

# The Effects of Shining Specific Light on the Head To Increase Brain Function

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## *How Shining a Specific Light on Your Head Can Provide Amazing Benefits*

Traditionally, most health care and research has been aimed at making *chemical* changes in the body. That means, finding what is wrong chemically through blood tests or maybe saliva or stool testing and then supplying the body with the missing chemicals. Sometimes no testing is even done, and symptoms alone or personal history can tell the story. So armed with tests and personal information we can figure out what nutritional supplements or food changes are needed. Sometimes drug support (another chemical answer) is used if necessary. This all falls under the heading of a chemical approach which as you know can be incredibly helpful.

As health care research has evolved, we have experimented with a variety of new therapeutic interventions. In fact, I don't know of a clinic in the state of New Jersey that has spent as much time and resources to find the equipment and protocols to yield results using so many different modalities. One main state of the art therapy involves using *electromagnetic* devices such as laser light therapy and pulsed electromagnetic therapy. These have both proven to us, time and time again to yield incredible results.

Results come from electromagnetics because different frequencies and wavelengths of energy are able to pierce into the body and modulate or correct systems that have been failing.

By the way, in diagnostics, using different wavelengths and frequencies from the electromagnetic spectrum have already been used for quite a long time. Just think of x rays, ultrasound and MRIs as three examples of diagnostic equipment that rely on electromagnetic penetration of the body to yield information. These unfortunately often come with unfavorable side effects. Not so, with the therapy equipment we use.

What is electromagnetic therapy? It is therapy using electromagnetic waves that are described based on how fast they move (speed of light) and what sort of wavelength and at what frequency they travel. I know, it's hard for many to grasp

things that are unseen. How about we use some examples. On the electromagnetic spectrum we find gamma rays, x rays, ultraviolet light, visible light (red, orange, blue, etc.) infrared, radio waves, and so on. So while you may or may not grasp the physics behind it all, these names are familiar to us.

The latest therapy we are now working with is based on infrared. You may have heard of infrared in its use in saunas or in goggles to help you see in the dark. We are using it now for its effect on the nervous system-particularly the brain.

There has been preliminary research on the use of infrared specifically with Parkinson's and Alzheimer's disease. There is early research (some referenced at the end of the article) that certain parts of the infrared spectrum may be beneficial. When we heard that we wanted to try it immediately!

This was not an easy task. Most of the initial work has been done in England. When we went to look for a reliable therapy device for our clinic we found that there were less than 20 in this country. Fortunately, we were able to have one for our own use-after much negotiation.

We have used it for a few months, trying it with many conditions. As long as a person has not had certain types of brain surgery, there is no potential problem with using it. Our results have been very interesting and in some cases sensational. And sometimes surprising-helping things that we weren't even looking at.

For a few examples:

1. Help with sleep disorders, both with people having a hard time falling asleep and with staying asleep.
2. Help with fatigue.
3. Help with thinning hair or hair loss-now that was a surprise-something we weren't even looking for!
4. Help with speech. We have been working with some autistic children with delayed speech and infrared has made a huge difference as they begin to be able to communicate.
5. Improvement with OCD patterns and behavior.
6. General improvement in mood.

7. Improvement in carpal tunnel. That's right-increasing brain firing can have an effect anywhere in the body.

And here is a testimonial from someone, sharing their experience:

" Two sessions a week for 2 weeks has made some noticeable changes in my health. For starters, my depression that I could not get a handle on in a permanent way has lifted. Also my gut has improved and become more regulated and I believe a gentle detox effect is happening all with this treatment." Anabela Bacchione

So here is some practical information regarding this therapy.

First, it is brief. Each session is five minutes.

Secondly, it is not covered by insurance. In fact, it is not yet FDA approved-it's way too early in the process for that.

If you are interested, just let us know.

The following pages go into some of the research and printed articles about this exciting new therapy! You can read more about how infrared works at a cellular level and the molecular changes that are found.