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Health and health related issues, everything medical for you guys and girls out there

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Polarized light therapy

The benefits of sunlight are known since ancient times. Both Greeks and Romans understood that sunlight may play an important role in healing, although its mechanisms of action were unknown.

Feeling of comfort offered by sunlight spreads over the entire human body's biological system, it has the ability to provide some energy to optimum functioning of its equipment and systems. Just as plants need light in the photosynthesis process and we need this energy source to support metabolism and endocrine system. Sunlight helps to regulate many important biological processes. It is well known that vitamin D synthesis in the presence of sunlight is made, it having a role in fixing calcium in bones and contributing to their harmonious development.

Using the modern light therapy is not a recent phenomenon. Even in 1903, the Danish physicist Niels Ryberg Finsen was awarded the Nobel for his work related to light therapy, using his discoveries to build a device that can emit light with wavelengths similar to sunlight. Using this device Finsen then managed to successfully treat a serious form of skin tuberculosis.

In the 60 studies have demonstrated how the body is influenced human biological system with low power laser light. It was then discovered that a crucial element in achieving the results was the polarization of light. Later, in 1981, Hungarian researchers have emphasized the importance of polarization in obtaining laser biostimulation effect and control the activity of cell membrane.

Modern devices that use light therapy today emit a light visible incoherent polarized light or phase out. Wavelength spectrum is between 400 nm and 2000 nm UV spectrum except so potentially harmful organism.

The light therapy acts as a regulator of biological processes declanstor and that helps the body to regenerate, to regain balance and therefore to autovindece.

Each of the wavelength of visible light effects on the body, it has required a wide range of frequencies for physical and mental wellbeing.

The benefits of light therapy on the human body range from use in cosmetics to treat serious skin disorders and recovery.

Excellent results were obtained using light therapy for skin problems and healing wounds, such as acne, skin inflammation, dermatitis, skin allergies, eczema, varicose ulcers or pressure sores, burns.

Use in cosmetics is increasingly agreed, polarized light is able to reduce or remove fine lines and wrinkles around the eyes or mouth. Also demonstrated that polarized light has the ability to penetrate even deeper into the tissues, reaching testuturile subcutaneous, and combined with other targeted therapies have positive effects on cellulite removal, regenerative effects of polarized light therapy claiming any quality cosmetic treatment.

Polarized light therapy provides relief from arthritis joint pain rheumatic pain reduces muscle with direct effect on

muscle spasm by relaxing, stimulating contraction and reducing swelling, reducing healing time and allowing rapid resumption of normal activity.

In case of burns, even the deep second degree burns, the effects of light therapy helps the delivery of pain and skin regeneration at a faster healing without sequelae. Treatment duration and must be done daily, but the results are downright spectacular.

Also in diabetic skin ulcers, varicose veins or sores, has beneficial effects in polarized light as a trigger and stimulate skin regeneration and subcutaneous tesutrilor, healing is much faster and more aesthetic.

Polarized light treatments can result both in health centers or hospitals and at home. Preferably, however, that these treatments still take place under the guidance of a physician.

Polarized light therapy has no side effects or contraindications, it can be used both by those suffering as well as healthy ones, to get a sense of well-being and physical and mental.

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