

# BENEFITS OF BLUE, RED AND INFRARED LIGHT

## BLUE LIGHT BENEFITS

- increased Nitric Oxide production/release
- increased circulation in the epidermal tissues (surface layers)
- increased detoxification of the cells/skin
- increased lymphatic stimulation/flow
- reduced inflammation
- speeds wound healing on surface
- nervous system re-balancing and regeneration.
- restoring and balancing liver function-bile flow and detoxification-P450 enzymes
- isomerization of bilirubin- prevents jaundice, can prevent psoriasis in some cases
- stimulate DNA telomerase enzyme which is responsible for rebuilding the telomeres (protective tips) of the DNA strand and also helps to rebuild lost proteins which hold the information for things such as hair color, etc.
- skin issues, skin damage, including scars, birthmarks, stretchmarks, aging (degeneration), acne, acidosis conditions in the skin (age spots)
- assists with mood disorders and increased neurotransmitter production, specifically serotonin.
- reduces production of melatonin.
- toenail fungus or fungal conditions of the skin.
- Thyroid/throat issues.
- eradicates MRSA bacteria and certain forms of strep and staph on exposure.
- herpes lesions-reduces the intensity of inflammation and speeds healing

# **BENEFITS OF BLUE, RED AND INFRARED LIGHT**

-restores circadian rhythms (sleep cycles)

## **RED LIGHT BENEFITS**

-increased Nitric Oxide production/release

-increased circulation in the peripheral circulation

-increased lymphatic stimulation/flow

-speeds wound healing of soft tissue

-normalization of cellular membrane potential-restores normal cell function

-increase ATP production and synthesis

-increased phagocytosis-removal of cellular debris and pathogens

-reduce inflammation-increase prostaglandins, reduce interleukin

-enhanced immune response-lymphocyte response

-increased angiogenesis

-temperature modulation

-enhanced detoxification-superoxide dismutase (SOD) levels

-Cancer/cell protective-decreased C-reactive protein and neopterin levels

-Pain relief-increase in beta endorphins, reduce bradykinin levels

-increased nerve function- nerve cell action potentials

-increased parasympathetic response-release of acetylcholine

-axonal sprouting and nerve cell regeneration

-increased cell metabolism

## **BENEFITS OF BLUE, RED AND INFRARED LIGHT**

- stimulates hair growth/regrowth
- skin issues, skin damage, including scars, stretchmarks, aging (degeneration)

### **INFRARED LIGHT BENEFITS**

- increase in Nitric Oxide production/release
- increased circulation in the deeper and larger vessels
- increased detoxification of the cells
- increased lymphatic stimulation/flow
- reduced inflammation
- speeds wound healing on surface and deeper levels
- increased phagocytosis-removal of cellular debris and pathogens
- enhanced immune response
- increased angiogenesis
- increased parasympathetic response-release of acetylcholine
- axonal sprouting and nerve cell regeneration
- DNA and RNA synthesis which helps the cells to produce proteins to fix themselves and also aid other cells by donating these proteins.
- increased ATP production at deeper levels
- increased cellular metabolism
- collagen synthesis
- stimulates production of fibroblasts-new connective tissue

## **BENEFITS OF BLUE, RED AND INFRARED LIGHT**

-reduce fibrous tissue formation

-nervous system rebalancing/regeneration at deeper levels

-Pain relief at deeper levels

-Osteoblast production-new bone growth and increase in density