Red Light Therapy: The Science-Backed Way To Protect Your Heart And Mind Transcript

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Summit Introduction and Jonathan Otto Welcome

Hey, everyone. Doctor Eric Linsky here. And welcome to the Heart Attack and Stroke Prevention Recovery Summit. I'm absolutely thrilled to be part of this life transforming event, which has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, heart healthy, abundant life.

This is information your doctor will not be telling you about, so please clear away distractions and take lots of notes. No joke, you will not find this collection of carefully curated natural solutions anywhere else online.

From avoiding hidden toxins in your home that are damaging your heart to easy natural product swaps to simplifying your lifestyle habits, each expert will empower you with simple, money saving tips that put your heart health back in your hands.

And remember this life transforming knowledge at your feet. Be sure. Hoarding bonus material for ongoing support in your to a hard, healthy, abundant life.

And today, I'm thrilled to introduce you to a good friend and colleague of mine, Jonathan Otto. Jonathan is an investigative journalist, natural health researcher, documentary filmmaker and humanitarian.

In his unceasing quest to reversing the root cause of disease. Jonathan has interviewed hundreds of world renowned medical doctors, scientists, natural health experts who reveal powerful natural and alternative treatments that reverse diseases that conventional doctors commonly call untreatable.

Jonathan's greatest reward is hearing the healing testimonies of people who have had previously lost hope of recovering their health, and whose lives have been saved and transformed by using the information, protocols and products he educates about with tens of millions of viewers from around the globe.

Jonathan and his wife, Lori, are blessed to be the parents of two young sons, Asher and Arthur, and you're in for a wonderful talk. Let's get started.

Well, Jonathan, thank you so much, my friend, for joining me. I really appreciate you in taking the time. Of course. Anything for you, doctor Z. Well, I call you johno.

Is that okay? Where we do whatever. You want, man. That's great. Yeah, well, my and my close friends and family call me John. I say, which people think is Jonathan Otto. So. Jon.

Oh, but in Australia, if you're a Jonathan, you don't get called Johnny. You get called johno because Australians put O's on the end. I love it, that's the facts.

I didn't know that. I didn't know that. So anyway, we're having our I love it. And we were just talking about our wives and talking about our babies. Folks, I've known Jonathan Otto for, for many, many years and am just really impressed by what you've done and the influence you've had helping tens of millions of people literally through your documentaries, through your series, all heart focused, all solution oriented.

And I've been blessed, honored to be on the other end of the microphone a couple times or two. So it's really fun for me to be here. And we're going to talk about a newer topic that you've been diving into the last couple of years, and I want to hear a little bit about why you started on this topic, because you've you've covered in depth several different health topics over the years through your documentaries.

So why red light therapy? Like what? How did it get on your radar? Yeah, no, it's such a good question because I was always interested in regenerative therapies because when we were looking at disease, we didn't want to just manage disease.

And I'm going to be careful with even how I talk about this. But it was how do we get people back to the original blueprint of what they what they were designed to be, what their body is actually trying to be all the time?

What does it need? And I never really thought that something like Red light therapy could do that. I thought it was more in the biohacking category. Maybe it could, you know, add 10% or do something because like, you know, does it really do that much?

Can light do that much because you, you know, supplements that make sense, even some kind of pharmaceuticals that are natural, naturally derived that, you know, like the antiparasitic, for example, these things all make sense.

A very tangible I don't know about these other therapies.

Why Red Light Therapy Matters

So I was skeptical that when I pulled through the data and looked at the mechanisms by which how they influence the body and the body's processes and or like all the different processes related to regeneration and reversal of of disease and stem cell regeneration and things that were typically on the on access to the ultra wealthy and then not necessarily even effective.

And I'd seen that before because I got stem cell injections. I've spent six figures on stem cells. And I did that because I was desperate, you know, with my own health, with my wife's health, with my parents on both sides, Laurie's side of my side.

So I don't tons of money at therapies trying to be regenerative. And so for me to know that there are therapies that are I would say red light therapy falls into a free category because there are ways to get, you know, things like, for example, that cost literally nothing.

The energy bill is a little high, though. If you like buy it. You get lamp or a reptile lamp or, halogen bulb from Home Depot. But but they are you are playing in the field of red light therapy and that like they cost almost nothing.

And and the sun and even the devices because once you own, you know, a good quality device, then it's now in your home forever and and not knowing cost you and it it is so regenerative.

And because we're talking about heart health you'll see all the studies that show this even reduction of heart muscle scarring by 80%. That is, muscle scarring would really be the hardest part of a heart condition because the scar tissue is so, and, and it's so challenging to resolve that because it's not malleable.

It's a, it's a hard surface area. So the fact that this therapy is doing something like that and we're going to talk about post stroke, etc., and I'm so I'm really excited that you're covering this subject because you, you know, forcing me in speaking on the areas that to me, just this needs to see the light of day.

So that's kind of a good lead in. Yeah. And this, this therapy for those people who aren't familiar with the history of red light therapy not too long ago was quite out of the range of being affordable for most people.

And if you were like my wife, who for years I just took it for granted, you know, like she had a membership to a specific spa to get red light therapy as part of her package, because who could afford a $10,000 unit, right?

Or whatever that was at the time. And so the wonderful thing is, and there's I don't know if we want even going into that route, but this therapy is now affordable.

They created devices now to fit in the size of your hand. They're portable. You can have longer devices, you can

have multiple. It's just at the end of the day, it's approachable and the blessing is people like you, you're spreading the awareness.

You have a wonderful, wonderful masterclass and webinar series that goes in. Which is why when I asked you, hey, you want to talk a little bit about heart attack and stroke prevention?

And recovery is like, yes, for sure, let's go to our light baby. So cover us a little bit about some of the healing mechanisms behind red light therapy.

Going to any of the history that you feel is relevant. And I want to give you a little freedom here, because I know you've presented this professionally for quite a while.

Feel free to share your screen, share some slides if you feel that that would help the listener or the viewer and get more out of the topic. Absolutely no, thank you Eric.

So I guess, you know, if you go back into that historical framework, you've got the Nobel Prize won for light therapy in 1903 by Niels Vinson, and this was for lupus vulgaris.

Light therapy was so effective that it was, you know, accounted for thousands like and John Harvey Kellogg then was continuing that work. And in 1905 published a book, Light Therapeutics, documenting 50,000 cases of, you know, chronic disease and terminal disease being reversed with light therapies, which then, you know, come 1967, Doctor Andre Mester then became the he was a Hungarian physician that became then known for red light therapy, because it was then specifically in the optical red, window, which is red and near-infrared, between around 600 700 nanometers of penetration up to 1200 nanometers.

And so this became then different people were familiar with far infrared sauna, and they would say, well, this is infrared, that's red, but they're different because far infrared is like 2003 thousand and 4000 nanometers of penetration.

So it's when it comes to these processes which I'm about to unlock and explain to people, it's shooting past the target. That's the issue with far infrared, even though it's good for heating the core body temperature.

And I would recommend people to use fire infrared so on is but this is different. It's not the same thing. It's it's so different. And so the, the the studies are fascinating because they're dealing specifically with these, wavelengths that are in these optical ranges.

The mechanism this is this is the key point. Understand if you okay. So you love the Bible and I love the Bible. So let's let's have a look at it from a biblical perspective in terms of origins.

So some of the first words in the Bible in Genesis chapter one two let there be light. And so it just it really makes it clear in your mind that when light precedes all things, then we, somehow connected to that.

And then one of the things that it's in the New Testament talks about to be the salt and light of the earth. And so both interestingly enough, that both have an effect on oxygen in the body.

And so then Genesis two, God breathed into Adam's nostrils the breath of life. Man became a living soul. What red light therapy does is through electromagnetic waves.

It stimulates the body to produce reactive oxygen species, one of which is singlet oxygen. It's highly reactive and it actually is like a honing beacon for unhealthy cells.

And so including cancer, which is why it's heavily studied. And this is the mechanism any Kansas that you look at. What's the reason this works for cancer.

The answer is and it's the same reason why it works for heart disease and stroke. And it's because it targets

unhealthy cells and causes apoptosis because of the reactive oxygen species.

So those oxygen molecules would go into those cells and cause apoptosis. And if you want singlet oxygen we get a little chemistry here, a little chemistry class.

But you could with chloride and with hydrochloric acid. Sorry. With hydrogen peroxide you could combine these like a 35%, you know, high concentration.

You have to have like a gas mask and stuff.

How Red Light Therapy Works in the Body

One but you would see these red explosions happen and you'll see military operations where they've actually used singlet oxygen to shoot down missiles in the air.

And to know that your body produces this and it's the most lethal thing to disease should be mind blowing, to pardon the pun. And now, now, now come over it.

Like for example, heart disease, cancer, stroke. All these things are birds of a feather, right? So it's not like if you have one you're at risk for the other, etc..

So it's relevant for me to mention the cancer studies. What about this lymphoma study? It's a pilot study from 2006. It's on Pub Med three. Only three participants.

So disclaimer on that. But what were the results of in this case photodynamic therapy, which is when they use a photo sensitizing agent, which is like a drug or a supplement that's helping to stimulate or absorb the light into the cells.

In one week, all three patients went into complete remission of cutaneous B-cell lymphoma, as defined by complete remission of not just symptoms, but a complete remission of the, lymphoma, the tumor cells.

So was just no, there was no no tumor, no cancer left within the one week period, which is so shocking. I kind of like give those disclaimers. I'm not saying that this could happen for other people.

I'm just saying it's in the study. It's up to people to determine whether they could replicate that and do these types of things from home or not. That's kind of up for grabs.

But there was so many studies like this, coming out and then and as we move into the category of like post stroke, as one example of the people that have got their lives back.

And if there's any one thing that somebody should do after a stroke, obviously to prevent a stroke, even better. But let's just now say after a stroke, not only is it essential for you to get red light therapy after stroke, but the sooner you get it after the stroke, the better.

And now if somebody's watching this and saying, yeah, but I had a stroke five years ago, or in this case nine years ago, and I'm going to show you why that's relevant in a second, then don't think that the results will be any less miraculous.

But just when you know you've got that responsibility, but that's like a little bit of a lead in. And so I'll go deeper in it. All those different categories.

But I kind of want to throw it back to you, doctor Z and see what you're thinking, where your head and heart is going. Yeah. Thinking about the evolution of the Nobel Prize to fast forward 120 some years, here we are today.

I would love to hear a little bit more. And I think everyone who hasn't not familiar with this concept of exposing

yourself to red light through a specific device, a therapeutic medical device.

What does that really do to the body? And then I think we could easily lead that in to how that prevents and helps recover from heart attack and stroke.

And you highlighted the cancer study, which is really important because we're talking essentially chronic disease. And people just don't wake up being at risk of a heart attack.

People don't wake up out of nowhere. I was healthy yesterday and today I'm going to have a stroke. And even though the first symptom of heart attack is a heart attack, it's taken years to develop and there's a connection.

There's a connection with the other chronic diseases diabetes, obesity, and there's a connection with the inflammatory response that can lead to cancer.

So essentially this is really, really important to help mitigate the top nine. Maybe out of the ten causes of the diseases that are killing people next to accidents and falls.

And we can even make an argument for what this could do to bone density and how that could even help with accidents and falls. Take a step back with that, if you could, and lead us into a little bit of what it's doing to the body and then how it's really helping the body regenerate, and then we could cover more about the heart.

Wow. Awesome. So this process that the body is basically craving for. So you're obviously aware that the body craves for food and hydration and water.

So this is obvious to people. But for some reason it's not become obvious to people that even if you look at our bodies, they are they're very translucent.

And that's why when you put a light against it, you'll see like a light permeate your skin as if it's almost shining through the other end, if it's powerful enough.

And so your highly sensitive to light and your unique actually even from animals in your your ability to absorb light, you have the like the highest surface area and the type of like, you know, we may some of us may be quite hairy, but we don't have that much to stop any kind of infiltration of that sun into our bodies.

And so and interestingly enough, the areas that are most at risk for cancer, as one example, are the ones that aren't getting exposure to light. And that's that's 100% fact.

So like and I've gone to doctors to, to investigate these specific areas to make sure because the, the areas that are always clothed like I'll have my shirt off at the beach or whatever, but the bottoms of your feet that are often in shoes and all these areas that because light has not been touching them, then they're at risk.

And that's one of the benefits of having light therapies in your home, because there's no problem with being an exhibitionist in your own private house, in your own private room, whereas then that may be an issue at the beach.

You may get arrested for trying to do your your health regime, which is not really appreciated by especially the parents like us that have children. Hey, there is such a thing as naked pickleball in Florida.

It's a big thing, so be careful. Be careful of you because I'm a pickleball guy, John Doe. And if you see naked pickleball, there's a thriving communities all over Florida there.

So anyway, tongue in. Cheek, if it's you and your wife and you got a private court where no one can see, then do that naked. No, because I don't know.

Anyway, there's risk of injury. So anyway, we'll talk more about that. But to your point, there have been many a time when I have been, naked and red light therapy and there's there's a point to that actually is a very good point,

especially with the more sensitive parts of your body, the thinner the skin or more sensitive skin, the absorption.

Maybe you could talk about that as well, but but it works and it does a great job. Yes, absolutely. And to answer the question you're asking about this mechanism, it's it's all about the it's not exclusively really about the mitochondria, but it is it is such a critical factor.

And people think of the mitochondria as well. Some wouldn't be aware of it. But it's a bean shape and it's highly sensitive to light. And when light is permeating and reaching the mitochondria, what the mitochondria do is produce adenosine triphosphate, which is really energy.

So this is the energy production of the cell, which means that this is the process by which the body reverses disease. And it's also then responsible for stem cell proliferation.

So stem cells to continue replicating in your body. Because remember your organs have this turnover. So they you don't have the same heart that you had X years ago or same kidneys or these these cells are replacing themselves.

So it's it's old cells then say I've served. It's my time. They go they're like a noble soldier in war. Not that in this case humans have souls said like I don't think any sacrifice is good.

But in the case of the body, these cells will will die. They don't have cells. So it's a good process for them to undergo this apoptosis, programed cell death and then give way to the new.

And so this one a big issue why people are having chronic diseases. Because they have a lot of dead and dying cells that are just sitting there like zombies.

And this is, senescent cells. That's a senescent cell and a whole collection of all through the body, and that your body is not getting what it needs to even do that turnover effectively, to let them go through that maturation.

Because a stem cell to, for it to have apoptosis is actually a mature attribute. And so cancer stem cells lack apoptosis. They don't have that mature attribute, particularly the study of cancer stem cells.

Cancer stem cells lack the ability to become a normal healthy cell to to have apoptosis, to undergo programed cell death. Light therapies are exactly what produced that through flooding the body with oxygen. And it's an oxygen therapy.

Reactive oxygen species a very specific, very, helpful in healing for healthy cells and help the proliferation of normal, healthy stem cells and feed other cells with what they need, feed the stem cells to help them mature.

Because it's like, think about it like a fertilizer for the body and then for the cells. And they get happy in this environment. One study from the Birmingham University found that one minute of exposure of red light per day in a rat spinal cord injury study increased cell viability by 45% and showed that it was neuroprotective and regenerative of the spine, which in one minute exposure in a rat study.

Okay, so I'll always explain human study rat study in vitro. You know I always tell. So people know what we know. What we don't know that overcomes any people's obstacles that they don't have time.

Nobody doesn't have one minute. If you don't have one minute then no no point listening to this okay. So one minute and then what am I saying. Well five minutes would be, would be then you know.

Yeah. Reasonable. And then 20 minutes would be amazing. But even like let's say 12 minutes three times a week, these, these are all ballpark numbers. People could do as much as 30 minutes twice a day, every day of the week.

And and so and and then there's everywhere in between. But that's the mechanism. All right. And I think that once people understand this, they'll understand that there's nothing that this is not good for.

That's known that that I've come across even the things that are very sensitive to light, the conditions like lupus, extremely effective as, as an example.

And then, and then you people would think that the heart is too, kind of deep inside the body so that the light wouldn't be able to permeate it. And this is where near-infrared really shines in, pardon the pun, which is that range from around 700 to 1200.

Sorry, it's around 808 ten. Eight 5830 they're the most studied, but even the 1060, these nanometers of wavelength will get through to the heart and cause the heart to then get these cells in the heart to get what they need.

And the Tel Aviv University study was fascinating because it was specifically showing a reduction in heart muscle scarring by up to 80%. They did combine it with stem cells from bone marrow, but that could be achieved as well, I would say, through people fasting.

Heart Attack and Stroke Recovery Evidence

If you want to increase stem cell production, then fast for, you know, even intermittent fasting will do that. And then that three day fast could help you, you know, to stimulate all those stem cells and then putting the red light over the heart would then produce a similar effect to that study from from my research.

There are several studies. I mean, I'm just as you're talking, I'm just doing my little thing here. I'm glad you are. And I am just really impressed by the knowledge that you have on this.

But the research that has been substantiated. So the reality is, is oftentimes when we talk about heart attack and stroke in the context of an event like this, a summit or a podcast or something, we cover a lot about prevention, which is really important.

But the one thing I want to really highlight this is the Heart Attack and Stroke Prevention and Recovery Summit. And I feel that you're bringing a balance to this, because the majority of the conversation and my own specialty, of course, is prevention, reducing our risk.

It always goes back to inflammation and certain dietary and lifestyle shifts. But one thing that's really important to recognize is research is very, very clear is that red light therapy and you mentioned 800 in that range.

But 810 810 seems to be the researched value for. And this is a quote reduced inflammation and oxidative stress in heart tissue after a heart attack. So what does that mean if you have had and this is a point, if you've have had heart attack in the past or recently, or in the distant past or recent or distant stroke, you need to be considering recovery as a way of life and because your risk of reoccurrence is exponential versus someone who didn't.

And this is important. I just met a man who unfortunately, I couldn't believe it because of 40 years of smoking. And let's keep him in our prayers. He just quit smoking two months ago and he said, this is going to be the final time he's going to quit and he's vaping to get him off of the cigaret smoke.

And his cardiologist is pleading with him, you got to do something for heart attacks, two strokes, and he literally just had a heart attack last month, last month.

And he's like, okay, I'm done. I'm done. Well. And so let's talk a little bit about the recovery aspect and what you have found through your research about heart health.

And and I know there's a connection with brain health as well. So feel free to share. And I think you might have a slide or two if you do that as well.

Awesome. Thanks. So dizzy. I'm really glad you're bringing this up. The recovery is the most beautiful aspect of this because a lot of people have their lives ruined, post-stroke and there really isn't a lot of hope for people.

And it really does get into people's minds at that point where this is, you know, this is irreversible at this point and you're in this state. And so I'll illustrate this by an amazing, heartfelt story.

You look, you might have to get the tissues ready, because this is a nine year old child that had a stroke when she was born. So what hope is there for a child like this that really started at zero.

And then in this case, she's social abilities are. A very low. And so she, she's, she's not able to have those connections with people. And then she's going through that isolation.

And then a test scores are extremely low. And now you're going to hear the physician and the mother and Leah, the nine year old herself, share her story of what red light did for her.

So let's have a look at this. All right. So let me, so the kind of as exciting, okay. So now let's go tell me if you can hear this. Oh, yeah. Thank you. Wow.

What did you think of that, Eric? Well, wow. It's. There's always hope. There's always hope. There's always hope. And, you know, you wish this sort of thing was readily available to people ten, 15, 20 years ago.

And, you know, even though it wasn't like it is today, we need a need to consider we need to consider taking action today. And there's a lot of options.

And we'll talk at the end about, you know, how people can get plugged in or where, I mean, okay, I get it, I understand, what do I do? Where do I find, where do I go?

But photo bio modulation PBM is well-established and in the literature. And it is something where I'm glad that you're spreading this awareness because typically speaking, again, I just talked to and he was, by the way, a tow driver, a tow truck.

We had a flat tire and wind up talking in the tow truck all the way to the dealership. And when his cardiologist gave him advice, red light therapy wasn't even on the radar of concept, right?

It's the same thing quit smoking. Change your diet. Try to do a little more exercise. You need to take your baby aspirin every day. You needed blah blah blah.

And one thing I hope and pray is that people get behind this. Like organizations like the American Heart Association and other organizations to make this part of the curriculum, because a big issue here, it's not willful, but doctors literally are just uneducated, which is why we're doing this event, which is why I'm so grateful that you host your your webinars and your docu series and you spread your, your message to millions.

So and reducing inflammation, improving blood flow. Plus there's list the list accelerating healing process, stimulating healing, improving cognitive recovery.

It's like study after study after study. And there's been 70% treatment group success rate like legitimate research on human trials animal trials. And we're talking specifically for recovery, which if anything, maybe we could finish this conversation with the lens of that.

And and I would think the obvious thing is there's not everything that you do to prevent is going to help you recover. However, I would argue the opposite is true of recovery.

Certain things you're going to do to reduce your risk are more, more, environmental in nature, where when you're looking at a therapy like this, that could actually trigger the healing mechanism that I can only imagine and I don't have research to support, it would put your body at an infinitely less risk of developing a heart attack or stroke, but you can't eat your way out of recovery, or you can't eat your way into more thorough recovery.

It seems recovery, the damage has been done, and that's where you need a little more extra, you know? So

nothing against food, nothing against supplementation, nothing against sunbathing.

But what I like about this, and maybe you could talk a little bit about this, John, is this is intensity. This is intense therapy. It's not something that you could do in your natural day to day.

And it's something that we need to strongly consider as part of a regular protocol once or twice, three times a week for prevention. But daily multiple times a day for recovery.

So I know I shared a few different things about a few different things there. So however you feel alone. But thank you so much for sharing that. Awesome Eric, I know I appreciate it.

I think that, that you bring up a lot of really great points in terms of the mechanism in the pathway forward toward healing and regenerating. And and this is where we we really can encourage people.

And when you're talking about the technologies, it's interesting that what had happened was that as the studies went into lasers for for light therapy that prevent it, it presented some some great wins, but it also made it extremely expensive.

There was issues there with the heat from the lasers that they had to then look at, pulsating it so that it wouldn't overheat the body and things like this.

Whereas the LEDs then came in, which is super fascinating that why would LEDs be helpful when we know that they're damaging the body? Which is true. And the answer is that the quality of the light source and the constancy of it.

In this case, if you have a non flicker source of LED, it's actually it's it's amazing. It's it's it's like it's getting the benefits of the laser without the high expense.

And that's why if you look at the clinical studies what are they on. All the ones that we just mentioned and we went through these studies are on LEDs, which is and but this is where you get that at home use and that type of thing.

And and then these full spectrum bulbs that people can get as well, they, they exist and that's more of an incandescent bulb or a halogen bulb. And so that's also exist for people if people like are on a like a real shoestring budget.

But like a lot of people like me, when you look at all the data and you say, well, my like, I'd prefer to have better health devices in my home than, than like the nicest car in the street, because one is going to make my life better.

The other one's just kind of like gets me from A to B and but I'll, you know, make sure I'm driving a safe car. But these, you know, like at home, devices really don't cost much at all.

And they actually I did the math on it that they end up being cheaper than the bulbs because the energy consumption takes about three years. But at that point, after three years, even if you bought a $10 bulb, your, your device will be cheaper because of the light, the energy bill.

So it's, it is cheaper to get the the devices. But anyway, that's just kind of getting into like the math of how people light land and work at, you know, these things.

But it's cheaper than supplements because the supplements, it's a, it's a reorder every month. And typically people aren't just on one. But even if you're just on one after, like, like let's say 2 or 3 years, your, your device is now, you know, paid for and now you, you have it for the rest of your life.

And then, the family of four, your family of. Soon to be I don't know what I. Meant to be. Nine. And that's the latest I was going to say nine. I just didn't know whether I announced the the new one, which is awesome.

Then congratulations, guys. If you want to if you want to know who you should follow, follow the guy that has, seven, seven kids. All right. So, so yeah, it ends up it's such a saving like for, for people.

And that's why I just encouraging people to look at things that are really going to do, like a long haul. But here's the I want to show some of these studies because this is going to blow off people's socks.

Okay, great. Let's do this thing. Check this out. Let's go.

Clinical Studies and Wavelengths

And so I'll share the one with the like the adipose tissue. So the, the specific one with the, the Tel Aviv study, which is fascinating. It showed like a remarkable drop in the scarring, 80% reduction.

That's a lot of slides, by the way. I don't want to put you on the spot here, but is there a place where someone can watch you teach that? Yeah, absolutely. Yeah.

So someone go my red light.com. You got my ring around. How did you buy that? That must have been $1 million. Oh, oh, expensive websites are crazy. Wow. So you're saying my red light.com correct.

All right. But I would just encourage you if you want a masterclass and red light therapy and not just how we discuss the efficacy for heart attack and stroke prevention recovery.

But if you want to go into depth and all these other topics, that's a lot of education right there. So anyway, yes, thanks for thank thanks for giving us a sneak peek.

Oh, absolutely. No. And this is, this is going to be great. Is a red light therapy as healing potential. Red light therapy improves cardiac recovery by up to an 80% reduction in heart muscle scarring.

This is in a short period of time. So we could argue that that could be 100%. Some of these studies like they they're literally only a week. And so it varies.

There was a prostate cancer study that was two years, and it was a 413 participant study. 49% of the entire group were in complete remission for prostate cancer.

And that was compared to 13.5% in the control group that didn't take a red light. So your likelihood of beating prostate cancer and being remission was four times higher if you added in red light.

And that was throwing all the other invasive therapies, which some people here listening would say, yeah, I'm not a fan of of chemo, surgery and radiation.

And in most cases all of them were doing all of these, so which which dropped to me from my research, it would typically drop the numbers of, remission because people will die from the therapies because they're very invasive.

So that kind of explain some of that. But and then these other ones here showing experimental data at certain wavelengths, ranges of red in near infrared may be able to lessen lung fibrosis, inflammation, then red light therapy relieving diabetics patients discomfort, enhancing blood circulation.

This is this study specifically from it's the American Friends of Tel Aviv University. And so here you'll see that new research shows that shining bone marrow stem cells with laser encourages cells to migrate to the heart and facilitate the healing process.

If applied to these cells. Few hours after a heart attack, the scarring that weakens the heart muscle can be reduced by up to 80%. So he say after a heart attack or stroke, heart scarring can lead to dangerous, dangerously paper thin heart walls and decreased ability to pump blood through the body.

Although the heart is unable to completely heal itself, a new treatment method developed at Tel Aviv University uses laser treated bone marrow stem cells to help restore heart function and health.

And this is where I was mentioning as well. Instead of the bone marrow stem cells, because, you know, some people are not going to go to places and get these types of therapies.

But you can see it here when when laser is played, a few hours after heart attack, scarring was reduced. And it's the same, same finding up above that the fasting can achieve the stem cell production and then making sure the light is over the heart.

If light is applied to the body, your body, the body's naturally going to look for all the areas of disease and look for the biggest problems. And your body's intelligent like that.

So these things will be systemic. And that's why some people are just using red light on their pulse. And it's going there, and then it's sending it throughout the body and that there's a case for that.

But then obviously just, you know, being very intuitive and just saying, well, if the studies have shown it by putting it directly over the heart, then that obviously makes a ton of sense.

There's evidence that red light therapy may improve tissue repair after injury. People with hypertension can benefit from this regenerative effect because it may help address underlying vascular issues.

So this is very much into this subject. You mentioned bone density. So this is why the elderly people that are watching this or people that are watching this, that have elderly parents, the thing that is most likely one of the most likely things to take out our elderly parents is bone density issues.

And and you know, the milk isn't working. All these things that we were told were working. But the good news is that red light therapy does work. Red light therapy is a noninvasive, drug free method that does it, that can increase collagen synthesis, osteoblasts activity and bone density.

It lowers inflammation, boost bone growth factors, improves blood vessel formation and circulation, and stimulates the synthesis of energy in bone cells.

So that gives you a like an overview on some of those great findings. This one is interesting is on another subject area. But obviously everyone that wants a good heart wants a good brain too.

And there is a brain heart connection. The other thing I didn't mention, which I think is really amazing, is that parasite connection to heart disease, and that is fascinating because Red line arguably may be one of the best anti-parasitic treatments available, and it's for those that really believe that cancer is deeply parasitic in nature.

I don't disagree with that, especially these intracellular parasites that are interfering with the mitochondria. That's the that's the connection right there.

The the parasites are highly sensitive to light as the microbiome is highly sensitive to light. So gut healing is deeply connected to light. Therapy is extremely effective.

But anyway, so coming back to this, we'll kind of maybe come back to the parasites in cancer and parasites and heart disease because these things then start to all get deeply connected.

And yes, what I encourage people to take Antiparasitic. Yes, absolutely. And what are the antiparasitic that specifically will help the absorption of light?

You know what ivermectin and red light therapy have in common? It's the death enzyme caspase three. I'm getting a little, nerdy on you here, Eric, but this is this is pretty, pretty amazing stuff.

I'll keep you on on this slide here for a second. Red light therapy has the potential to degrade formaldehyde, a chemical linked to memory loss in the brain.

People with mild Alzheimer's disease may have better cognitive function after the procedure and then kidneys. That's the other big issue that everyone is facing.

As we get older and more toxins are exposed, kidney function is dropping. It's the thing that really strikes the fear of God into people. I know what it's like when I, you know, went through it on my grandma, with my grandma and with my father in law, red light therapy, my shield pulled the kidneys from oxidative stress brought on by free radicals units.

Antioxidant qualities. Damage to cells and tissues caused by oxidative stress can result in a number of health problems, right? That therapy can therefore help lower the risk of kidney damage by scavenging free radicals.

It's a very similar concept. Oxygen in the body. The antioxidant qualities of of the light, and how it's helping to scavenge out the toxins. But these wavelengths all kind of show you that because we talked about wavelengths and you say, well, what wavelengths for what condition?

So for 80, if you see for 80, that's nanometers which translates to millimeters. So 4.8mm, 6.3mm for 630. So you'll see certain conditions that respond to these different wavelengths.

And I'll just show you that in a moment. You like to see that right Eric. Yeah please. Awesome. Wonderful. This is very educational I love it. And just, just to kind of button it all here.

Yeah. One thing that you're going to learn as you go through the other content that all the other speakers are discussing in this summit is the connection between gut health and organ health and, and and the liver and the gallbladder.

And when it comes to the heart, when it comes, it's almost like end stage organ failure when it comes down to it, when when your organs and your vital when your vital function, your metabolism isn't properly communicating well with each other and with the other systems, then ultimately it puts such a strain on the heart.

And that's one of the explanations why, boom, you end up with a heart attack like out of nowhere. Well, it's because there's so much of a strain on the liver, on the gallbladder, on the lungs and on everything.

And what John was explaining here is through all the different research that we're seeing, red light therapy has this ubiquitous effect to help virtually every aspect of your body.

In addition to your heart. But imagine you reducing your risk of heart attack and stroke because your organs are functioning properly. Your brain is functioning properly, your body is.

And then not only counting the healing aspect of it. So that connection is so critical that we cannot discount if you have problems with other areas of your body, just know that it is putting strain on your heart through chronic inflammation and stress, and through other mechanisms, and that will ultimately put you at higher risk.

So yeah, keep on going. This is great. Absolutely awesome. Yeah. Awesome okay. So 480 is is blue light which is kind of typically got a bad rap. People think it's bad. It's it's not bad.

It is bad from the sources that people get it. But it doesn't matter what color that light source is if it's flickering like any computer or cell phone, they're all having these.

Like, it's interesting because iPhones cost so much, but like, why didn't they use, light source that is like effective. That could be helpful. So every time you looked at your phone was healing versus damaging your eyesight, by the way?

You know, compare that even even blue light looking in a blue light is effective. The studies on myopia with light is fascinating because it's about a 17% eye improvement, but it needs to be done in one week and lasts for a week.

The reason why it only lasts for a week is because it's the study is just not conducted properly. You're supposed to do it more frequently, and then and then you can expect a longer period of time, like tinnitus was a resolutions at three months.

And there was one study that showed, a 100% resolution. And I'm not saying that work is in all cases, but there's lots of metadata on this. And then you can look at the studies that found like a 100% resolution and say, well, how long was this for?

And it was for three months. But that's because it's not designed in a way that you just do it and you're done. It's designed to do it regularly, like you're supposed to be in sunlight.

Look at how often the sun is out. Does that tell you something about your your needing to be exposed? But what do you do? You sit inside all day, so you're supposed to get exposure.

But anyway, so the 480 is really good for various conditions. I will look at that in a second, but it's hitting through the epidermis just touching on the dermis.

630 is getting through to the dermis, and then 660 is getting close to the subcutaneous tissue now 810 which is now near infrared. So you can't see this.

If you have a device you won't be able to see this wavelength. You may see that the bulb's like a lit up a little bit like you can see that they're on, but you can't see the light itself.

It's not it's not seen to the unaided eye. And that is heating through the subcutaneous tissue, through the muscle, through the bone, into the interior tissues. And and then here's where you can see them shine.

Weight loss. Look at these categories here fat burning and then a cellulite reduction metabolism. And then anti-aging acne that claim I throw out there anti-aging acne scars.

Rosacea. It's scoring in 636 6810 850 and then hot, hair growth, particularly the studies are showing that 660 and this is a really good one for stem cell regeneration.

660 but a lot of the six hundreds and even eight hundreds are, sun damage, wrinkles and fine line. So all the things that are cosmetic, I kind of, let's say a little vanity related. Not not I'm not saying that a negative way.

But the cool thing is, is like, you could do something good for your face that's signaling the rest of your body. And and you start looking younger. I started getting told that I looked younger after doing this.

And under-eye circles, broken capillaries. I'm nearly 40 now, right? So it's like age just kind of it keeps going. You don't really want the wheels to fall off, so why not do things that might help you pain relief, wound healing, injury healing, and a lot of these obviously have direct connections to the heart because you put, you know, like if you're losing weight or you're losing fat tissue, by the way, it breaks up in fat cells.

That's what the light does. It pierces the fat cells. And you're then taking stress off the heart, because that's part of the reason why people having hot issues because of the obesity.

So the clinical study is on that with its use this as a substitute for liposuction. You could expect to lose, 5 or 6in in six weeks without doing anything else based on clinical studies.

Of course, I'm saying you should do other things as well, but that's across the body. That is said muscle building, athletic performance, post recovery, workout, mental stamina so you can see which wavelengths work, for which conditions, asthma, depression, anxiety, tinnitus.

Notice have some of these ones that are deeper all right in the near-infrared category exclusively which is a ten and up multiple sclerosis stem cell regeneration is in all those categories.

But the red and near-infrared Parkinson's disease, hypertension, liver function which you talked about which is amazing that it's regenerative of the liver, helps to cleanse the liver, which you wouldn't think that something like this could do that, but it's proven to do so.

Fertility and sperm mobility game changer for people like men with fertility issues quite shocking. And women for fertility issues herpes cold sores general and other simplex is.

And then the 480 here is particularly the best for circadian rhythm skin rejuvenation acne wound healing, autophagy because it's heavily related to the bacteria.

And you can see some of these images of the before and afters. And I can say this on this platform, but those that are struggling with, long Covid as an example, this was a 62 for 62 like out of the clinical study on this.

All 62 patients went into remission of all acute symptoms in the two sessions. There was 64 to 84 minutes long. And then out of the 62, only two didn't get better.

After four sessions from all symptoms, which included oxygen levels over 97% and included, digestive issues, completely resolved neurological issues, including memory issues completely resolved after four sessions.

All but two out of the 62 did. The other two get better in the next week or the week after? I would assume the answer was yes based on statistics in that regard.

So this kind of gives you some way I'm gonna go through to these are the photos sensitize because people then want to know how did they get more out of it.

These are all clinically proven to help absorb the light into the cells, which includes into tumor cells, but also includes into healthy cells and so chlorophyl.

So think like a plant photosynthesis. The light hits the plant and then your the plant is then able to produce the energy. And and we eat the leaves and that but but even though we're eating the leaves and we're eating the plants, they're, they're made from this process that has come directly in connection with the sun.

In order for us to get the best benefits out of that, we actually need to apply light. In this case, we're talking about light, and we're talking about adding in a photo sensitizing to help the absorption of light.

Curcumin, like the studies on turmeric, can come in at just amazing, like 5000 studies. But the problem is it's often not effective for people because it's not absorbed.

But light helps the absorption of human. So at very least, if you take your and make sure to get it in the sun, even better, you know, get a device because the difference between the sun and a device is you're able to be much closer and you could be at the wrong part of the equator.

None of us are really getting close enough to get the most intense healing benefits of the sun. That's why these light therapies, even back in the 1900s, before they started doing all this geoengineering, they still needed to use these types of technologies back 120 years ago to get remission of these conditions.

Methylene blue heavily studied, amazing riboflavin, artemisinin, which the Nobel prizes won for that with ivermectin. And that was an anti-malaria drug, berberine when we have it.

And then I'll show you before we get on the tail end of this, I'll show you the studies I mentioned on the left. Finally, because I don't really think people should believe me unless they saw it with their own two eyes.

This was this. This was this study that showed that red light was touted to become a fifth major cancer treatment after surgery, according to this pharmaceutical complex.

So this will be the the like wait five years and this is everyone is going to know about this, but don't wait because that's too late for for a lot of people shining near infrared light on the brain, tumor cells activated an anti-tumor compound activated by an anti-tumor compound, which could be, in this case, like the ones that I just mentioned.

Practical Use, Devices, and Access

There's others like a chlorine E6, which is a chlorophyl derivative, or killer red, which is a fluorescent, property. There's, you know, interesting treatments.

This is photo immunotherapy, photodynamic therapy. So there's a couple new words to add to the mix. By the way, the big hot mechanism is nitric oxide and cytochrome c oxidase.

And those are the mechanisms that red light therapy is stimulating the production of nitric oxide and cytochrome c oxidase. And that's what's so, so critical for for heart function.

This is the glioblastoma study. And this is showing that the study by the Institute of Cancer Research showed that photo immunotherapy also triggered the known responses in the body that could primed the immune system to target cancer cells so that the treatment could help glioblastoma cells from coming back after surgery, so that the short survival rate for glioblastoma is is due to the fact that people, getting a recurrence that they can't keep they can't keep stopping that.

But if you prime your immune system, then target. And this is also another explanation for the, reactive oxygen species targeting cancer cells. Lymphoma.

Red light therapy has been shown to be a successful treatment for cutaneous T-cell lymphoma. Its efficacy ranges from 60 to 90% in. Watch this study. This is a my study, really important one in a study published in 2018.

Photo by Modulation Cancer. What is the truth? Found that there were three main effects of photo by modulation one. A total regression of tumors was seen in mice that had functional mitochondria.

So you see that a total regression of tumors in mice and mice, it had functional mitochondria. So if you didn't have functional mitochondria the next step would be to get it function mitochondria which would be achieved by red light as well.

And then it helps in killing cancerous cells and protecting healthy cells. And it assisted in reducing the growth of tumors. And then you've got these are the studies like so you can read it here on the slide.

But then you want to see the proof. So there's all the screenshots of the actual studies. People can screenshot these. You can look at the keywords, put them into Google.

But this is the one where this was using a 630 nanometer wavelength. And it gives you the photo sensitizing which is amino level any acid and all patients achieve complete remission after up to two photodynamic sessions with no significant side effects.

So paint again like game changer. Look at it here in the text. A 630 nanometer wavelength light emitted by diode lamp was used at a fluence level of 37 joules.

All treated patients had complete remission, defined as a clinical and histologic complete absence of CBC. All cutaneous B-cell lymphoma after a maximum of how many?

Two photodynamic sessions in what time will one week interval no patient experienced vomiting side effects. Hair loss? No. None of them experienced any of that, according to that research.

And finding leukemia game changer for the blood cancers, which are typically hard to treat. And then these these fluorescent components like killer red another photosensitive is a little harder to get your hands on.

So a lot of people are going to get methylene blue. And these are the ones that are easy to get your hand on. Maybe equally as effective. And and here they're using it to turn around the lymphoma cases.

And this was really amazing. That's the study breast cancer. You love this one doctor Z for different wavelengths. And six 3666 730 and 615 was studied.

Only the wavelength of 660 was able to stop cell proliferation after 24 hours by 40%. And so then this was this was by by the way, this is triple negative and non triple negative breast cancer.

This is in vitro a disclaimer there. So it's in the petri dish. You know most companies sell based on in vitro studies. By the way because there they are conclusive lung cancer hard to treat.

And then this is showing that a study published on PubMed in 2021 showed producing a overall response of that 87% and enhanced patient quality of life, and showed to be an effective substitute for palliative chemotherapy or radiation in cases of incurable lung cancer.

And here's this study here. So it just doesn't really get any better than that to me. And it gives so many people so much hope. Bone cancer 81 studies here illustrated.

And then it was then showing to be highly effective. And it was using near-infrared. And the finding here is highly effective treatment for cancer inside the bone.

You can't say highly effective if it's kind of a little bit effective. You can only say highly effective if a lot of people going into remission and near-infrared is it was irradiated by the bone tumor cell viability was significantly reduced.

So these these are the therapies to use in combination. And the thyroid gland. The fact that the thyroid can be regenerative regenerated with with red light.

It increases the thyroid gland ability for regeneration. And it's releasing the energy into the mitochondria using electromagnetic waves that aids in the functioning of thyroid cells and the regulation of hormones based on the body's demand.

Red light therapy has been shown in studies. The lower thyroid antibody levels and prevent autoimmune illnesses from interfering with and altering the thyroid natural activity.

So I think I've given you a bit of a fire hydrant. There, doctor Z, and I'm excited that we got to go down that rabbit hole. Well, highlighting the prescriptive aspect of this and and I really appreciate thank you so much.

I mean, this is just just a sliver. So where again can people find that the presentation. Absolutely. So my red light.com you can watch the full three hour presentation there.

And I'm glad you want to refer people to that resource. Yeah. Because we just go slide by slide and then everyone kind of like yeah that's me, that's me, that's me.

And that's the thing about this. And I want to highlight that 11. about the four different wavelengths that were evaluated for breast cancer, but only one, according to the research had the efficacy.

And what this is, is this is about how to target, how to use a targeted approach and how to follow essentially the evidence to help you manage the symptoms and the diseases that you're trying to manage.

And so it's not one size fits all. And this is a practice. This is something that we're continuing to learn. And I know for sure I'm sure our knowledge and the information is only going to expand.

The more that people use these products, the more that they're being researched and the more information that becomes available. So thank you. As a researcher, someone who does this, that is a lot of work that you just did.

I mean, that's hundreds and hundreds of hours of research, of compilation, of summaries. And then you made it all pretty in a slide. So thanks, man. That's awesome.

But nobody's noticed that. So I appreciate you noticing that. And I give credit to my team. I've got a great team of people behind me. And that's got amazing people that really care, that are working hard, that amazing researchers that, you know, so and so.

We're just scouring the internet and then applying it and then because thankfully, like you mentioned, like tens of millions of people collectively following the work and I get data back as well.

And so it really is important to follow people that that have that bird's eye view and then put this information out and get information back, because believe me, like I like to get proven wrong on my stuff.

It makes me get excited. And I like it when I get hard cases where it's like, yeah, I tried this and it didn't work. I'm like, okay, tell me more. I want to know what you missed.

And then often they're missing like a key therapy that needs to be added in. Like, okay, I did the red light again. But what type of cancer do you have?

What type of heart condition do you have? What did you use this photo sensitization. People can use Google and PubMed and and Google Scholar and DuckDuckGo or whatever platform you're on.

Just put in your condition, put in red light therapy, put into ChatGPT what? Red light therapy. You know what? Cancer. You know X cancer x heart disease X heart problem can be what wavelengths of red light are best for this?

What photo sensitize is, best for this? Okay, these are all drugs that I don't seem to be able to get access to these. What are the best natural photos sensitizing for this?

How long should I take this before I go in front of the red light? Is it immediately absorbed or does it need to be taken hours before or the day before?

And everyone can do this. And I really want to give people that power back. Don't don't like outsource your power. You have it. These studies will exist for us.

They do for me and it's just that drive that comes from inside your own soul. The resolve to find the answers that that should be driving you and me all the time.

This is how we become great. I love that I want to echo that and say, don't outsource your power unless you can outsource the power that's going to take to power your red light therapy to save money on your electrical bills.

I'm joking. It's pennies on the dollar. But I love this and there are affordable options, y'all. I have friends that belong to spas, memberships, gym memberships, the monthly occurrence that include the red light therapy.

But imagine in having at home. Like John said, it'll take about two two and a half, three years to, quote, recoup your cost. But then you own this device forever and you can use it whenever, and it's ultimately convenient.

So I encourage you to give it some prayerful consideration. And if it fits within your budget. If not, maybe you can ask a loved one for a birthday gift.

Or I got to say, Go Fund Me is fantastic. And that's another thing like, hey, trying to save a couple hundred bucks or whatever it is for this particular thing for this reason, and you could write up a little bit of write up and say, look,

heart attack, stroke risk or occurrence or cancer.

I had a friend of mine who just just helped, gear up 40 plus thousand dollars for his wife, who is just recently diagnosed with breast cancer and she recently just went to a cancer clinic in Mexico just from crowdsource our crowdfunding and go fund me.

So think about that, y'all. And these are not thousands and thousands of dollars, right? These these are typically hundreds maybe in the thousand, I guess, for some of the bigger kits I guess.

But at the end of the day, channel thank you, thank you, I love that I want to leave you with that thought. Y'all leave with that thought of getting your power back.

Anything else you'd like to share? That you land the plane here and people can follow more? That's awesome. Yeah. I'll just underscore what you're saying there.

And again, people like this education, this research is so important. And I'll just be educating on this until, you know, the cows come home or whatever.

Right. So this is really important for people to know that some people have, you know, like they have a membership or they have maybe they have a device in their home or something like that.

And so like now, now knowing this, they can then apply this. But people getting the right devices, then it becomes then really important and, and a simple way to, to to understand this and something that we did unique and so like to let the audience know.

So you can get that training on my red light.com. So people are aware as well. So because my research went so far in this direction, we worked with researchers to then develop a device that is FDA class to approved.

And and that is, you know, has, you know, it has 100,000 rated lifespan hours, which means it lasts for a lifetime. And, you know, things that then really matter to people.

But but most importantly, when people saw the wavelengths that we studied, that you can't find those on the market, you just can't find them. We have all of those eight wavelengths in our devices so that people can get that full spectrum.

That's that's, you know, channeled in on the best wavelengths for certain conditions. And so we just we wanted to do a lot to just make this so effective for people.

Most of the red light near infrared don't have the blue light, which is just specifically it's the best for circadian rhythm. So your sleep is going to get better.

You generate, you know, sleep better and you heal more and etc.. So there's that then became an important aspect of for what we're doing. And so where we then, you know, made made made it very affordable, made sure that people could access these things and get all different, you know, free gifts that we added in because we were doing a lot with supplements.

So we gave away a ton of great free supplements. And, you know, the stands are important because, you know, I'm holding one over here like, so they don't fall down on you can make it like a bat or you could do it however.

And so we, you know, give away free stand various things that really help. And the belts we give those away so people can get started at any level. So just do your own research, check into some of this stuff and then what happens as well.

Like when you mentioned I was like comparing like a $10 Amazon chicken bulb light and and then it'll end up after about three years depending on what device you're getting, it will then actually cost you more.

So you think you're saving money, but the energy bills, because it's such a low energy consumption, you end up saving money. But we did something really cool as well, where people can just do monthly payments so that you could be paying like $50 a month, which is what you're going to pay for even a single supplement, and then you own it at the end of the two years, and then you've got the full body device that's got all the bells and whistles, and so it just makes it super easy for anyone.

Doctor Z and if that gives people a little bit of a snapshot into that and, you know, you can just get started and change your life and we've got something really special for your audience where if they use the code hot, they'll get an additional 10% off of all the already discounted prices.

So anyway, just a just to give back to you guys as you're watching this and if you want answers and help, we're here to help and serve. And we'll continue to help you with the knowledge, information inside of all that trainings and everything we do.

There's not really any groups that I know of that are offering that. So we're just proud to be supporting you and your families. Thank you again. Direct people where to go and what to keep on going.

Yeah, it's my red light.com and the coupon code is hot. So like this thing right here. So hot and that'll. Yeah that'll help you out there. Coupon code here two channel.

Thank you so much I really appreciate that y'all. You got a lot of food for thought. And I hope you all find yourself googling and utilizing chat GTP like we've discussed in the past.

I'm really glad that you mentioned that. To get your power back, to train your artificial augmented intelligence to be your best health advocate, it's not your doctor, but I will be your health advocate.

It's the best research assistant on the planet, and it's free. And I highly encourage you to really play around and get more in depth in this knowledge.

And as always, this is Doctor Eric Alinsky. My hope and prayers that you and your family truly experience the abundant life. God bless. We'll talk soon.