ECOQUEST

Living Sunshine

USER'S GUIDE

- Setup
- Operation
- Specifications
- Warranty

EcoQuest International
310 T. Elmer Cox Drive
Greeneville, TN 37743
(888)664-1812
www.ecoquest.company

CAUTION: Read manual carefully for proper procedures and operation.

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Please record the name and phone number of your EcoQuest Dealer:

Name _____

Phone _____

Please record the serial number of your Living Sunshine by EcoQuest:

Serial # _____

WARNING – HIGH VOLTAGE

CAUTION!
Risk of Fire-Use only 8 Watt Lamps

CAUTION! - This equipment should be inspected frequently and collected dirt removed from it regularly to prevent excessive accumulation that may result in flashover or a risk of fire.

CAUTION! - For AC outlet installation only! Never connect to an extension cord or other power source. Improper installation could result in electrical shock or short.

This owner's manual is also available online at: http://www.ecoquest.com/ownersmanuals

SPECIFICATIONS

Electrical:

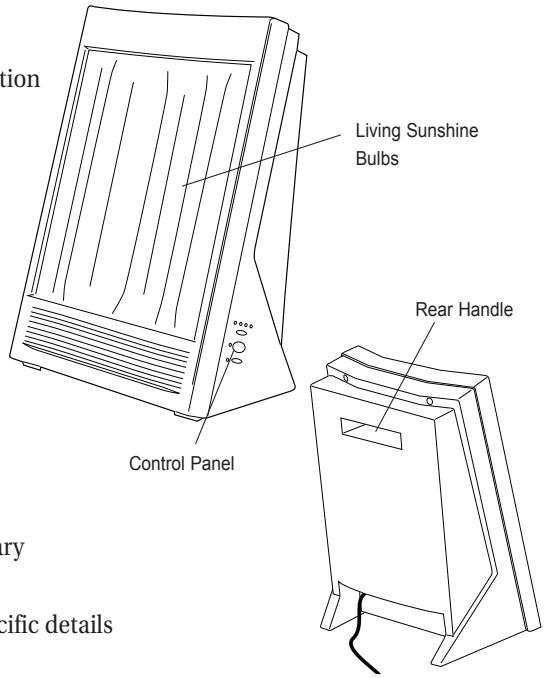
- 120V, 0.4A, 60Hz
- 45 watts power consumption
- 4X8 Watt T5 Tubes

Output:

- 10,000 LUX

Size:

- Height: 13.375" (34 cm)
- Width: 8.125" (2.6 cm)
- Depth: 7"(17.8 cm)
- Weight: 4 pounds (1.8 kg)



Warranty:

- Length of warranty will vary depending on model
- See warranty card for specific details

INSPECTION

Read all safety guidelines before using your Living Sunshine Light.

These safety instructions must be observed in order to avoid potential hazards that could result in personal injuries or damage to your light.

Never use damaged or worn cords or plugs. The use of damaged or worn power cords or plugs could result in electric shock, burns, or fire. Don't place heavy objects on top of the cord. When unplugging the light, grasp the plug directly to avoid damage to the cord. Never pull on the power cord in an attempt to remove a plug from the socket.

Unplug the light before servicing to eliminate the risk of electrical shock.

Living Sunshine's lights are designed so that the front cover may be removed and the bulbs changed safely.

Any other disassembly will void the warranty.

The lamps get extremely hot. Allow five minutes for the lamps to cool before handling.

To avoid damage to the light box, never allow any liquid to spill into any part of the light. Never expose your light to water or rain.

PLACING THE UNIT

Place the light near to you at eye level

For best results, place the light so it bathes your face. Many people use the light on a counter, table or desk. You can read, eat, work at the computer, watch TV, put on makeup or exercise while using your light. Use your light in a well-lit room to avoid eyestrain.

Turn towards the light

The proper hormonal response to light therapy is through the retina of the eyes, not through the skin. However, you do not need to stare at the light. If you are in front of the light and it is close enough, only an occasional glance is required to receive the proper treatment.

This is not a tanning light. Living Sunshine creates specific wavelengths of light, while reducing UV exposure. Further, the lights are flicker-free to reduce eyestrain.

OPERATING INSTRUCTIONS

Powering on your Living Sunshine

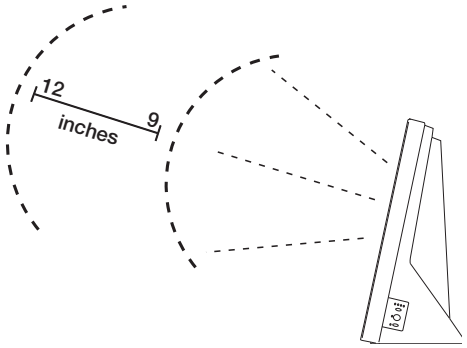
The Living Sunshine have been designed with a six and half foot cord giving you freedom to move your device to the most advantageous position.

After plugging the cord into a standard electrical outlet, turn the unit on.

The Living Sunshine is turned on/off by a switch located on the right hand side of the unit. The Living Sunshine comes with two switches. One controls the lamp, the other the ionizer (ionizer feature provides trace amounts of ionization). Each switch works independently giving you more options.

Results

Most people feel a difference right away and may obtain measurable results in as little as four days.



Optimizing your Light Therapy

You have to sit fairly close to have an effective session. For optimal results sit nine to twelve inches away. For best results, allow the light to bathe your face. You can read, eat, work at the computer, watch TV, put on make-up or use it while you exercise.

Session time – First use

Leading researchers recommend thirty minutes of 10,000 LUX, light therapy powered treatment. All Living Sunshine powered lights provide 10,000 LUX, but at varying distances. A distance of 9 to 12 inches from the light is optimal.

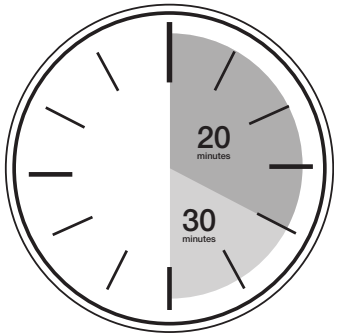
Reducing session time – Maintenance dose

After a week or two of use, and your desired results are achieved, you can reduce your treatment time from 30 minutes to 15 or 20 minutes.

Your eyes should be open for optimal results

The benefits work through the retina of the eyes, not the skin. This is not a tanning light.

In fact, Living Sunshine's Living Sunshine creates specific wavelengths, which produce effective results while eliminating UV hazards and reducing or eliminating eyestrain. Keep in mind that you don't have to stare at the light. As long as you are close to the light and glance at it on occasion, it will be sufficient.



Duration Times

Duration times varies according to your needs. If your physician has recommended a plan for you, follow that plan. Most people will obtain best results using the light first thing in the morning.

Time can be as short as fifteen minutes. The majority of people receive great results between 20 and 30 minutes of usage. Don't be afraid to experiment a little to find your own personal optimal duration.

Should I use the light every day?

You should use it daily, especially during the winter months. Many people find that they don't need the light during the summer. Those working long hours indoors may find the Living Sunshine to be effective year round. About 50% of the time, those who need to use morning light, find they also benefit from evening light. If this describes you, make sure to sit about a foot farther away from your light in the evening as not to cause a conflicting signal with morning light.

UNIT MAINTENANCE

Service and repair information

Your Living Sunshine should be cleaned at least once per year, preferably at the time of year when you begin to use it. First, unplug your light box. Then remove the screws that hold the lens in place and remove the lens. Wipe any dust from the lamps, reflector and lens. Do not attempt to remove the reflector as this may void your warranty. A mild detergent or window cleaner may be used. However, do not spray the reflector directly. Make sure the unit is completely dry before reassembling or plugging it in.

Repair information

If a lamp appears to have gone out, it may be due to a malfunction in an electrical component. If for some reason your Living Sunshine does not function properly please contact your EcoQuest Dealer or call EcoQuest Customer Service at (800) 989-2299. If one of your Living Sunshine bulbs (lamps) stops working, switch its position with a working bulb.

FAQ

Do I have to take off my glasses when I use the unit?

Not usually, but if you have transitional lenses that darken when you go outside, you will have to remove them while you are getting your treatment.

Do I need to clean the ionizer?

The ionizer doesn't require any internal cleaning. With repeated use you may get some build up around the vent area. This is easily wiped away with a dust cloth.

Are there any major side effects?

The Living Sunshine is a safe product.

Can I get sunburn from using Living Sunshine?

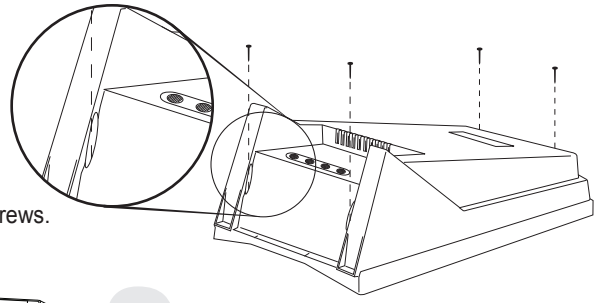
No. While typical fluorescent bulbs produce UV light, Living Sunshine eliminates almost all measurable UV light.

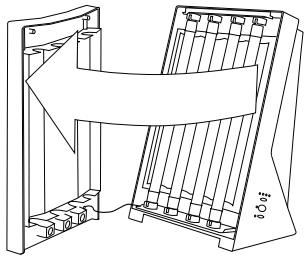
REPLACING THE BULBS

Replacing lamps

The lamps inside the light box usually do not burn out, but will decrease in intensity over time. We recommend that you replace your lamps every two years. Replacement lamps can be ordered from your EcoQuest Dealer .

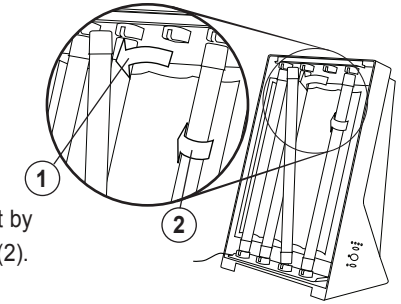
1. Lay the Living Sunshine on it's face and remove the four (4) face-plate screws.

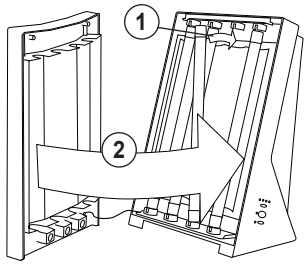




2. Remove cover being careful not to pull on the ground wire attached to face-plate. Lay face-plate aside.

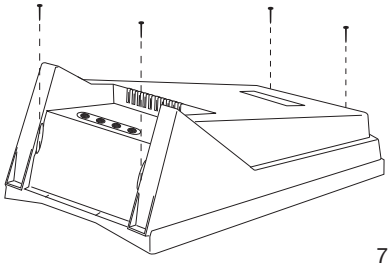
3. Remove bulb by twisting bulb and lining up pins with the opening (1). Start by tipping out top of bulb, then pull bottom out (2).





4. Insert new bulb into sockets. Twist 1/4 turn to lock. Replace cover.

5. Lay the unit on face and replace four (4) screws. Tighten to snug fit.



Did you forget to register your Living Sunshine by EcoQuest?

By registering, you'll activate your warranty, and your privacy is guaranteed. Just fill out your warranty card and drop it in the mail.

WARRANTY INFORMATION

This product is of solid state construction and is warrantied by:

EcoQuest International
310 T. Elmer Cox Drive
Greeneville, TN 37743

to the original purchaser, depending on model, to be free from defect in materials and workmanship for a limited time.

Length of warranty will vary depending on model. See warranty card for specific details.

If you have any questions concerning your Living Sunshine by EcoQuest, please see your local EcoQuest Dealer.

For help, visit www.EcoQuest.com.

This equipment has been tested and found to comply with the limits for Industrial, Scientific and Medical Equipment (ISM), pursuant to Part 18 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

FCC DECLARATION OF CONFORMITY

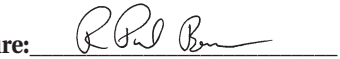
Name: EcoQuest

Model: Living Sunshine by EcoQuest

This device complies with Part 18 of the FCC Rules.

RESPONSIBLE PARTY

EcoQuest International
310 T. Elmer Cox Dr.
Greeneville, TN 37743
Ph: (888)664-1812

Signature: 

Printed Name: R. Paul Beam

Title: Engineering Manager

Date: 9/21/05

EcoQuest® INTERNATIONAL
"Healthy Living Technologies"

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