

# NEURO LIGHT: ABOUT TRANSCRANIAL LIGHT STIMULATION



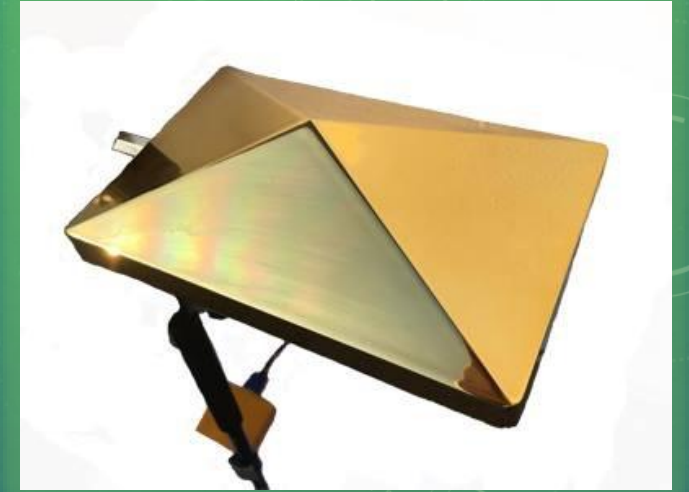
THE NEURO LIGHT  
- TOTAL BRAIN WELLNESS -

## BASIC PROPOSITION



- Contrary to long held medical theory, the **Human Brain** is capable of **dynamic change** throughout our **entire lifespan**.
- This **dramatic fact** opens the doors for **new avenues** of **increasing and sustaining Brain Wellness**.

## THE NEURO LIGHT: *TOTAL BRAIN WELLNESS*



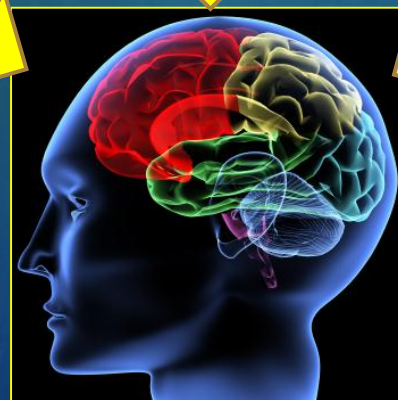
- The **Neuro Light** is a multi-component device capable of positive effects in **Brain Wellness related functions**.
- The device is a combination of **unique hardware and software** designs.

# THE NEURO LIGHT

<i>Brain Gym</i>
Neuroplasticity Training

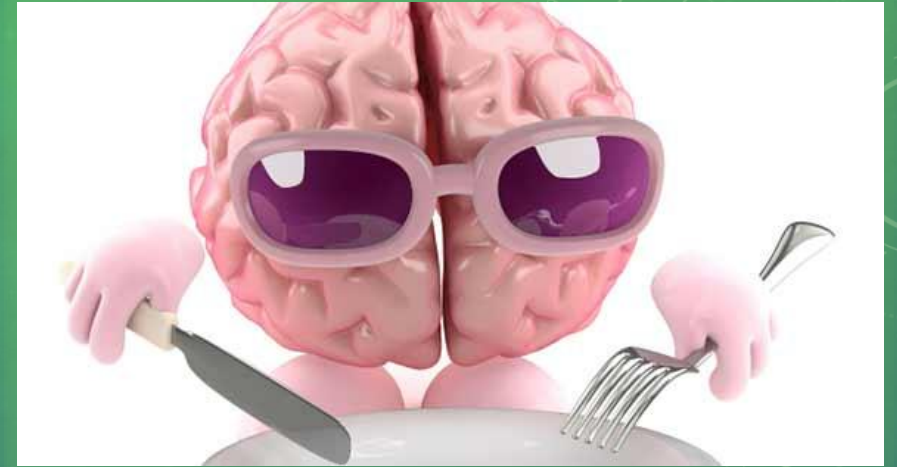
<i>Brain Food</i>
Transcranial Light Stimulation

<i>Brain Skills</i>
Function Specific Brain Training



## BRAIN FOOD

## TRANSCRANIAL LIGHT STIMULATION

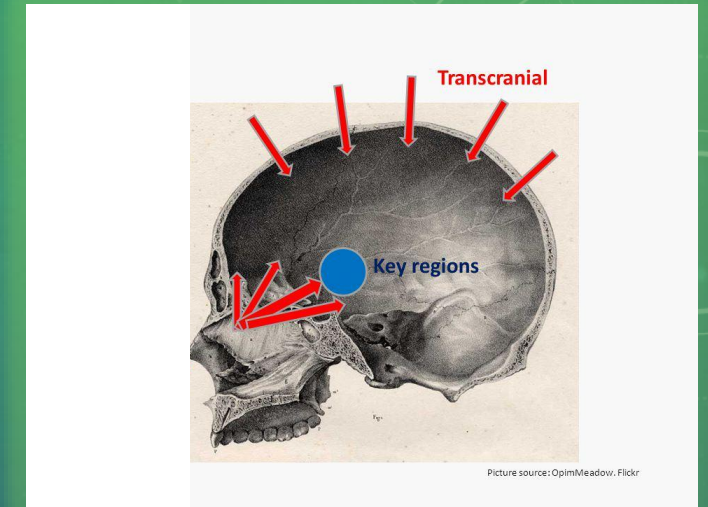


- The **Brain is HUNGRY for Energy!**
- And.....LIGHT is the Brain's favorite **FOOD**.

# BRAIN FOOD

## TRANSCRANIAL LIGHT STIMULATION

- One of the **newest** and most **promising discoveries** in **cranial neurology** is the fact that it is possible to **feed Light Energy into the brain from outside the skull.**
- Remarkably **effective, non-invasive**, very **safe** and **easy** to do.



## BRAIN FOOD

### TRANSCRANIAL LIGHT STIMULATION

- **Transcranial Light Stimulation** is performed by placing **super-luminous LEDs** on the **scalp of the head** and shining **wavelength specific light** at a **specified power** and **time** into the brain.
- **Sufficient dosage** actually **reaches the brain tissues through the skull** to create the **beneficial effects**.



## BRAIN FOOD

### TRANSCRANIAL LIGHT STIMULATION



- Numerous **validated medical/scientific studies of Transcranial Light Stimulation** have been conducted **internationally** at prestigious **universities** and **hospital research centers** such as *Harvard Medical School, Cedars-Sinai Medical Center, University of Texas, etc.*
- The **results** are **consistently positive** and **universally supported.**



## BRAIN FOOD

### TRANSCRANIAL LIGHT STIMULATION



- There are actually **two ways** to **feed Light** to the **brain**:
- 1) **Direct** > through the **skull** and into the **brain**
- 2) **Indirect** > into the **blood** which **carries** it to the **brain**

## BRAIN FOOD

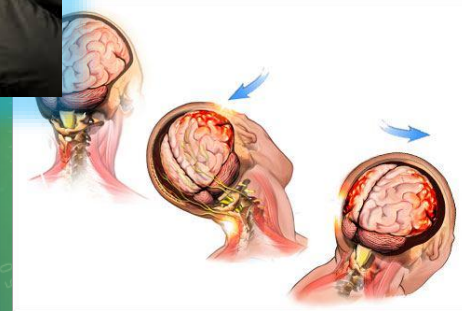
### TRANSCRANIAL LIGHT STIMULATION



- **Six (6) beneficial mechanisms** have been identified:
  - 1) increased **mitochondrial ATP** production in the neurons;
  - 2) increased **anti-inflammatory** cascades related to oxidative stress factors;
  - 3) increased **RBC deformability** leading to improved blood flow;
  - 4) increased **cerebral blood flow** volume;
  - 5) **photo-stimulation of the blood** leading to system-wide benefits such as decreased BP and serum cholesterol;
  - 6) **stimulation of cranial acupoints** frequently used in the treatment of cranial dysfunction

# BRAIN FOOD

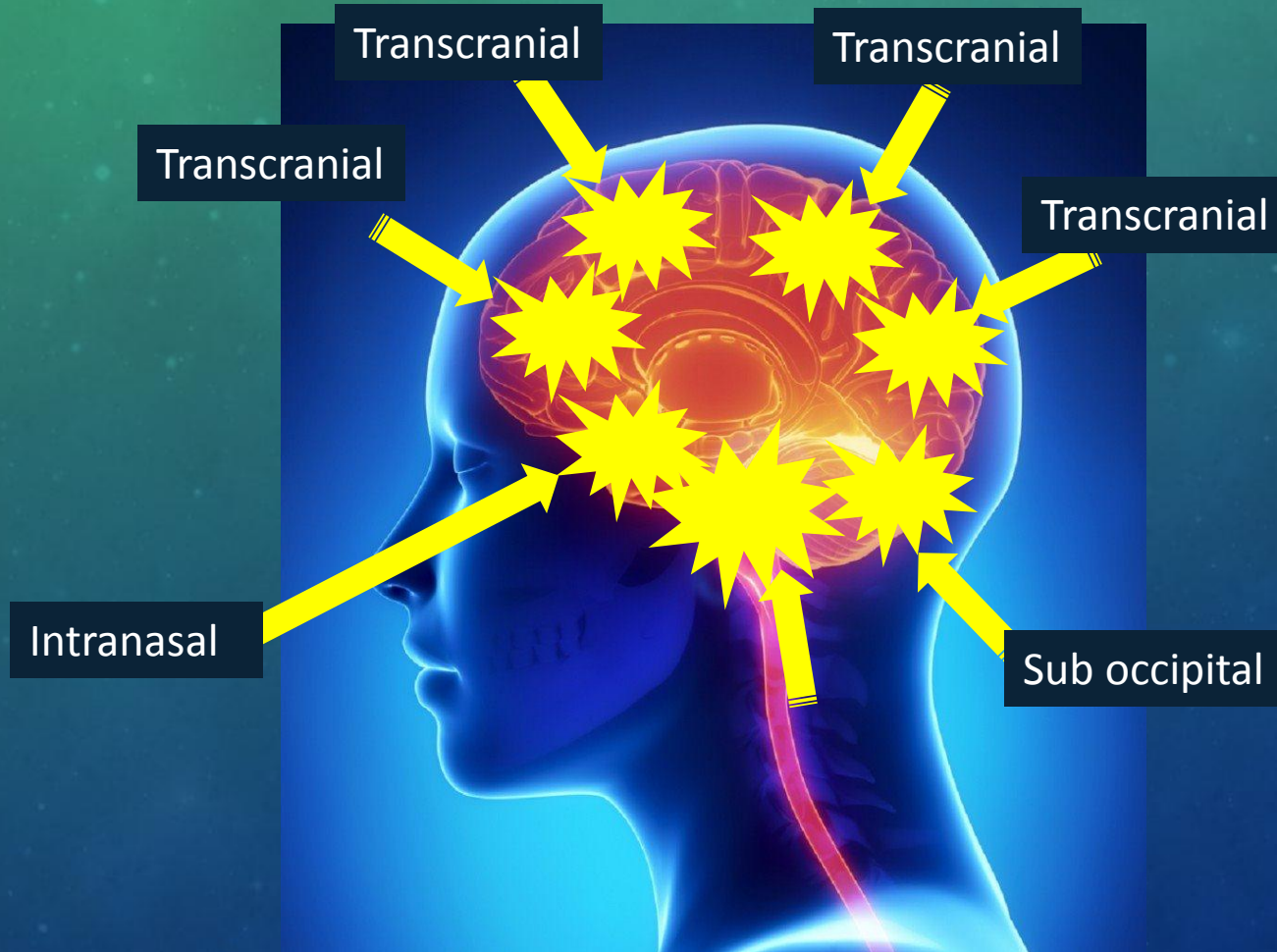
## TRANSCRANIAL LIGHT STIMULATION



- The **applications of Transcranial Light Stimulation** are truly **impressive** and range throughout numerous **Brain Wellness** domains.
- To name just a few:
  - **Mood disorders** such as **anxiety** and **depression** have a high rate of amelioration.
  - Effects of **recent** and **long standing head traumas** have very good responses.
  - **Degenerative neural conditions** associated with **aging** are often significantly improved.

# BRAIN FOOD

## TRANSCRANIAL LIGHT STIMULATION



## BRAIN FOOD

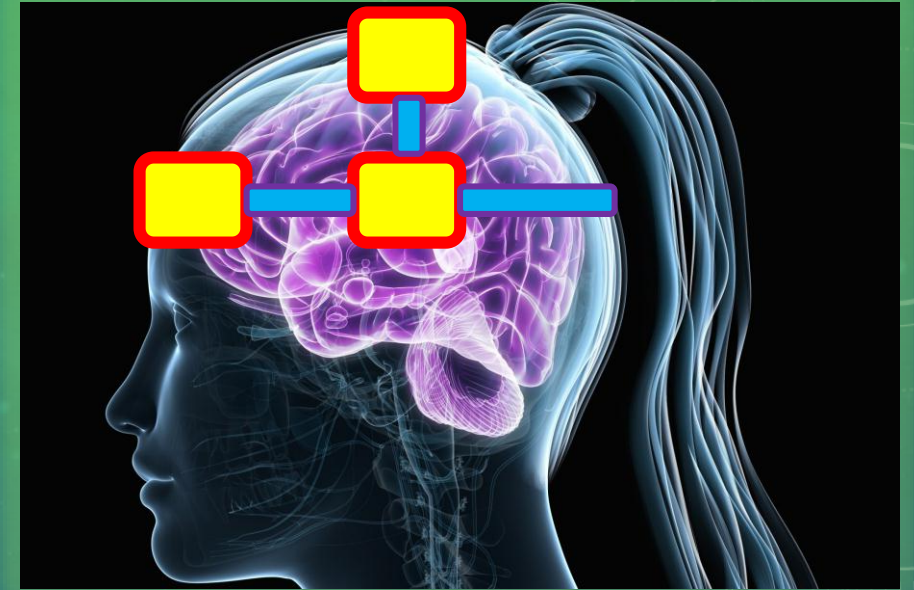
## TRANSCRANIAL LIGHT STIMULATION



- The **BRAIN FOOD/Transcranial Light Stimulation** process can be applied during a Neuro Light **BRAIN GYM/BRAIN SKILLS session** OR can be applied separately and on its own.

## BRAIN FOOD

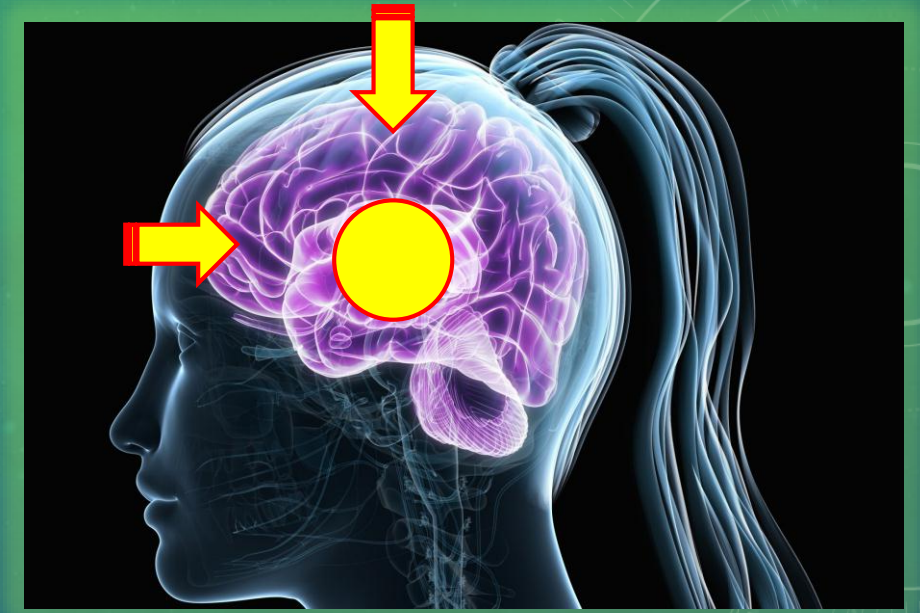
### TRANSCRANIAL LIGHT STIMULATION



- A **simple adjustable harness** is placed **comfortably** on the **head**.
- The **LED array** contacts the **forehead, sides of head** and **top of head**.
- There is **no pain** - actually most people **don't feel any sensation at all**.

## BRAIN FOOD

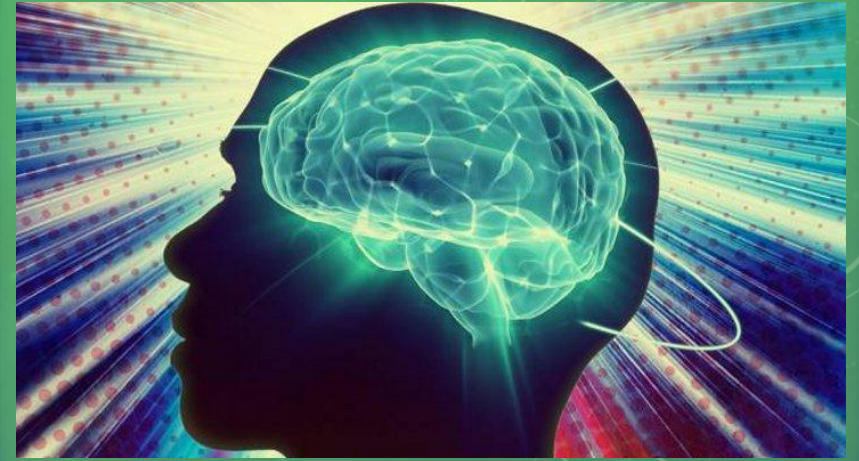
### TRANSCRANIAL LIGHT STIMULATION



- Because of the **specific design** derived from **medical/scientific research**, the **special wavelength of light** actually **passes** through the **scalp, skull** and **fluids** to **enter into the energy producing cells** in the brain

## BRAIN FOOD

### TRANSCRANIAL LIGHT STIMULATION



- The **basic amount of time** for a BRAIN FOOD “**light-energy meal**” is **20 minutes**.
- This **amount of time** is known to be effective because of the **power** and **wavelength** features used in multiple **medically monitored experiments and treatments**.



# BRAIN FOOD

## TRANSCRANIAL LIGHT STIMULATION



- Typically a **BRAIN FOOD/Transcranial Light Stimulation session** is performed **every other day OR 3 to 4 times a week.**
- This is the **standard recommendation.**

## BRAIN FOOD

### TRANSCRANIAL LIGHT STIMULATION



- **Less frequent** sessions of **Transcranial Light Stimulation** are still **beneficial**.
- However **do not exceed** the schedule session **recommendations** as **too much can give** the brain “**indigestion**”.

# BRAIN FOOD

## TRANSCRANIAL LIGHT STIMULATION



- **Most people** have a **pleasant response** to a session of **BRAIN FOOD**.
- Some **sensitives** may experience a **mild headache** or some sense of **fatigue** after a session.
- **Sensitive reactions** tend to **decrease/disappear** after a few sessions

## BRAIN FOOD

### TRANSCRANIAL LIGHT STIMULATION



- If a person is **sensitive**, it is probably best to perform a **BRAIN FOOD session separately** from a **BRAIN GYM** (Neuroplastic Training) or **BRAIN SKILLS** (Function Specific Brain Training) session.
- **Reducing** the amount of **stimulation** at one time will be **helpful**.

# THE NEURO LIGHT – FULL INTEGRATION – TOTAL BRAIN WELLNESS

