

# Tips for Best Results with Red Light Therapy



1. This type of therapy is cumulative; therefore, consistency is important, so be sure to **keep all your appointments**. Depending on your body type and lifestyle, it can take between **6-12 sessions** to notice significant results.
2. We recommend you come **every other day** to allow your body time to process.
3. Remember to take your **liver support** as directed. *Suggested Use for Pure Encapsulations Silymarin offered in our office: Take 1 capsule, 1-4 times daily, between meals.*
4. **Drink water** about 45 minutes before each treatment and continue throughout the day, as directed. This helps flush the fat and toxins from your system. Ideally drink 8-10 glasses of spring water per day while going through the program.
5. **Don't eat** 1-2 hours before and 1-2 hours after each treatment.
6. **Remove makeup and lotion** before getting under the lights for better penetration.
7. **Use the whole-body vibrational exercise** plate machine (fondly referred to as the jiggler machine) for 10 minutes following each treatment to stimulate lymphatic and blood circulation and help process the fat and toxins that have been released.
8. **Reduce your overall caloric intake** while limiting your starchy carbohydrates and simple sugars. *(potatoes, bread, rice, pasta, cereals.)* It's best to shop the grocery store perimeter where you'll find whole foods.
9. Lessen or eliminate **alcohol and soda** during the treatment process. Alcohol negatively affects the liver which will work against this treatment, lessening the results.
10. Once you've **achieved your goals**, it is important that you stay on a regular bi-monthly basis **maintenance program**. (1-2x a month)

**>> Be sure to take Before and After photos so you can better see all your results! You'll be amazed!**