

*FLEX***BEAM**

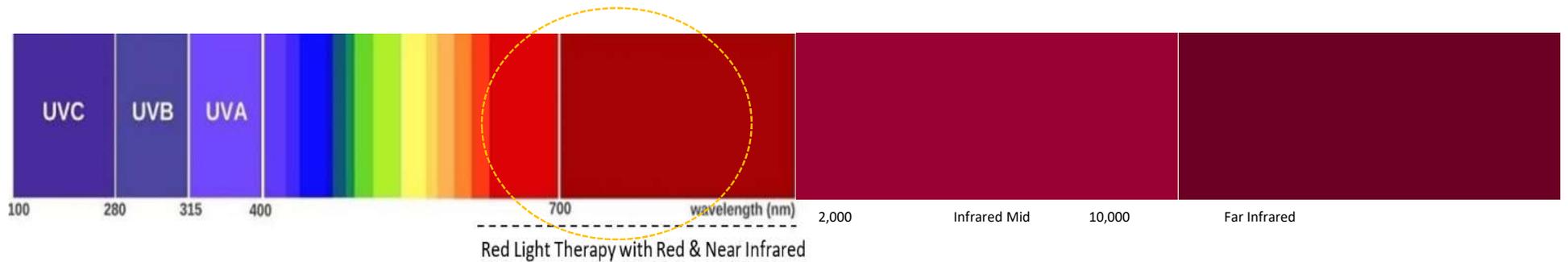
Take Charge of  
Your Recovery

FlexBeam at glance  
with Dr Zulia Frost



# Red Light Therapy

Red Light Therapy uses red and Infrared spectrum of light for health benefits.



Electromagnetic Spectrum of Light – visible spectrum



# What it can do for me?

- Optimising energy
- Anti-ageing effect
- Supports the body at every stage of recovery from:
  - Physical exercises
  - Injuries
- Helps to regulate circadian rhythm by regulating Melatonin production

# Science of Red Light Therapy showed:

PubMed:	Red Light Therapy Benefits: 4,931 papers LLLT – Low Laser Light Therapy: 7,700 papers
Google Scholar:	Red Light Therapy Benefits: 478,000 papers LLLT – Low Laser Light Therapy: 55,400 papers

- Improves microcirculation that optimises blood oxygenation
- Stimulates growth of new blood vessels
- Better quality of collagen and elastin
- Helps to improve nerve growth
- Assists in repair of muscular, tendon, ligamentous injuries
- Improves mild osteoarthritis
- With a better blood flow reduces muscular spasms
- Shown to reduce inflammation without heating tissues
- Boosts immune system
- And many more...

616

REVIEW

## Effects of low-power light therapy on wound healing: LASER x LED\*

Maria Emília de Abreu Chaves<sup>1</sup>  
André Costa Cruz Piancastelli<sup>3</sup>

Angélica Rodrigues de Araújo<sup>2</sup>  
Marcos Pinotti<sup>1</sup>

DOI: <http://dx.doi.org/10.1590/abd1806-4841.20142519>

**Abstract:** Several studies demonstrate the benefits of low-power light therapy on wound healing. However, the use of LED as a therapeutic resource remains controversial. There are questions regarding the equality or not of biological effects promoted by LED and LASER. One objective of this review was to determine the biological effects that support the use of LED on wound healing. Another objective was to identify LED's parameters for the treatment of wounds. The biological effects and parameters of LED will be compared to those of LASER. Literature was obtained from online databases such as Medline, PubMed, Science Direct and Scielo. The search was restricted to studies published in English and Portuguese from 1992 to 2012. Sixty-eight studies in vitro and in animals were analyzed. LED and LASER promote similar biological effects, such as decrease of inflammatory cells, increased fibroblast proliferation, stimulation of angiogenesis, granulation tissue formation and increased synthesis of collagen. The irradiation parameters are also similar between LED and LASER. The biological effects are dependent on irradiation parameters, mainly wavelength and dose. This review elucidates the importance of defining parameters for the use of light devices.

**Keywords:** Light; Phototherapy; Wound healing

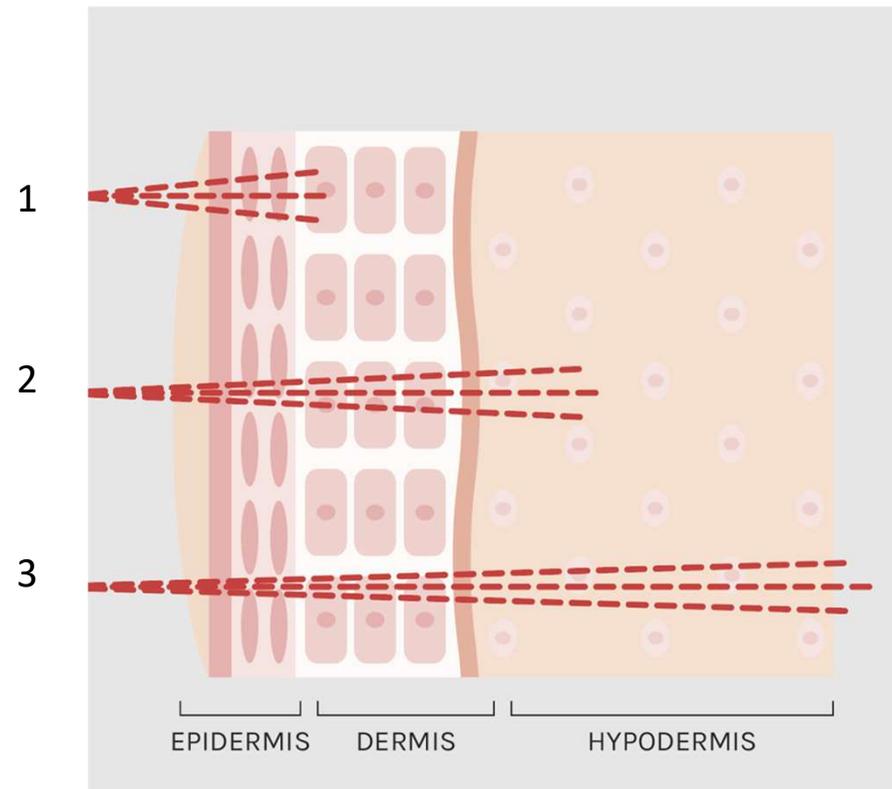
# FlexBeam Targeted Red Light

- 3 modules
- 3 powerful LEDs in each module
- 1 Red and 2 NIR
- Control module



# Targeting Programs

- 3 programs by depth of penetration
- 1 – Red 625~635nm
- 2 – Red & NIR, both
- 3 – NIR 800~830nm
- Dose in each program



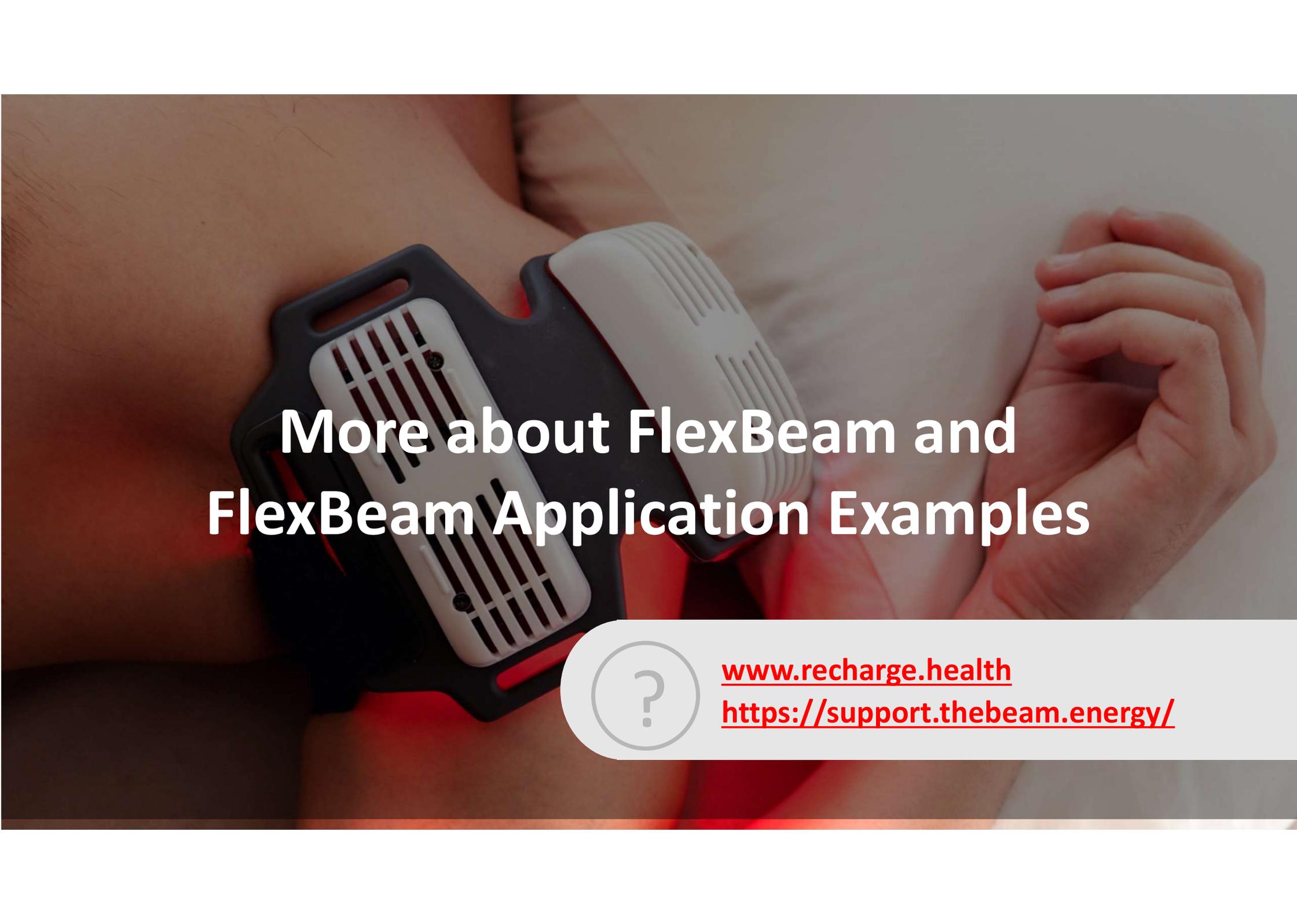
---

# FlexBeam

---

- On the Body – targets the problem
- Gives a dose of light stimulation
- Safe, no side effects
- Portable
- Complex but easy to use
- Works on battery
- Affordable





# More about FlexBeam and FlexBeam Application Examples



[www.recharge.health](http://www.recharge.health)

<https://support.thebeam.energy/>