

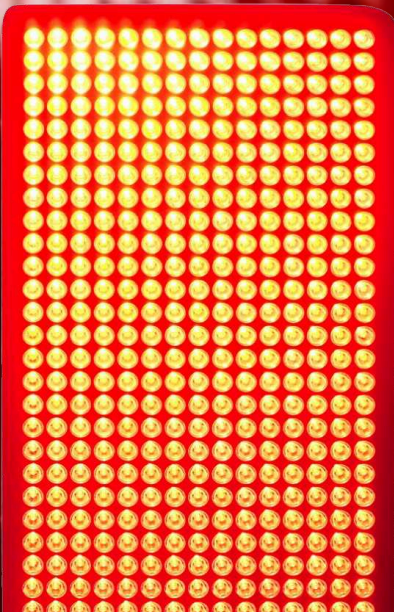
MedWave™

# MedWave™

## *Endo-100S*

### PANEL GUIDE

Endo-100S Narrow Light™  
Panel Protocol for  
Reproductive Health &  
Endometriosis



# *Table of Contents*

---

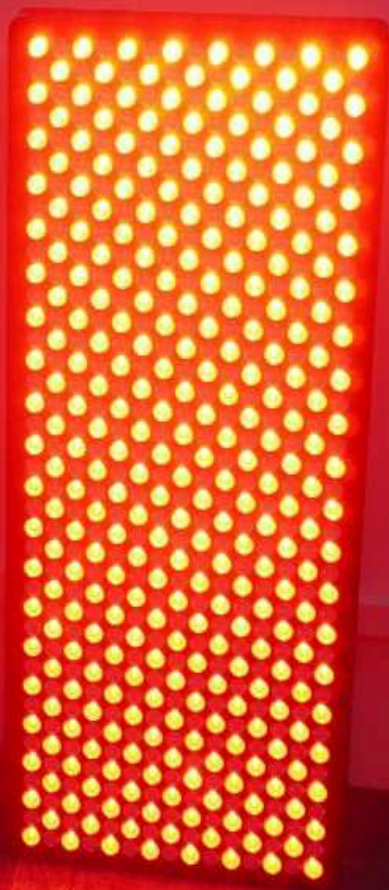
03	Introduction to Endo-100S Panel
05	Step-by-Step Protocol
07	Lifestyle Tips to Complement Your Treatment
09	Anti-Inflammatory Diet Guidelines
12	Precautions & Contraindications

---

# Introduction To The **Endo-100S** Narrow Light™ Panel

The MedWave™ Endo-100S Narrow Light™ panel utilizes a powerful combination of 635 nm and 810 nm wavelengths to support reproductive health and manage symptoms of endometriosis—a condition affecting millions of women worldwide.

This guide provides a step-by-step protocol designed to maximize the benefits of this non-invasive, therapeutic approach.



# Understanding Endometriosis And Narrow Light™ Benefits

---

*Endometriosis occurs when tissue similar to the lining of the uterus grows outside the womb, leading to pain, inflammation, and other symptoms. This misplaced tissue responds to hormonal changes, causing chronic discomfort, inflammation, and even fertility challenges for many women.*

## HOW NARROW LIGHT™ THERAPY HELPS:

### **635NM RED LIGHT:**

This wavelength focuses on reducing surface-level inflammation, improving circulation, and promoting cellular healing. Enhanced blood flow and reduced inflammation can ease symptoms, reduce swelling, and help the body manage tissue repair more effectively.

### **810NM NEAR-INFRARED (NIR) LIGHT:**

With its ability to penetrate deeper layers, this wavelength targets muscles, tissues, and organs affected by endometriosis. It works by energizing the cells' mitochondria, reducing inflammation, relieving pain, and accelerating tissue healing from within.

In simple terms, red light may help soothe and repair some of the areas affected by endometriosis, reducing the pain and inflammation that many women endure.

# Step-By-Step Protocol:

1. Preparation

2. Initial Vibration Plate Use

3. Narrow Light™ Therapy Session

4. Final Vibration Plate Use

5. Post-Treatment Recommendations

## 1. PREPARATION:

Staying hydrated and wearing clothes that allow for skin exposure of the treatment area will work best. Otherwise wear light coloured clothing.

## 2. INITIAL VIBRATION PLATE USE:

### DURATION & INSTRUCTIONS:

Stand on the vibration plate for no more than 5 minutes at 10–20 Hz. Begin with lower frequency settings and a posture where your feet are close together (about 2–4 inches apart) – this provides the gentlest vibration and is an ideal starting point as your body adjusts. Focus on a relaxed, balanced posture during use, and gradually increase stance width, and intensity as your body adapts. Always stop if you experience discomfort and consult your provider with any concerns.

### PURPOSE:

This step enhances circulation, prepares your body for optimal light absorption, and supports lymphatic drainage.

## 3. NARROW LIGHT™ THERAPY SESSION:

### POSITION 1 (FACING THE PANEL):

Stand 4–6 inches away from the panel. Duration: 10 minutes.

### POSITION 2 (BACK TO THE PANEL):

Turn around and stand 4–6 inches away with your back facing the panel. Duration: 10 minutes.

## 4. FINAL VIBRATION PLATE USE:

### DURATION & INSTRUCTIONS:

Stand on the vibration plate for another 5 minutes maximum at 10–20 Hz. Stop earlier if you experience discomfort and consult your provider with any concerns.

### PURPOSE:

This step promotes circulation, muscle relaxation, recovery and hormone balance.

## 5. POST-TREATMENT RECOMMENDATIONS:

### HYDRATION:

Drink plenty of water after each session to support cellular recovery.

### DIET:

Follow an anti-inflammatory diet to complement light therapy and help manage symptoms.

# Lifestyle Tips To Complement Your Treatment

Managing endometriosis is a holistic journey. Here are lifestyle tips to further enhance the effectiveness of the protocol.

**STRESS MANAGEMENT:**

Chronic stress can exacerbate inflammation. Engage in stress-relieving practices such as mindfulness meditation, yoga, breathing exercises, or journaling to help regulate stress levels.

**EXERCISE REGULARLY:**

Low-impact activities like walking, swimming, yoga, or cycling can help reduce inflammation, boost circulation, and relieve pain.

**SEEK SUPPORT:**

Endometriosis can be emotionally challenging. Consider joining support groups or speaking with a therapist to share experiences and receive guidance.

**SLEEP HYGIENE:**

Aim for 7-9 hours of quality sleep per night. Consider a relaxing bedtime routine, limiting screen time before bed, and creating a comfortable sleep environment.

**MINDFUL NUTRITION:**

Focus on nutrient-dense meals and avoid foods that can trigger inflammation, like refined sugars and processed foods. Consider tracking which foods cause flare-ups to customise your diet further.

**HEAT THERAPY:**

Use a warm heating pad on the lower abdomen during painful episodes to ease cramping and discomfort.

**HYDRATION:**

Drink plenty of water throughout the day to support detoxification, cellular health, and overall well-being.

**LIMIT ALCOHOL & CAFFEINE:**

Excessive intake can worsen inflammation. Aim to reduce or avoid alcohol and limit caffeine.

**MYTH BUSTERS**

- 01 Exercise does not equal fat reduction.
- 02 Calorie deficit is how you lose weight.
- 03 Eating good fats doesn't make you fat.
- 04 100% Impossible to be in a fat-burning state while you have sugar in your body.
- 05 Stress creates high cortisol and an inflammatory state.

**50**  
Recipes  
easy to follow

**HEALTHY EATING GUIDE**

A guidance for an anti-inflammatory diet with mouthwatering recipes for delicious, nutritious meals you'll love!

# Anti-Inflammatory Diet Guidelines

Following an anti-inflammatory diet helps control symptoms of endometriosis. Consider these guidelines.

MedWave™

butter until cooked and add in...  
at the end and cook for 1 min. for...  
to combine.



**WHOLE FOODS FOCUS**

Prioritize fruits, vegetables, lean proteins, whole grains, and healthy fats.



**LIMIT PROCESSED FOODS**

Reduce sugar, processed grains, and unhealthy fats.



**ANTI-INFLAMMATORY FOODS**

Add turmeric, ginger, fatty fish rich in omega-3s, leafy greens, nuts, and seeds to your meals.

We included our in-depth anti-inflammatory diet guide which also includes delicious recipes for you to make at home.

Share it with your friends and family.



"The strongest women aren't those who show strength in front of us but those who win battles we know nothing about. Healing is not linear, but every step you take matters. Keep moving forward—you are not alone."

By using red light therapy, vibration, and dietary changes, this protocol aims to reduce pain, improve circulation, alleviate inflammation, and promote reproductive health. With consistency, support, and self-compassion, this journey can lead to a better quality of life.

# Precautions & Contraindications

## TREATMENT DURATION:

Do not exceed recommended times for the vibration plate and light therapy.

## CONSULT HEALTHCARE PROVIDERS:

Speak with a healthcare professional before beginning this protocol, especially if you have underlying medical conditions.

## RECOVERY PERIODS:

Allow for adequate recovery with at least one rest day between sessions.

## CONSIDERATIONS FOR HORMONAL IUD USERS:

- **Safety:** There is no evidence to suggest that either 635nm or 810nm wavelengths can affect the function or efficacy of hormonal IUDs.
- **Pelvic Area Use:** If using the device over the abdominal or pelvic area, be reassured that red and near-infrared light do not interfere with hormone release or the IUD's physical placement.
- **Individual Health Factors:** As with any medical device, if you have unique health conditions (e.g., a history of uterine issues or sensitivity to light therapies), you should consult your healthcare provider before undergoing therapy.

## BENEFITS FOR IUD USERS:

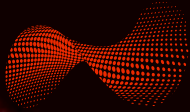
- **Red and near-infrared light therapy** can actually complement hormonal IUD use by addressing symptoms often associated with menstrual cycles, such as:
  - **Pain Relief:** Alleviates cramps or lower back pain.
  - **Inflammation Reduction:** Helps with systemic or localized inflammation.
  - **Mood Support:** The energy-boosting and anti-inflammatory effects may indirectly support better mood regulation.

In conclusion, your Endo-100S is safe for use if you have hormonal IUDs, provided general precautions are followed. We always recommend a healthcare consultation for reassurance, particularly when addressing pelvic or abdominal health concerns and to address any unique circumstances.



## NLT™ CONTRA-INDICATIONS / ADVISORY:

- **Eye wear:** The light can be harmful to the eyes, especially if directly exposed. It is recommended to use protective eyewear when undergoing NLT™ Therapy, especially when the device is used near the eyes.
- **Cancer:** Some sources suggest avoiding the use of NLT™ Therapy over known or suspected malignancies (cancerous lesions) unless under the guidance of a healthcare professional. We do not suggest using this technology on anyone with cancer or has a history of cancer.
- **Pregnancy:** The safety of NLT™ Therapy during pregnancy hasn't been thoroughly studied. Pregnant women should consult their healthcare provider before using NLT™ Therapy.
- **Photosensitivity:** Some medications and substances can make the skin more sensitive to light. If you're taking any medications or have any conditions that increase light sensitivity, it's important to speak with a healthcare professional before undergoing NLT™ Therapy.
- **Topical Products:** Some products applied to the skin may cause sensitivity or reactions when exposed to light. It's essential to check the ingredients in any skincare products and consult with a healthcare provider if unsure.
- **Thyroid Issues:** There's some debate about the use of NLT™ Therapy in individuals with thyroid issues, particularly if applied to the neck area. If you have thyroid problems, consult with your healthcare provider before using NLT™ Therapy.
- **Skin Conditions:** If you have an active rash, sunburn, or other skin conditions, it might be best to avoid NLT™ Therapy until healed or discuss with a dermatologist.
- **Radiation Therapy:** If you've recently undergone radiation therapy, consult with your healthcare provider before starting NLT™ Therapy.
- **Tattoos:** NLT™ Therapy might cause a reaction with some tattoo inks. If you have tattoos in the treatment area, monitor the response and consult with a healthcare provider if concerned.
- **Hemorrhage (Bleeding):** If there's an active bleed or a tendency to bleed (like in hemophiliacs), NLT™ therapy might not be recommended.



MedWave™

[WWW.MEDWAVEGROUP.COM](http://WWW.MEDWAVEGROUP.COM)

