

Neck, back pain, lower back and sciatic pain can be caused by disc problems: disc herniation, bulging disc, degenerative disc disease (DDD), pinched nerve, bone spur and Stenosis. The WHITEE Patch can help restore the damaged disc structure, reduce or eliminate the associated pain and heal the disc injuries by increasing the blood flow and lymphatic circulation, and enhancing the biological activities necessary for damage repair. The LC Balancer, an oral supplement, is also recommended to improve systematic microcirculation to achieve sustained results.

Patients should notice improvement in 8 days with 3 patches for mild or moderate condition, in 17 days with 6 patches for severe condition, in 23 days with 8 patches for stenosis and bone spurs, and in 1 month for patients with osteoporosis. It requires 2 weeks to 3 months to have significant improvement depending on conditions. We have achieved a 95% success rate. If there is no significant improvement in 1 month, a customized treatment is required. Patients may feel the pain worsening during the first 8 days as healing begins. The pain intensity may increase severely for trauma related disc injuries as the necrotic tissue is decomposed and the nerves regain sensations. If the condition is related to aging, symptoms may return and further treatment may be required.

1) Muscle Spasm due to Pinched Nerve or Injury Induced Early DDD

We recommend first locating the disc by palpating the area of the spine closest to the muscle spasm for pain or discomfort. Then apply the WHITEE patch on that disc. Young patients (under 40) will achieve complete healing with 6 WHITEE Patches. Patients over 50 require LC Balancer along with WHITEE Patches.

2) Bulging Disc - 2 Week to 3 Month Program

We recommend 2 week of treatment (6 WHITEE Patches and 2 LC Balancers) for mild/moderate condition. Partial or total symptom elimination can be achieved. 2 weeks to 3 months treatment is required for severe condition. If the disc is on the verge of rupturing, the treatment of Disc Herniation is required. Mechanical adjustments may also be required. If there is no pain reduction in 2 weeks, a special back pain exercise is recommended to strengthen the back muscle and relieve the pressure on the disc.

3) Disc Herniation - 3 Month Program

We recommend a continuous 3 month treatment with the WHITEE Patches and LC Balancer in 3 treatment sessions. Each session takes 1 month and requires 6 WHITEE Patches (17 days on and 14 days off) and 4 LC Balancers. Patients should have significant pain reduction (about 50%) after the 1st session. After the 2nd session, patients generally experience about 75% symptom elimination. The 3rd session is recommended to achieve sustained optimal results. Heavy lifting or rigorous exercise should be avoided during the treatment.

4) Slipped Disc (Spondylolisthesis)

It occurs when a disc shifts out of position and is displaced forward over the bone beneath it, which press on surrounding nerves causing shooting pain. Such condition is usually involved the injury of the ligaments in addition to the disc. It requires 1-3 months or sessions treatment. Each session requires 6 FASTT Patches and 6 WHITEE Patches with 4 LC Balancers. The WHITEE Patch should be applied on the spinal disc. The FASTT Patch should be applied on the side of the disc to heal the ligament injury. Mechanical adjustment may also be required.

5) Degenerative Disc Disease (DDD)

DDD refers to the age related disc degeneration and thinning causing nerve impingement with symptom of pain or numbness of the affected area. We recommend the WHITEE Patch and LC Balancer to help rebuild the disc structure and resolve the pain and numbness. The protocol will be the same as Bulging Disc and Spondylolisthesis protocol.

6) Stenosis and Bone Spurs – 3 to 6 Month Program

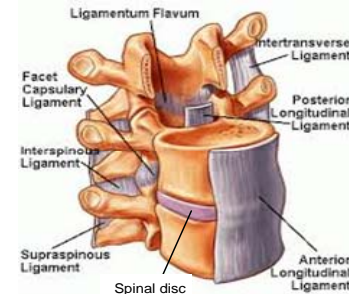
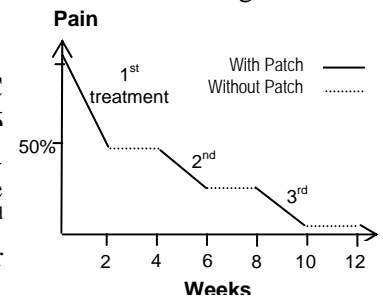
We recommended following the Disc Herniation treatment regime for 3-6 months. Patients should experience improvement in 23 days with 8 patches and LC Balancer. Maximal pain reduction may be at 50% - 100% after 3 months. The cause of stenosis is poor liver function. A 2-6 weeks Brown Juice treatment is recommended to improve liver health when the improvement plateaus with WHITEE Patch and LC Balancer treatment.

7) Sacroiliac Joint (SI) Joint Pain

Back pain from SI joint pain can be caused by arthritis of the SI joint. We recommend the WHITEE Patch and LC Balancer following the Disc Herniation protocol. 1-3 sessions are required depending on the severity of the condition.

8) Sciatica (Sciatic Pains)

Sciatica refers to pain that radiates along the sciatic nerve which branches from your lower back through your hips



and down each leg. It mostly occurs when a herniated disk, bone spur, or Spondylolisthesis compresses part of the nerve causing inflammation, pain and often some numbness in the affected leg. We recommend treatment to heal the disc injury and resolve the sciatica. Piriformis syndrome is due to the piriformis muscle spasm. It can also cause buttock pain and irritation to the sciatic nerve resulting in sciatica, low back pain and leg pain. Piriformis syndrome is related to the digestive track conditions, such as acid reflux. Please refer to Hip Pain protocol for recommendations.

9) Traumatic Disc Injury

When treating disc injury caused by trauma, patient may experience moderate to severe pain increase, dizziness (cervical disc injury), nausea and/or vomiting (thoracic disc injury), skin bruises, or black stool during the initial 8 days of treatment due to nerve restoration and clearance of the dead tissue or blood as a result of healing.

10) Failed Back Surgery Syndrome

The treatment is the same as for herniation. The success rate, however, is about 50% with metal implant cases.

11) Facet Syndrome

Facet syndrome is caused by wear and tear, injury or overuse of facet joint resulting in arthritis which is known as spondylosis. We recommend the Large WHITEE Patch and LC Balancer following the herniated disc treatment.

12) Ankylosin Spondylitis

Ankylosing Spondylitis is an inflammatory disease that causes vertebrae and the joint swelling and eventual fusion of the spine. It is an autoimmune disease. Early symptoms include back pain and stiffness. Over time, the vertebrae fuse together, limiting movement. We recommend the WHITEE Patch and LC Balancer with the Brown Juice and Java Sauce in rotation every 2 weeks. Patients should notice improvement in 1 month. 3 months of treatment is required.

Customized Treatment

- 1) **Multiple Disc Injuries:** If patients did not get expected improvement, please make sure patient use large patch, use the LC Balancer at 3 times a day, and extend the treatment period to 3 weeks.
- 2) **The pain is posture-related or activity-related or patient is overweight:** When the pain is not constantly present, the body's healing system is not active. Patients should resume postures, or perform specific active motions to bring out the pain as frequently as possible during the treatment. The pain will trigger the body's natural healing process. Patients who are overweight are prone to develop back pain and it may not be fully resolved with WHITEE and LC Balancer treatment due to high level of wear and tear to the spine.
- 3) **Bulging disc complicated with slipped disc:** If there is no improvement in 2 weeks with WHITEE Patch and LC Balancer, we recommend special Back Pain Exercise ("The Ultimate Low Back Strengthening and Conditioning System") to improve muscle strength for the disc to hold in the proper position. It is available upon request. Such exercises are not recommended for patients over 60 who have weaker, more brittle bones.
- 4) **On Several Pain Killers or Anti-Inflammatory:** Poor tolerance to pain is usually due to liver deficiency. A prolonged use of pain killers can cause further liver weakness, and patients may not respond well. The Brown Juice is recommended to improve the liver function for better response to the WHITEE Patch and LC Balancer treatment.
- 5) **Women's Issues:** If patient also has heavy and long periods, dark clotting, fibroids and ovarian cysts, the MayMay Capsule is recommended to help achieve effective results in reducing joint and back pains.
- 6) **Biomechanical Issues:** The success rate is lower and the improvement will not be 100% if there is metal implant or muscle or tendon problem causing wear and tear to the spine unless the biomechanical issues are addressed.
- 7) **Poor Lubrication:** If patients did not have any improvement with above customized treatment, the patient may have poor joint lubrication. The ZY Formula is recommended to resolve the back pain.

Usage Information

WHITEE Patch: Keep the patch on for 48 hours. Take a 24 hour break before applying a new one. To treat 1 or 2 discs requires Medium patches. To treat more than 2 discs, large patches are recommended. Patients with swollen discs may retain extra fluid under the patch during the first week. Please remove the patch, clean off the fluid, and then reapply the patch. The tape is waterproof. Patients can shower with it. Use vegetable oil to remove possible herbal residue on the skin and use Oxi-Clean to remove stains from cloth.

LC Balancer: 1 tsp, 3 times a day, or 2-3 caps, 3 times a day (double the amount of water when taking the capsules)

Precautions

- 1) Avoid using ice to reduce pain as they may slow and interrupt the body's repair processes.
- 2) Patient may develop slight skin irritations caused by the disposal of metabolic toxins at the skin. This has been observed in about 50% of chronic cases. Topical Aloe Vera Gel is recommended to cope with itching.
- 3) Patients with pre-existing stomach conditions may experience a light stomach ache or loose stool, lasting 1 week when taking the LC Balancer liquid.
- 4) Patients who are taking high dosages of vitamins or minerals should reduce them to regular dosage to avoid an overdose, as LC Balancer improves absorption.
- 5) If patients have fatigue, flu like feelings and a hot sensation, it may be due to the metabolic waste build up. The LC Balancer and Xcel Capsule are recommended to help the kidney secrete out the wastes more effectively.

Case: WHITEE Patches and LC Balancer Resolved A Bulging Cervical Disc

Julia Hennagir, DC, Cortaro, AZ

A male patient, age 52, came for treatment in April 2007. He had incurred a disc injury in March. The MD had diagnosed a bulging cervical disc which caused severe pain and numbness down the arm (excruciating pain between 8 and 9 out of 10). It caused the patient substantial lack of sleep as well as limited range of motion (45 degrees on rotation). As an avionics technician for aircraft repair he could not perform his normal daily duties.

Dr. Hennagir applied a combined treatment program composed of chiropractic adjustments (twice a week for three weeks, once a week for another three weeks and once a month thereafter) as well as acupuncture and herbal remedies (6 WHITEE patches and LC Balancer). Note that the patient went on another herbal treatment round 2-3 months later (3 WHITEE patches and LC Balancer) to maintain normal conditions (symptoms had flared up slightly).

The outcome had been as expected. Pain and numbness had been eliminated after two weeks. The results have been sustained. The patient did not have sleeping problems any longer. The range of motion had become normal as well.

Case: WHITEE Patches and LC Balancer Healed Multiple Disc Herniations

Doyle Rood, DC, Santa Rosa, CA

A male patient, age 57, came for treatment in summer 2010. He suffered from severe radiating and sciatic pain (9 out of 10) due to multiple disc herniations. The patient had also been diagnosed with a very limited range of motion.

Dr. Rood applied a three week treatment program composed of chiropractic work (e.g. trigger point therapy) as well as herbal remedies (12 WHITEE patches and LC Balancer). In addition, a hydrotherapy was applied.

Upon completing the program as well as during the treatment the patient experienced great relief. The pain level had been greatly reduced (2-3 down from 9). The patient was very happy. The results have been sustained ever since.

Case: FASTT and WHITEE Patches Aid in the Treatment of Degenerative Disc Disease, Craig Selinger, DC, Lake Worth, FL

A female patient, 50 years old, came for treatment in early September 2011. She had been diagnosed with neck and back pain as well as sciatica and headache. The patient suffered from severe pain (9 out of 10). She had consulted with various MDs who could not help her. The MDs had prescribed pain killers to manage the pain. Dr. Selinger identified a degenerative disc disease (herniated disc) as well as osteoarthritis with a limited range of motion. It was impossible for her to exercise.

A combined treatment program composed of acupuncture, chiropractic adjustment, decompression therapy as well as herbal remedies (2 FASTT and 2 WHITEE Patches) was applied for a total of 12 sessions (3 visits a week).

The outcome has been truly positive so far (ongoing treatment). The symptoms have been reduced by 50%. The trend of improvement has been sustained. The patient can exercise again (e.g. walking). The headaches have been completely eliminated.