

HEALING WITH LIGHT & COLOR



BRAVE HEART OATH

"I am **Love**, I am **Healed**, I am **Brave Heart**. **Today and every day** from the moment I rise until I gently close my eyes, I will **trust, honor, respect, protect, forgive** and totally **love myself first and foremost** before anyone else or anything else so help me God. Because I **am, I can, I am Healed, I am Brave Heart.**"



N.W.P. OATH

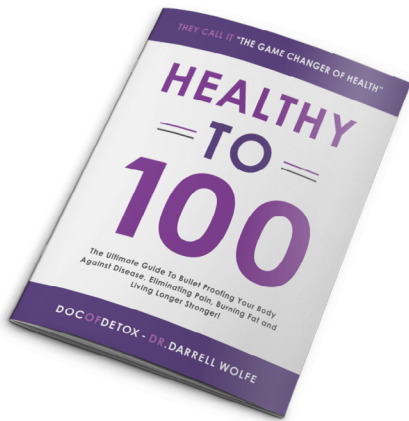
"Today and every day I **promise** to teach **the perfect day** to my patients on an **emotional and physical level** from the moment they rise until they gently close their eyes.

I **promise** to teach my patients to **totally trust, honor, respect, protect, forgive and love themselves** first and foremost before anyone else or anything else so help me God. Because I **am, I can, I will** unleash their **Brave Heart.**"



Disclaimer

This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. The contents of this document are based on the Dr. Darrell Wolfe's experience and research. Dr. Wolfe encourages everyone to do their own research to make their own decisions for their health and well-being. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care professional before using products based on this content.



Healthy To 100

- Young again at any age.
- Go beyond the same old health advice.
- Understand how the body heals.
- Lower healthcare costs.
- Live each and every day pain-free.
- Lose weight permanently.
- Supercharge your immune system.



Quick Start Guide

- The Perfect Day: Whole Plant-Based Lifestyle.
- Brave Heart: 12 Self Loving Steps.
- The Power of Structured Water.
- Intermittent fasting and proper food combining.
- Easy and effective exercises.
- External and internal therapies.
- Personal blueprint and tracking charts.



The Perfect Day Nutritional Guide

- How to make your home a health zone.
- Life-changing breathing techniques.
- Whole Plant-Based and proper food combining.
- The Perfect Day schedule to master your life.
- Nutritious and delicious recipes.
- Easy and effective exercises.
- External and internal therapies.



The Brave Heart Way

- The 12 Self Loving Steps.
- The gut/brain connection.
- The ultimate prescription for emotional health.
- Life-changing techniques.
- How to journal for success.
- How to set goals to change your life.
- How to master your emotions and heal yourself.



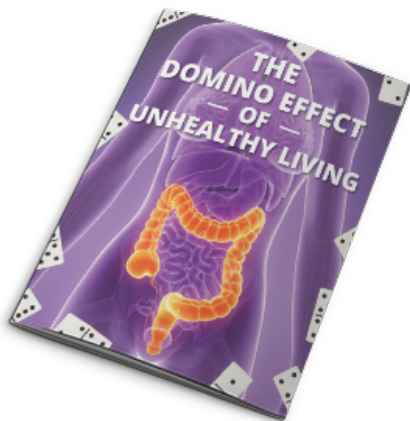
Fasting 4 Perfect Health

- How To Bio-Hack Your Body.
- Doc Of Detox Advanced Water Fasting.
- The Ultimate Coffee Enema.
- Life-Changing Fasting Stories And Studies.
- Top 16 Benefits To Enhanced Water Fasting.
- How To Intermittent Fast.
- How To Properly Do And Break An Extended Water Fast.



I Am Woman

- Breast Implants And Adhesions From Surgery.
- How To Turn On Your Feminine Power.
- Turning On Self-Healing.
- Fibroids, C-Sections, Endometriosis And Cancer.
- Displaced Calcium And Hormonal Issues.
- Weight Gain And Adhesions.
- Unleash The Healer From Within.



The Domino Effect Of Unhealthy Living

- The Highway To Health Or Disease.
- The Mother Of All Organs: 85% Of Your Immune System.
- Your Bloodstream: The River Of Life.
- Sick, Fat And Exhausted.
- The Puffball Syndrome: It's Not Weight, It's Water.
- The Domino Effect Of Autoimmune Disease.



Cancer A Scar Tissue Issue

- The Cause Of Pain, Inflammation, Displaced Calcium, And Cancer.
- From A Mental Block To A Physical Block.
- All Disease Is A Physical Block.
- Reverse And Renew All Tissues And Joints.
- A Sick Mind Creates A Sick Body.
- Treatments And Techniques To Reverse Aging.
- Internal Scar Tissue And Wolfe Nonsurgical.



The Cancer Answer

- The Root Cause Of Cancer.
- Cancer Is A Parasite, Cancer Is A Frequency.
- Issues In Your Tissues.
- Parasitical Invasion And How It Happens.
- Common Symptoms Of Candida Overgrowth.
- The Bug Is Nothing, The Terrain Is Everything.
- The Big C = Conflict, Corruption, Contamination.



Spoiled Rotten: The All-American Meat And Potato Man

- The Domino Effect Of Being The All-American Couple.
- Trouble Down Below: Rotten From The Inside Out.
- All Gassed Up And Ready To Blow.
- The Standard American Diet Is Sad.
- What Happens To Your Body When You Overeat.
- Empty Calories: Always Full But Running On Empty.



Medical Mafia

- How The Ama Destroyed Health Care.
- What Is The Flexner Report?
- Drug Intensive Medicine.
- Cut, Poison, Burn, Medicate.
- Buyer Beware Or Buyer Be Dead.
- The Witch Burning.
- Money Before Humanity.



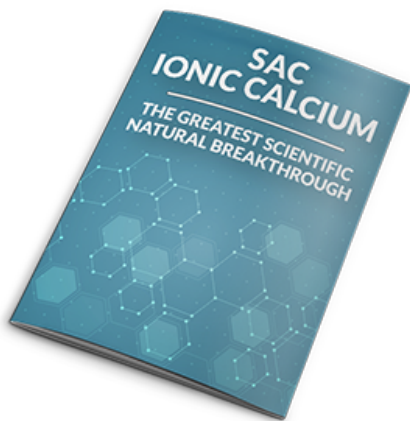
5G & Blue Light Toxicity

- 5G: The Weapon Of Mass Destruction
- The Amazing Health Benefits Of Sungazing.
- Light: The Good, The Bad, The Unhealthy.
- The Harmful Effects Of Blue Light.
- 5 Scientific Facts Proving That Emfs Are Not Safe.
- How To Protect Yourself From 5G And Blue Light.
- Artificial Intelligence And Digital Dementia.



Energy Medicine Guide

- Healing With Light And Color.
- Turn On And Tune Into Your True Nature.
- The Blood Never Lies.
- The #1 Key To Healing: Microcirculation.
- Healing Begins With The Farmer.



Sac Ionic Calcium

- Sac And Cancer.
- The Solution For Displaced Calcium In The Body.
- The Solution For Age-Related Chronic Degenerative Diseases.
- The Answer For Osteoporosis And Autoimmune Disease.
- Renew Your Dental Bone Health.
- Stimulate And Restore Mitochondria And Stem Cells.
- Sac Ionic Calcium Creates Homeostasis In The Body.



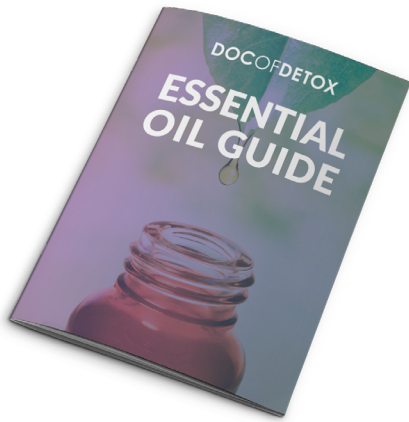
Daily Cleansing Tea

- Gentle Detoxification For True Healing.
- How To Tell If You Have Good Bowel Movements.
- Daily Cleansing Tea Uses And Benefits.
- Ingredients, Directions, & Contraindications.
- Structured Water, Hydration And Absorption.
- Repair And Boost Your Immune System.



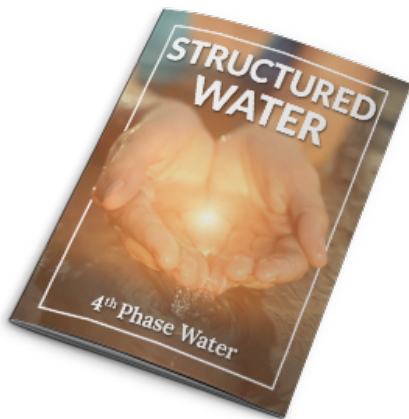
The Miracle Of Humic & Fulvic Acid

- Scientific Research On Humic, Fulvic And Life Crystals.
- What Sets Our Humic & Fulvic Apart?
- Dr. George Merkl: The Einstein Of Food Medicine.
- The Miracle Of Life Crystals.
- Black Gold Medicine And It's Healing Benefits.
- Health Conditions And Treatment.



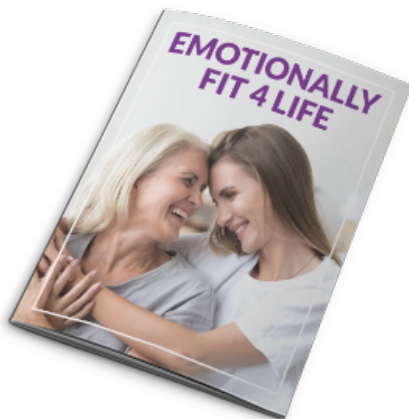
Essential Oil Guide

- Healing Benefits Of Our Essential Oils.
- Origins Of Our Organic, Raw Materials.
- Internal And External Therapeutic Uses.
- Essential Oils And First Aid Use.
- Diffusing Essential Oils.
- Why Our 100% Pure Single Oils And Oil Blends.



Structured Water

- Nature's Most Powerful Water.
- Contains The Most Light And Frequencies.
- The Lowest Surface Tension Of All Water.
- Delivers More Nutrients And Detoxifies Deeper.
- Dehydration And Daily Water Consumption.
- How Man Duplicated Structured Water.
- Benefits Of Structured Water.



Emotionally Fit 4 Life

- Tap Into Your Unlimited Potential.
- Find Your True Self.
- Live The Life You've Always Dreamed Of.
- Mastering The Art Of Self-Love.
- Free The Mind, Free Your Spirit!
- Living In The Present Moment.



Cancer Is An E-Motion

- Stop Giving Your Power Away.
- Stop Looking For Approval.
- Stop Taking Things Personally.
- Feed The Spirit Or Starve The Body.
- End The Family Curse Now.
- Become Centered In Self-Love.
- Mastering The Heart-Brain Connection.



A-Z Wellness Guide

- Most In Depth Bodywork Masterclass.
- Medical Care VS. Self Care.
- Self Care Health Care.
- The Body, From A-Z.
- Conditions From Head To Toe.
- The Power Of Natural Medicine.



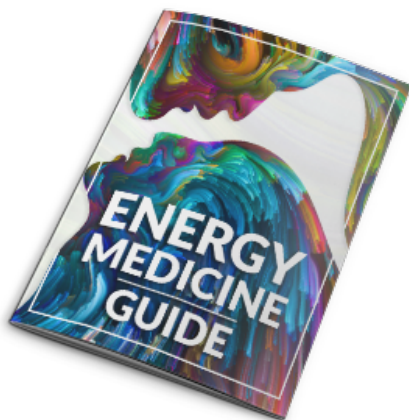
12 Loving Steps

- The Gratitude Attitude.
- Love Band, Life Band.
- The Couples Connection.
- Family Connection.
- Mind Mapping.
- Visualize, Affirm, Create, Allow.
- Connect to your Lion Heart Breathing.



Personalized Treatment & Training

- Stay, Train, & Heal With Us.
- Our Most Powerful Training Package.
- Healing Oasis & Retreat.
- Travel Information.
- Personalized Treatment 2 Go.
- Energy Medicine Healing.
- Couples, Families, Friends, Groups, 1 On 1, & Caretakers.



Energy Medicine Guide

- Light Is The Source Of All Life.
- Human Performance Technology.
- The #1 Key To All Healing.
- The Ultimate Energy Healing Guide.
- Healing With Light & Color.

LIGHT & COLOR FOR HEALTH FROM A TO Z

Life is more of a **process** than a *thing*. The biophotonic full spectrum light and color device has energetic, organizational characteristics which stimulate the healing, regenerative and reparative processes of the entire body simultaneously. By stimulating certain areas of the body, specific qualities of biophotonic light can help reduce pain as well as aid in various healing processes throughout the body. Light can affect the electromagnetic oscillation of the cells, bio-stimulation, neoangiogenesis and improve micro-circulation.

Life is a self-sustaining, constantly changing and dynamically responding network that is organized to effectively utilize its capabilities in realizing its potential and its purpose. That purpose is to self-replicate and to sustain itself in an unstable and ever-changing environment. Modern life is testing this sophisticated highly intelligent and elegant organism to the max to almost its breaking point.

Health is our most valuable asset in life. As my mother said shortly before she passed, *"The body puts up with a lot of abuse before it finally gives up."* If we have gained anything then surely it is that the mobile home we call the human body is an amazing vehicle for traveling through this space and time. Secondly is how significant, intertwined and dependent we are on our relationship with nature and our environment. As natural beings we are presently more disconnected and denatured, removed from what is best for our health and well-being than any other time in history.

We are at a pivotal point in our existence as a species, we now have the opportunity to finally move forward in a direction of real positive change. The profound ramifications of living a life separated from nature has forced us to now have a hard look at the way we must move forward if we are to survive, salvage and thrive in the future.

When your health is compromised the first step back to health is the detox process.

1. *Cleansing is the first step*

2. *Repairing is the second step*

Energy in the human body is limited, dealing with toxins on a daily basis is a huge draw on our body's reserve. Today we are filling our bodies with toxins faster than we can remove them. With an increase in light energy the body now has a window of opportunity to lighten the load and potentially have enough energy to actually make it to the second step of detox, **repair**. Light is the primary source of energy for almost all living things; light is responsible for all 100,000 chemical reactions within the body. With biophotonic light, whole plant based nutrition, gentle daily cleansing and structured water we can become the masters of our health, heal our bodies and live the life we deserve!

Suggestions:

- 1.** When treating babies, increase the distance or shorten the exposure time.
- 2.** It is safe to use during healthy pregnancy but it is recommended to be applied after 3rd month of the pregnancy.
- 3.** Do not use when consuming antibiotics because antibiotics can cause sensitivity to any type of light. *(let 8 days pass from the last use of antibiotic.)*
- 4.** Full spectrum can always be applied safely with general instructions given. Color sessions are always shorter and depend on where and what the problem is.
- 5.** Always drink a glass of the best water you can before and after exposure to any positive frequency session. Structured water is best. Water increases electro-conductivity, improving the benefits of your session. This positive energy increases the cells ability to detoxify and the additional water helps you to flush out waste instead of reabsorbing it.
- 6.** Enhance your food and beverages by shining the light on them for at least 2 minutes.

Questions:

1. Does the time of day or season for light sessions make a difference?

You may not want to use the full spectrum light before bed, using the blue light before bed will help to calm the body down. It is encouraged to use the light daily, year-round. Just like the rest of nature with more sunlight comes more growth. During spring and summer all living entities dependent on light and respond with greater to maximum growth. With autumn and winter seasons, if you are not living at the equator, plant and animal cell activity becomes more dormant to reserve energy.

2. Why doesn't increased exposure result in increased improvement?

Cells are like photo cells with batteries. With a 100% full charge, more exposure will not give you 110%. Nature has its own time schedule and its own time cycle. When a cell has at a full charge it will always function over a set time frame and not faster. We have the ability to enhance the cells natural abilities but we can not change the time required in the established biological cycles.

3. What determines results?

Results depend on the type of the problem, whether it is acute or chronic, the age of the person, their general health condition and their daily routine and environment. However, in a great many cases, noticeable improvement occurs almost immediately, especially with acute pain and inflammation.

As a General Indication

Allergies: 2 - 3 days

Pain: 2 minutes to 1 - 3 days

Virus Therapy: 3 - 4 days

Acne: 2 weeks - 1 month

Arthritis: pain relief in days/mobility within 1 - 3 weeks

Wrinkles: up to 2 months

Leg Ulcers: 1 - 4 months (three stages of healing).

Application Suggestions for Conditions

At the beginning and at the end of all Bioptron Light Sessions,
use the Full Spectrum light on your face for 2 minutes.

1. Acne

Use full spectrum light for 10 - 15 minutes twice a day for 2 - 3 weeks. The blue light for 10 minutes will kill bacteria which cause acne and red light will calm the inflammation and redness. You can see improvement of the condition after 1 - 3 applications. For severe conditions use daily for a minimum of 2 weeks. The full spectrum light should be applied before any dressing or ointment.

2. Acne Scars

Use violet light for 5 - 8 minutes; green light for 5 - 8 minutes; full spectrum light for 10 minutes; then blue light for 5 minutes twice daily.

3. Age Spot

The light regulates melanin synthesis and skin pigmentation. Use green light for 15 minutes then full spectrum light for 15 minutes on the area affected twice a day.

4. Alcoholism

Use orange light for 1 minute per point: left and right ear, left and right knee cap, on the outside of the left and right calf of the leg at the midway point between the knee cap and foot, left and right elbow and left and right wrist on the inner side.

5. Allergies

Use orange for 5 minutes on thymus gland, then green 5 minutes to help control histamine release in allergies. You can also add full spectrum for 5 minutes around the nose to relax breathing.

6. Anemia

Travel the whole spine up and down with the red light for 5 minutes.

7. Anorexia

Use the orange light across stomach for 5 minutes. Do metabolism program as indicated in brochure.

8. Arthritis

On painful areas: full spectrum 4 -10 minutes. In acute phases of arthritis (where we want to minimize the use of any heat) use blue light for 10 minutes and full spectrum light for 5 - 10 minutes on affected area. **If the joints are swollen:** orange for 5 minutes in combination with full spectrum light for 10 minutes twice a day. Daily applications are needed. Minimum of a 4 week session (specially for the chronic conditions of arthritis).

9. Asthma

Use full spectrum light for 10 minutes, then green for 5 minutes and orange for 5 minutes on thymus gland twice a day.

10. Back Pain

Use indigo light for 10 minutes; orange light for 1 minute and full spectrum light for 10 minutes twice a day. You may use orange for 20 minutes on the lower back 3 times per day.

11. Bladder Cancer

Use full spectrum light on bladder 10 minutes in the front and 10 minutes at the back. Also 10 minutes on the outside of the foot near the ankle twice daily.

12. Bleeding

Use indigo for 20 minutes and orange for 2 minutes where bleeding occurs.

13. Blood Circulation (to stimulate)

Use red for 20 minutes and then blue for 5 minutes on the base chakra (at the end of the spine).

14. Blood Pressure (high)

Use blue on thymus gland and the bottom of the spine for 5 minutes, 2 times a day.

Lower blood pressure by causing expansion of blood vessels: Use violet for 10 minutes on crown chakra, followed by yellow for 1 minute. Use for 1 week. You can also use green for 5 minutes on heart chakra until improvement. You can also use violet on the crown chakra and green on the thymus.

15. Blood Pressure (low)

Use red on thymus gland for 5 minutes, 3 times a day.

16. Bones Broken / Torn Ligaments

On the area of injury use orange for 10 minutes and indigo for half a minute, for a week.

17. Bruising

Use indigo light on the bruise for 5 minutes as long as required.

18. Bunions

The light will not remove the bunions. It is necessary to break down the scar tissues first, use the full spectrum light for 10 minutes on the affected area twice daily to heal.

19. Burns

Use blue light for 10 minutes and red light for half a minute twice daily where burns occurred.

20. Carpal Tunnel Syndrome

Tingling, aching, numbness in one or both hands, loss of feeling in the fingers, poor grip (caused by weakness in finger muscles) or pain in the wrist/arm/shoulder. Use full spectrum light for 10 minutes twice daily on affected area.

21. Cataracts

Full spectrum light can be safely used for patients with cataracts, however they must follow the primer condition with medical practitioner. The light application should be used with eyes closed, 15 minutes daily minimum 3 weeks.

22. Cellulite

Use orange for 10 minutes on affected area.

23. Cholesterol

Color light is not known to treat cholesterol but it can support the immune system while people are dieting and exercising in order to lower their cholesterol levels. Use green in the middle of the chest for 10 minutes daily.

24. Cold (feeling)

Use red on base chakra for 20 minutes, then blue for 5 minutes. Or use red 5 minutes under soles of the foot, left first then right.

25. Colic

Use green on belly button.

26. Collagen

Boost your collagen production to eliminate fine lines and wrinkles. Use orange light for 5 minutes on the face daily.

27. Colon Cancer

Full spectrum light is proven as supportive method in the prevention of anti-tumor effects due to stimulation of immunological parameters & T cells. It also helps to decrease inflammation, which develops during this condition. Full spectrum light, can be used during the course of healing, in conjunction with radiotherapy and haemotherapy.

Use full spectrum light on abdomen for 10 minutes twice a day, use full spectrum light on middle of chest (sternum area) for 20 minutes a day or the affected area (cuts and lesions due to symptoms). **For comfort and relief (not cure) for cancer patients:** apply green on thymus for 5 - 10 minutes twice a day. It is important to drink a lot of water to flush out the toxin.

28. Concentration for studying

Use yellow light for 5 minutes in the middle of the eyebrows, plus indigo for 1 minute.

29. Concussion

Use violet 15 minutes and yellow 1 minute on crown chakra.

30. Constipation

Use on navel, yellow and green for 5 minutes for 2 to 3 weeks. Use violet for 2 minutes on the navel. You can also add red on the back of the ankle, left then right for 2 minutes. Energize your water with yellow for 10 minutes (use structured water if you can.) Drink a lot of good structured water, follow a whole plant based diet rich in fiber.

31. Cuticles

Use yellow for 5 minutes on left then right hand.

32. Dementia

Use violet light for 10 minutes and yellow light for 1 minute on the crown of the head and towards the back of the head twice a day.

33. Depression

Use on Sacral chakra – orange 5 minutes; and indigo 1 minute, once a day.

34. Diabetes

Use full spectrum light on pancreas for 10 minutes twice a day. If there is any swelling or wound, use blue light for 10 minutes and orange light for 1 minute on the affected area.

35. Diarrhea

Use indigo for 10 minutes indigo on abdomen for as long as required. To regulate digestive systems and prevent further symptoms of diarrhea: Use yellow on soft part between the index finger and the thumb on the left hand then on the right hand, green (4 cm out and down from the right of the navel), green (4 cm out and down from the left of the navel), green (4 cm out and up from the left of the navel); 1 minute per point.

36. Digestion and to counteract acidity

Apply on solar plexus, yellow for 20 minutes and violet 5 minutes.

37. Digestive Disorder

Use yellow for 20 minutes; then violet for 5 minutes on solar plexus near the pit of the stomach twice a day.

38. Disinfectant

Use blue for 10 minutes on infected area, then red for 2 minutes.

39. Dry Cough

Use blue and orange on throat and thymus for 4 minutes each, 3 times a day.

40. Earache

Use indigo on the left ear for 5 minutes then on the right ear, 3 times a day.

41. Eczema

Use indigo light for 5 minutes, then orange light for 1 minute on affected area twice a day. It is also helpful to use full spectrum light for 2 - 8 minutes above the knee cap and in the middle of the chest to boost immune system.

42. Emotional Soothing

Apply green to the heart chakra (middle of the chest) with 10 minutes.

43. Eye (cataract, retina degeneration, jagged light, floaters)

Use full spectrum light for 10 minutes and red light for 8 minutes on the eye twice a day. The eyes may be closed during eye sessions but no harm will occur if they are open. The light will easily pass through the eyelid. To be more effective, look at the light directly at a further distance, then close them after a few minutes and open again slowly.

44. Excitement

Use indigo 5 minutes in the middle of the forehead.

45. Fever

Use blue for 4 minutes on left hand's soft part between the index finger and the thumb, then the right hand's soft part between the index finger and the thumb, 3 times a day.

46. Flatulence

Use green on entire abdomen for 10 minutes, once a day.

47. Frozen Shoulder

Use full spectrum light on affected area for 10 minutes twice a day.

48. Glaucoma

As a supportive session, the application should be performed on closed eyes. Use red for 5 minutes plus blue for 5 minutes for regeneration and stimulation of healthy cells plus full spectrum for 10 minutes on a daily basis before and in post-operative period.

49. Gout

Use full spectrum light on affected area for 10 minutes twice a day.

50. Hair Loss

Use full spectrum light on head for 10 minutes twice a day. You can also use Doc of Detox Hair Restore Essential Oil to help with hair growth.

51. Hay Fever

Use blue on the upper nose, nostrils, upper lip, cheek bones and soft part between the index finger and the thumb on the left hand then on the right hand. Use orange on lungs 1 minute per area.

52. Headaches

Use violet light for 15 minutes and yellow light for 1 minute on crown of the head and back of the head.

53. Heart Disease (usage after stroke)

Use orange light for 3 - 5 minutes and the indigo light for 1 minute on sacral chakra on the lower abdomen, about 1 - 2 inches below the naval twice a day. It is also helpful to use green light for 5 minutes and red for half a minute on the heart to relieve tension in the blood vessels and to lower blood pressure.

54. Heart Palpitations

Use green on the thymus for 20 minutes.

55. High Blood Pressure

Use full spectrum light for 10 minutes in the area of the sternum and full spectrum light for 5 minutes on the left side and full spectrum light for 5 minutes on the right side of the neck. It is also helpful to use violet light for 10 minutes and yellow light for 1 minute on the crown of head to expand blood vessels to lower blood pressure.

56. High Cholesterol

Use full spectrum light for 10 minutes and green light for 8 minutes twice a day.

57. Hyperactivity

Use blue on the throat chakra for 10 minutes and red for 1 minute, once a day for 1 week.

58. Immunity

Full spectrum light could be used as a daily applications for better immunity and for improved overall health and well-being. Use 10 minutes in the area of the sternum or 5 minutes on left side of the neck plus 5 minutes on the right side of the neck on the area of the carotid artery for daily applications.

Daily treatments with the green light for general immunity improvement and cell activation/ stimulation - 20 minutes on daily bases. The full spectrum light should be applied additionally to immune system treatment also on localized area (kidneys) daily - for 20 minutes – in the area of kidneys, on both body sides: 10 minutes from the front and 10 minutes from the back side. You can use the above applications in the morning and in the evening. For additional stimulation you can use the orange light for 10 minutes on the kidney area.

59. Incontinence

Use full spectrum light for 10 minutes and yellow light for 8 minutes on face and kidney.

60. Inflammation

Use blue light for 10 minutes and red light for 1 minute on throat or affected area daily.

61. Insomnia (sleeplessness)

Use indigo light for 10 minutes, then orange light for 1 minute on the brow area before going to bed.

62. Jaundice

Use blue for 5 minutes on solar plexus.

63. Kidney - No Blood Flow

Use full spectrum light for 10 minutes and yellow light for 8 minutes on both kidneys.

64. Kidney Problems

Full spectrum light is used on dialysis' patients to minimize wounds, and hematomas, which occur due to session and for pain occurring on these affected areas. It will also improve local & systemic circulation. Should not be applied in cases of porphyria.

Full spectrum light can also be applied to the one side of the abdomen (covering the part of the kidneys), middle abdomen and the other side of the abdomen for 15 - 20 minutes. It can also be used in combination with red for 10 minutes.

65. Knee Cap Degeneration

Use full spectrum light on knee cap for 10 minutes twice a day.

66. Liver

To energize: right of stomach, use red for 3 - 5 minutes and then blue for 1 minute for 1 week. Yellow light over the liver will encourage the liver to release excess toxins.

67. Low Blood Pressure

Use orange for 3 - 5 minutes; then indigo on sacral chakra (located in the lower abdomen, about 1 or 2 inches below the naval) for 1 minute at least once a day.

68. Lung builder

Use on each lung, first the left and then the right; orange for 5 minutes and indigo for half a minute, for 1 week.

69. Lymphatic System Stimulation & Detoxifying The Blood Stream

On solar plexus, use yellow for 10 minutes and violet for 2 minutes for 3 weeks, with light diet. Yellow strongly stimulates the lymphatic drainage.

70. Meditation

Supported by violet on the crown chakra.

71. Menopause Imbalance Or Period Pains

Use on sacral chakra orange light for 10 minutes and indigo light for 1 minute on lower abdomen for 5 days.

72. Mental Disorders

Use on crown chakra towards the back of the head, 10 min of violet and 1 min of yellow, for a week; it will comfort and relax.

73. Mental Exhaustion

On solar plexus use yellow for 15 minutes and violet for 3 minutes, 2 - 3 days.

74. Metabolism & Increased Vitality

On throat chakra use blue for 10 minutes and red for 1 minute , once a week.

75. Milk Production Stimulation After Childbirth

Use orange on breasts, left then right for 3 minutes and indigo for 1/2 a minute once a day.

76. Morning Mood Improvement

Use orange light for few minutes focused on third eye.

77. MS: Multiple Sclerosis

Light is used in the rehabilitation program of MS patients at different stages of the disease and can be combined with any medication or physiotherapy that is required.

Use full spectrum light for 15 min in the area of the sternum or the part of the body that is weakened. At advanced stages, red or green light could be used in combination with the full spectrum light.

78. Muscle & Tissue Builder

On weak muscles, use green for 10 minutes and orange for 10 minutes, until you notice improvement.

79. Muscles Contracted

On contracted muscle, use red for 10 minutes and blue for 2 minutes twice a day. Full spectrum light is used always in the rehabilitation program of MS users at different stages of the disease and it could be combined with any medicament therapy or physiotherapy that is required. Use full spectrum light for 15 minutes in the area of the sternum or the part of the body that is weakened. Daily use for 15 minutes 2 weeks to 4 weeks is recommended. At progressed stages color therapy could be used as well; red or green light (on relevant chakras) in combination with full spectrum light.

80. Nerves

To stimulate and excite the nerves (beneficial in deficiencies of smell, touch, etc.) Apply to base chakra with red for 10 minutes and blue for 2 minutes for 1 week.

81. Nerves (strengthening and brain stimulation)

On solar plexus use yellow for 10 minutes and violet for 2 minutes.

82. Nervous

On throat chakra and back of the neck use blue for 20 minutes and red for 2 minutes.

83. Obesity

The two hallmarks of obesity are insulin/leptin resistance and chronic inflammation. It is important to restrict fructose consumption to 25 grams per day or less and to exercise regularly. To increase metabolism, use blue light for 10 minutes and red light for 1 minute on the throat daily. To counter insulin resistance, use full spectrum light on pancreas for 10 minutes twice daily.

84. Overall Health & Well-Being

Use indigo light for 10 minutes at the middle of the forehead for a calming effect, followed by orange light for 5 minutes.

85. Pacemaker

People with heart pacemakers may safely use the light by not holding the lamp during its use. Pacemaker wearers should utilize the stand during sessions to prevent the unit from coming into direct contact with their body.

86. Pain

To reduce pain use full spectrum light for 10 minutes on affected area twice daily.

87. Pain killer

Use indigo for 10 minutes on painful area followed by orange for 5 minutes.

88. Parkinson's Disease

Use blue light for 20 minutes, then red light for 2 minutes on throat and back of neck twice a day.

89. Psoriasis

Use blue light 10 minutes and full spectrum light for 10 minutes on the affected areas. Use for a minimum period of 2 - 4 weeks with daily always at the same time. Use red locally 3 to 4 times a day as needed.

90. Scar tissue

To soften it use red for 10 minutes.

91. Shock

Treat heart chakra with green for 10 minutes and red for ½ a minute.

92. Sinuses

Use indigo light for 10 minutes and orange light for 1 minute on brow twice daily. Also use indigo underneath left and right eye for 4 minutes per point.

93. Skin Blister

Use blue for 5 minutes locally 2 - 3 times per day.

94. Skin Energizing

Use red for 10 minutes daily, use where required.

95. Skin Inflammation, Irritation & Antiseptic

Over skin areas use blue for 5 minutes and yellow for 1 minute.

96. Skin Tightening, Toning & Firming

Use yellow for 10 minutes and indigo for 2 minutes.

97. Skin Ulcers

Use blue for 10 minutes and red for 1 minute.

98. Sleep Apnea

Green light on chest can expand and relax the lungs and in this way allow more air to circulate.

99. Sleeping Difficulties

Use violet to travel from center hairline to the back of the head and back, for 5 minutes and red under the left then under the right foot.

100. Smoother Skin & Regeneration

On solar plexus and skin, use yellow for 10 minutes and violet for 2 minutes once a week.

101. Sore Throat, Laryngitis, Tonsillitis, Mouth Ulcers & Blocked Ears

Use blue light for 10 minutes then red light for 1 minute on throat twice a day. For mouth ulcers apply light on the open mouth.

102. Speech & Vocal Problems

Use blue light on the throat chakra.

103. Spider Veins, Varicose Veins, Capillaries

As heat is not recommended for these conditions, use the light at a distance of at least 15 to 20 cm from the skin. Use full spectrum light for 10 minutes (distance 15 – 20 cm), followed by blue light (distance 10 cm) for 10 minutes on affected area daily. Use Indigo light as it helps to constrain loose veins.

104. Spleen (stimulating production of the white blood cells in the spleen)

Apply violet to the left side of stomach for 15 minutes and yellow for 1 minute for a week.

105. Stomach Ulcers

Use yellow light on stomach for 5 minutes.

106. Swelling (in the body, including some cysts)

Use green light for 10 minutes where required.

107. Tennis Elbow

Use violet on the inner and outer side of left elbow then use violet on inner and outer side of right elbow.

108. Thyroid

The light will not negatively affect the hyper or hypo activity of thyroid gland. The medications must be used. Full spectrum light can be safely applied at any area of the body and its is absolutely safe in the area of thyroid gland to give some comfort, use it for 10 minutes in the area of the thyroid gland.

109. Tinnitus

Use full spectrum light on the ear for 10 minutes twice a day.

110. Tooth Ache

Use indigo directly on tooth for 10 minutes, 3 - 4 times a day.

111. Torn Ligaments or Broken Bones

Use orange for 3 - 5 minutes and indigo light for 1 minute on the area of injury twice a day.

112. Toxin Cleansing

Use red light 1 minute per point under left and right foot, yellow where neck joins the left clavicle then right clavicle, middle of the neck, three times a week.

113. Tumor - Eye

Full spectrum light is not primer choice for eye tumor. It could be used as additional choice but it is necessary to follow the oculist advice and related procedures. Yes, it is OK to use full spectrum light for 15 minutes plus red light 5 minutes. The person must have closed eyes during the light exposure.

114. Tumors, Lumps & Growths

The light can be used as additional therapy for improvement of systemic circulation as well as simulative method to support the organism to fight the primer condition of brain tumor. Considering the full spectrum light has anti-tumor effects it could be used to stimulate the elimination of tumors, lumps and growths.

115. Vitamin D

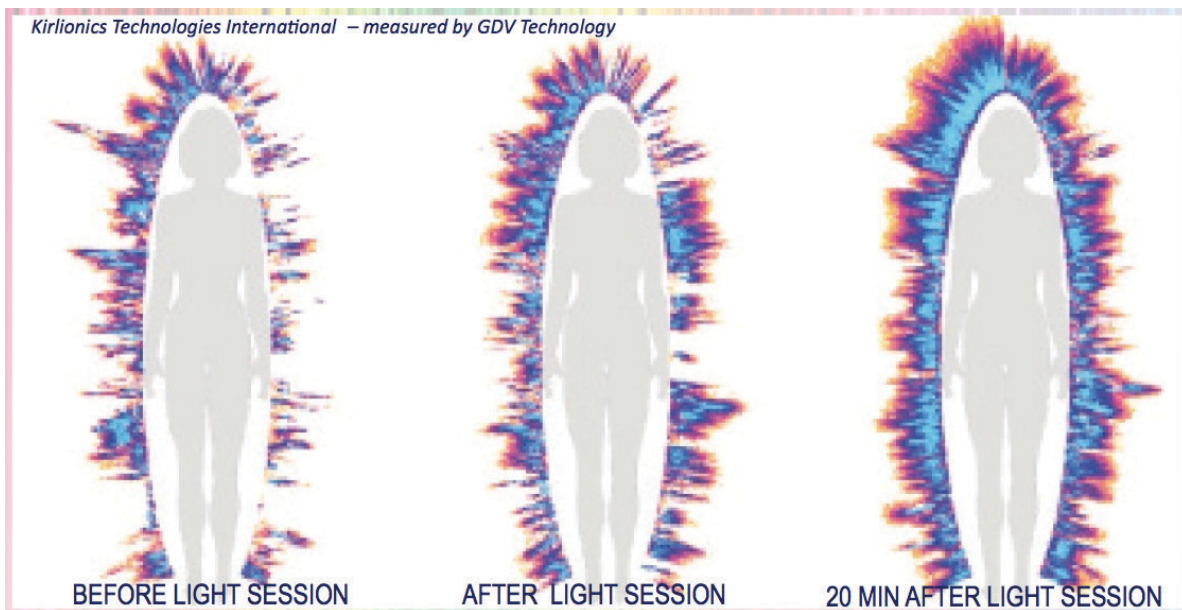
Full spectrum light will not increase the D3 levels - the production of vitamin is commonly linked to UV radiation. Yet, according to some researches, wavelengths up to 530 nm can be beneficial regarding vitamin D.

116. Vitiligo

Currently we have no evidence as per improvement of vitiligo conditions, however the light is safe to use and it can be used for general immunity and indirectly can support the improvement of the condition. It has no side effects. Apply daily the use as per minimum 4 weeks, 20 minutes in the affected areas or in the area of sternum (as general application point).

117. Wrinkles & Fine Lines

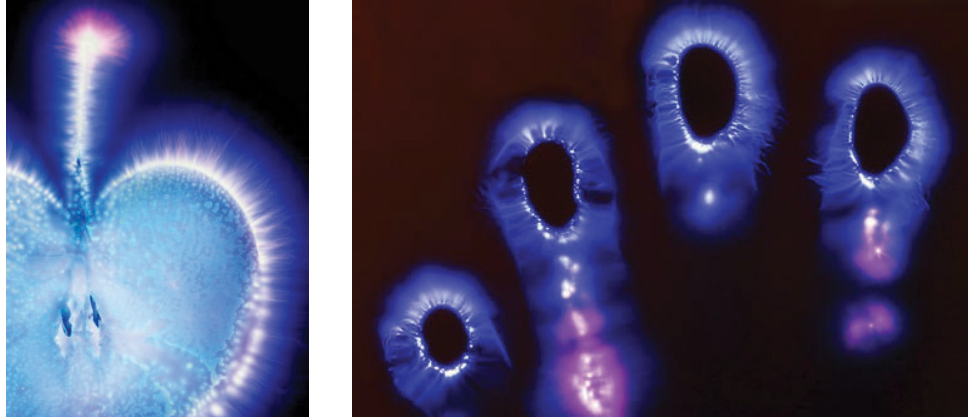
Apply **RENU28** and use blue light for 4 minutes and orange light for 8 minutes; (For very sensitive skin and skin prone to spider veins - use green light instead of orange light for 8 minutes) then apply **Beyond Beauty Cream** and use full spectrum light for 4 minutes on the face daily.



*Only after 2 minutes into a 8 minute session enhances micro-circulation by 47% and continues to benefit the entire organism for 14 to 24 hours. It is interesting how parts of Europe refer to this technology not as alternative or preventative but rather as **advanced medicine.***

Why Light Matters

On the most fundamental level through photosynthesis, light is necessary to the existence of life itself. We are not just energy beings seeking sources of electrical magnetic energy; more precisely, we are light beings seeking light from some known and some not so well known sources. Most are aware that food can be a source of light but most are unaware that water can also be a source of light. We seek light energy from the sun, our food and water.



Just as plants need sunlight to live, humans need light to maintain and thrive. The human body is comprised of over 100 trillion cells, which go through approximately 100,000 chemical reactions per second. Cells have their own power management and information processing structures that communicates with its neighbors and the environment. Each cell emits more than 100,000 light impulses or photons per second, these light impulses are called, “biophotons” and have been found to be the steering mechanism behind all of the chemical reactions.

Conventional Medicine is grounded in the study of “cadavers” or dead tissue. Only living things emit light and as we all know, human beings are essentially light beings. Traditional medicine tries to correct a chemical imbalance in the body by adding more chemicals. This may or may not have the desired effect on one symptom, but it will inevitably add stress elsewhere in the body. By contrast, when biophotons are made available to the body using a device, the body will use only what it needs to neutralize chaotic signals and thus restore health.

Light is the oldest, most important and significant relationship that we all have, yet we know so very little about it. Biophotonic Light Therapy Pioneer, Dr. Fritz Albert Popp stated, “*We know today that man, essentially, is a being of light.*” Biophotons, Dr. Popp discovered, are information packages with very distinct signals and a high degree of coherence that run all of our bodily functions and regulate metabolism. “*We are Human Photocells. Light is the ultimate biological nutrient.*” - Dr. Gabriel Cousens M.D., Psychiatrist

The Egyptians, Greeks, Mayans, and Incas understood the significance of light. Churches, temples and other historical structures such as the pyramids, were designed specifically with the earth's natural grid lines and the sun (light) in mind. This knowledge of light was important then and it is even more significant today as we are now experiencing the world in the most toxic of times.

"We are all light deficient and this deficiency may be the source of our physical and emotional problems." - Dr. John Ott, Light Therapy Pioneer

New Hope

The fundamental unit of life is the cell and the primary source of energy, information and communication is light. The science of biophotonic light promises to become one of the most powerful, non-invasive healing tools. Over the last 30 years, the use of light in hospitals and homes has proven to be a very effective and safe tool in the prevention and rehabilitation of different conditions and illnesses. The purpose of light is to stimulate the regenerative and reparative processes of the entire body. When you take personal action on a daily basis and shine the light, you can heal your body and become the master of your health.



LEARN MORE ABOUT ENERGY MEDICINE

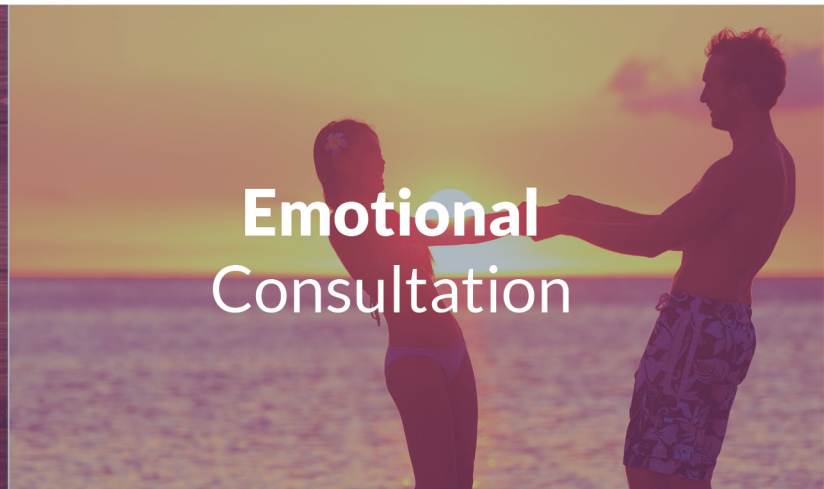
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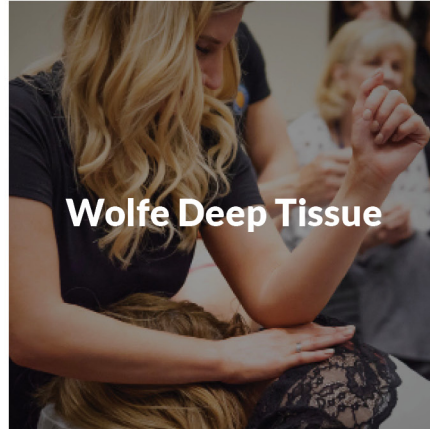
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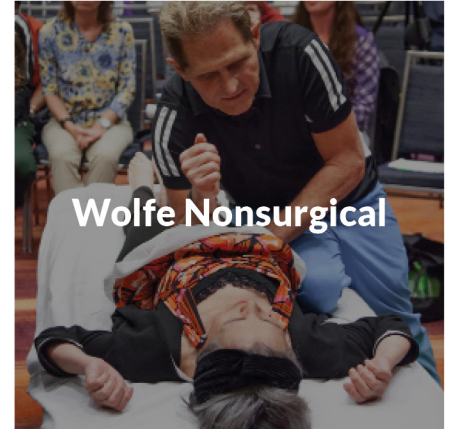
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