



Shedding Light on Red Light Therapy

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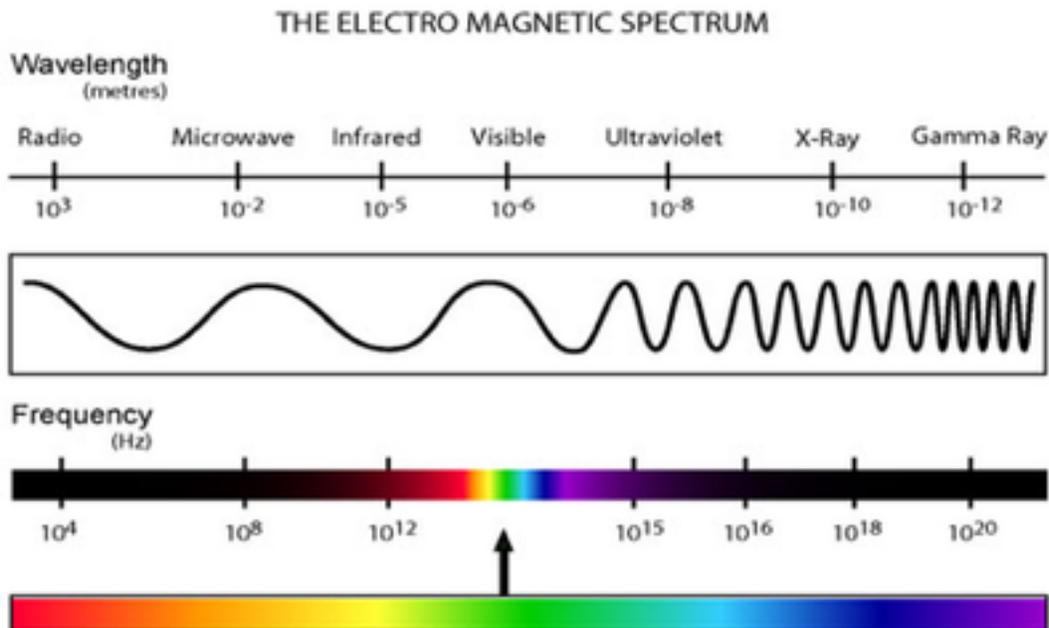
Red Light Therapy for Health

Lewis Family E-Newsletter, Fall 2012

Red Light Therapy is a safe, easy, and effective way to promote calm energy and healing. Set-up requirements and cost are minimal, yet the benefits are fantastic!

The Electromagnetic Spectrum is the range of all possible energy frequencies. These energies can have a significant effect upon our health, both positive and negative. For example, excessive Ultraviolet Light is associated with skin cancer and X-Ray Radiation is associated with a host of health concerns. Blue Light is abundantly emitted from TVs, computers, iPads, and electronic devices. Excessive Blue Light is increasingly being suspected as a major health stressor.

On the other hand, Red and Infrared Light can be very healing and regenerative. Red Light is a great stress reliever and is very beneficial to metabolism. Due to the large amount of time we spend indoors, we are often deficient in exposure to Infrared Energy.



Benefits of Red Light Therapy:

- Promotes relaxation and a sense of calm energy
- Reduces anxiety and irritability
- Helps you fall asleep and get a deeper, more restful night's sleep
- Soothes inflamed tissues
- Great for: Headaches, Sinus pain and pressure, Nasal congestion, Sore throats, Ear aches, Coughing
- Can be applied over the skin, muscles, and joints to reduce swelling or pain
- Accelerates wound healing of the skin
- Generally promotes youthful, healthy skin

Best of all--Red Light Therapy is Easy and Inexpensive to use!

What you will need to use Red Light Therapy:

1. An Infrared Bulb (50, 60, 75, or 100 watt infrared bulbs are readily available)
2. A lamp base rated to the appropriate wattage of the bulb (A "clamp lamp" is an easy, portable base for the infrared bulb)

Where to go:

1. Believe it or not, the easiest and least expensive solution we have seen is to go to a pet store!
2. In the reptile section (yes, you may start laughing now!), they have a wide variety of clamp lamps and infrared bulbs. You'll want one of both.
3. **Be sure to get an Infrared bulb, and not an Ultraviolet bulb.** Your main decision is to determine which wattage infrared bulb you would like to use. 50 watts provides less energy and heat compared to a 75 or 100 watt bulb. Our patients have reported benefits to even the lowest wattage bulb, but the higher watt bulbs seem to have a stronger effect.
4. As for a Clamp Lamp to hold the bulb, Fluker's Clamp Lamp is a common product. They offer a 5.5" ceramic base which is rated to 75 watts. They also have an 8.5" ceramic base which is rated to 150 watts. Just make sure your base can support the wattage of the bulb. Then clamp the light onto your desk, nightstand, or anywhere to adjust the light to shine on you. Embrace your inner lizard!!

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