

Relaxation Pad Placement Technique

Minimum Equipment Needed:

- LED Light Wellness System controller with multiple automatic settings (A, B, C)
- Red & Blue 104 Diode Pad (*Eye mask*)
- Red 132 Diode Pad (*Local*)
- Red 264 Diode Pad (*Body*)

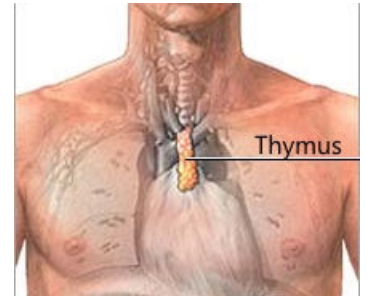


Figure 1, the Thymus

Time: 20 Minutes

1. Place a Red 132-Diode (*Local*) pad on the upper chest, covering the Thymus (Figure 1).
2. Place a Red 264-Diode (*Body*) pad across the back, covering the adrenal glands & kidneys. (Figure 2).
3. Place a Red & Blue 104-Diode (*Eyemask*) over the eyes.
4. (Optional) Place any additional pads over areas of concern.
5. Run **Setting B** for 20 minutes.

Purpose & Reasoning

'Relaxation' is de-stressing the body by moving it from the sympathetic nervous system to the parasympathetic, or the Rest & Digest function. This placement supports that switch by targeting the relaxing effects of light onto some of areas that are responsible for the stress response.

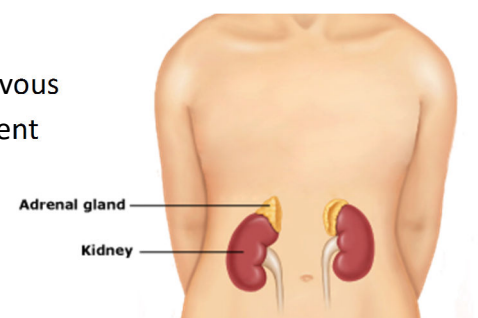


Figure 2, the Kidneys & Adrenal Glands