

**UNLOCK THE KEY TO LIFE
WITHOUT PAIN IN YOUR FASCIA**

HARNESS THE POWER OF LED LIGHT
THERAPY TO LIVE A VIBRANT, PAIN-FREE LIFE



UNCOVER THE ROOT CAUSE OF YOUR PAIN

Complaints about sore muscles and stiff joints are common, and many people just endure the pain. Simple movements such as getting up from a seated position, walking, or bending can result in agonizing pain. But what if the source of that pain isn't a result of overextension or inactivity? Could the pain originate from your fascia?

PAIN STARTS IN THE FASCIA

What is fascia? Fascia is a collection of dense connective tissue that surrounds, protects, and holds every organ, muscle, bone, and nerve in the body in place. It is also significantly linked to the body's immune system function and parasympathetic tone.

Pain occurs when physical or emotional injury constricts the fascia, leaving it tight and inflexible. The Visum Light can help relieve fascial constriction and optimize energy flow, reducing chronic pain and releasing stored emotional trauma that causes physical symptoms in the body.



WHY DOCTORS CHOOSE THE VISUM LIGHT

Recent scientific information indicates that LED Light Therapy — also known as photobiomodulation (PBM) or low-level laser therapy (LLLT) — can help address inflammation and other underlying causes of pain to significantly lessen the duration and intensity.

[LEARN MORE](#)

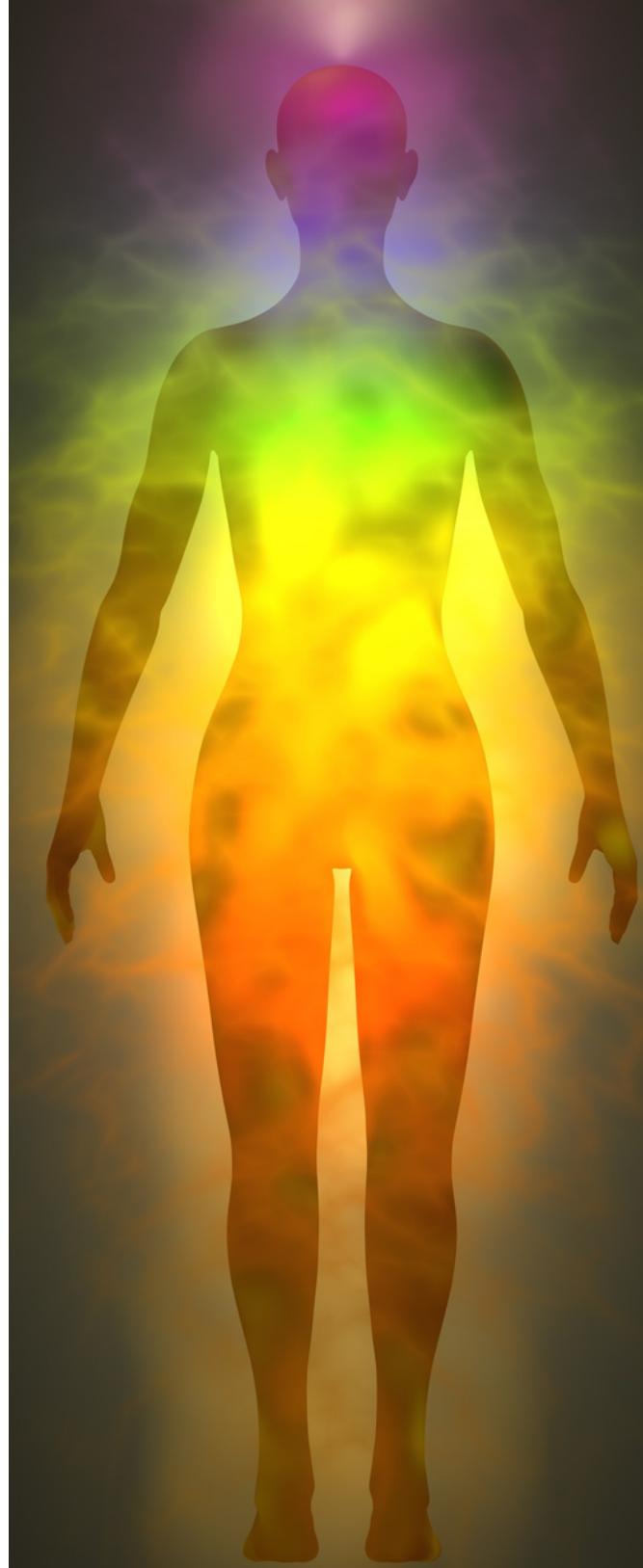
BIOPHOTON-FASCIA CONNECTION

All living organisms emit light energy. Plants, animals, and humans produce measurable light frequency or electromagnetic vibrations (EMV) at the cellular level that are typically invisible to the naked eye. These biophotons are carried through the fascia and help direct biochemical reactions in the body and are linked to your individual energy frequency and aura.

THE VISUM LIGHT SUPPORTS VIBRATIONAL HEALING AND ENHANCES THE EFFECTS OF OUR BIOPHOTONS.

Vibrational healing focuses on exposing imbalanced cells to their specific healthy frequency. When tissue vibrates at the correct frequency, it is in resonance with health and wellness.

Reattuning your body's natural frequency with the Visum Light can help reset your natural rhythm and allow you to experience deep healing on a physical and energetic level.





IMPROVE YOUR RANGE OF MOTION

Photobiomodulation (PBM) Therapy — also known as Low-Level Laser Therapy (LLLT) or LED Light Therapy — helps increase blood flow to fascia and other connective tissue. Providing these areas with proper circulation helps reduce inflammation and ensure optimal structural alignment, improving your overall flexibility and range of motion.

RELEASE INFLAMMATION AND FASCIAL CONSTRICTION

Eliminate the root causes of chronic pain and shift your body into a parasympathetic state with the Visum Light. Follow the chart on page 8 of this eGuide.

[MORE INFORMATION](#)



SCIENCE-BACKED NON-INVASIVE LED LIGHT THERAPY

The Visum Light's groundbreaking technology provides what most other light devices cannot — a comprehensive multi-colored light and sound therapy device designed for home users and medical professionals.

THE POWER OF LIGHT AND SOUND

Four established light colors (red, near-infrared, blue, and green) make up most light therapy research thus far. In addition to having all of these wavelengths in one convenient device, the Visum Light's proactive approach takes things even further by providing Polychromatic Light — the use of more than one light therapy color simultaneously.

Referred to as "additive colors," your body receives the benefits of not just each individual color but also the new color visualized when the two base colors are combined. Just like the color wheel we all learned in school, red and blue light make magenta light, red and green light make yellow, and blue and green light make cyan (also known as turquoise). When we combine red, blue, and green light, our eyes average them and see white light. These combinations can include near-infrared (NIR) light for deeper penetration beneath the skin and additional healing benefits.

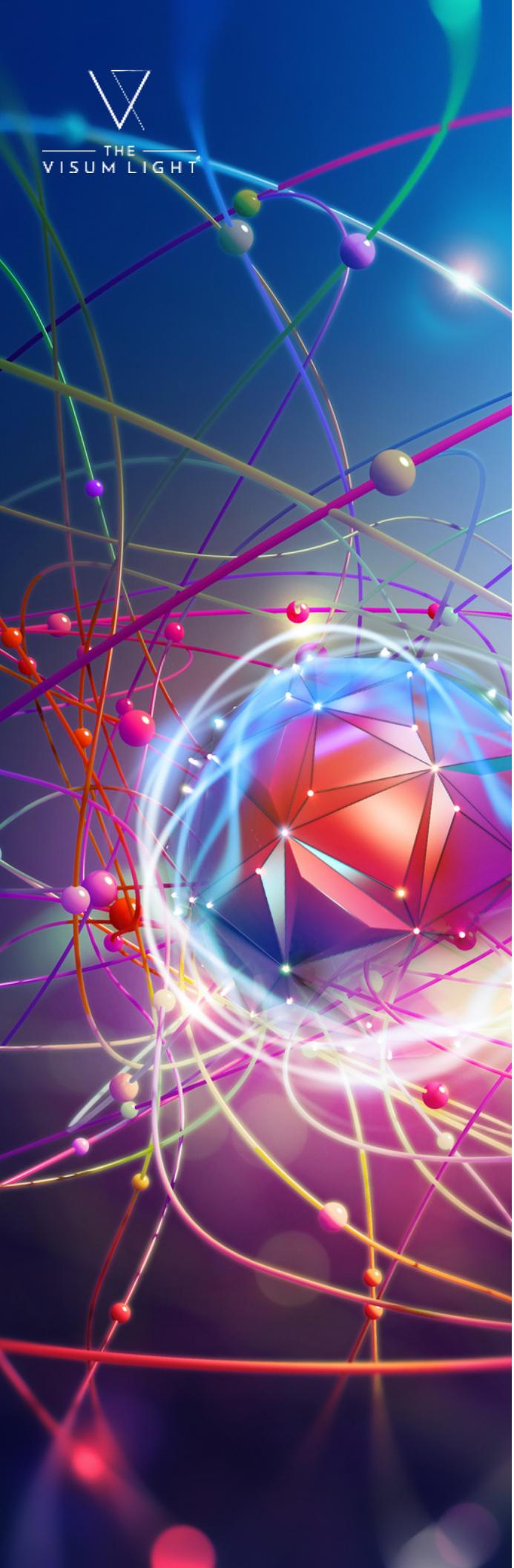
[LEARN MORE](#)

How is the Visum Light different than other light therapy devices?

Many light therapy devices that offer pulsed light employ Nogier Frequencies — a system discovered and developed by neurosurgeon and scientist Dr. Paul Nogier in the 1970s. Through experimentation, Nogier identified the resonant frequencies of healthy tissue. These frequencies are based on sound — another form of vibration — and are harmonics of the musical note D.

Though nearly imperceptible to the ear, Nogier Frequencies can profoundly affect our bodies at the cellular level.

The Visum Light incorporates LED light therapy and Nogier frequencies into one powerful handheld device to maximize the beneficial whole-body effects of vibrational healing. This truly revolutionary, non-invasive device can help transform your physical, emotional, and spiritual well-being and shift your body into an elevated health state with the power of light.



ELIMINATE FASCIAL CONSTRICTION & REDUCE INFLAMMATION

The Visum Light offers multiple color combinations and operating modes to select from to reduce pain and inflammation. You can customize therapies from one application to the next by simply pressing a few buttons.

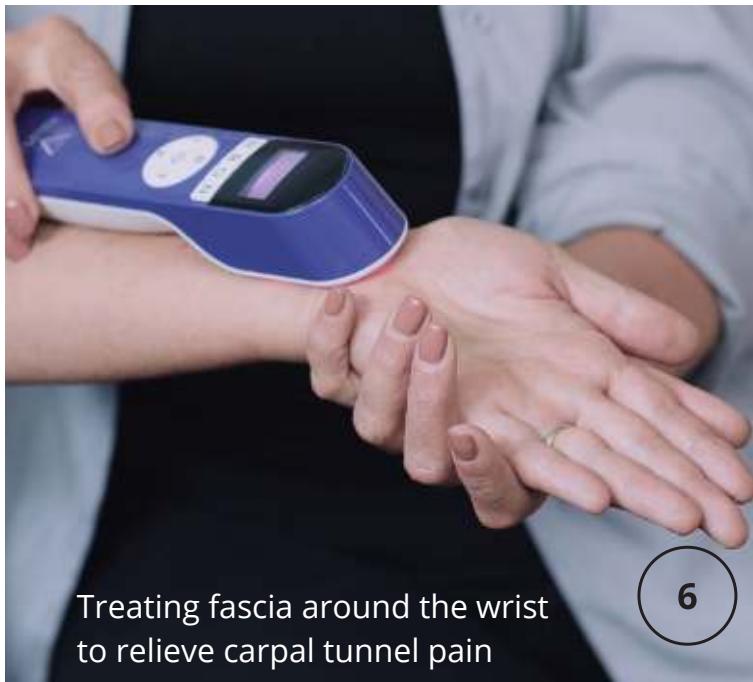
COLOR & FREQUENCY SELECTION

Red and Near Infrared Light (NIR) are vital for activating fascia release and flow and reducing pain and inflammation in constricted areas.

USING THE VISUM LIGHT TO REDUCE PAIN AND INFLAMMATION

- Step 1 – Release the Lymphatic by following the Chart on page 9
- Step 2 – Address the Chronic Pain by following the Chart on page 10

Apply the Visum Light to an active area of pain. Begin with 10 minutes and use daily until symptoms decrease in intensity and resolve.



Treating fascia around the wrist
to relieve carpal tunnel pain



IMPROVE THERAPEUTIC RESULTS OF OTHER MODALITIES WITH THE VISUM LIGHT

TOGETHER IS BETTER

Since its discovery almost 50 years ago, Photobiomodulation (PBM) Therapy — also known as Low-Level Laser Therapy (LLLT) or LED Light Therapy — has undergone immense study. One of the many benefits observed in study after study is reducing and potentially completely resolving pain.

Another groundbreaking benefit is how PBM improves the therapeutic effects of other healing modalities, including myofascial release, massage, and physical therapies.

Applying the Visum Light to areas of concern before and after treatment sessions improves and extends gains and reduces recovery time.

TIPS FOR USING THE VISUM LIGHT BEFORE/AFTER TREATMENT SESSIONS

Prepare your body for enhanced therapy results and reduce downtime between sessions by incorporating the Visum Light into your daily health and wellness routine.

MAXIMIZE THERAPEUTIC HEALING BENEFITS WITH THESE 3 STEPS

- Place the body into Parasympathetic State (Chart on page 8)
- Release the Lymph system (Chart on page 9)
- Address one area of concern (Chart on page 10)

PARASYMPATHETIC SUPPORT AND WELLNESS CHART

There are 3 primary pathways to trigger Parasympathetic Mode



Oculomotor Nerve
(Third Eye)



Vagus Nerve
(Base of the brain)



Pelvic Splanchnic Nerve
Tailbone



- **Oculomotor Nerve (Third Eye)**

The oculomotor nerve is the third cranial nerve (CN III). It enters the orbit via the superior orbital fissure and innervates extrinsic eye muscles that enable most eye movements and raise the eyelid.

Instructions

Green: Forehead – Use the green light on the continuous setting & place it on the Oculomotor Nerve/Forehead (Third Eye) for 2 minutes.



- **Vagus Nerve (Base of the brain)**

The vagus nerve is also called the X cranial or 10th cranial nerve. It is the longest and most complex of the cranial nerves. The vagus nerve runs from the brain through the face and thorax to the abdomen and is linked to parasympathetic activation.

Instructions

Turquoise: Vagus Nerve – Use the turquoise light on the continuous setting & place it on the Vagus Nerve (Base of the brain) for 2 minutes.



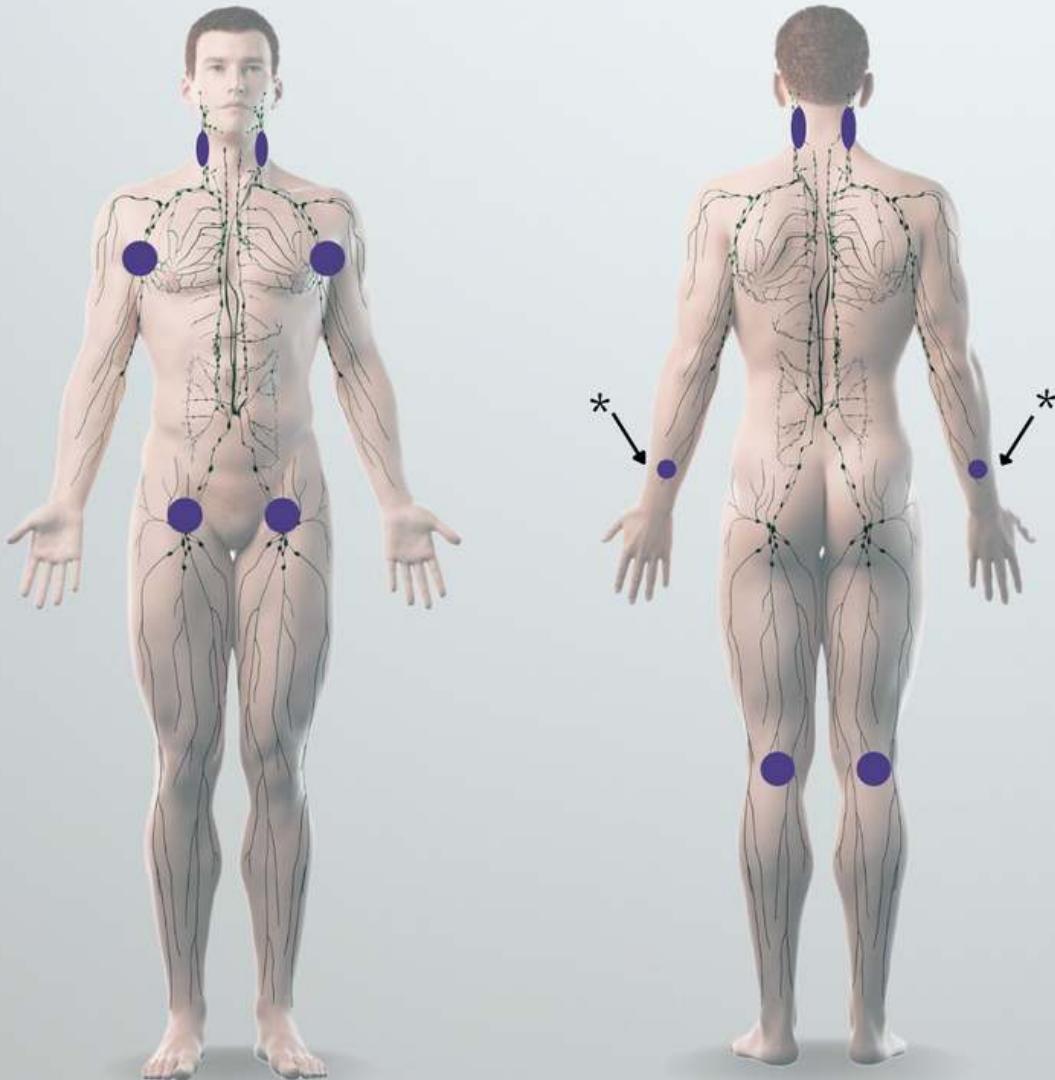
- **Pelvic Planchnic Nerve (Tailbone)**

The pelvic splanchnic nerve, also known as the nervi Erigentes, are preganglionic (presynaptic) parasympathetic nerve fibers that arise from S2, S3, and S4 in the sacral plexus. These nerves form the parasympathetic portion of the autonomic nervous system in the pelvis.

Instructions

Yellow: Gut/Pelvic Planchnic Nerve- Use the yellow light on the continuous setting & place it on the Pelvic Planchnic Nerve (Tailbone) for 2 minutes.

TARGETED LYMPHATIC RELEASE CHART



Steps to Open the Lymph

1. Select the colors – we suggest red/NIR
2. Select the Frequency setting – we suggest D: 2336 Hz
3. Start with the Time of 2 minutes (adjust more or less based on individual results)
4. Apply the Visum Light to each of the highlighted areas, resetting the timer for each location
5. Finish with TH5 for 15-20 seconds on each arm
6. Repeat daily for 7-10 days and then every other day for continued Health and Wellness

To save steps: Set the time for 10 minutes and then move the Visum Light every 2 minutes.

To save time: Use two Visum Lights in tandem.

*Apply the Visum Light to acupoint TH5 for 15-20 seconds on each arm. TH5 is the Master Point for lymph and assists in moving energy between the upper and lower body.



CHRONIC PAIN RELIEF CHART

Steps to Relieve Chronic Pain

Color Selection

- Red/NIR for pain areas and forehead
 - Green/Blue for Vagus Nerve
 - Green for the Heart

Select the Pre-Programmed Pattern P3: Pain

Start with the Time set to 10 minutes
(adjust more or less based on needs).

Apply the Visum Light

1. Forehead – Red/NIR, 5 minutes
 2. Vagus Nerve – Maintain Red/NIR or switch to Blue and Green, 2 minutes each side
 3. On the Heart – Green, 30-60 seconds

Treating Specific Pain Areas

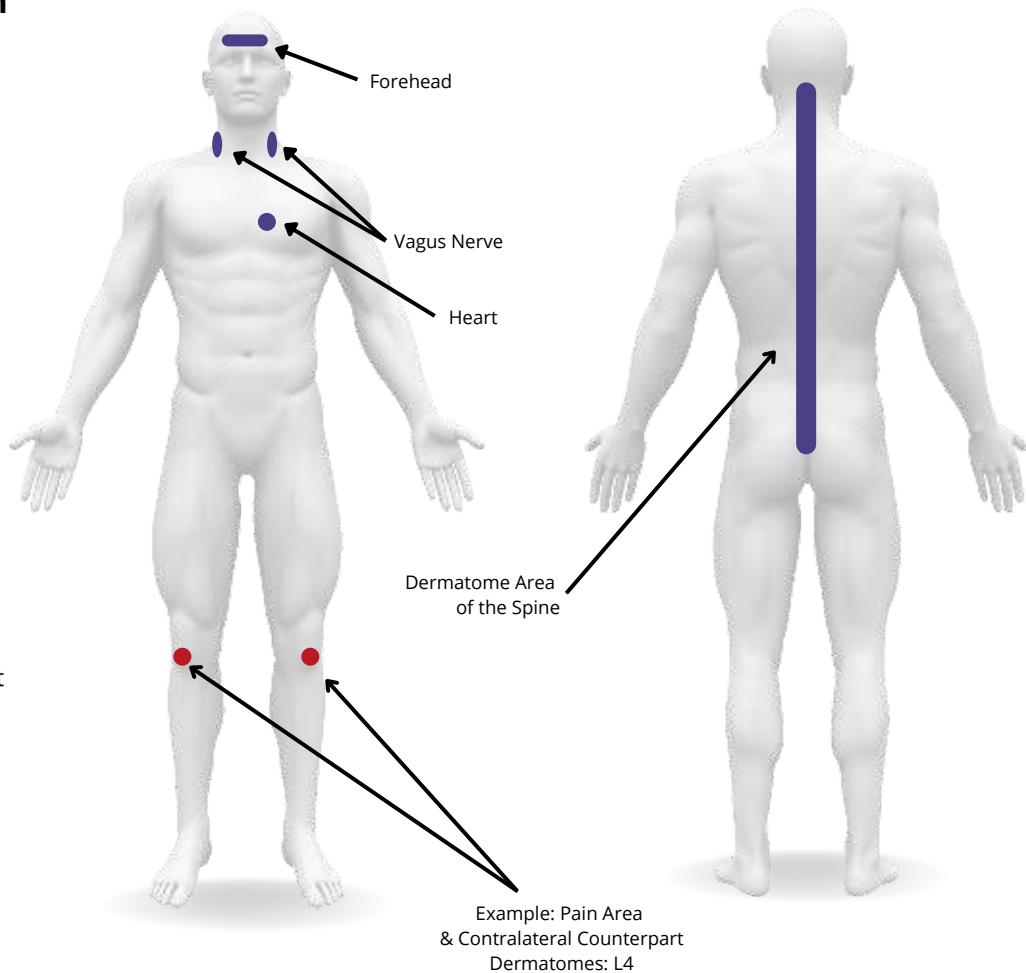
Select Red/NIR and apply the Visum Light in P3 for 10 minutes using the "Painting Method."

- Painting Method: Apply the Visum Light to the area of pain and, if applicable, its contralateral counterpart.

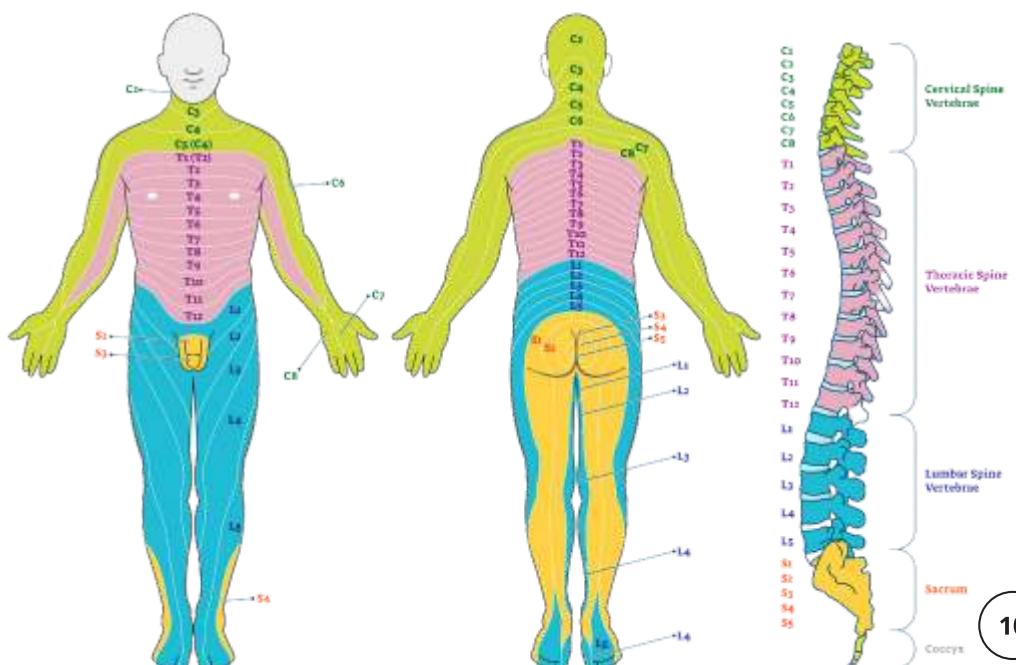
For example, if you have pain in the left knee, apply the Visum Light to the left knee and right knee, even if it is pain-free.

- Apply Red/NIR to the corresponding spinal nerve from Dermatome Map for 60 seconds (see chart to the right).
 - Repeat as needed to reduce the level of pain.

To save time: Use two Visum Lights in tandem.



DERMATOMES



DERMATOMES

The sensory distribution of each nerve root is called a dermatome. Dermatomes are areas on the skin supplied by a single nerve .

For Best Results

Match the area of pain on the body to the corresponding spine location and apply the Visum Light.