

# RED LIGHT THERAPY



**EVOLVE**  
Human Optimization Labs

When it comes to human optimization, biohacking and athletic recovery there are so many technologies available that it can be hard to choose which ones to prioritize in your protocol. Red light therapy users experience benefits including smoother, healthier skin, improved circulation, and faster healing of muscles. Learn more about what Red Light Therapy is and why you should prioritize it in your wellness journey.



# WHAT IS RED LIGHT THERAPY?

Red light therapy, also known as RLT, is a method where LED red light is adjusted to a low wavelength and used to target different areas of the body. Research on light therapy started over one hundred years ago, shortly after the invention of the light bulb. In 1903 Niels Ryberg Finsen was awarded the Nobel Prize for his work curing tuberculosis scars using light therapy. Over the years there have been many advances in light technology, which have led to ever-growing progress in light therapy. There have been a multitude of health benefits discovered using Red Light Therapy:

## + IMPROVED MUSCLE RECOVERY TIME

No matter if you are a finely tuned athlete or just someone trying to make the most of their workouts, faster recovery time can be a huge advantage. You don't want to miss practice, or even your next workout because of strained or overworked muscles. With red light therapy, inflammation, and soreness are reduced, while circulation and cell production are increased. These benefits translate to a much shorter recovery time. According to the National Library of Medicine, the college athletes who used Red Light Therapy were studied after an injury were able to return to play 9.6 days instead of the projected 19.23 days, and the treatment had a 78.5% approval rating by the athletes.

## + HEALTHY CIRCULATION IS KEY

It doesn't matter if you are just working out to stay healthy or to maximize your performance in competition, you want peak performance from your circulatory system. The more efficient your blood is flowing and providing oxygen to your body, the more stamina you will have, which means more effective workouts. You will recover quicker from your workout, and you will have less inflammation and joint pain. That efficient delivery of oxygen also helps the rest of your internal organs function better, keeps your brain sharper, it even gives your skin a healthier complexion.

## + LOOK YOUNGER AND HEALTHIER

Maybe not the first thing an athlete thinks about, but who doesn't want to look their best? Besides the improved circulation making your complexion look better, and increased cell production to help repair your skin, red light therapy also increases collagen production. When you optimize collagen production, your skin is healthier, smoother, and more resistant to the damage caused by extended sun exposure. You may see the thin lines on your face disappear after a few treatments.



# IT'S ALL ABOUT CONSISTENCY AND QUALITY

The key to red light therapy is repetition. You won't see huge changes after one or two treatments. Depending on the results you may want to achieve, you could schedule weekly, bi-weekly or even after every extra hard workout. You may see devices that allow you to perform red light therapy at home on the Internet, but they don't compare to using the proven top-of-the-line equipment featured at Evolve Human Optimization Labs. Red Light Therapy is one of the standard services offered with a membership to Evolve Human Optimization Labs and our membership plans make it easy and convenient to use Red Light Therapy consistently to see maximum benefit.



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