

# Choose HealthLight

HealthLight devices are easy to use and non-invasive. Our devices are a drug free pain relief treatment.

**Light therapy relieves pain.**

## NO SIDE EFFECTS

Light therapy does not have any side effects. It is all natural and does not add any stress to the body. It is a drug free way to relieve pain.

## QUICK RESULTS

Some patients experience pain relief after just the first session of light therapy. Light therapy increases blood flow to damaged areas and accelerates the body's natural repair process. This form of therapy tends to produce faster and more progressive relief than many other alternative therapies.

## INCREASED CIRCULATION

Nitric oxide is a signaling molecule that relaxes smooth muscle cells found in the arteries, veins, and lymph vessels. When these muscles relax, the vessels dilate, thus allowing increased circulation.

## IMPROVED FUNCTION

Nitric oxide causes local vasodilation. Vasodilation improves blood flow and promotes positive change in patients. Improving blood flow relieves pain and helps nerves to begin to carry sensations again.



# FAQ's

## Is light therapy safe?

Light therapy is very safe and non-invasive.

## When will I start to feel relief?

The amount of pain, the amount of time you've been feeling pain and the cause of the pain all affect the speed of results. Some patients feel pain relief after just the first session of light therapy.

## Who uses light therapy?

Light therapy is currently being used in clinical and home settings around the world. Light therapy has been in use by the medical profession to increase circulation and reduce pain or more than 20 years.

## How often should I use light therapy?

A minimum of three times per week to experience change. The recommended amount of time per session is 20 minutes.

## How long will pain relief last?

Results vary per patient. Pain relief can last up to 3-4 days. However, the period of pain relief increases as there are more light therapy sessions.



# Contact Us

We are always happy to answer your questions or discuss how light therapy might help you.

Visit our website at <https://healthlightllc.com>



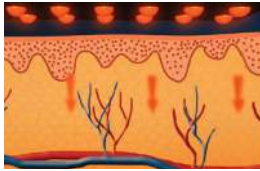
# LIGHT THERAPY RELIEVES PAIN



# Award Winning Science

The 1998 Nobel Prize was awarded to scientists who discovered the relationship between near infrared light, nitric oxide and increased circulation.

Decades of research have found that certain wavelengths of light within the red and infrared bands can be beneficial to living tissue. Blue lights reach just underneath the skin or on the surface of the skin to increase circulation.

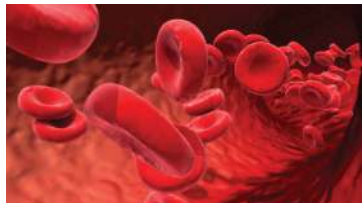


HealthLight manufactures photo-modulated (pulsed, light emitting diode) devices also known as low-level light therapy (LLLT) devices. The infrared and visible red LEDs are the heart of the HealthLight Therapy systems, providing gentle but powerful non-coherent light.

## Science Backed

Many scientific studies have shown that light therapy is effective in **relieving pain**.

It works by increasing ATP (adenosine triphosphate) synthesis in the mitochondria, activating the



electron transport system, and many other biochemical and biophysical reactions in the tissue.

Both infrared and red light trigger the release of nitric oxide from blood vessels and red blood cells. Nitric oxide causes local vasodilation that lasts several hours after the therapy session has ended. Vasodilation improves blood flow and promotes positive change in patients. Improving blood flow lessens pain and helps nerves to begin to carry sensations again.

# Nitric Oxide

One of the most dramatic aspects of light therapy is its triggering of the release of nitric oxide.



Nitric oxide is the body's natural vasodilator - it widens the blood vessels and capillaries.

After just 20 minutes of light therapy, blood flow is increased to nerves and other tissues, and this boost in local circulation lasts for several hours.

Nitric oxide is also a messenger molecule that triggers healing processes in the body. By increasing the production of nitric oxide, infrared and red light therapy increases circulation, speeds healing and **relieves pain**.

## Wavelengths

There are two main factors to maximize the benefits of light therapy: the wavelength and intensity of light energy.

The bulk of clinical literature suggests that light in the mid-600nm range and mid to high-800nm range is most effective. That is because these wavelengths have the greatest effect on the cellular respiration process.

HealthLight light therapy devices have wavelengths of 660nm and 880nm. These wavelengths have been proven to produce substantial improvements in cellular function.

# Painless Relief

Some patients report a slight sense of warmth or lightness as circulation is improved and muscles relax. Light therapy relieves pain by facilitating the natural healing process of the body, and does not add any biochemical, mechanical or neurological stress to the healing process.



**Drug Free  
Pain Relief**

HealthLight devices offer an efficient and comfortable experience for patients.

