

# Quick Reference for Owners and Renters of LumiCeuticals

## Basics:

- Do not stare at the lights of the pads for long periods.
- The eye pad is designed to go over closed eyes and may be used on other parts of the body as well.
- Keep yourself well hydrated with water for best session results.
- FDA cleared as a safe and effective over the counter device for the temporary relief of pain and increase in circulation. If you have been diagnosed with a medical condition check with your medical provider about the use of light therapy. The light system is a support of your natural healing abilities and not an attempt to treat, prescribe, diagnose or prevent disease process.

The Vibe3 controller automatically runs for 20 minutes unless interrupted by turning the switch off. To change frequencies on the 3 port controllers press the button on the top of the controller. To restart the 3 port controller turn the power switch off and then back on.

The Grow6 and Pro6 controllers power up in the back and turn on by pressing the pause/play button on the far right side of the middle row. The session will run to the length of the timer unless you choose to pause or stop the session. The arrows in the middle row change the settings and the top row reflects what the hertz value is at any given time.

Important Pro6 controller instructions: When you switch off the power to the system, the settings will default to the last setting shown before shut down. If you are running settings 11 through 99, and want to repeat the same setting after turning back on the power, you need to advance the middle row up or down by at least one number before returning to repeat the setting. For example, if you run setting 16 and turn the power completely off at the back of the unit after the session, when you return to use the system and switch back on the power, you will be on setting 16. If you wish to run this setting, you need to advance the middle row arrows up to 17 and then back to 16 before running the session again. If you keep the power on between sessions or choose to run a different setting, there is no need to advance and return the middle row arrows to run the setting.

\* The **B** setting starts at 10hz for 10 seconds which is visibly pulsing to the human eye. (Any frequency under 60hz humans see as pulsing. Above 60hz we think it is constant but everything in the universe pulses. ) 10hz is a great grounding frequency to bring you into the present moment and it is safe over the eyes unless there is a history of seizures. We recommend that you choose your comfort level and feel free to allow for 10 seconds of the flashing light elsewhere on the body before placing the eye mask over the eyes.

## The Standard Settings:

**Settings 1-7:** Body Tuning & Support. See guide for the specific tissue that each setting supports. 3-10 minutes on any one of these settings is adequate.

**Setting A for Activate:** The controller is cycling through the 7 physically tuning **Nogier** frequencies like a scale. For someone in good overall health, A is good for a morning session or before working out or for overall balancing the physical body.

**Setting B to Be Calm:** **This is for de-stressing or relaxing the body into a healing, meditative state.** It contains relaxing, calming frequencies and is good to use when a calm, restful, healing state is desired. This is a favorite setting at bedtime or before a healing treatment or massage or chiropractic type of treatment. Use this to allow the body to rest, digest, and heal.

**Setting C is for Centered Balance & Cell Renewal: We find this an ideal combination of relaxation and physical balancing.** This setting offers frequencies in harmony with nature. This is a great gentle setting when working with children or the elderly and an ideal place to start for everyone.

## Pro6 Settings:

See the Custom Sweep Possibilities Chart for Specifics. Unless noted, these frequencies are compiled from the *Electroherbalism Frequency Handbook*. The dashes on the guide represent settings that are possible to exchange in the future through the custom software but are not currently available on your controller.

### Custom Mode Settings:

11-17 are Calming Whole Body Support.

18-20 are Mood and Sleep Support

21-45 are Immunity and Detoxification Support

46-54 are Digestive Tract Support

55-57 are Heart & Lung Support

58-64 are Gland & Hormone Support

65-67 are Diabetic Support

68-77 are Skin Support

78-83 are Brain Support

84-89 are Joint, Bone & Muscle Support

90 is Body Sculpting Support

91 is Liver Support

92-99 are Settings for Support from the work of True Ott, PhD.

**The body's natural healing ability is active when we are relaxed. We recommend starting your use of the lights with de-stress sessions on setting C or B. Listen to the audio download at [www.shinewithlight.com](http://www.shinewithlight.com) to further enhance the effect.**

- The eye mask goes nicely over closed eyes – use small cotton pad or Kleenex on the temple or brow for comfort if needed.
- Place the body pad (largest one) across the small of the back – on skin is ideal. The Red/Infrared pad is often a great choice here.
- Place the third pad over the naval – directly on skin is best. The Blue/Infrared is often a great choice here.
- Relax and enjoy.

After several sessions that focus on relaxation with B or C, you may want to add individual Nogier frequency settings 1-7 for more specific support to areas of the body or explore some of the custom settings. See the Nogier Chart or the frequency guide to determine the best frequencies for your specific target area.

**For best results:** It is preferable to move the pads around on the body if your session is longer than 20 minutes. This way you get better coverage and the body makes more nitric oxide in different places. Blood circulates through the body and passes the naval area every 20 minutes, so that is a good area of focus. Places of good lymphatic flow are also excellent places for light. Those include the back of knees, the groin, top of chest and back, as well as under the chin.

Ideally, limit sessions to 20 – 40 minutes and then let the body act on that nutrition and information. You can do another session again in as little as a few hours. Many people like to start with 1-2 sessions a day. Sessions can be experienced sitting or lying down. While the turquoise –blue range of the light is a healthy range for the eyes, we generally limit the overall time of using the eye mask directly over the eyes to 40 minutes a day. Many people find the eye mask is supportive of sleep and relaxation. If it energizes you, please limit use of the mask to earlier in the day.

We like to **light up both sides of the body equally when possible**, even though you may be experiencing more pain or imbalance on one side or the other. The goal of the harmonic light sessions is to provide the perfect environment for balance and natural healing of mind, body and spirit.

Feel free to contact your mentor to ask questions.

With light,  
Marta & Shirley

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*This information is not intended to treat, prevent, or cure disease. This is not intended as a substitute for medical advice.*