

Integrative Therapy Information Portal

| Allergy Medical Group of the North Area, *Allergy & Immunology* |

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Important Notice:

This page is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Please discuss any therapy with your healthcare provider before use.

Red Light Therapy (Photobiomodulation)

What is it?

Red light therapy uses specific wavelengths of red and near-infrared light applied to the body in a non-invasive manner.

What does research suggest?

Studies have investigated its potential role in:

- Inflammatory pathway modulation
- Muscle and joint comfort
- Skin barrier recovery and wound healing
- Cellular energy (mitochondrial activity) support

Evidence varies depending on condition and treatment protocol.

Why we offer this service

Red light therapy is used as a **supportive adjunct therapy** for patients interested in additional wellness options. This is a complement to allergy and immunology care, particularly for patients managing chronic inflammation or skin-related conditions.

Key References:

Hernández-Bule, M. L., Naharro-Rodríguez, J., Bacci, S., & Fernández-Guarino, M. (2024). Unlocking the Power of Light on the Skin: A Comprehensive Review on Photobiomodulation. *International Journal of Molecular Sciences*, 25(8), 4483. <https://doi.org/10.3390/ijms25084483>.

Kang, J. W., Lim, J. A., Lee, H. C., Park, J. H., & Han, S. H. (2023). Treatment Effect of Phototherapy with Low-Level Energy in Patients with Allergic Rhinitis: A Single-Arm Observational Study. *Medicina (Kaunas, Lithuania)*, 59(2), 226. <https://doi.org/10.3390/medicina59020226>.