

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, Gamma 40hz

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, Gamma 40hz

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, Gamma 40hz 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.

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