



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Red Light Therapy Information

Red light therapy (RLT) has many health and wellness benefits. It uses low-wavelength red light to penetrate the skin and stimulate cellular activity. Here are some of the key benefits:

1. Skin Health & Anti-Aging

- Boosts **collagen production**, reducing wrinkles and fine lines.
- Improves **skin tone and texture**, helping with hyperpigmentation and acne scars.
- Reduces **inflammation and redness**, benefiting conditions like rosacea and eczema.

2. Wound Healing & Tissue Repair

- Enhances **cellular regeneration**, speeding up wound healing.
- Reduces **scarring** and promotes skin repair.
- Helps with **burns, cuts, and surgical scars**.

3. Muscle Recovery & Performance

- Increases **ATP (energy) production in cells**, aiding muscle recovery.
- Reduces **muscle soreness** and fatigue after workouts.
- Enhances **strength and endurance** over time.

4. Pain Relief & Inflammation Reduction

- Helps with **arthritis**, joint pain, and chronic conditions like fibromyalgia.
- Reduces **inflammation** in muscles and joints.
- Supports recovery from **injuries, strains, and sprains**.

5. Hair Growth & Scalp Health

- Stimulates **hair follicle activity**, promoting growth in conditions like alopecia.
- Strengthens **existing hair**, reducing hair thinning.

6. Brain Health & Mood Enhancement

- May help with **cognitive function** and neuroprotection.
- Reduces **symptoms of depression and anxiety** by boosting serotonin.
- Shows promise in supporting **brain injury recovery**.



7. Sleep & Circadian Rhythm Regulation

- Helps regulate **melatonin production**, improving sleep quality.
- Reduces **blue light exposure effects**, balancing the body's natural sleep cycle.

8. Eye Health

- Some studies suggest benefits for **age-related macular degeneration (AMD)**.
- May support **eye strain relief** from prolonged screen use.

Red light therapy (RLT) has several potential **mental health benefits**, mainly due to its effects on cellular energy production, inflammation reduction, and hormone regulation. Here's how it may help:

1. Reduces Symptoms of Depression & Anxiety

- **Boosts serotonin & dopamine:** RLT may enhance neurotransmitter production, improving mood.
- **Reduces cortisol levels:** Helps lower stress hormone levels, promoting relaxation.
- **Improves brain function & connectivity:** Enhances mitochondrial function, which may help stabilize mood disorders.

2. Enhances Sleep Quality & Circadian Rhythm

- **Increases melatonin production**, leading to better sleep.
- **Counteracts blue light exposure**, helping regulate natural sleep cycles.
- **Supports deep sleep & REM cycles**, which are essential for mental well-being.

3. Improves Cognitive Function & Focus

- **Increases ATP production** in brain cells, enhancing energy and focus.
- **May help prevent cognitive decline**, supporting memory and learning.
- **Reduces brain fog**, improving mental clarity.

4. Supports PTSD & Stress Recovery

- May reduce **hyperarousal symptoms** in people with PTSD.
- Helps calm the **nervous system**, promoting relaxation and emotional balance.
- Lowers **inflammatory markers** linked to stress-related disorders.



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5. May Aid in Neuroprotection & Brain Health

- Studies suggest it may help in conditions like **Alzheimer's and Parkinson's**.
- Increases **brain oxygenation**, supporting overall mental resilience.