IMMUNE FUNCTION SUPPORT

Red Light Therapy appears to be an “immune nutrient” that supports optimal immune function in a wide variety of different scenarios and health conditions. It positively affects immune function regardless of preexisting conditions or imbalanced immune system due to autoimmune disease In the context of wound healing, RLT has shown beneficial effects by modulating immune function and accelerating recovery. It also appears to selectively modulate cell function in some types of infected cells, while not affecting healthy uninfected cells in the same way.

Studies on White Blood Cells show that RLT can increase activity of these immune cells within our bloodstream and internally. Thus bolstering ourimmune function and protecting against foreign infections. Red light therapy, along with all the other protocols known to improve health and wellbeing, (Fasting/time restricted eating, circadian rhythm optimisation, nutritious diet, adequate sleep, cold therapy, sauna/ heat therapy, exercise, sense of community) will contribute significantly to keeping energy production optimal in the cells, contributing to properfunction of all the bodies systems which will help keep the immune systemvibrant and strong.