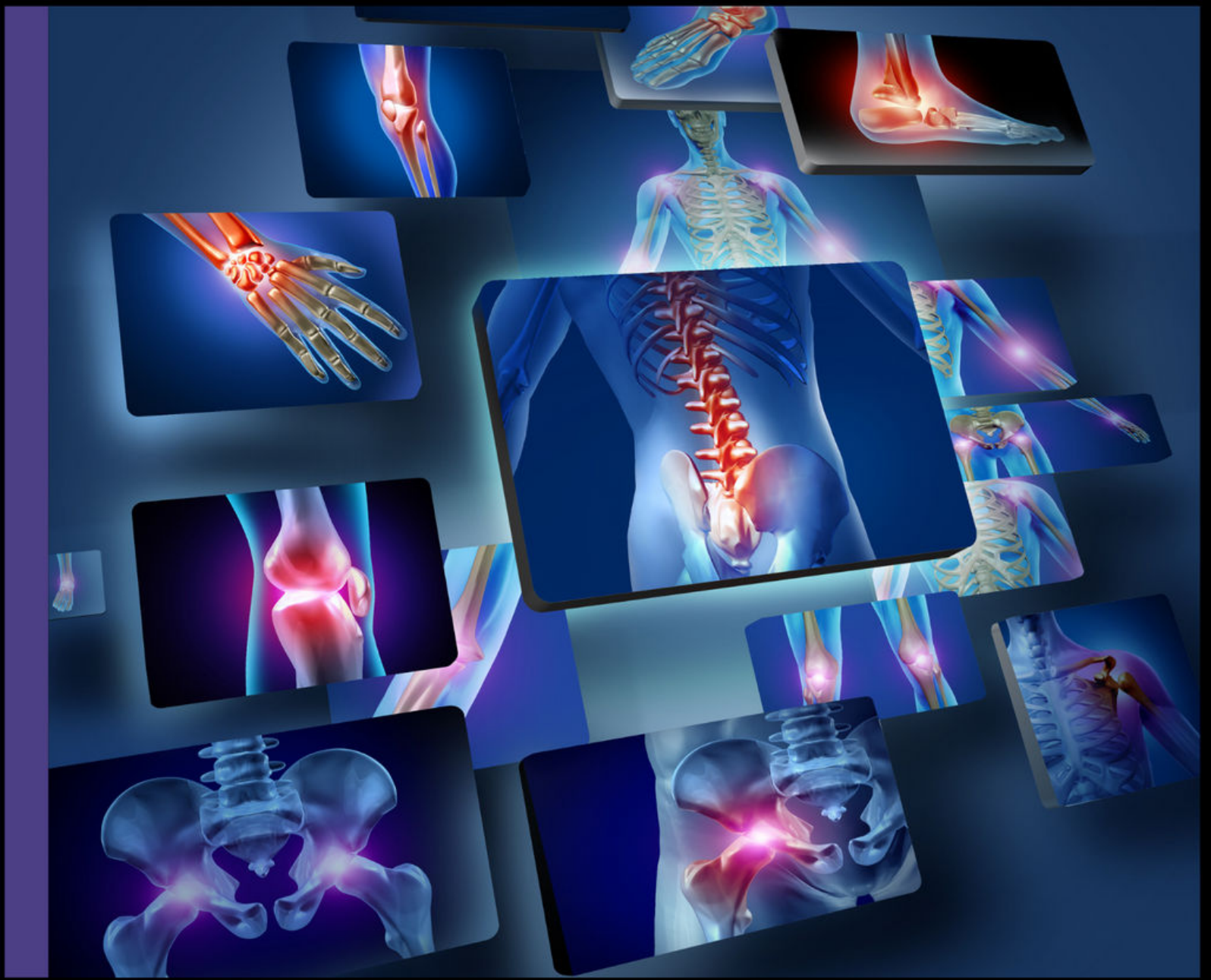
THE VISUM LIGHT®

RELIEVE CHRONIC INFLAMMATION WITH LED LIGHT THERAPY

HARMONIZE & RESTORE YOUR VITALITY WITH THE VISUM LIGHT



THE VISUM LIGHT

GETTING STARTED

IDENTIFY WHERE YOU NEED SUPPORT

CONCERN	LIGHT COLOR	BENEFITS
Acute & chronic pain management	Near Infrared Restore & Rebuild	• Reduces inflammation • Relaxes muscles • Relieves pain
Circulation Major & minor wounds Pain and stiffness Scar tissue	Red Energize & Invigorate	• Increases blood flow • Breaks down scars • Reduces chronic and acute inflammation • Stimulates healing
Acne Anti-aging Infections Inflammation	Blue Soothe & Calm	• Enhances skin texture & appearance • Reduces fever and inflammation • Supports immunity
Migraines Skin issues Sleep disturbance Stress	Green Balance & Restore	• Eases worry and frustration • Improves sleep & relaxation • Relieves migraine pain

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CONCERN	LIGHT COLOR	BENEFITS
Blood pressure regulation Emotional instability Stress	Magenta Stimulate & Stabilize (Blue + Red)	• Stimulates adrenal & kidney function • Promotes emotional balance • Supports normalized blood pressure levels
Digestive issues Immune dysregulation Liver imbalance	Yellow Detox & Digest (Green + Red)	• Balances stomach & gastrointestinal tract • Enhances immunity • Stimulates liver & gallbladder function
Anxiety Feeling disconnected Mood imbalance	Turquoise: Harmonize & De-Stress (Blue + Green)	• Calms the mind & spirit • Relieves cranial pressure • Eases head pain • Enhances connection & intuition
Anti-aging Skin health & texture	White Rejuvenate & Revitalize (Blue + Green + Red)	• Improves skin metabolism • Penetrates into dermal tissue • Reduces wrinkles • Rejuvenates skin

Download the
Chronic Inflammation Relief Chart

Understand the significant role colored Light Therapy can play in your Health and Wellness

THE
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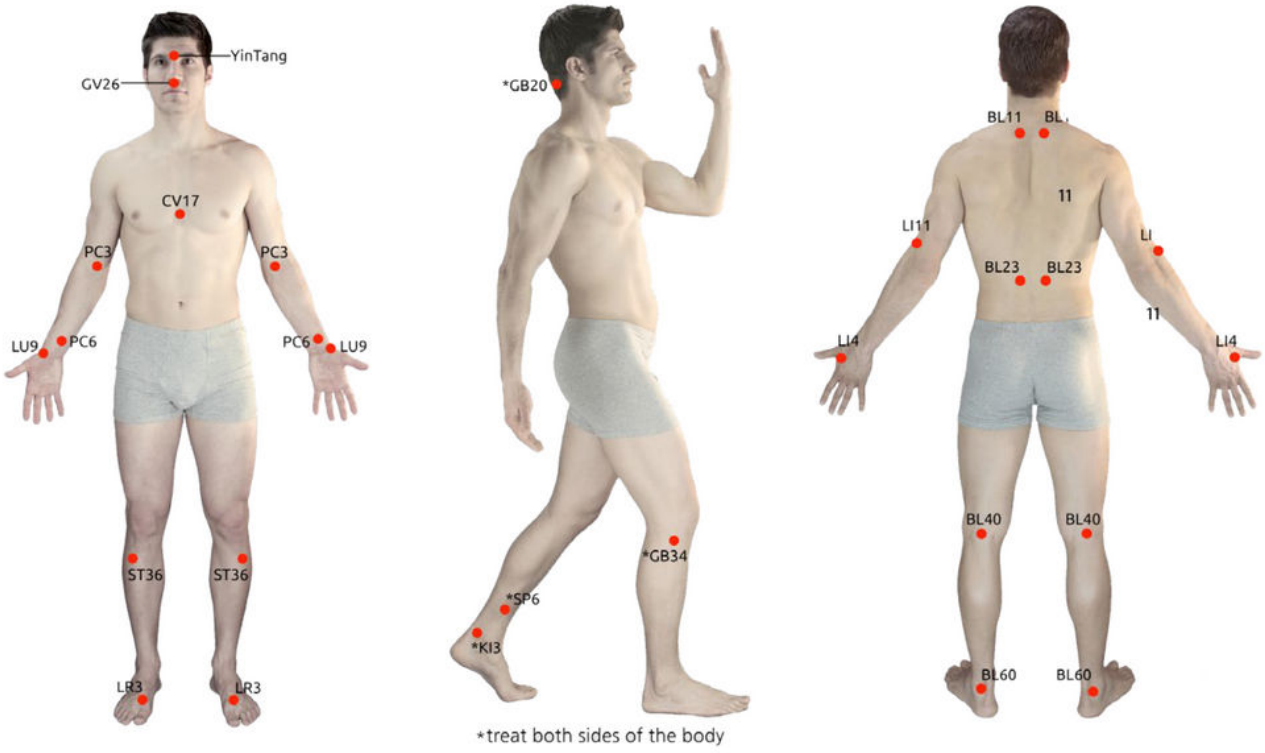
Chronic Inflammation Relief Chart



*treat both sides of the body

Apply the red Visum Light to each of these areas 2-3 x/week for 10-15 seconds per location.

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