

Acknowledgements



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This has been a team effort by many who are dedicated to bringing the benefit and brilliance of light therapy to the world. To all involved we say, "Thank you, Thank you!"

The L.E.T.S. Team

Table of Contents



Acknowledgements	i
Welcome: Preparing for Light Therapy Certification	ii-1

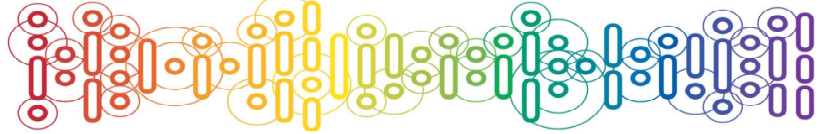
Chapters

1. Overview of Light Therapy in Energy Medicine	1
2. Understanding Energy	19
3. Mechanics of Light and Sound	35
4. Light Therapy at the Cellular Level	53
5. Pain and the Nervous System	71
6. Preparing for the Session	91
7. The Session and Pad Placement	97
8. Legal and Compliance	117

Appendix

Pad Placement Guides	145
Review Posters	159
Index	183
Self-Quiz Answers	186

Welcome



Preparing for Light Therapy Certification

To our Students of Light Therapy, welcome.

We are happy that you have chosen to include Light Therapy in your life.

Our Light Therapy Curriculum was designed for users of various types of Light Therapy devices commonly referred to as Low Level Light Therapy (LLLT), Polychromatic Light Therapy (PLT), or simply LED Light Therapy (Low Level Light). However, most of the information in this course can be used to understand other types of light devices, such as cold lasers, because the science of light and the potential effect upon our physiology, is what we are seeking to understand.

In this course, we will look at the basics in relation to light and the science of light. What is light anyway? What is the impact of Light Therapy on the physiology of the body, the mechanism of action on the cells when the body is flooded with light, and the resulting release of Nitric Oxide?

We will discuss research, science and cell biology.

We will look at how light supports the production of ATP, which provides energy for the many physiological processes in the body. And, it will be our delight to discuss the magical essence of biophotons and light therapy's role in this.

In a very simple way, we will go deeper in our understanding of the potential impact of this kind of light therapy on the organs and systems of our bodies, our field, our environment and, therefore, our consciousness and our experience of life.

We will do this by contemplating a very simple model for *understanding energy*. We are going to wrap this entire curriculum, the *content* of this curriculum in this *context* of understanding energy, of understanding ourselves as energy beings.

The context for this curriculum is threefold.

1. The body is the most brilliant computer that was ever designed. Given the proper information, the body heals itself. [Hanna Kroeger]
2. Light is essential to life. The main nutrient of the cells of the human body is light. We seek to understand how light (or the lack thereof) affects the human being, physically as well as energetically. We seek to understand light. We seek to understand how light therapy may support the human being and the human energy field.
3. Everything is energy. Everything has its very own unique energetic signature, vibrating at its unique frequency.

Welcome to our curriculum! Welcome to light therapy!

Dr. Ginger Bowler, PhD

L.E.T.S. Curriculum Administrator and Co-Founder

L.E.T.S.

Light Energy Training Seminars

Preparing the Student for Board Certification

through BANHS.org, Board of Advanced Natural Health Sciences

Purpose

The purpose of this curriculum is twofold:

1. To prepare the student as a Certified Light Therapist through the Board of Advanced Natural Health Sciences (BANHS).
2. To support the users of light LLLT/ PLT devices in the optimal use of their light therapy systems.

Intended Results

Whether students of the Light Therapy Certification program are taking the curriculum for personal knowledge or professional certification, this course is intended to prepare students to use light therapy to support their health and wellness and that of their clients.

Background

In the curriculum, we seek to understand light in its many forms and expressions. People are affected by the lack of light on many levels. To this end, we will learn about the science of light, the history of light therapy and its current day applications. We will also learn about some of the research that has been published in the field of light therapy and examine what physiological processes are enhanced or supported by light.

Since this is not a medical curriculum, we are not approaching this curriculum from the perspective of disease care. Disease care is not our focus. Human beings are our focus. And, some of these human beings may have diseases. But, again, we are not in the business of disease care. We leave that to the medical professionals. We are in the business of wellness.

All living things require light.

We place light on a body and the body responds.

To that end, we are reminded of the statement from our beloved teacher, master herbalist, homeopathic and naturopathic doctor, Hanna Kroeger,

“The body is the most brilliant computer that was ever designed. There will never be a computer smarter than the human body. Given the proper encouragement and the proper information, the body heals itself.”

If you are a practitioner of the healing arts and you are using light therapy, it is important to remember this fact: The body heals itself.

It is completely accurate that you may be working with people who have diseases, but you are not working on the disease itself. The body may be working on the disease.

We are not in the business of disease care. Please, be very clear about this.

- Be cautious not to cross this important line in your speaking and the representation of what your light therapy system can or cannot support. If your device is FDA cleared for pain, circulation and total body application, then stay within those parameters in your work.
- Claims outside of the registered clearances for your device with the FDA (or similar governing bodies in other countries) can be considered “practicing medicine without a license.”

It is so great that we are in the health and wellness field. We can leave disease care to those with the license to deal with disease while we deal with people, wellness, happiness and light!

Let there be Light!

Curriculum

Three Levels of Training Available

Note: Many students will simply take Level 1 and become certified at that level. However, some go on to the other levels depending on interest.

LEVEL 1: To become a CLT: “Certified Light Therapist”

1. Take the ONLINE or LIVE CLASS and do the practicum.
2. Write your PROFESSIONAL ETHICS & INFORMED CONSENT DOC and submit to dottie@energyeventsglobal.com.
3. Take the L.E.T.S. ONLINE EXAM and pass the exam.

Once the above steps are completed, go to www.banhs.org and apply for your BOARD CERTIFICATION.

- Click on “Applications”
- Click on “Light Therapy”
- Click on the “L.E.T.S.” tab
- Fill out the application and you are done! You are now officially “board certified.”
- Your beautiful certificate will be sent to you in the mail. Frame it and hang it proudly on your wall!

Note: You are now eligible to get professional liability insurance that also protects you against malpractice and property damage. See the www.banhs.org website for an insurance company who will write your policy if you do not have it through your own carrier.

LEVEL 2: To become a CLS: “Certified Light Therapy Specialist”

1. Take the class in person or online when available.
2. Take the Anatomy course or document by license, certification, transcript or the equivalent that you have taken a Human Anatomy course. This course is also offered online.
3. Fulfill other requirements of L.E.T.S.
4. Participate in the Practicum.
5. Get your Certificate of Completion from L.E.T.S.

Once the above steps are completed, go to www.banhs.org.

LEVEL 3: To become a CLTI: “Certified Light Therapy Instructor”

1. Complete Levels 1 and 2 for Light Therapy Certification.
2. Complete all requirements.
3. Complete classroom hours for “Instructor in Training.”
4. Pass the Instructor Practicum for the Classroom instruction.
5. Pass the Instructor Practicum for the Curriculum.
6. Apply to www.banhs.org for Light Therapist Instructor Certification.
7. Get on the schedule to teach!

The above steps represent the entire curriculum for certification in Light Therapy. The next section details the steps of your curriculum for this Level 1 Light Therapy Certification course.

This Course

LEVEL 1: Certified Light Therapist (CLT)

Step 1: Read and study the Light Therapy Certification Manual.

For both classroom and online instruction, read and study this Classroom Light Therapy Certification Manual before and during the classes. This manual is designed for novice users to gain proficiency and understanding of the science and practice of light therapy.

Step 2: Attend live certification course or the online course.

If you are unable to attend one of our on location Light Therapy Certification Courses either in the USA or Mexico, sign up for the L.E.T.S. course ONLINE at: http://bit.ly/LETS_PTI.

Step 3: Take self quizzes.

Test your understanding through activities in some chapters and self-quizzes listed at the end of each chapter to prepare for the final exam. Answer keys are in the back of the book.

Step 4: Informed Consent (at end of chapter on Legal and Compliance)

Following the Legal and Compliance chapters, you will need to draft your “personalized” informed consent document and submit as an MSWord or PDF document to: Dottie@EnergyEventsGlobal.com.

A sample Informed Consent document is included in this manual.

Step 5: Ethics Statement (at end of chapter on Legal and Compliance)

Following the Legal and Compliance chapters you will need to draft your “personalized” Ethics Statement and submit as an MSWord or PDF document to: Dottie@EnergyEventsGlobal.com.

A sample Ethics Statement document is included in this manual.

Step 6: Light Therapy Certification Exam

Demonstrate your knowledge gained from this training program through the online Light Therapy Certification Exam. This examination is required for Certified Light Therapist qualification.

This is a timed open-book exam and can be accessed at <http://lets.energyeventsglobal.com>

Online Exam Fee: \$50 *Price subject to change without notice.

Step 7: Certification through BANHS

With the completion of this course (all of the above steps), each student is given the opportunity to become a Certified Light Therapist (CLT) through the Board of Advanced Natural Health Sciences (BANHS).

Application

You may apply for certification through BANHS at www.banhs.org (Go to: Applications/Light Therapy Certification/The Quantum Academies/Application)

The application for the Certified Light Therapist (CLT) is online. The fee for the CLT certification is \$159 and it is made payable to BANHS.

Following your application, BANHS will request confirmation from The Quantum Academies of your course completion.

Annual Renewal

Annual recertification through BANHS requires 20 CEU.

Completion of this requirement needs to be documented on the BANHS recertification form. Each certified practitioner should retain proof of continuing education units. When you become BANHS certified, you will receive an email notice when your renewal is due. The annual renewal fee is \$59 and payable directly to BANHS on the board's website.

By obtaining your CLT, you will be able to apply for professional liability insurance through a qualified insurance company.

Step 8: Professional Liability Insurance

The Light Therapy Certification will allow you to apply for liability insurance with a registered insurance company through the Board of Advanced Natural Health Sciences at www.banhs.org or with your own insurance company if it provides this type of insurance.

You can apply for professional liability insurance by accessing the online application after receiving your certification number through BANHS.

HandsOnTrade.com offers affordable insurance to body workers and light therapists.

Step 9: Consider continuing Light Therapy Education with Level 2 and Level 3.

Level 2, “The Art and Practice of Light Therapy,” CLTS (Certified Light Therapy Specialist)

Level 3, “Instructors Training,” CLTI (Certified Light Therapy Instructor)



