

Red Light Therapy

& *Heart Health*



Imagine your heart as a busy city with a network of roads supplying it with essential goods. A heart attack is like a major traffic jam that blocks those roads, cutting off vital supplies and damaging parts of the city.

The heart tries to fix itself by building new routes, but this only works for so long. Eventually, it can lead to bigger problems like heart failure.

Current treatments for this kind of damage have limitations. But red light therapy (**RLT**) is emerging as a potential game-changer.

Think of RLT as a repair crew that swoops in to help. It works by reducing inflammation and boosting energy production in the heart's "power plants" – the mitochondria. Since the heart needs a lot of energy to function, it's packed with these power plants, making RLT especially effective.

Studies show that RLT can help the heart recover from damage by:

- **Reducing inflammation:** It calms things down and helps the heart heal.
- **Boosting energy:** It provides the heart with the fuel it needs to repair itself.

While more research is needed, RLT offers a promising new way to help hearts heal and stay strong.

