

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 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.