

# Red Light Therapy

## ON Anxiety & Depression



Our brains are packed with energy-hungry mitochondria, which readily absorb red and near-infrared light. This makes red light therapy (RLT) a powerful tool for boosting brain health.

**Mood disorders like depression and anxiety can stem from:**

- **Chemical imbalances:** Issues with brain chemicals like serotonin.
- **Reduced blood flow:** Less oxygen and energy reaching the brain.
- **Low energy:** The brain needs constant fuel to function.
- **Oxidative stress:** Damage from unstable molecules.
- **Inflammation:** Disrupting normal brain function.
- **Impaired nerve growth:** The brain needs to repair and grow connections.

**RLT can help by:**

- **Increasing blood flow:** Delivering more oxygen and nutrients.
- **Boosting energy:** Fueling brain activity.
- **Reducing stress:** Protecting the brain from damage.
- **Calming inflammation:** Restoring balance.
- **Stimulating nerve growth:** Encouraging repair and new connections.

RLT is showing promise for treating various brain conditions, including depression, anxiety, and PTSD. It's a non-invasive, drug-free option for improving mental well-being.

