

# LOOK TO THE LIGHT

Do you suffer from low mood, battle with inflammation or just seem to get sick without fail during seasonal shifts?



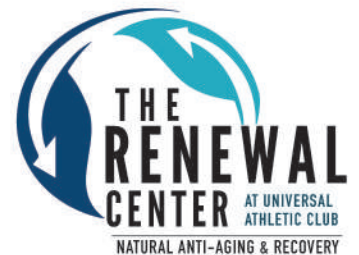
Look to the light in The Renewal Center this Winter and read on for solutions to your winter woes.

Get familiar with "the Sunshine Vitamin" aka Vitamin D! Our body's ability to synthesize Vitamin D from sunlight requires a UV index of at least 3. The UV index is currently on the decline until the Sun reaches its furthest distance point on December 21st, the day of Winter Solstice. Because of this, it is recommended to supplement Vitamin D (at least 600IU) in the Autumn and Winter. Vitamin D is an immune system ally that combats inflammation, improves the body's ability to fight infections and provides relief to those who suffer from seasonal depression.

Experiencing a diminished sense of well-being in the winter can be summed up simply- we suffer from a lack of natural and healing spectrum's of light- something that can actually

be supplemented by a technology called Red Light Therapy. Red Light Therapy (or RLT) can increase the rate and quality of tissue repair, reduce swelling and inflammation, decrease pain, improve immune response and reduce Oxidative Stress at the cellular level! While RLT doesn't offer our bodies the benefit of Vitamin D production, the colder months are one of the best times to begin your routine with this potent healing modality. A session in the NovoThor located inside of The Renewal Center can offer you some of the same benefits of a day in the sunshine plus many, many more. Feel an astonishing sense of well-being after one session in the NovoThor- and experience a health overhaul with regular use.

Experience the benefits of near infrared Red Light Therapy with **NOVOTHOR** today!



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