

Frequently Asked Questions

What is light therapy? After decades of research it was found that certain wavelengths of light within the red, blue and infrared bands were very beneficial to living tissue. Light therapy is currently being used in clinical and home settings around the globe. Light therapy has been in use by the medical profession for more than 20 years, to reduce pain and increase circulation. Its growing acceptance has become more abundant in the medical field. Researchers continue to find additional ways that light therapy can help us.

Can anyone use light therapy? The HealthLight™ equipment can be used safely without medical supervision by an individual at home or by a health professional in a clinical setting. The sessions are completely safe and non-invasive. As is the case with most modalities, if you are pregnant or are taking any medications that cause light sensitivity, consult with your doctor regarding the use of any light therapy system.

Has the FDA reviewed the HealthLight™ equipment? The HealthLight™ equipment is recognized by the FDA under classification (IRT) 890.5740. The FDA requires the manufacturing facilities to be registered and adhere to GMP quality standards. The HealthLight™ equipment, unlike many infrared system products, is manufactured completely in the USA, not overseas.

What happens when the HealthLight™ equipment is used? The HealthLight™ equipment's array of infrared and visible light diodes creates a comforting warm feeling under the pads.

The light energy:

- dilates the blood vessels under the pads, which often causes an increase in circulation.
- the light stimulates warmth that may reduce and alleviate pain. Many get so relaxed that they fall asleep.

Additionally, patients and clients may experience:

- decrease in local swelling
- decreased inflammation
- decreased muscle spasms and tightness
- Improvement in peripheral neuropathy symptoms
- increased range of motion
- increased lymphatic drainage
- increased venous dilation and flow
- decreased tension

How does the HealthLight™ increase circulation? The infrared light energy releases nitric oxide from the hemoglobin and endothelial cells. Nitric oxide is a signaling molecule that is known to relax smooth muscle cells found in the arteries, veins, capillaries and lymph vessels. When these muscles relax, they dilate the blood vessel, thus allowing increased circulation.

How does the HealthLight™ reduce pain? Pain is the way the body signals problems in a specific area. The increased circulation has been shown to reduce inflammation and increase cellular metabolism both of which the body can use to help solve localized problems. Enhanced circulation is essential for both chronic and traumatic wound healing. Scientific literature shows that nitric oxide also promotes collagen synthesis and angiogenesis.

Why are HealthLight™ products pulsed to Dr. Nogier's frequencies? Pulsed equipment is more effective than non-pulsed, and those pulsed to the tissue resonance frequencies of Dr. Nogier's brilliant research are the most effective when working on the human body. The pulsing of light at Nogier frequencies, according to studies, seems to enhance the effectiveness of the various wavelengths in the healing response for many conditions.

What about power? The HealthLight™ unit has the latest high-powered diodes. The infrared diodes are the new iridium superflux which each have a 100mw output at 880nm viewing angles (7 1/4 - 60 1/4), voltage (1.2 – 3.0 volts). The red at 650nm and the blue at 430nm output 4,500mcd each (mw for infrared and mcd for visible light). All frequencies can be pulsed at various Nogier frequencies in the 73 – 4698 Hz range. The high duty cycles (25 – 100%) is very important for maximizing the benefits of the system. The HealthLight™ system balances all of these factors to deliver the optimal amount of energy.

What is the difference between an LED and a low level laser? Both contain diodes (a little light with two wires connected to a filament inside) that can be made of the same materials, usually silicon with specific minerals added in specific amounts to produce different colors. In lasers the diode is mounted in a well-shaped area (like a small tin can with one end removed) that is lined with reflective material that sends, generally, only one wavelength of light. The result is a narrow beam of light that is concentrated into a beam, referred to as "coherent" light. However, when using low power levels (soft lasers) the light energy does not remain coherent and scatters when it hits the skin. This is given as the explanation why LEDs and low level laser devices have similar healing effects. Most cold lasers have a total output of about 100mw. The HealthLight™ 3 pad system output is over 17,000mw. More power generally increases beneficial nitric oxide release and shortens session time.

For more information and access to research:

<http://www.LightTherapyResearch.com>