



# *the* **MAGICAL**

## laser travel protocol

**TRAVELING** is filled with adventure and FUN. So, why is it that most people return home really out of balance?

Conditions such as filtered air on airplanes, a change in diet, unfamiliar sleep conditions, long periods of sitting and extreme weather changes can really take a toll on your health. **When your body is out of balance**, unpleasant conditions like a weakened immune system, aches and pains, digestive issues, and exhaustion often follow.

Here's the good news. We may have a solution for you!

Self-treating specific acupuncture points with a laser device is an **EXCELLENT way to promote balance in your body while you are traveling.**

Treating these acupuncture points is known to boost immune response, balance emotions and help the body to function better. Considering the stress of traveling, who wouldn't want that?!



# 5 MIN PROTOCOL

**HERE'S THE SIMPLE 5 MINUTE  
PROTOCOL WE SUGGEST:**

**1**

**Use a red, 635 nM laser**

**2**

**Treat each point for 15 seconds**

*\*Pictures of each point are shown on the next page*

**3**

**Treat BOTH sides of the body**

**4**

**Repeat daily**



# LASER INSTRUCTIONS

- ✓ Make sure you have the right tool. This isn't the typical laser pointer you buy at the office supply store; those lasers have a completely different wavelength with no therapeutic benefits.
- ✓ Treat directly on the skin or 1/2 inch above the skin.
- ✓ Do not point lasers into or near the eyes.
- ✓ Do not directly treat skin cancer.
- ✓ **NOTE:** *Laser acupuncture is safe for both adults and children. There are no contraindications for pregnancy.*

