

## Our X39 Story - So Far (Weeks 1-7)

It is a privilege to be able to write this testimony. I'm letting my perfectionist tendencies go because the baby will need to be changed soon, lunch has to be made, my big kids want to show me something special they've been working on, and we have to run some errands today or we'll be up the creek without a paddle. But this is also vitally important to share. So just know, busy mom or dad or grandparent...I'm right there with you! And I hope a glimpse into our experience brings you courage and hope that no matter how busy your own life is, in literally seconds of hands-on time a day, there is the potential for life to improve so much for your child - and your entire family - too.

We are on week 7 of using the Lifewave X39 patches for our son who is "on the spectrum." The changes have been absolutely incredible - even noticeable on the first day. At this point, it almost feels like our very own miracle - like Invasion of the Body Snatchers, but in the very best way possible! We wish we could record everything, but there are just too many positive changes.

Below are the biggest improvements that may seem like no big deal to billions of parents out there. But when you love one of these special, unfairly burdened children, you know what a triumph each of these is.

I will also say that for three years just prior to starting the X39 patches, we had diligently pursued help and healing for our son. This included chiropractic, functional medicine, acupuncture, herbal medicine, classical homeopathy, osteopathy, and neuroplasticity among others. Each and every one of these pursuits brought us new information about him and the cross he was carrying, so to speak. Each provider was wonderful, kind, compassionate, respectful, and worked to their utmost to help him and help us help him. And we definitely saw improvements. We wouldn't have been nearly as far along by the time Lifewave came into our lives without the tireless support and expertise of these wonderful people.

I would say we were all as primed and ready as we felt we could be for whatever the patches would bring. Yet, we had to proceed with extremely cautious optimism. As I'm sure you understand, sometimes you just can't take another fall from a hope that's placed too high. But hope we did, and patch we did, and there's no way to say it other than we've been blown away by the variety and the extent of the changes we've seen.

Below is just a summary - it is not by any means comprehensive. We get to the end of each day and can't even remember everything we are seeing and hearing. It's that good.

I think the most incredible aspect, one that brought the healing full-circle, was that after I had written the majority of the list below, we sat with our son and explained that we wanted to share his story but only with his permission. He was totally on board and we were floored to hear his feedback in his own words - including

some additional victories we weren't even aware of from our own observation. I've added them in and, with a huge smile and a "Yeah. that's cool!," he agreed to the idea of our sharing this list and his story.

So here is what we've experienced in our son's story - *so far*. It feels like we've just met the real him, at 12 years old, and we can't wait to introduce you!

### Physical Changes

- Has significantly decreased "idiopathic toe-walking." His calf muscles are looser and his heel is dropping
- His foot has "grown" (expanded) at least two shoe sizes because of the changes in his muscles and foot. This is the first summer of his life that he can wear flip-flops - and he loves them! 😊
- The arch of his foot has also dropped significantly. It was painfully high
- His toes have "relaxed" and spread out instead of being so tightly cramped. They look so much longer I find myself just staring at his feet, like "Where did these come from?"
- His muscle tone has improved tremendously. He has gone from a type of flabby to thin but very muscular.
- He no longer walks with his arms up high and crossed over one another. They are now often just resting at his side, like we would say is "normal."
- He used to spin around constantly - for the most part, this has stopped. At the very least, it has dramatically decreased.
- His physical strength has exploded. He can now lift an entire large box full of canned goods - when before, he would tire out just carrying our pool bag a few hundred feet.
- Lots of different physical "ticks" and movements have either drastically reduced or stopped altogether. When I ran this one by him, he said, "Oh yeah...well, I have better things to do than [that tick]. Like...just resting my arms here on the chair." For a kid whose body and/or mind was practically *never* at rest for the better part of a decade, his cheery, matter-of-fact response almost made me cry right there on the spot.

- He is sleeping so much better - falling asleep faster (sooner), staying asleep, and even sleeping in late (no complaints from this mom! :)
- Nighttime bedwetting has not occurred once during the time he has been using the X39 patches. It was an occasional problem before and we could not discern a pattern. But in the months leading up to starting the patches, there had been a slight uptick in accidents. Since Day 1 of patching...not one accident.
- He can run faster (that one he added with a huge smile just beaming confidence!)
- He is able to do a variety of stretches (butterfly, V-shape, toe-touch) that were very difficult for him before (he also added this one and my jaw almost hit the floor when he demonstrated for me.)
- Less regurgitation after eating. This had been an embarrassing struggle for him for so long and a tricky one to address through other healing modalities. Food would just come back up on its own and...I won't share more details here. It's really not pleasant. But if your child struggles with this, you know what I mean. I have only noticed it once since starting the patches. There may have been more instances, but it is remarkably reduced.

### **Communication & Social Changes**

- He is able to stay focused much longer during a conversation. There's not even any way to quantify it. He can just *stay focused* as long as he needs to. It's a miracle
- He initiates conversations, including questions when he doesn't understand something. Lack of initiating conversation has always been a huge struggle for him, a source of disappointment, confusion, and frustration for so long. This also feels miraculous.
- He is able to differentiate between talking to his baby sister, a sibling, and an adult in terms of tone and vocabulary. He no longer seems lost when having to change who he's talking to
- He is much less reactive - not immediately jumping to retaliate when someone does what he doesn't like, i.e. as a sibling touching him (this was actually one that *he* added to the list! He is so right. This definitely was a huge issue before and I can't even remember the last time this happened.)
- He is much more patient and amiable when someone, i.e. a sibling or friend, doesn't do what he wants them to do, such as play a game. Before, on a particularly challenging (usually over-stimulating day),

this could have sent him into a fit or hiding away in his room, or even both, taking up to several hours to calm down.

- He is able to shake off interruptions to his speech, whereas before he would just be really upset and possibly not even attempt to continue talking (he thought it was really cool both that he is doing that and that we noticed it! :)
- He is able to remain calm and state his case clearly and logically when asking for something or arguing about something he doesn't agree with. It feels like we've gone from having a first grader to having a mature teen in a matter of weeks
- All around, he is less socially awkward. This is hard to describe in detail off the top of my head, but everyone has noticed how much more at ease he is, how much more involved in a standard social situation he's willing to be, instead of hiding or staying off to the side by himself - or even being physically present, but otherwise totally checking out mentally.
- He responds now to questions with more than just a "Yes" or "No." For instance, he had a birthday recently and someone asked, "Did you have a nice birthday?" At first, he just said, "Yes" as he typically would. But a moment later, it was like he just opened up and started telling this person a few highlights of his day that, once again, were all socially and conversationally appropriate. The loving and thrilled look on that family friend's face was priceless!

### **Cognitive & Processing Changes**

- He is able to hear an entire sentence (or string of sentences) and process what is really being said - instead of only hearing a few words, putting things together out of context, and getting really upset over something that was never actually said. This had been a huge pain point for a long time. His feedback when I shared this with him was heartbreaking. Apparently he had realized that he couldn't give satisfactory answers because he couldn't process it all - but he couldn't communicate that. He actually had felt burdened by making his parents work so hard to understand their oldest kid more than the younger ones. (And get ready - get your hugs and Kleenex ready. Because there is all kinds of healing to be done in a family when a kid like this starts to heal himself. It's beautiful - and it'll hit your heart hard
- He is still pretty literal, but no longer debilitatingly so. In fact, *he gave me* a great example: lately he has been colloquially using the word "guys" when talking to his brother and sister and the response he

gets from his sister is, "I'm not a guy!" And he takes it all in stride. Imagine that: Someone more literal than him! :)

- In his own words, it no longer feels like his "brain is sloshing around." He would tell me this when he was intensely struggling in the past and no one ever knew what to do with it, although we wished more than anything that we had! It seems his own body knew just what needed to be corrected because this is actually one of the *first* things he ever told me, after only 2 or 3 days on the patches!
- He is no longer so thrown off by change. Before, he had the hardest time processing any type of simple change, such as switching around the order of errands we were running. Even if we completed all the errands on the list, if we went somewhere first that I originally had said would be second, we were usually bracing for anything from complaints to a meltdown. The smallest change could truly derail his entire day, even being brought up again at bedtime as the reason why it wasn't such a good day. We haven't seen a trace of this in weeks. Instead, now we hear "Oh, ok." Or maybe he does ask, "Wait...why are we doing this?" But instead of protesting the change or melting down because of it, he takes a minute to process it and usually is ok with moving ahead with the new plan. To his additional credit, in the instances where he really is unhappy or concerned about things not following an original plan, he is able to verbalize how he is feeling and ask pertinent questions to understand either the larger context or future steps. It's just flat out amazing.
- His real-world problem solving abilities are at a level we never even dreamed of, especially in regards to his proprioception and physical movement. For instance, climbing over seats in the minivan. You know, crawling silent Ninja-style from the back seat to the the front passenger side so as to not wake up the baby who finally fell asleep 90 seconds before pulling into the driveway... He used to not know what to do with his arms and legs. It is no exaggeration to say that he basically just tried pushing through the seat at times, could not figure out how to lift one leg at a time or to reach ahead to the next seat with his arm, and could not even follow the example of his siblings. Basically, no matter how difficult or awkward it was, his entire body had to move as one big lump. Well, the baby's impeccable fall-asleep-in-the-car time is one thing that hasn't improved since big brother has started wearing the patches. :) But now he can sneak out as fluidly as the other kids - and way better than Mom!
- He also told me that setting up the breakfast table is now easier. Before the sheer number of 6 things to set up (placemats, napkins, cups, silverware, vitamins, and plates) was overwhelming - even if he was only responsible for one or two of those things. We never knew this until we were going through this list. Another one of those heartbreaking moments where we realized just how much he was struggling to get through the day-to-day things we asked of him - and met more than one with our

ignorant impatience or frustration. On the positive side, another blessed opportunity for healing as a family.

- He is now able to stop when he needs to - even if in the middle of a task or project. This was one improvement that he asked me to add to the list and it blew my mind. Before, having to stop in the middle of something he had planned to or wanted to finish would be very frustrating or upsetting. Two years ago, a teacher at Vacation Bible School had to call me and have me come in because he was having an absolute meltdown and refused to leave the classroom he was in until his craft was complete. Thank the Lord they were so understanding, but for me, it was so hard to grasp and I am sure I didn't handle it the way he needed. I just couldn't understand why on earth it was such a big deal. Even a few months ago, his 5th grade teacher (who I'm pretty sure was an angel on earth) would have to reach out every so often because his refusal to stop when asked was creating bigger problems for him. So to hear him explain how this is no longer a problem and then run my own memory back over a month was mind-blowing. I realized he had never once thrown a fit or even complained when I would ask him to do something while he was otherwise occupied. Again, it just feels miraculous.

#### **Emotional Changes**

- All around, he is much more even-tempered and calm
- He is much less anxious and "huffy" as we used to say. Doesn't always seem like he's on pins and needles
- It is especially significant that he is calm when being talked to (as in, disciplined) instead of struggling with an overblown reaction or out-of-proportion concern that he is going to get in trouble
- He used to have an almost irrational fear of getting into trouble. This was a key factor in determining the tour of some of our previous therapies - trying to get to the bottom of this fear and uproot it. We live by Biblical principles (as best we can!) and place an emphasis on natural consequences instead of parent-generated punishments. We never seek to humiliate or hurt our children in any way. And yet, he would express extreme worry that he was going to be terribly harmed for doing something. Even when we would try to logically walk him through his thoughts and he would agree that he never got punished like that, he had never been punished like that, he didn't even understand what some of the words he was using meant (maybe he had gotten them from a book?) that would still be the worry that overtook his entire brain and being. As we talked about this one, I gingerly asked if he was still afraid of being punished in an extreme way - trying very carefully not to add one word in that would lead him to reply in a certain way. You know what he said? "No, of course not!" with a relaxed chuckle to top it off. My husband and I just stared at each other in astonishment for a moment - and I forced myself to hold back

tears. Whatever had been imprisoning his mind, forcing him to think about such awful things, was just gone. Poof! Life was good. (Yes, I'm crying again as I write these words...can you blame me?)

- He is much more patient and willing to wait his turn in...well, every circumstance we've asked that of him. I'm trying to think of at least one time where he's blown up because he didn't want to wait...I'm drawing a complete blank.
- Honestly, he's just a *happier* all around kid. He laughs more, interacts more, smiles more, plays around more, jokes more...It is just so beautiful to see.
- His instant and intense tendency towards self-deprecation and depression has all but disappeared. This, too, feels miraculous. Often in the past, whenever he would get talked to - even about the simplest thing - the conversation could often devolve on his end into, "I'm the worst." "No one loves me." "I wish I was never born." While some kids might do that for attention, that was never our feeling. It was more like that irrational fear of receiving extreme punishments - something just trapped his mind in a state of hopeless misery and nothing we seemed to do could get him out of it for very long.
- He is much more grateful and thankful - at least outwardly. Even if something isn't exactly the way he would have wanted it, he is able to see the good in the situation and be thankful for what it is
- He has a much more positive outlook towards the future
- He is able to go with the flow - something that was extremely difficult for him prior to the patches. Other healing modalities helped with this but nothing to this extent. I'm talking *major* interruptions to things that were very special to him - that other children his age would also be upset about. And he has just taken them in stride.
- He says he feels like he's getting more patient with his "enemies" - in other words, the kids who aren't nice to him, who purposely exclude him, who flat out bully him. We had a little heart-to-heart during which I explained sometimes as you get older you have to practice forgiveness even when the person who hurt you hasn't asked to be forgiven. His mind was blown by that concept - but he didn't resist it or complain that it was "too hard" (another phrase we heard *all. the. time.* before the patches but not once in the last few weeks.)

The honest truth is that all of the above is just the beginning. There are probably even more changes left out of the list than there are included! I'm just a mom of 4 with one on the way during summer break and time is fleeting. I hope this sampling is helpful.

I just want to end by encouraging you, if you are a parent, guardian, caretaker, or just someone who loves one of these truly special, unfairly burdened children. I see you. I feel your pain. I know how much you worry - will they ever have real friends? Will they ever have a family someday? Will they be assaulted or worse if I'm not there to protect them and they're off escaping their harsh reality in their own imaginary world? I get it. Believe me.

So, I hope that you can also feel empowered now that there may actually be an option to unlock your kid from the prison of their own mind and body, like we have seen with my son. Like I mentioned before, we proceeded very cautiously optimistic until we experienced a few specific moments with him and then there was just no denying it. It feels like a Biblical miracle. It still feels almost too good to be true, but the more I talk to other parents who are trying the X39 on their "spectrum" kids, the more I believe it's actually just the truth and the goodness we have prayed for and waited for. (Yes, I'm crying again.)

We know that healing is not linear. We had some bumpy moments in the first weeks and chose to continue patching. I am so glad we did. And should the bumps or setbacks come again, we will continue to pray and to patch because this to me is proof of the highest order that we as humans are God's masterpiece of creation. He designed us to be able to withstand in the latter days - right down to our stem cell regeneration and cellular repair in the face of innumerable types of opposition and attack. My son is finally getting a chance at the life he deserves, and I could not be more grateful to David Schmidt, the entire Lifewave team, my dad for the suggestion to try them on his grandson, and our dear family friend who originally introduced this technology to us all. May God richly bless each and every one of them, and may He richly bless you and your family as well.

If you would like to talk to me personally, you can email me at [REDACTED]. Please allow a bit of time for me to reply, but know that I would be happy to hear your story and, if I can help you in any small way, to do so.