

Benefits of **Red Light** Therapy On Valley Fever Recovery



Valley Fever is an infection caused by a fungus that affects the lungs, causing cough, fatigue, fever, and chest pain.

Red Light Therapy uses gentle red and near-infrared light to help reduce lung inflammation and support your body's healing process.

HOW IT WORKS

- Red light reduces inflammation in lung tissue, helping you breathe easier.
- It boosts cellular energy, supporting lung repair and immune response.
- It may reduce fatigue by improving oxygen use in your body.

BENEFITS YOU MAY NOTICE

- Easier breathing and less chest tightness.
- Reduced coughing and lung discomfort.
- Increased energy and faster recovery.

GOOD TO KNOW

Red Light Therapy is safe and gentle but should be used alongside medical treatments prescribed by your doctor.

BREATHE BETTER, HEAL FASTER

Red Light Therapy supports your body's natural healing, helping you manage Valley Fever symptoms more comfortably.

