

More researchers and physicians have used natural light treatments like red light therapy to help with natural light deficiency and the winter blues in recent years in conjunction with ...

"No, red light, and any other light sources, should be turned off to sleep," says Dr. Rudraraju. While red light exposure before sleep may be beneficial, it can have the opposite effect ...

Red Light Therapy is a form of photobiomodulation that is pain-free, non-invasive, and shines low-level red and near-infrared light on the skin, yielding many health benefits with light.

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Experts warn that there is considerable hype about red-light therapy. But a growing body of legitimate science has been exploring the benefits for several conditions. Clinical studies have...

Explore Sossusvlei and Deadvlei in Namibia's red desert -- with calm tips for a comfortable, unhurried adventure.

The study of the mineralogical and chemical composition of red and yellow ochre used by the Himba and Nama people of Namibia provides important insights into the properties and ...

As a major conclusion of this study, it is worth pointing that the effective UV filtration of the red ochre used by the Himba Women could explain the low skin cancer within such a community in Namibia.

Red light therapy is used for dental pain, hair loss, and skin damage. But does it work? Learn more about this treatment and its risks here.

Red light therapy may help improve some skin conditions. Here's more information about how it may work, why, and what the research says.

Photobiomodulation, the use of light waves to change human biology, has boomed in recent years for all kinds of purposes, at medical clinics and at home. We wanted to know what the ...



Namibian Red Light Source Low Loss

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