



PHOTON 4 HEALTH

NEXT LEVEL LIGHT THERAPY

REDPOWER PRO QUICK START EXPLANATION



Turn the device on and press anywhere on the home screen to open the **Infrared Only** and **Normal mode** menus. If you're using **Infrared Only**, the red LEDs and green/blue/red lasers will be disabled. You'll then be treating with only the infrared LEDs and infrared lasers. This is useful for overnight treatments or for people sensitive to light or flashing lights. However, 90% of the time, you'll be treating in **Normal mode**. Now press **Normal mode** to access the menu.

The **TOTAL WELLNESS** treatment is selected by default. This is an automated 15-minute program that adds all brain and bioresonance frequencies to the light. The program starts at light intensity 1, goes to 2 after 1 minute, and then to 3. This program lasts 15 minutes and is effective for all complaints and problems. We recommend that therapists perform this program twice in a row with their patients: once on the face, once on the stomach. A total of 30 minutes. If you use the lamp at home, you can alternate the next treatment day with treating the back of the body: 15 minutes on the back of the head + 15 minutes on the lower back. You can treat as often as you like: daily, every other day, every few days, or once a week. It depends on your own needs. There is a second automatic program, the **SLEEP PROGRAM**, which is designed to gradually bring your brain to the DELTA sleep frequency. If you have trouble sleeping, try this program before bed. If the red light is still too stimulating, start the program in "Infrared Only" mode by clicking the house icon in the upper right corner, then "Infrared Only," then "**SLEEP PROGRAM**," and then "**START**." It may seem like there's barely any light, but that's not the case. We can't see it with our eyes, but the body can. Besides these two automatic programs, it's also possible to apply individual brain frequencies. A brief explanation is provided below. You can read more about this online and in our brochure.



- SLEEP PROGRAM** = Delta brain frequencies to promote deep Delta sleep
- THETA DREAM** = Promotes dream sleep and deep meditation
- TOTAL WELLNESS** = Mix of various brain frequencies + bioresonance frequencies
- RELAXING ALPHA** = For relaxation, joy, and creativity, antidepressant
- FAST BETA** = Promotes learning processes and concentration
- ACTIVE GAMMA** = Active brain and memory stimulation for dementia

More information about brainwaves? See: photon4health.com/Brain-Frequency-Therapy