

## Sleep Better , Reduce Stress and 'Get Rejuvenation' with Anti-Aging Light Therapy!

By Adora Deva

### Do you have trouble sleeping? Still tired when you wake up? Feeling stressed?

If you answered “yes” to any of these questions, you may benefit by using Advanced Light Therapy.

Good, quality sleep is important for feeling refreshed and alert during the day. Deep sleep is an essential time of rest and rejuvenation that benefits our mind, body and moods. Researchers have found that sleep also benefits our immune system, nervous system, hormone and brain functions.

When we sleep, our brain repairs damage caused by our busy life style, replenishes cellular energy and even grows new neurons - especially during deep sleep with 'deep theta' brainwaves.

Advanced Light Therapy can dramatically improve sleep, naturally enhancing the body's own production and regulation of Serotonin and Melatonin (see **Bluewave Program** below). It also naturally increases cellular energy, boosts immune system, HGH, and more.

It is completely safe, highly effective, non-invasive, affordable and produces zero EMFs.

### Enhancing Your Body and Brain's Own Self-Healing, Regenerative Power

Each Advanced Light Therapy session provides brainwave 'entrainment' from beta to alpha, theta, and deep theta brainwave states. Brainwave entrainment to specific frequencies in our environment occurs naturally - like two tuning forks can vibrate together when one of them vibrates.

With the brainwave entrainment feature, the brain is able to set aside its conditioned, beta brainwave state, and shifts naturally to mind states that are deeper, more relaxed, healing states of consciousness.

These brainwave states are active as we move from our daily thinking state-of-mind, like running errands, working, stressing-out (beta), to soothing relaxation and calm (alpha), to profound mental stress release and clarity (theta), and to *deeply restorative, physiological stress release and nerve cell regeneration* (deep theta).

It takes only 30 minutes to 'jump-start' the body's own synergistic, natural healing and anti-aging processes and to provide the equivalent of a full night's rest. There are three light therapy programs, all providing a rejuvenating light facial with brainwave entrainment feature and more:

**The Bluewave Program** *providing profound stress relief*, is used world-wide for SAD (seasonal affective disorder) and *anti-depression*. It lowers cortisol, increases serotonin, alertness and resets the body's biological 'circadian' clock, *provides dramatic help with sleep disorders* and helps with 'jet lag'.

**The Rejuvenation Program** which stimulates *ultra-healing and energizes the entire body* while boosting facial collagen production, noticeably reduces wrinkles and repairs aged skin. Many people see and feel a difference after the first session.

**The Relief Program** provides systemic (full body) *pain relief by reducing inflammation, nerve stress and muscle tightness* which speeds healing and helps relieve physical and emotional stress.

If you would like to attend a presentation, get more information or make an appointment, please call Adora at 831-566-9678 or email: [adoradeva@got.net](mailto:adoradeva@got.net). Website: [www.lifespirtheliving.com](http://www.lifespirtheliving.com) and [www.althealthconnect.com](http://www.althealthconnect.com) under light therapy.

Adora Deva's '*Life Spirit Healing*' practice combines state-of-the-art Advanced Light Therapy, Energy Medicine, Integrative Massage, Hawaiian Temple Bodywork and Clinical Hypnotherapy.