

EXERCISE

For Men Only

IN PURSUIT OF TOTAL FITNESS

NOVEMBER 2005 ©

Free 2006 Fitness Calendar!

**Super-Cut
ABS!**

In Just 22 Minutes

**THE FUTURE OF FITNESS:
Hot New Exercise Trends**

PROTEIN POWER
Which One Works Best?

**SLASH YOUR
CHOLESTEROL**
**No Drugs
Needed!**

**MILITARY
POWER:
8 Moves For
Full-Body Muscle!**

**BIG SHOULDERS!
10 Awesome
Exercises**

**Aerobics For Men:
5 Ways To Lose Your Flab!**

**Training Secret
For Super Strength!**

**No More Chicken Chest!
Pump Up Your Pecs**

NEW SUPPLEMENT

**Builds
Strength
With One
Dose!**

Display until November 6, 2005
\$5.99US \$7.99CAN



0 71486 02292 3

TECH NEEDS

MORE ENERGY & STRENGTH . . . FROM A PATCH?

You've all heard the expression, "If it sounds too good to be true, it is." Well, what if it really turned out to be true?



BY PATRICK NETTER

As the Gear Guru, I've seen my share of gee-whiz widgets, gadgets and athletic aids. While some are truly innovative, too often what's touted as original or fresh turns out to be modified or re-hashed. And while some items can be truly life-enhancing, others are . . . let's just say, of questionable value. It truly is rare, then, when I find a product that I think is so groundbreaking it actually blows my socks off.

Well I have, and it's called the LifeWave Energy Enhancer patch. This product incorporates a scientific technology called nanotechnology that, if you haven't heard of it yet, you will. In layman's terms, nanotechnology is the building of objects or substances one atom or molecule at a time. I believe it's the wave of the future, certainly in sports-enhancing products. The results can be remarkable. For example, tennis racquets can now be "nanocized" with carbon fibers that are 60 times stronger

than steel, yet have the weight of plastic.

LifeWave has tapped into this new technology to produce a wearable patch that measurably enhances energy, strength and stamina. These patches are small, about an inch in diameter, and contain 100 percent organic materials – water, oxygen and amino acids. They are placed at designated points on the body (keyed to traditional acupuncture points) and give you similar benefits all day long – without needles! Wearers report spikes in energy levels almost immediately. The most amazing thing about these patches, however, is that they're non-transdermal, meaning nothing enters the body.

I have to admit, I was skeptical. How could a patch that doesn't put anything into the body significantly impact your energy level? So, I put a couple of patches on in the morning, and forgot about them as I headed off for

my weekly trouncing on the tennis court. And lo and behold – instead of running out of gas in the middle of the match, I left feeling like I had enough energy and stamina for yet another set!

How these patches work, as I understand it, is that they send signals to the cells in your body to burn fat cells more efficiently. They do this by interacting with the infrared energy coming off the body, somewhat like the remote on your TV. The reason you feel more energized when using the patches is that burning fat produces twice the amount of energy as burning sugar or amino acids.

Not wanting to trust my own experience (placebo effect, etc.), I exercised due diligence, including personally interviewing both the inventor, David Schmidt, and his research director, Steven Haltiwanger, M.D. Their combined scientific backgrounds are both extensive and impressive.

What I turned up is that the patches are creating a sensation in sports. Athletes all over the world – some world-class – are using the patch and giving their clear thumbs-up, using phrases like "increased strength and stamina," "improved mental clarity" and "increased concentration." Claims have been so substantial that major universities and professional athletic programs are checking the patches out, with pilot studies that are producing pretty significant results. In addition, prominent M.D.'s, chiropractors and acupuncturists are recommending them to their patients.

There are also dozens of peer review studies underway, with preliminary findings that are promising, to say the least. Weight lifters, for example, are showing a 30-40 percent improvement in number of reps achieved within minutes of applying the patches. The results of some of these studies should be published before the end of this year. The patches have also been tested and cleared by both the U.S. and World Anti-Doping Agencies.

One last caveat: Since these patches work through signal transduction (cells communicating with other cells), to get the full benefit, you need to be well-hydrated. Apparently a hydrated cell is more communicative.

Now when my buddies ask me what's new in energy enhancement, I tell them to drink plenty of water and patch up!

LifeWave Energy Enhancer Patches cost about \$80 for a month's supply. To order or for more information, go to www.lifewave.com/biopatch or call toll-free 888-506-4327. **E-3**

Patrick Netter can be found online at www.gearguru.com.