

OPERATING INSTRUCTIONS



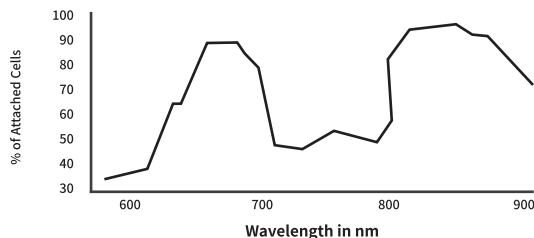
Model NO.:HD-CureS

I . Introduction of Light Therapy

Light therapy is among the earliest recorded healing modalities. Solar therapy was first used by the Egyptians, and forms of light therapy were also practiced by the ancient Greeks, Chinese and Indians.

There's no question that light exerts biological effects, in fact, the body needs light to be healthy. Clinical studies are now establishing how different wavelengths of light affect the body at a cellular level, the conditions that can be successfully treated using light therapy, and the optimal conditions needed to absorb the benefits of light-based treatments.

Cytochrome C Oxidase(CCO)Activation by Red and NIR Light



Treatment Principle

What's red light?

Red light resides on the visible end of the spectrum, which means you can see it. It is, however, on the "long end" of the whole spectrum in general.

Red light waves are the longest wavelengths that are still visible by eyes. The longer the wavelength of red light is the more effective it is for penetrating your body to a significant cellular level.

Short red light penetrates your body to a depth of about 8 to 10 millimeters, reaching the mitochondria of your skin cells and other cells that are located closely beneath your skin to stimulate biological reaction.

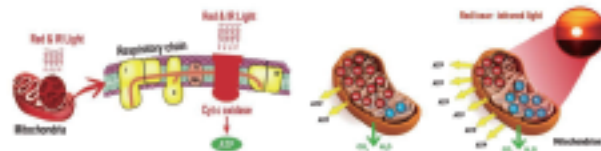


Red light therapy is a form of photo bio-modulation or a treatment that uses light-emitting diodes(LED) or low-level laser therapy(LLLT) to stimulate cellular activity to achieve therapeutic benefits.

What's the key mechanisms of Red/NIR Light Therapy?

Generally speaking, red/NIR light has two central mechanisms in how it benefits cellular function and overall health:

1. Stimulating ATP production in the mitochondria through interacting with a photoreceptor called cytochrome oxidase.
2. Creating a temporary, low-dose metabolic stress (known as hormesis, which is also a primary mechanism of why exercise works) that ultimately builds up the anti-inflammatory, anti-oxidant and cell defense systems of the cell.



Obviously, red light is best suited for treating skin conditions, local pain, mild inflammation, and accelerating surface wounds healing. And what is trustworthy is that there are no adverse side effects. Red light does not create heat, although you might experience a mild and pleasant warm sensation on your skin during therapy, but it won't burn your skin or damage any underlying body tissues. It has been proven that almost all wavelengths of red light will provide a sort of benefits, but wavelength from 650nm to 850nm demonstrate the most healing power.

II. Are there any other benefits of red light therapy?

It has been proven that the right wavelength of red light is beneficial in producing cellular changes that contribute to the production of collagen, which is vital in combating saggy and loose skin. It is not merely shining a red light on your skin; it has to be at the right wavelength to produce the desired effects. This treatment is known by many other names such as photo-rejuvenation, LILT (Low-Intensity Light Therapy), LLLT (Low-Level Light Therapy), photo-bio-modulation or bio-stimulation.



How could red light benefit so many totally different types of conditions? It almost seems to claim that it's a panacea. So it's only natural to express skepticism.

Yet, the reason it can benefit all these radically different conditions is actually quite simple: The health of every organ and every cell in the body depends on the energy being produced by the mitochondria in those cells. Thus, because red/NIR light therapy works to enhance mitochondrial energy production in essentially every type of cell in the body, it can enhance the cellular processes and cellular health of potentially almost every type of cell in the body. In essence, the basic principle is this: Whatever cells you shine it on--whether muscle, skin, gland, or brain--those cells will work better when the mitochondria in those cells are producing more energy.



If you still have doubts about what light therapy is or want to know more, please feel free to contact us, we can send you professional E-Books about Red Light Therapy".

III. Benefits of the Cold Laser Therapy Device

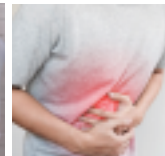
Why do we need cold laser therapy in our daily life? Do you often feel joint pain, especially after sitting or working hard for a long time? If so, then local pain is damaging your body.

Local pain is caused by neurological diseases, and there will be acupuncture-like pain. Pain itself is a signal. When the whole body is uncomfortable, it is conveyed through pain, such as knee pain, hand pain, shoulder and back pain, low back pain, arm pain, foot pain and abdominal pain.

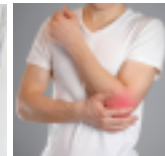
When you keep sitting for two hours or work with high intensity for a long time, your body has already been injured. Over time, it will not only affect the body, but also bring about a series of sub-health such as poor blood circulation, soreness in the lumbar spine, shoulders and neck, and soreness in the arms and knees. It is easy to cause diseases such as cervical and lumbar spine. This is because of sitting for a long time for a long time, maintaining an improper posture, or because of work, it is easy to cause frozen shoulder, mouse hand, lumbar disc herniation, pain and discomfort.



Waist & Back



Abdomen



Arms



Legs

So what are the specific reasons?

The causes of local pain include the following aspects:

1. Local soft tissue of the body is inflamed due to trauma or infection, which will produce pain under the stimulation of inflammation.
2. Excessive activity or high-intensity physical labor will cause muscle strain, which will be accompanied by local soreness and pain.
3. Frequent repetition of an action causes local muscle strain, which can cause to obvious pain. For example, frequent head lowering can lead to neck muscle spasm, which can lead to neck muscle soreness.
4. In case of acute sprain, inflammatory changes will appear in local muscles, leading to pain, it belongs to aseptic inflammation, such as acute lumbar sprain, lumbar muscle pain.
5. When bacterial infection occurs in local soft tissue, there will be obvious symptoms of redness, swelling, heat and pain.

There are many ways to relieve pain. First, rest, avoid excessive exertion. Reducing psychological tension through rest can alleviate pain. Secondly, the technology of red light therapy has been significantly mature and has a very significant effect on local pain.

Red light therapy can help with the following:

- Speed Up Wound Healing
- Increase Bone Healing
- Help Tendonitis
- Increase Fat Loss, Reduce Cellulite (And Burn Off Stubborn Fat)
- Enhance Muscle Gain, Strength, Endurance, and Recovery
- Combat Fibromyalgia Syndrome and Chronic Fatigue
- Combat Inflammation (and Potentially Inflammation-Related Diseases)
- Reverse Skin Aging and Get Youthful Skin. Improve Joint Health and Combat
- Arthritis Improve Heart Health
- Decrease Pain
- Increase Pancreas Health
- Improve Immunity



IV. Cold Laser Therapy Device Introduction

1).Features as Below:

- .100% Natural
- . Drug Free
- . Chemical Free
- .Non-Invasive (no needles or knives)
- . Non-Ablative (does not damage the skin)
- . Painless (does not itch,burn or sting)
- . Requires Zero Downtime
- . Safe for All Skin Types
- . Safe for All Ages
- . No Adverse Short or Long Term Side Effects
- . Easily Self- Administered in Your Own Home
- .Long Term Application of the Device does not Have any Proven Side- Effects.

2).Applicable Area



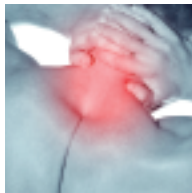
Knee



Shoulder



Hand



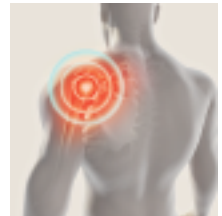
For different pain area,The cold laser therapy device can affect different cells differently- for example, affecting damaged and dysfunctional cells differently than healthy cells. It even has the capacity to irradiate the blood (and affect things like inflammatory mediators and immune cells), thus affecting the entire body through the changes in blood cells/ compounds, not just the area the light was shined on.

The bio modulation achieved by our laser therapy allows it to be applied in situations that can be apparently paradoxical because it can sometimes be used to stimulate cells and tissues, and in other situations it can inhibit the same biological effect. For this reason, laser therapy is referred to by many researchers as a regulator or modulator because it restores the organism to homeostasis. Moreover, there is considerable evidence of the systemic effects of laser therapy, which means that application to one site of the body can produce an improvement of a condition in another distant body part that did not receive light. Systemic effects can be explained by local effects of light that can be transferred to other sites through the circulating blood, via the lymphatic system, or via the nervous system.

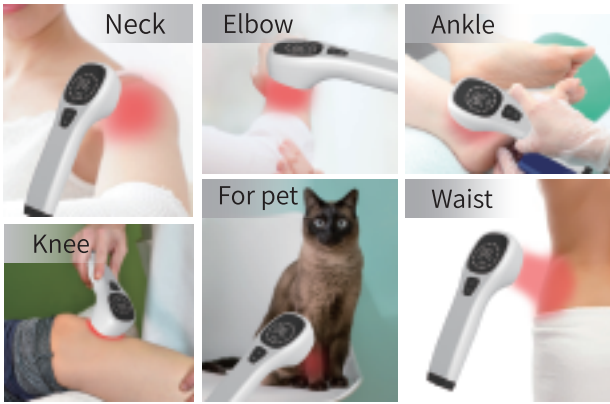
V. Benefits of the Cold Laser Therapy for Pain as Below:

» Benefits for Your Health

- Relief of muscle spasms
- Improve circulation
- Safe for all types of skin
- Easily administer at home
- Reduces pain and inflammation
- Calms the nervous system
- Promote faster wound and tissue healing
- Relieves joint and muscle stiffness



Ultimately,relieve pain pressure in the whole body easily and comfortably in pure physical therapy, and bring you a healthy and pain-free life.



VI. How Long Does it Take to Heal

Human cycle parameters refer to human cycle indicators formed by human body under the joint action of Congenital heredity and acquired influence, such as physical cycle (about 23 days a cycle), emotional cycle (about 28 days a cycle), intellectual cycle (about 33 days a cycle), habit cycle (about 21 days a cycle), human blood renewal cycle (about 18 days a cycle), etc.

This indicator can master your best physical strength, memory, emotion, habit formation or change and other states.



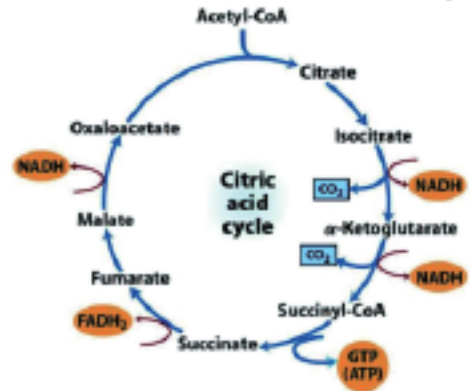
Similarly, the metabolic cycle of human tissues and organs is different.

Skin metabolism time: four to six months;

Hepatocyte metabolism time: more than one year; Muscle metabolism time: two to three years;

Metabolism time of tendons: three to five years; Bone metabolism time: more than seven years.

Products from one turn of the cycle



From the above information, we can roughly understand why some diseases recover quickly, some more slowly. Therefore, in laser treatment, it also needs a certain conditioning time to see the curative effect.

Laser therapy involves red light, infrared light and low-intensity laser into the human body by irradiation.

Generally speaking, these substances need to be transported to various cells of the body with the help of blood. The principle of our red light / near-infrared light therapy is to enhance the mitochondrial energy production of almost all types of cells in the body. Mitochondria produce energy and accelerate the activity of cells. And the largest number of red blood cells in the blood, the life span of red blood cells is 120-140 days. Based on this calculation, the blood renewal cycle of the whole body is about 120-140 days. It can be seen that in about 4-5 months, the blood is not what it used to be.

Therefore, when the red light therapy directly acts on the cells, it affects the blood circulation channels of the whole body, and then makes the painful parts produce therapeutic effect. This process needs to be maintained for a long time.

That's why we need to stick to use the handheld red light therapy device before we can see the obvious effect.

VII. Operating Instructions

1. Precautions During Use

» Regarding Light Sensitivity of Skin: People who are sensitive to light need to choose to continue or stop use according to the difference in body sensation during use. When you feel unwell, you should stop using it, and immediately contact our customer service staff to help you answer your questions.

» About Dosage and Distance of Use: Although light can reach the skin through clothing, the closer the light is, the stronger the dose. So maximum effect" would be with the LED light basically on your body, as close as possible. You don't have to worry about scalding your skin and soft tissues, as long as your skin is not sensitive to light, there will be no scalding behavior.

» About Power: After receiving the our product, there is a 0.001% chance that the product is out of power, we recommend charging for at least 5 hours before starting to use. If the device still cannot be used normally when it is fully charged, please contact our customer service staff immediately, and we will provide you with emergency return or refund service as soon as possible.

» About Charging: When charging, the LCD display of the device will be "ON", but it doesn't mean that it needs to be plugged in before it can be used. Our device has a Built-In battery inside, Type-C interface, supports USB charging, and can be used without plugging in.

» About Goggles: Do you need to wear goggles for red light therapy? A: It is not required that you wear eye protection, nevertheless the lights are very bright and may be uncomfortable for some individuals with sensitivities to light. Q: Is Red Light Therapy similar to tanning? A: No not at all. You will not get a tan from Red Light Therapy, nor does it expose you to damaging UV rays.

VIII. Treatment Recommendation & Guidelines

TREATMENT GUIDELINES OF RED LIGHT & TENS DEVICE FOR PAIN RELIEF

Indications	Treatment time	Treatment frequency	Days for one treatment session	Treatment Courses	Interval Days
Acute soft tissue injury	30 min	Twice/per day	10days	2	3days
Periarthritis of shoulder	30 min+	Twice/per day	7days	3	2days
Knee arthritis	30 min+	Twice/per day	7days	3	2days
Tennis elbow	30 min	Twice/per day	7days	3	2days
Tenosynovitis	30 min	Twice/per day	7days	3	2days
Lumbar osteoarthritis	30 min	Twice/per day	5days	4	2days
Cervical osteoarthritis	30 min	Twice/per day	5days	4	2days
Lumbar strain	30 min+	Twice/per day	5days	2	2days
Cervical and back strain	30 min+	Twice/per day	5days	2	2days

Note: "+" indicates that the time has to be increased according to the actual situation

Attention:

1. The aseptic operation must be strictly implemented in the treatment of patients with soft tissue infection. During the treatment, if any reactions such as dizziness, nausea, and fatigue, the treatment time should be reduced and gradually adapted;
2. LED treatment will accelerate the body's metabolism, please drink water properly before and after treatment;
3. Long-term treatment of the body will produce tolerance and affect the treatment effect, please take interval rests strictly according to the requirements of the treatment course;
4. All treatment session increase or decrease have to be adjusted according to actual conditions.



If you still have questions about this treatment guideline, please feel free to consult our customer service at any time, and we will give you a reasonable treatment plan according to your physical condition.

Examples of suggested treatments for some pain symptoms

(1)Treatments for Acute Soft Tissue Injury

Treatment instruction:

We suggest twice a day and about 30 minutes each time. 10 days is one treatment session and 3 days' interval between 2 sessions is recommended. It is recommended to use 2 treatment sessions.

After the curative effect appears, the consolidation treatment can be continued. At this period once a day and 30 minutes each time. Continue to adopt the treatment for 5 days.

Treatment area:

Close to the treatment area. Patients with open wounds need routine treatment before use, the distance from the injury area should be controlled within (1-2) cm.

(2)Treatments for Shoulder Periarthritis and Knee Arthritis

Treatment Instruction:

We suggest twice a day and about 30 minutes each time. 7 days is one treatment session and 2 days' interval between 2 sessions. It is recommended to use 3 treatment sessions. After the curative effect appears, the consolidation treatment can be continued. At this period once a day and 30 minutes each time. Continuous treatment for 5 days.

Treatment area:

Close to the treatment area, change the angle of irradiation around the targeted area every 10 minutes of treatment

(3)Treatments for Tennis Elbow and Tenosynovitis

Treatment Instruction:

We suggest twice a day and about 30 minutes each time. 7 days is one treatment session and 2 days' interval between 2 sessions. It is recommended to use 3 treatment sessions.

After the curative effect appears, the consolidation treatment can be continued. At this period once a day and 30 minutes each time. Continuous treatment for 7 days.

Treatment Instruction:

Close to the treatment area, change the angle of irradiation around the targeted area every 10 minutes of treatment.

(4)Treatments for Cervical and Lumbar Osteoarthritis

Treatment Instruction:

We suggest twice a day and about 30 minutes each time. 5 days is one treatment session and 2days' interval between 2 sessions. It is recommended to use 4 treatment sessions. After the curative effect appears, the consolidation treatment can be continued. At this period once a day and 30 minutes each time. Continuous treatment for 5 days.

Treatment area: Close to the treatment area.

(5)Treatments for Strain of Cervical and Back,Muscles

Treatment Instruction:

We suggest twice a day and about 30 minutes each time. 5 days is one treatment session and 2 days' interval between 2 sessions. It is recommended to use 2 treatment sessions.

After the curative effect appears, the consolidation treatment can be continued. At this period once a day and 30 minutes each time. Continuous treatment for 3 days.

Treatment area:

Close to the treatment area.

The therapy effect varies between individuals. Please insist on using it when you need it to have a significant therapeutic effect on pain relief.

The short-term effect may not be obvious, it depends on your body condition. If you have any questions please feel free to contact us.

VII. FAQ:

Question:Does red light therapy work through clothes?

Answer:Can I wear clothes during my session?Worked well through thin clothing. You can wear clothes during your treatment sessions or you can be nude. Just make sure the area of your body you are treating is fully exposed to the light and not covered by any clothing.

Question:Is there FDA certification?

Answer: Yes,the FDA Registration Number of Our Device is 3011258423.

Question:Why is this called cold laser? Does it have any heat or is it completely cold?

Answer:Cold laser therapy is low-intensity laser therapy that stimulates healing while using low levels of light. Cold lasers (also known as low level lasers) are called "cold" laser because they do not generate heat,the low levels of light aren't enough to heat your body's tissue.This is in contrast to the "hot"laser that most people are familiar with that are used 'in surgery to cut off vaporize tissue. Cold Laser Therapy (CTL) works by stimulating cell function. Even though cold lasers have a thermal effect and have an output of 1MW or above,but cold (or)Low- Level Lasers do not have a thermal effect on Tissue, lasers that stimulate biological function have an output below 10mw-milli-watts (ten - one thousandths of a watt),so you may feel a gentle heat but not cold.

Question:I want to use it on the highest power. How do you increase the power level to 808nm?

Answer:This device does not need to adjust the power, it is already the highest power after it is turned on.

Question:How does red and near-infrared (NIR) light therapy work?

Answer:Red/NIR light therapy work to enhance mitochondrial energy production in essentially every type of cell in the body, it can enhance the cellular processes and cellular health of potentially almost every type of cell in the body.

Answer:Perfect combination of 660nm & 850nm wavelengths. The light therapy product uses the most effective wavelengths of visible red light

(660nm) and Near infrared light (850nm) (Invisible) to help the pet skin and body recover.

Question:Why choose our instrument?

Answer:-Pain Relief

- Reduce Infection

- Shorten Recuperation Time -Non-Drug

- Noninvasive

Question:Can I do red light therapy at home?

Answer:Infrared light therapy at home is just as effective as going to a salon or spa which has a 'Red Light Therapy Device. The beauty of LED/Light Therapy is that it is a non-invasive skin procedure.This means the treatment is painless and super easy to do at home.

Question:Is red light therapy safe?

Answer:Red light therapy appears to be safe and is not associated with any side effects,at least if used short-term ad as directed. This therapy is ot toxic,not invasive and not as harsh as some topical skin treatments.Unlike the cancer-causing ultraviolet (UV) light from the sun or tanning booths,RLT doesn't use this type of light.

Question:Does it have any side-effects by using the therapy?

Answer:In numerous studies,red and near infrared light has been proven that is it s a safe, natural,non-invasive of ways.

Question:How long does red light therapy take?

Answer: The general rule is to have your sessions range anywhere from 10-20 minutes,but you can play around with this too. Every body is different ,after all ,and reacts to treatment i its own way.You're likely not going to see results if you keep all your sessions to 5 minutes.

Question:Does red light therapy work for back pain?

Answer:Conclusion.the IR therapy unit used was demonstrated to be effective in reducing chronic low back pain and mo adverse effects were observed.

Question:Should I shower before or after red light therapy?

Answer:Any customer who wants red light therapy needs to come in with clean,fresh skin.It' s really best if customers shower right before their sessions and remove all traces of moisturizers ,using a mild cleanser.

Question:Is red light therapy similar to tanning?

Answer:No not at all,you will not get a tan from Red Light Therapy,nor does it expose you to damaging UV rays.

Question:Can you use vitamin C with red light therapy?

Answer:If your primary skincare goal is to brighten your complexion with a boost of radiance,the brightening benefits of Vitamin C pair nicely with red light therapy.We could all use a little extra glow from time to time-this makes Vitamin C a versatile addition to nearly any skincare routine.

Question:What are the side effects of light therapy?

Answer:Even though this type of treatment is generally very safe negative effects may occur.As a consequence of light therapy,patients can complain of irritability,headaches,eye strain,sleep disturbances,and insomnia.Mild visual side effects are not unusual but remit promptly.

Question:How did we get our start?

Answer:The health of every cell in the body depends on the energy being produced by the mitochondria in those cells. Those cells will work better when the mitochondria are producing more energy.

Question:What makes our products unique?

Answer: More than 18 years experience in this line of business.Provide you with safe&effective solution,especially for people with limited mobility,so that you can easily relieve pain at home.

Question:Why do we love what we do?

Answer:Nothing beats a strong constitution for being ready to embrace new day.Light therapy device is the 100% natural solution for relieving the pain.