

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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How to use?

How often to use depends on your needs. Each of us has to experiment and decide for ourselves.

Safety

LED light in the Near Infrared (NIR) range has been well researched and is considered safe to use anywhere on the body. It is always best to avoid shining any light directly into the eyes. LED light is considered beneficial to the skin, but it is best to apply for short periods of time at first to determine if your skin has a particular sensitivity. As an example and a general guideline, when starting limit the time to no more than 5 minutes on more sensitive skin areas to ensure there is no reaction.

LED light is meant to be used directly on the skin. The unit needs to be open to air circulation while in use so that any heat generated is able to dissipate. If the heat isn't allowed to dissipate, a build-up could occur and cause a burn.

Color Guide

The use of color is an art as well as a science. While the benefits of using specific colors have been defined by healers over centuries and more recently researched, it is not an exact science as our individual differences, and how we may react to a color, comes into play. When applying color according to this guide, please keep in mind it is meant as general direction for individual experimentation.

Near infrared (NIR) light is included in our guide. Near infrared light is just beyond visible light so has previously not been included in the centuries-old tradition of applying colored light for healing. Research, however, using LED light therapy has brought the healing benefits of Near infrared light to the forefront.

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Color Guide Table

Near Infrared (NIR)

- Pain relief
- Speeds wound healing
- Increases circulation
- Healing of muscle and ligament sprains
- Enzymes boosted to improve body processes
- Boosts mitochondria function in cells for healing and energy
- Boosts DNA in body cells for better healing
- Alleviates allergy symptoms
- Speeds healing of burns
- Skin repair

Red

- Combats lethargy
- Boosts liver function
- Skin repair
- Beneficial for lungs
- Reduces scar tissue
Promotes circulation
- Pain relief
- Enhances the senses
- Beneficial for bones
- Improves nutritional metabolism
- Beneficial for heart
- Regenerates blood
- Beneficial for kidneys Boosts liver function
- Promotes muscle healing
- Promotes wound healing

Stimulating, forceful and vigorous. Associated with power and vitality with a cheering effect.

AVOID when angry, overly excited, or with any condition that shouldn't be stimulated.

Orange

- Stimulates immune function
- Improves digestion
- Relieves menstrual cramps
- Relieves muscle spasms
- Stimulates appetite
- Beneficial for lungs
- Beneficial for kidneys
- Relieves hiccups
- Stimulates the Thyroid gland
- Soothes irritable bowel

Nourishment from B-vitamins and several minerals—including calcium, copper and selenium—is a result of their orange color.

Orange is a warm color with a stimulating effect. In nature, many spices are orange. Stimulating, energizing and vibrant. A color of joy, happiness and creativity.

AVOID if overly excited or anxious.

Color Guide Table continued...

Yellow

- Stimulates immune function
- Promotes digestion
- Improves mental concentration
- Stimulates bile
- Improves lymph flow
- Beneficial for pancreas
- Reduces wrinkles
- Repels parasites
- Tones the motor nervous system to energize muscles

Nourishment from vitamins A and C as well as several minerals—including magnesium, sodium, sulphur and molybdenum—is a result of their yellow color.

Yellow is a warm color so has a stimulating effect. A color of joy, happiness and mental alertness.

AVOID if under nervous strain, with neuralgia or with diarrhea.

Green

- Stimulates immune function
- Improves sexual function
- Beneficial for the heart
- Tones the nerves
- Stimulates the Pituitary—the master gland
- Builds bone
- Beneficial for joints
- Improves wound healing
- Dissolves blood clots
- Anti-bacterial

In plants, green chlorophyll is key to the process of converting light from the sun into chemical energy for our benefit. Green is the color of nitrogen, an important element in our soils.

A color of contentment and trust. Green is often applied before and after other colors to bring greater balance.

Blue

- Speeds healing of burns
- Relieves fever
- Calms bowels
- Calms nerves
- Adjusts our biological clock
- Relieves itching
- Builds vitality
- Anti-bacterial
- Astringent effect so dries up secretions
- Blood tonic

Relaxing, soothing and calming. Blue is a cool or sedating color. Blue is the color of the sky so it has great influence on our circadian rhythms or work and rest patterns. In nature, oxygen—a vital element in our air and water—is blue.

AVOID prolonged exposure to the eyes.

Color Guide Table continued...

Indigo

- Clears sinuses
- Improves sleep
- Improves learning disabilities
- Blood tonic
- Calms nerves
- Reduces hemorrhaging
- Astringent effect so dries up secretions
- Reduces swelling
- Balances the pineal and the pituitary glands
- Anti-bacterial

Indigo is a cooler color so it has a relaxing effect on the mind and body. Indigo enhances intuition and strengthens the imagination.

Violet

- Calms nervous system
- Calms mental stress
- Relieves diarrhea
- Depresses appetite
- Stimulates the spleen
- Anti-bacterial
- Astringent effect so dries up secretions
- Balances the pineal and the pituitary glands

Violet is a cooler color so has a soothing and calming effect. Violet is considered a spiritual color to help promote feelings of unity with the world.

[Print Table](#)

Check our Color Therapy section for greater details about the uses, benefits and cautions for individual colors.

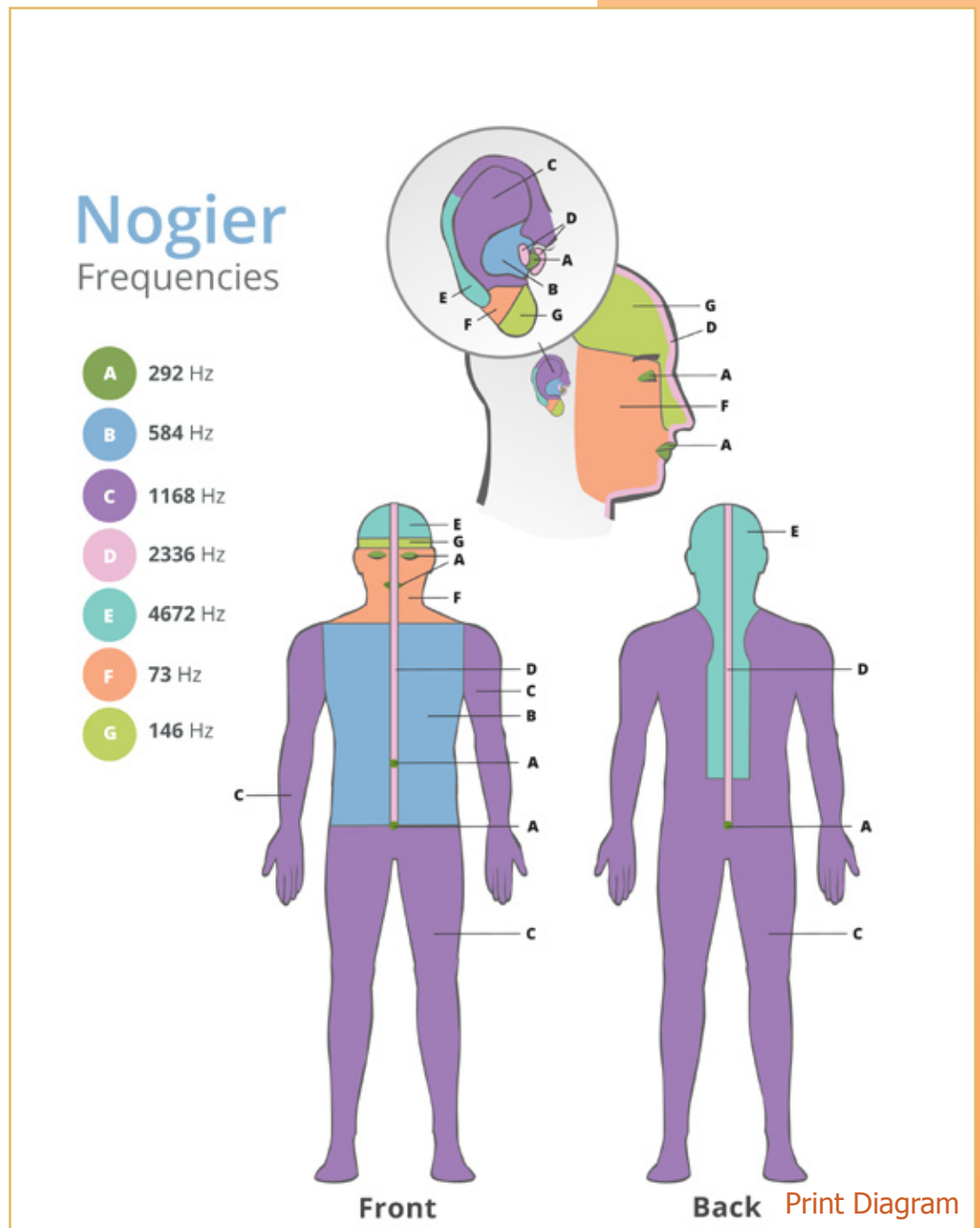
[Color Therapy](#)

Nogier Frequencies

Sick cells vibrate at a different frequency than healthy cells. When we apply a frequency in the healthy range, it offers our cells the opportunity to once again vibrate at their natural healthy frequency. A French physician, Dr. Paul Nogier, working with his patients over many years, identified seven frequencies natural to our body cells. They became known as the Nogier Frequencies.

Visual of Nogier Frequencies and the Body

The Nogier Frequencies diagram depicts areas of the body that correspond to each of the seven Nogier frequencies: A to G.



Nogier Frequencies

A
frequency
292 Hz

Cellular Vitality

Resonates with **Ectoderm** (outermost tissue) that forms:

- Skin
- Ears
- Glands
- Teeth
- Nerves
- Brain
- Eyes
- Spinal Cord
- Assists wound healing
- Nerve repair
- Reduce inflammation
- Repair of skin
- Reduces scar tissue
- Reduce tumors

B
frequency
584 Hz

Nutritional Metabolism

Resonates with **Endoderm** (innermost tissue) that forms:

- Lungs
- Liver
- Gall Bladder
- Bladder
- Thyroid Gland
- Pancrease
- Urethra
- Thymus Gland
- Lining of the intestinal tract
- Auditory Tube
- Improves nutritional assimilation
- Balances the parasympathetic nervous system
- Alleviates allergy problems

C
frequency
1,168 Hz

Movement

Resonates with **Mesoderm** (middle tissue) that forms:

- Connective tissue - ligaments, tendons, cartilage, muscle & bone
- Cortex of the Adrenal Gland
- Pain in muscles, skeletal or myofascial* areas
- Heart
- Blood
- Lymph vessels
- Ovaries
- Testes
- Kidneys
- Spleen

D
frequency
2,336 Hz

Coordination

- Coordinates the two sides of the brain
- Reduces Stress

Nogier Frequencies continued...

E
frequency
4,672 Hz

Nerves

- Pain
- Spinal Cord
- Skin Disorders

Resonates with the spinal cord and the peripheral nervous system:

- The spinal cord carries the messages of the central nervous system from the brain to all other parts of the body.
- The peripheral nervous system extends from the central nervous system. These nerves extend to the outermost areas of the body - to the organs, limbs and skin.

Veterinary experience:

- Reduces excess calcification such as bone spurs and arthritic joints

F
frequency
73 Hz
A harmonic
frequency

Emotional Reactions

- Balances Hormones
- Muscle spasms
- Facial Pain
- Headaches
- Depression
- Healing of non-healing bone fractures
- Balances thalamus and hypothalamus - two major body control centers

Resonates with the subcortical or lower regions of the brain:

- Speech
- Memory
- Hormones balance
- Unconscious reactions/reflexes

Veterinary experience:

- Improves circulation

G
frequency
146 Hz
A harmonic
frequency

Intellectual Organization

- Memory
- Psychological disorders
- Nervousness and worry

Resonates with the cerebral cortex of the brain:

- Thinking
- Imagining
- Creating

Veterinary experience:

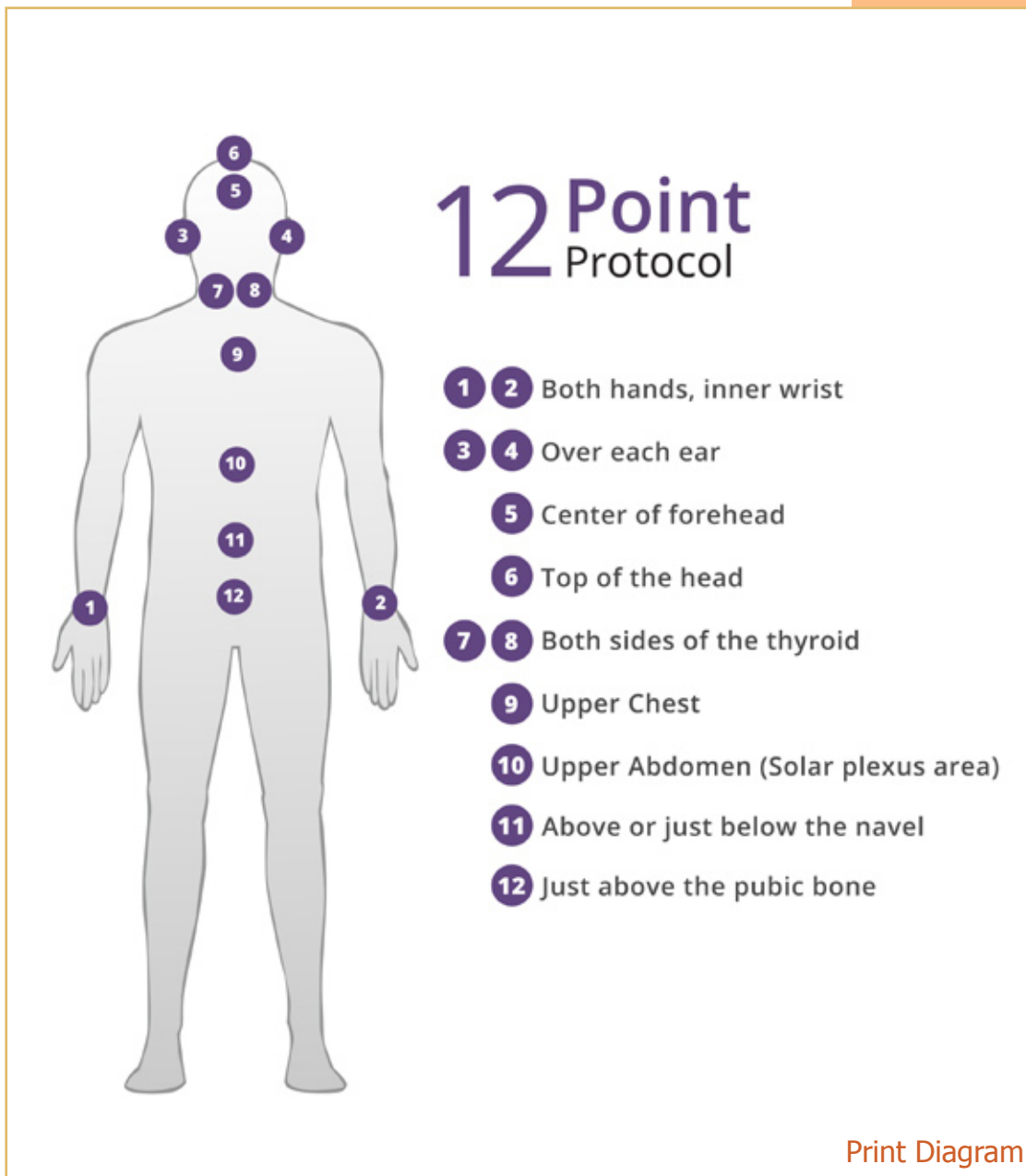
- Reduces inflammation and scar tissue on tendons and ligaments.

* Myofascial pain: The fascia is a tough connective tissue which spreads throughout the body surrounding every muscle, bone, nerve, blood vessel and organ of the body. Malfunction of the fascial system due to trauma, posture, or inflammation can create a binding down of the fascia, resulting in abnormal pressure on nerves, muscles, bones or organs. This may be associated with fibromyalgia.

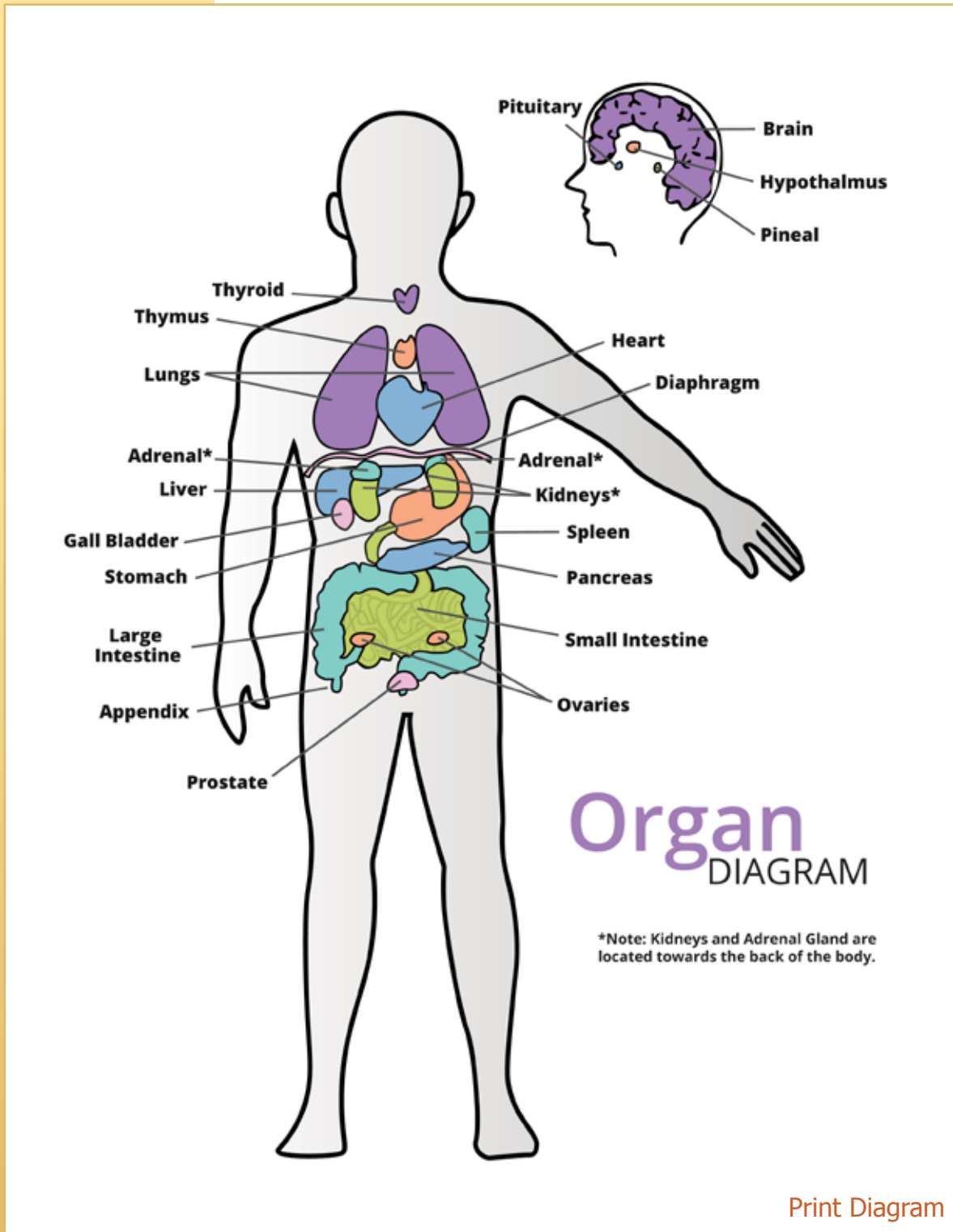
[Print Table](#)

A 12 Point Protocol

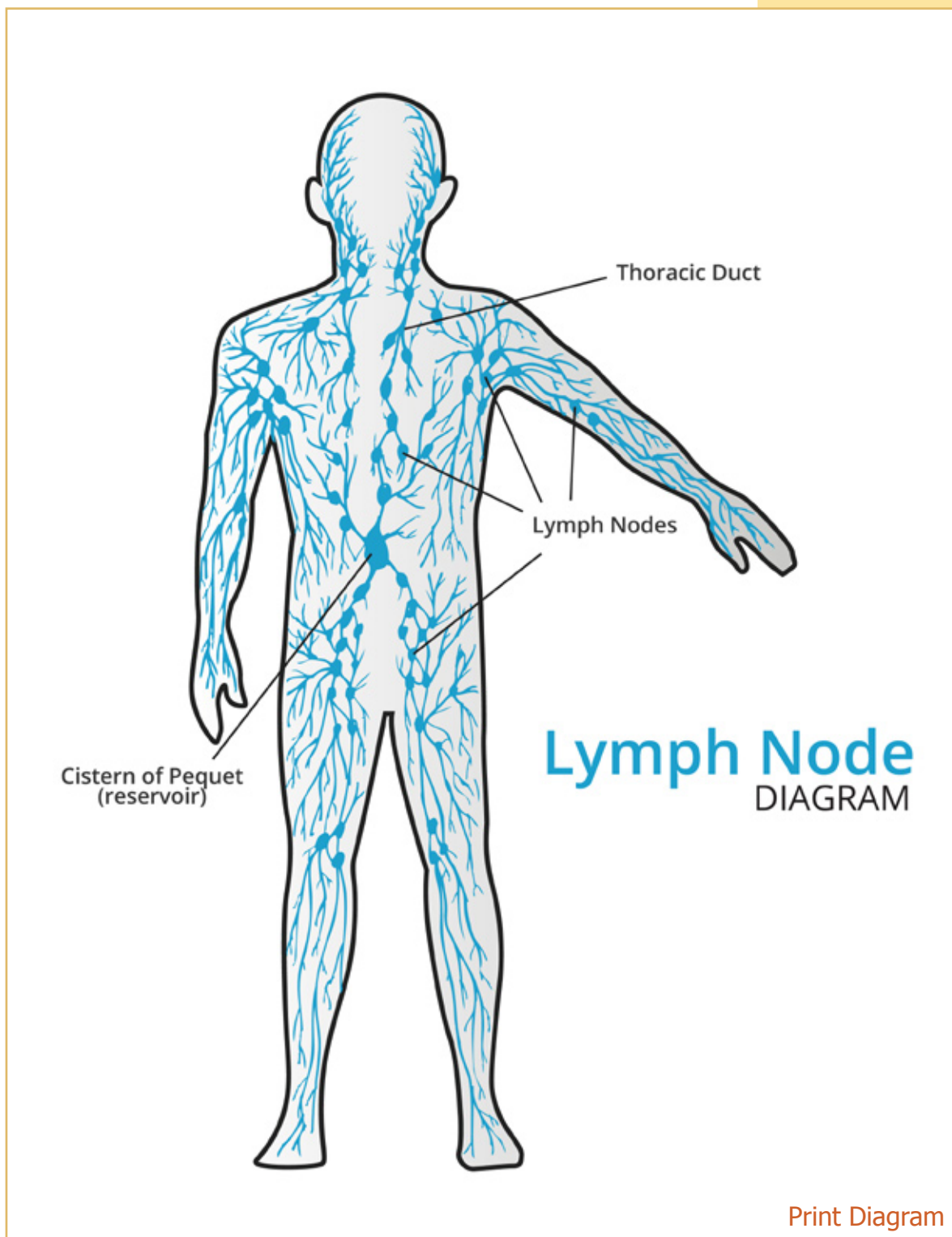
We offer this 12 Point Protocol to help restore energy and health. Apply LED light starting at #1 through #12 for approximately five minutes on each area. This protocol has been adapted from a program developed by German physician, Dr. Ingo Woltzel using Near infrared (NIR) LED light.



Organs ... for use with LED Light



Lymph System ... for use with LED Light

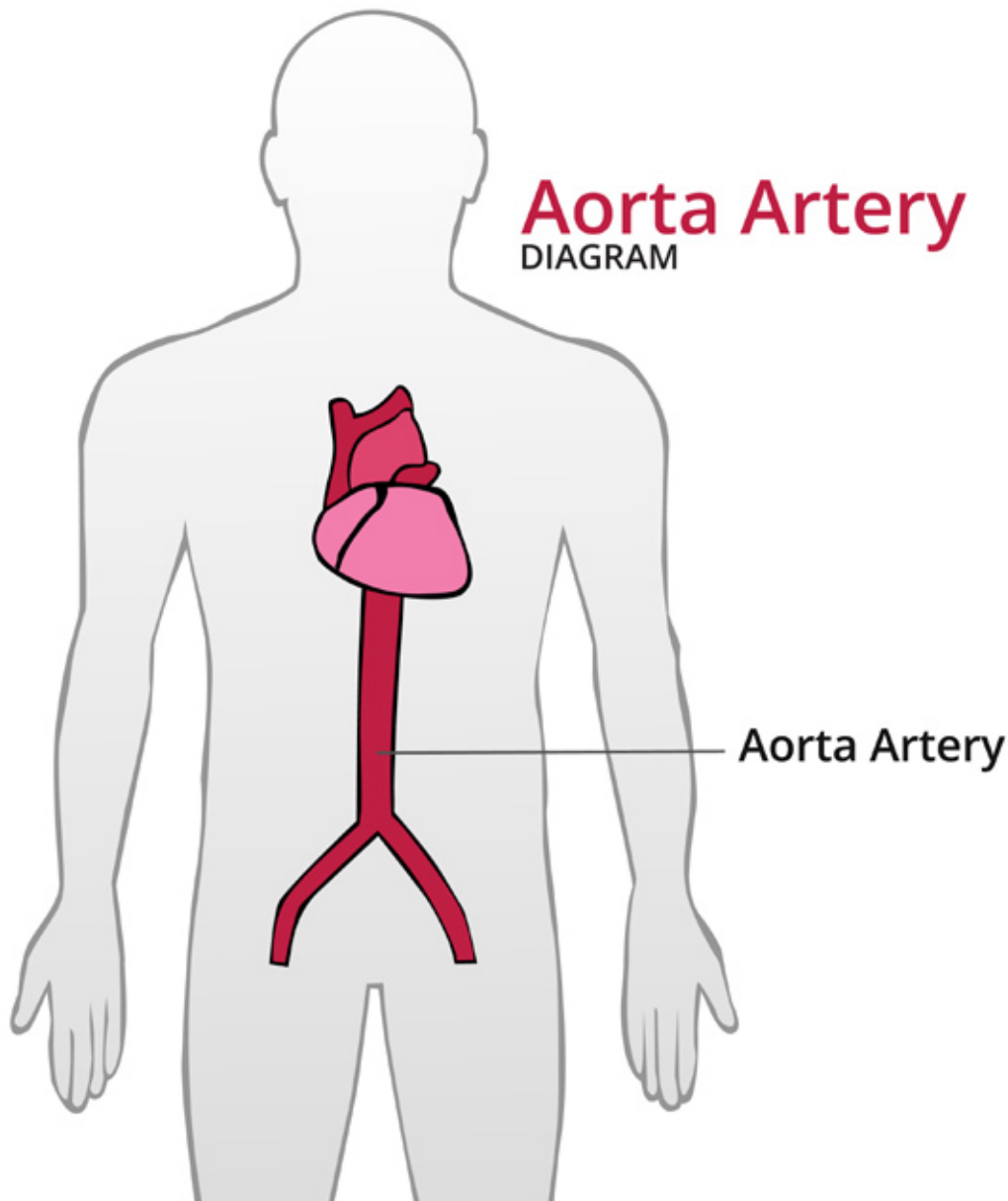


Application to Blood

For a boost to the Immune System, apply LED light to the aorta artery. The aorta is the main vessel carrying blood from the heart to feed tissues throughout the body. The aorta artery comes closer to the skin, near the navel.

To reach the blood using the aorta artery, place the LED light on or just above the navel (belly button).

Aorta Artery DIAGRAM

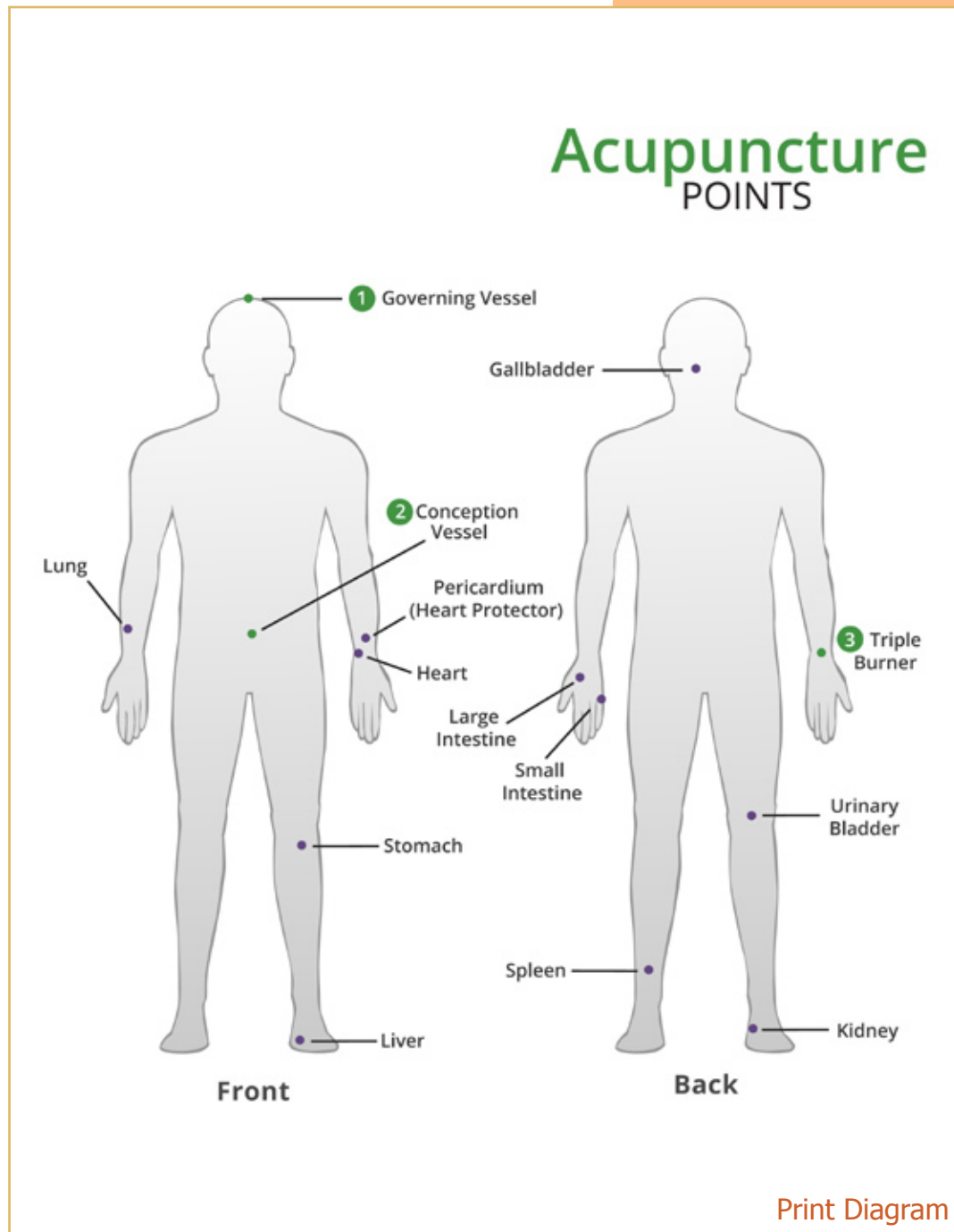


[Print Diagram](#)

Acupuncture Points

Applying LED light therapy to the main acupuncture points should effectively spread the light and frequencies to specific organs and areas using the meridian pathways. Acupuncturists and other energy medicine practitioners understand that ill health or imbalances show up at an energetic level before physical symptoms become evident. This means LED Light can be used as a maintenance or preventative tool to help keep the subtle energy system tuned.

The Acupuncture Points diagram shows the entry points for all 14 major meridians.



[Print Diagram](#)

The following three Main Acupuncture Points are connected to a system rather than a specific organ:

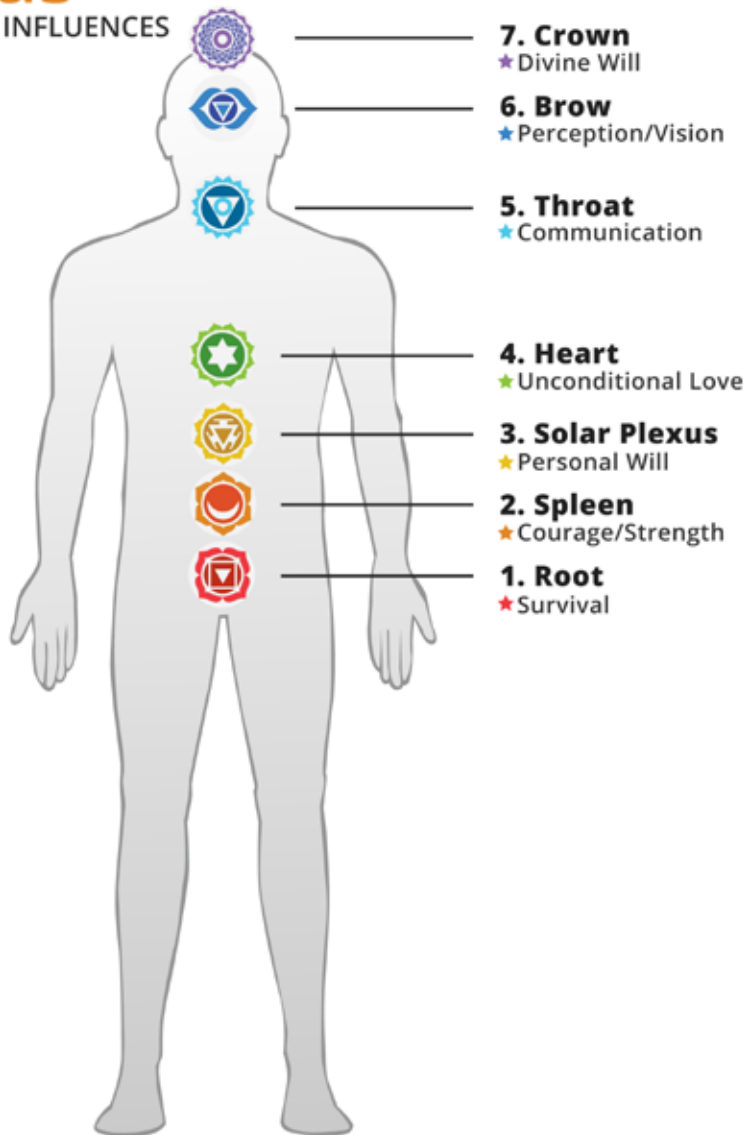
1. **Governing Vessel:** The Governing Vessel is associated with health challenges such as hemorrhoids, anal prolepses, constipation, diarrhea, impotence and lower back pain.
2. **Conception Vessel:** The Conception Vessel is associated with health challenges such as menstruation, hemorrhoids, urination and mood disorders.
3. **Triple Burner:** This energy system is associated with digestion, elbow disorders, eyes, headaches, fever and throat.

Chakra Guide

The seven chakras start with the Root chakra, often referred to as the first chakra, located at the base of the spine, and move up the body to the Crown chakra, often referred to as the seventh chakra—located on the top of the head. The chakras are considered energy centers or vortices in the body.

Chakras





and their MAJOR INFLUENCES



[Print Diagram](#)

All areas of the body are connected on both a physical level with the bloodstream, lymph and nervous system and on a subtle energy level with the meridian and chakra systems. This means that even though each chakra is considered to have a major influence on specific areas of the body, effects are widespread. Applying light to the chakras allows the body to disperse the light to areas of the body governed by the chakras.





Chakra Table

Name and Location	Main Influence	Description	Mental/Emotional Influences
 <p>Root Chakra Located at the very base of the spine</p>	<p>Survival</p>	<p>The Root chakra is associated with the color red, our will to live and our survival responses.</p> <p>Along with the next chakra, the Spleen chakra, the Root chakra governs:</p> <ul style="list-style-type: none"> • Gonads • Sex Organs <p>The Root chakra also energizes:</p> <ul style="list-style-type: none"> • Legs and feet • Large intestine <p>Spinal Column - particularly the lower lumbar spine affecting:</p> <ul style="list-style-type: none"> • Bones • Bladder • Womb • Immune system • Pelvis • Hips • Rectum 	 <p>Associated with how safe we feel in the world.</p> <p>When in balance we have a 'can do' attitude and are self-confident.</p> <p>When imbalanced, we feel fearful and anxious.</p>
 <p>Spleen or Sacral Chakra Located between the pubic bone and the navel</p>	<p>Courage and Strength</p>	<p>The Spleen or Sacral chakra is associated with the color orange. It supplies energy to our sexual organs and to the immune system.</p> <p>This chakra is associated with our relationships—how we relate to people and our sexuality.</p> <p>This chakra governs:</p> <ul style="list-style-type: none"> • Pelvis • Lower back • Gonads • Urinary tract (kidney/bladder) • Colon • Reproductive system • Small intestine • Immune system 	 <p>Associated with being social.</p> <p>When in balance we are confident and enthusiastic.</p> <p>When imbalanced, we feel guilty—blaming ourselves, our friends, or our family, and we express emotions poorly</p>



Chakra Table continued...

Name and Location	Main Influence	Description	Mental/Emotional Influences
 <p>Solar Plexus Chakra Located just below the rib cage</p>	<p>Personal Will</p>	<p>The Solar Plexus chakra is associated with the color yellow. It supplies energy to:</p> <ul style="list-style-type: none"> • Pancreas • Gallbladder • Liver • Adrenal glands • Nervous System <p>The Solar Plexus chakra is known as the "seat of the emotions." Just as the digestive system discriminates amongst the chemical substances we ingest, the Solar Plexus makes emotional discriminations. This chakra is also related to who we are in the universe:</p> <ul style="list-style-type: none"> • Self-esteem • Personal Power <p>The Solar Plexus is the center where we receive:</p> <ul style="list-style-type: none"> • Instinctive or intuitive impressions <p>It is not uncommon for people to experience problems in the organs related to this chakra because of conflicts between the intuitive and the analytical mind.</p>	<p>Associated with feeling confident and the ability to be assertive.</p> <p>When in balance we feel in control and have positive feelings of self-worth.</p> <p>When imbalanced we are timid and indecisive or we tend to be either passive or domineering.</p>
 <p>Heart Chakra Located in the center of the chest</p>	<p>Unconditional Love</p>	<p>The Heart chakra is associated with the color green. It supplies energy to:</p> <ul style="list-style-type: none"> • Heart • Thymus gland • Breasts <ul style="list-style-type: none"> • Lungs • Upper back 	<p>Associated with self control and the ability to give and take.</p> <p>When in balance we are friendly and feel in harmony with life.</p>

Chakra Table continued...

Name and Location	Main Influence	Description	Mental/Emotional Influences
 <p>Heart Chakra Continued</p>	<p>Unconditional Love</p>	<p>Influences:</p> <ul style="list-style-type: none"> • Immune system • Endocrine (glandular) system • Circulatory System <p>This is the center of selfish or unconditional love. The heart chakra and its associated organs are activated or balanced by positive thoughts and our ability to be a vehicle for goodwill and love.</p> <p>When health problems arise in the organs regulated by the Heart chakra, they are the result of an inability to give or receive love—from our Creator, self, or others.</p>	 <p>When imbalanced we are overly sensitive, find it difficult to forgive and criticize or blame others and self.</p>
 <p>Throat chakra Located in the center of the throat</p>	<p>Communication</p>	<p>The Throat chakra is associated with the color blue. It governs:</p> <ul style="list-style-type: none"> • Thyroid gland • Throat • Mouth <p>An indication of the degree to which this chakra is developed is the quality of a person's voice. Our voices can be as penetrating as the eyes when the Throat chakra is balanced and functioning well.</p> <p>The throat center is related to higher forms of expression:</p> <ul style="list-style-type: none"> • Speaking our truth 	 <p>Associated with our ability to express ourselves.</p> <p>When in balance we are naturally affectionate.</p> <p>When imbalanced it is difficult to express our true thoughts and feelings. Difficult to listen.</p>

Chakra Table continued...

Name and Location	Main Influence	Description	Mental/Emotional Influences
 <p>Brow chakra Located just above and behind the eyes</p>	<p>The Brow chakra is associated with the color indigo. It is often referred to as the "third eye." This chakra is associated with:</p> <ul style="list-style-type: none"> • Intuition • Perception <p>Areas associated with the Brow chakra include:</p> <ul style="list-style-type: none"> • Pituitary - our master gland • Sinuses • Spinal Cord <p>Also associated with this energy center are:</p> <ul style="list-style-type: none"> • Neurological problems • Strokes • Brain Tumors • Seizures 	<p>Associated with tuning into our inner promptings.</p> <p>When in balance we take responsibility for our lives and are ready to be of service in life.</p> <p>When imbalanced we are inconsiderate and intolerant, rely on authority, or may be undisciplined.</p>	<p>Associated with spiritual insights.</p> <p>When in balance, we have respect for all life.</p> <p>When imbalanced we intellectualize, feel superior, and have difficulty accepting daily reality.</p>
 <p>Crown chakra Located at the top of the head</p>	<p>The Crown chakra is associated with the color violet. It governs:</p> <ul style="list-style-type: none"> • Cerebral cortex in the brain • Central nervous system • Pineal gland <p>The Crown Chakra is associated with:</p> <ul style="list-style-type: none"> • Understanding ourselves as spiritual beings • Our relationship to the world as a whole 	<p>Associated with tuning into our inner promptings.</p> <p>When in balance we take responsibility for our lives and are ready to be of service in life.</p> <p>When imbalanced we are inconsiderate and intolerant, rely on authority, or may be undisciplined.</p>	<p>Associated with spiritual insights.</p> <p>When in balance, we have respect for all life.</p> <p>When imbalanced we intellectualize, feel superior, and have difficulty accepting daily reality.</p>

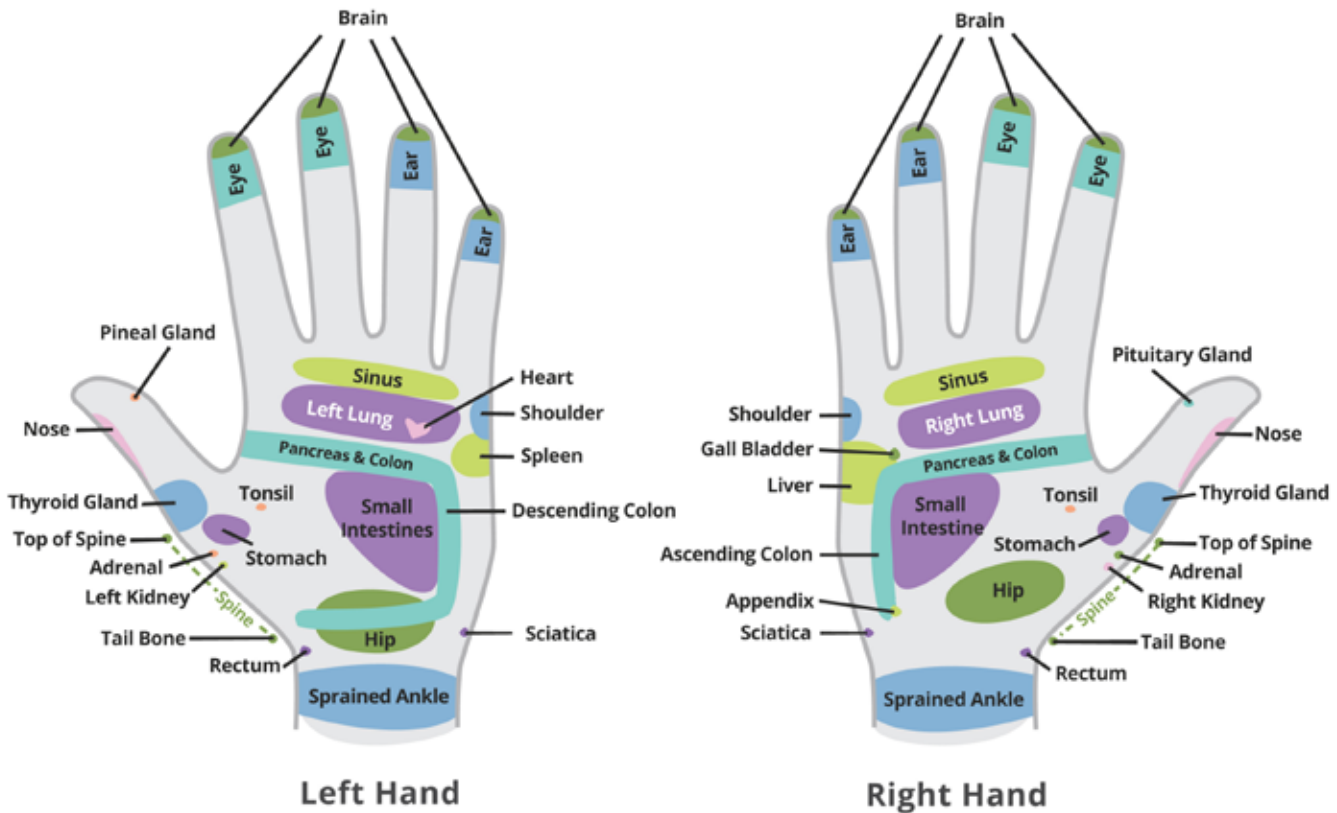
Resource: Dr. Karen Jensen, N.D. provided much of the information on the chakra centers.

The Hands

The system of Reflexology is based on the concept that the hands supply a map of the body with specific areas connected to body organs and systems. Applying LED light and frequencies to the hands is a convenient way to transmit light internally. The body can use its native intelligence to use the light as needed.

HAND Reflexology DIAGRAM

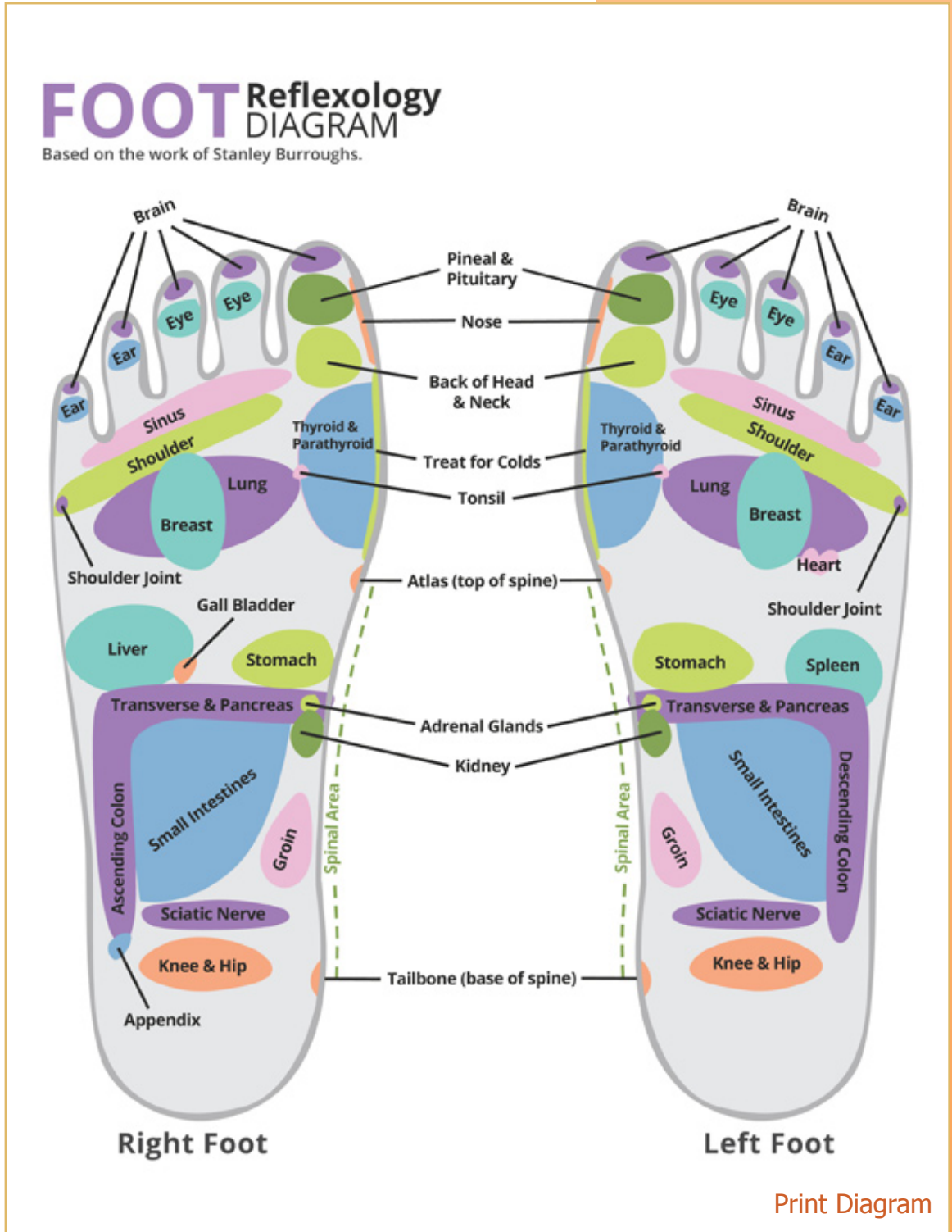
Based on the work of Stanley Burroughs.



[Print Diagram](#)

The Feet

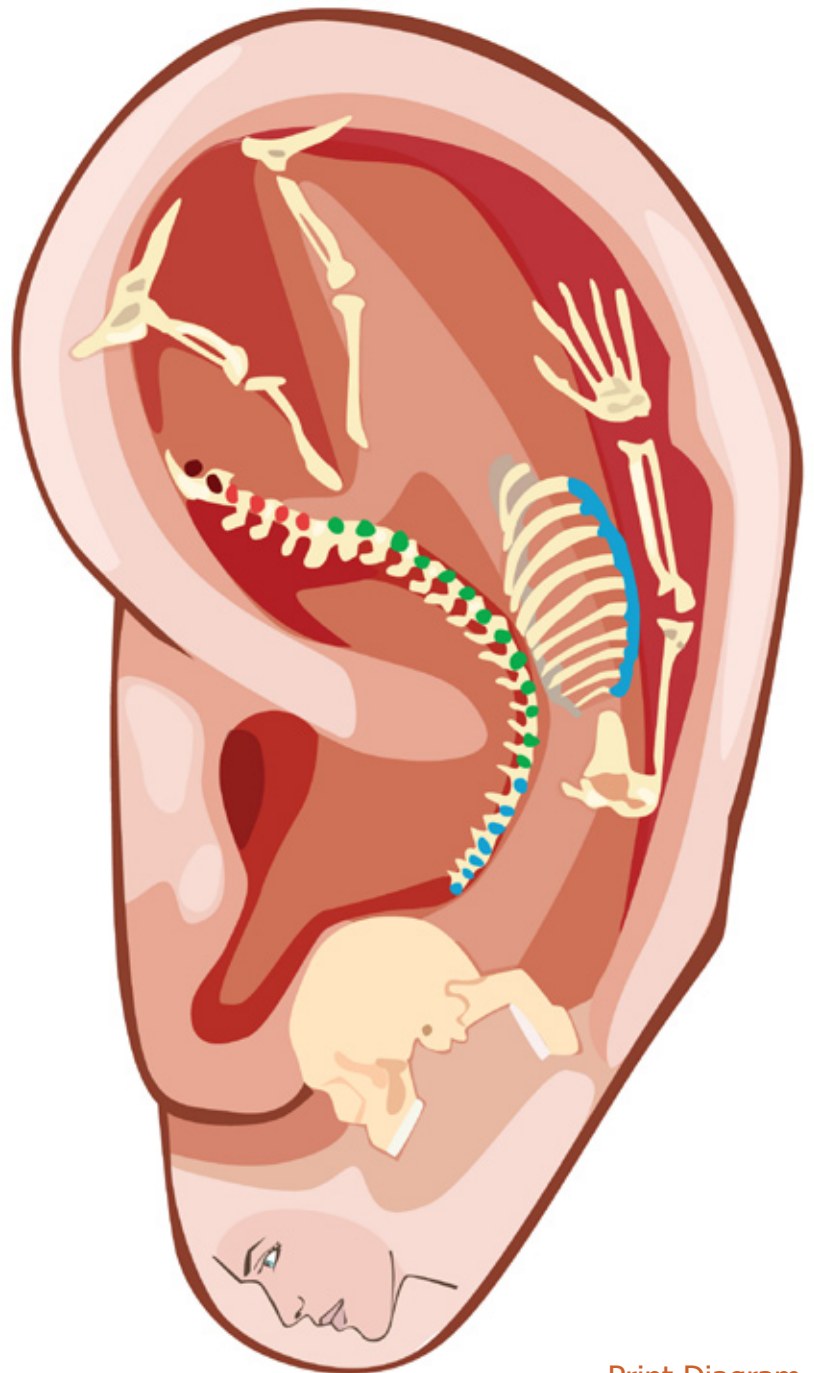
The system of Reflexology also uses the feet as a map of the body with specific areas connected to body organs and systems. Applying LED light and frequencies to the feet is a convenient way to transmit light internally. The body can use its native intelligence to use the light as needed.



The Ears

The acupuncture meridian system allows all areas of our body to be reached from our outer ears. The body is represented in the form of an upside-down fetus with the connections to the head area in the ear lobes and connections to the feet in the upper area of the outer ear. The outer ear is described as a “computer keyboard” based on the concept the keys (acupuncture points) reach deep within the body.

Applying LED light and frequencies to the outer ear is a convenient way to transmit light internally. The body can use its native intelligence to use the light as needed.




















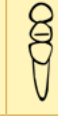














[Print Diagram](#)

Courtesy of Terry Oleson author of Auriculotherapy Manual, 3rd edition 2003

The Teeth

All acupuncture meridians pass through our jaw connecting each tooth to a specific area of the body. That means problems with our teeth affect other areas of our body.

	RIGHT									LEFT								
SENSE ORGANS	Inner Ear	Maxillary Sinus			Ethmoid Cell		Eye	Frontal Sinus		Frontal Sinus	Eye	Ethmoid Cell		Maxillary Sinus		Inner Ear		
JOINTS	Shoulder Elbow	Jaws			Shoulder Elbow	Back of Knee				Back of Knee			Shoulder Elbow	Jaws		Shoulder Elbow		
	Hand ulnar Foot plantar Toes Sacroiliac joint	Front of Knee			Hand radial foot Big Toe	Hip	Sacrococcyx		Foot		Sacrococcyx	Hip	Hand radial Foot Big Toe		Front of Knee		Hand ulnar Foot plantar Toes Sacroiliac joint	
VERTEBRAE	C7 T1 T5 T6 S1 S2	T11 T12 L1			C5 C6 C7 T3 T4 L4 L5		T9 T10	L2 L3 S3 S4 S5 Coccyx		T9 T10		C5 C6 C7 T3 T4 L4 L5		T11 T12 L1		C7 T1 T5 T6 S1 S2		
ORGANS	Heart	Pancreas			Lung		Liver	Kidney		Kidney	Liver	Lung		Pancreas		Heart		
	Duodenum	Stomach			Large intestine		Gall Bladder	Bladder Urogenital area		Bladder Urogenital area	Gall Bladder	Large intestine		Stomach		Duodenum		
ENDOCRINE GLANDS	Ant. lobe of pituitary	Para-thyroid	Thyroid	Thymus	Post. lobe of pituitary		Pineal gland		Pineal gland	Post. lobe of pituitary		Thymus	Thyroid	Para-thyroid	Ant. lobe of pituitary			
OTHERS	CNS Psyche		Mammary gland									Mammary gland			CNS Psyche			
	R																	L
	Tooth	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
	Tooth	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	
	R																	L
OTHERS	Energy metabolism			Mammary gland									Mammary gland			Energy metabolism		
ENDOCRINE GLANDS TISSUE SYSTEMS	Peripheral nerves	Arteries	Veins	Lymph vessels	Gonad		Adrenal gland		Adrenal gland	Gonad		Lymph vessels	Veins	Arteries	Peripheral nerves			
ORGANS	Illeum	Large intestine			Stomach Pylorus		Gall Bladder	Bladder Urogenital area		Bladder Urogenital area	Gall Bladder	Stomach Pylorus		Large intestine		Illeum		
	Ileocecal region													Ileocecal region				
	Heart	Lung			Pancreas		Liver	Kidney		Kidney	Liver	Pancreas		Lung	Heart			
VERTEBRAE	C7 T1 T5 T6 S1 S2	C5 C6 C7 T3 G4 L4 L5			T11 T12 L1		T9 T10	L2 L3 S3 S4 S5 Coccyx		L2 L3 S3 S4 S5 Coccyx		T9 T10	T11 T12 L1		C5 C6 C7 T3 G4 L4 L5		C7 T1 T5 T6 S1 S2	
JOINTS	Shoulder and elbow			Front of knee			Back of Knee		Back of Knee	Front of knee			Shoulder and elbow					
	Hand ulnar Foot plantar Toes Sacroiliac joint	Hand radial Foot Big toe			Jaws		Hip	Sacrococcyx		Sacrococcyx	Hip	Jaws		Hand radial Foot Big toe	Hand ulnar Foot plantar Toes Sacroiliac joint			
SENSE ORGANS	Ear	Ethmoid cells			Maxillary sinus		Eye	Frontal Sinus		Frontal Sinus	Eye	Maxillary sinus		Ethmoid cells				
	RIGHT									LEFT								

[Print Table](#)

Dr. Sherry Rogers suggests using LED light on the jaw to "...strengthen the immune function of the area, tighten the tiny ligaments that hold the teeth in, and ward off infection."

"Healing With Light," Dr. Sherry Rogers, Total Wellness, January 2005

The GUIDE was created to help you benefit from the many ways that light and color may be used to assist your body to heal itself. We hope you find it useful.