From Cancer To Wrinkles: What Red Light Therapy Can Do For You Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Longevity Summit Welcome

All right. I'm here with my friend John Otto. He is an incredible, health, pioneer in different, respects. He's built some of the most profound, documentaries as well as, really popularized some concepts in health and healing and vitality that a lot of people wouldn't even touch or talk about.

So, John, thank you so much for being here. Thanks for your commitment to, you know, optimizing people's health and vitality around the world and being a part of this longevity summit that we're putting on.

So welcome, Isaac. Doctor Jones, I appreciate you so much, man. You're you're you're certainly a leader in this space and somebody that truly cares. And so we're going to have a lot of fun and I'm going to share some things that I know are going to be very eye opening.

Most importantly, most importantly, transformative for people said that's what's a that's what's good about what we're about to discuss. And there's so many people that have talked about these different strategies and solutions for longevity.

But, one of the things that I really and passionate about, that I know that you are as well, are some of the technologies that are out there. You know, you've got tissue regenerative therapy, you've got, some of these advanced neurofeedback devices to help optimize the brain.

You've got, bio photo modulation. I know you've become one of the top experts in the world around, you know, biosphere modulation and just understanding red light therapy.

Why don't we talk a little bit about how did you discover, and want to go as deep as you did in the red light therapy? Why is it such an interesting topic to you?

Well, now, thanks. Doctors eye doctor Jones. I mean, for me, red light therapy was a part of a quest into regenerative medicine. And what's interesting is, if you look at that, a lot of the work I've been doing, I'm.

I'm all about getting therapies that are accessible to people that they can do from home and that are actually either completely free or affordable for people.

Because if I did all the education in the world around stem cells that cost $100,000 a month to do, I'm only catering to the ultra wealthy, ultra ultra wealthy.

And, you know, that's just one example, but and there's a lot of that. And strangely enough, I've found that it often doesn't work as well.

How Red Light Therapy Was Discovered

But for me, it was all about trying to find out how how does how does nature work? How does the body work? How do we respond to light? How will we actually even designed by God and then when you look back at you look at when I was producing with the truth about cancer.

And so that was ten years ago and red light therapy was being discovered and discussed and therapeutic applications in clinical settings, you know, back then and obviously a long time before then, I mean, it was FinCEN that in the late 1800s that won a Nobel Prize for light therapy.

And then Kellogg furthered that work. And then Doctor Andre Mazda, the Hungarian physician, in 1967, that, really, you know, brought red light therapy assets coin today to, to the world.

And now when you come into the areas of, you know, people dying of diseases like cancer, you'd say, look, I understand red light therapy could be good for biohacking or I understand it could be good for maybe longevity of people that want to look youthful.

But I, I can't really think of it as a therapy that would be effective for cancer. But then you do the digging, you do the research, and I'll tell you a couple, well, when you're ready anyway, that's the opening, but that'll leave a little hang on there for a.

Now that is exciting. Yeah. Now, I mean, I know that, you know, red light therapy creates healthy levels of, of, blood flow circulation in the body. I've heard that it helps with, boosting testosterone levels.

I, I've heard that it's, great for sleep. You know, and recently there's research that suggests that it actually helps, address a lot of, Hashimoto's and thyroid issues, which is very interesting.

But what what would you say are some of the top benefits of red light therapy? And, what what some of the most interesting research out there about it.

Yeah. Awesome. Well, okay. I love that you're talking about things like thyroid, health because when you have a gland, like the thyroid is degenerating because of largely, I would argue it's because of toxicity and deficiency and toxicity that creates mineral deficiency.

Then you'd say, well, how do I fix this? And people generally are walking around with something in their body that they think, okay, I've kind of had this bad hot since childhood, I've got this bad thyroid.

And then if you told somebody you could regenerate it and you could put a device or you could, let's say the morning sunlight is where you get the red, you're exposing it to sunlight.

And in this case, if you want to get that sunlight way up close so that you can get exponential effects like tanks kind of effects, then you're regenerating the thyroid gland by doing that.

And so the process is, to answer your question, remarkable, because it has a lot to do with oxygen which which is surprising because you don't necessarily correlate light and oxygen.

One of the ways I'll lead into this is looking at that, the Bible in Genesis, when it begins, it starts practically with the words let there be light, and then you.

Then the next process of life that you see connected to that is that God bone, man, dust of the ground and breathe into Adam's nostrils and man's nostrils the breath of life.

And man became a living soul, and so breath, and in this case oxygen, and and light a deeply connected to what we need to not only survive, but to thrive and to reverse disease.

And so I'll give you an example. So there was a pilot study in 2006. And you can find this on PubMed that just look up the words lymphoma Pilot Study 2006.

And it had three participants. Only three. But it's so shocking that I'm surprised that it and all the other studies are not censored, which is amazing.

So they're all they're available for people. Of the three patients in one week, how many do you think might have gone into remission in one week? It's just crazy.

I mean, maybe. 2 or 3. Exactly. Maybe. You know, I wouldn't think that anyone would go into remission in one week. Right?

Red Light Therapy Research and Cancer Applications

But all three went completely in remission after a maximum of two sessions, which were four hour sessions. And they also used so people can understand this, a photo sensitize a, which activates the red light in certain parts of the body, and I'll explain that a bit more later.

That specifically was alla, and it was specifically using the wavelength of 660 nanometers. I'm going to start going into more detail now so people can understand, and it's all through the process of not exclusively, but partly to do with the process of reactive oxygen species, where the light is actually helping to produce reactive oxygen species, which then target cancer cells and create apoptosis, which is programed cell death.

And this is the process that that is happening in the body with red light therapy. Now, if this was an anomaly and that's only three people. So I'll give that caveat. It's only three people.

And I'll take you now to an in vitro study on breast cancer. And this was this was a, this the the nanometer wavelength that were tested. That was four, six, 15, six, 36, 60 and 715.

So four different wavelengths. And if if you see something that's red, it's somewhere around that 600 to 700 range. If you see something that's blue, it's around the 400 range, 480 if you can't see it, but it's red light and it's then it's near infrared light or far infrared light, which is from 810 up to around 13 1400.

And that's in the near infrared light. You're laughing at me because I'm, like, getting real nerdy on this. This is good. No, I, I love this this is this is so good.

One of the things I want clarity around is you said alpha linoleic acid. Alpha is it's actually a different alpha and male. I'll pull it up because you brought it up.

Alpha is the photo sensitized? These are big words. And, and this is not particularly natural. Natural. So it is amino live oleynik acid. So amino live oleynik acid is the photosensitive is the agent.

And so different to alpha lipoic acid. I know every time I say when I'm talking with my physician buddies, hey, alpha is alpha lipoic acid, but the photosensitive is, just, you know, avant garde of discovery around activating red light and different glands.

And then, the natural ones, all from, like, chlorophyl, chlorophyl, berberine, not methylene blue is not necessarily natural, but it's it's in that category of it's, you know, it's kind of like in between, but but anyway, so, so you were saying sorry.

Oh, no, that's great. I mean, I just want to get clarity around that because I was thinking it was, alpha linoleic acid. And then I was like, I've never heard it as a photosynthesize there.

But what I love about this is. This new alpha lipoic acid, you mean. Yeah. No. Yeah. Is is that you're saying this this? Yes. Exactly. Alpha lipoic acid.

You're saying that that these photosynthesis, sensitized you actually, chemically, have a, catalyze inside the body to, to to impact different glands and organs in the body.

Is that accurate? Yeah. Absolutely. Absolutely. Wow. And and you look at the names they called either photo sensitizing or photo absorbers. And whenever you're doing, like, photo bio modulation, which means photo light, bio life modulation to change.

So I'm changing life by the process of light. Whenever you then take that, which is the overarching light therapy, then I add now in a photo sensitize or a photo absorbing agent.

Now that's called photodynamic therapy. So people can get these words and their vocabulary down. And there's also photo immunotherapy which is specifically then using immune targeting properties, which arguably is encased also within the photodynamic therapy.

And what they're doing as the name implies, is sensitizing or using, or increasing the absorption of light in the body as a whole and in specific organs.

And they activated at different points. So for example, let's say if I want to use curcumin, which is a photo sensitize, a photo absorber also proven to kill cancer stem cells, which is really interesting when you start understanding how this all comes together.

But it's not activated by red light, it's activated by blue light. So then it gets a little nutty. But most of them are activated by red light methylene blue.

Okay, funny enough, it's blue, but it's activated by red light, which is 630 up to 715 and and up to eight the just before 800. But. Okay, so I told you I'd tell you some, some new information here.

So on the breast cancer study. So the testing both triple negative and non triple negative breast cancer. And they're doing this in vitro. So they're measuring then after the application of light at those four wavelengths that I mentioned 615 636 6715 then they measure at 24 hours after.

Guess how much the breast tumor proliferation dropped by. I'm not going to put you on the spot 40%, 40%. It dropped by 40% in 24 hours. But now which wavelength? There was only one.

So now would you want to know which one it was if you had either triple negative and non-trivial negative breast cancer? Six 6660, which is red? Yes, exactly.

Exactly a bit funny enough. Like 630 didn't, 615 didn't. And there red as well. But again, a little bit more on the orange days, because when you're looking at that so you say what is 660?

It's 660 nanometers which is 6.3mm. You're looking at the depth of penetration. And you would think that more is better as far infrared is, you know, like 3000 plus nanometers of penetration.

So you'd say this is the best, but it actually doesn't. It's not even in the same ballpark. The the access points are, are like getting into the dermis the epidermis, subcutaneous tissue, bone.

Bone is in the infrared or near infrared specifically. But these are all access points where the light hits. This signals different processes and parts of the body to different processes, allows the absorption of light then systemically across the body as it accesses these points and then regulates all different processes.

My gosh, that is incredible. So, like as far as the red light therapy is concerned, what are that?

Photosensitizers, Wavelengths, and Mechanisms

I mean, you said that that for cancer it impacts lymphoma. I mean, we know it's now impacting some of these other conditions. What are just some general, like upgrades that can be made to help people in a longer, healthier life.

Like, why is it why is it even in the conversation of longevity? You know, and like I said, people are using this therapeutically for diseases and disorders that they're dealing with and getting great results.

But therapeutically, why, why, why did why would you care about this if you're into longevity? Yeah, absolutely. So it all goes together. You know, our bodies need certain substances.

And so, you know, and in regard to the the overall all of these things then come to. The fuel source. So when I say something like a photo sensitizing agent technically all plants to a degree or photos sensitizing agents.

So now it it it changes your mind in regard to the power of even the foods that you're eating and the amount of raw foods that you're eating that have the leafy greens.

And think about the fact that photosynthesis is all about light being absorbed into the plants, into the leaves. And then. Yeah, yeah. You know, one of the things I just want to want to say this is profound, because if you are eating, let's say, kale or spinach or another vegetable that has photosynthesis synthesizing agents that could be good for your brain and could be good for your thyroid, it could be good for your liver or your kidneys or your digestive system.

And you don't get outside, which is most people in America and most people around the world, they're in inside, indoors, you know, the LED toxic MF rich light does anything but create cancer in your body.

It's because of the high flicker. But if they're non flicker then they're actually healing. So go ahead. Wow okay. So then talk about that then okay. Sure.

So all these studies that I just mentioned were all based on LEDs. Like how many myths do we like. We it's but but you're right about these high flicker, they, you know, they're even emitting mercury.

And so they're a problem. But but do they emit mercury if, if the mercury is inside the bulb. But it's not out of the bulb yet. Well, yeah. Good question. We'll have to dig deeper.

But you're saying how does it do it if it's inside the bulb, not outside? I mean, light is powerful. I, I've, you know, it was Doctor Jana Schmidt that was going through some of the studies at the healing for the ages conference with Doctor Brian artist presenting on specifically the the mercury emitting from from the light bulbs.

So so worth looking into and you'll find that there. I mean there's just a lot of metals getting to us in plastic bottles. Were getting a lot of antimony, these, these heavy metals that are very deleterious to our health.

But but coming over to the LEDs. So it's about it all these studies I mentioned, and one of the ones I didn't mention was the fact that with the prostate cancer study, it was it was 49% of the patients all went into remission within the two year period, and it was 413 patients.

And which which is which is significant. And it's possible that the people that were not having success had root canals or amalgams, different things.

I'm not saying that that's the case, but you look at arguably it could be like the lymphoma study where it would have been 100% effective. If the right ingredients are there, there's no obstruction to the healing.

But it was compared with the 13.5% of people in the control group that didn't take the red light therapy. So you had a four times greater success rate of, being able to beat prostate cancer.

The photosynthesizing agent and that study was a deep sea bacteria. So very fascinating. When you look at this study, prostate cancer, 49% of people in remission look up all the keywords.

All the studies are exactly as I'm quoting them. And the lymphoma study said, complete absence of cutaneous, T-cell and B-cell lymphoma. And so complete absence with the words and remission, complete remission, all in the specific results findings.

But in regard to the light, they're all led studies or laser studies. So fascinatingly, they're LEDs, but because they don't have high flicker, they're low to zero flicker, and then they're very healing because now you're taking in this case, the amount of power which is the milliwatts per centimeter squared delivered to the body.

So that needs to be reasonably high, like in the case of with my research, you know, so I actually we, we actually do have devices and we have 205mW/cm² delivered at three inches.

So, so high irradiance. And then with different wavelengths in the case of what we're doing. That's very like like most red light goes maybe a few millimeters into the skin.

You're saying wow. Oh, you know, okay. So you know, what I'm saying is the amount of power delivered, not the depth of penetration and depth of penetration.

And then what we did was so that that's the amount of power because like, let's imagine if you have the right like let's say if I get like, a clear filter that is an orange color.

So that's going to be probably around the 600 nanometers, even if I just get it from some craft store that's going to make the light penetrate at that six, six points, you know, around 6,000,000mm or whatever.

And, but then if I don't have enough power behind that, then it may not get the penetration that, that 6.3mm just may not deliver effectively. So you want you want high power devices in that sense.

Ideally if you want to match the studies and it's just one it's really only two points you need to think about strongly. In my opinion. One is the amount of power delivered and the other is the types of wavelengths and how how well they match your conditions.

And so what we did as well, when we made devices was put eight different wavelengths in devices. So 486 3660 810 eight 5920 970 1060. So that if there's studies on wall, then like tonight is for 810, stem cell regeneration.

Longevity, Sleep, Hormones, and Daily Use

660 lymphoma was this six 3480 neonatal care, skin acne, bacteria, wound healing. Yeah. Wow. That's incredible. I mean, and talk a little bit about, like, hormones and and sleep like, why is it that it helps with sleep?

Why is it that it helps with hormones? And do you have to have like some people have said, oh, you want the low or you want the high flicker for sleep like you want like the red light, like kind of flashing you.

Yeah. Yeah. So so talk a little bit about that because I think it might be some confusion. Absolutely. So interesting. You know, if the, if it's pulsating, that wouldn't be associated with high flicker, even though they sound the same.

But high flicker is, different pulsation like so if you have a low quality LED like the ones typically in your homes, they're just high flicker. And so they're like basically turning off us off on off on constantly.

And you're like, yeah. And so it's it's like imagine like you're flicking light switch on and off. It's not good for your body. It like spasm your, you know, mind out and your mind can't, you can't see it.

That's flicking on and off. But in the case of pulsation, it, it's delivering that and pulses and, and so there's some studies that show benefits in that regard.

But you know, a lot of the studies are in the consistent just pressure of that light over periods of typically 30 minutes a day so people can know and ideally 3 to 6in away or a foot, and you could work out in front, but I would argue closely is great.

Just but it doesn't really matter. Like a ton whether it's 6 or 3in. And you could say that slightly longer if you're slightly further away. It's really not.

Would it, would it make it like to obsessive because it, it works as a Birmingham University study that showed one minute of exposure and this was in rats with spinal cord injury and they showed regeneration of the spine with, one minute per day, for five days.

And it was a 45% increase in the viability of cells and showed that they were neuroprotective. And so even so, you just say, well, I don't have that much time and I don't have even 30 minutes a day.

Well, give me five minutes. Right. And and, Oh one minute. And, and so what was the last thing you're asking again on sleep. So then if you use the device before you go to sleep, 30 minutes before you go to sleep, it will

absolutely help people have deeper sleep and what and so and funny enough, blue light is found to be effective in with non non flicker before you go to sleep.

Really. Yeah I was like oh I because because I mean I would assume that you wouldn't want blue light. Or maybe you would have to wear your red light glasses.

But you're saying no blue is good. No, no. Have a look at the research because it's all about the fact of the reason why we got a blue light has a bad night.

No question. It's because our devices are emitting blue light. But guess what happens when you go in the sun during the day? It's primarily blue light, and so and and so it's the high flicker that's causing the issue.

And then if you look at neonatal care specifically the best studies on that ever for 80. So blue light but it's but again it's non flicker. So it's not to be compared.

And so just imagine this when you look at a beautiful rainbow that God made. It has all the colors. Are you screaming and running the other way. Like get me away from it.

Because when you see the color blue, you know it's penetrating you for 80. If you see it at green, it's, you know, down lower, if you see it, it, you know, the red, it's six hundreds if you see.

So these are all different color spectrums and you're actually looking at the light and you're, you can actually like by looking at the, you can know the depth of penetration.

So it's giving you these clues. But if it's a if it's a healthy light source then it's, it's healthy. If it's an unhealthy light source, it doesn't matter if it's red or for near infrared, if it's if it's high flicker, it has these issues.

It's all of our devices don't have good quality lights coming at us. And so hence why we we have to detox often when we do, you know, be on them as much as we have to, but not excessively.

We have to look at how to, you know, reset our bodies and then get exposure to these lights at the right time. You can use them before you go to bed. It will give you a more restful sleep.

It's it's all about cell signaling. It's increasing oxygenation in the cells through reactive oxygen species. And it's, it's, you know, through the mitochondria and the, ATP, which is adenosine triphosphate.

And this is the powerhouse of the cell. And so you're just charging up your cells, your battery, you're an electrical being, and you, you primarily did things that you need more than anything else happened to be light and oxygen more than food, more than more than water.

And tell me how long you can live without without food. For how long could you live without water for? And then how long could you live without oxygen for?

And if you can get a therapy that will actually cause your body to produce reactive oxygen species within the body itself at a cellular level, then you're getting oxygen to the areas of the body that is needed the most, which is then doing this whole regeneration procedure, which is attracting stem cells to the areas that they needed to go to, causing them to regenerate and mature, and giving them what they need, like a fertilizer for their stem cells to mature into normal, healthy cells, causing unhealthy cells to help them mature.

To get the ability to have a pop ptosis, which is a mature attribute that cancer cells don't have. So then you're you're fueling them with the oxygen that that causes that, programed cell death, which is apoptosis.

And you're. And so then you're doing that scavenger cleanup, you're doing the regeneration. You look better, you feel better, you you get a youthful appearance, the wrinkles go away.

The, your eyesight gets better. And, the studies on eyesight was showing a dramatic improvement in eyesight, dramatic improvement in that thyroid regeneration.

So it's working on all these fronts because we are photonic beings, so we just we just need light. Yes, absolutely. Wow. And, and and just to create clarity, when you say reactive oxygen species, a lot of people think, oh, that's inflammation.

But you're saying when when you're getting in front of red light, these are particular raw species that are essentially, you know, creating signaling to create apoptosis and up leveling the level of healthy communication, that will help with autophagy.

And my autophagy and apoptosis. Is that right? Exactly, exactly. It's interesting that I was just with, Doctor Ed Group, yesterday and the day before, and we're doing some work together, out in New Mexico and, and then I was actually just with him.

I'm at an airport. We're at, on a boarding a plane, a woman, she had a major, health issue, and I was just chatting with her about explaining different things of what she could do.

But one of the things that he just mentioned mentioned was that, the there was there was a lot of propaganda, arguably, around reactive oxygen species being a negative thing.

And, and that there was no way to actually prove that oxygen, in any case, was ever bad in the body. And I could see that from the research. And I gives it some fascinating examples.

And you look at chlorine dioxide is an example where Doctor Andreas Kalka, out of the foundation in Guadalajara, Mexico, is showing, a 60 or 70% remission rate on cancer using coined oxide, which is sodium and chloride activated by hydrochloric acid.

And there and on a basic protocol where you're drinking it continually through the day, which is really just a few drops and it just looks like this. But you see the vapor coming off that already.

This is, you know, I'm traveling so I plastic bottles. Yeah, I get it. But I'm traveling. So what do you do. Right. I don't know if you can see the vapor coming off of that.

Oh yeah. Yeah. Oxygen. And it it's delivering 10,700,000 oxygen molecules for every red blood cell in the body. And if you saw the before and afters, I mean, they've got 10 million people roughly around the world using this.

And they I keep getting these dramatic case studies. And I've seen the cases of people reversing these late stage cancers. The oxygen is so powerful for the body and it does cause apoptosis.

Device Quality, EMF, and Choosing a Panel

And that's what it's doing, in, in the cells. And that's what red light therapy, the primary mechanism, if you look at any study on why it's so effective against all these different types of cancer, including lung cancer, which is killing more people then prostate cancer, breast cancer, colon cancer, combined lung cancer is, is there that many people smoking Isaac in the world that that would account for that issue?

Exactly. And, all the. Yeah. Go on. Yeah. Yeah, absolutely. And what it was showing then in the study is that it was effective in even incurable cases of lung cancer, red light therapy, specifically.

And it was a substitute for palliative care of chemotherapy. And these peer reviewed studies, all of which you can find on PubMed and specifically it said, show that it had an overall overall response of 87%, specifically in lung cancer.

And so I'm not saying 87% of people in this study went into remission. I'm saying that 87% of people, were had a

marked significant result with the use of red light therapy and, and like and you compare that with the lymphoma study, which was showing a 60 to 90% efficacy.

By the way, Jason Prall just got lymphoma, cutaneous T cell lymphoma. And he's in remission. Red light therapy was one of the things he did. And again, I I'm not irresponsible.

I want to tell people to do everything. If you know that something can work a parasite cleanse could work, then do that and treat it like it's only a thing.

If you know root canals and you get out of your mouth, get them out of your mouth. But do it with a biological dentist and be safe and and then and then use these other therapies in combination, because a lot of people will learn about one thing and only do that.

Look at the photo sensitizing agents look at, by the way. So what works best for lung lung cancer in this study is chlorophyl fluorine E6 is a derivative from Chlorophyl that helps the absorption in the lungs of the red light therapy and lymphoma.

It was shown that in the in the mice that had functional mitochondria, it was 100% regression of or total words. I'll use the exact words from the study, a total regression of tumors in mice that had function mitochondria.

And so. Yeah. So so so what are the top photosynthesize ers to consume before doing red light therapy? Like you said chlorophyl. Right. Methylene blue maybe. Yeah. What what?

Yeah. Berberine. Remarkable. Yeah. And curcumin. In green. Tea is scores high as well. As green tea. Okay. And the non-natural ones is some of the ones we mentioned.

And they're kind of complicated, in like alpha and mal and and you've got, the deep sea bacteria that's from the, from the prostate cancer study. And people can look them up so you can find all those ones.

But the riboflavin, you've got derivatives from various, chlorophyl derivatives like chlorine. E6 is one that that's profoundly effective. And those are the big ones.

And there's, there's several out there, but those are the biggest ones that will keep coming up. And people can actually use even ChatGPT for this to get, some clues into it by just saying, okay, I've got this condition.

What? Red light therapy? Wavelengths. Best for this condition. Based on studies. Question mark ChatGPT. Then boom, boom, boom boom of these wavelengths were proven for this type of cancer.

This type of cancer. What photosensitive sizes are the most effective photo sensitize is to use for this type of cancer with red light therapy. Boom boom, boom, boom boom.

And then you might see a bunch of drugs there. And then you could take those names, put them into drugs.com. So you can just check the side effects and see whether it's worth the risk, because sometimes they are worth the risk, often they're not. And then you just decide.

But I mean the lymphoma study would I take LA for a week. They had for session. They had two sessions, a maximum four hours each and go into remission in a week. Yeah, I could justify that.

And but and then, but then the next question, what natural photo sensitize is can I use boom boom boom. Listen out. What studies back these up for? What what natural photosynthesize is best for this type of cancer?

This type of skin condition okay. It how off. How soon do I take it before I get in front of the red light? Okay. One, two, three hours. Got it. Methylene blue immediately available.

And so now you're thinking, now you're a researcher. Now you're doing a lot more than even the best holistic

doctors in the world are often doing, because I'm.

They're getting me to come and school them in devices. They've got their $150,000 devices, and they're having me get all their stuff in and go through the slides present to them, because it's like all the research is there, but who's who's talking about this Doctor.

Jones it's so good. I mean, the fact that part of the conversation is AI and how AI plays a role and longevity and the fact that you can do that is so remarkable.

I want to, you know, give you an opportunity to, to, to tell us, like, what the best ones in the, in the world are. And in conclusion, though, I found this little thing based off what you shared that popped up, and it says benefits of red lighter skin, wound healing oxygen, I say testosterone.

You've already said a lot of those. Blue light is acne, hair loss, depression, circadian rhythm. And also kills bacteria. And then near infrared is brain health, muscle recovery, lymph flow balance, hormones, inflammation.

And then they were saying that the pulsing helps with mood, energy, cognitive function, etc.. But, you know. Yeah. What what what is it though, like, given what you shared before is you don't want to get some of these toxic LED lights from China.

You want to get, you know, some really solid ones that have like, really powerful, you know, continuous light, right? As you were saying. Where do you get those? What what would you recommend?

Yeah, absolutely. So I think that always the first step is education and research. And this is a great example of that because, you know, you could you could basically be and you read out a great list.

And it's interesting that you talked about blue light for sleep. Well, yes. Because and you just mentioned it circadian rhythm. Exactly. So so you know, you've got to look at what, what you want to do.

And so even some of the devices that are $150,000 have three different wavelengths in them, and they might not be the ones that you most need, but they they likely are going to be ones that are helpful to you.

But they may miss some of the key ones that are really effective for you. And so and so then, you know, covering the wide spectrum and having the amount of power delivered and having like zero output of EMF, and then having no flicker of life like, FDA class two certified, and those are all the things that we chose to do with the devices that we have.

And so people can check them out like, I'm an educator, I love people getting research and education. I love the, I love the fact that it's it's this knowledge that really will set people free.

And and so, you know, do do what you will with that knowledge, with that education. Use this to help change the lives of those around you. And I'm so passionate about giving people the right tools that work and stand by the products that we put out as a company.

That's why we had a team of researchers to program devices that have all the key wavelengths, which I mentioned from the 480, the six hundreds, the 707, the 800, 900 to 1000.

So you've got all the eight different wavelengths. And in those, you're able to then target the various areas, like you mentioned, from stem cell regeneration.

Where to Get the Devices and Final Takeaways

And anything that's in the eight hundreds is going, you know, it's cognitive link formaldehyde out of the brain, by the way, and as proven in clinical studies, very good for dementia and all these things that we want to prevent.

But then if you were getting the cosmetic benefits and looking useful like you do Doctor Jones, then you would, you know, you're getting really a two for one.

And sometimes people won't do it for a night, primarily because they're trying to target, like a certain challenge that they're facing or symptoms, gut health issues.

Put a red light on your gut. Tell them, by the way. I mean, this is this is the guy right from here all the way down past where my hand can go right now.

This is the guy. Get the red light in front of your gut. Your stomach lining is, you know, reproducing it. Your gut lining is, replacing itself every three days, and something is going wrong.

If you've got issues, you need the right fuel. Light should be one of the first things you think of. Get the red light on these areas anyway, so where people can get these, for example, with all the research that we're putting out and all that, what the effort we've gone to to produce the best devices, so people can find those at my red light.com, and we did something really special as well.

We've got some, like, amazing discounts there for people available that allow people to, to claim those. And some, you know, free supplementation that like a, like a great program that would cost, you know, $700 just as a free gift and free stands and belts and different things that we've just thrown in, just say, hey, look, we just want to help you and cheer you on to your success.

And then as well, if people, everyone wants to save and by saving as well, you end up having more money to do the other things you need. And so we've got a code which is Doctor Jones and which Dodd Jones.

And people can add that and it'll drop an additional 10% off. Just a just to say thank you to your awesome audience to get them results. And, you know, and that's what cheers me on.

I see people get their hair back and all kinds of things because I go to live events. Not all the time, but enough to get these just, you know, even elderly people with belts or the full body devices that that no longer have back pain, shoulder pain, which would have been an expensive surgery a lot of time, the pain.

And, that just cheers me on and and then all the other stuff, obviously the cancer stuff gets me so excited because that's, that's tearing families apart.

And, using just a red light therapy. And so desensitize is one of the best things that you can possibly do. How long should you use it in a day? 30 minutes.

Once a day or twice a day, spaced out. And it's. Yeah. Yeah. Or 30 minutes. 30 minutes. And then if you're going to open your eyes, like one minute, three times a week, I wouldn't look.

Don't open your eyes, okay? The studies on red light therapy with the eyes is showing a 17% improvement. I said one minute, one minute, right. Or three minutes once a week.

Look at the clinical studies on it. It was 17% improvement in as little as five days. Yeah. You got to look at those studies. People are getting their eyesight back.

Oh my gosh. Yeah. But you got to also drop off your prescriptions. Okay. Hold on. All right, I think I'm. I think I'm getting better. Yeah, yeah. Okay. Thank you so much, Jonathan.

I really appreciate your time. We we love your knowledge and wisdom. I'm convinced you're you're a savant like Elon Musk. But you're in the health space, so I appreciate you, brother.

Have a great day. And thank you so much for being here today. You're so welcome, doctor John. I appreciate you so much, man. You're a good man, a huge heart, and, you know, super excited that we could also just bring so

much value and, and again, so if people can remember you, it's my red light.com.

And you can enter that code, Dr. Jones, Doctor Jones, and, and just look at all the different, key tools there and, and just use, use the tools to change your life.

Well, one of the cool things as well, Doctor Jones, is that if you compare the cheapest supplement on the market, like, like, let's say a $20 supplement, and you compare that against a full body red light panel, the full body red light panel will cost you less than that supplement.

Here's why you have to keep reordering the supplement. The the, the panel last a lifetime, right? It's 100,000 lights, 100,000 hours of life span, lifespan.

Rate of lifespan. Wow. It's that's a that's like 200 years at a 30 minute per day. And so if the whole family is using it, maybe more like, you know, 180 years, right?

So it'll outperform you. It'll cost you thousands of dollars to even buy one supplement. They can't do a fraction of what we're talking about. But then, you know, the red light therapy is there for you forever.

And it also helps you be compliant because when you run out of a supplement, you may relapse because you just don't want to keep reordering. And this allows you to continue on a therapy that would change your life forever. Doctor Jones, I appreciate you, but.

Thank you so much, Jonathan Nardo. Thank you.