

how soon after surgery can you use red light therapy

How Soon After Surgery Can You Use Red Light Therapy?

how soon after surgery can you use red light therapy is a common question among patients and healthcare providers alike. Red light therapy, also known as low-level laser therapy (LLLT) or photobiomodulation, has gained popularity for its potential to accelerate healing, reduce inflammation, and minimize scarring. But when it comes to integrating this treatment into postoperative care, timing is crucial. Too early, and you might risk aggravating the wound; too late, and you may miss out on the optimal window for recovery benefits. Let's explore the nuances of red light therapy after surgery, the best timing to start, and what you should consider before introducing this treatment.

Understanding Red Light Therapy and Its Role in Healing

Before diving into the specifics of how soon after surgery can you use red light therapy, it helps to understand what the therapy does. Red light therapy involves exposing the skin to low levels of red or near-infrared light. This light penetrates the skin layers and stimulates cellular processes that promote tissue repair and reduce inflammation.

Several studies have highlighted its benefits in wound healing, pain reduction, and improving skin health. The therapy encourages increased ATP production (the energy currency of cells), enhances circulation, and modulates the immune response. These effects can be especially beneficial after surgery, where tissue damage and inflammation are common.

Why Timing Matters in Post-Surgical Red Light Therapy

The timing of red light therapy after surgery is not a one-size-fits-all scenario. The body's healing phases—hemostasis, inflammation, proliferation, and remodeling—each play a role in how the therapy interacts with tissues. Introducing red light therapy too soon could interfere with the natural inflammatory response necessary for healing, while waiting too long might slow down optimal regeneration.

How Soon After Surgery Can You Use Red Light Therapy?

Exploring the Timeline

The answer to how soon after surgery can you use red light therapy depends on multiple factors including the type of surgery, the extent of tissue damage, and your overall health status. Generally, mild to

moderate procedures may allow earlier introduction of red light therapy, while major surgeries might require a longer wait.

Immediate Postoperative Period (First 24-72 Hours)

Most surgeons recommend avoiding red light therapy within the first 24 to 72 hours post-surgery. During this phase, the body is focused on clot formation and controlling bleeding. The inflammatory process is active and essential for cleaning the wound area and preventing infection.

Applying red light therapy too early might disrupt these natural defenses or potentially increase blood flow in a way that could worsen swelling or bleeding. That said, in some controlled medical environments, near-infrared light has been cautiously used to manage pain, but only under strict supervision.

Starting Red Light Therapy After Initial Healing

Typically, red light therapy can be safely introduced once the initial inflammation has subsided, which is usually around 3 to 5 days post-surgery. At this stage, the body enters the proliferative phase, where new tissue formation and collagen production begin.

Using red light therapy during this window can help stimulate fibroblast activity, enhance collagen synthesis, and accelerate angiogenesis (formation of new blood vessels). These processes are essential for strengthening the surgical site and promoting faster recovery.

Considerations for Different Types of Surgery

- **Minor skin surgeries and cosmetic procedures:** For laser treatments, mole removals, or minor excisions, red light therapy might be initiated as early as 48 hours post-op, provided the wound is stable and no signs of infection are present.
- **Orthopedic or muscle-related surgeries:** These procedures often involve deeper tissues. Light therapy might begin around 5 to 7 days after surgery to avoid interfering with deep tissue inflammation and to target muscle recovery and pain relief effectively.
- **Dental surgery:** In dental implants or tooth extractions, red light therapy is sometimes recommended within 24 to 48 hours to reduce pain and swelling, but only under dentist supervision.

Important Factors to Consider Before Starting Red Light Therapy Post-Surgery

Consultation with Your Healthcare Provider

Before starting red light therapy, it's essential to discuss with your surgeon or healthcare provider. They can evaluate your wound's condition, assess any risks, and determine the optimal timing based on your specific procedure and healing progress.

Skin Sensitivity and Wound Status

Red light therapy should never be applied to open wounds or areas with active infection. If your surgical site is still raw, oozing, or shows signs of infection (redness, warmth, pus), therapy should be postponed until these issues resolve.

Device Type and Wavelength

Not all red light devices are created equal. Devices vary in wavelength, power output, and treatment area. For post-surgical healing, wavelengths between 630-850 nanometers are commonly used. Near-infrared light (around 800-850 nm) penetrates deeper tissues and might be preferable for muscular or orthopedic surgeries.

Make sure to use FDA-cleared or clinically validated devices and follow manufacturer guidelines for treatment duration and frequency.

Duration and Frequency of Treatment

Once cleared to start, typical red light therapy sessions post-surgery last between 5 to 20 minutes per area, performed once or twice daily. Overdoing it can cause skin irritation or diminish benefits, so moderation is key.

Benefits of Using Red Light Therapy During Post-Surgical Recovery

Introducing red light therapy at the appropriate time after surgery can bring several advantages that enhance the healing journey:

- **Reduced Inflammation:** By modulating inflammatory cytokines, red light therapy can decrease swelling and pain.
- **Accelerated Tissue Repair:** Stimulates fibroblast proliferation and collagen production, crucial for wound closure and scar quality.
- **Improved Circulation:** Encourages angiogenesis, which enhances oxygen and nutrient delivery to healing tissues.
- **Minimized Scarring:** By regulating collagen remodeling, it can reduce the appearance of hypertrophic or keloid scars.
- **Pain Management:** Helps in reducing nerve sensitivity and discomfort often associated with surgery.

Potential Risks and Precautions

While red light therapy is generally safe and non-invasive, it is important to be aware of certain precautions:

- Avoid using therapy over cancerous lesions or if you have a history of skin cancer in the treated area.
- Protect your eyes during treatment; use goggles if recommended.
- Do not apply over areas with active bleeding or severe swelling.
- Monitor your skin's response; discontinue if irritation or unusual symptoms occur.

Integrating Red Light Therapy Into Your Post-Surgery Routine

If your healthcare provider gives the go-ahead, consider these tips to maximize the benefits of red light therapy:

1. **Clean the Area:** Gently cleanse the surgical site before treatment to avoid trapping bacteria.
2. **Follow Consistent Timing:** Use the therapy at the same time daily to maintain steady progress.
3. **Combine with Other Therapies:** Complement red light therapy with prescribed medications, physical therapy, or wound care protocols.
4. **Track Your Progress:** Keep a journal or take photos to observe improvements and share with your healthcare provider.

Understanding how soon after surgery can you use red light therapy is about balancing patience with proactive healing. By respecting your body's natural recovery timeline and leveraging the science behind photobiomodulation, you can make informed decisions that promote better outcomes and smoother recoveries. As with any therapeutic intervention, personalized guidance from your medical team is invaluable in ensuring safe and effective use of red light therapy in the post-surgical phase.

Frequently Asked Questions

How soon after surgery is it safe to start red light therapy?

It is generally recommended to wait until the surgical wound has closed and initial inflammation has reduced, often around 1-2 weeks post-surgery, but you should follow your surgeon's specific advice.

Can red light therapy help with post-surgical healing?

Yes, red light therapy can promote tissue repair, reduce inflammation, and improve circulation, potentially enhancing the healing process after surgery.

Are there any risks of using red light therapy immediately after surgery?

Using red light therapy too soon after surgery may increase inflammation or disrupt the healing tissue, so it is important to wait for clearance from your healthcare provider.

Does the type of surgery affect when you can start red light therapy?

Yes, the timing can vary depending on the surgery type, location, and extent of tissue damage; minor procedures might allow earlier use compared to major surgeries.

How does red light therapy aid in scar reduction post-surgery?

Red light therapy stimulates collagen production and cellular repair, which can help minimize scar formation and improve skin texture over time.

Should I consult my doctor before starting red light therapy after surgery?

Absolutely; consulting your healthcare provider ensures the therapy is appropriate for your specific surgery and recovery stage.

Is there a recommended duration and frequency for red light therapy after surgery?

Typically, sessions last 5-20 minutes, 3-5 times per week, but this can vary based on individual needs and surgeon recommendations.

Can red light therapy reduce pain and swelling after surgery?

Yes, red light therapy has analgesic and anti-inflammatory effects that may help reduce post-operative pain and swelling.

Are there any contraindications for using red light therapy after surgery?

Contraindications include open wounds, active infections, or certain photosensitive conditions; always check with your healthcare provider before use.

How do I know if my surgical site is ready for red light therapy?

Signs include closed incisions without open wounds, reduced redness and swelling, and clearance from your surgeon or medical professional.

Additional Resources

[How Soon After Surgery Can You Use Red Light Therapy? An In-Depth Exploration](#)

how soon after surgery can you use red light therapy is a question gaining increasing attention among patients and healthcare professionals alike. As red light therapy (RLT) continues to emerge as a promising adjunct treatment for wound healing, pain management, and inflammation reduction, understanding the appropriate timing for its application post-surgery becomes crucial. The therapeutic benefits of RLT hinge on precise protocols, and incorrect timing may impede recovery or even exacerbate complications.

This article delves into the current evidence and expert opinions surrounding the initiation of red light therapy following surgical procedures. We will examine factors influencing timing, safety considerations, and practical guidelines to optimize healing outcomes without compromising patient well-being.

The Science Behind Red Light Therapy and Surgical Recovery

Red light therapy involves the use of low-level wavelengths of red or near-infrared light to stimulate cellular processes. It operates primarily through photobiomodulation—a mechanism where photons penetrate the skin and interact with mitochondrial chromophores, increasing adenosine triphosphate (ATP) production. Enhanced cellular energy supports tissue repair, reduces oxidative stress, and modulates inflammation.

In the context of surgery, these effects can theoretically accelerate wound closure, reduce scar formation, and alleviate pain. However, timing is a critical variable. Immediately after surgery, the tissue environment undergoes acute inflammation and immune activation, which may respond differently to phototherapy compared to later stages of healing.

Phases of Post-Surgical Healing and Their Relevance to RLT

Understanding the phases of wound healing is essential to contextualize when red light therapy can be safely and effectively introduced:

1. **Hemostasis and Inflammation (0–3 days post-surgery):** The body stops bleeding and initiates an inflammatory response to prevent infection and clear debris.
2. **Proliferation (3–14 days):** New tissue forms, including collagen synthesis and angiogenesis.
3. **Maturation and Remodeling (weeks to months):** The wound strengthens and scar tissue reorganizes.

Applying red light therapy too early during the hemostasis phase may disrupt clot formation or exacerbate inflammation. Conversely, initiating RLT during the proliferation phase may enhance fibroblast activity and vascularization, promoting faster recovery.

Clinical Guidelines and Research on Timing

Currently, there is no universal consensus on the exact timeframe for starting red light therapy after surgery, largely due to variability in surgical types, wound severity, and patient-specific factors. However, emerging studies provide insight into safe and effective windows.

A 2018 clinical trial investigating RLT in post-cesarean section wound healing found improved scar

appearance and reduced pain when therapy was commenced 48 hours after surgery. Another study focusing on dental surgeries reported benefits when RLT began 24–72 hours post-operation, emphasizing early but cautious application.

Healthcare professionals generally recommend waiting until the initial inflammatory response diminishes, which typically occurs within 24 to 72 hours post-surgery. This interval allows natural clot stabilization and reduces the risk of infection before introducing phototherapy.

Factors Influencing When to Start Red Light Therapy

Several considerations affect how soon after surgery can you use red light therapy, including:

- **Type and extent of surgery:** Minimally invasive procedures may permit earlier RLT use compared to extensive surgeries with larger wounds.
- **Patient health status:** Immunocompromised individuals or those with chronic conditions may require a longer waiting period.
- **Presence of infection or complications:** Active infections contraindicate early RLT to avoid aggravating bacterial activity.
- **Device parameters:** The wavelength, intensity, and duration of red light exposure influence safety and effectiveness.
- **Physician recommendations:** Surgeons' protocols and experience guide timing based on individual case assessment.

Practical Considerations for Post-Surgical Red Light Therapy

When integrating red light therapy into post-surgical care, patients and clinicians should observe the following best practices:

- **Consult your surgeon or healthcare provider:** Before starting RLT, obtain professional clearance to ensure no contraindications exist.
- **Start with low doses:** Initial sessions should use conservative exposure times and intensities to monitor tissue response.
- **Monitor wound condition:** Watch for signs of excessive redness, swelling, or discomfort that may indicate adverse reactions.
- **Maintain hygiene:** Clean the treatment area thoroughly to prevent infection during therapy.

- **Follow device instructions:** Use FDA-approved or clinically validated red light therapy devices to guarantee safety standards.

Potential Risks of Premature Red Light Therapy Post-Surgery

While generally considered safe when used appropriately, red light therapy applied too soon after surgery can pose risks:

- **Increased inflammation:** Early photostimulation may amplify inflammatory cytokine release.
- **Delayed clotting:** Light energy could interfere with platelet aggregation, risking bleeding.
- **Infection susceptibility:** If wounds are not properly sealed, light exposure might promote microbial growth.
- **Tissue irritation:** Overexposure can lead to thermal discomfort or skin damage.

Therefore, timing and protocol adherence remain pivotal to maximizing benefits while minimizing adverse effects.

Comparing Red Light Therapy to Other Post-Surgical Recovery Modalities

Red light therapy is often considered alongside other complementary treatments such as cold laser therapy, electrical stimulation, and traditional wound care techniques.

- **Cold laser therapy (Low-Level Laser Therapy - LLLT):** Shares mechanistic similarities with red light therapy but uses different wavelengths and coherent light sources. Often integrated with RLT for enhanced healing.
- **Electrical stimulation:** Utilizes electrical currents to promote nerve and muscle recovery but may have different contraindications post-surgery.
- **Topical agents:** Application of antiseptics or growth factors complements RLT by maintaining wound cleanliness and providing biochemical support.

Unlike some modalities requiring invasive setups or systemic drugs, red light therapy offers a non-invasive, drug-free option with minimal side effects, enhancing its appeal for post-surgical rehabilitation.

Emerging Trends and Future Research Directions

As red light therapy technology advances, ongoing research seeks to refine timing protocols tailored to specific surgeries and patient demographics. Personalized medicine approaches incorporating genetic and metabolic profiling may soon guide individualized RLT schedules.

Moreover, combined therapies using red light in conjunction with stem cell treatments or advanced wound dressings show promise for accelerating healing beyond current capabilities.

Summary

Determining how soon after surgery can you use red light therapy depends on multiple factors including the nature of the surgery, patient health, and wound status. Current evidence suggests that initiating treatment within 24 to 72 hours post-operation is generally safe for many procedures, provided there are no active infections or complications.

Red light therapy holds significant potential to enhance tissue repair, reduce inflammation, and improve patient comfort during recovery. Yet, cautious application guided by clinical judgement remains essential to leverage its benefits without undermining the natural healing process. As research progresses, more precise recommendations are expected to emerge, empowering patients and practitioners to optimize post-surgical outcomes through effective red light therapy integration.

[How Soon After Surgery Can You Use Red Light Therapy](#)

how soon after surgery can you use red light therapy: Healing with Red Light Therapy
Stephanie Hallett, 2020-04-28 Discover the power of low-level laser therapy (aka photobiomodulation) for the pain-free treatment of arthritis, psoriasis, hair loss, acne, and more. Red light therapy is dramatically changing the world of health care. Studies show using red and near-infrared light can have incredible effects, from managing chronic pain to even slowing the signs of aging. This natural, drug-free, red light therapy treatment can be found at your doctor's office, spa, and even in the comfort of your own home. These at-home lights are increasing in popularity as they become more affordable and accessible online, but using them safely and effectively is crucial. With so many different devices, online advisories, and treatment options, this book is your go-to guide to understanding the ins and outs of this revolutionary therapy. Inside you'll find information about: How light therapy works Easy-to-understand breakdown of recent studies Different light source devices and types The importance of correct dosage Treatment of chronic pain, skin aging and other conditions, joint pain, and more With patient testimonials and interviews with leading health professionals, *Healing with Red Light Therapy* will give you all the tools you need to harness the beneficial power of light therapy.

how soon after surgery can you use red light therapy: Red Light Therapy Olivia Clark, AI, 2025-02-27 Red Light Therapy explores the science behind photobiomodulation (PBM), a

non-invasive treatment using specific light wavelengths to stimulate cellular regeneration and improve overall wellness. This therapy has shown promise in various areas, including skin health, pain management, and even sports performance. Intriguingly, red light therapy can stimulate mitochondrial function, boosting ATP production, the energy currency of cells. The book emphasizes the importance of proper dosage and application techniques to achieve optimal results. The book progresses logically, starting with the fundamental principles of photobiomodulation and its effects at the cellular level. It then delves into specific applications, dedicating chapters to dermatology (addressing acne and wrinkles), pain management (for arthritis and muscle soreness), and sports performance enhancement. By presenting a thorough review of scientific literature, including clinical trials, the book offers a balanced perspective on the current state of research in red light therapy. This book stands out by adopting a fact-based approach, focusing on verifiable scientific evidence and avoiding exaggerated claims. It integrates knowledge from diverse disciplines like dermatology, sports medicine, and cell biology, offering a holistic view of red light therapy's potential. Ultimately, the book provides practical guidelines for safely and effectively implementing red light therapy, making it a valuable resource for healthcare professionals, fitness enthusiasts, and anyone seeking natural health solutions.

how soon after surgery can you use red light therapy: Red Light Therapy Claudia Anderson, 2020-06-24 How To Relieve Muscle Spasms And Body Aches Naturally Without Spending A Fortune By Going To The Kinesitherapist. Do you feel like you are tired ALL the time? Is your hair loss affecting your confidence? If there was a safe, easy and quick way to get back your energy and help with your hair growth, would you be up for it? Well look no further because the revolutionary way has arrived and it's called Red Light Therapy! Red light therapy is a therapeutic technique that will use red low-level wavelengths of light to treat a variety of health conditions. It has been known to help with persistent wounds, scars, wrinkles, weight loss, and more. You don't need to starve yourself on low calorie diets in order to lose weight or even spend hundreds on fat loss pills anymore. Here is a fraction of the info from the book: • Discover the one thing you should never do after your Red Light Therapy • Chapter 12: Red Light Therapy for Weight Loss - page 79 • Chapter 13: Red Light Therapy for Reduced Inflammation and Helping with Arthritis- page 83 • Chapter 14: Red Light Therapy to Slow the Aging Process- page 89 • Discover whether Red Light Therapy is for you or not • Chapter 15: Red Light Therapy for Cancer-page 95 • Chapter 16: Red Light Therapy for Blood Flow- page 99 • Chapter 17: Red Light Therapy for the Health of Your Muscles- page 105 • Chapter 18: Red Light Therapy to Help with Depression and Bipolar Disorder- page 117 • Chapter 19: Red Light Therapy for Your Thyroid Health- page 125 • A few simple tricks to potentially expedite your RLT therapy benefits Join A-list celebrities like Chrissy Teigen, Kate Hudson or even Kourtney Kardashian who has been using the Red Light therapy technology and are still using it to this day and reaping its many benefits such as increased immunity, less fatigue and improved sleeping. A 2014 study found that the therapeutic technique led to reduced muscle strength loss, less muscle soreness, and fewer range-of-motion impairments for up to 4 days after exercise. A more recent 2018 study also proved that RLT both before and after exercise reduces knee muscle fatigue. Even if you failed losing weight before on diets and exercises, you will succeed with RLT because it's passive and does not require crazy efforts from you to work. So if you want to feel more energized upon waking up and want your body aches gone then look no further and click the "add to cart" button. You will be thankful you did! Disclaimer: I never heard of Mr Whitten or Sloan before. I only did when checking the reviews on other books on same topic and at that point I had already finished writing mine. My book was not published for several months (close to a year) because I was scared of all the hate of the other reviews. that I feel we should not act this way as the more opinions we get on a subject, the better we can be informed on it. Criticizing others because they write on same book topic is like trying to silence other doctors because you only want info from just one person. We should not encourage a monopoly. I apologize beforehand if part of my book resemble his (which is inevitable since we are writing on same topic). Thank you for reading.

how soon after surgery can you use red light therapy: Eat Right for Your Inflammation

Type Maggie Berghoff, 2021-12-28 Eat Right for Your Inflammation Type does for dangers of inflammation what Wheat Belly did for the hidden threats of gluten, targeting each cause of inflammation the same way Eat Right 4 Your Type did for blood type-specific health issues--

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how soon after surgery can you use red light therapy: The Surgery-Free Makeover Brandith Irwin, 2009-03-12 The calendar and mirror may say 40-something or 50, but the spirit inside says 30. Yet for many women, plastic surgery is too expensive, and most don't want to end up having that "Oscar-freeze" look. With more than fifteen years' experience, Dr. Irwin distills all her expertise to help women look their best with minimum fuss and expense. Most women have a finite list of issues they'd like to correct: undereye bags, upper lip lines, that annoying forehead crease. Akin to having a personal skin consultation, Dr. Irwin walks readers through each problem area. Whether recommending a new product, filler, or laser treatment, she arms women with practical tips they can use, including which of the latest technologies to trust (and avoid); how to look younger on a strict time line; and how to maintain that youthful glow once you get it back!

how soon after surgery can you use red light therapy: Red Light Therapy: Improving Your Health and Body Using Photobiomodulation (The Basics of Red Light Therapy and How to Effectively Use Red Light Therapy) Willie Cunningham, 101-01-01 Red light therapy (rlt) is a specialised form of phototherapy that employs low-level red lasers or light-emitting diodes (leds) to address diverse conditions, particularly those related to the skin. You might have encountered red light therapy being referred to by other names such as low-level laser light therapy (lllt), low-power laser therapy, soft laser therapy, or cold laser therapy. Much of what we read about red light therapy makes it seem to cure everything. But is that true? Are these claims just science fiction? Or is red light therapy something that has been overlooked and everyone should use it? In this book, you'll find: • A breakdown of the different wavelengths of light used in red light therapy and how they target specific health concerns • Tips on how to optimize your red light therapy sessions for maximum benefits • A comprehensive list of common health conditions that can be effectively treated with red light therapy, including acne, eczema, and arthritis • Everything you need to know before buying a red light therapy device • How to calculate your own red light dosage and maintain your treatments • How to optimize your personal treatment plan This guide combines practical advice and scientific discoveries to help you rejuvenate your body and say goodbye to chronic pain with a safe, effective, and non-invasive method. Discover how to eliminate inflammation, relieve pain, combat stress and depression, and restore youthful, glowing skin.

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how soon after surgery can you use red light therapy: Hollywood Beauty Secrets Louisa Graves, 2013-04 Celebrity Body Parts Model -Turned- Media Beauty Expert, Louisa Graves, shares scientifically proven advice, that addresses a variety of self-help, 'head to toe' beauty and age-proofing solutions. Louisa walks the talk! Many of the DIY beauty recipes, remedies and budget-friendly products she shares are those that have helped her remain tops in her field in youth-oriented Hollywood as both a celebrity body parts model and beauty expert on TV. Doctors on TV and radio regularly invite Louisa to share her non-invasive approach to halting the aging process, addressing topics ranging from hair loss and skin conditions, to brittle nails, dark circles, acne, enlarged pores, cracked heels, hormones, cellulite, weight loss, and much more. In fact, the doctor-approved slimming tonic she reveals in this book, helped one women lose over 150 lbs. while dropping her medications from 17 - down to ONE! Her clients and customers are worldwide. They include: Doctors, actresses, models, TV anchors, producers, moms, baby boomers, seniors and teens. As a Beauty Expert Louisa has appeared on myriad television shows including: The Talk, The Doctors, Extra, The Style Network and Discovery Channel, to name a few. She has done over 500 radio shows including: Sirius XM's Doctor Radio, KIIS/FM, WGN/Chicago, Hot 97/ New York, K-Earth-/Los Angeles and many more. Her tips have been featured on the cover of Woman's World Magazine, in FIRST Magazine, at AOLHealth.com, AOLJobs.com, MSNBC.com, and WomansDay.com, to name a few. Louisa's proven solutions will have you achieving faster results than many conventional methods. There is something for everyone in this concise beauty book -whether you're 20, 45 or 80 - woman or man. Louisa stays 'ahead of the curve' so she's on the pulse of what women want - proven solutions that work AND don't cost a fortune! We all strive to be our best and Louisa provides concise, do-able information to help us address our concerns. Her solutions are very timely, given this current economic time.

how soon after surgery can you use red light therapy: The Collagen Diet Josh Axe, 2020-01-02 From the bestselling author of Keto Diet An essential read. The Collagen Diet tells us

why collagen is important, why it is so lacking in our modern diet, and, most important, what we can do to bring collagen back in the fold in terms of being an amazing protein that we should all be getting more of. --David Perlmutter, MD, author of Grain Brain and the forthcoming Brain Wash

Collagen shows up in nearly every part of the body, from your hair and skin to your arterial walls, gastrointestinal tract, and even your eyes. Dr. Axe presents the science behind this miraculous substance, and explains how you can use it to fight chronic pain, digestive issues, skin issues, and so much more. --Dr. Alejandro Junger, author of Clean *** Dr Josh Axe, international bestselling author of Keto Diet and Eat Dirt, explains how to lose weight, prevent disease, improve your digestion, and renew your youth with the miracle of dietary collagen. Collagen is the essential missing link to modern health, with benefits ranging from better weight control, to enhanced digestion, clearer skin, reduced inflammation, and improved immune function. Ancient diets were rich in collagen, from bone broths to nose-to-tail eating, and they were supplemented by fruits and vegetables that provided collagen-boosting vitamin C. Modern diets are missing this much-needed ingredient, resulting in more injuries, chronic aches and pains, digestive issues, and other symptoms associated with aging. Featuring a twenty-eight day meal plan, over seventy mouthwatering recipes and specific advice for supporting your body's collagen production with exercise and lifestyle interventions, The Collagen Diet will help all of us live longer, more vital lives.

how soon after surgery can you use red light therapy: Beyond Beautiful Doris Day, 2018-01-02 Dermatologist-to-the-stars Doris Day, MD, explains how the power of your mind and breakthroughs in anti-aging can help you look and feel Beyond Beautiful. Do not have another treatment, procedure, or buy another product before reading this book! Did you know that your mind is as important as any aesthetic treatment to improve the way you look? Beyond Beautiful will teach you how to improve your self-perception, explain breakthrough treatments and products and when to use them, and give you a roadmap to become the most youthful, natural-looking, beautiful version of yourself! Learn how to: boost self-confidence, fight aging, minimize crow's feet, fix lip lines and thinning, tighten your chin and neck, improve the look of veiny hands, get healthy hair and reverse hair loss, treat acne and rashes, relieve stress, look better because of sex, use makeup at every age, improve your look with facial exercises, choose the right products in every decade, approach preventative skin care, choose the cosmetic treatments that are right for you, enjoy life like never before, and more! The Skin Whisperer. -- Dr. Oz, Professor of Surgery, Columbia University Dr. Day will show you how to put the brakes on the aging process. -- Barbara Walters, award-winning television anchor, producer, and journalist

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gemeinsam haben, ist, dass sie Ihnen einen schlechten Deal anbieten: viel Aufwand für wenig Ertrag. Der weltbekannte Biohacker und mehrfache Bestsellerautor Dave Asprey hat einen besseren Weg gefunden. In *Der smarte Biohacker* enthüllt der Meister des Biohacking die überraschenden Geheimnisse unseres körpereigenen Betriebssystems, des »KBS«. Dieses System ist von Natur aus auf Faulheit ausgelegt, weshalb schweißtreibende Trainingseinheiten und starre Diäten nur begrenzte Wirkung zeigen. Wie wir mit diesen Gegebenheiten umgehen und wie sie sich clever austricksen lassen, hat Asprey zusammengetragen: Vollgepackt mit praktischen, leicht zugänglichen Informationen über bessere Ernährung, intelligente Workouts und strategische Therapien zum Stressabbau zeigt er, wie wir das KBS hacken und es dazu bringen können, das zu tun, was wir wollen, und wie wir in kürzerer Zeit dauerhafte Gesundheit erreichen.

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