



# Are You Ready to Experience Consistent Restful SLEEP?



**Based on Real Life  
Experiences**  
**by Bianca & Juan-Carlos**



# Are You Ready to Experience Consistent Restful Sleep? z z z z z

- NO Chemicals
- NO Drugs
- NO Hormones
- NO Steroids
- NO Stimulants
- **NO Contraindications**
- **NO Side Effects**

\* Disclaimer – None of the Products are meant to Treat, Cure, Diagnose, or Prevent any Disease

My husband and I are sharing this in the Spirit of Agape Love, in order to help give Hope to other people who are going through similar health challenges.

Whoever has shared this book with you Cares and Loves You very much.

We Finally Found something that is Life Changing, mutually beneficial, and worth sharing.

We keep experiencing and witnessing Remarkable results from using these patches.

The more You learn the more You will appreciate what these patches can do to help improve Your Quality of Life and the lives of your loved ones.

These Patches will help  
**Add Years to Your Life**  
and  
**Life to Your Years.**

Stay connected with us via  
[wearelightgivers@gmail.com](mailto:wearelightgivers@gmail.com) for more Free and Useful Resources.

You will find that these patches can help you with more than just headaches or migraines.

See the additional resources towards the end of the book.

# Important Information for the Reader

The information presented in this book is based on personal experiences.

The information in this book is not intended for self-diagnosis or treatment of any diseases, nor is it a substitute for the advice or care of a licensed healthcare provider.

Sharing of the information in this book with the attending physician is highly desirable.

This book is intended to help you become aware that there are alternative options concerning your long-term health goals.

When you are ready to Experience something more whole-istic, let us know.

The Products that are being shared with You have:

- NO Chemicals
- NO Drugs
- NO Hormones
- NO Steroids
- NO Stimulants
- **NO Contraindications**
- **Do Not Interfere with anything**
- **Nothing is going inside of Your body**
- **NO Side Effects**

Greetings, from Bianca and Juan-Carlos.

Before learning about the patches and the aromatherapy spray, we had no idea how restful our sleep can actually be.

We would be woken up by our little ones who are 3 and 5 years young in the middle of the night because they had a nightmare or they had to go to the bathroom.

It was difficult to go back to bed after helping our little ones.

It was very challenging to have to go to the office the next day after experiencing interruptions with our sleep.

It would sometimes take us at least an hour or more to go back to sleep.

Juan-Carlos would definitely be in a bad mood after having his sleep interrupted.

It had been a long time since we had experienced REM sleep. (REM sleep is a stage of sleep associated with dreaming, memory, and brain development.)

We had not remembered our dreams for a very long time.

We would sometimes resort to taking melatonin in order to help us go to sleep or go back to sleep after an interruption.

The lack of restful sleep was having a negative impact on our overall health.

We would feel tired and groggy in the morning.

Juan-Carlos would resort to taking One or Two - 15 minute naps per day just to recharge.

On a scale from 1 to 10 our quality of sleep was at about a 5 on a daily basis.

Thankfully, we are fortunate enough to have met Pat, Diane, and Carroll who shared what we call the Miracle patches with us.

Because these awesome women are very kind, generous, and thoughtful beings, they invited our family, us, and other people to a patching party/event at a restaurant on June 22, 2023.

These wonderful women informed us that;

- We can wear the patches 12 hours on and 12 hours off.
- It is important to be well hydrated.
- Encouraged us to keep track of our progress via the 1 page Health Tracker.
- **That in order to help Activate, Regenerate, Repair, Rejuvenate, and Renew your body at a cellular level, it is best to use the patches everyday similar to a daily vitamin.**
- These patches are Non-Transdermal meaning that nothing is going to transfer into our bodies.
- Being Consistent is incredibly important.
- There are **No Contraindications** meaning that the patches do not interfere with any medications or anything else that we may be using.
- NO Chemicals
- NO Drugs
- NO Hormones
- NO Steroids
- NO Stimulants
- NO Side Effects

Various people shared their Remarkable Real Life Experiences with all of us.

As we heard various people share their Remarkable Life Changing stories we were inspired to get a set of patches.

We finally had real hope that these patches can help us experience the wellness we have been missing.

We initially got the patches to help my wife Bianca overcome migraine headaches that would go on for 3 to 4 days non-stop every month. (check out How You can Get Rid of Headaches or Migraines Fast) at [wearelightgivers.com](http://wearelightgivers.com)

I witnessed how the migraine headaches went away and never came back, due to her consistent use of the patches for everyday wellness.

I began to research more about what else these patches can help our bodies do.

I learned that there are several different patches and even an aromatherapy spray that we can use to help us experience consistent restful sleep.

There is a patch that is strictly meant for sleep and helps your body to naturally produce more Melatonin.

One of the patches helps to calm your body down, promotes relaxation, and gets you to what is known as homeostasis. (Homeostasis is the self-regulating process by which biological systems maintain stability and adjust to optimal conditions for survival).

A different patch helps with improving your Skin, Hair, Nails, and as an added bonus Sleep.

There is also an aromatherapy spray that we can spray on the inside of our wrist and smell it at least 7 times, which helps us drift right into sleep.

We have experienced an improvement in the quality and length of our sleep.

Both my wife and I are very satisfied with the results.

We are not drowsy or groggy in the morning after using the spray or the patches.

It is perfectly fine to combine the patches and the spray.

It is great to have these useful tools with us when we travel in order to help us gain some much needed rest.

We have shared these wonderful tools with our Loved ones and they have told us that they are experiencing more consistent and restful sleep.

We are beyond grateful to these wonderful women who took the time and chance to share this Life Changing Phototherapy with us.

We see the patches and the aromatherapy sprays as tools that allow our body to operate at the most optimal level.

The patches and aromatherapy sprays are part of a Health, Wealth, & Wellness Lifestyle.

If this short real life experience has helped you and you want to learn more we invite you to connect with us and to pay it forward by sharing this useful knowledge with your Loved ones.

We are grateful to be of service.

Stay tuned in with us as we will be sharing more short books about real life experiences we have had and witnessed.

Thank You.

Peace, Love, Light, & Healing  
from Juan-Carlos & Bianca

**BEFORE & AFTER**  
**THE POWER OF THE PATCH!**



**HOW THE PATCHES WORK?**

A simple story of how our Patented Patches work.

When you're in the sun, the light from the sun signals the body to increase Vitamin D production.

Our patented patches don't need the sun because our bodies also emit light which is reflected off the patch and back into our tissue.

The organic crystals in the patch change the wavelength of the light in a process called photo-biomodulation = Light making change in the body.

Email us at - [wearelightgivers@gmail.com](mailto:wearelightgivers@gmail.com)

## Patch USAGE INSTRUCTIONS:

- Complete the “Before” column on the Health Benefits Tracker below
- Apply one patch in the morning Wear the patch for 12 hours, REMOVE and DISCARD before bedtime
- **You can also place the patches on the inside of your clothes**
- The next day, complete the “24 hours” column on the Health Benefits Tracker
- Keep tracking your benefits for 90 days with the Health Benefits Tracker



## PLACE ONE PATCH ON EITHER OF THESE TWO LOCATIONS

- Apply to clean, dry skin in the morning
- Patches may be worn for up to 12 hours before discarding
- Keep well-hydrated during your patching experience



## HEALTH BENEFITS TRACKER

**(Rate Yourself on a 1-10 Scale)**

### Section 1: A higher # is better with these Symptoms - 10 is Excellent

|                             | Before | 24 hours | 7 days | 14 days | 21 days | 30 days | 60 days | 90 days |
|-----------------------------|--------|----------|--------|---------|---------|---------|---------|---------|
| Quality of Sleep            |        |          |        |         |         |         |         |         |
| Mental Clarity              |        |          |        |         |         |         |         |         |
| Energy & Vitality           |        |          |        |         |         |         |         |         |
| Stamina                     |        |          |        |         |         |         |         |         |
| Recovery Time from Exercise |        |          |        |         |         |         |         |         |
| Muscle Strength & Tone      |        |          |        |         |         |         |         |         |
| Mobility                    |        |          |        |         |         |         |         |         |
| Skin Appearance             |        |          |        |         |         |         |         |         |
| Feeling of Well Being       |        |          |        |         |         |         |         |         |
| Other:                      |        |          |        |         |         |         |         |         |

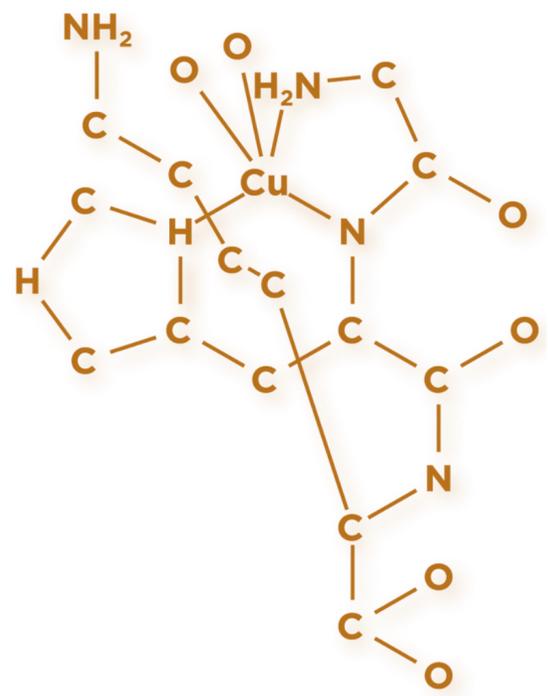
### Section 2: A lower # is better with these Symptoms - 1 is Excellent

|                       | Before | 24 hours | 7 days | 14 days | 21 days | 30 days | 60 days | 90 days |
|-----------------------|--------|----------|--------|---------|---------|---------|---------|---------|
| Pain                  |        |          |        |         |         |         |         |         |
| Inflammation          |        |          |        |         |         |         |         |         |
| Headaches             |        |          |        |         |         |         |         |         |
| Mood Swings           |        |          |        |         |         |         |         |         |
| Fine Lines & Wrinkles |        |          |        |         |         |         |         |         |
| Age Spots             |        |          |        |         |         |         |         |         |
| Scars                 |        |          |        |         |         |         |         |         |
| Other:                |        |          |        |         |         |         |         |         |

- Warnings: Remove immediately if you feel excessive discomfort or if skin irritation occurs.
- **The Patches can also be placed on the inside of your clothes.**
- For external use only. Do not ingest.
- Do not use directly on open wounds or damaged skin.
- Ask your health professional before using if you have a health condition or have questions and concerns about your health.
- Do not use if pregnant or nursing.

# **GHK-Cu Copper Peptide: The Holy Grail of Healing**

**Dr. Loren Pickart discovered GHK and many of its biological effects with his original thesis is titled: "A TriPeptide From Human Serum" (June 1973)**



**GHK-Cu Copper Peptide activates Stem Cells for full body repair and regeneration!**

**GHK-Cu Copper Peptide is proven to ACTIVATE your stem cells, PRODUCE more stem cells, and RESET your stem cells to a younger healthier state.**

**Why is that important? Stem cells have the unique ability to change into any cell your body needs for repair and regeneration, just like when you were younger.**

**Our cells are constantly wearing out, forcing our body to work around the clock to make new and healthy cells. Your activated younger stem cells turn those old cells young and healthy again! In fact, within 24 hours, GHK-Cu Copper Peptide resets 4,000 genes to a younger, healthier state.**

**As we age, we produce less and less stem cells, slowing down our body's ability to repair itself. By age 35 we have lost 50% of our stem cell activity. By age 65 we have lost almost all our stem cell activity. When we activate our body with these younger pluripotent stem cells, they have the unique ability to turn into whatever cell the body needs for repair.**

**Your new stem cell army is now activated! Even if you don't immediately feel the effects, rest assured your army of stem cells is now hard at work repairing your most critical issues first before moving on to something you do feel.**

# The Benefits of GHK-Cu Copper Peptide

## SKIN & HAIR

- GHK tightens loose skin and thicken older skin
- GHK reduces fine lines and depth of wrinkles
- GHK increases hair growth and thickness
- GHK accelerates wound healing

## LUNG PROTECTION

- GHK tops the list for chronic pulmonary issues
- GHK restores healthy function in lung cells
- GHK protects lung cells from damage

## ANTI-FAST GROWING CELLS

- GHK tops the list to combat Fast Growing COLON cells
- GHK resets the PROGRAMMED CELL DEATH for aging cells
- GHK inhibites NFkB p65 which promotes fast growing cells
- GHK repaires damaged cells (47 genes up, 5 genes down)
- GHK resets 84 genes to inhibit fast growing cells

## BRAIN & NERVES

- GHK resets human genes important to proper neuron function with 408 UP and 230 DOWN
- GHK induces strong Anti-Stress & Anti-Anger
- GHK induces Anti-Discomfort Activity
- GHK is being used for damaged spinal cords

## ANTIOXIDANT POWER

- GHK increases SOD1
- GHK suppresses NFkB, a primary cause of aging
- GHK completely blocks oxidation

## ACTIVATES STEM CELLS

- GHK causes adult Stem Cells to start producing again
- GHK produces more Stem Cells and resets Stem Cells to a younger, healthier state

# WHAT TO EXPECT

when you experience the power of the patch.

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**The First Few Days**

**4,000 Genes begin to reset**

Within 24 hours 3,000-4,000 genes begin to reset to a younger healthier state.

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**Within 4 Weeks**

**YOUR NEW ARMY IS ACTIVATED**

Your new army is now activated and attracted first to your most critical issues that need repair and regeneration, which you may not feel, such as an internal organ or tissue, before helping something you do feel.

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**Within 6 Weeks**

**BRAIN BALANCING**

A recent study has shown, after six weeks, the **brain became more balanced** as shown on QEEG brain mapping. These types of changes help calm an overactive brain leading to a decrease in multiple symptoms such as memory, depression, anxiety, sleep and more.

~ 2019 PSY-TEK Labs

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**Within 3 Months**

**COLLAGEN IS INCREASED**

Your collagen is elevated initiating rapid repair of tissue in your body.

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**Within 6 Months**

**REDUCED HEART AGE**

**Cardiovascular System Changes Occur**

The cardiovascular portion of the organ function study showed that after 6 weeks the cardiovascular systems acted eight weeks younger. So, if one does the math, for every day you wear the patch the cardiovascular system acts a day and a third younger.

~ The Center for Biofield Sciences

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**Within 12 Months**

**REGENERATION IS NOTICEABLE**

You look and feel younger inside and out.

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These patches work due to the Light Wave Spectrum.  
It is all about Energy and Frequencies.

## VISIBLE WAVE SPECTRUM

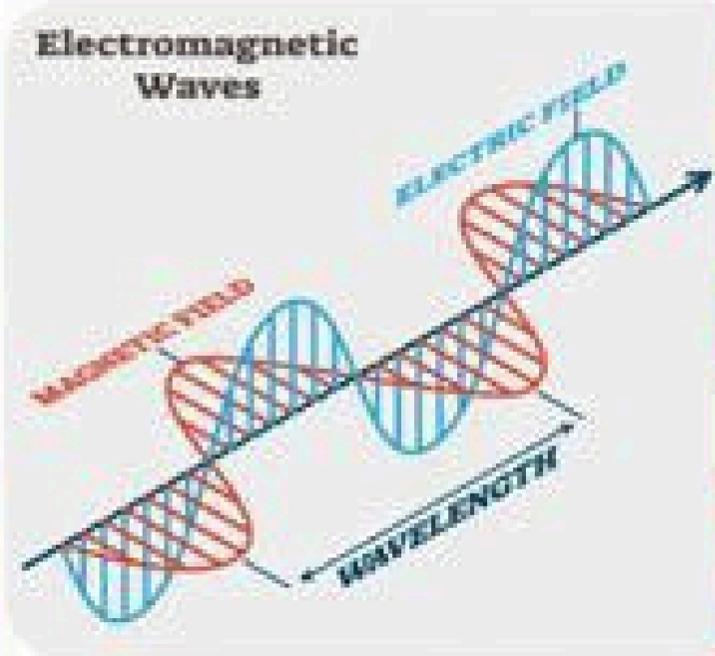


**WAVELENGTH:**  
400 nm - 700 nm

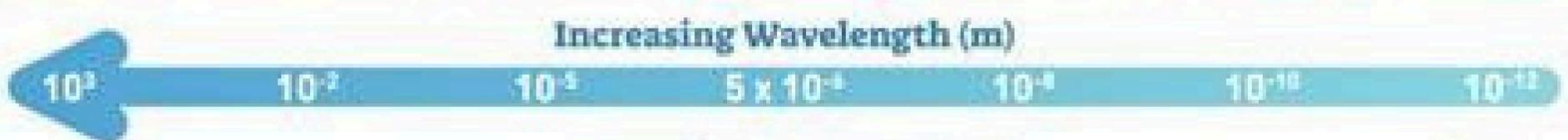
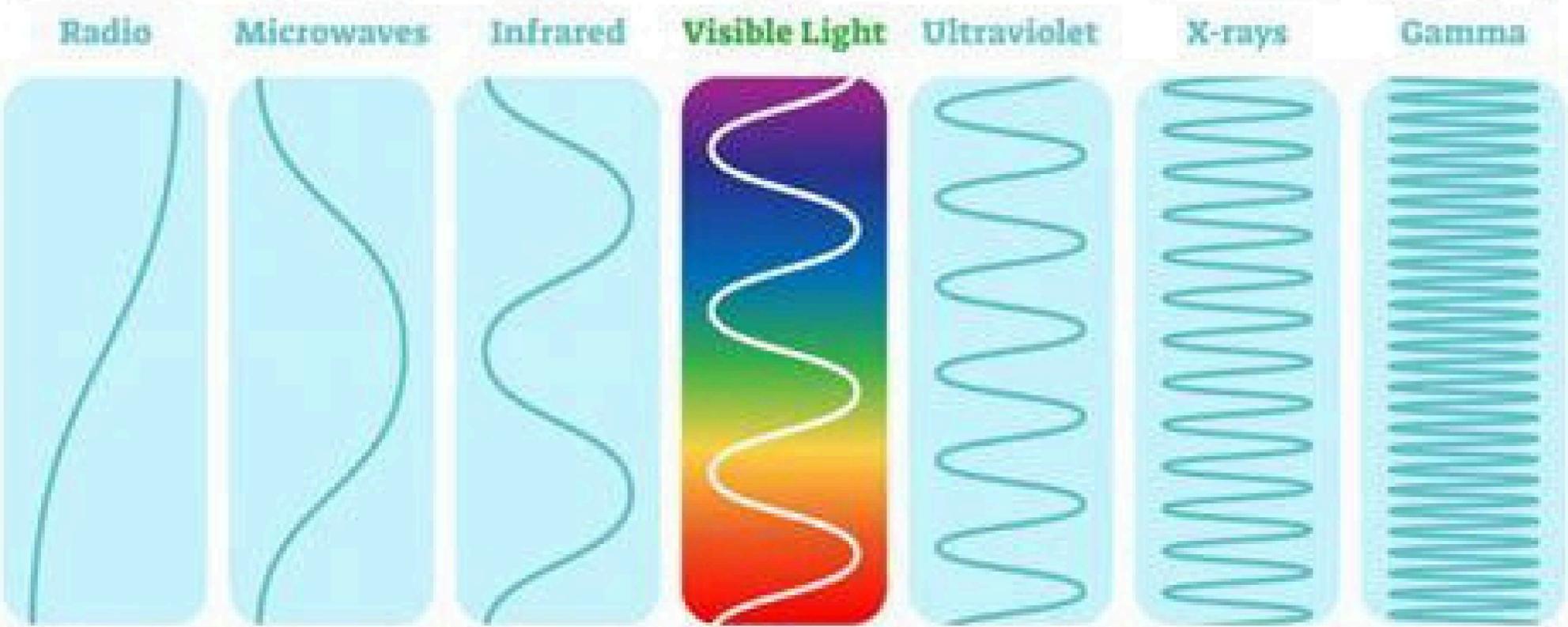
Bacteria

**FREQUENCY**  
790 THz - 430 THz

Amplitude  
Time



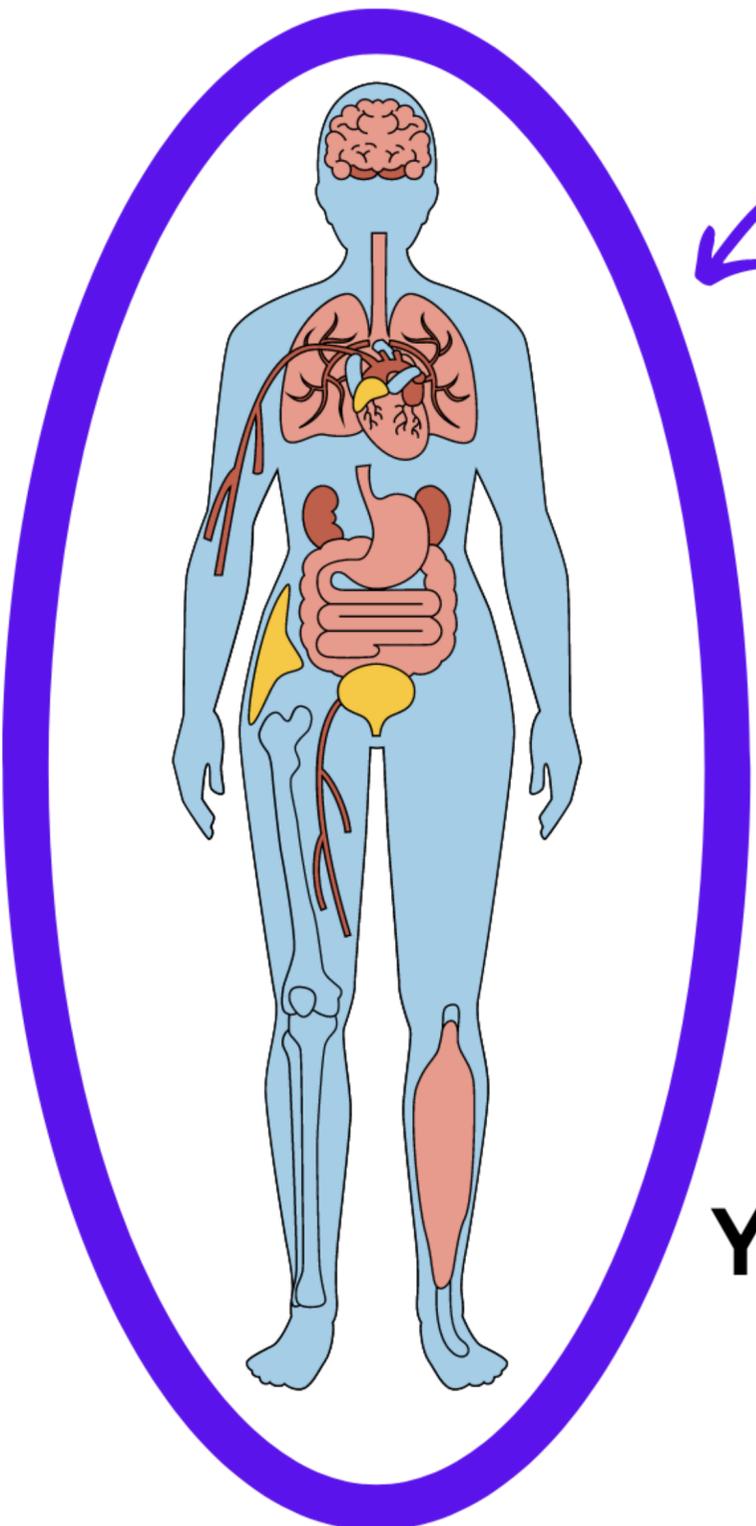
|       |                 |           |            |     |               |                      |
|-------|-----------------|-----------|------------|-----|---------------|----------------------|
| FM TV | Microwave Ovens | TV Remote | Light Bulb | Sun | X-ray Machine | Radioactive Elements |
|       |                 |           |            |     |               |                      |



# Having Bad Connections



among this  
Cell Network  
is **Annoying**.



Having Bad  
Connections among  
this **Cell Network**  
is **Harmful**.

**This Patch**



**Can Help  
Improve  
Your Connections  
in Meaningful  
Ways**

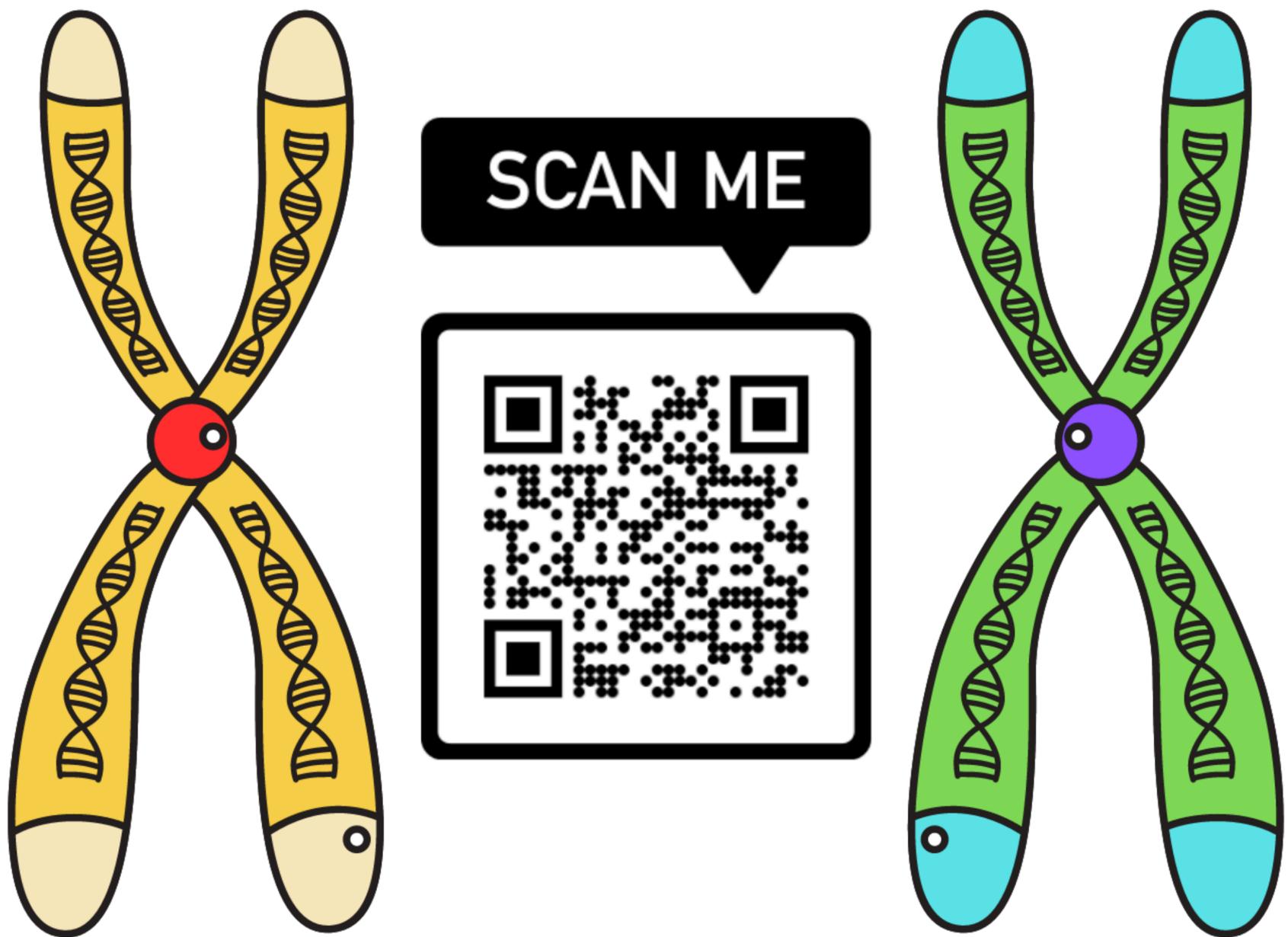
**SCAN ME**



**Connect with us Now!**  
**and Experience the Possibilities**



A little stem cell humor for You.



**What did the**  
**Dormant Stem Cell**  
**say to the**  
**Active Stem Cell?**  
**Telomere more**  
**about it**

