

30 minutes is equivalent to



Run for 35 mins



Swim for 20 mins



Yoga for 25 mins



200 sit-ups



Bike ride 25 mins



Vibration 2500

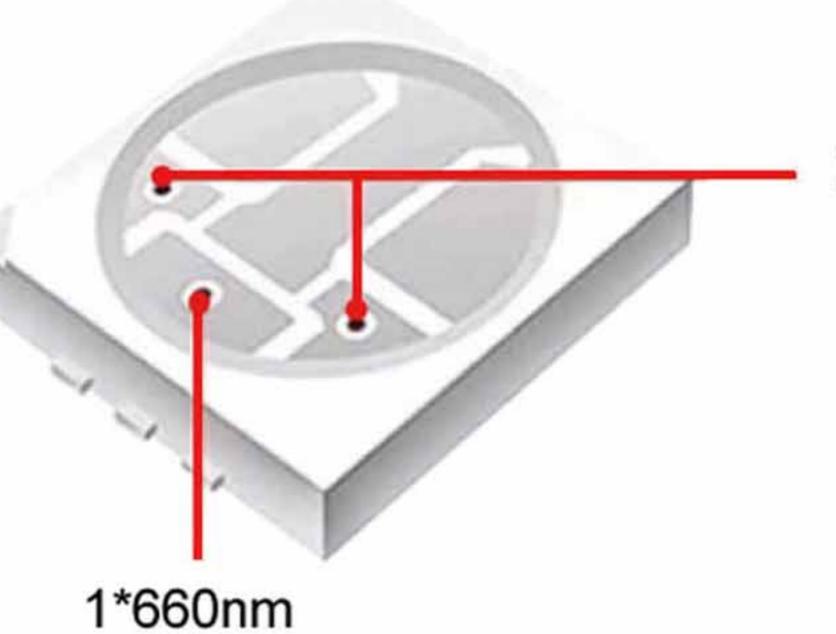
- Increase collagen
- Relieve joint pain
- Activate cell viability
- Break down fat cells
- Relax muscles
- Reduce inflammation
- Repair the skin

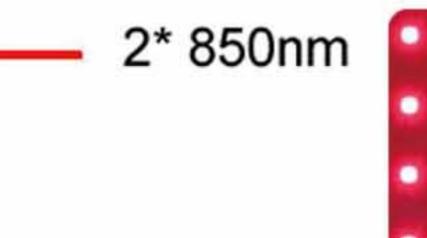


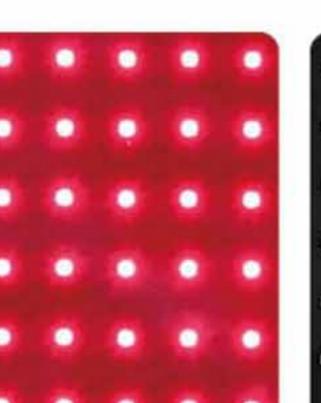












Red light

THE ULTIMATE GUIDE TO

THERAPY

PERFORMANCE/RECOVERY •

BRAIN OPTIMIZATION .

ARI WHITTEN

PARAGON

Timer: 6 mins

Bright: 100%

**E** 

Mode: RED&NIR

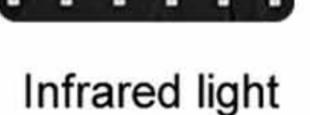
Frequency: NULL

(h)

ANTI-AGING •

MUSCLE GAIN .

FAT LOSS •



# UPGRADE YOURSELF WITH RED

# BENEFITS OF 660NM

Is absorbed by skin tissue helps support collagen production and the optimal health of your skin.



# Reduction of lines, wrinkles, and hyperpigmentation:

660nm can support the radiant-looking skin, and a more uniform texture.



#### The teratment of acne:

The 660nm wavelength has also has been shown to help reduce inflammation and breakouts.



### An improvement in skin disorders such as psorissis:

One study showed that the use of the 660nm wavelength used in conjunction with hematoporphyrin derivative (HPD) helped to eradicate the symptoms associated with psoriasis within 17days.



## Reduced training fatigue:

The 660nm wavelength teamed with the 850nm near-infrared wavelength has been proven to delay the development of fatigue in the muscles, and enhance skeletal muscle performance.

(Athletes,take note)



## Reduced neuropathic pain:

A study investigating sciatic nerve pain in rats found that the 660nm wavelength significantly helped to reduce pain.



# BENEFITS OF 850NM

Is invisible to the human eye but penetrates much deeper within your body and tissues, helping with the recovery of muscles and aiding in reducing joint pain.



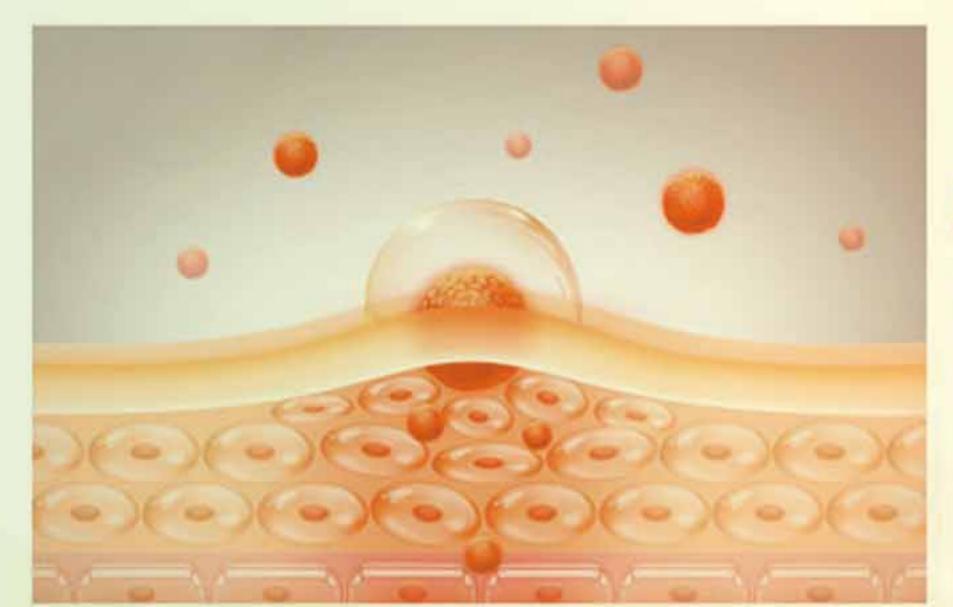
#### Anti-inflammatory benefits:

850nm wavelengths can help to reduce joint and muscle pain and diminish general inflammation in the body.



### Enhanced muscle recovery:

A study observed the use of 850nm wavelengths on athletes, and found that usage of the near-infrared light increased muscle mass after training.and decreased inflammation and oxidative stress in muscle biopies.



### Healing of wounds in the skin:

Lesions in the skin heal faster when exposed to 850nm wavelength light therapy.



# Improved bone healing:

The 850nm wavelength encourages resorption and formation in the bone cells around the location where repair is needed, without causing any change to the bone structure.



## Orthodontics and tooth alignment:

850nm can promote fat burning, achieve fat burning effect, effectively help lose weight, and help reduce waistline effectively.

