

ARRC EDGE

Safety Review

6/21/2017



### The ARRC EDGE Full Body LED Light Therapy System

LED Light Therapy is considered a non-invasive and safe treatment. Considerable medical research supports the statement 'free of side effects', however there are conditions which should preclude treatment. While medical doctors and researchers suggest there are no side effects, it is important that any user avoid the following contraindications (see below).

There is often **conflicting evidence** as to light therapy benefits and contraindications due to the lack of adequate research. In those cases listed below, we suggest affected users consult with a physician familiar with LED Light Therapy as a modality before using or allowing others to use.

**System** The **ARRC EDGE** is designed to present 3 different phototherapy wavelengths of Red/633nm, Blue/465nm, Green/530nm and Infra Red/850nm which are suggested to lead to series of cellular responses that cascade into tissue, organ and systemic benefits.

**Dose** Based on research posted on the NIH Pubmed website the ultimate treatment protocol is one treatment (dose) per week at the energy output offered by the **ARRC EDGE**. We suggest 'dose' time to be set at 15 minutes (approximately 30 Joules RED/IR). In the event recovery from an injury is required, research suggests multiple treatments over the first 2 – 4 weeks, trailing off to one treatment per week thereafter or as advised by your physician.

**Hyper-Dosing Not Effective:** Research suggests that more is not better (Arndt-Schultz law of phototherapy). With over-use, the treatment benefits may cancel. While additional research regarding dose, pulsing and wavelength is needed, studies suggest that more than 50 Joules (while not harmful) begin to cancel out the benefits. The ARRC LED delivers appx 44 Joules in a 30 minute session, and as such we suggest treatment times be under 30 minutes.

You may feel recovery and performance benefits in the first session, but no claims are made as to the effectiveness of the system, if any. These statements have not been reviewed by the FDA.

Like photosynthesis for the body, LED Light Therapy helps energize your cells, detoxify waste and free radicals and increase nutrient transfer. In addition, research suggests that it can help reduce inflammation, considered one of the biggest health issues of our modern lifestyle. This research is clearly posted on <https://ana-pesce-skin-care.com/research>.

**Non-Invasive:** Researchers suggest LED Light Therapy is a safe treatment, free of side effects, damage or recovery time, however some conditions may be triggered by LED Light Therapy.

### The ARRC LED EDGE Consent Form

**To ARRC Full Body LED Owners.** The following conditions may present risks to users of the ARRC LED. This document is designed to make you aware of the risks for yourself, as well as for any person that may use your ARRC LED from SK Global Trading, Inc.

As an owner of this system, you agree to inform and screen any user of the potential risks prior to allowing them to use the system.

I \_\_\_\_\_ (Client) understand that the following conditions may present contraindications and preclude me from receiving LED Light Therapy Treatments. In addition I agree as an owner of the system to notify any person that may use my system of the potential hazards by receiving written authorization from that person.

I confirm that I DO NOT have any of the following conditions. Please initial each condition you may have.

- \_\_\_\_\_ Acute or Cutaneous Porphyria
- \_\_\_\_\_ Lupus Erythematosus (Consult with doctor – some studies suggest LED may benefit Lupus)
- \_\_\_\_\_ Thyroid Problems (cover thyroid if on medication)
- \_\_\_\_\_ Photophobia
- \_\_\_\_\_ Exogenous Eczema
- \_\_\_\_\_ **Epilepsy and seizures**
- \_\_\_\_\_ Hypomelanism
- \_\_\_\_\_ **Skin Cancer (melanoma)**
- \_\_\_\_\_ Eye disease – Retinal Abnormalities (consult with doctor – some conditions are helped by Light Therapy)
- \_\_\_\_\_ Migraines – Consult with doctor (Some studies suggest LED will help Migraines)
- \_\_\_\_\_ Asthma – Consult with doctor (some studies suggest LED will help with Asthma)
- \_\_\_\_\_ **Heart Trouble (pacemaker)**
- \_\_\_\_\_ Cirrhosis of the liver (Consult with doctor – LED may increase inos)
- \_\_\_\_\_ **Do you take blood thinners** Consult with doctor (NO may reduce BP and increase circulation)
- \_\_\_\_\_ **Brain injury (hemorrhage) Consult with doctor and request scan for bleeder**

Are you **pregnant**, or are you planning to become pregnant in the next eight weeks? Yes \_\_\_\_\_ No \_\_\_\_\_  
**Do not allow any person who is or is planning to become pregnant in the next 8 weeks use the system.**

Do you take any medications for Thyroid Disease? If so you will need to cover the thyroid with an infrared blocking agent. -No one under 18 years of age should use this machine.

You must wear proper eye protection while using the device. Blue light can burn the retina. This may include LED Eye Patches, or light blocking (opaque) tanning goggles (not goggles with translucent 'peeper shades'. This may include the addition of light blocking tape to reinforce the goggle's ability to block the light.

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Print Name

Signature

Date