

Patch Usage Guidelines

This is for X39 and Aeon, but if only using the X39, then try to begin it during the day, as it may keep the brain alert at night. If a child will not leave it on during the day, then it is fine to use it at night when they are sleeping.

Usage guidelines for X39 and Aeon:

Start the aeon the first night you receive your patches and sleep with it on. It can be on for up to 12 hours. The aeon can be worn all night. It targets inflammation and calms the brain, helping with sleep. When you (or your child) wake up in the morning you can take the aeon off and dispose of it.

In the morning, put on the X39.

Adults begin with 12 hours a day. The patch is worn for 12 hours on, then removed and disposed of 12 hours later at the end of day (12 hours on, 12 hours off).

For children:

With the X39, begin with just 6 hours the first day. When you remove it from your child after 6 hours then you can put it on yourself with any tape to re-stick it. Since they only wore it for 6 hours, instead of 12, it will still have activation in it so you can wear it for 12 after that. Then dispose of it. Once the patches are used they are disposed of in the trash and a new one applied the next time you need it.

Watch for symptoms of detoxification (fatigue, headache, increased behaviors). Then increase water intake. If symptoms increase it means there is a lot of detoxification going on, which is good, but we don't want behaviors to get too strong. If this happens, you can wait until symptoms subside then begin the patch again with 4 hours at a time, but this time go to every other day, instead of every day. Then work into using it every day and for more hours over time as symptoms allow.

If there are no signs of symptoms with 6 hours of use at a time in the first 3 days of using the patch, then try going up to 8 hours and see how they do for a few days, and so on up to 12 hours a day. (So that the child does not try to pull them off, the patches can be placed on their back or even on the back of their shirt because the body heat penetrates the shirt and the patch is activated from it.) If a child will not leave them on during the day then it is fine to use both patches at night while they sleep.

Proper hydration with pure filtered water all day long is key! It helps the body flush out the toxins. Electrolytes are very helpful too.

Store patches in a cool, dark place such as a closet. Light and heat activate them. Do not handle the patches unless pulling one out to use it, so you don't activate others.

Yes, the patches can also get wet, so you can swim or shower with them on. If the stickiness wears off a bit from it then just use a band-aid or some paper tape over the patch to stick it back on.

Please keep me posted on results and feel free to reach out with any questions or schedule a call with me at naturallyrecoveringautism.com/patchcall.

You may see text on the X39 package saying it is not intended for children. This is a disclaimer that the company must add. It is to parents discretion, but to assure you, I have seen children benefit greatly in many ways from wearing the patches.