



Turn on the Red Light *at Aranti Body*

by: Donna M.Z. Hoover

If you're a skeptic, much of what I'm about to tell you is going to seem too good to be true. I understand, I'm a bit of a cynic myself. Although I'm open-minded, I still look diligently for solid proof when a claim is made. With that said, allow me to introduce you to six people that I have encountered whose stories are beyond inspiring. The changes that have occurred in their lives are amazing and, in some cases, almost incomprehensible. I'm sure you would agree that it is one thing to hear a story, and quite another to see the evidence before your eyes. These people's lives have been undeniably changed, and the scans, photographic evidence, and cancelled surgeries, offer credence to these incredible testimonies, bringing renewed hope to scores of others.

A little less than a year ago, Jennifer Sharp was wheelchair-bound and in incredible chronic pain as the result of a car accident she was in when she was 28 years old. Things had taken a turn for the worse and there was a point where she was in so much pain that she wasn't even able to get out of bed, and had to call the ambulance. Her mother-in-law, Terri Simpson, along with a good friend, Kenzie, came to help her out with household chores like laundry and dishes, simple things she could no longer manage to do herself.

It was then that her doctor told her to begin to prepare herself for her fourth back surgery, a chancy endeavor that would bring with it a 60% possibility of never being able to walk again. Faced with the choice of living in chronic pain or taking the chance, she was trying to come to terms with having yet another surgery at the age of 35.

It had now been a long six years of dealing with persistent pain as she struggled to regain her mobility. "I was

not okay mentally or emotionally. I just kind of felt like the wheels had come off," said Jennifer.

Just as it seemed hope was lost, Terri introduced her to something that would change the trajectory of her life. Terri, herself, had been scheduled for her own surgery on her hip right about the same time to help deal with an arthritic condition that was keeping her in pain as well. Then she found out about red light therapy, an FDA-approved modality that is being used to treat among other things, inflammation and pain, aging and also has the unexpected side-effect of weight loss.

The efficacy of red light therapy comes from exposing your skin to the light, which causes the mitochondria in your cells to absorb it and create energy, causing regeneration. The results are experienced through healing in skin and muscle tissue and a reduction of fat in the cells.

Terri was beginning to see amazing results, and was so impressed that she encouraged Jennifer to give it a try. This was to be a turning point in Jennifer's life. "So, I did the red light therapy, and the very first time I did it I couldn't even get on the table by myself, they had to lift my legs up to get me on the table. So, I was in very bad shape. I was in a lot of pain. I wasn't sleeping. So, I did a 30-minute session and I slept deeply. I fell into a deep, deep sleep. The lady was nervous when she came in because I didn't wake up to her announcing herself and saying my name. She was almost about to go out and get my husband and say we need to call 9-1-1, and then I just sat up myself, which beforehand I would have had to have help to even get up into a sitting position. So, I sat up, I got off the table by myself and I stood there and I just hugged her. I was just so thankful



Notre Dame Catholic School

REVERENCE | RESPECT | RESPONSIBILITY



OPEN HOUSE

Experience the NDS Difference!

**SUNDAY
JANUARY 26TH
1:00 - 3:00 PM**



TRANSITIONAL KINDERGARTEN - 8TH GRADE:

Full Day Option for TK, Full Day Kindergarten, Extended Day Program



FAITH-FILLED COMMUNITY:

Weekly Mass, Faith Families, Character Education, Student Learning Expectations, Education in Virtue, Service Projects



EXCELLENT ACADEMIC FOUNDATION:

English Language Arts, Math, Accelerated Math, Religion, Science, Social Studies, Spanish, Music, Art, and Technology



EXTRAORDINARY EXTRA-CURRICULARS:

Basketball, Volleyball, Flag Football, Cross-Country, Robotics, Drama, Chess, Music, Choir, Academic Decathlon, Student Council

because the pain level was down, the inflammation was down, and I got some rest. I really didn't understand red light or what was happening but I just knew that something very real had happened in a very positive way. And I was just so grateful. So, I started doing red light three times a week, and sometimes when it was bad, every other day," said Jennifer.

As Jennifer was healing and beginning to regain her mobility, Terri too, was celebrating her own successes as the pain in her hip was dissipating, and as a byproduct, found that she was effortlessly losing weight. Over a few months she had lost over 50 pounds and 38 inches. She cancelled her hip replacement surgery and was able to eliminate all pain medication.

She could hardly believe the results she was getting. She was so impressed with everything that she was experiencing and seeing that she decided to delve into the history of red light therapy, and learn everything that she could. She poured over clinical studies and saw a great potential for a myriad of conditions for which red light therapy can be used.

One of her resources, pubmed.gov, (keywords: red light) which cites over 3,500 medical studies, can be accessed by anyone who wants to learn the efficacies of red light therapy. It provides information on clinical and medical trials, as well as university research papers. She learned that science has proven what she was experiencing in real life. The FDA has now cleared red light therapy for use in fat loss, treating pain from inflammation, and for anti-aging.

Terri had now experienced her own positive results and read enough to convince her about the power of red light therapy. As a result, she decided to open up her own spa, Avanti Body, here in Vacaville.

In the meantime, her daughter-in-law, Jennifer, was experiencing rapid success, graduating from a wheelchair to a walker, and then to needing only a cane. As the grand opening for Terri's spa was approaching, it was Jennifer's goal to walk in unassisted. Within six months, the unbelievable became reality. "I wanted to walk into her opening without a cane. That was my goal – that would be amazing if I could do that, and I didn't know that I was going to be able to. I walked in there, you know, just like a normal person," said Jennifer.

As a bonus, she was off all pain medications as well. Both women had experienced their own amazing results, and were now ready to offer this service to the public.

As a side note, Jennifer also had lost weight without trying, 72 pounds, down from a size 16-18 to a now size 8-10. "So, I have gotten rid of my entire wardrobe except for my socks and scarves – for real, everything! You know the beginning of the year to the end of the year is very different for me. The pants that I'm wearing right now are a size medium. If you told me a year ago this is what's going to happen to you a year from now – you're going to be this size, you're going to be walking and feeling good and you didn't have to get that surgery, I would be just like, 'You're crazy.' You know I 100% wouldn't have

1781 MARSHALL ROAD, VACAVILLE, CA 95687

(707) 447-1460

NOTREDAMEVACAVILLE.ORG



believed that it was possible. It was very impactful for me. I was able to heal when I was in a very dark place and the doctors really didn't have confidence. It feels like a miracle, it really feels like a miracle," said Jennifer.

As she conveyed her story, Jennifer was understandably emotional, her voice breaking as she reflected on the astonishing year she has had. "It is exciting. You know I'm shaking just talking about my year. Had I not experienced it, and somebody was like, 'Yeah this happened...' I would be like, 'Yeah, whatever.' But I mean it really did happen. I've seen just miraculous things happen to other people (also) from doing red light. Looking back at my year and thinking about the struggle, and where I am now – the difference the year has made for me, it's just, it's amazing," said Jennifer.

Restored, and bursting with energy for the first time in over six years, Jennifer was so astounded by her results that this past July, she too decided to open her own red light therapy center in Sacramento where she lives. She is seeing some of the same incredible results she experienced with her own clients now. "I definitely am grateful for the red light and for what it's done for me and how it's changed my life. I'm so thankful to be able to see and be able to be a part of other people's healing journeys. It's just so beautiful. I can't say enough about it," said Jennifer.

Clients are also finding, that along with the pain reduction and weight loss, the red light stimulates collagen, and as the pounds incrementally come off, the skin is being tightened, eliminating the problem of excess sagging skin. An added benefit is that not only do clients lose weight, they also gain bone density and muscle mass.

All of this is shown through the use of an exacting scanner which reveals the make-up of a person's body, with accuracy down to an eighth of an inch. This tool is used to track one's progress and direct the proper placement for the red light pads for an individual's session.

The treatments are painless, in fact, all you have to do is lay on a grouping of pads that provide the light source, and you are covered on top with another layer of pads so the light is hitting you from all sides. They warm quickly and soon you find yourself in a restful, relaxed state as the

red light does its job. After 30 minutes you are ushered into a room where you spend 10 minutes on a machine that stimulates the lymphatic system through full body vibration. It reminds me of an old *I Love Lucy* episode where Lucy and Ethel are belted into machines that are vibrating like crazy, except there is no belt.

A key responsibility of the client is to drink plenty of water, 8-16 ounces prior to a treatment, and then about the same afterward. For best results, it's recommended one drinks half of their body weight in ounces of water each day. "If a guest doesn't drink water they're not going to be successful. Because we can emulsify everything, but if it doesn't have a chance to leave your body it's not going to be effective. It's not magic what we're doing, it truly is science," said Kenzie Bruce, Center Director.

Kenzie, 62, has her own success story. She narrowly avoided having knee replacement surgery due to the healing power of red light therapy. "Two years ago, I wasn't doing red light, and I was on the surgery schedule. I was to have both knees replaced. I went to my pre-appointment and they told me you need to lose weight," said Kenzie. She started having red light therapy and was able to lose 30 pounds while she also reduced the inflammation in her body. When she returned to the doctor, he saw that she was able to get up without pain and undue effort, and he told her she didn't need the surgery. "Because I do this three times a week, I'm fine," she said.

The positive effects of red light therapy are far-reaching, giving hope to those who had given up on trying to lose weight, and bringing healing to chronic conditions where traditional medicine has failed. Its benefits don't stop at the physical, but extend to creating a positive outlook and offering encouragement to those who may have stopped believing for a better future.

Autumn Rose is in her thirties and when she first came to Avanti she had a host of health issues. She weighed 217 pounds, was in the beginning stages of adrenal fatigue, and was having difficulty sleeping. She suffered from back pain and TMJ. Her lifestyle was anything but conducive to good health, having smoked since she was 13, and taken anti-depressants since she was 18; adding to that she took prescription narcotics and had been habitually using energy drinks for ten years.

For Autumn, as with the others, weight loss came naturally as she committed to regular sessions of red light therapy. She is down to 179 pounds now, from a 1X to a medium-large. "Skin tightening – that's a huge one – on the back of my arms...I'm losing weight and my skin's tightening up at the same time," said Autumn.

She noticed right away that she needed less visits to the chiropractor due to decreased back pain, and her mood began to shift. Her energy increased and she became more

mindful of her eating habits. She effortlessly gave up smoking, energy drinks, and prescription drugs.

Even with all of the positive physical changes, Autumn is most impressed with the mental changes that have occurred, "It's the clarity that I got from here. It sounds kind of crazy – you would think it would be the weight loss or something else – but it's the mind clarity, getting control of my life and knowing that I have full capacity to take control of it," she said.

Clark Doyle, 64, suffered from chronic back pain that presented in his inability to stand for longer than a few minutes before his leg went numb and he would have to sit down. He also couldn't sit long without back support. He found that weekly chiropractic treatments kept the pain at bay, and kept him from experiencing the discomfort and numbing sensations.

When Terri suggested giving red light therapy a try, he figured he had tried everything, and he wanted to see if this unique approach to pain management might work for him.

"I didn't notice it of course right away, but I just remember I was so busy and I didn't have a chance to go to my chiropractor. I missed one and I said I'll go next week, and then I didn't go two weeks, and then I go for like three or four weeks (without going) and that kind of told me that whatever I'm doing with Terry it appears to be working. Because I didn't need to have the adjustment as often and I wasn't feeling like my legs and my back were all seized up, or it wasn't moving correctly. It was just what she was doing was alleviating the pain and it was allowing me to move freely," said Clark.

Carol S., 73, overheard a conversation at her doctor's office which piqued her interest in red light therapy. Suffering from diabetes and arthritis, her doctor had advised her to lose weight, but she had never had any success doing it on her own. After a consultation with Kenzie, she was

intrigued by the myriad of possibilities, and decided to give it a try. Within the first 51 days of treatment, she lost over 16 inches of body fat, while gaining both muscle mass and bone density.

"And I'm thinking that's incredible! All I had to do is lay there. I didn't do a doggone thing – nothing else. I just had incredible results. You just drink the water before and after because the red light therapy breaks down the fat in the cells, and the water helps to flush it through the lymphatic system. So, you don't lose fat cells you just lose the fat in the cells. It's been very energizing to have the results after all the years of up and down dieting, and not being successful. I'm down about 30 pounds. I was 200 pounds in August when I started, and the other day when I weighed in at Avanti I was 171 ½," said Carol.

"Our youngest client is 15, our oldest client is 83, and everybody has results and their own stories. Most people come in because they're attracted to our advertising for weight loss. They come in for weight loss and they get other benefits, such as there's skin smoothing. People that walk in here don't really think about the fact that their skin will be a lot more smooth and softer and that they're going to see a reduction in things like cellulite – that's a surprise to people," said Terri.

There is ample evidence that through the use of red light therapy, cellular health increases, inflammation decreases, and people's lives are being restored. Terri recommends a book called, *The Ultimate Guide to Red Light Therapy* by Ari Whitten, if you are curious to learn more about what it can do. ■

If you have more questions about the research or the therapy itself, please give us a call at Avanti Body at 707-640-2773 today to set up an appointment. Avanti Body is located at 1001 Hume Way, Suite E in Vacaville. Come see for yourself how red light therapy can change your life.



AVANTI BODY
WELLNESS AND REJUVENATION SPA



Acupuncture Plus

Call about whole foods cooking classes!

**There is an
alternative, a truly
natural way to help
the body heal,
without side
effects.**

455-0638

310 E. Monte Vista Ave. Suite B • www.acupunctureplus.us



*Dr. (Shihan) Bolz
Doctor of Acupuncture
and Oriental Medicine
Licensed Acupuncturist*