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.

**Model:** LW2  
**Price:** $385.00 USD  
Accessories are Included

**LightWorks Hand Paddle Set - Model HPLW2:** $295.00 USD

The LightWorks Hand Paddle Set has two Hand Paddles: Orange/Yellow and Green/Blue that can be purchased for use with the LightWorks. In addition to the Hand Paddles, the set includes a LightWorks Cord.

Hand Paddles may be purchased individually.

**SOTA LightWorks Kit - Model KLW:** $612.00 USD

The LightWorks Kit includes: 1 LightWorks LW2 and 1 LightWorks Hand Paddle Set HPLW2.

**SOTA Premium Wellness Kit - Model KPW:** $1796.00 USD

The SOTA Premium Wellness Kit includes: 1 Silver Pulser SP7, 1 Magnetic Pulser MP6, 1 Water Ozonator WOZ5, 1 Bio Tuner BT9, 1 LightWorks LW2 and 1 LightWorks Hand Paddle Set HPLW2.

**LightWorks Hand Paddles**

The LightWorks Hand Paddle included with the unit has 60 Red LEDs on one side. On the other side, there are 57 Near Infrared (NIR) LED lights plus 3 Red ones for a visible indication that the NIR LEDs are on. NIR light is invisible to the human eye as it lies just beyond the range of visible light.
The ancient tradition of applying specific colors for general health and well-being is an option with the LightWorks. Two additional Hand Paddles are available—one with Orange and Yellow LED light and the other with Green and Blue LED light.

**What the LightWorks does**

As we understand it, here is how it works: The 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.

Our body cells rely on light. We absorb light through the sun and our food. Light is a source of energy that works with the natural flow of electricity within. Our electrical system produces energy for our bodies.

In addition to LED technology, the LightWorks also has options for the LED light to be pulsed with specific frequencies. The purpose for applying these frequencies is to work with the body’s natural healthy vibrations.

A Wellness Lifestyle incorporates a holistic approach to living life in a way that supports abundant health. A holistic or wellness approach views our bodies on many levels which may include: mechanical, chemical, mental, emotional, energetic, spiritual, as well as electrical.

All living things are electrical in nature. We view the SOTA Products as a way of working with the body’s natural electricity or energy, contributing to Wellness. This is similar to how exercise, eating good nutritious foods, juicing and meditating all help nourish the body and contribute to a healthy lifestyle.

**How to use the LightWorks**

Apply the Hand Paddle directly on the skin to any area of the body. Clothing will block the light. The LightWorks offers two options to apply the LED light and the healthy frequencies:

1) **Automatic Option.** This setting cycles through all the Modes—Constant plus each of the seven healthy frequencies. This option is timed for 24 minutes.

2) **Manual Option.** Select one of 8 Modes: The Constant Mode outputs LED light only—without any added frequency. Modes A through G output both LED light and a specific healthy frequency. Each Mode operates for 20 minutes.

Consistent or daily use may be needed to experience benefits.
For more detailed instructions, watch the following How-to Video or read *The SOTA Products User Guide* and the Product Manual.

**How-to Video**

**Product Manual**

### Accessories Included

- One (1) Red/Near Infrared Hand Paddle

### The SOTA Products User Guide

This Guide offers tips and suggestions for each of the SOTA Units:

- Just starting out? See *Recommendations Before You Begin*.
- Using more than one Unit? You’ll find tips to help.
- Wondering how to integrate the Units for your Wellness? There are recommendations for a *Basic Wellness Program* and a *Focused Wellness Program*.
- Embracing Wellness? You’ll find tips for an *Ongoing Wellness Program*.

### Products

- One (1) LightWorks Cord
- One (1) Carrying Case
- One (1) Product Manual
- One (1) Wall Adaptor

We stock Wall Adaptors with blades for North America, Asia, UK, Europe and Australia. Please specify the type of blade required when ordering.
Optional Accessories

**LightWorks Hand Paddle Set**

Two Hand Paddles can be purchased as a set for use with the LightWorks - Orange/Yellow and Green/Blue.

**Single Hand Paddles**

Extra paddles are available for purchasing individually.

**More on Light**

Enjoying fresh air and sunlight has been recognized for health benefits over the centuries. An important part of treatment at early health spas was exposure to natural sunlight for a period of time each day. If it was cold, patients would be bundled in blankets to sit in the sun, or dressed warmly to walk about, while they exposed their faces to the sun. The sun bathes the Earth in a broad range of electromagnetic frequencies. We see some of these rays as visible light. Not all light is visible. Just beyond each end of the visible color spectrum are colors that are not visible to the naked eye—Ultraviolet light at one end and Infrared light at the other end.

The sun nourishes us with light that includes a full spectrum of color through our eyes, our skin and through our foods. In addition, however, we are subjected to artificial lighting, processed or dead foods, poisonous food additives, toxic chemicals in our air and water, off-gassing from furniture and building materials, and harried lifestyles. That’s enough to give us a quick picture why we may lack light or specific colors as nutrients.

Here’s a story that reveals how we depend on light: “A young doctor, a hunter, observed that in some years, prize-winning deer antlers were much larger than usual, but in others, even the very best of the prize-winning antlers were far below average in size. The physical development of young animals and ducks in the wild matched in degrees the size of the deer antlers, or lack of it. Investigation showed that the years in which the deer grew large antlers and in which there was good physical development of young animals in the wild, were clearly years with high rates of sunshine hours.” (Flax Oil, Johanna Budwig)
Live food as in fresh vegetables and fruits are a major source of light. For example, through the process of photosynthesis, plants store the energy of sunlight. Chewing starts the digestive process to release the stored light to nourish us. Native cultures recognized how the color of herbs and flowers had specific healing qualities.

**More on Color**

We offer three Hand Paddles, featuring LED lights for use with the LightWorks. Each Hand Paddle features two colors—Red/Near Infrared, Orange/Yellow and Blue/Green.

Color has been used for health for centuries. Each color is known for specific properties and benefits. Nature provides light and specific colors for our health in the form of food—vegetables, fruits and protein foods—and herbs.

The colors of the clothes we choose as well as our home décor also influence us. For example, blue is known to be calming, relaxing and a good color to foster communication. This means a room with predominantly blue colors will create calm. Red, on the other hand, is known to be vitalizing and a good color to increase excitement or emotions. This means a room with predominantly Red colors has a energizing effect.

**Red and Near Infrared Light Hand Paddle**

The Hand Paddle included with the LightWorks unit offers these two choices:

**Red Side**

In addition to a long history of use, Red as applied through LED light, has been recently researched for benefits to human life. Red is considered a hot or stimulating color. In nature, the element hydrogen is Red.

Stimulating, forceful and vigorous. Red is the color of power and vitality with a cheering effect. Traditionally, Red is thought to be related to nutritional metabolism, blood, liver and skin.

**Near Infrared Side**

The benefits of the use of Near Infrared (NIR) LED light caught public attention with NASA experiments using NIR LED light for plant growth in space. This research was expanded to apply NIR LED light to benefit humans.
NIR light is not strictly defined as a color as it is not visible to the human eye. Three of the LEDs on this side of the Hand Paddle are Red to give a visible indication that the NIR LED lights are working.

Traditionally, NIR light is thought to be related to the eyes (from the side of the head), muscles, nerves, immune function and skin.

**More on Frequencies**

To understand the use of frequencies for well-being, general health and relaxation, it is first necessary to recognize that everything, absolutely everything, is vibrating ... even seemingly solid materials are made up of atoms that are vibrating. Our bodies are composed of cells and surrounding material that is constantly vibrating. Frequency is used to explain the different rates at which objects and cells vibrate. The speed of vibration is measured by the number of cycles an object vibrates in one second. Cycles per second are expressed as Hertz (Hz).

Vibration is the language of Nature. Animals and plants are usually more sensitive to vibrations than we humans. Sensitivity to vibrations enables birds to navigate and migrate with incredible accuracy. Insects are attracted to the vibration of plants. For example, when the immune systems of plants are weakened from lack of nutrients and too many toxins in soils, damaging insects are attracted to destroy the plants.

Vibration produces both sound and light. Light is produced by higher frequencies or more rapid vibrations than sounds. In addition to light that we can see, there is light below and above the visual spectrum. Light that we see ranges from $4 \times 10^{14}$ to $7.12 \times 10^{14}$ Hz. These frequencies are in the GigaHertz range. To simplify, rather than express such high numbers as Hertz, light is usually measured by wavelength or nanometers. This diagram shows how the wavelength at the Red end of the light spectrum is longer than wavelengths at the Violet end. The higher the frequency the shorter the wavelength—Red light vibrates more slowly than Violet light.
Sound is produced by slower frequencies than light. It is easier to express the electromagnetic frequencies of sound using Hertz. In addition to audible sound, there is infrasound that is below the hearing threshold and ultrasound that is above the human hearing spectrum. Sound that we hear ranges from 20 Hz to 20,000 Hz. The LightWorks frequencies, although silent, fall within the range of sound frequencies.

LightWorks Modes and Frequency Chart
Tableau de modes et fréquences du LightWorks
Gráfico de modos y frecuencias del LightWorks

Share Your Experience
Sharing your Experience with the SOTA products helps others.

Features
1. The LightWorks offers two monochromatic colors or single frequencies of light—Red and Near Infrared LEDs.
2. The unit offers 60 LEDs on each side of the Hand Paddle for a total of 120 LEDs.
3. In addition to a Constant setting to apply LED light only, the LightWorks offers the option to apply each of the seven healthy frequencies through the LED lights.
4. Four additional colors are available as an option. One Hand Paddle offers Orange/Yellow LED light and another offers Green/Blue LED light.
5. The LightWorks can be used with two accessories at the same time - two Hand Paddles or one Hand Paddle and one LightWorks Pad or two LightWorks Pads.
6. The frequency outputs are Quartz Crystal Controlled for highest accuracy.
7. The built-in digital timer automatically cycles through all 8 settings for a 24 minute session, or individual modes or settings can be chosen for 20 minute sessions.
8. The unit has the option, with the addition of a universal adaptor, to operate from a 12 Volt DC source such as an automobile battery or appropriate solar panel.
9. The SOTA Upgrade Program: Purchasing a SOTA product entitles you to upgrade your original model to the newest model - at any time - at a discount of up to 50%.

SOTA Upgrade Program
10. The SOTA LightWorks is covered by a three (3) year warranty.
11. The LightWorks is CE certified. This is a European standard that indicates an electronic
unit conforms to essential safety requirements to operate as a household consumer product.

12. The LightWorks is RoHS Compliant. This is a European standard that restricts the use of 6 hazardous materials, including lead, in electronic and electrical equipment.

**Do Not Use**

1. Do not use in the following situations as safety has not been explored:
   - In the case of pregnancy.
   - In the area of an active implanted device such as a pacemaker, etc.
   - On the eyes.

2. As with all electrical products, do not use near water, when driving a car or when operating heavy equipment.

3. Do not connect the LightWorks Cord to any other USB outlet, such as a computer or power supply. Do not plug any other USB connections into the LightWorks, other than the LightWorks Cord.

**Cautions**

1. Without proper airflow, there is a potential for the LEDs to overheat and cause a burn to the skin. When in use, please ensure there is proper airflow around the head of the paddle.

2. Caution is advised when using heat-producing or heat-sensitive ointments, lotions or medications as a skin burn may occur.

3. If you are on light-sensitive medications, please consult your health care provider prior to using the LightWorks.

4. While this technology is generally considered safe, there exists potential for rare individual reactions that cannot reasonably be foreseen. Therefore, your use of the SOTA Products constitutes your agreement that you are responsible for your decision to use the technology. SOTA assumes no responsibility for any direct or indirect loss or damage believed to arise from using the SOTA Products.

**Frequently Asked Questions**

For an answer to any of the following, visit [www.sota.com/faq](http://www.sota.com/faq).

What tips will help me get the most benefit from my LightWorks Product?

What is Infrared light?
Is this the same as Ultraviolet light?
How deep does the LED light penetrate?
Will LED light damage my skin?
Does wearing lotion keep the light from penetrating my skin?
Is it okay to use the LightWorks Products on animals?
Where are the LightWorks Products manufactured?
Do you have any testimonials about the benefits of using the SOTA units?
Can the SOTA Products be used together?
Are the SOTA Products approved or licensed by any governments?

**Product Manual**
Each unit comes with a manual that explains how to use the unit. A selection of translated manuals as well as manuals for Earlier Models are available for download on the Manuals & Videos page.

**Timing, Modes and Options**

**AUTO Option**
When using the AUTO option, the LightWorks is timed for 3 minutes on each of the 8 Modes for a total of 24 minutes.

**MANUAL Option**
When using the MANUAL option, all Modes are timed for 20 minutes when selected.

**Output of Modes**
The table indicates the frequency output of each Mode.

<table>
<thead>
<tr>
<th>MODE</th>
<th>Frequency (Hz)</th>
<th>Constant</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>N/A</td>
<td>292</td>
<td>584</td>
<td>1168</td>
<td>2336</td>
<td>4672</td>
<td>73</td>
<td>146</td>
</tr>
</tbody>
</table>
Joules Output

Research indicates that a minimum output of 4 Joules per cm² is required to be effective. The table below indicates the Joules per cm² for each Hand Paddle.

<table>
<thead>
<tr>
<th>Paddle Color</th>
<th>Manual Option</th>
<th>Automatic Option</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Constant Mode</td>
<td>All Modes</td>
</tr>
<tr>
<td></td>
<td>Joules/cm²</td>
<td>Joules/cm²</td>
</tr>
<tr>
<td>Red</td>
<td>30</td>
<td>21</td>
</tr>
<tr>
<td>NIR</td>
<td>19</td>
<td>13</td>
</tr>
<tr>
<td>Orange</td>
<td>13</td>
<td>9</td>
</tr>
<tr>
<td>Yellow</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>Green</td>
<td>14</td>
<td>9</td>
</tr>
<tr>
<td>Blue</td>
<td>28</td>
<td>19</td>
</tr>
</tbody>
</table>

In Manual Option, Modes A - G and Constant Mode is per 20 minutes.
In Automatic Option, output is per 24 minutes (3 minutes in each Mode).

Electrical Specifications

Power Requirements

• 12 Volts DC @ 1.5 Amps, Tip or Center Positive.
• With an additional attachment, the LightWorks can also be operated from a 12 Volt DC automobile battery or an appropriate Solar Panel. Purchase a Universal Power Cord with Tip or Center Positive from an electronic store for this purpose.

Light Output Specifications

• Red LEDs: Features 60 high-intensity Red LED lights with a wavelength of 660 nanometers (nm) (+/- 10 nm) and a light output of approximately 718 milliwatts (mW)*.
• Near Infrared LEDs: Features 57 high-intensity Near Infrared invisible LED lights with a wavelength of 850 nanometers (nm) (+/- 10 nm) plus 3 visible Red LED lights, with a light output of approximately 455 milliwatts (mW)*.
• **Frequency Tolerance:** +/- 1 Hz.
  *Light output measured using a Newport Optical 1830-C Light Meter.

**Troubleshooting**

If you experience a problem with the LightWorks, please check our Troubleshooting Guide. Most problems can be cleared using this Guide.

*Troubleshooting Guide*

**Earlier Models**

**Countries that Participate in Manufacturing**

The manufacturing of the SOTA Products is a global collaboration. The following countries participate in the making of the LightWorks (listed in alphabetical order): **Canada, China, Hong Kong, Malaysia, South Korea and Taiwan**. Our units say Made in China because China is the last step in the assembly of the units.

We are grateful that the people in all of these countries help us to produce quality products at reasonable prices for our customers.

**Warranty**

The LightWorks is covered by a three (3) year parts and labor warranty on all internally mounted components.

**How to Compare**

There are two comparisons that are generally made when comparing the LightWorks unit to other light products on the market. The first comparison is the output – stated as milliwatts or in some cases millicandella. The second comparison is to compare LED light to Laser light.

When comparing outputs, there is much confusion surrounding the correct way to measure the output of LED light units. Some manufacturers of LED light units are erroneously describing the light output of their units. There are three ways to describe LED lights—only one of the ways actually describes the light output or value.

*Comparing Units*