

The
Sota LightWorks
User Guide



The *SOTA LightWorks* applies LED light plus seven beneficial frequencies. We include suggestions on how to use the LightWorks in this guide.

Using this Guide

We offer a choice of three Wellness Programs:

- Basic Wellness Program - This program is designed for those who are new to the SOTA Products, as well as for those who have taken a break and are wanting to use the products again.
- Focused Wellness Program - This program is for those who need a more intense program.
- Ongoing Wellness Program - This program outlines how to incorporate the SOTA Products into your Wellness Lifestyle.

Recommendations Before You Begin

- When using the SOTA units, listen to your body, pay attention to how you feel. If you are experiencing sluggishness or other minor symptoms, reduce the time you are using the unit or depending on the experience take a break for a few days before resuming. The keys are tuning in to your body and consistency of effort. Listen to your body, respect what it's telling you, and use the feedback. Make adjustments if you need to. The point is not to rush. Increasing the amount of water you drink throughout the day may also be helpful. Remember, a Wellness Lifestyle is not a race - it's a journey we choose for ourselves each day.
- Those who are most successful in achieving their wellness goals have also made other healthy lifestyle choices. Changes to consider are: improving diet, reducing stress, improving elimination, emotional healing, getting moderate exercise, and avoiding environmental toxins such as heavy metals, molds, chemicals and GMO products.

Additional Tips

- Please refer to the product manuals for complete instructions, including cautions for each unit. The most up-to-date manuals for your SOTA Units are always available for viewing or download at our website. For detailed information on how to use each of the SOTA products, check the videos on our website: www.sota.com
- The following guide on the use of the SOTA LightWorks has been developed based on our personal experience and feedback from others.
- The following are suggestions only—you may decide to use more or less than is suggested.

LED Light with the LightWorks

The SOTA LightWorks combines the ancient wisdom of color and light with the gentle frequencies and LEDs of modern technology to gently awaken the body's natural tendency towards general health and well-being.

The Red and Near Infrared (NIR) LED light can be applied almost anywhere on the body.

- When starting out, gradually increase the length and number of sessions per day.
- Use the LED lights next to the skin as clothing will block the light.

In addition to the Red/Near Infrared Paddle, the LightWorks can also be used with the LightWorks Hand Paddle Set – offering two additional paddles – Green/Blue and Orange/Yellow. See the LightWorks Color Chart for information on the benefits of each color.

LightWorks Color Chart

The LightWorks Hand Paddles can be kept on one location or moved to different locations during a session.

The LightWorks offers two session options:

Automatic Option:

- This option cycles through the Constant setting plus the 7 beneficial frequencies. Operates for 3 minutes on each setting for a total of 24 minutes.

Manual Option:

- Constant Mode - Provides LED light continuously with no pulsed frequencies. Operates for 20 minutes.
- Pulsed Mode - Provides LED light pulsed with any one of the 7 beneficial frequencies. Each pulsed Mode operates for 20 minutes.

Basic Wellness Program:

- Use daily, every other day, or 2 to 4 times per week for 1 to 2 sessions per use.





Focused Wellness Program:

- Use daily for 2 sessions or more.
- Depending on how you feel and your own individual needs, you may need to apply LED light for many months or even incorporate it into your daily life.
- As you reach your wellness goals you can reduce the number and/or length of sessions per day. If you notice the benefits diminishing, return to using LED light regularly.

Ongoing Wellness Program:

- Apply LED light as needed.