

A person with dark hair is sitting at a desk, reading a book. The scene is illuminated by a strong red light, creating a warm, monochromatic atmosphere. In the background, there is a circular object on the wall and some faint text. On the desk, there is a glass of milkshake with a red straw and an open notebook.

Benefits Of Red Light Therapy

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WHAT IS RED LIGHT THERAPY?

Red light is light with longer wavelengths than blue or white light. It's safe, painless, and doesn't damage the skin like UV rays. You don't have to worry about burning or over-exposure – infrared light is gentle and well-tolerated.

Red Light Therapy is a Therapeutic Technique that uses red low level wavelengths of light. It is thought to work by producing a biochemical effect in cells thereby strengthening the mitochondria which is the powerhouse of your cells. The creative point of your cell's energy. This energy carrying molecule is called ATP (adenosine triphosphate).

Red Light Therapy increases the function of the mitochondria that have soaked up the beneficial light particles which in turn allows the cells to produce more ATP. This allows cells to function more efficiently, rejuvenating themselves and repairing damage.

There are different Names given to Red Light Therapy such as photobiomodulation, low level light therapy, cold laser, biostimulation, photonic stimulation, soft laser therapy, There are also different types and levels of strength. RLT is different from Laser or IPL (intense pulsed light) as it does not do damage to your skin surface. It is a low-level laser therapy that is a form of photobiomodulation (using light to modulate our biology)

Red Light Therapy penetrates about 5 millimeters below the skin's surface directly stimulating regeneration of your skin.