



The LightWorks Pad

What the LightWorks Pad is



The SOTA LightWorks Pad is an easy-to-use semi-flexible pad offering Red and Near Infrared (NIR) LED lights that can be applied almost anywhere on the body.

Model: LWP1

Price: \$225.00 USD
Accessories are Included

**SOTA LightWorks Premium Kit -
Model KLWP:** \$814.50 USD

The LightWorks Kit includes: 1 LightWorks LW2, 1 LightWorks Hand Paddle Set HPLW2 and 1 LightWorks Pad LWP1.

**SOTA Premium Wellness Kit -
Model KPW:** \$1400.00 USD

The SOTA Premium Wellness Kit includes: 1 Silver Pulsar SP7, 1 Magnetic Pulsar MP6, 1 Water Ozonator WOZ5, 1 Bio Tuner BT9, 1 LightWorks Pad LWP1.



What the LightWorks Pad does

The SOTA LightWorks Pad uses LED As we understand it, here is how it works: The LightWorks Pad 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.

The semi-flexible nature of the pad means it can easily be secured for use around a leg or arm for hands-free use. It can also be applied to your back or over the abdominal area, or almost anywhere you want to experience the benefit of light.

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.

The LightWorks Pad is a simple and convenient way to bring Red and Near Infrared (NIR) light into your life.

How to use the LightWorks Pad

The SOTA LightWorks Pad can readily be placed anywhere on the body, with the exception of the eyes. The large surface area makes it ideal for harder to reach areas like the back and shoulders. The LightWorks Pad can be secured in place using the supplied Velcro® straps—

allowing it to be comfortably wrapped around joints and limbs.



Here's a special bonus! The LightWorks Pad can also be used with the SOTA LightWorks Model LW2. The cord that comes with the LightWorks can be used to plug the LightWorks Pad into the base of the LightWorks. When used with the LightWorks, the LightWorks

Pad offers the option of using the seven beneficial frequencies of the LightWorks for general health and well-being.

The SOTA LightWorks Pad has a built-in 20 minute timer. When used with the LightWorks, however, the timing is controlled by the LightWorks Unit.

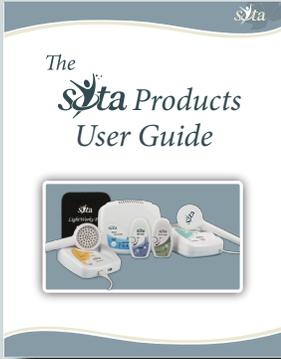
When used as part of a Wellness Protocol, the LightWorks Pad can be used every other day or as needed. LED light triggers ongoing effects and as a result, it is not necessary to apply the LED light daily or use continuously. However, for more specific purposes, longer and more frequent sessions may be beneficial.

For more detailed instructions, read *The SOTA Products User Guide* and the Product Manual.

Product Manual

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*.

The SOTA Products User Guide
Le guide des produits SOTA
La Guía de productos SOTA

Accessories Included

- One (1) LightWorks Pad Cord
- Two (2) Velcro® Straps
- One (1) Wall Adaptor
- One (1) Product Manual

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

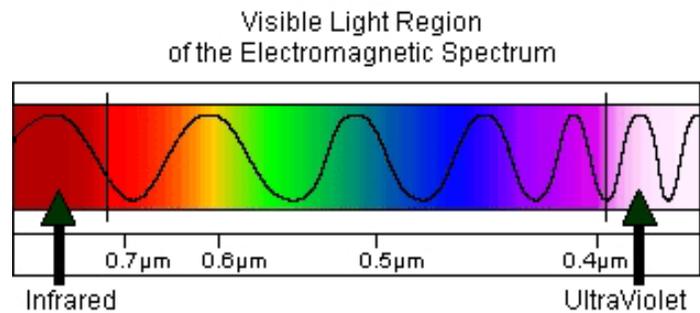


Using with the SOTA LightWorks Model LW2

Can be used with the SOTA LightWorks by simply plugging it into the base of the unit using the accessory cord included with the SOTA LightWorks Model LW2.

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 hurried 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.

Red Light

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 Light

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. Traditionally, NIR light is thought to be related to the eyes, muscles, nerves, immune function and skin.

Share Your Experience

Sharing your Experience with the SOTA products helps others.

Share

Features

1. The LightWorks Pad offers two monochromatic colors or single frequencies of light—Red and Near Infrared LEDs.
2. The unit offers 42 Red and 48 Near Infrared LEDs for a total of 90 LEDs.
3. The unit has a built-in 20-minute digital timer.
4. The LightWorks Pad is a semi-flexible pad, allowing it to be readily applied anywhere on the body (except the eyes).
5. The LightWorks Pad can also be used with the LightWorks Model LW2 to receive the added benefits of the seven healthy frequencies. Up to two LightWorks Pads can be used at the same time with the LightWorks Model LW2 unit.

SOTA LightWorks

6. 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.
7. The unit has a low voltage indicator—LEDs will blink rapidly when unit is connected to a power source that doesn't meet the minimum voltage required for proper operation.
8. 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

9. The SOTA LightWorks Pad is covered by a one (1) year warranty.
10. The LightWorks Pad 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.
11. The LightWorks Pad 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 Pad Cord to any other USB outlet, such as a computer or power supply. Do not plug any other USB connections into the LightWorks Pad, other than the LightWorks Pad Cord and the LightWorks Cord.

Cautions

1. When in use, please ensure there is proper airflow around the LightWorks Pad to prevent overheating.
2. Caution is advised when using heat-producing or heat-sensitive ointments, lotions or medications as a skin burn may occur.
3. Caution is advised if using the LightWorks Pad on the face – please use protective eyewear, such as tanning goggles.
4. If you are on light-sensitive medications, please consult your health care provider prior to using the LightWorks Pad.
5. 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.

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.

Current Model

Joules Output

Research indicates that a minimum output of 4 Joules per cm² is required to be effective.

LightWorks Pad ¹	LightWorks Pad when used with LightWorks		
	Manual Option ²		Automatic Option ³
Joules/cm ²	Constant Mode Joules/cm ²	Modes A - G Joules/cm ²	All Modes Joules/cm ²
8.5	8.5	4.3	5.8

1. The LightWorks Pad output is per 20 minutes.
 2. For the LightWorks Manual Option, Modes A - G and Constant output is per 20 minutes.
 3. For the LightWorks in Automatic Option, output is per 24 minutes (3 minutes in each Mode).

Electrical Specifications

Power Requirements

- 12 Volts DC @ minimum 1.5 Amps, **Tip or Center Positive**.
- With an additional attachment, the LightWorks Pad 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 electronics store for this purpose.

Light Output Specifications

- **Red LEDs:** Features 42 high-intensity Red LED lights with a wavelength of 660 nanometers (nm) (+/- 10 nm).
- **Near Infrared (NIR) LEDs:** Features 48 high-intensity Near Infrared invisible LED lights with a wavelength of 850 nanometers (nm) (+/- 10 nm).
- **Total Light Output:** 1272 milliwatts (mW)*.

*Light output measured using a Newport Optical 1830-C Light Meter.

Troubleshooting

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

Troubleshooting Guide

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 Pad (listed in alphabetical order): **Canada, China, Hong Kong, Malaysia, Taiwan, Thailand and the USA**. 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.

Refund Policy

Due to the personal nature of the LightWorks Pad, it is subject to a 50% restocking fee once opened.

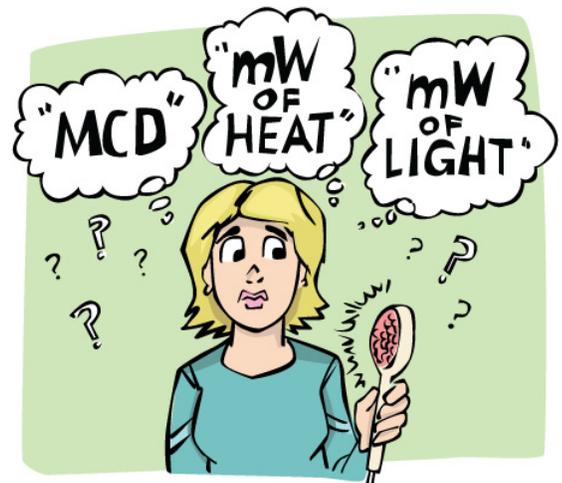
Warranty

The LightWorks Pad is covered by a one (1) 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 Pad 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