



Spokane Holistic  
Healing

## *Spokane Holistic Healing Client Handout*

### **Red Light Therapy (RLT) and Weight Loss**

Red Light Therapy (RLT) is gaining popularity as a potential aid in weight loss and fat reduction. While it's not a miracle solution, research suggests that it can complement a healthy lifestyle by supporting metabolism and fat breakdown. Here's how it may help:

#### **1. Enhances Fat Cell Reduction (Lipolysis)**

- RLT is believed to stimulate the mitochondria in cells, increasing energy production.
- It may trigger the release of fatty acids from fat cells, making them easier for the body to burn as fuel.

#### **2. Boosts Metabolism**

- Studies suggest that red and near-infrared light can enhance mitochondrial function, helping the body convert food into energy more efficiently.
- A better metabolism can lead to more calorie burning, even at rest.

#### **3. Reduces Inflammation**

- Chronic inflammation can contribute to weight gain and difficulty losing weight.
- RLT has been shown to reduce oxidative stress and inflammation, promoting overall well-being and potentially supporting weight loss.

#### **4. Improves Circulation & Lymphatic Drainage**

- Better blood flow can help transport nutrients and oxygen more effectively, aiding in fat metabolism.
- Lymphatic drainage helps remove toxins and excess fluids that might contribute to bloating and weight retention.

#### **5. Supports Muscle Recovery & Performance**

- RLT has been shown to enhance muscle recovery and reduce soreness after workouts.
- Improved muscle function means better workouts, which can support fat loss.

#### **6. Helps Regulate Hormones**

- Light therapy may help balance hormones such as leptin (which controls hunger) and cortisol (which influences fat storage).
- Balanced hormones can reduce cravings and improve weight management.



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## **7. May Help Reduce Cellulite & Tighten Skin**

- Some studies suggest that RLT can improve skin elasticity and appearance, reducing the look of cellulite and sagging skin as fat is lost.

### **How to Use Red Light Therapy for Weight Loss**

- **Consistency is key**—sessions are typically **10-20 minutes, 3-5 times per week**.
- Combine with **exercise, a balanced diet, and proper hydration** for the best results.