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## WHAT IS RED LIGHT THERAPY?

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Red light therapy is a method of using red light, both visible and invisible for recovery, health and wellness. We know that all frequencies of light have varying impacts on our bodies and red light is no exception. Red light is a healing frequency of light and when used correctly could provide epic health benefits.

### **Harnessing the suns healing powers!**

Many people reading this article would have heard me talking on various podcast's about red light being the antidote to the damage blue light causes to our cells. Blue light during the day from the sun makes us feel alert and awake but does cause cellular damage. This cellular damage is then repaired by red and infrared light also emitted from the sun. This is why blue light in isolation is so bad for your eye and skin health. You get all of the damage and no restoration as red light is not present in any notable degree in LED or fluorescent light sources. This is why red-light therapy devices exist. They take the most restorative frequencies of red and near infrared light and capture them in a single device, ready to use to increase cellular function, growth and repair.

The frequencies of light with the most proven benefits are 660nm visible red light and 850nm invisible infrared light. These are the two frequencies to look out for when purchasing a red-light therapy device.

### **How red-light devices work**

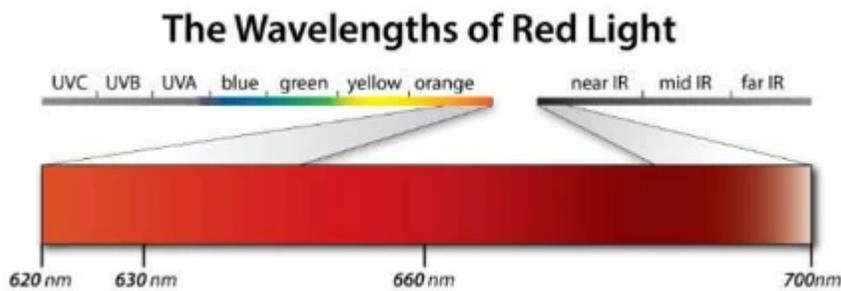




As you can see, red light has a greater penetration depth compared to other forms of light, such as UV, blue, green or the longer infrared wavelengths meaning that the red light can reach deeper bodily tissues.

Red light also has the ability to stimulate APT production. ATP is energy.

There are over 3,000 studies that show the great benefits of red and near infrared light. There is so much evidence of how beneficial red light can be for our health that the FDA and TGA have approved their use.



The most beneficial frequencies of red light are 660nm in the visible range of red light and 850nm in the invisible near infrared range.

### What are the benefits of red light therapy?

The benefits of red light therapy are endless but we have listed the most studied below:

- Increasing collagen in the skin
- Can increase testosterone and fertility rates
- Lowers inflammation in the body
- Stimulates hair growth
- Helps with joint issues, swelling and arthritis
- Improves thyroid function
- Shortens recovery times after intense training
- Faster wound healing





## Is it safe to use red light therapy?

Red light therapy is a very safe and effective method of treatment according to numerous studies on the ailments listed above. Its non-invasive and is all found naturally in the sun. The main issue with using red light devices is some come packed with lots of EMF (Electro Magnetic Field) which can be bad for your health. Many devices also use LEDs that flicker which can cause issues such as migraines and photosensitivity.

## What is the difference between red and infrared light?

Red light is visible and infrared light is invisible to the human eye. The most fundamental difference between the two is the depth at which they are absorbed by the body. Red light at 660nm are absorbed into the outer layers of the skin which stimulates the production of collagen which then provides benefits such as fine line and wrinkle reduction, fading of scar tissue and skin tightening,

Invisible near infrared light at 850nm actually generates the same response in our cells as the visible red light but a higher number of the photons are able to get deeper inside your body. This means they can reach muscles and joints and are therefore better at treating joint issues or helping aid muscle recovery.

## Hive Red Light Device.

Whilst we cannot recommend the [Hive](#) device be used on human's for therapeutic benefits (due to pending TGA approvals) we can talk about how it can be used on other mammals.

The Hive device contains both 660nm and 850nm red light which can be used independently or together depending on what treatment is required.

Most red-light devices on the market contain lots of EMF and flicker, both of which are not good for living things. Therefore, we have removed both flicker and EMF to almost non-existent levels.

Hive is an epic device as it is portable and runs off a DC electric current (battery to you and I), meaning it can be carried around with ease. Hive is great for isolated treatment of certain areas

Hive comes with a 12-month warranty and 30 day money back guarantee.



To find out more about our red light device, Hive! Check out [BLUblox.com](https://www.blublox.com)

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