either be our AEON patch, and there's curcumin supplements, and this is going to help protect our collagen matrix and the cytoskeleton from damage. I think it's a little bit about first preservation, keeping those levels of inflammation in the body low, and then using things like Vitamin C, glutathione, copper peptide to trigger increases in collagen repair and production of new collagen.

0:29:07.0 CS: Awesome. When you were talking I was thinking a lot of my patients have pain and we're working on all the underlying causes of why they have pain. Then of course, there are the people who see me who tend to be resistant to conventional pain management strategies, and of course those come with a whole host of side effects. We use a lot of CBDs and natural anti-inflammatories and things like that, but do you have any patches that you've seen clinically to help with pain?

0:29:34.3 DS: Oh yes, I think we have 18 clinical studies now on pain relief. This is something I'm very passionate about, because it would be great if we lived in a world where people didn't have to suffer with pain, and there are many, many natural alternatives. So first, in the world of light therapy, we have two products that work extremely well. One is called the IceWave and the other is AEON. IceWave was our first pain relief product, and it's very,

very simple to apply. You essentially can apply it either near the area of pain, or if there's pain throughout the body, we have a protocol for that as well. Then we have our AEON patch, which you use with it if you want, and that is a broad spectrum anti-inflammatory. We've had massive success with this. We did a study with the foremost expert in France on pain management, his name is Dr. Pierre Volckmann and we did this study at a hospital in Lyon, France called Générale de Santé. I found that maybe it's because I'm German, that the French tend to be a little skeptical.

0:30:48.3 DS: I gave a presentation to their medical doctors and they said, "Okay, well, this sounds interesting but prove it." And I said, "Okay, go ahead. If you can go ahead and give me some patients in the hospital to patch, then we can give you a demo." They began to bring me one person after another, and in an hour, I had 32 out of 32 people out of pain. Based on that, they authorized a clinical study. We did a study with 75 people, and we had 96% of the people experience pain relief in five minutes.

0:31:26.8 CS: That's incredible. I'm going to be trying those.

0:31:30.5 DS: That study is in the science section of our website, so if anyone wants to pull that up, they certainly can.

0:31:37.9 CS: Awesome. David, is there anything that we haven't covered around your patches that you want to share with the audience today? I wanted to give people your obvious breadth of knowledge and experience in the science behind this, but also the hope and clinical anecdotes for anyone who might be struggling out there, to see that there are solutions that are innovative and they might not have heard about them yet.

0:32:05.1 DS: I think I would talk about COVID a little bit. I don't want to do this in the framework of our products, because I don't want to make a claim about that. That's going to get me in trouble with the FDA or the government. We did a clinical study on COVID at a hospital in New York, and we did this study with medical doctors, nurses and EMT workers. What we wanted to do was take a look at copper supplementation. Copper supplementation is important to the function of our X39 patch. Essentially, when you elevate GHK, or copper peptide, it needs copper in the body to bind to. Now, there had been quite a bit of research showing that copper can deactivate the novel Coronavirus, so what other researchers had been looking at was, for example, South Hampton, over in England. They're looking at making all the surfaces in hospitals out of copper instead of stainless steel, because they found that Coronavirus dies within minutes when coming in contact with copper alloy.

0:33:17.1 DS: So we wanted to test this out with people, but with oral copper supplementation. What we found was that when these doctors and nurses became infected with COVID, they were asymptomatic. They didn't know they had it. This is really good news because we see that IVs of vitamin C, copper supplementation, and many other things are natural treatments for COVID. A lot of people are in fear, they're worried about this, and the good news is that nature already provides solutions to this problem.

0:33:58.9 CS: Love that. What a kind of copper supplementation do you usually do, or was done in the study? Do you know the dose?

0:34:08.2 DS: Yes, it doesn't really take a lot. If someone were to take two milligrams of copper glycinate as a prophylactic, that would be a pretty good dose. You can take up to 10 milligrams a day without any issue. To put that in perspective for anyone that's ever had liver, they probably got about 50 milligrams of copper. So it's clearly not toxic, not as toxic as some people would lead you to believe. Although there are certain people that can't tolerate copper in their diet, and so they'd want to speak with their medical doctor about that. But most people are going to tolerate copper supplementation very well, so something like two milligrams-four milligrams per day of copper is going to be pretty good. The effectiveness of that is improved dramatically when you combine it with Vitamin C. So taking 1000 or 2000 milligrams of vitamin C once or twice a day is going to improve that effect quite dramatically, and I found some research at the National Institute of Health clinical studies that validate that.

0:35:22.0 CS: That's simple and inexpensive, and I know some of my audience will be like, "Okay, what do we do with the zinc thing?" Any recommendation on zinc priming and dose when you're taking copper?

0:35:35.3 DS: So zinc is interesting. I think there's some disinformation about zinc that's out there. Well, the first thing is that zinc as a way to protect us from COVID is useful. However, once someone has a COVID infection, they should stop taking zinc. There seems to be evidence that a novel Coronavirus, at least one of the variants anyway, uses zinc to replicate. So while it can help to prevent a Coronavirus infection initially, once the infection takes hold in our body, we should discontinue zinc supplementation. Copper, on the other hand, no problem at all. Copper is going to be toxic to the Coronavirus at any point, and at any stage.

0:36:26.9 CS: Is copper safe to take daily or is it something that we should not take on a regular basis once we get through an infection?

0:36:34.3 DS: For most people, taking copper daily is not going to present any challenges. Of course, they should be speaking with their healthcare practitioner to make sure that that's okay for them. Two milligrams is quite a low dose. As a matter of fact, back in the 1950s, the FDA had recommended that people get 3.5 milligrams per day, so the dosing has changed over time. There's obviously natural sources of copper, if someone didn't want to take liver regularly, we might find some people that would enjoy chocolate as a source of copper. In any case, supplementation is relatively easy. If someone became infected with COVID, from the medical doctors that I've spoken with, a really great recommendation is to take an IV of vitamin C, minimum of 10 grams to as much as 50 grams.

0:37:33.5 DS: I know medical doctors that use 50 gram IVs. I don't want to make claims, but anyway, it deals with an acute viral infection very, very rapidly, and that's cheap and it's readily available. Also, in terms of prophylactics, vitamin D--there's study data that shows over 80% of the deaths in COVID come as a result of vitamin D deficiency. Someone taking, let's say 5000 IUs of vitamin D daily, that would be a great way to protect against Coronavirus.

0:38:12.7 CS: These are really great tips and I appreciate this information to empower people. Do any of your patches support vitamin D production?

0:38:21.4 DS: No, they don't. The sun does a pretty good job with that, and oral supplementation is inexpensive, so that's not something that we have done with the patches.

0:38:33.2 CS: Just curious. David, this has been a really enlightening conversation and really inspiring for me. My wheels are turning regarding support that I can continue to give for my patients, so I can't thank you enough for your time. If people want to learn more about your work, about the patches, and anything else you're up to, how can they learn more?

0:38:53.5 DS: They can go to our website, which is simply www.lifewave.com.

0:39:00.1 CS: Great, we'll have that in the show notes. And again, thank you so much.

0:39:02.8 DS: Oh thank you it's been a pleasure.

0:39:05.9 CS: Thank you all for listening to the Spectrum of Health podcast. I hope this information was informative. Please check out more information about LifeWave patches and David Schmidt's work in the show notes. If you've been enjoying the podcast I would be so honored if you would leave a review. Reviews allow this podcast to have a further reach and I so appreciate your support in sharing this information. Have a beautiful day, and thank you.