

LIGHT THERAPY HEALTH BENEFITS GUIDE

LIGHT THERAPY HEALTH BENEFITS GUIDE			BLUE	GREEN	RED							NEAR INFRARED								
			Wave-length: 415nm	528nm	605nm	630nm	633nm	640nm	650nm	660nm	670nm	800nm	810nm	820nm	830nm	850nm	855nm	860nm	900nm	980nm
Pain Relief & Healing		Pain Relief	✓	✓					✓	✓			✓	✓	✓				✓	✓
		Arthritis				✓				✓	✓	✓		✓					✓	
		Wound Healing	✓	✓		✓				✓	✓	✓		✓					✓	
		Injury Healing				✓				✓	✓	✓		✓					✓	
Weight Loss		Weight Loss				✓				✓			✓		✓	✓				
		Fat Burning				✓				✓			✓		✓	✓				
		Cellulite Reduction				✓				✓			✓		✓	✓				
		Metabolism				✓				✓			✓		✓	✓				
Anti-aging		Anti-aging			✓	✓	✓	✓	✓	✓	✓			✓		✓				
		Hair Growth							✓	✓										
		Sun Damage			✓	✓	✓	✓	✓	✓	✓			✓		✓				
		Scars			✓	✓	✓	✓	✓	✓	✓			✓		✓				
Skin Care		Wrinkles & Fine Lines			✓	✓	✓	✓	✓	✓	✓			✓		✓				
		Skin Infections	✓		✓	✓	✓	✓	✓	✓	✓			✓		✓				
		Under Eye Circles & Bags			✓	✓	✓	✓	✓	✓	✓			✓		✓				
		Acne	✓		✓	✓	✓	✓	✓	✓	✓			✓		✓				
		Pigmentation		✓	✓	✓	✓	✓	✓	✓	✓			✓		✓				
		Shingles		✓		✓	✓	✓	✓	✓	✓			✓						
		Rosecea			✓	✓	✓	✓	✓	✓	✓			✓		✓				
Athletic Performance		Athletic Performance				✓		✓		✓	✓		✓		✓			✓	✓	
		Post Workout Recovery				✓		✓		✓	✓		✓		✓			✓	✓	
		Muscle Building				✓		✓		✓	✓		✓		✓			✓	✓	
		Multiple Sclerosis				✓		✓		✓	✓		✓		✓			✓	✓	
Brain Health		Cognitive Performance								✓	✓		✓	✓						
		Depression & Anxiety				✓		✓					✓							
		Parkinson's Disease									✓		✓							
		Migraines		✓					✓	✓			✓		✓				✓	✓
		Tinnitus							✓				✓					✓		
Other		Stem Cell Regeneration				✓				✓			✓							
		Liver Function				✓					✓		✓							
		Asthma, Hypertension								✓			✓							
		Fertility & Sperm Motility				✓			✓					✓						
		Sleep		✓		✓			✓	✓	✓		✓							
		Neuropathy		✓					✓	✓	✓	✓	✓		✓	✓				
		Diabetes		✓		✓			✓	✓			✓		✓	✓				