

Guide to Using LED Light and Nogier Frequencies

While some LED light units may not have all the options offered in this guide, many aspects of the guide can be applied using any LED unit.

The use of LED light is not meant for any specific disease. Research shows both LED light and the Nogier frequencies trigger healing reactions in the body—allowing the body to better heal itself.

Timing and Use of LED Light Therapy

Beginning LED Light Therapy

When starting LED Light Therapy it is best to build up the amount of time slowly. For the first session five minutes may be wise to determine if you are particularly sensitive to LED light. By starting slowly, if the LED light creates a detoxification reaction, it should not be as uncomfortable as it would be with initial longer exposure. Increase the time gradually. If you detoxify too rapidly as a result of the light sessions, you may experience flu-like symptoms. If any flu-like symptoms appear, apply the light less frequently until your body adjusts. Some individuals are able to quickly increase the amount of time the LED light is applied.

Where to Apply LED Light

The LED light can be applied to any area of the body, except the eyes, as needed or to specific areas as illustrated in this guide. It is always best to avoid shining any bright light directly into the eyes.

How long?

Each of us is unique. This means we need to experiment to see what works well. For example, one person may only be able to tolerate 5 minutes because they are quite sensitive while another person may be able to tolerate one hour sessions. There is no one answer on how long to use LED light. Please use common sense.

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