## Red Light Wellness

## **What Is Red Light Therapy**

When you expose your entire body to red and near-infrared light, a part of your cells called the **mitochondria**, or the “powerhouse” of your cells, soak it up and make more energy, also known as ATP (adenosine triphosphate). By increasing the function of the mitochondria using [Red Light Wellness](https://www.redlight-wellness.com/home), a cell can make more ATP. With more energy, cells can function more efficiently, rejuvenate themselves, and repair damage.

Red and near-infrared light occupy the “long end” of the visible spectrum with [wavelengths](https://en.wikipedia.org/wiki/Wavelength) of 630nm-940nm. Red and near-infrared light is effective for use on the skin's surface and can penetrate up to two inches into the body affecting the cells, tissues, blood, nerves, the brain, and bone.



### **Is Red Light Therapy Safe?**

Red light therapy is generally considered safe, especially when **protective measures are taken** for the eyes, as prolonged exposure to high-intensity red or NIR light can cause **eye strain or potential damage**. Following device instructions regarding exposure time and distance can help minimize any risks.

**Contraindications**

People with photosensitivity disorders or those taking photosensitizing medications should consult a healthcare provider before starting red light therapy, as it may aggravate sensitivity issues.

## **What Other Medical Conditions is Red Light Therapy Being Promoted For?**

Beyond skin health, red light therapy is also being explored for various other conditions:

* **Muscle Recovery and Joint Pain:** RLT can aid **muscle recovery** and reduce soreness, making it popular among athletes.
* **Mental Health:** Some users report relief from [**symptoms of depression**](https://pubmed.ncbi.nlm.nih.gov/30248638/) and anxiety, though more research is needed to substantiate these claims.
* **Arthritis and Chronic Pain:** Red light’s **anti-inflammatory effects** have shown promise for people dealing with chronic pain, including arthritis sufferers.
* **And More ☺ Ask our office about it today**