

Discover LET - Lymphatic Enhancement Technology™ A Breakthrough Technology featuring the Aria LET™ Instrument

The LET Therapeutic System Accelerates Lymphatic Circulation and Drainage
For Tissue Detoxification Applications Applied as an
Adjunct to Manual Lymphatic Therapy Techniques or Stand-Alone

Developed over two decades of research in electronic therapies, LET is supported by practitioners from all sectors of the health industry. The therapy's success at optimizing lymphatic drainage is supported by academic study & clinical trials for lymphedema, post breast cancer treatments, and more in the US and abroad.

The use of low energy Electrostatic Energy Fields is an historical and traditional modality area used in complimentary healthcare and aesthetics. ArcStar Med has evolved a superior therapeutic instrument with a proprietary circuit design, multiple applicators and research into effective therapeutic techniques.

The enthusiasm of our clients and their patients offers confidence to integrative practitioners that this is the finest approach available today for improving lymphatic circulation and drainage for many applications.



Applications for Improved Lymphatic Drainage

Breast Conditions
Chronic Pain
Pain Syndromes
Pre & Post-Surgical
Esthetics Procedures
Injury Rehabilitation

Sports Medicine
Lymphedema Care
Women's Health
Stress Relief
Post Radiation, Chemo, and Surgery

Synergistic with Holistic Modalities, Manipulation & Bodywork



"We use LET in management of edema, secondary to surgery or radiation, but it's also good for peripheral neuropathy and fatigue. It's great as a part of general detox programs. It's a regulator of the autonomic nervous system, so sympathetic-dominant people really benefit. It helps people feel cleaner, better and less stressed. We don't see it as panacea, but it's a lovely offering that's not about giving pills."

Warren Ross, MD, Crossroads Medical, Ellicott City, Maryland

LET Technology is used in Integrative Medical Clinics · Pain Specialty
Esthetics · Naturopathic Clinics · Integrative Oncology · Physical and Occupational Therapy ·
Plastic Surgeons · Lymphedema Therapists · Reconstructive Breast Surgery · Hospital
Rehabilitation Centers · Massage Practices · Medi-Spa · Sports Medicine

Support and Training

Training packages are available for on-site start-up training at your clinic, hospital or integrative center. Please call for quotes on sending a trainer in the US and Canada. Australasia is available through our representative in New Zealand.

Continuing Ed Intensive Seminars for certification in the LET Technique of Lymphatic Therapy are available at several times and locations each year through the LET Training Institute. We highly recommend that your therapist continue to study with our outstanding trainers. If convenient, the Level 1 Intensive course can be substituted for the on-site, start-up training. Certification in 2 levels of proficiency is offered at this time (2015) with specialty courses coming soon. See the LET Training Institute Promo for details.

Acclaimed as Superior to Manual Lymphatic Drainage Alone
Used with manual techniques for comprehensive sessions or as local treatment, per your clients' needs and your professional focus. Clients love the therapy, see fast results and recommend it routinely. LET improves results and practice revenues.
See comments from LET user's below:

The following quotations have been written by health care professionals who have used the Aria LET, and are reproduced for reference purposes only. ArcStar Med expresses no opinion or claims with regard to representations made herein.

"In support of the Aria LET technology, Holy Redeemer Health System is in the process of implementing an investigational study "Advances in Lymphedema Therapy" using the Aria LET in the treatment of lymphedema and in the prevention of lymphedema compared to conventional MLD (Manual Lymphatic Drainage). We have been quite impressed with individual results using the device and therefore have chosen to proceed with a clinical trial to establish prospective randomized evidence." – **Beth DuPree MD, FACS, Medical Director Breast Health Program Holy Redeemer Hospital, Southampton, PA**

"I was interested to find ways to move fluid through the breast tissue, thinking it could help in preventing cancer. If you move the fluid out, you also move the hormones out. We have also seen good outcomes in women with painful fibrocystic breasts. They feel so much better after treatment, and the breasts are softer, smaller, and less cystic." **Nita Desai MD, East West Integrative Medicine, Louisville, CO**

"As you know, after a C-section and double hernia surgery, I developed severe scarring in my lower abdominal area. The scarring formed a mass which caused blockage in my intestines. I received numerous pain injections which did not help. Then countless physical therapy sessions which included ultrasound. This also provided no relief...the scarring got worse and I did not receive relief until I visited you. When you used the Aria LET on my abdominal area, I finally felt relief. The machine broke up the scar tissue enough that the blockage became relieved. After several treatments, I felt great relief from my pain and intestinal problems. Thank you for the Lymphatic therapy which made this chronic situation far more tolerable." - **Elizabeth Case, Patient, CO**

"I have a Primary Care Internal Medicine/Integrative Medicine Practice. I have been providing LET therapy to patients since 2011. We have had considerable success in applying LET therapy to people with a wide variety of problems. It is important to note that it does not treat a disease or diagnostic code. It reduces tissue congestion and normalizes autonomic nervous system function more effectively and more consistently than any other modality I have used in my 40 years of practice. As a result, my patients have noted benefit in improved sleep, reduced anxiety, and improved neuro-psych, respiratory, gastrointestinal, genitourinary and musculoskeletal function. It is not a panacea but it is an important therapeutic modality in my Integrative Medicine Practice." **Dr. Warren Ross MD, Crossroads Medical Associates, Ellicott City, Maryland USA**

Technical:

The Aria LET Instrument Applies a Mild Electrostatic Energy Field (EEF) with Low Frequencies that are Dynamically - Pulsed with our Proprietary Method. We call this LETESSE: Lymphatic Enhancement Technology with Electro Static and Subtle Energies.

- EEF is electro-static field that pulsates at microamperes (millionths of an ampere) at less than 1,000 Hz. The EF Field is generated through medical grade glass applicators with noble gases enclosed. (Argon, xenon, etc.)
- Creates physical vibrations with acoustic pressure waves at low frequencies of under 1,000 Hz.
- The oscillations used are a proprietary design call Sweep Pulse/ Dynamic Wave Pulse (SP/DWP.)
- This wave pulse creates vibratory energy at the molecular level.
- A Multi-Chromatic Light Accessory (Eclipse) offers additional, local drainage effects.
- All Energies are Non-Thermal and safe for most persons. (see contraindications)
- The EEF works with the sympathetic contractile forces of the lymph circulation as shown in a scientific study for a description of this mechanism of action -the Croley Study performed by Thomas Eugene Croley, PhD. Emeritus professor anatomy.

FDA Registered Facility and Device

- Class I Massager, Therapeutic, Electric
- Product Code ISA, Panel - Physical Medicine (21CFR 890.5660)
- ArcStar Med LLC, Facility Registration Number: 3005200548
- Owner Operator Number 10039857
- Indications for use: Temporary improvement in local circulation; relieves minor muscle aches and pains, relieves muscle spasm.
- When used as an ADJUNCT to (MST) Manual Stimulation Technique in Lymphatic Therapy, affords temporary improvement in lymphatic motoricity for applications requiring lymphatic therapy, as doctor recommends. Clinical trials and studies for lymphedema are complete or in process.
Low frequency pulses in the sonic range are dynamically pulsed (SP/DWP proprietary process)

Details of the Aria LET Instrument Modalities

LET Modality Lymphatic Enhancement

- Ultra-Blue Noble Gas formula with optimal noble gases mixture for field generation.
- Intensity Dial regulates field strength.
- Pulse-rate frequency sets frequency variability rate at specific numbers with 1,000 settings. Adjusts the settings for **Decongestive** or **Stimulatory** applications outlined per the product User's Guide and training.
- 2-LET Bulb Set Applicators with standard bulb, Replaceable and Washable medical grade bulbs. Includes Tri-Bulb Set - Three extra Bulbs - one Standard Bulb, one Acupoint Bulb, and one Flat Bulb. 10 foot cords.



Applications of various Applicator Bulbs & Modalities

- 1. STANDARD Bulb:** for all over the larger body areas, resting in place over or on the armpits, groin, large muscles, etc.
- 2. FLAT BULB:** Facial & scalp areas, leaving over the terminus (collarbone lymph drains); Use one head only plugged in for intense energy from this probe; especially good over trigger points, sweeping on muscles at injury sights, on the hands and feet for reflexology effects.
- 3. ACUPOINT BULB:** Use for facial work on acupressure points & fine areas such as around the nose and eyes, also, anywhere on the body for these points if you know

them, around the outer ear for auricular acupuncture & relaxation, between fingers and toes for relaxation, on trigger points.

4. PHIT Modality Panel: THE ECLIPSE MODALITY APPLICATOR: Photo-therapy modality with 3 wavelengths of light – red, blue, and near infrared; used in conjunction with LET Therapy. The Eclipse is frequency adjustable with on-panel control.

"The Eclipse Modality is a great tool to change the integrity of the interstitial environment, especially when you are dealing with congestion or a fibrotic condition"
Desiree DeSpong, LET Institute Master Trainer - Tauranga, NZ

5. Other Modality Options PHIT: are available for the System. Please see the PHIT Head Modality Summary. Please Note: These options may not be FDA registered at this time. Please call for more information.



The Aria LET System has an estimated 15 year commercial lifespan. Recommended Maintenance schedule is 3 years at factory. Call for Biomed Engineering guidelines.

Warranty: Two year warranty on the base unit & Eclipse Modality Head, one year warranty on LET Lymphatic Therapy Heads, with glass bulbs not warranted against breakage.

Specifications: Developed and Manufactured in the USA

Base unit housed in Poly Exterior Case Dimensions: 14" L x 10" W x 7"H.

Weight for System is 20 LBS.

Dual jacks on Aria's LET Modality control panel region accommodate 2 lymph therapy heads.

Eclipse Modality is driven by the PHIT modality portion of the panel.

Power cord: 6 ft. power cord

Two LET Bulb Applicator Heads with standard bulb each.

Head Size: 6" H x 1 1/4" Tube diameter; Bulb exposed length is 2 1/2"; can be used with or without protective sleeve; versatile design allows it to be left in place on the body. PVC and Acrylic. Cables are 10 feet long.

Extra Cases are available with padding for transport and protection of the pay heads and power supply. See Below.

One Eclipse Multi - Chromatic Modality Head

Head size 3.5" diameter x 2" deep. Controlled by on - panel frequency control. 10 foot cable.



Aria LET Panel Description:

1. Master Controls Section Upper Right
2. LET Modality Section on the Left
3. Eclipse (PHIT) Modality Section on the Lower Right

Two ports and frequency controls to use for other modality options, such as those for esthetics. Other options available in the future.

Contraindications:

Do not use in the presence of unexplained calf pain, on patients with a pacemaker/ ICD (some medical exceptions can be made per company instructions): on patients with congestive heart failure or other serious cardiovascular conditions, directly over infection sites; on any woman who is pregnant or may be pregnant.

Company Certified Training is required for Use in Medical Facilities.

Do NOT Use within 30 feet of diagnostic equipment with oscilloscopes, such as EEG, EKG, EMG, etc. as low frequency emissions MAY interfere with diagnostic display.

ArcStar Med

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970.564.5811 888.730.1053

General Email: arcstar@fone.net

Sales representatives are available for demonstrations in certain geographic areas. Please Call or Email for availability.

Background on the Lymphatic System

The lymphatic system is part of the circulatory system and it consists of lymph nodes, lymph vessels, the thyroid gland, the spleen, tonsils, lymphocytes and Peyer's Patches – elongated thickened lymphoid tissue usually found in the ileum. It is a complicated network that moves fluid from the interstitial (tissue) space, returns blood plasma protein back to the cardiovascular system, acts as our immune function, and eliminates foreign substances. The Lymphatic system is thus the TRANSPORTATION highway for the immune and repair functions of the body!

As a circulatory system, *optimal flow* must be maintained within the lymphatic system. Unlike the blood, whose circulation is driven by the pumping of the heart, the lymph does not have its own pump. It is propelled by three means: the movement of skeletal muscles, the nerves that create arterial pulsations, respiratory pressure changes, negative pressure in central veins, and external pressure or stimulation. The toxic load of the lymph is eliminated through the channels of the kidneys, bowels, skin, and lungs.

The frequency of contraction pressures within the lymphatic system are determined by autonomic regulation through the sympathetic nervous system and lymph volume. If conditions lead to sluggish lymph flow, fluid can concentrate in specific areas (edema), or impaired function along the entire lymph system can result (congestion). When this state of *congestion* is long lasting, blockages can form and cause a backup in the free flow of lymph. Consequently, toxic cellular waste cannot effectively be released from the body as a whole and from specific areas such as injury sites. Thus, the immune system may not function at its optimum. Other consequences of congestion are weight gain, sinus trouble, headaches, swelling (edema) in any part of the body, tender cystic breasts, fatigue and chronic pain syndromes, skin and other infections, asthma and allergies, poor digestion, female problems, prostate issues, continued pain after injuries and surgeries, premature ageing, to cancer and other 'dis-eases'.

What are the causes of lymphatic congestion? Some people are born with primary lymphedema. But most of us have issues related to trauma, surgeries, and poor health habits. **Modern lifestyles** substantially add to impaired lymph function. These include tight clothing, lack of exercise, unhealthy food and abuse of food, electronic and chemical pollution, chronic stress, poor sleep, and hormone mimics called endocrine disruptors from plastics, air pollution, drugs, herbicides, and pesticides. These all burden the free flow of lymph. Company creators began investigating the causes of immune problems and their solutions in 1990 after their son was treated for childhood leukemia. They evolved the technology now used in the Aria LET over many years, beginning in 1994. Holistic health practitioners, whose focus is on preventive and restorative care, enthusiastically embraced it. The therapy protocols for using manual stimulation techniques (MST) were developed and refined and a teaching institute was formed to maximize the effectiveness of the therapy and offer medical professionals both training and support. Input from researchers, clients and integrative doctors have contributed to the products effectiveness and integrity of both the instrument and our treatment regimens, leading to our current device. Thank you for your interest. We are happy to answer your questions. Arc Star Med LLC.

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