



"Everything, including  
your body, is composed of "

*energy* "

- Albert Einstein





Gunalight is a patented Norwegian invention that you can easily and painlessly use yourself. Gunalight uses light energy via defined points on the body. The invention is based on the teachings of acupuncture and combines newly developed and specially adapted technology.

*The product was invented and designed in Norway.*

## The Gunalight story

Jan Fredrik Solberg was born in 1944, grew up in Kristiansand and is the inventor of Gunalight. He has worked as a healer for 40 years. It took ten years to develop the product. Jan Fredrik Solberg focused particularly on ensuring that Gunalight is not harmful to humans or animals. The invention was made on an idealistic basis without the support of industry or private investors. Quite simply, this product was developed by a special man with special qualities. The product is based on traditional learning about energies and combines newly developed and specially adapted patented technology.

## Legislation

Due to very restrictive international legislation, it is not possible to say more than that Gunalight “may have a positive effect”. By using Gunalight you can make up your own mind. It’s painless and easy to use Gunalight.







## What is Gunalight?

Gunalight uses meridians, which is the same principle as in acupuncture. Meridians are invisible channels in the body through which the energies of the body circulate. When energy flows freely through the meridians, the body is balanced and healthy. If the energy is blocked, or stagnates or weakens, this can result in changes in physical, mental or emotional health. Imbalances may be due to problems in either physical or emotional state. Gunalight can counteract these imbalances. Gunalight filters light through a crystal that creates energy and stimulates the various points on the body.

Light can improve blood circulation. Many physiological processes can be improved as a result of increased blood flow. Light can create energy waves to increase the production of antibodies and reduce inflammation.

A sufficient amount of oxygen is vital for good health. The cells of the body depend on oxygen. Oxygen ensures movement in the body and enables it to heal itself via cell renewal. If tissue becomes saturated with oxygen, this can strengthen the white blood cells that help fight bacteria, viruses and fungi. Oxygen also stimulates the release of chemicals that can create blockages in the blood stream, thereby stimulating tissue renewal.

It's not always easy to understand that the future is here right now:

"It's a great invention, but who would ever want to use one?"

*US President Rutherford B. Hayes  
after seeing a demonstration  
of the telephone in 1876.*

### In general about using Gunalight:

Gunalight is harmless to use, but we encourage its use according to our recommendations. Feedback from Gunalight users varies in terms of experience during its use. Some may feel heat or cold, and others a tingling or tickling sensation in different parts of the body.

In some cases, they feel nothing at all. Whether you feel something or not has no bearing on the result. After using Gunalight, some people may experience a feeling of lethargy or tiredness. It is also quite normal to sleep more than usual after the day you use Gunalight.

Its use is painless. If you use the product for a shorter time than instructed, you may not see the desired results. To get the right effect from its use, you need to hit the defined points. We recommend weekly use. This will keep your energy pathways open and you will feel better, regardless of your overall health.

### IMPORTANT:

Use Gunalight no more than once a day per side. The body can work on activating the energy for the next 12 hours. To get the desired effect, you must not be under the influence of alcohol while using Gunalight. The effect is also reduced if you consume alcohol within the first four hours after use. If you perform strenuous exercise or other vigorous activities up to six hours after use, you may drain your body of energy or experience discomfort from fatigue. We therefore recommend that you do not use Gunalight before strenuous physical exercise. Normal activity is unproblematic if you use Gunalight in accordance with our recommendations.

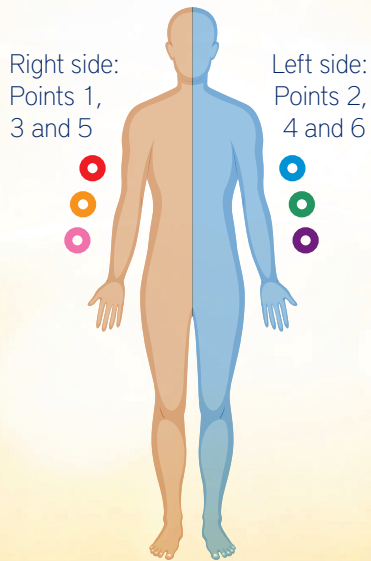
### Who can use Gunalight?

Everyone. We recommend that you try using Gunalight yourself, or get someone to help you.

### How often can I use Gunalight?

This will vary from person to person. You may not use Gunalight more than once per side per day. For the energy to have time to work in the body, at least 12 hours must pass before you use the product on the opposite side.

Read more about  
using Gunalight on  
the following  
pages.



Point nos. 2, 4 and 6: Can regulate muscle activity  
Point nos. 1, 3 and 5: Can affect the internal organs

Recommended time spent per point:

Who is treated	Adults	Children aged 1-18
Treatment nos. 1-2	15 minutes per point	10 minutes per point
Treatment nos. 3-20	10 minutes per point	5 minutes per point
Treatment thereafter	5-7 minutes per point	2-4 minutes per point

Exceptions are for chronic ailments, inflammation and viruses.  
In this case, 15 minutes per point for adults and 10 minutes for children.

Start treatment at even-numbered points; point nos. 2, 4 and 6, and wait a minimum of 12 hours before treating odd-numbered points; point nos. 1, 3 and 5. It is important that the sequence is observed so that the energies do not work against each other. Follow the recommendations and the energies will have a positive effect on each other.

It is not necessary to treat all of the even- or odd-numbered points at the same time.

You will achieve the same effect if you continue the treatment a few hours afterwards, but remember that you must not treat the same point(s) as before. Also remember to wait a minimum of 12 hours between odd- and even-numbered points.

You may not use Gunalight for longer than recommended, as this can apply too much energy to your body and cause you to feel discomfort or exhaustion.

# Where are the defined points on which to use Gunalight?

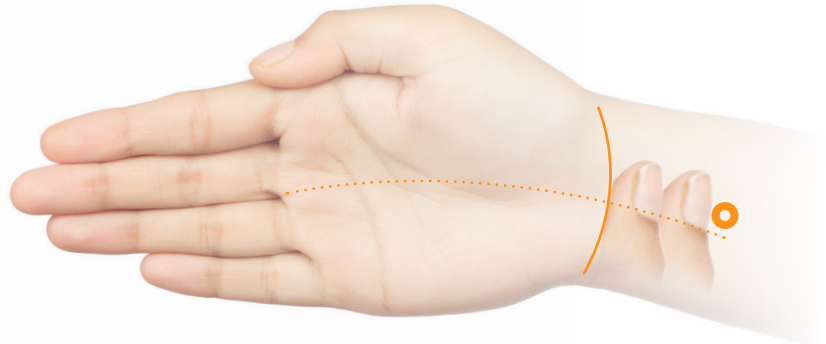
## ● Point 1

**The inside of the right foot, two thumb-widths from the underside of the knuckle of the big toe.** Place Gunalight at the border between the red and white skin.



## ● Point 3

**The underside of the right forearm.** Place Gunalight two thumb-widths from the wrist fold, up towards the forearm, in line with the middle finger between the two tendons.



## ● Point 5

**Right foot below the inside of the ankle.** On the underside of the ankle joint you will find a recess between two tendons, where you place Gunalight.







Left:

### ● Point 2

**Left foot between the little toe and the next toe.** You feel a slight recess between the two toes by moving your finger from between your toes up towards the ankle and across the oblique tendon. Gunalight is placed in this recess.



### ● Point 4

**The upper side of the left forearm.** Two thumb-widths from the carpal bone there is a recess where you place Gunalight.



### ● Point 6

**Left foot below the outside of the ankle.** On the underside of the ankle joint you will find a recess between two tendons, where you place Gunalight.



# The body's energy pathways - meridians

## Point 1: Chong Meridian

*The King's Road, the penetrating meridian.*

Polarity: Yin.

The meridian's entry key: SP 4.

Heart, chest, abdomen and pelvis.

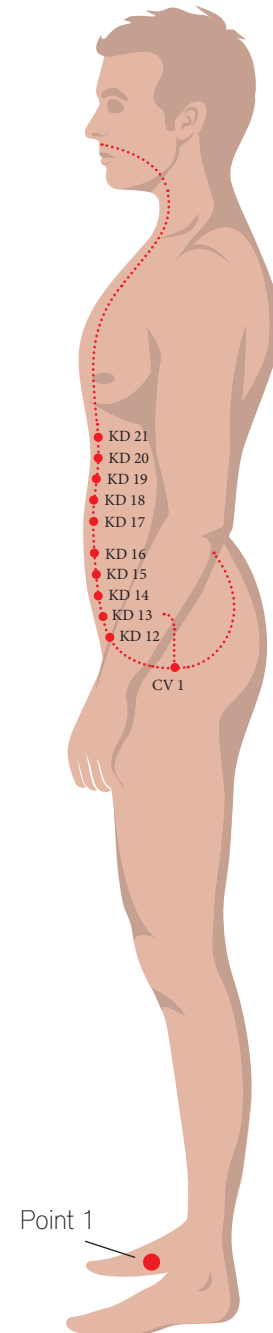
4th and 5th vertebrae.

Location:

It starts in the pelvis and passes out via the perineum as two branches. The first branch enters the lumbar region to the 4th and 5th vertebrae. The second extends forwards and up to the lower abdomen and over to KD 11. From there it takes two paths up to KD 21 and on to the throat and comes up via the lower jaw to the mouth, which it loops around. There is also a lateral branch extending from KD 11 down the inside of the leg to the inside of the ankle.

Main functions:

1. The sea for all the main meridians.  
Regulates the effect on all 12 regular meridians.
2. Regulates menstruation.  
"The Chong meridian is the sea of blood."
3. Regulates the stomach, spleen, liver, bile, colon, small intestine, kidneys, bladder and urethra.



## Point 2: Dai Meridian

*The belt meridian; the binding meridian.*

Polarity: Yang.

The meridian's entry key GB 41.

Back, side and abdomen.

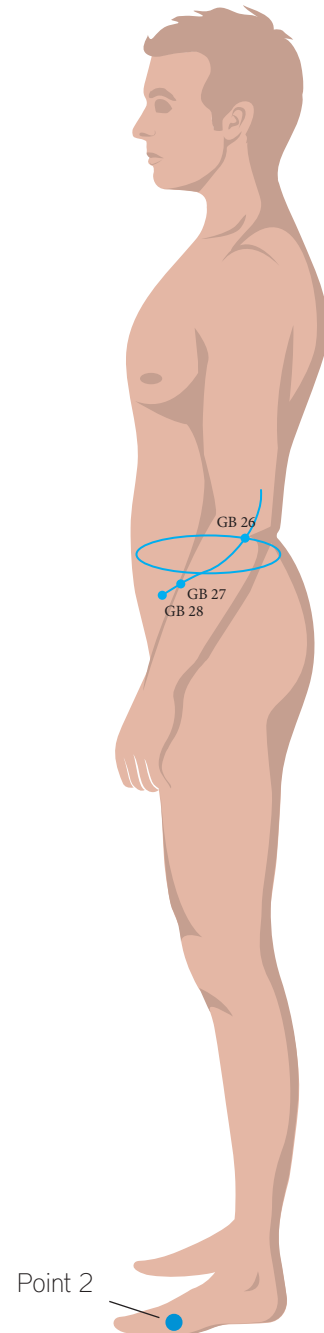
Regulates the relationship between the upper and lower half of the body.

Location:

It originates in L-4 and forms a horizontal belt around the body.

Main functions:

1. Binds all meridians that go up or down the body.  
This regulates the balance between the current up and down qi.
2. Regulates the uterus and vaginal discharge.  
Affects the kidneys and pelvic area.  
Corrects the small intestine and colon.



## Point 3: Yin Wei Meridian

*Yin organs, the essence.*

Polarity: Yin.

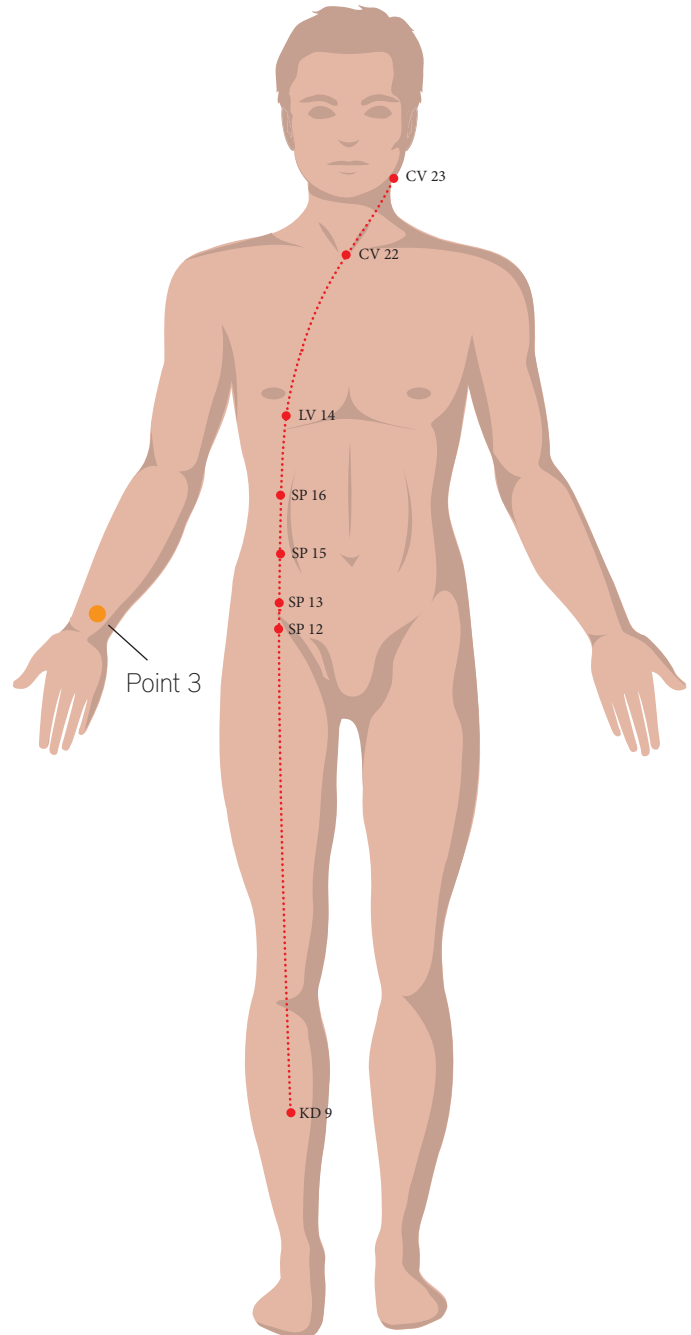
The meridian's entry key: PC 6.

Location:

It starts in KD 9 and passes along the inside of the thigh up towards SP 6 as yin coordinator. It then goes towards SP 12, SP 13, SP 14, SP 15 and SP 16. Continues as far as the nipples up to LV 14, and then passes in an arc towards CV 22 and 23. It ends at the root of the tongue.

Main functions:

1. Regulates general muscle activity.  
Controls the opening and closing of the eyes.  
Also controls the rise of bodily fluids.  
Controls downward qi with circuits.
2. Resolves stagnation in the heart.  
Dissolves toxins (disease-causing) bacteria.  
Expels pathogenic bacteria (disease-causing microorganisms). Dissolves mucus and opens the throat.





## Point 4: Yang Wei Meridian

*The body's Yang organs. Defends qi, the exterior of the body.*

Polarity: Yang.

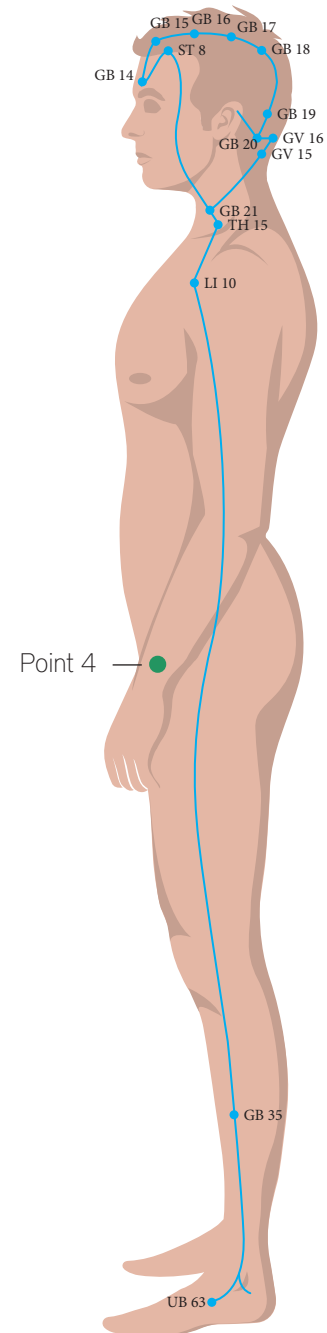
The meridian's entry key TH 5.

Location:

Starts in UB 63 and ascends to the ankle. It joins GB 35 up to the hip joint and then passes along the back of the body. Continues up towards the shoulder, where it has contact with LI 10, in towards TH 15 and GB 21, and upwards at the neck via GB 14, 15, 16, 17, 18, 19 and 20. Then continues to GV 16 and GV 15, via the parietal bone and temporal bone, then down towards the ear, ending its loop at the neck.

Main functions:

1. Regulates general muscle activity.  
Controls the opening and closing of the eyes.  
Controls the rise of bodily fluids.
2. Calms ligaments and muscles. Calms the mind.  
Activates blood, spreads fever and dissolves mucus.  
Dissolves bindings, clears the mind and has an effect on speech.  
Removes obstructions in the joints. Opens the ducts in the nose.  
Stiffness of the neck and muscles. Clears the head and lights up the eyes.



## Point 5: Yin Chiao Meridian

### *Ascending Yin.*

Polarity: Yin.

The meridian's entry key KD 6.

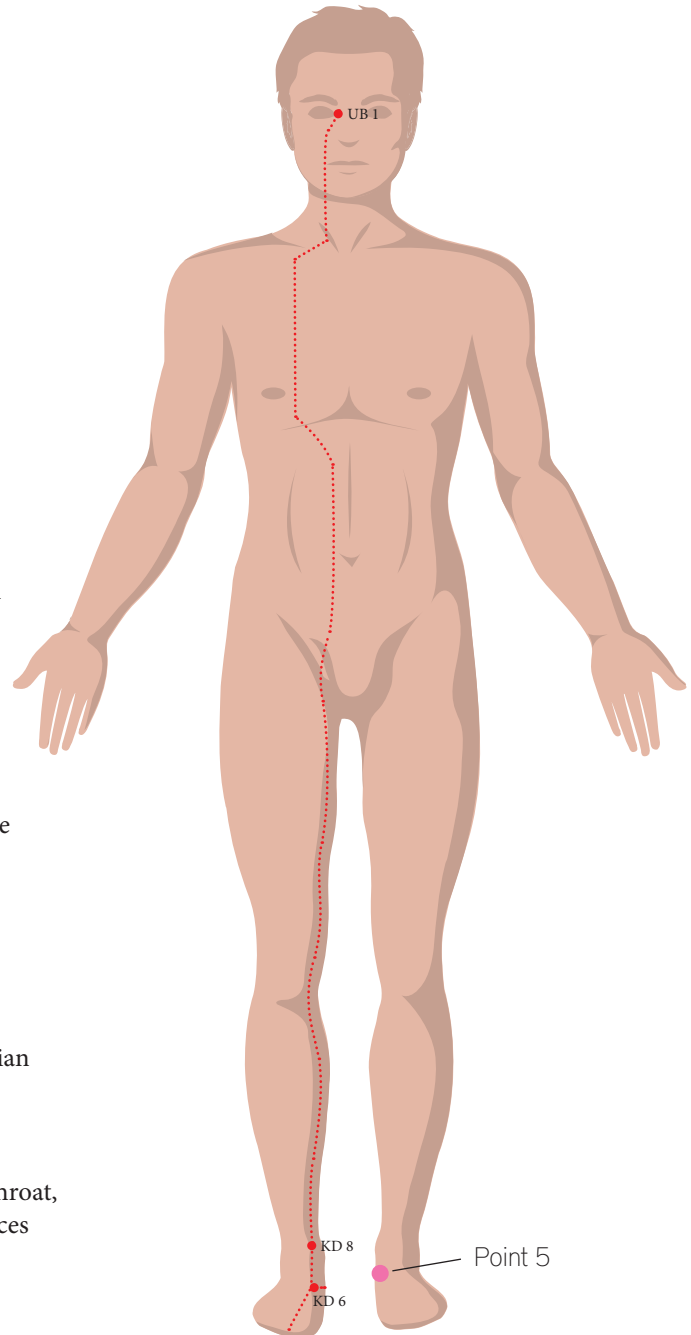
Affects: the harmony of Yin, Yin reserves.

Location:

Is rooted in KD 2, but emerges physically in KD 6, which is considered the starting point. It passes deeply on the inside of the leg up towards the groin and passes at the outer edge of the genitals. Then passes through the body's cavity and reaches the upper triple warmer (heart, circulatory system and lungs) after which it passes up the neck through the jaw and corner of the mouth to the final location, UB 1, where it joins the Yang meridian.

Main functions:

1. Controls the current in the Yin main meridians. Strengthens and balances the current in each meridian and regulates their general activity.
2. Controls loss of consciousness (frozen sensation in the limbs, severe cold in the arms and legs). Regulates the uterus. Removes obstructions in the throat, mucus that blocks the throat and locked jaws. Reduces fever and lights up the eyes.



## Point 6: Yang Chiao Meridian

### *Ascending Yang.*

The meridian's entry key UB 62.

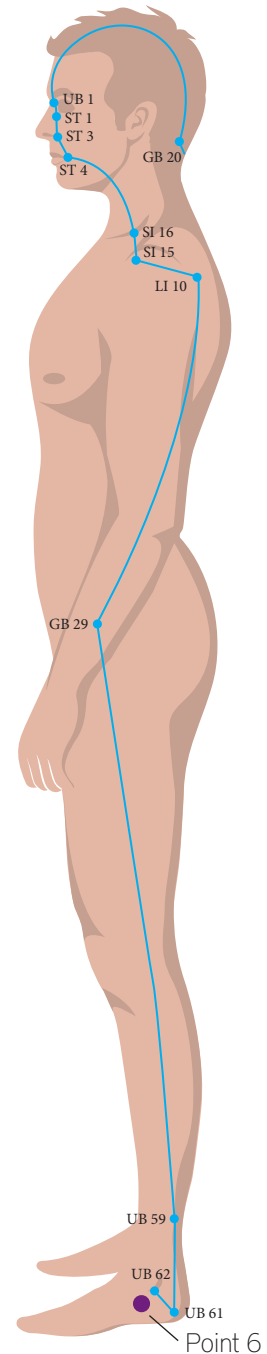
Affects: the harmony of Yang, distributes Yang reserves.

Location:

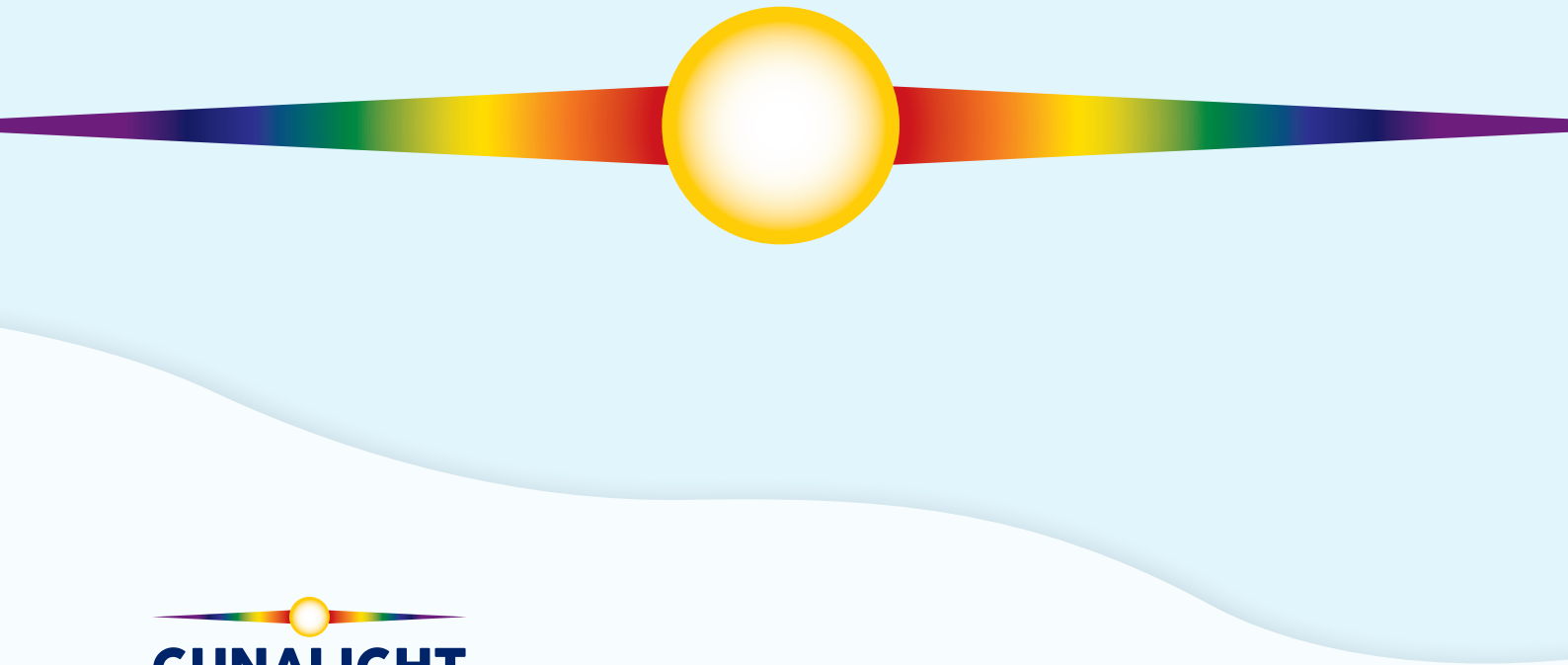
Starts below the underside of the ankle, B 62, moving down towards the heel, UB 61, before rising up towards UB 59 and in a line up to GB 29, and then on to the back of the shoulder, SI 10. It then passes around the shoulder to SI 15, where it swings up the side of the neck across the jaw to the corner of the mouth ST 4, ST 3, ST 1, and then passes along the side of the head to GB 20.

Main functions:

1. Controls the current in the Yang main meridians.  
Strengthens and balances the current in each meridian and regulates their general activity.
2. Reduces infections. Spreads swelling. Relieves pain.  
Activates blood. Calms ligaments and muscles.  
Dissolves bindings. Controls dizziness. Removes viruses.  
Clears the head and sharpens hearing. Strengthens the lower back and legs.



By using and ordering Gunalight you can help the world take a step in the right direction. You will encounter resistance, but so did the people who once said the Earth was round. We are pleased to welcome you as an innovative user and owner of Gunalight.



  
**GUNALIGHT**  
Energy therapy

[www.gunalight.no](http://www.gunalight.no)

We emphasise that the product is not intended to diagnose, treat, cure or counteract any type of disease. We are obliged to state this, as we have no scientific evidence to sell Gunalight as either a medical product or a medical device. Time will tell whether using Gunalight can fall into one of these categories.