

Light therapy is actually a kind of spiritual medicine that helps you to cure physical and mental problems. The same things that need to be observed in the field of medicines should be observed for this type of medication. That is, just as overdose or inadequate medication use can lead to problems, in the case of spiritual medicine, neglecting exercise programs can impair the effectiveness of the medication. Therefore, determining the exercise plan by the therapist and the patient's adherence to it are necessary.

The second thing to consider about light therapy is the use of a proper diet plan during light therapy. Because the type of food can greatly reduce the effectiveness of light therapy exercises. For example, eating meat significantly reduces the impact of these exercises. Therefore, it is recommended that the patient be vegetarian during light therapy.

The third point is that diagnosing physical or mental illness and prescribing medicine are not in any way the therapist's duties. Therefore, light therapy does not prevent a person from visiting a physician, but a physician's diagnosing is a precondition to light therapy. In addition, light therapy cannot replace medical treatment in any way. That is, light therapy is not a medical alternative, but (it is) a self-help method or practice that is taught to the patient by the therapist in order to improve his/her physical and mental illnesses by practicing according to the plan. So it can be said that the therapist is actually a trainer, not a doctor. Therefore, either morally or legally, the light therapist has no right to interfere in medical affairs

The fourth point in applying light therapy exercises is to pay close attention to the guidelines provided by the therapist. One of the things that the patient needs to

pay attention to is that because light therapy uses the patient's mental energy and mental ability to heal, it needs to be used effectively, appropriately, and programmed in the exercises. And, moreover, the patient should refrain from untreated exercises by the therapist. I'll explain more in the future.