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ACHES AND GAINS RADIO INTERVIEW
LifeWave Pioneers the Future of Phototherapy

**Renowned Johns Hopkins Doctor Interviews Suzanne Somers and David Schmidt
Dr. Paul J. Christo Explores LifeWave Phototherapy Technology**

SAN DIEGO, Calif., April 5, 2016—In his weekly radio program, [Aches and Gains](#)[®], [Dr. Paul J. Christo](#) of the Johns Hopkins School of Medicine covers all aspects of pain and pain relief. His extensive research on chronic pain diagnosis and treatment, combined with his Harvard and Johns Hopkins specialized training, has helped establish him as one of America's leading pain experts. In fact, U.S. News & World Report named Dr. Christo among the top one percent of doctors in the nation.

In a two-part segment that aired in late March, Dr. Christo turns his attention to [LifeWave](#), a global health and wellness firm that uses the healing power of light (phototherapy) to alleviate pain and provide a number of other benefits. Dr. Christo interviews LifeWave Founder and CEO, David Schmidt, and LifeWave Ambassador, [Suzanne Somers](#), about the company's [patented phototherapy patches](#). A cancer survivor, Somers has gone on to be an outspoken advocate for alternative healing and has authored numerous best-selling books on the subject. She discusses what role LifeWave patches play in her health routine, and how she uses this drug-free solution to alleviate pain and decrease inflammation.

Dr. Christo focuses a good portion of his discussion with Schmidt—the inventor behind the patented technology—on how one particular patch ([IceWave](#)) provides pain relief. According to the LifeWave CEO: "I came up with a way of manufacturing nano-scale crystals and imbedding them into a patch. These patches reflect very specific wavelengths of light that stimulate the surface of the skin. If someone has knee pain, for instance, they can apply the patches around the area of pain. The body heat will activate the crystals inside of the patch. Then the patch reflects the light, stimulates the skin and starts to reduce the inflammation immediately."

LifeWave's phototherapy technology has been tested in [extensive clinical research](#), all of which helps substantiate the health claims associated with each patch. Importantly, these patches deliver various benefits without the use of drugs, chemicals, or stimulants. And unlike traditional forms of phototherapy, LifeWave patches are not devices that need to be plugged into an electrical outlet.

This non-drug, non-addictive approach, which uses natural body heat as a power source, has put LifeWave at the forefront of phototherapy technology. Particularly in contrast to mainstream pharmaceutical painkillers, which are known to have harmful side effects, including widespread opioid addiction plaguing many communities in our nation today.

"Even if you are educated, pain can be so isolating and tormenting that many feel they have been robbed of life and, as a result, are really angry," says Dr. Christo. But he also points to evidence suggesting phototherapy could be a panacea for pain sufferers. "Lab studies have shown that phototherapy can decrease inflammatory molecules like prostaglandins. So in general, light therapy might help slow down the amplification of the inflammatory process and reduce pain perception."

LifeWave.com has more information on the phototherapy patches, along with details on purchasing and/or [distributing LifeWave products](#). A recording of the [Aches and Gains](#) interview is available on Dr. Christo's website and on the LifeWave.com homepage.

About LifeWave

Founded in 2004, LifeWave is a health technology company with product distribution in over 100 countries. LifeWave's product line includes patented, phototherapy patch technology that provides a myriad of health benefits without the need for drugs, stimulants or needles entering the body. LifeWave also offers a breakthrough, caffeine-free, stimulant-free nutrition line, which produces results within minutes of use. Headquartered in San Diego, California, LifeWave is a privately held company and a member of the [Direct Selling Association](#) (DSA). For more information, visit www.lifewave.com, and you can also follow LifeWave on [Facebook](#).

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