



INFO-DOC - Does Red Light Therapy Help For Pain?

Yes, red light therapy can help with pain by reducing inflammation, improving blood circulation, and promoting tissue repair. It works by stimulating the mitochondria in cells, which promotes healing and can reduce pain signals. It has shown promise for various types of pain, including chronic pain, joint pain, and muscle pain. [1, 2, 3, 4]

How red light therapy helps with pain

- **Reduces inflammation:** The therapy can modulate cytokines, which are proteins that control inflammation, leading to a reduction in swelling and pain signals.
- **Improves circulation:** It stimulates cells to release nitric oxide, which improves blood flow to the area, aiding in healing and reducing pain.
- **Promotes healing:** By improving cell function and promoting healing, it can help repair muscle and tissue.
- **Releases endorphins:** In some cases, it may help the body release endorphins, which are natural pain relievers. [1, 3, 5, 6]

Types of pain it may help with

- Chronic pain
- Joint pain
- Muscle pain
- Neck pain
- Osteoarthritis
- Pain associated with chemotherapy [2, 4, 5]

Important considerations

- **Consistency is key:** For chronic conditions, it may take several weeks of regular treatment to see significant results.
- **Consult a professional:** While at-home devices are available, professional settings may use more powerful equipment. A professional can also tailor your treatment plan.
- **Safety:** Red light therapy is generally considered safe and is different from UV light, but it's important to follow guidelines, such as using eye protection. [5, 7, 8, 9]

Videos to watch:

Benefits include: Reduced inflammation, Muscle and Joint pain, Enhanced circulation, overall skin health, accelerating Wound healing

<https://yourbesthealthy.life/page-2.php?nid=90>

HOW RED LIGHT CAN HELP YOUR EYES // Macular Degeneration, Dry Eyes, Styes, Diabetic Eye and MORE

<https://yourbesthealthy.life/page-2.php?nid=91>

PURCHASE OPTIONS: <https://amzn.to/48O5ZS5>

SOURCES

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- [3] <https://physicalachievementcenter.com/oshkosh-red-light-therapy-circulation-inflammation/>
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- [5] <https://www.brownhealth.org/be-well/red-light-therapy-benefits-safety-and-things-know>
- [6] <https://healthsciences.arizona.edu/news/stories/exploring-phototherapy-new-option-manage-chronic-pain>
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- [8] <https://activecarechiro.co.uk/2023/10/red-light-therapy-for-pain-relief/>
- [9] <https://theconversation.com/red-light-therapy-shows-promise-for-pain-relief-inflammation-and-skin-conditions-but-other-claims-might-be-hyped-240426>

