

LFT9000

Quick Start Guide



Weight: 1.5 lbs.
Treatment Area: 20 sq. in.
Power Requirements: 7.5VDC 500mA

With its sleek, convenient design and substantial treatment area, the LFT9000 is by far our most popular unit, giving you the ultimate in temporary relief from minor muscle and joint pain, arthritis and muscle spasm.

- Designed exclusively for in-home use
- Timer for our patented EPS Treatment, telling you when to move the device onto the next area

- 7 user-controlled settings—you decide which works best for you
- Full Cycle Setting—take the guess work out of finding the right frequency for your pain relief
- Simple to use
- No negative side effects
- Plugs into any standard wall outlet—U.S. voltage only—Call customer service for international standards
- FDA and Health Canada cleared
- ISO Certified

LFT9000

1. Unpack your LFT9000™

- Your box will include the following:
 - LFT9000™
 - Wall Adapter
 - Instructional Video
 - Quick Start Guide
 - Warranty Card
 - Product Usage Guide
- Plug the wall adapter connector into the LFT9000™
- Plug the Wall Adapter into a standard wall outlet.

2. EPS Routine

- Turn the knob to the "EPS" setting.
- Place the unit directly on each ear, palm and sole for one minute each. The LFT9000™ will beep after one minute prompting you to move to the next part of the body. **It will turn off after the six minute cycle is complete.**



1 Minute: each ear



1 Minute: each palm



1 Minute: each sole

- Our patented EPS routine helps bring about a relaxed and calm feeling before administering treatments. **Please note that the EPS Routine is helpful and enjoyable, but it does not have to be performed before each treatment.**

3. Treat the affected area

- Turn the setting knob as indicated on the chart on the next page.
- Treat directly on the skin for 10-15 minutes or as suggested.
- Repeat as needed until the desired relief is achieved.
- Please note that the LFT9000 has 48 diodes—16 are in the infrared spectrum and cannot be seen by the human eye. The low setting is the only setting on which the lights pulse slowly enough to be noticed.

4. Maintenance treatments

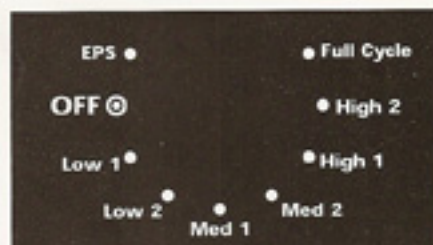
- Treat as needed for optimum pain management.

Suggested settings for common conditions

With our chart system, you can simply find your type of pain and its corresponding setting. If you cannot find the type of pain you are feeling, the Full Cycle Setting may be the ideal pain relief option for you, as it takes the guess work out of choosing the correct setting.

The Full Cycle Setting progresses through multiple frequencies, giving you the benefits of all of the frequencies in one session. The Full Cycle Setting on the LFT9000 begins on the lowest frequency (low 1) and advances all the way through the highest frequency (high 2). Because everyone's pain-relief needs are different, we recommend trying a variety of settings to find the one that works best for you.

Remember that chronic conditions don't happen overnight. Give yourself the gift of time so you can use the equipment and experiment with different settings to find what works best for you. Regarding acute conditions, we recommend treating them immediately to help quickly alleviate your pain.



Setting	Helps with	Sessions Per Day	Suggested Length of Time
EPS Routine	Alleviates tension and creates a relaxing sensation	Before each treatment or as needed	1 minute applied directly to each ear, palm and sole
Low 1-2	Tension reduction, relief of muscle spasm or general relaxation	As needed	10 minutes
Medium 1-2	Dull ache, steady irritation or pain	1-3 depending on severity. It may take longer to feel results on an older condition than a more recent one	15 minutes applied directly to area of concern
High 1-2	Continuous and unchanging burning, aching or throbbing pain	1-5 depending on severity. It may take longer to feel results on an older condition than a more recent one	10-20 minutes applied directly to areas of concern

Call for pricing on accessories at **888-259-9996**
or visit **www.LightForceTherapy.com**

Ask our customer care advocates about additional accessories like the LFT9000 car adapter and protective storage bag

Tracking Chart

To better help you track your pain relief progress, keep a record of when and how you used your LFT9000 as well as how you felt afterwards.

Date	# of Treatments	# of minutes	Setting	Pain Level 1-10 <i>How has your level of pain increased or decreased since using the product?</i>	Range of motion 1-10 <i>Has your range of motion increased or decreased? Can you reach farther than before? Less far?</i>	Quality of sleep 1-10 <i>Since using the product have you been able to sleep better? Worse?</i>

LIGHT FORCE.
THERAPY

Pain relief at the
speed of light!

Light Sound Technology

LED Light Therapy Units

EPS Routine

Turn the knob to 6m for six minute setting - treat each of your years, palms and soles for one minute each. The LED Light Therapy Unit will beep after one minute, prompting you to move to the next part of the body. It will turn off after the six minute cycle is complete.

Treat The Affected Area

- Turn the setting not as indicated on the following chart
- Treat to directly on the skin for 10 to 15 minutes or as suggested
- Repeat as needed until the desired effect is achieved
- With severe open wounds you may see oozing around the scab area due to the increased oxygen rich blood flow that causes wounds to heal at an extremely fast rate.

Maintenance Treatments

Treat as needed for optimum pain management

If you do not see your conditions listed on the chart, Sweep settings may be the ideal pain relief option for you. Sweep settings, cycle through multiple frequencies, giving you the benefits of different frequencies over a short period of time. The LED Light Therapy Unit offers six different sweep settings: 1-2, 2-3 (low-frequency) 3-4, 4-5 (medium frequency) and 5-6 (high frequency). There is also a 1-6 setting for a complete sweep of all frequencies. You will notice as a sweep progresses, the lights will blink rapidly and as the frequency increases they will appear to be on all the time. This is how your vision will perceive the lights. Some LEDs will appear not to be on at all. These LEDs are the infrared which emit a light that is outside of your visual range.

You can use one setting at a time, or create a combination of settings to best suit your needs. Because everyone's pain-relief needs are different, we recommend trying a variety of sweep settings to find one that works best for you.

For severe wound healing we suggest a frequency setting of six and a timer setting of continuous. Some wounds may take an hour at this setting once or twice per day for optimum conditions to heal.

Our suggestions are based on experience; however we encourage you to use your own judgment

Condition	Suggested Session Period	Suggested Duration	Suggested Setting
Alzheimer's-Parkinson's	1-2 times/day early am first	1 hour	Continuous 6
Ears Palms Soles	Once or twice weekly	1 minute each, apply directly to each ear, palm and the sole of the foot	6 minutes
General Relaxation	As needed	6-10 minutes	1 or 2
Muscle Relaxation	1-3 times per day depending on severity. You might find that older conditions may need to be retreated more frequently than more recent ones in order to achieve desired results	15-20 minutes applied directly to areas of concern	3 or 4
Muscle and joint pain, muscle spasm, stiffness	1-3 times per day depending on severity. You might find that older conditions may need to be retreated more frequently than more recent ones in order to achieve desired results	10-15 minutes applied directly to areas of concern	5 or 6
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Arthritis	1-5 times per day depending on severity. You might find that older conditions may need to be retreated more frequently than more recent ones in order to achieve desired results	10-15 minutes applied directly to areas of concern	6
Crow's Feet, laugh lines	1-3 times per day depending on severity. You might find that older conditions may need to be retreated more frequently than more recent ones in order to achieve desired results	10-15 minutes applied directly to areas of concern	6
Severe Wounds	1-3 times per day depending on severity. You might find that older conditions may need to be retreated more frequently than more recent ones in order to achieve desired results	15-60 minutes applied as closely to areas of concern as possible	6