LIGHT THERAPY for Health and Beauty

This Post is about one of my most favorite subjects, not only do I study about light function, source and its several uses, I use light therapy for close to 40 years and have personally experienced optimal results.Here we share a few machines that we have tried and done research on, and feel confident on sharing with you and yours.The benefits of light has been around for centuries and has improved with research and diversity of application.

Just as acupuncture is a very old system of medicine being rediscovered, so is light therapy, or phototherapy, a “new old” system, which promises to come further into the “limelight”. Phototherapy was practiced in ancient Egypt,

Greece, China, and India. The Egyptians utilized sunlight as well as color for healing. In the past 120 years, great strides have been made in research and development of colored light as well as full spectrum light therapy. In 1876 Augustus Pleasanton stimulated the glands, organs, and nervous system with blue light. In 1877 Seth Pancoast used red and blue light to balance the autonomic nervous system. In 1878 Dr. Edwin Babbitt published The Principles of Light and Color. He elucidated a system for applying colored light to the body, and used solar elixirs, which are colored bottles containing water charged by the sun. He was able to successfully treat many stubborn medical conditions, unresponsive to conventional treatments of the time.

Light Therapy for Skin

As a Persons skin reaches a mature state, Facial Skin becomes THINNER, LESS Elastic and UNABLE to REBUILD itself as QUICKLY as it once did. The Facial Muscles become WEAKER, Skin LOSES it’s Luster, and Collagen/Elastin Production DECREASES. You can REDUCE the Signs of AGING Skin by getting SUFFICIENT Sleep, AVOIDING EXCESSIVE Exposure to U-V Rays, Exercising, drinking PLENTY of Water, and by NOT Smoking. Even if you do ALL of the above, however, by the time you reach the age of 35, your Skin may develop FINE Lines and Wrinkles.

Clear Bi Light

Acne | Anti Aging LED Treatment

Clear skin is possible… A clinical study shows that treating the skin with the combination of special wavelengths of blue+red light clears mild to moderately severe inflammatory acne *better* and *faster:*

> *"We found a final mean improvement of 76% in inflammatory lesions using a combined blue±red light radiation which was* ***significantly superior to those achieved by blue light or benzoyl peroxide****."* *July 2000 – British Journal of Dermatology*

Red light therapy has also been shown to rejuvenate the skin, stimulate collagen production, prompt cellular repair and increase circulation for a more vibrant and youthful complexion. Brightened skin tone and improved skin texture have also been reported.

This same technology used by dermatologists is now available in the *Clear* BI-LIGHT for home use. Using this superior combination of special wavelengths of blue and red light, *Clear* BI-LIGHT clears and prevents acne breakouts, calms inflammation and rejuvenates the skin better and faster. And does it in a way that's completely safe.

The Power of Light…

Clear BI-LIGHT represents a true breakthrough in the treatment of mild to moderately severe inflammatory acne! The secret is the two forms of light energy – blue and red – that make the *Clear* BI-LIGHT so uniquely different from other light therapies that use only blue light to treat your acne. Clinical studies show that phototherapy with combined blue-red light – by combining antibacterial and anti-inflammatory action – clears mild to moderately severe inflammatory acne *better*and *faster* than blue light only or 5% benzoyl peroxide cream. July 2000 – British Journal of Dermatology; 2007 Lasers in Surgery and Medicine; 2006 Journal of Cosmetic and Laser Therapy; 2007 Lasers in Surgery and Medicine.

Blue light has been shown to kill acne causing bacteria both on and under the skin. But Blue light does not calm the inflammation that triggers acne breakouts. That’s where the the Red light comes in. Red light reaches down into all the layers of the skin to calm inflammation enabling the skin to heal more rapidly. Red light therapy has also been shown to rejuvenate the skin, stimulate collagen production, prompt cellular repair and increase circulation for a more vibrant and youthful complexion. Rosacea skin flushing is calmed within a few treatments. Brightened skin tone and improved skin texture have also been reported.

Convenient and easy to use. Clear Bi Light does the work for you. Hold it against your face, the lights turn on. Take it away, the lights shut off. And when you’re done, the product shuts off. Large powerful treatment heads treat large areas of your face and body in the shortest amount of time. And, the rechargeable battery makes it portable for complete freedom of movement. Use the Clear Bi Light while your watching tv, studying, almost anywhere…anytime

Safe and painless. Clear BI-LIGHT is **not** a LASER, does **not** use damaging ultraviolet light and does **not** require any downtime. Helps clear blemishes quickly and prevent future breakouts without the potential side effects of antibiotics or harsh topicals like benzoyl peroxide (which can cause sensitivity to sunlight and increase redness, irritation, dryness and flakiness of the skin).

Used as directed, you can see noticeable improvement within days with 76% clearance in as little as 8 weeks.

TRIA Skin Perfecting Blue Light

Tria’s patented Blue Light penetrates deep within the skin to eliminate acne-causing bacteria at the source. With more than

8 times the bacteria-destroying light energy than other devices, Tria delivers an effective dose in the shortest time to clear breakouts fast. Unlike most cleansers and lotions that use benzoyl peroxide to fight breakouts, Tria is gentle enough to use every day without harsh side effects such as redness or irritation. Now you can get the most effective and safest dermatologist-preferred treatment for clearing acne breakouts quickly at home.

The Tria Skin Perfecting Blue Light is an incredible, easy to use, home treatment method for acne breakouts that stops breakouts right at the source. Most anti-acne products work on top of the skin in order to treat acne and blemishes, however the Tria Skin Perfecting Blue Light uses light energy that causes the bacteria deep within skin to self-destruct, essentially eliminating the bacteria that causes breakouts right at its source and preventing new breakouts from forming. The Tria Skin Perfecting Blue Light contains more than 8 times the light energy as other devices and provides the most effective dosage in the shortest time in order to clear breakouts faster. The Tria Skin Perfecting Blue Light is a safe and dermatologist-preferred treatment for clearing and ridding the skin of acne breakouts at home and does not cause redness or irritation like other topical treatments. It is FDA approved, allows for multiple ways to treat skin, and contains a patented 2 Month Cartridge that powers the Blue Light for 60 days of treatment.

How To Use:

Step 1: Cleanse your skin thoroughly. For best results, use the Skin Perfecting Foam Cleanser. This cleanser was formulated specifically to prepare your skin for the Tria Blue Light. Skin should be free from makeup, oil, sunscreen, and any other impurities that could interfere with the Tria Skin Perfecting Blue Light.

Step 2: Place the Tria Blue Light to your skin and gently

glide the treatment tip over the entire affected area. Treatment should last for five minutes and be used once daily. You may choose to treat the entire face area or a specific area of concern. The Tria Skin Perfecting Blue Light may also be used on the chest, neck, and back areas as well.

Step 3: After the Tria Skin Perfecting Blue Light Treatment, users should apply a nutrient rich serum to the skin that contains antioxidants as well as other ingredients that will aid in skin renewal and restoration. The Skin Perfecting Serum is designed for this exact purpose and will help combat blemishes, brighten skin discoloration, and calm any irritated skin.

Nutraluxe MD Red Nutra Light Skin Rejuvenation

reVive Anti-aging Light Therapy™ Handheld System. Stimulates natural production of Collagen and Elastins resulting in reduction and reversal of wrinkles and fine lines. Produces a

firm youthful appearance in skin tone by smoothing out blemishes and skin texture.

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- Regular treatment, as recommended, is known to reduce or eliminate of fine lines and wrinkles.
- The non-invasive light therapy works deep in the tissue, and is engineered to be a powerful handheld and cost-effective at-home treatment.
- The FDA-cleared reVive Light Therapy has no downtime and is extremely easy to use.
- Plugs directly into an AC outlet, so there is never a need to charge.
- Detachable cord makes it convenient to to maneuver.
- Includes a travel bag and goggles

Nutraluxe MD Red Nutra Light Skin Rejuvenation

A study from NASA and many more clinical studies have shown that RED light in a certain Spectrum helps promote the COLLAGEN Production, diminishes fine LINES and WRINKLES, firms& tightens the skin and reduces Sun / Age spots and Skin discoloration.

Nutra Light Red Clinical Rejuvenation Treatment System is a handheld Light Emitting Diode (LED) device for the treatment of crows feet. This technology bathes the skin in red and infra red light stimulating the deeper skin tissue, leading to the reduction of fine lines and wrinkles. The Clinical Rejuvenation Treatment System has been tested to international standards to ensure that its outputs are safe for use on the skin.

Nutra Light Red penetrates deep down into the skin and stimulate the cells to increase collagen levels, by promoting collagen and elastin production naturally. Restore your skin’s youthful radiance and appearance, diminish fine lines and wrinkles, firm and tighten your skin. Nutra Light Red is the latest development in skin phototherapy, designed for home use.

A study from NASA and many more clinical studies have shown that RED light in a certain spectrum helps promote collagen production, diminish fine lines and wrinkles, while it firms and tightens the skin, and reduces sun / age spots and skin discoloration. In an independent study over 80% of subjects reported a softening of fine lines after treatment and 75% reported improvement in skin softness and smoothness.

Light at specific wavelengths is known to stimulate tissue and

influence restructuring of collagen to firm skin tissue and minimize fine wrinkles. As we grow older, the cells that manufacture the skins supportive structures begin to slow down. Environmental damage from the sun speeds up this process and produces free radicals that damage the skin and the cells that synthesize collagen and elastin.

Nutra Light Red stimulates natural processes to rejuvenate your skin, and stimulate the cells that help counteract the effects of aging. Years of clinical studies have shown and proven that a certain spectrum of HIGH INTENSITY RED LIGHT at certain wave lengths improves complexion by promoting collagen production and diminishing wrinkles. Photo Therapy with Nutra Light Red is an effective and safe cosmetic treatment, helping you diminish the effects of aging, while making you feel and look refreshed and rejuvenated!

Research Study
• 94% Reported Firmer and Tighter Skin
• 89% Reported a Smoother Feel
• 87% Saw More Radiance
• 96% Experienced Less Fine Lines and Wrinkles
• 93% Saw a More Uniform Complexion
• 86% Reported deep wrinkle reduction in UV damaged skin after only 3 weeks

The Nutra Light Red system package contains:
1 x RED Light Phototherapy Unit
1 x 9 Volt Medical Grade Universal Power Adaptor/Charger
1 x Protective Eye Goggles
1 x 1 oz / 30 ml – Vitamin C Botanical Stem Cell Serum*

• Restores your skin’s youthful radiance and appearance
• Diminishes fine lines, crows feet, and wrinkles
• Firms and tightens your skin

- Promotes increased collagen and elastin
- Reduces sun age spots and skin discoloration.
- Increases the life of skin stem cells
- Repairs and prevents free radical skin damage
- Brightens the skin tone and color
- Stimulates and boosts collagen production
- Protects from future free radical skin damage

1. Place protective eyewear comfortably over your eyes. Ensure they are worn for the total duration of the treatment process, failure to do so may result in headache.
2. Press the Power button once while the device is NOT in contact with the skin. Place the device directly over the area to be treated without making contact for 20 minutes.

Clear BI-LIGHT from Michael Todd on Vimeo.