Introduction to Red Light Therapy

Hi, everyone. Welcome back to Mastering the Menopause Transitions Summit. I'm your host, doctor Sharon Stills, and it's always so good to be here with you.

And I am so excited to bring you this talk today because, you know, my brand is red. It's red hot, sexy menopause. And I love the color red. I do a lot of work with colors, and so red is just such a important part of what I like to share.

And today we're talking about red light therapy. So I'm like extra excited because it's red. And I have a wonderful guest here with me today. Eric is the founder and CEO of Red Therapy Company, which is a market leader in red light therapy devices for home use.

He's passionate about health and wellness technologies that can improve our lives, and uses his engineering skills and knowledge to bring new, innovative red light therapy products to the market.

So welcome! We're both red! I'm so excited. Yeah, thank you for having me. Super excited to to talk. And I also love the color red. So my pleasure and thank you.

You know, Eric is a sponsor of this summit. So he's really, you know, there are men out there like Eric and other men who've been on the summit who really just support women and our hormonal journeys.

And I just appreciate that and love that, that you are you're here supporting us because. Because it's important. And doing it with the color red. So I mean, like and let's just jump in.

And for those who have never heard, like, what is red light therapy? Tell us about this. Yeah. So red light therapy is, very interesting, non-pharmaceutical health option basically.

So it has a lot of very interesting effects. It red light can actually go through tissue. Which is interesting. Not all wavelengths of light, can. So if you have your cell phone, it has like the flashlight on it or if you ever when you're a little kid and you held the flashlight up to your cheek when you're telling a story, you know, or under the blankets and you could see, you know, red cheek.

So that's actually the red light traveling through the tissue. And it's red instead of white, because red light happens to be a wavelength that can travel through our tissues.

So that's step one of why it's important is step two. It actually has an effect, on the immune system and on the mitochondria, in, in your cells. And it actually produces more ATP.

So you can measure the ATP level produced, in a petri dish of human cells, and it actually produces more energy.

How Red Light Therapy Works

So what's great about that is whatever your body is trying to do, if it's having trouble doing it, whether it's healing, healing an injury or just, recovering from a day of being a human in the world, you know, it's going to actually give you that energy boost, as we all know.

Like we can do a lot more and recover a lot faster for full of energy. We can tackle any problem better for full of energy, and so can our body. So red light therapy fundamentally gives your cells more energy to do what they're already trying to do, whether that's produce hormones, whether that's heal your skin, whatever it is that your body's trying to do.

So it ends up having a lot of really interesting effects on the skin, on the body. And, yeah, all the systems of hair growth. So, yeah, that's a basic basics of it.

Hair growth. We're going to talk about that. But before we go there, I didn't even ask you. I got so excited that it was red. How did you did do you have a personal story, like how did you get involved in red light therapy?

Yeah. So my step mom, when I was young, she, had nerve pain in her feet and ended up finding, these custom red LED boots. And it was only thing that she found that worked for her and actually gave her some relief for that.

And I thought at the time that it was probably a placebo. I'm like, there's no way shining a red light on your body does anything. But I didn't tell her that because I said, well, the placebo is working, so let's not mess that up.

And then, years later, my ex wife and I were pregnant with our first child, and, she was having problems with her hair thinning. She had eggs. She had these things going on.

And I'm really trying to help her with these things and researching. And I keep finding red light therapy for skin conditions and for hair growth. And so, like, man, I looked and there's Harvard Medical School studies and I was like, wow, after all these years, it turns out this is this is real.

The more I dug into it, I was like, the fact that this is this good, when you read the studies and you find out how powerful it is, and that it's not in every home, did it make sense to me?

So I was like, what's the problem? And one of the problems was it was too expensive. And so one of the goals I had with this company was to improve the technology to make it easier to use, but also cut the cost in half.

And so it's like twice the power, half the cost easier to use. And so I just saw the opportunity I'm a lifelong entrepreneur. And so I'm always looking for different opportunities.

But mostly ones that can serve somebody that there's a true value exchange there. So, yeah. So we tried, on her arm. Luckily she had eczema on both arm so we could split test it.

So we tried, on one arm, and then it actually, you know, healed the eczema. Not saying that it will for everybody, but for some people, it definitely does.

And, it for her, it totally worked. And, then when two weeks later, we tried the other arm and that work too. Also she used to get, you know, hair extensions put in because she was self-conscious about her hair thinning.

And then, she didn't need to do that anymore. And so. And she still does it. Her hair is super thick, and she loves it. And so, she had stretch marks from from the pregnancy as well.

That all completely went away using the red light therapy. So, yeah, just seeing, how how positively it affected her. And then for me personally, one of the challenges I had previously as a programmer sitting in front of a computer was it was hemorrhoids.

And so, I was like, might as well try it and see, see what happens. And I found that it helped heal them way faster. It was like a couple days. Instead of a couple weeks or a couple months sometimes.

So yeah, just a couple days. And it just took the pain away in the meantime. And I was so shocked at how well that worked. The yeah, I was like, okay, this is the business for me.

This is what I want to do. So for the hemorrhoids did do you just sit in front of it and like, put your butt out, or do you have a probe that you use and I remember having, you know, yeah.

Just sat in front of it and, you know, open things up so that I can get in there. I love that stuff. Yeah. And it totally works. So, for me, that was the big it was cool to have a personal experience as as a guy I'm not as concerned

with, with skin and things like that, although, guys actually are, but, we pretend we're not.

But, for me to have a real experience of something that was a pain in the ass for me, literally got solved. I was like, this is this is definitely worth it. So.

And for Stretchmarks, are these just for new Stretchmarks like or does it work if you've had your baby 30 years ago? Yeah. So it, it depends on exactly what your body is currently trying to do.

And those areas and stuff, but it definitely has like an anti cellulite effect. Anti like it can heal if there's old scars of any kind, stretch marks or surgeries or anything like that.

A lot of most of the studies on really therapy that have been done are skin related. So even a lot of, you know, mainstream surgeries, they will prescribe a small red light just to treat that exact spot where the, tissue is healing.

But you might as well treat the entire body. And then you get the systemic effect as well as the effect on the individual thing. So, yeah, it could definitely have an effect on an old, stretch mark or scar.

So you ladies can see why I brought Eric, like we were. We were just getting started. We've already got hemorrhoids. We've got stretch marks, we've got a hair loss.

We've got more energy. I mean, it's it's pretty amazing. That's why I was so excited when I was reading something like, how does everyone not know about this?

I know, and I always say there's no magic pills, but there is some magic gadgets that really can. And as you were talking about and thinking, gosh, like, it should just be part of the new builds when like construction men or women build houses, the contractors, they should just be like, you know, paneling, red lights in the rooms for people should just be something, as you're saying, you want to see it in every house.

And I'm like, yeah, I can. Yeah, that's how it should be done. Because there are no are there any side effects? No. So there's some if you're super sensitive to light or you're on medications that make you sensitive to light, like Accutane as an example, which you know, people use in the younger for acne, that can make you too sensitive to light.

Personal Story and Early Results

And so some people are also just naturally more sensitive to light. So if you're someone who can, it's too intense to be out in the sun or something, basically, you would just want to do a shorter time, treatment because your body reacts quicker to the light.

So it's not that you can't do it, it's just that the total dose you need is, is much less. But yeah, there's been it's like over 7000, studies now. And so there's, there's no like long term negative side effects.

Some people have a headache because the light is too bright. So we include a little, glasses that are like blackout glasses so that if you're, you know, going if it's too bright for you and it's not comfortable, you can wear those.

It's possible to get too much light just like it is at the beach. If you if you're out in the light for eight hours or something. But, this is just like a ten minute treatment, and you would have to stand in front of it for hours and hours to get too much of it.

So, so, so let's let's keep going down the red light trail. So we're here to a lot of the women here are either going to go through menopause soon or thinking about it or in the throes of menopause or they're post-menopausal.

So what can you say specifically for for these women who are dealing with things from like brain fog and concerns about bone and hot flashes and weight gain and urinary tract infections and what I know what like they're like, what about for that?

Yeah. Yeah. Totally. So, so for hair, we can maybe start start there. So that that's actually how red light therapy was discovered. They were doing a study on a rat, or a set of rats, to for anticancer treatment or with red light therapy.

Just testing with a red laser what would happen? And they were trying to shine it into their body. So they shaved them and shined this laser, on their skin.

And and the one that got the red laser shot shined on it, grew the hair back so fast. They kept having to shave it to try to do the experiment, but the, the other one, the control didn't.

Their hair didn't grow back. So anyway, they're like, there's some effect here going going on. That's making this hair grow so quickly. So, red light therapy has been studied for that.

It creates, more, like new hair growth as well as improves the hair growth that there is and actually prevents the hair follicles that would otherwise die from dying as often.

And so you end up, with like, you know, I have to get haircuts much more often, because of this. So, so it can be pretty profound, for hair, for hair growth and all that.

Hello. So if I have a couple of questions, so first, say a woman has a thyroid that's not functioning and that's causing her hair to to fall out, and she's losing her hair, just like, will the red light handle it or.

She needs to do both. Like, you still need to address what's going on and then it enhances that. Or how does that work that is an excellent question. So I love that I'm on here with you because you know how to get the baseline stuff handled so that the body can do you know what it's trying to do.

And this is like a boost to that. So but the thyroid specifically actually red light therapy is one of the treatments for low thyroid, where it can upregulate, any hormone that your body's trying to produce.

So just by getting the full body systemic effect and getting on your neck and everything like that, it can actually, increase your thyroid amount, but you wouldn't want to work with someone like you to make sure that that's that that's happening and that's having the, appropriate effect.

And you're also getting what other therapies you need, to handle that. And if it's low, getting the, the so you don't necessarily have to shine directly on your hair, but just even shining it on the rest of your body, your blood flows, pretty quickly to all the areas of your body.

Right. And so you're actually getting that, red light therapy effect, even places, like, under your hair. So it would help, in theory, the hair not be as damaged, by the low thyroid, or be able to survive that longer until you can get things evened out.

What if you have an active infection? So it doesn't have any, anti-bacterial or antiviral effects other than it does have an immune boosting effect. So, just like it boosts everything, makes your cells work better.

Has been shown to boost your immune system, temporarily. So that's why you use it every day. So it might even it might give your immune system, you know, 5 or 10% boost.

And so if you're fighting an infection, again, it's going to just help your body. Your body's really what's doing it? But it's going to help your body fight that infection.

Okay? So you don't have to be worried about it. Increasing circulation, increasing the infection or anything like that. It's actually safe to do. Yeah. As far as I know, yes.

But if you have something that's that significant going on, definitely ask your, you know, doctor to to clear you for that. We've never had a doctor say no.

I mean, we tell everyone who buys one of these like, hey, if you're trying to use it for some specific medical purpose, you got to ask your doctor and make sure it's not going to interact with something they're trying to do, specifically a cream or a pill that's creating light sensitivity.

That's what we're really talking about. But, but yeah, in general, there's there's no indication that it's dangerous for, an infection. Great. And so what about for brain fog?

Yeah. So, so this is our new red rash for, 400 pulse, and the pulse is the important thing. So this is kind of the cutting edge in light therapies. And so it can pulse at 40Hz, 20Hz in ten hertz.

And your brain will actually and train to that frequency.

Menopause Benefits and Safety

And so it's showing very promising results in anti Alzheimer's, you know, studies and and, mental health studies for depression, anxiety, things like that.

But yeah, memory, all those things that you might relate to to brain fog type of, symptoms or worries, the pulsing of the lights actually has a, a very strong effect on the brain.

They're trying to figure out right now why it has that effect, whether it enhances the cleansing that's happening, in the brain at night or if it's the melatonin, that's in our cells all the time that is, increasing the signaling, so it makes you sharper.

But yeah, it's certainly something that, you can feel a difference. At least I certainly can. After I use it. I feel, like I drink coffee without being jittery or something like that.

So I feel more energetic, but also more focused. So. Okay. Okay. That's like perfect. So. And is it something for the listeners if they try this, are they does it take a little time to build up or like one session and you will feel it right away.

Both. So you can feel some effects right away. Like if you've never done it before and you don't get a lot of sunlight, or you're shining it in places that don't get a lot of sunlight, which is for us.

You know, we all of these areas that don't get a lot of sun, but kind of need it, so you'll feel a tingle. And what you're actually feeling is, nitric oxide getting knocked out, where it's stuck in the mitochondria so oxygen and can get back in.

That's actually how it produces more energy. So, the tingling you actually feel. Yeah, it's nitric oxide. It's kind of cool to be able to feel it doing its thing in your body.

You can feel this tingle. It goes away after the first couple times you use it because you don't have, stuck nitric oxide in there anymore. So it's kind of like giving an oil change to all your cells in your body.

And so all of a sudden they're charged up and can go, go much faster. And then for skin, or for hair or these kind of things, it's like a 1% improvement per day kind of a situation.

So it's like a skin study. Typically they're two months, three months long and they'll do before and after pictures. So we definitely suggest people do that.

If they're that curious, make sure to take a picture in the same place, the same time of day, same lighting, all that before and after so they can see the change.

But you probably won't see a change in your skin that day, as it's just giving your, cells a little nudge in the positive direction every single day, which over, you know, a month or a year or ten years can have a pretty, you know,

profound effect.

So it's it's kind of both of those, so, I mean, it's just it's something that is part of your daily plan indefinitely. It's such a part of when I think of aging gracefully and healthy and reversing the aging process, or at the very least, slowing it down and such an important piece that you don't have to swallow anything.

You just stand in front of it. It's there's no side effects. I mean, this is this is medicine. This is what medicine I think of, like the whole pharmaceutical mindset and how God they just so missed the boat because look at I mean, we we've already talked about it increasing hormone production, helping your hair.

It's shaking out your mitochondria and cleansing them. It's intense. I mean it's doing so many things that in a traditional American medical mindset, you'd be getting like a pill for this and a pill for that and a pill for this or pill for that.

And all you have to do is like, stand in front of the beautiful red light. Yeah, you need a hundred pills or something. So one thing I think that's important to mention is the reason why that happens is because we used to get a lot more sunlight.

So, you know, we probably, adapted to that and have these positive effects from light and, like, saunas and there's lots of different types of wavelengths that are that are helpful.

But red and infrared light therapy specifically, you would normally get from the sun. And we used to be a lot less clothed than we are now. You know, we're sitting inside where we're, you know, under blue lights, not red lights.

And, we're covering our bodies. So most of our body doesn't get any light at all. So, you know, that's the other thing is, like, if you are willing to be naked outside in the in the sunlight enough every day, you're going to feel amazing.

And you probably don't need one of these, but kind of with modern society, we've got to kind of bring back in some of the stuff that we used to naturally have, and red light is one of those things.

Well, I'll say that I, I do both, like I don't really care what my neighbors think I'm going to get my son, but I was going to ask you, like, what is the difference?

Because I talk a lot and we've talked through interviews in the summit about the power of the sun, about, you know, my morning routine is always like getting my feet on the ground and watching the sunrise.

And so how does this compare to the sun? So basically, the sun has all of those different healing wavelengths and like, all the, like, nutrients that you need.

The only downside is you can get too much, of the UV, obviously, like you need it to produce that vitamin D, and there may be some other things that we don't understand.

It's good for you to have that stress on your skin to, it's kind of like a little workout for your skin, but, yeah, you can have too much of that. And so the red light therapy is, is really great in that you can't like, it's very hard to overdo it.

And you're getting about 100 times as much from this as you would from the sun. And so you're actually getting a lot more than you could even get in the sun.

And it actually still does have that slight stressing effect on the skin, which is part of the magic of how it works in the skin, is that it stimulates the skin to produce, more collagen and more lasting.

People are all about collagen supplements these days, and everything, but your body can make it. So, you know, this is one way red light therapy is one way to stimulate that.

And you can't quite get the same stimulus without the damage in the sunlight. That red light therapy can provide,

you know, without the risk of the UV damage.

So you want to you want to be like me and incorporate both. You want to get your. I never get your red light, too, because I do both. I do both as well.

So they're both important. So what about for for weight loss. Yeah. So weight loss is really interesting with red light therapy. So there's a lot of marketing around trying to remember like, like cold laser and a bunch of these different terms, low level laser therapy, all these things that, are all actually just the same wavelengths of red light therapy that we have in our devices.

And, essentially what happens is if you use this before you work out, before you even go for a walk or go for a jog, whatever it might be. It actually has an effect on the, lipids, to release them into the bloodstream.

And so you can actually burn them, so it doesn't burn them on its own. You still have to do that part, but, it releases them into the bloodstream. So when combined with exercise, there's been a bunch of studies on this one combined with exercise.

Brain Fog, Sleep, and Mood

Exercise plus red light therapy is way more effective for fat loss than just exercise of the same amount of exercise. So that's pretty exciting. That's super cool.

What about sex drive? Yeah. So it, because it has the, regulation of the hormones, if you are depleted in one, which, you know, again, I would defer to you on how to get people, women balanced on this.

But, if you're if you're low on one as a man or a woman, on on the sex hormones, it's going to it's going to help boost them. And so that helps boost sex drive.

Also, you feel more energetic, which certainly helps. And if you looking good, you feel like your skin looks good, your hair is thick. All these things, that is definitely part of it.

And then, you know, to be menopause, specific to, you know, in the, in the private areas, too, you can shine in, in those areas. And so that's going to produce, more collagen and elastin and actually help, help those areas be healthier too.

And so all of those, lend to that, to it. So vaginal rejuvenation. Yes, exactly. We were, of course, saying that word around here. Yeah. How's a guy? I'm like, how do I do describing this?

But yeah, we started out talking about my hemorrhoids. So I guess we can do that. Nothing off limits around here, but there have actually been studies specifically on that for menopause.

So it's it's one way to help, help that as the hormones are, you know, messing with the tissues down there. Red light therapy is creates more blood flow.

Yeah. And. Yeah. Has the stimulative effect on the collagen and elastin, which is all what you want. Yeah. So I'll just throw in the doctor piece here I because y'all know I love my bio identical hormone.

So I, I see red light therapy as this really beautiful full tool to use with all of the things we're doing. And sometimes if you're doing it and we're monitoring your hormones and the red light, if you're really overproducing, sometimes we can lower your doses a little.

I don't think it's going to be cause for getting rid of your hormones, but it's definitely this. Like, yeah, I'm all about the cherry on top. And this is like, this is a good cherry.

So I, yeah, I just think it's such an important piece as as we've been talking about, it's health is made up of so many

different factors. And, and it's it's a commitment to yourself and your journey and I feel red light therapy.

We've talked about the sauna. We've talked about PMS. We've talked about cold plunge. I feel like castor oil packs. I feel like these things that we do are so equally important, as well as the things we eat or the hormones we take or the sleep we get it.

It's part of this whole the whole gestalt. And so I believe we need to have these tools like red light therapy is part of our routine because the bang we get from them is I mean, you can hear it just listening to Eric.

It's like it's huge without any side effects. I mean, I'm all about making investments that are going to support our health, and this is certainly an investment that supports our health on such a large scale.

I mean, just energy alone, just something we can have healthy hormones. We can't feel good if our mitochondria are not happy. And so just if this did nothing else but just supported our mitochondria, I'd be like, this is a home run.

But then you get all these other, you know, vaginal rejuvenation and hemorrhoid reduction and hair growth. I mean, it's just like, you know, sometimes things are, really are, you know, they're just as good as they sound.

And this is certainly one of them. So what about, for sleep? Because the other big thing. Yeah. So it can definitely, affect it's it's somewhat personal.

So I'm going to describe how you would kind of figure out what how it works for you. So like for me, as an example, it gives it's a stimulative effect on me.

So I can't do this before bed or I won't sleep. Some people find that they can't help but go to sleep, after they do it. And it seems to be related to, if you're really needing sleep, and you do it late, it's going to help you go to sleep.

And so it's a personal kind of choice, but, in general, it's such a bright light that having a bright light right before bed is a bad idea. So you want to do it like, you know, three hours, at least before bed?

For most people, I think the best time to do it is in the morning where you're setting your circadian rhythm. Obviously, looking at times in blue light is important, but just having that much light energy and turning your body, and looking at that bright of a light, I mean, it's as bright as the sun.

It's just all in the red spectrum. That is, a signal to your to your body to set your circadian rhythm as well. It also, has an effect on the production and timing of the sleep hormone cycle.

So as long as you're doing this at the same time every day, you're actually helping your body get into that, positive cycle. And it does help you produce more, melatonin, for sleep and, and all day, like, melatonin actually is important for a lot of other things too.

But, yeah. So it tends to have a positive effect on sleep, but to make sure you just try it. Right. Like if you try it at night, try it in the morning, see which one is having a more positive effect, and then stick to the routine to get your body in the rhythm.

Yeah. Getting into your rhythm in your cycle is so important. So I'm kind of stuck on that. The study you were saying about how the red light therapy makes your exercise so much more beneficial and so much more effective and fat loss.

But do you have other other studies like do you have a favorite study about red light? I'm just curious. Yeah, that's a great question. Yeah. So for guys like muscle growth is usually like a bigger one.

And so there's been a lot of studies, on Olympic athletes and stuff like that that are using this to improve, recovery after exercise. So you can use it before to help burn, burn more fat and then after, which essentially if you're doing it every day, you're doing it before and after, because technically the day later, you're still healing from exercise, but

it helps your, muscles heal and be less, less sore from the exercise.

So that's that's an important one. I mean, let's see, one thing we haven't really talked about that, that is kind of profound about red light therapy is that it changes the macrophage phenotype from inflammatory to anti-inflammatory.

Detox, Digestion, and Practical Use

So there's been a lot of anecdotes from our customers, as well as studies studying, healing of like old injuries, which is exciting to me because it's like these things that people have sort of given up on.

And not that it will work for sure. If there's something physically, out of place, then it might not be able to fix that. But if it's a sense of getting your body to over that edge, it's been trying to heal this thing forever, and it's giving it that push to get over the edge.

Now, if there's constant inflammation in the area, chronically, you know, the body might not be able to heal it. So the red light therapy not only energizes, creates more blood flow, boost the immune system, but also temporarily removes the, inflammation there, too, so that all that that's headed there can, can do its work.

And so that's something that's pretty, pretty profound and interesting about red light therapy and how many of the autoimmune disorders and, health challenges in society are related to chronic inflammation?

Yeah, pretty much everything. Yeah. So if you think about giving your body a reset every day to to inflammation, you know, immune system reset, it's pretty amazing.

And so, like, if we think of aging as the amount of stress that accumulated in a day that we weren't able to recover from during the night, if you're able to give yourself a way to actually recover from all of that, you know, I think it's going to be a big deal for basically any thing that your body could then have a challenge with because you've got that energy to fight it.

You've got the inflammation, temporarily down so that your body can can get in there and do it. It's trying to do have you or are there any studies on tracking inflammatory markers like fibrinogen or C-reactive protein or insulin or surgery to see, like before and after has that I would I have a list of, all the studies, but like I said, there's like 7000.

So I don't know those markers specifically, but I would love to send it to you and see, I know there have been done, definitely studies done on the inflammatory anti-inflammatory.

Like basically the changing of the macrophage phenotype is the big one that I've heard about. But it would be really interesting to see, over time, how those, markers change.

Yeah, I would imagine they would have to, but I would be interesting to see if it was actually specifically studied. And so I would also think just, you know, as you're going through the hormonal journey, often mood swings, depression, anxiety can start to show its head in your, your life if you're not in balance.

And so how would this play a role in that as well? Yeah. So there's definitely many studies about using it to help with, mood and, you know, depression, anxiety and things like that.

A lot of these studies, they're, they're finding there is a positive effect and trying to figure out why. But after all the things that we've talked about, you can guess, you know why it might be right.

If your hormones are upregulated, you have more energy, all these kind of things. You're feeling better. Your body can can do what is trying to do. It seems natural that that would that would go.

But there seems to be something extra that's happening in the brain. That also is probably why it has positive, so

far positive effects on Alzheimer's and these kind of things and dementia and these memory loss pieces is there's something going on in the brain.

So this is an active area of research. But I can say there are studies that show that it does have a positive effect. But I can't yet tell you why exactly it has that positive effect that, and what about we talk so much and it's such an important piece to be aware of toxins and toxicity.

How does the red light play a part in helping you to detox? Yeah. So, that the baseline is that if your body is already trying to detox of these things through the natural, toxic, toxic pathways, you know, as long as you're doing the things to support those.

So like, like sauna as an example. Then in your properly hydrated, you're I'm sure you have a lot of things that you teach, teach women on how to actually get that detoxification to happen.

Red light therapy is going to boost that. It's just like you said, a cherry on top. So it's not primarily a toxic, thing, but it's helping your lymph system.

It's helping your, Yeah. I'm. I'm a lymph lover, so I don't think that's enough attention. So what is it doing for your lymph system? Well, it's just, helping what your body's already trying to do with the lymph system.

So, again, it's like, giving it that extra boost, of energy. So, you're still going to need to move your lymph system somehow, right? But, it's, it's anything that your immune system or your body is trying to do, it's going to give it that extra push.

So it's like your little helper, your little, your little cheering squad. Get that land flowing, get things moving. Because yes, we can't detox unless we have our amount trees or eliminated organs open and functioning.

And the lymph is one of the most important ones when it comes to that. Along with obviously the colon and the kidneys and the lungs and the bile and the liver and the skin and so forth.

So does is there anything specific because digestive issues are so prevalent these days. So again, is just the overall or is there anything specific it can help with with digestion and the GI tract your microbiome.

Yeah. That's a great question. It definitely like if you shine, on your, you know, on your organs from the front or the back, you're going to be helping, helping all those organs again, do what they're trying to do.

So someone whose organs are working perfectly will not notice any difference for most people. And, you know, maybe aren't or maybe have some toxins from the environment or from the food or something like that in there.

So, shining red light, into into your organs and getting the full body, effect is absolutely going to have a positive effect on what, again, your body and those organs are already trying to do.

I don't know of any specific, change to the microbiome, so I'm not sure there may be studies on that. I'm not sure if that helps good bacteria grow faster or something like that.

But, yeah, it definitely will help the organs do what they're already trying to do, which is, you know, to digest and absorb the nutrients and get out what you don't want and all that.

So it's going to it's going to help that process. Regardless. So I'm curious just about some of, like practical, is that like the only panel you have or are there smaller ones?

And like, you just stand there for ten minutes or like. Yeah, sure. Okay. How do you do know? So we have we have several different models. So this is the fifth one, I think.

And then we have a sixth one coming. That's the bigger one of this. So this is our newest, pulsing model. I

mentioned the pulsing. So that's having such a dramatic, effect on these studies about brain, brain health and all this that we are one of the first companies to add it, but it's currently the cutting edge of of the research.

So, this light does the pulsing on the near-infrared frequency. So our wavelength, I should say. So basically to turn it on, you just touch the power button and it defaults to ten minutes.

There's a reflection here. So there you go. And and then you can just quickly add or remove, you know, minutes to do whatever. But ten is like the natural default, ten is how long the treatment would normally be.

And if you do the near-infrared, you can probably see that on the camera, but I can't see it. It's invisible to the eye, but cameras can pick it up because it's near infrared.

It's not something our eyes didn't receive. What's nice is on the camera, you can see the pulsing, but in in in your house using this, you actually don't see the pulsing.

So it's much more of a comfortable experience because it's pulsing on your body, body in your brain without you being able to see it.

Devices, Settings, and Closing Offer

So there's three different settings for the amount of pulsing. So that's 40Hz. So you probably can't even see that in the camera because it's going so fast.

I'll turn on the red really quick. So that's going to be so bright that I can barely do this. Oh, you look so cool. So there's there's near-infrared and there's and red.

So 660 nanometers and then 850 and 850 is just outside of our visual spectrum. So we can't see the near-infrared. But it's actually just as bright as the red.

So are you doing ten minutes of each or you would typically use both. And the reason there's two switches on, there's one. So you can change the frequency of the pulsing of the near-infrared.

And also like say you wanted to do this, and your significant other is in the room and doesn't want like watching TV or something like that. It doesn't want to blow up the room with this red light.

I mean, it's very, very bright. Then you can just do the near-infrared and, do it for twice as long and it will have the same effect. So you get the same benefits from if you're just doing if you do the red light every day for ten minutes, do you need to do the near-infrared then, or you've got it covered by just doing the red?

You should do you should do both. So there's this is all being studied, but there may be slight differences in how the wavelengths are interacting with your, with your skin and with your with your cells and your mitochondria.

So the recommendation is ten minutes. And to use both so ten minutes. So 20 minutes a day. You just have them both on at once. Oh. You can oh okay. I now I guess.

Yeah. Sorry that I wasn't, you know. So. Yeah. So I can press the near-infrared, turn that on and then the red another both on. Okay I gotcha and the same and all the benefits we talked about.

So bright. So yeah. So it's pretty simple to use once you, you know, you turn it on and you turn the red in the near infrared on. And then essentially you stand, naked in front of it.

A lot of people would do, like naked yoga in the morning in front of it, just to get some movement in their body, too. And, that way you're kind of getting your whole body if you just want to stand in front of it and meditate or sit in front of meditate, and then after five minutes or so, you just switch, so that you're getting your back, tissues and organs and everything.

So it's just a ten minute treatment total. We do have in the manual, in the app, some more specific treatment guidelines. If you're trying to treat like an injury in a muscle or you're trying to, do something else, then there's like ten minutes up close at six inches, or if it's just for skin, you do it from further away for, longer.

There's things like that. So we provide a guide for all those things. But in general, if you're doing it for overall health and wellness, it's just ten minutes away.

Per day. What about pets and children? Yeah. So, they both run right to it. So, like, it does, like, I have to unplug it sometimes because they just always want to turn it on.

And so, like, we're trying to do something else besides the, you know, doing red light therapy, they'll, they turn on. They just love it. And they're looking at it and everything.

And pets seem to, just kind of curl up in front of it. They naturally are attracted to it, and it feels good to them. And, we definitely have had a lot of emails from clients who have tried to use it, for their animals who are healing from something, with very positive results.

And in horses specifically, there's an entire field of, red near infrared light therapy devices that are just veterinary for horses, horses, you know, if they have a serious injury, a lot of times it can be life threatening to two horses.

So, red light therapy is one of the tools they use to heal their ankles and their knees and things like that, to great effect. So. So, yeah. Kiddos and animals love it.

Obviously, you know, be smart about it. Like, obviously kids don't know how to not stare directly at it for hours and hours on end or something like that, but, but yeah, otherwise there's not not too much risk to it.

Well, you know, I'm a fan and I can't wait to plug in my machine. Yeah. There anything we didn't? I mean, I feel like we just covered, like, how could you not want one?

I mean, is there any is there anything that you want to share that I didn't ask that we didn't cover? Man, I think we let me look at my notes really quick to see if we talked about all the different things.

Yeah, I think we covered covered pretty much everything. So, we are doing a limited time offer, during, you know, just for the summit. So, if you enter menopause 22, as a coupon code that will get you $25 off if you are interested in, picking up one of our units, this is the unit I would suggest, because it has the pulsing, which is going to be important for that mental, fog that you were talking about in those type of things.

So this the red rush pulse 400 is this one. And that's, what I would recommend. Well, thank you. That's very kind of you. And I appreciate that. For the listeners because, you know, for those who feel called to it and want to put more red in their red hot, sexy menopause, we appreciate the discounts.

So, I just I just adore the therapy. I think as a physician, I prescribe it. I love it myself, and it's just something that I think putting in as part of your daily routine can only can only give you benefit.

So thank you. Thank you for being, a force of red in the world and putting out good units and helping. So like you said in the beginning, you know, you wanted to do something that makes a difference and difference and is of service to people in this certainly falls under that umbrella.

So I appreciate you. Thank you for your support of the summit and, for being red. You got it. Thank you so much for having me here. And it's been really fun.

You are so welcome. Okay, everyone, it's time to get Red hat sexy. We'll see you soon. For.