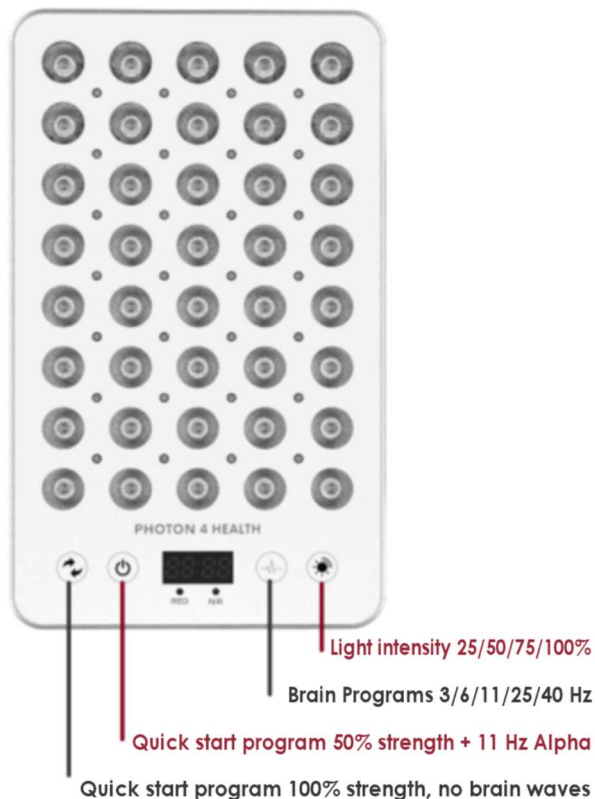




## PHOTON 4 HEALTH

NEXT LEVEL LIGHT THERAPY

### REDPOWER @HOME QUICK START EXPLANATION



Start (or re-start) a 10 min. treatment cycle by pressing the arrows button, it will run the quick start program. Brightness will be set to 100% strength without brain waves program. The standard protocol consists of 10 minutes on the back of the head, 10 minutes on the lower back, 10 minutes on the face, 10 minutes on the abdomen. (twice a week). When you are treating the back of the head or the face, it is advisable to do this with the addition of Brainwaves. Unless you have a specific goal, we recommend selecting 11 Hz (Alpha) with the pulse button.



Press the pulse button repeatedly until it says 11. Of course, you can also choose to change it to 1 of the 5 other brainwaves of your liking that are pre-programmed in the device by pressing the pulse icon button. You can verify if a brain program is running with the NIR light below the time. If it is blinking, a brainwave program is running. If you are treating other areas of the body, like the abdomen it is not necessary to turn on brainwaves). When the lamp is on the face, we recommend keeping the eyes closed.



Activates the lamp at 50% light intensity with the 11 Hz Alpha program.



Let you change the brightness level at any time

#### **Brainwave programs**

<b>3Hz</b>	= Delta	= Promotes deep Delta sleep
<b>6Hz</b>	= Theta	= Promotes dream sleep
<b>9Hz</b>	= Slow-Alpha	= Promotes deep relaxation/meditation
<b>11Hz</b>	= Alpha	= For relaxation and creativity and punitiveness
<b>25Hz</b>	= Beta	= Promotes learning processes and concentration
<b>40Hz</b>	= Gamma	= Active stimulation only for Alzheimer's/Parkinson's