

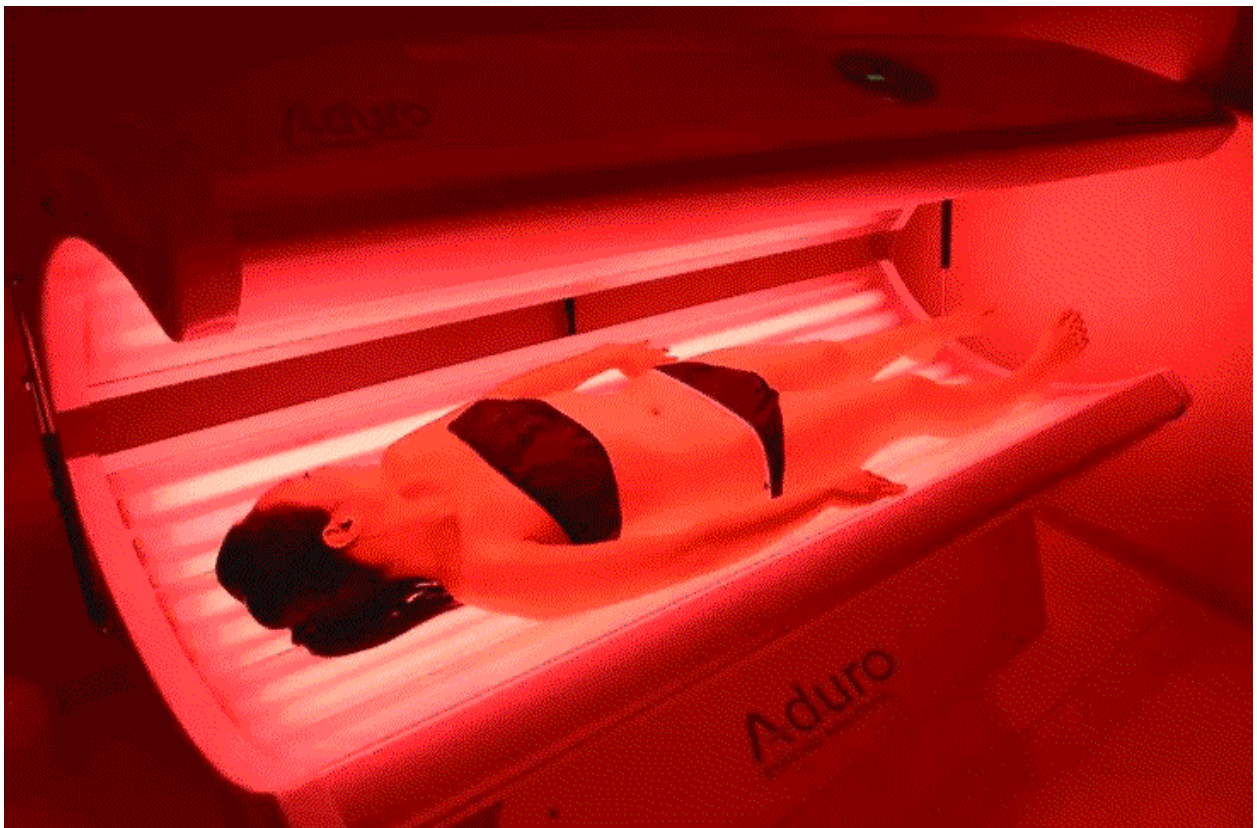
## PART II: THE PRACTICAL

### WHERE TO RECEIVE RED LIGHT THERAPY

Today there are many places you can receive red light therapy. Depending on where you live, red light therapy could be available at your local dermatologist, medical spa, day spa, hair salon, tanning salon, physiotherapist and even at your local gym.

Red light therapy administered in a professional setting such as these can be a luxurious experience. In January 2018, I received red laser therapy at a physiotherapist for a knee injury. The treatment was pleasant and effective but its downside was that it was localized only to my injured knee so I didn't receive full body treatment.

Many of the places offering red light therapy mentioned above use full body treatment machines that you either step into or lay down inside. The standing machines require you to stand for the duration of the treatment and the red light therapy beds are similar to a tanning bed where you lay down during treatment.



A couple of years ago I received full body red light therapy treatment at a local tanning salon which was essentially a tanning bed except the fluorescent tube lights emitted red radiation instead of UV radiation. When I asked the employees of the salon which wavelengths of red or near-infrared light the bulbs emitted, none could answer my question. I suspect these bulbs emit a wide range of red and/or near-infrared radiation wavelengths, which is good but not as precise as you can be with lasers or LEDs of a single wavelength.

Most full body light therapy machines available today utilize fluorescent bulbs, which are effective, but these bulbs have a number of downsides which detract from the overall benefit of the treatment.

## The Downsides of Fluorescent Tube Lights

Red light therapy treatment administered in a professional setting is excellent because it can save time and will usually treat your entire body in a single session. However, there are some potential downsides of red light therapy administered with fluorescent tube lights that people need to be aware of.

The first downside is the health risks associated with the fluorescent bulbs themselves.

### Radio Frequency Emissions

Fluorescent bulbs emit radio frequencies. Radio frequencies are the same wireless radiation emitted by cell phones, routers, cordless phones, baby monitors and cell phone towers. Red light radiation and radio frequency radiation have virtually opposite effects on the metabolism of cells. In high enough doses radio frequencies can promote cancer.

While red light boosts cellular metabolism by heightening the activity of the cytochrome c oxidase enzyme, radio frequencies lower metabolism by inhibiting the same enzyme.

### Electromagnetic Fields

In addition to the radio frequency radiation emitted by the fluorescent light bulbs inside a red light therapy machine, the machine itself will emit other harmful factors: electromagnetic fields (EMF).

The two types of electromagnetic fields we are concerned with are electric fields and magnetic fields. Most electronic devices will emit a fairly high amount of electric and magnetic fields, and the more power a device consumes the greater the fields. These fields tend to dissipate over distance, but standing or laying directly inside a red light therapy machine will likely yield a significant dose.

All electronic devices will emit some EMF, and a full body red light therapy bed is no exception. However, red light is so powerful that despite radio frequency and EMF emissions, treatment in a red light therapy bed will still likely result in an overall benefit. It just so happens that radio frequencies and electromagnetic fields tend to detract from that benefit.

A fairly accurate and inexpensive device that can be used to measure the electric and magnetic field emissions from a red light therapy bed or any other electronic device is called a Trifield Meter.©

### Be Prepared to Pay a Pretty Penny

The third and final disadvantage of receiving red light therapy in a professional setting is the price. If you want to receive red light therapy treatment at a local gym or day spa, be prepared to pay for the experience, and keep paying for it, because many consecutive treatments are required to achieve results. Once results have been achieved, additional treatments will be needed to maintain them.

The good news is that the same (or better) results can be obtained from the comfort of your own home at a fraction of the cost.

## Red Light Therapy Treatment At Home

When the restorative properties of red light were first discovered, LEDs didn't exist; scientists were using red lasers. Lasers devices admitting red or near-infrared light can be purchased, but they cost thousands of dollars, which for most people is not an option.

However, with the invention of LED technology and the subsequent red light therapy devices that are produced using them, suddenly red light therapy became affordable for most people to purchase and use from the comfort of their own homes.

There are many companies selling red light therapy devices online. When I first discovered red light therapy a number of years ago, I purchased two devices from RedLightMan © and put them to the test. Not only were the devices effective, but it was clear that they were built to last. One time I accidentally kicked my larger device off the couch and onto the hard tiled floor below – a 2 foot drop - and surprisingly it didn't cause any damage to the device and it still works to this day.

A well-built product that changes people's lives by improving their health is one I can get behind, so I decided to produce my own exclusive line of red light therapy devices for my EndAllDisease online store. Like I said, there are many places online you can get red light therapy devices but these are the devices I use and recommend.

To give you an example of what high quality red light therapy devices look like, here are the lights available at [EndAllDisease.com](http://EndAllDisease.com).

## Handheld Red Light Therapy Device



### **Light Specifications:**

4 precise wavelengths of red and near-infrared light

**620nm** ? **670nm** ? **760nm** ? **830nm**

24 Watts of Power

Lasts up to 50,000 hours

Comes with custom red braided power cord

## Red Light Therapy Bodylight Mini



### **Light Specifications:**

4 precise wavelengths of red and near-infrared light

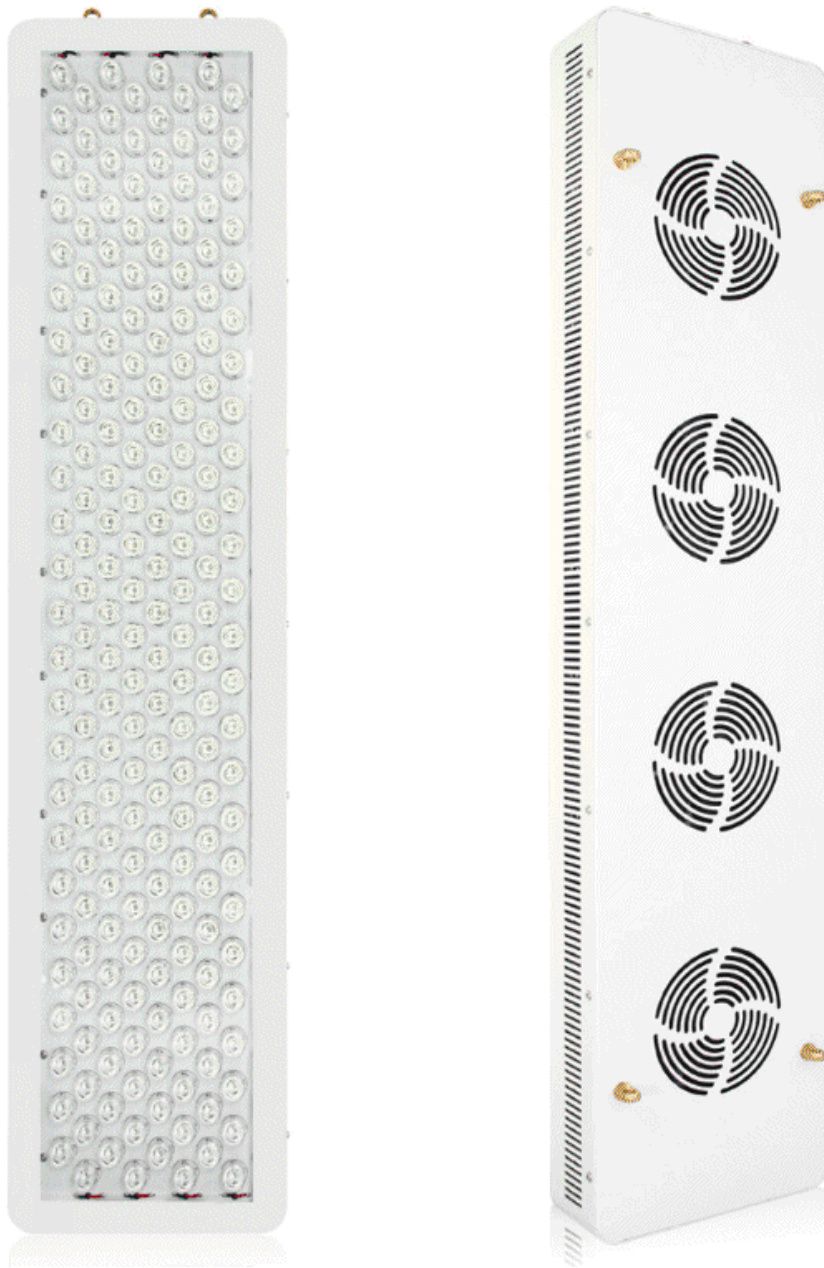
**620nm** ? **670nm** ? **760nm** ? **830nm**

180 Watts of Power

Lasts up to 50,000 hours

Includes hanging kit

## Red Light Therapy Bodylight



### **Light Specifications:**

4 precise wavelengths of red and near-infrared light

**620nm** ? **670nm** ? **760nm** ? **830nm**

600 Watts of Power

Lasts up to 50,000 hours

Includes hanging kit and a pair of eye goggles