



GETTING THE GREEN LIGHT ON RED LIGHT THERAPY

BY AVANTI BODY - LAKE ZURICH

Sitting under a light source has been given a bad rap thanks to tanning beds and sunbathing. The ultraviolet light in these rays can cause premature aging and skin cancer. However, not all light is bad. In recent years, there has emerged a different, nontoxic light therapy that maximizes fat loss, improves skin texture, reduces pain, rejuvenates cells, and even combats depression and anxiety. It's called Red Light Therapy, or RLT.

Red and near-infrared light therapy is one of the biggest breakthrough discoveries in health in the last half of the century. Today, scientists are quickly accumulating thousands of studies, clinical trials, and peer reviews on the power of red and near-infrared light to enhance human health. Multiple pro sports teams in the NFL and NBA utilize red light therapy for muscle and injury recovery to enhance players' sports performance.

Is it safe? Yes! It's a natural, non-invasive light therapy that utilizes non-damaging light without side effects. Red Light Therapy employs low-level red and near-infrared light that the body absorbs. On an electromagnetic spectrum, red light is considered to have the longest wavelength, which means it can penetrate superficial (surface) cells of the body, more than any other light in the visible range. Near-infrared is even further up the range and can penetrate soft tissue, muscles, joints, and bone.

When considering which RLT device to use, it's important to note the concentration and the power of the lights. At Avanti Body, a weight loss, wellness, and rejuvenation center in Lake Zurich, their RLT treatment

applies red light that permeates 635 nanometers (skin-deep) and near-infrared light permeates 830 nanometers deep (soft tissue). Avanti then cocoons the body for an effective treatment that targets a higher percentage of the body area at one time. Perfect for maximum benefits, results, and not to mention, relaxation.

Though this technology is fairly new, it's been credibly studied with proven results. Thirty years ago, NASA experimented with RLT to grow plants in space. They theorized that red LEDs would stimulate the plant's ATP, the universal energy source for all living cells made up of glucose and oxygen. The scientists exposed to this light found that abrasions on their hands healed faster than normal, thus beginning a new exploration of medical light therapy. Research has shown that red and near-infrared LEDs accelerate the healing of oxygen-deprived wounds and speed the "growth and proliferation of skin, bone, and muscle cell cultures" (NASA Research Illuminates Medical Uses of Light).

The science behind it is sound: when there's a lack of ATP, the currency of energy for cells, in the body, nerves sense the lack and send pain signals throughout the body. A lack of oxygen also means more inflammation. When red and near-infrared light is absorbed, it stimulates the production of ATP, which increases blood flow and circulation. In other words, these lights stimulate our cells to work better for our bodies. The more energy being produced, the more cells can effectively function. This can translate to benefits including weight loss, reduced inflammation, muscle recovery, anti-aging, enhanced energy, and overall wellness as it's applied consistently as a supplement to a healthy lifestyle.

Clients of Avanti Body experience this energy flow and revitalization regularly. Loanne, a long-term client of Avanti for RLT and their weight loss program ChiroThin, talks about the biggest changes she's noticed since starting 10 months ago. "One of the biggest things is that I have more energy. In total, I've lost about 38 pounds from the beginning, but a lot of it is energy from the red light and improvement in my skin tone. When I lost all the weight, I didn't have a lot of excess skin. I'm older so I was kind of surprised by that," she says. Feel effervescent with just a twenty-minute RLT session at Avanti Body in a spa-like atmosphere where you'll enjoy "me time" with meditative music, comfortably wrapped in red lights while you recharge from everyday life.

Sources:
<https://avantibody.com/>
<https://spinoff.nasa.gov/NASA-Research-Illuminates-Medical-Uses-of-Light>

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