

# THE HEALING POWER OF THERALIGHT

CUSTOM  
LOGO AREA

## THERAPEUTIC BENEFITS OF FULL-BODY LIGHT THERAPY

### Light... for a Healthier Life!

**T**ired of feeling tired?  
Frustrated by lack of sleep?  
Aggravated by those  
nagging aches and pains?

Say hello to a healthier, more balanced life ... say hello to full-body light therapy. The **TheraLight 360** full-body light therapy system has been clinically proven to relieve pain and reduce inflammation quickly, safely and effectively. It has also been shown to improve sleeping habits, increase energy, and improve mental acuity.

Backed by years of extensive engineering and clinical research, the TheraLight 360 has evolved to become the most advanced, versatile and effective full-body light therapy system on the market. The TheraLight 360 utilizes exclusive photobiomodulation (PBM) technologies to deliver maximum tissue saturation, regardless of skin color or body type.

TheraLight 360 light therapy is a safe, effective and pain-free treatment that only takes a few minutes per session. It does not require the use of drugs or surgery, and there are no side effects.

#### THE SCIENCE OF PBM

The primary mechanism of full-body light therapy is photobiomodulation (PBM) which uses carefully calibrated infrared light waves to stimulate cell regeneration and enhance and tissue repair. Extensive studies have demonstrated that PBM therapy can deliver profound therapeutic benefits such as:

- Expedited healing times
- Tissue strengthening
- Increased blood flow and lymphatic drainage
- Enhanced immune response
- Reduced anxiety and depression
- Improved sleep patterns



#### PATIENT FAQS



##### What will I feel?

PBM Therapy does not heat tissue; it does, however, increase circulation, so a warming sensation is often experienced.

##### How is PBM Therapy administered?

PBMT is delivered to the entire body by bathing the body with an array of LED lights inside the TheraLight 360. A session may take between 10-20 minutes.

##### Does it get hot inside the bed?

No. The LEDs are regulated by a cooling system which keeps you comfortable.

##### How often will I need to have PBM Therapy?

We recommend three sessions per week for two weeks, then two sessions per week until goals are met. After that, we recommend one session per week for maintenance and wellness.

##### Do I need eye protection?

We will provide approved TheraLight 360 protective eyewear that must be worn during your session. Prescription contacts or glasses can be kept on underneath the eyewear.

##### Are there any contraindications?

If you are pregnant, have cancer or have had an organ transplant, we advise against full-body PBM Therapy. Additional research is needed to detect any potential adverse effects on patients with these conditions.

*NOTE: These statements have not been evaluated by the Food and Drug Administration. This content is not intended to diagnose, treat, cure, or prevent any disease.*

# THE BENEFITS of full-body light therapy

**MORE ENERGY**

**REDUCED PAIN**

**BETTER SLEEP**

**IMPROVED MOOD**

**TheraLight 360** full-body light therapy has been clinically proven to not only reduce pain and inflammation, but to deliver therapeutic effects towards the symptoms associated with:

- Arthritis
- Tendinopathies
- Nerve pain
- Soft tissue healing
- Sleep disturbances
- Low energy levels
- Nerve regeneration
- Musculoskeletal pain
- Anxiety and depression
- Many other conditions

**TheraLight 360** full-body light therapy is a totally pain-free treatment that does NOT require the use of drugs or surgery ... and there are NO dangerous side effects or risks. TheraLight 360 full-body light therapy also delivers positive outcomes more quickly than other treatment modalities.



**Now available  
in this practice!**

**SCHEDULE  
YOUR  
TREATMENT  
TODAY**

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**CUSTOMIZATION AREA**

PROUDLY PARTNERING WITH  
**THERALIGHT**  
Full-Body Light Therapy Systems