

## **2. Using Your Lights Optimally**

We appreciate the rapidly advancing science of how light and frequency can work in the body and we recognize each individual's unique health picture. We believe that optimal use of your harmonic lights is focused on support of your body's natural ability to balance, heal and thrive and that your use is best guided by listening and responding to the communication that your body, mind and spirit offer. Please use the following guides as possibilities for support. Remember that they are not a replacement for medical advice.

### **A. Your Why**

### **B. Frequency Settings Charts**

- 1. Quick Start Guide**
- 2. Nogier Settings A, 1-7**
- 3. Solfeggio B Setting**
- 4. Golden Ratio C Setting**
- 5. Electroherbalism Frequency List Custom Settings**
- 6. Ott Settings**
- 7. How to Program Your Own Custom Settings**

### **C. Pad Placement Possibilities**

- 1. Harmonic Light Pad Placement Possibilities for Owners**

### **D. Owner Week Tutorials**

- 1. Start with Stress Relief**
- 2. 30 Week Owner Tutorial Topics**



# A. Personal Use Goals and Intentions

## INTENTION

Now that you have made the decision to own the lights, we encourage you to set your own goals and vision for their use. Here are some ideas for consideration for setting your personal intentions.

1. Use your lights daily, inviting the harmonic wavelengths to nourish, rejuvenate and tune your body.
2. Invite, but don't coerce other members of your family to try the lights too. Shine by example!
3. Value and care for your equipment and always keep it available for your personal use. (put on your oxygen mask first)
4. Explore the recorded meditations and music supplied for you on <https://shinewithlight.com/videoaudio/> to enhance the stress relieving effect of your sessions.
5. Use positive affirmations and visioning to 'see' yourself pain-free, supple, vibrant and enjoying life. Feel free to share your vision and intention on "shine owners" private facebook page and post your questions for helpful suggestions there.
6. Optimize your product support through our conference calls, Facebook group forum, website, owner meetings and Zoom conferences to learn excellent ways to benefit from your lights, and always report any product issues immediately.
7. Because Light enhances all other energy and health building modalities, please continue to:
  - Stay well hydrated
  - Make good food choices,
  - Increase your intake of minerals, particularly magnesium,
  - Exercise regularly,
  - Honor your body's journey and timing as it comes into balance, don't rush!
  - Take time to read part of your manual each day in order to fully educate yourself.

## Awareness

A key part of your use of Lumi Lights is to encourage better communication with your body. It is the job of the body to let you know when it is out of balance. We invite you to use the amazing tool of lights to become aware of the messages that your body sends you sooner rather than later. It is powerful to be a proactive listener regarding pain, indigestion, colds and flu, stress responses, inflammation, injury, and other issues of imbalance of mind body and spirit such as depression and anxiety. Think "Light" first and be willing to use your lights to avoid the progression of issues. For example, if you start to experience a twinge of pain in your knee or back, put light on it. Become an excellent listener of the messages that the body is telling you.

**Cause and Effect:** We invite you to think “cause” rather than symptom. What is the origin of any issues that are manifesting symptoms? It is well documented that 98% of imbalance and disease is stress related. That is why we recommend daily meditative or ‘stress reduction’ sessions with your lights.

## **Envision Renewal and Regeneration**

When light is received into each of your 60 trillion cells, studies show your body experiences more cellular energy, increased blood flow, enhanced release of lymphatic flow, more oxygen, better cellular communication, a more alkaline Ph, all which lead to healthier cell regeneration.

We invite you to remember that you are comprised of light. Set your goals to receive the harmonic light from your system as a way to nourish your mind, body and spirit and raise your vibration to support an optimal you. Expect it! Enjoy it! Envision yourself as *Luminous!*

## **Questions To Ask Yourself to Determine Your Personal Use Intentions:**

How might my body reveal that it is more balanced and vibrant as I use my lights?

When will I use my lights and what obstacles might I need to clear to use my lights regularly?

What questions do I have in beginning to use my lights?

What outcomes would I love to see as a result of using my lights regularly for the next 6 weeks, 6 months, 6 years?

# Quick Reference for Owners and Renters of LumiCeuticals Light Systems

## Basics:

- 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.
- Receive the light, do not look or stare directly at the lights.
- The eye mask is designed to go over closed eyes and may be used on other parts of the body as well. Other pads should not be used over the eyes unless directed to by a medical practitioner.
- Keep yourself well hydrated with water for best session results.
- Children often love the lights. We recommend supervised use and limit a light session to 1-2 minutes per year of age.
- Pets often love the lights. Cover pads with plastic sleeves and use for short durations with pets as well. 1/2 -1 minute per pound is typical.
- Pads work best over clean skin. Use plastic sleeves if dirt, heavy oils, or germs are a concern. Pads can be gently wiped clean with a cloth with colloidal silver or a natural cleanser. Avoid bleach, alcohol and abrasives.
- Pads can be used over light layers of clothing.
- Pads should be stored flat when not in use.

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.

\* 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. Running them on 20 minutes is fine as well.

**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 numbers with 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 & Eye 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 optimized when we are relaxed. We recommend starting your use of the lights with relaxation sessions on setting C or B. Listen to the audio download at [www.shinewithlight.com](http://www.shinewithlight.com) to further enhance the effect. Pad Placement for a relaxation session:**

- The eye mask goes nicely over closed eyes – use a Kleenex over the lights to keep the mask clean from dirt, makeup or oils.
- Place the body pad across the small of the back or up and down the spine – on clean skin is ideal. A red/infrared pad is often a great choice here. A plastic bag can be used over the pad if needed.
- Place the third pad over the naval or chest – directly on clean skin is best. The blue/infrared is often a great choice here.
- Relax and enjoy.

After several days of sessions that focus on relaxation with B or C, you may want to add 5-20 minutes of 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 enhances 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 adults like to start with 1-2 sessions a day. Sessions can be experienced sitting or lying down. While the turquoise–blue range of light over closed eyes is a healthy range, we generally limit the overall time of using the eye mask directly over the eyes to 40 minutes a day. Many people find the red and blue eye mask is supportive of sleep and relaxation. If you find a session energizes you, please limit use of the mask to earlier in the day.

**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 an ideal environment for the mind, body and spirit to balance, heal and thrive.

Feel free to contact your ambassador to ask questions.

With light,  
Your Shine With Light Team

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





# THE NOGIER FREQUENCIES

Settings 1-7 & A

SETTING	AREA OF BODY SUPPORTED	Note & Frequency
1	<b>Cell Energizer</b> - Bone, Brain, Endocrine Glands, Hormones, Increased Circulation, Increased Immunity, Enhanced Mood	F, 73 Hz.
2	<b>Inflammation</b> , Infections, Scar tissue, Parasites, Mental Health	G, 147 Hz.
3	<b>Ectodermal Tissue</b> – Wounds, Eyes, Ears, Nerves, Skin, Pain, Acute Issues	A, 294 Hz.
4	<b>Endodermal Tissue</b> – Gastrointestinal tract, Metabolism, Neuropathy, Circulation, Lymph, Liver, Pancreas, Stomach Chronic Conditions, Deep Tendon, Ligament & Joint, Spine	B, 587 Hz.
5	<b>Mesodermal Tissue</b> – Heart and Blood Vessels, Bones, Muscles, Joints, Ligaments, Lungs, Reproductive Organs Circulation, Movement, Relaxation of Large Muscle Groups	C, 1174 Hz.
6	<b>Balance</b> - Stress, Right/Left Brain, Brain Connectivity, Plateaus, Alignment Session Support	D, 2349 Hz.
7	<b>General Pain</b> – Nerve Issues, Bone Chips, Spurs, Calcifications, Arthritic Conditions, Spinal Cord, Sedative	E, 4698 Hz.

## GUIDE FOR SETTINGS A, B, C

**A** – Physical Energy & Balance - Steps through Settings 1-7 in 3 minute intervals. Can be energizing, recommended as a morning session. 21 minutes.

**B** – Relaxation, Emotional Release & Tuning - B moves through the Spiritually Tuning Solfeggio and other Quantum frequencies. B setting is an excellent choice for stress reduction and relaxation supporting the natural balancing phase of the body.

**C** – Natural Harmony & Rejuvenation - C is series of 3:2 Pythagorean or Golden Ratio frequencies which represent the blueprint of how energy naturally flows and are repeatedly found in music, in minerals, in architecture, in medical research and in the natural patterns of life. The Golden Ratio Harmonics have been named by researchers at Stanford as part of “the most harmonic frequencies in nature.” This is a great series for either morning or night and supports natural balance and cell rejuvenation.

\*Helpful Reminder: Lower hz frequencies tend to energize, Higher hz frequencies tend to sedate.

Notes:

# SOLFEGGIO FREQUENCY GUIDE

The B setting on our controllers

Frequency	SUPPORTIVE HARMONICS
<b>174 Hz</b>	<b>Calm</b> - This vibration has been found to support relaxation by creating a space of calm, safe, peaceful sense of meditation.
<b>285 Hz</b>	<b>Renew</b> - This vibration has been found to support cellular rejuvenation and deeper movement into meditation & relaxation where the body naturally rests, digests and heals.
<b>UT 396 Hz</b>	<b>Liberate</b> – This vibration has been found to help release lower energies like guilt and fear and support freedom and expansion in the root chakra energy center of the body.
<b>RE 417 Hz</b>	<b>Empower</b> – This vibration has been found to help resolve past traumas and facilitate change. It helps break up crystallized emotional patterns, destructive influences of past events, and limiting beliefs in the sacral chakra. This release assists enhanced cellular DNA and energy.
<b>MI 528 Hz</b>	<b>Transform</b> – This vibration has been found to support transformation miracles, experiences of love and peace and increases in life energy in the solar plexus energy center of the body.
<b>FA 639 Hz</b>	<b>Harmony</b> – This vibration has been found to foster connection and communication from cell to cell and person to person through balance, awareness and acceptance in the heart chakra energy center.
<b>SOL 741 Hz</b>	<b>Illuminate</b> - This vibration has been found to support stability, power and self-expression in the throat chakra. It also helps cleanse cells of electromagnetic radiations as well as infections – viral, bacterial, and fungal.
<b>LA 852 Hz</b>	<b>Awaken</b> - This vibration has been found to support communication with an all-embracing Spirit as it raises awareness and awakens intuition and divine purpose through the third eye chakra.
<b>TI 963 Hz</b>	<b>Connect</b> - This vibration has been found to support a sense of enlightenment and oneness with The Light and all-embracing Spirit through the crown chakra.

## The Ancient Solfeggio Scale

Music and sound can be a powerful transformational tool for body and soul. Every note or sound has its own frequency. Light is a powerful way to send this frequency quickly, easily and safely into every cell in the body.

The Solfeggio tones date back to ancient times when they were sung in Gregorian chants. Based on a Hymn from John the Baptist, these resonances have been found to be spiritually and energetically healing.



# GUIDE FOR THE C SETTING

Setting C is a series of 3:2 Pythagorean or Golden Ratio frequencies. These frequencies are the blueprint of how energy naturally flows and are repeatedly found in minerals, architectural, medical research, in nature and in music when the A tuning is shifted to the original frequency of 432hz.

These harmonies have been named by researchers at Stanford as part of “the most harmonic frequencies in nature.” According to Tibetan Chakra Meditations and The Electroherbalism Frequency Manual these frequencies have been historically used to support the following experiences in the mind and body:

**256 hz Musical Note C - Heart Chakra, Thymus, Calcium, Manganese, Boron, Blood Pressure, Immunity, Muscle Tension, Heart Issues, Breathing Issues, Improper Cell Growth. Relationships, Acceptance, Balance, Love**

**324 hz Musical Note E - Support for Neurological Health, Hypertension, Joint Pain, Muscle Tonic, Muscular Pain & Injury.**

**432 hz Musical Note A - Crown Chakra, Pineal Gland, Magnesium, Gold, Boron, Mental Health, Vascular Health, Lymphatic System Support, Skin Imbalance Support, Upper Brain, Hair Growth, Spirituality, Bliss.**

**486 hz Musical Note B - Doubles 243 hz which offers Immune System Support**

**729 hz Musical Note F# - Solar Plexus, Pancreas, Indium, Chromium, Vanadium, Blood Sugar Balance, Digestive Support, Nervousness, Parasite Cleansing, Memory, Personal Power, Optimism.**

**768 hz Musical Note G – Throat Chakra, Thyroid Gland, Iodine, Potassium, Selenium, Immunity, Tonsils, Teeth, TMJ, Speech, Hormones, Hyperactivity, Communication, Trust.**

**1152 hz Musical Note D – Third Eye Chakra, Pituitary, Iridium, Molybdenum, Platinum, Vision, Sleep, Headaches, Mood Balance, Intuition, Imagination.**

The Most Harmonic Numbers/Frequencies

1	3	9	27	81	243	729	2187
2	6	18	54	162	486	1458	4374
4	12	36	108	324	972	2916	8748
8	24	72	216	648	1944	5832	17496
16	48	144	432	1296	3888	11644	34992
32	96	288	864	2592	7776	23328	69984
64	192	576	1728	5184	15552	46656	139968
128	384	1152	3456	10368	31104	93312	279936
256	768	2304	6912	20736	62208	186624	
512	1536	4608	13824	41472	124416		
1024	3072	9216	27648	82994			
2048	6144	18432	55296				
4096	12288	36864					
8192	24576						
16384							
C	G	D	A	E	B	F#/Gb	C#/Db



# Basic Settings

To utilize the 1-7 settings on your controller, follow the guide below. We like to keep things simple and use setting B or C first for 20 minutes with pads on eyes, naval and kidneys for helping to shift the body into a relaxed state of healing and then shift the pads to areas of concern and the setting on areas that you are working to support. Remember that the eye mask doesn't have to stay on the eyes and that we are working with the lights to support these areas not treat, diagnose, prevent or cure.

<b>Nerves, Brain</b>	B or C for 20 min., then 1, 3, 6 for 5 min each. (Add 7 for calming)	<b>Liver Gallbladder</b>	B or C for 20 min., then 4 for 5 min. each
<b>Skin - wounds, rash, burns, collagen, scars</b>	C for 20 min., then setting 2 and 3 for 5-10 min. Setting 4 for chronic issues	<b>Stomach Digestion</b>	B or C for 20 min, then 2, 4 for 5 min.
<b>Pituitary, Hypothalamus, Pineal Gland</b>	B or C for 20, then 1 for 5 min. (Eye mask over eyes is best)	<b>Small intestine Large Intestine</b>	B or C for 20 min. then 2 and 4, for 5 min. each
<b>Thyroid</b>	B or C for 20 min., then 1 for 5 min. (Blue pad or eye mask)	<b>Kidneys Bladder</b>	B or C for 20 min. then 2 and 4 for 5 min. each
<b>Adrenals</b>	B or C for 20 min., then 1 for 5 min. (Add 7 to relax)	<b>Uterus Prostate</b>	B or C for 20 min., then 1 and 5 for 5 min. each
<b>Ovaries/Testes</b>	B or C for 20 min., then 1 and 5 for 5 min.	<b>Spine, Bones Muscles, Ligaments</b>	B or C for 20 min. then 2, 4, 5, and 1 or 7 for 5 min. *Use 1 instead of 7 for new bone growth after injury.
<b>Pancreas Blood Sugar</b>	B or C for 20 minutes, then 1 for 5 min., 4 for 5 min.	<b>Spleen Lymph Immune</b>	B or C for 20 min., then 1, 2, and 4 for 5 min. each
<b>Heart Circulation</b>	B or C for 20 min., then 1, 2, and 4 for 5 min. each	<b>Lungs Bronchus</b>	B or C for 20 min., then 2 for 5 min., 5 for 5 min.

Please visit [www.shinewithlight.com](http://www.shinewithlight.com) for more info. Or contact: Marta 303-818-6453 or Shirley 303-818-9263. This chart is designed as a guide to support the body's own healing ability not to treat, diagnose, prevent or cure disease.





# Harmonic Light Custom Setting Possibilities

Sample set compiled from the [Electroherbalism Frequency List](#) and wellness professionals

## Whole Body Support

- 11 General Power Sweep
- 12 Grounding Balance
- 13 Abundance
- 14 Transformation
- 15 Chakra Balancing
- 16 Instant Vacation
- 17 Master Healing Support
- \_\_\_ 17 Chakra Wand Sweep
- \_\_\_ 17 DNA Repair Support
- \_\_\_ 17 Energize
- \_\_\_ 17 Schumann Wave
- \_\_\_ 17 Ultimate Health
- \_\_\_ Also See #94, 98, 99

## Mood and Sleep Support

- 18 Peace & Calming
- 19 Insomnia Support
- 20 Depression /Anxiety Support
- \_\_\_ 20 Emotion Sweep
- \_\_\_ 20 Joy & Happiness
- \_\_\_ 20 Sleep Apnea
- Also See Sweep #97

## Immune & Cleanse Support

- 21 A+ Immune Support
- 22 Allergies
- 23 Autoimmune Support
- 24 Colds/Flu Support
- 25 Chemical Detox
- 26 Detox
- 27 Energy Cleansing - run w/ pads face up
- 28 Epstein Barr Support
- 29 Fungus/Mold
- 30 Lymph
- 31 Heavy Metal
- 32 Herpes/Shingles Support
- 33 Immune Support General
- 34 Immune Support Breast
- 35 Immune Support Lymph
- 36 Immune Support Prostate
- 37 Immune Support Blood
- 38 Inflammation/Infection
- 39 Lyme Support
- 40 Ear Infection/Otitis support
- 41 Papilloma virus support
- 42 Pneumonia Support
- 43 Sinus Support
- 44 Strep Support
- 45 Staph Support
- \_\_\_ 45 Bells Palsy Support
- \_\_\_ 45 Chronic Fatigue Support
- \_\_\_ 45 Hepatitis C Support
- \_\_\_ 45 Immune Stimulation
- \_\_\_ 45 Macrophage - Immune
- \_\_\_ 45 Bronchitis Support
- \_\_\_ 45 Chemical Sensitivity
- \_\_\_ 45 EMF Clean
- \_\_\_ 45 Sore Throat
- \_\_\_ 45 Viral Infection Support
- See Sweep #94 and #95

## Digestive Tract Support

- 46 Acidosis/Alkalize
- 47 Candida
- 48 Colitis/ IBS Support
- 49 Digestion
- 50 Gall Bladder Support
- 51 Parasite Support
- 52 Polyp Support
- 53 Ulcer Support
- 54 Urinary Tract
- \_\_\_ 54 Flukes
- \_\_\_ 54 Hernia Support Masters
- \_\_\_ 54 Hiatal Hernia
- \_\_\_ 54 Hookworm
- \_\_\_ 54 Larynx Support Masters
- \_\_\_ 54 Tapeworm
- \_\_\_ 54 Constipation
- See Sweeps #94 and 95

## Heart & Lung Support

- 55 Circulation
- 56 Lungs
- 57 Artery Support
- \_\_\_ 57 Raynauds Support
- See Sweep #94

## Gland & Hormone Support

- 58 Adrenal /Stress Support
- 59 Breast Fibroid Support
- 60 Endocrine Support
- 61 Endometriosis/Uterine
- 62 Hypothyroid Support
- 63 PMS/Menopause Support
- 64 Prostate Support
- \_\_\_ 64 Pineal Opening
- \_\_\_ 64 Adrenal Balance
- \_\_\_ 64 Hot Flashes
- \_\_\_ 64 Hypothalamus
- See Sweep #96

## Diabetic Support

- 65 Blood Sugar
- 66 Pancreas
- 67 Neuropathy Support

## Skin Support

- 68 Acne
- 69 Eczema Support
- 70 Gums Support
- 71 Hives
- 72 Warts
- 73 Rosacea Support
- 74 Psoriasis Support
- 75 Skin Support
- 76 Skin Immune Support
- 77 Wounds/Injuries
- \_\_\_ 77 Healthy Skin
- \_\_\_ 77 Insect Bites
- \_\_\_ 77 Scarring
- \_\_\_ 77 Vitiligo Support

## Head & Brain Support

- 78 ADD/ Autism Support
- 79 Headache Support
- 80 MS Support - Masters
- 81 Tinnitus Support
- 82 Parkinson Support
- 83 Cognition Support
- \_\_\_ 83 MS Support 2
- \_\_\_ 83 Vertigo
- \_\_\_ 83 ADD Support

## Eye Health Support

- \_\_\_ 83 Vision – Sharpen
- \_\_\_ 83 Macular Support
- \_\_\_ 83 Eye Lens Support
- \_\_\_ 83 Eye Nerve Support
- \_\_\_ 83 Eye Health Support

## Joint, Bone & Muscle

- 84 Arthritis Support
- 85 Pain Support
- 86 Rheumatism Support
- 87 Knee/Hip Support
- 88 Bone Trauma
- 89 Sciatica Support
- \_\_\_ 89 Gout Support
- \_\_\_ 89 Fracture Support –Masters
- \_\_\_ 89 Disc Support
- \_\_\_ 89 Sprain
- \_\_\_ 89 Elbow Pain
- \_\_\_ 89 Carpal Tunnel
- See Sweep #94 and 95

## Body Sculpting

- 90 Weight Release 1 Support
- \_\_\_ 90 Belly Fat Release
- \_\_\_ 90 Cellulite Release
- \_\_\_ 90 Fat Burning
- \_\_\_ 90 Weight Release

## Liver & Kidney

- 91 Liver
- \_\_\_ 91 Cirrhosis/Liver Support
- \_\_\_ 91 Kidney Stones Support

## Ott Settings

- 92 Ott Trace Minerals
- 93 Ott Macro Minerals
- 94 Ott Cleanse, Energy, Rejuvenate
- 95 Ott Immune, Inflammation Support
- 96 Ott Hormone Balance
- 97 Ott Relaxation/Clear Thinking
- 98 Ott B Alternative
- 99 Ott New C Alternative
- \_\_\_ 99 Anahata Solfeggio
- \_\_\_ 99 Ott C Original Alternative
- \_\_\_ 99 Ott Harmonic Balance
- \_\_\_ 99 Ott Ozone
- \_\_\_ 99 Ott Solfeggio

*The \_\_\_ before a number means that it is available on your software USB but must be manually exchanged for one of the existing modes 12-99 on your controller.*



## LIGHT ENERGY CUSTOM SWEEP POSSIBILITIES

Compiled From the Electroherbalism Frequency Handbook and True Ott PhD

### Whole Body Support

11 General Power Sweep	432	787	880	1550	2720	5000	9999
12 Grounding Balance - Ott	180	360	432	540	720	900	1080
13 Abundance	343	2794	4644	4790	4903	4916	4952
14 Transformation	2664	3330	3996	2475	855	1584	1746
15 Chakra Balancing	228	606	728	512	768	288	432
16 Instant Vacation	120	432	5000	9999			
17 Master Healing Support	4170						
___ Chakra Wand Sweep	194	210	126	136	141	221	172
___ DNA Repair Support	432	731	732	432			
___ Energize	1056	2008	9999	424	15		
___ Schumann Wave	10	14	20	26	33	39	45
___ Ultimate Health 432	432	27	54	108	216	432	1080
___ See Sweeps #94, 98, 99					27	144	432

### Mood and Sleep Support

18 Peace & Calming	1009	4601					
19 Insomnia Support	48	802	880	1550	6000	8778	9999
20 Depression /Anxiety Support	9999	5000	3176	800	787	73	
___ Emotion Sweep	4992	7240	3727	4582	4743	4875	4929
___ Joy & Happiness	432	4604	4655	4634	4589		
___ Sleep Apnea	15	10	20	35	40	80	125
___ See Sweep #97						150	240
						320	635
						160	763
						2720	

### Immune & Cleanse Support

21 A+ Immune Support	337						
22 Allergies	146	290	337	555	690	727	787
23 AutoImmune Support	328	880	728	5000	2720	2180	120
24 Colds/Flu Support	800	880	8700	7760	4888	5000	9999
25 Chem Detox	664	7344	2842	1142	686	1113	780
26 Detox	5000	3176	2489	1552	7344	2842	664
27 Energy Cleansing	7240	7301	run with pads	face up in room			
28 Epstein Barr Support	105	172	253	274	660	667	669
29 Fungus/Mold	4442	2411	1833	1823	1333	1155	1130
						738	825

This list is NOT claiming to treat, cure, or prevent any disease. It is only meant to provide a frequency environment that supports the body into coming back into natural balance. Please seek proper medical care when needed.

## LIGHT ENERGY CUSTOM SWEEP POSSIBILITIES

Compiled From the Electroherbalism Frequency Handbook and True Ott PhD

30 Lymph	432	880	727	3176	478	337				
31 Heavy Metal	48	75	317	1902	4202	5333	9887			
32 Herpes/Shingles Support	1488	2950	141	165	337	450	629			
33 Immune Support General	66	133	199	266	337	399	465	532	598	665
34 Immune Support Breast	3672	3072	2950	2128	2008	337				
35 Immune Support Lymph	1552	552	5318	8610	8020	5278	2127			
36 Immune Supp. Prostate	854	1840	2145	2288						
37 Immune Support Blood	2127	2008	880	787	727	666	2217			
38 Inflammation/Infection	337	786	802	880	1550	2720	9999			
39 Lyme Support	2016	625	615	920	1520	2050	337			
40 Otitis- ear support	337	736	743	779	880	1550				
41 Papillomavirus Support	9609	9258	5657	1051	1002	874	907			
42 Pneumonia Support	7660	7344	6007	5423	1550	987	5554			
43 Sinus Support	999	7344	5000	2950	2600	1550	880			
44 Strep Support	880	2000	1266	885	1136	879	776			
45 Staph Support	9646	7270	8697	7160	2600	2431	1902			
___ Bells Palsey Support	20	58	222	464	625	880	1250			
___ Chron.Fatigue Support	9999	337	2127	787	465	660	880	1550		
___ Hepatitis C Support	5000	3220	3176	2489	2189	1865	1600			
___ Immune Stimulation	9999	5611	5000	4014	3176	2929	2720			
___ Macrophage - Immune	337	77	337							
___ Bronchitis Support	20	72	333	523	768	786	510	683	1234	3672
___ Chemical Sensitivity	440	443						943	660	
___ EMF Clean	4999	657								
___ Sore Throat	2720	2489	1800	1600	1550	802	787			
___ Viral Infection Support	9999	7344	5000	2950	2650	1234	866			
___ See Sweep #94 and #95										
<b><u>Digestive Tract Support</u></b>										
46 Acidosis/Alkalize	20	142	727	787	802	880	9999			
47 Candida	464	3176	2644	1403	1151	943	886			
48 Colitis/IBS Support	1550	880	832	802	727	432	20			
49 Digestion	20	727	787	802	880	1550	5000			
50 Gall Bladder Support	432	481	732	801	865	928	1551			

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## LIGHT ENERGY CUSTOM SWEEP POSSIBILITIES

Compiled From the Electroherbalism Frequency Handbook and True Ott PhD

51 Parasite Support	20	440	776	787	880	1550	2720
52 Polyp Support	542	1436					
53 Ulcer Support	676	2167	2779	880			
54 Urinary Tract	432	1600	1865	1550	880	802	650
___ Flukes	143	275	676	763	854	6641	6672
___ Hernia Support - Masters	787	727	2720	5008			
___ Hiatal Hernia	110	660	690	787			
___ Hookworm	432	688	2008	3032	4412	5868	6463
___ Larynx Support - Masters	327	524	731	1133			
___ Tapeworm	164	187	453	542	843	1360	3032
___ Constipation	20	422	660	690	776	787	802 1550 832 880
___ Irritable Bowel	6766	5429	4334	2018	1550	880	727
___ See Sweep #94 and 95							
<b><u>Heart &amp; Lung Support</u></b>							
55 Circulation	787	880	1500	2112	2170	2589	2720
56 Lungs	11	27	307	318	1311	1466	3672
57 Artery Support	9999	2700	2170	1800	1600	1500	880
___ Raynauds Support	20	660	690				
___ See Sweep #94							
<b><u>Gland &amp; Hormone Support</u></b>							
58 Adrenal/Stress Support	20	95	2250	6000	8778	9999	
59 Breast Fibroids Support	465	690	727	787	802	880	150 2128
60 Endocrine Support	73	417	635	763	1342		
61 Endometriosis/Uterine	246	800	1550	2008	2128	2150	6766
62 Hypothyroid Support	12	20	35	73	80	160	9999
63 PMS/Menopause	465	727	787	802	880	1550	9999
64 Prostate Support	2050	2128	2250	465	666	787	
___ Pineal Opening	20	537	662	480			
___ Adrenal Balance	20	537	1335	2250			
___ Hot Flashes	537	660	690	787	880		
___ Hypothalamus	13	15	45	537	1534	1413	1351
___ See Sweep #96							

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## LIGHT ENERGY CUSTOM SWEEP POSSIBILITIES

Compiled From the Electroherbalism Frequency Handbook and True Ott PhD

### Diabetic Support

5000 727 787 880 2127  
 432 464 600 624 648 1552 880  
 9999 3176 2720 2489 2170 2112 1800

### Skin Support

2720 2170 1800 1600 1552 1550 564  
 727 787 802 1550 2008 2180 2720  
 47 1800 1600 650 625 600 880  
 1800 880 787 727 522 146  
 2720 2489 2170 2127 915 727 660  
 2167 728 880 2950  
 2720 2489 2180 2008 880 802 787  
 2116 2128 2280 2876 760  
 9999 2217 2128 2127 2050 2008 1050  
 147 190 220 727 787 880 2720  
 \_\_\_ Healthy Skin 10 787 2720 2116 2280  
 \_\_\_ Insect Bites 660 690 880  
 \_\_\_ Scarring 465 600 625 650 690 685 700 760 802 1550 823 880  
 \_\_\_ Vitiligo Support 432 600 650 2112 880 787 440

### Head & Brain Support

1489 962 880 787 763 727 337 432  
 9999 3000 880 787 727 650  
 3057 802 880 690 660  
 20 728 784 880 2720 5000 9999  
 33 470 6000  
 430 620 840 5148 2213 3773 3767  
 5000 4992 3767 3056 2720 1550  
 \_\_\_ MS Support 2 20 100 660 690 787 880  
 \_\_\_ Vertigo \_\_\_ 621 762 769 770 1550 802 832 432  
 \_\_\_ ADD Support

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## LIGHT ENERGY CUSTOM SWEEP POSSIBILITIES

Compiled From the Electroherbalism Frequency Handbook and True Ott PhD

### Eye Support

83 Continued										
___ Vision - Sharpen	266	350	360	1830						
___ Macular Support	1	2	10	21	32	410				
___ Eye Lens Support	1830	1600	9999	1335	1654	2187	2195			
___ Eye Nerve Support	1600	1830	880	787	727					
___ Eye Health Support	1830	1600	880	787	727	360	160	20		

### Joint, Bone & Muscle

84 Arthritis Support	9999	4698	2720	1550	962	880	787			
85 Pain Support	3000	2720	95	1550	802	880	787			
86 Rheumatism Support	766	250	625	650	727	787				
87 Knee/Hip Support	20	727	787	802	880	1550	2720	3000		
88 Bone Trauma	380	787	802	880	1550	2720	9999			
89 Sciatica Support	10	660	690	787	802	1550	880			
___ Gout Support	20	727	787	880	3000	9999				
___ Fracture Support - Masters	465	690	727	220	230	880	787	727	999	
___ Disc Support	15	324	660	690	787	2720				
___ Sprain	10	20	35	40	80	125	320	2720		
___ Elbow Pain	250	26	160	2720	3000					
___ Carpal Tunnel	144	1865	522	685	700	760	776	787	760	832 1000 1500 2008
___ See Sweep #94 and 95										

### Body Sculpting

90 Weight Release 1 Support	260	265	270	320	525	530	2013	9999		
___ Belly Fat Release	320	52	320	98	230	320				
___ Cellulite Release	295	120	424	465	660	787	1550	2127	9999	
___ Fat Burning	295	5219	5797	5859	6140	8875	9999			
___ Weight Release 2	260	265	270	525	530	2013				

### Liver & Kidney

91 Liver	1550	1351	922	880	802	291	2056			
___ Cirrhosis/Liver Support	291	381	514	677	2271					
___ Kidney Stones Support	787	444	1865	660	880	1552	3000	6000		

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## LIGHT ENERGY CUSTOM SWEEP POSSIBILITIES

Compiled From the Electroherbalism Frequency Handbook and True Ott PhD

<u>Ott Settings</u>	288	172	78	88	95	108	296	189	82	144	291	118	179	97
92 Ott Trace Minerals														
93 Ott Macro Minerals	16	36	48	54	64	76	81	162						
94 Ott Cleanse, Energy, Rejuvenat	72	633	780	45	180	753	5184							
95 Ott Immune, Inflammation Su	337	77	534	468	715	513	194	218	682					
96 Ott Hormone Balance	1264	430	228											
97 Ott Relaxation/Clear Thinking	432	228	1500	262	5164	27								
98 Ott B Alternative	27	63	174	284	396	417	432	639	741	963				
99 Lumi C	256	324	432	486	729	768	1152							
___ Anahata Solfeggio	174	741	396	417	285	639	963	528	852					
___ Ott C Original Alternative	63	147	284	396	417	432	587	639	2349					
___ Ott Harmonic Balance	162	324	432	486	729	768	1152							
___ Ott Ozone	72	144	288	216	432	864	72							
___ Ott Solfeggio	36	128	192	288	432	648	486	729						

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# OTT FREQUENCY SWEEPS

with Calculator

## 1<sup>st</sup> Sweep

### Trace Minerals #92

- Iridium (288 Hz) – 1 minute
- Indium (172 Hz) – 1 minute
- Chromium (78 Hz) – 1 minute
- Cobalt (88 Hz) – 1 minute
- Copper (95 Hz) – 1 minute
- Germanium (108 Hz) – 1 minute
- Gold (296 Hz) – 1 minute
- Iodine (189 Hz) – 1 minute
- Manganese (82 Hz) – 1 minute
- Molybdenum (144 Hz) – 1 minute
- Platinum (291 Hz) – 1 minute
- Selenium (118 Hz) – 1 minute
- Tin or “Minerals of Life” (179 Hz) – 1 minute
- Zinc (97 Hz) – 1 minute

### Macro Minerals #93

- Boron (16 Hz) – 1 minute
- Magnesium (36 Hz) – 1 minute
- Sulfur (48 Hz) – 1 minute
- Potassium (54 Hz) – 1 minute
- Calcium (64 Hz) – 1 minute
- Vanadium (76 Hz) – 1 minute
- Iron (81 Hz) – 1 minute
- Silver (162 Hz) – 1 minute

## 2<sup>nd</sup> Sweep

### Body Cleansing, Energy, Rejuvenation #94

- 72 Hz (4 minutes to enhance Ozone production)
- 633 Hz (5 minutes to enhance ATP production)
- 780 Hz (5 minutes to enhance GTP production)
- 45 Hz (4 minutes to enhance Nitric Oxide production)
- 180 Hz (4 minutes to enhance Creatine production)
- 753 Hz (4 minutes to enhance Telemere lengthening)
- 5184 (4 minutes to enhance RNA production)

## **3<sup>rd</sup> Sweep**

### **Immune Support, Anti-Inflammatory #95**

337 Hz (4 minutes to inhibit Nagalase production)

77 Hz (4 minutes to enhance GcMAF production)

534 Hz (4 minutes to enhance THCa [non-psychoactive] production)

468 Hz (3 minutes to enhance CBD and CBC [non-psychoactive] production)

715 Hz (3 minutes to enhance Frankincense [Boswellia sacra "Arabic"] production) 513

Hz (3 minutes to enhance Curcumin [Curcuma longa] production)

194 Hz (3 minutes to enhance Beta Glucan 1,6 production)

218 Hz (3 minutes to enhance Garlic [Diallyl sulfide] production)

682 Hz (3 minutes to enhance vitamin B-17 production)

## **4<sup>th</sup> Sweep**

### **Hormone Balance #96**

1264 Hz (5 minutes to optimize Growth Hormone production)

430 Hz (5 minutes to optimize Testosterone production)

228 Hz (5 minutes to optimize Estrogen production)

## **5<sup>th</sup> Sweep #97**

### **432 Hz, Relaxation, Gamma Brain Wave (Clear Thinking)**

432 Hz – 5 minutes

228 Hz (5 minutes to enhance Dopamine production)

1500 Hz (5 minutes to enhance Oxytocin production)

262 Hz (5 minutes to enhance Serotonin production)

5164 Hz (5 minutes to enhance beta-Endorphin production)

27 Hz – 5 minutes

**To Calculate the Harmonic Frequency of an Element or Substance:**

**Multiply the Atomic or Molecular Weight (Mass) by 1.4904752**

**To Calculate the Mortal Oscillating Frequency of a Substance:**

**Multiply the Atomic or Molecular Weight (Mass) by 1.4904752.**

**Then multiply that product by 1.414.**



## Pro6 Custom Program Quick Start Guide

What you will need:

- A PC Computer with 2 USB ports.
- LumiCeuticals Pro6 Controller
- LUMI USB software stick
- Your mini USB to standard USB connector Cable that came with your system

Suggested:

- Light Energy Custom Sweep Possibilities Sheet found in your owner documents or in the members login section of [www.shinewithlight.com](http://www.shinewithlight.com) or private owner's Facebook forum – Shine Owners.
- Harmonic Settings Possibilities Easy Guide
- If you want to update an older list to our latest list for your software stick, get the latest list on the members login section of [www.shinewithlight.com](http://www.shinewithlight.com) or private owner's Facebook forum – Shine Owners.

## Connecting the Pro6 Controller to Your PC Computer

Step 1:

Remove the silver cover and plug the USB stick into your PC computer.

Double Click the USB removable storage device to open the USB folder. The USB device should contain the a folders with your controller's 6 digit serial number as it's name. Double click on the yellow folder to open it. The folder will contain the programming software and a possible frequency sweep list. If you purchased your system before May 2018 and do not have the most recent list available, now is a good time to copy the most recent list from your files and copy it to your USB stick using Control A to gather the entire list, Control C to copy it and Control P to paste it into a new folder you create on your stick.

Step 2:

Use the USB cable included with your software to connect your controller to your PC.

The controller will beep and automatically turn on. With a lower powered lap top, you may need to also plug the controller power supply into the wall.

Step 3:

To open the Programming Software, double click on the file with your serial number, this will open up the program.

Putting an Existing Frequency Sweep into Your System:

To Put a Sweep that is in your software stick's memory, but not on your controller.

Step 1:

Choose the Sweep You Want To Add. On Recent Lists these will be the frequency sweeps with dashes in front of them. They are in the software memory but are not playable on your controller yet. To do this you must replace one of the existing sweeps on your controller for one you would like to add. Move your cursor to this sweep on the Program List on the right side of your screen.

Step 2:

Choose the Sweep You Want To Copy Over. This is like returning a library book and checking out another. The sweep will still be in the memory and be able to be used another time, but the new sweep will take its place for now. Advance your controller to the slot that you want to copy over the old sweep and add the new one. Remember that you cannot copy over standard settings 1-7, ABC or 11. You can only customize settings 12-99.

Step 3:

Press the Green Download Button on the left side of your screen. You will hear a beep and you will see the top row HZ value reflect the new first frequency in the sweep.

Step 4:

Write down the Sweep's New Location on Your Frequency Possibilities Sheet or Harmonic Settings Possibilities Easy Guide.

Step 5:

Optional – if you want to save the location of the new frequency on your Program List, press Save on the left of your screen. In the custom channel folder, type in the number of the setting where you have placed your sweep and the name of the sweep. Click Open.

## Creating New Custom Sweeps or Modes

### Step 1:

Use the middle section of your software screen to change any frequency parameters you would like to including hertz values from 1 to 9999hz and individual and combined session duration up to 30 minutes. Use the and down arrows or manual numbers to type in HZ values and time. Use the + and – button to add or subtract another frequency setting in your sweep. Note, you can only add or subtract from the end of your list. Note that the format of the number must remain consistent and the total time of the session cannot exceed 30 minutes.

### Step 2:

Advance the controller mode to the slot where you want to place your new sweep. 12-99 are all open possibilities. Press Download. Write down the number and name of your new setting on your Frequency Guide so that you can remember where you have placed that sweep.

### Step 3:

Click Save. A Save As window will appear. Save the channel in the Custom Channel Folder located on the USB stick. We recommend you use a number in the name to help you find the sweep easily. Example: 99 Meg's Favorite Sweep. Then press the Plus sign in the Program Folder to make sure the program has been added to that menu on the right side of your screen.

To disconnect your stick:

Right click on the USB port on your computer and press Eject to safely remove your USB programming stick.



# Harmonic Light Possibilities for Owners

Here are some examples of the way light system owners have used their systems. This guide is for owner reference only. This information is not intended to treat, cure, or prevent disease processes and anyone with a medical condition should consult with their practitioner prior to use. Harmonic light is offered here as a way to support the body's natural balancing and healing ability. Custom sweep options are only available in a programmable controller. They may already be programmed in your controller or you may need to put them in.

## Light Spectrum Choice:

**Blue, Near Infrared and Red have similar responses in the body at a cellular level.**

Studies have found the body responds to all three similarly:

- Increase in ATP production for **energy**
- Increase in Nitric Oxide induction for **circulation, detoxification, oxygen & nutrient delivery** and reduction of **inflammation & pain**
- Increased Oxygen for **cleansing and cell communication**
- Increased Calcium for **alkalinity**
- **Enhanced** DNA response for **cell regeneration**.

All three wave lengths deliver frequency effectively to the body with infrared being the most effective of the three for ordering the cellular water.

When choosing between red and blue and infrared for pad selection on a particular area of the body, it is helpful to think:

- **Red** for increasing energy or flow
- **Near Infrared** for penetrating deep to hard tissue,
- **Blue** for cleansing, calming and anti-pathogenic effect.

For best results with light energy, optimal hydration with high quality water and optimal intake of essential minerals like calcium, magnesium, potassium, sodium, are very important. In addition, optimal essential fatty acid intake is helpful.

## Begin with a Relaxation Foundation:

A relaxed state is always needed to support optimal healing. Choose one session daily with this intention from the following: Alignment/Proprioception Session on setting 6, or relaxation sessions on settings B, C, 11, 12, 13, 14, 15, 16, 17, 18, 98 or 99. These settings are designed to create an ideal environment for optimal healing in the mind, body and spirit.

For a meditative state that supports governing areas of the body, place pads across or up and down the lumbar spine as well as across the front torso to support the kidneys and liver. We like to have at least one session a day where pads are shining in these key areas. Using the pads on the feet, hands and ears are also options

especially with the very old, young or sensitive as these points each have meridian connections to the whole body.

Once you have set that healing foundation, here are some ideas for moving beyond the relaxation and tuning sessions into more specific support for the body.

### **Aligning Spine (scoliosis, disc issues, TMJ, digestion issues, joint issues)**

Work the proprioceptive points, because the brain talks to all of the cells. Open pathways from the brain can bring the lymphatic, vascular and nervous systems into balance, and keep the body in a balance between sympathetic and parasympathetic states where it can rest, digest and heal.

To achieve this important state of balance, place pads on the proprioceptive points:

1. Eye mask on eyes the whole session
2. Local or Body pad between the shoulder blades for 5 minutes then at top of leg at hip attachment.
3. Body pad under jaw for 5 minutes, then across chest for 5 minutes, then across low back.

When the brain is able to talk to all the cells, the entire body from head to toe finds balance and healing naturally takes place.

Perform this alignment/proprioception session using Nogier setting 6. For best results use small craft sticks or a mouth guard to reinforce proper jaw alignment.

Do this session regularly to help create and maintain shifts in tension patterns.

Following this alignment session, place pad right over region needing attention.

**For a hip or knee or shoulder imbalance:** Start with alignment and then use setting 2 for 5-10 minutes, setting 6 for 5 to 10 minutes for the first 3-5 times. Then use setting 3 for 5 minutes, setting 4 for 5 minutes and setting 5 for 10 minutes. (Maintain this routine for at least 2-3 months.)

Using an inversion table at 20-30% incline may increase alignment results.

Custom Setting Options: Knee/Hip Support, Sciatica Support, Disc Support

### **Disc health**

After alignment session on 6, place a red/near infrared pad over the individual discs in spine on setting 4 and 5 for 5-10 minutes each. C and #99 Alt C are also supportive of tissue regeneration.

### **Knee Pain**

After alignment/proprioception session on setting 6, wrap back of knee with local pad. Elevate the leg above the heart. Have knee straight and supported. Try 10 minutes on setting 2 and 10 minutes on setting 6 for 1-3 weeks to clear pain. Then do setting 3 for 5 minutes, settings 4 for 5 minutes then 10 minutes on setting 5. No pounding exercises for 2-6 weeks after pain is gone. Remember the cells are rebuilding and you will want to keep that environment for them until fully healed to avoid re-injury. Custom Options: Knee/Hip Pain, Power Sweep, Sprain, Ott Immune & Inflammation Support



**Arthritis**

Address the affected area with settings 2 and 6 for 10 minutes each for the first few sessions then address other issues such as setting 7 for calcification and pain.

After a few sessions then you can focus on rebuilding the tissue using setting 3, 4, for 5 mins. each and then setting 5 for 10 mins. Custom Options: Arthritis, Autoimmune, Rheumatism, Knee/Hip Pain

**Gland/Hormone Support:**

Place the Eye mask on thyroid, local pad/body pad over adrenals and Body pad over the ovaries for female, testes for male. Use on setting A to recharge or the following:

1 to balance hormones

2 and 6 clears out the toxins

3, 4 and 5 to rebuild the tissue

7 to reverse calcification

Custom Options: Endocrine, Prostate, PMS/Menopause, Hypothyroid, Hypothalamus, Ott Hormone Balance

Thyroid hormones switch on the mitochondria in every cell. If you have an adrenal issue, it may have started as a thyroid issue. The thyroid responds well to blue light so using a pad that contains blue light is ideal.

**Adrenal Support**

Support the thyroid with the eye mask, add the body pad over the adrenals and the local pad over the ovaries or testes. Use setting 1. Custom Options:

Stress/Adrenals, Endocrine Support, #98 Alt B, #99Alt C, Hormone Balance, Relaxation & Clear Thinking

Calcification in the body in general is usually related to thyroid/adrenal imbalance which also affects the functioning of the parathyroid gland which creates calcitonin, the hormone that regulates calcium going into the bones and calcium being released from the bones.

**Calcified Pineal gland**

If you are highly light sensitive, you can address a possible calcified pineal gland by wrapping all the pads around the head for 20 minutes on setting 7. Use the body pad as above, the eye mask over the eyes (or on forehead if too bright for them) and the local pad over the top of the head. Setting 3 is also helpful for pineal support with eye mask on eyes or on the back of the knees.

Custom Sweep Option: Pineal Opening, Chakras.

**Sleep issues**

The Pineal gland secretes melatonin and is important in the sleep/wake cycle. Use the eye mask for 5-10 minutes on the back of each knee as there is a pineal point there. At the same time place the body pad over the kidneys and adrenals and the

local pad over the thyroid or the back of the head. You can run this on setting 1 to balance the hormonal system.

If there is light sensitivity, this can indicate calcification of the pineal gland and can be addressed by finishing with the body pad around the back of the head, also on Setting 1 for 10 minutes.

Custom Sweep Options: Insomnia, Endocrine, Instant Vacation, 97 Relaxation, Sleep Apnea

Use the eye mask on the back of the knees for sleep issues or jet lag. 5 minutes on setting 1.

### **Mental Health Support: Depression, ADHD**

Usually, a calcified pineal gland is involved; do the decalcifying protocol to boost the blood to the brain, then follow that with setting B or C for relaxation.

#### **Depression Support**

Setting 1 is also helpful for depression. You can do this instead of or after you have helped with the pineal opening a few times.

Custom Settings: Depression/Anxiety Support, Joy/Happiness, Instant Vacation, Relaxation/Clear Thinking

#### **Mental Focus – ADHD Support**

Use Setting 6 for right/left brain integration, ADD/Autism, ADD, Setting C or Alternate C. Use a Pad with infrared or red light on the forehead as well as eye mask on eyes. Alignment/Proprioception protocol on setting 6 is helpful here as well.

Custom Settings: Relaxation/Clear Thinking

#### **Anxiety Support**

This has connections to hormonal issues so place the eye pad over the eyes to address the pineal and pituitary (or put over the thyroid) , and the body pad over the kidneys and adrenals. Finally place the local pad over the ovaries/testes or anywhere over the abdomen and run for 20 minutes on setting 1 to balance the endocrine system. In subsequent sessions Setting 2, B and C are also helpful here.

Use for 5-20 minutes with eye mask on eyes, local pad over navel and body pad across the adrenals or up and down the spine.

Custom Sweep Settings: Instant Vacation, #98 Alternative B, #99 Alternative C, Stress/Adrenals, Endocrine Support, Hormone Support, Relaxation/Clear Thinking

### **Post Traumatic Stress Syndrome.**

Alignment/Proprioception session followed by wrapping the head with all the pads then using setting 3 for 10 minutes, settings 4 and 5 for 5 minutes or do 20 minutes of either setting B, or C. People respond uniquely to the different settings so explore what works best for you. Light helps restore neuroplasticity to the nervous system.

**Emotional Imbalance:**

Use settings B or C or 98 and 99 as there is higher attunement with the solfeggio frequencies. Custom Settings: Abundance, Transformation, Instant Vacation, Chakras, Joy & Happiness, Emotion Sweep, 97 Relaxation/Clear Thinking

**People on heavy medication.**

Start with eye mask on the forehead and slowly move it down over the eyes. Heavy medication can block results as drugs can bind and block receptor sites of Nitric Oxide and reduce the results in the beginning, but over time good results will become more pronounced. Consult the medical practitioner for any contraindications.

Setting B is good to get the neurotransmitters working.

**Chronic Neurological Issues**

Wrap the head on setting 2 for 20 minutes or 10 minutes of 2 and 10 minutes of 6. Repeat this for up to 6 sessions to clear the toxins; then use setting 3 for 10 minutes, settings 4 and 5 for 5 minutes. Doing the alignment session on setting 6 on a regular basis is also quite helpful for brain/body connection and relaxing jaw clenching to improve blood flow to the brain.

Custom Options: Parkinson Support, Heavy Metals, 95 Cleanse, Immune, Think., Cognition Support

**MS**

This condition can be related to calcification of one of the carotid arteries. To support decalcification wrap the neck with the body pad, local pad on the back of the head and eye mask over the eyes or forehead on setting 7 for 10 minutes. Next, support the brain with 5-10 minutes of setting 1,3. Alignment/Proprioception is also helpful for brain balancing – setting 6.

Custom Options: MS Support, MS Support-Masters

**Stroke/Vascular Support**

Use MS protocol; then put the pads down the arm over the affected areas for 20 minutes on setting 3. Follow this by doing the same down the leg. Settings #1, 5, and 6 are also helpful here in subsequent sessions. Custom Options: Circulation, Vascular Support

**Closed Head Trauma Support**

Wrap the head as above and use setting C for 10 minutes followed by setting 6 for 10 minutes. Eventually extra time on setting 1 and 3 can also be supportive.

Custom Sweep Options: #11 Power Sweep, Wounds/Injuries, Headaches, Ott Cleanse, Energy, Rejuvenation. Red and Infrared light are the preferred choices here.

**Heart Rhythm Support.**

Palpitations can involve thyroid switching on and off or calcified pineal. Perhaps start with stress reduction and working on emotional issues. Then work on the kidneys on setting 7 to speed up decalcification. Red light on the heart has been shown to be helpful with bringing balance to heart rhythms. Setting C, B, as well as 5-10 minutes of setting 5 offer an environment of balance and relaxation. Ott Cleanse, Energy, Rejuvenation and Macro Minerals.

**Pancreas/Blood Sugar**

Use protocols for Glands, but make sure the pad on the abdomen is over the pancreas. Use on setting 1. This will help rebalance the pancreas function. Custom Options: Blood Sugar, Pancreas. Diabetic Neuropathy: Settings 4 and 7

**Kidney Support:** Setting 4 and any of the relaxation settings with pads on Kidneys/Adrenals.

**Kidney Stones Support:**

Use Setting 7 for support with decalcification with red/infrared pad directly over the kidneys.

Kidney stones can be associated with crystalized anger. B or #98 Alt B as well as Chakra Balancing supports that energy release.

**Liver Support:**

The liver responds well to blue light. Using the eye mask or any pad with blue light over the liver supports the restoration of proper bile flow. Setting 4 of the Nogier is about tuning the liver and the endodermal tissue. Custom setting 92 is great support for the liver which is a guiding organ to the skin, hormones, our vascular system, lungs, sinuses.

**Gallbladder support:**

Setting 4, B, and C as well as setting 7 to help release crystalized resentment. Custom setting: Gall Bladder Support, 98 and 99 for Stress & Emotional Support

**Immunity Support**

At the start of a viral infection put the eye mask or pad with blue light in front of the nose with the light going up the nasal passages and another pad on the tail bone. Run on setting 1 for 5-10 minutes and setting 2 for 5-10 minutes. Custom Options: Inflammation/Infection, Virus Support, Colds/Flu, Powerful Immune Support, 95 Immune, Inflammation Support. Powerful Immune Support would be an ideal setting for enhancing and balancing the activity of the immune system in general. With any virus or disease that is taking the body out of balance we find the alignment on setting 6 and relaxation session to be helpful. Follow for several hours a day, a specific custom frequency geared to powerfully support the challenged body: Chronic Fatigue Support, Lyme Support, Parasite Support, Herpes/Shingles Support, etc.

## **Autoimmune Support and Stress Reduction**

When the sympathetic, fight or flight, nervous system is stuck on, Immune system exhaustion or auto immune disease can develop over time. Repeatedly help your body shift to the parasympathetic or autonomic nervous system with B, C and 6. Using a blue light pad over the thymus in the center of the chest helps calm the out-of- balance immune system.

Custom Sweep Options: #98Alt B, #99Alt C, Autoimmune Support, 94 Cleanse, Energy, Rejuvenation, 95 Immune, Inflammation Support.

## **Sinus Support**

Use Setting 2 for infection and inflammation, and setting 3 for sinus tissue support.

Custom Sweep Options: Sinus Support, Power Immune System

Chronic sinus issues can be indicative of mercury gassed off from tooth fillings or from inhaled environmental irritants which can lead to biological issues such as Fungus, molds, etc.

To help with heavy metal detox use settings 2 and 4. Custom Setting, Heavy Metals.

## **Cell Regeneration and Renewal**

Setting C is excellent for cell renewal. C is a great blend of frequencies that naturally support cell balance and regeneration to help tune DNA.

Custom Setting Option: Alternative C, DNA Repair, 94 Cleanse, Energy & Rejuvenation.

Setting 3, 4, and 5 are frequencies that help the body release stem cells and then supply the body with the information to program the stem cells relative to embryological tissue type.

Toenail fungus, skin issues or infections-setting 2.

Any pad with blue light is often a good choice with skin issue and it is ideal to have blue light shining on the liver during a session that is focused on the skin. Blue light is especially helpful on many skin issues since it is anti-pathogenic in nature.

For building collagen red light is wonderful on setting C as well as setting 3, and 4. The rejuvenation mask can be on the face with a pad with blue on the liver.

## **Scars & Stretch Marks**

Setting 2 supports tissue recovery for scars and stretch marks. Custom Setting: Scarring.

## **Hair loss**

Use either the body or local pad over the area of hair loss first. Next, use settings 2 and 6 for

5 minutes each. Follow by using the eye mask with settings 2 and 6 for 5 mins. each for the first 4/5 sessions to re-stimulate the DNA and get rid of any viral issues. Then use settings 3, 4 and 5 for 3 mins each using the body/local pad, and then use the eye mask on the same settings for 3 mins. over the same area to stimulate the hair growth.

A concoction of lemongrass oil diluted in extra virgin olive oil applied to the area where you would like to grow the hair will act as an accelerator. I apply it before using the light over the area. 10-30 drops of lemongrass oil in 2 oz. of olive oil is a dilution that has been used with success.

### **Dental Health:**

Use the local or body pad on setting 5 for cavities in the teeth and setting 2 for mouth and gum infections. Cavities are usually created by bacterial infiltration. Blue Light on Setting 3 is good support for the gums. The White By Light, teeth whitening unit is a very helpful tool for teeth and gum health as well. You can also wrap body pad under jaw or use a light wand inside the mouth. The Handheld Lumi Light System works well on the cheeks covering the mouth and teeth. Custom Options:

Periodontal Sweep

Alignment/Proprioception protocol is very helpful for children as their teeth are altering daily.

### **Eye Health:**

Alignment is always a good start as poor circulation to the eye is helpful to balance through structural alignment. In addition to setting 3 and Custom Option 11 for eye tissue support, there are 5 sweep settings found under Custom Options #83 that can be programmed into your Pro6 controller to support sharper vision, the macula, lens, nerve and overall eye health. The eye mask can be used over closed eyes with an additional pad on the lumbar spine to support the kidneys. A red/infrared pad can also be used starting with short durations (3-10 minutes) over closed eyes as research is showing promising results with eye health support with these wavelengths. Follow intuition for duration and maintain adequate hydration.

### **Some helpful general hints:**

- Remember not to rush the body in its healing journey. Light is creating an environment for the body to do its work and we must honor its pace. Light is always working; we simply must learn to recognize its success. This approach to wellness is not a quick fix; rather it is truly supporting the body to find the homeostasis it was designed to have.
- We suggest not shining the eye mask over the eyes for more than 40 minutes a session unless guided by intuition. In general, move the pads around after a 20 minute session. After 40 – 60 minutes of light, wait 3 – 4 hours before another session. Two times per day is a good schedule for prevention and tuning. 3 – 4 times may be used for acute situations.
- If setting B agitates someone, switch to setting C and vice versa
- Setting A recharges the tissues and is not the best night time session as it might be too energizing.

- Settings 2 and 6 are good to remember for pain as they also address the cause of the issue.
- Settings 2 and 11 are excellent as an ice alternative for acute sporting issues.
- Any pad can be used over the colon on setting 4 for increasing absorption of vitamin B12.
- Children receive light more quickly. One minute of light session time per year of age is a good general way to use the lights with children.
- Pets love the lights. Follow their lead by using only short session and removing the lights if they become restless and ready to move on. The digestive tract for dogs is much more direct than humans; avoid stimulating them with too much light on the stomach. Wounds and sore joints respond well to just a few minutes of light.

Joffs Enterprise , Health Dynamics, and LumiCeuticals make no claims, representations or warranties regarding the ability of its products to cure any condition. Any information given in this document should not be taken as a replacement for qualified medical advice. A qualified medical professional should be consulted with regard to any condition requiring medical attention.





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# Take The Stress Off

**Keep remembering that the body only heals when it is in a relaxed state.**

**Ideal Settings for Promoting a Relaxed State: Settings C, B , 11-18 and 98, 99.**

The lights are always providing amazing nutrient power and we will keep discussing that in the days to come. The frequencies just enhance the healing environment that you are providing each session.

In addition to setting C, setting B is a fabulous way to de-stress and release energy that is not serving your highest health. For the B setting you will notice 10 seconds of a flashing at 10hz. Remember the lights are always pulsing, but the human eye only notices this flashing when it is at a frequency below 60 hz. The frequency of 10hz is very grounding, helping you to come into the present. If you do not enjoy the flashing on the eyes, feel free to rest the pad on your throat until the system switches to 63 hz - it is only a 10 second wait.

To assist this series we like to listen to relaxing music or the audio that you can click here to find <http://shinewithlight.com/videoaudio/>

The B setting is also great with pads placement is eye mask comfortably on eyes, square pad (local pad) on belly and big pad (body pad) across the lumbar spine. We love this setting to relax and often fall right asleep with it. If you find B setting energizing, try the C setting when doing the lights in the evening or night.

People who love B setting enjoy the emotional and spiritual connection that this setting offers. Read below for what the solfeggio frequencies in this setting represent. Feel free to stick with the c setting if you prefer that.

**These sessions are like a meditation.** Studies like the one at UMass General Hospital illustrate that spending 20 minutes a day in a meditative state helps literally change gene activity. Genes involved in inflammation turn off, those involved in metabolism, insulin secretion and telomere maintenance turn on. Spend 20 minutes in a daily meditative state for years and you literally change the way your genes express themselves. Now that is wellness empowered! This process slows or even reverses the aging process at a cellular level.

We find the lights to be an easy form of meditation that anyone can do. This is why even when we have all our fantastic custom frequencies to choose from, we always like to include a B or C session into our daily routine. They are great right before a custom sweep or when you want a relaxed meditative experience.

Read below for details about each of the pre-programmed B and C settings in your system.

Alternatives to B and C are available with our Pro6 Controller. We love the Grounding Balancing of setting 12, the Abundance harmonics in setting 13, the harmonics supporting positive change in setting 14, Chakra Balancing in setting 15, Instant Vacation of setting 16 and support for jealing practioners in setting 17.

Setting 18 is also about peace and calming nad settings 98 and 99 have some of the solfeggio frequencies along with some other balancing harmonics. These are all great ones to play with from our New Custom List that is in our [shinewithlight.com](http://shinewithlight.com) members only section.

Contact us with any questions: Marta [303-818-6453](tel:303-818-6453), Shirley [303-818-9263](tel:303-818-9263)



### The Frequencies Of B setting

The B setting pulses red, blue and infrared light at a series of pure tone frequencies during a 20 minute cycle. The Solfeggio frequencies can be traced to an ancient hymn to John the Baptist and Numbers 7:12-89. They are all based on the numbers 3,6,9 and are harmonics that support the body's natural ability to let go of negative energy, limiting beliefs and past patterns or traumas. As the body naturally lets go of the lower vibrations of limiting or negative energy, it opens up to the increasingly higher energy frequencies that raise our energetic vibration to help our mind, body and spirit achieve optimal energetic wellness.

**10 HZ** - Schumann Resonance - Part of The Earth's Natural Resonance. Grounding

**63 HZ** - Sine Wave - Helping to Bring Balance

**174 HZ** - Removal of Pain

**285 HZ** - Clearing the Energetic Field, Opening Up To Better Health & Possibilities

**UT – 396 Hz. Liberation from Guilt and Fear.** This frequency helps bring down defense mechanisms and enable the achievement of goals by grounding us, awakening us to possibility, sobering us and returning us to reality.

The Most Harmonic Numbers/Frequencies

1	3	9	27	81	243	729	2187
2	6	18	54	162	486	1458	4374
4	12	36	108	324	972	2916	8748
8	24	72	216	648	1944	5832	17496
16	48	144	432	1296	3888	11644	34992
32	96	288	864	2592	7776	23328	69984
64	192	576	1728	5184	15552	46656	139968
128	384	1152	3456	10368	31104	93312	279936
256	768	2304	6912	20736	62208	186624	
512	1536	4608	13824	41472	124416		
1024	3072	9216	27648	82994			
2048	6144	18432	55296				
4096	12288	36864					
8192	24576						
16384							

C G D A E B F#/Gb C#/Db

### Coming Home to the Nature's Vibrations

### The Frequencies of C Setting

**Setting C is a series of 3:2 Pythagorean or Golden Ratio frequencies. These frequencies are the blueprint of how energy naturally flows and are repeatedly found in minerals, architectural, medical research, in nature and in music when the A tuning is to shifted to the original frequency of 432hz. These harmonies have been named by researchers at Stanford as part of “the most harmonic frequencies in nature.” According to Tibetan Chakra Meditations and The Electroherbalism Frequency Manual these frequencies have been historically used to support the following experiences in the mind and body:**

**256 hz Musical Note C - Heart Chakra, Thymus, Calcium, Manganese, Boron, Blood Pressure, Immunity, Muscle Tension, Heart Issues, Breathing Issues, Improper Cell Growth. Relationships, Acceptance, Balance, Love**

**RE – 417 Hz. Helps Un-Do Situations and Facilitate Change.** This frequency helps break up crystalized emotional patterns, cleanse traumatic experiences and destructive influences or past events and our limiting beliefs. RE can delete a person's alienation from God and enable returning to the "right path." The tone increases the cellular DNA and energy to function in an optimal way.

**MI – 528 Hz. Known as the Miracle or Love Frequency,** this is the frequency that biogenetics uses to repair DNA. It is associated with an increase of life energy, clarity of mind, awakened creativity, inner peace, dance and celebration.

**FA – 639 Hz - Connects Relationships** both within the body and to those around us physically and spiritually. Helpful for dealing with relationship issues, this frequency raises our ability to communicate and understand ourselves and others with tolerance and love.

**SOL – 741 HZ - Expression and Solutions.** This frequency is helpful in cleansing cells of toxins like electromagnetic radiation and infections (viral, bacterial and fungal).

**LA – 852 Hz. Awakens Intuition.** This frequency helps raise awareness and communication with an all-embracing Spirit. It helps to open a person up to spiritual experiences, divine purpose and true power.

**TI – 963 Hz. Universal Consciousness -** awakening us to our original, perfect state, this tone is connected with The Light and enables a direct experience with the true nature God intends for us.

People experience wonderful results on the B setting sweep with each of our systems.

**324 hz Musical Note E - Support for Neurological Health, Hypertension, Joint Pain, Muscle Tonic, Muscular Pain & Injury.**

**432 hz Musical Note A - Crown Chakra, Pineal Gland, Magnesium, Gold, Boron, Mental Health, Vascular Health, Lymphatic System Support, Skin Imbalance Support, Upper Brain, Hair Growth, Spirituality, Bliss.**

**486 hz Musical Note B - Doubles 243 hz which offers Immune System Support**

**729 hz Musical Note F# - Solar Plexus, Pancreas, Indium, Chromium, Vanadium, Blood Sugar Balance, Digestive Support, Nervousness, Parasite Cleansing, Memory, Personal Power, Optimism.**

**768 hz Musical Note G – Throat Chakra, Thyroid Gland, Iodine, Potassium, Selenium, Immunity, Tonsils, Teeth, TMJ, Speech, Hormones, Hyperactivity, Communication, Trust.**

**1152 hz Musical Note D – Third Eye Chakra, Pituitary, Iridium, Molybdenum, Platinum, Vision, Sleep, Headaches, Mood Balance, Intuition, Imagination.**

Watch this short video for some basic pad placement ideas.

## Using The Lights To Support Recovery

Every time you use the lights, regardless of the frequency setting, you are charging the battery of your cells. After a day of heavy activity, like shoveling and skiing two feet of powder, or when fighting off a cold, we love using the lights to support recovery.

Relaxation shifts the body into the parasympathetic nervous system state of rest, digest and heal. This is the important state we want to access for successful recovery whether from an illness, exertion or injury. Having the lights pulse at a frequency series for whole body relaxation is a great way to start. Some of my favorites settings are B, C and custom settings 11,12,16, 18, 98, and 99. If you don't have time for the whole series you could do just a few minutes. For this session I like having the eye mask on the eyes, the big pad on the lumbar spine for the kidneys and adrenal glands or up and down the spine and another pad on my belly, liver or chest. Extra pads could go right on the area that I want to focus on like my thighs after a long day of skiing, my shoulders and low back from shoveling and my wrist or hand. My daughter likes to have my extra pads on her feet.

After doing a whole body relaxation frequency I like shining the light pads on more specific areas that need recovery energy for 5-10 minutes on one or two of the individually numbered settings 1-7 that corresponds with the area of the body I would like to help tune and charge. Setting 2 is a favorite for infection, inflammation, and scar tissue. Setting 7 is great if there is arthritic pain involved; I also like custom settings 11, 84 through 89 depending on the area of focus (these are arthritis support, pain support, rheumatism support, knee/hip support, bone trauma, & sciatica support) as well as 95 which is Ott Immunity & Inflammation Support.

If I am splitting these sessions up throughout the day, I don't always do a relaxation session first. I find that I don't have to have a pad right in the area of concern for that area to start feeling better. Better to do some light than to wait until you have that "perfect" amount of time. Consistent use is key.

Children receive and utilize the lights quickly. We usually do 1 minute per year of age in children under 15. My daughter is 8 so we did 8 minutes on the lights during today's session. She has been complaining of a little tummy trouble so I did setting 2 to support immunity and I put my blue/infrared pad on that region to help calm things down and for the anti-pathogenic properties of that light. I will make sure she drinks some extra water and has some calcium and magnesium as well.

## **The Nogier Settings**

### **Settings 1-7**

#### **Setting "A" Plays Each of Them for 3 Minutes**

Our body has the natural ability to heal. Dr. Paul Nogier was a French Neurologist & Musician who in the 1950's determined that all tissues and organs throughout the body are in resonance with specific frequencies or vibratory pattern. According to Dr. Nogier, "Injury or disease results when cells, molecules, or particles of matter are out of their normal resonance or vibratory pattern." He found that by repeatedly exposing damaged tissue to the normal resonance frequencies associated with that tissue, the body was able to heal, sometimes quite rapidly. The following are the basics of Nogier's work as described in the book *Healing Energies of Heat and Light*, by Charles McGee, M.D.

**7 Nogier frequencies that have been found to support the body's ability to balance & heal. According to Dr. Nogier's research:**

**Setting 1 (73 Hz)** Cellular health and circulation, chronic recurring problems,



brain and endocrine function - hormones, thyroid, adrenals. Found in clinical work to elevate a depressed mood and also to help with new bone formation, and increased immunity.

**Setting 2 (147 Hz)** Found to ease yellow scar tissue, inflammation associated with injuries and infection and calm an anxious mood. When a pathogen is suspected this has clinically been a good choice. Has been found to be supportive of the cerebral cortex, blood and spleen.

**Setting 3 (294 Hz)** Tuning ectodermal tissue: skin, eyes, ears, nerve, wounds. Reported clinical use for eye injuries, acute issues, meridian (energy system) support, post-surgical healing & scar tissue.

**Ayurveda: Vata dosha** - Good to support a tall, thin ectodermal body type.

**Setting 4 (587 Hz)** Tuning endodermal tissue: GI tract, liver, kidneys and pancreas. Clinically used for neuropathy, circulatory and lymphatic stimulation as well as deep tendon, spine, ligament or joint injuries when needing to reach secondary levels of tissue.

**Ayurveda: Pitta dosha** - Good to support a shorter body type, more easy to put on fat around the middle endodermal body type.

**Setting 5 (1174 Hz)** Tuning mesodermal tissue: heart, blood vessels, muscles, lungs, reproductive organs, bone, joints, ligaments, viscera and tendon. Relaxation of large muscle groups. Supportive for kidneys.

**Ayurveda: Kapha dosha** - Good to support more muscular body types.

**Setting 6 (2349 Hz)** Tuning brain balance: right/left brain, brain connectivity. Clinically found helpful when you have hit a health plateau or for chronic conditions not responsive to setting 3 or 5.

**Setting 7 (4698 Hz)** Used clinically to support arthritic pain control and decalcification. Found to be sedative for trigger points and aids in diminishing excess calcification associated with chips, spurs and arthritic conditions. Found helpful for nerve pain as well.

**Tip** - If you are working through any health challenges, we like to use only a couple of the individual Nogier settings for 3-5 minutes at a time instead of the whole A sweep. If you are feeling in good health and want to use setting A, we recommend running it in the morning as it may energize you at night.

All of our systems (including our portable) offer the A setting and 1-7 as well as B and C settings which provide wonderful overall mind, body, spirit wellness environments.

Our Pro6 controllers also offer **an additional 88 sweeping settings** in modes 12-99. A sample set is already preloaded into the Pro6 controller and these settings are found in the owner documents the Light Energy Custom Sweep Possibility Chart or one page Easy Guide for Harmonic Light Settings. These lists are compiled from health care providers and the *Electroherbalism Frequency Handbook*. *They are intended as a supportive environment for more specific challenges.*



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**Feel Free To Contact us with any Questions:**

**Marta 303-818-6453, Shirley 303-818-9263**

*This email is not a replacement for proper medical advise. If you have been diagnosed with a medical condition please consult wtih your medical provider prior to use. We offer harmonic light information in support of your body's natural ability to heal and thrive not as a treatment, diagnosis or cure for disease.*

Week 2 Light Me Up & Align

[View this email in your browser](#)

### How to do an Alignment Protocol Session

Great for posture, joint health, and lymph opening

### Align & Let Energy Flow

**I love using the lights to assist better alignment because it is the most common suggestion that I offer to people when they ask me what I do for:**

#### Sticks for Your Alignment Protocol

We have found that using the sticks with this protocol has a significant impact on its effectiveness. We found these 60mm long Perfect Stick on Amazon and they are around \$.05 each.

Here is the description:

Perfect Stix 60mm Birchwood Plain  
Taster Ice Cream Paddle Spoon, 2-3/8  
Length (Pack of 100)

If you don't have sticks or don't like using them, still try the protocol. The pad placement is still quite helpful and instead of using sticks, try lifting the tongue to the upper palate of the mouth to keep the jaw from clenching or roll the tongue and place the underside up on the roof of the mouth and that will also help keep a better space between the back molars. The goal is to have a

#### Connecting Brain, Spine & Body

When we do this alignment session we have pads on key areas of the hips, neck and back. We have the pads in areas where ligaments attach joints to bones. Ligaments have sensory nerves that "transmit information about joint position to the spinal cord and brain." This is why doing the alignment session is so key to balance and to joint health even when you don't have a pad right on the spot that might be bothering you. We are opening up communication to the brain and spine and letting the body's wisdom begin correcting and realigning.

*The Key Muscles of Yoga*, Ray Long, MD

more neutral, balanced setting for the jaw so that the brain and body will also align to a more balanced, neutral posture.

*This email is not a replacement for proper medical advice. If you have been diagnosed with a medical condition please consult with your medical provider prior to use. We offer harmonic light information in support of your body's natural ability to heal and thrive not as a treatment, diagnosis or cure for disease.*

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## The Deep Power of Infrared Light Therapy

All of our pads except the eye mask predominantly contain the spectrum of near-infrared light. Our new Super T Neuro pad contains 248 near infrared diodes. This is our deepest penetrating light spectrum and this is why our pads are FDA cleared for pain relief and injury recovery. I find the benefits extend even further as Infrared light ignites energy production, detoxification, regeneration and metabolism throughout the body.

### What is infrared light?

Infrared light is the spectrum of light that has a longer wavelength than red and lies just outside the range of perception for the human eye. While we cannot see it, we can definitely feel it as it has a gentle warming effect on our tissue as the body takes it in and creates more cellular energy. There are three classes of infrared light: far, mid and near. Studies find the biologically active range to be that of near-infrared from 700nm to 1000nm. Mid and far-infrared

are often found in saunas and while the water in our bodies does absorb these waves for a heating effect, they generally pass through the body and have not been shown to have the same biological effect as the near-infrared range.

## How does it work?

Near-infrared light is absorbed by cells and ignites cellular metabolism. Both red and near-infrared light have been shown in study after study to:

- **Increase energy production** by helping every cell and system in the body have the energy to do it's job more effectively.
- **Improve blood flow** by increasing the flow of nutrients and resources.
- **Increase oxygen** to enhance cell signaling and cleansing without DNA damage.
- **Increase nitric oxide Induction** in the vascular system
- **Enhance cellular regeneration** for faster and more efficient healing and anti-aging.
- **Reduce inflammation & pain** through nitric oxide induction working at the source of the problem.

Red light and infrared light act similarly but near-infrared light can penetrate more deeply than red light. Infrared light can reach deep into joints, bones, tendons and hard muscle masses and even shows promise for improving eye health.

## What can it be used for?

Our pads have been FDA cleared for:

- Nerve related issues such as neuropathy and sciatica
- Back and neck pains and spinal cord/muscle issues
- Joint pains and inflammation such as arthritis
- Relief for repetitive use injuries like carpal tunnel
- Injury Recovery

Multiple studies have also shown this light to effect:

- Brain injuries and degeneration issues like alzheimer's, MS, and Parkinson's
- Heart attack and stroke damage/prevention
- Fat/weight loss and maintaining lean mass
- Increased oxygenation
- Cell Regeneration throughout the body from the eyes to brain to skin.
- The structure of cellular water

- Increased detoxification through enhanced lymphatic activity

Every cell in the body is capable of healthy regeneration if given the right environment, near-infrared light becomes a powerful wellness tool because it can improve energy production in any cell, anywhere in the body.

Infrared therapy has been used in hospitals for decades. Our FDA OTC clearance illustrates the proven efficacy and the safety for home use. I appreciate that when using infrared light we are actually able to get to the cellular level of any health imbalance.

## How effective is near-infrared at relieving pain?

Many studies have shown that near-infrared therapy is one of the most effective non-invasive tools for temporarily reducing pain. With the epidemic of pain killer addictions in this country, near-infrared light becomes an important tool to use and share with others.

Most people experience a decrease in pain, such as back pain and headaches, often after one 20 minute session.

## Are all near-infrared lights equally effective?

Most of the at-home products coming into the market are far too weak to have real benefits. The more diodes, the greater the amount of nitric oxide induction, the more effective the device will be. Pulsing the lights at harmonic frequencies also greatly enhances the effect. This is why our lights are so great. They are easy to use, are medical grade with directed invisium technology and have a long life while providing powerful results.

### How I Like To Work With Deep Tissue Areas:



Knee Health  
Settings 2, 4, 5  
or custom  
setting 11, 84,  
87, 94



Foot Health with our  
Super T pad.  
Settings 2, 5 or 11,  
84, 87, 94



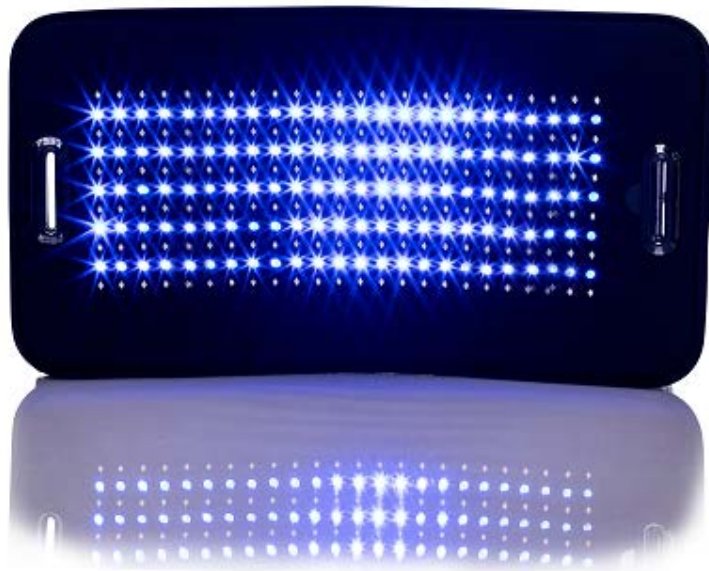
Shoulder  
Health  
Settings 2, 4,  
5, 7 or custom  
settings 11,  
84, 85, 87, 94



Hip and IT band  
health. Settings  
2,4,5 or custom  
settings  
11,84,87,89,94







## Why & When to Shine With Blue

**Blue light for calming, circadian clock tuning, cleansing, calcium, collagen, the thyroid, the liver and vitamin D.**

With all the great things that near-infrared and red do in the body, why have blue too? Aren't we getting too much blue light and isn't that bad for sleep and the eyes? There are many wonderful reasons to incorporate blue light into a daily wellness regime.

**CALMING** - Blue light has been found to be a calming environment when the body or mind is over-active. This is important for areas of inflammation and irritation as well as those that are over-stimulated. Research by Seth Pancoast in 1887 showed that blue light calmed the nervous system. So many people have anxiety these days and blue light over the closed eye, on the back of the neck or up and down the spine or directly over the naval have been found to be effective and non-invasive ways to calm the nervous system and the mind. Auto-immune system issues can also be supported with the calming energy of blue light over the thymus - which is a gland that is under the breast bone in the center of the chest. A blue local, blues buster or blue body pad are great to place there for that calming environment.

**OUR CLOCK** - Our biological clock enjoys blue light - think of the resetting lift we all get from a blue sky day. Blue turquoise light - which is the type in our pads, has

been found to assist in resetting this natural clock which can help with our hormones, our sleep and literally every system in the body as our biological clock keeps us in balance. This is where timing is important. The best timing for resetting our clock is in the morning or early afternoon as it helps us feel alert and sleep better at night. Blue light has been found to help reset the entire body clock for optimal functioning. This is one reason why people experience such better sleep when using our system.

**CLEANSING** - Blue light is naturally anti-pathogenic, anti-viral, anti-bacterial and anti-fungal. This is why we love using blue light on wounds and acne breakouts or when we are fighting off a cold, infection or parasites. We shine the eye mask or ideally the big body pad right under our nose and jaw to support our body's ability to fight off a cold. We often place our blue pads on our digestive system as well. Studies have found that blue light spectrum can still have a nitric oxide induction and are beneficial to wound health. We have also learned from several energy workers that blue light helps cleanse trapped emotional energy as well.

**LIVER** - Blue light helps the body to break down bilirubin and support a healthy liver. This is what hospitals have been using for jaundice babies for over 40 years. A healthy liver equals healthy skin with less breakouts and liver spots as well as a healthier vascular system. The liver is the big detox center and these days it is working over time so I love putting a blue/infrared pad right over my liver which is on the right side of the mid-torso for one of my sessions every day.

**COLLAGEN** - We love the way blue light helps the body make better collagen - for a firmer complexion with less noticeable fine lines. The big blue pad under the jaw is fabulous for supporting firm neck skin.

**CALCIUM** - Even though we think of the small wavelengths of blue light as not penetrating very deeply into the body, we see in the latest research from Harvard that blue light does increase osteoblast activity which means it helps increase bone formation and regeneration. Researchers think this is because blue light has a beneficial effect on the calcium ion channels in the body.

**VITAMIN D** - Dr. Nancy Foster, PhD taught us several years ago that blue light over the closed eyes and also on the adrenals supports helping the body make more vitamin D3. We have found that many of our owners of lights have found that their blood tests for D levels have increased significantly with using the lights regularly. We always recommend you consult with your health care practitioner to see if this is true for you as well.

**THYROID** - The thyroid has been found to benefit from blue light as do other endocrine glands like the pineal and the adrenals. We like shining the eye mask on the thyroid which is an inch or two below the Adam's apple in the neck to help support balance there.

**TIMING, BALANCE & QUALITY** - Blue light can be detrimental to some tissues in the body like the retina if you use the smaller blue-violet ranges. This is why it is not a good idea to spend a long time looking at computer and phone screens, especially at night. Evolving research is finding that it is important to incorporate a balance of red or infrared light with the blue and we wisely do that in every one of our pads. Our blue light wavelength is 465nm which is a blue turquoise that has been found to be healthy for the eye and important for pupillary reflex. According to the math calculations of Dr. Ott, this spectrum is in the frequency of 432 Hz, a harmonic of the fundamental mineral magnesium. This is a wonderful energy to send into the body!

We typically hear from people that they sleep better using our blue and red eye mask with relaxing pulsed frequencies at some point in the day and often as they go to sleep. In this way we are using the lights for 20 or so minutes not having long term exposure like several hours looking at a TV or screen or the alarm clock, and that we are CLOSING our eyes and receiving the light rather than looking at it which can be harmful to the retina.

If you experience a less restful sleep with a session in the evening or night or have a medical concern with using blue light in the evening or night, then you can avoid shining the blue light diodes directly on the skin during that session. Blue light does not penetrate deeply through fabrics so you can just shine the light over clothing or a blanket and it will still have a positive effect on your energy. If needed, you can even omit the blue pad during that session. Once we are nice and relaxed with our session we agree with the findings that sleep is best completed in absolute darkness so that the pineal gland can secrete optimal levels of melatonin. As wonderful as light is, we are designed to need daily darkness as well.

#### WANT MORE BLUE LIGHT?

Remember your eye mask can be placed anywhere on the body including your thyroid and your liver. If you have a blue/infrared local pad as part of your system, great, and if you don't consider making a blue/infrared light addition.

Contact us with any questions: Marta 303-818-6453, Shirley 303-818-9263

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#### Other Blue Pad Options -

The Blue Body Pad- 256 diodes of blue and near-infrared light. We love having both this pad and the red body pad for a great combination in that luxurious big pad that can go up and down the spine, around the head, under the jaw, across the body. This is a standard pad in our LumiVibe Pro6 and Pro6 Plus system. This pad can also be purchased separately for only \$1050.

The Blue 132 - Just like the red local pad in size it has 60 diodes of blue light and 72 diodes of near-infrared light. It is \$750.

The Blues Buster - just like the Pain Buster, this pad has our most concentrated alignment of 90 diodes with 60 near infrared and 40 blue diodes. This pad is part of the Lumi Vibe Pro 6 Plus system or purchased separately for \$550.



*This email is not a replacement for proper medical advice. If you have been diagnosed with a medical condition please consult with your medical provider prior to use. We offer harmonic light information in support of your body's natural ability to heal and thrive not as a treatment, diagnosis or cure for disease.*

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## The Power Of Red Light

Red light has the same effects as near-infrared light but is targeted more in the skin and soft tissue. Generally red light has been found to penetrate around 1 inch in depth into the body. However red light seems to travel well through high water tissue like fat, major organs and the brain.

Red Light has a similar biological effect to near-infrared light, it ignites more cellular energy or ATP.

Increased nitric oxide synthesis leads to:

- Increased circulation
- Increased oxygenation
- Increased lymphatic activity for detoxification
- Increased nutrient delivery
- Increased Alkalinity
- Increased Cell Proliferation
- Enhanced Cell Regeneration
- Enhanced Extra Cellular Matrix Deposition: ECM makes up our plasma, our collagen and our discs.

I like to think of red light as an energizing spectrum to increase the energy in an area. Like the warmth of the fire, I like to shine red light on:

1. Areas of sluggish circulation like the back of the knees and top of the leg
2. Areas of lymph like the top of the thigh, under the throat, across the top of the chest and armpits
3. The skin to assist healthy collagen production.
4. Areas of excess or sluggish body fat to excite the molecules and assist in release of that fat.
5. Over closed eyes with infrared light to assist in retinal health (starting with short periods of time).
6. Body areas that are showing signs of wear and tear and aging.
7. Over the closed eye to help elevate mood (eye mask is great for this).
8. On body areas that I would like to see more activity in:
  - The thymus in the middle on the chest to enhance immune system action
  - GI tract to get things moving
  - The adrenals which rest just above the kidneys in the mid to low back
  - The skin to help add a youthful response with enhanced hydration, collagen and cell renewal
  - The brain that needs more circulation or cell renewal. Studies recently showed that red light was able to penetrate deeply into the brain when shined up through the nose and open mouth.

Contact us with any questions: Marta 303-818-6453, Shirley 303-818-9263



### RENEW Facial Rejuvenator

With 132 red, orange and near infrared smart technology flat diodes the



### Be more specific with the Pro6

The 6 Port System let's you get more specific with the vibratory environment your system is sending to the body. We can deliver frequencies like those found in Brian McInturff's *The Electroherbalism Frequency Guide* where he has gathered

RENEW Facial Rejuvenator is FDA cleared to prevent fine lines and wrinkles. This pad offers targeted light to combat the signs of aging. Studies show that red light penetrates deep within the skin and energizes cells, boosting fibroblast activity and increasing collagen production, which helps keep skin plump and supple throughout the body.

**The Skin Cancer Foundation recently recommended home LED light systems as a way to reverse the effects of sun damage. It is the way the light acts as a nutrient to fully charge the cell and allow it to regenerate a healthier new cell.**

Red light is helpful for increasing circulation or energy to an area and it helps the body balance from rosacea and scar tissue. Red light has strong research in improving the appearance of wrinkles, increasing collagen, balancing skin tone and helping the skin retain moisture.

When using light therapy on my face I like to make sure that my face is clean or with only natural moisturizers on it.

#### **Basic settings I like with the mask:**

- B and C are great to start with even if just for a couple of minutes
- 2 is helpful for inflammation and infections for five minutes or so
- 3 is ideal for supporting skin tissue for 5 -10 minutes.

Tips for the Facial Rejuvenator:

frequency lists from numerous clinics and compiled suggestion lists. It also lets you plug in 6 pads or accessories into your system all at once. Here are some great skin supporting settings to use the red/near-infrared spectrum with.

These are all sweeps - meaning as many as 10 different frequencies will automatically sweep while you relax with just the touch of a button. They are listed as sweeps 68-77 in our latest frequency options guide.

- Wounds/Inflammation
- Warts
- Acne Scarring
- Hives Support
- Rosacea Support
- Skin Immune Support
- Gum Health Support
- Reynauds

Using blue and red pads has been found to be helpful when running the support for:

- Excema
- Psoriasis
- Acne Breakouts

- Drink healthy amounts of water
- Try a blue pad on the liver at the same time
- The mask can be used on other parts of the body.

*This email is not a substitute for proper medical advice nor an attempt to treat, diagnose, cure or prevent disease process. This information is offered to support the body's natural ability to heal and thrive.*

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## Clearing Energy In Your Home & Property

Light energy is received through the eyes, the skin and through the energetic field that surrounds the body and connects us to one another and our collective Source. In his book *Sonotherapy*, Gary Buchanan comments that while applying light and frequency to the body has very well known health benefits, when we pulse light intentionally and apply it to higher related fields – light has unlimited potentials.

Applying harmonic light to the energetic field of a persona or space has opened a whole new awareness for me. I invite you to give it a try with clearing energy in your room or home.

One of our new owners recently shared with me how much she loves using her lights in this way. She has found her light system highly effective at clearing the energy in a room, a whole home and even the property that the home sits on. She has a Pro6 Controller with our newest set of frequencies. Number 27 on that list contains 2 frequencies that Melody Masters shared with us for

cleansing energy. Melody is an Iridologist and energy worker who sees dozens of clients for light sessions in her home office each week. We are so appreciative that she shared how she clears her space at the end of the day.

**She places her pads face up in the room and runs:  
Setting 27 which is 7240 Hz and 7301 Hz for 10 minutes each.**

If you are all programmed with the list from December you can just advance the middle row to #27 on that controller and press play. The session is 20 minutes long.

If you need to put these frequencies in individually, go to setting one on the middle row and use the up and down arrows on the top row of your controller to advance to 7240. Run that frequency for 10 minutes with the pads facing up into the room you are clearing. Then advance the top arrows to 7301 and run the pads for an additional 10 minutes.

If you have a 3 port controller then try running the B or C setting to clear the space.

Having an intention is an important part of this process. It can be a prayer or request to have any energy not serving the highest good of all to release to love and light. You can share your comments in the Shine With Light owner's page on Facebook. If you are not yet a member of that private group we invite you to join as it is a great way to stay updated with our community of light owners. Read below for details on how to join the group.

Melody also shared a frequency that she loves to use to help clear and charge her mind, body and spirit following a day of seeing clients. That frequency is 4170 and it is setting 17 on our custom list. She relaxes to that with the pads face down on her body like we do for our standard B or C sessions. B and C are nice alternatives to try for this purpose if you have the 3 port system.

We love the combined wisdom of our quickly growing family of light owners. Thanks for sharing your shine.

Remember the other ways to stay connected to your light owner family:

1. The Facebook Business Page: We provide interesting scientific article listings on our Facebook page: <http://www.facebook.com/shinewithlight> Be

sure to like and follow us there to see the latest studies on how light energy is becoming recognized as a powerful healing support tool.

## 2. Conference Calls - Join Us!

- **Every Monday morning at 8:30am MST** for a 30 minute intention call to set up your week for planting seeds of light to help every part of your life work better.
- **Every Tuesday evening a 7:00 pm MST** we offer a Zoom Conference about Light Energy - these conferences are 45-60 minutes with different topics and often guest speakers. <https://zoom.us/j/3038186453>  
**Every Thursday morning at 8:30am MST** we offer a Light Empowered
- Dreamers team coaching call for ambassadors that want to share light effectively. All owners are welcome to attend the meeting.

**Call: 515-604-9713**

**Access Code: 737049#**

The calls are recorded and available for listening at 515-604-9655 access code 737049#

3. Facebook Forum - Join our private Facebook group, Shine with Light Owners to stay connected to our owner community. Ask questions, share success stories and have access to member only files. You can friend Marta DeBerard and ask to be invited into this group, or accept our invitation via email. This group is for the owners in our light community only. We invite you to get connected and share your questions and results on this forum.

4. Events - We hold regular events to help people learn about and experience harmonic light energy. We invite you to host one or join us. We love hearing about conferences, retreats and organizations that would like to learn more about vibrational light. Find upcoming events on <http://www.shinewithlight.com>.

It just keeps getting brighter and brighter around here! Keep shining!

Contact us with any questions: Marta 303-818-6453, Shirley 303-818-9263





## Lighting Up The Knees

A common point of injury, the knees are great places to use our lights. A couple of key points to remember:

1. The knees are one place where we are often told that we cannot rebuild health. I prefer the understanding that every cell in the body can regenerate when given the right environment. Taking stress off and shining deep penetrating light into an area are great ways to provide the right environment for healing everywhere in the body,

including the hard working knee.

2. The near-infrared light will be our focus with knees because it offers the deepest penetration into the hard tissue of the knee joint. Our pads with infrared light are FDA cleared for pain relief for both osteo and rheumatoid arthritis. Both red for bringing in more energy and blue for calming are great complements to the deeply penetrating near-infrared.

3. Start with alignment here. Remember week two of our tutorial and follow the guidelines there. The alignment session is a key one to do for knee health. I always start here as misalignment in the jaw, shoulders, hip and spine will travel down to the knee and this misalignment is often at the root of the knee problem. Doing this session every morning is one of my favorite ways to start my day.

4. After an alignment/proprioception session on setting 6, I like to wrap the back of my knee with a body pad and elevate that leg above the heart. I try to have my knee straight and supported with a pillow underneath it. I have found 10 minutes on setting 2 and 10 minutes on setting 6 for as many as 1-3 weeks is helpful to clear pain. Patience and consistency are the keys here. Sometimes just one session makes my knee feel back to 100%. A more injured knee will take longer. If you have a Pro6 or Premier Controller you can use the custom settings for knee/hip pain #87, the general sweep of #11, #94 Ott energy, cleanse & rejuvenation support as additional options to settings 2 and 6. For maintenance I often use my two extra buster pads on the backs of my knees as I go through my whole body relaxation sessions.

5. After a week or so I start doing setting 3 for 5 minutes, settings 4 for 5 minutes then 10 minutes on setting 5 or keep going with your favorite of the custom settings. I like 11,94 and 87.

6. A BIG KEY - If you are having significant knee issues avoid straining the tissue you are asking the body to regenerate. That means ideally no pounding exercises for 2-6 weeks after pain is gone.

I love to be active and ask a lot of knees. Today skiing I felt a little pain in my knee and so I applied the lights right away when I got home. They feel as good as new now! One of the reasons the light works so well with knee issues is because Nitric Oxide increases tendon healing in the body. Read below for more about this amazing molecule.

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## **Your Body Makes More Nitric Oxide When You Shine it With Light**

When red and infrared wavelengths of light – the exact range of our standard pads – shine into the body in an area of circulation the body responds by releasing more of a signaling hormone that opens up the flow of blood and lymph and dilates blood vessels and arteries. This signaling hormone is called Nitric Oxide. This is not Nitrous Oxide, the “laughing gas” that you receive at the dentist. Nitric Oxide is far more important.

Dr. Christiane Northrup MD says “I have come to see Nitric Oxide as the physical expression of Prana – your life force. It is the “wow” molecule that continually resets our ability to connect body, mind, heart, and spirit.”

This miracle molecule is the key to a body that doesn't have pain and inflammation and it is critical in brain and heart health. We get it more of it when we take care of ourselves with good nutrition, positive thinking and plenty of healthy light. **MOST AMERICANS ARE NOT MAKING ENOUGH NITRIC OXIDE** in their vascular system.

Using our advanced light energy system on a regular basis is the perfect way to get a healthy increase in this critical molecule exactly where you want it.

### **What Is Nitric Oxide?**

**A signaling molecule produced by the endothelial cell linings along 100,000 miles of blood vessels and capillaries in the human body.**

**Certain wavelengths of light help the body to release more nitric oxide. Red and Infrared light waves, passing directly through the skin to veins and arteries, induces the body to release more of this critical molecule. Along with blue light, these are wavelengths of light you receive with your light system.**

**The Nobel Prize of Medicine was awarded in 1998 to 3 heart doctors for their research in understanding how Nitric Oxide works.**

### **Studies have since shown that Nitric Oxide:**

- Keeps blood vessels open, elastic and functioning properly
- Kills Bacteria
- Stimulates your Brain
- Defends Against Tumor Cells
- Increases Oxygen Levels Throughout the Body
- Increases Blood Flow and Nutrient Delivery.
- Decreases Pain
- Decreases Numbness
- Increases Lymphatic Activity
- Lowers Blood Pressure
- Prevents Plaque Build Up in Arteries
- Increases Energy Production
- Stimulates Collagen Production
- Prevents early stages of Atherosclerosis

- Prevents vascular complications of Diabetes
- Improves heart function – normalizes speed by carrying oxygen in and carbon dioxide out.
- Ensures blood flow to the brain
- Protects against GI Ulcers
- Protects against Alzheimer's
- Acts to prevent male pattern baldness & E.D.
- Stimulates body to release Human Growth Hormone (HGH)
- Improves Immune System Function
- Improves Cardiovascular Activity

### **What Scientist Know About Nitric Oxide?**

Nitric Oxide moves about the body at speeds almost too fast to measure. It appears to travel just below the speed of light.

Nitric Oxide helps the body cleanse bad fats and toxins in the body. Without NO our body would be a toxic dump .

Nitric Oxide facilitates the changing and maturing of thought into action. Deficiency is at the root of many disease conditions including arthritis and cancer.

### **How You Can Get More Nitric Oxide With The Right Amount Of Safe LED Light**

Research at University of Colorado School of Medicine: Light Pads with 60 diodes induced 6% increase in local nitric oxide levels. 120 diodes induced a 24% increase in local nitric oxide levels. We recommend best results with a minimum 500 medical grade diode system.

This is why our full systems are a typically at least 500 diodes. Quality, quantity, the added benefit of light combined with frequency, the accuracy & ability to customize frequencies with the lights, customer service, warranty, education and whole body connections really set LumiCeuticals apart from other products on the market.

Your body is always making more of this amazing molecule in the area where you shine your pads, regardless of the setting you choose.

Marta & Shirley  
303-818-6453 and 303-818-9263

*This email is intended to offer support for the body's natural healing potential. It is not a substitute for proper medical advice. If you have a medical condition, seek the advice of your medical practitioner.*

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## What are Chakras?

Chakras are centers of energy in the subtle body and have been an important wellness concept for thousands of years. If Prana is the life force of the body and Nadis are the roads on which the Prana travels, Chakras are the major intersections where many roads intersect. Modern science has determined that each of the seven major chakras are located where bundles of nerves meet and that they correspond with major organs as well as our psychological, emotional, and spiritual states of being. Many wellness traditions find it essential that these energy centers or chakras stay open, aligned and flowing for optimal health. We love using our lights for this purpose. Have fun exploring and see what you think.

### **The 7 Major Chakra Centers Correspond to Colors, Major Organs, Emotions and Experiences:**

#### Root

- The pelvic floor, feet and legs
- Color: Red
- Element is Earth
- Stability, safety, security
- "I am rooted, I am grounded, I am solid."

#### Sacral

- Reproductive organs, pelvis, hips
- Color: Orange
- Creativity, joy, enthusiasm, passion
- Element is Water
- "I am creative, I am passionate, I am joyful."

## Solar Plexus

- Digestion, abs, middle back
- Color: Yellow
- Personal power, expansiveness, growth
- Element is Fire
- "I am strong, I am courageous. I am powerful. I am successful. I am willful."

## Heart

- Circulation, respiration, shoulders, arms, hands
- Color: Green
- Unconditional love for self and others, compassion, giving & receiving
- Element is Air or Wind
- "I am love."

## High Heart

- Immune System, Thymus
- Color: Turquoise
- Honesty, Integrity, Transformation and Intention
- Element is Fire, Air or Soul
- "I relate, I am compassionate, I intend"

## Throat

- Thyroid, throat, mouth, ears
- Color: Blue
- Voice, speaking up, listening, fluent thought
- Element is Ether
- "I speak my truth, I have courage to express my voice, I have a voice."

## Third Eye

- Eyes, Brain, Head, Pineal Gland
- Color: Indigo
- Intuition, clarity, what we see with our eyes closed
- Element is Light
- "I am light, I am bright, I see."

## Crown

- Pure consciousness
- Color: White or Violet
- Connection to a higher power
- Element is Spirit
- I am open, I am connected, I am enlightened, I am at peace

Possible ways to use lights to open or clear the chakras:

We have just released our LumiPure Chakra Wand Set. If you have these, you can use the chakra wands with a left spin to release and clear and a right spin to enhance or bring in energy on each of the chakra centers. You can also place the color wand heads on the meridian points directly on the skin.

You do not have to use our Chakra Wand to work with the Chakras. You can use also use our standard pads up and down the spine or the front body. You can use a pad that you move from chakra to chakra as you go through the clearing or balance session. You don't have to match the light color with the chakra to get the benefit of opening up energetic flow and awareness.

Settings:

On the 3-Port or Grow6 we like setting B or C for a chakra calming & balancing. Setting A could be used to energize the whole chakra system. On the Pro6 we like using setting 15 for chakra balancing or setting 12 for grounding balance as well as setting 17.

You can listen to Melody Masters guide you through a chakra clearing on our

website: <http://shinewithlight.com/videoaudio/> You can also send thought with intention to each of the chakras during your regular light session. If you would like the download of this recording for your own phone or mp3 player, send us a request to download the file through the free app DropBox.



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Week 9 - Light Up My Spine

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## Light Up My Spine

Back health has been a lifelong pursuit for my tall family. I have many memories of my Mom having debilitating back pain and remember her back surgery when I was in 3rd grade. I remember it kept her from taking a trip to Europe with her siblings and the days she spent lying in bed. Even with lots of proactive alternative care I too faced painful back injuries and so when we started using the lights six years ago, this was one of the areas that I wanted to focus on the most.

My first approach was to "nuke" the area with the lights. For me this was my SI joint which was hyper mobile and it would get stuck in painful positions that were starting to affect the nerves running down my legs. Taking stress off the body with the B setting had been a great place to start but after a few weeks using the lights I actually started to experience more pain in my back and so I turned to pressing play over and over one day on setting 7 for pain.

This did not turn out to be the best approach. After a couple of hours on the lights I became pretty dehydrated and the pain would return right after the session was over. Sometimes even worse. I admit I was pretty frustrated. I liked the idea of the lights but was beginning to wonder if using them was making me worse?

The turning point for me was when I focused first on the alignment session from day one of our owner emails. I could feel symptoms begin to shift and more open flow in my hips when I did that session. I kept doing it. The results were not immediate but they did seem to be happening. I augmented the sessions with a couple trips to the chiropractor and went to see my energy focused integrated physical therapist. I am so thankful that this energy worker encouraged me to keep going because she could tell that I was releasing some really old patterns. That was the hope I needed and from there I had more of that intention with each session.

"I am releasing any energy patterns that no longer serve my highest good." This became my intention each alignment session and it continues to be my focus when I am working with injury and pain patterns.

My back pain was the result of many life experiences and choices and also inherited patterns. It wasn't an overnight release, but within six weeks of daily use, I was without pain. I continued to do the alignment protocol for two years every morning. I still do it at least several times a week. My parents do it daily. I find the connection of mouth health to spine health to be a profound one.

That said, there are other issues that come up with the spine and other approaches that can be helpful. With muscle tightness, the number one issue with low back pain, we love that the lights are FDA approved for pain relief from muscle tightness and spasms. For frequency selection we have found setting 6 for the alignment then settings 2 then 5 for 5 minutes each or settings 11, 85, 87 are all great choices. Any stress reduction is a great place to start as stress and this low back pain are consistently connected.

My family is so thankful to have our lights to help us to be pain free and flowing in the spine. We encourage you to help others know about this amazing tool as back pain is a common issue for most Americans and people deserve to know there is a drug-free way to management pain that is highly effective.

Shine with light.

Marta

## **Discs**

Many disc issues begin as alignment issues so doing the alignment protocol on setting 6 is key. The disc tissues are made of extra cellular matrix which infrared and red light have been shown to enhance. Placing a pad up and down the spine during a relaxation session or on the following is helpful:

6: alignment for support of spine, scoliosis

2: inflammation or Bulging in the disc.

4: support of the disc tissue

Custom frequencies: 727, 787, 2720 and 9999 for herniated disc according to the Electroherbalism Frequency List. You will find these in our sweep settings 11, 84, 85, and 87

You can do the session while lying on stomach, back or in a zero gravity chair. Hydrate with water and nourish with electrolytes. Release fears of finances and the need to control.

# Excess Calcium

## Stenosis and Arthritis

I think of this as the body's attempting to patch up weakness or lack of deep healing. This is common after a spinal fusion surgery and injury.

Support for Stenosis: Using the lights consistently on setting 7 with a pad in the area of issue for 5-10 minutes is how I support excess calcification. In addition to helping the body release excess calcification, setting 7 is a nice sedative setting. Consistent use is more important than long sessions here and make sure that you are absorbing and utilizing the dietary calcium that you eat or swallow.

For Arthritis, our pads containing near-infrared light diodes are FDA cleared for arthritis pain relief:

Setting 2 works great for pain due to inflammation

Setting 7 for pain due to stiffness or nerves

Custom settings:

11 for tendon, joint and bone health

84 for Arthritis support

85 for pain support

86 for rheumatism support

87 for knee/hip Support

89 for sciatica Support.

94 Ott cleanse, energy, rejuvenation is also supportive for arthritis



The Super T Neuro Pad is an ideal pad for spinal health and neuropathy. 248 Near Infrared 56 Red diodes.

## Neuropathy

We are FDA cleared for relief from pain associated from Neuropathy. This is numbness and pain traveling into the nerves due to swelling or calcification.

Alignment is again the best place to start here.

From there I like to do a pad on the place of origin for the swelling (same settings for discs are good here) then add pads that travel down the symptom path and run one or 2 of the following:

Setting 2 for 5 to 10 minutes for inflammation.

Setting 4 for 5 to 10 minutes.

67 is the custom setting to support neuropathy.

11, 84, 85, 88, 89 are great too. You don't have to run the entire session.

Choose the one that works best for you and limit sessions to 30-40 minutes at a time.

Go for consistent use over time.







## Light Up The Athlete Within

Whether you are a pro athlete, working out to get back into shape, or playing with your grandchildren, we all want pain free performance and ideal recovery . We are all relying upon the amazing instrument that is our body and giving it the optimal environment to thrive is important.

One of the great benefits of sport is that we get to see in very measurable ways what happens when we give someone our all for a specific period of time.

When we give the body the environment of light and frequency it is able to optimize it's ability to perform and recover. Research is finding this to be equally true with elite athletes and heart disease patients on a treadmill. Roger Federer is utilizing this on the tennis court and I know I can feel the results on a bike ride, a yoga class, or a ski day. My body is able to keep going for longer, feels stronger during the performance and has less soreness and fatigue afterward when I use my harmonic lights before, after or both.

I have witnessed some amazing injury recoveries with the lights. For my soccer playing daughter I make sure that she does the lights regularly at home and they are a given on every tournament road trip. Same for my son with his mountain biking races. We don't break out the ice bag any more at our house, we shine muscles, joints, bones and injuries with light. We find it works better

and it certainly is much more pleasant.

My favorite way to support my inner athlete is to do the alignment session in the morning which helps me fueled, flowing and more coordinated. Setting 6 is helpful in balancing right and left brain and the pad placement helps get rid of tightness in the hips, back and shoulders. This is from day 1 of this tutorial.

From there I might add a couple more minutes with the pads on specific areas of the body that are going to need to perform well. I like to make sure the core muscles and low back are given a bit of charging time with the lights as well as my upper legs. Setting 2 is great if inflammation is an issue, 5 to help charge all those muscles, joints and bones and setting 11, 94 and 96 are great for that too. Jim Dooley mentioned how much better his workouts go when he uses 94 and 96 before them. I make sure that along with the lights, I hydrate and nourish well. Muscles have more energy to do their job when given an LED light session before the game just like the heart muscle fares better when with light therapy before a surgery or procedure. Recent research shows that applying light 4 hours before the exercise had the greatest tested increase in ATP production. I don't always hit that window of time, but I can tell a benefit even when I give myself a light session right before my ride or walk.

After exercise is when the body recovers, adds lean muscle mass and builds strength. Research has shown light sessions post exercise relieve pain, lower inflammation and support optimal cell regeneration. Studies show less muscle damage and better return to energy levels pre-workout. This allows for consistent training which is the key to great results. This is what will help the body to recover so that there is less soreness, less injury and better performance.

I find that taking stress off the mind and body is also a key component in performance. A relaxation session with the lights is a perfect time for recovery, for mental visualization and for helping the mind and body work as efficiently as they can together.

We all can benefit with regular exercise programs and sports activities are a fun way to tune in to the amazing performance capacity of our bodies. Making sure that light sessions are a part of our fitness program is an easy call. Want optimal performance results? Make sure you shine with light.



## Harmonic Light & Your Heart

**Cardiovascular disease remains the biggest health concern in America and there are many reasons to use harmonic light as a heart wellness tool. Two big ones come to mind:**

### **1. Nitric Oxide.**

#### **Your Body Makes More Nitric Oxide When You Shine With Light**

When blue, red and infrared wavelengths of light - no coincidence this is what is in our pads- shine into the body in an area of circulation the body responds by releasing more of a signaling molecule that opens up the flow of blood and lymph and dilates blood vessels and arteries. This signaling molecule is called Nitric Oxide. This is not Nitrous Oxide, the "laughing gas" that you receive at the dentist. Nitric Oxide is far more important.

This miracle molecule is the key to heart health. The doctors that won the Nobel Prize in 1998 for discovering Nitric Oxide's function were heart doctors.

They stopped doing surgeries after this discovery and starting encouraging people to enhance their diet to help their body make more nitric oxide. Eating lots of healthy greens and proteins and making sure our nutrition has adequate magnesium is critical AND using our advanced light energy system on a regular basis is the perfect way to get a noticeable increase in this critical molecule exactly where you want it - in the cell wall of the vascular system.

## **The Way Nitric Oxide Effects Heart Health:**

- Keeps blood vessels open, elastic and functioning properly
- Increases Oxygen Levels Throughout the Body
- Increases Blood Flow and Nutrient Delivery.
- Helps to Balance Blood Pressure
- Prevents Plaque Build Up in Arteries
- Increases Energy Production
- Prevents early stages of Atherosclerosis
- Improves heart function – normalizes speed by carrying oxygen in and carbon dioxide out.

## **How You Can Get More Nitric Oxide With The Right Amount Of Safe LED Light**

Research at University of Colorado School of Medicine: Light Pads with 60 diodes induced 6% increase in local nitric oxide levels in the blood. 120 diodes induced a 24% increase in local nitric oxide levels. In other words, **the more diodes you have on the body, the greater the increase of nitric oxide in the lining of the vascular system.**

This is where LED diodes can really do a better job compared to lasers which typically have less than 6 diodes.

This is why our full systems are a minimum of 500 diodes. Quality of diode and the light it is delivering, quantity, frequency accuracy & programming, customer service, education and whole body connections really set LumiCeuticals apart from other products on the market.

Your body is always making more of this amazing molecule in the area where you shine your pads, regardless of the setting you choose. Every pad of ours and every setting helps the body synthesize more nitric oxide in the vascular system. Simply shine the pad where you have a capillary or blood vessel. Some of my favorite places are:

- Over the naval to impact that abdominal aorta where your entire blood supply passes every 20 minutes
- Right over the center of the chest where all roads lead to the heart.
- Top of the inner thigh where the femoral artery travels
- The back of the knees
- The neck

There are some frequency settings that help maximize this effect:

- Setting 1 and 5 of the Nogier Settings on all of our systems. Those can be done for 5-10 minutes each. Setting 7 is helpful if calcification or hardening of the arteries is an issue.

- Using a Red and Infrared Pad will maximize the effect of the nitric oxide effect in the deeper blood vessels in the body.

On our custom sets we have:

- Sweep #55 which compiles frequencies from the [Electroherbalism Frequency Lists](#) that have successfully be used for supporting Circulation
- Sweep #57 to support Arterial health - specifically atherosclerosis - hardening of the arteries.
- Sweep 94 which delivers frequencies that True Ott, PhD and his colleague Jim Dooley have matched to enhance nitric oxide production, ATP production and oxygenation.
- If a hormone imbalance is thought to be part of the issue with heart health, setting 1 and settings 60 and 96 would be good frequencies to explore.
- Blood Pressure - We have seen great results with #16 Instant Vacation. If someone is taking blood pressure medication have them work with their medical provider to see if they still need the same amount of this medication as they continue to use the lights. We have seen people be able to reduce or wean their way off of this medication with the help of their doctors.

## **2. THE SECOND BIGGEST REASON TO USE HARMONIC LIGHT AS A HEART WELLNESS TOOL IS STRESS**

Stress is an often overlooked factor in heart health. Through Heart Rate Variability tests I often see that being overly stressed causes big impacts in heart health markers. Recently studies have pinpointed part of the brain directly correlating to affect heart health in times of perceived stress. This research links perceived stress as a major risk factor in heart health. Finding tools for calming the mind to shift out of that stress response is critical for long term heart health. We love using our lights for this.

Settings that are geared to offer whole body relaxation support are:

- Settings B and C.
- Custom Whole Body Support Sweeps 11,12,31,15,16,17,18
- Ott Sweeps 97,98,99

Pad placement is not critical here but I do find that having the eye mask over the eyes is a key way to bring the heart rate into balance as visually perceived red and blue light helps the body find autonomic nervous system balance.

Research at John Hopkins is using red light pulsed at frequency to reset abnormal heart rhythm. Using our pads over the heart on a relaxation setting certainly seems like worthwhile wellness support. We have seen people feel their heart rhythm return to a more balanced state with regular relaxation light sessions.

The local pad on the heart, the big pad across the kidneys which guide the heart and the eye mask over the eyes which balances the autonomic nervous system is what I like to do for this type of heart focused relaxation.

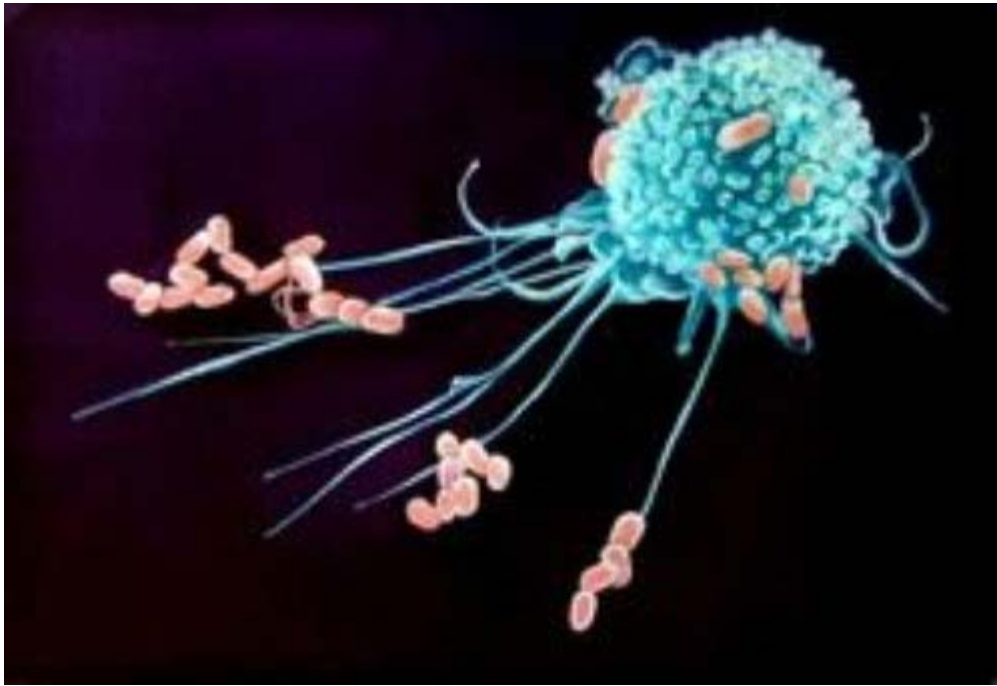
I find it very helpful to have an intention during my light session. Heart energy is all about balancing giving and receiving. A great prayer or intention during a heart focused light session is "May I receive all that I am meant to receive so that I may give all that I am meant to give."

Keep shining and the miracle molecule of nitric oxide will keep igniting and zipping all around to benefit heart health.

Keep relaxing with light to that calm, peaceful place and your heart will thank you over and over again.

*This email and the LumiCeutical light therapy systems are not a replacement for medical advice nor is this an attempt to treat, diagnose, prevent or cure disease. If you have a medical condition, seek the advice of your medical provider before using a LumiCeutical light system. The intent here is to support the natural healing ability of the body.*

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# Enhancing Immunity With Light & Frequency

Light is the finest source of energy that we know of and it does an amazing job of sending in vibratory pattern into every cell of your body. Pulsing that light in a harmonic pattern can have a profound effect on the body's naturally amazing ability to fend off invaders like bacteria, molds, and viruses. How does light enhance the body's immune response?

1. Increased Energy - as light helps to ignite the cellular metabolism and create ATP or energy, each cell now has more energy to do it's job optimally. This includes immune system cells that help point out invaders and eliminate them.
2. Nitric Oxide - this miracle molecule that light helps synthesize in the body helps the immune system to function optimally. Research has found that NO
  - Helps with communicating that an invader or toxin needs to be eliminated.
  - Creates an inhospitable environment where viruses cannot replicate.
  - Stimulates the cleaning system of the body, the lymphatic system. This is how the body eliminates toxins.

3. Light increases oxygen levels in the body which is an inhospitable environment for molds, viruses, and fungi.

4. The cellular response to light is to create a more alkaline environment in the body through calcium release. Dr Otto Heinrich Warburg, winner of the 1931 Nobel prize in Physiology, found that Cancer and other pathogens grow in oxygen deprived acidic tissue. He asserted that "disease cannot thrive in an alkaline body."

5. Light enhances healthy macrophage production. Harmonic frequencies can greatly enhance this effect. The macrophage are the big eaters in the immune system. They literally shoot out substances to eliminate bacteria, viruses and fungi. The above picture illustrates this. Dr. True Ott has been researching the ability of pulsing light to the frequencies of 377 hz and 77 hz to support healthy macrophage activity

6. Blue light is anti-pathogenic. It has been found to kill bacteria like MRSA, molds, fungi, and viruses. We love shining our blue light pads on areas where these might harbor like the GI tract, the liver, the sinuses, the ears, the lungs and the tail bone region (where viruses like shingles like to hang out).

7. Blue light and calming frequencies can also help when the immune system attacks itself which is the case with auto-immune system issues. Placing a blue pad right on the center of the breast bone where the thymus is located is a great way to support this calming effect.

Pad Placement Tips:

Eye Mask on eyes and sinuses or right up the nose or on the ears or throat. We love shining the eye mask on these areas where invaders start to gain a stronghold.

A pad on the thymus on center breast bone using red/infrared there to stimulate more immune system action and blue/infrared to calm any over excited immune system function. A pad on belly to help with invaders in the gut. A pad right on tail bone can be helpful for latent viruses like shingles.

Body Pad - can be across the chest for lungs and thymus, cupped under the jaw for throat and sinuses, or across the belly and lumbar. Super T could be along spine including low tail bone region or around the head to help with sinus congestion.

Make sure you are getting adequate rest - if your lights help you to sleep more deeply at night, wonderful. If you find that you do not sleep as restfully with the lights, you can stick to light sessions in the morning or early afternoon and at night you might try experimenting with using only the red/infrared pads directly on the body and either omit or block the blue portion of the light pads with a cloth or just have



them face down on top of a blanket over the body.

Remember to drink plentiful amounts of high quality water and read below for setting options to explore:



### Immune System Support With The Pre Set Frequencies in Your 3 Port or Grow6

- **At the slightest hint of a cold, we like using setting B or C or Setting 6 to melt away stress and give the body an environment for doing it's best healing and recovery. We then add a few minutes on setting 1 and 2 and move the pads to our chest, face, adrenals and throat for another 5-10 minutes. Another great place for helping with immunity is the lowest part of the back.**
- Use essential oils? The light can help the oils move deeper into the body with increased circulation. We make sure that no oils get onto the pads themselves either by really rubbing the oils in or placing a light sheet or plastic bag over the pad.

### Take it up several notches with the Pro 6 controller.

The 6 port programmable controller allows for unprecedented precision and flexibility. You can still choose to start with a session of alignment on setting 6, B or C, and then use our custom sweeps to zone in to the environment you are trying to create in your effort to create an environment that is inhospitable to the invader. Please consult a medical provider if you have a diagnosed medical condition or you are taking medications that might interact with light. Honor the body by going slowly especially if you have had a long term chronic imbalance. You do not have to run the full 20 or 30 minute series. It can be helpful to only do a few minutes with a sweep and then build up. Here are a few sweep numbers from the Electroherbalism Handbook that are available on the controller:

- #28 Support a body challenged with Epstein Barr/Chronic Fatigue
- #24 Support a body challenged with

## Colds/Flu

- #22 Support a body challenged with Allergies
- #23 Support a body challenged with Autoimmune Issues
- #29 Support a body challenged with Fungus/Mold Issues
- #32 Support a body challenged with Herpes/Shingles
- #29 Support a body challenged with Fungi/Mold
- #33-38 Support a body challenges Immune Challenges in those particular areas.
- #39 Support a body challenged with Lymes Disease
- #40 Support a body challenged with Ear Infections
- \$43 Sinus Support
- #44 Support for a body challenged with Strep

Dr. True Ott and Jim Dooley have also included additional frequency sweep suggestions they are researching for supporting the immunity building capacity of the body. Here are the sweep numbers and the specific support they are researching:

#94 for Cleanse, Energy and Rejuvenation: Runs the follow frequencies in sequence

- 72 Hz (4 minutes to enhance Ozone production)
- 633 Hz (5 minutes to enhance ATP production)
- 780 Hz (5 minutes to enhance GTP production)
- 45 Hz (4 minutes to enhance Nitric Oxide production)
- 180 Hz (4 minutes to enhance Creatine production)
- 753 Hz (4 minutes to enhance Telemere lengthening)
- 5184 (4 minutes to enhance RNA production)

#95 for Immunity and Inflammation

- 337 Hz (4 minutes to inhibit Nagalase production)
- 77 Hz (4 minutes to enhance GcMAF production)
- 534 Hz (4 minutes to enhance THCa [non-psychoactive] production)
- 468 Hz (3 minutes to enhance CBD and CBC [non-psychoactive] production)
- 715 Hz (3 minutes to enhance Frankincense [Boswellia sacra "Arabic"] production)
- 513 Hz (3 minutes to enhance Curcumin [Curcuma longa] production)
- 194 Hz (3 minutes to enhance Beta Glucan 1,6 production)
- 218 Hz (3 minutes to enhance Garlic [Diallyl sulfide] production)
- 682 Hz (3 minutes to enhance vitamin B-17 production)

#21 for Healthy Macrophage activity. This is 337hz the entire time.

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\*As always we are not claiming to treat, prevent, or cure disease and this is not intended to replace care from a licensed health care practitioner. It is support for the body's natural healing process.



## Take Your Lights When You Travel

I love to have my lights with me when I travel.

In the car - I have a regular plug in my car and can use my regular set in the car. I usually don't do that as a driver as I get too relaxed but I have often had passengers in my car using the lights:

- My children on the way to athletic events - a great way to preload energy before a competition or practice and recover afterward.
- My friend who was having a horrible migraine - it was amazing to see how easily it relaxed her and helped her get out of that pain. She did B setting for 20 minutes and by the end of that drive she was ready to drive home.
- For acute injuries - I hurt my knee skiing last week and had several long days in the car afterward. Instead of stiffening up on the drive, I used my portable light system to apply that light energy to the joints and bones. It was easy to do and didn't make me groggy. I felt better each time I did the sessions and was really able to apply some great light energy to that area even while driving. The handheld system - the

LumiGo2/3 is great for that. My recovery was phenomenal. I went from barely walking to walking several miles on the Las Vegas strip 4 days later and in less than a week I am back to my regular activities.

When I fly the lights are easy to travel with. I just take them in my carry on bag or use my light bag as my carry on bag. They go right through security and if you do get asked I just talk about them as a therapeutic light system. No problem. I do recommend packing the pads flat and keeping padding around the controller. I avoid putting my lights in the checked luggage as I prefer a little more quality control.

The electricity supply for the lights is an international circuit so they can be used in other countries. We have light owners in Japan, Equador, Canada, England, Holland and Sweden already. We do recommend a power strip for your use when possible to protect against power surges. The lights use very little power.

When I travel I love how the lights

- Help me sleep well
- Help my digestion
- Help my immunity stay strong
- Keep me in a healthy routine
- Help with the aches and pains of a different bed and new activities.

The more consistent I am in applying the environment of harmonic light to my body the better I feel.

Share while you are there - one of my favorite things about traveling with the lights is that it makes sharing easy to do. The vast majority of people have no concept about what harmonic light can do and it is a tremendous act of service to give them a session.

LumiCeuticals wants to reward people who share our systems with others. They start that reward at 9% of a unit's cost when someone you refer makes a purchase. You can even get in on their profit sharing pool bonuses each quarter for a referred sale or simply referring 3 people to rent Lumi light systems. You don't have to be a light energy expert or salesman. When I see someone who is in pain, looking for optimal performance, needs relaxation,

needs more balance or a boost, or when I hear a voice in my head say, "tell them about the lights" I do it. I offer to let them try a session. I let them know what is possible and then let them decide where to go from there. This happens to me all the time and the blessings from following that cosmic nudge, as I like to call it, have been too many to count.

Travel with light,  
Marta



This is the portable handheld controller - the LumiGo2/3 that offers our ABC 1-7 settings and has a rechargeable lithium battery. \$700 for the controller or add a portable blues buster pad with 60 near infrared diodes and 40 blue diodes for \$530 or a new portable comfort red and blue eye mask for \$585.

You can get the Go3 -all three items for \$1500 or the Go2 -two items for \$1100. The portable blues buster and portable eye mask can only be used one at a time with the portable controller



The LumiGo3 is a favorite of mine for harmonic light for an acute place of pain and for portability. I take it everywhere I go and I also rent out this set to friends and family when they get injured. I don't ever give away my own main set of lights as my family's self care is too critical.

Remember that your friends and family can rent a light system from LumiCeuticals where they will get professional level support. Each rental can count toward a quarterly bonus for you.



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## Harmonic Light & The Brain

Shining light on the brain is an exciting way to utilize your light system. A recent study from Harvard points to the exciting possibilities:

"Photobiomodulation (PBM) describes the use of red or near-infrared light to stimulate, heal, regenerate, and protect tissue that has either been injured, is degenerating, or else is at risk of dying. One of the organ systems of the human body that is most necessary to life, and whose optimum functioning is most worried about by humankind in general, is the brain."

Light and frequency are great tools for brain health. Light passes easily through the blood brain barrier that can be a delivery issue for supplements and medicines. Researchers at Harvard are finding that red and near infrared light can reverse effects from brain injury and that photobiomodulation is both a

prevention protective and noninvasive way to reverse or subdue symptoms of neurodegenerative disorders. Research is also finding blue light to be helpful with inflammation and mood issues.

Our web site is a good resource to learn more about this research. Just [click here to read](#) some powerful study abstracts.

Here are some favorite ways to work with our light systems to support healthy tissue in the brain.

**Eye mask over closed eyes to support relaxed healing states:** This is why I make sure I use the eye mask for at least one session a day. We have known since research in the late 1800's by Seth Pentacost that [Blue light calms the autonomic nervous system](#) and red light energizes it. The combination of red and blue in the eye mask helps the brain and body find balance. The relaxation will be enhanced through the vibratory pattern of the frequency set on the controller. I like B and C on the 3-port and settings 11-18 and 97-99 on the custom channels. I usually choose one of these settings for a 20-30 minute session and enjoy. When the nervous system shifts into a healing state, the whole body can now have optimal healing capabilities.

**Pineal gland:** The **pineal gland** is the light meter in the center of the brain and it helps to regulate memory, intuition, and sleep. It is critical to the immune system through the secretion of melatonin, and helps creativity and mood. The eye mask on over the eyes or on the forehead is a great way to support the health of the pineal. The pineal is a master endocrine gland that affects all the other endocrine glands and functions - thyroid, adrenals, hypothalamus, pituitary, ovaries and testes.

- Setting 1 frequency for helping to balance and energize the pineal and help balance sleep cycles.
- Setting 7 is a great setting for helping the body to de-calcify the pineal.
- There is an additional custom pineal opening setting that is on the custom list but not in your controller unless you decide to swap it for something else. It offers frequencies 20 Hz, 537 Hz, 662 Hz & 480 Hz.

The pineal is thought to become calcified through processed drinks and foods, poorly absorbed dietary calcium and through television and through sleeping all night with light on. Extra sensitivity to light can be a sign of a calcified pineal. To support de-calcification, try some 10 minute sessions on setting 7 wrapping the head with the pads. If needed, go slow with the eye mask on the eyes for



the first few sessions. Try placing the eye mask on the forehead or on the back of the knee and work your way back to having the eye mask over the eyes when it feels more comfortable. When you sleep - do so in complete darkness. A bright, shiny pineal can be a key to learning issues like ADHD, mood issues and memory issues and to feeling synchronized with the natural design of the universe. This is why many cultures have called this the "God gland."

### **Supporting brain focus for right/left brain balance and learning:**

Setting 6 with the eye mask on the eyes is great for right/left brain balancing and a good one to try with ADHD and dyslexia as well. I like to do the whole alignment protocol with the other pads and I like to spend some time with a pad on the GI tract as the gut and brain and kidneys are energetically connected. Custom settings include: setting 78 ADHD/autism and 97 for relaxation and clear thinking. This setting includes 27 Hz to help increase the gamma or genius brain state in the mind.

**Kidneys:** The kidneys guide and support the brain so every time we help the brain to relax, balance and heal, we like having a pad on the kidneys as well to mirror and enhance the effect. The kidneys are just above the lumbar spine in the back of the body.

**The GI tract:** Many health researchers are now calling the gut the 3rd brain. There is a quickly growing understanding that the health of our gut has a dramatic connection to the health of the brain. Autism is a big area of research here and using light to support healthy micro-biome in the gut and lower stress there is an exciting way to utilize the lights. I like a blue and infrared pad here as research has shown blue light to halt candida while the infrared can penetrate deeper into the gut to support healthy cell osmosis (the delivery of nutrients in and toxins out).

### **Supporting brain health after an acute injury:**

Relaxation sessions are great places to start as is the alignment protocol. To continue that or as a second session each day I like wrapping the head in light.

- Eye mask on eyes or forehead
- Big red pad under the jaw like a beard or over the head like a hairband.
- Local pad or other body pad behind the back of the head.
- Setting C or setting 2 for 5-10 minutes then 3 for 5-10 minutes is where I like to start with a 3 port. Custom sweep settings I like to use are: 83 Cognition Support, 94 Cleanse, Energy Rejuvenation Support, 97

Relaxation/Clear Thinking, 11 General Power Sweep, and 12 Grounding Balance.

### **Supporting the brain challenged by chronic degeneration:**

Relaxation sessions and the Setting 6 Alignment Protocol from Day 1 of this tutorial are still great places to start.

- Setting 6 is great support for right and left brain balance and for skeletal balance in general.
- Finishing an alignment or relaxation session day with wrapping of the head with the pads on settings 2 for 10 minutes then 6 for ten minutes to help clear toxins and inflammation is one way that I like to bring focus to the brain tissue support.
- After a week or so of this I like to explore supporting healthy brain tissue with settings 1, 3, 4 and 7 (5 minutes each) with the 3 port system.
- Added possibilities I like in the custom frequency controller are settings 80 for MS, 81 for Tinnitus, 82 for Parkinsons, 83 for Alzheimers, as well as Dr. Ott's 94, and 97.

I will continue on with the brain in week 15 as we discuss support for mood and mental health.

With light,

Marta

303-818-6453

[marta@shinewithlight.com](mailto:marta@shinewithlight.com)



Eye mask on forehead and local back of head and body pad on kidneys or belly. Great for easing in the light experience over the



Eye mask over eyes and forehead with red/infrared body pad **shining up under the nose and mouth.** Recent research found the deepest



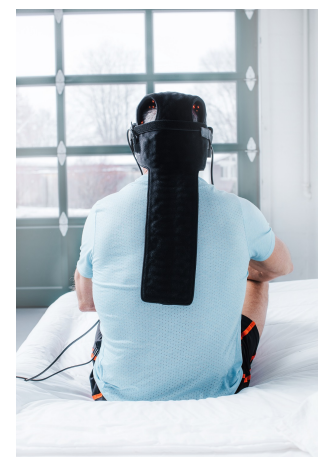
Here the red body pad is over the top and forehead by placing a small pillow just underneath the back edge of the pad. The local pad is on the

eyes while still shining light on key areas of the brain.

penetration into the brain tissue with red light shining through these holes in the skull, the nose and the mouth. Red light was found to have the greatest magnetic resonance in the deepest tissues of the brain. Note the use of some small pillows on either side of the head to rest the corner of the big pad in place without a strap. The local pad is being used behind the head here.

A 2nd big pad could go over the top of the head for a fully encased light helmet effect.

back of the head and the eye mask is over the closed eyes, nose and forehead.



The Super T Neuro Pad makes shining light on the head even easier. The pad can wrap like a helmet over the head and down the spine. Use with or without the eye mask. The Neuro Pad is predominantly near infrared light for deep penetration.



Week 15 Light Up My Mental Health

[View this email in your browser](#)



## Harmonic Light & Mood

That the right light can enhance our mood is something we all seem to naturally understand. Most people associate light therapy with uplifting the mood in the dark days of winter or Seasonal Affective Disorder (SAD). While that is one use, there is so much more that harmonic light can impact.

Harvard Psychiatrists note in recent research that light therapy's proven effectiveness, "... extends beyond seasonal affective disorder and includes nonseasonal depression and sleep disorders, with emerging evidence for a role in treating attention-deficit/hyperactivity disorder, delirium, and dementia."

Research on more major imbalances like major depressive disorder, anxiety and post traumatic stress syndrome and light can be found on our web site. Just [click here to read](#) some powerful study abstracts.

For the majority of us harmonic light can be a wonderful tool for supporting a balanced mood and positive outlook. Here are some of our favorite ways to

use the light to support mood.

**Eye mask over closed eyes:** As we talked about in yesterday's email on brain health, the combination of red and blue in the eye mask helps the brain find balance and feeds the pineal gland. The pineal gland in turn helps the hypothalamus which is the gland that secretes serotonin or our happy hormone so we find using the eye mask on the eyes to be a critical part of mood health.

Alternative locations for the eye mask can be the back of the neck, the forehead and the back of the knees.

**Body pad on the adrenals or up and down the spine and as well as a pad on the belly or liver** are other great choices for general mood balancing.

### **Settings for general mood balancing:**

- A, B and C can all be good choices. A is generally better in the morning, B and C which many people like later in the day or evening. Case studies on Nogier's settings report finding that setting 1 helps elevate a depressed mood and setting 2 helps calm an anxious one.
- Setting 20 for anxiety and depression support gets lots of positive feedback from our owners. Other custom channel choices I like for general mood balance are 12 Grounding Balance, 13 Abundance, 14 Transformation, 15 Chakra Balancing, 16 Instant Vacation 17 Master Healing Support, 18 Peace & Calming, and 97 for clear thinking and relaxation. 98 and 99 are B and C alternatives and I like those for de-stressing and releasing emotionally as well. Other owners report enjoying the setting 20 option of the Emotion Sweep as well as Joy and Happiness. *To run these you need to manually replace them into another slot by plugging in your controller and using the custom software on the USB stick via your computer.*

**Pineal Gland:** This light meter in the center of the brain helps to enhance creativity and mood. Keeping it free of calcification is a great start for mood balancing.

- Setting 7 has been found to help the body to de-calcify the pineal.
- Wrap the head with the pads for around 10 minutes. If you want to go slow with the eye mask on the eyes for the first few sessions, try placing the eye mask on the forehead or on the back of the knee and

work your way back to having the eye mask over the eyes when it feels more comfortable. A bright, shiny pineal can be a key to learning issues like ADHD, mood issues and memory.

## **Depression**

After a pineal opening session or two, I like using setting 1 or custom setting 20 Depression/Anxiety or Ott setting 97. People report great experiences with setting 20 which is based on the *Electroherbalism Frequency Lists* and Ott's setting 97 is very interesting support for mood and brain balancing. It is the following sweep:

- 432 Hz - 5 minutes for grounding and relaxation
- 228 Hz - 5 minutes to enhance dopamine production
- 1500 Hz - 5 minutes to enhance oxytocin production
- 262 Hz - 5 minutes to enhance serotonin production
- 5164 Hz - 5 minutes to enhance beta-endorphin production
- 27 Hz - 5 minutes to support gamma genius states in the brain

## **Pad placement:**

- Eye mask on eyes or forehead
- Body pad on adrenals, up and down the spine or wrapped over or under the head.
- Local pad on belly - right over the naval is a great place.

## **Anxiety**

I hear of so many people reacting to the changing energy of our times with anxiety. This is especially true of young people who are experiencing changing hormone levels.

Relaxation sessions are great places to start. Setting C might feel more comfortable than B here.

To focus on the hormone component, I like use setting 1 or custom setting 58 Adrenal/Stress Support, 60 Endocrine Support, Setting 20 Depression/Anxiety, 96 Ott Hormone Balance or 97 Ott Relaxation & Clear Thinking.

Pad placement I like to use is:

- Eye mask on eyes or on the front of the neck over the thyroid.
- Body pad on the kidneys/adrenals above the lumbar spine.

Local pad or other body pad over the ovaries/testes or the belly.

### **Post-Traumatic Stress Disorder (PTSD)**

Light has been found to help restore neuroplasticity to the nervous system. Relaxation sessions on B and C is a great place to start as are all of the de-stressing and calming emotional sweeps we have mentioned in 11-20 and 97-99.

The setting 6 Alignment Protocol from Day 1 would also be a good one to explore there to help energetically reconnect the mind and body. One of our owners who works in mental health with PTSD finds that the alignment protocol on setting 6 with the addition of applying light to the feet works beautifully in restoring neuroplasticity to the nervous system. In addition to the alignment session each day I would explore applying the Nogier settings with the head wrapped in light

- Setting 3 for 10 minutes
- Setting 4 for 5 minutes
- Setting 5 for 5 minutes

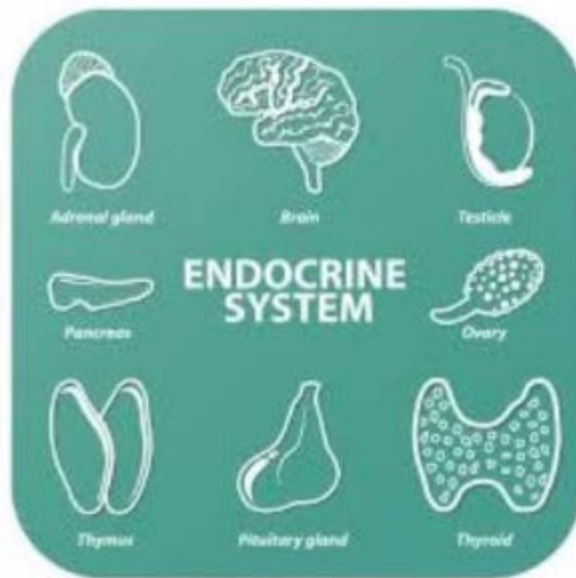
With light,

Marta

303-818-6453

[marta@shinewithlight.com](mailto:marta@shinewithlight.com)





## Harmonic Light & Healthy Hormones

The **endocrine system** is the collection of glands that produce hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep, immunity and mood, among other things. In talking about brain health and mood and sleep, we have already touched on how to support some of these glands with light and frequency. The major endocrine glands all work together and use hormones, which are chemical messengers, to control most major bodily functions.

In the brain:

- pineal gland
- pituitary gland
- hypothalamus

In the neck:

- thyroid gland
- parathyroid gland

In the torso:

- pancreas

- ovaries
- testes
- adrenal glands

With the endocrine system balance is the key. Our endocrine system is one of the first things to go out of balance in times of prolonged stress.

## Harmonic Light Support

**1. Stress Reduction** - when we can take the body out of chronic stress we can shift to healthy hormone production geared to helping body to rest, digest, and heal.

Pads: eyes, liver/belly, kidneys

Settings B, C 11-17, 58

Adrenal/Stress Support, 97-99



## 2. General Endocrine

**Gland/Hormone Support:** Helps the whole system work in concert

Pads: Eye mask on thyroid or eyes,

Local Pad/Body Pad over Adrenals in the upper lumbar spine, Body Pad or Pain Buster and Local Pad over Ovaries or Testes.

Settings: A for a whole recharge session or setting 1 for balancing, 2 and 6 for toxin cleansing, 3,4,5 for tissue regeneration support.

Custom Options: 60 Endocrine, 96 Hormone Balance

## 3. Support for the Endocrine

**Glands in the Brain** - Can help balance levels of Human Growth Hormone, Dopamine, Oxytocin, Serotonin, Melatonin

Pads: Eye mask on eyes or full

Remember the body is always working as a whole to find balance. Light naturally supports this quest and encourages connection and communication.

Timing can be important in working with light and the endocrine system.

Using the pads that contain blue has been found to be ideally used in the morning or early afternoon.

Because our pads always contain red or infrared light in addition to the blue, you may find that you can use the pads at any time of day or night effectively. If you find that your sleep is improved with the lights, great. If you find that you sleep less well with the lights, try limiting the blue light pads directly on the skin to morning or early afternoon sessions.

Focus on the red/infrared pads on the body for the evening and night

wrapping the head with light with body pad over the top of head or under the jaw, local pad on back of head.

Settings 1, 3, 7 for decalcification

Custom Settings: 60 Endocrine

Support, 64 alternative

Hypothalamus and Pineal Opening,

97 Ott Relaxation/Clear Thinking

#### 4. Support for the **Thyroid:**

Helps balance levels of Calcium & Vitamin D and regulates Cellular Metabolism.

Pads: Blue light works well for the thyroid. I like eye mask or blue pad on the front of the neck here and another pad on the adrenals at the same time. A pad on the eyes or head to support the hypothalamus at the same time is something I like to do.

Settings 1, 2 and 6 to clear toxins,

3,4,5 to help rebuild tissue

Custom Setting: 62 Hypothyroid

Support, 60 Endocrine Support

#### 5. Support for **Adrenal**

**Glands:** This is key for regulation of sugars and fats, easing of stress and a key in healthy weight maintenance and an easy transition into menopause.

Pads: A big pad across the back just above the lumbar spine. Can be blue to help calm over active adrenals or red to help energize exhausted adrenals. Eye mask on neck or eyes. Other pad on ovaries or testes.

time sessions. In that situation the blue pads could go over a blanket or clothing at night to still bring the light energy to the field.

As always this information is not intended to treat, diagnose, prevent or cure disease. It is offered as support for the body's innate healing process. For treatment of any medical condition please talk to your health care provider.

Settings: 1 for balance Custom:  
58 Adrenal/Stress Support, 60  
Endocrine Support, 97 Ott  
Relaxation, Alternative 64 Adrenal  
Balance.

## 6. Support

for **Ovaries/Testes:** Healthy sex hormones are important for heart health, skin, energy, heart health and more.

**Pads:** Big red pad across the lap, pad on the adrenals and eye mask on eyes or throat.

Setting 1 for balance Custom:  
Setting 60, 63 PMS/Menopause support, 64 Prostate Support, alternative 64 Hot Flashes

## 7. Support for the **Pancreas:**

Healthy digestion, circulation and blood sugar levels.

Pads: Red or Blue pad on left side of torso, additional pads on kidneys/adrenals, thyroid or eyes.

Settings 1, 4. Custom: Setting 65 Blood Sugar Support, Setting 66 Pancreas Support

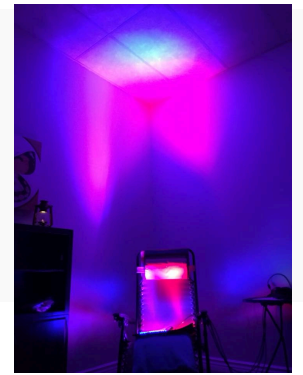
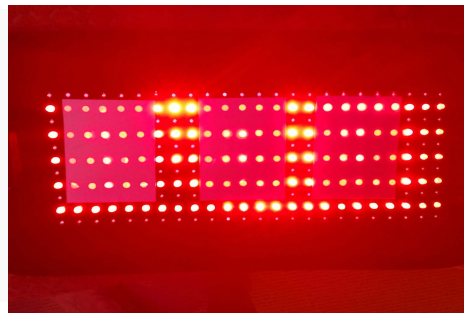


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## Sending Harmonic Light

The idea of sending a frequency or series of frequencies through light to someone who is not in the room or even in the same state or same time might seem strange to you. It would have to me 5 years ago.

I now do it almost daily. I have found that sending quantum frequencies through light is a powerful way to use your lights. In the above picture look closely to see 3 pieces of paper on the pad. These are pictures of my children that I have placed face down onto the lights. I am sending them the energy of the light session with the intention that it will serve their highest good. I think of it as a light prayer.

Sometimes we don't have time to do the lights on everyone in my family before they head out the door, or I hear of a friend or family member that is struggling and could use a prayer or energetic lift. I like to always ask permission of that person to get their approval and then I set their picture on the lights and give them a session.

Several of our owners have told me they have great success with offering remote light sessions. Some of them do this as a highly effective part of their professional practice, others just intend to support a friend or family member. I encourage you to give it a try if you haven't already.

You can use a picture, preferably a digital format as this deepens the effect. The picture could be an ultrasound if you are working on issues that happened before birth, a recent photo or whatever you have to work with. You can also write the name of the person on piece of paper and put that face down on any of the light pads instead of a photo. Some people also choose to do the setting on themselves while thinking of or praying for the other person - a session by proxy.

Settings B and C, 98, 99 are often favorite choices as the sacred geometry of the frequency combines with the wavelength of the light to produce a quantum

effect - energy that is not limited to time or place and that can impact the tiniest particle as well as our sense of the biggest aspect we can imagine.

Setting 27 Energy Cleansing on our newer custom list is another wonderful choice as has been found to clear the energy of a room or home or even the land that it sits on.

Really any of the settings could be used with a positive intention.

Of course it is always ideal to have our friends and family member get a set of their own lights for even greater daily benefits, but sending a remote session is a great way to start sending love and light. It can be fun to ask someone after the session if they noticed any shift in the way they feel. You may both be surprised at the results. From there they may want to rent or purchase a set from us to deepen and continue the process. We are happy to help make that happen.

You can send harmonic light to someone you know and love, someone you don't know that well or someone with whom you are having a conflict or issue. The yogic tradition calls this Metta - loving kindness - that can be sent inward and outward to help make the experience for all one of enhanced love and compassion. What a wonderful way to make a positive difference.



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## Harmonic Light & Digestion

The digestive system is a common area for health imbalances. This is a critical place in the body and it is getting a growing reputation as the third brain and a key center for health in the body. Whether it is stomach acid, ulcers, inflammation, or pathogens the first place to start is to shift away from stress.

### **Where I like to start: Relaxation Light Sessions**

When the nervous system is in fight or flight dominance, sympathetic on, the body naturally moves energy away from digestion. When we help the body shift to a relaxed state, parasympathetic on, the body naturally begins to rest, DIGEST and heal. So the first step to support healthy digestion is to find ways to get into that healing state. Meditation is great for this and meditative light sessions are even better.

- Settings I like: B, C, 98,99 11-17
- Pad Placement: Eye mask on eyes or forehead. Local or Blue Body Pad on the belly. Red Body on the kidneys/adrenals or up and down the spine.

## **Alignment Sessions Again**

I talked about this on Day 1. The alignment session is a great support to the digestive system as well. Jaw alignment correlates to digestive alignment.

- This is on setting 6 with the craft sticks helping the jaw to support a neutral bite.

## **Next Steps:**

3 port system and Grow6:

- Setting 2 for inflammation, infection support and setting 4 for support of the GI tissue. 5 - 10 minutes each setting
- Pads placed on the belly, across the lumbar or up and down the spine and eye mask on the eyes or the liver or the forehead or neck.

Custom Sweep Settings: These could be done instead of 2 and 4 or in addition in a subsequent session.

- Detox and Chemical Detox Support: Setting 25 and 26
- Fungus/Mold Setting 29
- Increase Alkalinity where there is excess acid: Setting 46
- Candida: Setting 47 Blue Pad on the GI tract is best here.
- Colitis/IBS support. Setting 48
- Digestion Setting 49 This a good general sweep for any digestive imbalance that would include acid imbalance, pain, inflammation and irritation.
- Gall Bladder Support 50. I have heard some great response for this setting.
- Parasite Support 51 - This is a general sweep. More specific types are available under setting 54 and can be selected to replace an existing setting. Blue light on the belly and liver is helpful here.
- Polyp Support 52
- Ulcer Support 53
- Urinary Tract Support 54

Some specific frequencies to explore: You can manually plug these in to the top row of a programmable system.



- 880 has been found to be supportive of the large intestine
- 802 has been found to be supportive for constipation as have 1550, 880, 832, 802, 787, 727, 444, 440, 422, 20 (setting 11 has many of these)

A couple of helpful tips to maximize benefits with the lights:

- Drink plenty of pure water with free lemon squeezed in.
- Try a 12 hour fast to give the digestive system a chance to rest. No eating between 8pm to 8am is a good way to try that.
- Think blue light to soothe inflammation and irritation and to cleanse pathogens
- Think red light where the system is sluggish and in need of cellular repair.
- Each organic food when possible to limit GMOs and glyphosate
- Keep electrolytes like magnesium, potassium and sodium at optimal levels
- Probiotics are a great help - kefir, healthy yogurt, supplements

Keep resting, digesting and healing with light,

Marta

[marta@shinewithlight.com](mailto:marta@shinewithlight.com)



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## Harmonic Light and the Liver and Kidneys

With a few pads of harmonic light we can really impact the whole physical body at the physical root of most imbalances. This is a key philosophy that we learned in our light energy education and it is fun to work with. The concept is that two master organs, the liver and the kidneys, govern the rest of the body's functions. We think of the brain and heart as guiding everything, but seeing the liver and kidneys as the master glands behind the inner workings of the body is like unlocking a puzzle. We encourage you to try this system out for yourselves and see if this feels true for you. Every day we make sure we are shining harmonic light on these two key areas to make sure that they are in balance, fully supported and working optimally.



The Liver - Under The Right Rib Cage

The Big Detoxifier in the Body  
Governs all of the hollow portions of  
the body:

- Skin
- Bladder
- Stomach
- Lungs
- Colon
- Intestines
- Uterus
- Throat
- Arteries
- Veins



The Kidneys sit against the back muscles in the lumbar spine

Filter and Balance Fluids

Govern all the solid aspects of the  
body:

- Bones
- Muscles
- Joints
- Brain
- Heart
- Liver
- Pancreas
- Gallbladder
- Prostate
- Blood

Mouth  
Ears  
Sinuses  
Nasal Cavities  
Vagina  
Rectum  
Hormones  
Kidneys

If you have imbalances in any of the above, you can trace that back to an imbalance in the liver.

**To BALANCE THE LIVER:**

Pad across the right side of the torso just under the lower ribs with any Blue Pad

Pad across the kidneys in the back of the body as kidney guides liver

**Settings:**

B, C, settings 2 and 4 for 3-5 minutes after doing a relaxation or alignment session

Custom: 11-18, 25 Chem Detox, 26 Detox, 51 Parasite, 91 Liver, 94 Ott Cleanse

Emotional Intention: Letting Go Of Anger

Tendons  
Spleen

**Governs All Glands:**

Adrenals  
Thyroid  
Ovaries  
Testes  
Hypothalamus  
Parathyroid  
Pineal  
Pituitary

**Governs All Fluids:**

Eye  
Sweat  
Tears  
Urine  
Blood Pressure

If you have imbalances in any of the above, you can trace that back to an imbalance in the kidneys.

**To BALANCE the KIDNEYS**

Pad across the lumbar of the back with long red or blue pad

Eye mask on eyes or liver

Local pad on other areas of imbalance or upper middle chest for thymus, belly for blood and GI issues or at the joint or muscle of pain or imbalance.

**Frequencies:**

B, C, 11-18, 98,99, any of the specific frequency sweeps geared toward your symptom imbalance. Settings 2,3,4, 5 for 3-5 minutes after doing relaxation or alignment protocol.

Emotional Intention: Forgiveness, Letting Go Of Resentment



## Harmonic Light For Your Teeth & Gums

The health of our mouth is a critical indicator of the health of our body as our teeth are connected to the meridians or energy highways in the body. Your light system is a great tool for wellness in the mouth. Here are some of the ways our owners have found success:

**Alignment:** This is where I always like to start with dental health. Remember the video and explanation are on Day 1 of these emails. The dentist AC Fonder found that misalignment in the mouth translated to many imbalances throughout the body including: jaw, spine, neck, shoulder, hip, knee and foot posture and pain, balance, poor extremity circulation and digestion issues. We see a lot of research now on how applying light to the mouth helps the teeth shift. When the mouth is out of alignment it can be a big stressor for the whole body.

- **The Setting is #6.** Using the small craft sticks is a nice way to give the body a level goal to shift toward.
- The Initial Pad Placement for Alignment is helpful for every mouth imbalance. Eye mask on eyes, Big pad under the jaw and chin, 3 pad

between the shoulder blades on the upper back.

---

**Gum Health:** The Gums are important tissue that protect the roots of our teeth from decay and loss. We have seen gum tissue responds well to light and research supports this. We can help this tissue to regenerate and maintain health so that it can stave off infection and recession.

- **3 Port and Grow6 System Owners:** C is a good one to work with here to support tissue regeneration and help reduce stress. You can also do setting 2 for 5 minutes for inflammation and infection, Setting 3 to support healthy gum tissue. Setting 6 for 5 minutes for lymphatic clearing when needed for infection, etc.
  - **Programmable System Owners** Try using the standard above settings or Setting 70 is the sweep for Gum Support: An owner was just telling us the other day how amazingly well this helped clear up a gum infection for her. Setting 11 also has helpful general frequencies for infection support and gum health..
  - **Teeth Whitener:** Our teeth whitener is an accessory that plugs into our controllers. In addition to being a gentle and very effective way to brighten and whiten teeth, it is an ideal way to directly support gum health. We have some special pricing on these if you are interested in adding one to your set.
  - **LumiGo2:** This portable unit is a great way to get red/infrared concentration right on the gums from the outside.
  - **Wands:** These are nice tools for getting light energy to the inside of the mouth. If you have a Wand accessory try blue for infection inside the mouth right on the area. Red and Red/IR can help with direct gum support.
- 

### **Tooth Health:**

We can support the health of the tooth with light and frequency as well. Using a red and infrared pad on the cheek it will go into the mouth and jaw.

### **General Support for the Tooth:**

Setting 5 for 5 minutes for supporting the health of the tooth

Other pads on the kidney and liver to support mouth and bone health

Setting 2 for 5 minutes for inflammation/infection reduction

Setting 3 for 5 minutes any nerve involvement

Setting 7 for 5 minutes for pain

**More advanced options with the programmable controllers:**

Setting 70 which sweeps the following frequencies automatically: 47, 1800, 1600, 650, 625, 600, 880

Setting 11 General or Power sweep: Includes: 432, 7987, 880, 1550, 2720, 5000, 9999

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**Specific Frequencies from the Electroherbalism List**

There are many more mouth and teeth support options. We love that our programmable system allows you 9999 different frequencies to choose from.

The Electroherbalism Frequency List is a reference for most of our sweeps and you can order this book for yourself or go online to get the information at <http://www.electroherbalism.com/>

**\*\*Tip for Pro6 Contollers.** Remember, you can manually set a frequency in the top row of the controller when you are on setting 1 in the middle row:

- Hold down the left middle row arrow then touch the right middle row arrow to have the setting shortcut feature kick in. Each digit of the top row will now flash for 10 seconds for easy manual frequency programming. These frequencies will not hold in the memory of your controller unless you program them in with the USB software stick.

**Basic tooth ache.** 5170, 3000, 2720, 2489 3-5 minutes each

**Tooth extraction support:** 3000, 2720, 95

**Dental infection for root and gums** 960, 660, 666 and 690 and also 5000 and also use basics from the Power Sweep (custom setting #11) 727, 787, 802 and 880

**Jaw bone infection:** 15, 326, 465, 727, 787, 880

**Dental Foci:** Infection in the tooth that travels thru meridians; 5170, 3000, 2720, 1800, 880, 802, 787 and 727

**Gingivitis:** Inflammation of the gums 1550, 880, 802, 787, 727, 465

**Periodontal disease, gums erode.** 1800, 1600, 650, 625, 880, 787, 776, 727

**Stomatitis:** Inflammation of the inside of the mouth. 465, 667, 702, 787, 234

**Canker sores inside the mouth:** 478, 487, 788, 1902, 1904, 1906, can go as high as 1908.

**Mercury toxicity:** Can affect the entire body. Not a good thing to have in the mouth. Think about not allowing amalgam fillings and removing them if you can by a qualified holistic dentist so that there is not further contamination to your system.

Frequencies: 47, 48, 49 and 75 as well as Heavy Metals Sweep #31

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***Other Lifestyle Suggestions to support light use:***

- Get good levels of calcium and magnesium
- Try herbal remedies of myrrh and goldenseal. Myrrh is a natural antibiotic. You can also take internally or swish in mouth. A dab of goldenseal is great for canker sores.
- Oil pulling is using a tablespoon of coconut oil that you swish in the mouth for about 20 minutes. Excellent for cleaning out bacteria. It pulls out toxins out of tooth cavities. Let it dissolve in the mouth and then move it in and out around the teeth. Do not swallow. Discard in the trash rather than in the sink, to avoid clogged drains.
- Brushing with a fluoride free toothpaste as fluoride can impact the pineal and the thyroid.
- Floss regularly and thoroughly, especially at night.
- While working the mouth don't forget to balance and support the liver which guides the mouth tissue and the kidneys which guide the teeth and fluids of the mouth.

As always the information in this email is not an intent to treat, diagnose, prevent or cure disease process but instead to support the innate healing potential of the body when given the right environment of frequency and light. For treatment of a medical condition, seek advice from a licensed practitioner.

Keep shining your healthy mouth with light!

Marta

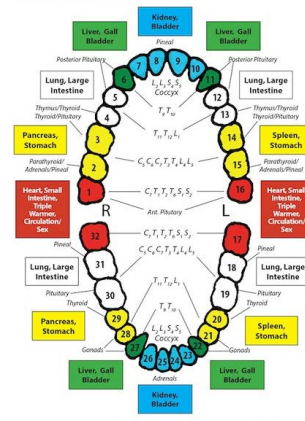
[marta@shinewithlight.com](mailto:marta@shinewithlight.com)



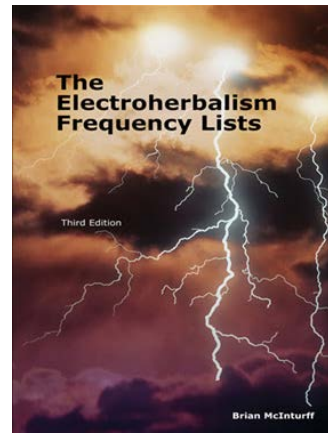


## Big Pad Under The Jaw For Mouth Support

Tooth Organ Meridian Chart



Tooth Connections to Other Organs is a quite an interesting thing. Here is one chart. Try placing light on the organ that matches the tooth of concern when issues surface,



A great resource for individual frequencies from decades of work by professionals. To order a copy of your own go to:

<http://www.electroherbalism.com/>



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## Week 21 Shine and Share

Since you started using your lights and perhaps even more during the last 20 emails, have you thought of some people you know who would benefit from using these lights? Whether you want to help a family member, serve a neighbor or start a powerful businesses with these systems, watch the above quick video to show you a simple and powerful way to offer a light session.

We take to heart the idea that in order to realize the optimal benefit of the things we value most in life we must share them with others in the true spirit of serving the highest good of all.

We love that when you help others try and own these lights LumiCeuticals rewards that service with commissions that can start at 9%. LumiCeuticals saves all of their advertising dollar for sharing our lights person to person. We rely on person to person referrals for sales in our direct marketing system.

We are here to support your shining and your sharing. We offer weekly coaching calls and we have three resource libraries for our owners:

<http://www.shinewithlight.com> Scroll to the bottom of any page on that site and click on members. The member section of our web page has a wealth of information including our Compensation Plan, Light Energy Waivers, Presentations, Price Lists and Handouts. This section is for our light system owners only. If you need the password and user name please contact us. [marta@shinewithlight.com](mailto:marta@shinewithlight.com)

<https://www.facebook.com/groups/196323827403365/> Our private Facebook group Shine With Light Owners is another resource to help you learn more and connect with other light system owners. The files section there has many helpful

documents for your reference. If you are not already a member of this group, please email us to join: [marta@shinewithlight.com](mailto:marta@shinewithlight.com)

<http://www.facebook.com/shinewithlight> is our Facebook business page where we often post scientific studies about light. It is a great place to learn and gain confidence that light therapy works and it is easy to share a study with a friend from that site.

### **Sharing Rewards:**

When you refer 3 renters within a 3 month quarter - you earn a share and 3 points in our LumiCeutical profit sharing pool. This is a cash bonus as a thank you for your word of mouth and open heart.

When someone purchases a set of lights through your referral, you can earn direct sales commissions that can begin at 9% of the purchase price and can continue to grow for the committed business person based on volume of personal and team sales. You can help change someone's life and your lights can easily be paid for simply by letting people know they exist.

We would love to have you spread the word and give people the opportunity to try the lights either in your living room or at a conference booth.

Keep shining and sharing.

Marta & Shirley

Week 22 - Light Up My Bones.

[View this email in your browser](#)



## Harmonic Light & Healthy Bones

Light helping the skin seems to make sense to most of us, but light helping dense material like the bones? How can it do that?

1. **Near Infrared Light Penetrates Deeply:** There isn't a cell in the body that can't regenerate when given the right environment. Like all tissue in the body, the bones are constantly regenerating. Anytime we use lights, regardless of the setting, we are assisting the healthy renewal of cells. Near Infrared (NIR) Light is the predominant light in our pads except in the eye and face pads. NIR can travel to the bone level to nourish and strengthen our frame.

2. **Alkalinity/Calcium:** Red and Near Infrared Light help the body release calcium into the blood to create a more alkaline environment which is bone tissue supportive. Blue light also impacts the calcium ion channels in the body and has been found by recent Harvard Research to assist in bone formation and regeneration.

3. **Blue Light Impacts Vitamin D levels:** We learned several years ago from Dr. Nancy Foster that **shining blue light over closed eyes and into the adrenals in the mid back assists the body in producing and utilizing D3.** Vitamin D is called a vitamin but it is actually a precursor hormone — the building block of a powerful steroid hormone in your body called calcitriol. Vitamin D is critical to the health of our bones and teeth, but it plays a much more important role.

Vitamin D works in concert with other nutrients and hormones in your body to support healthy bone renewal, without which we develop such maladies as rickets in children and osteomalacia (“soft bones”) or osteoporosis (“porous bones”) in adults.

The Lights have worked so well for my Mom that, at age 75, she has healthy levels of Vitamin D3 without taking specific D supplements that so many people are now consuming, and her bones and posture remain strong. In fact she was facing osteopenia prior to using the lights but is no longer in that category. (We don't recommend going off any D3 supplements without consulting a health care practitioner to have blood levels measured.)

## **Pad Placement & Settings Owners Like To Use To Support Balance With Bone Issues.**

### **Vitamin D Support:**

- Eye Mask On eyes is a direct route to helping your Pineal Gland support the production of Vitamin D3.
- Blue Blue/IR Light On Adrenals/Kidneys
- Red/IR pad on belly or any area where bone regeneration is needed.
- Any setting can be used to benefit
- Setting 1 is a great setting to help pineal do it's job.
- Setting 7 helps to decalcify the pineal - eye mask on eyes, Other pads wrapped around the head like a helmet.

**Osteoporosis. Broken or Bruised Bones:** The inability to regenerate

healthy bone material and affects posture, balance, bone strength, digestion, mouth health, gum disease and loss of teeth and more.

- Setting 1 encourages new bone cell renewal
- Setting 5 supports bone tissue health
- Pads on directly on or directly above and below areas of low density or injury concerns as well as on the kidneys which govern the bones.
- Custom Settings: 11 General, 88 Bone Trauma, Add Fracture Support to your controller (on custom list as 89 substitute) , 93 Trace Mineral Support, 94 Macro Mineral Support, 94 Ott Cleanse, Energy, Rejuvenation. The hz value 2720 is one the Electroherbalism Frequency List recommends - it is 11, 88 and 84 of the sweeps or can be manually programmed in.
- \*\*With newly broken bones avoid setting 7 until bones are fully re-knit.

**Good Posture** is critical for balance and the healthy function in the brain, heart, lungs, lymphatics and the digestive system.

- Alignment Protocol from Day 1 - setting 6.

**Bone spurs** are painful residual deposits of bone-like material that can come from the body's attempt to overcome poor bone cell renewal.

- Setting 7 Supports De-calcification in areas of build up.

**Spinal stenosis** is the closing in of the spinal column with deposits of calcium, irritating the nerves also comes from the body's attempt to strengthen an area that has become weak and cannot regenerate optimal health due to injury or surgery.

- Use Setting 5 to support healthy cell regeneration
- Use Setting 7 to support decalcification

**Muscle Cramps and Nervous Tics** are a reaction to the inability to use the relaxing effect of our minerals such as magnesium, potassium, calcium and sodium.

- Insure adequate intake of minerals and water
- Setting B or C of 11-17 for relaxation

Setting 5 to support muscle tissue

- Pads on area that needs support and the kidneys.

**Alkalize your system:** All light experiences do this to some degree. Custom settings 46 Alkalize, 92 Trace Minerals and 93 Macro Minerals are even more supportive.

It is very important that we take good care of our bones and assist them in getting what they need to serve us well: Good nutrition, stimulation from exercise, vitamins and minerals, hydration and LIGHT!



In addition to helping with bone growth, vitamin D also promotes normal cell growth and differentiation throughout the body, (anti-cancer) and plays a key role in maintaining hormonal balance and a healthy immune system. It appears that calcitriol actually becomes part of the physical composition of cells, assisting in the buildup and breakdown of healthy tissue — in other words, regulating the processes that



### **Adequate Minerals**

We find it critical to make sure you are getting optimal minerals like calcium, magnesium, potassium and sodium from the diet to support the best results from the lights.

We have several favorites that people seem to get good results with:

### **Quality Supplements**

- we have always done well with Shaklee supplements and we are happy to help with ordering these.



Don't forget the alignment protocol as a key one for bone health through better posture. Falls are a fatal issue for many older Americans.

Maintaining good posture and balance is key as is keeping bones strong. Start with the alignment protocol and then you can follow that up with settings to support bone formation and move the pads to specific areas of concern.



keep you well.  
Further, studies now show clear links between vitamin D deficiency and obesity, insulin resistance, diabetes, weight loss, hormonal disorders, sleep disorders, digestive issues, kidney issues, IBS and Crohn's, heart disease, certain cancers, pain, weak bones and fractures, fatigue, immunity issues, and depression. Since most of these problems take many years to manifest, vitamin D deficiency has been overlooked for a very long time. As high as 85% of the population are thought to be vitamin D deficient.

Other recommended mineral supplements

### **Mother Earth Minerals**

- these are frequented mineral drops placed under the tongue.

They can be found at <http://www.meminerals.com> Mention Shine With Light for a 25% discount.

**Calm** - This is a powder easily found at most health food stores that you mix in water to help add calcium, magnesium and potassium.

### **Magnesium Oil Soaks**

- Another option our clients enjoy.



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*Neither this email or the LumiCeutical Light Systems are intended to diagnose, treat, cure, mitigate, or prevent disease. If you have a disease or medical condition, consult with your medical provider before using this system.*

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Week 23 - Light Up My Skin

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## Skin and Harmonic Light

We can easily see how the lights can speed rates of healing on a skin cut or wound. This was one of our first tests of the lights as we watched my father's leg ulcer heal up so impressively 5 years ago. Think of your body as a large solar panel. We are designed to take light energy in through the skin, transdermally.

The skin is the largest organ in the body and an easy place to see the effects of our light system. The job of the skin cells **is to help maintain balance or homeostasis in the body It does this through** protection from pathogens, regulation of body temperature, sensory reception, water balance, synthesis of vitamins and hormones, and absorption of materials. Harmonic light helps the skin cells to do their job and then regenerate healthier new skin cells. If we do not regenerate a healthier new cell, we see signs of aging and disease. When we do regenerate healthier new cells we see increased rates of wound healing, reversal of signs of aging like wrinkles and pigmentation changes, lower rates of infection and acne, better hydration and resilience.

Some favorite ways we like to use the lights to support skin health.

### 1. Take stress off while the lights do their work.

- **Settings:** B or C setting are great for this as is alignment on setting 6. We also like 11-17 on the custom settings. Our ability to help create a healing environment while applying physical light to the skin cells is a key difference in quality and results with our systems vs. little tools that will continue to come on to the market as light therapy grows in popularity and awareness.
- **Pads:** We like to make sure we are using the eye mask over closed eyes for at least one session a day as it has a great stress reduction effect on the nervous system. Having a body pad under the jaw is great for the neck skin which is delicate and often difficult to support.

### 2. Incorporate a guiding organ for a whole system approach

The guiding organ for the skin is the liver. So supporting liver health is key to supporting skin health. This is especially true with concerns of skin cancer as the liver is a critical player in that equation that is typically overlooked. Another reason for using a whole body focused system.

- **Pads:** We like a blue pad on the liver and have seen less liver spots or dark pigmentation on the skin of the hands and face by supporting the liver with lights. The guiding organ of the liver is the kidney so having a third pad on the kidney area of the lumbar spine is also helpful.
- **Settings:** You can continue to be the relaxation settings from above. Additional settings that support the general skin health are setting #3 of the Nogier on all of our controllers and #76 of the custom list from the Electroherbalism Frequency Guide. The setting for liver support is Nogier setting #4 and Custom Sweep #91. This could be an add on of 5-10 minutes following the alignment session or relaxation session. It could also be a separate session at a different time of the day or evening..

### 3. Facial Rejuvenation:

The ability to enhance cell regeneration helps to keep skin youthful and healthy.

- **Pads:** We have our RENEW facial rejuvenator. This silicone mask which shines flat red, orange and near infrared diodes directly into the skin is FDA cleared to treat fine lines and wrinkles. The anti-aging mask is a comfortable way to easily send healthy light deep into the skin tissue. Red, near infrared and orange wavelengths have

been shown to enhance collagen production, detoxification, skin repair and hydration as well as reducing scar tissue from the inside out.

Our standard pads of red/infrared, our red, red/ir wonder wands and our portable system can also be used for this purpose.

- Settings: C is great for this as is Setting 2 for scar tissue, Setting 3 to support skin tissue health, setting #75 and #92 are also helpful. We find that we can be doing a setting for stress reduction or some other targeted result and still notice a difference in our skin. With light sessions we find there are always side benefits instead of side effects.

Hints: Apply the lights to clean skin as the lights will help whatever is on the surface to penetrate deeper. If you have a skin care product or essential oil that you want to drive deeper into the skin, then apply it and rub it in before using the lights. If you are using the standard black pads you will want to have the lights in a plastic bag or protected with a tissue if you are concerned that the oil or cream will go into the fabric on the pad. You can use the rejuvenating mask, the handheld and the wands with oils and creams with no harm to your equipment. Do remember though that the rejuvenating mask does not have the same calming effect on the nervous system as your face mask so be sure to incorporate both in your light sessions if you own both pads. If you are trying to avoid blue light stimulation at night, the facial rejuvenator becomes a wonderful pad to use for your face during night or late evening light sessions.



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## **Imbalance Issues in the Skin:**

### **Acne:**

- Settings #1 to balance hormones, #2 for inflammation and infection and #3 for skin balance, #4 for liver/kidney support. Setting C and B are good general sweeps here.
- Custom Program Settings: #68 Acne Support Sweep, #96 Hormone Balance Support Sweep. #60 Endocrine Support, # 63 PMS/Menopause Support. #75 Skin Support
- Pads: Focus on blue light on areas of acne to help kill the bacteria and red light to help heal damaged tissue without scarring.

## **Eczema Support**

- Settings: #2 for inflammation #3 for skin, #4 for liver, Sweeps B and C.
- Custom Settings: #69 Eczema Support
- Pads: The blue light is the focus again here as it helps with calming inflammation and redness. The liver is the other big area for focus. The big blue pad is great to work with here. On the areas of flare up and on the liver.

## **Hives Support:**

- Settings #2 for inflammation, #3 for skin, #4 for liver, Sweeps B or C to calm. #6 for continued open flow in the body to support cleansing.
- Custom Setting: #71 Hive Support
- Pads: Skin eruptions are an illustration of the skin's role of trying to detoxify and bring the body back into balance. Blue to calm and help with cleansing.

## **Warts:**

- Setting #2 for infection, Setting 1 for building immunity, B,C for DE-stress
- Custom setting: #72, 11-17 to take stress off the body
- Red light on the thymus in center or chest for building immune response. Blue light on the area of the wart.

## **Rosacea:**

- Setting B, C for stress, 6 for cleansing, 4 for liver/kidney support
- Custom Settings: #73 for Rosacea
- Pads: Red Light is the more helpful light here. If you have a violet wand that is worth trying as well.

## **Wounds/Injuries**

- Setting 2 for infection and scar tissue, 3 for skin tissue support, 4 for liver/kidney support, A,C and B
- Custom Settings: #77, 11-17
- Red and Infrared Light to speed up phagocytosis - the cleansing of

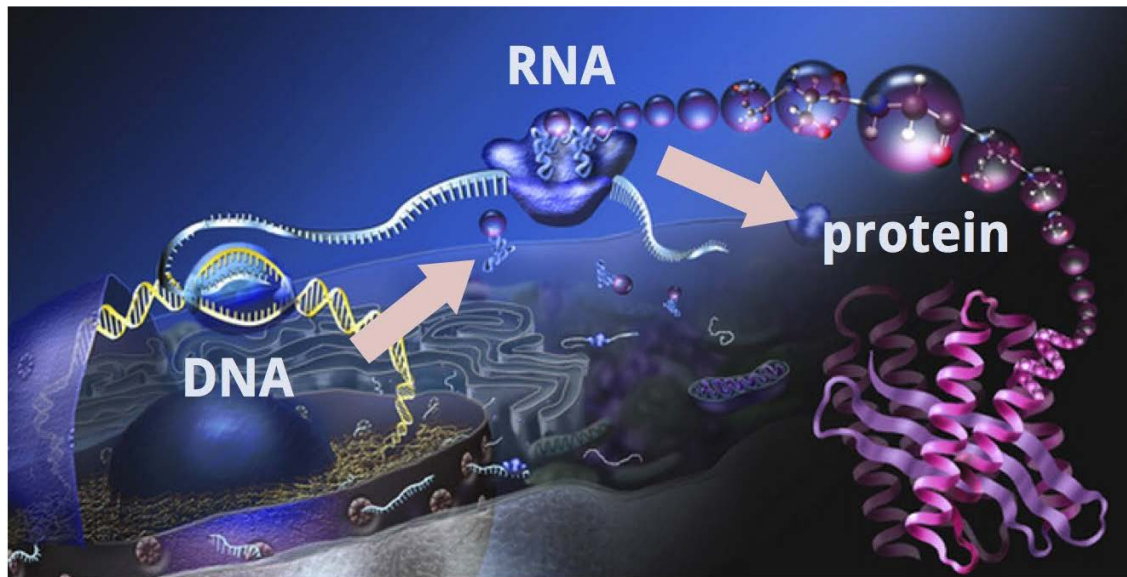
dead tissue to make way for healthy new tissue without infection and to reduce scar tissue. Blue light to assist in infection prevention. It is amazing to see the way the body heals differently when assisted with harmonic light.

**Immunity:** We have seen several helpful studies showing that a body challenged with skin cancer shows signs of healthy cells increasing while cancer cells either show no change or reduction. Checking with your health care provider first is always recommended if you have a disease diagnosis.

- Settings: #3 for skin health support, #1 for immune support, #4 liver support
- Custom Settings : #76 skin immune support, #92 trace minerals, #93 macro minerals, #95 Immune Support as well as 11-17 and 98,99 for relaxation support
- Pads: Red would be the focus on the area of issue as well as on the thymus, blue on the liver.

We have other sweeps that can be added manually by replacing one of your existing settings: Insect Bites, Scarring, Vitiligo Support





## Harmonic Light & Your Genes

When we talk about DNA and our genes it is easy to think of them as fixed aspects that we have inherited and cannot change. We think of eye color, height, a propensity for health or a propensity for illness. One of the most hopeful messages I have heard on this topic is from Bruce Lipton's [The Biology Of Belief](#), which offers the perspective that we are not limited by our genes, we are limited by our thoughts, our beliefs, the quality and quantity of our harmonic light.

DNA is a molecule present in all cells that carries the genetic instructions for regenerating a new cell in it's place.

RNA is a messenger molecule that carries instructions from DNA for controlling the synthesis of proteins, although in some viruses RNA rather than DNA carries the genetic information. This makes it a key thing to enhance so that we can combat ever changing virus mutations.

### **What is happening inside every cell in our body:**

How does light Impact DNA and RNA Activity?

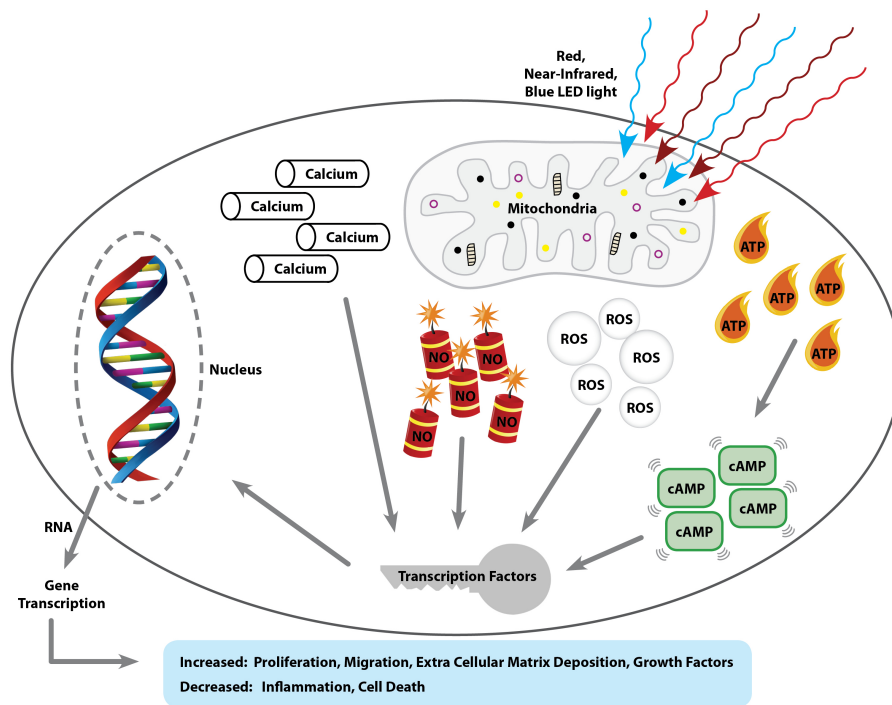
#### **1. Biologically:**

UV light can cause the destruction of DNA which inhibits transcription to the

RNA and results in cell mutation and cell death.

Red, Blue and Near Infrared Light have been shown to enhance the DNA by:

- Increasing Migration - require the orchestrated movement of **cells** in particular directions to specific locations.
- Increasing Proliferation - having more healthy cells regenerate
- Increasing Transcription - the first step in a cell copying itself onto the RNA for gene expression
- Decreasing Inflammation - cell inflammation is thought to be a precursor to abnormal cell growth, cancer
- Decreasing Cell Death - cell death brings aging, injury and illness



This is the critical pathway for cell regeneration and is quite vital in tissue formation during wound healing and immune responses.

Studies also show that near infrared, red and blue wavelengths do this WITHOUT causing over growth and mutation.

What this looks like on the outside:

Slows the aging process for a youthful appearance and feel, faster injury recovery, more energy, a body that can do it's job more effectively and be free from illness.

## Stress Reduction

Another Way To Impact the DNA/RNA expression is through stress reduction.

A study at UMass General Hospital found that reaching a relaxed state for 20 minutes a day has the following effect:

All of the subjects' blood samples revealed changes in gene expression following meditation. The changes were the exact opposite of what occurs during stress:

Turned On: genes associated with energy metabolism

- mitochondrial function
- insulin secretion
- telomere maintenance - Telomeres are the caps on the end of our DNA that keep it protected from aging and mutations.

Turned Off: those involved in inflammation

The more often and consistent people were with the 20 minute relaxation, the more pronounced the benefits were.

The study found that going into a relaxed state does not just feel "nice" It allows us to experience "a specific genomic response that counteracts the harmful genomic effects of stress."

The study at UMass Gen concluded, "Do it for years," said Benson, "and then these effects are quite powerful in how they change your gene activity."

These are powerful reasons to do a relaxation light session every day.

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Pads: Every pad benefits this process. The effect will be strongest in the area you are placing the pad.

Settings: Every setting helps with the biological effect of light as the light itself is supporting this response. However we do have some great frequencies to enhance the effect:

- 3 Port & Grow6: Settings B and C are great because they help put us in that relaxed state and contain either 528 or 432 (in the new Lumi C) which have been reported to help with DNA repair. Nogier settings 3

and 4 are also known for helping with stem cell production.

- 6 Port Programmable: 11-17 again are great for achieving that meditative relaxation, as are 98 and 99. Ott sweep 94 is specifically designed to provide opportunities to enhance Cellular Rejuvenation through increased telomere lengthening and increased RNA production. Many of the programmable sweeps contain 432 which is felt to be supportive of DNA repair. 11, 12, 16, 30, 66, 78, 97

Quantum - Remember that the effect of harmonic light is quantum. It is not restricted to time or place. In this way, when we offer a light session to ourselves or someone else, we can offer this session over distance, in the past, in the future and recognize the ultimate light that connects us all. This concept is growing more popular with Emotion Code, Generational Healing, Quantum Work. Using harmonic light in this way is full of limitless possibilities.

This impact of harmonic light is why I use my light system daily, even when I don't have an obvious symptom or pain.

Keep Shining with Positive Beliefs and Harmonic Light!



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You are receiving this email because you are a valued member of the Shine with Light team.

## Harmonic Light & Your Eyes

We often start using the lights wondering how they might affect our eyes. Our first session can seem so bright but with regular use we see how our eyes learn to rapidly respond and adjust. Here are common questions we get asked. Remember that we are not diagnosing, treating or preventing disease process and we encourage you to talk to your health care provider if you have a medical condition or concerns.

Here is a helpful link to see some of the studies recently published on eye health and light therapy:

<http://shinewithlight.com/category/news-research/eye-health-light-therapy/>

1. What might cause sensitivity to the lights in the eye mask and how can I help them?

Many factors might affect sensitivity to light. While the majority of people are sensitive to any abrupt change in light, most people adjust nicely to the eye mask within a few minutes. We encourage people to honor any lasting discomfort and move the eye mask to a different location. Some nice alternatives to raise the eye mask to the forehead, place it on the back of the head or on the back of the knees.

- Blue, green or gray eyes have less pigmentation in the form of melanin and can allow more light in which can make a person more light sensitive. One way to work with this is to block a little of the light with a kleenex tissue or two in order to shorten the amount of time with the light right over the eye, moving the pad to the forehead when desired.
- The light meter, or pineal gland can become calcified with processed foods, fluoride, screen time and age. This is common. This causes more sensitivity and can affect memory, intuition, creativity, moods and sleep. Regular use of the eye mask on any setting for 20 minutes a day

helps to support a healthy pineal. To further support decalcification of the pineal, try wrapping the head with the light pads and spend 5-10 minutes on setting 7 for a few days. Life seems to have more synchronicity with a healthy shiny pineal.

## 2. Why does everything seem green after my light session?

This is usually only true when you look at certain types of artificial light that has a lot of yellow in it. After having the blue/turquoise of our mask over the eye the typical high amount of yellow in many light bulbs makes everything seem more green for a few minutes. It goes away pretty quickly. Full spectrum light usually appears unchanged.

## 3. I hear that blue light can be bad for my eyes?

Some ranges of blue light - like the white light in light boxes used in many light therapy devices as well as the blue-violet range found in TV, computer and smart phone screens, have been shown to contribute to retinal stress and damage. This is why wavelength matters. A more blue-turquoise light spectrum has been shown to be beneficial to the eye rather than harmful while helping to reset the circadian clock rhythm. The blue light in our LED eye mask peaks in this healthy range. Studies also show that near infrared to red wavelength is protective and repairs light induced degeneration. Our eye mask has red light along with the blue-turquoise range. We are also receiving the light through closed eyes and at a close range rather than trying to focus on the light a little farther away which is where the shape of the eye contributes to the most risk for damage in the retina. Remember to follow your body's cues and your instinct for what works best for you. You can limit your eye mask over the eye sessions to earlier in the day which can be important if you find the eye mask at night or evening is keeping you awake. We also add red light which is protective to the retina while pulsing the light at harmonic frequencies for a limited period of time, 20-30 minutes. We have found that this is quite a different experience to looking at a computer screen for long periods of time.

## 3. Will the lights help my vision? What setting?

I have been able to take the vision restriction off of my glasses and many other owners report similar positive results. We can't guarantee that result for you but do find that improving circulation to the eye tissue and supporting cell regeneration there is helpful to overall vision health.

The Nogier setting that supports eye tissue is setting 3. Setting 11 on the Pro6 Custom Possibilities lists is good and we also have a custom sweep for sharpening vision available to add to your system under #83. The frequencies of that sweep are 266, 350, 360, 1830. The frequency of 645 is also one that optometrists are using with success. Another possible supportive sweep for overall eye health is listed under 83 Eye Support and that is Eye Health Support containing 1830, 1600, 880, 787, 727, 360, 160 and 20.

#### 4. Why are my eyes more red after a session?

If the circulation is compromised in and around the eyes with brittle capillaries, the result of the increased circulation from the lights can result in broken capillaries and redness. This will improve over time as the nitric oxide induction improves the vascular flow and helps the capillaries to strengthen and new pathways to be formed. Keep going with the lights and keep up the antioxidant intake like beta carotene, C and E and try setting 6 with alignment on a regular basis to keep energy flowing.

#### 5. What about dry eyes and the lights?

Remember that the kidneys are governing fluids in the body so having the lights on the kidneys as well as increasing hydration in the body would be ideal. Again alignment protocol would be part of a good routine here.

#### 6. What about the lights and Macular Degeneration?

Red and Infrared light are the key lights here. Researchers in Germany recently found that they could completely reverse early stage dry macular degeneration shining red and near infrared over the eye several times a week for 4 weeks. I like to spend a few minutes with the big red pad over the face like a visor. I don't want to overheat the eye tissue so I limit the session to 10 minutes or so and follow my intuition. I also keep a little pocket of air around the eyes so that the pad is not resting right on the eye. Continued research is promising especially for dry macular

degeneration area with red and infrared wavelengths and while we didn't use to recommend putting anything but the eye mask over the eyes, we are seeing a change in thinking and practice. It is estimated that this concern will be skyrocketing in the age of increased screen time so there will be many people looking for help keeping their eyes vibrant and youthful. Setting C, B and 3 are good here as is the individual frequency 645. We have also added an additional sweep under the Eye Health category #83 that can be substituted into your system into mode slots 12-99 through your USB stick. This is 83\_\_\_ Macular Support and has hertz frequencies 1, 2, 10, 21, 32, and 410 from the Electroherbalism Frequency List.

#### 7. The lights and cataracts?

It is certainly safe to use the lights on eyes that have had cataract surgery and we have heard back from several of our owners that their eye doctors are seeing signs of reversal of cataracts that were forming. Research is supporting this regenerative effect especially in the red and near infrared ranges. Just regular use of the eye mask on a variety of settings is good for this as we are just helping with the natural cell regeneration effect of cells in the eye tissue. We have also added an additional sweep under the Eye Health category #83 that can be substituted into your system into mode slots 12-99 through your USB stick. This is 83\_\_\_ Eye Lens Support and has hertz frequencies 1830, 1600, 9999, 1335, 1654, 2187 and 2195 from the Electroherbalism Frequency List.

#### 8. The lights and glaucoma

Again, seeing a doctor is always recommended for a medical condition. There are supportive frequencies offered for eye nerve health. We have included this in the Eye Health category #83 that can be substituted into your system into mode slots 12-99 through your USB stick. This is 83\_\_\_ Eye Nerve Support and has hertz frequencies 1600, 1830, 880, 787, 727 from the Electroherbalism Frequency List.

We love having the lights to support healthy eye health. Remember that we take in most of our light information through the eyes and this information spreads from the brain to the whole body. What a critical aspect to keep healthy and vibrant so we can shine with light



Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Power vs Force: the hidden determinants of human behaviour; David R. Hawkins, M.D., Ph.D.

## Raising Our Frequency to Abundance

We love using our lights to help us raise our frequency. We have all heard the quote attributed to Einstein, " Everything is energy and that's all there is to it. *Match the frequency of the reality* you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics." A little fact checking on Google tells us that Einstein probably did not say exactly these words, but they are a brilliant insight. How can we use our lights to match our frequency to the reality we choose.

Every experience has a frequency, every emotion has a corresponding frequency as does our way of looking at the world. This is the unique perspective we get to experience in life and the collective way we categorize our existence.

In his book Power vs. Force, David Hawkins notes the low vibrational energy of more negative emotions and viewpoints and the higher vibrational energy of more positive perspectives. As we move toward higher vibrational energies we have greater levels of power and bliss. As we move toward lower vibrational energies we experience deeper levels of negative experiences.

Our lights and the frequencies with which they pulse, are amazing tools for helping us to shift to higher vibrational energy, more positive life views and emotions. When we give our mind, body and spirit the environment of high vibrational energy, the cells respond and raise their vibration, continuing the upward cycle.

The B setting Solfeggio follows this pattern. The sweep begins with an environment to release the lower energies of shame and guilt and fear. It continues through frequencies to support the release of anger and ego, then it shifts to increase experiences of connection, understanding, love, celebration, joy and unity. No wonder we come off the lights feeling and looking more positive and loving and accepting. More calm and serene. It is so much fun to see this on the faces of people who finish their light sessions. It is like Dorothy from Oz clicking her heels to come home.

Our ego can get caught listening to advertisements and politicians as they try to move us with the lower energies of fear and evil and wanting. True power and abundance come from rising up to the higher vibrational energies of our compassion lead spiritual guides. Imagine the change in our personal collective experience when we all shine with light.

Settings with the 3 Port, Grow6 or non-programmable controllers: 6, C and B  
Favorite Settings for shifting to ABUNDANCE with the Programmable 6 port controllers: 6, b, C, AND

12 to move us up from 180 to 1080 in geometric unity

13 a favorite for Abundance in thinking, in receiving, and in giving.

14 for helping us to transform to a higher vibrational experiences

15 for opening up our energy centers which correspond to the chakras.

97 Relaxation and Clear Thinking which encourages the Gamma state of genius and high vibration.

98 similar to B

99 similar to C

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A Metta Light Session: Metta is loving kindness

Shine these frequencies on your body sending in an intention of compassionate peace. Say or intend something like "May I be well, may I have joy, may I have peace" to any area of your body that is imbalanced or challenged.

Then begin sending that same intention to people you care about. This can be done by thinking or praying about them while during the lights yourself, placing their picture face down on the lights. or by having them use the lights themselves. "May you be well, may you have joy, may you have peace."

Finally we can cultivate this increase in vibration to the whole planet, even the universe by sending the loving kindness of these frequencies to people with whom we have conflicts or challenges. Send them the same loving kindness that you send yourself.

"May you be well, may you have joy, may you have peace."

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Ho'oponopono Light Session: An Ancient Hawaiian Practice

Basis: *"My outer reality is a perfect reflection of my inner reality. My inner reality is a perfect reflection of my outer reality. In fact, they are both one!"*

Begin by thinking of any person or situation that you wish to transform. Say each of these sentences 3 times:

*I am sorry*

*Please forgive me*

*I love you*

*Thank you*

These are wonderful frequencies to send to others in your household, in your neighborhood, in your town, your state and your planet. They work wonderfully as remote sessions. You can have a person listen to our Harmonic Light Audio, have a shared intention for the lights to bring positive change to them and write their name, the date and intention on a piece of paper that you place face down on the lights. Our owners that do this report great results.

May all beings share in this healing. May all beings be healthy, happy and at peace. May all beings be free. And so it is!

Shine on!



Week 27 - Light Up My Metabolism

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## Harmonic Light & Your Metabolism

Light ignites the cellular metabolism and encourages balance. Like spark plugs in the your car, red and near infrared light spark the production of cellular energy in every cell in the body. That energy, or ATP, is a key in

the metabolism of sugars and fats. A body in balance has high energy to utilize and is not in excess of fat stores.

Red, Blue and Near Infrared light increase Nitric Oxide induction which helps the cell to receive more nutrition for better function and to detoxify more effectively with increased circulation of blood and lymph. Nitric oxide also increases endurance and tissue regeneration. The deep penetration of red and infrared light help lean muscle, tendons and bone to regenerate more effectively when workouts are part of a wellness program and help keep injuries at bay so that our workouts can be more consistent and effective.

The frequencies and deep relaxation sweeps of our harmonic lights are helpful in releasing environments of stress and lower vibrational energies like shame and guilt and instead open up to putting our intention into action, expanding our sense of possibility and serving our collective highest good with acceptance, joy and compassion.

These are all big reasons that our lights have been an important foundation of the comprehensive wellness programs of light owner and Ultimate Fitness Coach April Berezay. She encourages 12-24 sessions of lights during her 30 to 90 day programs, often through a 2 week rental, and the results for her clients, as you can see from the picture above, have been stellar.

Research is increasingly pointing to the ability of light wavelengths to aid in the decrease of body fat and metabolic inflexibility. This is critical because when the metabolism doesn't change weight is easily regained. Check out some of this research at <http://shinewithlight.com/category/inch-loss-and-metabolism/>

Red light helps illuminate the membrane of fat cells which makes the cell wall more permeable allowing for toxins to release out and nutrients to flow in. We are starting to see more red light beds cropping up in fitness centers but without the blue for your body clock and moods, the bone deep penetration of near infrared AND the delivery of harmonic frequencies for atunement, the experience pales in comparison to your light system.

Our favorite ways to use our lights for metabolism:

1. Setting A which boosts and balances the body through all 7 Nogier settings. Setting 1 is also a great energy boost for 5-10 minutes. Custom settings 11 for overall tissue support, 12 for balancing, 14 for transformation, 94 which further encourages ATP, Nitric Oxide, and Creatine. 90 for weight release or add in to your controller one of the optional sweeps under 91 which are all inch loss related. We like this boost in the morning, before or after exercise.

2. Support the Adrenals for sustainable energy and the thyroid for metabolic function. Endocrine support of both glands support setting 1 with eye mask on throat or eyes and body pad on the adrenals - red to energize or blue to calm. We like a third pad on the belly. B and C setting are also great for Adrenal Support as are custom settings 58 and 60.

3. 3. To help the body fully release fat and areas of cellulite. - Cellulite is trapped proteins that need to release through the lymph. The lymph is an important area to support for detoxification as body fat releases as well. The lights are great for helping to support the lymph on setting 5 and 6 for 10 minutes each or custom settings 94 or 30

The areas of lymph are the same as the areas we place pads for the alignment protocol.

4. A couple of tips we find important:

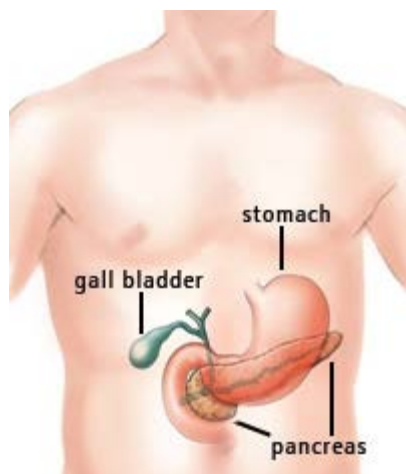
Stay well hydrated as water is the cleansing agent that will pull toxins and fats out of the body.

Stay well nourished with foods high in minerals like magnesium and potassium, healthy forms of sodium and calcium.

Eat enough food to support the use of the lights. We need to have fuel in order to burn fuel. Not eating enough calories will only hinder the results of your exercise program and your lights. Having enough fuel in your tank will help you fuel your metabolism to create even more amounts of healthy energy and keep you in a fat burning rather than fat storing stage.

We don't find that the lights just magically melt fat off the body. With inch loss they are an important part of a comprehensive program that includes exercise and nutrition.

The lights help tone the skin during weight release which helps with any sagging in the skin that can occur with inch release.



## Supporting Balanced Blood Sugar & Neuropathy with Harmonic Light

The pancreas is an organ that lies deep in the abdomen and it plays an essential role in converting our food into fuel. The pancreas has two main functions: producing key enzymes for digestion and hormones that regulate blood sugar. The epidemic of diabetes in the US illustrates the common imbalance and stress on this critical organ. There are many ways we can support the pancreas with healthy nutritional choices and we can use light energy to help with restoring balance as well.

When we shine our harmonic light on the belly just above the naval and a little over to the left, we can offer the pancreas the support that the right light brings to all the cells in our body - the opportunity to have enough energy for those cells and thus that organ to do their job effectively, increased circulation of nutrients and oxygen to feed and cleanse the cells, reduced oxidative stress, a more balanced ph environment, enhanced nitric oxide production and better cell regeneration. We allow each cell in our pancreas regenerate it's replacement with less inflammation, less cell death and greater cell proliferation, migration and differentiation. This means these cells, this organ, and the whole body are able to work in concert for optimal health.

Melody Masters is one of our wonderful light owners who is an energy practitioner in Colorado. Through harmonic light sessions, biofeedback, iridology and nutrition, Melody does some wonderful work. She offers light

sessions through her practice to around 40 people a week and is a valuable resource to our light community. She has been seeing some great results with her clients in balancing their blood sugar levels which can be measured through a blood test for HbA1c.

HbA1c is glycated haemoglobin and it provides an overall picture of what average blood sugar levels have been over a period of weeks/months.

For people with diabetes this is important as the higher the HbA1c, the greater the risk of developing diabetes-related complications.

According to <http://www.diabetes.co.uk/what-is-hba1c.html> two large-scale studies - the UK Prospective Diabetes Study (UKPDS) and the Diabetes Control and Complications Trial (DCCT) - demonstrated that improving HbA1c by 1% (or 11 mmol/mol) for people with type 1 diabetes or type 2 diabetes cuts the risk of microvascular complications by 25%.

Microvascular complications include:

Retinopathy

Neuropathy

Diabetic nephropathy (kidney disease)

Research has also shown that people with type 2 diabetes who reduce their HbA1c level by 1% are:

19% less likely to suffer cataracts

16% less likely to suffer heart failure

43% less likely to suffer amputation or death due to peripheral vascular disease

Melody reports that she is seeing that HbA1c levels are "stabilizing tremendously" when clients do light sessions with a red body pad over the pancreas, blue body pad on the back (could be across the lumbar or up and down the spine) The setting she is getting the best results with is on our programmable system #65 Blood Sugar Balancing which contains frequencies 5000, 727, 787, 880, 2127 hz. Owners of our 3 ports or Grow6 could use C for 20 minutes and then setting 1 for 5 minutes and setting 4 for 5 minutes.

This is exciting news as the CDC reported in May of 2015 that 29.1 million people or 9.3% of the population have diabetes. The CDC estimates that 8.1 million people or 27.8% of people with diabetes are undiagnosed.

This is a great reason to shine with light and share awareness of our light energy systems with others.





### FDA Cleared for Pain Relief Due To Neuropathy

It is important that we do not make claims that our lights treat, cure, prevent or heal disease states like diabetes. These are claims the FDA reserves for doctors and pharmaceuticals. We do have FDA clearance as an over the counter device for the temporary relief of pain associated with neuropathy which is weakness, numbness and pain usually in the hands and feet that is the a result of damage to your peripheral nerves. Diabetes.org states that 50% of diabetics suffer from neuropathy related to the minivascular damage caused by their diabetes.

Doing the same session to help balance blood sugar and then adding pads on the areas of pain as well as the roots of those painful nerves is a great way to help the body balance both the root of the issue and the effect. Settings 2,3, and 7 are helpful for specific nerve issues on the 3 port systems and



Poor circulation to the extremities also impacts wound healing. This gentlemen got these wounds from blisters while hiking. He couldn't get them to heal for 9 months.



Using our lights every day he was able to get his foot to heal up beautifully in 9 weeks. He used settings B, C, 2 and 3 and alignment. Our Blood Sugar Sweep and then Sweep 77 would be excellent to use on the programmable as well. Thanks to the nitric oxide induction, every time we use the lights we add the ability for the body to open up new pathways. This is angiogenesis. Setting 67 is specific support for neuropathy.





## Harmonic Light & Relationships

This topic covers many layers.

First we have the friendship and trust that helped us to even know about these lights in the first place. If our friend Sandy hadn't told us about the lights, we never would have known what an invaluable tool they would turn out to be when we were looking for a way to bring a powerful healing environment to our husband and father when he developed the blood clot and leg ulcer. Good chance it was a caring friend that told you about these lights as well.

We have our relationship with our loved ones that we so dearly want to keep healthy and alleviate or prevent from suffering. My mother wanted to help my Dad, she also wanted to help me have less stress and pain. I wanted to help my husband with moods and energy, my son with sore joints and muscles, my daughters with immunity, joints and skin. When our beloved dog gets hurt or sick we are right there with the lights as well.

Next we have our relationship with money. In my family we all resisted

spending money on the lights and have experienced the same question many people have, "Are they worth it?" Which is really a question of "Am I worth it?" Money is energy too and how we are playing with the pattern of money is a great mirror for abundance and scarcity, balance and imbalance patterns in other areas of our lives.

This all leads us to the fundamental pattern of relationships. Relationships are amazing mirrors to how we feel about ourselves. How much do we feel loved, supported and full of light? The key to harmonic light and relationships is to start with filling our cup with light - to do daily sessions with light energy, to serve others, to eat mindfully, to follow a code of ethics, to learn new things and surround ourselves with inspirational thinkers to do mindful movement and allow time for daily reflection or meditation, to have a healthy sense of our connection to a compassion and Light that connects us all.

We find that our light sessions help make all the other daily healthy choices flow with greater ease and power. We love setting B, C, 97, 98, 99, 11,12,13,14,15,16,17 for the daily opportunity to fill our cup of light so that we might go out and serve others with that full cup.

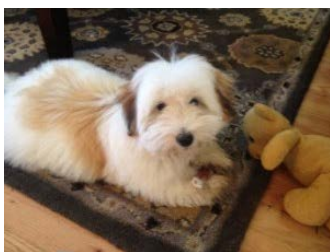
We invite you to keep filling your cup with your daily light sessions and to be open to ways that you can serve with that full cup of radiance.

With light,  
Marta & Shirley



### **Our children and light.**

We love offering light sessions to our children. We can do this through the remote work of putting their picture face down



### **Our Pets and Light**

Our best friends are perfect candidates for light. They don't need very much for very long. We love using the handheld for little spots of injury like when our daughter



### **Romantic Relationships**

One of the benefits of enhanced nitric oxide induction with harmonic light is effect of allowing smooth

on the light pads while we run a full session, or we can put the lights in the room by their bed while they sleep, shine it on their water (run a session with the pads around a glass pitcher), and shine it on them physically.

With children that are not yet through puberty we usually go with shorter sessions that are 1 minute per year of age as their little bodies take in harmonic light quickly.

We take our cues from them and keep it in their comfort zone. If they don't want light on the eyes directly, we move the pad up higher on the forehead or place it on the back of the knees or neck.

We keep them well hydrated and love to run session B, C, all of the custom list well being sessions.

We love using all the settings we have talked about in these emails including: Setting 2 with any falls or bumps.

accidentally stepped on Buddy's foot. We went with short sessions of a few minutes (maybe 1 minute for every 5 pounds of dog) every couple of hours and it has been amazing to see how quickly they can respond. They may have to eliminate more frequently following a light session so be prepared for that possibility. They will need more water as well, but be prepared to watch healing happen right before your eyes. Our dog just loves being around the lights when we are using them. If your pet is within 6 feet of you, they are receiving that session too, even if the lights aren't on them directly.

Favorite settings are C, B, 99, 98, 12

muscles to relax and an increase in circulation and sensation in the sexual organs. This is the modulation behind medications like Viagra without the side effects. The lights at any frequency setting increase nitric oxide locally.

Pads: The red and infrared pad will be the best pad to use here. Settings 1 as well as custom settings 11 and Ott setting #94 to support even greater Nitric Oxide induction.

### **Hormones**

Having healthy hormone production is helpful here too for both genders. Taking stress off the body is helpful to impact optimum hormone health as well as setting 1 for endocrine support with pads on the ovaries/testes, the kidneys/adrenals, over closed eyes to impact the master glands in the brain - pineal, pituitary and hypothalamus and a

Setting 5 for muscle aches and bone breaks or bruises  
Setting 4 for digestive aids and tummy aches  
Setting 2 and 6 to help with colds, posture and teeth.

I also find that I am a more patient and compassionate parent when i am using the lights myself regularly.

Parenting is always more challenging when we are in a place of weakness or low vibration. Raising our frequency and shifting our energy patterns can do wonders for our child/parent relationships.

pad with blue light on the thyroid.  
Settings: 1, Endocrine custom sweep #60 and setting #96 to help support a balance in testosterone and estrogen. Choose the one that works best for you.

### **Prostate Health**

Light energy is helpful to support a balanced prostate. Setting 64 is specific to this support. Setting 1 and setting 4 and 5 as well as the alignment session with #6 are helpful here. Good blood flow into the groin as well as healthy kidney and liver support can be helpful factors to the health of this gland.

### **Reproductive Health**

Helping to reduce overall stress in the body and keep reproductive system tissue healthy is an important key to our romantic relationships and also to child bearing. Setting B and C are good support settings here as are settings 1 and 5.

Having a couple experience relaxation light energy sessions regularly before getting pregnant would be a wonderful way to set the stage for a healthy baby.



## Expanding the Benefits of Harmonic Light

Congratulations! You have completed the 30 day tutorial on getting the most out of your lights. We hope you have maintained a powerful routine of daily use of your lights and found exciting new ways to use them. It doesn't end here.

We invite you to keep expanding the benefits that you receive from your harmonic lights. Keep expanding the light inside of you and you expand the awareness of light for all of us.

Here are some possibilities:

1. Give in equal measure to what you receive. All the benefits you receive from your lights, you are invited to give in equal measure through your compassion, your service, your work, your attitude, your thoughts. This could be sharing LumiCeutical lights with others or how you serve in your occupation or as you raise your family from a more compassionate, light serving place

2. Blend your lights with other modalities: Light energy encompasses all energy modalities. We find that the lights help us to release more easily and receive more powerfully the benefits of:

- Massage

- Chiropractic
- Homeopathy
- Nutrition
- Exercise
- Dousing
- Muscle Testing
- Reiki
- Body Code and Emotion Code
- Biofeedback
- Foot Zone Therapy
- Counseling
- Coaching
- Physical Therapy
- Iridology
- Psychology
- and more.

If you are a practitioner we invite you to fill your cup with harmonic light in order to best serve your clients and find consistent and easy ways to incorporate your lights into the services you provide. We are excited to work on our next series of emails that will be for clients in a practice to help them understand why you have chosen to add lights to your services and how this choice offers powerful benefits to their experience.

3. Be consistent with your own light energy routine. Keep the lights out and available and remember to keep a simple, consistent daily session flowing.

This is a big key that many people miss. The daily experience of these lights is a powerful synergy that we want you to experience.

4. Deepen your intention with your light sessions. Being aware of what you are returning to with each session is powerful. Here are some possibilities:

Think about one aspect that you would like to release and one that you would like to receive as you begin your light session. See the release of lower vibrational energy like fear, separation, and guilt, anything that doesn't serve your highest purpose. Then see the increase in higher vibrational energy like unity, compassion, love and faith that fully serves your highest good as you experience your session.

Breath work with lights:



3 Part Breath: Follow the three part breath of inhaling first in the belly for one count, the ribs for a second count and the chest for a third count, then lower back down with an exhale as you gently contract through the chest, ribs and belly for one count each.

4-7-8 Relaxation Breath. Follow this link to learn more about this breathing exercise:

<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>

5. Share your experiences, your questions, your suggestions, your creative ideas. Tell us in our Facebook owner's group or send us an email, better yet, talk to us on the phone or in person to let us know what is working, what might need tweaking and ask any questions that need clarity. This helps our whole community of light expand..

Keep shining with light

Marta

