

# **Rejuvenate the Body, Heal the Brain and Strengthen the Central Nervous System with Advanced Light Therapy**

*by Adora Deva*

## **Radiant health for the New Year is available and affordable with Advanced Light Therapy**

Advanced Light Therapy sessions are natural and completely safe. Light Therapy stimulates the body's own natural healing and rejuvenation processes boosting the entire body's energy level. It improves antioxidant status and combats free radical damage. During Light Therapy sessions many clients report states of blissful well-being. Your mood is uplifted, which alleviates mental fatigue and increases mental clarity. Light therapy also increases the production of the body's human growth hormone (HGH) levels, which regenerates the skin, bones, and major organ functions, enhancing vitality and enthusiasm for life.

### **Repair and regenerate the brain and central nervous system**

It takes only 30 minutes to 'jump-start' the body's own synergistic, natural healing and anti-aging processes. With every light session, the unique proprietary light technology naturally encourages brain-wave activity that will take you from your ordinary thinking state-of-mind, to pleasant body-mind integration, to deeper, intuitive insight and meditative calm, and finally to the wave state in which profound, physiological stress release and natural brain cell regeneration occurs.

Advanced Light Therapy provides three kinds of light healing sessions:

#### **Boost your immune system, and rejuvenate your body with a 'Rejuvenation' session**

The '**Rejuvenation**' session energizes and rejuvenates the entire body at the cellular level by enhancing the body's ATP production (the body's fundamental energy), helping repair and rejuvenate skin, organ tissue and nerve cells throughout the body. It also gives the immune system a significant boost helping the body fight off disease, promoting health and well-being.

#### **Significantly improve sleep quality and brighten your mood with a 'Blue Wave' session**

The '**Blue Wave**' session dramatically improves sleep patterns, and insomnia, as it naturally promotes your body's serotonin production and self-regulation of adrenalin and melatonin. It also helps reduce seasonal affective disorder( S.A.D) or winter blues.

#### **Experience pain relief and stress reduction with a 'Relief' session**

The '**Relief**' session helps reduce physical aches, pains and stress. It dramatically speeds healing and reduces inflammation throughout the body while improving blood flow to tissues and organs, increasing oxygenation and helping remove toxins.

#### **Anti-aging light facial with every session**

Each proprietary, Advanced Light Therapy session provides an 'anti-aging light facial'. It naturally stimulates collagen production, helps reduce acne and skin-blemishes, and slows the skin aging process. A series can significantly reduce wrinkles. Look and feel more youthful in a very short time!