

**LIVE  
WEBINAR**

 **HIGH PERFORMANCE  
HEALING LIGHT**



Natural sunlight has the most powerful and complete spectrum and would be your best healing option.



**SOAK UP THE SUN**



 **TRULYHEAL**.com

Spending every day at least 30-60 minutes in sunlight is very beneficial to your health. Unfortunately not everyone can achieve this.

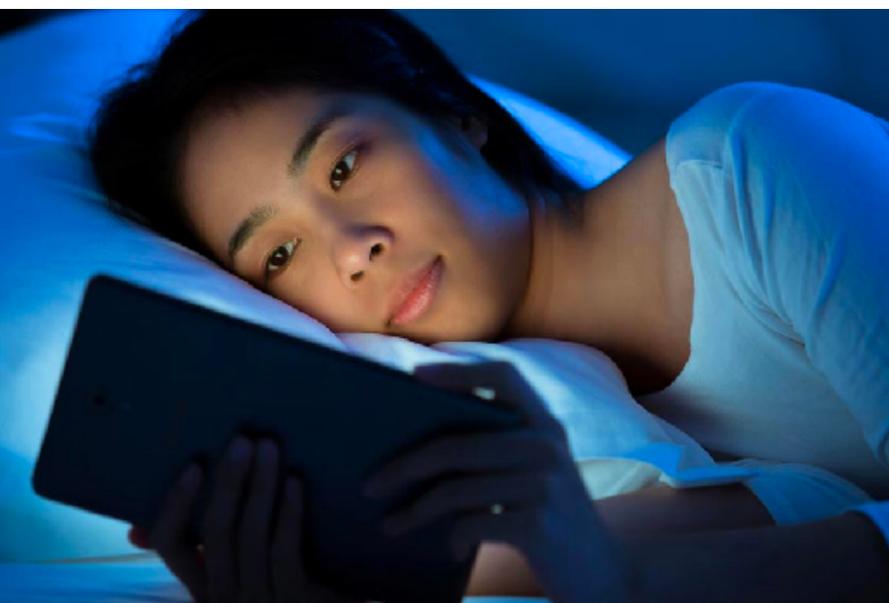


# A HUMAN DEFICIENCY IN LIGHT

Light is an often under appreciated and undervalued promotor and predictor of health. Two common light related health issues that many people face:

- 1) Vitamin D deficiency – so a lack of UV light exposure
- 2) Circadian rhythm disruption – meaning not enough sunshine during the morning and day and too much artificial blue light at night

Just these two issues alone are major underlying causes for a whole host of chronic diseases, such as cancer, diabetes, metabolic disease, neurodegenerative disease, heart disease and so forth.



**1.) LIGHT FUNDAMENTALS**

**2.) BLOOD / SYSTEMIC**

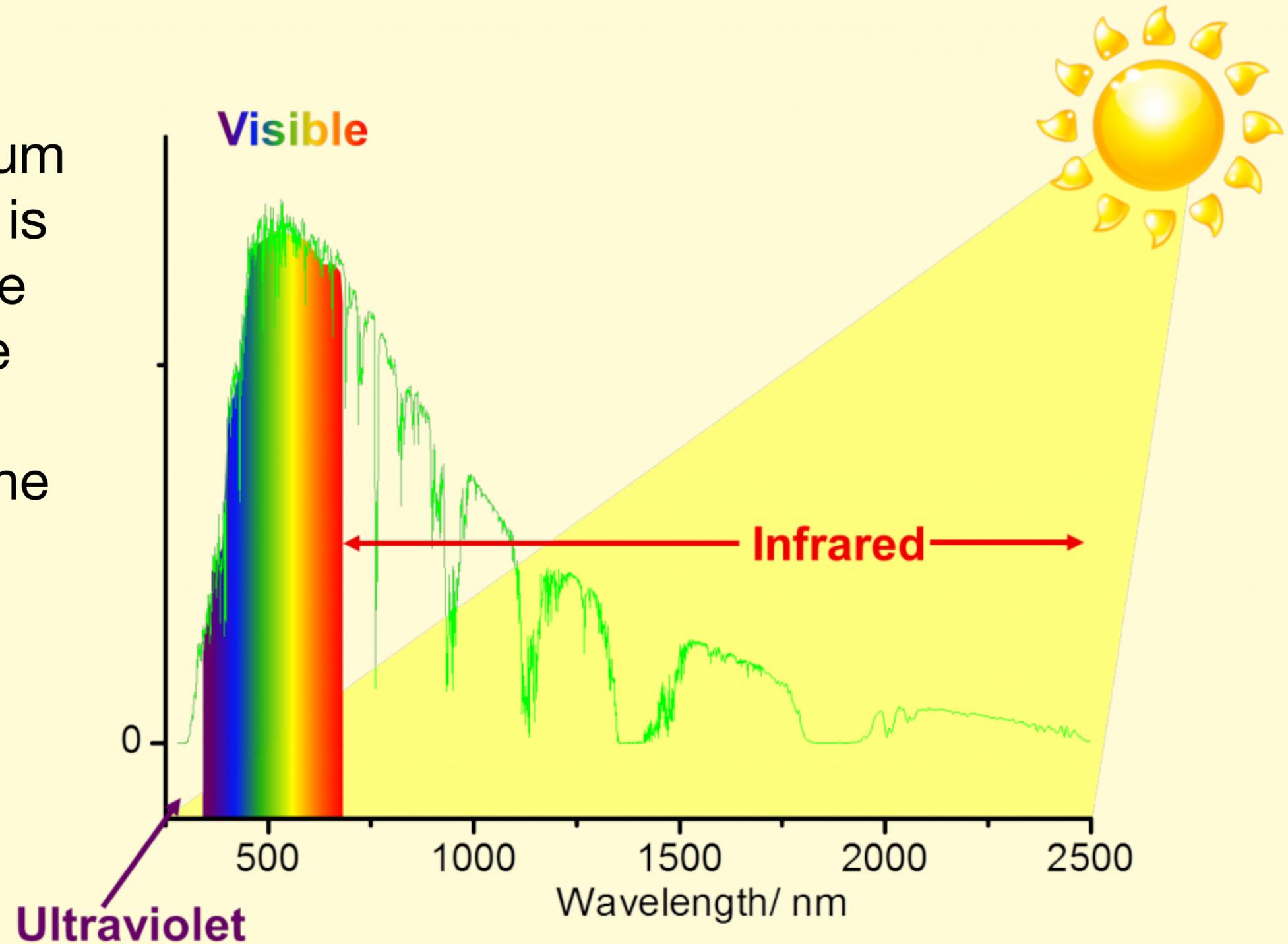
**4.) APPLICATIONS & Q&A**

**3.) BRAIN / NERVE**

# COLOURS OF DAYLIGHT

A small part of the light spectrum from roughly 400nm to 700nm is visible to the human eye. These different wavelengths influence our systems in many distinct ways, and all are essential to the balance of our body and mind.

Similar are the effects of near infrared and infrared light.



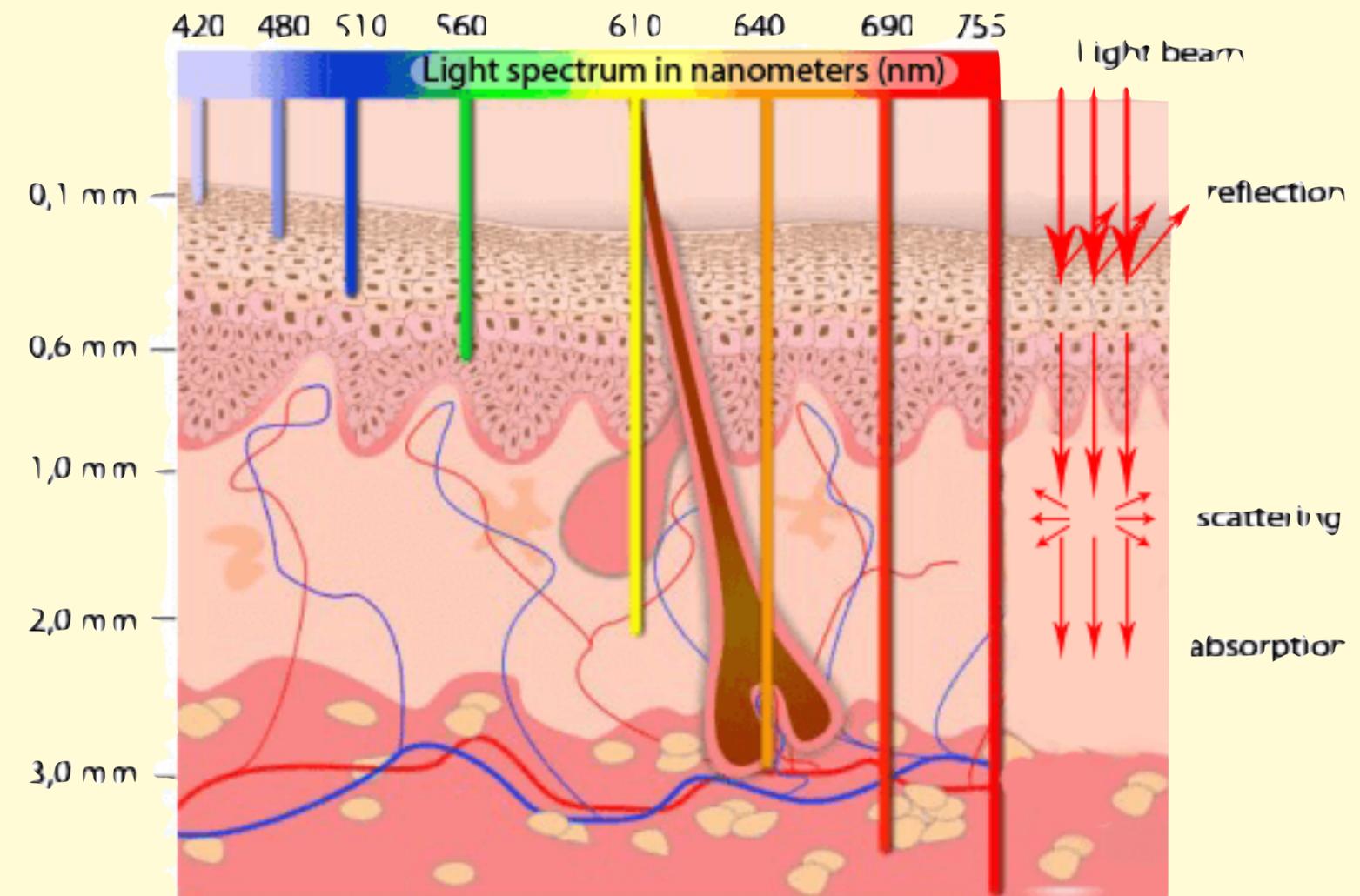
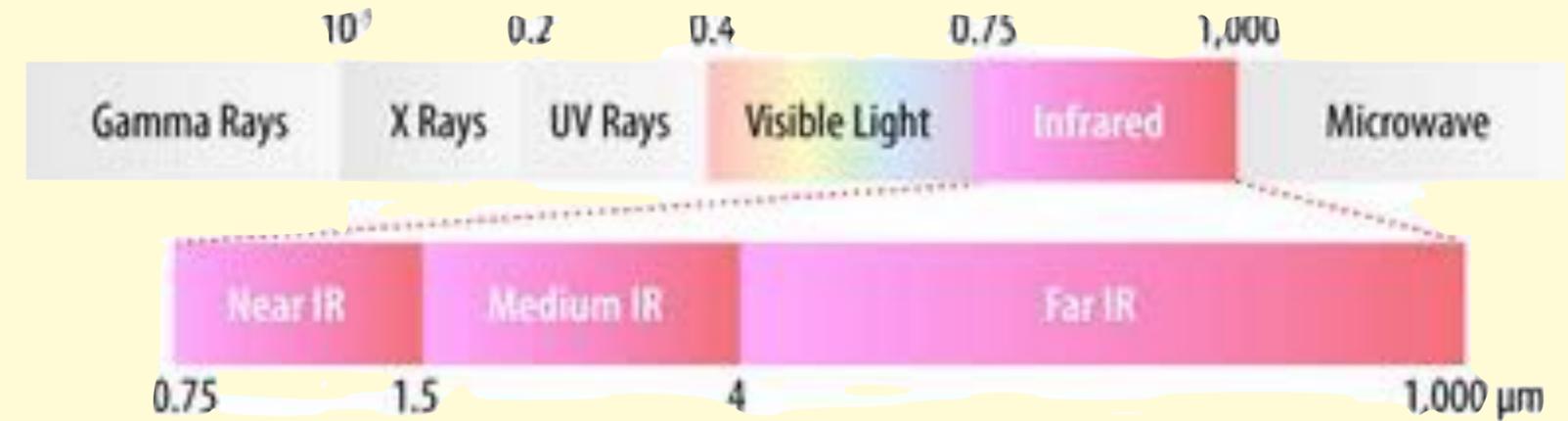
# PENETRATION OF LIGHT

Frequencies / colours of light penetrate the body in depth and function differently.

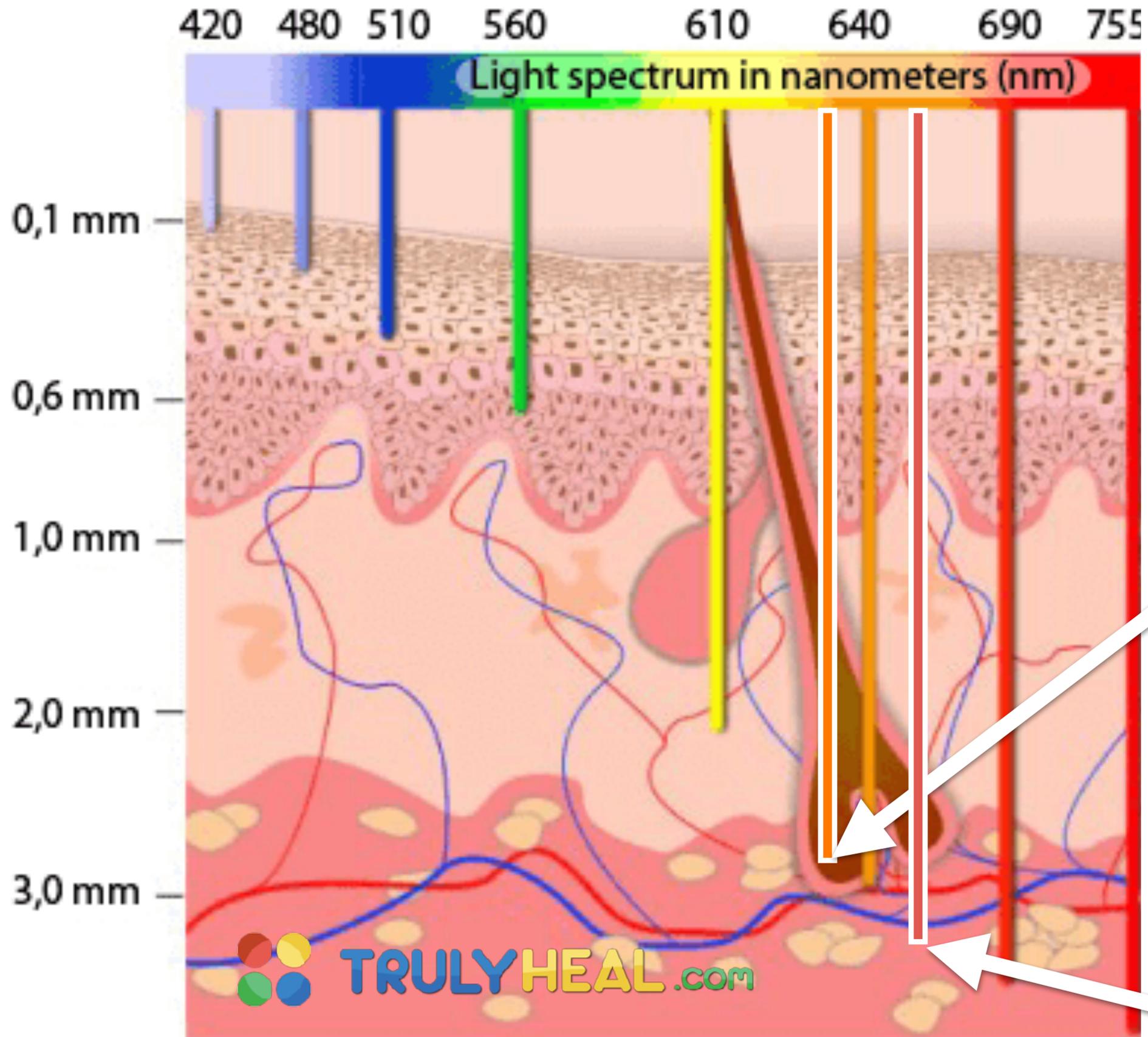
Red penetrates deeper and therefore reaches capillaries, nerves, arteries and veins as well as fat cells and sweat glands.

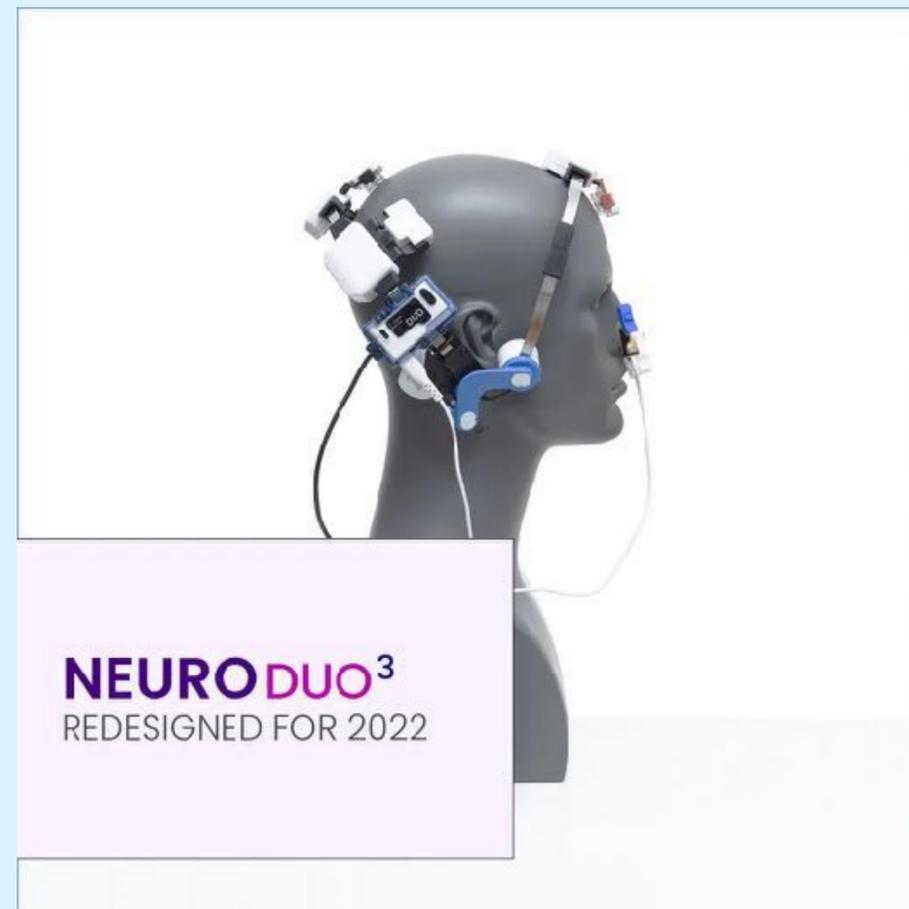
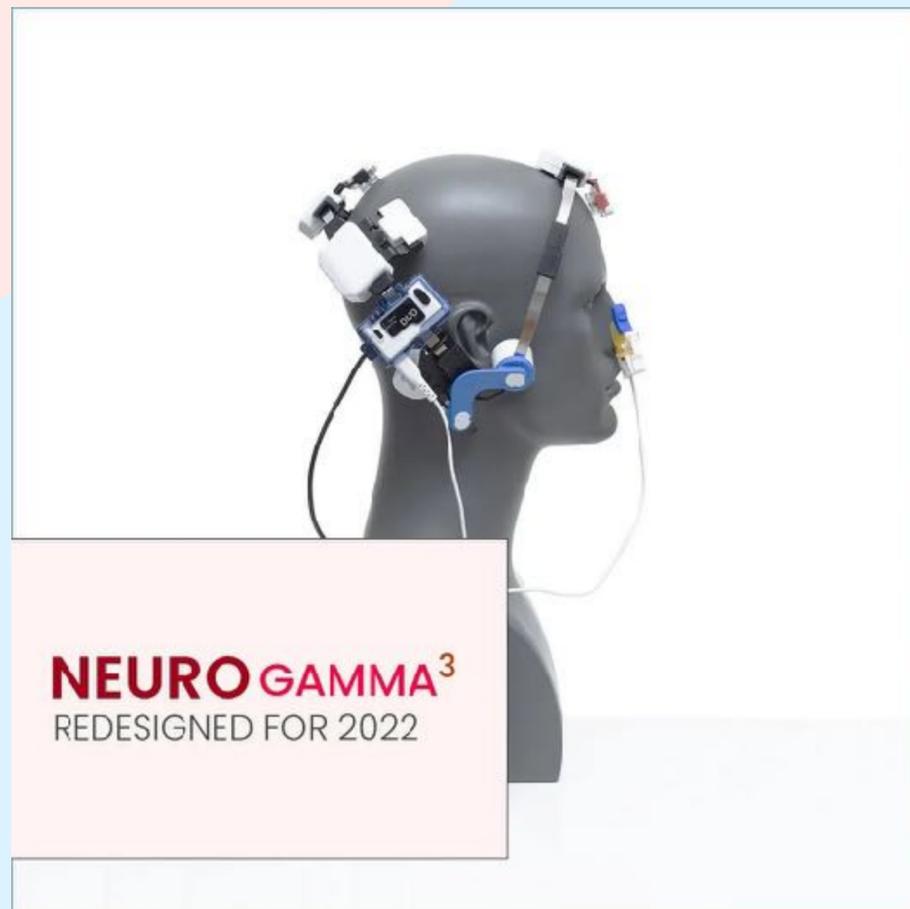
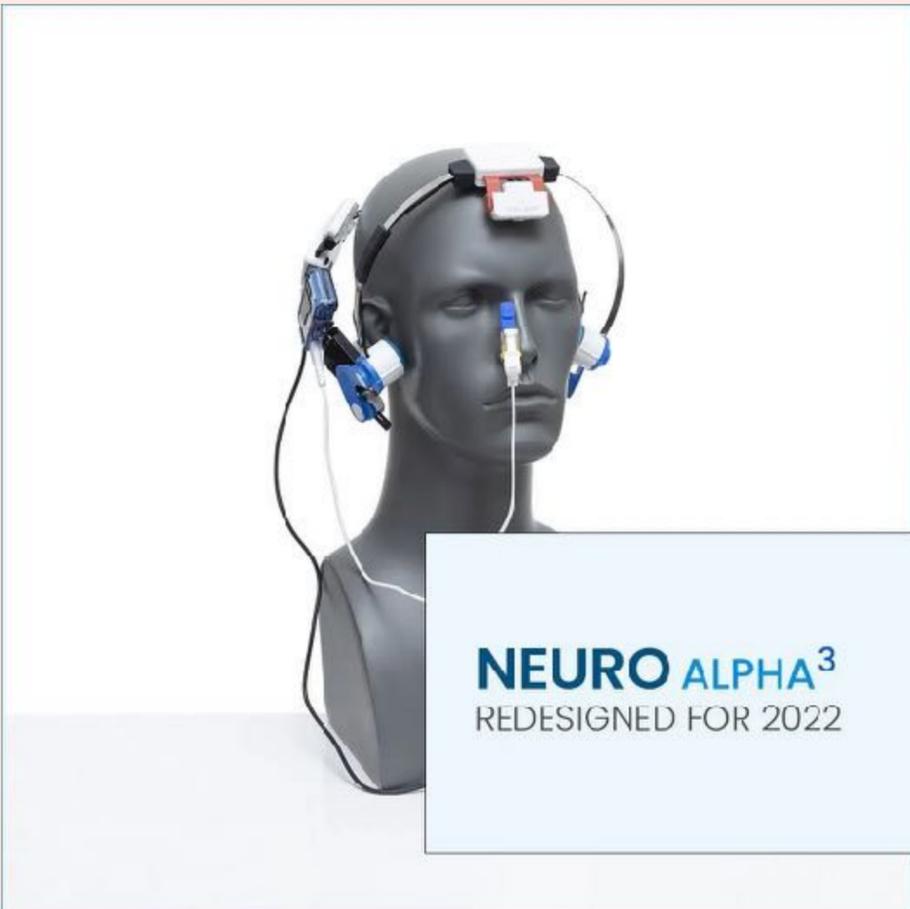
If we leave the visible spectrum we enter into the spectrum of Near Infrared which is not quite warming yet.

FIR on the other hand is heating you up like sunshine



The propagation of light of different wavelengths in the tissues





# HIGH PERFORMANCE HEALING LIGHT



# HIGH PERFORMANCE HEALING LIGHT

With  
Body  
Treatment  
Options

**X-PLUS 3**  
REDESIGNED FOR 2022

**X-Plus Head Module**

**X-Plus Nasal Applicator**

**X-Plus Body Module**

**Power bank**

\*not officially supplied by Vielight



**Bacterial Infection**

**Inflammation**

**Immune boosting**

**Regeneration**

**Viral Inflammation**

**BLOOD**

**Fungi / candida**

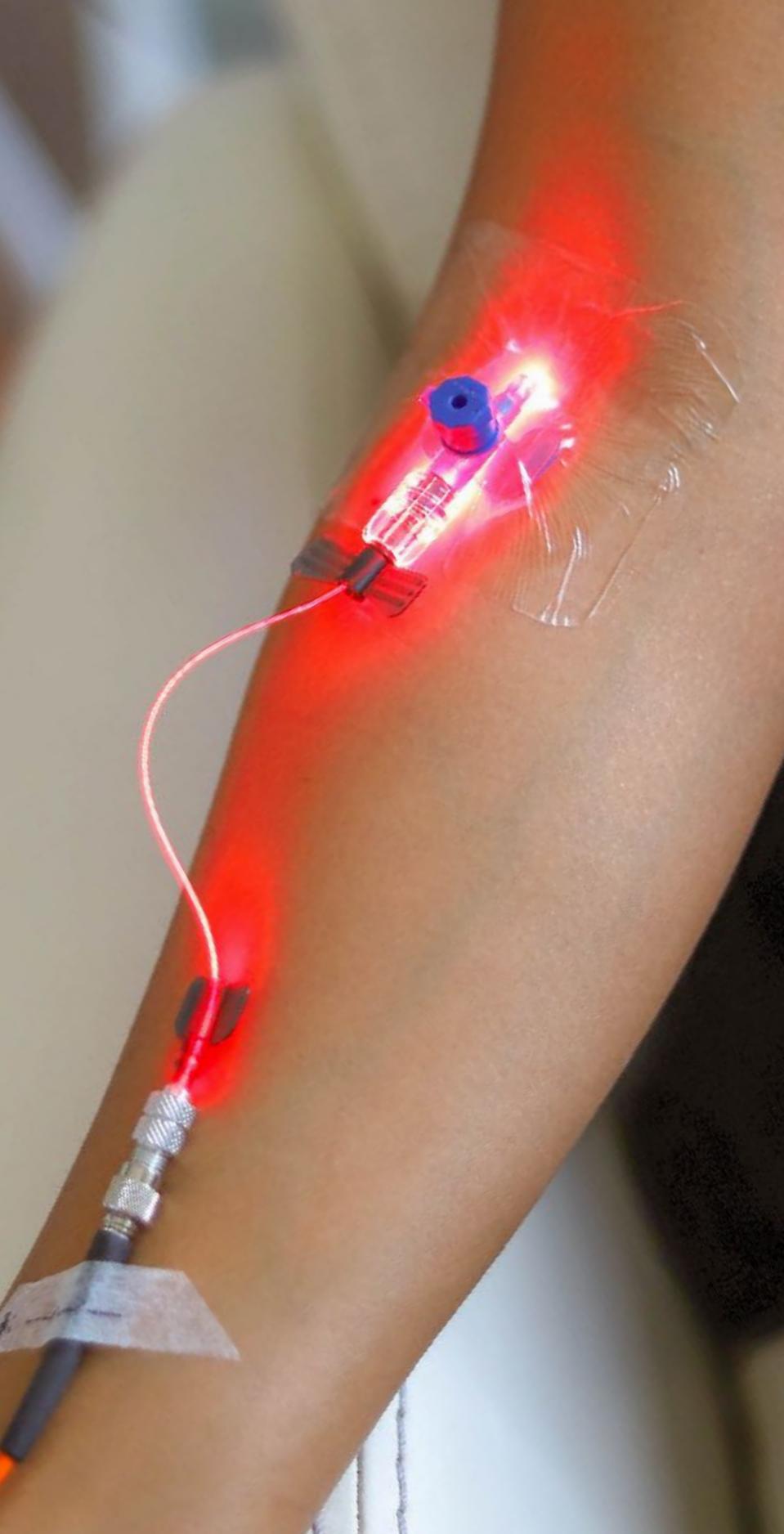
**Mitochondrial disorder**

**ATP production**

**Low energy**

**Oxygenation**

**Better sport performance**



# 655 NASAL LASER

The 655 Intra Nasal Laser comes very close to a medical therapy used in clinics where a laser rod is inserted into your nasal cavity where all your blood vessels are right at the surface.

Instead of a medical application we use the same technique and effectivity as a non invasive method.



# 633 + 655

## BLOOD PHOTO BIO-MODULATION

Photobiomodulation energises and activates the haemoglobin of red blood cells. It optimises their cellular structure and the oxygenation capacity. Photobiomodulation also stimulates the mitochondria in white blood cells, thus boosting the immune system functions.

<b>Improves immune system function</b>	<b>Reduces headaches and migraines</b>	<b>Improves sleep</b>	<b>Prevents mood swings</b>
<b>Relieves sinusitis, flu and hay fever</b>	<b>Reduces fatigue</b>	<b>Controls blood pressure</b>	<b>Increases energy levels</b>



NOSE

# 633 LED

## BLOOD PHOTO BIO-MODULATION

- Boosts the immune system,
- Flags pathogens
- Increases ATP production
- Increases oxygen utilisation
- Speeds up healing and recovery



NOSE, EAR, MOUTH, SKIN, HAIR, VEINES, ARTERIES

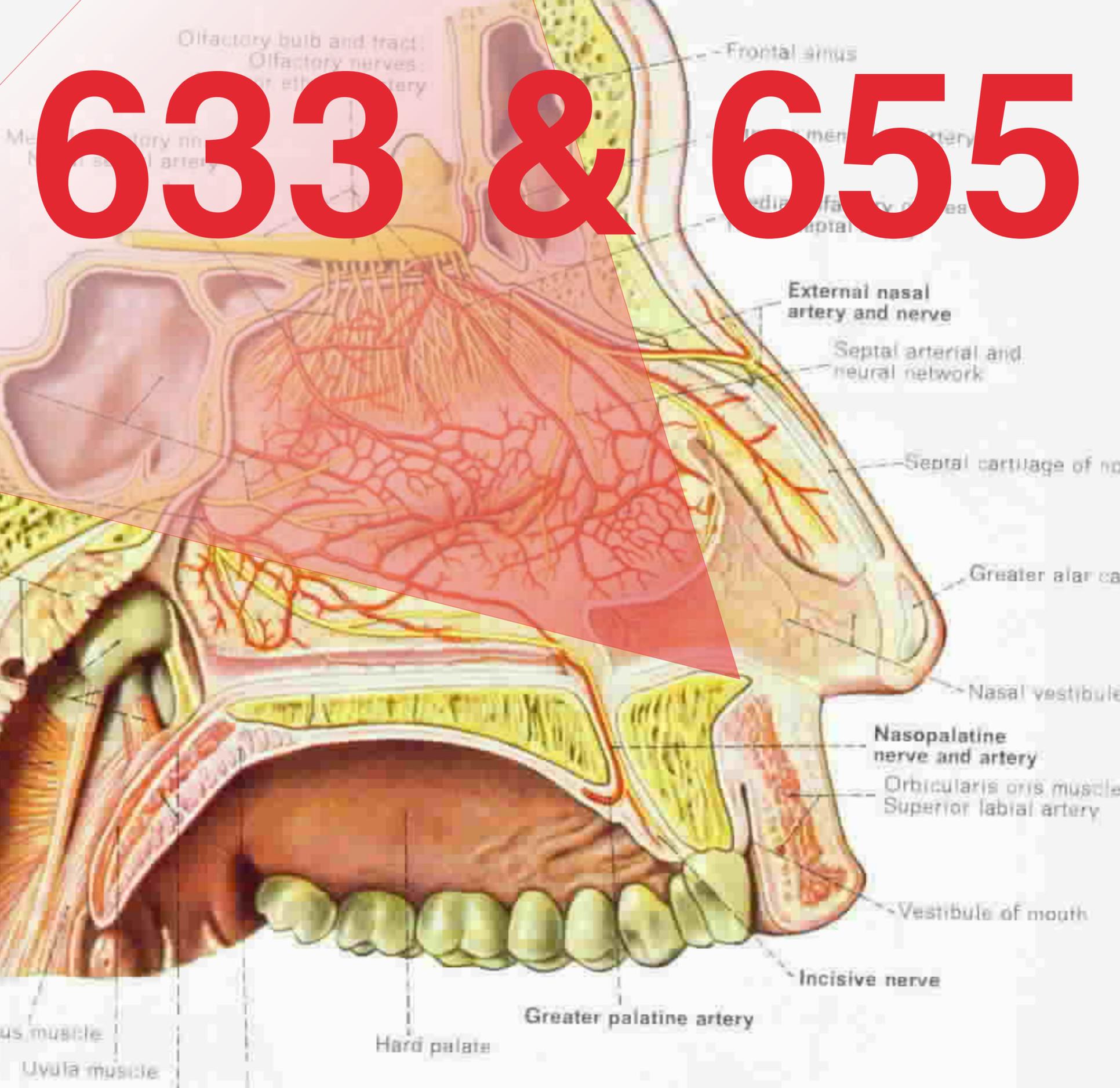
# 655

COLD LASER

## BLOOD PHOTO BIO-MODULATION

- Boosts the immune system,
- Flags pathogens & **Cancer cells**
- Increases ATP production
- Increases oxygen utilisation
- Speeds up healing and recovery

# 633 & 655



## APPLICATION VIA BLOOD VESSELS

The penetration depth of the 633 and 655nm red light reaches the blood vessels in the nose and so works on the blood.

Blood-vessels in the nose are very close to the surface. All blood circulates 3 x per minute through the nasal cavity.

This means you can fully activate your whole blood in 20 min runtime easily.

**Multiples Scleroses**

**Nerves**

**Alzheimer**

**Memory / learning problems**

**Parkinsons**

**Stress**

**BRAIN**

**Insomnia**

**Insomnia**

**Chronic fatigue**

**Concentration problems**

**High performance jobs**

**Fear / trauma**

# 810 BIOMODULATION

810nm is engineered especially for gentle stimulation of the brain.

The 810nm near-infrared wavelength enables transmission beyond the intranasal channel to the deeper ventral areas of the brain at a frequency that is associated with brain oscillation in its alpha state. Near infrared reduce the risk of neurodegenerative diseases such as Alzheimer's, Parkinson's, and dementia.

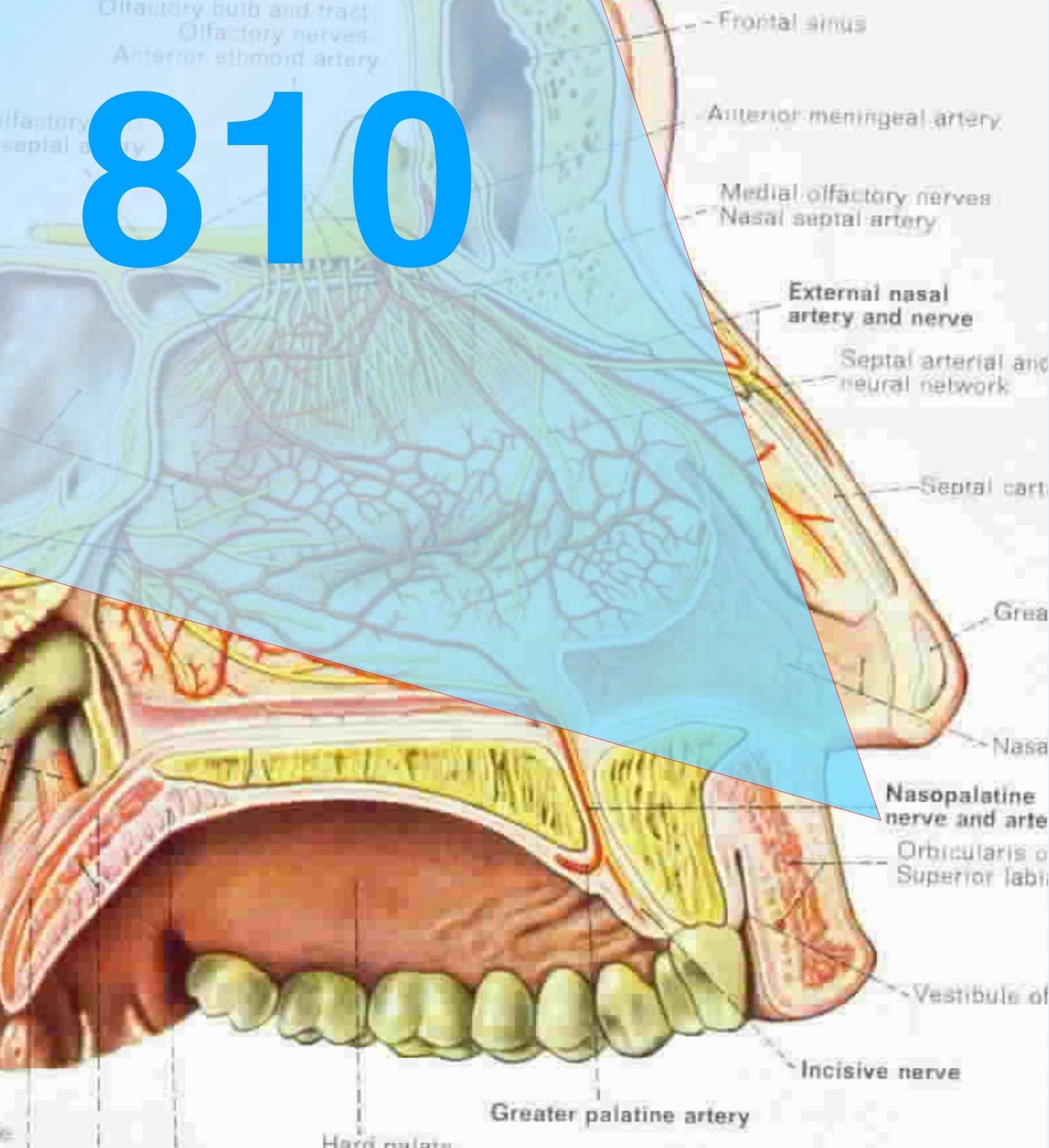
<b>Improves mental acuity</b>	<b>Reduces depression</b>	<b>Supports concussion recovery</b>	<b>Traumatic brain injury</b>
<b>Improves neuro-developmental symptoms</b>	<b>Relieves brain neurodegenerative symptoms</b>	<b>Improves sleep wake cycle</b>	<b>Boosts mitochondrial function</b>

# 810

## INTRANASAL

- Stimulates nerve repair
- Energises and relaxes
- Activates memory and cognitive functions of the brain
- Protects nervous system
- Stimulates rebuild of new synapses
- Increases deep sleep cycles





810

# NIR INTRANASAL APPLICATION

The 810nm near infrared frequency is just outside the visible spectrum and can penetrate skin, cartilage, tendons and even bone without getting hot.

It can therefore be used to reach deep into the brain, joints and organs.

Near-infrared light (NIR) stimulates mitochondrial respiration in neurons by donating photons that are absorbed by cytochrome oxidase.

# 810 TRANSCRANIAL + INTRANASAL



**NEURO ALPHA<sup>3</sup>**  
REDESIGNED FOR 2022



**NEURO GAMMA<sup>3</sup>**  
REDESIGNED FOR 2022



**NEURO DUO<sup>3</sup>**  
REDESIGNED FOR 2022

## NEURO DUO

## NEURO GAMMA

## NEURO ALPHA

Wavelength

Near Infrared 810 nm

Near Infrared 810 nm

Near Infrared 810 nm

Pulse rate

10 Hz and 40 Hz

40 Hz

10 Hz

Effects

Neuro Gamma and Neuro Alpha effects

Enhanced focus, concentration and mental acuity

Increased creativity(alpha flow state), relaxation and stress management



**NEURO DUO<sup>3</sup>**  
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**NEURO GAMMA<sup>3</sup>**  
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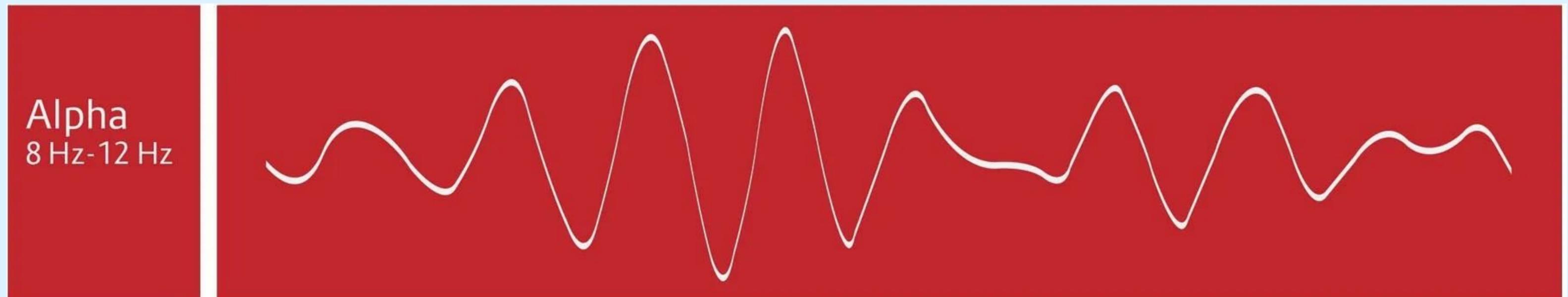
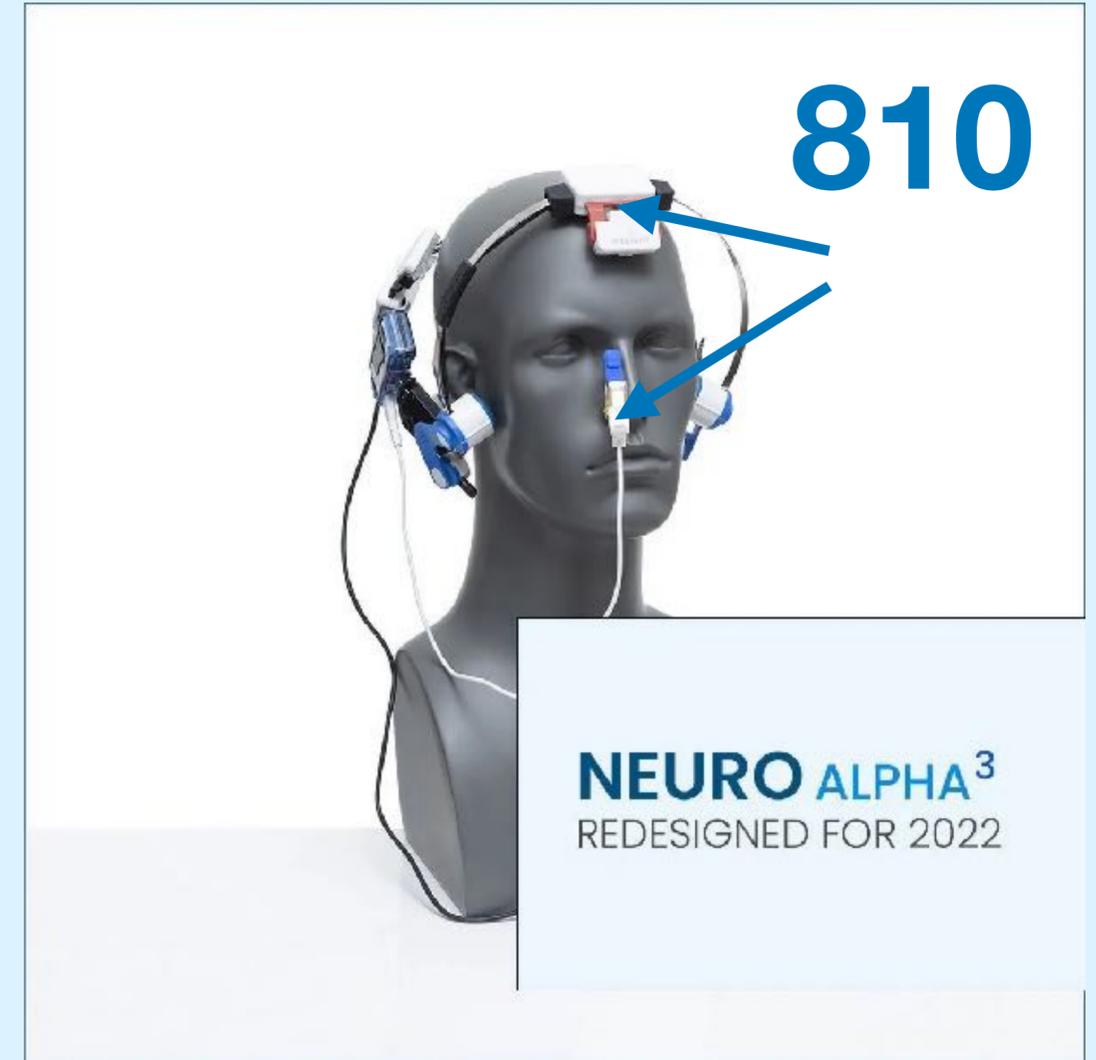


**NEURO ALPHA<sup>3</sup>**  
REDESIGNED FOR 2022

# PULSING ALPHA LIGHT

Alpha waves relate to relaxation, alertness, and awareness, meditation, mental resourcefulness, enhancing a general sense of relaxation.

Alpha brain oscillations promote a sense of calm, allowing the brain to prioritise and to focus better.



# PULSING **GAMMA** LIGHT

During gamma frequency the brain is processing complex information that requires input from different parts of the brain.

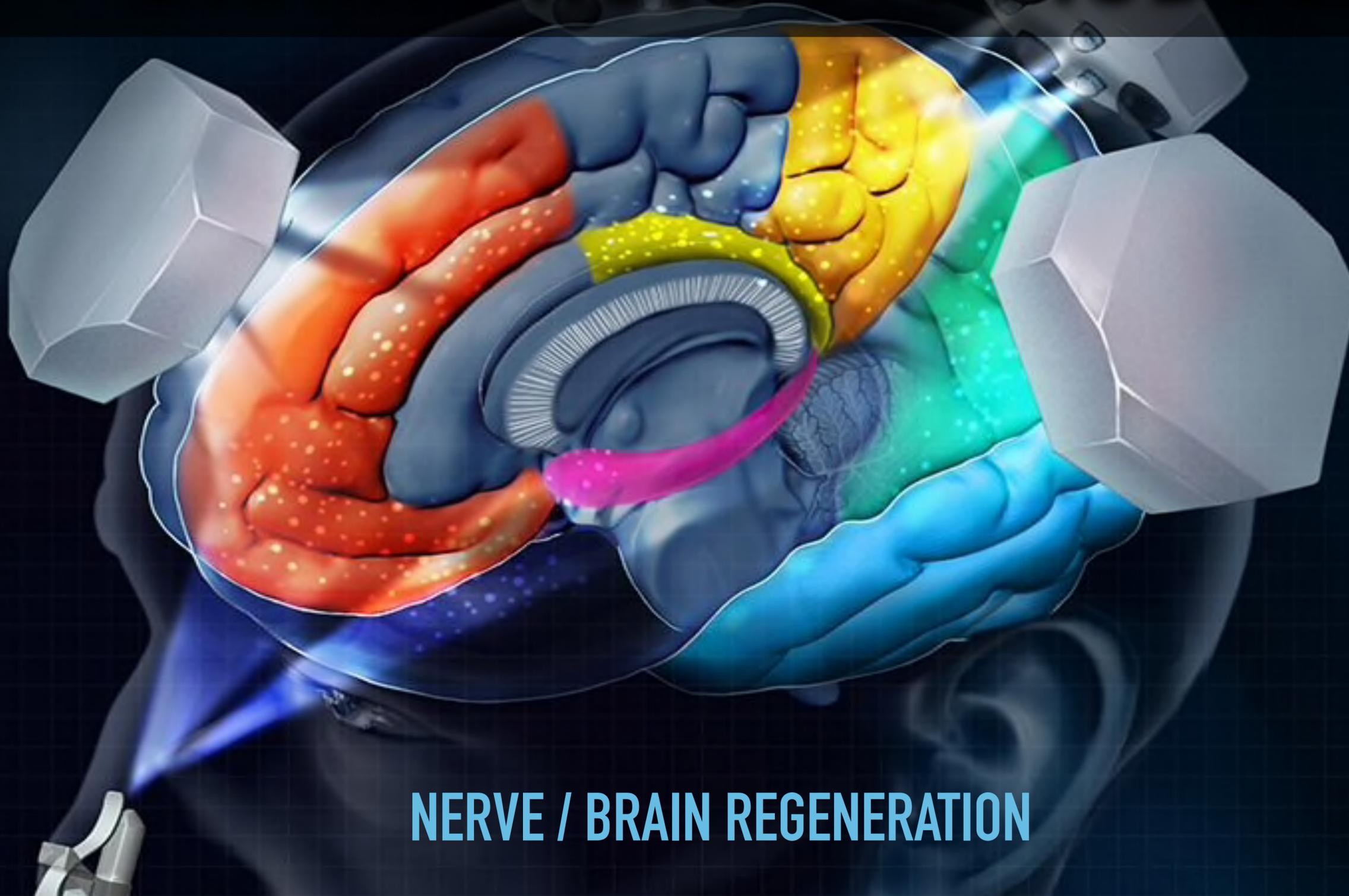
Gamma supports thinking, learning, memory processing, problem solving, consolidation and complex processing of information from different parts of the brain.



Gamma  
35 Hz-100 Hz



# BRAIN PHOTO BIO MODULATION



- Alzheimer
- Parkinsons
- Depression
- MS
- ALS
- Fatigue

NERVE / BRAIN REGENERATION



**Bacterial Infection**

**Nerves**

**Inflammation**

**Multiples Scleroses**

**Alzheimer**

**Immune boosting**

**Regeneration**

**Memory / learning problems**

**Parkinsons**

**Viral Inflammation**

# **BLOOD** **BRAIN**

**Stress**

**Fungi / candida**

**Insomnia**

**Mitochondrial disorder**

**Low energy**

**ATP production**

**Insomnia**

**Chronic fatigue**

**Concentration problems**

**Oxygenation**

**Better sport performance**

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**High performance jobs**



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X-Plus Head Module

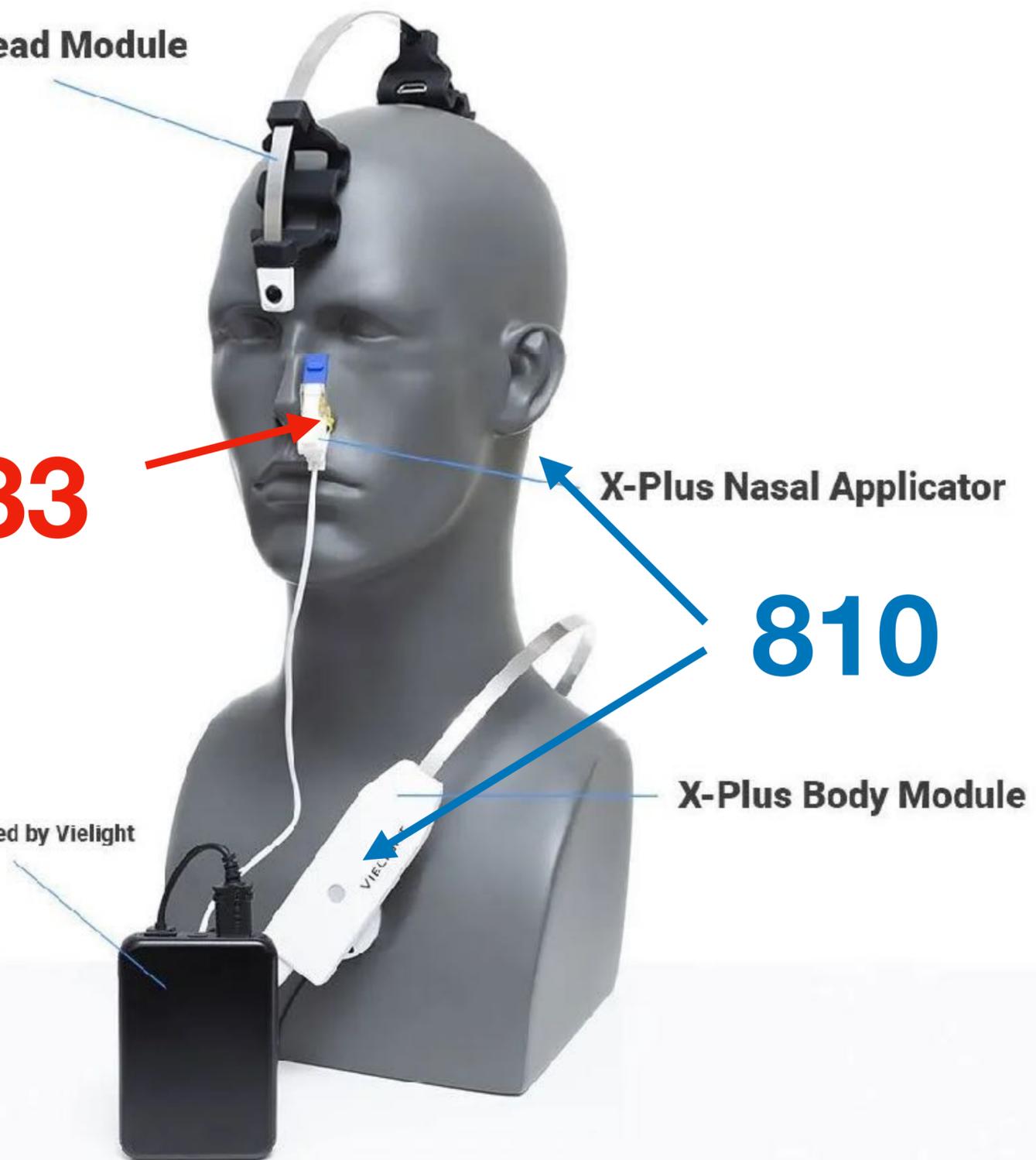
**633**

X-Plus Nasal Applicator

**810**

X-Plus Body Module

Power bank  
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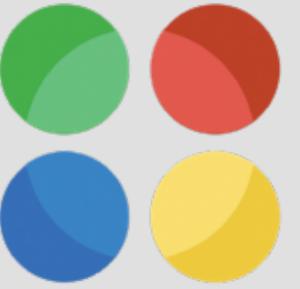




633



810



**HIGH PERFORMANCE  
HEALING LIGHT**



**30%  
DISCOUNT**



**655**



**810**



**30%  
DISCOUNT**



**HIGH PERFORMANCE  
HEALING LIGHT**

# ANTI DEPRESSION AND ANXIETY

A study was conducted on a total of 10 patients with major depression, anxiety, some with drug abuse, and some with PTSD. These 10 patients were treated with one month of NIR and red light therapy and the results were astounding.

Just two weeks post treatment 6 out of 10 patients had remission of depression and 7 out of 10 had remission of their anxiety.

# PHOTOBIO-MODULATION & ALZHEIMER

Systemic photobiomodulation through 810 near-infrared treatment prevents the development of  $\beta$ -amyloid plaques in the brain while improving cognitive deficits in Alzheimer patients.

With Alzheimer's, optimal delivery would be a near infrared light worn over the entire cranium.



# FIBROMYALGIA & CHRONIC FATIGUE

Red light therapy can increase energy levels by increasing ATP.

It promotes the functions of mitochondria. This effect of red light therapy is particularly effective in the management of chronic fatigue and fibromyalgia.

Also increases the quality of life, decreases pain, muscle spasms and stiffness.



# SLEEP QUALITY

Red light therapy is recommended for men and women who are unable to sleep well due to mental stress, depression, or joint pains.

In addition, studies have shown that red and near infrared light therapy actually influences a hormone called **melatonin (which improves sleep)**.





# ANTI INFLAMMATORY

Red and near infrared light therapy addresses the inflammatory pathways by reducing pro-inflammatory cytokines and increases anti-inflammatory cytokines.

It has been found to be beneficial for patients who suffer from diseases linked to inflammation such as diabetes and cancer.



# BRAIN INFLAMMATION

Mitochondria dysfunction, poor circulation and brain inflammation are very common in conditions such as traumatic brain injury, stroke, or Parkinson's disease which explains the positive response to red and near infrared light therapy.

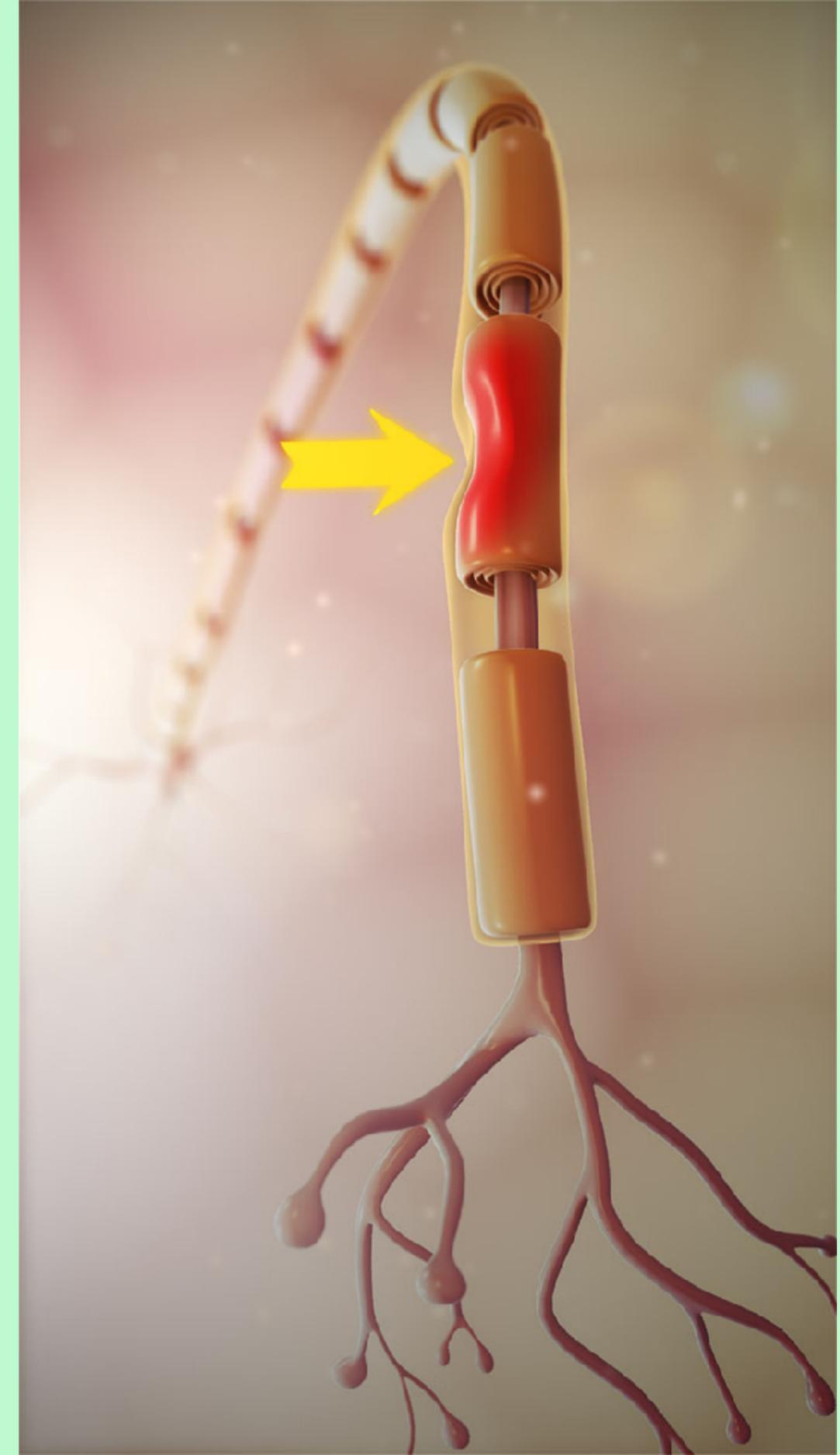
Neuroinflammation is a crucial pathophysiological finding in brain disorders which is why red/near infrared light can exude another benefit as it addresses the inflammatory pathways.

# NEUROLOGICAL INFLAMMATION

Neurological inflammation can lead to cell death, specifically of the neurons that produce dopamine and norepinephrine.

Inflammation in the gut causes increased folding and mutation of the protein that causes Parkinson's disease and Dementia.

Vitamin C, E and Curcumin are powerful antioxidants and help to reduce inflammation and protect the body's cells.



# JOINT HEALTH AND PAIN RELIEF

Red light therapy stimulates collagen production in the joints and supports the healing of bones and joint tissues.

This would provide relief from the symptoms of arthritis including joint pain, swelling, and restriction of movements.

It stimulates healing of strained, injured, or sprained muscles, tendons, and ligaments and provides relief from pain..



# BRAIN REGENERATION

Contrary to conventional wisdom, brain regeneration is indeed possible. The doom and gloom that individuals who suffer from devastating neurodegenerative conditions are incapable of improving is false.

Mainstream medicines outdated concepts have slowly accepted that the brain is indeed pliable and that even neurones are capable of neurogenesis. Yes, **REGENERATION!**

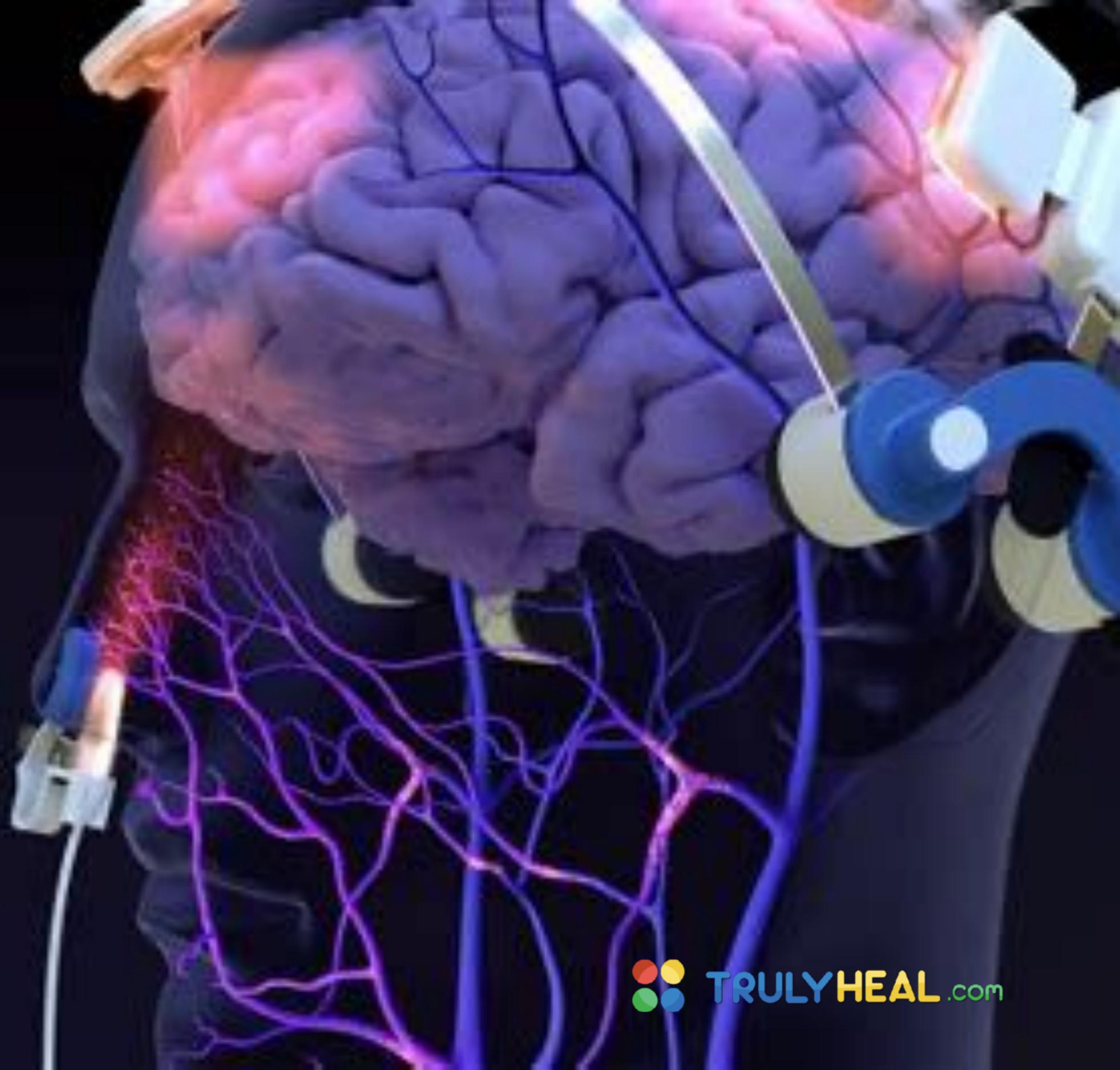


# STUDIES

It's especially promising for neurodegenerative diseases including Alzheimer's and Parkinson's and may even have future use in multiple sclerosis.

<https://www.frontiersin.org/articles/10.3389/fneur.2020.00952/full>

<https://clinicaltrials.gov/ct2/show/NCT03484143>

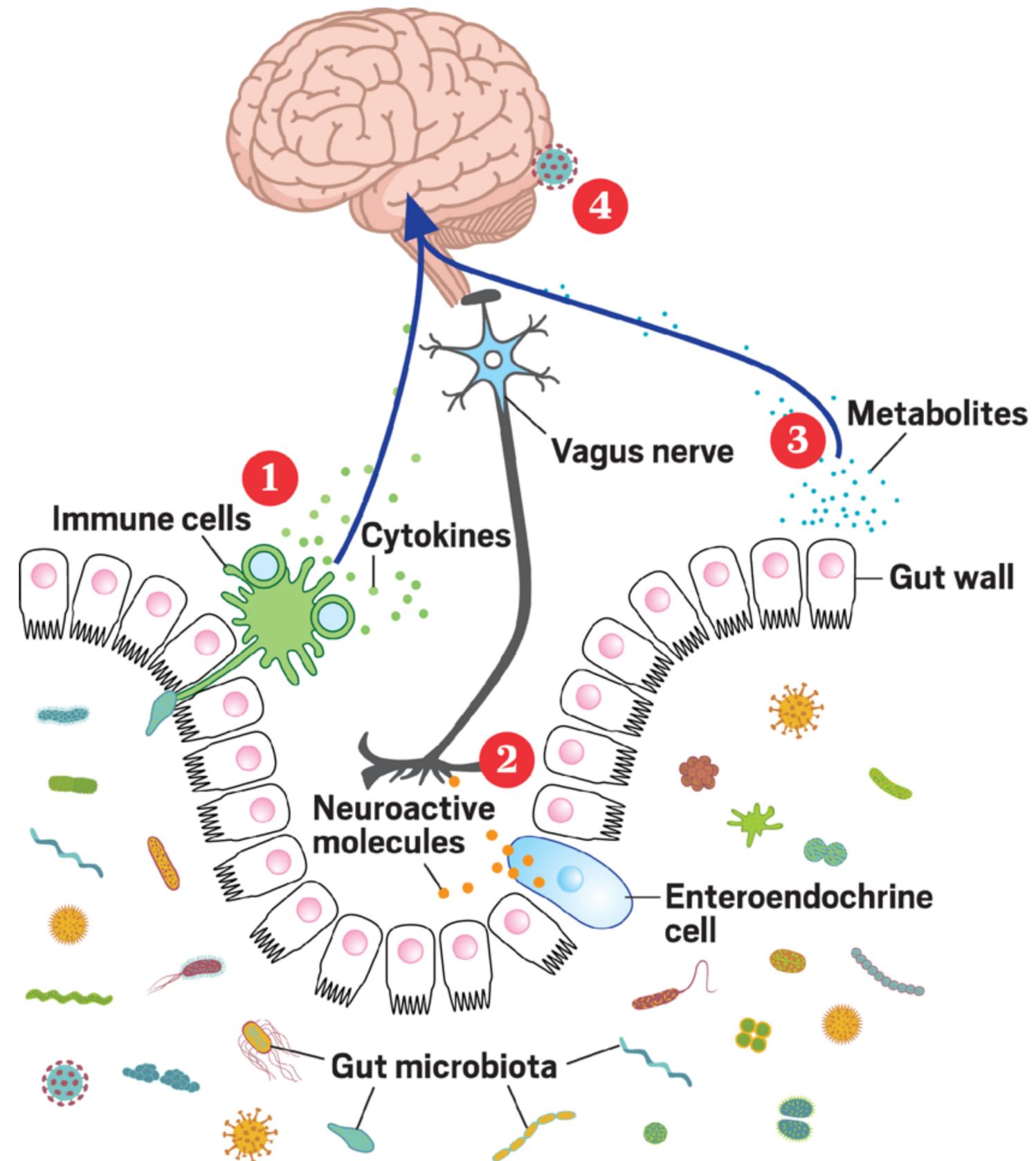


# THE GUT & BRAIN CONNECTION

Research has shown that there is a strong connection between the development of neurodegenerative diseases and gut dysfunction.

Known problems are intestinal microbiome, gut flora, an increased intestinal permeability (leaky gut), oxidative stress and inflammation.

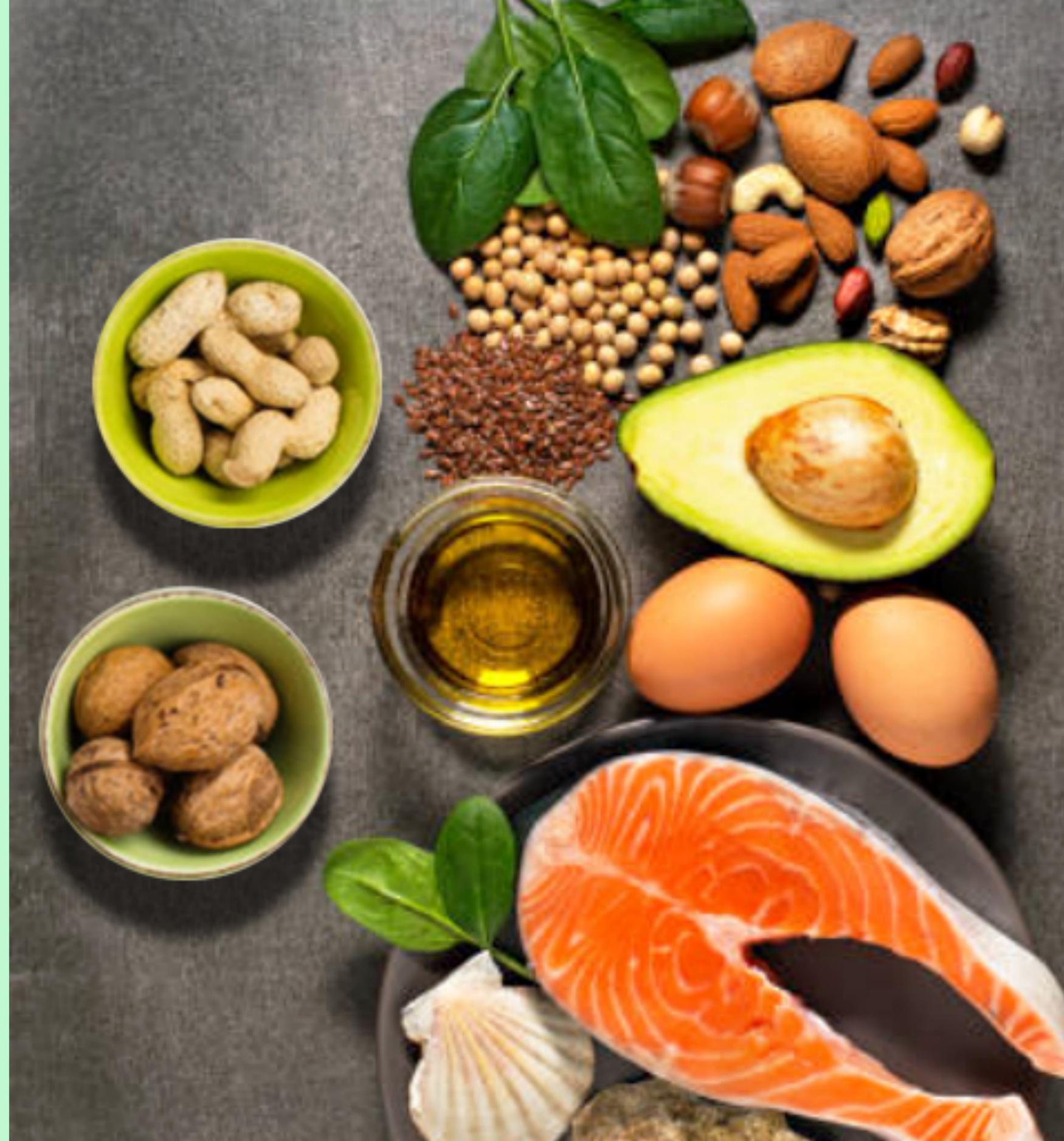
Addressing gut function via diet and supplementation is an additional component to include. Such as prebiotics and probiotics help reduce gut inflammation and improve the digestive system.



# DIET

Research has shown that a diet high in healthy fats, low in simple carbohydrates may be helpful. This diet can help to reduce oxidative stress and reduce neuro-inflammation.

In addition to a nutrient dense diet, the brain thrives on omega 3 fatty acids, so supplementation of DHA/ EPA which are neuroprotective and anti-inflammatory.



# LIFESTYLE

Light and gentle movements such as yoga or tai chi have positive impacts overall.

Therapies like acupuncture and massage treatments have also been shown to relieve pain, tremors, tension, stress, and fatigue associated with various neurological conditions.

A regular sleep schedule is key for restoring mitochondrial health and easing symptoms of depression, stress, and fatigue.





**Q&A**