



JAPRAK



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LTT LIGHT THERAPY EASILY DONE

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SPECIAL DIABETES MELLITUS 05

A successful therapy of the diabetes mellitus of the type II is based on several equally important principles: a healthy, suitable for the illness nutrition is an important necessity to stabilize the illness, so that possible consequence complications don't appear in the course of the illness; or in order to keep them as low as possible. **Forget the old ideas of an almost inedible, one-sided nutrition, that is based on the complete renunciation! The present-day form of the nutrition of a can be called healthy and versatile nutrition, that could actually be recommended to all human beings.**

Some important fundamental things however still have their validity:

try to arrange your daily meals at the same time

even if you like it, you should not take the double of the normal usual quantity and fast because of it on the next day; this gives to diabetes a "side kick".

divide your meals (besides the main meals: breakfast, lunch and dinner), on additional snacks, so that the pancreas is not forced to maximum performances but can work more economically through the temporal distribution of the carbohydrates; thus you reach an essentially balanced blood-sugar-level and avoid too high or too low sugar-level; **Drink liquid amply, the best is mineral water or unsweetened liquids like tea. First of all you should try to adapt your nutrition to the physical demand:**

If probably you in former years –because of your professional tasks or also through increased physical activities - have considered another nutrition for yourself as adequate; but some things have changed during this years: the physical burden through a physically exhausting profession is clearly reduced for many people, many have sedentary or physically only little demanding jobs.

Furthermore, the older human being requires no longer the food-quantities, that a young one needs. Not only the age-corresponding adaptation of the food-quantities but in addition the **age-just composition of your food is important**: eat only few fat: >avoid especially animal fats, that are found in butter, bacon, high-fat meat - and sausages and high-fat cheese; use plant-oil and/or low-fat margarine;

> take you full cereal-products (for example > whole-meal bread, flaked oats,

> whole-meal noodle) and ballast-stuff rich food (potatoes, noodles);

> eat salads and fresh vegetable (as raw food or cooked) and husk-fruits;

>drink mineral water or unsweetened tea – avoid alcohol, if you buy milk or milk-products, try to buy low-fat or fat-reduced products restrict yourself to lean meat and low-fat or fat-reduced sausages and low-fat fish; eat maximum 3 eggs per week; distribute the eating of fresh fruit or unsweetened fruit-cans; especially important is the calorie-reduced nutrition and the adapted to your possibilities, reinforced physical activity.

If you keep an eye on a **right nutrient-proportion**, you should prepare your meals daily: from at least 50% carbohydrates, maximum 30% fat and maximum 20% protein. We would not like now to go upon the contemporaneous discussion about the meaning of the bread in the connection with the nutrition of diabetics; you should discuss with your doctor the composition of the meals, reasonable for you, and if necessary modify *your food-plan* on the basis of carbohydrate "exchange-tables". An important treatment-principle is to prescribe sufficiently long : the full clinical benefit of a light-thermo-therapy appears usually only after one-two weeks. The patients are not often ready because of the extension of the treatment-time to apply the instrument further. Later however, a well amicable option is here light-thermo-therapy, that finds a good acceptance among the population.

The light-thermo-therapy DM - depression alternative therapy.

Under the countless light-therapy instruments light-thermo-therapy is proved in different tests as especially good antidepressant effective. Since the effect is dependent on the light-dosage, each time the relevant instrument with sufficient dosage is required. With light-thermo-therapy instrument the dosage regulation is very simple and precise. Day's doses of two to six full applications are regarded as effective for the depression-treatments today. By long-time-therapy (LTT), one radiates the skin-areas 3 - 15 minutes long with visibly focused light. That would lead in shorter time to a strong light-absorption. In order to reach a therapy-time-decrease, so that the light penetrates more deeply into the skin, an electronic timer, distance-holders (dosimetry) prevents unbearable

heating of the upper skin-layers. Later as conservation-dose, short-time-therapy (STT) can be also used with daily 1 till 2 times intervals. No matter how your personal therapy-plan may , you should never meet alone the decisions to stop a light-thermo-therapy, but always in agreement with your physician.

The genetic memory awakens in him/it. The appliance is absolutely safe and can even be applied for babies.

ADDRESS - PRIVATE

Practice-stamps

In the difference to the classic acupuncture, the appliance doesn't effect the acupuncture-point, because only the expert can do it right ,but locally on the dermatome. The appliance is constructed so that just the effect is reached only locally on the dermatome zones . It means that person can enforce the treatments.

The treatment doesn't necessitate much time, few treatments from 3 to 12 min. per session are enough. During the five years, when the appliance for the light-thermo-therapy is on the market, hundred thousands have acquired it

Light-thermo-therapy is an outstanding method to the prevention against any illnesses.

A special-treatment for the increase of the strength of immune-system for you and your children works against any epidemic.

The same is valid also for people, that have an allergy , who can plan the special-treatment with light-thermo-therapy before blooming in spring, Use the unlimited possibilities of the nature-strengths, that are united in the appliance of the light-thermo therapy and improve your well-being, the mental balance as well as the freshness and health of your body again!

Light-thermo-therapy is:

The simultaneous use of cure-factors:
the focused (LAFER) a constant visible light-radiation (yellow-light), infrared-spectrum without UV irradiation, wide band infrared radiation
Yellow-light complete recovery and improvement of the health-condition of the sick person means the decrease of the cure-treatment,
Portability, complete harmlessness, simple application, fast amortization of the purchase-price through short treatment time and leaving out of expensive medicaments.

Therapy indications with the light-thermo-therapy appliance

Seasonal dependent depressions - SDD
Arthrose and Osteoarthritis pains, (bones and joint-inflammation)
Myalgie skin-illnesses
Wound-cure accelerated

Rental fee:

Ltt instrument for three-months for patient practices and clinics €115.00

By purchase taken into account / plus transportation and postage

End price of the appliance:

Light-thermo-therapy instrument €399.00

You can order the appliance to the light-thermo-therapy under following addresses:

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Gröpelingerheerstr. 155 28237 Bremen

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