

Red Light Therapy & Your Immune System



As we age, our immune system weakens, partly due to the shrinking of the thymus gland. This process is a hallmark of aging, but red light therapy (**RLT**) may help.

- RLT has a remarkable effect on stem cells, the body's repair crews. It stimulates them, prompting them to move into the bloodstream and travel throughout the body, repairing damage and supporting the immune system.

RLT also combats oxidative stress, a major contributor to aging. It protects mitochondria, the energy producers in our cells, and boosts our natural antioxidant defenses.

In essence, RLT can:

- **Rejuvenate the immune system:** By stimulating the thymus gland and activating stem cells.
- **Promote tissue repair:** Stem cells activated by RLT travel the body, fixing damage.
- **Combat oxidative stress:** Protecting cells and boosting antioxidant activity.

This makes RLT a promising tool for healthy aging and potentially managing conditions linked to oxidative stress.

