

# What is Light Therapy?

Light therapy has been shown in over 50 years of independent research worldwide to deliver powerful benefits to living tissue and organisms.

Light therapy causes biologic effects because specific proteins in the body absorb different wavelengths. Both visible red, blue and 'invisible' infrared light positively effect many processes at the cellular level.

Light therapy has also been proven to effectively stimulate the localized release of nitric oxide. NO is the most effective mechanism within the body for stimulating both vasodilation and angiogenesis.

Light therapy is currently being used in clinical and home settings around the globe. It has been in use by the medical profession for more than 20 years, to reduce pain and increase circulation.

*"We must lower our disease risk and slow our rate of aging. The only way to do that is on the cellular level."* - Dr. Mehmet Oz

## ***Here is a selection of Clinical Studies related to Light Therapy:***

**NASA uses to heal 3rd Degree Burns & Musculoskeletal Injuries**<sup>1</sup>

**Improve Pain, Sensation, & Balance in Peripheral Neuropathy Patients**<sup>2</sup>

**Dramatically Reduces Osteoarthritis Pain**<sup>3</sup>

**Improvement of Microcirculatory Blood Flow**<sup>4</sup>

**Speed Healing of Wounds and Fractures**<sup>5</sup>

**Anti-inflammatory effect after Spinal Cord Injury**<sup>6</sup>

**Stimulation of Angiogenesis**<sup>7</sup>

**Inhibition of virus replication**<sup>8</sup>

**Fracture Healing and Bone Regeneration**<sup>9</sup>

**Effect on Neurons Damaged in Parkinson's disease**<sup>10</sup>

**Improve sensation in patients with LOPS -- reduces risk of fall**<sup>11</sup>

**88.8% Pain Reduction Improvement**<sup>12</sup>

1 Marshall Space Flight Center press release 00-336 (12-18-00)

2 Physical and Occupational Therapy in Geriatrics 24:2005

3 Clin J Pain. 2008 May;24(4): 353-65.

4 Lancet. 1999; 354(9191): 1670-1673

5 Lasers in Surgery & Med. 7:36-45

6 <http://www.photonicenergetics.com/LLLT%20Research%20Abstracts.pdf>

7 Diabetes Care April 1998 vol. 21 no. 4 580-584

8 IUBMB Life. 1999;48:25-31. J Clin Invest. 1993;91:2446-52.

9 DOI: 10.1359/jbmr.2000.15.2.342

10 Neuroscience. 2008 Jun 2;153(4):963-74. Epub 2008 Mar 26.

11 ACTA DIABETOLOGIA Vol. 43, Num 1, 26-33

12 J Neurol Orthop Med Surg (1996); 16:242-245