

Intranasal Light Therapy

For low cost with no threat of toxic side-effects you can safely treat your blood at home with an easy to use system that includes a nasal applicator.

Blood System And Circulation

Until now, to have your blood treated, you would have to use sophisticated equipment that was expensive and dangerous. No longer. For low cost and with no threat of toxic side-effects you can safely treat your blood at home, expecting the same broad positive medical effects doctors have seen when using older equipment that required surgical procedures.

Intranasal light therapy stimulates the blood capillaries in the nasal cavity it is a non-invasive method to introduce therapeutic light energy into the human body through the blood. This form of nonionizing radiation on biological systems offers health and medical benefits including effects on cognitive performance, fighting free radicals, combatting Alzheimer's symptoms and more. The FDA has approved infrared therapy for everything from eliminating microbes and fungus to killing cancer cells.

Mitochondria are the key to photo-biomodulation. Mitochondria have a substance called cytochrome c oxidase that can absorb red and NIR light, converting the photonic energy into a form of biological energy called adenosine triphosphate or "ATP." Cytochrome c oxidase is commonly accepted as a photo acceptor that catalyzes cellular level activity when red to near-infrared red light hit the cells.

The new simple nasal applicator devices replace machines that required doctors to shunt the blood outside the body. When monochromatic photons of low intensity irradiate blood, the flexibility of red blood cells improves. They separate from each other and can thus receive oxygen across their entire surface area. Compared to intravenous laser blood irradiation, nasal laser irradiation for 20 minutes scored 80% as effective but if increased to 30 minutes a remarkable 98 % is reached.

Now it is easy to use light to activate the healing properties of the blood. You clip the applicator in the nose and infrared laser light is applied to the passing blood. Dangerous medical equipment has now been replaced by a little nasal applicator that does not do anything more aggressive than emitting coherent infrared light into the blood as it passes by the vessels in the nose.

The light beam footprint targets the nasal cavity, which is rich in blood capillaries. The device parameters have been derived from researching clinical studies on low level light therapy over the last few decades. Many researchers now believe that the outcomes between low level laser and the non-laser light emitting.

Why Treat the Blood

Chinese medicine's definition of blood is different from Western medicine's definition. Yes, it's the red stuff in the veins that nourishes the organs, circulates, warms and heals, however, in the eyes of Chinese medicine, blood is enlivened with energy (Qi), which moves the blood through the body so it can nourish every aspect of our body from the skin and muscles to the brain and

deep organs. It is the quality of blood circulating through our systems that helps give us vitality, focus and rosy cheeks.

When blood is abundant we feel alive, nourished and well connected. Blood does more than run through our veins and oxygenate cells. It ensures we have nourishment and moisture for the entire body. Blood keeps our tendons, skin and hair healthy, strong and flexible. It lubricates joints and allows for smooth movement. Blood also nourishes the mind and is considered the material basis for mental activity. Strong blood ensures good sleep and helps us wake feeling rested.

Modern Medicine and Nasal Light

Laser energy at 630-640 nanometers is the most effective for irradiation of blood and the vascular wall. Photons at this wavelength are absorbed by oxygen, improve microcirculation, can change the viscosity of the blood and affect vascular endothelium. More than 25 years of experience of using laser energy at 630-640 nm has shown that this waveband directly influences the parameters of all cells in the blood, blood plasma, the coagulation process and all the structural components of the vascular wall.

The treatment, using photons of infrared wavelength improves the rheological characteristics of the blood and microcirculation; with normalisation of parameters of hormonal, immune, reproductive and many other systems. Intranasal Laser Therapy improves the viscosity of blood and profile of lipids thus the treatment is associated with improvements in cardiovascular and cerebrovascular diseases via improvements of the rheological properties of blood. Under laser blood irradiation, anti-inflammatory effects were observed that improved the immunologic activity of the blood.

With intravenous irradiation; medical scientists have reported that the hypoxia of the tissue is improved which leads to a normalization of the tissue metabolism. In addition, the fibrinolysis will be activated. Apart from the elimination of hypoxia and the normalization of tissue metabolism an increase of ATP-synthesis occurs with a normalization of cell membrane potential.

Low level laser therapy (LLLT) has been investigated and used clinically for over 30 years, mostly in Eastern Europe and Asia. The ability of lasers to cut, cauterize and destroy tissue is well known throughout the medical world. However, its role at lower power gives it the ability to non-thermally and non-destructively change cell function is known as laser bio-stimulation and is the basis for the current use of lasers in a number of medical fields.

Most reports are in Russian and the basis for clinical research and practice was first established in Moscow in 1986. The Institute of Laser Medicine was formed through a union of 14 laser centers from different parts of Russia. LLLT emerged as a potential therapeutic modality because of the conversion of military production into areas of commercial practice including medicine. The correct wavelength for the target cells or chromophores must be employed (633-810 nm). If the wavelength is incorrect, optimum absorption will not occur and as the first law of photobiology states, the Grotthus-Draper law, without absorption there can be no reaction.

One study showed transcranial and intranasal photobiomodulation (PBM) therapy in the near-infrared (NIR) 810 nm wavelength improves cognition in dementia. Their protocol involved weekly, in-clinic use of a combined transcranial-plus-intranasal PBM device; and daily at-home intranasal-only PBM device. Participants reported better sleep, fewer angry outbursts, less anxiety and less wandering. After the 4-Week, No-Treatment follow-up, some declines were noted. No adverse events were related to the treatments. Results from this controlled study are the first to report significant cognitive improvement in dementia participants following PBM treatments.

Red blood cells (RBCs) exhibit a unique deformability, which enables them to change shape reversibly in response to an external force. The deformability of RBCs allows them to flow in microvessels while transporting oxygen and carbon dioxide. Low level laser therapy can affect the physical as well as chemical properties of blood cells which is not only helpful in preservation of blood but also in revitalizing the physically and chemically stressed erythrocytatory membranes. It was determined that the laser therapy decreases the viscosity of blood thus increasing the electrophoretic mobility of erythrocytes. The improvement in microcirculation is a result of all the above factors and dynamics. Scientific bases and evidence support both Low-level laser therapy and red LED irradiation of the blood for lowering high blood pressure.

Poor blood viscosity, RBC aggregation and poor rheology either independently or collectively, are linked to cardiovascular diseases. Neumann et al claim that, "Plasma viscosity and erythrocyte aggregation were more predictive of myocardial infarction (heart attack) than age, male gender, fibrinogen concentration, abnormal ECG readings, or coronary score." Another study confirms that high blood viscosity has been associated with cardiovascular related diseases such as stroke, heart attacks and deep vein thrombosis.

There are numerous examples of light induced photochemical reactions in biological systems. Vitamin D synthesis in our skin is an example of a photochemical reaction. Sunlight has great power to increase your immunity. When ultraviolet rays strike our skin, it converts a universally present form of cholesterol to vitamin D3.

Symptoms of Blood deficiency (Chinese Medicine)

Symptoms of blood deficiency vary because each person manifests health patterns differently.

- *Anemia*
- *Anorexia*
- *Anxiety*
- *Blood Loss*
- *Brittle and dry nail, hair and skin*
- *Cold limbs*
- *Depression*
- *Dizziness, faintness: - for example on or after exertion, or from standing up too fast from a seated or lying position*
- *Dream disturbed or restless sleep Dry eyes*
- *Easily awakened*

- *Easily startled*
- *Exhaustion*
- *Feeling of weakness in the limbs and muscles*
- *Hand tremors*
- *Insomnia*
- *Lack of warmth -- both physically and emotionally*
- *Mood swings*
- *Muscle weakness, twitching or trembling*
- *Nervous laughter and laughter at inappropriate times*
- *Nervousness*
- *Numbness of limbs*
- *Pale complexion*
- *Pale nails*
- *Palpitations*
- *Poor Vision*
- *Ringing of ears*
- *Sadness*
- *Scanty or absent periods*
- *Sensation of cold*
- *Slow growing hair and nails*
- *Slow healing and recover*
- *Slow mental thought*
- *Spasms and cramps of tendons and muscles*
- *Weak immune system*
- *Your complexion is pallor and pale lip*

Blood Deficiency is a 'syndrome' in Chinese medicine. Once it arises it tends to be chronic. In other words, it is difficult to remedy without treatment. Get your personal Nasal Light Therapy unit now.

There are two companies that are manufacturing nasal irradiation devices. One is in Eastern Europe. The device I prefer is made by a Canadian company called Vielight. The VieLight units are of lower cost and perform admirably (<http://nlt.longevityformulas.com>) I use mine several times weekly while I am walking, exercising, on my iPad, reading or listening to audiobooks. There are 3 models ranging from \$295 - \$495.

© This material was edited and adapted from an article by Dr. Sircus. Any information missing from the original article was deemed to be irrelevant or unnecessary for our purposes. Dr. Sircus is an amazing wellness resource. He may be contacted at: www.drircus.com