



One-Month Protocol for Preventing Miscarriage

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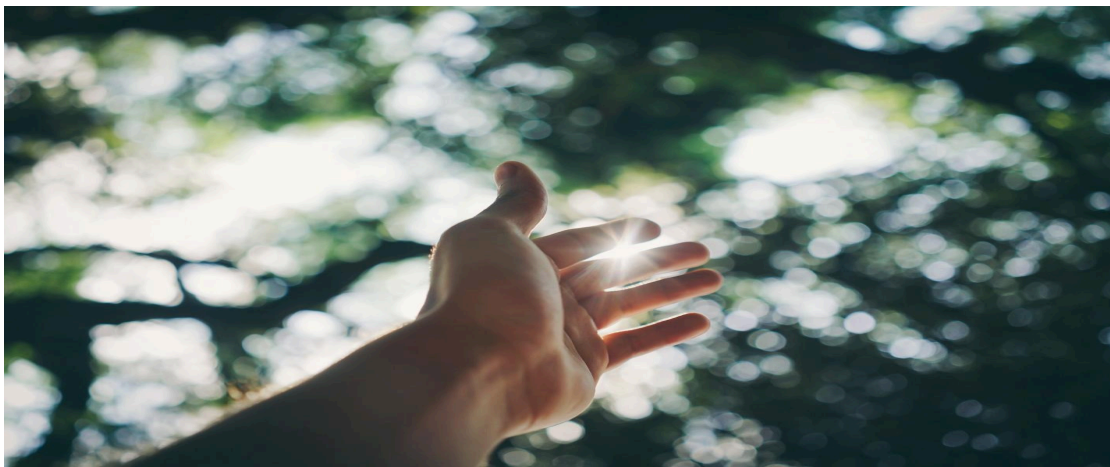
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Testimonials



“I had two miscarriages prior to doing what Jennifer suggested, and it worked! So happy I did it.” *Sara P, age 36*

“I wasn’t sure if the little patches were helping me, but after three miscarriages, I was willing to try everything. I am now 30 weeks pregnant! Hooray!” *Amy R, age 38*

“I was devastated after my fourth miscarriage and didn’t want to keep doing to same things over and over. I took these magic little supplements and used the patches – amazing! It worked.” *Jessica L, age 35*

“I was getting ready for IVF, my first time, and decided to do acupuncture to prepare. I did exactly what Jennifer said: took the supplements and used the phototherapy patches. I conceived naturally! It was a miracle. I didn’t need IVF after all. Thank you!!” *Jane P, age 37*

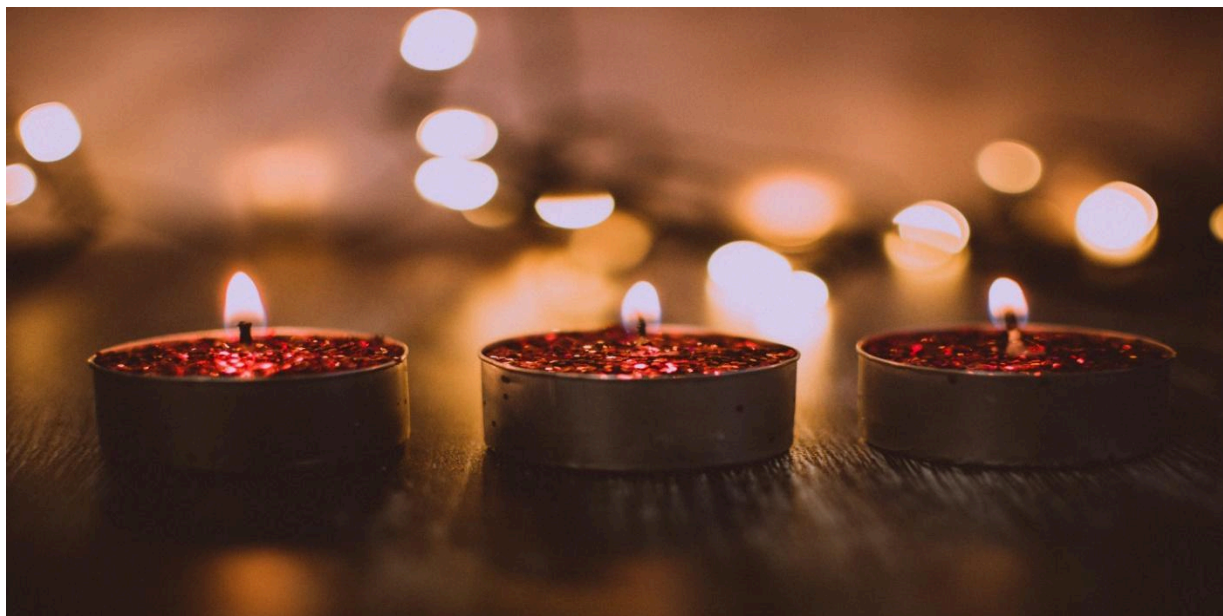
Introduction



What I have learned working at the busiest fertility clinic in the United States is that no one knows *exactly* what is going to help you get pregnant and stay pregnant. If conception was all based on biochemistry, then every couple with perfect blood work and embryos would be successful. If it were all psycho-emotional-spiritual, then fertility clinics wouldn't exist.

We do know that conception requires both the right biochemistry, bioelectricity, and a bit of magic – just like every aspect of life. Light therapy, when combined with all of the above, is the magic. The benefits of light are limitless. You can change your biochemistry with light; you can change your stuck emotional state with light.

Chronic Miscarriages



Depending on your view, certain conditions are present for a miscarriage to occur. One word we never use in traditional Chinese or functional medicine is idiopathic. There is always causation. Functional medicine identifies two primary factors that contribute to recurring miscarriage: an imbalance in your hormonal feedback loop and a misaligned uterus preventing a complete flushing of the endometrium during your menstrual cycle.

Traditional Chinese medicine identifies three distinct patterns that lead to pregnancy loss: too much heat, not enough qi (energy on a cellular level), or stasis (blood stasis=clots). After you identify your pattern, much can be altered with proper nutrition and lifestyle changes.

It may be a little tricky for some to pinpoint causation, but we continue to dig down deep to discover the cause. Once we understand your pattern of disharmony, or cause, applying the remedy can be quite easy. The solutions I am sharing with you here will benefit you —regardless of your pattern or cause.

Connect with Arvigo Self-Care Therapy



Arvigo Techniques of Maya Abdominal Therapy (ATMAT) was developed in the 1980s by Dr. Rosita Arvigo, a doctor of naprapathy and herbalist, who spent years studying under traditional healers in Central America.

Grounded in the ancient Maya healing techniques, [Arvigo Therapy](#) uses external, noninvasive physical manipulation to bring your organs into proper alignment.

As part of your plan to prevent miscarriage, ATMAT increases fresh blood flow to your reproductive organs. Increasing blood & lymphatic flow is the first step in correcting the position of your uterus and supporting her. Whether you have experienced pregnancy loss or have a diagnosis of endometriosis, putting your uterus into the proper position is essential. And, once we get her positioned well, maintaining that position with self-care and phototherapy makes it easy!



Jennifer Waters, L.Ac., Dipl.Ac., is a Certified Arvigo Therapist and offers abdominal therapy treatment sessions both in person and on-line. She will teach you the self-care massage that you can do on yourself.

Remember, it's what you do every day that matters most. Arvigo Therapy can also treat other conditions, including digestive disorders and benign prostate enlargement.

Individuals interested in Arvigo Therapy with Jennifer Waters, L.Ac., Dipl.Ac., can [make an appointment online](https://www.jenniferwaters.net).



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Activate Your Cells with Phototherapy

The healing effects of light have been a continuous area of study for thousands of years. Light therapy has roots in healing practices used in Ancient Egypt, Greece, and India. Ka Ba Sum, for example, is a form of light therapy similar to Reiki, which is based on ancient Egyptian techniques.

Today, the realm of light therapy includes laser treatments, saunas, LED light therapy, and now, wearable phototherapy patches. Each modality of light has unique benefits for your health. Each modality is a form of ***photobiomodulation***:

- **Photo:** light
- **Bio:** biology
- **Modulation:** change

This means that light is stimulating your biology. For patients who are looking to optimize their fertility to improve their chances of getting pregnant, light therapy can be a powerful tool.

The How and the Why

Most people agree that we are both biochemical and bioelectrical beings. Nutrition is the foundation for our biochemistry: the food that we eat provides our body with key nutrients. But what about our bioelectricity?

What if you could generate specific nutrient molecules in your body without pills, supplements, drugs, oils, drops, or creams? What if you could harvest electrical energy from your body's light and direct this energy to weak organs?

For the first time, scientists have captured images of the flash of light that sparks at the very moment a human sperm cell makes contact with an egg. This is called a [zinc spark](#). When the sperm enters the egg, we now know that there is a spark of light. When an embryo is transferred into its uterine

home, there is another spark of light. Both critical stages of life teach us that the bioelectrical aspect of life is just as important as the biochemical. We are both biochemical and bioelectric beings.

Light always comes from a particular source and direction. Whether it's the sun helping your body create Vitamin D, a laser stimulating your ovaries to produce more follicles, or a patch using your very own body to activate stem cells, there is always a specific light source.



Everything in your body depends on energy.

The cells in our bodies function like miniature chemical reaction factories. The food we eat provides nutrients to support our cells' processes. However, even the healthiest organic foods may not benefit you if the damage to your cell walls prevents the process of osmosis.

Osmosis is the passage of food nutrients from a more concentrated to a less concentrated solution through a cell wall. In other words, osmosis is

the process of nutrient absorption. Everything in your body depends on energy, even the smallest cellular processes. Light therapy can help energize cell walls for more effective osmosis. You're using bioelectricity to support your biochemistry.

Repairing Mitochondria: An Essential Practice

Mitochondria are the membrane-bound parts of cells that generate energy. We now know that mitochondrial function is essential to intelligent aging, improving egg quality, and every aspect of fertility. Think of the mitochondria like an engine: they power the cell's processes. Creating a baby requires a lot of energy – and this energy is generated in your mitochondria.

The energy produced by mitochondria is called adenosine triphosphate (ATP). When cells are damaged, the mitochondria may slow the production of ATP. Cell damage can be caused by oxidative stress, toxins, or other sources. On the most basic level, a pregnancy loss can be seen as a lack of cellular energy.

Light therapy is one of the most direct ways to repair cellular damage and increase ATP. There are many forms of light therapy. In this guide, I focus on the use of wearable technology in the form of phototherapy patches. For daily home use, I prefer patches vs. other sources of light because they are affordable, easy to use, do not require a plug, do not have cumbersome cords, and most importantly, do not require replacement or repairs.



Phototherapy Patches: Activating Your Body to Heal Itself

Our bodies emit heat in the form of infrared light. Using a patented, proprietary form of phototherapy, [LifeWave patches](#) utilize your body's heat and reflect different wavelengths of light depending on the patch. This process stimulates the surface of your skin to cause biochemical and physiological changes. The patches produce specific health benefits and support the body's natural ability to heal itself.



How Phototherapy Patches Work

Light must come from a source. In the case of phototherapy patches, your body becomes the source. Your body is like a mini-sun emitting light that powers the patch.

LifeWave patches contain components that reflect light, which then bends this light into the skin. Our skin contains cells that are photoreceptive and therefore photovoltaic. We are converting light into electricity to benefit the body (also called the photoelectric effect). This is needleless acupuncture.

Phototherapy patches mirror back your body's energy. You become the battery that charges this wearable technology. Imagine the steam coming off you after a brisk walk on a cool day. The heat radiating off your body is captured via the patch.



Phototherapy patches are non-transdermal, meaning there is nothing in the patch that is being absorbed. The light emitted by your body hits the crystalline structures in the patch and causes a biochemical response. Light is stimulating your biology. These wavelengths of light act as signals to induce positive biochemical changes in your cells, a process known as photobiomodulation.

Placing the patches on acupuncture points makes them more effective. Although the patches can go anywhere on your body, acupuncture points are portals into deeper layers of your body, blood, and organs. Each of the phototherapy patches activates specific wavelengths of light to induce biochemical and physiological changes in the body. These changes are verifiable and can be measured in blood and urine tests.

The primary difference between phototherapy patches and an LED light therapy device is that we can customize the biological response (i.e., glutathione or stem cell production).

Specific Phototherapy Patches



X-39 – Stem Cell Activation Patch

As we age, our stem cells decline in their ability to heal our bodies. Imagine if we could activate our stem cells and reset them to support wellness and health. This would boost vitality in a completely non-invasive, safe, and cost-effective way.

X39 is designed to elevate a copper peptide known to activate stem cells.

Use of this patch can:

- Relieve minor aches and pains
- Increase energy and improve sleep
- Support your body's natural ability to heal wounds
- Maintain a healthy inflammatory response

In traditional Chinese medicine*, stem cells are understood to:

- Build Qi and blood
- Support Yin and Jing
- Tonify kidneys, heart & lungs
- Clear mild heat



Energy Enhancer Patch

The Energy Enhancer Patch is ideal for mitochondrial support and offers sustained energy without caffeine, drugs, or stimulants. This patch reflects particular wavelengths of light to stimulate specific points on the skin, increasing cellular energy production (i.e. beta-oxidation). Because beta-oxidation produces more than twice the energy of carbohydrate burning, it is believed to be the most effective way to increase overall energy. Additionally, since phototherapy repairs cell damage, it also allows for better absorption of nutrients.

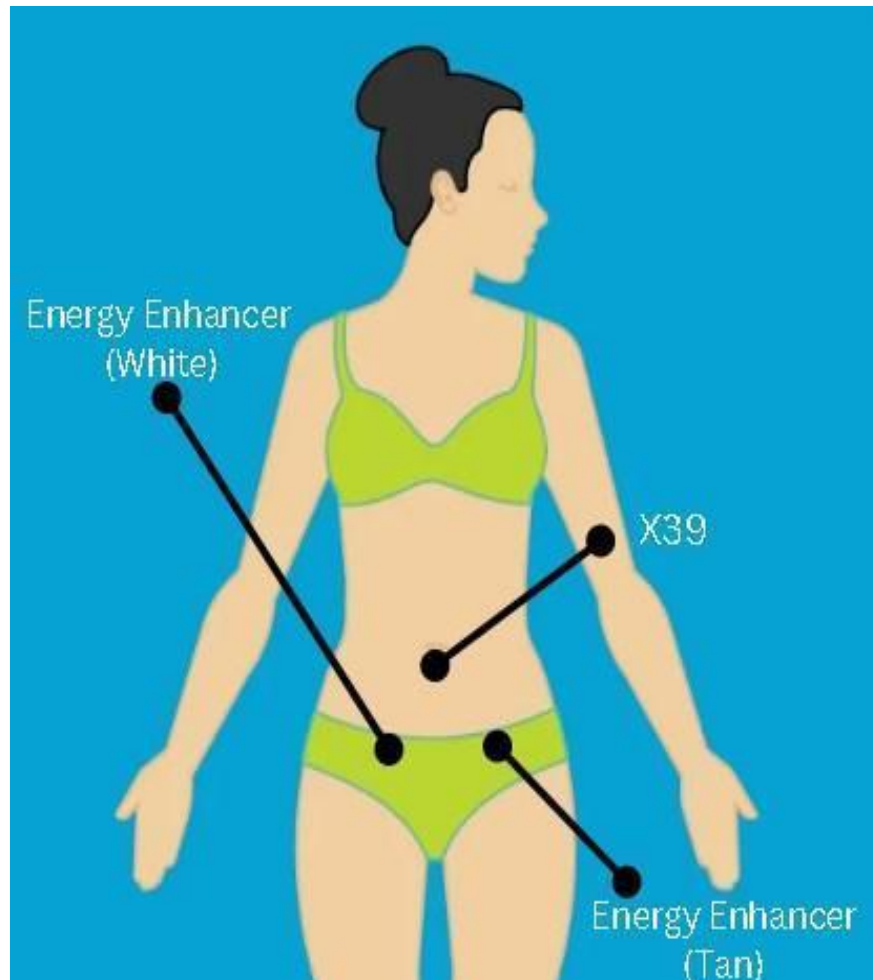
These patches:

- Enhance the effectiveness of Ubiquinol, Co-Q10, and any supplement/medication you take
- Increase energy and endurance
- Support a physical fitness routine
- Are convenient and easy to use
- Include no drugs, chemicals, or stimulants

The Chinese medicine* view of Energy Enhancers is that they:

- Build Qi and blood
- Eliminate dampness and phlegm

**Associated with Traditional Chinese Medicine (TCM). These statements are not supported by LifeWave but are purported by the acupuncture community.*



This chart represents the ideal placements for each patch.

To order phototherapy patches, visit www.LifeWave.com/waterslight. You can also [schedule](#) a session with Jennifer Waters, L.Ac., Dipl.Ac., to learn more about best practices while using Phototherapy Patches.

Two Products Only: Utrophin PMG and Wheat Germ Oil



In combination with phototherapy patches, you can improve nutrition through the use of specific supplements to support fertility. In this way, you are addressing both your body's biochemistry and bioelectricity. Individuals can help optimize their fertility with a combination of Utrophin PMG and Wheat Germ Oil.

Protomorphogen (PMG) extracts are specific materials extracted through a complex, multi-step Proprietary process to retain what Dr. Lee termed "cell determinants." In 1947, Lee defined cell determinants as the smallest functional unit of the chromosome, saying that these cell determinants are the components that direct, maintain and regulate cell functions (like protein, genetic material, and compounds like minerals).

Standard Process holds a patent on this unique process and refuses to be ruled by greed and give it up. SP is only sold in the USA because they will not give up their patient just to make more money and export internationally. I truly respect any company that maintains its ethical standards instead of giving way to greed.

The way a PMG works is by creating a decoy. In the case of Utrophin PMG, if antibodies are attacking the uterus, the PMG acts as a decoy so that the uterus can repair itself. The antibodies will attack the PMG. They are miraculous; I have countless testimonials of women using this after multiple miscarriages and then succeeding.

Utrophin PMG

Introduced by Standard Process in 1953, Utrophin PMG has been used since then for uterine support and is very affordable. This supplement offers minerals, nucleotides, and peptides.

Dosage: 1-2 tablets, three times per day on an empty stomach. You will need 1-2 bottles for a one month supply.

It is indicated for:

- Preventing miscarriage
- Repairing uterine damage
- Removing uterine tissue antibodies
- Inflamed cervix
- Uterine displacement/proper alignment
- Painful menstruation
- Uterine congestion
- Uterine fibroids

Wheat Germ Oil

Introduced by Standard Process in 1939, Wheat Germ Oil is the most natural form of vitamin E. It has antioxidant ingredients that support the immune system and the body's natural inflammatory response function. It can help with the overall systemic support of the body and improve function during exercise. Wheat Germ Oil can be taken with every meal and sells for a very reasonable price.

Dosage: 3-6/day, best taken on an empty stomach. You will need 2-3 bottles for one month.

It is indicated for:

- Preventing miscarriage
- Fertility enhancement
- Capillary fragility
- Balancing the endocrine system
- Best source of vitamin E in a balanced form
- Hair, skin and nail support
- Best source of unsaturated fatty acids
- Natural source of octacosanol which oxygenates the blood
- Anti-parasitic due to oxygenation of the blood

Both Utrophin PMG and Wheat Germ Oil are free of dairy, gluten, grain, and soy. These supplements can be ordered online. To place an order, visit www.jenniferwaters.standardprocess.com.



FAQs

Phototherapy patches are easy to use. Here are some frequently asked questions about LifeWave patches:

Where do I place the patches?

Each patch type can be used on multiple acupoints. Patches come with instructions from LifeWave that include additional location suggestions. These locations can be included in your rotation, if desired, but are not required.

Are patches applied directly to the skin?

Yes. Phototherapy patches work by trapping body heat and must be applied directly to your skin to achieve the biochemical response.

How many times can I use a patch?

Try wearing the patches for 12 hours a day to start and see how that feels. Some people can get the same benefits with a dose of six to eight hours of phototherapy stimulation, while others may prefer to wear them for up to 24 hours.

LifeWave recommends that you wear the patches for 12 hours and then dispose of them. Under normal circumstances, we have found that we can usually get 24 hours of use with the patches and achieve the same results. However, when there is an injury or severe pain, we find the need to replace the patches after only 12 hours to maximize the healing benefits.

Are the patches waterproof?

Yes! I usually patch up first thing in the morning and shower right afterward without any consequence. However, if you apply oil or lotion, the patches will have a harder time sealing to the skin. Make sure that there is a secure seal around the entire patch. It's easy to achieve a secure seal on flat body surfaces like the back, arms, or

legs. However, on smaller or curved surfaces like an elbow, wrist, or finger, you may not be able to get a secure seal, so avoid getting patches in those areas wet.

Are there any contraindications?

Yes. Do not wear the patches over open cuts or wounds. Rarely, do some people feel a reaction from wearing the patches. Examples of this include headaches, extreme fatigue, irritability, dizziness, hives, itchiness, and breakouts of pimples.

If this happens or you feel a worsening of your symptoms, immediately remove the patches and drink several glasses of water. Your symptoms should subside shortly. You may need to wear the patches for a short time (one to four hours) at first and then gradually increase the amount of time you wear the patches.

How long do I wear the patches?

Try wearing the patches for 12 hours a day to start and see how that feels. Some people can get the same benefits with a dose of six to eight hours of phototherapy stimulation, while others may prefer to wear them for up to 24 hours. Children may only need to wear them for four to six hours to see the same benefits as adults.

If you're new to phototherapy and aren't sure which patches to use, you can [book a 30-minute consultation](#) with Jennifer Waters, L.Ac., Dipl.Ac., for individualized guidance.

Disclaimer

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About the Author



Jennifer Waters L.Ac., Dipl. Ac.

Jennifer Waters is a Diplomat and Licensed Acupuncturist, Certified Arvigo Therapist, and Master Light Therapist, as well as a practitioner of Zen meditation. She has had the privilege of working in private practice with countless women, men, and children for over 20 years. With a passion for discovering the root cause of disease, Jennifer strives to help clients lead a life free from suffering.

Resources

Jennifer Waters, L.Ac., Dipl.Ac: <https://jenniferwaters.net/>

Standard Process: www.JenniferWaters.StandardProcess.com

Arvigo Institute: <https://www.arvigotherapy.com/>

LifeWave International: <https://lifewave.com/waterslight>

North American Association for Photobiomodulation Therapy (NAALT): <https://www.naalt.org/>

World Association for Photobiomodulation Therapy (WALT):
<https://waltpbm.org/>

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Patch.com:
<https://patch.com/georgia/douglasville/classifieds/announcements/107474/get-pregnant-prevent-miscarriage-with-maya-abdominal-therapy>

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