

# ***laseRelief light***



Distributed by:

 **Rest and Repair**  
**(877) 338-3340**

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***CAUTION: Do not shine laser in eyes!!***

## **Using your *LaseRelief Light***

Use your *LaseRelief Light* on any area of pain as often and as long as you need to. You can start by using the *LaseRelief Light* in a circular or sweeping motion above the skin over the general area of pain for several minutes. This may help to reduce inflammation. Then massage the area with your fingertips to locate the most painful points. Put the *LaseRelief Light* directly on the skin after identifying those points (you can also use your *LaseRelief Light* over clothing-especially over lighter clothing). Hold the *LaseRelief Light* on the point for a minimum of five seconds. **There is no maximum amount of time that you may spend on any painful point.** If you feel any responses from the body such as tingling, warmth, muscle response, a sensation going down a limb or a response in another area of your body, work on that point until the responses subside. This is an indication that you are on a point that needs the attention of your *LaseRelief Light*. **You cannot use your *LaseRelief Light* too much or too often.**

The most important area of the body to use your *LaseRelief Light*, other than the areas of primary pain, is at the base of the skull in the area of the brainstem. The first two vertebrae (C1 and C2) influence the entire body and the brainstem is the control center for the central nervous system. Reducing inflammation in this area may be quite beneficial. Working with your *LaseRelief Light* approximately 1 ½ inches from the spine (both sides) may produce beneficial results. This is in the area of the “meridians” which are areas of greater electrical conductivity in the body.

In addition to using your *LaseRelief Light* for issues of the body, you can laser food and beverages. The *LaseRelief Light* is antifungal, antibacterial, and antiviral. Laser your fruit juice, coffee, tea and other beverages (except carbonated drinks because it will cause them to go flat) for one or more minutes for a much smoother taste

### ***Morning laser water program***

Before eating or drinking anything in the morning, laser 24 ounces of water for one minute or more. Adding powdered or liquid minerals to the water before lasering the water will help to retain the signals that are programmed into your *LaseRelief Light* and those signals are carried into the cells along with the much needed water and minerals. Hydration of our cells in the morning is very important. Don't eat or drink anything for 30 to 45 minutes after drinking your lasered water. This exercise may help to reduce pain and increase your energy level throughout the day. If you can't drink that much water, begin with as much as you can drink and increase as you can. To get the maximum benefit from your *LaseRelief Light* the body must be hydrated and mineral supply must be adequate.

If your *LaseRelief Light* gets hot or quits shining, remove the batteries for five minutes and then reinstall them. Do not let the laser continue to overheat. Do not drop your *LaseRelief Light* or get it wet.

Your *LaseRelief Light* has a ninety (90) day warranty from the date of delivery.

## THE 15 MASTER POINTS

The following are the 15 Master Points of Chinese acupuncture that may help balance the nerve supply and energy throughout the body. With the exception of the first point, GV-20 on top of the head, each of the other 14 points are found on both the left and right sides of the body for a total of 29 points. Although the *LaseRelief Light* may be used for problem areas as often as you like, the 15 Master Points should only be done two to three times a week. After treating these 15 points immediately treat any areas of pain or other disorders. This causes the brain to direct more of the healing neurochemicals to the problem areas.

To get the best results with your *LaseRelief Light* you must be as relaxed as possible, focusing on the points without any outside distraction. It is best to first identify the point that you are treating by using pressure with your fingers in the general area and searching for the most sensitive point in that area. Once you have identified the point apply the *LaseRelief Light* directly to the skin with some pressure to insure that you are on the desired point. When treating the Master Points each point should be noticeably sensitive, with the exception of the first one (GV-20). Often reactions can be felt such as tingling or warm sensations when you are getting good results. The points are affected within five seconds of applying the laser but when feeling any type of sensation from the light continue on those points until the reactions subside.

### GV-20



Top and middle of the head on a line even with the tips of the ears.

### LIV-3



On the top of the foot where the bones to the big toe and second toe come together.

### **KI-3**



behind the tip of the inside ankle bone midway between the Achilles tendon and the ankle bone.

### **BL-60**



Behind the tip of the outside ankle bone midway between the ankle bone and the Achilles tendon.

### **SP-6**



One hand's width above the top of the inside ankle bone, just off the shin bone.

### ST-36



Under the knee between two muscles on the outside of the shin bone. A thumb's width lateral to the curve at the upper end of the shin bone.

### GB-34



On the outside of the leg immediately below (and next to) the fibula (knobby bone under the knee).

### LI-4



Between the bone leading to the index finger and the thumb on top of the muscle formed when the thumb and index finger are joined together.

### **LI-11**



On the outside of the elbow crease just off the elbow joint.

### **LU-9**



On the inside of the wrist in the depression where the hand joins the wrist (thumb side).

### **HE-7**



On the outside of the wrist in the depression where the hand joins the wrist (little finger side).

### **PC-6**



Two thumbs width up the arm from the main crease of the wrist in the center of the arm.

### **GB-20**



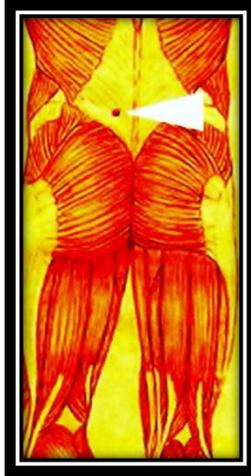
At the base of the skull approximately 1.5 inches from the center of the spine on each side.

### **BI-11**



Approximately 1.5 inches from the spine on both sides at the first thoracic vertebra.

**BI-23**



Both sides of the spine at the second lumbar vertebra, level with the last rib.



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