

Light-Induced Guided Healing Therapy

LIGHT

Your Inner Resource for Natural Healing

UC San Diego
CENTERS FOR INTEGRATIVE HEALTH

Turn it on!

Light-Induced Guided Healing Therapy (LIGHT-UCSD) is a research-backed self-care protocol that implements a hybrid of guided imagery & hypnosis to promote self-healing and knowing, and a personalized empowerment tool for daily use.

LIGHT-UCSD lab research paper for the 12 participant study indicated as follows:

76% decrease in depressed mood

28% decrease in fatigue

29.7% increase in physical quality of life

12% increase in mental quality of life

LIGHT therapy had been incubated in the research lab of UCSD School of Medicine for more than 10 years.

As a certified LIGHT practitioner, education mentor and co-lead of its Chinese-speaking field, I have assisted clients with various backgrounds using LIGHT therapy and heartfully received positive feedbacks from them.

**The fee is \$500
for the 5 session program**

Karen Chang, CCHt

askheartcurrent@gmail.com 

<https://heartcurrenthealing.com>