



COUNTRY HEALTH CLINIC
CARING NATURALLY, ONE PERSON AT A TIME

Red Light Bed Therapy

Red light is thought to work by producing a biochemical effect in cells that strengthens the mitochondria. The mitochondria are the powerhouse of the cell, it's where the cell's energy is created. The energy carrying molecule found in the cells of all living things is called ATP (adenosine triphosphate).

By increasing the function of the mitochondria using Red Light Therapy, cells can make more ATP. With more energy, cells can function more efficiently, rejuvenate themselves and repair damage.

Red Light benefits:

- Decreased skin inflammation
- Improves facial texture
- Improves sun damaged skin
- Reduces wrinkles
- Heals wounds
- Prevent recurring cold sores or HSV
- Works on lymphatic system to improve your body's detoxification abilities

