

Pad Placement Technique to Help with Inflammatory Conditions

Inflammation is an organism's protective response that is intended to eliminate the initial cause of injury and to initiate the process of repair. Inflammation is not synonymous with infection, though the two are often correlated.

The classical signs of acute inflammation are: *pain, heat, redness, swelling, and loss of function.*

Minimum Equipment Needed:

- LED Light Wellness System controller with multiple manual settings (1 – 7)
- Red & Blue 104 Diode Pad (*Eye mask*)
- Red 132 Diode Pad (*Local*)
- Red 264 Diode Pad (*Body*)

Time: 35-40 Minutes

1. Start with the **Balance Technique** (formerly Proprioception Protocol). (See instructions for the Balance Technique.)
2. After running the Balance Technique:
 - a. Place a Red & Blue 104-Diode (*Eyemask*) pad over the liver (Figure 1).
 - b. Place a Red 132-Diode (*Local*) pad over the area of the issue.
 - c. Place a Red 264-Diode (*Body*) pad over the area of the issue.
 - d. Run **Setting 2** for 20 minutes for the first 3 sessions.
 - e. After the first 3 sessions, run **Setting 2 and 6** for 10 minutes each to help resolve the inflammation.

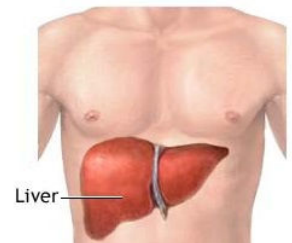


Figure 1, the liver

Purpose & Reasoning

This pad placement assists the body in managing chronic and acute inflammation and putting it back under control so it can progress to possible healing.