

Eyelight Therapy

Eyelights are a natural way to improve performance both physically and mentally. Eyelights stimulates the weaker side of the brain with light. This stimulation increases awareness, strength, and generally improves all body functions. Anyone can wear Eyelights to deal more effectively with stress, depression, or neurological disorders. The brain is divided into two hemispheres. In every person, one hemisphere is more dominant than the other hemisphere. Some people are right brain dominant and some people are left brain dominant. This imbalance can create many physical and mental problems in our lives.

Think of the brain as a rocket ship with two engines. If one engine fires at a greater rate than the other engine, the rocket ship would not launch straight, but dangerously to one side. The idea is to bring the second engine up to the level of the first engine. Only then can you have a successful launch. The same is true of the brain. How can we help the weaker side perform up to the level of the stronger side?

Light therapy is one way to achieve that goal. By using light to stimulate the brain, you can obtain a level of performance not possible on your own. Eyelights use this type of therapy in their glasses. By sending a pulse of light to the weaker side of the brain, we can stimulate the brain to function at maximum power. Anyone can wear Eyelights to deal more effectively with stress, depression, or neurological disorders.

Eyelights were designed to provide optimal stimulation to the brain using the optic nerve. Glasses designed with flashing lights built to fit behind the lens, they can be programmed to blink on the non-dominant eye in order to strengthen the weaker side of the brain. Since one of the most direct avenues to the brain is via the eye, a child can learn more effectively if they are seeing correctly. And an athlete will perform better because the eye is able to gather all of the information necessary to perform.

A Natural Alternative

ADD, ADHD, and other learning disabilities in children are often treated with drugs, which may diminish a child's capability to function properly in other aspects of life. The effects of these drugs could cause permanent neurological damage, as well as depression and withdrawal. Eyelights offer a natural alternative to treating children who are too often diagnosed with disorders that can stigmatize them for life.

Children who are diagnosed with learning disorders are often not producing enough serotonin. Drugs such as Ritalin are used to stimulate the brain into producing elevated levels of serotonin. Eyelights accomplish this naturally, without the side effects caused by drugs. Recent studies have shown that children who play video games end up with increased serotonin levels. Again, this is what Eyelights achieves naturally with its light pulses to the brain, while allowing the child to study or play a sport at the same time. Since everyone has one side of the brain that functions at a higher level than the other, there is no limit to the benefits of wearing Eyelights. Eyelights can be worn around the house for a little "pick me up" or at work to keep you more attentive and focused.

Wearing Eyelights while exercising can make you more aggressive, yet less tired. Eyelights can also prove beneficial if you suffer from headaches, stress, or lack of energy.

Increase Serotonin and Dopamine Production

One of the main functions of the light therapy used by Eyalights is to produce higher levels of serotonin and dopamine. Serotonin affects the mentality of a person (limbic lobe of the brain). When the brain produces too little serotonin, mood swings, learning problems, and depression can occur. The light pulses will increase serotonin production and aid in the treatment of patients experiencing mental or emotional problems.

Dopamine in the brain controls motor function and strength of muscle. When dopamine is present, one has control of fine motor movements. The lack of dopamine causes movement disorders such as Parkinson's. Eyalights excite the receptors at the back of the retina, which in turn fire to the brain stem in three different areas. One of these areas is the mesencephalon, the highest center, which stimulates A9 and A10 cells into producing dopamine.

Scoliosis

Medial rectus muscles control or have relationship with the multifidi muscles of the erector spinae group. Due to the homologous column of the body, if the medial rectus is weak, the multifidi muscles will also be inhibited, or hypotonic, allowing for rotations of the spinous processes to occur. When muscle tone is hypertonic on one side of the spine, coupled with growth spurts during puberty, you will see concavities of the spine occurring (scoliosis). Curvatures develop because of the brain's influence on spinal structures, coupled with puberty and growth. As the multifidi are stimulated, tone changes will occur, and changes in the coupling of the spine are at this point recognized.

Seasonal Depression

During the winter months many people are affected by Seasonal Affective Disorder or SAD, which is a form of depression caused by a decrease in the number of hours of daylight. In some people a decrease in exposure to light can lead to decreased energy, depressed moods, and increase appetite. The light therapy that Eyalights offers can alleviate many of these symptoms. People experiencing SAD may produce less melatonin and serotonin which can lead to a depressive state. Eyalights can cause the brain to release elevated levels of these chemicals causing many symptoms to pass.

Increase Your Abilities

Do you want to increase your ability to kick a soccer ball, hit a baseball, throw a football, or sink a putt? Eyalights can help you do all that and more. In order for your body to perform at its optimal level, your brain must be working at its optimal level. Right now only half of your brain is functioning at its highest level. Just imagine what you can accomplish on the field if your entire brain is working its hardest. Everyone has one side of the brain that functions at a higher level than the other (this would be considered your dominant side). Eyalights were designed as glasses emitting light pulses because one of the most direct avenues to the brain is via the eye. By stimulating the non-dominant side of your brain, you allow it to become stronger, thus improving overall performance.

Change in Gait Patterns

If an athlete has a non-dominant right eye, there will be weakness of the back muscles on the right side, resulting in decreased tone on that side and increased tone on the dominant side. This causes a shortened gait pattern to occur on dominant side (left), while the non-dominant side has a longer stride. The result is abnormal or uncoordinated

movement due to the rotation of the pelvis. Eyalights can stabilize the mid-line so that both sides become equal and a change in gait pattern occurs.

Lens Options – To complement the power of the Eyalights system we offer a complete line of lenses to help give you added therapy.

- **Clear Ice** – Great for indoors. Use while studying, reading, working on computer, or watching television. Best lens to use with autistic children in the beginning stages of treatment.
- **Violet Rush** – Assists in stimulating dream activity. Excellent in controlling irritability and hunger. Helps the body assimilate nutrients and minerals. Can be effective in cancerous conditions of the body. Aids in treatment of mental disorders, bladder trouble, skin problems, and sciatica.
- **Orange Sunset** – Promotes happiness and enlivens emotions, creating sense of well-being. Acts on the pancreas, stimulating metabolism and ability to digest. Aids in treatment of muscle spasms, cramps, lung conditions, and hypothyroidism.
- **Green Harmony** – Balances our energies, increasing sensitivity and compassion. Creates balance and harmony, calming the mind. An emotional stabilizer, it revitalizes overtaxed mental conditions. Great for a morning bicycle ride. Aids in treatment of irritability, exhaustion, back problems, and nervous system disorders. Influences gall bladder activity.
- **Red Flame** – Stimulates and excites the nerves and blood, aiding in treatment of deficiencies of smell, sight, hearing, taste, and touch. Builds the hemoglobin, energizing the liver. Great for sports when you need to be aggressive or to push an athlete through a plateau! Red can be used to counteract lack of energy, anemia, impotence, and low blood pressure.
- **Cool Blue** – A calming color, it relaxes the mind, increasing awareness while aiding against tension and stress. Recommended for school children in helping them become more focused and attentive. Good for the introvert, by drawing the ego outward. Cooling to the body's system, it aids in the treatment of asthma, stress, migraines, insomnia, and high blood pressure.
- **Solar Yellow** – Generates energy for the muscles, strengthening nerves and aiding the brain. Encourages mental stimulation, and feelings of optimism and cheerfulness. Influences insulin levels and aids those dealing with diabetes. Eliminates shadows, making it perfect for golfers, ball players, shooters, and skiers. Aids in treatment of digestive problems, liver dysfunction, and arthritis.

DIRECTIONS FOR USE

Changing the lens on your Eyalights

1. On front of glasses there is an Eyalights logo printed on top section of nosepiece. Snap off top section of nosepiece and remove entire nosepiece from glasses.
2. To remove lens pull lens out from CENTER.
3. Lay frames on back with earpieces facing upward and insert new lens making sure ends of the lens are sitting behind the "catches."

4. Then force center of lens into slot (lenses are fairly pliable and should not break.)
5. Once lens has been changed, attach bottom part of nosepiece to glasses while holding back the top section with the Eyelights logo.
6. Place Eyelights digital control module on lens and snap top of nosepiece back over top of frame.

Changing The Battery On Your Eyelights

1. On front of glasses there is an Eyelights logo printed on top section of nosepiece. Snap off top section of nosepiece and remove entire nosepiece from glasses.
2. Battery receptacle is in the center of the Eyelights digital control module.
3. **VERY IMPORTANT:** With blunt object (straightened end of large paper clip, etc.) push battery out through bottom. **THE OBJECT YOU ARE USING TO REMOVE BATTERY MUST BE KEPT LEVEL WITH THE SURFACE OF RECEPTACLE. DO NOT ANGLE UPWARDS!** Pushing upwards on the battery holder will cause the receptacle to come unsoldered and to break away from control module.
4. New battery will slide in from top of receptacle.
5. Once battery has been replaced, attach bottom part of nosepiece to glasses while holding back top section with the Eyelights logo.
6. Place Eyelights digital control module on lens and snap top of nosepiece back over top of frame.

How The Control Module Is Arranged

1. The power switch is yellow switch to the left of the battery holder.
2. The programming switch is yellow switch to the right of the battery holder.

How To Determine Your Weaker Or Non-Dominant Eye

Choose from either of the following tests:

Accommodation & Convergence Test

1. Hold a pencil upright, about 8 inches in front of patient's face at eye level.
2. While they are looking at the tip of pencil, approach the bridge of their nose with pencil.
3. As you see the eyes converge, you will notice that as the eyes come together medially (or cross eyed), one will fatigue and lateralize. *You may have to approach the nose several times before eyes begin to converge,
4. The eye that deviates laterally (moves away from the nose) is the non-dominant eye.

Circle Test

1. Make a circle or "okay" sign with both hands by overlapping thumb and forefinger to make a circle.
2. Place circles on top of each other and extend arms fully.
3. Looking through the circle with both eyes open, focus on an object on the wall, putting it in the center of circle.
4. Close the left eye and note if object stayed in center of circle, or if object moved out of the circle.
5. Open left eye and then close right eye, noting again whether object stayed in center or moved.

6. Whichever eye is OPEN when the object moves out of the circle is your non-dominant eye. So, whichever eye is open when the object is in center of your circle is your dominant eye.

Muscle Test

1. Using a neurologically intact muscle, muscle test the patient after moving your hand in their visual field from upper right toward the eyes (↙), lower right toward the eyes (⬇), lower left toward the eyes (↘), and the upper left toward the eyes (↖).
2. Program the glasses for the area which causes muscle inhibition.

Temporal Stimulation Mode – Programming For Mental Power -

1. Depress the left switch until a set of LED's illuminate.
2. Depress the right switch to program lights to blink on WEAKER eye. The LED's will blink on for 2 seconds and off for 8 seconds. Lights can only be programmed during the 2 seconds that they are blinking on.
3. During the 2 seconds, continue to depress right button until TOP row of lights is blinking brighter on the side of your weaker eye.
4. Again, make sure that top row of lights is blinking brightest on the side of your weaker eye.

Parietal Stimulation Mode – Programming For Physical Power

1. Depress the left switch until a set of LED's illuminate.
2. Depress the right switch to program lights to blink on WEAKER eye. The LED's will blink on for 2 seconds and off for 8 seconds. Lights can only be programmed during the 2 seconds that they are blinking on.
3. During the 2 seconds, continue to depress right button until BOTTOM row of lights is blinking brighter on the side of your weaker eye.
4. Again, make sure that bottom row of lights is blinking brightest on the side of your weaker eye.

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