

Red Light Therapy

The following information is provided for your information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information. Individuals should consult appropriate health professionals on any matter relating to their health and well-being. Individual results and reactions may vary. Golden Designs Inc does not recommend any particular treatment and in all cases recommends that you consult your physician.

Studies have shown that light in the red and near-infrared spectrum contains a large number of components that are beneficial to the human body. The red light can easily penetrate into the body tissue from a specific wavelength of 620-660nm within a short distance to the body. The component of light effectively activates blood cells so that the inner wall absorbs photons and converts them into internal energy to improve the oxygen-carrying capacity of blood. It is well absorbed and can promote recovery from muscle damage, treat joint pain, improve blood fluidity & immunity, and accelerate tissue healing. Red light therapy is an emerging treatment option with a host of benefits.