



Pinecone Physio

Red Light Therapy

6 Step Program



1

Body Sculpt: 20 minutes each session. Private red light therapy body sculpting with the Contour Light wraps placed directly on your skin. The Contour Light is FDA-approved and clinically proven to target areas of fat that can be resistant to diet and exercise. Additional benefits include increased blood circulation for skin rejuvenation and pain relief from arthritis, muscle pain, and muscle spasms.

2

Vertical Vibration Plate: 10 minutes each session. Optimize Red Light Therapy with activity on a vertical vibration plate to increase calorie burn by as much as 50 percent. Vertical vibration enhances the power of gravity and can stimulate bones, muscles, nerves, and flush lymph and fat from your body.

3

Exercise: 20 minutes each session. Perform any workout you prefer. You may utilize the open gym, including blood flow restriction therapy if you have been previously trained by Pinecone Physio staff. You will also be able to use apps and videos for inspiration from virtual trainers. Research shows exercise combined with Red Light Therapy greatly improves results.

4

Increase Hydration: Minimum of 3 month commitment. The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for most men.
- About 11.5 cups (2.7 liters) of fluids a day for most women.

5

Healthy Nutrition: Minimum of 3 month commitment. Pinecone Physio recommends you choose from 5 specific diet plans (unless you have been diagnosed with specific dietary needs): [Healthy Foundations Diet](#), [Anti-Inflammatory Diet](#), [DASH Diet](#), [Mediterranean Diet](#), or [Ketogenic Diet](#).

6

Avoid All Alcohol: Minimum of 3 month commitment. When the liver is busy processing alcohol, it is not able to process the fat liberated by the Contour Light. If you do not avoid or minimize alcohol consumption, it will require additional time and treatment sessions, with desired results likely being unattainable.



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