

## What effects does light therapy have?

After the treatment, the activation of the brain can cause various reactions:

- Reduction of health complaints
- Mood improvements
- Thinking more clearly
- Being more at peace and relaxed
- Improved sleep
- Feeling more energetic

## Which devices are needed for light therapy?

To reach the same effects of sunlight, the sun serves as the baseline for reference. The light therapy glasses FIT 915 and the light therapy unit FIT 220 produce light with all characteristics identical to sunlight:

- A high intensity of 10.000 lux
- A full colour spectrum, without UV and IR
- A pulsation with a poly-frequency spectrum

By emitting this light right in front of the eyes, it will be optimally absorbed. For a gradual acclimatization of the brain to the light, the treatment starts with a few minutes of red light. In addition to light therapy, the brain is also treated with magnetic field therapy. Due to all the features of the signal, the equipment is highly effective and free from any harmful effects. This distinguishes the FIT 915 and FIT 220 from other light therapy equipment.

## Where is light therapy offered?

You can find the locations for light therapy with the FIT 915 and FIT 220 in the Netherlands and in Belgium on the website [www.medifoton.nl](http://www.medifoton.nl).

For more information about light therapy, please contact this clinic:



**Light therapy**  
Healthy, happy and alert  
by activation of the brain

## What is light therapy?

Light therapy treats the eyes with a high intensity of full-spectrum white light with the intention of stimulating the functionality of the brain. Light therapy is based on the knowledge about the positive effects of sunlight on the eyes and the brain.

## Sunlight: the most important nutrient for our brains

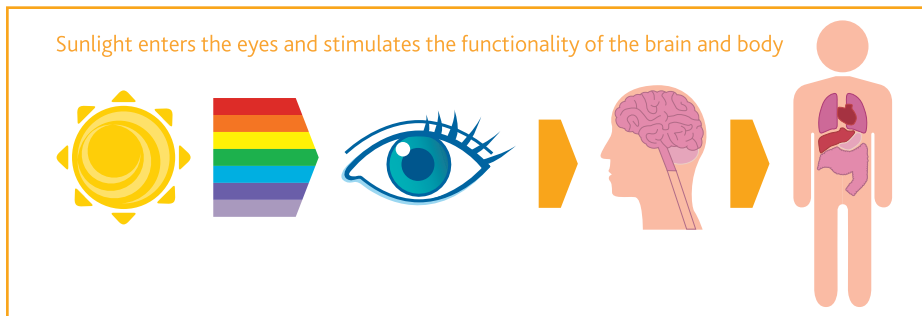
Our brain 'eats' sunlight through the eyes. In terms of construction and function, the eyes are part of the brain. This works as follows: sunlight can enter the eyeball unhindered where after the light receptors in the retina transform the sunlight into electrical energy. These electrical impulses are transmitted through nerve cells in the retina, which converge in the optic nerve. This nerve reaches all parts of the brain where the transformed sunlight has two effects:

1. Being able to see the environment
2. Activating the functionality of the brain

## The functioning of the brain depends on sunlight

Our brain is constantly producing electrical signals, neurotransmitters and hormones. Sunlight sets these processes in motion and thus activates all brain functions:

1. The control of body functions
2. The emotional functions
3. The mental functions



## How much sunlight does our brain need?

We, humans, are meant to live outside in nature. In nature, the brain receives a lot of sunlight every day: a high intensity of 5000-50.000 lux from sunrise to sunset.

## Does our brain absorb enough sunlight?

Nowadays we mainly live indoors, in buildings that hinder exposure to sunlight.

Indoors, sunlight only has a low intensity of 50-500 lux. This is sufficient to see, but not sufficient for the proper functioning of the brain and body. A chronic shortage of sunlight entering the eyes will ultimately lead to the development of all kinds of health problems.

## Can light therapy compensate for the lacking of sunlight?

Light therapy with sun-identical light is a solution to our shortage of sunlight. This light restores the functioning of our brain and body. The activation of the brain leads to positive treatment results for all kinds of health problems. Also, clinical scientific research confirms the efficiency of light therapy.

## For which health problems could light therapy help?

Light therapy promotes recovery in three groups of health conditions:

- 1. Physical disorders:** Sleeping problems, fatigue, a disturbed day and night rhythm, stress and tension complaints, disorders of the nervous system, hormones, the immune system and other organ systems.
- 2. Emotional disorders:** Mood swings, feelings of anxiety, insecurity, depressive feelings, motivation problems and feelings of tension and unrest.
- 3. Mental disorders:** Memory problems, difficulty with thinking clearly, ADD, ADHD, concentration difficulties, loss of initiative, learning problems, disorientation and language problems.

## For whom is light therapy?

Light therapy is suitable for adults and children with various conditions, but may also be useful as preventive care. There are no contraindications.

## How do the light therapy treatments work?

You can sit or lie down relaxed during the treatment. Keep your eyes open for optimal light absorption. One treatment takes about 30 minutes.

## How many treatments are needed?

An intensive treatment results in faster recovery of your health. Therefore, at least 1 treatment per week is recommended in the first 4-6 weeks. Depending on the course of your recovery, the treatment frequency can be reduced. You often notice an improvement in your health already after the first treatment. In case of private use at home, we recommend a daily treatment.