De-Stress with the Power of Light
Supporting Balance, Nourishment & Healing with Light Energy

1. The Impact of Stress
   - 95% of all disease is impacted by stress – NIH
   - Releasing stress supports the body’s ability to balance the nervous system.
   - The parasympathetic nervous system regulates digestion, immune stimulation, normal cell metabolism, body organ and cell repair, respiratory function and emotions.
   - Stress affects Telomere maintenance and gene expression
     Shortened Telomeres in Families With a Propensity to Autism.
     Shortened telomeres have been linked to poorer health outcomes. Exposure to psychological stress is associated with accelerated telomere shortening, and a well-established body of evidence indicates that families with a child with autism spectrum disorder (ASD) experience heightened levels of psychological stress. Also, alterations in a number of biological processes implicated in telomere length dynamics (i.e., oxidative stress, DNA methylation) have been linked to ASD susceptibility.
     RESULTS:
     HRA families demonstrated significantly shorter telomere length relative to LRA families.
     Behavioral and emotional profile and parental stress in preschool children with autism spectrum disorder. Parents of children with autism spectrum disorder (ASD) were shown to experience more stress than parents of typically developing peers.
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2. Why light:
   - Light, a non-intrusive, very powerful tool, resides at the core of energy medicine. Light is the basic component from which all life originates, develops, heals and evolves.
   - The body’s light meter, the pineal gland, is stimulated and regulated by light entering the eyes. The pineal gland has a profound effect on the regulation of human physiological and emotional functioning and the development of our consciousness by assisting us in becoming synchronized with world around us.
   - Every cell in the body has cytochromes – gears which discern and act on the color of different light wavelengths. – Dr. Whelan.
• Light is a biological nutrient that catalyzes biological combustion in humans, just as it catalyzes photosynthesis in plants.
• **The body receives pulsed light as information that can help it** shift the nervous system from sympathetic on (fight or flight) to parasympathetic (rest, digest and heal) dominant.
• Light assists the body’s ability to come into balance.

3. **Using Light Energy is About Supporting The Body’s Natural Healing Abilities.** I do not claim to prevent, treat or cure any disease.

4. **How Light Energy Supports The Body**
   - **Cellular Metabolism:** The human body requires fuel, oxygen, and a spark (in the form of light) to ignite the process of metabolism. The visible portion of the electro-magnetic spectrum, as well as certain portions beyond, act as the ignition system for all human biological functions.
   - **Osmosis:** Light energizes cell membranes so that food nutrients can transfer through cellular membranes to nourish cells and better help them thrive and to detoxify.
   - **ATP Production:** Provides battery power for every cell to function properly and regenerate.
   - **Improved Oxidative Status:** Reactive Oxygen Species in the right amount has been shown to improve oxidative status in many neurological disorders.
   - **Depth & Color:** Light can enter into the center of every cell, nerve and tissue of our bodies. Color can determine the depth of travel and energizing or calming/cleaning effect:
     - **Red:** Soft Tissue (693nm) = Pain, Muscle, Soft Tissue, Gums, Wounds, Increases Energy To An Area, Stimulating to Sluggish areas.
     - **Near Infrared:** Hard Tissue (730 nm) = Bones, Inflammation, Pain, Joints, Tendons, Teeth
     - **Blue:** Relaxation (462 nm) = Skin, Anti-Aging, Moods, Stress Relief, Calms Inflammation, Sedative to inflamed or irritated areas, Cleans – virus, fungus, bacteria.
     - **Quality of Light:** It is not necessarily the intensity of the light but the quality and wavelength size that produces results. This is why laser and LED have been shown to have similar benefits with LED being more easily used over a large area of the body and a tool that anyone can use safely. – Dr. Whelan and Tiina Karu, MD
   - **Resetting of the Circadian Clock:** Sleep, Mood, Organ rebalancing.
     - **Blue light concerns:** some wavelengths of blue and white light are showing damage and stress to the retina. The range of 460-495nm of blue turquoise light has been found to be a healthy range for the eye and helps with resetting the circadian clock.

5. **Why Pulse Light At Frequencies?**
   - Everything on earth is energy and exists in various vibrations referred to as frequency. Cells, tissue and organs within the body all have specific frequencies. Frequency is defined as the number of pulses per second.
   - Dr. Paul Nogier – “sickness results when cells, molecules or particles of matter are out of their normal resonance or vibratory pattern. By repeatedly exposing damaged tissue to the
normal resonance frequencies associated with that tissue, healing often occurs, sometimes quite rapidly.”

- Dr. Charles McGee, MD in his book, Healing Energies of Heat and Light: LED lights pulsed at Dr. Nogier’s increases the healing effects over non-pulsed cold laser and LED therapies.

6. **De-Stressing The Body with Frequencies Pulsed in Light**

   General examples of settings I work with:

   **Setting A: The Nogier Frequencies**

   **Setting B: Solfeggio Frequencies -- Calming and relaxing** to create an ideal environment that is supportive of the body’s ability to heal

   **Setting C: A blend of the Nogier and Solfeggio. Support Cell Rejuvenation and Regeneration - ideal for skin health, anti-aging, a great blend of A and B.**

   Custom Programming Increases Capabilities to Create Specifically Supportive Environments

7. **Online Resources**

   - shinewithlight.com
   - solasacademy.com – educational branch site for further certification
   - pubmed.com – type in LED or LLL Light for recent clinical studies on light
   - elanenergetics.com – equipment that I work with and prefer.

8. **CONTACT INFORMATION**

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