

GENERAL WELLNESS DEVICE DISCLAIMER:

RedRush 840 Pulse is a general wellness/fitness device and is not intended to diagnose, treat, cure, or prevent any disease.

The statements in this guide have not been evaluated by the FDA (U.S. Food & Drug Administration). This product is not intended to diagnose, treat, cure, or prevent any disease.

Information provided by Red Therapy Company LLC should **not** be taken as individual medical advice. Please always consult your physician for such advice.

Please consult your physician before using a light therapy device.

HEALTH ISSUES OR LIGHT SENSITIVITY?

To err on the side of caution please start with $\frac{1}{4}$ of the recommended application times listed in this guide and as mentioned above ***always consult your physician before using a light therapy device.*** Be sure to specifically ask if any of your medications or conditions increase light sensitivity as this will also increase your sensitivity to RED/NIR light.

WARNINGS:

STROBE/FLASHING LIGHT WARNING: DO NOT USE if you are sensitive to flashing, strobing, or bright lights.

Do not use Red Light Therapy Devices if you are pregnant, may be pregnant, or nursing as the risks are unknown and have not been established.

Electrocution Danger! Do not use near water. Do not get water or liquid on or inside of any part of your RedRush device.

Tip Danger! Do not use the device balanced in a way where it can tip over or fall.

Do not expose yourself to more than 30 minutes per day of light from this device. It does not increase the effectiveness and may put you at unknown risk since high doses have not been thoroughly tested.

Do not use if the device is visibly damaged and never attempt to open or repair the device.

THANK YOU FOR PURCHASING REDRUSH 840 PULSE!!

If you need anything at all, please contact us. We will do whatever is needed to make sure you are completely satisfied with your order.

Email Support: Team@RedTherapy.co

Our mission is to help YOU look better, feel better, and perform at your best. Let us know if we can help in any way. team@redtherapy.co

RedRush Pulse Basics:

It's time to get naked – To have any effect the skin you are pointing the light at must be exposed. It will not work through clothing.

Types of light:

RED – Great for skin, mouth, ears, nose or any other surface area you'd like to use it on.

NIR – Penetrates deeper into the body for tissues, joints, muscles & more.

Pulsing modes: Continuous Wave, 10Hz, 20Hz, 40Hz (detail pg. 2)

Generally, you'll use both at once as you'll see in our usage guides.

How to use the device:

- 1) Hang or mount using the door hanging kit, wall hanging kit, or one of our stands.
- 2) Plug in
- 3) Turn on power, turn on RED and NIR
- 4) Enjoy :)

The remainder of the guide is a more detailed guide on each of these items.

Why Pulsing Light?

Studies have shown that pulsed light may produce better outcomes compared with continuous wave.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8224127/>

Pulsing light is continuously being researched for enhancing the positive effects of red light therapy. The current areas of research include:

Reduced tissue heating

Brainwave entrainment

Lower photoinhibition in the cells

Melatonin production effects

More on Brainwave entrainment

The NIR light on your new RedRush 840 Pulse has the pulse functions which correlate to different brainwave states. When groups of neurons fire together in a certain way to send signals to other groups of neurons, the resulting patterns are known as brain waves.

RedRush Pulse Modes:

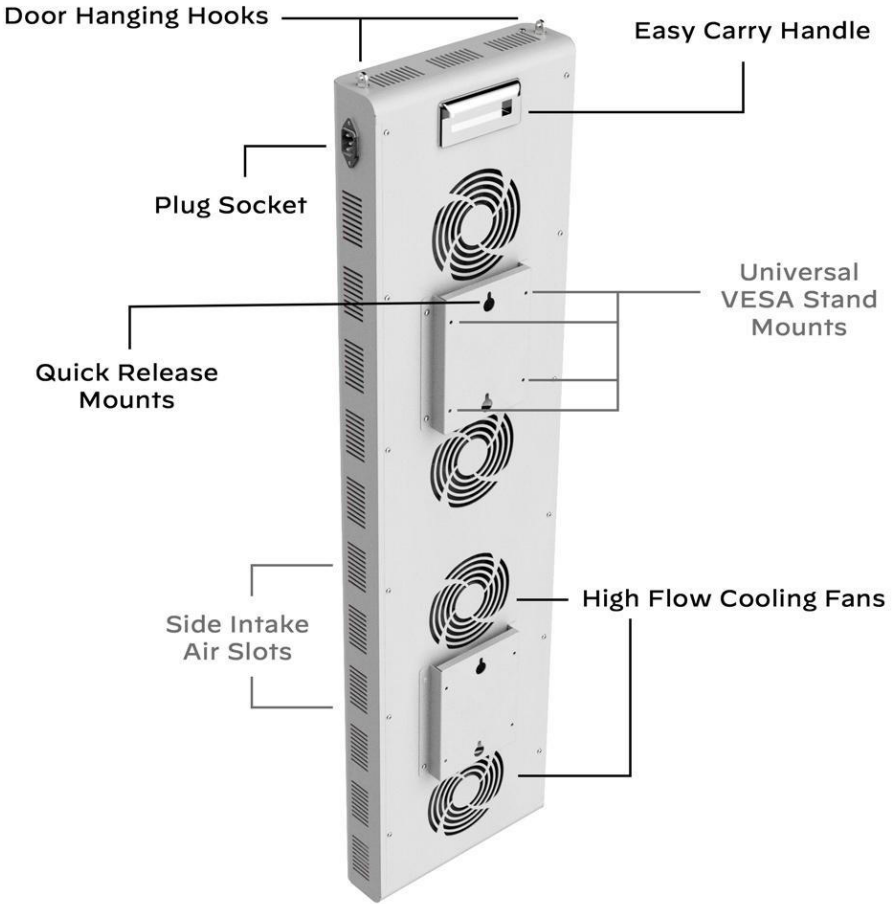
Continuous wave - Standard “always on” light.

10hz Alpha Wave - Alpha waves usually occur when you are engaged in activities such as daydreaming, meditating, or practicing mindfulness. Research suggests that this type of brain wave may play a role in reducing symptoms of depression, reducing anxiety, and improving creativity.

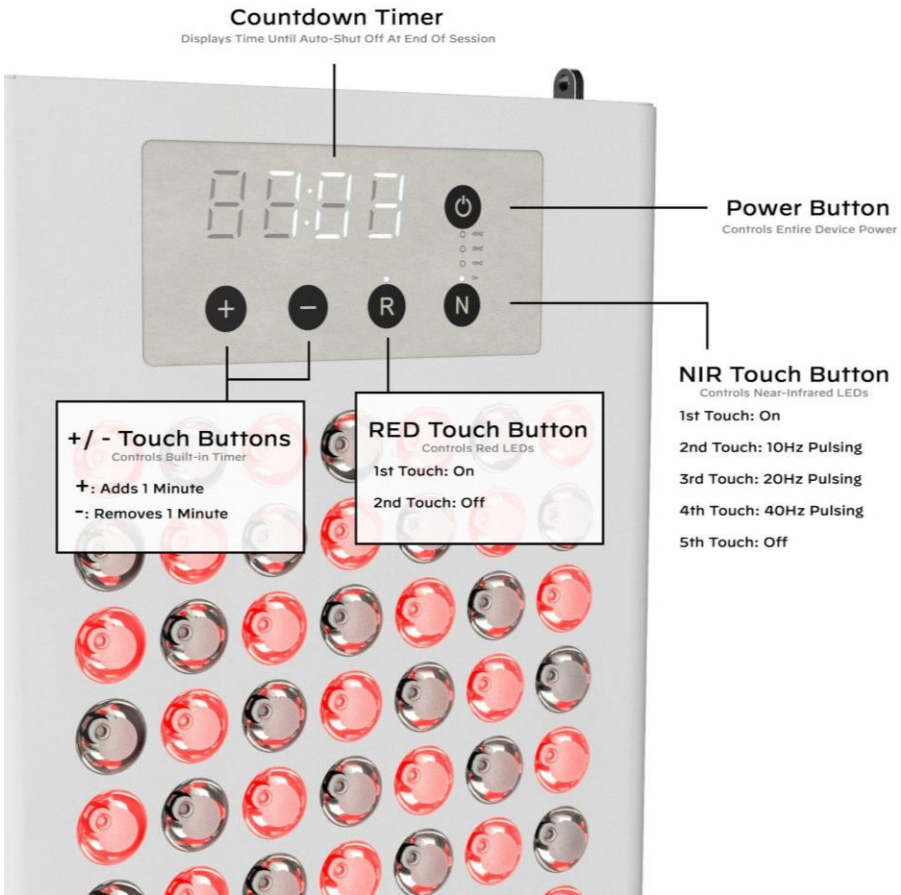
20hz Beta Wave - Beta brainwaves are small, faster brainwaves associated with a state of mental, intellectual activity and outwardly focused concentration. This is basically state of alertness which can help improve focus and motivation.

40hz Gamma Wave - Gamma brain waves are the fastest brainwave frequency with the smallest amplitude. They are responsible for your learning, memory, information processing, and cognitive functioning. Neuroscientists believe that gamma waves are able to link information from all parts of the brain and that is one theory as to how pulsed NIR light is showing positive results on Brain memory and functioning.

Physical Features



Control Panel Functions



Steps to use:

- 1) Press the power button (screen will light up).
- 2) Use the +/- buttons to set desired usage time.
- 3) Press the N to turn on the NIR lights (tap multiple times to set desired pulsing).
- 4) Press the R to turn on the RED lights (it will be very bright).
- 5) Timer will begin counting down automatically.
- 6) You can relax knowing that the lights will go off when the time is over and the timer has reached zero.

Instructions for Use

GET RESULTS – Most studies show results in 6-8 weeks of consistent use. Be sure to use at least 5 days a week for best results.

Youthful Skin, Overall Health, & Energy Protocol (Use this one if in doubt):

RED Switch: **ON**

NIR Switch: **ON (10Hz or pulsing of your choice)**

Position Yourself: **24" (2ft) away.**

Total Time: **5 mins per side front / back (10 mins for whole body)**

At 24" away, the light will cover about 90-100% of your body. So the total body front & back protocol will take just 10 mins (suggested order: Front, Back).

Repeat daily. *Pro Tip:* Use for 5 days, then take 2 days off, then repeat this cycle to give your cells a chance to rest and reset.

Deep Tissue / Muscle / Joint Protocol:

RED Switch: **ON**

NIR Switch: **ON (10Hz or pulsing of your choice)**

Position area: **6" away.** (Example: Hold your knee right up to the light)

Total Time: **10 mins**

This is **HIGH INTENSITY for deep tissues**. Use this only on specific deep tissue areas that need special attention NOT your whole body. You can simply wear clothes to cover the rest of your body that you're not wanting to expose the light to. For joints, use on both sides with ½ the time on each side. Repeat daily as desired.

Super Gentle Skin Protocol:

RED Switch: **ON**

NIR Switch: **ON (10Hz or pulsing of your choice)**

Position Yourself: **36" (3ft) away.**

Total Time: **10 mins**

This will cover your entire body in red light but it will be less intense since you're standing further away. Just do 10 minutes on the front of your body and 10 mins on the back. Repeat daily.

Door Hanging Guide

STEP 1: Hang door hook over door of your choice. (*Pro Tip:* you can apply painters tape where hook is going to go to protect your door / door frame from scratches)



STEP 2: Clip adjustable pulley to the door hanging hook.



STEP 3: Attach steel cable to top hooks. Then simply hang the RedRush light from the pulley.



Wall Hanging Guide

Special note: We now include self tapping wall anchors so no drilling is required.

STEP 1: Measure $\frac{1}{2}$ of your height, add 4 inches then mark the wall at that point.



STEP 2: Drill pilot hole and insert drywall anchor



STEP 3: Install screw but leave a small length out to give room to hang the device from.



STEP 4: Hang the device on the screw using the **upper** mounting hole.



Note: RedRush 400 Pulse Shown

Stand Mounting Guide



IMPORTANT: *The stand may look intimidating to build but it's actually really simple if you just take it step by step. You got this 🍷*

Step 1: Build the stand to the directions in the box.

Step 2: Find the M4 x 12mm Screws & Washers:



Step 3: Add the washers and screw the mount onto the back of the device
IMPORTANT NOTE: USE THE UPPER mounting point not the lower. This makes it much more stable.



Step 4: Now just hang it on the stand and secure it with the back screw!

That's it! You're now good to go! Great job!

QUESTIONS & ANSWERS

How does red light therapy work?

It's pretty simple actually. It helps your cells do their jobs better! It does this by knocking out stuck nitric oxide in the mitochondria of the cell so oxygen can get back in there and boom, you've got increased ATP production = more energy for the cell to do its job.

For more science on this please visit: <http://redtherapy.co/quickstart>

When should I use it?

Any time is fine *except* just before bed. Being around very bright lights before bed can make it harder to sleep. Also true of TV, cell phones etc.

Can I do too much red light therapy?

Yes. If you do too much the positive effects go away because you are actually adding more stress to the cells. Just stick to less than 15 mins per area per day and you'll be good.

It's worth noting that red light therapy is considered very safe with minimal side effects after over 7,000 studies.

How long does it take to see/feel a difference?

Great question. Most people feel at least some difference in energy and a nice "glow" to their skin right away. 8 weeks of daily use is the rule of thumb to see more dramatic effects. Why 8 weeks? This is the length of most skin benefit studies. For other uses like muscle soreness and joints some feel a difference right away and for others it can take up to 8 hours after use to feel the full effects. Beyond that for the more systemic whole body health benefits (like muscle growth during strength training) it can take several weeks of using once per day in order to feel a difference. For best results we recommend using for 5 days, then taking 2 days off, then repeating this cycle.

Do I need safety glasses with this light?

To err on the side of caution we do recommend wearing darkened safety glasses. All of our products come with these glasses for free. Our RedRush lights are very bright and if you have any eye issues (or any other health conditions at all) you should always talk to your doctor before using a device like RedRush.

These wavelengths (660nm & 850nm) have been shown in multiple studies to be beneficial for the eyes and are currently being studied for treatment of certain eye diseases. However, due to the level of brightness it's a good idea to wear darkened safety glasses, turn on the light away from you, and let your eyes adjust before shining on your face / eyes.

Why are only 1/2 of the lights on?

If you turned on both RED and NIR then all LEDs are brightly shining! It's just that our human eyes can't see the near-infrared (NIR) wavelengths. This is actually very useful because if you don't want to light the entire room up red while someone is watching TV you can simply turn on the NIR lights only. Then you can use it invisibly!

Pro tip: RED has certain positive effects on the skin that NIR does not. So be sure to use both when you can.

Does this work with clothes on?

To have any effect the skin you are pointing the light at must be exposed. It will not work through clothing. One of the benefits of red light therapy is that you can get light into "private" areas that never get any sun or other exposure to light.

I feel overly fatigued or have a headache after use. What does this mean?

You are likely one of the few in the population (only a small percent are) that is highly responsive to Red Light Therapy. This means you need much less light to get the same effects. Simply take a few days off to let your body reset, then divide all recommended times by 4.

Tech Specs

Voltage: 100-240V (Works Worldwide)

LEDs: 280 LEDs (140 x 660nm / 140 x 850nm)

Size: 10.25" Wide x 38.5" Tall x 3.5" Thick - Weight: 22lbs

Cooling Fans: 4

DEVICE SAFETY INFORMATION

Indoor use only. Not water-proof. Keep away from water.

Repairing. Do not attempt to repair this yourself. If your device needs servicing please contact us directly. Opening the device will void warranty.

Cleaning. When cleaning be sure to turn off and unplug your device. Then dampen a clean, soft, lint-free cloth to wipe the device.

WARRANTY

1. We offer 2 years (24 months) warranty against manufacturing defects, from the date of purchase.
2. The warranty does not cover damage due to high moisture levels, water, power surges, improper use, falling, dust build-up, or user modifications.
3. Within 60 days of purchase for any reason except those in #2, you can choose:
 - a. Exchange for a new unit
 - b. Return for money back to original purchase method
4. For warranty service other than those not covered (see #2) after 60 days our company reserves the right to choose between:
 - a. Exchange for a new unit
 - b. Have unit sent in for Repairs

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