



THE ULTIMATE GUIDE TO

RED LIGHT THERAPY

How to Use Your
Red/Near-Infrared
Light Device

A R I W H I T T E N

The Ultimate Guide to Red and Near-Infrared Light Therapy

**How to Use Your Red/Near-Infrared Light
Device**

By Ari Whitten

How to Use Your Red/Near-Infrared Light Device

With all these details and discussion of science, it's easy to get overwhelmed and think that using one of these lights must be terribly complex.

It isn't.

It's actually very simple and straightforward: The basic idea is to just switch the light on and put your body in front of it.

Okay, it's a little more complicated than that, but really not much. The details to be aware of are:

1. Optimizing power density/irradiance for the tissue you are treating by adjusting your distance from the light
2. Getting the dose right
3. Your body position
4. Practical tips/strategies for specific goals

Let's cover each of these in more depth now.

Optimal Power Density

First, you must know the general optimal power density/irradiance for the tissue you're trying to treat. I'm not going to go into detail on this one again, because I already covered in-depth in the earlier section on getting the dose right. The basic idea is that for treating the skin (e.g. anti-aging), you want to use the light from further away from your body (ideally 18"-36" with the powerful lights I recommend) to get lower power density and higher body coverage. For deep tissues, you want to use the light much closer (6"-12") to get a higher power density and to deliver more light to the deeper tissues.

Dose

I covered dosing guidelines in the previous section on dosing as well, so please reference that for specific guidelines on how long to use the different light devices from the different distances away from your body. Also remember that skin and surface treatments need much lower doses than deep tissues, and that total body dose (adding up all the light delivered across all areas of the body you treat) also matters. Again, please see the section on dosing for all the details.

Body Position

What position should you be in?

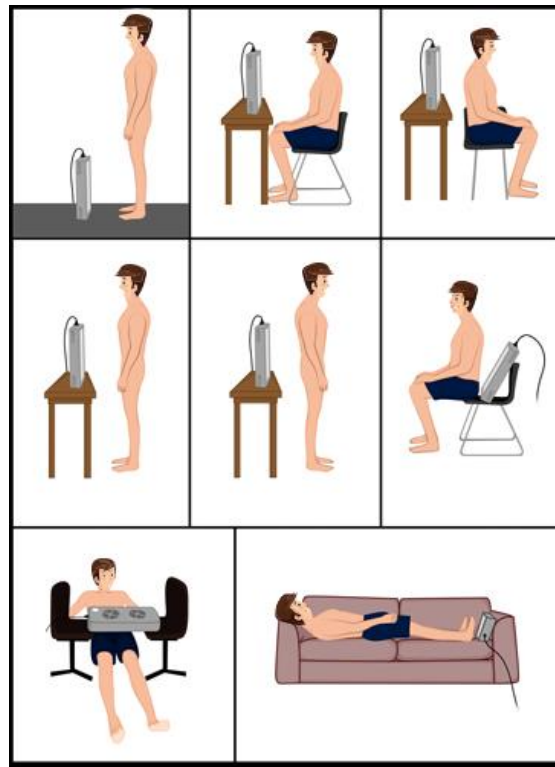
You can sit, stand or lay down. Whatever is the most comfortable position for you to to treat the desired area of your body.

Depending on what part of your body you're treating, you may find different positions more comfortable than others.

Many light devices come with a door hanging kit. If you choose to use that, then you'll be standing (or sitting in a chair) next to the device. Many people do it this way.

I personally almost always use mine while laying down. I position the lights on the ground and lay next to them either on my side, back or front to treat the targeted area. I just find it more relaxing (than standing) to lay down while doing it.

Here is a little illustration showing various positions that you can use your light:



Practical Tips and Strategies for Specific Goals

Depending on your goals, there are more ideal and less ideal ways of using the light.

This is the most significant factor to be aware of, because for some purposes it is best to use the light in a specific way. But for other purposes, there really isn't any specific protocol or timing you need to be aware of, so in most cases, you honestly don't have to worry about timing or whether you're not using it incorrectly.

In most cases – like using it for oral health on your gums, decreasing inflammation, wound healing, or for skin anti-aging, etc. – you really don't need to worry about this. Just use the light on that area at whatever time is convenient, while of course, following the dosing guidelines.

But, I do want to mention a few specifics of when to use the light to accomplish certain goals and how red/NIR light therapy best pairs with other things. Please note that in most cases, more research is needed to confirm my findings, but from my own experience and experimentation with hundreds of people, here are some tips:

- **Fat loss** – Follow my protocol I outlined in the fat loss section. If you can't do that specific fasted morning protocol, I suggest using it right before your workouts. You can shine it on both the fat areas you want to lose as well as the muscles that you are going to exercise in that workout. Use the light from 6" away for 2-5 minutes on each area.
- **Cellulite reduction** – Ideally, follow the stubborn fat protocol outlined previously while specifically targeting the light on the areas of your body with cellulite. Alternatively, if that protocol doesn't work for you because of the timing, then use the light on the cellulite area just prior to exercise at whatever time of day you do your workout.
- **Immune health** – Doing one treatment every few days on the thymus gland area in the center of the chest is likely supportive of good immune health. During an acute infection, you can try one

treatment per day. I suggest a treatment time of 3-5 minutes from 6'-12" away on the thymus gland area in the center of the chest.

- **Skin anti-aging** – Either in the morning or at the end of the day. Use the light (assuming you have either the Red Rush360 or Platinum device) from about 24"-36" away for 5-10 minutes. (E.g. 5-10 minutes on the whole front of your body and then 5-10 minutes on the whole back of your body.) If you get the Joovv, a more ideal range would be from 24" away for about the same amount of time (but with less broad body coverage area), or from 36" away for several minutes longer (roughly double the time) than you'd use the other lights.
- **Muscle and/or strength gain** – The ideal time for this is either right after exercise or 3-6 hours later. Some research has even shown muscle gain benefits while using the light before the workout. Do 3-7 minutes from 6" away on each of the muscle areas you exercised in that session.
- **Exercise performance** – You can use it to allow your muscles to perform better (endurance, strength, and power) during your workouts/training. For this purpose, I suggest using the light right before exercise (between 0-30 minutes prior) from 6" away for 2-4 minutes on each muscle area.
- **Brain performance, mood enhancement (e.g. combatting depression and anxiety), or brain healing** – Use the light (ideally a pure near-infrared light or 50-50 mix of NIR and red, since near-infrared penetrates the skull much more effectively than red light) from 6"-12" away. Since hair blocks the light, you want to use it on an area of your head without hair. For people with hair (no shaved or bald head), this generally means to use it on the forehead, or on the sides of the head through ear area, or at the base of the neck. The base of the neck may allow you to target the cerebrospinal fluid (the fluid that surrounds the brain), and this may provide beneficial effects on the cells in that fluid which impact brain health. The forehead is definitely the most effective area, and has actually been used in several of the studies on depression and brain enhancement. In addition to using the standard LED panels in this way, you also have the option to get the VieLight Neuro device, which allows you to work the lights into the base of your hair follicles and deliver light through the skull at multiple points on the head, even if you have hair. For people who wish to target the brain as their primary focus, I think it's definitely worth it to get that VieLight Neuro device. (Note: I don't recommend their intranasal lights – only the whole head "Neuro" device.)
- **Photopuncture** – For this, you'll need the photopuncture kit from the Photonic Therapy Institute. They provide detailed instructions with the kit on how to use their special "torch" lights on the acupuncture points. This has primarily been studied in the context of tendinitis, muscular trigger point pain, and headache treatment – with very positive results. My friend Kay Aubrey-Chimene (the owner of Photonic Therapy Institute) also uses it on animals (mainly horses) for a wide variety of ailments and reports a lot of success.
- **Sleep enhancement/melatonin production** – As mentioned previously, there is some research suggesting that red/NIR light can impact melatonin (interestingly, melatonin produced by the body outside of the pineal gland!)^{374,375,376} While further research is needed to explore the potential for red/NIR light to be used for increasing melatonin/sleep enhancement, I have experimented with this heavily with my Energy Blueprint program members and it clearly seems to work to enhance sleep. For many people, it has an extremely powerful and *very* noticeable sleep-enhancing effect from the very first time they do it. Here's how I recommend using it:
 - Timing is key for this purpose. Do the treatment 1.5-2 hours before bed. I do not suggest doing this closer than 60 minutes to bedtime.
 - Use the light on your spine and the back of your neck area from about 12-18" away for 3-7 minutes
 - Even though blue light is primarily what effects circadian rhythm and suppresses melatonin (red light generally doesn't suppress melatonin), research has actually shown that very bright red light (like red light therapy LED panels) *can* suppress melatonin. For that reason, I have a few more detailed recommendations:

- I don't recommend doing this within an hour of bedtime
 - I recommend avoiding *looking* into the light (i.e. doing it with eyes closed or a towel over your eyes and avoiding actually looking into the light is ideal).
 - Also, in my experience, pure near-infrared lights are more optimal for sleep enhancement because they don't have the bright red light that makes you squint your eyes. (Remember, near-infrared is mostly invisible to the human eye). So a quick NIR treatment on the spine for a few minutes 1-2 hours before bed can really make a difference in your sleep.
- **Circadian rhythm/SAD** – As discussed previously, red/NIR lights are not optimal for use as SAD lights for treating/preventing seasonal affective disorder or for optimizing circadian rhythm with bright light in the mornings. However, the bright light devices used for circadian rhythm optimization/SAD prevention typically have a huge amount of blue light and little to no red/near-infrared light. Blue in isolation can be harmful to both the eyes and skin, so I always advise using the red/NIR light alongside the bright white/blue light to counteract the blue and give some healing to your cells at the same time. For this use, I suggest using the light from about 3 feet away. You can position it behind or next to the bright white/blue light.
 - **UV light treatments for vitamin D** – To be clear, I don't mean that red/NIR lights work for stimulating vitamin D synthesis. For that, you need UVB rays. To understand this requires a bit of background. In some cases, when people live in latitudes/climates where there is little sun or little UVB available for months during the winter, I advise using a "vitamin D lamp," which is basically a fluorescent bulb setup specifically designed to emit UVB light to stimulate vitamin D synthesis in the skin. (I recommend the Sperti UVB Light Box.) In these cases, I also advise using the red/NIR light alongside the UV light, for the same reason as explained above in the circadian rhythm/SAD section – UV light in isolation can also damage cells, and the red/NIR helps mitigate damage and support cellular healing/protection processes. For using it in this context, you can put the red/NIR light next to or behind the UV lamp, and I suggest using the red/NIR light from 24" away during the 3-6 minutes that you use the UV lamp.
 - **Injuries** (e.g. sprains, strains, cuts, burns, fractures, whiplash, etc.) – In these cases, the most important tip is to get the red/NIR light on the area as quickly as possible after the initial injury. The sooner the better. I know some practitioners who swear that they've seen injuries that normally take weeks to heal, take only a day or two when they can get red/NIR light on the area very quickly after the injury. The other thing to be aware of is if the injury is a surface/skin issue (e.g. cut or burn) or deeper tissue issue (e.g. bone bruise/fracture, muscle strain, ligament sprain, etc.), then follow the dosing guidelines for either the surface issues or deep tissues – i.e. closer distances and higher doses for deep tissues, and further distances and smaller doses for surface tissues.
 - **Fatigue treatment/energy enhancement** – For this purpose, we want to boost overall mitochondrial health, decrease inflammation in the blood, enhance immune function, optimize hormones, and decrease brain inflammation.
 - First, take off all your clothes and shine it diffusely on your entire body for 30-60 seconds (from 24"-36" away), back and front from head to toe, to wake up every cell in your body.
 - 1-2 minutes shining it on the neck and thyroid gland area and thymus area in the center of the chest, from roughly 6-12" away. There are studies already showing this can impact thyroid function (the studies were done in people with Hashimoto's hypothyroidism), which is critical to metabolic health in the entire body. The light on the thymus can potentially enhance immune function.
 - 1-2 minutes on your sex organs (from 6-12" away) if possible, as this will increase the health of those tissues and promote optimal hormonal function.
 - 1-2 minutes on your belly (from 6-12" away) to get systemic effects through getting the red/NIR light in the entire blood of your body. (Remember, some research has shown

systemic effects, likely from irradiating the blood and affecting blood cells, inflammatory cytokines, and immune cells.)

- 1-3 minutes on your forehead/brain (from 6-12" away) and another 1-3 minutes on the base of the neck and spine area to decrease brain inflammation and support mitochondrial health in the brain.
- Total treatment time should be no more than 10-12 minutes. Also, be aware that if you have severe fatigue (e.g. Chronic Fatigue Syndrome) or are very ill with a particular condition, you may need to cut these doses in half or even do only 1/4th or 1/5th of these recommendations to start. Remember that the more unwell you are, the smaller doses you should use, especially starting out.

References

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