



PBM THERAPY

1 Session
\$45

20 minutes—10 to 12 minutes actual treatment time plus dressing and consultation time

5 Sessions
\$170

Sessions expire at the end of 30 days; no rollover

8 Sessions
\$240

Sessions expire at the end of 30 days; no rollover

10 Sessions
\$245

Sessions expire at the end of 30 days; no rollover

SPECIAL INTRODUCTORY OFFERS

(FIRST-TIME CUSTOMERS ONLY)

New Client Only – PBMT Whole Body × 7 sessions for only \$99
(Maximum 4 sessions a week | Session expires after 15 days)

Please arrive 15-20 minutes before your appointment time, so we can go through the necessary paper works, answer any questions you have and help you set up for your treatments.



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EXPERIENCE ACCELERATED RECOVERY WITH WHOLE BODY PHOTOBIO-MODULATION THERAPY



- Sports Injuries
- Fibromyalgia
- Chronic Fatigue
- Neuropathy
- Arthritis Pain
- Hypertension
- Alzheimer's
- Wound Healing
- Chronic Inflammatory Diseases

ONE MODALITY • MULTIPLE BENEFITS • NON-INVASIVE
• NO NEGATIVE SIDE EFFECTS

WHOLE BODY PHOTOBIO-MODULATION THERAPY

Photobiomodulation Therapy (PBM Therapy), formerly known as Low-Level Laser Therapy, is the application of red and near infrared light to stimulate tissue repair, increase production of cellular energy, reduce inflammation, and reduce pain. Light is absorbed at the cellular level, targeting the cause of inflammation by reducing oxidative stress.

Extensive research during the last two decades has revealed oxidative stress can lead to chronic inflammation, which in turn contributes to chronic diseases including cancer, diabetes, cardiovascular disease, neurological disorders, and pulmonary diseases.

PBM SUPPLEMENTS THE BODY IN 3 WAYS



Detoxification of waste and free radicals which helps the cells reduce oxidative stress and inflammation. This one mechanism through its ability to reduce inflammation could affect the root cause of 70% of mortality diseases including diabetes, arthritis, fibromyalgia, Alzheimer's, Parkinson's, stroke, heart disease, and cancer.

Increased circulation through angiogenesis (building new arterial connections) and the release of nitric oxide to relax arterial walls. Circulation is essential in feeding the cells with nutrients.



Restoration of mitochondrial function, the driver of cellular energy, is improved or restored.

INTENDED USES OF PBM THERAPY

- Temporary relief of muscle and joint aches/pain and stiffness
- Temporary relief of arthritis pain or muscle spasm
- Temporary increase in local blood circulation
- Temporary relaxation of muscles & relief from muscle spasms
- Redevelopment of muscles
- Restoration on motion to joints
- Decreased post exercise soreness
- Adjunct to obesity as part of a diet and exercise program

CLINICALLY-PROVEN BENEFITS OF RED AND NEAR-INFRARED LIGHT

- Less pain and inflammation
- Faster rate of recovery after injury
- Earlier return to physical health
- Reduced fat and cardiometabolic risk factors
- Less soreness after exercise, faster recovery from exercise
- Anecdotal reports include: better sleep, less stress, and less depression

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Disclaimer: These statements have not been evaluated or approved by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. This information provided is not a substitute for a face-to-face consultation with your doctor and should not be construed as individual medical advice.

FREQUENTLY ASKED QUESTIONS

Q: How is PBM Therapy applied?

A: PBM Therapy can be delivered to the entire body using the state-of-the-art ARRC Whole Body Light Pod. A session lasts 10 to 12 minutes (does not include dressing time).

Q: How many sessions are usually needed?

A: Every person's physiological conditions are unique, therefore each person's reaction to PBM Therapy will be unique, as well. There are, however, some general rules of thumb that apply to PBM Therapy. Acute injuries and inflammation from muscle strains and sprains, cuts, bruises, burns, etc., typically show very rapid improvement and can resolve in 4-5 sessions. Long-term, chronic conditions can take as many as 12 sessions to get significant benefits, then weekly or bi-weekly sessions may be necessary to maintain benefits.

Q: How does it compare to other therapies?

A: PBM Therapy works at the cellular level, stimulating repair and normalizing cell function. Many therapies only address symptoms without addressing the source. That said, chronic degenerative changes often cannot be "healed," instead they must be managed. PBM Therapy is a safe, effective, drug-free therapy that has been shown to reduce pain and inflammation at its source.

Q: What is the session process like?

A: Goggles are provided to reduce brightness during your session. You can disrobe to your level of comfort; however, light cannot penetrate clothing, so it is optimal for no clothing to be worn. You will lie on the bed face up for the duration of the session. The first Whole Body Light Chamber session should last only 5 minutes to identify if there are any photosensitive responses. The standard suggested session time is 10 to 12 minutes; when completed the unit will turn off automatically.

Q: Will the treatment interfere with or be affected by any medications I use?

A: If you use medications such as tetracycline, digoxin (used for heart irregularities) and photosensitizing drugs (e.g., tranquilizers, sulfa drugs, oral anti-diabetic drugs, antidepressants, and steroids), please consult your physician before using red light.

“ If you're in pain, you've got nothing to lose. The light therapy helped decrease the pain intensity. It's better than taking drugs.

— Erica S.

“ A marginal improvement was all that I anticipated, but there was a significant improvement. My pain is manageable. I feel much better after a treatment.

— Reena T.