Eyelights

Beyond Limitation

Doctor Information

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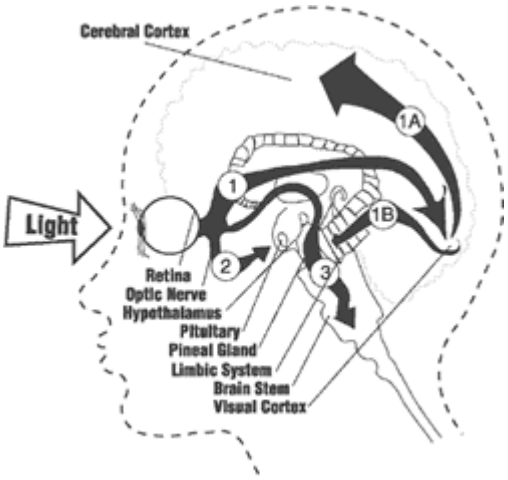
What Is Light Therapy?

Ocular light therapy is a method of therapeutically sending light through the eyes in order to stimulate brain function. Light through the eyes enables us to open up neurological pathways into specific brain structures, significantly affecting the brain and every cell of the body. Light is the second most important environmental input, after food, in controlling bodily functions.

Research suggests that our nervous system, like our vascular system, may have two functions. It not only puts out and receives nerve impulses, but also may be a channel for the streaming of energy. Light ignites cellular metabolism. It enters the eye and goes to the body's power distribution center, the hypothalamus, where it is converted into electro-chemical impulses that are sent to the pituitary and pineal glands. These glands, in turn, distribute the hormonal messages via the body's nervous system to virtually every cell in the body.



Light Therapy & Chiropractic

Light is a valuable adjunctive therapy to chiropractic procedures. Light stimulation directly to the brain via the eye seems to be more effective than light placed on the body. Light allows the reconnection of various energy systems in symptomatic areas to make a fresh start in the healing process. Light therapy can reveal certain muscle and neurological disorders that may not be detected during standard treatment protocols.

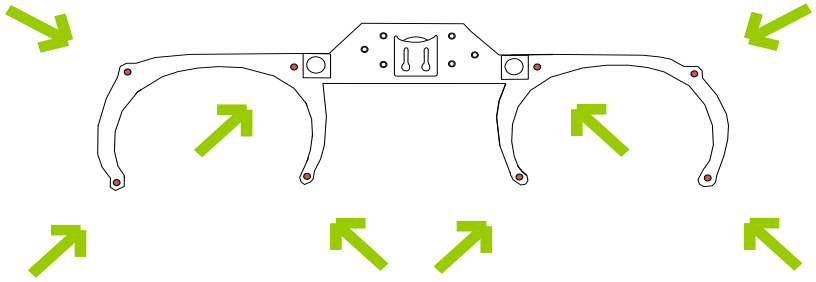
While chiropractic procedures are used to restore subluxations and remove skeletal and muscular distortions, many times, disturbances in the energy fields and systems of the body may not be reached directly. Light can help restore the connection of the energy systems, as well as help maintain the chiropractic adjustment. Dysfunction begins at the energy level, which later manifests at a cellular level, and then to an inflammatory state at the tissue level, and finally to the physiological disturbances we see in disease patterns. Stimulating and increasing the core energy can help to heal the existing dysfunction or even prevent these disturbances to begin with.

Source: Light Years Ahead: One Man's Journey Into Light, Dr. Ward Lamb, D.C.

How Do Eyelights Work?

Eyelights target the weaker functioning hemisphere of the brain via the non-dominant eye. With Eyelights therapy, both sides of the brain are being affected, but emphasis is placed on the non-dominant system where dysfunction usually first occurs. Stimulation of the non-dominant eye will affect the opposite hemisphere of the brain via the thalamus. When stimulating the right eye, the left side or analytical portion of the brain will be affected greater. When stimulating the left eye, the right side or creative portion of the brain will be affected greater.

The lights flash in a monocular pattern with both top and bottom rows flashing at the same time. However, one row will always flash brighter than the other. When the top row of lights is flashing brighter it will affect the temporal lobe (mentality/emotionality) of the brain and parvo cells of the thalamus greater. When the bottom row of lights is flashing brighter it will affect the parietal lobe (sensory/motor) and magno cells of the thalamus greater.



Research has shown that light projections into the eye can have a profound effect on the hormonal system, emotions, stress levels, sleep, brain function, and many other aspects of a patient's biochemistry. One study showed remarkable changes in the concentration of neurotransmitters in the cerebro-spinal fluid.

Dopamine is critical to the way the brain controls our movements. Movement control also involves the interaction of many other brain regions, including the mesencephalon (midbrain), where A9 and A10 dopamine cell groups are located. Dopamine production and magno cell activity can be stimulated when wearing Eyelights with the bottom row of lights flashing brighter.

Serotonin plays an important role in a range of brain functions including the regulation of sleep, pain perception, body temperature, blood pressure, and hormonal activity. Within the brain, serotonin is localized mainly in nerve pathways emerging from the pons where A7 and A8 cells produce serotonin. Serotonin production and parvo cell activity can be stimulated when wearing Eyelights with the top row of lights flashing brighter.

How Can Eyelights Help?

ADHD
Many symptoms of ADHD are similar to those associated with binocular vision problems, such as convergence insufficiency and accommodative problems. Eyelights therapy can help strengthen the weaker eye muscle by stimulating the visual system. Light therapy causes global excitation of the brain, creating elevated levels of neurotransmitters such as serotonin and dopamine. Studies show that color can also have a profound effect on behavioral and learning problems. Certain colors can reduce hyperactivity, increase attention span, and improve speed and accuracy.

Dyslexia
Dyslexics have an abnormality that slows down the magno cell pathway, located in the thalamus, that does fast processing for perceiving position, motion, shape, and low contrast. Eyelights therapy increases cellular activity within the thalamus, enhancing magno cell function and improving perception of visual stimuli. It has been found that 87% of reading disabled children show an improvement in comprehension while reading with blue filters. It is thought that a blue filter removes enough of the red in what a person sees, allowing the magno cells to work properly.

Stroke
Brain cells die when they no longer receive oxygen and nutrients from the blood or there is sudden bleeding into or around the brain. Light therapy can excite the cells around the damaged area, minimizing further degradation of tissues and neurons. The excitation of cells can enhance the comeback and maturation of the damaged area to help improve mental, physical, and cognitive losses.

Multiple Sclerosis
In MS, myelin, the fatty substance coating our nerves and enabling them to conduct impulses between the brain and other parts of the body, is destroyed. Light therapy can help sustain myelination by exciting the cerebellum and stimulating cells into producing proteins in order to stay healthy. This stimulation also helps to stabilize muscles of the spine, allowing for better integrity of mid-line structures.

Autism
In autism, a circuit involving the thalamus and frontal lobe of the brain functions abnormally. Many autistic children exhibit sensory integration dysfunction, where problems exist in integrating information coming in from each of their senses. Eyelights therapy stimulates the entire thalamus, creating a cascade of excitation and activity that eventually reaches each of our senses, resulting in a better ability to coordinate sensory information.

Color Therapy

Color has various therapeutic effects on the body and can be received through the eyes in order to stimulate a particular organ or system. Research shows that some colors can stimulate certain bodily enzymes to be 500% more effective. It has been found that 87% of reading disabled children showed an improvement in comprehension when reading with blue filters. In some patients who have suffered strokes, color has successfully eliminated paralysis and helped to restore normal body function.

Eyelights Lenses

Red is a strong physical stimulant that activates blood circulation and the sympathetic nervous system. It is great for sports when you need to be aggressive or break through a plateau. Associated organs/systems: Adrenal

Use red to treat: Anemia, fatigue, esotropia, miotic pupils

Orange stimulates the emotional center in order to bring about a renewed sense of enthusiasm for life. It strengthens metabolism and is used for lung problems like asthma or bronchitis. Associated organs/systems: Reproductive, kidneys, bladder

Use orange to treat: Aching muscles, digestive problems, cramps, urinary incontinence

Yellow is advantageous for the nerves and brain. It affects the nutritional organs and can influence insulin levels. It eliminates shadows while playing sports. Associated organs/ systems: Pancreas, liver, stomach, spleen, muscles, gall bladder

Use yellow to treat: Motor dysfunction, diabetes, multi-tasking problems, sports performance

Green is a strong healing color and can be used to promote healing and growth. It tends to have a stabilizing effect while creating a sense of peace within. Associated organs/systems: Thymus

Use green to treat: Depression, tension, back problems, irritability

Blue decreases blood pressure and heart rate. It stands for rest, relaxation, sleep, regeneration, and communication. It helps in stimulating learning and encouraging new thought processes. Associated organs/sytems: Thyroid

Use blue to treat: Anxiety, memory & focusing problems, exotropia, insomnia

Violet is the highest frequency and is considered an inspiring and spiritual energy. It stimulates dream activity and helps the body assimilate nutrients and minerals. Associated organs/systems: Pineal

Use violet to treat: Dementia, severe headaches, vision problems, lack of motivation

How To Determine The Non-Dominant Eye

Accommodation & Convergence Test

1. Hold a pencil upright, about 8 inches in front of patient's face at eye level.
2. Patient will focus on the tip of the pencil as you approach the bridge of their nose with the pencil.
3. Do this several times until the eyes begin to cross or converge, and one eye will fatigue and lateralize.
4. The eye that deviates laterally (moves away from the nose) is the non-dominant eye.
5. Eyelights therapy will ALWAYS be placed on the non-dominant eye.

Circle Test

1. Make an "okay" sign with both hands by overlapping the thumb and forefinger to make a circle.
2. Place circles on top of one another and extend arms in front of you.
3. Looking through the circle with both eyes open, focus on an object, placing it in the center.
4. Close one eye and note if the object stays in the center of the circle or if it moves out of the circle.
5. Close the other eye and repeat.
6. The eye that is OPEN when the object moves out of the circle is the non-dominant eye.

Eyelights Protocol

Standard Protocol

When starting out, Eyelights should be worn 2-3 times per day, for 5 minutes each time. Every 5 days the patient should be able to increase the amount of time they are being worn by 5-7 minutes. Gradually, they should reach the standard protocol of 15-20 minute intervals 2-3 times per day.

If a headache or eye fatigue occurs, they have received too much stimulation and should decrease the amount of time Eyelights are being worn during each session.

Patients With Neurological Symptoms

In the early stages of treatment, patients with neurological problems should be monitored while wearing Eyelights. As the lights begin to flash you will watch their pupils, while keeping track of the number of times the lights flash. The lights are on a 10 second cycle where they flash for 2 seconds and rest for 8 seconds. Once the pupil starts to dilate and blow open, STOP the therapy. This will give you a basis for how long they are able to wear the glasses before becoming fatigued. If there is pupillary change after 5 flashes, the patient will wear the Eyelights for only 4 flashes. Gradually, they should be able to withstand longer periods of therapy.

If the patient complains of headaches or eye fatigue, they should wear the Eyelights with their eyes closed. The eyelid will act as a filter, with the patient receiving less stimulation.

How To Use Eyelights

Activity/Disorder	Component Color	Brightness	Lens Color
ADHD	Red	Top	Blue
Alzheimer's	Red	Top	Violet
Anxiety	Red	Top	Blue
Autism	Red	Top	Clear
Dementia	Red	Top	Violet
Depression	Red	Top	Blue/Green
Depth Perception	Black	Bottom	Yellow
Diabetes	Black	Bottom	Yellow
Digestion	Black	Bottom	Orange
Dyslexia	Black	Bottom	Yellow/Blue
Esotropia	Black	Bottom	Red
Exotropia	Black	Bottom	Blue
Fatigue	Black	Bottom	Red/Yellow
Focusing Problems	Red	Top	Blue
Glaucoma	Black	Bottom	Violet
Insomnia	Red	Top	Blue/Violet
Learning Problems	Red	Top	Blue/Yellow
Macular Degeneration	Black	Bottom	Violet
Memory Problems	Red	Top	Blue
Motor Dysfunction	Black	Bottom	Yellow
Multiple Sclerosis	Black	Bottom	Yellow
Multi-tasking	Black	Bottom	Yellow
Pancreas	Black	Bottom	Yellow
Parkinson's	Black	Bottom	Yellow
Scoliosis	Black	Bottom	Yellow
Sports	Black	Bottom	Yellow/Red
Stroke	Black	Bottom	Yellow
Tics	Black	Top	Blue
Visual Field Loss - Upper Fields	Black	Top	Blue
Visual Field Loss - Lower Fields	Black	Bottom	Yellow