

Harmonic Light Possibilities for Professional 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:

Research has found that Near Infrared, Red, Orange, Yellow, Green and Blue light have some similar responses in the body at a cellular level.

Studies have found the body responds to:

- 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**.

These 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 near infrared, red, yellow, orange, green and blue and for pad selection on a particular area of the body, it is helpful to think:

- **Red, Orange, Yellow** for increasing cellular energy or flow to help pain, inflammation, regeneration.
- **Near Infrared** for penetrating deep to hard tissue to help pain, inflammation, regeneration
- **Blue** for cleansing, calming, body clock and anti-pathogenic support
- **Green** for calming, chronic pain and inflammation

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.

Research has shown a bi-phasic response to light in the body. Long session duration is not necessarily better. Think of offering smaller 10-30 minute meals of light to the body instead of one big feast. With children we usually start with 1 minute per year of age and adjust based on their tolerance.

Cellular tissue with more mitochondria will absorb and utilize light more quickly while cellular tissue with less mitochondria may need longer and more frequent exposure to be optimally supported. The heart and other muscles, much of the eye, the liver, the lungs, the vascular system all have high levels of mitochondria. Joints and bones have lower concentrations of mitochondria so injury recovery for those areas might mean longer or more frequent sessions.

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: 87 Knee/Hip Support, 89 Sciatica Support, 11 General Power Sweep, 94 Cleanse, Energy, Rejuvenate.

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. Setting C also supportive of tissue regeneration, Custom Settings 11 Power Sweep, 84 Arthritis Support, 85 Pain Support. Using your USB programming software you can add ___89 Disk Support into your settings.

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: 87 Knee/Hip Pain, 11 Power Sweep, ___89 Sprain (must program in), 94 Ott Cleanse, Energy, Rejuvenate

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: 84 Arthritis, 23 Autoimmune, 86 Rheumatism Support, 87 Knee/Hip Support

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: 60 Endocrine, 64 Prostate, 63 PMS/Menopause, 62 Hypothyroid, 96 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: 58 Stress/Adrenals, 60 Endocrine Support, #98 Alt B, 96 Ott Hormone Balance, 97 Ott 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: 15 Chakras, Program in ___64 Pineal Opening, manually enter 83 hz or 102 hz

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: 19 Insomnia, 60 Endocrine Support, 16 Instant Vacation, 97 Relaxation, Program in __20 Sleep Apnea.

Use the eye mask on the back of the knees for sleep issues or jet lag. 5 minutes on setting 1. Green light has been found to be helpful for jet lag.

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: 20 Depression/Anxiety Support, 16 Instant Vacation, 97 Relaxation/Clear Thinking, Program in ___ 20 Joy/Happiness

Mental Focus – ADHD Support

Use Setting 6 for right/left brain integration, 78 ADD/Autism, Setting C or Program ___ 83 ADD.

Use a Pad with infrared or red light on the forehead as well as eye mask on closed eyes. Alignment/Proprioception protocol on setting 6 is helpful here as well.

Custom Settings: 97 Relaxation/Clear Thinking, Program ___ 99 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: 16 Instant Vacation, 98 Alternative B, 58 Stress/Adrenals, 60 Endocrine Support, 96 Hormone Support, 97 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 C or 16. People can 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 as there is higher attunement with the solfeggio frequencies. Custom Settings: 12 Grounding Balance, 13 Abundance, 14 Transformation, 16 Instant Vacation, 15 Chakras, 97 Relaxation/Clear Thinking, Program in __20 Joy & Happiness, or __20 Emotion Sweep,

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 or any relaxation setting like 6, 12, 16, 98, and especially 18 Peace & Calm 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: 82 Parkinson Support, 31 Heavy Metals, 95 Cleanse, Immune, Think, 83 Cognition Support, Program in __99 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. Stress reduction is quite helpful – b,C, 6

Custom Options: 16 Instant Vacation, 80 MS Support Masters, Program in __83 MS Support

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: 55 Circulation, 57 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, 77 Wounds/Injuries, 79 Headaches, 94 Ott Cleanse, Energy, Rejuvenation, Program in Gamma 40hz. Green or 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 to offer an environment of balance and relaxation.

Custom Options: 94 Ott Cleanse, Energy, Rejuvenation and 93 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 then setting 4 to support balance in the pancreas function. Custom Options: 16 Instant Vacation, 65 Blood Sugar, 66 Pancreas, 97 Neuropathic Support, Program __20 Joy & Happiness

Kidney Support: Setting 4 and any of the relaxation settings with pads on Kidneys/Adrenals. Custom option: Manually enter 625 hz

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. Manually enter 93hz

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 settings: 50 Gall Bladder Support, 98 Stress & Emotional Support, Green light helpful here.

Immunity Support

At the start of a viral infection try 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: 38 Inflammation/Infection, 24 Colds/Flu, 21 Powerful Immune Support, 95 Immune, Inflammation Support.

With any virus or disease that is taking the body out of balance we find the alignment on setting 6 or a relaxation session to be helpful. Then we see results with several short sessions a day with a specific custom frequency geared to powerfully support the challenged body: 39 Lyme Support, 51 Parasite Support, 32 Herpes/Shingles Support, etc. The whole series does not have to be run for the full time to offer support. Many find it important to maintain hydration and go slowly so as not to further stress the body.

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 or green light pad over the thymus in the center of the chest helps calm the out- of- balance immune system.

Custom Sweep Options: #98Alt B, 23 Autoimmune Support, 94 Cleanse, Energy, Rejuvenation, 95 Immune, Inflammation Support.

Sinus Support

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

Custom Sweep Options: 43 Sinus Support, 21 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, 31 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 have been used to 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 as well as 95

Any pad with blue light is often a good choice with skin issue and it is ideal to have blue or green 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 Settings: Setting 11, Setting 75 Skin Support, Program in ___ 77 Scarring, Manually enter 58hz Scar Tissue.

Hair loss

Use a Red/IR pad (body,local, buster or rejuvenator) over the area of hair loss first. Setting 11 or 16 on the Pro6. Standard settings - use mode 2 and 6 for 5 minutes each. Follow by using the eye mask with settings 2 and 6 for 5 minutes 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 essential 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. Cover the pad with plastic or silicone when using oils.

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: Setting 11, Manually enter 654 hz

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 Power Sweep, there are 5 sweep settings found under Custom Options #83 that can be programmed into your Pro6 controller that have been used 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 (3-5 minutes then increasing with comfort over time) over closed eyes as research is showing promising results with eye health support with these wavelengths. Follow intuition for duration and maintain adequate hydration. It is important not to stare at any blue light diodes with the open eye for more than 8 seconds at a time.

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.
- More is not necessarily better. Start with small meals of light rather than one feast. In our experience, we limit shining the eye mask over the eyes to 30 minutes a session. Ideally we move the pads around after a 20-30 minute session. After 20 – 40 minutes of light, we typically wait 3 – 4 hours before another session. 1-2 sessions a day is a good schedule for most healthy adults for prevention and tuning. 3 – 4 sessions might be helpful for short-term acute situations especially in areas of low mitochondria like injuries to joints and bones.
- Use caution with sessions at night that involve blue light. Some research is showing that sessions with blue light applied to the skin or eyes that are longer than 20-30 minutes might impact melatonin production which peaks in the late night and early morning 1-3am. Melatonin is important for immunity and regeneration. Red, Green, Yellow, Infrared light have not been shown to impact melatonin production.
- 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 nor is it the best setting for people who have chronic health challenges as it might be too energizing or too agitating for some people.
- Settings 2 and 6 are good to remember for pain as they also address the cause of the issue when inflammation or imbalance are present.
- Settings 2 and 11 are excellent as an ice alternative or alternating with ice in acute injuries or strains.
- 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.