

# Benefits of Red Light Therapy



## WHAT IS IT?

Red light therapy, also known as Photobiomodulation, is a non-invasive treatment that utilizes red and near-infrared light to stimulate cellular function

## HOW IT WORKS

Red light therapy works by exposing the body to low levels of red and near-infrared light, which are absorbed by the skin and underlying tissues. This light energy penetrates the cells, stimulating the mitochondria to produce more ATP (adenosine triphosphate), the energy currency of the cell. This increase in ATP production enhances cellular function, promoting processes like collagen synthesis, reducing inflammation, and aiding in tissue repair.

### **PAIN & INFLAMMATION REDUCTION**

**How it Works:** Red/infrared light has analgesic and anti-inflammatory properties working at the cellular level.

**Benefits:** Effective for various pain and inflammatory conditions, including injuries, arthritis, and chronic pain.

### **ACCELERATED RECOVERY**

**How it Works:** Red/Infrared can accelerate recovery, reduce muscle fatigue, and may enhance exercise-induced microtrauma, speeding up recovery.

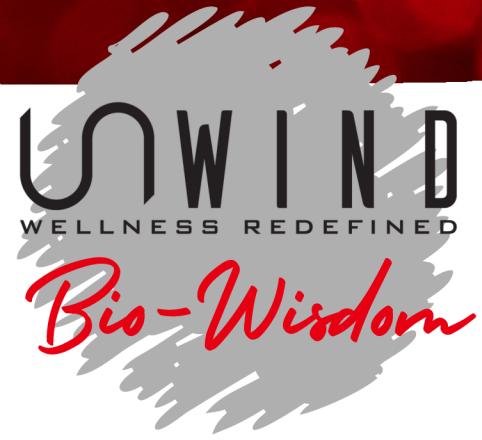
**Benefits:** Useful for athletes, post-injury rehabilitation, post-surgery recovery or bone fractures/injuries.

### **INCREASED BLOOD FLOW & LYMPHATIC DRAINAGE**

**How it Works:** Red/Infrared dilates blood vessels, boosting oxygen delivery, enhances cellular energy production and stimulates the lymphatic system to remove waste.

**Benefits:** Supports cardiovascular health and overall circulatory function.

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## IMPROVED SLEEP PATTERNS

**How it Works:** Red/Infrared can accelerate recovery, reduce muscle fatigue, and may enhance exercise-induced microtrauma, speeding up recovery.

**Benefits:** Useful for athletes, post-injury rehabilitation, post-surgery recovery or bone fractures/injuries.

## REDUCED ANXIETY & DEPRESSION

**How it Works:** Red/Infrared dilates blood vessels, boosting oxygen delivery, enhances cellular energy production and stimulates the lymphatic system to remove waste.

**Benefits:** Supports cardiovascular health and overall circulatory function.

## PROMOTES WOUND HEALING

**How it Works:** by increasing blood circulation to the wound, allows more oxygen and nutrients to reach the injured area. Additionally, red light therapy stimulates collagen production, a crucial protein that provides structure and support for new, healthy tissue growth.

**Benefits:** This can lead to faster closure, reduced scarring, and quicker recovery.

## PROMOTES HAIR GROWTH

**How it Works:** Red/Infrared promote hair growth through stimulation of the hair follicle by helping prolong the anagen phase (active growth phase) of hair cycle.

**Benefits:** It may promote hair growth in people with hair loss conditions like androgenetic alopecia.

