



*Thank you for choosing Equilux for your light therapy needs. Our mission is to provide high quality light therapy products, at affordable prices. Every horse can benefit from light therapy. Whether a 1D barrel horse or a pasture puff, light therapy can help your horse maintain good health, aids in rehabilitation and wound care, and enhances performance.*



## EQILUX LIGHT THERAPY GUIDE

### What is Light Therapy?

Light therapy is a process in which a specific wavelength of light is projected onto the skin causing a biological response. This process excites cells to increase cellular performance that in turn speeds healing, stimulates acu-points, minimizes pain and inflammation, balances hormones, calms, and much more.

The key to light therapy is the wavelength of light, as different colors

(wavelengths) produce different chemical reactions within the cells. This can achieve numerous benefits physically, mentally and emotionally.

Color is Light Energy. The wavelengths of visible light are tiny, ranging from 400 to 700 billionths of a meter, or nm. The wavelength of light, expressed in nanometers (nm), simply defines the color we see.

So whether coming from the Sun or an LED bulb, light is actually a powerful electromagnetic energy

traveling at 186,000 miles per second

Light therapy is not new, and has tremendous scientific evidence to back it up. Studies from NASA and FDA clearances should help put any doubt to rest. Light therapy has been used in the medical practice in just about every country and for as far back as recorded history.



## Red Light Therapy

Red light therapy uses red light at the 660 nm range which promotes the body's own immune responses, its own method of controlling pain, and its own healing abilities.

### What are the benefits?

- Increased vascularity or circulation by the formation of new capillaries.
- Significant increases in wound healing with less formation of scar tissue.
- Reduction in edema.
- Pain relief and relaxation of muscles

- Stimulation of collagen production
- Increases RNA and DNA synthesis
- Stimulation of trigger and acupuncture points.

### How does it work?

1. Reduces pain by increasing production of endorphins - a natural pain killer
2. Reduces inflammation by suppressing enzymes that create swelling, redness, and pain.
3. Boosts the release of anti-inflammatory enzymes to reduce swelling quickly.
4. Increases cellular regeneration and healing by stimulating the mitochondria within the cell. This increases the production of ATP which causes damaged cells to accept nutrients and eliminate toxins faster
5. Increases lymphatic drainage and circulation.

6. Relaxes tight muscles and quickly releases muscle spasms and cramps.
7. Strengthens anti-viral properties by increasing antibody production in the bloodstream
8. Improves structure of tendons, bones, skin, teeth, and cartilage by increasing collagen production.
9. Regulates serotonin levels. Serotonin helps to regulate inflammation and allergic reactions and plays an important role in blood clotting, stimulating a strong heartbeat, initiating sleep, and fighting depression. It also stimulates the smooth muscle in the intestinal wall helping it to contract.



## Blue Light Therapy

Blue Light as with red has many applications and benefits. It is best known for skin conditions, especially acne, but has great benefit in ridding the body of excess heat. This is highly beneficial for fresh injuries as well as fever.

Blue light is also highly effective on bacteria and fungus. Issues such as Scratches, Rain Rot and Ringworm all respond well to the blue light. Blue light is beneficial in treating any wound with chance of infection. Apply blue before red to help deal with bacteria and avoid infection.

Since LED treatment doesn't emit harmful radiation or heat, it's 100% safe. This is different from lasers, which damages the skin. Furthermore, with LED treatment, there's no downtime like there is with laser treatment.

### What are the benefits?

- 100% natural and non-invasive
- Drug-free with no adverse side effects short or long term
- Safe for all ages and safe for daily use
- Painless easily self-administered in your own home
- No down-time does not stop working over time
- May be effective against antibiotic resistant strains of bacteria

- Decreases inflammation (redness and swelling)
- Speeds skin healing
- Reduces acne clearing time
- Facilitates healing without scarring
- Helps heal pre-existing scars over time



## Green Light Therapy

Green light is found at the center of the visible spectrum. Green light therapy promotes balance, anti-inflammatory properties, and calming in the skin, as well as bringing the organs and body systems into balance. The body, in a balanced state is then able to protect and heal itself.

Recently it is getting high praise in the scientific community for pain relief and has even led to human studies on people suffering from fibro myalgia.

Green is considered a cool color and also helps bring

about a slightly sedative effect which will also help with sleeplessness, irritability, and calming.

Green is often applied before and after other colors to bring greater results. It is also a complimentary color to red and can be used opposite to red or when red light is too much.

Green light has been successful in helping to ease stomach discomfort.

It can also affect the appearance of skin spots and discolorations by affecting the melanocytes that reside in the bottom layer of the epidermis.

They reduce the production of these cells which allows the spots and patches to fade over time. It is also useful for sagging skin around the eyes, and dark circles.

## What are the benefits?

- 100% natural and non-invasive
- Drug-free with no adverse side effects short or long term
- Safe for all ages and safe for daily use
- Painless easily self-administered in your own home
- Calms
- Balances skin and organs
- Helps mares have more balanced and less painful cycles
- Helps relieve stomach discomfort
- Relieves pain and inflammation
- Fades sun spots and helps saggy skin.

## **How to use your lights.**

**Accupoints** – Follow charts and treat each point 15 seconds to 1 minute each with red and or green light.

**Wounds-** Apply blue light first to deal with bacteria and infection. Next use red. Treat 5-20 minutes daily.

**Muscle related pain or injury** – Apply blue light to any heat first. Apply red light to affected area for 5-20 minutes daily.

**Nerve related pain** – Treat blue first if heat is present then treat affected area and direct line

tracing back to the spine with red or green daily.

## **Stomach discomfort-**

1. Find point 2 finger widths to the left of your navel and then from there 2 finger widths down. Apply the green light for 30 seconds.
2. Find point 2 finger widths to the right of your navel and then down 2 finger widths. Apply green light for 30 seconds.
3. Move up 4 finger widths so you are 2 to the right and 2 finger widths above the navel. Apply green light for 30 seconds.

## **Cosmetic/Anti-aging**

**Acne-** apply blue light to blemish for 1–5 minutes

**Collagen production (wrinkles skin tightening)-** Apply red light to face for 5-20 minutes per area daily.

**Discoloration-** Apply green light for 5-20 minutes daily.

**Calming and balance-** apply green light to face for 5-20 minutes.



