

Welcome to the Patch Family!

Your Complete Getting Started Guide

I am so excited you are here. Before you dive in, please read this entire guide. It will save us both a lot of time and it will make sure you get the best possible results from your patches.

Please do not skip ahead. The protocol matters. Trust the process and reach out to me anytime.

STEP 1 – Do Your Balance Test First

Before you put on your Liberty Patch, you need to do a balance test. This is important because it shows you where you are starting from so you can measure the difference the patch makes.

Watch the balance test video here: [Click here to watch](#)

The balance test shows you how your nervous system is responding right now. Do the test before you put on your patch and then again after. The difference is your proof. Find someone who can do it for you!

STEP 2 – Start With the Liberty Patch

Put the Liberty Patch on first. Always start here before introducing any other patches.

Where to place it:

- Clean, smooth area without hair or broken skin
- Inner forearm is ideal
- Hip is also a great option
- For pain: place directly on the pain site
- If the pain area is bendy or hard to reach: place it above the pain, closest to the brain

Make sure your skin is clean and dry before applying for best adhesion.

STEP 3 – Introduce Other Patches 1 to 2 Days Later

Do not introduce multiple patches on day one. Give your body 1 to 2 days with the Liberty Patch first. Then you can begin adding other patches to your routine one at a time.

You can wear multiple patches at the same time once you have established your baseline with Liberty. Just follow this protocol when you are first starting out.

STEP 4 – Wear It Every 24 Hours

This is not an every now and then kind of thing. For your body to feel the full effects you need to wear your patches consistently every 24 hours for a full 30 days.

Good news:

- You can shower with them on
- Just be careful not to rub the patch when cleaning that area
- Replace every 24 hours for best results

Consistency is everything. The more consistent you are, the better your results will be.

What to Expect – Results and Timing

Here is the honest truth: results depend on how your nervous system responds and how long it takes for your nervous system to figure out how to respond. Everyone is different.

Not everyone gets instant results. Some people feel something immediately. Others need a few days or even a couple of weeks. This is completely normal.

You may need to experiment a little to find your sweet spot. That is part of the process. Give it a full 30 days before making any judgments.

If you are not feeling results yet, do not give up. Reach out to me and we will troubleshoot together.

30 Day Money Back Guarantee

Give it a full 30 days. If you use the patches consistently and decide they are not for you, there is a 30 day money back guarantee. No pressure. Just give it a real chance first.

One More Thing About Lifestyle

I want to be upfront with you. These patches will work without lifestyle changes. But they work even better when combined with healthy habits.

I am not responsible for other factors like nutrition, movement, sleep or stress management. What I can tell you is that the patches support your nervous system. When you support your overall health alongside them, everything amplifies.

Please Always Reach Out to Me

This is the most important part of this guide. If you have any questions, concerns or are not feeling results — please reach out to me directly. I cannot help you if I do not know what is going on. Do not suffer in silence. Do not just stop using them. Come to me first and we will figure it out together.

I am here for you. That is why you have me and not just a website.

Will You Need to Wear Them Forever?

There may come a time where you no longer need to wear the patches every day. How long that takes is impossible to know because everyone's nervous system is different.

What I can tell you is this: be consistent, pay attention to how you feel, and use your own judgment. Some people reach a point where they wear them less frequently. Others choose to continue daily because they love how they feel.

There is no one size fits all answer. Trust your body. It will tell you what it needs.

Welcome to the patch life. I am so glad you are here.

Rita Kerdock | That Patch Lady

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