

### PRE-SESSION

It is very important that you follow these recommendations for optimal benefits:

- Initial consultation with a Recovery Specialist.
- Lotions, powder, deodorant, antiperspirant, perfume, makeup or anything topical on the body may reduce benefit. It is recommended that these items are not used within 1 hour prior to a session.
- Inform your Recovery Specialist if you have had any recent skin lesions. For the protection of all NovoTHOR users, all lesions must be covered with an adhesive bandage.
- Speak to your Recovery Specialist if you have any questions prior to your session.

### SESSION PROCESS

You will be asked to disrobe to your level of comfort, however light cannot penetrate clothing so it is optimal for no clothing to be worn. For NovoTHOR you will lie on the bed face up for the duration of the session. Suggested session time is 12 minutes. When the session is complete, the unit will turn off automatically. At that time, please exit the bed and put on the robe provided for you. Notify the staff that you are finished, and sit in the chair provided until you are assisted. The NovoTHOR bed and goggles will be cleaned thoroughly with an approved cleaning solution prior to all NovoTHOR Sessions.

### POST SESSION

Drink 64-80 oz. of water within 24 hours.

Resume normal activity.

### SESSION RESPONSES

Occasionally some clients may experience mild fatigue, discomfort, or aches after a session. These responses should reduce after 24-48 hours, if they persist notify your Recovery Specialist.

### EYE SAFETY

Goggles are available to reduce brightness during your NovoTHOR session.

### CANCER

If you have active cancer diagnosis, seek advice from your oncologist before engaging in a NovoTHOR session.

### PREGNANCY

This product has not been tested for safety on pregnant women. Whilst the light is safer than the rays from UV tanning beds or sunshine the common advice for pregnant women is that increased temperature later in pregnancy has a risk of starting premature labor. Because this treatment is quite warm, consult your healthcare professional before engaging in a NovoTHOR session.

### DIABETES

It is conceivable that this treatment may reduce medication requirements. If you have diabetes, notify your healthcare professional before engaging in a NovoTHOR session.

### LIGHT SENSITIVITY

If you take medications or have conditions that may be affected by light, notify your healthcare professional before beginning your NovoTHOR session. The first NovoTHOR session should last only 5 minutes to identify if there are any photosensitive responses.

### PINS / PLATES / METAL IMPLANTS / PACEMAKERS

There is no evidence of adverse effects for patients with these devices.

**Photobiomodulation (PBMT) is the application of red and near infrared light to stimulate tissue repair, increase production of cellular energy, reduce inflammation and reduce pain.**

### 1. How does it work?

Light is absorbed at the cellular level, targeting the cause of inflammation by reducing oxidative stress. Extensive research during last two decades has revealed oxidative stress can lead to chronic inflammation, which in turn contributes to chronic diseases including cancer, diabetes, cardiovascular disease, neurological disorders and pulmonary diseases.

### 2. How does it compare with other treatments?

PBMT works at the cellular level, stimulating repair and normalizing cell function. Many therapies only address symptoms, without addressing the source. With that said, chronic degenerative changes often cannot be "healed", instead they must be managed. PBMT is a safe, effective, non pharmaceutical way to manage pain and inflammation.

### 3. What can it work on?

This non-invasive and safe therapy has been show to be highly effective for acute and chronic musculoskeletal conditions such as as sports injuries, fibromyalgia, chronic fatigue, neuropathy, arthritis pain, gout, and more.

### 4. I've never heard of this before – it is real?

There are currently over 400 (RCT) clinical trials, and 4000 laboratory studies on PBMT, with 30 new research papers a month being reported on Pub Med. The NovoTHOR was developed by James Carroll, who is a recognized authority on LLLT mechanisms of action, dose, and the measurement and reporting of parameters. He collaborates with many universities and hospital research centers on treatment protocol design and reporting of treatment parameters, including Harvard Medical School, Harvard School of Public Health, Massachusetts General Hospital (MGH), Brigham and Women's Hospital (Boston), Massachusetts Institute of technology (MIT), and Leiden University Medical Centre, Amsterdam.

### 5. How is it applied?

PBMT can be delivered to the entire body using NovoTHOR's state-of-the-art, full-body light pod -- the industry's leading light therapy device that delivers optimal power to reduce session times. In an 8- to 12-minute session, full body light treatment targets inflammation and stimulates repair. Users experience a decrease in pain and relaxation of muscle spasms. To address a specific location, e.g., hip, knee, ankle, etc. e.g., one session per location is recommended.

### 6. What will I feel?

Laser Therapy does not heat tissue, unlike high intensity lasers. It does however increase circulation so a warming sensation is often experienced. The following outcomes have been reported by clients at The RAYS of HOPE Rejuvenation Center in Florida. These outcomes may not apply to every person, and are not intended to guarantee, promise, represent and/or assure that anyone will achieve the same or similar results:

- "temporary euphoric feeling"
- "increased energy levels"
- "improved sleep patterns"
- "improved mood"
- "improved skin clarity and tone"
- "improved bowel function"
- "decreased swelling of extremities"
- "increased energy"
- "increased mental clarity"
- "increased general sense of well being"

Occasionally some clients may experience mild fatigue, discomfort, or aches after treatment. These responses should reduce after 24 - 48 hours; if they persist notify your Recovery Specialist.

### 7. How many treatments are needed?

That depends on each individual's "human variables." Every person's condition is unique, therefore each person's reaction to PBMT and recommended treatment course will be unique, as well. However, there are some general rules of thumb that apply to PBMT. Acute injuries and inflammation from muscle strains and sprains, cuts, bruises, burns, etc., typically show very rapid improvement and can resolve in 2-4 treatments. Long-term, chronic conditions can take as many as 12 sessions to get significant benefits, then weekly or bi-weekly sessions may be necessary to maintain benefits.

### 8. Can I use insurance as a form of payment?

No, we do not accept insurance policies. You can always ask your insurance provider if they can reimburse you, but we do not accept insurance for payment. Many of our clients use their health savings account cards just like a credit card.