

## Understanding Red Light Therapy at Ahlara

1. Red Light Therapy is also known as Photobiomodulation (Photo mean light, Bio mean life, Modulation means a change in something).
  - a. Our Red Light therapy operates with medical grade red light (660 nanometers) and near infra-red light (850 nm). Infrared light is not visible to the human eye.
    - i. Near infrared light penetrates into the body deeper than red light.
2. Our panels emit red and/or near infrared light within a therapeutic wavelength and intensity. These treatments penetrate your body and generate a number of health benefits.
  - a. These benefits happen because red and near infrared light activates various metabolic pathways leading to an increased production of ATP (adenosine triphosphate), enhanced cellular signaling, and elevated protein synthesis. This provides cells with usable energy to promote healing.
3. Red and near infrared light therapy has been proven to be effective for a wide range of health issues including, but not limited to:
  - a. Muscle Recovery
  - b. Wound Healing
  - c. Athletic Performance
  - d. Joint pain and Arthritis
  - e. Sexual Performance
  - f. Mental Clarity
  - g. Relaxation and Sleep
  - h. Inflammation reduction
  - i. Acne scarring
  - j. Anti-aging
  - k. Hair loss
  - l. Fat loss
4. Red Light Therapy delivers medical grade power. It is recommended to position the area to be treated approximately 4-6 inches from the light. The red light will not penetrate any covering or clothing so skin must be directly exposed to the light. Near infrared light can penetrate most clothing.

5. Treatment time is generally 10 minutes per area which will result in a clinically proven dose of energy for both superficial (red light) and deep (infrared) tissues. Maximum time per session is 20 minutes per area.
6. For optimum results we recommend a treatment at least 5 times per week for 2 weeks. Two treatments per day can be done. If you experience detox like symptoms reduce the exposure time to 1-2 minutes and work up to 10 minutes as your body adjusts.
  - a. Length of treatment varies, however. Daily use is recommended for at least 2 weeks followed by a 1-2 times a week maintenance regimen
7. Hundreds of clinical studies have proven light therapy to be safe and effective. If you use medications such as Tetracycline, Digoxin, Retin A and/or other photo sensitive drugs consult your healthcare provider before using red light therapy. If using Botox wait two weeks before treatment. Cover tattoos to minimize fading. Do not use on open wounds or in combination with salves, ointments and balms that contain heat producing ingredients.
8. There is no ultraviolet light so there is no risk of skin cancer or sunburn. UV wavelengths are at the opposite end of the spectrum. Red light therapy can actually be helpful in healing sunburn.
9. Prior to using with children consult your health care provider.
10. Results may be seen within 24 hours for small concerns but generally 2 weeks of daily treatment is required. Healing time is unique to each individual.