

# Guide to Using

## LED Light and Nogier Frequencies

While some LED light units may not have all the options offered in this guide, many aspects of the guide can be applied using any LED unit.

The use of LED light is not meant for any specific disease. Research shows both LED light and the Nogier frequencies trigger healing reactions in the body—allowing the body to better heal itself.

### Timing and Use of LED Light Therapy

#### Beginning LED Light Therapy

When starting LED Light Therapy it is best to build up the amount of time slowly. For the first session five minutes may be wise to determine if you are particularly sensitive to LED light. By starting slowly, if the LED light creates a detoxification reaction, it should not be as uncomfortable as it would be with initial longer exposure. Increase the time gradually. If you detoxify too rapidly as a result of the light sessions, you may experience flu-like symptoms. If any flu-like symptoms appear, apply the light less frequently until your body adjusts. Some individuals are able to quickly increase the amount of time the LED light is applied.

#### Where to Apply LED Light

The LED light can be applied to any area of the body, except the eyes, as needed or to specific areas as illustrated in this guide. It is always best to avoid shining any bright light directly into the eyes.

#### How long?

Each of us is unique. This means we need to experiment to see what works well. For example, one person may only be able to tolerate 5 minutes because they are quite sensitive while another person may be able to tolerate one hour sessions. There is no one answer on how long to use LED light. Please use common sense.

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# Guide To Using Led Light And Nogier Frequencies

**Thirumalaisamy P.  
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## **Guide To Using Led Light And Nogier Frequencies:**

The book delves into Guide To Using Led Light And Nogier Frequencies. Guide To Using Led Light And Nogier Frequencies is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Guide To Using Led Light And Nogier Frequencies, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Guide To Using Led Light And Nogier Frequencies
    - Chapter 2: Essential Elements of Guide To Using Led Light And Nogier Frequencies
    - Chapter 3: Guide To Using Led Light And Nogier Frequencies in Everyday Life
    - Chapter 4: Guide To Using Led Light And Nogier Frequencies in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Guide To Using Led Light And Nogier Frequencies. This chapter will explore what Guide To Using Led Light And Nogier Frequencies is, why Guide To Using Led Light And Nogier Frequencies is vital, and how to effectively learn about Guide To Using Led Light And Nogier Frequencies.
  3. In chapter 2, this book will delve into the foundational concepts of Guide To Using Led Light And Nogier Frequencies. This chapter will elucidate the essential principles that need to be understood to grasp Guide To Using Led Light And Nogier Frequencies in its entirety.
  4. In chapter 3, this book will examine the practical applications of Guide To Using Led Light And Nogier Frequencies in daily life. This chapter will showcase real-world examples of how Guide To Using Led Light And Nogier Frequencies can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Guide To Using Led Light And Nogier Frequencies in specific contexts. This chapter will explore how Guide To Using Led Light And Nogier Frequencies is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Guide To Using Led Light And Nogier Frequencies. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Guide To Using Led Light And Nogier Frequencies.

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