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VISUM LIGHT®

HEALING HABITS

SHIFT YOUR WELL-BEING WITH
LED LIGHT THERAPY



"HEALTH IS A STATE OF COMPLETE PHYSICAL, MENTAL, AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY."

World Health Organization



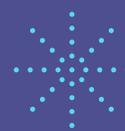
CULTIVATING A HEALING LIFESTYLE

Reclaiming your health can seem like a daunting task, but incorporating simple strategies every day can help you shift into a healing mindset.

We are conditioned to believe that changes need to be “all or nothing” to make an impact, but in reality, small changes can yield **HUGE** results!

One strategy that has been proven to provide lasting wellness benefits is photobiomodulation therapy (PBMT) or LED light therapy. This non-invasive, pain-free solution uses the power of light to provide targeted relief and enhance your overall health profile.

Whether you are an athlete in peak physical fitness or just getting started with new healing habits, the Visum Light can help accelerate your progress. In just minutes a day, you can experience the full-body benefits of LED light therapy and level up your mind, body, and spirit.



LEARN MORE
ABOUT THE BENEFITS OF
LED LIGHT THERAPY

[VISUMLIGHT.COM](https://visumlight.com)



Advances in LED light technology and a tremendous amount of medical research have led to an exciting treatment option known as photobiomodulation therapy or PBMT. More commonly referred to as LED light therapy, it uses specific wavelengths to relieve a wide range of health-related issues.

Using the Visum Light technology can help you create a new healing habit. Transform your physical, emotional, and spiritual well-being and shift your body into an elevated health state with the power of light.

Use light therapy to reduce inflammation, increase circulation and stimulate cellular repair without drugs.

- ✓ Lower Pain
- ✓ Reduce Inflammation
- ✓ Improve Lymphatic Drainage
- ✓ Increase Circulation
- ✓ Stimulate Cellular Repair
- ✓ Enhance Your Overall Health Profile



INNOVATIVE TECHNOLOGY

The patent-pending Visum Light's approach to light therapy is based on pioneers like Roland T. Hunt and his 1971 book, "Seven Keys to Color Healing." Offering intriguing insights into the world of color healing, Hunt's work explores applications from the biomedical to the psychological and metaphysical.

Four established light colors (red, near-infrared, blue, and green) make up the vast majority of light therapy's research thus far. In addition to having all of these wavelengths in one convenient device, the Visum Light's proactive approach takes things even further by providing Polychromatic Light — the use of more than one light therapy color simultaneously.

Referred to as "additive colors," your body receives the benefits of not just each individual color but also the new color created when the two base colors are combined. Just like the color wheel we all learned in school, red and blue light make magenta light, red and green light make yellow, and blue and green light make cyan (also known as turquoise). When we combine red, blue, and green light, we receive white light. What's more, any of these combinations can include near-infrared (NIR) light for deeper penetration beneath the skin and additional healing benefits.



SYNERGISTIC BENEFITS

The Visum Light uses additive colors, combining the three primary colors — red, blue, and green — in ways that create new ones. Light without color falls outside the visible spectrum. Conversely, when all three primary light colors are mixed in equal proportion, the result is white light.

The light therapy colors in the Visum Light each have their own healing properties and can be used independently or combined with another. All colors can also add near-infrared light simultaneously, allowing for deeper penetration into the body. Read more on our ["Use of Colors"](#) page.



TIMELINE

Steps for creating healing habits that yield BIG results and stick!



HELPFUL TIP: Partner your Visum Light daily therapy sessions with relaxing music or an uplifting podcast to experience the synergistic benefits of each therapeutic modality.

01

START SMALL

Choose 1-2 lifestyle habits to improve or change. Start with something achievable to stay motivated.

02

USE THE VISUM LIGHT DAILY

Make the Visum Light a part of your daily wellness protocol and experience the broad-spectrum healing benefits of LED light therapy.

03

KEEP GOING!

Lifestyle changes take time, but the results can change the trajectory of your life! Choose a daily affirmation or meditation that focuses on maintaining a positive mindset to help you keep your eye on the prize of good health!



DISCOVER MORE HEALING
HABIT STRATEGIES ON OUR BLOG

[START READING NOW](#)