

What People Are Saying About Our Light Systems.

PSYCHIATRIC NURSE PRACTITIONER:

What has been observed and documented at **The Therapeutic Learning Center of Utah** on 586 patients with use of these lights in the spring of 2014. Typical patients experienced 20 minute B setting sessions of light during the study time period. A minimum of 4 sessions was typical. Their blood was tested before and after and charts reviewed.

- 56 patients reported acceleration of the healing processes of wounds, burns, and skin issues like pustules.
- 148 patients reported 50 to 75% reduction in pain.
- 220 patients were able to discontinue their anti-depressant medication while under direct supervision.
- 20 patients that experienced social anxiety reported less isolation to home and increased motivation and ability to engage in family and church activities.
- 18 patients, whose lab studies showed decreased Glutathione levels and associated debilitating fatigue showed 50 % increase in Glutathione and a 15 to 25% increase in energy.
- 10 patients experiencing extreme anxiety and panic attacks, refractory to medications were prevented from having hospitalization.
- 6 patients with ADHD and experiencing learning problems reported increased focus, concentration, and memory. They also reported improved school grades and relationships. No medications used

Overall Dr. Foster, APRN, PhD and the licensed massage therapist that she works with, Ally Sanchez, found that the light systems Shine With Light offers “gave us the ability to work with individual patients and multiple health imbalances with unprecedented ease, speed and precision.”

HEALTH CARE PROFESSIONAL AND FATHER OF A CHILD ON THE SPECTRUM:

I wanted to take a moment to thank you for your kindness, professionalism and absolute knowledge of the science behind the power of light. Thank you for your willingness to share with me and Sherry far beyond the 1 hour session that you were obligated too. As a health care professional myself, I have a passion for holistic medicine, but I need to see the science that I know exists. Therefore, thank you for answering my many questions.

During our training session you asked what drives my passion. If I may, I would like to share our story with you in a shorten version. We have a 19 year son (Jarrett) who was diagnosed with **Autism** at age 3 or 4. We as parents dedicated our lives to doing all we could do and leaving the short fall in the hands of our Heavenly Father.

Jarret struggled through 10 hours a day of various types of therapy such as ABA, Theory of mind and having his parent or a tutor with him at all times. Jarrett has made great strides over the years, which

we will be forever grateful. For his tutors, family, friends, holistic practitioners and MD'S who would listen to us. Most of all Heavenly Father who kept his part of the deal.

Today, Jarrett has graduated from mainstream school with a 3.78 GPA, Drives a car, is capable to going skiing on his own for the day and is a fantastic motorcycle rider. Most of all he is fun to "hang out with"

Early this past spring, we had an opportunity to learn about the Elan light system and to try it. During the long drive home my wife had inquired about my asthma. I questioned her and she reminded me that I was complaining about a flare up before trying the light system. Well, I can just say I had forgotten about it. To be honest I didn't think too much about it.

Our son Jarrett made a comment a couple of days later **how well he had slept the night he used the light** system. Both my wife and I looked at each other and said me too. Interesting. However, more important was several weeks later when Jarrett's State of Utah DSPD case manager and several other people were having an IDT meeting at our home and had asked to meet with Jarrett. They talked to him for quite some time asking questions about services etc.

Jarrett stopped everyone and **said if you really want to help me "get me that light system"** referring to your system. Puzzled they ask why. He went on a 10 min "marketing" speech of how this system **helped him to be able to sleep but more importantly help with his anxiety**. This was the first anyone including us (his parents) knew anything about his struggled with anxiety. Jarret told this IDT meeting members how he was able to get up in the morning attend school and not have any problems.

This was the beginning of our quest to obtain one of your systems. Not having the funds to buy, we were determined to find a way to do so. I mentioned to you Marta that we were eventually able to get our insurance company and our State DSPD to cover the entire cost of the light system.

Moving the clock forward several months, we have now used the system rather extensively and have **seen amazing results. Jarrett who's outlook on life has changed. His confidence level has increased, little anxiety, his Impatience/anger management has decreased 50%. Sleeping habits have improved and most amazing is that Jarrett without failure will come to bedroom each night to have a small devotional/scripture study/prayers as an active participant..... guess light has other abilities!!**

My wife sherry is faithful in daily use. From my perspective **she complains less about headaches, hot flashes, she does not have to soak her feet nearly as often (yes.. this is a big deal) and most of all I see the calm confident women I married.**

For myself and with your help, **my anxiety is gone!! What a new outlook on life.**

I have been working on **Liver/kidney issues** and can feel changes happening. In fact I passed a stone this last week while giving a talk to the Boy Scouts at a large camp fire program. Not to say this will work for everyone, but it helped me out. **And for that old male prostate curse, we'll all I can say is hooray for the flow. The light in just two weeks worked better than anything I have tried.**

I am convinced of the power of light, without question. Thank you again for getting us started in the "light" direction. - Warren and Sherry Walker, Salt Lake City, Utah

FOOTZONER

*My light machine sits next to my client's chair. I charge \$20 extra for the zone with lights and could charge more... I've been amazed at how much smoother & faster the zone goes when a client uses the lights! Difficult blocks I haven't been able to move open up with the lights! They've helped decrease pain more quickly as I'm zoning. I've put it on arthritic hands & clients have been delighted with their extended movement & significantly less pain! Clients relax into the zone from the first moments with lights & are ready to let go & release! I LOVE my lights!! I don't get zones as often as I'd like ... So I put the lights on between zones & they extend the benefits of the zone. I rent out 2 machines to clients... They LOVE being able to use them several times a day & saving money! & at the same time I'm making money without spending my time. My **double chin has shrunk** & I can see the tops of my eyelids again! I had an attack of diverticulitis... Putting the lights on reduced the pain in just 15 min... The **inflammation & bloating decreased & I was able to sleep!** Love these lights!! Brad Zoned me last night while I had the lights on & commented on **how well they worked with the zone & how much better the energy flowed.** – T. Thurgood, Foot Zone Therapist, St. George, UT*

"I use my lights every day (so does my daughter) and we use them for daily use and in times of trauma or illness or even sore muscles - what an incredible tool! I also use them in my foot zone practice and when I receive a foot zone. I've noticed that with the lights, the zone is much more effective. Where the zone re-introduces the blueprint for the perfect cell back into the cell division, the lights support that with an increase of Nitric Oxide, they increase circulation - both blood and lymph, they relieve inflammation, they allow the autonomic nervous system to take over, and they increase the vibration of the person. All in all, they are an amazing tool for healing, from injuries to chronic pain, to fatigue." - Janet Jolley, Foot Zone Therapist, Providence, UT

COSMETICIAN & FOOTZONER

*I am a 36 year old mother of 2. I am 100% sure about the effectiveness of this light system as it has been instrumental in health and healing for me and my family. From everything to mood concentration to helping with sprains and bruising, light has had a noticeable impact on our health. When I started foot zoning, it seemed only logical for me to start using the lights in conjunction with my zones. In my experience, I have noticed a very significant difference between zoning with the light system vs. zoning without light. In my opinion, these lights intensify the zoning process immensely. **It is much easier on the zoner and much more efficient for both zoner and client. I have also noticed faster results than I have been trained to expect from zoning alone.** I've had very good luck with neuropathy, pain related to scoliosis, thyroid function, digestion, acne, and depression/mood disorders among others. – K. Harris, Cosmetician, Foot Zone Therapist, River Heights, UT*

HEALTH COACH AND MASSAGE THERAPY

"The combination of opening up the lymphatic system with Manual Lymph Drainage and these Lights combined with massage therapy and energy balancing are producing results that the other practitioners in the spa with similar training and years of experience aren't even coming close to what I am generating! In De-Light!" - Rebecca Hilly, Health Coach and LMT Park City, UT

"I love my lights!" - S. Boyd, Foot Zone Therapist California

Massage Therapist Client Testimonials:

Rose K. ...diarrhea she had for weeks ended in one session.

Bridget D..... circulatory system and heart - Woman, in her 40's, came in with pains in clavicle region and upper arms. These were the same pains she had 2 years ago just before having a heart attack. Her doctor had assured her she was fine, but she was worried that another attack was coming. Light sessions took pains away, so she bought her own unit. After using it for a few weeks, she discovered also that, at the doctor office, she was able to get blood drawn easily from her veins. Always before, she had to drink water all night long and have a specialist draw her blood!

Craig C.....toe - Type-1 Diabetic in his 60's had a wound on big toe that had taken 6 months to heal (Without lights) when he had it in the past. The next time, it completely healed in 5 to 6 sessions!

Carol M.....- nerve pain - Woman, 65, came in with nerve pain down hip and leg caused by a surgery on a tumor in the spine. She had a pain pill prescription that was refillable 30 times! After her first treatment she stopped taking the pain pills since she could now sleep without them.

IH - glaucoma & field of vision - Woman, 80 years old, had glaucoma for years and had been on every eye drop to try to get the pressure down in the eyes. She was now going to schedule surgery. She had 3 sessions, went to the doctor's to schedule surgery, and was told her pressure was down enough that she did not need the surgery! She bought her own unit, and after 3 months went back to the eye doc to discover that her field of vision was also improving!

Chloe.....front leg - For months my dog kept licking a spot on her front leg till it was raw and the hair was missing. After just one light session, she left it alone and the hair grew back within a few weeks!

Chloe.....degenerative myolapathy and hip dysplasia - My husband did lights along our old dog's spine every day.....kept her alive and walking for a year more....she died at almost 17!

Fran's knee and back - 92 year old presents with back and knee pain for which she has gone to Physical Therapy for the past 6 months with no relief. After 4 sessions she is pain free and has been for the past year!

Margaret A's hip - Woman in her 60's has arthritis and bursitis in the hip. She came for light sessions every week for 3 months, and at that point was pain free and has been for the past 4 months to date!

Bobby's knee - was going to get knee replacement since he was unable to walk around a few blocks w/out pain after 2 sessions a week for 2 months could do small hike bird watching, after 16 sessions could hike 2 1/2 hours in mountains without pain.....checked back with him on 9/25/12 - still pain free and can hike about 4 miles w/out pain.

John G's patellar tendinitis - Man came in with patellar tendinitis which usually takes 2 to 3 months to heal - after 2 weeks healed enough for him to take a road trip he thought he may have to cancel and in 3 weeks was back to bicycling and swimming with no pain!

JJ - After 8 sessions this woman in her 60's had much of her feeling back in her feet after years of

neuropathy! Also went to the doctor and her blood pressure was normal and usually is high!

David's torn meniscus -..healed completely in one month

Suzanne.....stroke symptoms gone

Had stroke 8 weeks before coming to me....still felt "wonky", unclear, also weakness in left arm.....did lights 2 times a week....back to work in one month feeling quite normal. Came once a week for 2 months morecompletely fine.

D. Burch, LMT, Denver, Colorado

ENERGY WORKER

An energy worker tested herself after her session and wrote down the following observations:

“Improvement in all 7 energy systems, Improvement in her thymus area, Conduits of light opened up Brain connections increased, Feeling more grounded, More connected to God, Sluggish body parts were energized” - S. Stallings, Hurricane, UT

Massage Therapist

These lights have been such a huge blessing in my life. Over the last couple of years I have been dealing with some breast cancer issues and surgeries and using the lights has helped me heal more quickly after each procedure. These lights have helped balance out my body in such a way that I now enjoy better mental health as well. Originally I purchased the lights to help with fatigue, chronic pain management, and depression caused by health issues. Using the lights daily reduced the pain tremendously. Using the lights has helped to balance out my hormones and stabilize me in a way that allows me to enjoy life even in times of adversity. Honestly, I don't know if I would still be alive today if I hadn't purchased a set of these lights back in October of 2013. I use these lights every day. Marta & Shirley are a wonderful support team and I appreciate all they do to coach me along in this light business.

B. Dunford, LMT, Utah

Individuals:

Here is What People Say about their First 20 Minute Light Session

- 91% rank the experience a 7 or higher on a scale of 1 to 10
- 40% rate the session a perfect 10.
- 94% report feeling more relaxed
- 22% report feeling less pain

- 52% report feeling lighter
- 30% report feeling happier
- 25% report feeling energized

Comments:

- “Amazing”
- “Great Experience”
- “Very Relaxing”
- “Sacred, relaxing experience.”
- “Amazing energy.”
- “I feel rejuvenated – my cells more alive.”
- “I felt like I was on a beach with the sun shining down on me.”
- “Very Interesting. Worth trying.”
- “I loved it.”
- “Wonderful.”
- “Felt Great.”

*“Wonderfully **relaxing**.”* Wyatt, Orem, UT

“Thank you. I love that the laws of science and the light of Christ have merged.” Stephanie, Idaho

*“I felt immediate pin point connection to pain parts. Yes, symptoms have shifted. I feel so **relaxed, happier, lighter**.”* Karen , Logan, UT

*“I received a beautiful experience of **pure relaxation**. I loved it!”* – Stephanie, Orem, UT

*“It was so amazing, I immediately felt the energy and my **body shifting into alignment** . It was so relaxing but I **could feel myself healing on a cellular level**. “* Amy H, Providence, UT

*“I love using the lights. I have really focused on improving my eye sight. I have used the lights for more than a year now **and my sight is 80% better than it was before I began using the lights**. I have had to get a new prescription for my glasses 3 times since I began using the lights. Since my eyes are doing so much better I don't need as strong of a prescription. My optometrist was extremely surprised.”* - Karen Higbee, Wellsville, UT

*“My family has a long history of gout. I had a flare up involving both knees. While both knees hurt, I wanted to test the lights and only treated my right knee. **Within 2 hours the pain in the right knee was gone**. The pain in the left knee continued to get worse. After two days I could hardly walk on my left leg so we went back to get lights on the left knee. It took two sessions over two days for my body to dispose of the uric acid stored in and around the knee. As a result of the success of light sessions, we purchased a set and use them regularly. I am able to enjoy dancing with my wife. My wife has also found relief with the lights. Before lights, she would have pain walking over 1.5 miles. Since she has been using the*

*lights, **her knees don't bother her anymore** and we walk our 3 mile walk pain free."* Lee Foster, Preston, ID.

*My husband has been using these lights for several weeks now and has had amazing results! He had **severe sores** on his feet for nearly nine months and through daily use of the lights, his foot is **completely healed**. He has also suffered with loss of sensation and a lot of muscle cramping and tenderness. He is **nearly pain free now and can sleep through the night!** He has also said that he feels so **much calmer and in a better mood since using the lights**. Overall, the lights have been extremely beneficial and we highly recommend them!!* - Kathy Truman, Hyde Park, Utah

My daughter is on the autism spectrum and I would say that one big thing is that she enjoys doing the lights. She asks to do them every night before bed. In the 6 months we have owned our lights we are seeing more language from her, her sentences in conversation have become more complex and precise. I noticed a significant difference in her bowel activity and she is gaining weight. We haven't seen her gain weight in probably 2 years, so this is significant. – T. Duffin, North Logan, UT

I tried the lights for the first time almost a year ago, after we had moved to Idaho. Winter was coming and I was nervous that along with the dark and cold days would come tiredness, lack of motivation, blues and depression like I had experienced every year, even in sunny Texas. My husband was nervous too about how I would handle living in a place that is winter for so much of the year. When I tried the lights I felt energized, peaceful and more alive. I decided to rent them to try for a few weeks and I kept feeling better. My kids loved them too. I felt like it was an answer to prayer and I have continued to use the light every day to help me stay healthy emotionally and physically. It makes sense to me that light is an important element and nutrient in our health like clean water and air and good food, one that is difficult to get enough of nowadays.

My family can tell a difference in me, and it's making a difference in my stress level and relationships. My kids have learned to use the lights whenever they get an injury, need help to get focused and peaceful, or feel sickness coming on. It has been a life saver for my energy in pregnancy, and this past winter none of us caught colds or viruses - the lights were our main go to for prevention. It has also helped with my eczema. I have since learned that they help with so much more than winter blues and started sharing with others. I have seen people heal long standing health issues and imbalances with the help of the lights. I have seen amazing things. A. Humphries. Idaho

From the 1st session I felt a reaction response in my body like nothing I had ever experienced before. The closest thing I could equate it to was my meditation practice in restorative yoga. Initially I got a surge of energy as my body was beginning to repair from being under extreme stress for the past 7 years due to a life threatening illness my husband was dealing with. Then after a few weeks of B session 2x per day I began to see changes in my ability to reach a very deep sleep state. Since menopause 15 years ago my sleep was interrupted and very shallow. The slightest disturbance would have me awakened for hours. Now I sleep more like I did in my 20's. Many nights I will sleep 8 hours without waking and if I do wake I am able to go right back to sleep without the racing mind of tomorrow's "to do" list. Being able to sleep soundly is priceless! Most recently I have noticed my ability to focus and follow through on goals has shifted. I have always been a very driven self-starter but with the stress of my husband's illness have only been able to do what was absolutely necessary to get through the day. I also know the lights can shift me out of a negative state whenever things are not going the way I would like them to. At these times I STOP doing and get on the lights and rebalance my system then proceed. The healing path is a journey with many layers to uncover. I had changed so many things in my life to assist my body's own healing mechanism and I believe this light/ frequency system is a key component to speeding up that process. I am so encouraged that I now have this incredible tool that is helping guide my body back to vibrant health. Tamara, Austin, TX

I tried these Lights at my sister's home on a visit. I felt so relaxed I didn't want to get up. That night I slept all night and went to sleep quite fast. I had put in a long day but I hoped that the lights had calmed me and helped me sleep. The next night the same thing happened. I felt so rested, something I had not experienced in years. We rented the machine the next week. I have felt more healthy than I have for years. I used the autoimmune,(47) the inflammation,(2) hot flashes (122) adrenal balance (124) and several others. They all feel great.

I had my follow up appointment with Utah Natural Medicine. We were hoping to get my hormones balanced and ideas on what my thyroid issues were in 6-12 months. My first appointment after blood work all my numbers were perfect on hormones and thyroid. Dr. Burnett was amazed. I told her about the lights and how much better I was sleeping. Maybe my body was finally able to relax and start to heal itself.

I wanted to share these experiences in hopes that others may have hope, or learn something that might assist them in issues with hormones and thyroid. I know sooo many women suffering with both of these issues. If my thyroid starts to shrink I will know for a surety that the lights and current are helping heal my body.

THANKS to Marta and Shirley for your concern and help with my questions. It has been a great blessing to me. I hope the lights help everyone as much as they have helped me!!!

Gratefully,

Darlene Stoker

To find out for yourself how our light energy systems might work for you, please contact us about our risk free rental program and our light energy system packages.

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