



Instructions / Resources for Red Light Therapy:

What You Need To Know For Best Results

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WATCH THESE VIDEOS FIRST:

https://drive.google.com/file/d/1mGrIK5zHlr9D93stf7m_OHrquixeOnDA/view?usp=sharing
<https://drive.google.com/file/d/1vNKs1qcuc5jtCklUu2XlsLOqJ1ET791y/view?usp=sharing>

- Typically it can take up to **6 sessions** to notice significant results.
 - Talk to our office to learn about our various package options.
- Please **keep your appointments** and make up any that you miss. This type of therapy is cumulative and consistency is important.
- We ideally recommend that you come **every other day** to allow your body time to process the extra fat. At least one day between appointments is important.
 - This is for optimal fat loss and is best when combined with another weight loss program.
 - Talk to our office about our different nutrition programs.
 - On a maintenance basis it is recommended to do 1-2 times per month red light.
- Remember to take your **liver support** as directed.
 - The link at the bottom of the page goes to a supplement you can buy on Amazon.
 - If you want our ideal recommendations please request a link and we can send you a custom pack.
- Drink water** about 45 minutes before each treatment and continue throughout the day, as directed. This helps flush the fat and toxins from your system.
- Don't eat** 1 hour before and one hour after each treatment.
 - For best long term results, It's important to eat properly. Below is a video to 20 different things you can do to boost your nutrition:
 - <https://drive.google.com/file/d/1sAAM0s-VnIVYveZh73I9IAlvQhMLxSm/view?usp=sharing>
- Exercise** Use the whole body vibrational unit for 10 minutes following each treatment to stimulate lymphatic and blood circulation and help process the fat that has been released.
 - Use the lymphatic massager for 1-2 minutes on all the areas you want to focus on.
 - Below is a link for a FREE Chiro Approved Home Exercise Program:
 - <https://www.chiroburst.com/a/32388/ezVSSmMH>
- Reduce your overall caloric intake** while limiting starchy carbohydrates and simple sugars.
 - Intermittent fasting is a great strategy, below is a link for more info on our recommended weight loss program:
 - <https://drive.google.com/file/d/1gMRk8V9EX-JoTvS7fwS3UCz1GeiPdnEp/view?usp=sharing>
- Please lessen or eliminate **alcohol and soda** during the treatment process. Alcohol negatively affects the liver which will work against this treatment, lessening the results.
- Once you've achieved your goal, it is important that you stay on a regular monthly **maintenance program**.
 - Below is a video discussing how long to expect results to last:
 - <https://drive.google.com/file/d/1jqKUXrnRV4MPcx2p8ER0dJ5HocObagiU/view?usp=sharing>

HELPFUL LINKS:

- OVERVIEW OF RED LIGHT THERAPY SLIDESHOW:
 - https://docs.google.com/presentation/d/1RxvHvPi9OVu9YEHxfmf8KIUQkHoDT18/edit?usp=share_link&ouid=113075572327644158147&rtopof=true&sd=true

RESEARCH:

- <https://docs.google.com/spreadsheets/d/1i1Rot6ACemKOssmNmAfWxDiYgrWLO6WPlu4L-j9aCqs/edit?usp=sharing>

Products / Supplies:

- https://www.amazon.com/shop/totalhealthchiropractica?ref=cm_sw_r_cp_ud_aipsfshop_aipsftotalhealthchiropractica_2V6JMQFYQRIT221DCEYQ