



LET Therapy:

LET therapy is designed to detoxify soft tissue, bolster immune system function by accelerating lymphatic flow, and reduce stress in the body. This helps reduce swelling and congestion in the tissues, which is often a contributing factor to long-term discomfort. The results are cumulative, and scheduling a series of sessions is the most effective way to achieve the best results.



Specific Conditions LET can help:

- Reduce swelling
- Improve immune system
- Improve circulation
- Lymphedema
- Cold/Flu like symptoms
- Tinnitus
- Nasal & Sinus Congestion
- Reduce Inflammation
- Dental Issues
- TMJ
- Acne
- Puffiness under eye
- Swollen Lymph Nodes
- Breast Tenderness & Swelling
- Scar Tissue
- Lipomas
- Joint Stiffness
- Improve Digestion
- Reproductive Issues
- Pain Relief
- Pre and Postoperative Swelling
- Fatigue
- Mental Clarity
- Tissue Detoxification

Services:

- ◆ LET (55 minutes) Session \$100
- ◆ LET (30 minutes) Session \$50
- ◆ LET Facial, Scalp, & Sinuses (30 minutes) \$50
- ◆ TREK Session (15 min.) \$20

Now available in Wautoma,
Wisconsin

Life Enhancement Strategies, LLC



LYMPHATIC ENHANCEMENT TECHNOLOGY (LET)TM

Brenda Jennings,
Certified LET Practitioner
Email:
lifenhancementstrategies@gmail.com
Website:
www.lifenhancementstrategies.com
Phone: (608)574-8080

What to expect during a session:

Treatments are done in a massage-like setting, but it's not a hands-on massage. The certified LET practitioner uses a modality called the Arcturus Star Products Aria or TREK. LET Therapy uses light, sound, and electrical energies dispensed through wand-like bulbs to move lymph through the system. TREK uses low frequency and red/blue light therapy. It is a calming and relaxing experience.

Testimonials:

"What a wonderful job you did on my knees. It's been a long time since I could say my knees feel wonderful. Thank you so much."

ER

"For me, the best part of LET sessions is that it's very calming for my anxiety. Brenda is a wonderful practitioner. It makes it easier to get into the parasympathetic state for healing."

CJ



What to do ahead of time:

- Be well-hydrated before and after your visit.
- Don't use lotion, cream, make-up or deodorant prior to session. It can be brought with you and applied after treatment.
- Avoid alcohol and eating a large heavy meal.
- Remove all jewelry and metal objects.

What to expect after a session:

The treatment feels gentle. However, the work encourages detoxification of waste and toxins in tissues that may have built up for many years. Most people will feel a little fluid movement in the neck during treatment and notice an increase in their rate of swallowing.

Note: Unpleasant side effects are far less likely if you are hydrated.

Most Common Observations

Postnasal drainage
Feeling the need to swallow
Feeling tired or sleepy
Darker or intense urine
Reduced swelling

Rare Side Effects

Mild nausea
Slight headache
Slight dizziness
Feeling flu-like symptoms
Emotional Release

Testimonial:

"To my surprise the brain fog was gone after 1 treatment. The swelling in my legs went down and I was able to walk further with less pain. Feeling good. Looking forward to some ambition tomorrow."

JK

LET can:

- ◆ Drastically improve immune system.
- ◆ Prevent diseases by detoxifying cells.
- ◆ Provide oxygen on a cellular level, creating a healthy environment.

Other Positive Effects

More plentiful bowel movements
Decongestion of sinuses; resulting in easier breathing
Brain fog reduction
Deeper sleep on the night of session
Better range of motion in shoulders, hips, and/or knees

Testimonial:

"Even though I've had several sessions of LET before Brenda's gentle movement of the wands is incredible. It puts you to sleep and gives you a sense of calm and peace. Works great on sinuses, muscle pain, and swelling. Highly recommend LET to everyone!!"

SJ

Precautions

Let me know if you have any of the following:

- Breast Feeding
- Breast Implants
- Injectable's – Botox, Juvederm, collagen, or fillers
- Open Wounds

Do Not proceed with LET or inform your practitioner if you have any of the following...

Contraindications

- Blood Clots / DVT
- Congestive Heart Failure
- Cancer
- Pacemaker
- Open skin, wounds and sores
- Pregnant
- Infection
- Or any medical condition that you are unsure of and therefore unaware of the impact LET can have.

