

# A PRACTICAL GUIDE TO RED LIGHT THERAPY



**Enjoy light therapy  
anytime and anywhere.**

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## **The Benefits of Using Red Light Therapy at Home DIY**

Part of any self-improvement journey includes not only taking care of your mental health but making sure that your physical health is just as important. After all, if you look good it's easier to feel good.

I like natural things. I am a big proponent of doing as much natural as possible - be it eating organic where I can, drinking clean water, healing myself naturally before I visit a doctor, etc.

The same applies to my skin. Modern skincare products are so full of harmful chemicals that the short gains one gets from looking younger or healthier will eventually be eradicated by the underlying harmful effects. The same applies to taking medications for skin problems or injuries. As Ari Whitten says imagine this instead:

"Imagine there was a pill that was proven to have powerful anti-aging effects on our skin, combat neurological disease, fight depression and anxiety, increase fat loss, speed recovery from exercise, increase strength and endurance, combat certain autoimmune conditions, fight hair loss, and speed healing from injury – all with little to no side effects – it would be a billion-dollar blockbuster drug. Hundreds of millions of people would be told to start taking it by their doctors every day. And doctors worldwide would call it a “miracle drug.”

Here's the crazy part: That drug exists.

But it's not a pill. It's red and near-infrared light.

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In this article, you'll discover the incredible power of red and near-infrared light therapy and how it can help:

- Increase your energy
- Combat aging and make your skin healthier, reduce wrinkles, and help get rid of cellulite
- Speed up fat loss
- Improve muscle recovery and athletic performance
- Improve mood and cognitive function
- Speed healing from injury
- Improve metabolism and hormonal health

Sound too good to be true? Think again! "

### **The Research on Red Light Therapy**

In the 1990s, NASA used concentrated red light therapy to activate plant growth in space. After seeing the effectiveness, they began researching what applications this could have for people as well.

Since then Red and near-infrared light have already been proven in over 3,000 scientific studies to do all that and more.

The **power of light** to cure whatever ails you is an effective treatment with real results.

“The number of conditions red light devices can treat is ‘continuously expanding,’” said Michael R. Hamblin, Ph.D., associate professor of dermatology at Harvard Medical School.

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## **What Is Red and Near-Infrared Light Therapy?**

Red and near-infrared light are part of the electromagnetic spectrum, and more specifically, part of the spectrum of light emitted by the sun (and also firelight).

These wavelengths of light are “bioactive” in humans. That means that these types of light affect the function of our cells.

The light emitted in this spectrum is perfectly safe for the skin and poses no risk of skin cancer, sunburn, or tanning.

With the red light therapy devices, the red light wavelengths go straight to the cellular level, deep inside the body. At this level, it enhances ATP, which is the source of energy in every cell in your body. This means that each cell gets a boost to do its job a little bit better, which can affect almost every system in your body.

## **Why does Red Light Therapy Work?**

All things need cell energy to function and survive.

Most living things rely on natural light to power this process. Natural light is made up of a wide range of wavelengths and colors, but it's the red and near-infrared wavelengths that make the difference with these devices.

In case you don't remember from science class - Light is measured in wavelengths denoted by nanometers – The spectrum starts with the shorter wavelengths which are the gamma rays and X-rays, then ultraviolet, infrared, and microwave, with the longest being the radio waves.

A tiny part of the spectrum from roughly 400nm to 700nm – is visible to the human eye. This is in the ultraviolet and infrared ranges.

At the highest end of the visible light spectrum is the red light, which goes from a little over 600nm to approximately 700nm. Above the visible light spectrum is near-infrared, from about 700nm to a little over 1,100nm.

It is specifically the red and near-infrared wavelengths (630 to 660 nanometers and 800 to 880 nanometers) that have these amazing effects on our bodies

By concentrating these wavelengths of light, you can concentrate their benefits of stimulating the mitochondria (the energy centers) in your cells, and delivering the best biological response.

660 nanometers, is more quickly absorbed by the skin, making it the go-to for dermatologists and cosmetic treatments looking to boost collagen and elastin, while 850-nanometer wavelengths penetrate deeper into your body to help with muscle recovery, joint pain, and full-body health.

As you sit or stand a few inches away from a panel of red LED lights, their wavelengths of light can alter the way your cells

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produce energy and antioxidants. These light therapy devices can make you feel better much faster.

## **Benefits of Red Light Therapy**

Thousands of studies have been done on red light therapy at home and new benefits are being discovered almost every day. Evidence for the effectiveness of red light therapy devices is overwhelmingly in favor of both effectiveness and safety.

The FDA has approved LED light therapy devices for the treatment of joint pain, reduction of wrinkles, and many other conditions such as:

- **Inflammation:** Red light therapy is useful in decreasing inflammation and stimulating post-procedure wound healing.
- **Hair and Skin:** It can help bolster hair growth in people with alopecia or suffering from hair loss. It can stimulate collagen and elastin production in people who hope to lessen fine lines and wrinkles.
- **Soft-Tissue Damage:** Red light therapy home devices may both promote healing and offer pain relief for injuries such as sprains and strains.
- **Pain Relief:** The studies and data on red light therapy at home for pain relief are so clear the FDA has approved it as a non-invasive therapy for treating minor pains and arthritis.
- **Wound Healing:** A 2014 study found red light therapy promoted “increased tissue repair and healing...[plus]

beneficial effects on wrinkles, acne scars, hypertrophic scars, and healing of burns.”

- **Muscle Repair:** Studies have found that the therapeutic red light therapy devices led to reduced muscle strength loss, less muscle soreness, and fewer range-of-motion impairments for up to four days after exercise. It also reduces knee muscle fatigue, both before and after exercise.
- **Circulation:** Red light therapy allows the tissues to receive more oxygen and nutrients for internal healing thereby promoting better circulation.
- **Sleep Therapy:** Using high-quality home red light therapy devices at home during the day has been shown to increase your body’s natural melatonin output, which helps you sleep and stay asleep longer.
- **Weight Loss:** Some studies have found red light therapy to be useful in shrinking fat cells from the body and controlling hunger-related hormones.
- **Cellulite:** Studies on red light therapy show reduced cellulite and improved skin tone in women and is up to 71% effective when combined with massage.

## **Why is Red Light Therapy not being used by Everyone?**

Until recently, it was thought that you needed an expensive laser device to obtain these benefits.

This technology has been used in doctor’s offices for many years now and goes by the name of either “low-level laser therapy” (LLLT) or “cold laser.”

These red/NIR light laser devices often cost \$5,000-\$30,000. This is precisely why this technology hasn't gone mainstream and why most people still haven't heard of it – because most people are under the impression that you can only get near-infrared and red light therapy from these incredibly expensive laser devices.

Red and near-infrared LED panels are also being used in anti-aging clinics, where people are being charged \$75-\$300 per single session to use these lights.

This is one of the other barriers – most people believe not only that these lights cost many thousands of dollars, but also that they can only use them by paying hundreds of dollars for a single treatment in an upmarket clinic.

But that is no longer the case.

You can get these effects with a red light therapy home device that costs just a few hundred dollars. Once you buy one of these devices, you can do unlimited treatments at home for free (or for just the cost of a few minutes of electricity)!

You can do light sessions at home with your own light and get all the same benefits while saving yourself the thousands of dollars you would spend at an anti-aging or medical clinic.

### **How Can I Get the Benefits of Red Light Therapy at Home?**

This 45W, 225-piece Led light therapy panel combines both 660nm and 850nm and is the perfect home device for DIY.

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With your own device, you can enjoy salon-quality light therapy at anytime and anywhere without leaving home or having it cost you every time.

You can use the light therapy panel when you read a book in bed, watch TV, sit on the sofa or play computer games thereby saving you precious time.

For good quality and affordable devices, I recommend Glow Redlight.



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## **Are There Any Side Effects to Red Light Therapy?**

Red light therapy does not use UV rays, it is not a laser or intense pulse light, and is completely non-invasive. As of today (2019) there are no known side effects of red light treatment, LED light therapy, or near-infrared light.

However, if your eyes are sensitive to light consider eye protection when using your red light therapy at home DIY device.

## **Recommended reading: The Ultimate Guide to Red Light Therapy by Ari Whitten**

If you're just getting started into the world of red light therapy at home, it's worth digging in and doing a little more research.

Ari Whitten is an energy and fatigue specialist as well as a nutrition and lifestyle expert. With my compliments get his [FREE Ultimate Guide](#) Ebook here (usually sells for \$15 on Amazon). A lot of the above-mentioned studies (as well as others that are not mentioned in this article) are cited in his informative guide.



## **Last thoughts on Red Light Therapy at home DIY**

Infrared light therapy at home is a non-invasive treatment that can amongst other benefits prevent hair loss, help clear skin, increase collagen and elastin production, and help with inflammation and circulation.

Today it is affordable and practical to own your own home red light therapy device.

**[OWN YOUR OWN DEVICE NOW](#)**



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