

Red Light Therapy & Inflammation



Chronic inflammation is a major culprit behind many serious health issues, from heart disease to Alzheimer's. It's like your immune system is stuck on high alert, causing damage throughout your body.

Red light therapy (**RLT**) offers a safe and effective way to combat this. RLT uses specific wavelengths of light to stimulate your cells' mitochondria, the tiny energy factories that play a crucial role in cellular health.

Here's the gist:

- **RLT energizes your cells:** This boosts their function and reduces oxidative stress, a key driver of inflammation.
- **Inflammation subsides:** As your cells become healthier, the overall inflammation in your body decreases.
- **Healing accelerates:** Improved cellular function leads to faster tissue repair and recovery.

With RLT, you're essentially giving your body the tools it needs to fight inflammation and promote healing naturally. It's a scientifically backed approach to improving your overall health and well-being.

