Filling Your Cup with Light

Supporting Balance, Nourishment & Healing with Light Energy

Shining harmonic light into the body has been a successful tool for supporting wellness for those on the spectrum and their caregivers and families. Understand the biochemistry behind key spectrums of light that research is showing have a key impact on cell metabolism, ATP production, alkalinity, oxygenation, detoxification, circulation, nutrient delivery, cell regeneration and DNA expression. Learn the important ways that light impacts mood, sleep and circadian rhythm as well as nervous system response. Realize the power of delivering harmonic frequencies with light to create specific environments in the body to relieve pain, speed injury recovery, easily and safely support balance in immunity, digestion, and stress response. We cannot serve from an empty cup. Learn powerful ways to fill your cup and those of your students and family with light.

1. **What Empties Your Cup: 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.
   - Perceived Stress affects heart function
   - 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.
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     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. **What Fills Your Cup?**
   - Resources for Meditation: [https://chopracentermeditation.com/](https://chopracentermeditation.com/)
   - Resources for Yoga: [https://www.yogaglo.com/](https://www.yogaglo.com/)
3. 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.
   - According to research by Albert Fritz Popp we are designed to interact with light energy.
   - 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 physiological and emotional functioning and the development of our consciousness by synching us with the natural world.
   - 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 ignites our metabolism.
   - 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.

4. How Light Energy Supports The Body
   - Cellular Metabolism:
   - Osmosis: enhanced nutrient transfer through cellular membranes to 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:
     - Near Infrared: Same effect on cells as red light but is deeper penetrating to impact: Bones, Inflammation, Pain, Joints, Tendons, Teeth
     - Blue: Enhancing/Balancing Skin, Liver, Moods, Circadian Rhythm – Biological Clock. 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 Harmonic 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

   The Nogier Frequencies

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

   **Pythagorean Skein 3:2 Ratio Found In Nature**

   Custom Programming Based on the Electroherbalism Frequency List and Atomic Weight

   Multiplication Increases Capabilities to Create Specifically Supportive Environments

7. Online Resources
   - shinewithlight.com
   - [www.facebook.com/shinewithlight](http://www.facebook.com/shinewithlight) for studies I pull from pubmed.
   - pubmed.com – type in photobiomodulation, LED or LLLT for recent clinical studies on light

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