

# EYESIGHT & RED LIGHT, STILL WONDERING?

Eyesight is often rated as our most valued sense.

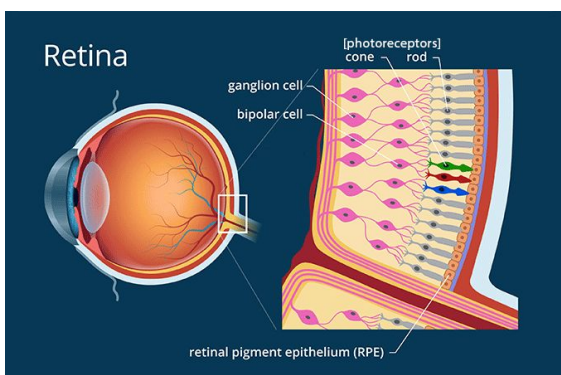
Once your retina is gone, it's gone for life.

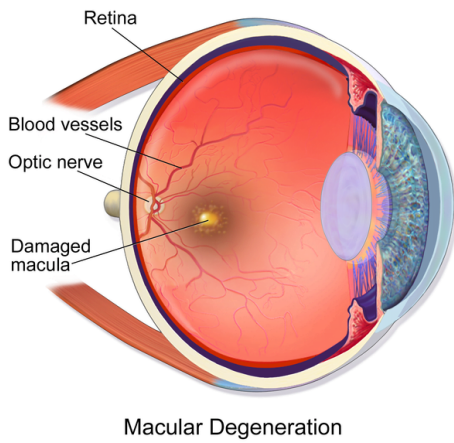
Retinal Neurons DO NOT regenerate, hence the ability to keep retinal neurons healthy is EXTREMELY important for vision quality as we age.

A study from the University of College, London showed that viewing **Red Light** at a safe distance, for few minutes each day, produced a REVERSAL in the aging process of your eyes' neurons. It was especially noticeable if you are over 40 years of age.

The study showed that red light had positive effects on the mitochondria in a particular retinal cell type, *the photoreceptor*, that tends to degenerate or decline in function with age in humans.

Red light therapy, also known as **Photobiomodulation therapy**, is an inexpensive way that has been PROVEN to reverse age-related vision loss (amongst many other things).

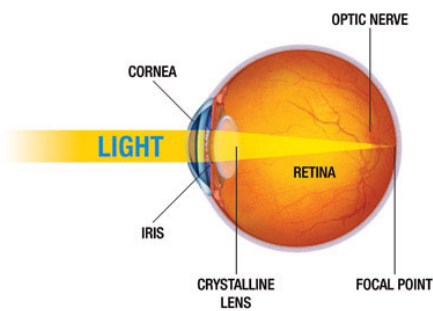




Red light IR/NIR therapy (650nm-880nm) can be used to enhance the function of the cells that allow us to see better. They have been shown to reduce or reverse some of the accumulation of **drusen** which are found within the layers of the retina and appear as small, yellow deposits on dilated eye exams.

**Drusen bodies** are extracellular deposits of lipids, proteins, and cellular debris. They are the defining feature of macular degeneration. These are small yellow or white spots on the retina that can be detected by an ophthalmologist during a dilated eye exam or with retinal photography

Larger drusen bodies can increase your risk of a medical condition called age-related macular degeneration (AMD).



Significant advances in the fields of photobiology and bioenergetics have allowed the therapeutic adoption of red light therapy for enhancing biochemical processes to induce metabolic and antioxidant effects, as well as boost cerebral blood flow for cognitive functions.

For best effects, treat your eyes to red light in the first three hours of being awake. This is due to the fact that the nightly tears and corneal surface dry out after having to constantly produce tears and lubrication while asleep.